



# HALTON HERALD

District 15

April 2010

## ***Following Franklin's Footsteps***

**Arctic Voyage 38**

## ***Project Service to Others***

**Stoves for Guatemalans 41**

**Grandmothers for Grandmothers 11**

## ***Things Past***

**A Profile of Joyce Burnell 26**

## ***Exploring Healthy Living***

**Personal Accounts 15**

***"Cold Beauty"***

**Photo by Sue Rietschin**

# Fun, Friends, Food and Fiddles

Winter Meeting

Feb. 16, 2010

Milton



## "The Blazing Fiddles"



## Copper Country Foods Tasty and Convenient



## President's Report

By Cecile Leach



This is my last message to you as President of District 15. I leave with mixed emotions for I have really enjoyed my two years in office. I look forward to exploring some personal endeavours that were put on the back burner for the last 2 years - finishing my Family Tree and Family Recipes for my siblings and children.

During my term, I had the pleasure of working with some dedicated and skilled people who have offered me guidance along the way. I learned a great deal about our organization through Regional Meetings and Provincial Senates and remember clearly my first Senate in Toronto and the feeling in the pit of my stomach that I knew nothing about RTO/ERO. Along the way, I received much assistance from my Provincial Liaisons and the knowledgeable staff at Provincial office who were always there with the answers to my many questions. On the home front, Board members surrounded me with loads of experience and were always willing to point me in the right direction until I felt confident enough to fly solo.

We accomplished much over the past 2 years. We developed a 3-year **Long Range Plan**, a plan of action and timelines to make our District stronger and more vibrant. We started preliminary plans to revitalize our Board of Directors by enlarging our group in the future and are in the process of developing job descriptions for all the roles to promote continuity on our Board.

Provincial office accepted one of our **Project Service To Others** applications. This project, **Stoves For Patzun, Guatemala**, is now approaching completion and was on display at the Winter Meeting in Milton. It will be displayed at the Spring General meeting as well as the Spring Senate in Toronto. This year a second project was submitted and we await its approval. Our District is also involved in a local project involving Burlington Museums. Ireland House is working on two **Outreach Kits** containing Heritage Artifacts and Activities; one will be available for loan by both Public and Separate School Boards; the second is directed to Long Term Care Facilities in Halton Region. This project is in its last stages of development and we anticipate its completion by early Spring. We hope to have these kits available for your perusal at our General Meeting.

Many members participated in our 3 popular **Wellness Activities** this year: Healthy Cooking, Tai Chi & Gentle Aerobics and Container Gardening. We are also encouraged by the increase in attendance at our General Meetings possibly due to the lure of such names as **Steve Paikin** and **The Blazing Fiddles**. We plan to continue to provide you with quality entertainment in the future.

(President's Report ... continues on Page 4)

Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)

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

On that note, our keynote speaker for our **Spring General Meeting** is **Diane Dupuy**. She is a captivating orator, the celebrated founder of **Famous People Players** and author of four best selling books. She is a Member of the Order of Canada and has received five honorary degrees from universities across the country. She is sure to enchant her audience with her inspiring story.

As I leave, I would like to take this opportunity to thank all my fellow colleagues on the Board for their support, encouragement and patience. **Judy Sloan** continues

to keep very detailed Archives for our District. Take a look at these on display at our Spring Meeting. **Marina Lloyd** and her Goodwill assistants have spent quality time and given support to many of our members over 90 years of age through their visits, cards and thoughtful commemorations of special events in the members' lives. **Peter Gnish** and his wife **Cate Roberts** spend many long hours composing and disseminating our quarterly Newsletter which brings us all the good news from our colleagues. **George MacRae** continues to work diligently on our Website and provides us with another method of communicating with you. **Paul Durnan** serves our membership well on Health issues and organizes monthly breakfasts for our members. **Jim Baker** continues to address Pension concerns as well as serving as Member-At-Large on our Executive Committee. **David Wright** continues to plan wonderful outings and many different types of activities to suit everyone's needs. **Mary Lyons**, as well as being our Past President, has taken on the role of Membership Chair with the capable tutoring of the previous chair, **Bill Caldwell**. Our Tours Committee chaired by **Irene Chalupka** continues to provide exciting excursions around the world. **Chub Baxter**, our formidable treasurer handles all our monies. His new assistant **Daliah Brown** shadows

**Table of Contents**

<b>Committee Reports</b>	Pages
Archives	35
Book of Remembrance	37
Communications	24,25
Health Services	28
New Members	5
Pension	29
Political Action	30-32
President's Report	3-5
Program	13,14
Recreation	19,20
Recruit/Member Services	25
<b>District 15 Events</b>	
Bronte Hike	15
Calendar of Events	22,23
Contact List	21
"I Remember..." Contest	9
Winter General Meeting	2,14
<b>Articles</b>	
Arctic Voyage	1,38-41,44
Caring, Sharing...	10
Christmas in the 50's	36,37
Closure	12
Grammas for Grammas	11
Joyce Burnell	26,27
Perpetual Learner	17
Sharpen Your Pencil	28
Snowshoeing	16,17
Stoves For Patzun	41-43
Swimming	18
Vegas By Bike	15,16
We Get Letters	6-8

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

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

him. Our skilled secretary **Janet Carter-Wright** this year took on the huge task of revamping our Board Motions. **Linda Jones**, 1st Vice-President, has provided us with insight into the many issues affecting our members in her role of Political Advocacy. Our newest members are **Jan Murdoch** who came on Board as 2nd Vice-President and **Phyllis Kingsley** who joined our ranks as Awards Chair. To all these folks, who I believe are the heart and soul of Halton District 15, I say "Thank you!"

I continue to encourage all our members to consider volunteering for one of our committees. None of the positions are onerous. I assure you that you will find a new purpose, expand your horizons and make a difference while enjoying the company of new friends and old colleagues. I look forward to continuing my involvement with RTO/ERO Halton District 15 as Past President and to having the opportunity to mingle freely with our members.

### 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, 2009 and February, 2010. Give them a warm welcome and invite them to join you at one of our many activities.

Nancy Emerson	Marilyn Hawcutt	Pearl Krisfalusi
Joan MacDonald	Robert Mackie	Barbara McFarlane
Johnina Middleton	Janice Morgan	Grace Olaski
Maureen Pillon	George Plach	Avril Playfair
Donna-Marie Reed	Mary Taylor	Judith Van Der Veen
Therese Van Gieson	Wendy Wiese	Geraldine Woods-Jamieson

## Crew Leaders Needed for 2010 Oakville Build Project!

Do you want to share your skills, teach and train lesser skilled volunteers in building homes in the spring?

Habitat for Humanity Halton is looking for volunteers with construction and or handyman experience to Crew Lead on the Oakville build project.

Crew Leader training will commence this spring!



For more information on this volunteer position please contact:

Deanna Smuk, Volunteer Coordinator at **905-637-4446**  
or email **volunteer@habitatthalton.ca**



## We Get Letters, Emails & Calls

By Peter Gnish



A number of people responded to the Holiday message that I sent on behalf of our Goodwill Committee to all those living outside of Halton. Also there was a wonderful response from many others who believe that friendship means keeping in touch. In addition to receiving Christmas cards from **Dorothy and John Horner** and **Dorothy Singleton** I heard from the following:

**John and Fergus Bartanus** sent a Christmas Card from Victoria with best wishes to all of Fergus' friends in Halton. She is still in hospital where John visits her on a regular basis.

**Bob and Jessie Bigelow** sent a beautiful Christmas e-card wishing us all best wishes for the Christmas season and in the coming year.

**Ian Downie** sent me an email that said, "Thanks for your greetings on behalf of District 15. All best wishes for a wonderful Christmas and a Happy and Prosperous 2010." He also mentioned that he had a "Guest Star" role in Episode 6, "Forget to Remember," of "**Cra\$h and Burn**", the new TV series set in Hamilton. It ran on December 23rd and I watched it - Ian did a marvellous job of playing the role of an aging resident who lived at St. Joseph's Villa in Dundas, the Long Term Care Facility where my wife's father is also a resident - so it really resonated with me. You will also recognize Ian in the TD Bank commercials that run regularly on TV. He is the slender older person of the two men sitting on the bench or the couch. Congratulations Ian on doing so well in the drama industry.

**Ruth Ferguson** wrote to bring us up-to-date about what she and her friends are doing. Read her article, "*Caring, Sharing and Having Fun*" on Page 10.

**Karen Kaplin** sent a Christmas card in which she said, "Thank you for your caring newsletter each year. Wishing all of you at RTO a happy Christmas and prosperous New year 2010."

**Lynne Pammenter McCulloch** sent an email message to say that her husband, Murray, is doing really well after his heart surgery in November and says he feels better than he has for years. She says that our health system has worked well for them and he is now able to walk a large block without stopping. They hope to purchase a treadmill soon for him to use. She comments, "Maybe I'll even lose some weight too." She continued to say, "We are so grateful for the (RTO/ERO) insurance which has helped to provide the little extras that have improved the quality of our lives as he gains strength daily."

(We Get Letters... continues on Page 7)

Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)

(We Get Letters... continued from Page 6)

**Edna McMillan** emailed me to say that she enjoys receiving the Holiday Greetings and reading this section in the newsletter as it is interesting to know what people are doing. She continued, "Last year I worked harder than a 'retiree' should. The only educational group that I am still involved in is the World Council for Gifted and Talented Children. I have been on the Executive for four years and am presently vice-president. Our Biennial conference was to be hosted by Canada in Vancouver last August. When the original organizer failed miserably, I was asked to coordinate the conference with the help of our executive administrator. I'm not used to working that hard! However, it was a great challenge and I'm happy to say we pulled it together for a very successful conference. I asked Bob Bateman, whom many of you will remember from Lord Elgin, to be one of our keynoters and he was great as usual. I was also proud to be honored with an award for 'Outstanding Service to the World Council and Gifted Children of the World.' My next trip is to the Olympics in Vancouver where I will just be a fan."

