



"Life is not measured by the number of breaths we take, but by the moments that take our breath away."



Joyce (Thompson) Frank – “Passion For Nature!”

By Peter Gnish



Whether she is guiding a group of kids through the ruins of Italy, relaxing at a seaside café in Greece, sitting on a rock in Northern Ontario, or musing about how modern civilization is destroying the environment in Alaska, there is always one thing that is constant with Joyce Frank – whatever she sees will be captured onto her sketch pad to be translated into beautiful paintings.

Since June when Joyce retired from being an energetic, respected art teacher at E. C. Drury High School she has been doing what she loves best – travelling, painting and organizing her work to share her talents with others. This culminated in the showing of her most recent work at The Academy of Spherical Art in Liberty Village, Toronto. The very successful show, *Cool Colours Cold Press* ran from February 10th to March 24th. Several of her watercolours are pictured in this article.

Joyce has been painting most of her life. Before ECD, she worked at the Halton Board office as a graphic artist, taught at Falgarwood P.S., T.A. Blakelock H.S., Georgetown H.S. and Milton D.H.S. Although not commonly known, she is the designer who created the original Halton District School Board logo affectionately known as “Halton Harry.”



Joyce says, “There is a story behind each painting. I try to capture the moment by exploring colour and structure and how it connects to everyday life.” She particularly appreciates differences in culture as can be seen from her exhibit. The paintings reflect her travels from cottage country in Muskoka, to Alaska, Greece, and Italy. If you happen to be paddling a lake in northern Ontario and you see a bubbly redhead on a rock with brush, pallet, water and paper, it just might be Joyce!

Anyone interested in viewing and possibly buying one of Joyce’s paintings should contact her at frank.joyce@hotmail.com.

Front cover painting is also by Joyce

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President's Report- Spring 2007
By Colton Roberts

It is hard to believe that my term of office is almost finished. It has been great working with so many dedicated people who value the well being of retired teachers. RTO is a vibrant organization, which truly seeks to fulfill its motto, "Service to Others" both provincially and locally.

Provincially, we have one of the strongest executives in recent years with a great deal of experience in dealing with the needs and interests of teachers. Our executive secretary, Harold Braithwaite, whom many of you know from his time in Halton, has added a new dimension to the provincial organization. His experiences with boards of education and the provincial government are a great asset to RTO.

What has impressed me also is the busy life of new retirees. Whether supply teaching, traveling, volunteering, working at a new career or just enjoying sports and recreational activities our recent retirees do

not seem inclined to allow the grass to grow under their feet. For RTO, this has caused some difficulty recruiting and retaining new members for local committees. At the moment we need members for the goodwill committee, the membership and recruitment committee, the political action committee and the social committee in particular. It is only through the willing participation of members that RTO Halton can continue to serve its 1800+ members effectively. I hope that you will consider becoming involved. Please feel free to find out about how you can serve.

You can be very proud of the Wellness Day Committee and the Nov. 2nd activities which they planned.

Our small but effective Membership and Recruitment committee introduced many new members into our District through the tireless work of Bill Caldwell and his few capable assistants.

Our tours committee continues to flourish and provide exciting excursions around the world for small and large groups. Thanks to Al Wilson for chairing the committee for quite some time. We welcome Irene Chalupka as the new Chair.

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President's report - continued

Closer to home, our recreation committee under Dave Wright's direction has provided many enjoyable activities for our members including shows, hikes, monthly breakfasts. Although small in number, our social committee has sought to meet the needs of members through general meetings of interest including the Wellness Day, digital workshop and the arrangements for the annual meeting. Your newsletter remains top-notch and the web page is excellent thanks to George MacRae. Special thanks to Cecile Leach who has undertaken the publication of this edition of the Herald while Peter is teaching ESL in China with his wife Cate. Judy Sloan has added a new dimension to our archives with the addition of items about members. We are looking forward to expanding our political action committee to better address the issues, which affect retired teachers in Halton. If interested in helping, please give Marg Daniels a call or an e-mail. You are well served by Paul Durnan in Health and Jim Baker who continues to address your pension issues. Thanks to Marina Lloyd and her capable group of assistants, who have tirelessly supported those members over 90 through their visits, cards and thoughtful commemorations of special events in the lives of our more senior members.

I look forward to my continued involvement with RTO Halton as your past-president.

Letter from the Interim Editor

By Cecile Leach



This has been quite a learning experience! I hope that Peter doesn't take too many long trips during "press time". Thank you to all the contributors who sent their reports on schedule and to the members who helped with the editing. Special gratitude to George and Marilyn for their support. It made my job that much easier. Thank you also to the members who wrote in to share their experiences and their "dreams come true". We always enjoy reading about our colleagues.

