



**RTO
ERO**

District 15

Halton Herald

April 2023

Photo Contest ... *Winter Experiences*



Winter Luther Marsh Photo by Al Greyson

In This Issue...

My Travels in 2022

Sandra Taylor Page 16



Our Tour De France 2022

Al Greyson Page 12 and Back Cover

Photo Contest

Winter Experiences

Page 32 and Inside Back Cover



Honourable Mention: *Antarctica Penguins*

Photo by Jennifer Peace

*Tribute To
Warren
McBurney*



Micki Clemens
Page 10



Honourable Mention: *Backyard Bliss*

Photo by Judith Eden



*The Story of
The Clydesdale Horses*

Micki Clemens Page 22

President's Message!

By Jerry Powidajko



Spring is here!!! Although we haven't had a lot of snow, relatively speaking, glad to be heading into warmer weather and to get all those plants in the ground!

I would like to thank our Program Committee, specifically **Micki Clemens, Susan Stavin, Toni Pizzingrilli, Colton Roberts** and **Penny Hambly** for their outstanding

work in the recent winter and spring presentations!

In February we hosted a ZOOM presentation, "Future Proofing your Life". Our presenter was Laura Tamblyn Watts who is the Founder and CEO of CanAge, Canada's national seniors' advocacy organization. The presentation focused on:

- Violence and Abuse Prevention
- Optimal Health and Wellness
- Infection Prevention and Disaster Response
- Caregiving, Long-Term Care, Home Care and Housing Resources
- Economic Security
- Social Inclusion

Some past webinars are available on their website:

<https://www.canage.ca/resources/webinars/>

As well, we were fortunate to have a brunch presentation in March at the Holiday Inn Oakville @ Bronte. Our presenter was Kevin Maynard, Vice-President of the Canadian Foundation for Economic Education (CFEE). The presentation covered how to have honest conversations with your family about money, wills, end-of-life and funeral arrangements and Powers of Attorney. Some available resources are available on their website: <https://cfee.org/other-resources/>

Our 50th Anniversary celebration will be held at our AGM on May 17, 2023. We are extremely pleased to have as our very special keynote speaker, Susan Aglukark, OC. As an honorary doctorate recipient, University of Toronto, her final words to the graduating class of 2017 were "Feel the fear and do it anyway." These are true words describing

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Visit us on the Internet at district15.rtoero.ca

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how she has lived and continues to live her life! She is a Canadian singer whose blend of Inuit folk music traditions with country and pop songwriting has made her a major recording star in Canada. Her most successful song/single, "O Siem" reached No. 1 on the Canadian country and adult contemporary charts in 1995. Overall she has released seven studio albums and has won three Juno Awards.

As we celebrate our **50th Anniversary**, it will be a great time to reconnect with colleagues, share stories and help us re-view our 50 years as District 15. Please book the date and register ASAP...seating and space is limited! See the details on pages 20, 21.

I would like to thank the **50th Anniversary Organizing Committee** for their outstanding work and all the time they put into this. Specifically, **Penny Hambly** (Chair), **Micki Clemens**, **Moira-Jane Plexman**, **Toni Pizzingrilli**, **Dianne Visschedyk** and **Patricia Mateja**.

Many of the webinars presented by national RTOERO are now archived and available at rtoero.ca/resources/videos. Some of the more recent sessions that were added include:

- Diabetes prevention & management – What you should know
- Auto and home insurance 101

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



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

- Social purpose and philanthropy with the RTOERO Foundation
- Strengthening your financial capability

As well, RTOERO Foundation hosted six informative presentations featuring experts in the fields of geriatrics and social engagement and focused, in addition, on the benefits of charitable giving. All webinars are available to watch on the RTOERO Foundation site with English and French captions.

• **Initiating a Dialogue on Dementia & Elder Abuse (IDDEA)**

As an older adult, an adult living with dementia, a caregiver, or a family member, learn how to recognize the signs of elder abuse and how to prevent it.

rtoero.ca/webinar-initiating-a-dialogue-on-dementia-elder-abuse-idea

• **Optimizing medication safety**

The presentation focuses on the need for optimizing medication safety for older adults. It includes an overview of polypharmacy and tips for discussing medications with your family doctor.

rtoero.ca/webinar-optimizing-medication-safety

• **Mental healthy living after social distancing of older Canadians**

This webinar provides an overview of a new RTOERO Foundation grant dedicated to understanding how the Covid-19 pandemic impacted the mental health of older adults in Canada.

rtoero.ca/webinar-mentally-healthy-living-after-social-distancing-a-study-of-older-canadians

• **Social inclusion – a guide to future-proof your relationships**

Learn how to “future-proof” your social connections in this webinar designed to provide you with the steps needed to support intergenerational relationships and support social inclusion.

rtoero.ca/webinar-social-inclusion-a-practical-guide

• **A panel discussion: Moving from isolation to inclusion**

Hear from three leading experts in the field of seniors' health and wellness as they discuss initiatives they are working on and highlight trends in seniors' issues from Canada and around the world.

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rtoero.ca/a-panel-discussion-moving-from-isolation-to-inclusion

• **What do you want your legacy to be?**

This webinar introduces the basics of planned giving, how to have conversations with your financial planner and how to know if you are getting the right advice.

rtoero.ca/webinar-social-purpose-and-philanthropy

As well, District 15 Halton has its own Facebook page as a way to stay in touch, share information, and promote and celebrate events with all members. Thanks to the work of **Patricia Mateja**, our Social Media Manager, we have a vibrant Facebook presence. Please visit our site at www.facebook.com/RTOERODistrict15Halton

Brad Fisher continues to work tirelessly to co-ordinate our electronic newsletter, *Rapport*. This is a great collection of pictures, news and stories, focusing on District 15 Halton, published multiple times a year. I know Brad would appreciate your submissions for possible inclusion, sent to rapportd15@gmail.com.

The *Halton Herald*, our newsletter, comes out three times a year in print and electronic form, thanks to the amazing work of **Peter Gnish**, Editor. Although we do send the *Halton Herald* by mail, members are invited to consider receiving their edition of the *Halton Herald* electronically. If you would like to save a few trees, please send our Editor, **Peter Gnish**, an e-mail stating that you no longer wish to receive a paper copy in snail mail but would like to enjoy the *Herald* digitally. Send your e-mail to District15Halton@gmail.com.

