

# RO HALTON HERALD

District 15

April, 2018



*"Go confidently in the direction of your dreams. Live the life you imagined."*

*Henry Thoreau*



*Photo by Michelle Mackinnon*

# Inspired by...



## Music

Carl Hamilton - page 11



Keely

My Granddaughter  
Ann Milford - page 25



Men & Women of WWI  
and Amateur Radio  
Hugh McCully - page 40



Daily Life  
Paul Lightfoot - page 28



Nature  
Marilyn MacLennan  
- back cover page

## President's Report

By Claudia Stewart



I hope you enjoy reading about my New Year's Day adventure to the Tournament of Roses Parade to watch the fifth appearance of the Burlington Teen Tour Band. It was a once in a lifetime opportunity because we saw the floats being prepared two days prior to the parade and all the "off-stage" shenanigans that take place on the street prior to the parade reaching the space in front of our bleachers. It was very funny to watch Elvis in his white suit tossing the football around and the cleanup crews following the equestrian groups. They were really enjoying their moment in the spotlight and entertaining the spectators. It certainly was an occasion that brought back decades of memories of watching the parade on coloured television at my grandparents' house. 2018 was definitely the year to go because why wouldn't you go to cheer the Teen Tour Band on if you have the opportunity!

One of the little side trips we took was to the Richard Nixon Presidential Library where my friend, **Jackie Poppe**, wants you to know that I sat in the Oval office - the photo didn't turn out well but neither did the presidency! It was very interesting to view the history of Nixon in the era of the Trump presidency.

My term as RTO/ERO District 15 President will end in May and I wish to thank all the members with whom I've had contact and let you know it has been my pleasure and undoubted honour to serve in this capacity. Thank you most sincerely to the members of the Board of RTO/ERO District 15 for your support, guidance and the odd poke when I needed it! Past President and Foundation chair **Moiria Plexman** has been an enormous source of guidance and counsel over the last few years and I deeply appreciate her wisdom. Vice-president **Micki Clemens** has been a treasure in her support and encouragement over the past year to keep me in line and on track. Rest assured the organization could not be in better hands for the next year. Unfortunately, we have not been able to entice anyone to take on the role of 2nd vice-president but I do hope that a talented soul will step up to the plate to take on this position. We need members who can move into these positions and I trust that you will consider helping out.

Our Membership chair, **Marilyn MacLennan**, hosted our "wine and cheese"/information event on February 22nd for those considering retirement and membership in RTO/ERO. It was an opportunity to welcome and inform new members about the benefits of membership. We also have a Retirement Planning Workshop

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booked for October 2, 2018 so please help us by letting all your friends and former colleagues know so they can attend. Watch our website and the next Halton Herald for more details.

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Our Service To Others submission for this year is in support of Friends of Freeman Station. Ron Danielson, the President, spoke of the history of the station and the impact of railways in Burlington at our winter luncheon meeting on February 26th.

Time to celebrate our 50th anniversary and what better time and place than at the AGM? It will take place on May 7th at Rattlesnake Point Golf Club. It is one you will NOT want to miss as our local author, Linwood Barclay, husband of one of our retirees, will be our guest speaker and will help us celebrate the 50th anniversary of RTO/ERO with special treats and surprises. Look for **Micki Clemens'** Program Report and be sure to send your registration in as soon as possible so you won't be disappointed.

Please refer to the report of **Moira Plexman**, our Nominations Committee Chair to see the slate of officers for 2018-19 and the vacant positions. Help us to make this a robust board.

Please take a moment to read the proposed motions to change the RTO/ERO District 15 Constitution. As we will be voting on the changes at the Annual General Meeting on May 7, 2018, it is important that we report the changes to you prior to the meeting for your consideration. RTO/ERO will now be functioning under the Canada Not for Profit legislation which will allow us to make some significant changes to the structure and governance of our organization. More extensive revisions to our constitution will be coming in the next year or so.

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Please take a moment to read the proposed changes to the constitution for 2018.

### 1. Member Emeritus

Whereas District 15 wishes to recognize the role of an individual who has served our organization as a longstanding key member of the Executive and to honour his considerable contribution at both the local and the provincial level as President and Past-President, District 15 would like to establish a new position to denote his perpetual status on the board.

Be it resolved that the role of Member Emeritus be added to the list of Executive positions for District 15 and that Jim Baker be appointed to that role.

Moved **Claudia Stewart**                      Seconded **Carol Pashkievich**                      Passed

### 2. Proposed Constitutional Amendments

Whereas the Provincial Office has established the RTO/ERO Foundation, a registered Canadian charity that invests in innovative initiatives promoting healthy, active aging, and that there is a need for a person at the local level to proactively receive and share information on the work of the Foundation with members and other community organizations, District 15 moves to establish a new Board position.

Be it resolved that the role of Foundation Representative be added to the Board committee and that, in due course, this addition with related duties be reflected in the revised Constitution of RTO/ERO District 15.

Moved **Claudia Stewart**                      Seconded **Judy Sloan**                      Passed

## Welcome New RTO/ERO District 15 Members!!!

Our membership is now over 2700 people. Below are the names of retired teachers and other education staff who became members since January, 2018. Please welcome and invite them to join you at one of our activities.

Valerie Allan	Sitwat Ansari	Karen Bokor
Carlene Charlton	Alexandra Ciotti	Irina Constantinof
Katherine Daoust	Margareta Dianda	Kenneth Hensch
Jeffrey Hodgins	Margaret Louko	Susan Mace
Patricia Mateja	Thomas McCarthy	Suzanne O'Callaghan
Robert Reid	Gwendoline Roberts	Catherine Row
Anne Phillips	Valerie Stephens-Brockbank	

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## We Get Letters, E-mails & Calls

By Peter Gnish



Since Christmas my inbox has been busy with messages coming in from many of you - how good is that as I can share these with you.

Quite a number of them were in response to the Seasons Greetings letter that I send out to members who now live outside of Halton. Here is a sampling of what they had to say.

**Ruby Jacob** sent a message to say “Just received your Season’s Greetings and want to say Thank You and to wish you a Happy 2018. I retired from W H Morden 12 years ago and have been wintering in Fort Myers not too far from where you are. We are blessed to be able to do so.”

**Dave Phillips** wrote “Just a short note to thank you for another wonderful Xmas message. I look forward to your timely and thought-provoking missives each year. As the oldest of the Phillips clan, I send out like messages to my siblings/children/friends at various marker events during the year, Christmas obviously being one of them.”

**Judy Rose** said “Your Christmas letter to those outside of Halton also comes to me as I live in Guelph and I really appreciate receiving it from you every year.” Judy has just volunteered for our Goodwill Committee and joins **Sue Spencer** as one of the convenors for North Halton - thank you Judy.

**Barb Stokl** also wrote “Thank you very much for your wonderful letter of goodness and Friendship to our District 15 RTO Members. It was a beautiful message...much appreciated and with sincere gratitude.” Barb notes that has been “retired now 3 1/2 years and Loving it.” She closes with “P.S. I must share that I truly Loved Teaching, Retirement is even better and being a Gramma is The Best in the whole wide world!!!”

**Mary Taylor** sent a “Thank You” as well for the special Christmas mailing.

### AND

I received a number of e-mails from other members who wrote to update what they are now doing and how things are with them at this stage in their lives. Read the details on the next page.

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**Cindy Durdan** wrote to say that they love reading this section of the Herald so she decided to contribute. "Last summer, my husband (John) and I left Burlington after 47 wonderful years and headed south to Niagara- on-the-Lake. We have built a wonderful bungalow in The Village, just across from Stratus Winery (not a bad location!) We have settled in beautifully and are finding this a real haven for retirees. There are many, many exciting activities to enjoy and stay active. We have already joined Newcomers, The Social Club , Jackson Triggs wine Club (of course) and the excellent Recreation Center and have seasons tickets for The Shaw. We can find a group or a friend to be engaged with any day of the week.

Our two daughters and their families are nearby in Burlington and Grimsby and keep us busy with Gramma and Gramps duties as well as hockey tournaments and family outings. We still make regular trips down the QE to Burlington but are finding many requests for bookings of our guest bedroom here. We look forward to sharing this little paradise with many friends, new and long-time."

**Lynn Gapes** began by saying what a wonderful tool Facebook is to keep in touch with friends and even family. "My family now consists of my sister-in-law, Sally, and a plethora of nieces, nephews, great and great, great nieces and nephews. I love being able to see photos of these children who are our future.