**Diane and Jim Miller** sent a Christmas letter that is printed on Page 36 as an article titled "*My Polish Canadian Christmas in the 50's.*"

**George Munro** sent a greeting card saying, "Delighted to read your letter of 2009. We have had a great year. Enjoying our move to condo living in Ancaster."

**Vera Robinson** sent a Christmas card that had the following message, "Thank you for your interesting Christmas letter. I will be 97 on December 30th. I hope you and your family have a happy Christmas and peaceful New Year."

**Bill Shapka** sent in an interesting article titled *Closure* attached to his email that you can read on Page 13.

**Merv Sheppard** sent a Christmas card with a lovely message about him and his family. "My wife (Terri) and I moved to Brantford in 2003. Our oldest daughter, Karin and her husband Joe, also live in Brantford. Our youngest daughter (Lianne) lives in Stoney Creek and has an aesthetics business in Burlington (Celestial Beauty). Since retiring from Brookdale Public School in Oakville in 1995, my wife and I have travelled to Finland, Arizona and drove Highway #1 along the California coast. Last August I celebrated my 70th birthday (getting older but beats the alternative). I am still playing hockey twice a week with some oldtimer guys in St. George. Haven't seen any Maple Leaf scouts in the stands as of yet. I've read all the articles about your extensive travels since you retired - Sounds great! Hope you are enjoying good health. Tell your colleagues to keep up the good work on the Halton Herald."

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

Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)

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

**Herman Star** telephoned to say how delighted he was to receive the Holiday message. He and his wife are still in Erin where they have lived now for 31 years. For years he drove from Erin to his school in Oakville and loved it. Teaching shop in those days was always a pleasure and a challenge. To keep the boys in line he would regularly bring in a Toronto telephone book and rip it in half in a couple of minutes to show them who they were dealing with. He remembers with fondness that on one such occasion the following day five students brought in their own phone books for him to rip up. He said that he doesn't miss that daily drive now that he is retired. And he is taking it a bit easier at home, no longer working the 15 acres they live on – just doing the grass cutting that is needed to keep the place looking good.

**Helen van Sickle** sent a Christmas card with a letter enclosed. She indicated that she is now happily settled in a private room in a nursing home that provides lots of activities. Much to the delight of the Program Director, Helen is in there helping in the kitchen making pumpkin or apple pies, canning, peeling onions or whatever. She writes "My son Bill, really put me to use during the harvest season. I trimmed a lot of beans, podded peas, husked corn, skinned tomatoes and whatever else I could do from a sitting position." She went on two trips this past summer - to Niagara Falls where she got soaked in her wheelchair riding on the Maid of the Mist and to visit family in Ohio for Independence Day. She says "I only use my wheelchair when it is absolutely necessary as I want to be able to walk (with my walker) when I go in September of next year to my granddaughter Heather's wedding. So I walk as much as possible and do physiotherapy most days at the nursing home." Helen says she is extremely proud of her grandchildren, 3 of whom are living on their own, 4 in University and 2 in their last year of high school.

**Joan White** telephoned to say how much she appreciated receiving the Holiday Letter and the many interesting articles in the Halton Herald.

### *Tell It To The Judge!!!*

I've sure gotten old! I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes, I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts, have bouts with dementia, have poor circulation, hardly feel my hands and feet anymore, can't remember if I'm 89 or 98, have lost all my friends. But, thank God, I still have my driver's license.



## *"I Remember When..." A Contest*



When we retire and think back on our careers, many images come to mind - flashbacks of events, former colleagues, the kids we taught and situations in the classroom (both humorous and poignant). **Bruce Shapka** sent in this picture of **George MacRae** when he first introduced us to the PET. And, when listening to tales other people tell, you will have recollections of your own experiences. Why not share with us some of your interesting flashbacks. You can cash in as well.

### *"I Remember When..." A Contest*

You could be a winner! To do so you must enter this contest. Write an article on the topic *"I Remember When..."* Share it with our membership and possibly have it printed in the Halton Herald. You may also win some cash.

#### **The rules are simple!**

- Make it a page or so ( 1000 words maximum but sometimes, less is more).
- If you can, supply us with a picture or two - 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](mailto: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, 2010**

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

## Caring, Sharing and Having Fun

by Ruth Ferguson

When Peter Gnish sent out the invitation in his Christmas greeting to out-of-town members this year, he invited us to respond with news that might be shared with the friends and former colleagues who read the Halton Herald. I decided to take this opportunity to tell you about the invigorating and thoroughly enjoyable adventure that I have had these last 2 years.

With encouragement from my fellow members of the Burlington Branch, I accepted the position of Area 12 Director for RWTO (Retired Women Teachers of Ontario). As a Director, I maintained close contact between the Provincial Board and the 5 Branches in the area: Oakville, Mississauga, Peel North, and the Lydia Snow Branch which takes members from the Milton, Georgetown, Acton and Halton North and my own branch, Burlington. This year, in this area, our membership was approximately 700 members.



Our motto is **Caring, Sharing and Having Fun**. The RWTO organization gives members the opportunity to support and enjoy keeping in touch with former colleagues. It provides interesting and stimulating programs. Each branch works to support charitable organizations both in their community and beyond. Members have the opportunity to use their excellent leadership, communication and creative skills within the organization. We welcome retired teachers from both the secondary and elementary panels and from the Public and Separate School systems. In fact, retired women teachers are welcome no matter where they have taught or whether they are receiving a pension or not. (To find out more, look at our web-site "RWTO.org" and/or get in touch with me (905-643-3175).

RWTO in no way is in competition with RTO. Although, we have a health insurance plan, it acts as a supplementary one to that being offered through RTO. Most of our members belong to both organizations and many women have taken and are presently taking executive positions in both organizations.

These past 2 years, I have travelled almost 2000 K, gone to 27 luncheons, been part of 3 RWTO conventions and 6 RWTO Provincial Board meetings and have organized Presidents' meetings and Executive workshops. Along the way I have met and become friends with many wonderfully talented women .... It has been a delightful journey.

Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)

## Grandmothers Strive to Turn the Tide of AIDS in Africa

By Marilyn Ortwein

On Saturday June 12 and Sunday June 13, 2010 grandmothers across Canada will walk in support of the courageous and resilient African grandmothers who are caring for children orphaned by AIDS. All money raised through direct pledges to the **Canadian Grandmothers to Grandmothers Campaign** will be donated to the **Stephen Lewis Foundation** which funds projects that provide services and support to African grandmothers and the children under their care.

In Halton, on Saturday June 12, **Stride to Turn the Tide** will unite grandmothers from six granny groups. They will walk in solidarity with thousands of others collectively covering the 8,000 kilometres across Canada. Community leaders will walk with the grandmothers, students from St. Mildred's Lightbourn School will marshal the route and residents from Rivera Retirement Homes will provide refreshments at half-way points. As a retired teacher, I see this walk not only to be a fundraiser but an opportunity to share the strong connections between the youth and seniors in our community.



The walk will start at 9:30 am at St Mildred's Lightbourn School in Oakville. We will proceed south to Lakeshore Road and after stopping at Trafalgar Place and Churchill Place for refreshments, we will continue our way back to the school. The route is approximately five kilometres but some walkers may choose to cover a shorter distance. Each walker will be wearing a colourful African scarf which has been made by sewing groups in Africa. An order of five thousand scarves has generated income which is of dire importance. An African co-ordinator said, "I saw first hand how their income from sewing was keeping families alive on ARF medication, buying food and putting kids in school. Aside from straight cash, the self-esteem that comes from working for a living heals lives and cannot be underestimated."

I will be walking along with several other RTO/ERO Halton District 15 members. Would you like to join in this worthy project? Each walker pays a \$25 registration fee and is encouraged to raise \$250 in pledges. If you are interested in walking, contact Cheryl Savage at 905-338-1197 or at [cheryl.savage@sympatico.ca](mailto:cheryl.savage@sympatico.ca).

## Closure

By Bruce Shapka

I tend to save things. For example, I kept all my high school and university text books. As well, I have accumulated magazines and boxes with thirty year old bills and receipts. I have old games and toys my children use to play with. I also kept class lists, student grades, and interview notes, lesson plans, and teaching ideas. I still have a box of student work from my early days. I guess you could say that I am a pack rat of sorts.

As empty nesters and in anticipation of downsizing, I got the word from my wife, "Clean out the basement." Bills and receipts took a few days to shred. My teaching material came next. The easy part began with units that were forty years old. I think the curriculum has changed. My lesson plans and teaching notes were next. They went straight into the blue bag. The blue bag is used for recycling here in Guelph. Just a few days ago, most of my high school and university texts finally left the building. The hardest part came with my class lists, marks, and student observations. As I would read down the lists, faces of young children would flash to mind. I felt sadness as the lists disappeared into the grinding shredder. Part of my past was being lost. No, it was being erased.

With over thirty years of teaching, I have taught thousands of children. When I retired eleven years ago I was teaching children of children I taught. I always wonder how they have made out in life. I only know where a few are. There is one whom I see and hear frequently on CBC TV. She reports the news. Just recently, while I was shopping in Burlington, I met a woman whom I taught forty years ago. She remembered me. She said I still looked the same but I was a bit greyer.

I am keeping a few things as mementos such as my class photographs, staff pictures as well as hundreds of photos that I took of my students. Also, as the past photographer and a managing editor of the Teacher's Voice I have most of the issues and photos I took for the paper.

Recently I resurrected some of the toys my sons used to play with when they were little so that my four year old grandson could be entertained. When he is a little older I will bring out the pop-up-books that I have been saving.

