



*Keep your face always to the sunshine
and the shadows will fall behind you.*

-Walt Whitman



Sedona, Arizona



Contadora Island, Panama



Naples, Florida



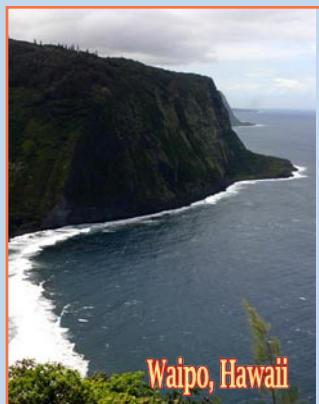
Ambergis Caye, Belize



Thousand Islands, Canada



Calabogie, Ontario, Canada



Waipo, Hawaii

ERT
E O

HALTON HERALD

District 15

April, 2016

Peace is Always Beautiful
-Walt Whitman

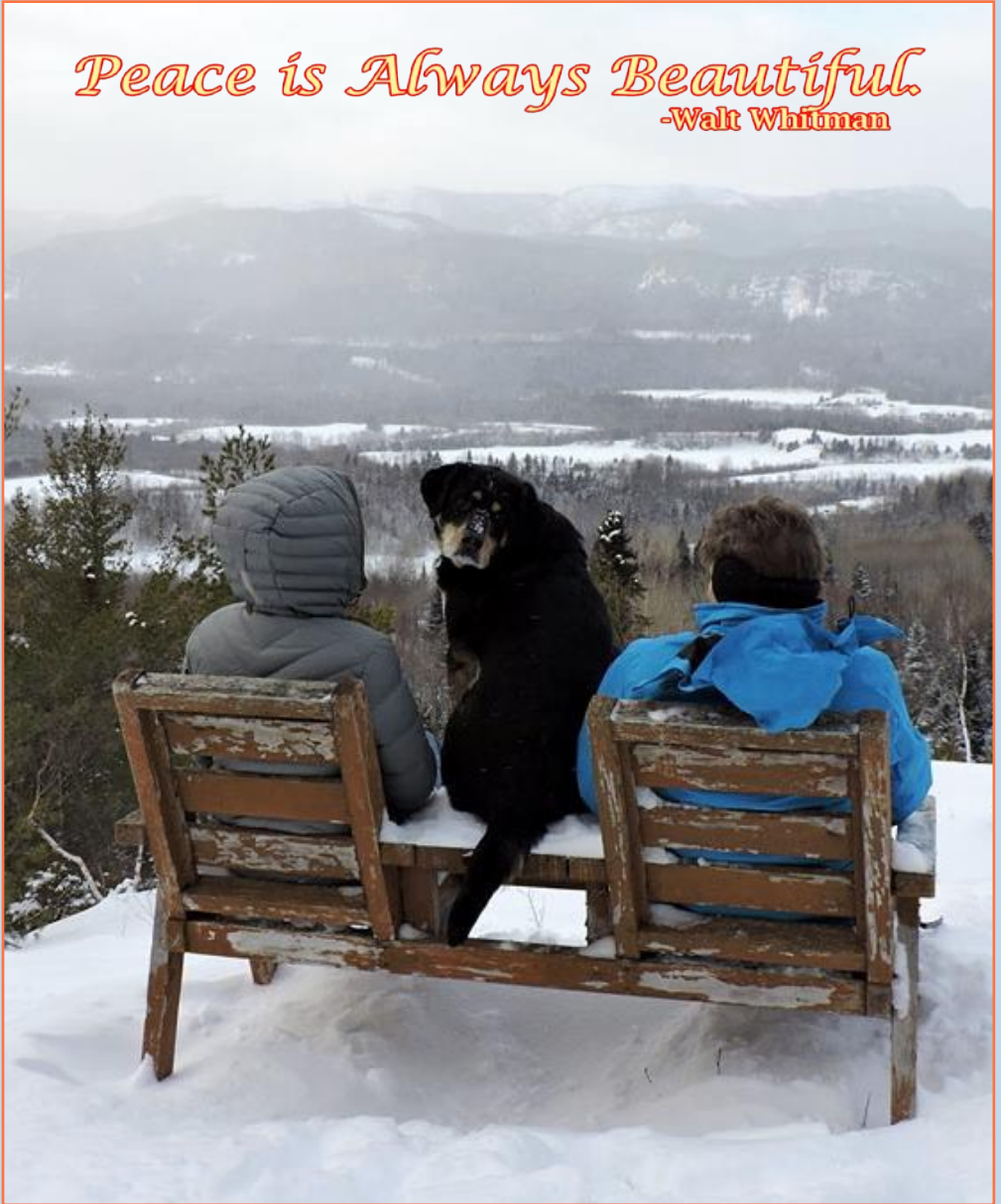
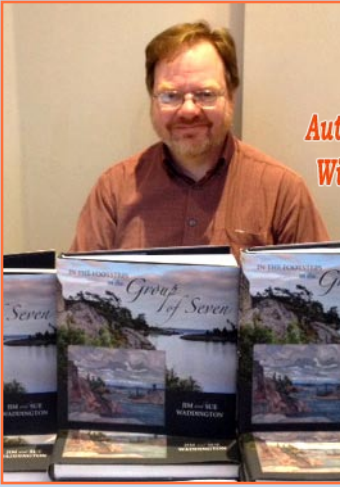


Photo submitted by Lynn Gapes

In This Issue...



*Jim Waddington
Author and Speaker at the
Winter Meeting...page 21*



*John Belisario
Growing Orchids in Thailand
...page 31*

*Living Life
to the Fullest
Don Sawell
...page 7*



Photo Contest!!!

...Page 30

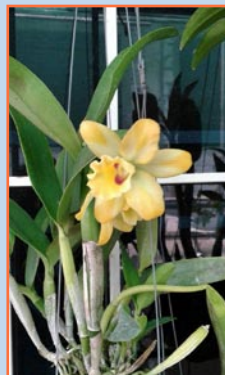
People, Places, Interesting Things



A New Location...



A New Hobby



*“... a few pictures
of the little
orchid garden
I’ve started outside
my front door.”*

Sent by
John Belisario
from Thailand



Favourite Photo Contest People, Places, Interesting Things!!!!



Do you have a photo - or a series of photos you are really proud of? You could be a winner! Share your work and possibly have it printed in the next Halton Herald. You will also have a chance to win some cash. The contest deadline is July 15, 2016.

The rules are simple!

