



2012

Picture It *YOUR* Way

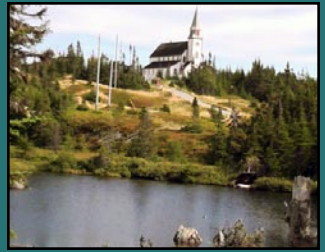


Captain Blackmore's, St John's, Newfoundland

Watercolour by Joyce Frank, pictured above sketching. See page 39

Newfoundland!

“Long May Your Big Jib Draw!”



President's Report

By Linda Jones



The winter season is here with mornings starting later and evenings ending sooner. But we have a new year to look forward to full of hope and promise no matter what your plans might be. Hopefully, elections are over for the foreseeable future and we can concentrate on more enjoyable activities as well as connecting with our friends and family. Here's wishing you and yours a safe, happy and prosperous New Year.

In September, **Hilary Barber** joined our Board as a Member without Portfolio. She will be assisting our Recruitment/Member Services Chair, **Jan Murdoch**.



In early October, District 15 held a very successful **Retirement Planning Workshop**. There were 116 registrants and the speakers, Sue Jones from District 27, who explained the pension matters, Michael Spohn from Educators' Financial, (who spoke about the benefits of financial planning) and Ana Campbell from Johnson's (who explained the R.T.O. Health Plan) were all very informative and enthusiastic, even quite humorous at times. This can be a difficult feat when faced with an audience which has worked hard all day. Hopefully, many of the participants will join our District over the next few years. We plan to hold another workshop in 2013. I would like to sincerely thank the other members of the committee, who organized this event, **Cecile Leach, Mary Lyons, Jan Murdoch, Janet Carter-Wright** and **Hilary Barber**. Please see the photos on Page 28.

I attended the Fall Senate along with your Vice-Presidents and Past President. Jim Sparrow and Leo Normandeau were elected by acclamation to the positions of President and 1st Vice-President respectively. Joan Murphy became the Past President. Norbert Boudreau was elected as the 2nd Vice-President and June Sze-man and Margaret Clarke were elected as Executive Members. **Cecile Leach** will serve another year on the Nominating Committee and **Linda Jones** has been appointed to the Provincial Political Advocacy Committee for a three year term.

On a surprisingly warm November 2nd, members met at Deerfield Golf Club for our Fall General Meeting. As well as a delicious lunch and a very enjoyable, interactive vocal performance from Cruisin' (we had great fun being part of the vocal percussion section), we were treated to a visit by Gordon Cressy, who is currently

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the Director of Advancement and Fundraising for the newly created RTO/ERO Charitable Foundation. He regaled us with stories of his previous fundraising experiences and reminded us of the invitation that we all received with the most

recent issue of Renaissance, our Provincial magazine. This invitation is from some very prominent Ontarians who have joined the Foundation's Honorary Advisory Group. Through the Chair in Gerontology, which the Foundation will establish, all seniors will benefit indirectly. At the meeting, we held a 50/50 draw in support of the Charitable Foundation. Please unearth your invitation, read Cecile Leach's article in this edition and seriously consider how you could support this very worthy cause.

By now, you should have received your RTO/ERO 2012 diary. Be sure to mark the date for our **Winter General Meeting** (February 23rd). See the enclosure for more information. I hope to see many of you in Milton at the Teatro Conference Centre. Be sure to consult our Calendar of Events on Pages 22 for other activities you can enjoy with friends and former colleagues. Remember that our district website, listed at the bottom of the page, has the complete online version of the Herald as well as information on past and future events, news, weather and sometimes opportunities for volunteering or activities that come up between publication dates. Check it out!

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RTO/ERO District 15

We strive to live up to our motto!

Here for you now...

...Here for your future!

You can help by getting involved.

We Get Letters, E-mails & Calls

By Peter Gnish



The period since September has been a very bleak one for me in terms of receiving communications from the membership. Only one from George MacRae was received . He forwarded me the following about:

Doug Magwood - Those readers of the Halton Herald who are Toronto Maple Leaf fans, (or hockey fans in general), may be interested to know that Doug Magwood, who worked in Halton for more than 31 years, has recently published his second book. Entitled *Heart and Spirit Reborn*, Doug relates the story of the 2010-2011 Maple Leaf NHL season as it is experienced by his favourite NHL team. Although the Leafs once again failed to make the playoffs, Doug identifies six players who he believes will eventually anchor the club, and lead the Maple Leafs to success in future seasons.