I was with Wade in Chicoutimi for Christmas and wish that both boys could have been with me again this year, as last. Ryan is truly a doting father and loving husband...*he has such* a beautiful little daughter. My other grandkids are now fully grown. Jonah turned 19 on the 28th and Taia will be 16 on the 19th of this month. I have another birthday on Sunday and ...am now closer to 80 than 70. Where do the years go?"

**Ed Kirkpatrick** sent a photo along with a message: "Shirley & I are keeping well & active in the Arboretum senior village in Guelph. I still enjoy skiing at Blue Mtn. Last March I had a fantastic trip with my daughter to Chamonix, France. It was 35 years ago that I chaperoned Burlington students to the same location."



**Janet Plens** sent an e-mail to say that she "retired from the HDSB 4 years ago where I was teaching at M. M. Robinson High School since 1979. I also taught

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at BCHS from 1971 to 1975. Although I meet with the retired female teachers from MMR almost monthly and the MMR retired staff at Xmas, I confess that I have not attended the Annual General Meetings or other events promoted in the Halton Herald. This is in part because we live in Mississauga and have a cottage for the summer months.



I read your article in the Halton Herald with interest and was surprised that more people have not contributed pictures or articles. I am guilty of not contributing. I enjoy reading about other peoples' adventures. My husband, Joe, and I have been travelling extensively since we retired.

For 6 weeks this winter Joe and I are returning to Yelapa, Mexico, a remote indigenous village south of Puerto Vallarta. We stayed for 4 1/2 weeks last year. We reach Yelapa by way of a 45 minute boat ride along the coast. The village is remote, tranquil and almost Bohemian in life style. There are no roads, no cars, only a couple of street lights and mules and horses are used to bring in food and building supplies. ATVs are becoming popular for some of the locals to carry supplies up and down the river or on the village's pathways. No foreigners are allowed to own property other than the indigenous people and that includes Mexicans. There is a school up the river which some of the tourists, who winter in Yelapa, volunteer.

We will be staying in a 2-story casita this time, overlooking the ocean with a Swiss Family Robinson feel to the place. You can tell that we are quite excited by the village. One can go to [yelapafun.com](http://yelapafun.com) and look for Casa Luna to see the casita we have rented. They describe it as deluxe camping so it isn't for everyone. We love it and my husband gets to play drums some evenings at the local restaurants.

We are interested in special places, like the one I described, that we might find through fellow retirees. Is there a forum/place where HDSB teachers can exchange vacation property information? We have a cottage in the Muskokas and would like to know about places to stay that fellow teachers are willing to rent to us or perhaps do an exchange."

**Richard Szymczyk** wrote to say that he enjoys reading the Herald and has very fond memories of his experience in Halton. He attended the 50th anniversary Reunion and new 'Outdoor' Science Centre at Falgarwood School last June (orga-

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nized by Principal Sylvia Dodds) where he met several former staff and students from his 7 years there. He went on to say, "Since leaving Halton in '82, I've continued to be active and involved in a wide variety of opportunities and challenges, ranging from experience in Lanark, seconded with the Ministry of Education in Ottawa and Toronto for special projects, on 'retiring' from education and returning to my roots, member of the Burlington Committee of Adjustment, working with the Malton Sikh School community, (sent to the Punjab too!), chairing the Halton Police Services Board, and a few years ago, moving from Burlington's gridlock and hi-rises, building my home in a woodlot in the Rolling Hills of Northumberland County. Former Rotarian, still involved in the Masonic lodge, and very active as member of the Alnwick/Haldimand Township Police Services Board among other opportunities to serve the community..

On a sombre note, I'm saddened to see the names of former friends, colleagues and mentors in the Book of Remembrance, many of whom had, and still have, a tremendous influence on my various professional careers and personal life..

Health-wise, after overcoming a bit of a blip with a key "pump-organ" about 10 years ago, thanks to some of the finest medical professionals I was privileged to encounter, I'm in great shape..Walking the 15 acre woodlot, using my tractor to dig a little hole in the ground, filling it with plants, repeating over and over... Life is Good!

I have travelled to Europe many times - mostly to Poland and Italy, thanks to a life-long career (from about 6 years old) with the accordion, as a performer, teacher and operating a service centre. Courtesy of the company, spent many weeks at the Excelsior factory in Castelfidardo, Italy learning the secrets of building, tuning and servicing hi-end instruments. (Excelsiors were considered the "Steinways" and Strads of accordions). Still have my 1954 Symphony Grand Excelsior - and I used to organize concerts for Italian professional and several local accordionists for several years in the Toronto/Hamilton/Cambridge area, acted as MC for the Toronto Mandolin Orchestra - just to keep occupied and my hand in music...

Some of my friends have wondered why so many different careers. I blame Burlington High School (now Central) math teacher Cliff Eastman and Guidance counsellor ... (1947-52). Learned the concept of "Infinity" in math class. When meeting with Guidance, shown the list of vocational/professional possibilities, and told, "Combine them both and you'll find an infinite number of possibilities

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in life!” Plus - “Hard to Hit a Moving Target” really helped at times..... Did it and Doing it!! Apologies for ranting on, but give me a keyboard - language or music, and I'll use it fully....

I have pleasant memories of...an unbeatable Lawless - Singleton- Lavender - Beaver Era!! When Education, Leadership, Highest Standards and Expectations were priorities for success and service to students, parents and community.”

**Margaret Small** sent me an e-mail to say that her husband Phil Small has recently published a collection of memoirs, letters to friends, philosophical musings, etc. and likes doing public readings from his book “*On the Way to Here: Reflections on Things that Matter.*” Anyone interested can find information on the book or she can send some samples of the writing (905-635-9346). “An hour or so at a gathering would be wonderful.”

**David Wright** wrote to Nanci Wakeman and me to say that he “marvels at the quality of the issues you guys put out...they are collectors’ items: a history of District 15. I have to sincerely thank you, Nanci, for encouraging me to reminisce. I wasn’t going to put in a report but now very glad that you changed my mind. Your editors cleaned it up and it came out exactly how I would have liked it. Know that I will miss my contact with the board but will stay in touch.”

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## 10 Essential Health Tips For Seniors

From [www.parentgiving.com](http://www.parentgiving.com)

1. Quit smoking. Smoking kills by causing cancer, strokes and heart failure.
2. Keep active. Do something to keep fit each day.
3. Eat well. Eat nutritious foods in the right amounts to stay healthy.
4. Maintain a healthy weight. Extra weight increases your risk for heart disease, diabetes and high blood pressure.
5. Prevent falls. Prevent falls and injury by removing loose carpet or throw rugs. Use night-lights in hallways and bathrooms. Wear shoes with good support.
6. Stay up-to-date on immunizations and other health screenings. Use doctor visits to discuss which preventative screenings and vaccinations are due.
7. Prevent skin cancer. Too much sun and ultraviolet rays can cause skin cancer.
8. Get regular dental, vision and hearing checkups.
9. Manage stress. Try exercise, relaxation techniques, yoga. Make time for friends and social contacts and fun.
10. Fan the flame. When it comes to sexual intimacy and aging, age is no reason to limit your sexual enjoyment

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## Carl Hamilton-A Life In Music

By Marina Lloyd



If you live in or around Burlington, you are fortunate indeed, for you have the opportunity of spending an evening listening to big band music presented by *Sophisticated Swing*. On April 6, at East Plains United Church, the band will provide the audience with **Magical Musical Memories** (for tickets call Mary at 905-632-8127). Can't make that show? Not to worry. On the evening of April 28, at Burlington East Presbyterian Church on Walkers Line, these musicians will prove that The Big Band Is Not Dead Yet - It Is Alive And Well In Burlington (for tickets - call church office @ 905-637-5155).

The leader of the band, **Carl Hamilton**, is one of us - an educator with 33 years experience. Mention his name to a retired teacher and what word comes to mind?? Ukulele! From 1975 when he went to Tuck School as Vice-Principal and in the next six schools until he retired from Pineview in 1998, Carl taught students how to play this instrument. In his first 10 years as teacher and vice-principal he taught music, conducted choirs, recorder groups and guitar groups. He accompanied his choirs with both the guitar and the piano.