1. All subjects are acceptable – people, scenery, action shots, hobbies etc.
2. The photo can be either colour or black and white.
3. Enter as many photos as you like.
4. Send the photo(s) either electronically by email or by Canada Post
5. By mail send your photo(s) to Peter Gnish, 153 Fairleigh Ave. S.
Hamilton, ON L8M 2K4. All hard copies received will be returned.
6. By computer, send your photo(s) to me as an attachment to an email message. Send it to pgnish@cogeco.ca.
7. Include
 - a. Your name, telephone number and email address if you have one.
 - b. A brief description of the photo and how it relates to your life.
 - c. Any information about how you took the photo – camera, settings.
8. Winning entries will be judged on composition, quality, and artistic merit.
9. Three prizes will be given: 1st - \$30; 2nd - \$25; 3rd - \$20
10. Everyone who enters will receive a \$10 Tim Hortons gift certificate.
10. The prize winning photos and a selection of others will be used in a photo display in the September, 2016 issue of the Halton Herald.

If you have questions, please contact me by email at pgnish@gmail.com or call 905-547-1628 after May 8th. Before that date you can call me in Florida 1-239-208-2860.

Remember! The contest deadline is July 15, 2016.

The Halton Herald is Your Publication...Help Make it Work!

President's Report

By Carolyn Hilton



As the spring weather arrives, so too does the end of another year for District 15 RTO/ERO. On June 1st, 2016, I will end my term as President and, since this will be my final report, I want to thank all the board members for their dedication to our organization. A special thank you is extended to **Moira Plexman** and **Claudia Stewart** who, as First and Second Vice Presidents, have been doing double duty this year with Moira currently acting as Program Chair and Claudia chairing the Recruitment and Membership Committee. Thanks also to **Phyllis Kingsley** for an outstanding job as co-ordinator of our newsletter, The Halton Herald. Phyllis will be leaving the board as she plans to pursue other volunteer opportunities. **Janet Carter-Wright**, who has served us well as Recording Secretary for many years, is also leaving. We certainly appreciate her long commitment to District 15.

Please see the report from our Nominations Committee Chair, **Penny Hambly**, for a complete list of all the Board volunteer opportunities available for the coming year. Our board meets only five times a year, leaving lots of time for your own activities. If you're interested in any of the board positions available next year, please contact either Penny Hambly at hamblyp@cogeco.ca or myself at chilton@cogeco.ca.

At our **Winter Luncheon** on Feb. 17th, 2016 at the Burlington Convention Centre, we enjoyed lunch and an interesting presentation on the Group of Seven artists by husband and wife team, Sue and Jim Waddington.

Our **Annual General Meeting** will take place on Thursday, May 5th, 2016 at the Oakville Conference Centre. All District 15 members are invited to attend, at no cost, the business meeting beginning at 10:00 a.m. when elections for the 2016-17 Executive will be held. The business meeting will be followed by lunch and entertainment for which payment and pre-registration are required. For more details about our entertainer, author Terry Fallis, please see the Program Committee report.

It has indeed been a pleasure to serve you as President this year and I will continue, as Past President, to be involved in District 15 next year to further the best interests of those who have retired from the field of education.

Table of Contents

Committee Reports	Pages
Archives	12
Awards	23
Book of Remembrance	4
Health Services	10
New Members	9
Nominations	24
President's Report	3
Program	26
Recreation	26
Tours	29
District 15 Events	
Annual General Meeting	16
Calendar of Events	15
Contact List	18
Winter Meeting	21
Articles	
Backward & Forward	11
District 15 Needs You	10
Don Sawell	7
Downsizing Tips	19
Photo Contest	30
Stress and Aging	6
We Get Letters	5
Women Walking	27

Book of Remembrance

We remember with fondness



- | | |
|-------------------------|------------------|
| Fergus Bartanus | Linda Cairns |
| William Brown | Donna Carpenter |
| Richard Davis | Marjorie Douglas |
| Ernest Enola | Grace Hall |
| Eileen Hawes | Joan MacDonald |
| William Logan MacDonald | |
| Douglas Magwood | Margaret McGaw |
| Doris Jean Richmond | |
| Margaret Thrippleton | Patricia West |

RTO/ERO District 15

We strive to live up to our motto!

Here for you now...

...Here for your future!

You can help by getting involved!

OOPS! We goofed. The photos in the January issue of the Halton Herald were attributed to the wrong people. Jan Murdoch went to Greece (page 35) and Lynn Gapes was in the NWT (page 36). Our apologies to Jan and Lynn.

Tours Committee

By Jan Murdoch



The insurance industry is identifying passports as the number one claim during the past year. It is recommended when you travel that you make 2 copies of your passport page, place one somewhere in your luggage and leave the other with your emergency contact person. Most members of RTO/ERO who have opted for the Insurance plan should be aware of how lucky they are, as many people have to cease travel out of province as well as out of country when they turn 71 years of age, because their insurance costs are excessive. If you have a change in your medical status and have any concerns, give Johnsons a call and get clarification - they are extremely helpful.

Greece May 5 - May 15, 2016

“Ladies Adventure”

Fly to Greece and spend the first couple of days in Athens enjoying the Acropolis, the Plaka and some charming restaurants before flying to the little island of Milos for some “cultural taste tours.” Spend a few enjoyable days experiencing all that Milos has to offer before traveling over to a second small island, Srfnos. The views are spectacular, the food is fantastic and the guided tours will amaze you. I love Greece and I love the small island experience. Sorry gentlemen, this trip is for ladies only. To learn more visit either travelcronies.ca or our district 15 web site.

Iceland Oct 8 – Oct 15, 2016

Iceland offers a very unique experience, as its landscapes help to give understanding about what the earth's surface looked like hundreds of thousands of years ago. Visits to the glaciers, the geysers and the geothermal waters enrich the experience, along with a trip down the south east coastline to the famous black beach. Sit outside in the evening immersed in the waters of a hot tub while watching the Northern Lights. Every day is an adventure in our personalized vehicle with our expert local guide, who shares all the mysteries of the land and the people both past and present. Enjoy the unique foods traditionally eaten in the mornings, including fresh salmon cooked in a variety of ways. This is a once in a lifetime travel opportunity with others who share a sense of adventure and a lust for learning. To learn more, visit either travelcronies.ca or our District 15 web site.

Asia March 2017

To learn more about our Asia Adventure visit either travelcronies.ca or our District 15 web site. Our group of 20 is intact and we have a short wait list which you are welcome to join.