Contribute to the Herald!

The next Halton Herald will be distributed in September 2007

- Share a line with our readers and let them know what you are up to.
- Write a letter to the editor
- Write an article on any topic that may interest our retired colleagues.
- Share a funny anecdote with our many readers.

Send your article or correspondence to the Editor, Peter Gnish by e-mail at pgnish@cogeco.ca or by letter to 153 Fairleigh Ave. South, Hamilton, Ontario L8M 2K4. Deadline for submissions is July 15, 2007.

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Calendar of Events May to December, 2007

- May 31 5th Annual Golf Tournament. Hidden Lake. 9:00 a.m.
\$ 65 for 18 holes and lunch.
Fee to be received by April 30. Contact Bill Caldwell at
905 633 9506 or wscaldwell@sympatico.ca
- June TBA Bicycle Tour of Toronto Islands- Details to be announced
Contact Gym or Doris Grant at 905-632-2229 or by e-mail
at gdgrant@cogeco.ca
- June 26 Gotta Sing – Gotta Dance with Burlington Footnotes
Oakville Theatre, Navy Street. 7:00 p.m. Cost: \$20.00
Contact Dave Wright by May 7
- Oct 10 Shaw Festival, Niagara-on -the-Lake
Musical "Mack and Mabel" 2 p.m. Tickets \$37.
Contact Janet Carter-Wright 905 336 5328 or
jcwright@on.aibn.com
Cheques payable to Retirement Club and to reach Janet at
4491 Appleby Line, Burlington. L9T2Y1 by Sept. 7th.
- Oct. 12 Dinner Theatre – Aldershot Players,
West Plains United Church. Play to be announced.
Dinner 6:30 Ticket cost \$30.00
Contact Dave Wright by September 1.
- Oct.17 Tour/Walk and lunch at the new Burlington Waterfront
Starting time 10:00 a.m.
Contact Dave Wright by Oct. 10 for details and lunch
location
- Oct. 25 Breakfast in Oakville 9:00 a.m. Location TBA
Contact Paul Durnham at 905-631-8939.
- Nov. 29 Breakfast in Burlington 9:00 a.m. Location TBA
Contact Paul Durnham at 631-631-8939
- Dec. TBA Theatre Aquarius Musical
Details to be announced
Contact Janet Carter-Wright by Oct.1.
905-336-5328 or jcwright@on.aibn.com

To contact Dave Wright, Chair, Recreation Committee
Telephone: 905-639-5093 or
E-Mail: wandave@sympatico.ca

Membership Committee

By Bill Caldwell



We are quickly moving into a Spring season and are now in the process of welcoming new retirees. Our first function will be the complimentary Wine & Cheese party at the Quality Inn on Bronte Rd on Apr.12 and the "Hell With The Bell Breakfast" to be held Sept 6 at the same location. Please advise any of your former colleagues of these receptions or have them contact me for further information.

Our Annual RTO golf tournament is not far off and will be held at Hidden Lakes Golf Club on May 31. Registration forms are to be found in the winter edition of the Halton Herald. Fee is \$65.00, which includes golf and lunch. Interested golfers may also contact me at 905 633 9506. Please note registration is limited.

Address changes are best done by contacting me by e-mail at wscaldwell@sympatico.ca. There is no facility on the web site to do this. When I receive the changes I forward them to the Federation office so they may change their records.

Nominating Committee

By Irene Chalupka

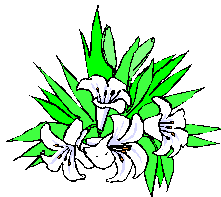
Your Nominating Committee is looking for members who are willing to serve on the RTO District 15 Board of Directors. One of the positions that will be available is the Second Vice President.

Other positions may become available during the year.

If you are interested in serving on the board or wish to nominate a member for a specific position on the Board please contact Irene Chalupka @ 905-637-0887, Chairperson of the Nominating Committee.

Nominations will close May 09, 2007 at our Annual General Meeting.

Book of Remembrance



(For the period December 1, 2006- January 31, 2007
We remember with fondness

Gunter Schade
Dorothy Stallwood

Ida M. Walls
Lil Lacour-Ashe

Visit us on the Internet at www.halinet.on.ca/district15

We Get Letters, Emails & Calls

By Peter Gnish



The response from people writing, calling or emailing me with up-to-dates on what is happening with them was a bit better this time around. It's always nice to hear from repeat respondents. How about you? Have you contacted us lately? Why not take a moment and do just that! Many of your former colleagues would love to hear how you are doing. See the section below titled Contribute To The Herald for the contact information.