As always, we encourage you to visit <https://district15.rtoero.ca> our website, for up-to-date information, a calendar of events, and support documentation. Thank you to **Carey Mollenhauer**, our Web Manager!

As you can see by the volunteers named above, these events work because of the help of all the people behind the scenes. Without their help this would not be possible including reporting in the *Halton Herald* and *Rapport*, luncheons, presenters, Zoom sessions, posting informa-

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Visit us on the Internet at district15.rtoero.ca

(President's Report...continued from Page 6)

tion on Facebook and our Webpage, scholarships, political advocacy, benefit reports, etc...and the list goes on. We all love our volunteer work, but we do need you to keep up the good work. Please contact me or Micki Clemens at district15halton@gmail.com.

Our remaining Board meeting dates for the 2022-23 year are as follows: Wednesday, April 19; Thursday, May 17 - AGM; Tuesday, June 13.

Information will continue to be made available on our website and Facebook page. We look forward to hearing from you and seeing you at our AGM in May! Have a great spring!

Celebrating 50 Years as RTOERO District 15 Halton!



Your **50th Anniversary Committee** is putting together a retrospective of the past 50 years.

This is an appeal to all our members for photos, stories, and memories for use at our 50th Celebration at our May AGM.

Perhaps you could share a paragraph or two about a memorable event, guest speaker, or a humorous situation?

Or, perhaps you would like to create a special memory submission to the *Halton Herald*?

Please contact Moira Plexman, if you have something to share at our 50th AGM Celebration.

Moira Plexman - plexmanm@gmail.com

On behalf of your 50th Anniversary Committee,
**Penny Hambly, Dianne Visschedyk,
Micki Clemens, & Moira Plexman**

We Get Letters, E-mails & Calls

By Peter Gnish



From the response I got this reasonable winter season, people must be spending more time outside rather than inside writing to me. See the five messages I received. Now it's your turn to let the membership know what you are up to. I will be back in Canada early May. You can phone me (905-547-1628), send an e-mail (pgnish@gmail.com) or write me a card or letter and send it to 153 Fairleigh Ave. S. Hamilton, ON, L8M 2K4. I look forward to receiving something from you soon.

Susan Carnegie e-mailed me to say, "Hi, Peter! Hope you are well and soaking up all that Florida sunshine! It is practically balmy in Oakville today after two days of bone-chilling cold. I hope you received lots of positive feedback about the January issue. I really enjoyed reading every word again! Lots of great articles and photos.

P.S. It was more of an ice event yesterday near me, so walking can be treacherous! Trying to snow right now! Here is a shot by the lake...!



Judith Anne Foster sent a message saying, "It's a treat to receive each of the editions and congratulations to all who contribute. I have very good memories of working with **Blaine Adams** and **George MacRae**."

Al Greyson wrote, "Have a great time in Florida, just remember not to talk politics. Sean's (*Editor's note: mentioned in his last article*) fame continues to grow - he was featured in the *Hamilton Spectator* for driving around town in his old station wagon with a decorated Christmas Tree on top and that led to a podcast by reporter Scott Radley. I'll do my best to keep his head from swelling. Happy New Year to you and Cate!"

(We Get Letters...continues on Page 9)

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(We Get Letters...continued from Page 8)

Nancy Sorensen wrote, "A nice edition of the *Herald* with lots of good information and great stories too. I am off to Katikati, New Zealand, on the 17th. I've already shared a Katikati story with our readers but, maybe, I'll have a new adventure while I'm away. Let's wait and see!"

Richard Szymczyk e-mailed to say "Great to read the latest *Herald* articles but I have not been able to finish the latest article of past experiences in Halton. Hopefully more to come later. Currently I'm keeping my brain cells in high gear by being active with the local township in addressing policies and procedural issues which impact on the rights and responsibilities of taxpayers - a great experience in appearing before "small-town" council both in person and via ZOOM! We've come a long way since enjoying my Commodore 64!! Compared to my involvement with Halton School and Police Boards in the past, it's really more than just interesting and challenging! "

Welcome, New RTOERO District 15 Members!!!

Our membership is now pushing the 3000 mark. Below are the names of teachers, other education staff and surviving spouses who became members since December 2022. Please welcome them and invite them to join you at one of our upcoming activities.

- | | | |
|------------------------|-----------------------------|---------------------------|
| John Barker | Bryan Camani | Geraldine Everett |
| Danilo Faiazza | Danielle Fink | Wayne Harrison |
| Janet Homewood | John Lowe | Sharon Lytle |
| John McKillop | Kerry Miller-Mackay | Gary Mohr |
| Simone Renn | Elayne Ruplen | Luigi Silvestri |
| Alison Stanhope | Marsha Sulewski | Kimberly Tennant |
| Irene Tilling | Doris Thompson-Grant | Mary Ann Yurincich |

TRIBUTE TO WARREN MCBURNEY

By Micki Clemens



The Board of District 15 Halton was saddened deeply to learn of the death of Warren McBurney in December, 2022.

Warren had been a long-serving member of our District 15 Goodwill Committee and his record of service was impeccable. Over the years, he diligently and enthusiastically sent birthday cards and thinking of you cards to our retired members in Oakville, as well as delivering flowers in person to those celebrating very special birthdays. He would deliver poinsettias at Christmas and lilies at Easter to those members 90 and over. At the AGM in 2013, **Marina LLOYD** presented him with a Distinguished Service Award.

In addition, Warren and his wife, June, were always supportive of the District 15 Social Committee outings, organized to attend local community theatre, especially at the Oakville Centre for the Performing Arts. As President of the Burl-Oak Theatre Group for several years, I waited in the lobby for Warren's review of our productions. He always succeeded in finding the finer points of the actors' performances, the creativity of the production teams, and the applied skills of the directors.

Warren grew up in Walkerton, ON. He earned a BA in English and Journalism from the University of Western Ontario and a B.Ed. from the University of Toronto. He had a rewarding 35 year career as a high school English teacher in Collingwood, then in Oakville at G.E. Perdue and White Oaks Secondary School.

