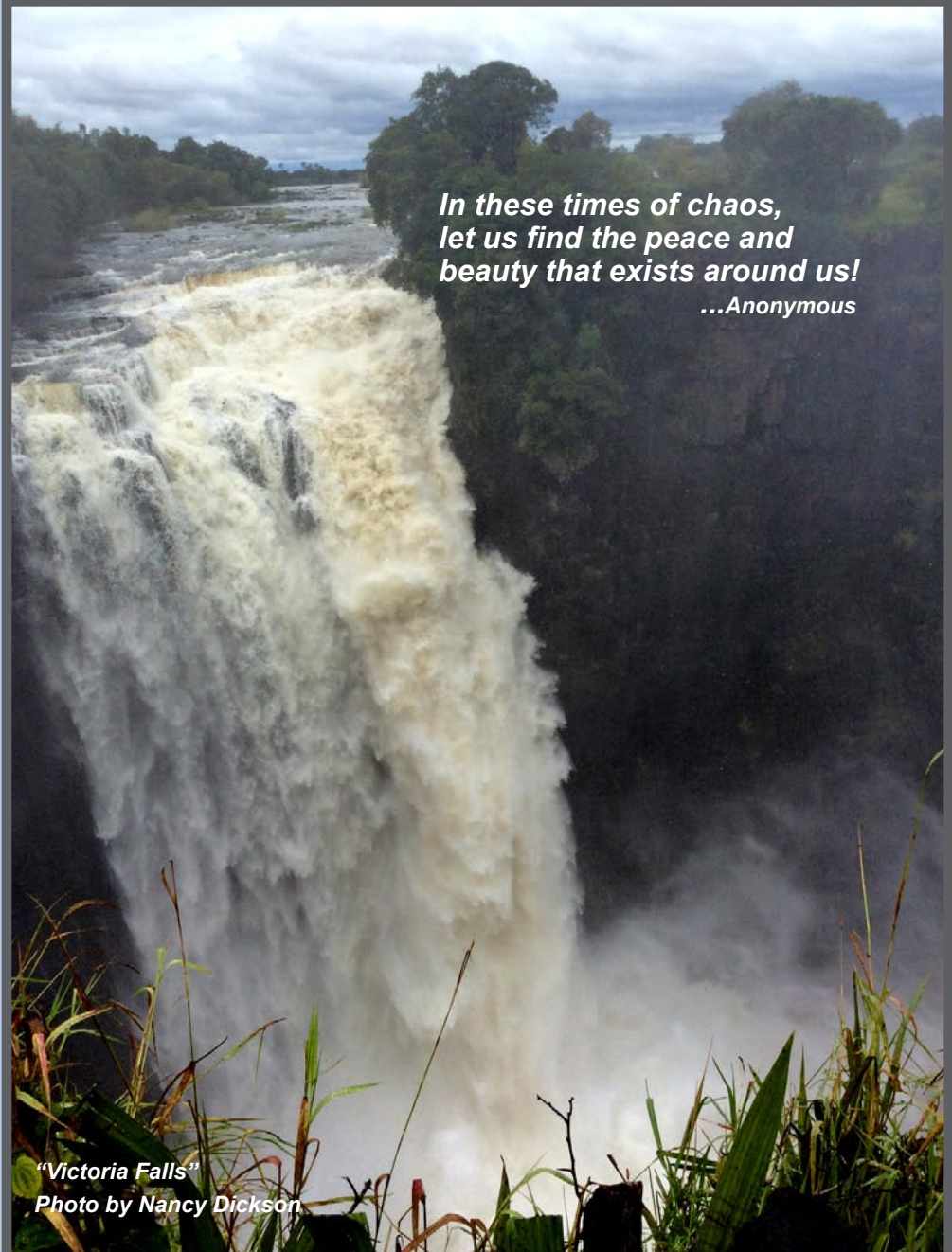




# Halton Herald

District 15

January 2024



*In these times of chaos,  
let us find the peace and  
beauty that exists around us!  
...Anonymous*

*"Victoria Falls"  
Photo by Nancy Dickson*

## Welcome 2024!

# *In This Issue...*



## *A Blast From the Past!*

by Laura Bird & Peter Gnish  
page 12

## *Autumn Leaves Luncheon* by Jerry Powidajko and Marilyn MacLennan Page 34



## *Travels to South Africa and Zimbabwe!*

by Nancy Dickson  
page 39 and Inside Back Cover

## *An Invitation!*

A New Photo Contest.



## *Winter's Beauty!*

Photo essay  
by Marilyn MacLennan  
Back Cover



Vermont: On The Road

# President's Message!

By Jerry Powidajko



Happy New Year and hoping the year serves you an abundance of health and happiness! It is hard to believe that it has been 24 years since we celebrated the Millennium! It really only seems like yesterday!

I would also like to start the year with a huge thank you to the executive for all the time and energy they put forward for our district!

### Executive 2023-24

Past President – Micki Clemens

President – Jerry Powidajko

1st Vice President – Regan Heffernan

2nd Vice President – Brad Fisher

Secretary – Dianne Visschedyk

Treasurer – Carol Pashkievich

Please join me in supporting this amazing group of people who continue to work for you!

Also, we have many other Board members you need to know about.

Archives	Blaine Adams
Awards	Penny Hambly
E-letter <i>RAPPORT</i>	Brad Fisher
<i>Halton Herald</i>	Micki Clemens - Copy Editor (acting)
<i>Halton Herald</i>	Peter Gnish - Editor
Foundation	Moira Plexman
Goodwill	Toni Pizzingrilli
Health and Benefits	Bonnie Cummings
Membership and Recruitment	Marilyn MacLennan
Political Advocacy	Claudia Stewart
Board Member-At-Large	Judy Wedeles
Program	Jerry Powidajko (acting)
Social	Vacant
Social Media/Webmaster	Carey Mollenhauer

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These Board members actively work at coordinating with the National RTOERO and our local teams making sure information is accurate and available to our membership. We do have a number of positions that are acting or vacant and would welcome new volunteers to help with the work. As well, all these committees are always looking for new volunteers who might have an interest in these areas. On-the-job training is provided!

Our **Fall Autumn Leaves Luncheon** was held on Wednesday, November 1st, 2023 at the Burlington Convention Centre. My notes and photos of the event by **Marilyn MacLennan** can be found beginning on Page 34.

We have a number of other presentations coming up this year. On **January 30th at 11 a.m.**, we will have a ZOOM presentation by **GASP - Grand(m)others Act To Save The Planet**, a grassroots, non-partisan group of grandmothers and grand 'others' who care deeply about the world our descendants will inherit. And, with the spring weather, out come the birds and a special ZOOM presentation by **Chris Wedeles** on **April 10, 2024 at 11 a.m.** This will include a slideshow and talk about birds and bird-watching. This has become a very popular pastime with

(President's Report...continues on Page 5)



(President's Report...continued from Page 4)

many people for its engagement with nature and the outdoors. See the details on Page 26 - plan to attend and stay connected to our website.

There will be a **Winter Snowflake Luncheon** presentation at the Oakville Conference Centre on **February 20, 2024**. The presenter will be no other than **Jim Kenzie**, who is a former **Toronto Star reporter** and editor, now a freelance contributor to the Star's Wheels section. He's been



writing about the automotive world for three decades and has driven pretty much everything in the country. He was the first person to be awarded AJAC's (Automobile Journalists Association of Canada) Journalist of the Year title, in 1984, and is a judge for the North American Car of the Year Awards. If you are interested in some history of cars, learning more about modern day cars, electric vehicles and maybe even what to look for in a future car purchase, you will not want to miss this presentation. Registration information will be out this month on our website or use the form on Page 23.