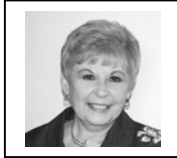
During the past few months we heard from the following:

- Eric Balkind:** Sent a Christmas card and thanked us for keeping him informed.
- John Horner:** Also sent us a Christmas card to say that he and his wife, Dorothy have had a very busy 2006 divided among business their garden and traveling in Ontario. He also brought me up-to-date on several of the former Milton DHS retired staff members that we both worked with. – Helen Gundlack, Lois Walsh and Marjorie Powys all of whom seem to be doing well. He says, “Nobody gets younger – life is a struggle to keep accomplishing.”
- Vera Robinson:** Sent a Christmas card as well to thank us for our efforts on behalf of retired teachers. She writes to say, “I...did my teaching with the Ottawa Public School Board. As a result of moving, first to Oakville, then to Millgrove, I've lost touch with many of my colleagues.”
- Mary Small:** Mary's nephew, Wellington Borland, wrote to thank us for the letters that his aunt, Mary Small has received from District 15 over the past several years. He says that she is in fairly good health and all the staff at the Springdale Country Manor is always remarking on her cheerfulness and contented manner.



An ad was placed in the local paper announcing her 90th birthday party. Three of her former students dropped in to see her. The person in the attached picture posed with Mary who was his very first teacher in 1939. Two of her former colleagues who taught with her in the fifties also came to visit. Wellington wrote, “It is certainly very comforting for Mary to know that you and others from your area have not forgotten her and she also wishes you a happy, healthy and contented New Year.

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Since our last edition of the Halton Herald I have added the following newspaper photos and articles to our Archives' scrapbook.

Congratulations to our RTO member Bruce Shapka who launched a very successful campaign targeted at retaining the current election method in the city of Guelph in which residents vote for two councillors in each of the six wards. Bruce and his wife Marilyn, then a councillor, were previously instrumental in bringing the ward system back to Guelph after the 1988 municipal election. Before that the at-large system had been in place for nearly sixty years. Then shortly after the 2003 election, the new mayor and some of the councillors questioned the present ward voting system, which resulted in the referendum question being put on the November 2006 ballot. The results were 83% in favour of retaining the ward system. Way to go Bruce!

In our January edition of the Halton Herald I mentioned that RWTO had produced a book titled "CHALK, CHALLENGE AND CHANGE" which is a collection of stories aimed at capturing the heritage of classrooms across the province from 1920 through 1979. The book also chronicles the hardships experienced by many of the province's earliest teachers. The Burlington Post recently featured two of these stories narrated by our members Herma Bailey age 94 and Florence Meares age 93. Florence was named Burlington's Citizen of the Year in 1987 and The International Year of the Older Person for Burlington South in 1999. Her greatest honour was having a school named after her in the Millcroft community in Burlington in 2002. I encourage everyone to purchase a copy of this very interesting and informative book.

This past December the SignPost vacation photo page of the Burlington Post featured a photo sent in by our member Penny Hambly. Penny is seen holding the Post while astride a camel in Jericho during her pilgrimage to the Holy Land in Israel. She also visited Nazareth, the Sea of Galilee, Bethlehem, Jerusalem and the Dead Sea during her pilgrimage. I'm sure that this must have been a very a rewarding experience for her.

In February the Burlington Post featured a photo as well as an article on our member Butch (Alan) Rodgers. In the photo Butch is shown with his daughter Susan rehearsing a duet of the song "Unforgettable" for the intergenerational Burlington Footnotes' show "Making Spirits Bright".

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Archives-continued

This song and dance show was held at the Dofasco Centre For the Performing Arts (previously Theatre Aquarius) in Hamilton and also featured members Marg Daniels, Mary Hopkins, Joan Wilson and me.

Butch and his daughter have performed on stage separately but this was their first time performing together. In the past Butch has done vocal interludes at the Footnotes' shows and he even travelled with them to Burlington's twin city Itabashi, Japan as a Golden Age Ambassador. I've always enjoyed listening to Butch sing in our shows but being a devoted fan of the Hamilton Tiger Cats, I was really impressed to read in the article that Butch wore No. 72 for the Ticats nearly fifty years ago!

