

ERT HALTON HERALD

District 15

April, 2019



Photo by
Marilyn
MacLennan

Araf deg mae mynd ymhell.
(Go Slowly and Go Far)
...Old Welsh Proverb

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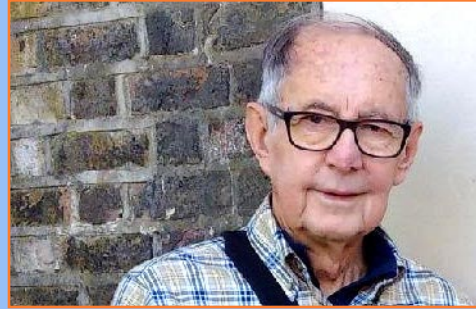
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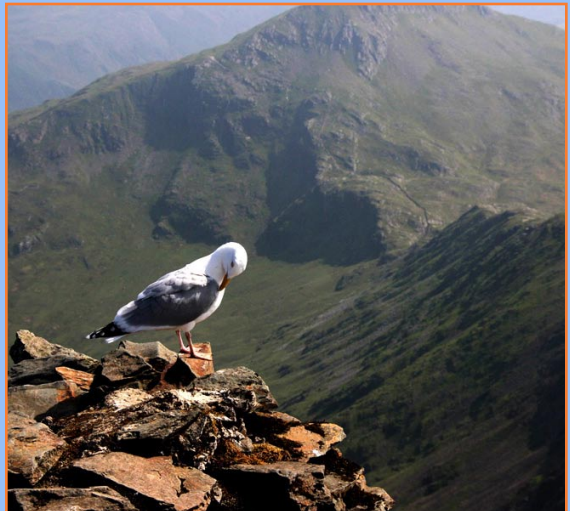


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President's Report

By Micki Clemens



Writing this missive in early February, buffeted by the cold, blustery winds and bone-chilling temperatures, I buoy up my spirits imagining the verdant days of spring that we will be enjoying when we read this April edition of the *Halton Herald!* You should find much of interest in this issue!

Here is a report to date of District 15's ADVENTURES, ACCOMPLISHMENTS, and CHALLENGES.

ADVENTURES:

- Our RTO/ERO Provincial Liaison, Martin Higgs, braved a bullying snow-storm on Monday, January 28 and drove all the way from Peterborough to attend our January District 15 Board session. He outlined the proposed membership fee change that we will vote on at the May Senate. I encourage each of you to read this report on Page 23.
- Excitement for our February and March 2019 events is building. **Marilyn MacLennan** circulated invitational posters to those individuals thinking of retiring in both local Boards of Education, as well as private schools, to attend the District 15 **Information Session** on February 21 at the Holiday Inn Bronte, where we intend to outline the considerable benefits of joining RTO/ERO. **The Winter Luncheon**, coordinated by **Brad Fisher** and featuring the renowned Drew Hayden Taylor on February 25 at the Burlington Convention Centre, was a highly anticipated occasion and the **High Tea for Super Seniors**, being organized by **Carol Pashkievich**, our Treasurer, for March 26 will provide wonderful opportunities for meeting with friends over delectable food and lively conversation. Check the next issues of *Rapport* and our website for photos of these events.
- In mid-December our plans for our AGM in May were upended by a call from the Rattlesnake Golf and Country Club informing us that a double-booking error on their part had occurred. As a result, the manager needed to facilitate our relocation to another venue. **Brad Fisher**, our Program Chair and I, travelled up to the **Glencairn Golf Club** in Milton to review this proposed location. There we found a very large banquet hall with an airy atmosphere and an adjacent room that can be closed off for our business meeting. There is plenty of available parking and the grounds will be suitably green and attractive in the month of May. So all's well, that ends well! See Brad Fisher's Program Report and the Registration Form for the **Spring Luncheon** on May 8 on Pages 20-21.

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

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- **NOTE:** All members of the RTO/ERO are invited to attend the **District 15 Annual General Meeting** that begins at 10:00 a.m. on May 8. At this meeting we will hear Committee Chair reports, elect the Executive, vote on the new Governance document, and receive comments on the Membership Fee proposed by the Provincial RTO/ERO Office.

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ACCOMPLISHMENTS:

- The planned transition from our previous Constitution (2014) to a **District 15 Governance Document (2019)** was completed under Past President **Claudia Stewart's** direction. Included in the deliberations were our policies and bylaws regarding advertising and protocols around permissions and waivers for trips and excursions. The committee consisted of **Pen-ny Hambly, Moira Plexman, Jan Murdoch, Claudia Stewart,** and myself. Approved by our board, we sent our draft document, as required, to the Provincial Office for feedback and review. After finalizing the document, we will make it available on our website in order that the District Membership will be prepared to approve the District 15 Governance Document at the May 8 AGM.

- Under **Moira Plexman's** leadership, a contingent of ten District 15 Executive Board and RTO/ERO members attended The Dinner Party on March 6 celebrating International Women's Day 2019. Organized by **WHAM (Women of Halton Action Movement)**, the great sense of community surrounding this event is unparalleled. It is attended by a diversified crowd, has a high profile and receives significant local media coverage. Participation in this public event was conceived as part of our District 15 strategy to raise awareness within our local community of the RTO/ERO programs and services we offer.

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- **Marilyn MacLennan** and **Micki Clemens** have met to plan their joint visits to the respective **Directors at each of the local Boards of Education in Halton**. We have made appointments to meet with each director in March in order to promote RTO/ERO District 15. We want to ensure that all retiring staff have access to the information about all retirement packages that are available and that we are permitted to post RTO/ERO information in all schools. We are also planning additional strategies to raise the profile of District 15 and, in doing so, raise our membership.

CHALLENGES:

- As we gear up for the **Federal election in 2019**, we will be looking for additional ways to engage in political advocacy that will focus the attention of local candidates on the issues of retirees and seniors on a national level. If you can offer your skills to **Moira Plexman**, Chair of Political Advocacy, to bring the issues to our members, we would be grateful for your support.

- **“What does YOUR retirement look like?”**

This invitation to RTO/ERO District 15 members to capture the range and variety of retired life has had enthusiastic but limited response. Plans were to showcase in a powerpoint presentation the amazing activities of our retired members at the AGM and then to use this media collage as a resource for the Retirement Planning Workshop next fall. We are still hopeful that we will have an abundance of responses to showcase for this purpose.

- **SUCCESSION PLANNING:**

SPECIAL APPEAL:

for

DISTRICT EXECUTIVE and BOARD MEMBERS AND COMMITTEE CHAIRS

“You cannot expect a community greater than your willingness to contribute to it”

...Robert Peel, 1st Prime Minister and Home Secretary of England

- District 15 needs a full elected **District Executive** supported by a Board with enthusiastic and willing individuals to carry the various committee portfolios. With the mid-term resignation of our First Vice-President, there is no one in line to step up and stand for the position of President. As head

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(President's Report..continued from Page 5)

of Nominations, Claudia is recruiting for available positions on the Board. Please see her Nominations Report on Page 15.

- District 15 requires solid leadership and vigorous support in order to provide the range of services and programs to our members that have been the hallmark of this local District. Please consider seriously the vacancies noted in Claudia Stewart's Nominations Report and determine if you might assume a part in the significant work we do here locally to support our retired members.

- We have developed new **Role Descriptions** for all positions and would share these on request.

- Your rewards will be many, including the deep satisfaction from doing good work and the buoyant enjoyment of collaborating with a group of friends and colleagues in mutual support of our members!

Will you volunteer to join with us?

Welcome New RTO/ERO District 15 Members!!!