Our **Spring Luncheon and AGM** will be held on **May 29th, 2024** at the Burlington Convention Centre. Our special presenter at the luncheon will be the Director and Senior Curator, **Elizabeth Semmelhack**, of the **Bata Shoe Museum** in Toronto.



The presentation is entitled, "*The World at Your Feet: A Walk through the Bata Shoe Museum Collection.*"

Photo by E.J. Wormer

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(President's Report...continued from Page 5)

“The Bata Shoe Museum is North America’s only museum dedicated to exploring the history and cultural significance of footwear. Drawing from a world-renowned collection of nearly 15,000 shoes and shoe-related objects, join Elizabeth Semmelhack, Director and Senior Curator, for a fascinating journey through some of the most significant artifacts from the collection.”

As Director and Senior Curator at the Bata Shoe Museum, Elizabeth applies her extensive cultural art history background to guiding the museum mission forward and exploring the multiple roles and meanings of footwear through innovative and engaging exhibitions.

With over 20 exhibitions curated, Semmelhack’s most recent exhibition is *In Bloom: Flowers and Footwear* (2024). Other exhibitions Semmelhack has curated include: *Obsessed: How Shoes Became Objects of Desire* (2023); *Future Now: Virtual Sneakers to Cutting-Edge Kicks* (2022); *All Dolled Up: Fashioning Cultural Expectations* (2021); *The Great Divide: Footwear in the Age of Enlightenment* (2020); *WANT: Desire, Design and Depression Era Footwear* (2019); *Standing Tall: The Curious History of Men in Heels* (2015); *Fashion Victims: The Pleasures and Perils of Dress in the 19th Century* (2014); *Out of the Box: The Rise of Sneaker Culture* (2013); *Roger Vivier: Process to Perfection* (2012); *On a Pedestal: From Renaissance Chopines to Baroque Heels* (2009); *Beauty, Identity, Pride: Native North American Footwear* (2007), and more.

*Out of the Box: The Rise of Sneaker Culture* (2013) was expanded into a blockbuster travelling exhibition in partnership with the American Federation of the Arts and was displayed in several US venues, and travelled across the US and to Australia in 2015 - 2017.

Named by *FASHION* Magazine as one of the world’s top five game-changing fashion curators, Semmelhack has been featured in articles and interviews in *National Geographic*, *Vogue*, *Elle*, *InStyle*, *W Magazine*, *Women’s Wear Daily*, *Wall Street Journal*, *Forbes Magazine*, *The New Yorker Magazine*, *GQ Magazine*, *L’Officiel*, *Washington*

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(President's Report...continued from Page 6)

*Post, The National Post, The Toronto Star, The Globe & Mail* and many others.

She has also appeared on numerous television and radio programmes including NBC's *Today Show* and the *Conan O'Brien Show*; and in documentaries including *Unbanned: The Legend of Air Jordan I.* (2018), *The History of Cool.* MSNBC (2018); *Abstract: The Art of Design. Tinker Hatfield* episode. Netflix (2017) and *God Save My Shoes.* (2011)

With a growing international collection of nearly 15,000 shoes and related artifacts, the Bata Shoe Museum showcases 4,500 years of footwear history in four distinctive rotating galleries. Through the creation of its innovative exhibitions, the BSM strives to enlighten and entertain visitors of all ages. For every shoe there's a story!

As with all not-for-profit organizations, we, in District 15, rely heavily on our volunteers to help support our district organization and to work on creating events, sharing information and being available to our members as needs arise. All our committees are always looking for new volunteers and this activity is certainly a positive way to give back and learn from others.

As well, we do have some positions vacant that require chairs to oversee the committee work. So, realizing that your skills are very transferable, why not consider volunteering with us? You are always welcome and, if you would like further information, please contact the committee chair directly or myself. To contact, e-mail [district15halton@gmail.com](mailto:district15halton@gmail.com) with the subject field containing the name/position of board member you wish to contact.

Our remaining Board meeting dates for the 2023-24 year are:

Tuesday, January 23, 2024

Wednesday, April 17, 2024

Wednesday, May 29, 2024 - AGM

Tuesday, June 18, 2024

Information will continue to be made available on our website and the RTOERO website.

(President's Report...continues on Page 8)

Visit us on the Internet at [district15.rtoero.ca](http://district15.rtoero.ca)

(President's Report...continued from Page 7)

As well, District 15 Halton has its own **Facebook** page as a way to stay in touch, share information, and promote and celebrate events with all members. Thanks to the work of **Carey Mollenhauer**, our **Media Manager**, we have a vibrant Facebook presence. Please visit our site at [www.facebook.com/RTOERODistrict15Halton](http://www.facebook.com/RTOERODistrict15Halton). We also encourage you to visit our website, <https://district15.rtoero.ca> for up-to-date information, a calendar of events, and support documentation.

**Brad Fisher** continues to work tirelessly to co-ordinate our electronic newsletter, **Rapport**. This is a great collection of pictures, news and stories, focusing on District 15 - Halton, published multiple times a year. I know Brad would appreciate your submissions sent, for possible inclusion, to [rappord15@gmail.com](mailto:rappord15@gmail.com).

The **Halton Herald**, our newsletter, comes out three times a year in print and electronic form, thanks to the amazing work of **Peter Gnish**, **Editor**. Although we do send the Halton Herald by mail, members are invited to consider receiving their edition of the Halton Herald electronically. If you would like to save a few trees, please send our Editor, Peter Gnish, an email stating that you no longer wish to receive a paper copy in snail mail but would like to enjoy the Herald digitally. Send your email to [pgnish@gmail.com](mailto:pgnish@gmail.com).

We look forward to hearing from you and seeing you at our events!  
Have a great year!

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## We Get Letters, E-mails & Calls

By Peter Gnish



Thank you to all those who contacted me over the past several months. Not only do I appreciate receiving these e-mails, phone calls and letters but our readers really enjoy hearing the latest from you. How about you! Why not drop me an e-mail ([pgnish@gmail.com](mailto:pgnish@gmail.com))

(We Get Letters...continued on Page 9)

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(We Get Letters...continued from Page 8)

or send me a letter in Florida where I will be for the winter until May (5260 South Landings Dr., #309, Fort Myers, FL, 33919) or call me (239-208-2860)!

**Clayt Ahrens** wrote, "It is with profound sadness to inform you and the fine people at the *Halton Herald* that my dear wife, Pamela passed away, on July 25. Her family and I hosted a Celebration Of Life at the Burlington Golf and Country Club on October 29. To view her obituary, please go to the Lockhart Funeral Home web site at [www.lockhartfuneralhome.com](http://www.lockhartfuneralhome.com). Pam and I had almost 52 wonderful years together. Bit of a tough time without Pamela, but we do have many great memories."

**Ron Banyai** e-mailed to say, "I have just read the September 2023 edition of the *Halton Herald* and thoroughly enjoyed it as always. Please change my subscription preference to on-line only.

Glad to see that you are continuing to winter in Florida. Except for short vacations and occasional cruises we are still spending winters in the Great White North. Something that makes those winters a lot more enjoyable is the lunchtime skating group that has developed at the Appleby Ice Rinks. An average of about 40 people skate each weekday during the 11:30 to 1:00 pm session. Regulars in this group include a number of retired Halton teachers including **Ian Meldrum, Dale Smith, Jim Noble, Paul Gavan, Fred Leighton, Tom Cowan** and yours truly (I hope I haven't forgotten anybody). Also included among the regulars are several retirees from other boards including **Lou Piovesan** (former director of the Halton District Separate School Board)."

**Paul Davidson** responded to the September issue of the *Halton Herald* by saying, "Thanks Peter. Your choice of (my) photos was great! This summer we organized a family vacation at a cottage on Lake Erie but next year I plan on going up to Kesagami again. Sue and I will be doing a river cruise in France next fall, so happy to provide another article at that time, if appropriate."