I still have more boxes to go through. I wonder what they will turn up.



## Program Committee

By Jan Murdoch



### GUESS WHO IS COMING TO LUNCH ?

**Diane Dupuy**, CM recipient of the Order of Canada, President and Founder of the internationally renowned Famous People Players, a professional black light theatre troupe consisting mainly of people who are developmentally challenged will be our speaker at the **RTO/ERO Annual General Meeting, on May 4th at the Burlington Convention Centre**. Diane founded the company in 1974 with the belief that the disabled must be integrated into society.

This inspiring story was featured as a CBS Movie-of-the-week called Special People. The group has appeared on numerous television shows including Phil Donahue, Good Morning America, Regis and Kathie Lee, and the Emmy Award winning documentary *A Little Like Magic*. The company was also featured in a one hour CBC special *Black Light Dreams* with Paul Newman, Phil Collins and Tom Cruise.

Diane's work has led her to be the recipient of many awards. She was appointed to the Order of Canada in 1982 and was named Woman of the Year in 1981 by the B'nai B'rith Women. She received the Ernest C Manning Award for Merit in 1984, the President's Award from the Canadian Society for Training and Development, and was the first Canadian to receive the Library of Congress Award. She is the recipient of honorary degrees from the Universities of Toronto, Windsor, Calgary, Brock and Trent.

She is author of three best selling books, *Dare to Dream*, *Throw Your Heart Over The Fence*, and *Daring to Dream*. As well, Diane published her first children's book, *The Little Girl Who Did ...WHAT?!!* and *The Teacher and The Soul*. She has also released a meditation CD called *Journey Into The Clouds*.

In 2003, Diane spoke as a panelist alongside past Vice President Al Gore, at the Alliance for New Humanity in Puerto Rico. This conference fostered Diane's appreciation for the environment and gave her resources to continue her mission to enhance the environment within each of us.

### **DIANE DUPUY IS COMING TO LUNCH ON MAY 4, 2010!**

Check the flyer inserted in this edition of the Halton Herald for all the details about the Spring meeting May 4, 2010.

(Program Committee... continues on Page 14)

Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)

(Program Committee... continued from Page 13)

**JOINT TRAVEL VENTURE** - This May (10-13) marks our first venture involving teachers from Halton, Peel and Durham. We are off to **Chicago**, to sample the multi-cultural foods, examine the award winning architecture, and visit the museum and shops on the famous “magnificent mile.” To its credit, Chicago opted to preserve its waterfront for all to enjoy and access. Our hotel is a short walk from the Navy Pier and the architectural boat tours. I am looking forward to experiencing all Chicago has to offer with a great group of people.

**CALLING ALL GOLGERS!** We are trying to create a golf league of women and men who are interested in golfing one day a week at a different golf course in southern Ontario each week. You may submit a 4-some or just your name to participate in the league. Initially we need to know individuals who are currently members in a club but want alternative courses to broaden their experiences. If you currently are a member in a golf club within the Niagara – Toronto region and would be interested in golfing on alternative courses we need you to contact us so that we can initiate this league. Email me at [janmurdoch@cogeco.ca](mailto:janmurdoch@cogeco.ca).

**WINTER GENERAL MEETING** - See page 2 for pictures of the event  
For those who were able to attend the Feb 16th meeting in Milton, it was an afternoon of good food, good friends and great entertainment. **Copper Country Foods** provided an interesting array of foods, all available for delivery to homes on a per meal basis. My particular favourite was the strawberry short cake dessert; others raved about the banana cake. This company offers a variety of menu options that are particularly appealing for those living alone. While we were sipping coffee and tea a fabulous live music show was performed by the **Blazing Fiddles**. These talented musicians on fiddles and piano had the room clapping along to some tunes while mesmerizing them with others. From classical and popular show tunes such as Lara’s Theme to country fiddle competitions and Celtic songs, they ensured a varied and high energy performance.

### Advertising and Promotion Policy

It is the policy of RTO/ERO Halton District 15 that all advertising and promotion to or by its members must have prior approval by the District Board of Directors. Publication of any advertisement by an outside group in the Halton Herald or other District 15 printed material, on the District 15 website or at any District function or event does not constitute endorsement of the product or service by RTO/ERO Halton District 15 and must have Board of Directors prior approval.

Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)

# Bronte Hike

By Dave Wright



A group of us joined the Halton Catholic Board Retirees hikers on February 3rd for a Winter Hike in Bronte. The group meets Wednesdays at 10:00 a.m. at different locations in Halton or Peel for the walk which is followed by lunch at noon. Would you like to join the group? Contact Sandy and Roy Tonelli at 905-878-658 or [tonelli11@hotmail.com](mailto:tonelli11@hotmail.com).

.....

## *“Exploring Healthy Living” Challenge*

In the January issue of the Halton Herald all members were invited to write an article about what they believe keeps their body, mind and spirit healthy, to share it with our membership and to have it printed in the Halton Herald. Submissions were received from four members. These follow. As a thank you, each member will received a cheque for \$10 for taking the initiative to become involved.

.....

### *Exploring Healthy Living 1 - Vegas By Bike*

By Monika Blewett

When we plan trips or vacations, my husband Rick and I pick the location based on the area of interest but also one that allows us to ski, road ride or mountain bike. With some research we discovered that Vegas isn't just about gambling in the casinos, it has some fantastic mountain biking.

For this trip we hired a guide and rented mountain bikes instead of taking our own bikes with us. The cost of renting for the week was about the same as the airlines charge you as part of your luggage. Also, this meant that we didn't have to pack and unpack the bikes twice (and this gave us more time to ride). We experienced some great riding in the mountains surrounding Vegas but you need to be

(Vegas By Bike ... continues on Page 16)

Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)

(Vegas By Bike ... continued from Page 15)

prepared with a wide range of clothing. One day it can be in the 30's and the next in the low teens. There was great scenery everywhere including flowering cactus and plenty of scrub brush. It is in the desert remember.

Sight seeing and people watching were fun but nothing compared to the mountain biking. When walking through our hotel in full cycling gear each morning, we certainly got some weird looks and someone even said, "Are there mountains out there?" I guess he spent all of his time indoors at the one-armed bandits. The great thing about this exercise-based vacation was the fact that we didn't lose any money in the casinos like most people do when going to Vegas.



## *Exploring Healthy Living 2 - Snowshoeing*

By Rick Blewett

Snowshoeing is such a great winter activity. Those of us living in or around Halton have many beautiful areas to enjoy this fun winter sport. Snowshoes are relatively inexpensive, although you can spend several hundred dollars but it certainly isn't necessary.



At Hilton Falls there are several trails that you share with cross country skiers or head out on the Bruce Trail. There are both flat and hilly trail options to challenge your fitness level. When my wife Monika and I snowshoe we use ski poles as this gives an even better work out by getting the upper body involved as well.

(Snowshoeing ... continues on Page 17)

Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)



(Snowshoeing ... continued from Page 16)

Another great place to snowshoe is Mountsberg. Here you can choose trails in the open on warm sunny days or in the wooded areas when you want some protection from the cold winter winds. Of course, at Mountsberg, there are also other activities such as skating, sleigh rides and the bird sanctuary to add to your outdoor enjoyment.

Our favourite place to snowshoe is at Crawford Lake. There is a wide variety of well marked trails to choose from or you can explore further by blazing your own trail. A challenging trek that we enjoy very much is to start out at Crawford Lake and work our way down the valley, cross over the bridges and climb up the other side to Rattlesnake Point. As with all our adventures we pack a lunch and some hot and cold beverages to enjoy en route. After lunch break we head back retracing our route to Crawford Lake. This out and back hike takes about 2 to 3 hours depending on snow conditions and your fitness level. Remember it's not a race, it's a fun outdoor experience. Note that all of these Conservation areas have indoor washrooms and lunch rooms where you can warm up as well.

We encourage anyone to try snowshoeing as it is a great activity to further enjoy winter for people of any age or ability. Hope to see you out there, we are the ones with the big smiles on our faces.

### *Exploring Healthy Living 3 - On Being A Perpetual Learner*

By Jan Murdoch

Since retiring from teaching in 2001, I have become aware of a particular characteristic that I have decided is not a flaw but a fact. I am an educational snob! I enjoy dialoguing with people who are into well written literature, who have an informed or well researched opinion on issues occurring in our society, or have experienced world adventures broadening their view of life beyond Halton.

The members of RTO/ERO offer a solution to my need, as many echo my same desire for new experiences and intellectual challenges. My last nine years have been an adventure, I worked in China, sold new and used cars, sold Art Work in Milton and finally got involved in selling Travel. I got certified in Web design, took courses in photography and water colours and learned to ride a motorcycle and a snowboard. Through it all I have stayed committed to the concept of a perpetual learner. My current goal involves travel, I want to experience life and cultures in different parts of the world in the most economical way possible.

Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)

## *Exploring Healthy Living 4 - Swimming*

By Peter Saberton



In 2005 I made a New Year's resolution to get back into swimming. Since high school I had been actively involved in swimming and water polo. But 20 years ago, a shoulder problem forced me to give it up. For exercise I had tried the treadmill and the stationary bike but I wasn't able to stick with it so I thought I'd give swimming another try.

My aim was to work up to a mile a day. I started with a series of 50's (2 lengths) with lots of rest in between and I swam 12 of them; it seemed to take forever! If my shoulder bothered me I shortened my stroke but I was not going to stop because of it. Over the next 6 weeks I gradually worked it up until I had completed a mile (72 lengths). I swam 3 or 4 times a week and tried to vary the workout to include sprints and longer distances. After a couple of months, I calculated that I had swum a total of 31 miles and I thought maybe I could swim a total of 100 miles. That was 5 years ago, and today I completed mile number 607.