Why not celebrate Seniors' Month and the Art of Staying Young in June by coming to see the famous Burlington Footnotes Senior Performing Troupe Inc. show "GOTTA SING, GOTTA DANCE" at the Oakville Centre for the Performing Arts? The troupe consists of performers ages 50 to 80 plus. The show includes dancers who specialize in various styles: tap, jazz, ballet/lyrical, clogging, hip-hop, musical theatre, creative clowning as well as vocalists and musicians. Our own RTO members Margaret Daniels, Mary Hopkins, Bonnie Johnstone, Butch Rogers, Joan Wilson and myself are among the Footnotes performers. The dates are Tuesday, June 26, 2 pm and 7 pm and Wednesday, June 27, 2 pm. Tickets are \$20.00, \$17.50 for groups of 20 plus and \$12.00 for children 12 and under. The theatre is located at 180 Navy Street in Oakville. To purchase tickets or for more information, contact the Box Office at 905-815-2021 or 1-888-489-7784. Come out and enjoy an upbeat, fast paced seniors' musical variety extravaganza as well as supporting your fellow RTO members in the show!

Please keep those newspaper articles and photos coming to me at 1446 Brenner Court, Burlington Ont. L7P2Z2. You may also contact me by email at judymsloan@yahoo.ca or by phone at 905-336-5538.

Winter General Meeting

Our February 14 meeting was postponed because of a severe storm in Halton. Instead of learning "More on Digital Photography", many of us were out shoveling snow. The event was rescheduled for March 7, 2007 at Milton Sports Arena so photos were unavailable to meet our deadline. We expect members to take advantage of their new expertise to send us photos for future newsletters.

Visit us on the Internet at www.halinet.on.ca/district15

Health Services Committee

By Paul Durnan

Did you know?



- Did you know that if your non-teaching spouse is retiring or otherwise losing their benefits they have only 60 days to come in under the RTO umbrella at the couple premium rate. After that a medical examination is required and historically only fifty percent will pass.

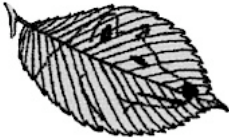
- Did you know that unmarried children between the ages of 21 and 30 are eligible for coverage provided they are enrolled at an accredited post-secondary institution as a full-time student and dependent upon your support.

- Did you know that you can opt for direct deposit of claim payments by sending a void cheque to Johnson Inc Plan Benefits Claims at 18 Spadina Road, Suite 100A, Toronto, ON M5R 2S7. An explanation of benefits will be mailed to you after your direct deposit has been made.


- Did you know that all **2006** health claims must be submitted by **December 31, 2007**.

- If you need life insurance, it is also available at Johnson Inc . Please call the toll free number 1-877-406-9007

Any insurance questions or comments, please call me at 905-631-8939.



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Marg Couture sent this message to us from Provincial Office

Just a word to the wise. E-mail petitions are NOT acceptable to Congress or any other municipality. To be acceptable petitions must have a signed signature and full address.

Almost all e-mails that ask you to add your name and forward on to others are similar to that mass letter years ago that asked people to send business cards to the little kid in Florida who wanted to break the Guinness Book of Records for the most cards. All it was, and all this type of e-mail is, is to get names and "cookie" tracking info for tele-marketers and spammers to validate active e-mail accounts for their own purposes.

Any time you see an e-mail that says forward this on to "10" of your friends, sign this petition, or you'll get good luck, or whatever, it has either an e-mail tracker program attached that tracks the cookies and e-mails of those folks you forward to, or the host sender is getting a copy each time it gets forwarded and then is able to get lists of "active" e-mails to use in spam e-mails, or sell to others that do.

(If you have been sending out the above kinds of email, now you know why you get so much spam!)

Check it out: <http://www.snopes.com/inboxer/petition/internet.htm>

Other hints: before forwarding anything:

- 1) Make sure you delete all previous senders and recipients.
- 2) Place your recipients under 'Bcc', that way, it shows up as 'undisclosed-recipient' under the 'inbox' and you are not sharing your email list and addresses with anyone and everyone on your list-or the next person's if they omit to delete all e-mail addresses from the forwarded message.

LOOKING GOOD

My face in the mirror isn't wrinkled or drawn.

My house isn't dirty. The cobwebs are gone.

My garden looks lovely and so does my lawn.

I think I might never put my glasses back on.



*Our guest speaker for the annual general meeting sounds fascinating.
We thought you might like to know a little about her beforehand.*

“Let Laughter Lighten The Load”



In this extremely humorous presentation, Judy shares some helpful tips to control and lower the stress of our hectic world. Tips that will help you move ahead with ease. Your laughter during the presentation will immediately heal the body, soothe the soul, lift the spirits and give you energy.