We understand that language and music learning are activated on opposite sides of the brain. Both sides of Carl's brain have been equally active since his childhood in Barrie. Not only was he a Regional Spelling Bee champion in Grade 8, he earned his Gr. 8 Piano Certificate from the Toronto Royal Conservatory of Music while still in elementary school. On to Barrie Collegiate and he was "head boy" in Gr. 12 and played trombone in the Barrie Collegiate Band for 5 years, earning his Gr. 8 Trombone Certificate from the Royal Conservatory. Carl celebrated his 15th birthday as the band was flying home from Amsterdam to Montreal, having completed a European Tour. In June, 1959, the young musicians from Barrie played on The Barge on Gull Lake in Gravenhurst, while on a hill above the Lake, Queen Elizabeth and Prince Philip watched and listened from the Royal platform in front of their train.

Carl received his teaching certificate from Hamilton Teachers College in 1964. Over the next 22 years he earned a BA from McMaster, a B.Ed. from U of T and

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an M.Ed. from Brock University. Students in 11 schools in Halton were fortunate to gain their musical knowledge under his tutelage. Even though he was principal of 5 of these schools, Carl still made the time to bring music to the classrooms.

After he retired from Pineview in Georgetown in June, 1998, Carl's friends and associates knew that he planned to head for the golf course so they provided him with a set of beautiful clubs. But best-laid plans... In September, he met Tom Harrower who invited Carl to bring his trombone (he plays that too!) and check out Tom's Royal Hamilton Light Infantry Band. Six months and 10 musical groups later, Carl established his own band, *Sophisticated Swing*. Working with *Sophisticated Swing* ([www.sophisticatedswing.net](http://www.sophisticatedswing.net)) has been Carl's focus and passion for 19 years and the golf clubs are still in the basement! His wife Beatrice has been a constant support, managing the band, serving as band photographer, and acting as housemother to the musicians.

He and Beatrice have two sons. Chris lives in Lion's Head on the Bruce Peninsula and Marshall is in Halifax. The couple have 4 granddaughters and a beautiful 2-year old great-granddaughter, Lily. In one of the photos of Lily that Carl carries with him wherever he goes, she is playing on a keyboard. Which instrument will she choose when she's a little older - the piano, the trombone, the ukulele, the guitar or all four? Or, will she pick up Great-Grandpa's baton and like him, become the Leader of the Band?!

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## Membership Committee Report

By Marilyn MacLennan



Our membership continues to grow. RTO/ERO provided another window of opportunity which ended March 31 for people enrolled in other insurance plans to switch to RTO/ERO. On February 22, District 15 held a successful Wine and Cheese information session for those planning on retiring in 2018. This is a helpful way for prospective members to gather information, ask questions and meet District 15 board members. Participants included teachers, superintendents, principals, and office personnel. On October 2, 2018 we will be offering a Retirement Planning Workshop for educational workers planning to retire in the next five years. The October 2017 RPW was well attended and well received. Please let your friends who may be retiring know about this opportunity.

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## Health Services Committee Report

By Colton Roberts



As of this writing, there are two spring events being planned for RTO/ERO District 15 members by your Health Committee. The workshop, *“How to Thrive Well in Your Retirement”* will occur on April 17th. This promises to be a great opportunity to learn from the experts about how to achieve balance in your life as a retiree. I am looking forward to thoughts on managing my energy to free up more time. This workshop will provide insight whether you are a long-time member of RTO/ERO or newly retired. This is the first Wellness initiative of the committee in several years. We are very interested in hearing about ideas that you would like to see us pursue for future topics of interest to you.

Once again, we are co-operating with District 13 to present a joint seminar for those of our members who wish to understand their health plan better. This workshop is to be held at the Polish Hall in Burlington on May 17th. See details about this workshop elsewhere in this Herald. This workshop has been well received in the past by our members. If you are considering attending this event, this is your opportunity to attend it in Halton. On October 16th, Hamilton will host the event on Hamilton ‘mountain’.

By all accounts the open-enrolment plan that closes in March 2018 has been quite successful. If you know anyone who is nearing retirement, please encourage him/her to strongly consider the RTO/ERO Health Plan. Potential joiners are welcome to view the provincial website or contact **Marilyn MacLennan** or me for further clarification of the plan or if they wish to compare the benefits of our plan with those of other health plans.

On June 3rd and 4th, **Paul Harper** and I expect to attend the annual provincial meeting for District Health Representatives. This is an opportunity to bring forward ideas for in-service and to present concerns of our members in District 15. Should you have something that you would like us to bring to that meeting for discussion, please contact me.

### Keeping the Peace

I asked my grampa, “after 65 years you still call grandma darling, beautiful, and honey. What’s the secret?”

Grampa: “I forgot her name five years ago and I’m scared to ask her.”



# Health Seminar

## For RTO/ERO Health Plan Members

**Date:** Thursday May 17, 2018 10a.m. – 2 p.m.

**Cost:** \$ 25 for our members which includes an early-morning snack and excellent lunch

**Location:** Polish Hall, Burlington  
2316 Fairview Street, Burlington

**Speaker:** Stephen Wong

For all travelers, the RTO/ERO Health Seminar is a must!

Discussion items include:  
Plan Specialties, Best Doctors, Venngo,  
Stability clause – everything you need to know.  
What makes our plan the best!

Please forward your questions for the presentation to Colton

**Contact:** Colton Roberts - District 15 Health Representative  
(Please use e-mail if possible )  
coltonroberts328@gmail.com  
or  
call 905-335-0027

**Please provide the following information:**

- your first and last name, e-mail address and telephone number
- dietary restrictions, if any
- the last 4 digits of your RTO Plan health card number

This workshop is being sponsored jointly by Halton District 15 and Hamilton District 13.

**\*\*\* Please register by May 7th, 2018**

## Program Committee Report

By Micki Clemens



### WINTER WONDERLAND – FEBRUARY 26, 2018

It was an exciting and entertaining afternoon for all those who attended the second luncheon and meeting event of the season. In a blue, white, and silver themed room, sparkling with frosted trees, tiny glass reindeer, and royal blue candle holders, sixty-five of our members enjoyed key updates on RTO/ERO business from President **Claudia Stewart**. The warming lunch consisted of crusty rolls, cream of mushroom soup, Caesar salad, roasted Ontario pork loin with seasonal vegetables, and a trio of Italian gelato in a chocolate tulip cup for dessert.

The guest speaker, Ron Danielson, President of the Friends of Freeman Station, presented a history of the station in the village of Freeman (now Burlington), and the current campaign to restore the station to its full glory. His talk, enhanced by a slide presentation contributed marvelous visual highlights of the station itself and the important preservation work now underway at this historical building.

RTO/ERO District 15 presented a gift of wine to Ron Danielson with many thanks for his educational presentation. Our door prizes included the elegant winter centerpieces, RTO/ERO 50th anniversary items, and handsome Freeman Station ceramic mugs filled with silver Hershey chocolates!



Here are some of the RTO/ERO Board and Committee members with Ron Danielson after his engaging and entertaining speech. Photo credit: Marilyn McLennan

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Do you recognize any of the members in these photos who attended this event on February 26th? Why not plan to attend the Annual General Meeting on May 7th. See the details that follow and how to register.



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(Program...continued from Page 16)



**OUR ANNUAL MEETING!  
RESERVE NOW  
FOR THIS CELEBRATION OF RTO/ERO'S 50TH ANNIVERSARY**

**SPRING STREAMERS! – MONDAY, MAY 7, 2018  
LUNCHEON AND ANNUAL MEETING**

With spring in gorgeous flower, take a country drive to the Rattlesnake Point Golf and Country Club for the Annual Meeting and a splendid lunch in a gorgeous natural setting. Special celebration activities are being planned for this occasion to honour the 50th anniversary of RTO/ERO in Ontario.

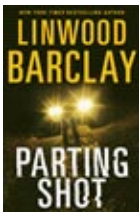
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**Please refer to the Registration Flyer in the middle of this publication to sign up now and reserve your spot!** You won't want to miss this event! We anticipate a sold out crowd for our guest presenter! LINWOOD BARCLAY, will speak about his life and career as a journalist and then his second career as an internationally renowned mystery writer.

This luncheon meeting will be a special BOOK and TICKET event and is being subsidized by District 15 as part of our 50th anniversary celebrations. Along with your LUNCH, you will be offered a choice of ONE BOOK. You will be asked to choose EITHER his latest Adult Mystery thriller, *Parting Shot*, in trade paperback OR his first Young Adult thriller, *Chase*, in trade paperback. Linwood has promised to sign your copies of these books. In addition, Ian Elliott from THE DIFFERENT DRUMMER bookstore in Burlington will provide a book table stocked with lots more of Barclay's mystery titles for those who wish to pick up further entertaining summer reading!!!



