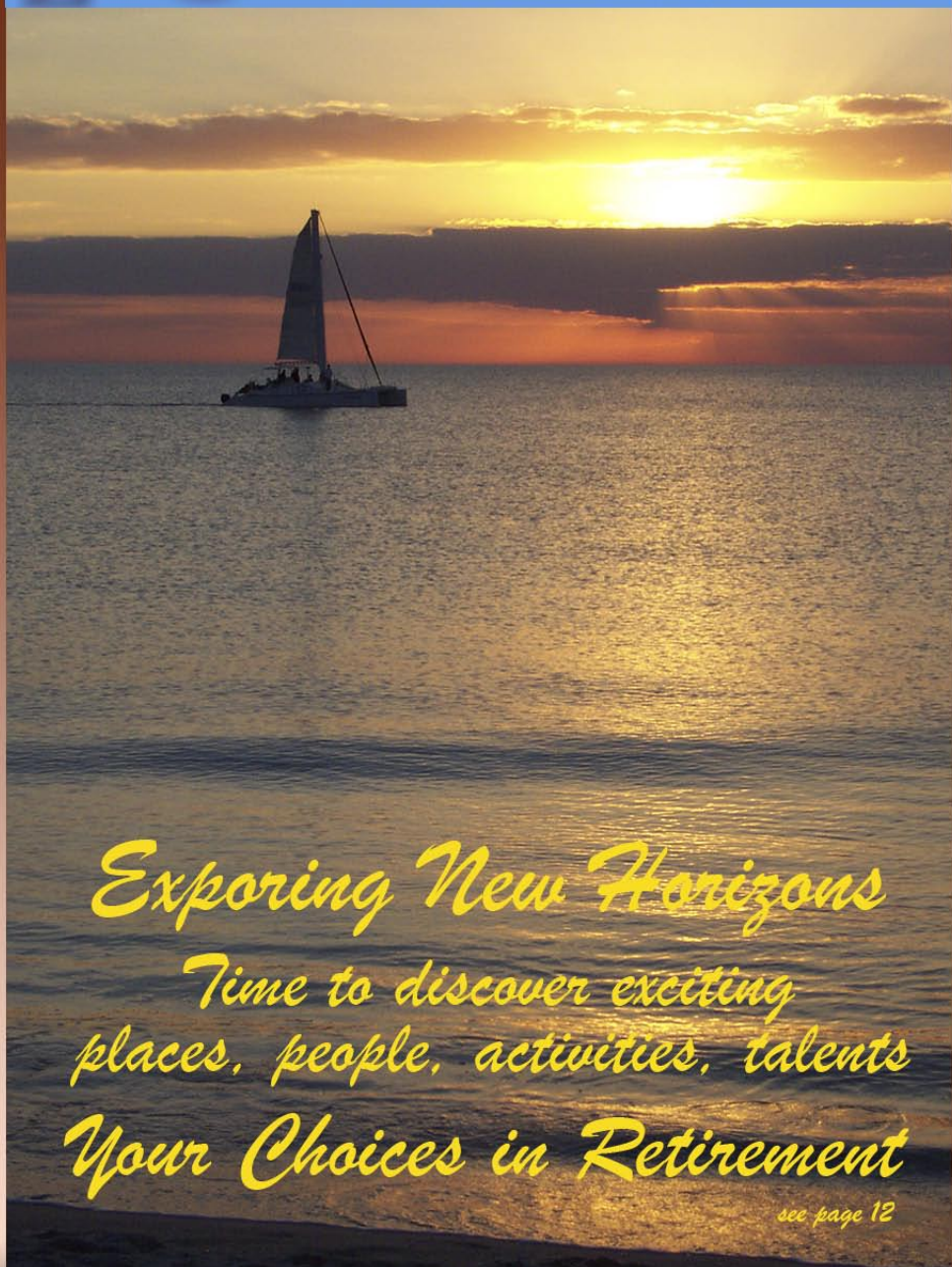


RET
ERO

Halton Herald

RTO/ERO DISTRICT 15
April 2009



Exploring New Horizons

*Time to discover exciting
places, people, activities, talents*

Your Choices in Retirement

see page 12

Discovering

The Outdoors: Walkers at 14 Mile Creek, Oakville



Culture: at the Musical, Hair, Oakville Centre



Friendship: Breakfast at El Spero Restaurant, Oakville



President's Report

By Cecile Leach



By the time you receive this newsletter hopefully Spring will have finally sprung! This winter seemed to go on forever .

Your District 15 Board of Directors have had a very busy year. We reviewed our constitution, as required every five years. Some minor changes were made. We hope to pass them at the Spring Annual General Meeting. My thanks to

Mary Lyons, Ray Smith and Linda Jones for their efforts on this task.

The Board also approved a policy for advertising in our newsletter and on our website. Members of the Board have assisted me in planning a Retirement Planning Workshop for April 1, 2009 for people contemplating retirement in the next 5 years. Provincial Executive is encouraging us to expand our membership to include all education employees. This will enable us to continue to offer superior Health Plans as well as excellent travel and social activities to all members.

The Program Committee has suffered a shortage of volunteers this year. This has not stopped them from offering quality gatherings with superb speakers. If you are willing to help this committee, your presence would be most welcome. The Committee meets evenings, approximately every 4 to 6 weeks in someone's home. It is also a chance to have a say in the kind of program and entertainment you would like to see. I would also like to thank the members of this committee **Colton Roberts, Mary Lyons, Marilyn MacRae, Jan Moxey, Ray Smith, Gail Reeves and Bev Balch** for their dedication on your behalf.

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

(President's Report ... continued from Page 3)

The old saying "If you want something done, ask a busy person" certainly holds true for all our volunteers. Some still work part-time, volunteer in community work, travel, enjoy leisure activities, look after grandchildren and also care for aging parents. When I hear someone say that they don't know what they will do after they retire, I sometimes envy them. However all of us, who give of our time, love what we are doing! It keeps us young and energized. We make new friends! We feel part of the team! Consider joining us, you won't be sorry!

On that note, I would like to publicly thank all the folks who work diligently for this membership:

- Our communication people: **George MacRae** who keeps our Website alive and **Peter Gnish** who continues to publish our very popular Halton Herald
- **Judy Sloan**, who keeps track of our history in the Archives
- **Marina Lloyd**, Goodwill Chair, who visits members who are ill and aging. She also takes care of our Book of Remembrance
- **Paul Durnan**, our Liaison to Provincial Health Services who fields calls about our Health Plan
- **Bill Caldwell**, Membership & Recruitment Chair, who plans and executes the Wine and Cheese and To Hell With the Bell events and also keeps track of our new members
- **Irene Chalupka**, Tours Chair, who chairs a group that plans exciting travel for many of our members
- **David Wright**, Recreation Chair, who plans and executes great day trips and activities for us

Last but not least, your dedicated and hard-working Executive:

- First Vice-President **Linda Jones** who has taken on a dual role and also is actively involved in Political Action
- **Janet Carter-Wright**, Secretary, who attends Board and Executive meetings and almost all outside Committee meetings to keep our records straight. She also plans trips to the Shaw Festival for us
- **Chub Baxter**, Treasurer, the man with the purse strings. Chub has held this job for some 20 years
- **Mary Lyons**, Past President, who works actively on the Constitution Committee, the Program Committee, and the Retirement Planning Committee
- and finally **Jim Baker**, Member-at-Large, who tends to our Pension Matters. Jim has served at both the District and Provincial levels for many years.

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

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

These are the folks who have made this year so successful for me and for you. I personally want to thank them for assisting this Rookie President and for all their tremendous efforts on your behalf. When you see them, thank them for the countless hours they work for you and, by all means, consider joining their ranks. You won't regret doing so!