Warren was a loving father, grandfather, and great-grandfather who was revered as a true gentleman by all he met. His hobbies included travelling, exploring almost every continent, photography, woodworking, reading, gardening, genealogy, and collecting both stamps and autographed books. The book, which began his collection of over 400 titles, *The Fall of a Titan*, is autographed by Igor Gouzenko! Agatha Christie's signature, as well as that of Lucy Maud Montgomery, appear in other books.

(Tribute..continues on Page 11)

(Tribute..continued from Page 10)

In his long retirement, in addition to being our Goodwill representative in Oakville, Warren remained active in his community as a volunteer ESL teacher, a canvasser in his neighbourhood for health charities, and as a singer in his church choir.

William “Warren” McBurney passed away at University Gates Retirement Residence in Waterloo in his 87th year. He had recently relocated from Oakville to Waterloo to be near his children after the death of his wife, June, in May of 2022.

In the words of a fellow Goodwill representative, Warren was “a smart, kind, generous, and unassuming man.... It was a privilege and a pleasure to chat with him at different RTOERO functions. He was a gentleman in every sense of the word. He will be missed by so many of us who enjoyed knowing him and working alongside of him”.

Our RTOERO District 15 Halton is celebrating our



**at our AGM Luncheon on May 17, 2023.
(See registration page in this *Halton Herald*.)**

**We are looking for any pictures
and copies of
the *Halton Herald* from past years for a display.**

**If you have any items that we may borrow,
please contact: Moira Plexman plexmanm@gmail.com**

**Thank You,
50th Anniversary Committee**

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Our Tour de France 2022

By Al Greyson

If there's an unattractive, historically insignificant town in France we have yet to find it. We have only visited a few of the "Most Beautiful Villages In France", but we think we could do our own edition based on the places we have visited. Our trip this past September with friends, Bernie and Wanda, took us mostly to new places.

We started by picking regions where we hadn't spent much time: Brittany, the Dordogne, and Occitanie. Then we picked a town or village that would make a good base from which to operate. Our first stop was Rennes in Brittany, a perfect spot for day trips to places such as Mont



St. Michel, St. Mâlo, Vitré and Châteaugiron. Rail service to the Atlantic Coast for a day's outing was also a possibility. Wanda found a great apartment close to the historic downtown with its half-timbered buildings, Parc du Thabor, and the sumptuous market.



After five days we headed south with a first stop in Nantes. We had hoped to visit the Palais des Ducs de Bretagne and Les Machines de L'Île, but both were closed on Mondays. Our visit became a walk along the Loire on a scorching hot day, with a brief respite at the sobering display about the role Nantes played in the African Slave Trade.

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(Tour de France...continued from Page 12)



Our next night was in the utterly charming town of Bergerac on the Dordogne River. It would be a wonderful base for an extended visit in the future, and for any wine lovers, it is roughly equidistant to the Bordeaux and Languedoc regions. Leaving Bergerac, we followed the river east through the region known for foie gras and walnuts. The Dordogne is, in our opinion, the unheralded sibling of the Loire: very scenic, plenty of grand châteaux, great places to stay and visit and with much less traffic. We had brief stops in Rocamadour and Bozouls before our next destination, Albi.

Albi was a place we had seen on a broadcast of the Tour de France, which is as much about tourism as it is bicycle racing. The magnificent Cathedral de Sainte Cecile is apparently the largest all-brick building in the world, and the unique interior design was intriguing. The Toulouse-Lautrec Museum is next door, but we couldn't squeeze a visit in. Another overnight stay, then we were off to Carcassonne. This was my biggest disappointment of the trip. While it remains a fascinating historical structure (built by the Cathars in the 13th and 14th centuries), inside the gates is a myriad of tacky souvenir shops and so-so restaurants where we actually met a surly server. He lightened up a bit when he discovered that Bernie was a fellow Québécois!



(Tour de France...continues on Page 14)

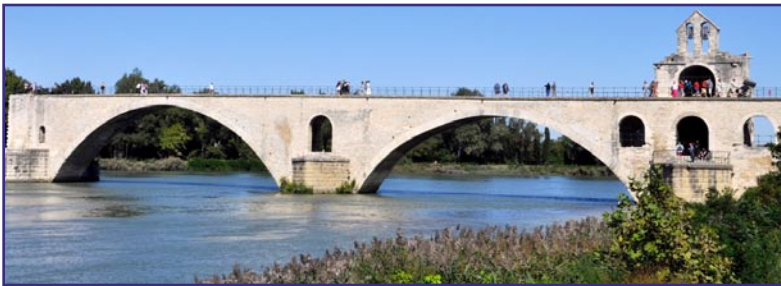
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We turned east and toured through some large cities before getting to our destination in Occitanie, the hill-top village of Saint-Siffret. Our villa served as a great launch pad for day trips to Nîmes, Avignon, Arles, the Camargue, Pont du

Gard and Les Baux-en-Provence. Uzès was nearby and had all the services we required plus a Haribo Candy museum and gift shop. Saint-Siffret and the many neighbouring villages are a jumble of Mediterranean-style buildings,



narrow streets and delightful surprises. Saint-Quentin-

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Visit us on the Internet at district15.rtoero.ca

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la-Poterie was so named for the wide selection of ceramic artists plying their trade, a great spot for authentic souvenirs and gifts.

With our trip ending, we wove our way up the Rhone Valley and through the Loire region with visits to Roanne, Bourges, Sancerre, and Briare. If you are looking for a palace with beautiful gardens and smaller crowds than Versailles, I would recommend a trip to Fontainebleau, once the home to Napoleon and Josephine.



The days of poor service and haughty attitudes are a thing of the past in France. Throughout all our visits, we have been welcomed warmly by friendly, helpful people. Hoteliers that make you feel as though you are a relative coming for a visit to the family home; restaurant staff who will do their best to help you understand the menu; people on the street hearing you speak English while looking at a map and offering to help. The only thing we might suggest is to plan your trip along rail lines. Driving in France with the speed traps, constant traffic circles, and massive speed humps has become an annoyance!

(More Tour de France Photos...on the Back Cover Page)

Visit us on the Internet at district15.rtoero.ca

My Travels in 2022

By Sandra Taylor

Although I thought that I would no longer travel, with or without my son, ("My Surprises", September 2016), this past year I did!