When a young girl from Promise Falls is killed by a drunk driver, the community wants answers. It doesn't matter that the accused is a kid himself; all they see is that he took a life and got an easy sentence. As pack mentality kicks in and social media outrage builds, vicious threats are made against the boy and his family.

When Cal Weaver is called in to investigate, he finds himself caught up in a cold-blooded revenge plot. Someone in the town is threatening to put right some wrongs.... And in Cal's experience, it's only ever a matter of time before threats turn into action.



In Barclay's first novel for 9-12 year olds, Chipper is a very special dog. As part of a top-secret, multi-million dollar experiment to create the ultimate canine spy technology, Chipper's whole life has been spent within the walls of a secret organization known as The Institute. Chipper is supposed to be more machine than mutt, but something's wrong and The Institute knows it. He's about to be terminated.

Across the state, twelve-year-old orphan Jeff Conway is working all hours at his Aunt Flo's lakeside cabin business. He misses his parents, his old life, and the dog he had to leave behind. When Chipper escapes and Jeff finds himself part of the chase, The Institute's most ruthless agent is hot on their tail and he wants Chipper dead!!!

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## Here's To Friendship

By Lynn Gapes

*Friendship is the hardest thing in the world to explain. It's not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything.* – Muhammad Ali

Every once in a while something moves me to express my thoughts in words. They are never words that one would expect to be published, nor words that may mean a lot to anyone other than myself, but I do so anyway. Peter Gnish's "*Season's Greetings*" letter to those of us who no longer live in the Halton region, has moved me to share my thoughts.

I cannot imagine my life without friends! I am now closer to my 80th year than to my 70th and I have two people in my life who became friends in Grade 3. We still care deeply for each other. Although we live in three different communities many kilometres apart, we still manage to see each other as often as possible and communicate regularly. Surely, many who read this will have similar lifelong friendships. But these are not the only friends in our lives. We all have friendships that started in our elementary, secondary, or university years. Others were formed with teaching colleagues. Some are with parents of friends that our children made. Even more may have come from a committee, a church, a neighbourhood, a team sport, an interest class. I could go on and on as to where we have turned a previously unknown person into a friend. The point is we all have - and we all need FRIENDS! At least, I believe we do.

Reading Peter's letter reiterated how important my Halton friends still are to me. I do make the gruelling two and one half hour drive along 401 around Toronto every few months. (To be entirely truthful, I bite the bullet even more often and pay the exorbitant 407 toll charges.) The reason is almost always to reconnect with my friends. Invitations to visit, share a meal and/or a glass of wine, watch grandchildren taking part in some sport or other, sleep over, and even to sing Christmas carols come to me more often than I am able to accept. So yes, Peter, "the friendship connections you had" are being maintained. And, I am sure by more than just this Halton District 15 RTO/ERO member. Thanks for reminding us how important all friends are to us – past, present, and of course, future. We should never grow too old to make new friends while cherishing our old ones.

*Friendship consists in forgetting what one gives and remembering what one receives.* – Alexander Dumas

**RTO/ERO District 15 Contact List****Executive 2017 – 2018**

Past President	Moira Jane Plexman	905-845-1977
President	Claudia Stewart	905-331-5614
1st Vice President	Micki Clemens	905-847-2452
2nd Vice President	TBA	
Secretary	Barbara Borthwick	905-332-0611
Treasurer	Carol Pashkievich	905-827-4509
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	Nanci Wakeman	905-823-2564
Newsletter Editor: Peter Gnish - Design: Cate Roberts		905-547-1628
Editing: Pam Ahrens, Catherine Briggs, Nanci Wakeman		
Proofreaders: George MacRae, Marilyn MacRae, Eleanor McCulloch, Jordan Palmer, Ray Smith and Nanci Wakeman		
Goodwill Chair	Marina Lloyd	905-637-6030
West Convenor	Ruth Roberts	905-634-9255
East Convenor	Warren McBurney	905-845-8219
North Convenors	Judy Rose	519-821-6766
	& Susan Spencer	519-856-2049
Out-of-Region Convenor	Peter Gnish	905-547-1628
Health Services	Colton Roberts	905-335-0027
Committee Members	Paul Harper	
Membership/Recruitment Chair	Marilyn MacLennan	905-631-6058
Committee Members:	Judy Sloan, Claudia Stewart	
Pension	Jim Baker	905-639-1292
Political Advocacy	TBA	
Committee Member:	Darcea Hiltz, Maureen O'Toole-Bujold	
Program	Micki Clemens	905-847-2452
Committee Members:	Paul Harper, Lynda Kozak, Mary Lyons, Moira Plexman, Claudia Stewart, Carolyn Hilton, Colton Roberts,	
Recreation	TBA	
Tours	Jan Murdoch	289-271-9817
Committee Members:	Joy Bennett, Barb Borthwick, Maureen Downey, Susan Hoika, Marji Peglar, Vera Teophil, Jeannie Woodcroft	

## Chair Exercises for Seniors

From [www.vivehealth.com](http://www.vivehealth.com)

A seated workout encompasses far more than mobility movements. Chair based exercises will develop your cardio fitness, muscular strength, and flexibility. Here are 3 more of the best chair exercises for seniors - continued from the last issue.

### 1. Shoulder Rolls

Sit tall with your feet flat on the ground. Shrug your shoulders up toward your ears, and slowly rotate your shoulders in a circle—back, down, forward, and back to the top. When you reach the top, reverse the movement. Roll your shoulders forward, down, back, and to the top again. Perform ten repetitions in each direction, for a total of twenty reps..

### 2. Toe Taps

Sit up straight with your feet flat on the ground. Bend your toes toward the ceiling and back to the floor. Sit on the edge of your seat with your legs straight. Keep your heels on the ground as you bend your toes upward and then back down. Perform eight to ten repetitions to strengthen your calves and the muscles running alongside your shins.

### 3. Knee Lifts

Sit up straight with your feet flat. Slowly lift your right knee toward your chest, and then lower your foot back to the floor. Repeat with your left leg. Perform ten repetitions per leg, for a total of twenty reps. For an added challenge, pause for a five-count at the top of the movement.

These are only 3 of 16 chair exercises that you can find on [www.vivehealth.com](http://www.vivehealth.com). More next issue.



## Book of Remembrance

*We remember with fondness*

Mildred Bolton  
Ruth Davies  
Carol Elson  
Mabel Hunt  
Evelyn Pickett  
Norma Sharratt

William Capel  
Robert Deamude  
Maurice Harvey  
James McDougall  
Donald Rosser  
Michael Sokovnin

Carolynn Cooper  
June Doberthien  
Marian Headley  
Jean Mitchell  
Gene Sale  
Marion Wilson-Lindars

**YOU ARE INVITED...  
TO OUR SPRING STREAMERS!!**

**RTO/ERO DISTRICT 15  
Spring Annual Meeting & Luncheon  
Monday, May 7, 2018  
Rattlesnake Point Golf and Country Club  
Oakville, Ontario**



**Our GUEST SPEAKER will be LINWOOD BARCLAY, former *Toronto Star* columnist and now internationally known bestselling author of mysteries and thrillers. Mentored by Margaret Laurence and Ross Macdonald and a leading member of Crime Writers of Canada!**

**SPECIAL BOOK AND TICKET EVENT:  
\$40.00 for RTO District 15 members  
\$45.00 for guests/non-members/spouses**

**Coffee /Social Time: 9:30 a.m.  
Annual Meeting: 10:00 -11:30 a.m.  
Registration for Lunch: 12:00 Noon - Speaker to follow  
Cash Bar will be available.**

**RTO/ERO SPRING STREAMERS!! MAY 7, 2018**  
**REGISTRATION FORM - PLEASE PRINT**

Name: \_\_\_\_\_

Tel.#: \_\_\_\_\_ Member : \_\_\_\_\_

Email: \_\_\_\_\_

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

BOOK - *Parting Shot*: \_\_\_\_\_ OR *Chase*: \_\_\_\_\_  
(ADULT) (YOUNG ADULT)

Guest Name: \_\_\_\_\_

Tel #: \_\_\_\_\_ Member : \_\_\_\_\_

Email: \_\_\_\_\_

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

BOOK - *Parting Shot*: \_\_\_\_\_ OR *Chase*: \_\_\_\_\_  
(ADULT) (YOUNG ADULT)

Enclosed is a cheque payable to:  
RTO/ERO District 15

in the amount of .....

Please forward by mail by **APRIL 9, 2018** to:  
Lynda Kozak  
491 Underwood Drive  
Oakville, ON L6L 5P1

## Contribute to the Herald!

The next *Halton Herald* will be distributed in September, 2018.