(We Get Letters...continued on Page 10)

(We Get Letters...continued from Page 9)

**Nancy Hall** wrote, "I receive each issue of the *Halton Herald*, which I very much enjoy, but I do not receive any other information through e-mail. I'm guessing I'm not on any e-mail list for newsletters, etc. Can you please advise me how I can rectify this situation. I would like to participate in the Zoom presentation of Bob McDonald but think I need to be on the e-mail list. Thanks for any help you can give me."

**Sarah Munro** said, "I am e-mailing to inform you of the passing of my father **George Munro**. I know that you worked together while he was at the Halton Board. I know that my parents and I regularly read *Halton Herald*. I was wondering if you could mention his passing in the next edition? I know it would be an honour to him and my mother would certainly like others to know (<https://www.circleoflifecbc.com/obituaries/?filter=Munro>).

My mother is looking forward to the next edition as she loves staying up to date with others and the articles that you write. Thank you for your assistance with this. I had no idea that you and my father went all the way back to Central High School and McMaster (in Hamilton). He talked about those days at Central High a lot. He was so proud of his time at Mac - he and I would go to a football game or womens' basketball when we could, but it has been years. Those were some of the best quality times I had with him, just he and I in a spot that he was so proud to be a part of, at one point in his life."

**Ruth Roberts** e-mailed to say, "First of all, thank you so much for the wonderful job you have consistently done for the *Halton Herald*. It is always full of interesting and informative information. I have one small concern that I am finding frequently in many printed articles. Many writers are using abbreviations without previously indicating what they stand for. I was completely mystified by the use of HMC-CVITP in the article by **Jeannie Woodcroft**. What does this refer to? This is a new one for me although as I mentioned the use of short forms is now considered just a normal way of communicating. Thanks too for considering this comment."

(We Get Letters...continues on Page 11)

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(We Get Letters...continued from Page 10)

*(Editor's Response: "Hi Ruth. Thanks for your message. The HMC-CVITP refers to the Hamilton Multicultural Connections - Community Volunteer Income Tax Program. Wow! Yes, I agree with you. We should be writing the full name of the organizations. Some abbreviations are common but many are not. As Editor, I will do my best to ensure that this happens in the future.)*

**Nancy Sorensen** wrote, "(The) sailing story looks great! Thank you so much for putting so many of my adventures into print and letting me share with others. I have sent a message to **Marilyn MacLennan** re a second copy for me to send to Lydia. Lydia will be thrilled!

I find the *Halton Herald* has lots of good information if you sit down and take the time to read the various articles. Thanks for accommodating my stories."

**Richard Szymczyk** e-mailed to say, "Long time no 'talk to'! Have had a few health issues limiting my activities at some key levels. Nothing serious but aggravating.. will get over it soon.. have great therapists and medics.. for a small town, well taken care of.

I noted in the last *Herald* that old friend and colleague **Eric Balkind** wanted to connect with me. Feel free to give him my e-mail address or if easier, give me his. Will, of course, re-connect. Eric was an excellent educator and highly respected in Halton. I read some of his *Toronto Star* letters to the Editor years ago and was pleased to learn he's still shaking up some societal issues!!

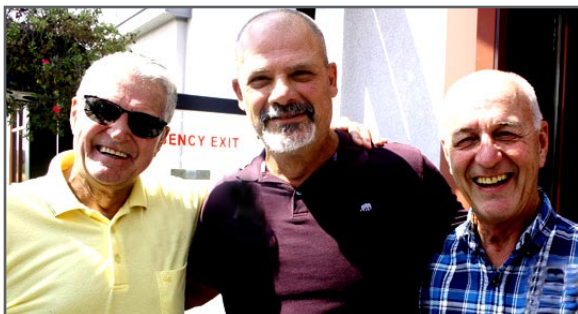
Apart from that, I hope to be able to do more writing as soon as I'm able to sit comfortably at a desk!! And I'm really thankful I'm not in education today. I wouldn't survive too long with what has developed at all levels. I find it incredible and upsetting at times especially when I note that responsibility, accountability and consequences appear to have disappeared. Something I call a "NotMeitis" Virus with a logo showing arms folded in front with index fingers pointed outwards!! Stay well. Stay Safe"

**Wendy Wehrli** (an occasional teacher) e-mailed to say, "Thank you very much for all your work putting this newsletter together."

# A Blast From The Past!

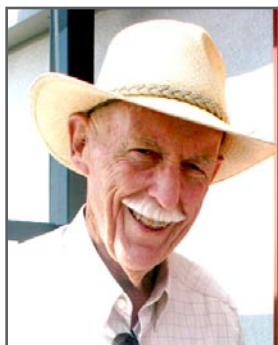
Information From Laura Bird; Photos By Peter Gnish

On August 9th, a very special social gathering of MM Robinson High School retirees, organized by **Leo McAdam**, was held at the Boston Pizza establishment in Waterdown. A total of 37 retirees attended spanning the full range from the late 1960's into the 2000's. A few had not seen some of their colleagues for almost 50 years. What a great day it was and what a great time people had reconnecting on the outdoor patio!



Leo McAdam, Marcello Campanaro & Dave Leslie

Check out the photos below. Do you recognize any former friends or colleagues who worked at MMR? Leo and Laura are planning future gatherings. They would love to seek out more retirees. If you would like to join them in the future, you are welcome to contact **Leo McAdam** at [lynmc@sympatico.ca](mailto:lynmc@sympatico.ca) or **Laura Bird** (was Brewer) at [laurambird@sympatico.ca](mailto:laurambird@sympatico.ca).



John Love



Dina Zuchan

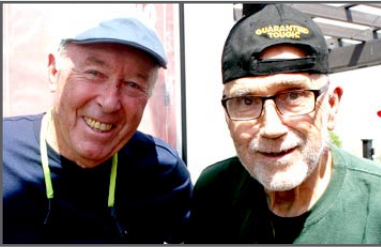


Laura Bird & Jennifer Wray

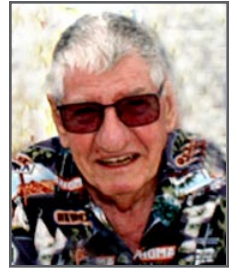
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(A Blast...continued from Page 12)



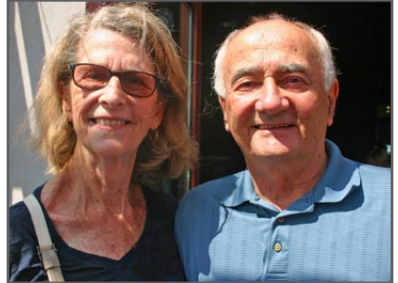
Bob Curry & Alden McEachern



Ray Bannon



Libby & Dave Baird



Donna & Al Novasel



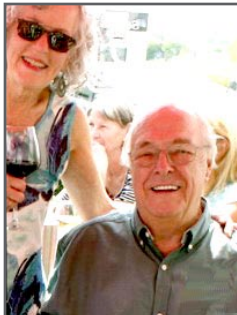
Luba Pyslak



Cary Mayeur & Cate Roberts



Chuck Atkins



Elaine Atkins & Pete Shuttleworth



Carol Baker, Joan Grassi & Alice Croucher

(A Blast...continues on Page 14)

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(A Blast...continued from Page 13)



Chuck Saunders & Linda Garniss



Gayle Redshaw & Lynda Saunders



Morgan Perigo



Karen Spence & Donna Lemon



John Gow

### Contribute to the *Herald*!

The next *Halton Herald* will be distributed in April 2024.

- Send a letter to the Editor ([pgnish@gmail.com](mailto:pgnish@gmail.com)) on any topic that interests you or tell us how you are doing and what you are up to.
- Write an article on any topic that may interest your retired colleagues. Please limit your article to a maximum of 750 words.
- Share a funny story with our many readers.
- Provide us with pictures to share with our members.