**Judy Suke, DTM
Triangle Seminars**

**Trainer, Professional Speaker,
Coach and Author**
Bringing humour and hope to the world.

Judy Suke has a reputation for being informative, entertaining and memorable. In addition to roles in management in the corporate world, she served in executive positions on various volunteer boards and throughout the years has earned many awards of achievement and certificates of appreciation, including The Apprenticeship Board’s “Employer of the Year”; Mississauga “Woman of the Year”; Ontario Certificate for “Excellence in Human Resources” the “Pinnacle Business Woman of Distinction” for excellence in education and training, Distinguished Toastmaster Award, District 60 Toastmaster of the Year, and she won both the District 60 Humorous Speech Contest and the Stand-up Comedy Contest in Niagara Falls. She is currently the President of the Hamilton-Niagara Chapter of the Association of Professional Speakers.



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On a cold February morning, a number of us went to Stage West to do some “California Dreaming”. Our dream was to enjoy a good lunch and witness the evolution of the west coast music industry from the 1960’s to the present. We heard most of the great groups all the way from the 5th Dimension performing Aquarius to Santana and their “Game of Love”.



We hummed along with great singers like Mama Cass, Glen Campbell, Sheryl Crow and even Michael Jackson with all his moves uncensored. Tina Turner brought the house down but my favourite was Janet Jackson and her “Together Again”.

The Calendar of Events for the rest of this season and the Fall gives us lots of Opportunities to “Get Together” again. I won’t promise Janet Jackson but I will promise you lots of good company. So check it out and join in.

For June, note in particular the Bike Tour of Toronto Islands if you still like to pedal. The Burlington Footnotes featuring six of our members promises to be an exciting event also.

We are cutting back the breakfasts to four times a year and we will try different locations. Be sure to call the convener a day before the breakfast so that we know you are coming. The first one is free. Keep in touch with what is going on by viewing the website or contacting the conveners or me.

Editorial Policy

The Halton Herald Newsletter is a non-partisan newsletter published by RTO/ERO Halton District 15 and is distributed to members and prospective members three times a year. Materials or letters from members, charitable or volunteer organizations that are submitted for inclusion in the newsletter or website, in full or in part, must be approved by the editor or website manager. We reserve the right to edit all submissions and advertisements.

Advertisements may be accepted at the discretion of the editor if accompanied by a predetermined donation to RTO/ERO District 15 based on the size of the ad. Your cancelled cheque will be your receipt. Advertisements are to be submitted electronically.

Publication of any advertisement in the Halton Herald or Website does not constitute endorsement of the product or service by RTO/ERO Halton District 15.

Communications Committee

Peter Gnish (Chair), Chub Baxter, Marie Campbell, George MacRae, Flo Gray, Eleanor McCulloch, and Ray Smith

This issue of the Herald was printed and supported by **Astra Graphics, Burlington**

Visit us on the Internet at www.halinet.on.ca/district15

What's New on the District Web Page?

Have you visited the District 15 Web Site recently? We try to update it regularly to provide information of interest to all members. Our most recent changes, at the time our Newsletter publishing deadline, include:

- Local weather on the front page for Acton, Burlington, Oakville, Georgetown and Halton Hills – with a link to the Weather Network for other locations.
- A jigsaw puzzle that you can try out using your mouse to move the pieces.
- Breaking News – you may find this section useful for emergency updates (such as snow postponements of events), updated tax information from the provincial website, links to other current news, and more.
- Links to other District information that you can access from the menu that runs down the left hand side
- A link to leave you email address so that we can send regular district information updates to your mailbox.

Visit www.halinet.on.ca/district15 regularly!

**RTO/ERO - District 15
Halton**

RTO/ERO, District 15, Communications Committee
Last modified on February 25, 2007

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Acton, ON
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wind: 6 km/h
feels like: 0°C
Full forecast
Acton cityname Search

Receive our regular emailings – click here to send us your email address

Click Here to try our Jigsaw Puzzle

NEW Home Instruction Required
Bill Caldwell has received a request from a parent in Oakville with a child requiring 3-5 hours a week of Home Instruction and has had difficulty in finding a teacher. The child has autism, high functioning, quite verbal. If interested, please contact Bill at 905-633-9506.

NEW SNOW POSTPONMENT
The Winter Meeting at the Milton Sports Arena has been postponed until March 7.

NEW District 15 at Stage West Dinner Theatre
February 7, 2007

Visit us on the Internet at www.halinet.on.ca/district15

Be careful what you wish

After I had been married for 53 years, I took a look at my wife and said, "Sweetheart, 53 years ago, we had a cheap apartment, a cheap car, slept on a sofa bed and watched a 13-inch black and white TV, but I got to sleep every night with a hot 21 year-old auburn-haired gal. Now, we have a nice house, nice car, big bed and plasma screen TV, but I'm sleeping with a 74 year old woman. It seems to me that you are not holding up your side of things." My wife is a very reasonable woman. She told me to go out and find a hot 21 year-old auburn-haired woman, and she would make sure that I would once again be living in a cheap apartment, driving a cheap car, sleeping on a sofa bed and watching a 13-inch black and white TV.!