I look forward to seeing you at our **Spring Annual General Meeting on May 5th**. At that time, we plan to introduce the amended constitution for your approval, as well as elect a new Board of Directors for 2009-2010. We are also still actively looking for a Second Vice-President. If you are interested in nominating someone to hold any position on our Executive i.e President, First Vice-President, Second Vice-President, Secretary, Treasurer, please forward the nomination with a seconder to your motion via e-mail to Colton Roberts at croberts3@cogeco.ca or Mary Lyons at mlyons3@cogeco.ca.

See you at the Spring AGM !

Welcome New RTO/ERO District 15 Members!!!

District 15 membership is now more than 2100 strong. Below are the names of retired teachers and other education staff who became members between December, 2008 and February, 2009. Give them a warm welcome and invite them to join you at one of our many activities.

George Allen	Patricia Arch	Marilyn Baker
Wanda Baker	Norma Bennetts	Brenda Brown
Norma Brown	Adelio Colabrese	Jane Colling
Lynn Cuss	Olga Daley	Nancy Derksen
Eileen Devine	Said El-Farnawany	Bernadette Engel
Rodney Frith	Linda Garniss	Shirley Hepburn
Deborah Ilton	Eileen Lawrence	Jill Malivoire
Ross McGuigan	Ruth McIntyre	John McKillop
Mary Jane McNeaney	Eleanor McWhirter	Zeljko Muvrin
Erma Noel	Norma Pitman	Doris Southwell
Yvette Spiller	Susan Taylor	Aileen Thomas
Leny Van Der Mark	John Warneke	Patricia Wheaton
	Marilyn Willis	

Why Volunteer?

Have you ever thought how you would benefit from being a volunteer?

If you stop to consider the advantages to volunteering you may start asking yourself why you aren't more involved in helping your own organization?



15 Great Reasons to Volunteer with RTO/ERO

- Find a purpose
- Have fun with colleagues
- Feel involved
- Make a difference
- Explore new areas of interest
- Expand your horizons
- Meet new people
- Make new friends
- Contribute to a cause you care about
- Use your skills in a productive way
- Add interest to your day
- Enjoy meaningful conversation
- Have input into programs offered
- Find out about your Provincial Organization
- Connect with members of your District Organization

Many volunteers are needed to support the programs and activities offered by District 15 RTO/ERO, everything from joining our Board of Directors or any of our committees i.e. Programs, Recreation, Communications, Goodwill to name but a few. What our volunteers come to experience is the joy of being needed, of contributing meaningfully and, most of all, finding great friendship. *Think about it!*

Volunteer for our organization! **Please contact Cecile Leach** by telephone at 905-634-8027 or by email cecile.leach@sympatico.ca.

We Get Letters, Emails & Calls

By Peter Gnish



I heard from a number of members who live outside Halton in response to the Holiday Letter sent to them in December and received a number of Christmas Cards in which there were interesting bits of information and news.

Fergus Bartanus - Her husband answered for Fergus and sent thanks for the Holiday Letter as she has been hospitalized and was not able to do it herself.

Robert Bigelow - said, "Thank you for your Christmas letter which so appropriately expressed the sentiments of the season."

Pat Boyle - taught at Ryerson, Dr. C. Best, Chisholm, Wrigglesworth and Campbellville wrote to say that she and Dan are still living north of Barrie in the village of Wyevale where they moved in 2000. There life is quiet compared to the traffic and construction in Burlington. She says that, "When we drive to Burlington to visit our children, grandchildren and my mother, we are amazed by the growth and busyness of our former home community. Although I admit, when we lose power like we did yesterday for 10 hours, or when the black flies hatch followed by the mosquitoes, I often think about moving back. For now I enjoy our seniors' club, playing cards and shuffleboard, our small dinner and card groups and participating in our local chapter of Womens' Institute. Last year I also started ballroom line dancing and yoga at the community centre in Elmvale. In between I continue to go to our writers' group meetings and write. I am presently working on my second novel and fourth book. This one is a mystery, which has always been my favourite genre. Sales are going well and are available at A Different Drummer."

In November Pat and a friend took a Mediterranean cruise to Spain, Italy and Croatia. With Dan they usually take one or two trips to the Caribbean per year. She ended by saying, "Life is treating me well but I often think about the colleagues I left behind."

Ian Downie - wrote, "Thanks for your annual greetings letter. Neither snow, nor rain etc. keep you from your appointed task. A tiny suggestion - perhaps you should add "or new career" to "enjoy your retirement." Best wishes to you and I hope you continue to enjoy your non-retirement!"

John Horner and wife, Dorothy - who say that they "certainly enjoy keeping up with the Halton News."

(We Get Letters ... continues on Page 8)

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

(We Get Letters ... continued from Page 7)

Warren McBurney - responded to the India story in the last issue of the Herald. He said, "It sounds as though you and your friends had a wonderful time in India recently. It is a fascinating country. Did you catch the Story of India on WNED the last few weekends? We were there for a week or so in 90-91 on our 4/5 sabbatical. We were very fortunate to have friends in the church here whose doctor brother was still in India. The doctor's son was our guide in Delhi, and we had dinner with the family in their tiny apartment. The big thrill for me was to be able to go inside the Taj, leaving our shoes outside, of course. Naturally we weren't allowed to take pictures inside, but I found a coffee table book in a local book store, opened it to the centre spread and took my interior view of the memorial."

Lynne (Pammenter) McCulloch - emailed me to say, "We are staying home this winter as I am deeply involved in preparations for our Halton Quilters' Guild Show which is at the R.B.G. on April 24-26. On Friday night they are opening with a Gala celebration at which they are honouring four quilters, of whom I am one. Thus, you can imagine that the stress level is a little elevated. I am also learning a new quilting system on a long arm machine, hence every moment is precious."

George Munro - After living in Dundas for 15 years, he and Cathy have moved to Ancaster with the help of their 4 children. They now live in an older building with "great windows and a garden view" only a few blocks from their original home. On December 27th, he and Cathy celebrated their 50th wedding anniversary. Did any of you see their picture in the Hamilton, Spectator? I did. George finished by saying, "We are so blessed." Ain't that the truth!

Vera Robinson - sent a Christmas card and mentioned that she was celebrating her 96th birthday on December 30th.

Herman Star - thanked us "For keeping in touch" via the annual Holiday Letter.

Arthur Webb - wrote "Hola Peter, Best of the New Year to you from sunny Mexico" where he is now living.

Ann Westell - "I wanted to let you know that my mother, **Marion Westell**, recently passed away in Ottawa. Her mail from the Halton District has been coming to me and I kept your email so I might notify you. My mother retired as a principal of Mayfield School 23 years ago. She was amazing with the children at Mayfield."

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

Proposed Amendments to RTO/ERO District 15 Constitution

(For discussion and acceptance at the May 5, 2009 Annual General Meeting)

Provincial RTO/ERO requires all districts to review their constitutions every 4 - 5 years. The District 15 Constitution Committee (Mary Lyons, Ray Smith and Linda Jones) met to suggest amendments to our local constitution to ensure that it coincided with the Provincial Model Constitution and that it reflected the evolving nature of our local organization. The original revised draft was reviewed by the District 15 Board of Directors in January, 2009, and forwarded to the Provincial Constitution Committee for review/comment. The response from the Provincial RTO/ERO, received on March 2, 2009, gave general approval to the revised constitution and recommended some minor changes. These have all been incorporated into the latest draft.

The following is a summary of the amendments that are proposed for the District 15 constitution. These amendments are being presented for acceptance at the Annual General Meeting on May 5, 2009.