Send your article or correspondence to the Newsletter Coordinator, Micki Clemens by e-mail: [micki.clemens@sympatico.ca](mailto:micki.clemens@sympatico.ca).  
Deadline - February 15, 2024.

## The October 2023 RTOERO National Fall Forum

By Regan Heffernan



I attended my first RTOERO National Fall Forum as the Second Corporate Member from District 15 Halton. I was on a team with **Jerry Powidajko**, **Brad Fisher**, and **Penny Hambly**. It was an excellent well-planned event. The whole experience enriched me and made me more committed to my involvement with RTO.

On a personal level I enjoyed meeting with Martha Foster, our CEO. She and I are from the same village near Niagara Falls and she attended a very small high school with my sister. That personal interaction with Martha enriched my time at this conference which was a pleasant social time filled with good learning.

The major decision confronting this conference was to decide whether or not members with the benefit package needed to continue to pay for our membership. The motion would exclude members who do not pay for our benefits and they would need to continue to pay for their membership. The clarification that came at the conference showed that our benefit payment includes a remittance of over two percent to RTO. Under the motion all members will now contribute approximately the same amount to RTO to fund the organization. Those with insurance pay through a percentage remittance and those who do not have benefits with RTO pay through direct membership fees. The consensus on the floor was that this plan made all members relatively equal and still ensured the long term health of the RTO operations. While this was the significant decision of this conference, I was interested in all I could learn about RTOERO.

I always try to distill my opinions on an issue down to a thesis that I can express clearly and quickly. I attended the Forum with a particular question in mind. What is the main difference between our organization and other benefit providers? While there are other in-

(National Forum...continues on Page 16)

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(National Forum...continued from Page 15)

insurance providers, our organization protects us very well and serves us through commitment to us as we age. A portion of our benefit payment to RTO funds and supports an organization that leads important work on behalf of seniors' wellbeing. It also provides an opportunity for fellowship and community engagement. Significant social activities and speaker series are held locally to bring members together for learning and for social interactions. I left the conference proud to be part of an organization that serves my interest and the interest of my colleagues. Covid taught us that the healthcare and social care programs in society fail seniors more often than other sectors of society. RTO is a group of well connected seniors supporting seniors. We have a credible voice which we use to influence positive changes. We work for the benefit of seniors in general and our members in particular. As we continue this work, it will be important to engage new members

Our name tags identified our role at the conference because only Corporate Members can vote on motions. We also had a number of ribbons that could be added to the name tag to identify our experience. I was the only first time attendee that I met during our forum. I saw many people who were attending their tenth forum. I came away confirmed in my commitment to the organization. I hope to be able to encourage other District 15 members to attend future forums. It is important to the future of our organization to involve new members.

Our sizable group of District 15 members spent most of their lives trying to make learning and the community work for young people. While I am certain that we still value that involvement, I hope now that we can work passionately to make the future brighter for seniors. Personally, I hope to shape the world in which I want to live by supporting greater outcomes for seniors!

### **Getting Old is No Joke!**

- *I don't mind getting older, but my body is taking it badly.*
- *I remember being able to get up without sound effects.*
- *I came, I saw, I forgot what I came for.*

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(AGM...continued from Page 16)

## REVELATION AT THE FORUM

Recently, at the RTOERO Forum in Toronto, **Penny Hambly**, met up with Martha Foster, (centre) the Chair of the RTO Board and Claudia Mang,( left) the Vice-Chair, and in conversation, it was revealed that all were graduates of Loretta Academy, and therefore are the “Ladies of Loretto”!



### Welcome, New RTOERO District 15 Members!!!

Our membership is now pushing the 3000 mark. Below are the names of teachers, other education staff and surviving spouses who became members since September 2023. Please welcome them and invite them to join you at one of our upcoming activities.

Brian Bell  
 Debra Davidson  
 Alba Falconi  
 Lorna Goodrow  
 Catherine Munro  
 Deborah Scollard  
 Niki Stratako  
 Katherine Webber

Susan Cook  
 Lisa Duggan  
 Dominic Fazio  
 John Hatzifotis  
 Ralph Neumann  
 Betty Skilbeck  
 Jeff Uhler  
 Darlene White  
 Walter Zamora

Sandra Crocker  
 Michele East  
 Susan Gale  
 Bryan McIntyre  
 Leanne Rathbone  
 Pamela Soward  
 Mary Watson  
 Sharon Whitehead

## Health Benefits Committee Report

By Bonnie Cummings



I hope everyone had a great holiday season full of delicious food and lots of family visits. I always look forward to the holidays to spend time with my family and friends.



Our *“Know Your Health Plan Workshop”* on October 2, 2023 offered in collaboration with District 13, was very successful. Stephen Wong’s presentation was very informative. The feedback from our members was very positive. We will try to do this workshop again next year. We had 31 members from our District attend this year’s event. A good time was enjoyed by all. The food was amazing!

I will highlight a few key areas for those who could not attend. Stephen started his presentation by explaining the importance of having insurance and how RTOERO operates. Of importance to remember is that RTOERO is a not-for-profit organization, so the premiums are set to cover the cost of claims, not to generate a profit. If excess premium is collected, the entire amount is fully reinvested back to members. All plan change suggestions submitted by members are collected for review the following year. At the Fall Benefits Committee meeting, the committee prepares the renewal for the following year for approval by the Board.

RTOERO’s partners are Johnson Consultant, Partial Risk Underwriter, Johnson Administrator Claims, CloudMD, Canadian Pharmacy, and Global RSA Travel.

Stephen went over the new Digital Member Portal and reminded everyone that starting Jan. 1, 2023, the RTOERO policy requires that you submit your claims within six months from the date the expense was incurred. He reminded everyone that it is helpful to share your e-

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(Health...continued from Page 18)

mail address with them, your Power of Attorney (photocopy is okay), and Spousal Authorization (I authorize my spouse to ask questions on my behalf). Always include your name and phone number on your correspondences.

Extended Health Care highlights were discussed and examples given. Of importance, if you are over 65, each August you pay a \$100 deductible to ODB (Ontario Drug Benefit). It's important to tell your pharmacist that they must put your prescriptions through ODB first, then through Johnson. The government does not cover all medications so it's important to have insurance. Express Scripts can save you money and it is worth looking into for your maintenance prescriptions.

New in 2023 is Kii (by CloudMD). It is available at no extra charge for EHC (Extended Health Coverage) participants, their children (regardless of age), parents, and parents-in-law. You work with a nurse care coordinator who gathers your medical information for review and sends it to the most appropriate specialist. They have an extensive network of physicians and specialists who will review your diagnosis. Your nurse care coordinator will work with you throughout the entire journey ensuring you understand your diagnosis, care plan, and next steps.

The importance of travel insurance was reviewed and travel highlights were given. Some reminders of what is included in the EHC plan, at no additional cost: 93 days coverage per trip, 100% of eligible expenses up to \$10,000,000 per person/trip, \$6,000 for trip for cancellation/interruption/delay. Travel questions? Call Johnson at 1-877-406-9007.

Supplemental travel insurance can be purchased. You can purchase up to 212 days with the same EHC 93 day plan insurer, with no medical questionnaire. Coverage automatically renews unless you cancel it. If you are returning home instead of purchasing extended insur-

(Health...continues on Page 20)

(Health...continued from Page 19)

ance, remember that you must return to your province of residence. There is a new stability period and you need new proof of departure. Emergency medical coverage is available if you contract COVID 19 while travelling (subject to pre-existing medical conditions exclusion). Medical Stability is considered 90 days stable. Change in Medication Exceptions: a reduction or discontinuation in medication due to an improvement in your medical condition, the routine adjustment of Coumadin, Warfarin, insulin, or oral medication to control diabetes, a change from a brand medication to a generic medication (provided that the dosage is not modified).