- **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 website.

- **Share a funny story** with our many readers.
- **Provide us with pictures** to share with our members.

Send your article or correspondence to the Newsletter Coordinator,  
Nanci Wakeman by e-mail: [nanci.wakeman@gmail.com](mailto:nanci.wakeman@gmail.com) or  
by mail to 1393 Clarkson Rd. N., Mississauga, ON, L5J 2W6 or  
Phone: 905-823-2564. Deadline - July 15, 2018.

## CHANGE IN CONTACT INFORMATION

- If you are moving OR
- If your mailing address has been changed or is incorrect OR
- If your e-mail or phone number has changed or is incorrect

**You need to let RTO/ERO know in one of the following ways:**

- E-mail RTO/ERO provincial at [membership@rto-ero.org](mailto:membership@rto-ero.org)
- Phone RTO/ERO provincial 1-800-361-9888
- Contact Marilyn MacLennan (District 15) with the change [maclennanred@sympatico.ca](mailto:maclennanred@sympatico.ca)
- Use the contact form on the District 15 website – choose Membership

**You will need your RTO/ERO membership number when contacting the province.**

## 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 website 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.



## A Week With My Granddaughter

By Ann Milford

How exciting would it be to spend a week with an eight-year old granddaughter? I was looking forward to lots of games, bedtime stories, movies and her favourite—a shopping trip to the mall. Keely is a bubbly, energetic little girl who radiates a zest for life and brightens the lives of anyone around her. Keely also has Type 1 Diabetes. As her grandmother, I was fairly confident in the management of her diabetes; however, two days before her parents were scheduled to leave for a conference, Keely became ill. Illness in a diabetic child is a nightmare, so her parents postponed leaving until she was showing signs of recovery. I took over her care knowing support from my son and daughter-in-law was as close as my iPhone.

Keely wears an insulin pump attached to her abdomen which is programmed to dispense insulin at a steady rate over the day (Basal rate). Whenever she eats, additional insulin is given (called a bolus) to counteract the amount of carbs. She is also fitted with a sensor on her upper arm which reads her blood glucose (BG) every 5-6 minutes. The sensor sends her blood glucose number to her cell phone which in turn transmits this information to an app on her parents' phones and to my cell phone as well. The goal is to keep blood glucose between 5-10. If below 4, immediate treatment with a fast acting carb is required. Anything over 13 is considered high and may need extra insulin. Our phones will sound an alarm when low or high readings occur.



With diabetes, illness causes blood glucose to rise to completely unacceptable levels and ketones (a chemical substance that the body makes when it does not have enough insulin in the blood) may be present even when able to keep the blood glucose within range so extra insulin needs to be given. This is known as a correction. My immediate task was to get rid of ketones and by evening she was clear. (High levels of ketones if left untreated can lead to ketoacidosis which is potentially life threatening.)

Keely had so many finger pokes while ill that the first night I went to finger test, the dear child hid her fingers beneath her while sound asleep. A challenge but

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(A Week with Granddaughter...continued from Page 25)

I managed to get a reading and once again, her blood sugar had risen requiring repeated corrections overnight and by morning her urine again had a trace of ketones. That is how the weekend went: finger test, keep watch on the blood glucose numbers, administer extra insulin, do ketone test—repeat at irregular intervals regardless of the time! Yes, that meant little sleep at night-- setting and resetting the alarm for two hour intervals.

By Monday morning, Keely was feeling better and her numbers were stable so I thought, "I have this totally under control!" Shortly after, her sensor stopped sending data. We reset the sensor and have to wait two hours before the data will resume. We do a finger test for lunch and WHAM—her blood glucose has jumped to 17.1! Maybe tomorrow she will be well enough to go to school. Today will be a recovery day so we play Uno and Monopoly.

On Tuesday, things are somewhat routine. But on Wednesday afternoon, I notice Keely is having a low, so I send a message to her teacher. The response comes back immediately. She is aware and is treating it but within minutes her teacher is worried that Keely's number has dropped to 2. On my advice, she gives more juice and the numbers stabilize.

Thursday, I think I can worry less while grocery shopping since Keely seems to be having a good day at school. While shopping, I notice Keely's BG number has two downward arrows which means she is dropping fast so I text her to quickly eat a snack but there is no response. I message the teacher who replies that a snack is being given as well as some juice and so a low has been avoided. Within the hour, she has another low which the teacher manages and so I head to the school. I give her more long acting carbs to keep her at a comfortable BG reading.

Thursday night, I tuck her into bed at a steady 11.9 and since she did not want a bedtime snack, we think she might drop slightly through the night. SURPRISE, an hour after putting her to bed her BG has climbed to 17.8 so I bolus a correction. At midnight, just as I have fallen asleep a message from my daughter-in-law wakes me to finger test and do another correction since Keely's BG has plateaued at 16.0 and then I do this again twice more before morning.

Often after an illness, adjustments still need to be made. Daytime lows and nighttime highs seemed to be a pattern, so Friday, we bolus less than the required amount to keep her from having any more lows. We have a great day but that evening, her BG numbers rise again so another night of little sleep and adminis-

(A Week with Granddaughter...continues on Page 27)

(A Week with Granddaughter...continued from Page 26)

tering extra insulin. We have used so much extra insulin this week that at 3:00 a.m. the pump warns there are only five units remaining in the reservoir - barely enough to get through to breakfast. First thing in the morning, my son Facetimes us and walks us through the steps of changing the insulin reservoir since this was something I had not yet mastered. Keely followed his instructions like a pro! I am impressed and relieved that it went so well.

That afternoon, we visit our friend Natali whose daughter is also diabetic. While Keely's parents have been away, Natali has been doing the site changes (where the hose from the pump is inserted into the body). All goes well and we go to Dollarama on our way home. Keely is in her element. We snack on an apple as soon as we get home and a couple of hours later, I realize her blood sugar is rising and rising. It becomes evident that this site change is a problem so after many tears and a little bribing we head off to Natali's in a snow storm to redo the site change. By the time we get there, Keely's BG is at 24. Frightening to me but as soon the site change is redone and the pump programmed, the insulin will begin to correct and we see it start to drop in a relatively short time. We watch carefully now and notice that the drop is not slowing down so we have movie night with a snack and stay up till 11:00 p.m. Hoping the drop will soon even out, I catnap checking her numbers on my phone every half hour. By 3 a.m. her number was still dropping and coming close to a low. When I tried to give her some juice, she rolled away screaming, "I don't want juice, I don't want honey. I just want to sleep!" That of course broke my heart. After a short wait she did agree to eat a few cookies. However, an hour later another drop occurred and this time she was very willing to take a drink of juice. All this while, my daughter-in-law is messaging back and forth with me and at this point she sent step by step instructions to lower the basal insulin rate. Something else I had never done before. There were as many as 75 messages about Keely's care between myself and my daughter-in-law on some days.

Fortunately, the next two days were by comparison relatively uneventful and we managed to have some fun. When her parents arrived back home, Keely was jumping for joy!!! I think I missed them more than she did!

Type 1 Diabetes is an autoimmune disease where the pancreas stops producing insulin. It strikes suddenly often after an illness as it did in Keely's case when she had both chicken pox and pneumonia within the same month. There is no way to prevent it and there is no cure.

(A Week with Granddaughter...continues on Page 28)



(A Week with Granddaughter...continued from Page 27)

Symptoms to be aware of:

- 1 Extreme thirst and frequent urination
- 2 Increased hunger and unexpected weight loss
- 3 Lethargy, fatigue, drowsiness
- 4 Fruity or sweet smelling breath
- 5 Changes in vision (blurred vision)
- 6 Unusual behaviour (moody, restless)

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## Every Day Enriches My Life

By Paul Lightfoot (Teacher retired - 21 years)

Just turned eighty and feel blessed with a lovely family and a healthy life style!

I thought it might be of some interest to readers if I shared with them things that make me look forward to getting up each and every day. I'll begin by outlining those happenings that make up a typical week for me. Then I'll flesh out some of them to show the reasons why I feel so "Up".



Like many of us, I enjoy a cup of coffee in the morning. It's also the time to check and answer e-mails and listen to the news. My wife, Christine, and I share the preparation of meals. It is routine for me to see to breakfast on Tuesdays and Thursdays, and on the weekends. Dinners as well, now and then!