Doug's book retails for \$20.00 in perfect-bound paperback format, and will soon be readily available as an e-book. It can be ordered at any Coles, Chapters or Indigo bookstores, or from Trafford Publishers on the Internet.

That's it for this issue. Why not help me get over the feeling that people are avoiding me for some reason. Was it something I said or did? Anyway, maybe you can assist my recovery by contributing something about yourself. See the details below. I look forward to hearing from some of you - I could sure use the attention.

Contribute to the Herald!

The next *Halton Herald* will be distributed in April, 2012.

- **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 Editor, Peter Gnish by e-mail: pgnish@cogeco.ca, by mail to 153 Fairleigh Ave. S. Hamilton L8M 2K4 or telephone: 905-547-1628. Deadline - February 15, 2012.

Fall Luncheon Meeting - November 2, 2011

Be sure to read Penny Hamby's blurb about this meeting (on Page 22). As you can see from the photos below everyone had a wonderful time, feasted on a delicious lunch and enjoyed the music entertainment. Join us at the Winter Luncheon Meeting on February 23rd in Milton. See the enclosed flyer for details.



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San Francisco Trip

By Jan Murdoch

Our September trip began, perhaps a little hectically for Susan and Colton whose alarm clock failed to work effectively. Our bus, loaded with 38 excited travellers from 3 RTO/ERO Districts crossed the border where we caught our Southwest flight to the west coast. We became acquainted quickly and became a very engaged and inclusive group. Once in San Francisco we were transported to the Adagio Hotel, in the heart of the city. Leonard and Beatrice ventured off that evening to begin their dining experience in China Town, while others sought out closer venues. Within walking distance of the hotel there were quite a number of excellent restaurants offering a plethora of foods at affordable prices. We got to try many of them. Everyone shared their dining experiences and travel discoveries. Those who got to the Castro District found that public nudity is legal in San Francisco.

Our first morning we took a guided tour of the city, where it was explained that San Francisco is only 46 square miles divided up into several districts. The water on 3 sides results in significant fog most days and often cold weather even during the summer. We lucked out as the fog cleared up and didn't return until after we left. At the Navy Pier we spent the afternoon exploring the many venues and photographing the numerous sea lions. We all met at Scoma's for an excellent welcome dinner down by the water. And, we were able to experience San Francisco's



cable cars, truly an adventure in itself. While hanging on the outside you need to be alert for truck mirrors and opposing cable cars where it's common to "high-five" passing passengers.



The next two days were spent exploring the city and the surrounding area. Many biked or walked the Golden Gate Bridge while others rented vehicles and ventured further. Linda and I drove up the coastal highway which proved to be both scenic and a bit unnerving with all the S bends and drop offs to the water on the driver's side. Although I

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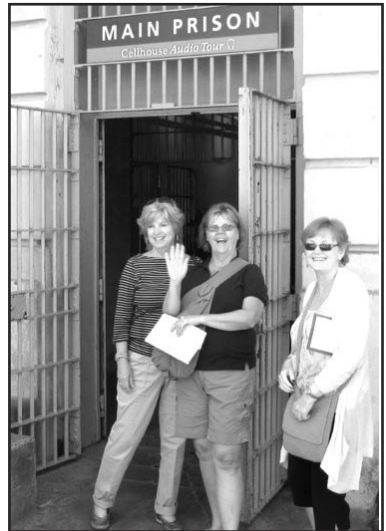
tried to encourage Linda to take advantage of some of the remarkable sites she kept saying No! I learned later that she had a fear of heights. Although she desperately searched for an alternative route back to the hotel, we back-tracked on the same highway. Needless to say it was a very quiet ride as she was now on the cliff side of the road. On Monday we travelled by coach to the Napa and Sonoma valleys where we visited some vineyards, sampled wines, learned about the wine-making process and discovered that a small grape is sweeter because the large ones are saturated with water.

Although some said they might not have visited Alcatraz if it hadn't been part of the tour, all agreed it was a worthwhile excursion. It is part of history and the subject of a few movies. While there, Colton and Susan met a woman who grew up as a child on the island, the daughter of one of the guards, who shared the wonderful experiences that she had growing up with the other children. She took a ferry every day to the mainland to go to school.

Our trip ended all too soon. We boarded the bus to the airport, then went on to our flight to Buffalo. It was late in the evening when we got home so good byes were quick. It was a pleasure to receive all the positive e-mails from people in the weeks following.