Isn't it the Truth!!!

A woman goes to the doctor for her yearly physical. The nurse starts with certain basic items.

"How much do you weigh?" she asks.

"115," she says.

The nurse puts her on the scale. It turns out her weight is 140.

The nurse asks, "Your height?"

"5 foot 8," she says.

The nurse checks and sees that she only measures 5' 5".

She then takes her blood pressure and tells the woman it is very high.

"Of course it's high!" she screams,

"When I came in here I was tall and slender!

Now I'm short and fat!"

Grandma's don't know everything?

Little Tony was staying with his grandmother for a few days. He'd been playing outside with the other kids for a while when he came into the house and asked her, "Grandma, what is that called when 2 people are sleeping in the same room and one is on top of the other?"

She was a little taken aback, but decided to tell him the truth. "It's called sexual intercourse, darling."

Little Tony just said, "Oh, OK" and went back outside to talk and play with the other kids.

A few minutes later he came back in and said angrily, "Grandma, it is not called sexual intercourse! It's called Bunk Beds! and Jimmy's Mom wants to talk to you!!!"

Dreams do come true!**By Pam Edwards**

I retired from elementary teaching in Halton in June '03, joining my husband, Bob, who had retired from Blakelock H.S. the previous January. We celebrated a school-free September appropriately, first with The Hell With the Bell Breakfast and then with a trip to Cape Breton. Both were wonderful antidotes to all those years of September start-up stress.

But that's not the story, just the background. For years, I had looked forward to retirement, to write. My dream was to write and publish a children's story, so I started within months of our holiday. Since then I've kept at it: writing stories, re-writing them, then sending them out to publishers in Canada, the U.S. and Britain. Along the way, I've collected a fat file of rejection letters, but family and friends have been unwavering in their encouragement. As time passed, the dream began to feel more and more like an unrealistic fantasy. I thought about giving up.

Then it happened. In early April, last year, I got an email from Lobster Press in Montreal to say that they had accepted my manuscript and wanted to publish it. I didn't believe it. Truly. I thought there had been some mistake, but it would appear to be true. *Oliver Has Something To Say*, a picture book for 3-6 year olds, will be published at the end of March. I know I won't believe it until I hold the book in my hands.

I met a veteran retiree at that "Bell Breakfast" who gave me some advice then that's stayed with me because it was so simple yet profound. I've passed it on, many times. She said that the key to successful retirement was to retire "to", not from, something. I wish I had learned her name so that I could tell her how her words helped to sustain me when those rejection letters arrived. When I retired I had a purpose, a journey "to" somewhere else, and that has made all the difference.

Welcome New RTO/ERO District 15 Members!!!

Listed below are the names of retired teachers who have become members since November 2006. We now have well over 2000 members. Give them a warm welcome and invite them to join you in one of our many activities.

Joan Aitken	Bertrum Radford	Andrea Rowbottom
Neil Smith	Linda Sommerville	Shirley Taylor-Glick
Pamela J. Terrence	Raymond S. Morrison	Howard Allan
Wendy Anderson	Russell Connor	Rafic Jenabian
Patricia A. Maynes	Robert McCulloch	

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Report From The Goodwill Committee

By Marina Lloyd



It is a privilege to be a member of the Goodwill Committee, as we are in the enviable position of seeing at first-hand how many of our more senior retired teachers are living spirited and vibrant lives. Even though they may experience physical losses, they are adjusting their expectations and finding creative ways to continue doing the activities, which give them pleasure.

Many of these activities are done in the company of others- card games (bridge and euchre seem to be the favourites), quilting, crafts, church group meetings, parties and meals with friends. And when they're not spending time with others, they are engaging in such solitary pursuits as completing crossword puzzles, filling in the Sudoku squares, writing poetry, working on a computer, creating art and reading. One 96 year-old checks the business section of the paper every day to see how her shares are doing. Some are recording their memories and their family histories, so that their rich heritage will not be lost. Two of our Over 90's were featured in *Chalk, Challenge and Change: Stories From Women Teachers In Ontario, 1920-1979*. Copies of this excellent book may be ordered from Carol Martin at 637-0250. East Area Coordinator, Warren McBurney, put it this way, " Obviously, nobody is misspelling retirement as retirement!"