Our membership is now over 2800 people. Below are the names of retired teachers and other education staff who became members since September, 2018. Please welcome and invite them to join you at one of our activities.

Andrea Lynn Bishop	Brian Bogart	Bernard Bonehill
Malerie Borbath	Herbert Childerhose	Barbara Comport
Lynn Dunbar Landry	Gary Fisher	Michael Harrison
Kevin Houldcroft	Nancy Eleanor King	Constance Kowalski
Terry Lawrence	Dianne Miles	Deborah Mills
Joan Myers	Jane Nealon	Shirley Picard
Lori Reaman	Susanne Suthers	Marlene Thomas
Patricia Uberig	Michael Wheeler	Janice Wiley
	Esa Yeung	

We Get Letters, E-mails & Calls

By Peter Gnish



Thank you to the four members who contacted me during the past couple of months. It is always nice to hear from you and to learn what you have been up to lately. If you haven't written, sent me an e-mail or called, why not do it soon so that I can include your update in the next newsletter. Your friends and former colleagues would love to hear from you. Send your email to pgnish@gmail.com, your letters to Peter Gnish, 150 Fairleigh Ave, S. Hamilton, Ontario, L8M 2K4 or call me 905-547-1628.

Judy Eberspaecher sent an e-mail: "Thanks, for the January issue of *Halton Herald*. I appreciate, as do all I'm sure, all the work that this entails. I am reading this issue in Wuerttemberg, Germany while visiting family. On Thursday of this week I will fly again to Botswana to spend 10 weeks with my son and the African birds and animals. You are ok in your warm spot but I wish everyone in Ontario a wonderful winter with warm drinks and a nice fire for comfort."

Dave Laidlaw e-mailed to say "I retired about seven years ago and usually spend part of the winter at the Periwinke Trailer park on Sanibel close to you. I was involved in the District OSSTF leadership during my tenure and was an art teacher at Georgetown. We recently purchased a new RV and my wife recently retired so we will be spending three months on Sanibel. We love nature and cycling and there seems to be both readily available there. I'll see what we can put together regarding photographs or paintings from nature on Sanibel and if interested I can send them your way."

Joan Myers e-mailed me to say, "I just wanted to let someone know that my husband, **Jack Myers**, passed away on Dec. 1. He received the *Halton Herald* regularly and read it from cover to cover. It is a very long time since he worked in Halton but still often found articles about folks he knew. Thanks for your part in producing such an interesting and informative booklet."

Louise Young sent an e-mail as well. She wrote, "This is another voice from your past who you may not remember. When I taught with you at Tecumseh my last name was **Staresina** and is now Young. We just received the most recent copy of the *Halton Herald* which I read as usual from cover to cover. I have always enjoyed

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

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

your writing and am amazed and grateful you still do it. We have recently moved from Burlington to Vancouver Island and hopefully will continue to receive it. Thanks again for your hard work. Since we moved here this summer we bought a house in Cedar, an outskirt of Nanaimo, mostly for the wonderful studio space it affords me. I have started a small group in fibre arts and am hoping to expand the group into a guild in the future such as the ones in The Burlington Art Centre. We are really enjoying the mildness of the winter and glad we sold our snow-blower before moving. Thanks for remembering.”

Health Benefits Committee

By Colton Roberts



The Health Benefits Committee's report to the Program Committee advocating for a wellness theme for the Fall 2019 meeting was well received and plans are progressing to provide a keynote speaker and multiple workshop topics for the day.

The wellness program for March 25th has been advertised to RTO/ERO District 15 with some response to date. The committee is considering some changes to the format of the benefits seminar that RTO/ERO District 15 will host in October of this year. I attended the day in Hamilton on which both the Health Benefits Seminar and the Retirement Planning Workshop were held. Holding these two events on the same day means that Stephen Wong from provincial office has to be away from his office at RTO/ERO less often. We will be deciding on the feasibility of using this format for future health benefits seminars in District 15, possibly as early as fall of this year.

Once again, plans are to take an additional member of the Health Benefits Committee to the June District/Unit Health Representative Health Representative workshop in Toronto. We found this to be a valuable experience last year. If there are items that you would like us to present to the provincial office, please contact me. It has been great to work as a team this fall and into the winter. So much more has been accomplished because of the enthusiastic involvement of members of the committee. **Paul Harper** and **Toni Pizzingrilli** are great to have on board.



What I Really Love!!!

In the January issue of the *Halton Herald* we invited readers to submit a short article and photos on the topic of “What I Really Love...! We received the following responses. A special thanks goes out to the individuals

for their willingness to contribute to this invitation. We trust that you will enjoy their submissions.

Scuba Diving is My Love

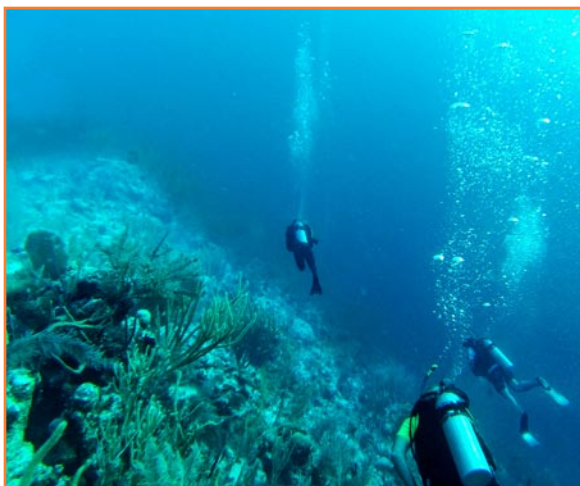
By Wayne Bridle

What I really love is being on and under the water. I have been scuba diving for about 53 years. My diving began with a club called the Aqua Knights of Hamilton. I became an internationally certified instructor with the club.

Over the years I have been inside shipwrecks (including those in the Tobermory area), in tunnels, in a submerged steam locomotive, under the ice, and in submerged caves. I have also assisted the provincial police in the recovery of a drowning victim.

During my teaching years I ran a school scuba club and certified a number of students. One of those students ended up becoming a professional commercial diver and operated his own training school.

This February I will be on a dive off of Dominica where I will be diving along a “wall” where the bottom drops to 2000 feet. The photo to the



right is a similar dive along a wall off Grand Turk. For me it is a peaceful experience to be free of the effects of gravity.

(What I Really Love...continues on Page 10)

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(What I Really Love...continued from Page 9)

Memories, My Love!

By John Robson

What I really love is fifty-two years of memories - a long time, a short time and certainly not enough time. If, like me, you have lost your soul mate, then you know exactly what I mean. We could finish each other's sentences and express the same brilliant idea at the same moment.

Sigrid loved serving others as her teaching demonstrated in Etobicoke's Eatonville P.S., Halton County North's George Kennedy and Limehouse P.S. classrooms in the "60s" and long and short term supply there and also in Centre Wellington County. She was a wonderful life partner for me, mother and grandmother for our family. She was a source of energy and inspiration to many and an example of quiet assistance when it was needed. Difficulty with her balancing was first noticed in 2006 and as falls became more frequent so did our appointments with medical specialists. A



suggestion... when you are given an appointment let them know you will take a cancellation on short notice. This can speed up the diagnosis and treatment.