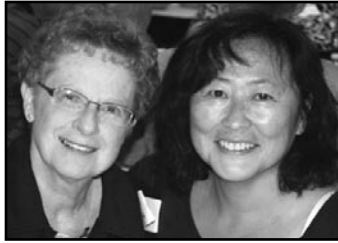
The trip to Washington in the Spring of 2012 should prove interesting especially since having read the last Dan Brown book and having watched National Treasure, I have learned that the city is full of symbolism as well as history.

Then in the fall we hope to head to New Orleans. We try to keep our cost down to a minimum so that we can pass the savings on to the participants. That is why we have limited advertising of the trips. Once someone expresses an interest we maintain contact via e-mail newsletters. If you want to be kept informed of future possible trips without actually committing to any particular trip just send me an e-mail at janmurdoch@cogeco.ca and I will add you to the list. All former travelers automatically get the fliers and newsletters regarding future potential trips.



The Hell With The Bell Breakfast - September 8, 2011

This annual event was held at the Quality Inn in Bronte again this year - and another good turnout of new retirees attended. If you recognize any of the faces below, encourage them to join RTO/ERO if they have not already done so. We hope to see many of them at future District 15 functions. Welcome to retired living!



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Feeling Depressed?

Here are 10 ways to cope with depression!

1. Talk to a therapist
2. Express yourself in writing
3. Boost your self-image
4. Stick to a schedule
5. Stay involved
6. Depend on others
7. Sleep well
8. Enjoy the emotional benefits of exercise
9. Make the food and mood connection
10. Say NO to liquor

This list comes from a good online source called **Everyday Health**. You can get more details on the above list by visiting:
www.everydayhealth.com/depression-photos/ways-to-cope-with-depression.aspx#/slide-1

NO NEWS IS GOOD NEWS (Unless You Happen to Be Selling Your Home)



When it comes to Real Estate, no news is bad news. Pure and simple, if you are not receiving communication and information regularly, then you are simply in the dark - and that is no place for a homeseller.

I believe that any successful home sale hinges on one important factor: accurate information supplied to you on a timely basis: long before, during and after the sale process.

After all, there is so much riding on your home sale. You need to make sound decisions. That's why I will never be incommunicado with you.

Call my voicemail anytime to request your free copy of my booklet "29 Essential Tips to Maximizing the Value of your Home." These are realtor tips to help you to get more money at the bargaining table. Call 905-849-3366 or e-mail Carol@Todd-Skuce.ca for your free copy.

Carol
 TODD-SKUCE
Rising to the Challenge
 ROYAL LEPAGE
 251 North Service, Rd.
 Oakville, ON

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E.C. Drury Retired Alumni Breakfast

By Larry Jaroslowski

The 3rd Annual Breakfast Gathering for retired E. C. Drury Staff Alumni was held at the ECD Staff Dining Room on November 2nd. Almost 30 former staff, including several first time attendees, gathered for “the last breakfast” at ECD.

While previous meetings were held at a local diner, this year’s event took place at the school due to the impending closing of Drury. Alumni members enjoyed an excellent breakfast of eggs, bacon, sausage, toast, fruit and coffee, gave updates on their retirement activities and exchanged stories from the past. The group and the contact list are growing every year and although the school is set to close in June, the alumni gatherings will continue. Next year’s breakfast is scheduled for the first week in November at the new and yet to be named school. If you are Drury alumni or know of others who might want to be added to the contact list, e-mail Larry Jaroslowski at moochski@hotmail.com.

Atrocious Puns

1. I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.
2. If you jumped off a bridge in Paris you’d be in Seine.
3. When the smog lifts in Los Angeles, U.C.L.A.
4. The guy who fell into an upholstery machine is now fully recovered.

Archives Committee

By Judy Sloan



Since my last report I have added five items to our Halton RTO scrapbook. Sadly, three of them are obituaries. While reading the Fall issue of our RTO/ERO Provincial Renaissance magazine, I suddenly came upon a lovely photo of our handsome Halton District 15 webmaster, George MacRae. If you haven't seen his photo yet, you can find him on page 3 of the Health Wise section of the magazine under the heading "Coverage at age 65." George is responsible for our website and does a wonderful job as I'm sure you already know.

Just before the provincial elections, the Burlington Post featured a photo of Sophia Aggelonitis, our (then) Minister Responsible for Seniors, receiving a pair of dance shoes from Rosemarie Maurice, artistic director for the Burlington Footnotes Senior Performing Troupe. Sophia was there to congratulate the Footnotes on the 10th anniversary of their annual show, "**Gotta Sing Gotta Dance**" at the Oakville Centre for the Performing Arts. The photo included some of the dancers in the show including our RTO/ERO members **Carroll Goodwin** and **Judy Sloan** (yes me). This October, the Footnotes performed at the new Burlington Centre for the Performing Arts and were again featured in the Post in our Chorus Line costumes. No, I did not gain weight. It was all my costume's fault!