(Women Walking...continued from Page 27)

tal Movement Skills (FMS) in women 55-70+. All participants had an opportunity to test their FMS and then identify a course of action to reinforce underdeveloped skills or to reintroduce a lost skill. On March 8, 2016, the group will meet for the second time and retest their skills. We will have a chance to identify which constraints were inhibiting their successes in November and will learn how they changed the constraint to re-engage their skills at an optimum level. We will celebrate together, as all participants shared that they had high levels of intrinsic motivation to participate, and we will conclude by finding ways to sustain our motor development skills for life, within our normal daily activities.

Myth Buster: The Fundamental Movement Skills are not related to weight or fitness levels. A person who is bean pole thin, jogs every day, works out in a gym with a personal trainer or participates in Yoga and water aerobics can be missing a fundamental movement skill and not even know it. They are all critical and interweave with the central nervous system.

We are offering additional workshops for interested participants. To learn more about the workshops and the more current related research, visit our web site, womenwalkingforlife.com.

Punography 2

Energizer bunny arrested. Charged with battery.

How do you make holy water? You boil the hell out of it.

Broken pencils are pointless.

What does a clock do when it gets hungry? It goes back four seconds.

What do you call a dinosaur with an extensive vocabulary? A thesaurus.

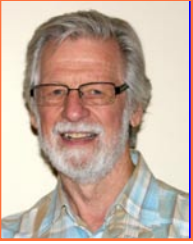
When you get a bladder infection urine trouble.

I wondered why the baseball was getting bigger. Then it hit me!

I did a theatrical performance on puns. It was a play on words!

We Get Letters, E-mails & Calls

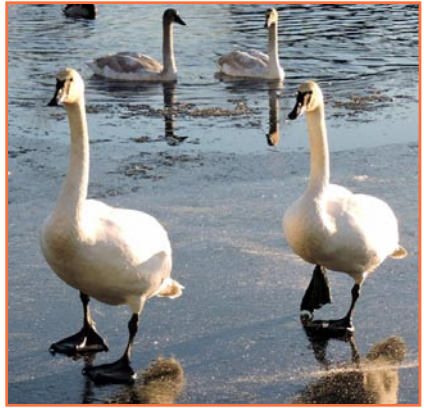
By Peter Gnish



Although I didn't receive a large number of letters for this issue, it was nice to get messages from some new people. Why not send me something for the next issue that comes out in September. Let your friends and former colleagues know how you are doing and what you are up to. Send your messages to me by email at pgnish@gmail.com or by Canada Post to: 153 Fairleigh Ave. S. Hamilton ON L8M 2K4.

John Belisario sent me an email in which he attached photos of his latest project. He is in Thailand on an extended vacation and has been working on creating an orchid garden at the place where he is staying. See the beautiful results on page 31.

Lynn Gapes wrote to say "Hope you and Cate are having a wonderful winter in the Sunny South. As of yesterday, we finally have winter and it is beautiful with light snow covering the ground and decorating the trees. I am thoroughly enjoying the many swans who are visiting again this year. I have had up to 56 of them around. My corn budget is being depleted quickly."



Also, see Lynn's article titled "*Backward and Forward*" on page 11.

Bob Miller sent an email with this message which he asked me to share with you: "I am active in trying to save our environment by controlling small-engine lawn care machines. Leaf blowers are in our sights and we are working with the Town of Oakville to change the bylaws to regulate leaf blowers. We have our own website, LetsRake.com and welcome visitors, and/or members. We welcome anyone who wishes to show that he or she is interested in helping to cut back on the noise of leaf blowers and to improve the quality of the environment by not using such machines, which are noisy, emit partially burned petroleum products, and degrade the quality of the air we breathe. Our website has lots of references and important information backed by medical personnel.

(We Get Letters.. continues on Page 6)

Visit us on the Internet at district15.rto-ero.org

(We Get Letters.. continued from Page 5)

Our first meeting at the Oakville Town Hall, on December 1, 2015 was a huge success, with the room full and standing room only . Obviously this is an important matter to many residents.”

Lou Piovesan sent an email to say “I appreciate receiving news about retirees as well as valuable information such as this month’s articles on Health Services and Benefits Plan, Tours, Pensions, Probate Filing Rules and others. Best wishes and thank you for the excellent work.

Terry Ruf sent the following message about an article in the last newsletter which is of interest. “I read with fond interest the article about **Evon Lancaster** in the January 2016 edition of the Halton Herald. In 1965, Evon was on the staff that opened Tecumseh Public School in Burlington. I was in Grade 8 that year and our class had Mrs. Lancaster as one of our teachers on rotary. I remember her fondly as a very caring educator. I do feel, however, that there is an inaccurate statement in the article about her. Ms. Roberts states that “*Evon was one of the first three female principals in the area, following in the path of Florence Meares and Irma Coulson.*” Edith Donkin (1905-1974) was the principal at Strathcona Public School on Walkers Line in Burlington from 1943 until her retirement in 1964. I do not know if there were any more female principals in that prior generation. Also, I believe that **Edna Robinson** was the first secondary principal from that era in the Halton area.”

Stress and Aging

Stress can have an enormous impact on your health and quality of life. A study published in the Journal of the American Geriatrics Society, noted ***depression and anxiety are linked to physical decline in seniors.*** Concerns about money, a serious illness, the loss of a loved one, or independence can lead to a problems. Try these tips to help deal with difficult changes:

- Focus on being thankful. Appreciate and enjoy your life.
- Acknowledge your feelings and express them. Talk to a friend, family member or health care professional, write in a journal or join a support group.
- Embrace your spirituality.
- Accept that some things are out of your control.
- Try to keep your sense of humor.

If you’re feeling overwhelmed, or unable to cope or deal with stress, it’s important to reach out to family, friends, caregivers and health care providers.

Summarized from www.healthcommunities.com

(Program... continued from Page 26)

A Different Drummer will be at the event to sell copies of Terry's books which I am sure he will be happy to sign.

Currently the Program Committee needs a few more members. Please contact me if participation on this committee appeals to you. I will be leaving my position as program chair in the spring when I take on the role of Halton District 15 president. Being program chair for the past two years has been interesting and highly engaging. Thank you to all members of the committee who have contributed to the success of our general meetings.

Women Walking For Life

By Jan Murdoch

“Exercise increases metabolic substances in the brain that can help build new neurons, especially in brain areas that are important to learning and memory. Motor development and cognitive development appear to be fundamentally interwoven.” Haywood & Getchell concluded these observations in their book **Life Span Motor Development**, sixth edition. They also asserted that falls are the leading cause of accidental death for people over the age of 75 years, and if individuals recover from the falls the results are heavy health care costs. Motor development maintenance should be a life-time pursuit.