After several years of specialists' appointments she was diagnosed with a rare brain degenerative condition, P.S.P. We coped at home with her using a walker and then a wheelchair. Personal Support Workers came to our home for an hour or so 5 days a week helping her get up each morning, eat and exercise. After 6 months we had developed a dedicated team but her condition deteriorated. In spite of a positive attitude on our part it became evident that we needed more assistance. She was transferred to St. Joseph's Health Centre Long Term Care section in Guelph in March 2017 where for the first 9 months I assisted her most mealtimes helping her eat as she had choking and falling risks. In the second 9 months I had to cut back to 2 visits a day as I was burning out. She kept a positive and cooperative attitude and sense of humour and was loved by her care givers. She enjoyed being read to, singing and visits to the gardens and library at the facility.

Fast forward... With her family gathered around her on the evening of September 28, 2018 she quietly slipped away to be with God and her relatives and friends in Heaven.

p.s. An excellent book on grieving is *Resilient Grieving* by Lucy Hone.

(What I Really Love...continues on Page 11)

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

(What I Really Love...continued from Page 10)

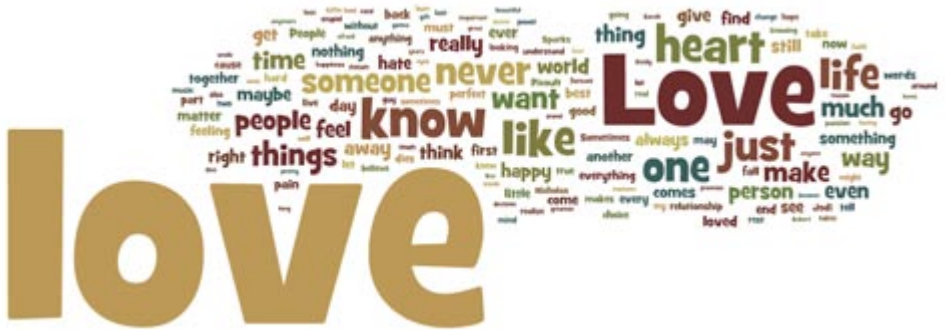
My Love, My Grandkids

By Paul Dennis

What I really love is how my two grandsons, Mason (13) who is majorly into computers, and Oliver (10) who is into sports big time, have taken to their new baby sister, Eloise. As soon as they knew their mother was pregnant they were enthralled and were attentive to her changes. When Eloise was born they could not get enough of being with her.



We thought the fascination would wane but even now 15 months later they still rush home from school to see Eloise and to spend time with her, to make her laugh, and to play with her. And I love watching Eloise when she sees one or both of her big brothers come into the room. Her smiles, laughter and excitement brighten the whole house.



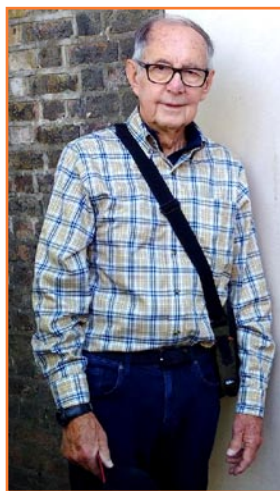
Dave Wright-15 Years of Good Times in Good Company

By Marina Lloyd

What came to your mind when you saw Dave Wright's name in the title: shows, cruises, tours, hikes? As Chair of the Recreation Committee for 15 years, Dave and Co-Chair **Janet Carter-Wright** provided members with so many opportunities to have fun, to learn, to make new friends. RTO/ERO District 15 members were invited to explore parts of beautiful Southwest Ontario as they cruised the Toronto and Hamilton harbours and the Grand River or hiked or biked the trails. He says he couldn't always guarantee the quality of the events but he could guarantee good company.



When you consider the number of trips to Stratford, to the Shaw Festival, to West Plains UC to watch the Aldershot Players, to the Drury Lane Theatre, to the Burl-Oak Theatre, you might guess that Dave has a special interest in theatre and you'd be right. He was "bitten by the bug" the moment he stepped onto the stage at Waterford District HS. I was a classmate of Dave's at WDHS and remember enjoying his performances in such musicals as *The Pirates of Penzance*.



After graduating from Grade 13, he went to Royal Military College in Kingston, graduating four years later. Then, after one year at the University of Toronto, he received his Bachelor of Applied Science degree (B.A.Sc.) in Civil Engineering. His RCAF career in aeronautical engineering took him to Chatham NB, Cold Lake AB, Toronto, Ottawa, California and New Mexico. His work concerned the safety equipment in the aircraft being flown at RCAF bases in Canada and Europe. At one time, he was charged with testing the rocket ejection seats in the Canadian-built CT114 trainers, which we know as the Snowbirds.

During the two years spent in the Maritimes and the six months in New Mexico, he was never lonely, for he was accompanied by his wife, Wanda, and their family. Their romance began back in high school when Wanda King invited him to a leap year dance. They married in May 1957. As Dave was doing summer train-

(Dave Wright....continues on Page 13)

(Dave Wright...continued from Page 12)

ing for the RCAF in Aylmer ON that year, he and Wanda spent a three-month honeymoon living on the beach at Port Bruce! The couple have a son, King, a daughter, Anne, and two grandchildren, Denby and Haley.

You may be wondering, "When is Dave going to begin his teaching career?" He seemed to have difficulty breaking the habit of spending his summers in training, for in 1965 he enrolled in a teacher-training course at Althouse College at Western. The next summer was spent at Queens' Faculty of Education. His first assignment was in Picton teaching - what else? - Science and Physics. Then to Gordon Graydon HS in Peel District. Good news came his way when the principal of Nelson HS, John Phillips, needed a Science teacher! After five years at Nelson, Dave became a science consultant working out of the North Education Centre. Those were interesting years -assisting teachers with classroom and outdoor activities and science fairs and giving workshops with John Pettit. His last assignment before retiring in 1992 was at E.C. Drury as Head of math and science. Dave says he enjoyed every minute of his teaching career, working with great teachers, principals, supervisors and great young people. Now he and Wanda spend their summers at the cottage near Dorset. He probably works as hard there as he did when he was in summer training with the RCAF.

Last fall, they travelled with their family to Europe. They were in our twin city of Apeldoorn where they visited a couple who had stayed with them in Burlington. Dik and Bea are pipers with the 48th Highlanders of Holland Pipes and Drums that toured and performed in this part of Ontario. The band had entertained the neighbours on their street and it performed again for Dave, Wanda and family in Holland. Their visit to Vimy Ridge and the nearby war memorials had a special meaning for Dave as his father had been in the British army during the Battle of the Somme. After the war, he'd worked as a gardener on those beautiful, but sobering war graves that many of you have visited. In England, they went to Lincoln where his parents were born and Dave shared the fascinating history of Lincoln Cathedral with me.

Dave still supports local theatre, especially when RTO/ERO members are involved. The Burlington Footnotes and the Clarkson Musical Theatre are two favourite groups. He enjoys the weekly hiking with the retirees from the Halton Catholic Board. He's a "dyed in the wool" Leaf's fan, listens to CBC Radio and News World and reads the *Globe and Mail*. I also learned that he loves poetry.

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(Dave Wright...continued from Page 13)

He recited the last lines of a favourite poem - Robert Frost's "Stopping By Woods on a Snowy Evening." The lines read - "But I have promises to keep and miles to go before I sleep." We are sure you'll keep those promises, Dave, and always find good company as you walk those miles. Thanks for sharing your story with your District 15 friends.

Webmaster Report

By Jeannie Woodcroft



Greetings from your Webmaster. As we all look forward to the promise of spring and the renewal of fresh green landscapes and warmer temperatures, your Provincial RTO/ERO is planning a renewal of the appearance of its website. It will require an updating to each district's website as the Provincial RTO/ERO changes to a new version of Drupal 8, the software used to create our websites. So look for some changes

probably into September.