I feel terrific! Swimming has become part of my life again and if I don't swim at least 3 times a week I get antsy to get back into the pool. Even on vacation, I try to get in a full workout. In the pool, I try to relax my thoughts and concentrate only on swimming.

I am fortunate to have a strong swimming background, but I see lots of other people with lesser ability who swim regularly. For me, the key is to set out to complete a certain distance each day



and to have a long term goal. I swim with others on a regular basis and this camaraderie helps to keep me going regularly. Most of them swim at the same steady pace but I prefer the variety of sprints and distance for a better cardio workout.

Here's a typical workout in a 25 yard pool:

1. Warm-up: 16 lengths, gradually increasing effort (400 yards).
2. Ladder: 2, 4, 6, 8, 6, 4, 2 lengths with 10-15 second rest in between (800 yds).
3. Small Ladder: 1, 2, 3, 4, 3, 2, 1 lengths with 5-10 sec. rest in between (400 yds).
4. Warm-down: 8 lengths nice and easy (200 yards).

This total of 1800 yards (about a mile) takes me 36-37 minutes. In a 25 metre pool I do the same workout and consider the extra distance a bonus.

Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)

## Recreation Committee

By Dave Wright



The theatre events this winter have been well worthwhile as you will read in the reports that follow on the next page. And there are more good shows to come.

A number of our RTO/ERO members including **Marg Daniels, Carroll Goodwin, Mary Hopkins, Bonnie Johnstone, Kate Lowe, Butch Rogers, Joan Wilson** and **Judy Sloan** 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 29 at 2:00 pm and 7:00 pm and also on Wednesday June 30 at 2:00 pm. This year the program includes vocals, tap, jazz, clogging, lyrical ballet, a tribute to Michael Jackson and songs from Broadway musicals. Please contact me as soon as you can if you wish to attend with our RTO/ERO group or contact the box office for tickets for the other shows.

The same is true for the **Aldershot Players** production in October. The good seats go early so call as soon as possible. There is a lot of good theatre in our area. If you have a favourite theatre and would like some company let me know. It is easy to include it in the calendar.

The **Art Tour** on James St. North in Hamilton is going ahead as planned as is the **Guided Nature Walk**. You can still be included if you call soon. We will do an easy **Bike Trip** in May on the Hamilton Beach strip and another in Niagara in September. These will not be rigorous. All we require is that you wear a helmet and that your bike is in good working order.

We have two **Breakfasts** left before we break for the summer; the breakfasts will start again in October. There is no time limit on how long you stay and chat. Bring your spouse or a friend. Last summer we had a good representation of our District at the **Blue Jay Game** in August and we are hoping for the same this year. The club gives us good third base seats and even if you aren't a baseball fan the Jays make it a fun day. To register, complete and send in the enclosed flyer.

The **Calendar of Events** can be found on Pages 22 & 23 and is posted on the RTO/ERO District 15 website. If you need further information or would like to sign up contact me at 905-639-5093 or [wandave@sympatico.ca](mailto:wandave@sympatico.ca) or contact the convenors, Janet Carter-Wright at 905-336-5328 or [jcwright@xplornet.com](mailto:jcwright@xplornet.com) and Paul Durnan at 905-630-2285.

(Theatre Events... continues on Page 20)

Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)

## Theatre Events

By Dave Wright

A total of 21 RTO/ERO District 15 members attended the first two theatre events of the year. We went to **Stage West** on Jan 20th and **The Oakville Centre for the Performing Arts** on Feb 12th.

After a buffet lunch the **Stage West** production was a musical revue, "*One Hit Wonders.*" The 72 songs featured in the two hour show were by bands and artists that had achieved one big break. Some were good enough to have won a Grammy or Juno and then faded into the music scene. Songs like *Rockin Robin*, *Harper Valley PTA*, *Just Remember I Love You* and *Macarena*. The young talented singers and dancers put on a lively performance that drew raves from local critics.



The **Oakville West End Studio Theatre** presentation of "*The Mating Game*" is an updated version of a comedy that has played around the world since it premiered in London. The story is about a young TV personality, Draycott Harris, who has made it big in the entertainment world and lives in an apartment with gadgets like a Murphy bed and revolving walls all controlled from a button panel beside the bed. He supposedly has a reputation for having "been around" but he has never lived up to it. Every time his love life is about to unfold, fate, as he calls it, intervenes.



The play opens as Draycott and his current girl friend, Honey, frantically enter his apartment to find his brother, James, asleep in the bed. Fate has intervened again. From there the two hour play is a hilarious exchange among Draycott's secretary, Julia, housekeeper, Mrs Finney, and the buttons on the wall. In the end Honey and James head off to her apartment and Mrs Finney leaves Draycott and Julia in an embrace that, maybe, fate will not ruin.

The set designer is a retired Halton art teacher, Jane Coryell. The shows we have seen at the Oakville Theatre have all been well done and enjoyed by those in attendance as you can tell from the photo. We invite you to join us in the future.

## RTO/ERO District 15 Contact List

### Executive 2009 – 2010

Past President	Mary Lyons	905-336-5744
President	Cecile Leach	905-634-8027
1st Vice President	Linda Jones	905-336-5785
2nd Vice President	Janice Murdoch	289-956-0163
Secretary	Janet Carter-Wright	905-336-5328
Treasurer	Chub Baxter	905-643-3732
	Assistant: Daliah Brown	905-825-8470

### Committees

Archives	Judy Sloan	905-336-5538
Awards	Phyllis Kingsley	905-845-6911
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	Gloria Simchuk	905-637-7340
East Convenor	Warren McBurney	905-845-8219
North Convenor	Margaretha Megalink	905-877-7135
Out-of-Region Convenor	Peter Gnish	905-547-1628

Health Services	Paul Durnan	905-630-2285
-----------------	-------------	--------------

### Recruitment and Member Services

Chair: Mary Lyons (Interim)	905-336-5744
Assistant: Bill Caldwell	905-633-9506

Pension	Jim Baker	905-639-1292
Political Action	Linda Jones	905-336-5785
Recreation	David Wright	905-639-5093
Program	Jan Murdoch	289-956-0163
Tours	TBA	

## Calendar of Events – April to December, 2010

- Apr. 9 **Art Bus Tour.** Visit art galleries and tour art events in Hamilton. Meet the artists and learn about their work in a party atmosphere. Finish the evening with what is known as the “*James North Crawl.*” The bus leaves The Pearl Company, 16 Steven St. at 6:30 p.m. Cost \$15.00. Contact Dave Wright at 905-639-5093 or wandave@sympatico.ca.
- Apr. 17 **Dinner Theatre** with the Aldershot Players. Play: “*The Underpants*” by Steve Martin. West Plains U. C., Burlington. Dinner at 6:30 p.m. Cost \$35.00. Call Dave Wright at 905-639-5093 or wandave@sympatico.ca.
- Apr. 21 **Guided Nature Walk** at the Riverwood Conservancy, Burnhamthorpe Rd. W., Mississauga. 10:00 a.m. Cost \$10.00 or less. Contact Dave Wright at 905-639-5093 or wandave@sympatico.ca.
- Apr. 29 **Breakfast** at El Spero Restaurant, Hopedale Mall, Oakville. 9:00 a.m. Contact Paul Durnan at 905-630-2285.
- May 4 **District 15 Annual General Meeting.** See the enclosed flyer for details.
- May 18 **Bicycle Trip.** Hamilton Beach Strip. 10:00 a.m. Contact Dave Wright at 905-639-5093 or wandave@sympatico.ca by May 10.
- May 27 **Breakfast** at Cora’s, 3455 Fairview St. Burlington. 9:00 a.m. Contact Paul Durnan at 905-630-2285.
- June 2 **Stratford Musical Matinee.** “*Kiss Me Kate.*” 2:00 p.m.
- June 13 **Canadian International Military Tattoo.** Copsps Coliseum, Hamilton. 2:30 p.m. Massed bands, pipes and drums, dancers and precision drill team from Canada, United States and overseas. Cost: seniors \$27.00, veterans \$15.00. Contact Dave Wright by May 1 at 905-639-5093 or wandave@sympatico.ca.
- June 29 **Oakville Theatre for the Performing Arts,** Navy St. 2 p.m. “*Gotta Sing, Gotta Dance*” with The Burlington Footnotes. Cost: \$21.50. Contact Dave Wright at 905-639-5093 or wandave@sympatico.ca by May 6.
- Aug 28 **RTO/ERO Blue Jays Day.** Versus Detroit, 1:07 p.m. Cost \$46.00. 3rd base seats, Rogers Centre, Toronto. Contact Dave Wright by June 1 at 905-639-5093 or wandave@sympatico.ca. See the enclosed flyer.
- Sept. 15 **Bicycle Trip,** Niagara. 10:00 a.m. Contact Dave Wright at 905-639-5093 or wandave@sympatico.ca.

Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)

Oct. **Dinner Theatre**, Aldershot Players. Date and play TBA. Contact Dave Wright at 905-639-5093 or wandave@sympatico.ca by September 1.

Oct. 28 **Breakfast** at El Spero Restaurant, Hopedale Mall, Oakville. 9 a.m. Contact Paul Durnan at 905-630-2285.

Nov. 25 **Breakfast** in Burlington. TBA. Contact Paul Durnan at 905-630-2285.

Dec 8 **Theatre Aquarius**, King William St., Hamilton. 7:00 p.m. Cost \$40.00. "A Christmas Carol: The Musical." Contact Janet Carter-Wright by Nov. 1 at 905-336-5328 or jcwright@xplornet.com. Cheques made out to Retirement Club must be received by Janet Carter-Wright by Nov.1 at 4491 Appleby Line, Burlington ON L7M 0P3.