Since the early 1970s research has supported the theory that motor development and cognitive development are interwoven, which is why the physical education programs in schools in Canada and internationally focus on the development of the fundamental movement skills in children, especially from the ages of 6 and 10 years. There are many constraints to the development and improvement of motor skills over the years, including functional constraints such as motivation, attitude, perception, and knowledge about physical literacy, or environmental constraints such as cultural and social stereotypes, beliefs and values. All constraints are interdependent and some can be altered more easily than others.

In September 2015, I, along with members of my steering committee, applied to the Canadian Association for Women in Sports and successfully received a grant to develop a workshop aimed at improving Physical Literacy for Women. On November 24, 2015, we delivered our first workshop “*Women Walking for Life*,” where we shared relevant research on the necessity of maintaining the Fundamen-

(Women Walking...continues on Page 28)

Visit us on the Internet at district15.rto-ero.org

Recreation Committee

By Dave Wright



There may be tickets available to see “*A Chorus Line*” at The Stratford Festival on Thursday, May 26th, 2016. Contact me if you would like to join us.

The events that are planned up to the end of November are listed in the calendar of events in this issue. They are also listed on the website (district15.rto-ero.org) and will be highlighted in the monthly e-letters. If you know of some event that we all might enjoy, let **Janet Carter-Wright** (905-336-5328 or jcwright@cogeco.ca) or me (905- 639-5093 or davidwright16@me.com) know. Information about it can be placed on the website and in the e-letter.

The lunch cruise that I mentioned in the last Recreation Report has been moved to October. The fall colours along the Niagara River will be a feature of the cruise. The sign up date of August 1st is to make sure there is room for our group.

The musical “*All Shook Up*” that is being performed by the Clarkson Musical Theatre in November features Elvis Presley music but is not the story of his life. The group’s past performances have been outstanding, so if you like Elvis music, this will be a good one. We urge you to join us. Getting together has always been great fun and I can guarantee great company.

Program Committee

By Moira Plexman



This year we have enjoyed informative and entertaining speakers, all of whom are Canadian authors. We hope you will attend our **May meeting** featuring guest speaker **Terry Fallis** whose list of accomplishments continues to grow. He is now the author of five books, all of them Best Sellers. His first four books were nominated for the Stephen Leacock Award for Humour and two of them won this prestigious award.

His first book, *The Best Laid Plans*, was made into a CBC six part mini-series and a musical that played this past fall in Vancouver. His latest book *Poles Apart* opened on the Globe and Mail best sellers list. In 2013 Fallis won the Libris Award for Author of the Year presented by the Canadian Booksellers Association.

(Program... continues on Page 27)

Visit us on the Internet at district15.rto-ero.org

Don Sawell - Living Life to the Fullest

By Elizabeth Hamid

Don Sawell is a man of action! His friendly smile radiates good health and positive thinking - to keep learning, to keep moving, to be continually involved in interesting activities. Don grew up in Waterdown when it truly was a small town where social life centred around his school and Grace Anglican Church. He believes he grew up in the best of times. It was the Big Band era and young people like himself and his sister Beverly crowded into halls like the Wondergrove to dance to the swinging music of Ron Wickens. At Waterdown High, Bruce Marsh, who later became the well known CBC broadcaster, spun the dance records for his fellow students.

Don's father, Lt. Col. Stanley Sawell, had received the Military Cross from King George V after the Great War, so it isn't surprising that he hoped Don would attend Royal Military College. However, Don worked for a short time at the Income Tax Office and followed that job with a position at Empire Brass. When both jobs failed to interest him, he decided he needed more education if he were to have a more satisfactory career. He chose to become a teacher, attending Teachers' College, and then pursuing a B.A. at McMaster and a B.Ed. and M.Ed. from the University of Toronto. After seven years as a teacher, he was promoted to principal. In this career, he found what he'd been searching for - a vocation both challenging, interesting and where he felt he could do some good.



It wasn't without difficulty that he started his first principal appointment at Glenwood School. One young student was caught smoking in the washroom and Don had no idea how to handle the problem. Florence Meares stepped in and assured him she would take care of it. This she did using a method we'd now call "talk therapy." Amazed at her skills, she earned Don's respect and introduced him to the valuable contributions women teachers are capable of making to education.

J.M. Singleton was Director of Education at that time and Halton schools had been amalgamated. It was Mr. Singleton's belief that principals should not stay in a school for more than five to seven years. Don describes himself in those early years as a "carpetbagger." He seemed to be constantly on the move. He also made

(Don Sawell... continues on Page 8)

(Don Sawell.. continued from Page 7)

close friends with fellow principals **Larry Davis, Bob Kennedy** and **Jack Leadbeater**. It was with Jack that he began to develop his interest in airplanes. The two of them obtained their pilot licenses and spent over forty years improving their flying skills. Horses became another great interest. For seventeen years, he belonged to the Burlington Masters Swimmers at the YMCA. As well, he conquered the intricacies of driving a Honda Aspencade which provided his wife Wilma and himself with comfortable transportation on many long and happy trips.

Don developed only one hard and fast rule which he felt covered all classroom situations. A student could do whatever he/she wanted to do as long as it didn't interfere with the rights and freedoms of others. Don used the strap very seldom during his career, although he admits that often he would place this disciplinary object in clear view on his desk during times of discussion. He believes that students must be taught to think critically and to separate wants from needs.

When working with students with ADD and ADHD, Don believes that exercise is a key and he cites the English method of starting each day with forty minutes of cross country running. The resulting better than average marks on tests, he credits directly to this strenuous exercise. He remembers one boy who was unable to concentrate in class. After conferring with Don, the boy was given "walk therapy." He could leave his desk anytime, as long as he wasn't disturbing anyone else and walk anywhere in the school until he felt ready to return to his desk.

Don's family life has been full. He and Wilma raised four children. Son Steven is a respected scientist who is responsible for creating a number of patents, some dealing with the removal of heavy metals from fly ash. He is also the author of three books, one being the transcribed World War 1 diaries of his grandfather titled **Into the Cauldron**. Daughter Jennifer has worked at Leggats for over thirty years. Suzanne teaches fitness at Cedar Springs Racquet Club and also works as a paramedic. Leslie lives near Atlanta and helps teachers create programs for underprivileged students under the auspices of Duke University. Don has eight grandchildren and one great grandchild.