Cosmetic Changes

These amendments involved corrections to spelling, updating names of committees and minor rewording that did not change the intent of the article. They are for clarification and/or to conform to the Provincial Model Constitution.

Other Changes

Throughout the document, “education employees” has been substituted for “teachers” since the direction of Provincial RTO/ERO is now to include all education employees in its membership and recruitment.

Article 2.01 Member at Large is an elected member of the Executive - this is now explicit.

Article 2.03 This now specifies only who is included on the Board of Directors.

Article 2.04 This is now a separate article to specify rights and privileges of the Board of Directors with respect to presenting motions and voting.

Article 2.16 The option for Executive Members to stand for election for a second term in the same position was added.

(Constitution ... continues on Page 10)

(Constitution ... continued from Page 9)

Articles 2.20, 2.21 (b), 2.22 (a),(b) A statement has been added to each of these sections indicating that one of the duties of the President, First Vice-President, Secretary and Treasurer is “Be a signing officer for District 15”.

Article 2.22 (b) Added to the duties of the Treasurer is “Present an annual budget for approval by the Board of Directors prior to the beginning of the fiscal year.

Article 2.23 This is a new statement that specifies the duties of the Board of Directors.

Article 3.01(a) The role of the Awards Committee has been expanded and is outlined more specifically.

Article 3.01 (b) This section was completely rewritten. The Constitution Committee now has an ongoing role instead of just once every four years.

Article 3.02 For all the listed Standing Committees that have a budget, we have included “The Chair will maintain an annual income and expense worksheet and propose a committee budget for presentation to the Treasurer by November 30 of each year.” As well for each Standing Committee we have added that the Chair of the Committee will communicate with the committee liaison person at the Provincial level.

Other changes re: Standing Committees:

- The Goodwill Committee and Book of Remembrance Committee have been combined.
- The Social Committee has been renamed the Program Committee.
- The Volunteer Management Committee has been removed since the District hasn’t had an active committee.
- Pension and Retirement Concerns Committee has been added.

Article 5.03 The change proposed here is that expenses in excess of \$500 (presently \$1000) shall require the signature of two signing officers.

Article 6.04 This is new and in line with the Provincial Model District Constitution

A copy of the proposed constitution will be posted on the website so that members will have an opportunity to look it over before the Annual General Meeting.

Batter-up District 15 - See the Blue Jays!

Get Your Tickets Now for the annual RTO/ERO Blue Jays game. Join your colleagues and their families on Saturday, August 22, 2009 as the Blue Jays take on the Los Angeles Angels at 1:00 p.m. at the Rogers Centre. You, your friends and family can attend this special event at a discounted price of \$39 per ticket. The seats are at Field Level on the third base side. A block of 50 tickets has been reserved for District 15. Before the game, the Provincial Executive on behalf of RTO/ERO will make a special presentation to a charitable organization chosen at the May Senate. A portion of each ticket sold will be donated to this charity as well.



This is a “Junior Jays” game so there will be special items and pre-game entertainment for youth under 14. The gates open at 11:00 a.m. for this part of the entertainment. After the game everyone will have the opportunity to run the bases. What a great present for grandchildren!

For information and/or to reserve tickets to sit with the District 15 contingent contact Dave Wright at 905-639-5093 or wandave@sympatico.ca . You can order by mail as well. Simply complete the form below and mail it to Dave with your cheque. The tickets will be mailed to you. (Transportation is not provided - parking is available at the Rogers Centre or take the GO train to the stadium.) Don't miss out. Do it right away. What a great opportunity to take the whole family to the Ball Game!

-----Cut Here-----

RTO/ERO District 15 Blue Jay Baseball Game

I would like to order _____ (#) tickets to the Blue Jay game on August 22, 2009 at a cost of \$39.00 per ticket.

Name _____

Telephone number _____

Mailing address _____

Enclosed please find a cheque in the amount of \$ _____ payable to RTO/ERO District 15.

Send this form and cheque to:

Dave Wright, 508 Kenmarr Cres. Burlington, ON L7L 4R7

The cheque must reach Dave by Friday, May 15, 2009

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

Exploring New Horizons

When teachers retire, most don't throw the chalk into the wastepaper basket and do nothing. Many pick up a travel brochure and "hit the road." Others volunteer or take on a new job where they meet interesting people. Some pick up where they left off with a hobby or start a new one - painting, quilting, model building, photography, weaving, pottery and on and on and on.

We want to know what you are doing in retirement to fill your time and keep that energy level going strong. And we are willing to reward you for your efforts.

"Exploring New Horizons" Contest

You could be a winner! Write an article about the **New Horizon** that you are exploring. It can be on any activity you are now pursuing. Why not share it with our membership and possibly have it printed in the Halton Herald. To do so you must enter this contest. You will also have a chance to win some cash.

The rules are simple!

- Make it a page or two.
- Supply us with some pictures of the activity, of you doing the activity, of the product - something that can enhance the article. The photos can be either colour or black and white.

Enter as many times as you like!

- Send the article & photo(s) either electronically or by Canada Post
- By mail send your article and photo(s) to
Peter Gnish, 153 Fairleigh Ave. S.
Hamilton, ON L8M 2K4. All hard copies received will be returned
- By computer, send your article and photo(s) to me as an attachment to an email message. Send it to pgnish@cogeco.ca.

Include your name, telephone number and email address if you have one, with a brief description of the photo and how it relates to your article

Winning entries will be selected by the Communications Committee

Three prizes will be given: 1st - \$50; 2nd - \$25; 3rd - \$15

The prize winning entries and a selection of others will be used in a series of reports in the Halton Herald beginning with the September issue.

The contest deadline is June 30th, 2009

Contact Peter Gnish at 905-547-1628 if you have any questions.

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

Give Credit Where Credit is Due!

Submitted by Colton Roberts

While using the ATM machine the other day, I reflected on the old days of credit union banking in Halton. Those of you who taught in Burlington before the county board was formed may have fond memories of the original Burlington Teachers' Credit Union. At first, banking was done right in the school with automatic payroll deductions. In 1973, the newly formed Halton Teachers' Credit Union hired Marilyn Hastings to conduct the business of the Board. There were now over \$ 300,000 in assets, time to hire a new employee. Unfortunately, the CU could not afford an office so Marilyn gladly worked out of her home. To do business, one took a leisurely walk in the backyard to the den, cum office where Marilyn cheerfully served the clientele. I will always remember the friendly welcome to the office after entering the back door and waiting to meet her. Many Friday afternoons were spent doing business after a quick call. "Mrs. Credit Union" could run the credit union from her home office while caring for an active family. It was always a contrast to the more formal setting of the bank.

The credit union was a perfect place for a young family to save money. It was always a pleasant surprise to see money in our account after the car loan was paid off, the rebate as part of the profit-sharing program. One benefit to banking at the Credit Union in those days was that it was sufficiently difficult to get time to visit the Hastings home that I was encouraged to save money. She tells of giving advice. One time she persuaded a teen that her credit card had to be cut up before she could obtain a loan to consolidate her debt. Often, it was not financial help. She ended up helping the father of the bride write his speech for his daughter's upcoming wedding. Never a dull moment for her!

As the credit union movement in Halton developed, a more traditional business office was established and the organization was enlarged to form Halton Teame with municipal employees. Throughout those years, Marilyn played an integral role until 1991. When she left, the assets were over \$19 million. By then the CU was in a modern office complex on Mainway, the third such office for the ever-growing institution. It now looked much more like a bank without the cash on hand. In more recent years, the amalgamation with Prosperity One took place to remain competitive with the banks. Now, we can make instant withdrawals at a machine or do our banking on-line in a thoroughly modern facility, rent a safety deposit box and enjoy all the other features of modern banking.