Since my last report I have received the obituaries of three of our members which had been posted in the Hamilton Spectator. After a brave and courageous battle with cancer, **Bonnie Sury** passed away at the Carpenter Hospice in Burlington on September 18th at the age of 65. For many years Bonnie was a dedicated Halton elementary and secondary school teacher as well as supply coordinator at Lester B. Pearson High School. She was also a devoted head spokesperson for all supply teachers in Halton. Bonnie was an avid reader, an accomplished seamstress, and had a passion for interior design. She loved to travel, to garden and to spend time with her family and friends. Bonnie will be greatly missed by all who knew her.

Kenneth Elliot, age 86, passed away on September 24th at Oakville Trafalgar Memorial Hospital from complications from pneumonia. Ken achieved his dream to teach high school History and English in his hometown school, Chambly County High, in St. Lambert, Quebec. He then moved on to teach at the local high school in Uxbridge, Ontario, and then to Oakville, Ontario in 1957 where Ken was a Halton District School Board employee for 28 years. He was also a proud contributor to the establishment of Sheridan College of Applied Arts and Tech-

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nology. Hand picked and hired by the college's first president as chief librarian, Ken established and ran the Brampton campus library from the college's opening in 1967 to 1970, and then ran the Oakville campus library from 1970 to 1975, when he then returned to the Halton Board. Ken will be remembered fondly for his many accomplishments in education especially at the college level.

Florence Meares, well known as a lifelong educator in Halton Region, passed away in her 98th year at the Joseph Brant Memorial Hospital in Burlington on November 10th. Florence was a well respected member of the community that was reflected in Halton Board of Education, naming an elementary school in her honour. She was a principal at many schools in the Halton District, and was an elected School Trustee in the Halton Board. Florence was honoured as Burlington Citizen of the Year in 1988 and as Ontario Retired Person of the Year in 2002. Her involvement in many organizations including Zonta and the Burlington Historical Society made her lifelong friends. Her dedication and valuable contribution to both the educational system and the community will always be remembered. Florence was a pioneer of her time for all women educators as well as a role model for seniors. We thank you, Florence.

That's all for now and PLEASE keep those articles and photos coming to 1446 Brenner Crt., Burlington On. L7P 2Z2 or contact me at judymsloan@yahoo.ca or by phone at 905-336-5538. You can also contact me on my cell phone or text me at 905-467-2363.

Shaw Festival Theatre

By Janet Carter-Wright



On a beautiful fall day in October, 40 members attended a matinee at the Shaw Festival for the production of *My Fair Lady*. This production, based on the play of Pygmalion by Bernard Shaw, was the transformation of a flower girl into an upper class lady. The play was adapted into a musical with lyrics by Alan Jay Lerner and music by Frederick Loewe. The Shaw Festival's first ever production of this musical was directed by Molly Smith. Members were fortunate to have wonderful orchestra seats. From there they were able to see the actors, costumes and sets from a great vantage point. The singers had exceptional voices and members left the theatre with a spring in their step and a tune resonating in their heads. We look forward to next year's production, which is Ragtime.

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Tours Committee

By Jan Murdoch



The Tours Committee has been resurrected and is working hard to meet your travel needs. Our composition is slightly different as we now have advisors on our committee from other Districts.

Those who sit on the committee are individuals who enjoy travel, but also enjoy researching the best locations to visit with key elements of interest. We also would like to collect and disseminate interesting information that fellow travellers wish to share. For example we would like to know if you have stayed in a great hotel in a major city; have eaten in a great restaurant that had unique ambiance or great food and great prices; have rented a house, condo or apartment in a great setting for an affordable price in France, Spain, Scotland, or New Mexico; know of a place where a group of us could stay in another country and set up our own independent touring. As teachers we have a thirst for knowledge and new experiences. So, help us to help you.

I have also found that in retirement often one person in a relationship likes to travel and the other is often content to stay at home. In our travels to the cities of North America over the last 2 years many people have travelled as couples, but even more have travelled with friends or alone while the spouse stayed at home. In my case, my husband chooses to be employed and so I travel with friends. We will continue to offer travel opportunities for everyone. My hope is that you will find a way to join those of us who have really enjoyed travelling.

If you are interested in joining our Tours Committee please contact me by phone at 289-956-0163 or by e-mail at janmurdoch@cogeco.ca. I look forward to your involvement in planning our next adventures.