Don's life has not been without tragedy. Wilma's sudden death was a terrible blow. "She was the hub of our family," Don explains, "She organized the household planning, the finances, everything. My children have rallied around me and I'm so grateful to them. I would not have been able to manage on my own."

(Don Sawell..continues on Page 9)

(Nominations.. continued from Page 24)

Volunteering for a Board position does not involve a lot of time. There are only five Board meetings a year. You can miss one or two if you are travelling and can also keep in contact by emails. Please think about joining the Board. There are many individuals who are willing to mentor new people. If you do not want to chair a committee then offer to be part of one such as the Program Committee which is always looking for new ideas.

Everything that we have done for our District is because of all the volunteers. We need new people on our Board with ideas to keep our District active and interesting. WE NEED YOU!

RTO/ERO District 15 Needs YOU!

Our District 15 needs new people to come forward to be on our Board. Since we only meet five times a year, you can miss one or two if you travel and still keep in touch by email.

Please check off if you are willing to join our Board.

Second Vice President _____

Secretary _____

Assistant Treasurer _____

Newsletter Coordinator _____

Program Committee Chair _____

Awards Committee Chair _____

Join a committee.....

Awards __ Goodwill __ Membership __ Political Advocacy __

Program __ Tours __

Other Suggestions/ideas

Name: _____ Email _____

Phone _____

Please complete and return to : Penny Hambly at hamblypenny@gmail.com or call 905-639-6193 or by Canada Post to 154 Blue Water Place Burlington L7L 2J4

Nominations Committee Report

By Penny Hambly



The Annual General Meeting will be held on Thursday, May 5, 2016 at the Oakville Conference Centre. At this meeting members of RTO/RTO District 15 will vote on the slate of officers for 2016-2017. These officers will form the Executive of your Board. We still have many positions open and any District 15 member may submit a nomination for any position. If there is more than one nomination for a particular position

then elections will be held.

If you are interested in running for any position listed below then you may submit your application to me by email hamblypenny@gmail.com or by mail to Penny Hambly, 154 Blue Water Place Burlington L7L 2J4. Nominations can also be made from the floor at the AGM.

At present the nominations are:

President	Moira Jane Plexman
First Vice President	Claudia Stewart
Second Vice President	Vacant
Secretary	Vacant
Treasurer	Chub Baxter
Assistant Treasurer	Vacant
Member - at- Large	Jim Baker

In addition to these, there are many positions on the Board that need to be filled. The most important one is the Newsletter Coordinator. This role involves receiving and editing most submissions for the Herald and forwarding them to the Editor; working with the printing company and, very rarely, contacting Canada Post. Phyllis Kingsley, who is the outgoing coordinator, is willing to work with the new person. This position is needed if we are to continue to publish our widely praised Halton Herald three times a year.

We also need a Secretary to take the Board Minutes. It is not very difficult because the President has an outline which already has almost everything that she will say. As well, committee chairs hand in their reports so the secretary has all the information already written out.

(Nominations.. continues on Page 25)

Visit us on the Internet at district15.rto-ero.org

(Don Sawell..continued from Page 8)

Don has not escaped serious health issues. A burst appendix resulted in a twisted bowel. Several operations as well as radiation and chemotherapy, were necessary to remove cancerous cells from under his hairline. When it became necessary to remove part of his skull, a plate had to be inserted. He is now restored to good health. Because of its onerous weight, the doctor advised him to give up riding his Honda Aspencade, so he is seeking new challenges. His latest interest is playing the piano compositions of classic composers - Beethoven, Chopin and Bach. Life can be difficult at times, but there is always something interesting to do," he explains with a confident smile.

Guided by his own positive philosophies, Don has enjoyed an energetic fun-filled life. Who knows what other fascinating interests lie ahead!

Welcome New RTO/ERO District 15 Members!!!

Our membership is now well over 2500. Below are the names of retired teachers and other education staff who became members since Dec. 2015. Please welcome them and invite them to join you at one of our many activities.

Donald Blore	Kazuko Kathy Brunschwiler	Keith Cairns
Martin Danio	Grant Davidson	Dorothy Davis
Luba Dudar	Patricia Ann Easterbrook	Peter Edwards
Christine Endler	Sally Gray	Arvalla Groulx
Mary Horrell	Anne Hughes	Penelope Huli
Diane Jean Hutchison	Jaak Juhani	Kathleen Konior
Anne Kosnick	Judith Magnus	Charlotte Magwood
Colleen McClintock	Kathleen McDonald	Elizabeth McQueen
Joe Mongiardi	Manisha Monga	Leanne Monkman
William Neff	Susan Orchard	Mary Ann Rapson
Virginia Reitknecht	Virginia Richman	Maria Rowles
Beverley Shaw	Louise Sherren	David Stothart
	Margaret Wilson	

Health Services Committee Report

By Colton Roberts



Further to the mention of Out-of-Province coverage in the latest “Renaissance” magazine, p.42, it is worth remembering that our excellent coverage has the same caveat as we have when we travel to another province for more than 93 days. Additional coverage must be sought under the RTO/ERO for additional days. We are blessed with extremely good coverage. That coverage will continue up to the provincial maximum (182 days in Ontario) if we are prudent to provide for its extension where needed.

More and more of our members are travelling to hard-to-reach locations throughout the world. It is recommended that you advise Allianz Global Assistance of these destinations at 1-800-249-6556 before you leave Canada. They can inform you about travel alerts and the degree to which they can support you in out-of-the-way places should you have a medical emergency. It may be impossible to meet your needs in some remote environments. Allianz is prepared to advise you on the best way to proceed in order to get proper medical aid. This is a valuable service as you can appreciate.

As your District Health Services Representative, I will be attending the provincial conference on May 29th and 30th. If there is an item you would like me to address at that time, please contact me so that we can discuss it.

Exercise For Health



Visit us on the Internet at district15.rto-ero.org

Awards Committee

By Penny Hambly



The Awards Committee needs your help in identifying and nominating candidates for our **Distinguished Service Awards**. These are given to District 15 members who have made significant contributions to RTO/ERO either locally or provincially. Nomination forms are available on our website (district15.rto-ero.org). The form outlines the criteria and process for the nominations. Please fill in the form and send it to me at hamblypenny@gmail.com. The deadline is **Monday April 18 2016**.

If you do not have access to the website or cannot download the form, here is the nomination process for the award:

- * Both the nominee and nominator shall be members of District 15
- * Award recipients will be selected by the Awards Committee
- * Nominations are not held over from year to year but may be resubmitted
- * You may submit your nomination on a piece of paper with the following information: name and contact information of the nominator; the nominee's name and contact information and the rationale for the nomination. Mail the form to Penny Hambly, 154 Blue Water Place, Burlington L7L 2J4. The awards will be presented at our Annual General Meeting on Thursday May 5 2016 at the Oakville Conference Centre.