The first trip was to Nova Scotia, in April 2022, to visit close family. We viewed beautiful valley landscapes overlooking the Blomidon point. Plus we did some trail walking through the



woods, owned by Acadia University. It is untouched land (so far). It was delightful as well to visit Lunenburg. Roaming around the area to see the various inlets (across from Lunenburg) became a long afternoon's pleasure. It was quite a treat, courtesy of my niece.

In the spring, May 2022, I flew to South Carolina to visit family. Our daughter lives on a beautiful golf course, overlooking two picturesque ponds. Watching the ducks, watching the golfers (experts, and duffers alike) was entertaining. Plus



dog walking for exercise, around the golf course...but only at certain times. One

DAHLONEGA STORIES

The earliest known commercial use of this c. 1872 storehouse was a confectionery (candy) shop opened by Hiram Gurley around 1880. It was called the Crawford House for Gurley's in-laws, who lived upstairs. Dahlonega's Welcome Center occupied the street front office for 25+ years. When Norman Adams purchased the aged structure, inspectors reported that the axe-hewn, heart-pine sills were still solid. The building has housed Adams Insurance Agency since 1961.

day, we drove to an old mining town, called Dohlonega, North Georgia, where we found an ice cream parlour that was charming in the old fashioned way. We drove around to see the University of North Georgia, passing the mine museum, and we walked the main street. After a lovely visit, it was time to return; however, departure became a bit of a problem as a storm arrived to complicate the return flight, with delays, more delays, and connection problems. Does that sound familiar?

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(My Travels...continued from Page 16)

In late November, I flew to London UK, with our son, for a pre-Christmas visit. The Christmas lights decorated Piccadilly, Regent Street, and many shop windows. That was a treat to see, meandering around the streets, to view the festive decor. Crowds were everywhere and it was difficult to actually walk on the sidewalks, with the crowds enjoying the display.



During the two weeks, I was able to visit a former colleague in Kent, to visit the Isle of Wight, where my parents are located, to visit and to take a bus tour of Cambridge (WOW). We walked around the college area,



with pretty narrow lanes, but needed to beware of the cyclists who seem to have the right of way. I also attended three music concerts, three museums (Victoria and Albert, included), two films, and two plays. It was rather hectic!

The final trip of 2022, was flying to Seneca, SC, for Christmas, to spend five days with the extended family. What a pleasure that was and included four dogs willing to gobble any foodstuff spilled on the floor. Plus we had to judge the gingerbread houses created by the grandchildren.

That was fun with icing spilling on tables and on all participants! And, of



course, we enjoyed lots to eat. The weather was mild, which made walking around the golf course quite enjoyable.

Now for 2023, I am hoping to visit the UK again. However, like other travellers, we find fares are rather expensive, no matter what airline. I am eager to dig deep into my pocket to be travel ready. One must "Carry on!", so say the Brits!

Get the *Halton Herald Electronically!!!*

To date more than 325 members have made the environmentally friendly choice to receive the *Halton Herald* electronically only, resulting in savings of more than \$650 in printing and mailing costs. If you would like to change your subscription preference from print to online only, e-mail **Peter Gnish** (pgnish@gmail.com). I will add your name to my list to receive the e-version and not the hard copy for the next issue.

To ensure that this preference continues in the future you must send an e-mail to RTOERO at membership@rto-ero.org or telephone RTOERO 1-800-361-9888. You will need your RTOERO membership number when contacting the RTOERO office. For security reasons, they will not allow me to do this for you. Inform them that you wish to have your District Publication News in Print Form designation changed to **NO** in order to ensure that you will not receive a hard copy of district publications.

ADVERTISING AND PROMOTION POLICY

It is the policy of RTOERO Halton District 15 that all advertising and promotion to or by its members must have prior approval by the District Executive. In this context advertising and promotion includes signage, verbal presentations, handouts, distributed material and display table material. Advertising may be accepted for the following purpose: To offer information to members about programs, services and products of potential interest and benefit. RTOERO reserves the right to edit or reject any advertisement.

RTOERO districts do not accept paid advertising and it is not permitted in district newsletters or on district websites. Districts may recognize sponsorships by trusted partners for events or special activities.

Publication of any advertisement by an outside group in the *Halton Herald*, in other District 15 printed material, on the District website, in our e-letter (*Rapport*) or at any District function or event does not constitute endorsement of the product or service by RTOERO Halton District 15.

RTOERO District 15 Halton Contact List

NOTE: Recently, the RTOERO has advised all their Districts of the need to protect the personal security of our Executive and Board members and our District members in our publications. You may contact us in TWO ways.

1. To contact any of the Board members listed below, please use the following email address: district15halton@gmail.com. Please indicate in your message, the individual Board member or members to whom you would like the message to be directed.

2. Go directly to our Contact Page on our RTOERO website, <https://district15.rtoero.ca>, and submit your inquiry. Any contact information included in the committee reports found within this publication appears with the approval of the individual author.

Executive 2022 – 2023

Past President: Micki Clemens
1st Vice President: Vacant
Secretary: Dianne Visschedyk

President: Jerry Powidajko
2nd Vice President: Brad Fisher
Treasurer: Carol Pashkievich

Committees

Archives

Blaine Adams

Community Grants & Scholarships

Penny Hambly

Book of Remembrance

Toni Pizzingrilli

Communications

Webmaster

Carey Mollenhauer

Social Media Manager

Patricia Mateja

Rapport Coordinator

Brad Fisher

Halton Herald Coordinator

Micki Clemens (Temp.)

Halton Herald Editor: Peter Gnish Design: Cate Roberts

Proofreaders: Susan Carnegie, Micki Clemens, George MacRae,

Marilyn MacRae, Eleanor McCulloch, Jordan Palmer, Ray Smith

Foundation Champion

Moira Plexman

Goodwill

Toni Pizzingrilli

West Convenors

Marina Lloyd, Liz Takalec

East Convenors

Dianne Visschedyk, Toni Pizzingrilli

North Convenor

Susan Spencer

Out-of-Region Convenor

Catherine Fadyshen

Health Benefits

Bonnie Cummings

Committee Member:

Colton Roberts

Membership/Recruitment

Marilyn MacLennan

Member at Large

Susan Stavín

Political Advocacy

Claudia Stewart

Program

Jerry Powidajko (Temp.)