## Communications Committee

By Peter Gnish

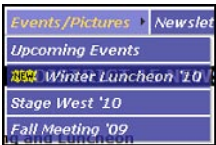
More and more members are submitting articles for inclusion in the newsletter. Now all we need is to have more of you connecting with us on the internet.

## Have You Visited our Web Site Recently?

By George MacRae, Webmaster

The District 15 website has a fresh new clean look. The home page shows the latest information from District 15 and beyond, pictures from our archives, local weather and even a feed from the CBC with up-to-date news.

The new menu across the top provides access to the most requested information. For example the pop-up menu under Events and Pictures leads to upcoming activities offered by our Recreational Committee as well as pictures from recent District functions.



Do we have your email address? If not send it to us by clicking the button at the right side of the page. Then we can send you email messages to keep you informed of what's new. We would appreciate any comments on how we can make the website better or more useful – just email gmacrae@cogeco.ca.

(Communications Committee... continues on Page 24)

Visit us on the Internet at www.rtohalton.org

(Communications Committee... continued from Page 23)

## An Opportunity To Contribute!!!

Do you have an interest in writing, photography, desktop publishing or other aspects of newspaper work? If so, here is your opportunity to become involved in pursuing this interest and helping put together the RTO/ERO District 15 newsletter, the **Halton Herald**. Producing a newsletter involves many facets - some of the tasks are easy to manage and require a minimal amount of time; others are more complex, require more skill and more time. We all know that old saying, "Many hands make light work." Now that the newsletter is getting longer and more complex the time has come to involve more people in its production. That's why I am appealing to you now. Please read the list of tasks below, consider what you are interested in and how you might assist, then get in touch with me. Any help, no matter how little will be a blessing.

### Newsletter Production

- Emailing - send emails to contributors and followup.
- Driving - pick up printed newsletters etc. for transporting to mailing service.
- Proof Reading - receive the draft online and reply by email.
- Editing - many articles need to be reduced in length, edited for English. Volunteer to do just one or more.
- Photography - take photos at one or more events.
- Photoshop - receive photos that need cropping, adjusting, revising to BW.
- Publishing - learn how to put together the newsletter using Creative Suite.

Please contact me, Peter Gnish, by email: [pgnish@cogeco.ca](mailto:pgnish@cogeco.ca) or by telephone: 905-547-1628 to learn more about the details of any of the above tasks.

### Contribute to the Herald!

The next *Halton Herald* will be distributed in September, 2010.

- **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. Please try to limit your article to a maximum of 1000 words.
- **Share a funny story** with our many readers.
- **Provide us with pictures** to share with our members.

Send your article or correspondence to the Editor, Peter Gnish by email: [pgnish@cogeco.ca](mailto:pgnish@cogeco.ca), by mail to 153 Fairleigh Ave. S. Hamilton L8M 2K4 or telephone: 905-547-1628. Deadline - June 30, 2010.

Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)



## Recruitment & Member Services Committee

By Mary Lyons



As I sit here writing this on a Sunday afternoon in February, the sun is shining brightly and the air is feeling a little warmer. Quite a change from the bitterly cold days of last week! Hopefully this is the beginning of many warmer days as we wait for Spring.

It was about this time in my last year at work that I started to think about my retirement more seriously. Everything I did at school from then on was for “the last time.” What a good feeling! One of the things I remember was the invitation for those retiring that year to attend a Wine and Cheese Celebration, organized by RTO/ERO Halton District 15. I am so happy that I attended and decided to join this wonderful organization.

Our District is looking forward to welcoming those who will be retiring this year at our annual **Wine and Cheese** event to be held at the Quality Hotel in Bronte on **Tuesday, April 13**. This invitation is extended to any education worker who will be retiring this June or to those who have already retired since September 2009. As well, those who have retired but who are not members of RTO/ERO are welcome to come and learn more about the organization. If you know of anyone who would qualify, please encourage them to attend. You can also call me at 905-336-5744 or email me their name and address at [mlyons3@cogeco.ca](mailto:mlyons3@cogeco.ca) and I will send them a personal invitation.

Since this is an Interim position for me, I would be happy to talk to anyone who would consider taking on the role. **Bill Caldwell** will stay on as Assistant and will be a good mentor to anyone who steps into the role.

Once again, we have had many Halton Heralds returned to us. Please let us know of any change of address, phone number or email address so you can continue to receive information and newsletters from the District and the Provincial Office.

I am available if you have any questions or concerns about membership and can be reached by phone or email as noted above. I look forward to seeing many of you at our Annual meeting in May.

### Are You Interested in Working at The Provincial Level of RTO/ERO?

You may want to join a Provincial Committee or even to submit your name for a Provincial Executive position. Applications are found on the provincial web-site at [www.rto-ero.org](http://www.rto-ero.org). Deadline to apply for Committee Member is May 20, 2010. Deadline to apply for the Provincial Executive is June 30, 2010

Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)

## Joyce Burnell - Her Life, Her Loves and Her Legacy

By Marina Lloyd - Chair of Goodwill Committee



More than two hundred and fifty years ago in what is now the town of Oakville, an acorn buried deep in the dark earth began to send out roots. On December 30, 1920, in the south of Ireland, a girlchild was born to a certain Mr. and Mrs. Hudson. Who could have imagined that in 2006 the lives of that oak tree, which was now eight storeys high and the girl who was now eighty-five, would become entwined in a manner which would make newspaper headlines and even become the subject of a documentary film.

Joyce Olive Hudson had the happiest of childhoods living on her great-uncle's estate which her father managed. At the age of twelve she went to boarding school in Dublin where she was the youngest-ever prefect. Joyce says she was given this added responsibility because of her reputation for being a "fun-loving mischief-maker." After leaving the boarding school, she took three years of teacher training in the Froebel method of education. The four basic components of Fredrich Froebel's philosophy of education were free self-activity, creativity, social participation and motor expression. Joyce found it difficult to put this philosophy into practice in Oakville when faced with classes of thirty-five or more children who were expected to sit still in rows for two and one-half hours at a time!



During the war, Joyce taught in Bandon, County Cork, Waterford and Dublin. When the war was over, she went to England. In 1949, hungry for new experiences, she sailed for Canada and taught in Montreal for a couple of years. Oakville was her next stop and became the place she still calls home. She spent some sixteen years teaching in the "Woods"- Brantwood, Oakwood, and Westwood. Her last assignment was a fifteen-year stint as an itinerant Speech and Language teacher. She took a special interest in helping students and adults who stuttered. Retirement (after 43 years of teaching!) afforded Joyce the time to dedicate herself to volunteer work as a teacher, a letter writer for Amnesty International and an interpreter for the Historical Society and the Oakville Museum. In 1998, surgery brought these activities to an abrupt end so she turned to writing her childhood memories which led to writing her first ghost story.

(Joyce Burnell... continues on Page 27)

Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)

(Joyce Burnell... continued from Page 26)

In 1999, she published her first book - *Ghosts of Oakville*. A second ghost book, titled *BooToo*, came out in 2004. A coffee table book, *Oakville Street Names and Landmarks* was published in 2007. Joyce formed her own publishing company with her friend, Sheila Creighton. Writing poetry is another of Joyce's passions. She is inspired, almost daily by a phone call, a conversation, a chance meeting, or a memory to create a poem. For health reasons Joyce has rented her home in town and is living in a retirement residence so, naturally, she has already written a poem about the people she has met at Chartwell Classic .

While conducting research for *Oakville Street Names and Landmarks*, Joyce became acquainted with that centuries-old Woodland White Oak on Bronte Road and when, in 2006, she learned that the tree's life was threatened because of plans to widen the road, she was galvanized to act. After making a plea to the members of Halton Regional Council to save the tree, she spontaneously serenaded them with her own version of God Save the Queen using the words God Save Our White Oak Tree. The Regional Council gave her six months to raise the \$343,000 needed to reroute the road. She quickly assembled a fundraising committee which went into the community seeking donations from groups large and small. After contacting friends in Europe, she was amazed to receive letters and money from people in Ireland, England, Australia and Japan. Even Prince Charles sent a letter of support.

The Woodland White Oak stands tall beside the road today. But Joyce, being a woman of deep faith, is quick to give the credit for all she has accomplished to her God, the Source of her strength. She considers herself to be blessed and insists that any honour or praise that has come her way is shared with every teacher in Halton and those whose lives she may have touched, friend and foe alike. Certainly she has been a blessing to all those who have crossed her path so it seems only right to pass this old Irish blessing on to her. Wishing you always Joyce Burnell...walls for the wind, a roof for the rain and tea beside the fire; laughter to cheer you, those you love near you and all that your heart may desire.

### ***Here's To Fitness!!!***

**I feel like my body has gotten totally out of shape, So I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.**

## Health Services Committee

By Paul Durnan



Although discussed before, I believe this is worth repeating. Remember that **Out-of-Province/Canada Travel Insurance** is intended to cover you for a sudden and unforeseen medical emergency. Your medical emergency would not be considered sudden and unforeseen in the following circumstances:

1. Any cancer, heart or lung condition for which in the 90 days prior to your date of departure (or date of booking for the purpose of trip cancellation)
  - a) you were awaiting the outcome of medical tests (except routine monitoring) the results of which show irregularities or abnormalities;
  - b) you required future investigation of your medical condition (except routine monitoring), consultation with a physician or treatment or surgery recommended by a physician and planned before your trip.
2. Any condition for which you were admitted to a hospital for a period of at least 24 hours in the 90 days prior to the date of your departure (or date of booking for the purpose of trip cancellation).
3. Any condition for which you have been advised by a physician not to travel.

If you have any questions contact me at 905-630-2285

## Sharpen Your Pencil; Sharpen Your Wits

From the Cornwall Standard-Freeholder

It's not only a way to sharpen your pencil, it's a way to sharpen your mind.