Other activities that I engage in I'll categorize as either sedentary or physical. Among my more passive interests are conversing with family and friends, reading (hooked on Tom Clancy and Clive Cussler), portrait and landscape painting, model shipbuilding, and involving myself in various other crafts. Movies, the theatre, photography, and travel, help to round out my list. More active pursuits include renovation, volleyball once a week, curling once a week, and Zumba twice a week. With spring and summer approaching I'll be gardening, cycling, canoeing, hiking, and travelling. Add to this the all year-round household chores. Sure, they can be frowned upon, or some, if not all, can be found to be genuinely uplifting. So much depends upon what one wishes to make of them, doesn't it?

Now to flesh-out some of these activities that make me feel so "Up".

- Meal preparations are creative projects, especially when trying out something

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(Every Day...continued from Page 28)

new. It's great when the outcomes are appreciated.

- At the moment I am building a 30-inch model of the Titanic. It requires much concentration, dexterity and patience. I am happy to see how this project is coming along.
- I joined a Zumba class at the local YMCA nine years ago and have never looked back. For me the music and the dance routines are pure enjoyment. The burning of 500 plus calories each time is an extra bonus.
- Volleyball and curling have been staples in my life for the past twenty -five years. The format for volleyball is mixed and recreational. I'm the eldest by far but feel capable because my skill and energy levels haven't diminished all that noticeably. At least that is my assessment judging by the high fives.
- Curling is one of many activities that both Christine and I enjoy. Friday evenings at the Burlington Curling Club are special. With forty members sharing great camaraderie, a great time is had by all.

I'm concluding by mentioning some plans for this summer. Tooling around in my '31 Ford is on the agenda. The third week in July will be spent hiking in the South Downs in the U.K. Hiking in our own countryside is great too. The thing is that I have an affinity for England and this is one way in which I indulge myself. Later, in August, Christine and I are poised to drive to Los Angeles and back. Visiting with a couple we have known for a long time will be one of the many highlights that we expect to experience.

I know that I like to learn about what makes others tick. Perhaps you have found it intriguing to peer into this small window. The three words, that a friend of mine often uses when signing off, mean a lot to me: *Live, Love, and Laugh!*

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## Awards Committee Report

By Penny Hambly



It's that time of year when we ask for your help in identifying RTO/ERO District 15 members who deserve recognition for their significant and/or long term contribution to the work of RTO/ERO locally and/or provincially. The Distinguished Service Award will be presented at the Annual Meeting in May 2018. A nomination form is available to download from our District 15 website. It outlines the criteria for the nominations. You may e-mail it to: [hamblypenny@gmail.com](mailto:hamblypenny@gmail.com)

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Visit us on the Internet at [district15.rto-ero.org](http://district15.rto-ero.org)

(Awards...continued from Page 29)

We are always looking for projects that our members are involved with for the Service to Others (STO) provincial grant. This year Friends of the Freeman Station received the \$4000 grant. The deadline for this year's submission will be December 2018. Please contact me to discuss a project that you would like to submit.

A reminder to consider applying for RTO/ERO (final year of a program) and Johnson (first year of post high school) award scholarships. Check out their websites for information: [www.rto-ero.org](http://www.rto-ero.org) and [www.johnson.ca/scholarships](http://www.johnson.ca/scholarships).

## Call For Photos: *The Way We Were!!!*



Do you have a photo that goes back many years and shows you by yourself or you with a team, chorus, class, or teaching group in a pose or situation that is memorable, laughable, unexplained? Why not share it with our membership and have it printed in the next Halton Herald. To do so you must enter this Call For Photos. All submissions will receive a Tim Hortons \$10 gift card.

The details for submission are simple;

1. All subjects and subject material are acceptable
2. The photo(s) can be either colour or black and white
3. Identify yourself in the photo(s) and others you think should be named.
4. Send the photo(s) either electronically by e-mail or by Canada Post
5. By computer, send your photo(s) to me as an attachment to an e-mail message. Send it to [pgnish@gmail.com](mailto:pgnish@gmail.com).
6. By mail send your photo(s) to Peter Gnish, 153 Fairleigh Ave. S. Hamilton, ON L8M 2K4. All hard copies received will be returned
7. Include
  - a. Your name, telephone number and e-mail address if you have one
  - b. A brief description of the photo and how it relates to the topic "*The Way We Were.*"
8. The deadline is July 15, 2018

Please contact me at 905-547-1628 (after May 19) or by email at [pgnish@gmail.com](mailto:pgnish@gmail.com) if you have any questions.

Visit us on the Internet at [district15.rto-ero.org](http://district15.rto-ero.org)

## Archives Committee

By Judy Sloan



As I sit here writing my report, I am looking forward to the end of our brutal winter. Even though I am stuck inside the house because my driveway, court and crescent are covered with ice and I have plenty of time to write my report, I have only two items to include in our scrapbook and they are obituaries.

**Carolynn Ann (nee Kirby) Cooper** passed on November 3, 2017 at the age of 73. Carolynn worked for many years for the Halton Public School Board. She earned a B.A. from McMaster University and a M.Ed. from Brock University. Our condolences go out to her family.

**Marion Mae Wilson-Lindars** passed at Joseph Brant Hospital, in Burlington, on Monday, January 15, 2018 at the age of 78. Marion spent many years teaching with the Halton Public School Board. Her passion was music and in her retirement she enjoyed playing bridge. She was also a member of RWTO. All who knew her will miss her.

I have very little information on either of our deceased colleagues; so if any of our members knew and wish to honour them, please send me any information or remembrances of them by June 16. I would very much appreciate it and will include it in our September Halton Herald. 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 e-mail at [judymsloan@yahoo.ca](mailto:judymsloan@yahoo.ca) or by phone at 905-336-5538.

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## RTO/ERO Foundation Report

By **Moira Plexman**

A gift to remember your loved one will support the RTO/ERO Foundation Mission.... "Seeking to improve the quality of life of seniors across Canada".

At each May AGM we hold a Memorial for RTO/ERO District 15 members who have passed away during the last year. Member names are read aloud and we observe a moment of silence to honour our colleagues. At our December RTO/ERO District 15 Board meeting a motion was passed for District 15 to make a donation to the RTO/ERO Foundation in memory of those whose names are read at the AGM. We felt this would be a fitting and appropriate expression of remembrance.

Visit us on the Internet at [district15.rto-ero.org](http://district15.rto-ero.org)

# Nominations Committee Report

By **Moira Plexman**



At the May 7, 2018 Annual General Meeting, members in attendance will have the opportunity to vote in the slate for the 2018-19 officers. These officers will form the Executive of your Board. While we have nominations for a number of positions, any member of District 15 may submit nominations for any of the roles. Should we have more than one nomination for a specific role, an election would take place

at the AGM.

There are still openings for 1st and 2nd Vice President, the role of Secretary as well as Member-at-Large. If you are interested in running for a position on the Executive, please e-mail your application to me at [plexmanm@gmail.com](mailto:plexmanm@gmail.com) or send it by mail to 388 Chartwell Road, Oakville, Ontario L6J 4A3 by April 24, 2018. Nominations may also be made from the floor at the AGM.

At present, the nominations are:

President	<b>Micki Clemens</b>
1st Vice President	Vacant
2nd Vice President	Vacant
Secretary	Vacant
Treasurer	<b>Carol Pashkievich</b>
Member-at-large	Vacant
Member Emeritus	<b>Jim Baker</b>

## Executive Roles

First and Second Vice President roles prepare one to become president. Anyone assuming either role will be mentored and supported by the President and Past President. The Secretary uses a meeting template to cut and paste reports sent by e-mail from each Executive Member and Committee Chair prior to the meeting. This process simplifies taking the minutes. The Member-at-large supports the work of the executive.

## Board Roles

In order to offer a variety of activities and support to our members, two Board positions need to be filled. We need a Chair of Political Advocacy. This person liaises with RTO/ERO provincial to address issues of importance to retired people. A Recreation Chair is required in order to continue to offer various activities of interest to the membership such as a luncheon cruise or short excursion, plays, monthly breakfasts etc.

Visit us on the Internet at [district15.rto-ero.org](http://district15.rto-ero.org)



## RTO/ERO District 15 Needs YOU!

Volunteering for the Board is not an onerous task. We have just 5 meetings a year. If you travel you can keep in touch by e-mail. Current Board members will mentor new members. If you do not wish to chair a committee, please join as a member on one of our committees. Everything we do in District 15 is the result of volunteer effort. New volunteers bring new ideas. Help keep District 15 a vibrant and engaging organization by volunteering today!