Proof of travel documents can be an airline ticket, boarding pass, passport stamp or credit card receipts - gas, hotel, duty free - from Ontario.

Travel Tips to consider: Download the 2023 Insurance Plans Booklet from RTOERO's website, Carry your Benefits (ID) card when travelling, in the event of a claim, call Global Excel as soon as possible. (Know how to dial out from a foreign country).

Dental Highlights were reviewed from page 31-37 of the booklet. Basic and Preventive, Minor Restorative and Major Restorative and 2022 updates were reviewed.

Hospital & Convalescent Care was reviewed: Semi-Private Room Coverage 95% with no maximum; Convalescent Care 80% reimbursement up to \$75 per day.

If you have any questions, contact RTOERO at 1-800-361-98888 / 416-962-9463; [insurance@rtoero.ca](mailto:insurance@rtoero.ca) OR Administrator (Johnson) 1-877-406-9007 / 416-920-7248.

Also of note you should have received an e-mail from Jim Grieve RTOERO sometime in October about Options to top-up your RTOERO travel plan. The e-mails were sent out in waves, so I cannot give you an exact date. There are new extra coverage options for trip

(Health...continues on Page 21)

(Health...continued from Page 20)

cancellation/interruption. As of September 2023 you have a new option to top up your existing trip cancellation and interruption coverage. With the RTOERO travel insurance included with your extended health care plan, you're covered up to \$6,000 per person, per trip for cancellation or interruption expenses. You can now add extra coverage as follows:

- Buy the extra trip cancellation/interruption insurance for a specific trip to have coverage of up to \$12,000 per insured for that specific trip.
- Choose single, couple or family coverage.
- Read the Entente Insurance Program booklet for full details, as coverage is subject to the same terms and conditions as the trip cancellation/interruption in the RTOERO travel plan.

You have coverage for up to 93 days per person, per trip through your extended health care plan. If you're travelling for longer than 93 days outside your province or territory of residence, you can easily add coverage for extra days as follows:

- Add five more days of coverage for a trip of up to 98 days, or extend your coverage in 15-day blocks.
- Staying longer? Extend coverage while you're already on vacation.
- Premiums are added to your regular monthly payment and deducted in equal monthly installments.

For full details, including the premiums and application form, visit the RTOERO website. Get your questions answered by a licensed Johnson Insurance representative or add extra coverage by calling 1-877-406-9007.

I would also like to thank two members, **Ginny Seeliger** and **Mary Vancas**, for volunteering to be on the Health Committee with me. I am looking forward to working with both of you.

I wish anyone who is travelling, a safe and happy trip. Remember to take your health card with you. All the important numbers you need in case of an emergency are on the back of the card.

## **RTOERO District 15 Halton**

Tuesday, February 20, 2024  
Oakville Conference Centre  
2515 Wyecroft Rd., Oakville, ON L6L 6P8



**Jim Kenzie, former journalist  
for the *Toronto Star* Wheels Column**

### **STORIES ABOUT CARS!**

**Exotic, Prosaic, Old, New, and Racing - and  
the People who Drive Them!**

**Essentially, my talk is about the incredible series of  
lucky breaks that have allowed me to have a career  
as a journalist that was beyond my wildest dreams.  
People who are car enthusiasts find that these  
stories have been their dreams, too! I got to travel  
all over the world, driving cool cars, from Alfa  
Romeo to Volkswagen, on great roads like the  
Autobahns, and race tracks, like the Nurburgring.  
Now the car landscape is changing; are you ready?**

**COST: \$30.00** for RTO District 15 members/spouses  
**\$35.00** for guests/non-members

**Registration: 11:00 am -12:00 noon**

**Opening Remarks: 12:15 pm**

**Lunch: 12:30 pm PRESENTATION: 1:30 pm**

**Cash Bar will be available from 11:00 am.**

Visit us on the Internet at [district15.rtoero.ca](http://district15.rtoero.ca)

**WINTER SNOWFLAKE LUNCHEON  
TUESDAY, FEBRUARY 20, 2024  
REGISTRATION (PLEASE PRINT)**

**Member Name:** \_\_\_\_\_

**Tel.#:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Vegetarian Meal** \_\_\_\_\_ **Food/Gluten Allergy** \_\_\_\_\_

**Spouse/Guest Name:** \_\_\_\_\_

**Tel #:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Vegetarian Meal** \_\_\_\_\_ **Food/Gluten Allergy** \_\_\_\_\_

**Request for Accessible Parking:** \_\_\_\_\_

**NOTE:** Make cheque payable **ONLY** to  
**RTOERO District 15**  
in the amount of :.....

**MAIL:** Please forward registration form & cheque by  
mail by **February 9, 2024**  
to  
**Judy Wedeles**  
4141 Stonebridge Cres. Burlington ON, L7M 4N3

**OR**

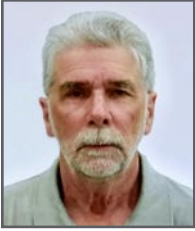
**PAY ONLINE** at <https://district15.rtoero.ca>  
Home Page – See under Site Map – Click “Pay  
online for District 15 Event or Activity.”

**THEN**

**EMAIL:** Above Registration Form with special  
meal/allergy indications to  
[EventsD15RTO@gmail.com](mailto:EventsD15RTO@gmail.com)

# Archives Committee Report

By Blaine Adams



## An Appeal from the Archives!

It is surprising to me that there are so few records and documents from the early years of District 15. The district was formed in 1973, in partnership with Peel. In 1987 we became a district on our own. The earliest record we have of attempts to communicate with retired teachers is in 1992 when the president of the day, **John Bingham**, started a newsletter that he called, "*NO NAME NEWSLETTER*".

The first recorded issue of the newsletter that we have is from the fall of that year, 1992, and is listed as Vol. 1 No. 3 but the next issue in Spring 1993 was also labelled No. 3. There must have been a Vol. 1, No. 1 representing the inaugural issue of the newsletter dating from spring of 1992. We would love to get our hands on that initial issue. If anyone knows of its whereabouts, please let us know.

This message, to our District 15 members, is a general appeal for any documents, photos, or mementos from the 1970s to the 1990s. We are also missing some board minutes from those years. We would be so grateful to include them in the archives or make copies, if that is the donor's wish.

And, what of that second publication in 1992. What were the main concerns for retired teachers? It is no surprise that health, travel insurance and pensions were reported on at length. It was noted that Blue Cross had increased its premium significantly and "we in STO/ERO are indeed fortunate in having such a caring organization seeing to the well-being of its members and keeping our premiums and coverage within reasonable limits."

Another interesting item in the publication was that the fall Board meeting incorporated the Fall Luncheon and featured a talk by Ray Lowes, the founder of the Bruce Trail. The meeting began at 10 a.m. and concluded at 3 p.m. The cost for members was \$18 but only \$15, if you retired before 1982!



## RTOERO District 15 Halton Contact List

*NOTE: Recently, the RTOERO has advised all their Districts of the need to protect the personal security of our Executive and Board members and our District members in our publications. You may contact us in TWO ways.*

1. To contact any of the Board members listed below, please use the following email address: [district15halton@gmail.com](mailto:district15halton@gmail.com). Indicate in your message, the individual Board member or members to whom you would like the message to be directed.

2. Go directly to our Contact Page on our RTOERO website, <https://district15.rtoero.ca>, and submit your inquiry. Any contact information included in the committee reports found within this publication appears with the approval of the individual author.

### Executive 2023 – 2024

Past President: Micki Clemens  
1st Vice President: Regan Heffernan  
Secretary: Dianne Visschedyk

President: Jerry Powidajko  
2nd Vice President: Brad Fisher  
Treasurer: Carol Pashkievich

### Committees

#### Archives

Blaine Adams

#### Community Grants & Scholarships

Penny Hambly

#### Book of Remembrance

Toni Pizzigrilli

#### Communications

Webmaster

Carey Mollenhauer

Social Media Manager

Carey Mollenhauer

*Report* Coordinator

Brad Fisher

*Halton Herald* Coordinator

Micki Clemens (Temp.)