(Give Credit... continues on Page 14)

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

(Give Credit... continued from ...Page 13)

You may not be aware that it is the mandate of your credit union to make a meaningful contribution to the community through charitable giving. Staff have several fund raisers during the year to support worthy community causes. As well, there is a charitable foundation charged with making larger contributions in the community. Prosperity One has been a major contributor to the Literacy program in Halton schools. Currently the largest fundraiser of the foundation is the annual golf tournament. This year they will partner with Habitat for Humanity to fund their work and the work of other organizations as well. The shot-gun tournament takes place on Wednesday, September 16th at the Granite Ridge Golf Course. Information and registration about the tournament can be found in each branch. So, if you golf why not support a good cause and have a day of fun in the sun?

The Credit Union has come a long way from those early days and has made many positive contributions in our community through their services.

Thanks Marilyn and the many others who have made our Credit Union what it is today!

Prosperity 
CHARITABLE FOUNDATION INC. **ONE**

25TH ANNUAL CHARITY GOLF TOURNAMENT

Wednesday, September 16, 2009, Granite Ridge Golf Club, Milton

Contact: Nancy von der Kammer
at 905-878-3822 x228 or visit
www.prosperityone.ca/golf

- 18 holes of scramble golf
- Power cart, warm-up area
- BBQ lunch, buffet dinner
- Raffle prizes
- Team prizes
- Driving and hole prizes
- Hole in one contest



In support of:

Habitat
for Humanity®
Halton

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

Cottages for Rent

Kenslyne Cottages
Bancroft, Ontario

3 spacious, clean cottages located on Faraday Lake. Great swimming and fishing. All amenities included. 10% discount to RTO/ERO members. Weekly rentals only in July/August, spring and fall 3 day minimum. Call 905-335-4275 or www.kenslynecottages.com.

Recreation Committee

By Dave Wright



A normal routine for people driving south is to get on the road early and stop for breakfast after they have cut some distance off the trip. Our January breakfast in Milton was one of those stops for Jack and Jean Anderson. Hosting “snow birds” was a first for our monthly breakfasts. Remember, the first three breakfasts each year are on us. Give Paul Durnan a call and plan to join us for a chat over breakfast.

Included in our events for this spring is the **Distillery District** at the beginning of June and the **Burlington Footnotes** at the end of June. There are several District 15 RTO/ERO members in that group. **Janet Carter-Wright** has ordered tickets for the **Shaw Festival** again for October and that trip, like the **Stratford** trip, always produces good company and entertainment. Get in touch with Janet by the Sept 11th deadline. **Mary Lyons** is one of the RTO/ERO members in the **North Metro Sweet Adelines Show** in Hamilton in November. This group has excelled in international competitions, having won the gold medal three times and currently have the silver medal. Get in touch with Mary or Dave Wright soon to get good seats.

The calendar on page 18 of this issue of the Halton Herald, the District 15 website and the electronic newsletter are your guides to the fun times you can have with your colleagues. We want you and your friends to join in.

So, **Bring a Friend!** *People who are not members of RTO/ERO are more than welcome to accompany you at any of the activities listed.*

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

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

Political Action Committee

By Linda Jones



Hospital Cuts Threaten Our Health!

On January 30th/31st I attended a **Summit on Health Care** organized by the Ontario Health Coalition which monitors what is happening in the health system. This meeting was attended by coalition members, citizen activists, nurses, doctors, health care workers, union activists and representatives of retiree groups. It was shocking to discover the severity of the situation.

Cross Province Cuts and Restructuring

A major round of hospital restructuring and cuts is underway across Ontario. The Ontario government's planned underfunding of our hospital global budgets means that 50% of Ontario's hospitals have experienced deficits in the current fiscal year (March 08-March 09). The situation is expected to worsen in the upcoming fiscal year when 70% of Ontario's hospitals will fall into deficit. Hospitals are forbidden to run deficits and must create service plans to eliminate deficits. Local Health Integration Networks (LHINs) are required to review services and budget plans in hospitals with deficits to force hospitals to eliminate their deficits even if it means cuts to hospital services. Cuts are occurring in every region of the province, affecting hospitals of every size, small, medium and large. Service plans are not based on measured population need, such as the increased need in Halton. They are based on the requirement that hospitals meet arbitrary budget targets that have been set too low to meet inflation and population need. Hospitals have been given an outline of 7 steps for cuts, privatization and increased user fees to eliminate their deficits. This is not a question of efficiency or quality of care. It is about inadequate hospital budgets.

Underfunding Means Forced Centralization of Hospital Services

The announced planned budget levels for hospitals are not enough to meet inflation and population need for services. In the current fiscal year increases are set at 2.4%. In the upcoming year this figure is reduced further to 2.1%. Each year the gap between inflation/utilization and funding grows. The plan is to force hospitals to restructure, to centralize services across large geographic regions, to shrink the scope of services they provide - specializing in fewer procedures. Patients will have to travel from hospital to hospital for different services. This is the antithesis of the idea of relatively full-service local hospitals and care close to home.

(Political Action Committee ... continues on Page 29)

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

Pension Committee

By Jim Baker



There is one item that should be of interest to pensioners. The Provincial Government recently introduced a new program called the **Ontario Senior Homeowners' Tax Grant** that you should be aware of when you file your Income Tax return this spring. This is an annual amount provided to help offset property taxes for seniors with low and moderate incomes who own their own homes.

For 2009, the maximum grant is \$250. As a senior homeowner you can apply for the 2009 grant when you file your 2008 personal income tax return. The form to be completed will be included in the Ontario tax return. For more information on this topic go online to

<http://www.rev.gov.on.ca/english/bulletins/itrp/pdf/6493.pdf>.

HDSB Retirees are now able to have a CHATT account through a Retirees Conference

HDSB in partnership with the Halton Learning Foundation, the charitable organization for the school board, are offering retirees an account. The membership fee is a \$50 annual contribution to the Halton Learning Foundation. A \$35 tax receipt will be provided to the member.

For more information on how you can join the HDSB Retirees CHATT please contact Janice Rowe at the Halton Learning Foundation rowej@hdsb.ca or 905-335-3665 x3408

Are you missing CHATT?

- Staff Room Conference
- Buy/sell/trade
- Births
- Retirements
- Bereavements
- Book Club
- Film & TV Club