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### RTO/ERO District 15 Executive, Board or Committee Participation

Please check off areas where you are willing to be involved:

#### Executive

- 1ST Vice President \_\_\_\_\_
- 2nd Vice President \_\_\_\_\_
- Secretary \_\_\_\_\_
- Member-at-large \_\_\_\_\_

#### Board

- Political Action Chair \_\_\_\_\_
- Recreation Chair \_\_\_\_\_

#### Committee Involvement

- Awards \_\_\_\_\_
- Goodwill \_\_\_\_\_
- Health \_\_\_\_\_
- Political Advocacy \_\_\_\_\_
- Recreation \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail \_\_\_\_\_

Please complete and send to: [plexmanm@gmail.com](mailto:plexmanm@gmail.com)  
Canada Post: Moira Plexman 388 Chartwell Road, Oakville ON L6J 4A3  
Phone: 905-845-1977



## A Call to Share Good Eats!

In the last issue of the Halton Herald we asked members to submit recipes that they really enjoyed. We received three responses that are detailed below. For their willingness to contribute to the Herald, each participant will receive a \$10 gift certificate to Tim Hortons – good enough for a coffee or hot chocolate and a cookie!

### EDAMAME DIP

Submitted by Marilyn MacLennan

This colourful, refreshing and flavourful dip can be used with crackers, pita, and as a vegetable dip. It is a true crowd pleaser.

- 2 cups frozen edamame thawed (shelled)
- 1/4 cup diced shallot
- 1/2 cup tightly packed fresh cilantro
- 1 large garlic clove, sliced
- 1/4 cup freshly squeezed lemon juice
- 2 tablespoon brown miso
- 1/2 teaspoon kosher salt
- 1 teaspoon red chili paste or to taste
- 1/4 teaspoon freshly ground black pepper
- 4 tablespoons olive oil

In a food processor chop all ingredients except the oil until coarsely chopped about 15 seconds. Scrape down the bowl and process for another 15-20 seconds. While the processor is running slowly add the oil and process until incorporated and smooth. Sprinkle with finely chopped cilantro before serving.

It makes more than I would use at one time so I freeze leftovers in 1 cup containers so I have something to use in an emergency.



## Gingered Carrot Orange Soup

Submitted by Ed Kirkpatrick

2 tbsp butter or olive oil  
 4 cups thinly sliced carrots  
 1 large onion – chopped  
 3 tbsp grated fresh ginger root  
 3 cups chicken or vegetable stock  
 1 cup orange juice  
 Salt and pepper  
 ¼ cup whipping cream or sour cream

Optional: squash, pumpkin, parsnips, or ½ carrots and apples could be substituted for the carrots.

In a saucepan over low heat, melt butter. stir in carrots, onion and ginger. Cover, and cook 5 minutes. Pour in chicken stock: bring to a boil. Reduce heat: simmer, covered, about 15 minutes or until carrots are tender. Remove from heat. Cool slightly. In a food processor or blender, puree carrot mixture until smooth. Pour puree back into saucepan; stir in orange juice. Add salt and pepper, stir in whipping cream and gently reheat – do not boil



## Black Bean Fiesta Salad

Submitted by Cathy Walsh

Obtained from the Maureen McKeown of New York who calls the festive salad “the perfect take-to-work lunch, party dish and picnic dish.”

3 tablespoons fresh lemon juice  
 2 tablespoons extra virgin olive oil  
 1 garlic clove, minced  
 ½ teaspoon ground cumin  
 ½ teaspoon freshly ground black pepper  
 1, 19-ounce can black beans, rinsed and drained  
 1 cup fresh or thawed frozen corn kernels  
 2 celery stalks, diced  
 1 green bell pepper, seeded and diced  
 ½ red onion, finely chopped  
 ¼ cup cubed reduced-fat Monterey Jack cheese



In a large bowl, combine the lemon juice, oil, garlic, cumin and black pepper. Add the beans, corn, celery, bell peppers and onion; toss to coat. Serve, topped with the cheese. Makes 8 servings.

## Website Report

By Jeannie Woodcroft



Greetings from your Webmaster, [district15.rto-ero.org](http://district15.rto-ero.org)!

As we begin to come out of hibernation from the cold winter, I would like to remind fellow members that we have an up-to-date website waiting for your perusal. If you have been away from Halton, you probably have already been accessing it. You will find lots of District 15 news and events advertised.

A new feature that we have introduced this winter is the on-line registration forms for several events. You can give the appropriate conveners an electronic reply for your attendance. This helps the organizers plan around numbers. You still need to snail mail your written registration along with your cheque but the on-line registrations are a real help in planning. Please use them.

Past copies of the Halton Herald, E-letters and our 'In Memoriam' page, are maintained for your historical reviews under the main menu 'News'. Check out all of our content under the main menus including 'Pictures' for a walk down memory lane. On the Home Page you will find links to volunteer opportunities and our 'Upcoming Events' calendar; mark your calendars accordingly.

Don't forget to stay in touch using the secure 'Contact Us' form, found at the bottom of each page, for emailing any member of District 15's board. I appreciate any input, suggestions, or feedback from all members and look forward to hearing from you.

## Tours Committee

By Jan Murdoch and Vera Teophil



Three proposed Trips: Egypt, Croatia and Montenegro and Northern China. Do any of them pique your interest?

**Egypt, Past and Present** – join us for an unforgettable journey through the ages from Millennia ago to Modern Times. Journey through Egypt's unique highlights and explore its treasures. Egypt is a land of contrasts where the old mixes with the new, the past with the present, tradition with modernism.

Meet and mingle with its people. Discover its splendors.

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Visit us on the Internet at [district15.rto-ero.org](http://district15.rto-ero.org)

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My name is **Vera Teophil** and I am a new District 15 RTO/ERO member. Born and raised in Cairo, I moved to Canada after graduating from the American University in Cairo. Since I settled in Ontario, I have returned to Egypt a number of times and each time I experience new delights. I am still in touch with some of my university friends in Cairo who feel as enthusiastic as I do about this proposed tour. They offered to help design a unique, off-the-beaten-track tour to give the guests the opportunity to experience the social and cultural way of life of Egyptians from all walks of life.



You will be on a unique three-week history, art and culture oriented tour that will leave you breathless and wishing you had more time to savor the richness Egypt holds. This will not be an ordinary trip - not 'if it's 3 pm Monday, it must be the Pyramids of Giza'. It's a visit that will show you the different faces of Egypt and its people, its folklore, its social fibre.

Besides the highlights included in all organized tours, The Great Pyramids of Giza, the Cairo Museum, The temples of Karnack and Luxor, the Islamic Museum, you will also take a tour of old Cairo, Coptic Cairo where you will see relics of the Christian, Islamic and Jewish faiths. At the Coptic Museum that houses the largest collection of Coptic artifacts in the world, Dr. Samir Simaika will be present for the signing of his book: **Marcus Simaika Father of Coptic Archeology**, a book based on the memoirs of his grandfather, Marcus Simaika, the founder of the museum.

You will tour the revived Muizz Street where restored Bayt Al Suhaymi in Cairo or Al Suhaymi House stands as one of the most beautiful monuments in Cairo. You will walk through the narrow streets of The Khan El Khalili souk said to be the oldest open-air market in the Middle East. The area holds unique relics of Islamic art and architecture. Walking through its alleys is an experience in itself.

We will visit art galleries including The Ramses Wissa Wassef Art Centre. According to its website [www.wissawassef.com](http://www.wissawassef.com) the centre is "the home of a unique experiment in tapestry weaving that has produced extraordinary works admired and collected by museums and galleries around the world. The life work of its

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founder Ramses Wissa Wassef (1911-1974) was dedicated to releasing the innate creativity of young Egyptian villagers freed from the constraints of a formal education.” You will visit The Association of the Friends of the Holy Bible Centre where about 55 young women from the poor nearby area are trained in sewing skills. There, you will also have the opportunity to purchase Egyptian cotton towels, housedresses, blouses, robes... that these women make.



This tour will give you a memorable experience in entertainment: a musical evening, a Darwish show, lunches and dinners in unique local settings - some historic some modern. Quoting L'Agence Courrier International, 'La gastronomie égyptienne est un savant mélange de spécialités orientales, notamment syriennes, turques, grecques et libanaises'. I would however add Italian and French as well

for their popular stews and pasta dishes.

This summary should give a glimpse of the adventure that awaits you. On a final note: if you are an art buff, an architect buff, a history buff, an archeology buff, if you enjoy local flavors, if you enjoy new experiences in art and culture, in local folklore, this is a trip designed with you in mind.

