



# ADETFO INFO

January 2012



*Your ADETFO Team would like to announce that your ADETFO Local office is now officially moved!*



**123 March Street, Suite 106  
Sault Ste. Marie, ON  
P6A 2Z5**

**YOUR NEW ADETFO HOME**



## REMINDER

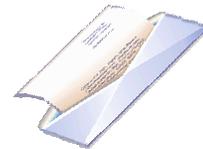
**RETIREMENT PLANNING WORKSHOP**  
WITH  
Jennifer Mitchell, ETFO Executive Assistant

February 6, 2012 ~ Blind River School,  
Blind River ~ 4:15 p.m.

February 7, 2012 ~ Comfort Suites & Conference  
Centre, Sault Ste. Marie ~ 4:15 p.m.

### TOPICS:

- ⇒ Calculating your pension
- ⇒ Writing your letter and how/when
- ⇒ Shopping for benefits
- ⇒ Questions and Answers
- ⇒ Survivor pension waiver
- ⇒ Retirement gratuities



If you would like to attend this workshop, call the ADETFO office (705-942-3379 or toll-free 1-877-258-9080). **Deadline to reserve your space is Monday, January 26, 2012.**

Non-ETFO members welcome! Please note there will be a \$15 fee for material and food for non-ETFO members.



Your ADETFO Team invites you to an open house on **Friday February 3, 2012 (PA Day)**.

You will receive a ballot and a chance to **win an ARCHOS 7 Home Tablet**, donated by Johnson Insurance. Drop by between 12 p.m. and 5:00 p.m. to see your new location.

**DON'T MISS OUT!**

Watch your ADETFO Bulletin Board for details coming soon!

## Your PD Funds At Work:

In November, I was privileged to go to the workshop "Perils of Perfectionism". Some of you may think what an odd name for a workshop, but to us perfectionists, we know that this is the most "perfect" way to describe the war we fight within our selves. Perfectionism is the highest form of self-abuse!

Perfectionists create such high, unattainable goals, that no matter how hard we try, we can never reach them. When we cannot obtain these goals we see ourselves as failures and berate ourselves with negative, abusive self-talk. We belittle ourselves and crush our self-esteem. Our family, co-workers and friends tell us how hard we work, or how well we raise our family, but we don't listen because we don't see it.

All perfectionists see is that we didn't reach those "superhuman" goals we set for ourselves. We measure ourselves in our accomplishments, productivity and how others perceive us; in what we do, rather than, in who we are. We are not the strong capable person others see. The stress, and anxiety of not being able to attain perfection, may eventually spiral us into a deep, dark hole of depression.

If you are reading this and see yourself, I encourage you to take this workshop. Stand back and take a look at what perfectionism is doing to your health, family life and relationships.

*Are you teaching your own children that perfectionism is a must? That "good enough" is not acceptable? Are you perpetuating the cycle of self-abuse into the next generation? Do you really want to expect perfectionism from your children or spouse? Is this the legacy we want to leave our children?*

B. Coombs

FYI:

Staffing Guidelines have been sent to your Steward. Please ensure that you receive a copy from your Steward to review this process if you plan to request a change in assignment or retirement.

**NOTE:** Deadline for application for transfers, or change in assignment from part-time to full-time or full-time to part-time is March 1st.

Call 705-942-3379 (Toll-free 1-877-258-9080) or e-mail [adETFopres@shaw.ca](mailto:adETFopres@shaw.ca) or [adETFovp@shaw.ca](mailto:adETFovp@shaw.ca) if you have questions or need advice.



## ETFO AWARDS:

Don't forget to nominate individuals for this year's upcoming ETFO awards to be given out at this year's annual retirement dinner.

### Nominations are being accepted for:

- ~ Support Staff
- ~ Outstanding Bus Driver
- ~ Innovative Educator
- ~ Humanitarian
- ~ Volunteer



**Nominations due: March 31st .**



## NORTH SHORE UNIT ADETFO MEMBERS:

Iron Bridge, East to Spanish

### 2 Vacancies

**Did you know that your area is not represented on the ADETFO Local Executive? It is imperative that your area has Unit Representation as we head into this round of Bargaining. Please contact the ADETFO Local office if you are interested in becoming a Local Executive Member.**

**1-705-942-3379 or toll-free 1-877-258-9080.**

**HAVE YOUR VOICE HEARD**



Please ensure that you have leave approval from ADSB before making any travel arrangements to workshops/conferences.



## ONTARIO COLLEGE OF TEACHERS: PROFESSIONAL ADVISORY—USE OF ELECTRONIC COMMUNICATION AND SOCIAL MEDIA

**This "advisory" is advice from the College regarding how members should conduct themselves online. The College may rely on this advisory to show that "teachers were warned" if there are complaints against them at the College.**

**The advisory is available at:**  
[http://www.oct.ca/publicationsPDF/Prof\\_Adv\\_Soc\\_Media\\_EN.pdf](http://www.oct.ca/publicationsPDF/Prof_Adv_Soc_Media_EN.pdf).

**Teachers must be careful about their use of electronic media, even during off duty conduct if it impacts on the school community, since this can also attract College intervention. ETFO has been providing similar advice to members on these issues for several years.**