As you know, viewing the website on your various devices (laptop or computer, iPad, tablet, and cell phone) can be sometimes surprising. It looks different on these various platforms. Provincial RTO/ERO informs us that there will be a new "app" to facilitate viewing on mobile devices. They are also looking at a "wallet app" and a "payment gateway."

Meanwhile, a few reminders might be helpful. If you find the font size too small for your viewing, try enlarging the font on your device. You can use the two keys simultaneously: CTRL and the +sign for Windows computers; for Apple computers, try Command and +; similarly, use the - key to reduce the size. Zooming always works well on cell phones.

For those travelers, remember you can always stay connected to District 15 RTO/ERO through our website at district15.rto-ero.org where you will find up-to-date information, contacts, messages from members, the latest recreation events, current and back issues of the *Halton Herald*, and registration forms for upcoming events.

If you would care to send me your input, suggestions, critiques, pictures for inclusion, I would be very happy to accommodate your requests.

Best wishes from Jeannie.

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

Nominations Committee

By Claudia Stewart



At the Annual General Meeting on Wednesday, May 8th, 2019, members of RTO/ERO District 15 will be asked to vote on the slate of elective officers for 2019-20. Those elected will be the officers on the RTO/ERO District 15 Executive Board. Any member of RTO/ERO District 15 may submit a nomination for any one of the roles. If we have more than one nomination for a particular position, elections will be held at the Annual General Meeting. If you are interested in running for any of

the positions below, please submit your nomination to me by email through the website. www.district15rto-ero.org.

The slate of officers for nomination is:

Past President: Claudia Stewart

President: Micki Clemens

First Vice-President: VACANT

Second Vice President: VACANT

Secretary: Dianne Visschedyk

Treasurer: Carol Pashkievich

Member Emeritus: Jim Baker,

In addition, we have opportunities for members who would like to shadow the incumbents to learn and eventually take on one of the following three roles:

Publisher of the *Halton Herald*, Benefits Committee Chair, and the role of **Coordinator of the E-newsletter, *Rapport*.** (We are pleased to announce that **Jan Murdoch** has received a position with Retired Women Teachers of Ontario. Our congratulations go out to Jan). And, finally, we have need of a member to take on the new role of **Communications Chair.**

The role of Publisher of the *Halton Herald*, published 3 times per year, involves:

1. receiving articles from the copy editor
2. using a computer program such as "In Design" to design the layout
3. e-mailing the draft *Herald* to the printer
4. checking the printer's proofs in preparation for printing
5. e-mailing the final digital version to the Webmaster for the website.

Experience with newsletter publishing would be an asset. The novice would certainly have the benefit of guidance from our very capable publisher, **Peter Gnish**, who will mentor you through the process for the next year or so.

(Nominations...continues on Page 16)

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

(Nominations...continued from Page 15)

The role of Benefits Committee Chair involves:

1. learning about our benefits package and general benefits of belonging to an organization of 2800 former educators
2. liaising with the Provincial office of RTO/ERO to advise the District Executive and membership about changes or concerns.

Training sessions for district Chairs of the Benefits Committee are offered by Provincial RTO/ERO.

The role of Coordinator of *Rapport* involves:

1. receiving emails from members
2. preparing our E-newsletter, *Rapport*, each month to keep our members apprised of all of our activities and events
3. communicating news of interest to RTO/ERO District 15 members on an on-going basis.

The new role, Communications Chair, involves:

1. coordinating all media platforms used by RTO/ERO District 15 – the E-newsletter, *Rapport*, the Website and the *Halton Herald*.
2. overseeing questions of editorial content and use of each platform.

If one of these positions is of interest to you and you feel you may have experience and enthusiasm to bring to the role, please contact me and I will make sure that you have information to begin the process. You can reach me at 905-320-6639. We welcome involvement from new members, to bring new ideas and enthusiasm to our membership. We are all volunteers and seek to maintain and improve the status of retirees in our district. Your assistance and participation are greatly appreciated. Please consider us for your volunteer activities.

VOLUNTEERING

LET'S MAKE A DIFFERENCE



Healthy Weight

From the U.S. Dept. of Health and Human Services
(<https://www.niddk.nih.gov/>)



Why is keeping a healthy weight important?

As you age, you may notice changes in your body's make-up. You may lose muscle mass, which may increase frailty. You may also burn fewer calories, especially if you are not very physically active. To prevent weight gain, you may need to eat fewer calories than you did when you were younger. This means you have fewer calories to help you get the nutrients your body needs for energy. So, you need to eat foods that are high in nutrients or are "nutrient dense."

Keeping a healthy weight is crucial, but what is healthy varies from person to person. Ask your health care provider about what a healthy weight is for you. Among older people, being underweight is of concern and may be related to not having enough to eat, not eating enough foods that are nutrient dense, or having an illness or disease.

Being overweight or obese is also of concern as extra weight may increase your risk for heart disease, high blood pressure, type 2 diabetes, and bone issues. Eating wisely and being physically active to preserve muscle and bone may help you maintain strength and a healthy weight as you age.

What is a healthy weight for me?

Two standard measures for seeing if you are at a healthy weight are these:

- The body mass index (BMI) is a measure of weight in relation to height. While a BMI score of 18.5 to 24.9 usually indicates a healthy weight for adults, the BMI is limited in how well it gauges body fat in older people or those who have lost muscle.
- Measuring around your waist may tell you if you carry extra fat. A waist circumference of more than 35 inches for women or 40 inches for men indicates increased risk for a number of health problems.

Check with your health care provider if you have concerns about your weight. See the For More Information section for a link to the National Heart, Lung, and Blood Institute website, where you can find an online tool for measuring BMI and learn more about measuring your waist circumference.

Executive 2018 – 2019

Past President	Claudia Stewart	905-331-5614
President	Micki Clemens	905-847-2452
1st Vice President	Vacant	
2nd Vice President	Brad Fisher	905-319-9053
Secretary	Dianne Visschedyk	905-335-3852
Treasurer	Carol Pashkievich	905-827-4509
Member-at-Large	Jim Baker	905-639-1292

Committees

Archives	Patricia Mateja	905-271-6122
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	905-691-8407

Proofreaders: Mary Dell'Anno, Patricia Mateja, Mary McCully
Shirley Picard, Susi Pichelli

Newsletter Coordinator	Nanci Wakeman	905-399-6706
Newsletter Editor: Peter Gnish - Design: Cate Roberts		905-547-1628

Editing: Pam Ahrens, Catherine Briggs, Nanci Wakeman

Proofreaders: Micki Clemens, George MacRae, Marilyn MacRae,
Eleanor McCulloch, Jordan Palmer, Ray Smith, Nanci Wakeman

Foundation Champion	Moira Jane Plexman	905-845-1977
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Goodwill Chair	Marina Lloyd	905-637-6030
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West Convenor	Ruth Roberts	905-634-9255
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East Convenor	Warren McBurney	905-845-8219
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North Convenors	Judy Rose	519-821-6766
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	Susan Spencer	519-856-2049
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Out-of-Region Convenor	Peter Gnish	905-547-1628
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Health Benefits	Colton Roberts	905-335-0027
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Committee Member: Paul Harper, Toni Pizzingrilli

Membership/Recruitment Chair	Marilyn MacLennan	905-631-6058
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Committee Member:	Claudia Stewart	
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Pension	Vacant	
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Political Advocacy	Moira Jane Plexman	905-845-1977
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Committee Member: Bev Balch

Program	Brad Fisher	905-319-9053
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Committee Members: Penny Hambly, Paul Harper, Lynda Kozak,
Toni Pizzingrilli, Moira Plexman, Colton Roberts,

Social	Claudia Stewart	905-331-5614
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Committee Members: Lynda Kozak, Marilyn McLennan,
Carol Pashkievich, Diona Szczerbak, David Wright

Tours	Jan Murdoch	905-691-8407
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Committee Member: Maureen Downey, Marji Peglar

**RTO/
ERO****District
15****Halton****Contact****List**

Program Committee

By Brad Fisher



Winter General Meeting and Luncheon – February 25th

The February 25th General Meeting and Luncheon took place at the Burlington Convention Centre on Burloak Dr. in Burlington. The speaker for this event was Drew Hayden Taylor. At the time of writing the projected attendance was 100.