**IF YOU ARE MOVING or
IF YOUR ADDRESS INFORMATION IS INCORRECT**

Contact Dianne Vezeau at the Provincial RTO/ERO office

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

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

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

or **Contact Jan Murdoch** by telephone 289-956-0163

or by e-mail at janmurdoch@cogeco.ca

Recreation Committee

By Dave Wright



Micki Clemens, one of our members, is now the President of the Burl-Oak Theatre Group. We have included their two plays for this season in our schedule of events. ***Over the River and Through the Woods*** is in January and ***Schoolhouse***, which Micki is promoting on Page 18 of this issue, is in April.

Drury Lane's ***Music Hall*** is in February and there is another Norm Foster play at the Aldershot Players dinner theatre in April. There is lots of good local theatre. Be sure to join us. As I have said before, we promise you good company.

Since September we have attended ***My Fair Lady*** at the Shaw Festival, a dinner theatre at the Aldershot Players and musicals at Burlington's Drury Lane, the Clarkson Musical Theatre, and the Theatre Aquarius Christmas musical. Tours of the Burlington Art Centre, the Warplane Heritage Museum and the Royal Botanical Gardens round out our events for the winter and spring. District 15 member **Ulla Lenzen Butt** has a display at the Art Centre. I have said more about Ulla's accomplishments on Page 34.

We went to the Warplane Museum several years ago. Our guide, Don Gregory, was a college classmate of mine and had flown a number of the aircraft on display including the CF-104 when he was with the Air Division in Europe. This past year the remains of a WW1 Canadian soldier was found in France and the story was featured on CBC News in late October. Through DNA testing his identity was determined. It was Don's uncle. Don flew over Europe in a CF-104 a number of times and probably passed over the battlefield where his uncle fell. What a great Remembrance Week story - a young Canadian who gave his life in a Great War and a nephew who flew over Europe in a fighter aircraft in The Cold War.

Another Remembrance Week event was the Burlington visit of the 48th Highlanders Pipe Band of Holland. The visit was coordinated by **Jim** and **Sharon Matz**. The band is based in Apeldoorn, the city in Holland that Burlington is twinned with. The 48th Highlanders of Canada liberated Apeldoorn in 1945 and in the years after WW2 a pipe band was formed and named after the regiment that liberated the city. Jim brought the band to our street, Kenmarr Cr. They performed for the residents which include seven retired and a few active teachers.

“Take Your Grandchild For A Walk!

By Jan Murdoch

Many of you may have seen the advertisements on TV lately about the need for children to have a minimum of 60 minutes of exercise every day. The reason the Government has started this campaign is due to a concern about the sedentary life styles of the youngest generation, because they are consumed with their technology. I have serious concerns myself about the lack of opportunities for them to walk about in their community or in the countryside. If they're not getting exposure to the outdoors now, how will they develop an appreciation for it and make a commitment to it?

A few weeks ago I purchased Nordic Walking Poles for my 2 granddaughters who are 3 and 6 years of age and now they walk with my husband and me when we are with them. They love it and so do we. For 1 hour we walk and we talk. I have had some amazing conversations about what we see, what is happening at school and what is happening at home. I highly recommend it. My next venture is to head into some of the schools to help make Nordic Walking a part of the phys. ed. program. There is no cost to the school, as the clinic is free. If you have a grandchild attending a Halton school let me know and maybe their class could be one of my target locations.

Currently each Wednesday morning at 10:00 a.m. I am walking around the Mill Pond in Milton. If you are interested please join me. If you need any poles, rubber tips, snow baskets or bum bags let me know and I can help you out. You can contact me by phone at 289-956-0163 or by e-mail at janmurdoch@cogeco.ca. Happy Walking!

Advertising and Promotion Policy

It is the policy of RTO/ERO Halton District 15 that all advertising and promotion to or by its members must have prior approval by the District Board of Directors. Publication of any advertisement by an outside group in the Halton Herald or other District 15 printed material, on the District 15 website or at any District function or event does not constitute endorsement of the product or service by RTO/ERO Halton District 15 and must have Board of Directors prior approval. In this context “Advertising and Promotion” includes signage, verbal presentations, handouts, distributed material and display table material.

A Lesson on Stress Management!

From an Anonymous Contributor

When the stress management speaker walked in with a raised glass of water, everyone in the audience knew the question she was going to ask - "Half empty or half full?" But, she fooled them all. "How heavy is this glass of water?" she inquired with a smile. Answers ranged from 8oz. to 20oz. The lecturer replied, "The absolute weight of the glass doesn't matter. It depends on how long you hold it. If you hold it for a minute, that's not a problem. If you hold it for an hour, you'll have an ache in your right arm. If you hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer you hold it, the heavier it becomes."