*Halton Herald* Editor: Peter Gnish

Design: Cate Roberts

Proofreaders: Susan Carnegie, Micki Clemens, George MacRae,

Marilyn MacRae, Eleanor McCulloch, Jordan Palmer, Ray Smith

#### Foundation Champion

Moira Plexman

#### Goodwill

Toni Pizzigrilli

West Convenors

Marina Lloyd, Liz Takalec

East Convenors

Dianne Visschedyk, Toni Pizzigrilli

North Convenor

Susan Spencer

Out-of-Region Convenor

Catherine Fadyshen

New Convenors: Mary Dell'Anno, Attilio Dell'Anno, Judy Wedeles

#### Health Benefits

Bonnie Cummings

Committee Members: Colton Roberts, Virginia Seeliger, Mary Vancas

#### Membership/Recruitment

Marilyn MacLennan

#### Member-At-Large

Judy Wedeles

#### Political Advocacy

Claudia Stewart

#### Program

Jerry Powidajko (Temp.)

Committee Members: Micki Clemens, Penny Hambly,

Toni Pizzigrilli, Colton Roberts

#### Social

Vacant

Visit us on the Internet at [district15.rtoero.ca](http://district15.rtoero.ca)

# Program Committee Report

By Judy Wedeles

## COMING ZOOM PROGRAM EVENTS IN 2024

### Grand(m)others Act to Save the Planet (GASP)

**TUESDAY, JANUARY 30, 11:00 A.M.**

GASP is a grassroots, non-partisan group of grandmothers and grand'others' who care deeply about the world our descendants will inherit. Winner of the YWCA Peace Award, GASP is committed to social and climate justice. They model themselves on the Indigenous peoples' "wisdom carriers" - the elders, who look out for the best interests of the next generations. Join us, via Zoom, to learn how we can all be advocates for the common good and a sustainable world on January 30 at 11:00 a.m.

~\*~\*~\*~

### Backyard Birding

**WEDNESDAY, APRIL 10, 11:00 A.M.**

Chris Wedeles is a wildlife biologist who is passionate about birds. He has seen over 140 species on his 23-acre property just outside of Erin, Ontario. During this Zoom presentation, Chris will share tips on bird-watching and identifying birds, including those that you may see at your feeders and in southern Ontario in general. He'll also share some stories of his bird-watching adventures at home and abroad. In addition to many published papers, Chris has written articles on everything from bird-watching to earthworms for *In the Hills* magazine. Please join us for this fascinating, fun, and informative session on April 10 at 11:00 a.m.

~\*~\*~\*~

**RESERVE THE DATES!**

**Registration information will be forthcoming in the *RAPPORT!***

# Political Advocacy Committee Report

By Claudia Stewart



Thanks to **Moira Plexman** for attending the Zoom meeting on my behalf for the RTOERO Political Advocacy group while I was out of town. Moira kept notes and shared the initiatives we have in Halton with the other team members from other districts.

The topics of interest in Halton are;

1. Lobbying the governments, both federal and provincial to create:  
a) a Seniors Ministry to address issues with Long Term Care (LTC) facilities and scrutinize conduct, care and costs. b) a Pharmacare system, dental care, housing, homelessness for seniors. c) a Seniors advocate to navigate issues for us. This is not a political issue. It's a healthcare and senior wellness issue demonstrating our humanity.
2. LTCs in Halton. Who owns and operates them? What is their reputation for care? We have members who visit and have voiced concerns about care and costs for services in LTC's. As well, Homecare is challenging because of the inconsistency of care and lack of staff.
3. We need to know the financial dealings of the province. How much does it cost for an hour of care? Is that consistent across facilities? The Ontario government has mandated 3.5 hours of care for each person. How is that monitored? Who is entitled to care?
4. Organizations we work with to learn more about advocacy issues include the Advancement of Women Halton; University Women's Club; Grandmother's Voice (Indigenous Women's Circle); Women of Halton Action Movement; SAVIS; Halton Women's Center; GASP-Grandmothers Act to Save the Planet; and the Ontario Health Coalition. Report on LTC and legislation in Ontario.
5. Halton held an Environmental Awareness Event with Bob MacDonald of the CBC radio show *Quirks and Quarks*. Bob talked extensively about the positive aspects of environmental change referencing his book, *The Future is Now!* and gave a thoughtful take on initiatives to

(Political Advocacy...continues on Page 28)

(Political Advocacy...continued from Page 27)

help the planet. This event was devised by our Past President and member of the Board of the RTOERO Foundation, **Micki Clemens**, who deserves recognition for her creative idea to collaborate with neighbouring Districts 13, 14, 17 to bid on this Zoom event offered on the RTOERO Foundation online auction event last May. Thanks Micki! You are a Rock Star for coming up with this idea!

### **A Synopsis of Bill 135, Convenient Care at Home Act, 2023**

From Ontario Health Coalition notes, we ascertained that there is no information in this bill to improve access to care, to address staffing shortages, to define entitlement to care, to establish public accountability for improving training and quality of care, nor for ending privatization.

Please note, Home and Community Care Support is now the third name of the previous CCAC or LIHN organization in our area which will control care coordination for Health providers. ALERT! Privatization will thrive!

#### **ADVERTISING AND PROMOTION POLICY**

It is the policy of RTOERO Halton District 15 that all advertising and promotion to or by its members must have prior approval by the District Executive. In this context advertising and promotion includes signage, verbal presentations, handouts, distributed material and display table material. Advertising may be accepted for the following purpose: To offer information to members about programs, services and products of potential interest and benefit. RTOERO reserves the right to edit or reject any advertisement.

RTOERO districts do not accept paid advertising and it is not permitted in district newsletters or on district websites. Districts may recognize sponsorships by trusted partners for events or special activities.

Publication of any advertisement by an outside group in the *Halton Herald*, in other District 15 printed material, on the District website, in our e-letter (*RAPPORT*) or at any District function or event does not constitute endorsement of the product or service by RTOERO Halton District 15.

Visit us on the Internet at [district15.rtoero.ca](http://district15.rtoero.ca)

# Goodwill Committee Report

By Toni Pizzingrilli



Happy 2024 from all of us on the Goodwill Committee!! It feels strange to say that because in actual fact, I'm writing this report on a beautiful, sunny, crisp autumn day in November. It will be interesting to note all that transpires from this day to the January day in 2024 when you will actually receive this issue. We can only hope that the remainder of the fall season and all of the festivities in December and in the New Year will be joyful and provide us all with many celebratory occasions with family and friends.

The Goodwill Convenors have been tireless in their efforts to continue to send birthday wishes to recognize a special time for our Senior Members. From the April 2023 *Halton Herald* issue to this first 2024 issue, the Convenors will have sent approximately 700 Birthday Cards. In addition, they will have sent 400 or more Holiday Cards. It is always our hope that these special occasion cards are well received by our members and help brighten their special day. We also hope that cards sent in sympathy bring a little extra comfort to the family members of a deceased loved one.

Please continue to keep us informed of anyone who would benefit from receiving a cheery phone call, card, or e-mail. You may contact us at [district15halton@gmail.com](mailto:district15halton@gmail.com). Use Goodwill in the subject line.

Staying connected is one of the best ways we have to ensure our overall well-being. We hope that any form of communication from a Goodwill Convenor would be beneficial in this regard. May 2024 be a joyful, hopeful, and peaceful year for all!