Annual General Meeting and Luncheon - May 8th

Please note that the May AGM will be held at:

Glencairn Golf Club

9807 Regional Road 25 Halton Hills, ON, L9T 2X7, Canada

Speaker: Elizabeth Manley

The Program Committee is looking forward to the May 8th AGM Luncheon where we have planned to have Elizabeth Ann Manley, CM, as the keynote speaker. Elizabeth is the 1988 Olympic silver medalist, the 1988 World silver medalist, a three-time Canadian national champion in figure skating, and a Member of the Order of Canada. She is also a member of the Canadian Olympic Hall of Fame, the Ottawa Sports Hall of Fame, and the Skate Canada Hall of Fame. In 2014, she was also inducted into Canada's Sports Hall of Fame.

October General Meeting and Luncheon

Colton Roberts will be the contact for this event. Suggested topics for break out groups include: navigating the healthcare system, end-of-life planning, funeral planning, "I am retired, now what do I do?", combatting social isolation, nutrition and seniors, coping with dementia and other age-related conditions, and seniors and fraud.



Spring General Meeting & Luncheon – May 8, 2019
Glencairn Golf Club
9807 Regional Road 25 Halton Hills, ON, L9T 2X7

Guest Speaker: Elizabeth Manley
Olympic Figure Skater and World Silver Medalist

Boasting more than 30 years in both amateur and professional figure skating, Elizabeth Manley was the first Canadian female to successfully land a triple-double combination jump in competition. She has participated in two Olympic Games (where she won the 1988 silver medal and became the Olympic freestyle champion), six World Championships, and has won three National Titles. Reliving her incredible journey for audiences, Manley gives a behind-the-scenes glimpse into what it takes to make it to the top and speaks with honesty about the importance of mental health and surviving the loss of her parents.

Manley is the author of two autobiographies, *Thumbs Up: The Elizabeth Manley Story* and *Elizabeth Manley: As I Am, My Life after the Olympics*. She has also starred in three television specials, one of which won a Gemini Award. She was also a sports commentator for the Salt Lake City and Torino Olympic Games, and for the Vancouver Olympic Games.

Manley is currently a spokesperson for The Alzheimer's Society of Ottawa and an advocate for the Alzheimer's Association of Canada. Elizabeth has become a producer of the charity event, Elizabeth Manley and Friends for Mental Health, and is a member of the Cancer Foundation Courage Campaign Presidents' Advisory Circle in Ottawa. Elizabeth has spoken to more than 75 schools on the issues of Mental Health, Bullying, and Teen Suicide. Manley is a member of the Order of Canada, Canadian Olympic Hall of Fame, Ottawa Sports Hall of Fame, Skate Canada Hall of Fame and Canada's Sports Hall of Fame. In 2015 Elizabeth received "The Community Builder Award" from United Way.

BUSINESS MEETING 9:30 Refreshments

10:00 - 11:45 Business Meeting

LUNCHEON 11:45-12:15 Registration for Luncheon, Cash Bar Available

12:15 - 12:30 Welcome and Announcements

12:30 - 1:30 Lunch

1:30 - 2:15 Speaker's Presentation

2:15 Q and A

2:30 Conclusion.

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



**Spring General Meeting & Luncheon
Glencairn Golf Club
9807 Regional Road 25
Halton Hills, ON, L9T 2X7**

Wednesday, May 8, 2019

**Registration Form:
Cost: \$40.00 for RTO District 15 members
\$45.00 for guests/ non-members/ spouses**

Please Print:

Name: _____

Tel.#: _____ **Member:** _____

Email: _____

Vegetarian Meal: _____ **Food/Gluten Allergy:** _____

Guest Name: _____

Tel.#: _____ **Member:** _____

Email: _____

Vegetarian Meal: _____ **Food/Gluten Allergy:** _____

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

**Please forward by mail by May 1, 2019 to:
Lynda Kozak
491 Underwood Crescent
Oakville, ON L6L 5P1**



Contribute to the *Herald*!

The next *Halton Herald* will be distributed in September, 2019.

- **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 or by mail to 1393 Clarkson Rd. N., Mississauga, ON, L5J 2W6 or Phone: 905-399-6706. Deadline - July 15, 2019.

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
- Phone RTO/ERO provincial 1-800-361-9888
- Contact Marilyn MacLennan (District 15) with the change 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.

RTO/ERO Proposed Membership Fee Structure

At the Fall Senate 2018, Jim Grieve, Executive Director for RTO/ERO, presented a proposal for a new membership fee structure. It is important that you read the information below in order to be fully informed about this recommended change.

Rationale for Change:

- Current fees inadequate for increasing member services and benefits.
- Fee base unchanged since inception 1968.
- OTPP - 1.25/1K gross OTPP pension.
- Non-OTPP members - 2018 - \$57; 2019 - \$58.
- Many new members criticize fee structure.
- Members who pay higher than average fees pay more for the same benefits, so recruiting and retaining these members is a challenge.

Proposal: \$70 flat fee starting 2020

- No change for members paying less than \$70.
- Max fee for all members \$70.
- New members first year is free; will pay \$70 beginning in second year.

Results:

- No adverse affect for current members.
- Decouple membership fee and income for new members.
- Members paying less than \$70 will be grandfathered.

The RTO/ERO District 15 Senators will be asked at the Spring Senate proceedings in May 2019 to vote to approve this Membership Fee Structure. If you have any concerns you would like addressed, please email the President at district15halton@gmail.com

RETIRED TEACHER

~~I will miss cafeteria lunches~~

~~I will miss the sound of the bell~~

~~I will miss the parents~~

~~I will miss the politics~~

I will miss the kids

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

Foundation Report

By **Moira Plexman**

Since its inception, the Foundation has expanded its focus. It began with *Research* to improve the lives of seniors. Under the capable leadership of Dr. Paula Rochon, research continues to be a critical aspect of the Foundation. *Funding Programs* geared to the needs of seniors is another. This year *Addressing Social Isolation* continues to be an emphasis of the Foundation.

Individuals are encouraged to reach out and engage with their elderly friends, family, and neighbors through visits and volunteer work. Districts have also been challenged to support our senior members. RTO/ERO District 15's recreation and social activities offer our members opportunities to interact socially. Could this mean active participation in our district events is good for your health? Come on out and join in to find out.

A donation to the Foundation supports the research and programs geared to the needs of seniors. Each May, District 15 makes a donation to the Foundation as a tribute to our members named in our In Memoriam ceremony.

Do a Power of Good!

Get the *Halton Herald* Electronically!!

The *Halton Herald* magazine is mailed out to most of our District 15 members. Currently our membership has grown to over 2800 in number. Since the costs for print publication and for mail distribution of the *Halton Herald* are increasing each year, we would like to encourage more of you to receive your *Halton Herald* electronically.

Some of you have already made this environmental choice to receive it only in electronic format. If you would like to change your subscription preference from print to online only, please e-mail **Peter Gnish** at pgnish@gmail.com.