**Sudoku** is one of the hottest puzzle crazes to cross the Pacific from Japan to North America, and is touted as being an excellent way to stimulate your brain waves. The premise of Sudoku is there are 81 squares. A player is required to fill in numbers one to nine in rows and columns so that no two numbers repeat themselves in the same row or column. The kicker? There's only one solution. It's beneficial not only for the fun and challenge of it, but also because it's been demonstrated to improve memory and brain function.



You don't need math, just a keen eye and a sense of logic. There's even satisfaction to be found when you're struggling with a Sudoku. If you do get it, there is a great sense of accomplishment. If you don't get it, tomorrow is another day!

Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)

## Pension and Retirement Concerns Committee

By Jim Baker



Due to the world's severe economic recession, the Teachers Pension Plan Board suffered a paper loss of \$18.5 billion on its investment portfolio during its business operations last year. This ongoing turbulent condition continues and is responsible for the .5% cost-of-living increase to our pensions for the 2010 year. RTO/ERO has administrative representation on the

Teachers Federation Pension Committee where our concerns are strongly expressed and considered.

The Provincial Pension and Retirement Concerns Committee, with administrative support, has concentrated on both Pensions and Fact Sheets. More recently they have been working on the development of Fact Sheets on numerous topics of interest to all teachers but particularly to our members. It has recently completed and updated these 66 Fact Sheets. Topics include:

Financial Issues (10); Government Benefits (5); Health Issues (11); Insurance Issues (7); Legal Issues (11); Marital Issues (9); Surviving Spouse Issues (5); and Retirement Issues (8).

All of the sheets can be viewed and obtained from the Provincial RTO/ERO website: [www.rto-ero.org](http://www.rto-ero.org). I have a complete binder of these Fact Sheets that will be available for viewing by District members at District meetings. Also, each District representative has a Pension and Retirement Concerns Handbook which assists him/her in responding to member enquires. Please feel free to call me at 905-639-1292 if you have any pension question or concerns.

### 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**.

## Political Action Committee

By Linda Jones



I am often asked about the **Harmonized Sales Tax (HST)** and the **Local Health Integration Networks (LHINs)**. I have copies of the **RTO/ERO Fact Sheets**, but you can access them yourself on the Provincial RTO/ERO website **www.rto-ero.org**, under Quick Links. If you've never registered to access the site before, click on the link, then on Register, then enter your RTO/ERO membership number as your username, with hyphens, as in 123-456-789 and then choose your own password. Once you access the site, there is a menu across the top and you will find Fact Sheets and Position Papers listed. See Jim Baker's report on Page 29 for a more detailed listing of the Fact Sheets available to you.

A serious example of a decision made by a **Local Health Integration Network** has recently come to light. A headline in the Ottawa Citizen on Feb. 17, 2010 was "Death shows health care loophole: Woman, 92, was unfit to go to retirement home." "This is the case of a 92-year-old Ottawa woman who died after being moved from the Queensway Carleton Hospital to an unlicensed retirement home and shines a light on a health care grey zone that has existed since at least 2008." The local LHIN gave \$2 million in funding to the retirement home to accept transfers from the hospital in order to clear beds. This was not a Long Term Care facility where more extensive medical care is available. Details on the case come from a report on geriatric and long term care issued by the office of Ontario's Chief Coroner. It is to be hoped that this does not become a common practice in other LHINs. Your health or that of an elderly parent could be at risk!

If you felt RTO/ERO District 15 Halton should do something about the prorogation of Parliament you might be interested in the text of the speech that follows. The views are my own.

### Speech to the Pro-Democracy Rally, Oakville, February 23rd

(I was introduced as the 1st VP of RTO/ERO Halton, 1st VP of Oakville & District Labour Council and a long time NDP activist)

Parliament is the voice of the people - the House of Commons - we are the commons. We elect representatives to work on our behalf. It is our legislative body. We pay our taxes and expect Parliament to ensure that our money is spent wisely. But ... Parliament is prorogued – not working on our behalf. This is taxation without representation. Didn't that lead to a revolution? Prorogation is quite legitimate and is the process followed every time a session concludes. But... we

(Speech ... continues on Page 31)

Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)

(Speech ... continued from Page 30)

were in the middle of a session - business had not been concluded. Legislation was going through the House and Senate. Committee hearings were in progress. Canada's Prime Minister decided, in demanding prorogation, to put himself above Parliament. He has denied representation to everyone - deprived us, their constituents, of a voice in government.

This is the second time in a year the Prime Minister has employed this tactic when politics got too hot for him. This time his party was on the 'hot' seat because of the committee investigations into what Cabinet Ministers knew about the fate of Afghan detainees handed over to local authorities and because the Liberal Senators were trying to amend some Conservative Bills.



These checks and balances are there to ensure that a party cannot become a dictatorship. Does Prime Minister Harper not know that? He made a colossal error in judgment when he asked the Governor-General to prorogue Parliament until March instead of them going back to work on Monday after the Christmas holidays. His argument that the government needs time to 'recalibrate' just isn't believable. Harper himself said that prorogation is a non-issue, a "routine constitutional matter"- "what's on the radar is the economy."

But we are proof that Canadians do care. While our Parliament is suspended we are still a nation at war. Even in Afghanistan the Parliament is fiercely opposing the President's choices of Cabinet members - closing Parliament there and operating without their consent is not an option. If that were to happen we would be demanding to know why Canadians are dying to bring democracy to that country. Our Prime Minister doesn't want to be asked embarrassing questions about his lack of action on jobs and pensions, on climate change and the torture of Afghan prisoners. Working people, who still have a job, show up for their job and that's what Mr. Harper should do. The majority of M.P.s wants to get back to work on pressing issues facing Canadians including unemployment, E.I. and the pension crisis.

With Parliament suspended 37 Bills being debated, will be thrown out wasting months of hard work by M.P.s and millions of dollars in lost time. Ordinary Canadians are outraged at this insult to their intelligence and their democracy. The Prime Minister seems to believe that Canadians don't care much about proroga-

(Speech ... continues on Page 32)

Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)

(Speech ... continued from Page 31)

tion because they don't care all that much about Parliament - they don't get upset when their M.P.s are not on the job. The country and government can carry on nicely without Parliament. If they really cared about Parliament the people would vote in larger numbers than they do - wouldn't they? That voter apathy is a much more complicated issue which would be solved if we had a truly democratic voting system which our First Past The Post system is certainly not.

But Canadians do care about the Prime Minister's attitude toward the institution of Parliament. We didn't like it when Liberals prorogued Parliament to avoid the Adscam investigation by a Parliamentary committee nor last year when Stephen Harper prorogued Parliament to avoid probing questions about why nothing was

being done to help the hundreds of thousands of Canadians losing their jobs.

***“Prorogue only when Parliament's business is finished and an election is to be called. This should be the law...”***

The Prime Minister has shown a sense of urgency and compassion in the face of trauma in Haiti that belies his performance as an aloof, taciturn politician here in Canada. Do what you can for Haiti, but don't let it distract you from how the Prime Minister is treating Canadians with arrogance in the face of considerable problems at home, which Parliament should be working on. This Prime Minister has gone from the promise of an open, accountable government to a government that is simply closed.

Prorogation cannot be allowed to become an accepted procedure. Prorogue only when Parliament's business is finished and an election is to be called. This should be the law and it should be part of the reform measures promised. The gradual erosion of the power of Parliament is becoming more obvious and more blatant because our politicians can get away with it. We, the citizens, are complicit if we let it happen. This is the antithesis of democracy. **DEMAND** that Parliament be reopened on schedule on Monday and that M.P.s get back to work and be accountable to us - the people of Canada!

***Hamilton Teachers' College Class of 1955 REUNION***

***Brantford Golf and Country Club, June 1, 2010***

***12 noon - 3:30 p.m.***

***Contact: Andy Cranbury at [hrc1955@gmail.com](mailto:hrc1955@gmail.com) or 519-752-3731***



Witness

# CUBA

on people-to-people tours  
for life and learning.



See our 2010-11 programs at  
**CubaFriends.ca**

Your experience begins at CruiseShipCenters.



## ***Cruising has never been a better value...***

Let CruiseShipCenters show you why we are the largest cruise retailer in Canada and how you can take advantage of our incredible buying power. Our preferred cruise line partners have given us hundreds of specially priced cruises and bonus offers. There has never been a better time to book a cruise from CruiseShipCenters.

Celebrity **X** Cruises®  Holland America Line  Disney CRUISE LINE

**Carnival**  CRYSTAL CRUISES  AZAMARA<sup>™</sup> CRUISES



 OCEANIA CRUISES®

 PRINCESS CRUISES  
*escape completely*



*Regent*  
SEVEN SEAS CRUISES



### **Jan Murdoch**

*Retired from HDSB in 2001.*  
"I love to cruise and I believe it is the best vacation value around today." Call me to discuss your vacation plans. We have hundreds of incredible cruise specials and bonus offers.

**Jan Murdoch**  
**Cruise & Vacation Specialist**  
[www.cruiseshipcenters.ca/jmurdoch](http://www.cruiseshipcenters.ca/jmurdoch)



### **Chuck Rattray**

*Retired from HCDSB in 2002*  
"I can't think of a better way to relax and see the world than on a cruise." Let me show you why there is no better value for your vacation dollar and how you can take advantage of our many cruise specials.

**Chuck Rattray**  
**Cruise & Vacation Specialist**  
[www.cruiseshipcenters.ca/chuckrattray](http://www.cruiseshipcenters.ca/chuckrattray)

Local: (905) 331-7331  
Toll-Free: (888) 331-7331  
2025 Guelph Line, Burlington, ON, L7P 4M8



Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)

## Archives Committee

By Judy Sloan



Since my last report, I received three items to add to our Archives scrapbook. Thanks to those who sent them to me.