Committee Members: Micki Clemens, Penny Hambly,

Toni Pizzingrilli, Colton Roberts, Susan Stavín

Social

Vacant

Visit us on the Internet at district15.rtoero.ca

**YOU ARE INVITED...
TO OUR 50TH ANNIVERSARY
AGM and LUNCHEON!!!**

**RTO/ERO DISTRICT 15 HALTON
Wednesday, May 17, 2023
Rattlesnake Point Golf Club
25407 Regional Road #25
Milton, Ontario, L9T 2X5**



Susan Aglukark is one of Canada's most unique artists and an accomplished singer/songwriter. She blends the Inuktitut, Indigenous and English languages with contemporary pop music arrangements to tell the stories of her fellow people, the Inuit of Arctic Canada. Her presentation will give us a glimpse of the resilience and determination of people who have maintained a quiet dignity despite near annihilation and a glimpse of the strengths of the traditional culture. Susan is a multi-award winner with several Junos, the Order of Canada, and the Governor General's Lifetime Artistic Achievement Award.

\$50.00 for RTO District 15 members

\$55.00 for guests/ non-members

ANNUAL MEETING: 10:00 a.m. to 11:30 a.m.

REGISTRATION AND SOCIAL TIME: 11:30 a.m.

OPENING REMARKS: 12:00 p.m.

LUNCH: 12:30 p.m., with presentation to follow.

Cash Bar available 11:30 a.m. – 3:00 p.m.

Visit us on the Internet at district15.rtoero.ca

RTO/ERO DISTRICT 15 AGM and LUNCHEON!!!

Wednesday, MAY 17, 2023

Registration Form – **Please PRINT**

Name: _____

Tel.#: _____ Member : _____

Email: _____

Meal: Chicken _____ OR Vegetarian _____
Food/Gluten Allergy: _____

Guest/Non-member

Name: _____

Tel #: _____

Email: _____

Meal: Chicken _____ OR Vegetarian: _____
Food/Gluten Allergy: _____

NOTE: MAKE CHEQUE PAYABLE ONLY TO
RTO/ERO District 15 in the amount of

Mail registration form & cheque by **May 3, 2023** to:
Patricia Mateja
2129 Kawartha Cres.
Mississauga, ON, L5H 3P8

OR

NOTE: PAY ONLINE at <https://district15.rtoero.ca>
Home Page – See under SITE MAP – Click “Pay online for
District 15 Event or Activity.”

EMAIL Food Choices to Patricia.mateja@gmail.com

THE STORY OF THE CLYDESDALE HORSES



“Talent multiplication works like this: one Clydesdale horse can pull a ton. Two Clydesdales connected together properly, can pull ELEVEN tons.”

YOU are District 15! District 15 Doesn't Exist Without You!

Since the pandemic there has been a lack of member participation to assist our operation. Without members participating, District 15 will need to cut back on our services and, perhaps, close down.

Our RTOERO District 15 Halton is run by a small team of retired and skillful individuals (humans, not Clydesdales, but you get the analogy!) who give so generously of their time, talent, effort and energy, and who work as a TEAM to support over 3000 members in Halton and beyond.

Understandably, during the pandemic we all turned inward to care for ourselves, our families, and for our neighbours. However, now as we open up and stretch ourselves into a semblance of normal life, we look to see the growing desire for meaningful communal life.

Without you, the membership, actively participating in our efforts, the following may no longer be offered:

- The *Halton Herald* coming three times a year.
- Monthly *Rapport* newsletters, with timely information and articles and photos to help keep up your connections in Halton.
- Luncheons and notable speakers, where you may meet up with former colleagues and make new friends.
- Zoom presentations providing you with educational and entertaining sessions.

(Clydesdales...continues on Page 23)

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(Clydesdales...continued from Page 22)

- Birthday cards, get well cards, sympathy cards, and phone calls to members to ease social isolation.
- Quick and easy access to information through our social media channels of our website and our posts on Facebook.
- Donations to local food banks, to the RTOERO Foundation for our deceased members, and no more recognition of those members who have passed.
- Scholarships for worthy students in both Halton district school boards.
- Celebrations of those educators recently retired in Halton.
- Support for members of District 15 still active in education.
- Timely health reports that update information on health and travel insurance.
- Political advocacy initiatives, reports, and projects that benefit the health and welfare of our members.
- Social events and recreational activities of interest to members.
- Funding available for local community projects.
- Archive of member records, photos and their activities in Halton.
- Representation, through our leadership team, to bring forth your voices on issues at the RTOERO Forums and through Committee webinars.

WHAT A TREMENDOUS LOSS THAT WILL BE!

Take courage from what every volunteer knows, that the first motivation is for the sake of helping others, but very quickly one realizes that it is life affirming to show up for others and to feel useful. It is reassuring that we are doing something to support the health and well-being of our members.

(Clydesdales...continues on Page 24)

(Clydesdales...continued from Page 23)

We are asking you to contribute a small portion of your time to assist with the work of keeping District 15 a thriving and productive organization.

PLEASE CONTACT MICKI CLEMENS AT district15halton@gmail.com

YOU are District 15!

V O L U N T E E R



Health Benefits Committee Report

By Bonnie Cummings



I always find February to be the coldest month of the year with lots of snow and freezing cold weather, but spring is just around the corner and should be flourishing when you read this report.



It has been quiet over the holidays and there is no Health update. Just a reminder for those of you who are travelling, don't forget to take your extended health card with you as it contains all the contact information you need in case of an emergency. Enjoy the snowy weather and welcome the spring! Bonnie Cummings, RTOERO District 15, Health Representative (bonniecummings.rtoero@gmail.com)

Visit us on the Internet at district15.rtoero.ca

Webmaster Report

By Carey Mollenhauer



District 15's new website has been up and running now for five months. You can access it through this link <https://district15.rtoero.ca/>.