Contact Current Staff

Additional Retirees' Conferences as project unfolds

Calendar of Events – April to December, 2009

- Apr 30 **Breakfast** at El Spero Restaurant, Hopedale Mall, Oakville. 9:00 a.m. Contact Paul Durnan at 905-630-2285.
- May 5 District 15 **Annual General Meeting**. The details and registration form can be found as a separate enclosure in this mailing.
- May 13 **Stratford Musical Matinee**. “West Side Story.” 2:00 p.m.
- June 3 **Visit The Distillery District** in Toronto. 10:00 a.m. Browse, shop, lunch at Mill Street Brew Pub, brewery tour. Contact Dave Wright at 905-639-5093 or wandave@sympatico.ca by May 6th.
- June 24 Oakville Theatre for the Performing Arts, Navy Street. 2 p.m. “Gotta Sing, Gotta Dance” with the **Burlington Footnotes**. \$23. Contact Dave Wright at 905-639-5093 or wandave@sympatico.ca by May 6.
- Oct 9 **Shaw Festival**, Niagara-on-the-Lake. Musical *Sunday in the Park With George*. 2:00 p.m. Cost \$50.00. Orchestra seats. Royal George Theatre. Contact Janet Carter-Wright by Sept 11 at 905-336-5328 or jcwright@on.aibn.com. Cheques made out to Retirement Club must be received by Janet Carter-Wright at 4491 Appleby Line, RR#6, Milton, ON L9T 2Y1 by Sept 11.
- Oct 14 **Bicycle Trip**. Dundas Trail. 10:00 a.m. Contact Dave Wright at 905-639-5093 or wandave@sympatico.ca by Oct 8.
- Oct 17 Dinner Theatre, **Aldershot Players**. Play TBA. West Plains United Church, Burlington. Dinner at 6:30. Cost \$35.00. Contact Dave Wright at 905-639-5093 or wandave@sympatico.ca by Sept 1.
- Oct 29 **Breakfast** at El Spero Restaurant, Hopedale Mall, Oakville. 9a.m. Contact Paul Durnan at 905-630-2285.
- Nov 7 North Metro **Sweet Adelines** Show, Hamilton Place. Guest star Robert Pilon and a youth choir, “Random Notes.” 2:00 p.m. or 7:30 p.m. Cost: Adults \$35.00, 15 and under \$20.00. Contact Dave Wright at 905-639-5093 or wandave@sympatico.ca or Mary Lyons at 905-336-5744 or mlyons3@cogeco.ca Tickets on sale now. Last date to order Sept 11.
- Nov 26 **Breakfast** at Johnathan’s Family Restaurant, 4121 Fairview St. Burlington. 9:00 a.m. Contact Paul Durnan at 905-630-2285.

RTO/ERO District 15 Contact List

Executive 2008 – 2009

Past President	Mary Lyons	905-336-5744
President	Cecile Leach	905-634-8027
1st Vice President	Linda Jones	905-336-5785
2nd Vice President	TBA	
Secretary	Janet Carter-Wright	905-336-5328
Treasurer	Chub Baxter	905-643-3732

Committees

Archives	Judy Sloan	905-336-5538
Book of Remembrance	Marina Lloyd	905-637-6030
Communications Chair	Peter Gnish	905-547-1628
Website	George MacRae	905-315-8581
Newsletter	Peter Gnish	905-547-1628

Assistants: Chub Baxter, Cecile Leach, Eleanor McCulloch,
Marilyn MacRae, Cate Roberts (Design), Ray Smith & Dave Trueman.

Goodwill Chair	Marina Lloyd	905-637-6030
West Convenor	Marina Lloyd	905-637-6030
East Convenor	Warren McBurney	905-845-8219
North Convenor	Marg Megalink	905-877-7135
Out-of-Region Convenor	Peter Gnish	905-547-1628
Assistant	Flo Gray	905-639-4850
Health Services	Paul Durnan	905-630-2285

Recruitment and Member Services

Chair	Bill Caldwell	905-633-9506
Committee Members:	Bev Hilton	905-632-4528
	Carolle Twiss	905-632-8036
Pension	Jim Baker	905-639-1292
Political Action	Linda Jones	905-336-5785
Recreation	David Wright	905-639-5093
Social/Program	TBA	
Tours	Irene Chalupka	905-637-0887

Hair : The American Tribal Love - Rock Musical

By Dave Wright

On February 6, 2009, fourteen District 15 members dined in Oakville and then made their way to the theatre to see the Oakville West End Studio Theatre's production of Hair.

The play, written between 1965 & 1967, opened off-Broadway and then on Broadway in 1968. Not only was it the first rock musical, this was a ground breaker route for plays to follow. It ran for 4 years in New York and 5 years in London. A new Broadway version opened in March, 2009, and a Hamilton actress has a leading role. The show tells the story of several individuals in a group of hippies called "the tribe" who lived in Greenwich Village. The theme deals with young people "growing up" unconventionally and in rebellion against the conservative values of their parents, schools and society and in protest of the Vietnam War.



We were entertained by this interpretation of the play with its cast of talented young actors and an accomplished orchestra. There was spontaneous flow from one scene to the next, some unique visual effects and interesting and colourful costumes.

All of us lived through that era and have different impressions and memories of what was going on. Some of us had seen earlier productions of Hair and for others it was a new experience. The familiar songs (Aquarius, Good Morning Starshine and Let the Sun Shine In) had been Top 40 hits.

We all had a good evening and invite you to join us in theatre events this coming fall and winter. Details are listed in the Calendar of Events on Page 18.

NewsPaper Headlines - Is Proofreading A Dying Art?

Hard to believe that these are real headlines! They are.

"Police Begin Campaign to Run Down Jaywalkers"

"Panda Mating Fails: Veterinarian Takes Over"

"Miners Refuse to Work After Death"

"Man Kills Self Before Shooting Wife and Daughter"

"Juvenile Court to Try Shooting Defendant"

"War Dims Hopes for Peace"

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Eileen Miller's Story

By Marina Lloyd (Goodwill Committee Chair)



The year was 1929. The Place: Arkona, a rural village in Lambton County, halfway between London and Sarnia. The Event: The Arkona Rural School Fair. Twelve year-old Eileen Seymour Evans learned that this was the last year that the T Eaton Co. would be awarding their silver trophy to the student who won the most points for his/her fair exhibits. "I'm going to win that trophy," Eileen said to herself. And she did! There were red First Place ribbons on her displays of vegetables, of fruits, of sewing, of baking and schoolbooks, even on the Hereford calves she'd trained and shown in the ring.

Eileen Evans was born July 9, 1917. An only child, she was raised from infancy by her grandparents, her Aunt Sarah and her Uncle George. After graduating from London Normal School she taught for a few years in small schools in the London area. One year was spent in a school with only three students - one was just beginning and two were in Grade Eight. That was the year she completed her BA degree from the University of Western Ontario. Needless to say, it was also the year the school closed. Those two Grade Eight students probably obtained good results in their departmental exams!



In 1946 she came to Burlington and joined the Central High School staff, teaching English and French. She was accustomed to eating her evening meal at Mrs. Walmsley's restaurant where a group of Dofasco employees who were living in hotel rooms, also gathered. A certain Stanley Miller asked her for a date, they courted and were married in her grandparents' home in April 1952.

(Eileen Miller's Story ... continues on Page 23)

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(Eileen Miller's Story ... continued from Page 22)

Eileen remained devoted to her Arkona family. On weekends she would drive over 100 miles, in all kinds of weather, to visit them. The family ties continued to hold firm. Even after her retirement she visited Aunt Sarah Lampman at the Joseph Brant every day for five years.

She left Burlington Central High School the year she was married and went to teach at John A Lockhart PS, finally retiring from Pineland PS in 1972. During her stint in Pineland, she and Willow Beckett were teaching in portables. They looked out their windows one day only to see the entire school outside for a fire drill. It wasn't long before the Board connected fire alarms to the portables!

The spirit of determination which gained Eileen that coveted Eaton trophy, has stood her in good stead throughout the years as she dealt with life's losses. The first loss was that of her mother and father when only an infant, although she was treated royally by the family members who took her into their hearts. Her husband died in 1964. Ill health made it necessary for her to leave her home a few years ago and with age has come many physical challenges. Still she has maintained her wonderful sense of humour and even describes herself as being lucky. Over the years the Miller house on Clark Avenue was home to generations of chihuahuas and pictures of these elegant creatures decorate the walls of Eileen's spacious room at Hampton Terrace. If a trophy were awarded to the most excellent longterm care facility, Eileen would surely nominate Hampton Terrace. She appreciates the caring staff, great food, her picture window on the world (or at least on Tim Horton's), the activities designed to keep the residents' minds active, the conveniences laid on for the residents' comfort, even the opportunity to pet her favourite animals when dogs (accompanied by their owners) come to visit.

She welcomes visitors, especially if you once taught on the same staff or were taught by her, and can reminisce about the years gone by. She might even tell you the story of how she won that T Eaton trophy!