We see these Senior Senior retirees living out E.M Forster's famous phrase "Only connect." They find ways to stay connected- walking with others along the journey. One Goodwill Committee visitor says that there is no "we" and "they"; that the difference in ages "melts away" when we are in their company. Those who still drive their own cars visit other sometimes younger friends, who are unable to be as independent. They reach out to others, both relatives and friends, and in their caring, enrich those lives that they touch.

We also have members whose bodies and/or minds have betrayed them to the extent that they can no longer participate in the above-mentioned activities. Yet they receive our visits, cards and gifts with such dignity and grace that just to sit beside them is a blessing. In the winter of their lives, they manifest Rabbi Heschel's most quoted line-"Just to be is a blessing. Just to live is holy."

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Flour and Water

How come when you mix water and flour together

you get glue?



*and then you add eggs
and sugar...*



and you get cake?



Where did the glue go ?

NEED AN ANSWER?

You know darned well where it went!

That's what makes the cake

Stick to your Hips!

Ads in a Church Bulletin

- Thursday night - Potluck supper. Prayer and medication to follow.
- Remember in prayer the many who are sick of our church and community.
- For those of you who have children and don't know it, we have a nursery downstairs.
- The rosebud on the altar this morning is to announce the birth of David Alan Belzer, the son of Rev. and Mrs. Julius Belzer.
- Wednesday, the ladies Liturgy Society will meet. Mrs. Jones will sing, "Put me in my Little Bed" accompanied by the Pastor.
- Thursday at 5:00 PM there will be a meeting of the Little Mothers Club. All wishing to become little mothers please see the minister in his study.
- This being Easter Sunday, we will ask Mrs. Lewis to come forward and lay an egg on the altar.
- The ladies of the church have cast off clothing of every kind and they may be seen in the church basement Friday.
- A bean supper will be held on Tuesday evening in the church hall. Music will follow.
- At the evening service tonight, the sermon topic will be "What is Hell?" Come early and listen to our choir practice.

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Comments made in the year 1955: That's only 51 years ago!

"I'll tell you one thing, if things keep going the way they are, it's going to be impossible to buy a week's groceries for \$20."

"Have you seen the new cars coming out next year? It won't be long before \$2000 will only buy a used one."

"Did you hear the post office is thinking about charging a dime just to mail a letter?"

"When I first started driving, who would have thought gas would someday cost 29 cents a gallon. Guess we'd be better off leaving the car in the garage."

"I'm afraid to send my kids to the movies any more. Ever since they let Clark Gable get by with saying 'damn' in 'Gone With The Wind,' it seems every new movie has either "hell" or "damn" in it.

"I never thought I'd see the day all our kitchen appliances would be electric. They are even making electric typewriters now."

"I'm just afraid the Volkswagen car is going to open the door to a whole lot of foreign business."

"The drive-in restaurant is convenient in nice weather, but I seriously doubt they will ever catch on."

EXERCISES FOR SENIORS

You know how important exercise is, as we grow older. Here are a few suggestions.

- **Start by standing outside behind the house and, with a five pound potato sack in each hand, extend your arms straight out to your sides and hold them there as long as you can.**
- **After a few weeks you can move up to 10 pound potato sacks, then 50 pound potato sacks and finally you will get to where you could lift a 100 pound potato sack in each hand and hold your arms straight out for more than a full minute!**
- **Next, start putting a few potatoes IN the sacks, but I would caution you not to overdo it at this level !**

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A Gift with Special Meaning

Have you been searching for just the right gift – one with special meaning? Give a gift that will assist Halton students.

*Consider making a donation to the Halton Learning Foundation **In Honour** of a friend, colleague or family member.*

Celebrate

- a retirement
- a birthday
- an anniversary or wedding
- a graduation
- other special occasions

*You may also make an **In Memoriam Gift**.*

*You may direct your donation to a specific school, school program or one of the Foundation's **Enrichment funds** or **Eliminating Barriers fund**.*

Halton Learning Foundation

Halton District School Board



Supporting Students, Strengthening Schools.

In Loving Memory

Halton Learning Foundation

Halton District School Board



Supporting Students, Strengthening Schools.

To make an *In Honour Of* or an *In Memoriam* donation contact
rowej@hdsb.ca 905.335.3665 x 53408



Halton District
School Board

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One of my retirement projects was to learn to speak Spanish. Night classes provided me with basic vocabulary and recently I had the wonderful opportunity to travel to the Yucatan in Mexico to learn, practise and live the language through a combination of Mexican home stay and classes at a renowned private language school in Merida.