In January, the Oakville Beaver featured a photo of our 1st Vice President and Political Action chair **Linda Jones** speaking to a group of over 200 people at the **Rally for Democracy** in the village square in Oakville across the street from the office of Conservative MP Terance Young. The rally was held to protest Prime Minister Harper's decision to prorogue parliament a second time in one year. The demonstration was one of 60 held across the country. Amid a sea of signs as well as flags from various employee unions, the crowd listened to a range of speeches expressing concerns related to democracy and more broadly human rights.

The Anniversaries section of the Hamilton Spectator contained a lovely photo of our Past President and acting Recruitment and Member Services chair **Mary Lyons** and her husband **Denton**. The couple celebrated their 25th wedding anniversary by holding an Open House at Burlington Gardens on Plains Road. They were married on December 28, 1984. Congratulations Mary and Denton and many more happy years ahead.

On a sad note, in the Obituary section of the Hamilton Spectator was a death notice announcing the passing of our member **Harold Hall** suddenly at his home in Burlington on Tuesday, December 22, 2009 at the age of 86 years. Harold was the teacher/librarian at Nelson High School from 1957 until his retirement in 1983. Our condolences go out to Grace his wife for 57 years and family.

Thank you to everyone who has 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. L7P 2Z2. You may also contact me by email at judymsloan@yahoo.ca or by phone at 905-336-5538.

**IF YOU ARE MOVING or  
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  
or by email at [dvezeau@rto-ero.org](mailto:dvezeau@rto-ero.org)

**Contact Bill Caldwell** by telephone 905-633-9506

or by email at [wscaldwell@sympatico.ca](mailto:wscaldwell@sympatico.ca)

Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)

## My Christmas in the 50's

By Diane Miller

Growing up in a Polish/Canadian family in Toronto meant that our Christmas was a little different than most celebrations because it combined both traditions. Our family lived in a big three storied house that was built in the 20's. My grandmother and grandfather lived on the first floor, my mother, father, sister and I on the second floor, and my aunt and uncle on the top floor. Because each family had their own kitchen they were all able to contribute delicious dishes to our very special Christmas Eve celebration.

My grandmother, or Babchi as we called her, played a big part in the preparation of our Christmas Eve dinner. We were served soup or borscht and delicious breads, followed by an endless array of meatless dishes that sometimes included pierogy or nalesniki. There were pickled beets, herring, and salads. The traditional Polish celebration is called Wigilia and features 12 full courses of food and drink. These represent the 12 apostles of Jesus although I never did figure out what the twelve apostles had to do with Christmas. Tradition dictated that an extra seat was set at the table for Jesus. Others in our family thought that the extra place setting was just in case someone unexpected dropped by and was hungry. If the place was already set they would not feel that they were intruding. For dessert we ate Paczki (fruit filled donuts), poppy seed roll, cheesecake and Chrusciki (sweet crisps) which melt in your mouth.

Afterward we would all move to the living room where our natural pine Christmas tree glistened in its special place by the window. The adults sat comfortably and talked, while we played and awaited the big guy's arrival, listening... for the clatter of reindeer hooves on the roof. Then, as if by magic, we would



Mother Carol Santa Diane Father 1951

hear them! Our parents would ask "Do you hear that? Santa has landed?"

Santa, who suspiciously resembled a portly uncle, would come down from the roof via the stairs, wearing the Canadian traditional red suit, white hair, and a strangely fitted moustache and beard. He had a large bag filled with presents

(My Christmas... continues on Page 37)

Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)

(My Christmas... continued from Page 36)

slung over his shoulder, and he wore the funniest looking simulated black boots. As he approached he jingled a long string of bells, shouting “HO HO HO Merry Christmas!” Our eyes were popping out of our heads while awaiting his descent. After greeting everyone Santa would sit down and call each of us to his knee, asking if we had been bad or good. We would always tell him we were good of course, that way we were assured of a present rather than a lump of coal. After the presents were handed out Santa would disappear up the stairs calling out “Merry Christmas to all and to all a good night”.

Our Polish Catholic tradition then was for some of the adults to attend mid-night mass at the Polish or at the English Catholic Church. The English church was closely connected with our Catholic school programs and was where we attended Brownies, performed in Christmas plays, sang in the choir (in Latin) and took part in processions on holy days when the mass was said in Latin. The Polish Church was for special celebrations and was where we attended Sunday school programs. We were multicultural and multilingual.



Carol Santa Diane 1950

Christmas morning we awoke very early to play with our new found treasures. My Babchi/grandmother was already busy in the kitchen preparing delicious food for Christmas day. When everyone else woke up we would eat a hearty breakfast and later enjoy soup, our version of turkey which was a capon, cabbage rolls and other delicious Polish and Canadian food.

It is wonderful to be swept back in time remembering the magical Christmases shared with family. We had all that money could and could not buy.



## Book of Remembrance

(For the period Dec., 2009 to Feb., 2010)

*We remember with fondness*

Margaret Beach

Colin Emerson

Kathleen Lawson

Heather McLeod

Stewart Buchanan

Harold Hall

Theodore MacDonald

John Middleton

Vivian Smith

Gladys Cardwell

Joan Havill

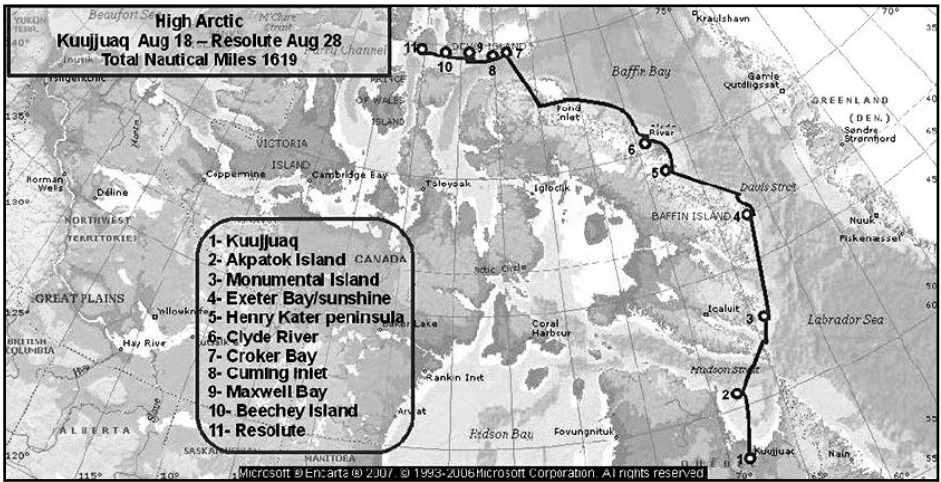
Margaret MacLeod

Gil Playfair

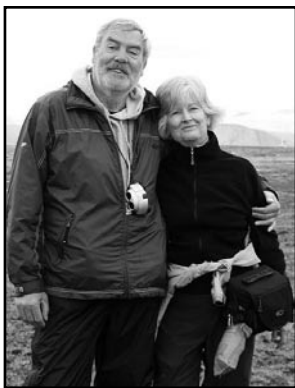
Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)

# Arctic Voyage

By Sue Rietschin



It's August and I'm packing long underwear, wool sweaters, toques, rubber boots and water proof pants all required for our cruise to the High Arctic. This 11 day exploration of Nunavut - the 4th largest country subdivision in the world and Canada's newest territory - will cover more than 1500 kilometres along the route outlined in the map above. We followed part of the route charted by Franklin and other early European explorers. In the 11 days of this journey we stored indelible impressions of the vastness of Canada, the current challenges facing the Arctic, the enthusiasm and hopes of the 30,000 souls who call it home and the natural wonders and magnificent animals that share this land.



Sue and Jurg Rietschin

**Lesson #1:** *Life does not proceed on the schedule set up by humans: Mother Nature is in charge here.* The tides, the weather, the ice all shape the day and we adjust to the choices that present. We always have plan A, B, C and so on ready to go. After the flight from Montreal, day 1 was spent exploring Kuujuaq and enjoying impromptu nature hikes as we waited and waited for the tides so that we could take the Zodiacs to our boat. No wonder adaptation is a key to the Inuit culture. On the second day, the swells were big and many suffered from seasickness. The mandatory lifeboat drill was accompanied by seasick bags. But that night, mother nature rewarded us for our

(Arctic Voyage... continues on Page 39)

Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)

(Arctic Voyage... continued from Page 38)

patience...the most magnificent display of Northern Lights I had ever seen. On the top deck in winter clothes thrown over pj's we watched as the sky shimmered and danced with the undulating flows of white and green and pink. Seize the moment and move to the rhythm of the heavens!

**Lesson #2:** *The people of the north are exceptionally welcoming and generous in spite of a difficult environment.* We made an unplanned stop on Baffin Island to allow a sick crew member to get to hospital. The whole community turned out to welcome us at the dock and the young deputy mayor treated us to a small demonstration of hip hop dancing and throat singing in the community centre. He inspired us with his talk of the great plans the community has to start a whale reserve and tourist eco site as a future venture. This is a young community that has grown in 5 years from 350 people to 1000 all due to birthrate. And that hospital we needed??? still a plane ride to Iqualuit. This unscheduled stop meant we wouldn't get to Pond Inlet where the inhabitants were expecting us for a cultural presentation. Another chance to learn Lesson #1. It amazed us how the Inuit so willingly welcomed us on our journey and shared their culture despite their suffering at the hands of a dominant culture who dismissed their ways, their wisdom and the wealth of knowledge they possessed to survive in this harsh climate.