Book of Remembrance

(For the period December to February 28, 2009)

We remember with fondness

Glenn Baker	Ronald Goodish	Elizabeth Gordon	Katherine Harmer
Pearl Heldmann	Julieta Lassau	Donald Love	Lucille Narduzzi
Ivan Palmer	Branka Rancich	James Ridley	Donald Ross
Jessie Schofield	Kathleen Toye	Janet Watkins	

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Health Services Committee

By Paul Durnan



Please be aware that as of June 1, 2009, Canadians travelling to, through or from the USA by land or sea will have to present a valid passport. Previously passports were only required if travelling by air.

Effective September 1, 2008, the monthly premium rates for the RTO/ERO Supplemental Travel Health Insurance Plan decreased by 10%. As well you have a new option under this plan. You can now purchase an additional five days before beginning your trip raising the basic coverage to 67 days. Also, fifteen-day units of Supplemental Travel Health Insurance may be purchased to a maximum trip duration of 212 days for residents of Ontario, Newfoundland and Labrador and 182 days for resident of all other provinces. However you must do so before your original coverage of 62 (or 67) days of coverage expires.

All Canadians travelling or living abroad should register with the Canadian Government before leaving so that you can be contacted and assisted in case of emergencies. You can register online at www.voyage.gc.ca or by phoning 1-800-267-6788 (or 613-944-6788). You can also contact the nearest Canadian Embassy if you are abroad.

All out-of-province/Canada claims including trip cancellation/interruption claims are to be submitted directly to Mondial Assistance. If you have any questions or comments please feel free to telephone me at 905-630-2285.

Editorial Policy

The Halton Herald is a non-partisan newsletter published by RTO/ERO Halton District 15 and is distributed to members and prospective members 3 times a year. Material from members, charitable or volunteer organizations 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 pre-determined donation to RTO/ERO District 15 based on the size of the ad. They 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. This issue of the Herald was printed and supported by **Astra Graphics**.

OHIP now pays for PSA tests ordered by doctors**From the Toronto Sun**

Any man whose doctor thinks he needs a prostate cancer blood test will get one covered by Ontario's health insurance plan. The simple tests for PSA - prostate specific androgen - can give an early warning of possible cancer and costs about \$30. Previously, the provincial health plan would only pay for the exam if it was performed in a hospital but starting January 1, 2009, tests done in community labs and clinics are covered. In order to get OHIP to pay doctors must indicate on the lab form it is for diagnosis or monitoring and not screening,

Ontario funds diabetes, cancer drugs**From the National Post**

Are you aware that the Ontario government is now funding new drugs to treat diabetes and colorectal cancer? The drugs include Lantus, an extended, long-acting insulin; and Vectibix, a new intravenous drug used for colorectal cancer patients when standard chemotherapy treatment is unsuccessful. The other drugs being added are Rasilez, for hypertension; Orenzia, for rheumatoid arthritis; and Enbrel and Raptiva, both for psoriasis. Ontario Public Drug Programs provide coverage for Ontarians aged 65 and over, residents of long-term care homes and homes for special care, and those who receive professional home-care services and social assistance. People who have high drug costs compared with their income and cancer patients are also covered.

Seniors Who Diet Without Exercise Lose Muscle**From FPinfomart.ca**

Older people who diet without exercising lose muscle. However, seniors who exercise while dieting not only lose weight, but gain muscle. A recent study published in the Journal of Applied Physiology found that those who only diet drop weight but they lose both muscle and fat. Whereas those who diet AND exercise lose fat, gain muscle, and improve their ability to exercise, adding to both longevity and quality of life. Christopher Ihle, MD of the American Academy of Orthopaedic Surgeons writes "The stronger your muscles are, the more weight and stress they can handle." The Mayo Clinic adds that 30 minutes of moderately strenuous exercise daily boosts further health benefits. For "Tips" see page 26.

(Seniors Who Diet... continues on Page 26)

Recruitment & Member Services Committee

By Bill Caldwell



Fellow Retirees! Hopefully we are witnessing some signs of Spring and our thoughts are turning to outdoor activities. No doubt our new prospective retirees will be in “count-down” to the last day of their profession, if they have not been in “countdown” already. We look forward to greeting the new retirees at a **Wine and Cheese** event to be held on April 23 at Quality Inn in Bronte. This invitation is also extended to Board staff who have retired since September, 2008.

During the last week of February I received 15 Halton Herald newsletters from the Post office that were returned as non-deliverable. The majority of the returns were due to members not informing me or the Provincial RTO /ERO office of a change of address. Much time had to be spent in tracking down members who had relocated. This points out again the importance of notifying me of any change of address so that we can continue the delivery of the Herald without interruption.

John Goodman has informed me that he has had only two responses to his plans for a Golf Social for District 15 members this Spring. Should you wish to participate in this activity please contact him at 905-627-4187 or johng54@cogeco.ca as soon as possible. John has advised that if there is insufficient response the activity will be cancelled.

(Seniors Who Diet... continued from Page 25)

Lowered Blood Pressure - could be reduced 5-10 millimeters

Reduced Cholesterol - higher HDL good cholesterol, reduces triglycerides

Better Management of Type 2 Diabetes - lowers blood sugar levels

Managed Weight - coupling exercise with a healthy diet is the best way to shed fat and maintain a healthier body composition

Prevent Osteoporosis - increases bone density

Prevent Cancer - strengthens the immune system, improves circulation, reduces body fat, speeds digestion

Maintain Mental Health - stress reduction, improved depression/anxiety levels, boosts mood, helps with sleep

Increase Energy/Stamina - energy loss is usually from inactivity--not age

Whether you're 50, 60, or 70, science tells us that it's never too late to get up and get moving. You'll be glad you did!

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

Archives Committee

By Judy Sloan



Well, just like this time last year, I am sitting here typing out my article for this edition of our Halton Herald during a bitterly cold, windy and dull day in February. On a much “sunnier” note, I am happy to report that I have received four items to add to our Archives scrapbook. Thank you so much to the members who sent them to me.

If you recall, our September 2008 Halton Herald featured a wonderful article about **Lelia Lindsay** written by **Warren McBurney** (Goodwill West Area Convenor) titled “105 Years of Age and Still going Strong!” Well Warren sent me a lovely photo of Lelia from the Oakville Beaver. Lelia had just celebrated her 106 birthday at Wyndham Manor on Reynolds Street in Oakville. Congratulations Lelia and just like TV’s Energizer Bunny, I hope that you keep going and going!

Congratulations also to our member **George Munro** and his wife **Cathy** who celebrated their 50th wedding anniversary on December 27th. The Anniversaries section of the Hamilton Spectator displayed a lovely photo of them taken on their wedding day. George and Cathy were going to celebrate this milestone with a winter cruise and a trip to their favourite place in the world – the Canadian Rockies.

The January edition of Snap Burlington contained photos of members **Bev Balch** and **Herma Bailey**. These ladies were attending the Retired Women Teachers of Ontario (RWTO) Burlington District Christmas luncheon and meeting at the Burlington Golf and Country Club. Guest speaker was Neil Hetherington, CEO of Habitat for Humanity Toronto. A silent auction was held and members brought gifts of winter accessories (hats, mittens etc.) to be donated to schools in Burlington. Kudos to all the ladies for contributing to such a needy cause.

Speaking of needy causes, the Burlington Post featured an article titled “Giving Afghans A Safe Place to Learn and Dream.” The article included a photo of two of our members, **Liz Watson** and **Linda Middaugh** along with three others who are members of Canadians in Support of Afghan Women (CSAW). This is a volunteer group committed to raising awareness and money to assist the women and children of Afghanistan in their struggle for human rights by helping them build a school in which girls will be educated.