The magazine is fully available as well on our District 15 website. Please share your feedback, suggestions, and comments at district15halton@gmail.com.

We'd love to hear from you.

Archives Report - This Moment in Our History

By Patricia Mateja

Extending a Helping Hand



RTO/ERO District 15 has received separate letters of appreciation from the Canadian Feed the Children organization, the Retired Teachers of Ontario Foundation, and the Fare Share Food Bank of Oakville. Each letter expressed the organization's gratitude for donations made in support of alleviating the impact of poverty on children and their families, and battling the damaging effects of isolation for senior retired teachers.

Recently, **Maureen Childerhose**, a member and retired HCDSB teacher passed away at Joseph Brant Hospital. Born in Windsor, Ontario she moved to Oakville when her father was transferred by the Ford Motor Company. Later, Maureen received her Teaching Certificate from Lakeshore Teacher's College in Toronto and went on to teach for the HCDSB. Throughout her teaching career, Maureen was known as a dedicated primary teacher.



Former colleagues and close friends remember Maureen as a loyal friend and talented teacher who readily nurtured others. Claire D'Addario said Maureen was someone who had an open ear, and offered sound advice. She had a talent for welcoming anyone who entered the school. She made everyone feel appreciated. **Judy Bolzan**, another close friend and former colleague said, "Maureen was the first person I met in the board. She took me under her wing and took me to all the PA days. I was amazed because she knew everyone in the board." Claire remembers Maureen as someone who was dedicated to her students and their parents, "a true partnership of wanting the best for each child."

Maureen was a support to fellow teachers and to both her current and former students. One former student now in his 50s, remembers Maureen as one of his favourites. She taught him in Grade 2. Another former student, who is now a Long Term Occasional teacher with the Halton Catholic District School Board, recalls being taught in Grade 1 by Maureen. She said Mrs. Childerhose was loved by all the kids in the class. After retiring in April 2015, Maureen supply-taught and loved keeping in touch with colleagues. She thoroughly enjoyed supply teaching. Working with young children kept her young at heart. Her goal in life was to enrich the lives of others while focusing on the importance of family and faith.

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

Political Advocacy Committee

By **Moira Plexman**



In anticipation of the fall federal election, a number of issues are starting to surface. Pharmacare is one topic that is likely to interest many of our members. Pharmacare means filling medical prescriptions without opening your wallet. According to the Halton Pharmacare Coalition, “Canadians pay more for their medicines than in other wealthy countries.” Those who are unable to afford medication go without or end up hospitalized. The thinking is that the federal government could negotiate better rates for medication with drug companies.

Recently I have been approached by the Halton Pharmacare Coalition to partner with them. It is a subgroup of the Halton Chapter of the Council of Canadians. CARP, The Ontario Health Coalition and the Oakville CFUW also support the Pharmacare Coalition. Through our involvement in the Coalition we will have access to information, meetings with experts on Pharmacare and all candidates meetings where Pharmacare will be a topic of discussion.

Mark your calendars for **April 2, Time & Location TBA** (updates will be posted on the RTO/ERO District 15 website). **Natalie Mehra**, Executive Director of the Ontario Health Coalition, will be the keynote speaker. Several other speakers are also planned. As issues unfold, more information will be posted on our District 15 website including sample letters to MP’s or candidates.

Most recently I have also received information about the potential for tiered Health Care in Ontario. Again information and sample letters to MPPs will be posted on our RTO/ERO District 15 website.

I could use a few more people on the Political Advocacy Committee especially as we head into the fall election. Given the news that is unfolding daily there may be some very interesting issues to pursue with candidates. Give me a call or contact me through our RTO/ERO District 15 website.



Membership Committee

By Marilyn MacLennan



We continue to welcome new members. This is the time of the year when retirement letters are being delivered to Board offices and thoughts are turning to which Insurance Plan to join. In February, we held our annual Wine and Cheese for those planning to retire this year. This provided an opportunity for attendees to discover more about District 15 Halton, the benefits of joining RTO/ERO and the Group Insurance Plan.

We continue to find new and innovative ways to get the word out about RTO/ERO. Provincial RTO/ERO continues to offer free Retirement Planning Workshops (RPW) around the province. These have been well attended. Word of mouth is still one of the most effective ways for those in the education community to consider RTO/ERO. Tell your friends and former colleagues the benefits of joining.

Please remember to let us know if you have moved, changed your email or your phone number. Do it on the District 15 website - <https://district15.rto-ero.org>. It's easy. From the Home page, scroll to the bottom and click on "contact us". Under "topic" in the drop-down menu, select Membership & Recruitment. Then fill in the form with your change. I will ensure that the change is made so you do not have any disruption in receiving communication from us. Or you can email me and I will make the change - maclennanred@sympatico.ca



Book of Remembrance

We remember with fondness

Marlene Bogart	Maureen Childerhose	Sharron Crawford-White
Leona Cybulski	Derenda Edwards	Kenneth Foster
Evelyn Fullerton	Dorothy Green	Ronald Kay
Shirley Knapman	Thomas Loker	Joanne Mackie
Denise Mason	Mary McClure	Marjorie Milligan
Jack Myers	Charlene Nusca	Werner Puls
Doreen Silver		Betty Stubbs

Governance Report

By Claudia Stewart



The provincial office of RTO/ERO requires that each district review its Constitution every five years. District 15 was due to undertake this review in 2018; however, as RTO/ERO was in the midst of transferring from the Ontario Not For Profit act to the Canadian Not for Profit Act we postponed our revision until 2019. The provincial office undertook the change from the Ontario NFP Act to the Canadian NFP Act because the Canadian NFP had been revised more recently. For RTO/ERO

District 15 the change meant we had to pay more attention to our liability. No one wants us to be taken to court, so to protect the organization, the transfer was official last spring.

RTO/ERO District 15 has examined its former Constitution written in 2014 and presented a draft of our new Governance Document to the Provincial office for approval. We will be e-mailing members the final version in late April and seeking ratification of the document at the May Annual meeting. Please watch your inbox for your electronic copy of the updated Governance Report. If you do not have e-mail and wish to receive a copy of the Governance Document, please contact me at 905-320-6639 and I will mail one to you. The cost of sending each member a copy of the 15-page Governance document is prohibitive. The Governance document will be available online on our district15rto-ero.org website once it is approved by the membership.

More English to the Bar!!!

- **A dangling participle walks into a bar. Enjoying a cocktail and chatting with the bartender, the evening passes pleasantly.**
- **Three intransitive verbs walk into a bar. They sit. They converse. They depart.**
- **A run-on sentence walks into a bar it starts flirting. With a cute little sentence fragment.**
- **A misplaced modifier walks into a bar owned by a man with a glass eye named Ralph.**

Social Committee (formerly Recreation Committee) Report

By Claudia Stewart



Our trip to the Distillery District in December was enjoyed by all who attended. We wandered around the market for a couple of hours visiting booths and shops, all decorated for the Christmas season. Carolers and that Jolly Old Elf made appearances on the small stage in the centre of the

district. We enjoyed a dinner at the Mill St. Brewery Pub. It was a very festive afternoon and early evening and a memorable way to welcome the season.



Carolyn Hilton and Phyllis Kingsley enjoying a quick snack before heading off to the GO train. The enormous festively decorated Christmas tree at the Distillery District Market.