Note that applications for the RTO/ERO scholarships ended on February 15, 2016. Watch for the **Johnson Scholarship** application forms which will be available this Spring. You will be able to access them on the provincial website as well as our District 15 website.

Punography 1

I'm reading a book about anti-gravity. I can't put it down.

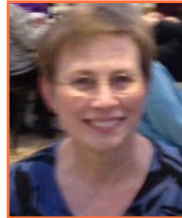
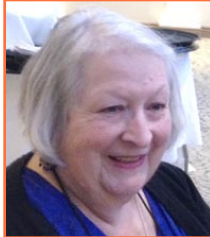
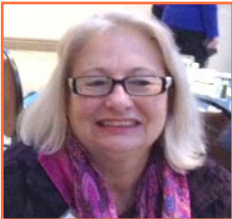
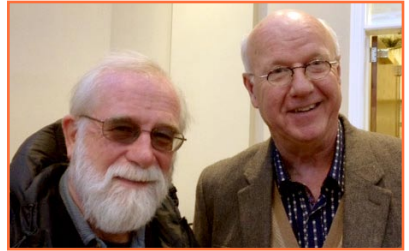
I tried to catch some Fog. I mist.

How does Moses make his tea? Hebrews it.

I stayed up all night to see where the sun went. Then it dawned on me.

Jokes about German sausage are the wurst.

(Winter Meeting..continued from Page 21)



Visit us on the Internet at district15.rto-ero.org

Backward and Forward

By Lynn Gapes

Time has a way of moving quickly and catching you unaware of the passing years. In some ways it seems like yesterday that I was starting my new life with Bob, looking forward to sharing our love and starting a family together. In other ways, it seems like it was long, long ago as I have watched my boys grow into wonderful young men. One with children of his own, the other about to experience this blessing. Each with a partner who makes me proud to be a belle-mere/schoonmoeder.

I have glimpses of the years that have passed with our shared hopes, dreams, activities and our love for each other. Now I am on the downside of the hill, looking back. My friends are retired, many are getting grey (but not me!). I move more slowly and carefully



now with my two metal hips and arthritic joints. The young, athletic me has disappeared with the years and I accept the arm of my grandchildren or sons while wishing I was still able to jog, cross country ski, or play volleyball or basketball. Do I have regrets? A few, but honestly my life has been full of adventures, travel, family, friends and more. I have a lifetime of great memories! I try to tell family and friends how much they have meant to me in the past and will continue to mean as the years go by. Spending the rest of our lives without our partners is something many of us have had to face. We try not to be maudlin, overly nostalgic, or dependent. The truth is, it is not easy!

Perhaps these words will resonate with some of you reading this. We have taught, been mentors, coaches and many other things in our professional lives. We should continue to be the same contributing members of society, trying not to look backwards too often, but forward as we did in our youth.

Archives Committee

By Judy Sloan



Congratulations to our RTO/ERO District 15 member **Petra Halk** who was named Milton's 2015 Senior of the Year during Seniors' Month this past June, 2015. I only recently received a clipping from the Milton newspaper which had written a feature story on Petra announcing her award. During the Milton council meeting in June, Milton mayor Gord Krantz presented Petra with a framed certificate from the Ontario Seniors' Secretariat. She was also given a free lifetime Milton transit pass. A

long-time Milton resident and former elementary teacher with the Halton Catholic District School Board, Petra certainly deserves the honour. In the article she was described as being a community leader, volunteer, philanthropist and athlete.

That statement is certainly true as she is a remarkable lady with very many achievements to her credit. Petra was a triathlon runner who has run in 56 marathons, including one in every state in the U.S. and she was a founding member of both the Milton Runners group and the Milton Ontario Women's Triathlon. Petra is behind pickle ball in



Petra Halk (centre-left), with Milton Mayor Gord Krantz (centre-right) and her pickle ball team as she accepts the 2015 Milton Senior of the Year award from the Ontario Seniors' Secretariat at the June 22 council meeting.

Milton as well. Six years ago, she arranged for grant subsidies to get the sport going. In fact, many of her pickle ballers were there to cheer her on when she won the award. Every Saturday, Petra leads a group of Urban Polers usually hiking on trails in the woods. Her group is called "Chicks with Sticks and Some Men."

In his presentation speech at the award ceremony Mayor Krantz stated, "Petra's dedication to sport and recreation has kept Miltonians moving, and I truly appreciate her passion and commitment." This is definitely reflected in the fact that Petra is the co-coordinator for the Ontario Senior Games Association, Halton District 21. The Winter Games are held in odd years and the Summer Games in even years. In the 2015 Winter Games Petra won Silver in the Mixed 65 Plus

(Archives.. continues on Page 13)

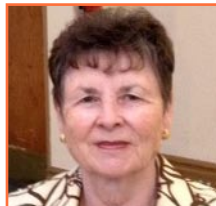
Visit us on the Internet at district15.rto-ero.org

Winter General Meeting Highlights

By **Moira Plexman**

Despite the winter's cold, we had a large turnout at our Winter Meeting held at the Burlington Convention Centre on February 17. At a brief business meeting, President **Carolyn Hilton** shared news from RTO/ERO provincial. Past President **Penny Hambly**, in her role as Nominations Committee Chair, encouraged member participation on committees and the executive. As Program Chair, I promoted the Spring Annual General meeting where bestselling author and humorist, **Terry Fallis** will be guest speaker. Grace was said by **Cecile Leach**.

After a lovely lunch, members were enthralled with the visual presentation of the adventures of **Jim** and **Sue Waddington**. Jim is a retired physics professor and Sue a retired nurse. The couple's combined interests in photography, orienteering, canoe camping and the landscape art of the Group of Seven spurred their curiosity to identify and photograph painting locations. Over the past 37 years, the Waddingtons have planned trips to painting sites and photographed over 500 places that were sketched or painted by Canada's most famous painters. The afternoon concluded with the couple signing copies of their beautiful and informative coffee table book **In the Footsteps of the Group of Seven** which was available for purchase. Photos by **Penny Hambly**, of some of those at the meeting follow.



(Winter Meeting...continues on Page 22)

Visit us on the Internet at district15.rto-ero.org

(Downsizing..continued from Page 19)

Many missions direct books to developing nations to stock local libraries. Is it time to move towards eBooks for future interests?