"And that's the way it is with stress management. If you carry your burden all the time, sooner or later, as the burden becomes increasingly heavy, you won't be able to carry on. Like the glass of water, you have to put it down for a while and rest before holding it again. Then when you're refreshed, you can carry on with the burden - holding stress longer and better each time practised. So, tonight, try to put down whatever burdens you're carrying at work or in your life right now. Let them down for a moment and relax. Pick them up later after you've rested. Life is short. Enjoy it knowing you've conquered your stress for a time."

And then she shared some ways of dealing with the burdens of life:

- Accept that some days you're the pigeon, and some days you're the statue!
- Always keep your words soft and sweet, just in case you have to eat them.
- Always read stuff that will make you look good if you die in the middle of it.
- Drive carefully... It's not only cars that can be recalled by their Maker.
- If you can't be kind, at least have the decency to be vague.
- If you lend someone \$20 and never see them again, it was probably worth it.
- It may be that your sole purpose in life is simply to serve as a warning to others.
- Nobody cares if you can't dance well. Just get up and dance.
- Since it's the early worm that gets eaten by the bird, sleep late.
- The second mouse gets the cheese.
- When everything's coming your way, you're in the wrong lane.
- Birthdays are good for you. The more you have, the longer you live.
- You may be only 1 person in the world, but you may be the world to 1 person.
- Some mistakes are too much fun to make only once.
- We can learn a lot from crayons. Some are sharp, some pretty, others dull. Some have weird names. Each one is a different color. But they all live in the same box.
- A truly happy person is one who can enjoy the scenery on a detour.

Your Health Counts: Is It A Stroke? What to Do

From www.everydayhealth.com



A stroke occurs when blood flow to the brain is interrupted. It can be caused by a variety of factors, from having high blood pressure, high cholesterol, diabetes, or atrial fibrillation to being overweight or sedentary.

The Most Common Stroke Symptoms include numbness, speech problems, confusion, vision problems, dizziness, and head pain.

The National Stroke Association says a good way to recognize the warning signs of stroke in another person is to think **“FAST”**:

- **F** is for face. Does one side of the face droop when you ask the person to smile?
- **A** is for arms. When trying to raise both arms, does one drift downward?
- **S** is for speech. Is the person speaking clearly or is there slurring?
- **T** is for time. For any of these signs, immediately call 911. The sooner the person gets treated, the lower the risk of permanent damage.

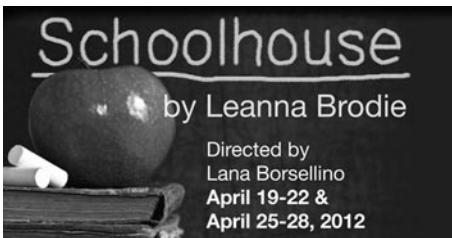
Here's **what you should do** in order to act fast and assist a stroke victim:

- Know all stroke symptoms. See above.
- Call 911. Don't waste time by calling a family member, a friend, or a doctor. It's important to get stroke help immediately to increase the chances of a full recovery. The sooner a person suffering a stroke gets to an emergency room, the more likely doctors will be able to restore blood flow to the affected area, saving brain cells.
- Stay with your loved one. When offering stroke help, you need to make sure that no additional harm comes to the stroke victim.
- Take a few notes. Make note of the time when the stroke took place. If the patient takes any medication, make a list of which ones (including dosage if you know it), and bring it to the hospital. If possible, bring the actual medications to the hospital with you.
- Do not offer the person food or medicine.
- Stay calm. It's important to compose yourself and assure the stroke victim that everything is going to be all right.
- Keep a positive outlook. Most patients improve enough to return home and function independently, even if they have some permanent symptoms.

Burl-Oak **35** THEATRE GROUP YEARS

presents

Schoolhouse, a play that looks at a year in the changing lives of two outsiders, whose paths intersect at a one-room schoolhouse in an Ontario rural farming area in 1938. Melita Linton, an 18 year old teacher, fresh out of Normal School, must come to grips not only with life in the cautious, close knit community and its delightfully unmanageable collection of students, but also with Ewart Rokosh, a troubled student straight out of training school. With humour, patience, and honesty, Melita nurtures the boy, who through writing, begins to find a voice he never knew he had. **Schoolhouse** explores timeless themes of rejection, of compassion, and of hope. It brilliantly evokes a way of life for generations of rural people but its story resonates for all of us who are parents, teachers, or those who work in other ways to bring out the best in young people.