(Social...continues on Page 38)

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

(Social...continued from Page 29)



Sleeping Beauty

On February 15 we attended a performance of *Sleeping Beauty* by the National Ballet Theatre of Odessa - the Russian State Ballet. It was a wonderful post Valentine's Day treat on a very wintry, cold, icy day. What could possibly be more beautiful, refreshing and inspiring for the soul than spending an afternoon revelling in the talents of such magnificent performers. Considering

the frigid temperatures we endured, including two snow days, to be transported to an imaginary world of fairy tales and elegance was a rare treat.

RTO/ERO District 15 was able to obtain tickets for the ballet at Black Friday prices - far less than the ticket list price of \$69.50. We paid just \$52.13. We are able to obtain discounted prices for events when we can purchase a number of tickets. So please let me know if you would be interested in attending events like this or if you have suggestions for future events.

Our RTO/ERO District 15 members are such dedicated and hard working volunteers. I was lucky to meet and catch up with Louise Donnelly at the Burlington Performing Arts Centre on Friday February 15. She found and handed me my tickets to *Sleeping Beauty* as we chatted!



Upcoming Events

- A tour of the Argyle and Sutherland Highlanders Armouries in Hamilton, Wednesday, May 15 at 9:30 am. Details to be announced on *Rapport*. Cost for lunch TBA.
- A visit to Fallsview Casino, April 19, 2019. \$15
- Murder Mystery Dinner at the Innsville Dinner Theater on Saturday, July 20, 2019. Cost approx. \$80

(Social...continues on Page 31)

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

(Social...continued from Page 30)

- The Cranberry Colour Cruise - enjoy the fall colours while travelling to Gravenhurst on a luxury motor coach, then cruising and lunch aboard the Wenonah II, followed by a visit to Johnston's Cranberry Marsh. October 7, 2019. Cost \$135.00
- A cooking class at the Cooking Studio at Paradiso Restaurant, where a group of 6 to 12 can learn about and enjoy a sumptuous meal. Cost approx. \$100
- Niagara Falls Festival of Lights Tour and wine tasting December, 2019. Cost \$115

Please register online for any of these events.

If you have suggestions for activities and events that you would like to participate in and think others may too, please contact me through the website at district15rto-ero.org.

Social Inclusions with David Wright

May 30 Stratford Festival, Festival Theatre.

Billy Elliot, The Musical. 2:00 p.m. Cost \$116.

Contact Dave Wright at 905-639-5093 or davidwright16@me.com

June 18,19 Burlington Performing Arts Centre, Locust St. Burlington.

Burlington Footnotes, *Gotta Sing, Gotta Dance.* Cost \$32.

2:00 p.m. & 7:00 p.m. on June 18 & 2:00 p.m. on June 19.

Buy tickets on line or phone the box office at 905-681-6000.

Nov. 24 Clarkson Musical Theatre, Meadowvale Theatre, Montevideo

Drive, Mississauga. *The Addams Family.* 2:00 p.m.

Cost \$32.00. Contact Dave Wright at 905-639-5093 or

davidwright16@me.com by August 1.

Being



Maintains Good Health

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

Awards Committee

By Penny Hambly



RTO/ERO District 15 is looking for members to nominate for **The Distinguished Service Award**. These are members who have made an outstanding and/or long term contribution to our district. Last year **Moiria Plexman** and myself were honoured with this award presented at our AGM in May. Contact me if you wish to nominate someone and I will send you the nomination form.

The \$1000.00 Johnson Inc. scholarship available to members' relatives who are in their **FIRST** year at a post secondary program should now be available on the Johnson website. Deadline is usually August 31, 2019. Contact me for more information.

The latest RTO/ERO scholarship recipients should soon be announced as the deadline was this past February. This scholarship is available to a member's relative who is in the **FINAL** year of a post-secondary program. The student **NOT** the sponsoring member must complete this application. The application form will be on the RTO/ERO Provincial webpage this fall and I will have more information in the September *Halton Herald*.

The Provincial RTO/ERO awards up to \$4000.00 for Service to Others projects in which our members are involved. District 15 is always looking for these projects. Please note that District 15 members **MUST** be involved in the project. I have received some good suggestions for projects but unfortunately they did **NOT** meet the criteria for the nominations. You can go to our RTO/ERO District 15 website to download the application or look at the RTO/ERO Provincial website under Service to Others. You need to contact me to see if your project meets the criteria (hamblypenny@gmail.com).

E-newsletter Report

By Jan Murdoch



If you are not receiving the *Rapport* each month you may need to update your e-mail information with the Provincial office. If you are using Sympatico, Bell or Rogers e-mails you may not be receiving the *Rapport* due to changes in the companies' security. You should check your junk mail and then approve *Rapport* as a trusted e-mail. Any other questions should be directed to janmurdoch8@gmail.com

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

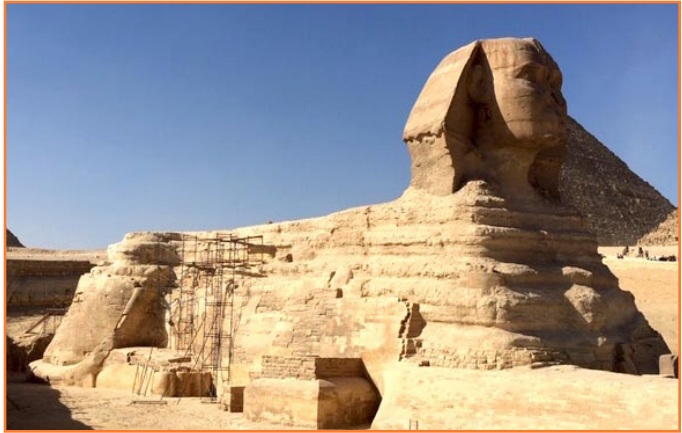
Tours Committee

By Jan Murdoch



Egypt offers an opportunity to see some amazing structures - architectural feats that are overpowering with their magnificence while fascinating because they were created thousands of years ago. The pyramids were impressive, and the beautiful hieroglyphics in the numerous temple complexes told the story of the life of the individual who was entombed inside.

Often a king or queen had a huge statue at the entrance of his or her temple and then as you proceeded inside you could read their biographies. In colour, the stories in hieroglyphics, drawings and portraits took on a type of enchantment, an era in life that existed so many thousands of years ago.



Of interest, in the Valley of the Kings, the least important king became the most important king simply because his tomb was found in recent times with its contents intact. King Tutankhamen or King Tut, as he is better known, had a very small temple, due to his young age. Inside the tomb was his embalmed body, but now most of the contents found in the tomb are in museums around the world. We viewed his gold death mask in the Museum of Cairo.

Visiting the ancient monasteries with their protective walls on our drive back from Alexandria to Cairo enabled us to understand another

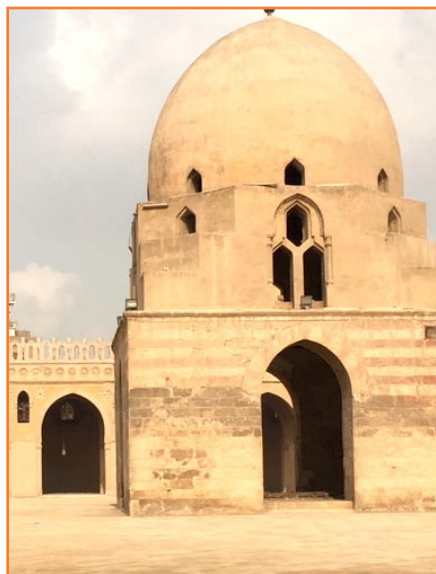
(Tours:Egypt..continues on Page 34)

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

(Tours:Egypt...continued from Page 33)

period in history. The monasteries survived along with the growth of the Coptic Christian faith.