## Books! The First Handheld Device

- *It's not hoarding if it's books.*
- *My life is a series of obstacles preventing me from reading my book.*
- *Promise me you'll always remember you're braver than you believe, stronger than you seem and smarter than you think .*

-Winnie the Pooh

## Foundation Report

By Moira Plexman



It is the Foundation's Mission to *"invest in programs, research, and training to support healthy, active aging for all Canadians. Our activities aim to improve seniors' health care, and social isolation, and combat ageism."*

A fall National 50-50 lottery was conducted to raise funds for the **October Social Isolation Campaign**. \$62,000 was raised of which half went to the grand prize winner. You just need one ticket to win! Why not consider buying a ticket at the next 50-50 draw?

Members and Districts are encouraged to make donations to support the development and creation of programs to reduce isolation among seniors. Again, this year District 15 Halton donated to this important cause. Funds raised are channeled into research, webinars, and special grant projects.

This year, 2023, **Hearing Life** partnered with the Foundation to match all donations up to \$5000 for **Giving Tuesday held on November 28**. Thank you, Hearing Life! District 15 participated by submitting a donation of \$1000 that then was matched for a total donation of \$2000.

The **Foundation granting program** wrapped up in December. The deadline to accept full proposals was November 1st and the final decision was made at the December board meeting. An announcement of the successful grantees will be made in January.

The **Cooking Up Calm** booklet, funded solely by the Foundation, was featured at this year's Canadian Association on Gerontology conference in Toronto last week. The research team from the University of Alberta presented their work, as well as the booklet, to conference attendees and received high praise. Many people remarked about how useful the booklet could be in practice. They were impressed with seeing such a creative outcome from a research study. If you haven't already seen the booklet, you can view the booklet at the following link: <https://rtoero.ca/mentally-healthy-living/>.

# Awards/Community Grants & Scholarship Report

By Penny Hamby



Congratulations to RTOERO District 15 member **Ida Continenza** for being awarded a \$1270.00 grant for her project **ONE Little Free Library**.

A former language teacher, Ida started a Deer Run Book and Social Club a few years ago amidst the social isolation caused by the COVID pandemic. She is also a volunteer with the Little Free Library Group and aims to have the shelves stocked with titles that are varied, diverse and inclusive of all ages and reading ability levels. These little free libraries are a community asset as they are available to anyone in the area. The cheque presentation with President, **Jerry Powidajko**, took place at the District 15 November 1st luncheon.



Here are some pictures of the little library.



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(Awards...continued from Page 31)

Since the inception of the community grants program 23 years ago, RTOERO National has donated almost \$2 million to 550 programmes and projects. A committee of RTOERO members assesses the merits of each program submission. If you have a project, big or little, that you think might meet the criteria to be considered for a 2024 grant, go to the RTOERO National website ([rtoero.ca](http://rtoero.ca)) and search for the Community Grants category. Then, contact me to discuss it. The project does need approval from the District 15 Board to be submitted.

Watch out for the Johnson Scholarship applications available to members' relatives who are in their FIRST year at a post Secondary program. They will be available in the spring on the National website.

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## Media Manager's Report

By Cary Molenhouer



There are many ways you can stay up to date with the events RTOERO District 15 Halton has planned for its members. If you haven't checked out our **WEB-SITE**, you will find it is an easy one to navigate and it has a standard look regardless of the device you are on. It can be found at <https://district15.rtoero.ca>. This is where you will find key messages, bereavements, political advocacy initiatives, photos, and key events that are planned. Also posted are issues of our monthly *RAPPORT* and the three yearly issues of the *Halton Herald*.

FACEBOOK is another communication avenue which highlights key messages, photos, and events. New to our Facebook page is information on Optimal Aging and Health and Wellness tips from McMaster University.

If you are in need of contacting any of District 15's Executive or Board Members, you may contact us in two ways. Please use the e-mail address: [district15halton@gmail.com](mailto:district15halton@gmail.com) and indicate in your message the individual to whom you would like it directed. Further, you can go directly to our Contact Page on our RTOERO website, <https://district15.rtoero.ca> and submit your inquiry.



# Membership/Recruitment Report

By Marilyn MacLennan



Here in District 15 Halton, we continue to welcome newly retired members as well as active members.

As of October 31, 2023 we have 2970 retired members and 127 active members. We find that most of the active members join RTOERO when they retire. Because of the low numbers able to attend the Beyond the Bell breakfast, we cancelled the event. However, we were able to meet some new members at the November 3 luncheon. Needless to say, they all are happy to be retired especially after the two years of disruption during the pandemic. In addition to updating member information, I work on obtaining accurate e-mails and addresses from members.

Those with Cogeco e-mail addresses are advised to add the District 15 and the RTOERO events e-mail addresses to their contacts because bulk e-mails may not be delivered. This should ensure that you receive e-mails from National RTOERO office, the District 15 e-Newsletter *RAPPORT* and other timely information. The e-mail addresses are: [district15halton@gmail.com](mailto:district15halton@gmail.com) and [rto\\_events@rtoero.ca](mailto:rto_events@rtoero.ca). Please remember to let us know if any of your contact information has changed.

Retirement planning workshops will continue to be offered virtually and in person by the National office. If you know a former colleague who is planning to retire in the next year or so, please refer them to the RTOERO website for more information.

## Getting Old is Fun!!!

- *If you see me talking to myself, I'm just getting expert advice.*
- *Sometimes I talk to myself. Then we both laugh and laugh.*
- *I'm not old. I'm a classic.*

## Autumn Leaves Luncheon

By Jerry Powidajko Photos by Marilyn MacLennan

Our **Fall Luncheon** was held on **Wednesday, November 1, 2023**

at the Burlington Convention Centre. Besides a great luncheon, our musical presenters were **FiddleStix**, who were the Readers' Choice Diamond Awards winner for Best Entertainment 2022 Milton/Halton, 2021 Milton/Halton, and 2021 Oakville and Milton/Halton 2020. The team has shared the stage with



some of Canada's finest musicians, including Big Sugar, Leahy, Gord Downie, Great Big Sea, Jim Cuddy, The Irish Rovers, Honeymoon Suite and many more. Their energy was contagious and we were very fortunate to have them at our event!

Many people helped with the luncheon. The event went off very well and the entertainers were really outstanding! We appreciate the work of the following: **Judy Wedeles**, who organised the registration table, name tags, and managed all the attendees. You did a great job! **Micki Clemens**, added the flowers & centrepieces, had copies of Bob McDonald's book, engaged Fiddlestix for us and introduced and thanked them...wow! **Colton Roberts** assisted the committee with the table decorating and read the Acknowledgement of Lands (how amazing you can read the font on your phone!) **Marilyn MacLennan** who took all the photos - people always love that! **Penny Hambly** who organized the door prizes as well as the presentation of the very large cheque that was presented to **Ida Contenza**! **Moira Plexman** and **Claudia Stewart** who helped with the prizes. **Carol Pashkievich** who managed the finances and had all the cheques we needed. And finally, thank you, **Regan Heffernan**, who assisted moving the podium... heavier than I thought!

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Visit us on the Internet at [district15.rtoero.ca](http://district15.rtoero.ca)

(Autumn Leaves...continued from Page 34)

How many of the attendees do you recognize? Why not attend the next event and join the group!



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(Autumn Leaves...continued from Page 35)



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(Autumn Leaves...continued from Page 37)



## Photo Contest: My Most Favourite Memory!

Memories! We all love to take photos as a keepsake for later viewing and to recall that special moment. Here is your opportunity to share that moment with our members.