**Croatia and Montenegro** - Its time to head to Europe in June 2019 for some history, culture and great food. Croatia offers all that and more. We will start in Zagreb where we will be introduced to some culinary delights and by the time we reach Ljubljana you will be enthralled by the scenery of the country with it's cathedrals and castles. The spectacular Postojna Caves discovered in the 17th century and opened to the public in 1819 are a unique feature and a must see. A scenic drive through the Istrian Peninsula to Pula will take us to the Triumphal Arch of the Sergi dating back to the 1st century. As we travel to the coast there will be time to enjoy the lakes, waterfalls and forests. The city of Split with its turbulent history fighting off Venetians, The Crusaders and Turks over the centuries offers a great location for walks in time past. This is where we encounter UNESCO World Heritage Sites. This was also a recent Game of Thrones filming site. From Split we will move down the Dalmatian coast to Dubrovnik to visit the 15th century Rector's Palace and the Franciscan and Dominican Monasteries. The architecture in this area of Croatia is a blend of Gothic, Renaissance and Baroque, a step back

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into the past. Our final destinations will be Montenegro, which offers unique scenery and additional UNESCO World Heritage Sites in locations such as the fortified town of Kotor.

**Northern China** - Several people have requested we explore a possible visit to China and it is now on the agenda. The trip I am proposing will offer an opportunity to explore both China and Tibet, a journey of culture, landscapes, architecture and culinary delights. Flying into Shanghai allows us to see a bustling city that is a blend of the old and new China. After a few days exploring we will travel on to visit the Giant Pandas in Chengdu's old town. From there we will go to Lhasa in Tibet to see the impressive monasteries, and the Potala Palace. The landscape in Tibet is radically different from other areas of China, as is the culture. Our journey will then take us to Xian the beginning of the Silk Road where we will see the Terra Cotta Warriors. From there we will visit the famous Binglingsi Grottoes before flying to Jiayuguan to see the western section of the Great Wall and take a camel ride on the Gobi desert and a visit to an oasis-city. Our trip will end in Beijing where we can explore the Forbidden City and the Summer Palace and dine on Peking duck. I am curious as to how much Beijing has changed since my last visit in 2005.

If any of these trips pique your interest please join us at one or all of the presentations that will occur this June 2018. We offer slides about the proposed journey, an informative speaker and travel tips. The proposed itineraries can be massaged by interested travellers who join us. We use personally planned exclusive itineraries. Pre and post travel opportunities can be explored as well. Our groups are between 20-24 people and always include personal guides and drivers. We offer many opportunities for group members to meet prior to setting off on our journeys. We are also aware of the changes that occur in this stage of our lives: often a partner can no longer travel or an individual finds him/herself suddenly single. Our groups offer a safe set of travellers who are welcoming, knowledgeable and love a life full of adventure.

In the fall of 2018 we are off to Australia, New Zealand and Fiji. Our second group departing at the end of October is in need of a single female to help reduce the single supplement costs. You can join us for just Australia or New Zealand if you have time limitations. Interested? Please contact Jan Murdoch (Tours Chair) 905-691-8407. To learn more about any of the tours identified above or to join the travel e-mail list that gives advance notices of potential travel opportunities, please e-mail [janmurdoch8@gmail.com](mailto:janmurdoch8@gmail.com)

Visit us on the Internet at [district15.rto-ero.org](http://district15.rto-ero.org)

## Commemorating Vimy

By Hugh McCully

The security guards emerge out of the 11 p.m. shadows and suggest that we not stray beyond the barricades. They speak in French, but their meaning is clear. Gabor and I stop and view what few visitors get to see: the iconic Canadian National Vimy Memorial illuminated against the clear evening sky. Soon it is time to move on to our night jobs. Off in a corner of the 100-hectare (250 acre) Vimy site is a shack with two high-powered amateur radio stations. Gabor, from Vancouver Island, and I are two of seventeen operators who work in shifts to keep the stations on the air 24 hours a day from April 1 to April 9, 2017 to mark the hundredth anniversary of the Battle of Vimy Ridge.



The stations were brought from Canada. Antennae and masts are on loan from a German company. Radioworld in Toronto contributed both money and material. The seventeen operators are from BC, Alberta, Ontario, Newfoundland, New Jersey and France. All are accomplished operators and most are capable of sending and receiving Morse code at a rate of two characters per second –or better! The object of the operation is to tell the amateur radio world about Canada’s part in the Battle of Vimy Ridge and tell it we did! In the nine days, using voice and Morse code we talked to over nine thousand radio operators in 113 countries around the world!

The Battle of Vimy Ridge was part of the larger Battle of Arras. So Arras itself is celebrating too. Our group is staying in an Arras hotel along with many others involved in the ceremony including Peter Mansbridge and Adrienne Clarkson. Banners saying “Merci Canada/Thank You Canada” hang along the downtown Arras streets and the nightly sound and light show in the Place des Héros is all about Canada.

A friend I made in 1960 at the Hart House Amateur Radio Club is the organizer of the project. He contacted me in 2011 with an invitation to participate. I accepted immediately and the planning began. It was no small challenge dealing with departments of the Canadian and French governments as well as the Commonwealth War Graves Commission. Negotiations continued right up to the

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time of operation. My wife Mary, also a licensed amateur came to Vimy too and is part of the support group, driving people to and from Vimy.

The lead-up to the commemoration ceremonies on April 9 was a busy time for our group. We made one presentation (in French) to 200 local high school students and another to a group of the local amateurs, all the while maintaining three shifts of operators.

On the grounds of the memorial, temporary buildings are set up to sell food and souvenirs. Fences line the roadways leading to the monument to control the crowds walking to the site. Security becomes more evident night and day -as we find out. Security tightens until Saturday afternoon when the whole Vimy Memorial site is shut down. Four of our operators who have passed an additional check are the only ones with security clearance to be on site to operate the radios.



Sunday April 9 is an unusually bright, sunny, hot day in the north of France. Those of us not on the radio that day attend the ceremony. Shuttle buses leave from in front of our hotel. The buses drop us off in a parking lot near the town of Vimy where we queue for more than an hour with thousands of others, including what seems like representatives from every high school in Canada, to clear security and board another shuttle that drops us off within half a mile of the monument. A half-mile walk up the hill takes us to the prepared seating areas. The organizers must have known about the weather as they provide both complimentary water bottles and ample filling stations for them. While we wait, entertainment is ongoing. Finally the

military march-in, dignitaries arrive (French President Francois Hollande, Justin, Prince Charles with his boys) and the ceremony begins. Speeches from some of the dignitaries, a circle by five WWI Sopwiths from BC, the laying of wreaths and a thunderous low pass by three French jets round out the afternoon. We didn't see all that the TV audience saw, but we have what they couldn't have, the experience of being one of the 25,000 people who were there!

That night in Arras, the operators and their companions gather in a local restaurant for a joyous review of the once-in-a lifetime opportunity we had participating for ten days in the Official Vimy Centennial Commemoration and Ceremony.

## New Year's Adventure

By Claudia Stewart

Growing up, it was a special treat to stay overnight at Grandma and Grandpa's house on New Year's Eve, and have the opportunity to watch the Tournament of Roses Parade, in colour no less. So when my friend Jackie Poppe suggested a tour to the Tournament of Roses Parade in Pasadena California, it was a trip I never imagined having the opportunity to experience. It was very memorable not least because the Burlington Teen Tour Band participated for the fifth time - what a wonderful way to conclude the celebration of its 70th anniversary.



It was fascinating to watch the volunteers actually apply plant materials to the floats and be able to ask questions and observe how the floats are operated and put together. When a float became disabled, the bands maintained their formations to march around the stalled float. You would not

see that on television. It was an early morning but we were well organized and taken care of by the tour. Stadium seats really helped. The lady next to me was from Georgia and her team was playing in the Rose Bowl so her family was very excited about their attendance. They were texting back and forth throughout the parade and so we got updated long before we actually saw any of the floats!

*(See the colour photos of the Rose Bowl Parade on the next page.)*

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## Newfoundland and Woody Point Followup

In the last issue of the Halton Herald there was an article written by **Marilyn MacLennan** about her trip to Newfoundland with **Ona Erstikaitis** to attend the *Writers at Woody Point* symposium. Because of space limitations for that issue, we were unable to include many of her wonderful photos of their trip. So, here are some of them on the back page.



# Tournament of Roses Parade

January 1, 2018



Photos by  
Claudia  
Stewart



# A Writer's Inspiration

photo essay by Marilyn MacLennan

