

Terms to know: Environmental racism

Environmental racism is a form of systemic racism that exists in Canada and around the world. The term was developed in the 1980s to highlight how climate change and environmental harm are disproportionately harming Black, Indigenous and people of colour. It's caused by development, policies or practices that intentionally or unintentionally result in more pollution or health risks in Indigenous and racialized communities. Unequal access to clean water, air and green space are also part of environmental racism.

This information was adapted from an article from the David Suzuki Foundation. Read the article for more information on environmental racism and specific examples:

davidsuzuki.org/expert-article/environmental-racism-what-is-it-and-what-can-we-do-about-it/

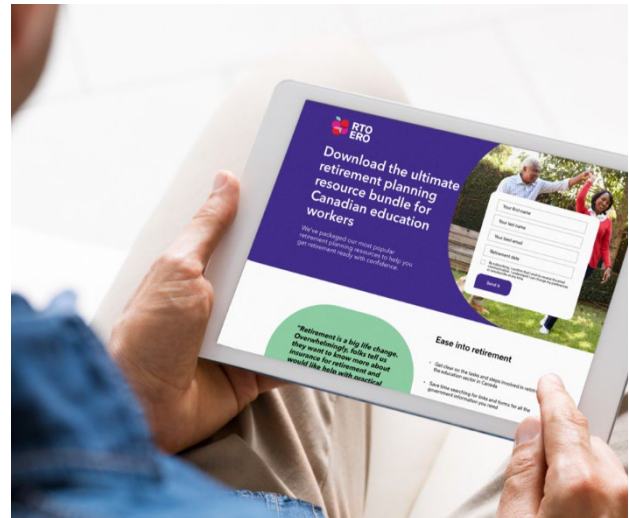
New retirement planning resource bundle to share with friends

RTOERO's ultimate retirement planning resource bundle is now available and ready for you to share with your friends. Find it here: rtoero.ca/retirement-bundle.

The bundle was developed in response to feedback from education workers that they want help with practical to-do tasks for retirement.

One of the most common ways new members hear about RTOERO is through a friend or colleague. This speaks to the spirit of RTOERO and its deep roots as a non-profit for education retirees. We want to be there for others.

Be sure to share the bundle with education workers in your life who are starting to think about retirement—it could save them time and reduce stress.



After Orange Shirt Day: A time to reflect and look inwards

Written by Shaneeka Forrester for RTOERO, Cree artist, mother and advocate from Brunswick House First Nation, planting roots in Simcoe County, Ontario.

Orange Shirt Day, which is also known as “The National Day for Truth and Reconciliation” was on September 30. These days and the terms used to describe them may leave some of us with questions. So, let's chat! Why is Orange Shirt Day important and what can we do to honour Truth and Reconciliation year-round?

Orange Shirt Day is an important day to reflect and learn about the legacy of residential schools in Canada. It gives us a chance to explore stories and share knowledge that has not always been readily available. As we listen to and honour the stories of residential school survivors, we are actively participating in the reconciliation process. By allowing a platform to share these experiences, we are emphasizing the truth portion of truth and reconciliation.

The residential school system is a legacy that has impacted all Indigenous communities across Canada in some form. However, this is not the only legacy being etched into Canadian history books. Alongside these stories are stories of endurance, resilience and ancestral strength. It does not take much looking to see the resurgence of Indigenous culture in communities across Canada. However, it is important to honour the past as we are taking gainful steps toward reconciliation as a nation.

Understanding the basis of truth and reconciliation can feel like a daunting or overwhelming initiative. So here are a few suggestions on how we can begin unravelling that task. Firstly, read the Final Report from the Truth and Reconciliation Commission of Canada. Explore websites like First Nations Child & Family Caring Society to teach children and grandchildren about Indigenous Peoples in Canada. Listen to many stories from a variety of territories. Each territory has a unique culture and history. Lastly, don't forget to look inward. If you have questions, confusion or misunderstandings about Indigenous people in Canada, explore those more deeply.

Participating actively in reconciliation is a task that we can all do. When we make space for conversations and education, we are helping move forward collectively as a nation.

Future-proofing formula for social inclusion

Loneliness is terrible for our health. We also know that systemic issues, like ageism, are marginalizing older adults. So what can we do as individuals to push back against these societal forces? Working to be part of the change is one. We can also be proactive in taking care of ourselves.

Laura Tamblyn Watts, CEO of CanAge, an RTOERO partner organization, joined the RTOERO Foundation for its September webinar. Laura shared her future-proofing formula for social inclusion. It's a simple exercise to help you reflect on the relationships in your life.

(3 + 5 + 15) x 2

Part 1:

- Have **3** close relationships – these are being you can share your feelings and be vulnerable with.
- Have **5** people you can chat to – these are people you see regularly. Could be at a group you attend or staff you see and chat with at the grocery store or coffee shop.
- Have **15** people you know – these are people you could reach out to or contact.

Part 2:

- Connect across **3** generations – Laura talked about an individual in his 90s who didn't have many friends his age but did have connections in different generations. Intergeneration connections are powerful for everyone involved.
- Do **5** things to do weekly – These activities can be almost anything, doing groceries, attending a faith group or class, reading a book, and walking the dog. Mark activities on your calendar and aim for five a week.
- **15** outings a year – this can be tougher, especially during pandemic times. It amounts to once a month, plus a few extra excursions. Schedule them. It could be a picnic at the park, a movie or theatre trip, or a bbq at a family or friend's home.

If you missed the webinar with Laura Tamblyn Watts, find it as part of the RTOERO Foundation webinar series here: rtoero.ca/rtoero-foundation/get-involved/webinar-series/