**Lesson #3:** *The vastness of the north and its natural unspoiled beauty are unparalleled.* In those 11 days we did not see one other ship or any other persons except when we put into land at Clyde River and Resolute. We made many zodiac excursions to see fjords, sandy beaches, rocky peninsulas, islands, wildlife...but saw not a single human other than our shipmates. And the beauty...in its bigness...the lingering sunsets, the towering icebergs, the vast polar deserts, the uninhabited islands, the rocks shaped by wind, waves and harsh weather. Juxtaposed with that, the smallness of the tiny tundra flowers, the perfect little combinations of texture, colour and shape that litter the landscape and beg you to get on your knees to have a closeup look. All was bathed in the extraordinary light of the long summer days.

**Lesson #4:** *The fascinating history of the Arctic.* It was inhabited by ancient Thule and Dorset peoples who left behind whalebones from their shelters being excavated outside Resolute, one of the northernmost settlements in the world. As I looked at our sophisticated communication systems, I marvelled at the skill of

(Arctic Voyage... continues on Page 40)

Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)

(Arctic Voyage... continued from Page 39)



those early courageous sailors in creaky wooden ships who mapped wild unknown oceans. We saw evidence of them in whaling remains on Henry Kater Peninsula and on our stop on Beechey Island where we gazed at the graves of some of Franklin's men on the gravel beaches of this barren place. Courageous, yet blind - unable to

learn and adopt the skill and knowledge of the Inuit. Contributing to the European's demise - their new technology...poisoned canned food. Another lesson?

We saw about 10 polar bears...small white dots on the vast landscape in most cases including a mother and cub swimming in a fjord. In all our excursions to shore we had staff who carried big rifles and scouted the landscape before we got off to ensure we didn't have any up close and personal bear events. We spotted lots of birds, seals, a few muskox and arctic hares and saw lots of bones and other evidence of creatures on the shores. We learned about the hardy plants and unique attributes needed to sustain life up here. It was a naturalist's paradise!

Our days on the ship were varied...most days we had one zodiac excursion to shore. We had to dress warmly for these and wear our rubber boots and waterproof pants for disembarking in a wet landing. The meals were excellent, including one feast of fresh caught arctic char delivered to the boat by a family at Clyde River. Our resource people were outstanding. Among them was the editor of a magazine from Yellowknife, two French filmmakers, 2 photographers, a naturalist who has published poetry, a birder from Newfoundland, Inuit from Nunavut...all were available for conversation and discussion during meals and free time. We learned about politics, social issues, lichens, birds, Inuit customs and games, bears, history and more. We had our own cabin with a porthole, two bunks and a bathroom with a shower.



We never dressed up for meals and were able to recork our bottles of wine for

(Arctic Voyage... continues on Page 41)

Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)



(Arctic Voyage... continued from Page 40)

the next meal. There was a library, a bar and a small gym...none of which I used. Most days were spent on deck scanning the shores and seas, enjoying the sun and the wildlife, camera in hand, kibitzing with the birders. The weather was excellent but could change in a moment and we could go from t-shirts to winter coats in the course of a day.

As we flew back to Montreal from Resolute, I watched as our boat with its next inhabitants shrank to a dot in the bay and our airplane shadow swooped across the barren polar desert. I took home no souvenirs, other than a little bag of discarded quiviut (muskox wool) I had collected from a pelt outside the hotel in Resolute. It was for my crafty sister who said it was so expensive...yet it was blowing away and tangled up with the tethered sled dogs. There was little to buy...yet we had priceless memories and impressions settled deep in the soul. Our understanding can't be put into words but is best captured by small stories and beautiful pictures.

(Editor's Note: This article has been edited. Read the full version on the District 15 website and view all of Sue's beautiful pictures at <http://picasaweb.google.ca/jsriet/ArcticTrip2009?feat=email#>).

## Project Service to Others: Stoves for Patzun

By Colton Roberts



Thanks to the Board of RTO/ERO Halton District 15 for accepting this **Project Service to Others** proposal and to the Provincial Committee for approving a grant of \$4000. As a result, I am pleased to report that we have completed a successful visit to Patzun, Guatemala to install stoves in the homes of local people. These stoves were developed by Helps International, an organization that works in Guatemala to improve the life of the people through education, medical clinics, entrepreneurial endeavours and

the installation of a high-efficiency wood stove. With the funds we were able to purchase 10 stoves from Helps.

Our group of 10 from Compass Point Bible Church, Burlington poured cement floors in the kitchens and installed stoves in 8 homes while we were in Guatemala for 2 weeks last winter. The group included two District 15 members: **Susan Osborne** (who went with husband **Michael**) and **myself** (accompanied by my wife **Susan** who served as a cook for our group). The remaining 2 stoves are being installed by members of Ministerios Alfa y Omega, a church in Patzun which is ministering to the physical needs of Mayan folk in the area.

(Project Service to Others... continues on Page 42)

Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)

(Project Service to Others... continued from Page 41)

The stove is a marvellous creation. We were provided with all the materials, locally produced, to put the stoves together including tubes of high-heat red silicone needed to caulk the area around the stove-pipe where it exits the roof. The order of the stoves included delivery of the materials to Alfa y Omega and training by an employee of Helps as we completed the first installation.



To say that this project is a success is putting it mildly. The stoves provide a clean heat with no smoke visible from the chimney. Reports from home-makers indicated that they were now using a lot less wood, one of our goals. Because the fire-box is surrounded with pumice and the stove-pipe is surrounded by wire mesh young children are not burned as they were with the open fires. The kitchens in Patzun are usually housed in a small building made of corrugated steel with dirt floors. The interiors were so black that they were beyond cleaning. "Stalactites" of greasy soot typically hung from the centre pole across the top. We

had to pour floors in seven of the kitchens. The women were pleased to have a clean cement floor. They adapted quickly to the new stoves and understood their proper care.

So successful was the project that the leaders of the church are already contemplating how they will be able to afford others. There were some unexpected savings so the funds provided by the RTO/ERO grant will allow for the purchase and installation of up to 5 additional stoves and local tradesmen who worked alongside our group will be paid for building the floors. Members of the church will install the stoves. I gave them a commitment to help fund-raise when they have installed all the stoves church leaders are able to purchase.



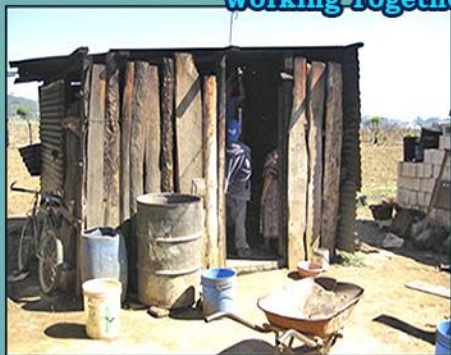
Special thanks also go to **Ken Spaugh** who facilitated the building and translated directions clearly to recipients of the stoves. The Board of Alfa y Omega is to be commended for thinking of the needs of their community. Following future trips to Patzun, I expect to be able to report on their continued success. Also, it was great to work with such a dedicated group from our church who worked not only at Alfa but completed cement and electrical work at a radio station as well. Even the weather co-operated in a big way. (Project Service to Others... continues on Page 43)

Visit us on the Internet at [www.rtohalton.org](http://www.rtohalton.org)

**PROJECT SERVICE  
TO OTHERS**

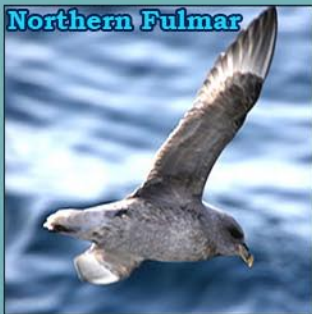
**STOVES FOR  
PATZUN  
GUATEMALA**

**Developing Expertise  
by  
Working Together**



# ARCTIC VOYAGE

Northern Fulmar



Primrose



Girls of Kuujuuaq

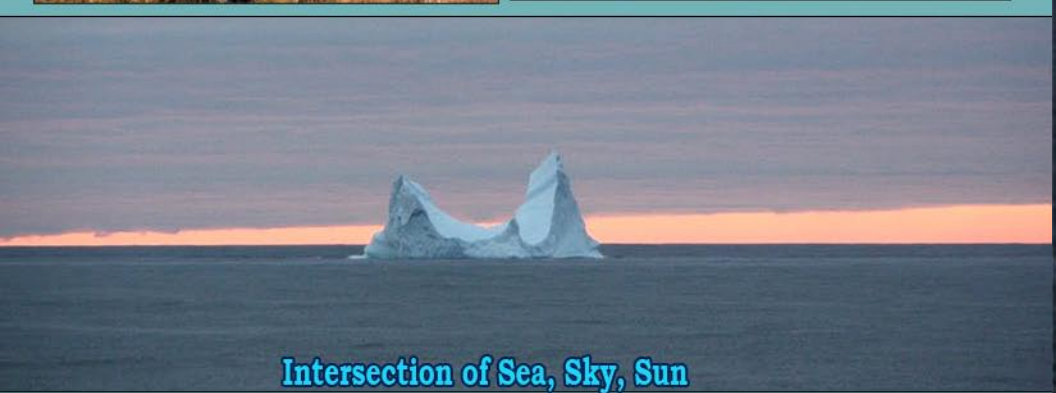


Whalebone Shelter Thule

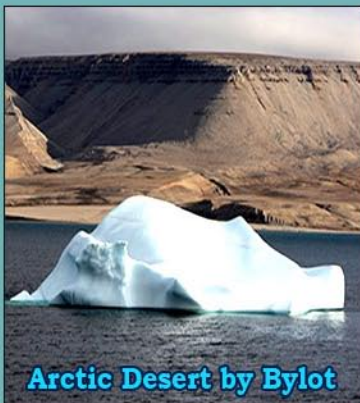


Beauty in a hostile environment

Intersection of Sea, Sky, Sun



From Zodiac to Ship



Arctic Desert by Bylot

Modern Inukshuk