*At the Oakville Centre for the
Performing Arts
(Box Office: 905-815-2021)*

SPECIAL OFFER for SCHOOLHOUSE!

Did you ever attend or teach in a one-room schoolhouse? If you answered YES! then you can earn a FREE TICKET to our production of **Schoolhouse** in April 2012! Write an interesting story (between 150-300 words) about your experience in a one-room schoolhouse. We would like to compile some of the sample responses in a souvenir booklet that we will distribute at each of the **Schoolhouse** performances.

You will need to include your full contact information and your signature agreeing to have your material published. And of course, we want to know where to send your voucher for the FREE TICKET!!! Please send your responses by February 15 to Micki Clemens, President of the Burl-Oak Theatre Group, at president@botg.ca or at The BOTG Studio, Unit 12, 1290 Speers Rd. Oakville ON L6L 2X4.

COME OUT AND ENJOY LOCAL LIVE THEATRE!

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RTO/ERO District 15 Contact List

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1st Vice President	Janice Murdoch	289-956-0163
2nd Vice President	Phyllis Kingsley	905-845-6911
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Assistant:	Daliah Brown	905-825-8470
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Awards	Phyllis Kingsley	905-845-6911
Book of Remembrance	Marina Lloyd	905-637-6030
Communications Chair	Peter Gnish	905-547-1628
Website	George MacRae	905-315-8581
Newsletter	Peter Gnish	905-547-1628

Assistants: Chub Baxter, Octavia Dutzak, Cecile Leach, Carrie Mayeur, Eleanor McCulloch, Marilyn MacRae, Cate Roberts (Design), Ray Smith & Dave Trueman.

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East Convenor	Warren McBurney	905-845-8219
North Convenor	Marg Megelink	905-877-7135
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Committee Member:	Judy Sloan	905-336-5538

Pension	Jim Baker	905-639-1292
Political Advocacy	Linda Jones (Interim)	905-336-5785
Program	Penny Hambly	905-639-6193
Recreation	David Wright	905-639-5093
Tours	Jan Murdoch	289-956-0163

Member Without Portfolio	Hilary Barber	905-637-7067
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Calendar of Events - Jan. 2012 to May 2012

- Jan. 13 Oakville Theatre for the Performing Arts. *Over the River and Through the Woods*, Navy Street, Oakville. 8:00 p.m.
- Jan. 17 Burlington Art Centre Tour, 1333 Lakeshore Rd. 10:00 a.m. A tour of the exhibits followed by time to browse - \$3.00. Ulla Lenzen-Butt has art on display in the Fireside Gallery. Light lunch is available in the cafeteria. Contact Dave Wright at 905-639-5093 or wandave@sympatico.ca by Jan. 10th.
- Jan. 26 Breakfast at El Spero Restaurant, Hopedale Mall, Oakville. 9:00 a.m. Contact Paul Durnan at 905-630-2285.
- Feb. 23 Breakfast at Supreme Restaurant, Appleby Village Burlington. 9:00 a.m. Contact Paul Durnan at 905-630-2285.
- Feb. 23 Drury Lane Music Hall, 2269 New Street, Burlington. 8:00 p.m. Contact Dave Wright at 905-639-5093 or wandave@sympatico.ca.
- Mar. 6 Canadian War Plane Heritage Museum Tour, Mount Hope. 10:00 a.m. Cost \$9.00. Guided tour. Lunch is available. Contact Dave Wright at 905-639-5093 or wandave@sympatico.ca by Mar. 1st.
- Mar. 29 Breakfast at Troy's, 295 Main Street Milton. 9:00 a.m. Contact Paul Durnan at 905-630-2285.
- Apr. 12 Royal Botanical Gardens Tour. Contact Dave Wright at 905-639-5093 or wandave@sympatico.ca for more information.
- Apr. 20 Oakville Theatre for the Performing Arts. *Schoolhouse*, written by Canadian author, Leanna Brodie, 8:00 p.m. Cost \$27.00. Contact Dave Wright at 905-639-5093 or wandave@sympatico.ca by Jan. 30.
- Apr. 27 Dinner Theatre: Aldershot Players, West Plains United Church, Burlington. A Norm Foster play, *Maggie's Getting Married*. 6:30 p.m. Cost - \$35.00. Contact Dave Wright at 905-639-5093 or wandave@sympatico.ca by Mar. 1st.
- May 31 Stratford Musical Matinee, *Pirates of Penzance*. Avon Theatre. 2:00 p.m. Cost TBA. Contact Dave Wright at 905-639-5093 or wandave@sympatico.ca.