Furniture: Take the favourites. Where do you normally sit? What lamp is most special? Plan to take smaller items to your new home. Keep in mind that the pieces you keep should be multi-purposed to provide small storage requirements. A small dresser can be used as a TV stand.

Art and Pictures: These only take up wall space and are usually good memory anchors. Take as many of these treasures as you can. Mirrors also should be included to magnify perspectives in smaller spaces. Mirrors placed near windows often provide other views of the outdoors.

Keepsakes: These are important items to keep but set your limits to make sure that you have places to display them in your new home. They do not display well in a box under your bed!

Farewell Parties: This is a terrific way to say goodbye to your old home and to recall the good times that occurred there. This is a perfect opportunity for friends and family to offer services to help out....have your 'To Do' list ready!

This is Your Publication - Contribute to the Herald!

The next *Halton Herald* will be distributed in September, 2016.

- **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. The full version of longer articles will be published on the District web site.
- **Share a funny story** with our many readers.
- **Provide us with pictures** to share with our members.

Send your article or correspondence to,

Peter Gnish by e-mail: pgnish@gmail.com or by mail to

153 Fairleigh Ave. S. Hamilton ON L8M 2K4 or telephone: 905-547-1624

Deadline - July 15, 2016.

(Archives.. continued from Page 12)

Badminton Division and in the last Summer Games she won Gold in the 5 km Cycling Prediction, Bronze in Women's and Mixed 65 Plus Pickle Ball and then Gold again in the 65 Plus Swimming Prediction. Once more, congratulations Petra on an extremely deserving award. You are a special lady and an inspiration to all seniors. We at RTO/ERO District 15 are very proud of you!

In December, four of our members were featured in the Burlington Post. The Rotary Clubs of Burlington are committed to supporting those in need in the community. One of their most recent initiatives was to ask club members to redeem their grocery store awards cards and turn them into gift certificates. As a result the Burlington clubs were able to donate gift certificates and cash totalling \$1,055 to the Partnership West Food Bank which serves more than 3,000 families throughout the year, both at the food bank and in its support of several church sponsored dinners and lunches in Burlington. Pictured in the photo taking part in the presentation were our members **Joe Huston** (Rotary Club of Burlington), **Mary Gowan** and **John Love** (Partnership West Food Bank) and **Bryce Leggatt** (Rotary Club of Central Burlington). Kudos to you for volunteering your time to assist those in the community who are less fortunate!

For years **Evan Hoffman**, a deceased member of our District 15 RTO/ERO, collected newspaper articles, photos and anything else that had to do with the Halton Public School Board, and pasted everything into notebooks. He also kept photos of all the classes that he taught and of all the special events that took place in his schools. Evan spent 10 years before retiring working with Psychological Services as a teacher diagnostician. Many of our members might remember the names and the events that are recorded in the collection which I now have in our Archives. If you are interested in borrowing the collection, please let me know. My contact information is at the end of my report.

Now for the sad part of my article. **Grace Eledda May Hall** (nee Harris) passed away on Tuesday, November 24, 2015 at the age of 87. Grace and her late husband raised their children in Burlington, and then spent their early retirement years living at their cottage Woodycrest on Lake Scugog in Caesarea, Grace's "favourite place." Grace was a lifelong member of the United Church of Canada, first in Toronto where she met her husband, and since 1957, at Port Nelson United Church in Burlington. Teaching came naturally to Grace. She contributed her teaching and leadership skills in a myriad of ways. She inspired many five year

(Archives.. continues on Page 14)

(Archives.. continued from Page 13)

olds who began their education at Strathcona Public School in the 1970s. Her grandchildren will always remember Grandma for her bedtime stories, games of Scrabble and UNO, Winnie the Pooh, gardening and cups of tea. Our heartfelt condolences go out to her family for their loss but Grace will continue to live on in their loving memories of her.

Thank you to everyone who has contributed to our Archives' scrapbook these past 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.

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. In this context Advertising and Promotion includes signage, verbal presentations, handouts, distributed material and display table material. Publication of any advertisement by an outside group in the Halton Herald or other District 15 printed material, on the District web site or e-letter or at any District function or event does not constitute endorsement of the product or service by RTO/ERO Halton District 15.

IF YOU ARE MOVING or IF YOUR ADDRESS INFORMATION or YOUR E-MAIL INFORMATION IS INCORRECT

Contact Dianne Vezeau at the Provincial RTO/ERO office

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

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

or by e-mail at dvezeau@rto-ero.org

or Contact Claudia Stewart by telephone 905-331-5614

or by e-mail at stewartcj@me.com

Downsizing Tips

By Rose Ritchi (Organize Me Please)

With aging comes change. Physical/health conditions, financial realities, or even decisions to travel can determine changes in living arrangements. The move from large homes to smaller homes or even retirement residences is an emerging pattern. To 'Downsize' does not mean to compromise comfort and style. It should mean to 'Right Size' to suit new lifestyle requirements.

Tips to get you 'moving' in the right direction:

Remove ALL the Clutter: This helps you clarify what you really need to take to your new home. Move room by room armed with garbage bags and your blue bin.

Basement: Gather magazines, newspapers, plastic bags, empty boxes and glass jars. Shredding services can be used for saved income tax documents (beyond 6 years), insurance statements, etc. Many paper items can be scanned to computer files if you choose. 'Just in case' stored items can be donated as solutions for refugee needs. Abandoned kids' clutter can be prepared for 'Deadline kid pick up day'.

Kitchen: Check 'best before' dates and ½ used pasta packages and all the items at the back of cupboards and drawers. To Right Size can mean to keep only active items and to toss/donate the rest.

Closets: Statistics show that you only wear 20% of what you own. Smaller living spaces imply fewer/smaller closet/storage spaces. Buy some red coloured duct tape. For the next few months put regularly worn items back into the closet with tape on the hanger hook. In a short while, your experiment will tell you what can go to Goodwill, Value Village or your church to help refugees.

Kids Clutter: This becomes adult clutter in bedrooms and basements. Announce the deadline date for item pick up. Family furniture items can form part of this exercise. Tough love should comfort your disposal of what is not claimed. You are changing homes, not moving to a new storage unit.

Books: Books for education, cooking, entertainment, pleasure, art, etc. take up space and often just gather dust. What novel are you really going to read again?