This special three weeks all-inclusive adventure also provided an incredible variety of cultural activities and trips to many archaeological sites in the peninsula. In transit, I met three pleasant Canadians who became my traveling companions.

Each day started with Spanish classes. They focused mostly in areas of speaking and comprehension with a bit of grammar. I believe that I have significantly improved my Spanish conversational skills in this program.

Every afternoon and during the weekends we were off to experience a great excursion, adventure or fiesta in the life of the Mayan/Spanish culture. Merida known as the White City sits on The Ancient Mayan city of T'Ho. It is the capital of the state of Yucatan and features many monuments of its colonial past while dazzling us with its charms of a suburban lifestyle.

The people of Yucatan know how to enjoy life. For them, every day is an excuse for a fiesta with strolling musicians, traditional jarana dances, culinary delights and their joyful and affectionate interaction with their loved ones. Plaza Mayor is the heart of the city surrounded by venerable buildings that attest to its history and development.

Within driving distances from Merida, we visited ancient colonial cities, which are the sites of many recently discovered Mayan archaeological ruins that testify to the advanced degree of civilization that existed in Pre-Colombian times. **Chichen Itza** one of the largest and most important cities of the Mayan world was also a religious ceremonial center before the Spanish conquest. Its main features are the Juego de Pelota (ball game), the Observatory, but above all, the impressive pyramid of Kukulcan (el Castillo), which is oriented in such a way that during the spring and fall equinox, there is a magical array of light and shadow projected as a descending serpent on that structure. There are 4 stairways of 91 steps each plus the landing of the upper temple, which in total make up 365 steps corresponding to the days of the year. The throne of Chac-Mool sits at the top and this is where the Mayans made the sacrificial offerings to their gods. Other pre-Hispanic centres are dotted in numbers around the state, including Uxmal, Dzibilchaltum, Labna, and Ismal amongst many others. The remains of various groups of buildings and structures with pyramids are a testimony to the grandeur of the complex metropolises of this ancient civilization.



The Ruta Puuc, a stone road connected all the surrounding centres. In the countryside the ancient Mayan lifestyle is still very evident in their homesteads.

The Mayans maintained a strong and harmonious relationship with nature and their gods and believed that they lived in the Land of the Chosen. Only a mere 20 archaeological sites out of about 2040 have been excavated and restored.

There is a great diversity of natural wonders found in Yucatan, which make it ideal for adventure tourism. The Yucatan Peninsula is one large flat slab of limestone bedrock. There are neither mountains nor rivers here but you will find a leafy tropical jungle sustaining an interesting wildlife. Cenotes (sink holes) are like oases in the middle of the jungle. After trekking and exploring for many miles in the tropical heat, we enjoyed a refreshing swim in the cool transparent waters of the cenotes. Many of them are underground and are part of an ecosystem of water collection from surface rainwater. The dripping water forms large stalactites and stalagmites of diverse shapes.

These are awesome natural wonders and were venerated as sacred by the Mayans who built their towns around one of these sources of water.

One of our excursions was a visit to an operating henequen hacienda where we watched the transformation of the sisal plant into a hard tough fiber used in the making of ropes, bags, burlap, twine etc Today, because henequen has been replaced by synthetic fibers, these plantations exist on a small scale and many haciendas have been converted into chic restaurants, upscale hotels or museums.

Beaches were not a main focus of our itinerary but the Yucatan has 378 km of them on the Gulf of Mexico so we sought a little sun, sand and sea on one of our low-key days.

Progreso, a small fishing and tourist town is a 30-minute drive from Merida. It is an important port for vessels and cruise ships. Many retiring Canadians are now spending their winters in this tranquil location.



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Celestun also offers refreshing waters and a sandy beach but we opted for the spectacular show of the magical moving symphony of thousands of flamingos that have established an estuary in a protected inlet area adjacent to a mangrove.



Yucatecan Food (la comida) is a blend of Mayan and Spanish techniques. Using their local available staples savored with exotic seasonings they produce gastronomical dishes. Some of their outstanding dishes include Sopa de Lima, (lime soup) Poc Chuc (pork dish) and of course many variations of tortillas.

One of our best experiences in Merida was a cooking class with a professional chef in his colonial mansion. After touring the market to purchase our ingredients we participated in preparing a delicious gourmet meal, which we enjoyed in an elegant sit-down candlelight dinner.

The people of Yucatan lead a very enviable life with very little money, but with lots of time, love, family and celebrations.



My hostess

Like any good vacation, this one went by too quickly. This vacation in Merida was a wonderful educational and fun adventure, which I would highly recommend if you have the spirit of adventure and the desire to learn. For more information on this travel program, contact Canadventures. 905-465-3130.

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