Our website is the place to go to find out what events your district is hosting. Electronic copies of both the *Rapport* and the *Halton Herald* can also be found here. RTOERO national events are listed on our site with direct links. As well, District 15 has its own Facebook page as a way to stay in touch, share, and celebrate all members. Please visit our site to join: www.facebook.com/RTOERODistrict15Halton



Book of Remembrance *We remember with fondness...*

- | | | |
|--------------------|-------------------|-----------------|
| Sandra Barker | Jean Burbidge | Dina Clendening |
| Sharon Dyson | Raymond Everett | Joseph Galea |
| Doreen Gentleman | James Grant | Herald Greening |
| Jacquelyn Harrison | Thomas Houldcroft | Norman Howell |
| Dorothy Jefferies | Ronald Lencz | Mary Lilliman |
| Kaylynne Lowe | Richard Scott | Robert Sheppard |
| Elizabeth Stone | James Taylor | Julia Yorke |

Contribute to the *Herald!*

The next *Halton Herald* will be distributed in September 2023.

- Send a letter to the Editor (pgnish@gmail.com) on any topic that concerns you or tell us how you are doing and what you are up to.
- Write an article on any topic that may interest your retired colleagues. Please limit your article to a maximum of 750 words.
- Share a funny story with our many readers.
- Provide us with pictures to share with our members.

Send your article or correspondence to the Newsletter Coordinator, Micki Clemens by e-mail: micki.clemens@sympatico.ca.
Deadline - July 15, 2023.

Political Advocacy Committee Report

By Claudia Stewart



Update on Environmental Stewardship

“Re-imagining a New Way Forward with Intention” was a Zoom presentation by RTOERO on January 31, 2023. Sheila Watt Cloutier spoke about the historic perspective of the losses of Inuit culture and the impact for climate change. Human trauma impacts climate trauma and results in planet trauma. We have to develop new coping mechanisms and policies, and build trusting relationships to find ways to heal the planet. She suggested we try to lead with our hearts to influence rather than protest to change the leadership to develop a global impact.

Here are some additional worrisome facts about our Health Care:

1. The Ontario health system spends less per capita on health than all but one other province. We have long wait times, thousands of people with little access to primary care, too few clinical staff, and too few hospital beds because we do not invest in expanding capacity.
2. There are 1.8 million Ontarians without a doctor, and millions more who cannot access their doctor in a timely fashion and seek help from emergency rooms on an urgent basis. This is a much more expensive model of healthcare because there is no opportunity to advise patients about ways they can prevent illness.
3. Ontario pays the lowest wages and therefore, will not attract experienced nurses. There isn't excess capacity in other provinces. (The College of Nurses reported there are only 195 applicants from other provinces, 6,000 international applicants, and 4000 from Ontario). Wage-capping Bill 124 has made our province one of the least desirable places in Canada to work as a healthcare professional.
4. There has been no funding increase for home care nursing for three to four years, hence our shortage of home care nurses. Families have to hire private nursing at \$100 per hour. Insurance reimburses \$60 per hour and the rest is out-of-pocket. There are no caps on salaries in private nursing.

Foundation Report

By Moira Plexman



This report highlights activities of the past year. Each initiative supports the Foundation Mission Statement: “We invest in programs, research, and training to support healthy, active aging for all Canadians. Our activities aim to improve seniors’ health care, end social isolation and combat ageism.”

The Fall 50-50 Draw

This was a massive success! The Foundation sold \$66,250 worth of tickets and one lucky winner took home half of this pot. The Foundation was very pleased with the success of this undertaking and may consider such events in the future if there is member interest.

Giving Tuesday

Giving Tuesday proved to be another success. Hearing Life matched all gifts up to \$5000 and then added another match of \$2500.

Grant Cycles

All proposals for Foundation grants that were submitted in the fall are reviewed by the Peer Review Panel. Final decisions will be announced in May at the RTOERO Forum. Based upon the level of response to the fall grant cycle, consideration is being given to opening up a spring grant cycle.

A Grant Success Story

Schlegel - UW Research Institute for Aging has developed a conversation guide. This is the result of a past research grant from a few years ago. The purpose of the guide is to offer a practical resource to help community members identify older adults and care partners who may be identifying barriers to participation and what to do about them, as well as conversation starters. This resource will be shared in 2023 and will be accessible on the national website.

Further Grant Updates

Nipissing University is engaged with an on-going project, “Social Connections and Living with Dementia.” The aim of the study is to gain a

(Foundation...continues on Page 28)

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(Foundation...continued from Page 27)

greater understanding of social isolation and loneliness among people living with dementia.

The University of Alberta has a research team focussing on “Mentally Healthy Living after Social Distancing.” The goal is to identify mentally healthy living strategies used by older adults during the pandemic. Researchers hope to generate strategies to reduce anxiety, stress, and other mental effects of the pandemic.

Chime In

In the last *Halton Herald* quite a bit of information was shared about the Chime In Program. Did any of our members give it a try? We would love to hear from you if you did!

Our District 15 Contributions

Our District made contributions to the Foundation in the year 2022. Each spring we make a donation in memory of our members who have passed away as part of our In Memoriam held at our AGM. Each fall we make a donation to support the work to end Social Isolation.

Individual members are encouraged to remember friends and loved ones by making a donation. Please consider taking action to make a donation to help build a better future for aging adults.

Membership/Recruitment Report

By Marilyn MacLennan



We continue to welcome new retired members as well as active members to District 15 Halton. In addition to updating member information, I work on obtaining accurate e-mails and addresses from some members.

Those with Cogeco e-mail addresses are advised to add the District 15 and the RTOERO events e-mail addresses to their contacts because bulk e-mails may not be delivered. This should ensure that you receive e-mail communications from the National RTOERO office, the District 15 eNewsletter *RAPPORT* and other timely information.

(Membership...continues on Page 29)

(Membership...continued from Page 28)

Or, if you are willing to share another e-mail address, that would solve the problem. The e-mail addresses are: district15halton@gmail.com and rto_events@rtoero.ca

Retirement planning workshops will continue to be offered virtually and in person by the National office with the next one in Halton on May 11, 2023. Details will be available on the RTOERO website soon.

Goodwill Committee Report

By Toni Pizzingrilli



Happy April on behalf of the Goodwill Committee! We hope that you are having a healthy and joyous year thus far as we all look forward to warmer, sunny days ahead. May there be many occasions to stay active, engaged, and connected with family, friends, and colleagues.