(Downsizing.. continues on Page 20)

RTO/ERO District 15 Contact List**Executive 2015 – 2016**

Past President	Penny Hambly	905-639-6193
President	Carolyn Hilton	905-844-2984
1st Vice President	Moira Jane Plexman	905-845-1977
2nd Vice President	Claudia Stewart	905-331-5614
Secretary	Janet Carter-Wright	905-336-5328
Treasurer	Chub Baxter	905-643-3732
Member-at-Large	Jim Baker	905-639-1292

Committees

Archives	Judy Sloan	905-336-5538
Awards	Penny Hambly	905-639-6193
Book of Remembrance	Marina Lloyd	905-637-6030
Communications		
Website Coordinator	Jeannie Woodcroft	905-315-0581
E-Letter Coordinator	Jan Murdoch	289-271-9817
Newsletter Coordinator	Phyllis Kingsley	905-845-6911
Newsletter Editor: Peter Gnish - Design: Cate Roberts		905-547-1628
Editing: Pam Ahrens, Catherine Briggs, Phyllis Kingsley		
Proofreaders: Chub Baxter, Lynn Gapes, Eleanor McCulloch, George MacRae, Marilyn MacRae, Jordan Palmer and Ray Smith.		
Goodwill Chair	Marina Lloyd	905-637-6030
West Convenor	Ruth Roberts	905-634-9255
East Convenor	Warren McBurney	905-845-8219
North Convenor	Marg Megelink	905-877-7135
Out-of-Region Convenor	Peter Gnish	905-547-1628
Health Services	Colton Roberts	905-335-0027
Membership/Recruitment Chair	Claudia Stewart	905-331-5614
Committee Members:	Judy Sloan	
Pension	Jim Baker	905-639-1292
Political Advocacy	Sheila Bugala	905-878-8733
Committee Member:	Darcea Hiltz, Maureen O'Toole-Bujold	
Program	Moira Jane Plexman	905-845-1977
Committee Members:	Penny Hambly, Mary Lyons, Gail Reeves, and Roberte Rivard,	
Recreation	David Wright	905-639-5093
Committee Member:	Janet Carter-Wright	
Tours	Jan Murdoch	289-271-9817
Committee Members:	Jim Brownridge, Shirley Brownridge, Connie Goman, Darcea Hiltz, Susan Hoicka, Colton Roberts	

Calendar of Events: April to November 2016

- Apr 28 Breakfast at Sunnyside Grill, Appleby Square, Burlington. 9:00 a.m.
Contact Paul Durnan at 905-630-2285.
- May 19 Breakfast at Moe's Family Restaurant, 467 Speers Rd. Oakville.
9:00 a.m. Contact Paul Durnan at 905-630-2285.
- May 19 Drury Lane Theatre, 2269 New St., Burlington. Musical "*Company*."
8:00 p.m. Cost \$28.00. Contact Dave Wright at 905-639-5093 or
davidwright16@me.com
- May 26 Stratford Festival Musical "*A Chorus Line*." 2:00 p.m. Cost for
bus/ticket \$120.00. Contact Dave Wright at 905-639-5093 or
davidwright16@me.com
- June 21/22 Burlington Performing Arts Centre, Locust St., Burlington.
Burlington Footnotes, "*Gotta Sing, Gotta Dance*." Cost \$25.00
2:00 p.m. and 7:00 p.m. on June 21 and 2:00 p.m. on June 22.
Buy tickets online or at the box office: 905-681-6000.
- July 14 Burlington Performing Arts Centre, Locust St., Burlington. KooGle
Theatre Company. "*The 25th Annual Putnam County Spelling Bee*."
Performances at 7:30 p.m. on July 14, 15, 16, 21, 22 and 23 and
at 2:00 p.m. on July 17 and 24. Cost \$41.25. Buy tickets online or at
the box office at 905-681-6000 for senior discount.
- Oct 13 Niagara Sunset Cruises. Lunch Cruise, Niagara-on-the-Lake.
11:00 a.m. Cost \$ 54.95 plus tax. Contact Dave Wright at
905-639-5093 or davidwright16@me.com by Aug 1.
- Nov 3 Drury Lane Theatre, 2269 New St., Burlington. Musical "*Dirty, Rotten
Scoundrels*." 8:00 p.m. Cost \$28.00. Contact Dave Wright at
905-639-5093 or davidwright16@me.com by Sept 1.
- Nov 27 Clarkson Musical Theatre, Meadowvale Theatre, Montevideo Dr.,
Mississauga. Musical, "*All Shook Up*." Cost \$28.00. Contact
Dave Wright at 905-639-5093 or davidwright16@me.com by Aug 1.

You are invited to the...

RTO/ERO HALTON DISTRICT 15

Annual General Meeting & Lunch

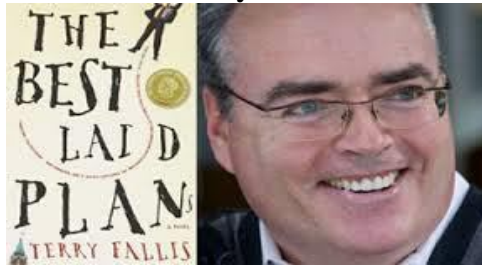
Thursday, May 5, 2016

Oakville Conference & Banquet Centre

2515 Wycroft Road (off Bronte Rd. just south of the QEW)

Oakville, Ontario, L6L 6P8

Guest Speaker: Author Terry Fallis



Terry Fallis is the author of five national bestsellers, including his latest, *Poles Apart*. He is a two time winner of the prestigious Stephen Leacock award. His first book, *The Best Laid Plans*, was made into a 6 part mini-series by the CBC. Books will be available for sale at the event.

.Cost: For lunch and entertainment

\$30.00 for RTO/ERO District 15 members

\$35.00 for guests/ non-member spouses

PROGRAM

Coffee / Tea:	9:30 a.m.
Business Meeting:	10:00-11:30 a.m.
Registration:	11:30 -noon
Lunch:	12 to 1:30 p.m
Entertainment:	1:30 p.m.

To attend please complete the registration form and mail with a cheque payable to RTO/ERO District 15. Deadline April 20

**Registration Form:
Wednesday, April 20, 2016**

Please Print:

Name: _____

Tel Number: _____ Member _____ Guest _____

Email: _____

Vegetarian meal is required _____ Food allergy _____

Name: _____

Tel Number: _____ Member _____ Guest _____

Email: _____

Vegetarian meal is required _____ Food allergy _____

**Enclosed is a cheque payable to: RTO/ERO District 15
in the amount of:**

**Send to: Mary Lyons,
2307 Humber Court,
Burlington, ON L7P 3C9
905-336-5744**