(Archives Committee... continues on Page 28)

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(Archives Committee... continued from Page 27)

In the photo, the ladies are pictured with a collage outlining the progress of the school to date. Since the late 1990s, CSAW which is affiliated with Canadian Women for Women in Afghanistan has fundraised \$450,000 to pay teachers' salaries and provide school supplies including tents. If you are interested in more on this subject, visit www.canadianssupportingafghanwomen.ca. We wish you continued success Liz and Linda with your worthy Dare to Dream, Brick by Brick campaign.

On a lighter note, members **Marg Daniels, Carroll Goodwin, Mary Hopkins, Bonnie Johnstone, Kate Lowe, Butch Rogers, Joan Wilson** and myself are busy rehearsing for our Burlington Footnotes Senior Performing Troupe's annual show "Gotta Sing, Gotta Dance". The show will be held at Oakville Centre for the Performing Arts on Tuesday, June 23 (2:00 pm and 7:00 pm) and also on Wednesday June 24 (2:00 pm). The company consists of performers ages 50 to 80+ and this year the program includes vocals, tap, jazz, clogging, lyrical ballet, hip hop, clowns and songs from the musical South Pacific. Please contact Dave Wright (see Calendar of Events page 14) if you wish to attend the Wednesday matinee show with our District 15 RTO/ERO group or contact the box office at 905-815-2021 or 1-888-489-7784 for the other performances. Come out to enjoy an upbeat, fast paced seniors musical variety extravaganza as well as to support your fellow RTO members in the show.

Thanks to all who have contributed to our Archives' scrapbook these past few years and please keep those newspaper photos and articles coming! My address is 1446 Brenner Court, Burlington On. L7P2Z2. You may also contact me by email at judymysloan@yahoo.ca or by phone at 905-336-5538.

Contribute to the Herald!

The next *Halton Herald* will be distributed in September, 2009.

- **Share a line** with our readers and let them know what you are up to.
- **Send a Letter to the Editor** on any topic that concerns you.
- **Write** an article on any topic that may interest your retired colleagues.
- **Share a funny story** with our many readers.
- **Provide us with a picture** to share with our members.

Send your article or correspondence to the Editor, Peter Gnish by email: pgnish@cogeco.ca, by mail to 153 Fairleigh Ave. S. Hamilton L8M 2K4 or telephone: 905-547-1628. Deadline - July 15, 2009.

(Political Action Committee ... continued from Page 16)

Services on the Chopping Block

The following are examples of the services planned or proposed for cuts:

- Closures of small-community Emergency Departments in Fort Erie, Port Colborne, Leamington, Wallaceburg and Petrolia. Doctors say this will result in preventable deaths, especially in the elderly.
- Closure of local birthing services in Niagara Falls and Welland.
- Closure of mental health beds in Welland and Ajax.
- Cuts to and privatization of chiropody or physiotherapy in Sarnia, Owen Sound, Kincardine, Kitchener and Deep River.
- Cuts to rehab and/or complex continuing care in Niagara, Strathroy, Kitchener and Tillsonburg.
- Reducing the number of nurses, doctors, health professionals and support staff in hospitals such as Kingston General Hospital, Hotel Dieu Kingston, Hamilton Health Sciences, St. Joseph's Hamilton and Rouge Valley - Ajax-Pickering.
- Cuts to entire programs, departments and services in communities such as Cornwall and St. Thomas.
- Cuts to neonatal intensive care in Windsor.
- Cuts to laboratory services.

Moving Services Out of Town

The following are some examples of services being moved out of town.

- Cataract surgeries have been removed from North York and centralized to Newmarket.
- In Niagara, birthing and mental health beds have been centralized to St. Catharines and patients from across the Niagara peninsula will have to travel to give birth, access maternal and pediatric care programs or to access mental health beds, far from family support systems.
- In Niagara, emergency departments are being closed in Port Colborne and Fort Erie. Patients will have to travel to Welland, Niagara Falls or St. Catharines to access an Emergency Room. Local public transportation systems do not exist to service these areas adequately nor do they take into consideration winter driving conditions for EMS ambulances.
- Movement of laboratory services out of town in Bracebridge.

A detailed list is available at www.ontariohealthcoalition.ca in the **“Briefing Note on Ontario’s Hospital Cuts and Restructuring 2008.”** You might think that these cuts are necessary because Ontario is spending more than other provinces on health care, but in fact the opposite is true.

(Political Action Committee ... continues on Page 30)

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

(Political Action Committee ... continued from Page 29)

The increase in transfer payments for health added to the Health Tax means there is a surplus of \$16 billion over what is being spent. The health budget in Ontario as a percent of the G.D.P. is the 2nd lowest in Canada, after Alberta. Economists anticipate that 5000 health care professional jobs will be lost. Every nursing position lost equals 2000 hours of patient care. The trend is erosion by stealth, i.e. when hospitals do not fill positions, this leads to understaffing and therefore Emergency rooms are not seen as viable.

Citizens are beginning to rise up against these cuts. Nine hundred attended a Town Hall Meeting in Hamilton on February 23rd and sometimes even larger numbers have attended meetings

in some of the rural areas mentioned above. Some doctors are even handing in their resignations

*Citizens are beginning to rise up
against these cuts*

en masse in protest unless decisions are reversed. A **Day of Action** is being planned province wide on April 18th. Concerned citizens are being asked to visit local Liberal M.P.P.'s offices to show their concern and disapproval.

We need to understand this crisis. Centralizing control is one thing, since hospitals should be responsive to their publicly elected leaders, but running a vast and complex system through a centralized target-setting structure without any public input or evaluation mechanisms, without public disclosure, with a culture of punishment for those who raise concerns, and few if any checks and balances, is just poor governance.

Where do you stand?

For Your Information

The Ontario Government website www.ontario.ca/healthcareoptions has been set up to allow Ontarians to find health care close to home i.e. the nearest walk-in and after-hours clinics, urgent care centres, family health teams, general practitioners and emergency rooms, by typing in your postal code. In future it will include all front-line health services including Community Care Access Centres, laboratories and long-term care homes. Another service is **Health Care Connect** to help people find a family health care provider. Call 1-800-445-1822 to register and those who need care most will be helped first. This service will also be useful for searching out the availability of necessary services, if they still exist.

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

What Gender is A Computer?

A Spanish Teacher was explaining to her class that in Spanish, unlike English, nouns are designated as either masculine or feminine. 'House' for instance, is feminine: 'la casa.' 'Pencil,' however, is masculine: 'el lapiz.' A student asked, 'What gender is 'computer'?'



Instead of giving the answer, the teacher split the class into two groups, male and female, and asked them to decide for themselves whether computer should be a masculine or a feminine noun. Each group was asked to give four reasons for its recommendation.

The men's group decided that 'computer' should definitely be of the feminine gender ('la computadora') because:

- No one but their creator understands their internal logic
- The native language they use to communicate with other computers is incomprehensible to everyone else
- Even the smallest mistakes are stored in long term memory for possible later retrieval, and
- As soon as you make a commitment to one, you find yourself spending half your paycheck on accessories for it.

The women's group, however, concluded that computers should be masculine ('el computador') because:

- In order to do anything with them, you have to turn them on;
- They have a lot of data but still can't think for themselves;
- They are supposed to help you solve problems, but half the time they ARE the problem; and
- As soon as you commit to one, you realize that if you had waited a little longer, you could have gotten a better model.

The women won.

IF YOU ARE MOVING ...

IF YOUR ADDRESS INFORMATION IS INCORRECT ...