Our journey through Egypt started in Cairo, preceded north to Alexandria on the Mediterranean before moving to Upper Egypt at Luxor for a sail down the Nile to Aswan. During our travels down the Nile we made several trips to shop, explore and learn about the culture of Egypt. We learned how to make papyrus paper and then we learned about the significance of the many paintings depicting ancient traditions and the key elements of the ancient calendar of Egypt. Absolutely amazing!



One evening we boarded a small sailing craft called a felluca, and simply enjoyed the romantic Nile River with its many papyrus bushes, desert sands and villages. The sunset was stunning as we raced across the waters, the sail billowing.

We stayed at excellent five-star hotels and dined on authentic Egyptian food, all delicious. Our final stay was at the resort location, Sharm El Sheikh, where we had opportunities for snorkeling and scuba diving in the Red Sea, savouring a Bedouin dinner in the South Sinai Desert or visiting St. Catherine's and seeing Mount Sinai.

(Tours:Egypt...continues on Page 35)

(Tours:Egypt...continued from Page 34)



Most days we walked 10,000 to 16,000 steps, but we also tried riding camels and ATVs through the desert.

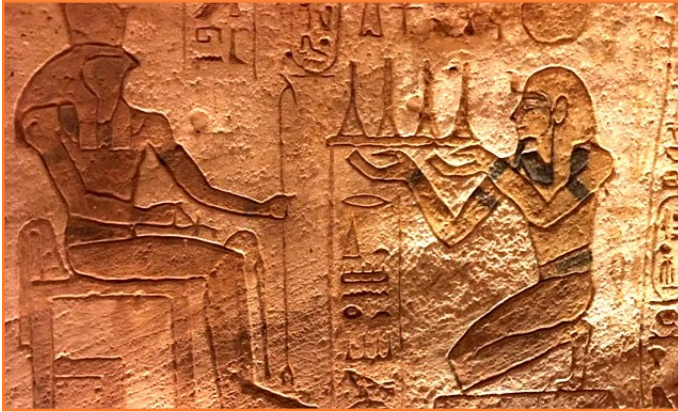


Throughout our journey we were accompanied by Abdul, a historian with credentials in Egyptology. He helped us to understand the significance of the draw-

(Tours:Egypt..continues on Page 36)

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

(Tours:Egypt...continued from Page 35)



ings and explained the importance of each chamber or room in pyramids, mosques, temples or Egyptian homes. We all learned to read a cartouche accurately and many developed an understanding of the figures depicted on the walls. The figure

of Anubis, the embalmer and leader to the afterlife, with the head of a jackal on the body of a man, appeared frequently. Abdul was a tremendous asset both exploring the ruins and shopping in the markets.

Many of the group moved on to visit Jordan and Israel while a few returned to Canada or went on to other destinations. All agreed that the trip was worthwhile; a bucket list trip for sure.

We will offer this trip in October 2019 with just a few modifications, including the addition of a visit to the Library in Alexandria, and a visit to Memphis and Sakkara. We will have the same guide, Abdul, who will take us through his country's history. The hotels we used were amazing, well appointed with excellent locations and will be used for the upcoming trip. The tour company and guides ensured our safe travels throughout our trip.



You can view the original itinerary on the RTO/ERO District 15 website. If interested, please contact janmurdoch8@gmail.com. The group will be limited to 22 participants. Please note that the February 2019 Tour was completely booked in three days. This is a trip of a lifetime!

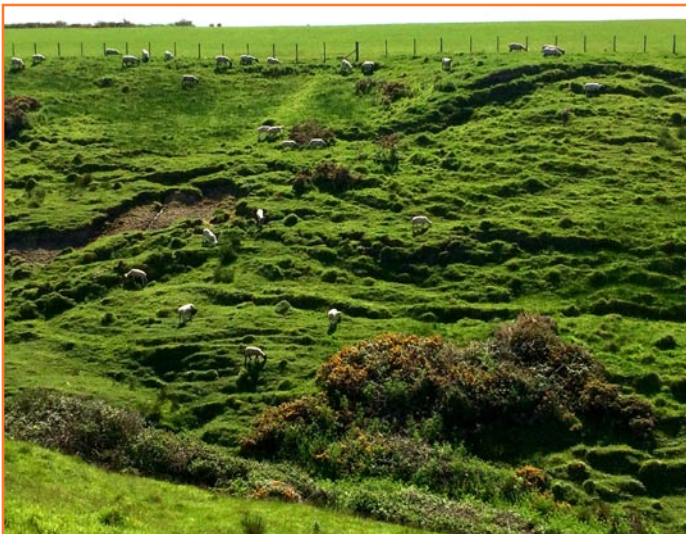
(More Tours:Egypt photos on the back page)

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

Wonderful Walking by Water in Wales

By Marilyn MacLennan

Mountains or water – I love both but water has always had a stronger appeal. A few years ago, I learned about the Wales Coast Path (WCP). It is a trail that follows the entire coastline of Wales. I had never been to Wales and the pictures of the path were enticing. I was not about to walk the entire path so focussed on North West Wales not far from Snowdonia. So, I set off for three days in London last May and then off to the seaside town of Cricceth on the Llyn Peninsula for a week. A lovely little town with an amazing B & B called Bron Rhiw where we stayed. Up the hill from the short main street, it offered amazing hosts and excellent breakfasts. From the beach we could see Mount Snowdon on a clear day. We did day trips from the town.



Our walking path (the locals consider hiking to be done only in mountains) along beautiful rugged coastline was sandwiched between fields of sheep and coastline that varied from sandy beaches to rugged cliffs. It is difficult to find words to describe what we saw, felt,

(Wonderful Walking..continues on Page 38)

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(Wonderful Walking...continued from Page 37)

smelled and heard as we walked – surf, sheep, sea air, sand and rock. Pictures are worth a thousand words. For a change of scenery, one day we walked halfway up Mt Snowdon on a rare-for-the-mountain sunny day. The views from the top (we took the train) were breathtaking.

In keeping with the walking by water theme, we walked two days in the Lake District. A very different

feel but no less beautiful. One day was around Lake Derwent Water and the other on Lake Windemere. What beautiful country! This area was much more touristy and busier. We were told that 10 million people visit the Lake District each year. Thankfully they weren't all there with us. The pictures are of Derwent Water.



And, of course, one cannot visit the UK without tasting some beer. I learned about cask conditioned ale from a Beer Appreciation course. “When in Rome....”

The Heart of a Dreamer

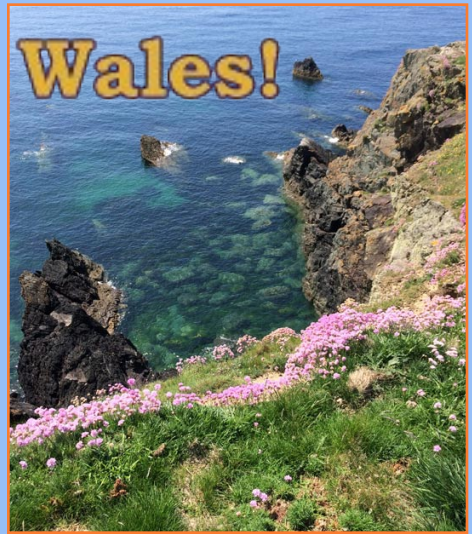
By Idris Davies, Welsh Poet

**I broke my heart in five pieces and buried a part by the sea,
And I hid a part in the mountains and the third in the root of a tree,
And the fourth I gave to a singer who shared his wild ecstasy,
But the best I gave to a woman who gave all her heart to me.**

(Wonderful Walking...continues on the next page)

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

Walking in Wales!





More Egypt!