1. Go through your photos and select the one or two that are your most favourite. They can be of people, places, action, scenery, or any another topic.
  2. The photo can be either colour or black and white.
  3. Enter a maximum of two (2) photos.
  4. Send the photo(s) either electronically by e-mail or by Canada Post. By computer, send your photo(s) to me at [pgnish@gmail.com](mailto:pgnish@gmail.com) as an attachment to an e-mail message. By mail send your photo(s) to Peter Gnish, 153 Fairleigh Ave. S. Hamilton, ON L8M 2K4. Hard copies will be returned.
  5. Include your name, telephone number and e-mail address, if you have one, and a brief description as to why the photo is one of your most favourite memories.
  6. Winning entries will be selected by the *Halton Herald* committee.
  7. Prizes will be given to the top three entries selected.
  8. The prize-winning photos and some others will be used in a photo display in the April 2024 issue of the *Halton Herald*. A selection of others may be published in later issues.
  11. The deadline for submission is February 15, 2024.
- If you have questions, please e-mail me at [pgnish@gmail.com](mailto:pgnish@gmail.com).

Visit us on the Internet at [district15.rtoero.ca](http://district15.rtoero.ca)

## Travels to South Africa and Zimbabwe, January 2023

By Nancy Dickson

This area has been a part of the world I have long wished to visit and as January is considered “off season” and comfortably warm, my husband, Jim and I, took the opportunity to be part of a tour group of nine - seven Americans and us.



Our adventure started in the modern city of Sandton, which is a suburb of Johannesburg. It is a very modern, high- tech city where many corporate head of-fices have gathered. We toured Constitution Hill Court which was built on the footprint of one of the most nefarious prisons in the country. On the site is Con-

stitution Hall, erected after the end of apartheid in 1994, incorporating bricks from the demolished prison. In addition, the site has been converted into a series of museums depicting the history of the country and the deplorable conditions of the men and women imprisoned there as late as the 1980s. It was said that only two out of every ten persons in prison were criminals. The rest were government protestors. This is one of the four cornerstone walls of the prison – left as a reminder!

For a driving tour through Soweto (South West Township) a guide joined us giving us a greater understanding of how government functioned and how people provided



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for themselves here. A shortage of electricity is a huge problem in this country and the citizens blame the officials in control

who have defrauded the country. The result is “load shedding” which means that for at least four hours of every day, electricity is turned off across the country. Imagine driving through major cities like Johannesburg with no traffic signals! But consider too, hospitals, schools, shops, businesses, and restaurants without power that length of time.

The next part of our journey was to Kruger National Park – one of many in the country but one of the largest. We spent two days within the park and covered a very small fraction but we saw a great deal of wildlife! I noted over 50 sightings of birds and animals in their natural habitat on the first day alone. The highlight was seeing the pride of lions – two males lying on the roadway, keeping watch over the females and cubs grazing nearby (*Photo on Inside Back Page*). Lions are one of the Big 5 - elephants, water buffaloes, hippopotamus, and cougars. We saw all except the cougars, but saw so many others - baboons, impalas, giraffes, zebras....

From there we flew to the south coast - Knysna which is a resort area and the Knysna Lagoon where the Indian and Pacific Oceans meet. There, we dipped our toes in the water!

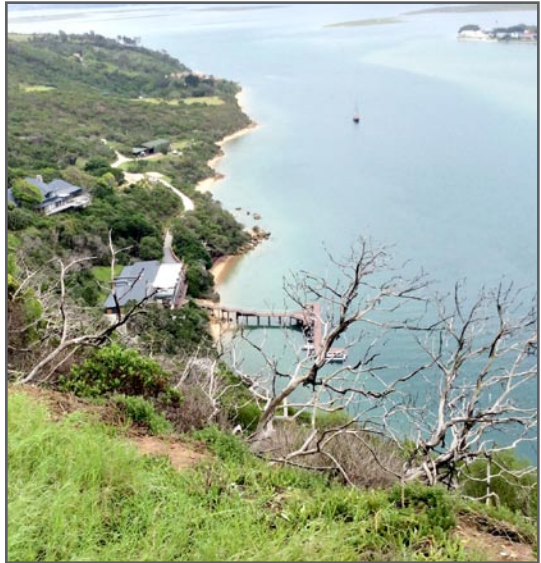


(Travels...continues on Page 41)



(Travels...continued from Page 40)

Next we boarded a ferry to Featherbed Nature Reserve – a private reserve encompassing the western head of Knysna and rode a tram to the peak. The photo shows how high we were from the bay below.



Another stop was in the area of Stellenbosch, which is the major wine region, and we were treated to tours of two major wineries - Muratie followed by Boschendal where we enjoyed lunch. We were introduced to South Africa's highly touted

white wine variety - Chenin Blanc and fortunately have been able to find some brands in the LCBO.



And then we were off to Capetown on the west side and had a ride up the cable car to Table Mountain so named for its shape, followed by a bus trip out to the Cape of Good Hope and the most southern point in Africa, Cape Point.

For our last evening, we joined other tourists at a dinner club where we dined on a panoply of African dishes and experienced a drumming presentation. There was a drum of some sort on every chair in the room and we were instructed by the very talented entertainer

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(Travels...continued from page 41)



on stage. It's harder than it might appear!

Just three of us extended our travels with a trip to Zimbabwe and Victoria Falls but so glad we did. Our hotel appeared to be a thatched roof cottage built into the trees.

Mosquito netting surrounding the bed made exiting it during the night challenging! The falls were majestic and no picture does them justice. (Photo on the front page.)



We dined our last evening at the Look Out Café - a newer establishment which overlooked the falls giving us one last opportunity to savour the sights, sounds, and fla-

( More Travels photos on the next Page )



**Book of Remembrance**  
*We remember with fondness...*

Ann Bell  
Frederick Cook  
Isabel Farrar  
Walter Kisman  
Daniel McLean  
Mark Reid  
Carole Ward

Mary Berry  
Don Crocker  
Sandra Fazio  
Caroline MacDougall  
Karen Morrison  
Donna Taplin  
Marilyn Web

Winnifred Campbell  
Anne Duckworth  
Mary Hartley  
Judith McIntyre  
George Munro  
Marion Uhler  
Joan Zamora

# ***Travels to South Africa and Zimbabwe!***

Photos by Nancy Dickson

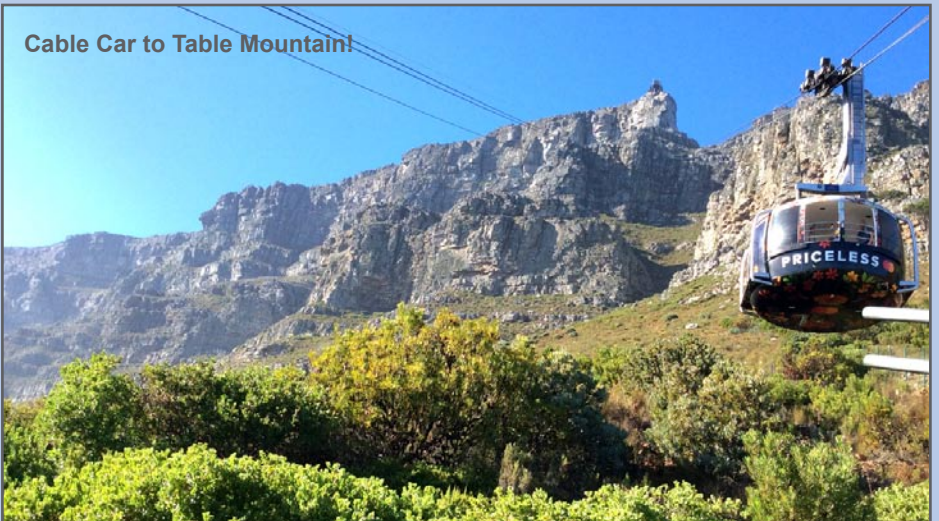
**View From  
Look-Out Cafe!**



**Kruger  
National Park!**



**Cable Car to Table Mountain!**



# Winter's Beauty!

Photos by Marilyn MacLennan



Arboretum Footsteps



At La Salle Park



Niagara Falls

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