Contact Dianne Vezeau at the Provincial RTO/ERO office

In Writing: 18 Spadina Road, Toronto, ON M5R 2S7

By Telephone: 1-800-361-9888 Ext. 223 or 1-416-962-9463

Ext 223 ; By email at dvezeau@rto-ero.org Or...

Contact Bill Caldwell by telephone 905-633-9506 or by email at

wscaldwell@sympatico.ca

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

Cruising Up The Mackenzie River

Submitted by Donalda Fordham

Picture eighteen congenial persons, nine crew members of the MS Norweta, a comfortable boat with good food, nice July weather and you have the basic recipe for a memorable trip on Canada's longest river, the Mackenzie. After flying into Inuvik, NWT, we boarded the boat for a leisurely 9 day, 1000 mile journey "up" the river against a strong current. We rarely travelled at more than 5 miles per hour which gave us plenty of time to take in the scenery. It wasn't spectacular (most of that is east of Yellowknife) but it was fascinating: rock formations, magnificent skies, the gradual change in vegetation from sparse above the tree-line to more dense further south, the experience of seeing the "land of the midnight sun."

Settlements were few and far between; the occasional fish camps we passed were isolated and unoccupied at this time of year; other boats on the river were infrequent. One day we travelled for hours until the captain pulled into a remote beach, tied the boat to a tree and we romped on the sand and rocks like a bunch of confined school kids. But the beach was most interesting with all sorts of tiny plants, rock and sand formations and animal tracks – we could only speculate as to what had made them.

We made brief stops at five communities: at Tsiigehtchic (formerly Arctic Red River) where the Dempster Highway crosses the Mackenzie by ferry; at Fort Good Hope, Norman Wells and Fort Simpson, the oldest settlement on the river. The trip ended at Fort Providence where we left the boat and were taken by bus into Yellowknife for the flight home.

We were fortunate to be in Inuvik when the Great Northern Arts Festival was being held. We observed and chatted with artisans and performers who had gathered from all over the Arctic to share ideas, attend workshops, display and market their works. We saw a wide variety of beautiful paintings, prints, carvings, sculptures, beadwork and needlework.

There were many highlights of the trip: the fascinating wooden igloo church in Inuvik (where did the wood come from at this location above the tree-line?); some of the rafters were old hockey sticks; the magnificent painted interior of the church at Fort Good Hope; the spectacular skies, the oil wells on the man-made islands in the middle of the river at Norman Wells; and crossing the Arctic Circle at 10 p.m. in full daylight to name but a few.

(Mackenzie River Trip ... continues on Page 33)

(Mackenzie River Trip ... continued from Page 32)

When we flew out of Hamilton we met a man heading for Inuvik. When he boarded the airplane in Edmonton he had acquired some extra luggage, two huge brown and yellow boxes of donuts (guess what brand). He said he would not dare go back to his construction site outside Inuvik without bringing donuts from down below to share with his fellow workers.

Then in Yellowknife we met nine eleven and twelve year old native boys on the airplane who had come from Fort Good Hope and were going to a hockey camp at Sylvan Lake near Red Deer. What a treat for them!

Most incongruous were the remote, sparse villages with satellite dishes. Isolated - not entirely. Travelling along the Mackenzie one can appreciate the challenge of living in the far north. We experienced the midnight sun of summer but could only imagine what the short dark days of winter must be like. Needless to say the journey to the Northwest Territories left me with many lasting memories.

(Mackenzie River Trip ... continues on Page 36)

Healthy Homes

From the Hamilton Spectator

The Ontario Lung Association offers a free **Healthy Home Audit** booklet that gives tips on how to improve the air quality of your home.

For example:

- * **Make** your own furniture and floor polish by mixing one part lemon juice with two parts vegetable oil.
- * To **reduce** problems with moisture in your basement, relocate down spouts away from the foundation; use a dehumidifier; insulate bathroom walls; dispose of water-damaged goods.
- * Use two cups of vinegar in rinse water **instead of** fabric softener.
- * **Avoid** using humidifiers because they can circulate dust and mould. If you must, try using filtered or distilled water.
- * **Try** to buy furniture made of solid wood. Veneers and pressboard often contain formaldehyde, benzene or xylene - can cause respiratory problems.
- * **Remove** mould in the bathroom with a solution of unscented dishwasher detergent and water or baking soda and water.
- * Don't use bleach. As **an alternative**, pour vinegar into toilets and let stand overnight as disinfectant.

Lines To Make You Smile!

“My husband and I divorced over religious differences. He thought he was God and I didn’t.”

“I used to have a handle on life, but it broke.”

“Being over the hill is much better than being under it!”

Social Committee

By Jan Moxey



Thank you **Colton Roberts** for chairing the Social Committee this year. We are always looking for members interested in being part of this dynamic committee. We will be planning our upcoming year in the near future and if you are interested in joining the committee please email the president **Cecile Leach** at cecile.leach@sympatico.ca or any of the committee members.

Circle **Tuesday, May 5th** for the next social event. The **Annual General Meeting** will be held at the Burlington Convention Centre. More details are available in the flyer included in this mailing.

Master of Deception - Working Undercover for the RCMP

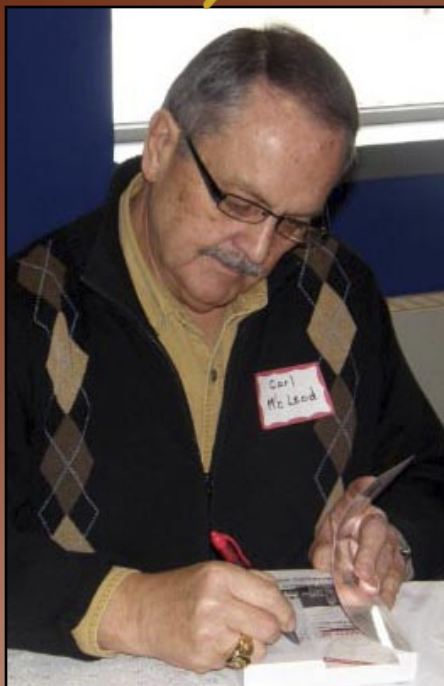
On Tuesday, February 17th, the **Winter General Meeting**, organized by the social committee, attracted over eighty members to the Milton Sports Centre. Author **Robert Knuckle, a former V.P. in Hamilton and former RCMP undercover agent Carl MacLeod**, entertained our members with stories of international intrigue and deception. The luncheon presentation was based on their book, *A Master of Deception, Working Undercover for the RCMP*, published by General Store Publishing House. An opportunity was provided for the audience to ask questions and participate in a book signing.

Robert explained how they wrote the story and outlined the process the duo engaged in to make it an entertaining and interesting book to read. As a man of many names and identities, Carl shared some of the situations and life experiences he had working thirty two years as an undercover RCMP officer throughout Canada and the world. He outlined his long and storied police career in covert international investigations that led him to infiltrate the Mafia and penetrate the upper strata of Asian and Columbian drug-smuggling syndicates where he made many arrests and confiscated millions of dollars worth of illicit drugs. We left with an appreciation of the vital and dangerous work being done by the RCMP undercover police on behalf of Canadians.

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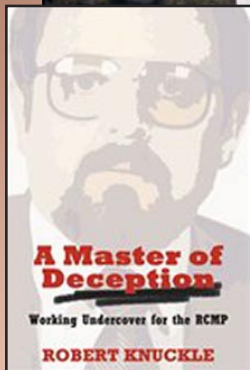
Visit us on the Internet at www.halinet.on.ca/district15

Winter General Meeting



Carl MacLeod - The Master of Deception

Robert Knuckle, Author



New Horizons Cruising the Mackenzie N.W. 7



*Donalda Fordham Joan Slingerland
Fern Tinney Joyce Bauer*