Staying connected with our Senior Members is precisely what the dedicated, hard working Goodwill Committee Convenors have continued to do as they diligently send out hundreds of cards to commemorate the 3 C's of our mission: Caring, Compassion, and Celebration. Greeting cards to celebrate birthdays continue to be the greatest number of cards that are sent. The reason for that being that the information for birthdates is provided by the National RTOERO office.

We would very much like to send out more cards for other different occasions but we need your help in order to do so. We would be grateful if you informed us of anyone who would appreciate a card, a note, a phone call or an e-mail for an occasion other than a birthday - perhaps a "thinking of you" card or a get well card as that type of information does not come from the National office. We very much want to support our members as best as we can in all the various situations and/or occasions that they are facing. With your help in keeping us informed we can accomplish that goal! Contact me, Toni Pizzingrilli at district15halton@gmail.com.

(Goodwill..continues on Page 30)

Visit us on the Internet at district15.rtoero.ca

(Goodwill...continued from Page 29)

Another way that you could help is by joining our Goodwill Committee. We are always looking for more volunteers to join our team in order to maintain our coverage in each area of Halton (Burlington, Oakville, Milton, Acton, Georgetown, and Halton Hills) and even expand the scope of our mission. Hope to hear from you! Stay well!

Awards/Community Grants & Scholarship Report

By Penny Hambly



Jim Baker Distinguished Service Award

This award is given to a RTOERO District 15 member who deserves recognition for his/her significant and/or long-term contribution to the work of our district. It is presented at the May AGM. If you would like to nominate someone for this award, then contact me (hamblyp@cogeco.ca) or find the Nomination Form on our website.

Scholarships

Johnson Insurance offers \$1000.00 scholarships for relatives who are in their first year of a post-secondary program. Check their website under Johnson Insurance Scholarships which should now be available.

RTOERO District 15 Halton Academic Spirit Award

Our District 15 Board offers a \$1500 scholarship to a graduating student who has overcome a challenging situation in order to succeed. We provide one scholarship to the Halton Catholic District School Board and two to the Halton District School Board. See our District 15 website for more details.

Community Grants (Formerly called Service to Others Grants)

This year we did not have a project to submit. If you have a project that might qualify for the RTOERO Community Grant of up to \$4000.00, go to the RTOERO National website to see the criteria for submitting an application. You need to contact me to discuss your project as it has to be approved by our District 15 Board.

Archives Committee Report

By Blaine Adams



FROM THE ARCHIVES

As an archivist, I admit to being curious about what our historical documents reveal about the actions in the past. I have noted and wondered at the number of meetings people attended. For a while there were regular Pre and Post meetings as well as the regular Board meetings after events. Plus the Executive met as well! This selection below from the archives dates from 2000.

Executive Meeting

April 2, 2000

Minutes of Executive Meeting

April 2, 2000

at Roy Cooper's home

9:30 a.m.

Pre Spring Board Meeting

May 2, 2000

Spring Meeting--ANNUAL GENERAL MEETING

May 9, 2000

Post Spring Board Meeting

May 9, 2000

Pre Fall Board Meeting

Fall Meeting

Post Fall Board Meeting

A Winter's Tale

A wife texts her husband on a cold winter morning, "Windows frozen, won't open."

Husband texts back, "Pour luke warm water over it and then gently tap edges with hammer."

Wife texts back 10 minutes later, "Computer really messed up now!"

Photo Contest: *Winter Experiences!*

By Peter Gnish

The response from District 15 members to the Photo Contest: “*Winter Experiences!*” advertised in the January edition of the *Halton Herald* was excellent. We received a total of 25 photos from 10 members. And what a show! As mentioned by several of the judges, the selection process was most difficult because of the excellent quality of the photos. Thank you to all the members who made submissions to this event. At least one photo from each of the 10 participants is included in this issue of the *Halton Herald*.

The winning photos, as determined by the 11 judges, are as follows:

1st Place: “Winter Luther Marsh” by **Al Greyson** on the Front Page.

2nd Place: “Sunset at LaSalle” by **Marilyn MacLennan** on the inside Back Page

3rd Place: “Cardinal” by **Bruce Shapka** on the inside Back Page

Two Honourable Mentions: “Antarctic Penguins” by **Jennifer Peace** and “Backyard Bliss” by **Judith Eden** are on Page 2.

The members who submitted the top three photos will receive RTOERO memorabilia as a token prize for their efforts. Thanks again to all those who submitted photos and the judges who took time to make these difficult choices. Additional photos may be included in the September edition of the *Halton Herald*.

Here are comments from some of the judges:

- * “Very tough choices”.
- * “Some great pictures”.
- * “Beautiful photo entries! Tough choices!”
- * “What a fun but hard activity. Winter never looked so lovely!”
- * “Wow, this was very hard. Some absolutely amazing pictures.”

Following are other photos submitted and comments by the some of the members.

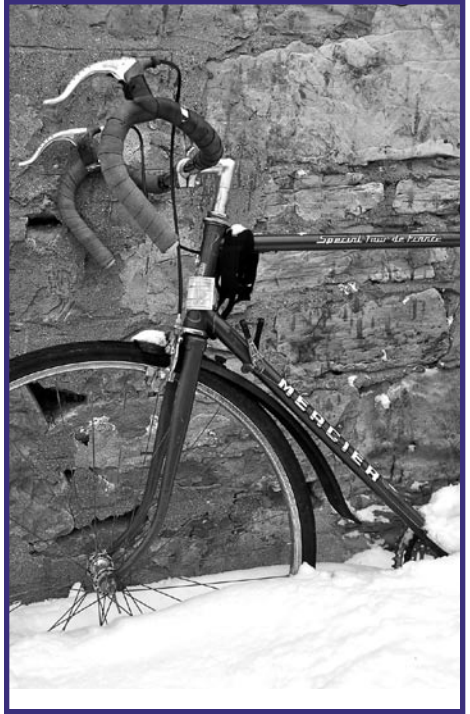
(Photo Contest...continues on Page 33)

(Photo Contest...continued from Page 32)

**Just Wait 'til Next Year!
Al Greyson**



**Back Deck Snowfall
Jim Hawkins**



Marilyn MacLennan

Vermont

and

Tree Shadow

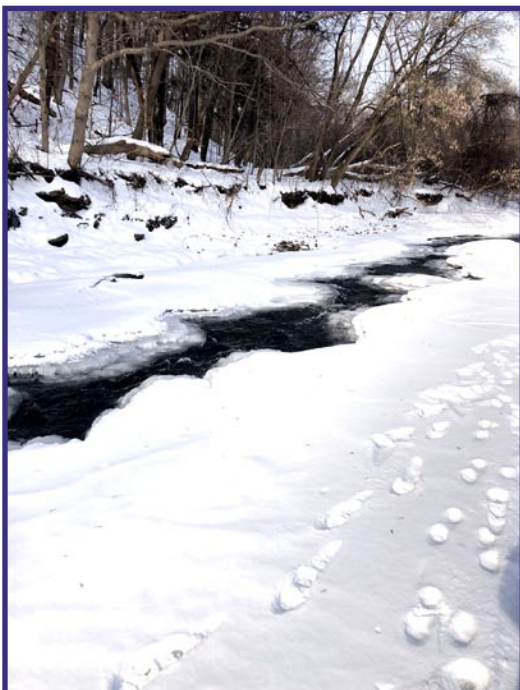


(Photo Contest...continues on Page 34)

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(Photo Contest...continued from Page 33)

Karen O'Halloren says her shot (top left) "...is one of my daffodils and a late season snowfall. This one (lower right) was taken at the RBG looking out at Cootes Paradise. We were able to



walk from Cootes Paradise, across the bay to the RBG.

This last one (top right) was taken in 16 Mile Creek. I do a lot of stand up paddling on the creek in the summer and it was fun to be able to walk on it in the winter".



(Photo contest...continues on Page 35)

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(Photo Contest...continued from Page 34)



Marie Schaefer

“I took this picture of a tree in our yard, after an ice storm, about three years ago. The lacy effect of the ice on the branches mixed with the red leaves was quite dramatic.

This second picture is of my twin grand daughters, eating a cookie while leaning up against the discarded Christmas tree. They had just finished building a snowman with me and were tired and in need of a snack.



This picture was also taken after an ice storm and shows the damage that it did on our street.”

(Photo Contest...continues on Page 36)

(Photo Contest...continued from Page 35)

Bruce Shapka submitted these additional two photos:

“Snow Racer - A few days ago while out for a walk by the Speed River in Guelph, I saw families sliding down the back end of a golf course. The expression on the faces of the father and son shows the delight of travelling down the hill together.”



“Winter Walk - The Guelph’s arboretum is just minutes from where we live. A couple of weeks ago while I was walking I came across this group of women trekking through the snow.”



(Photo Contest...continues on Page 37)

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(Photo Contest...continued from Page 36)

Mary Shier

“These photos were taken last Friday in the Limehouse Millennium Garden situated directly below Limehouse Elementary School. It was a beautiful winter wonderland here after so many grey and bleak days of cloud and dampness.

Photo 1 (right) - This installation of public art was created by our local Metalscape artist, Doris Treleven. The title is “V Formation”. The geese only wear their scarves when they are heading south for the winter.



Photo 2 (left) - The obelisk garden feature was also created by Doris Treleven and recently installed in the garden as a tribute to Queen Elizabeth’s 70 years



of service as Queen of Canada. Note the 70 maple leaves entwining the obelisk. The crown is the Imperial State Crown.”



Photo 3 - Rosehips in Winter

(Photo Contest continues on page 38)

(Photo Contest...continued from page 37)

Pauline Weber wrote “One of the things I miss now that I’m back living in Burlington is the white winter beauty we enjoyed while living north of Tweed on the edge of the Canadian Shield. Snow stayed white and enhanced rock formations and country landscapes. Here are a few of my favourite winter photos taken during our 12 years of living on the Black River north of 7.”



Snow Frosted Shield Rock

Winter Shadows - Beaverstock Hill

Winter Fences - Tweed



Two Other Photos by Jennifer Peace



Antarctica



Hilton Falls

(More Contest photos on the next Page)

Visit us on the Internet at district15.rtoero.ca

Photo Contest

Winter Experiences



Sunset At La Salle Park

Photo by Marilyn MacLennan



Cardinal

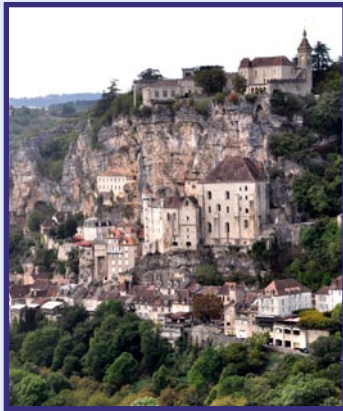
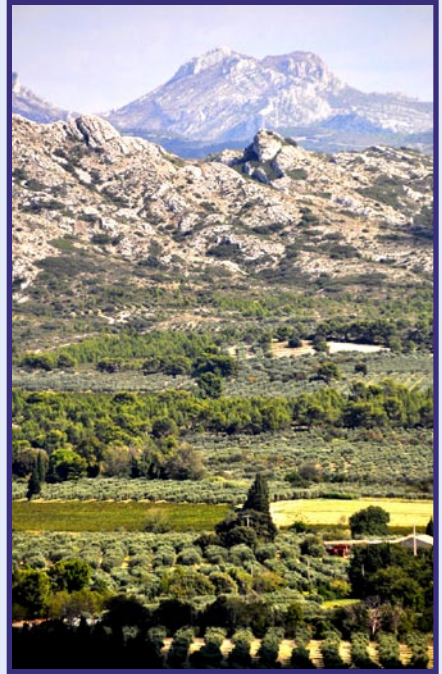
Photo by Bruce Shapka



Bruce Shapka wrote, "I have bird feeders in my backyard. I provide seed throughout the winter season. This handsome male Cardinal was perched in my cedars waiting his turn at the feeder."

Our Tour De France 2022!

Photos by Al Greyson



*Marilyn MacLennan, Membership Chair
District 15 RTOERO Halton
469 Woodview Road, Unit #7
Burlington, ON L7N 2Z9*