Hairspray

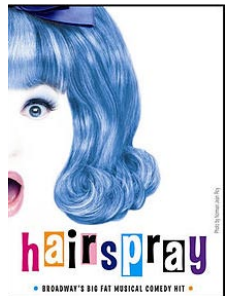
By Dave Wright

Along with family and friends a number of us had an amazing pre-game Grey Cup party at the Clarkson Musical Theatre. This was the last presentation of *Hairspray* by this talented group and it received a raucous standing ovation. The large cast of lively dancers and very talented singers entertained us for more than two hours. The only difference between this and professional theatre was that there were no lavish stage sets and acrobatics. One of our members, **Jenny Peace** (who is in



the middle of the photo) was the musical director. I admit I got choked up as I watched Jenny in the pit with her baton conducting such a fantastic show. She was a fellow teacher and now is one of our many accomplished colleagues who put their talents on public display. There are others like Jenny who deserve our support. You will hear from the Recreation Committee when our members are doing something we can take you to be a part of. Read our reports in this issue for three more events planned so far this coming year.

Hairspray is the story of an ordinary, plus-size teenager who gets a spot on a TV dance show in Baltimore in the 60's in spite of the image of the glitz and glamour on TV in those years. Tracy could dance and believed in following a dream. She took her Mom and Dad and her dancing black friends whom she met in the detention room at school with her. They faced a lot of obstacles but they made it. The message that the music and story conveys is how teenagers and blacks struggled to find acceptance in an era of change. This was a great story and an unbelievable performance by the Clarkson Music Theatre.



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Program Committee

By Penny Hambly



On Wednesday, November 2nd, 76 people enjoyed our **Fall Lunch** at the Deerfield Golf and Country Club in Oakville. Please see pictures of the event on Page 6. It was a beautiful sunny day and everyone seemed to enjoy the delicious lunch and socializing with their friends. Gordon Cressy spoke to us about the RTO/ERO Charitable Foundation. Then there was a fifty-fifty draw with the proceeds going to the Charitable Foundation.

The lucky winner was our own committee member **Gail Reeves**. Next we were entertained by the Acappella group called Cruisin'. They had everyone tapping their feet and singing along to their songs and you could tell by the smiles on all the faces that they were really enjoyed. If you were not able to attend, you missed a wonderful afternoon.

Our next event is our **Winter Lunch** which will be held on Thursday, February 23, 2012 at the Teatro Conference and Event Centre in Milton. This is a beautiful facility that we have used before. The entertainment will be Barry Moyle, an accomplished singer, actor, and impersonator, who is one of Ontario's best Elvis impersonators. Barry also presents tributes to Neil Diamond, Roy Orbison, Al Jolson, and Tom Jones. His show credits include *Legends - Tribute to the Super Stars* and *Visions of Vegas*. Barry has delighted audiences for several years and continues to win acclaim for his stage presence and amazing authenticity. Barry will be doing his Elvis and Neil Diamond impersonations at our luncheon and will have you singing and chasing those winter blues away. It will be a fun afternoon so try not to miss it. See the Registration flyer included in this mailing. Make sure that you send in your registration before the deadline which is February 15.

Mark your calendar now for our **Annual General Meeting** and lunch on Tuesday, May 8, 2012 at the Burlington Convention Centre. It promises to be a fantastic afternoon. The theme is *It's Magic – Interactive Audience Fun* featuring the well known Rick Rossini, the Magical Motivator and you the audience as stars. You will not want to miss this show as it will be amazing, exciting and funny. It should be a great afternoon.

Finally, remember that the committee is always eager to accept any suggestions for good speakers or entertainers for our meetings. I can be reached by phone (905-639-6193) or by e-mail at hamblyp@cogeco.ca.

Political Advocacy Committee

By Linda Jones



Recently I attended two conferences that related to seniors. The first was the Ontario Network for the Prevention of Elder Abuse, "Leading the Way: The Conversation Continues." Joe Bornstein PhD, Chair, Ontario Gerontology Association, spoke about "Making Ontario the Best place in the World to Grow Old: What will that look like and how do we get there?" There needs to be a vision - to set a clear path to build towards; to create a society which benefits from the wisdom of older persons because it will take time to create change; to inspire collective action; and to change the conversation from deficit to asset, from old society to new age structure. Much needs to be done to bring such a society about.

The Keynote Speakers, Dr. Michael Pollanen, Chief Forensic Pathologist for the Province of Ontario, Detective Sergeant Joel Kulmatycki of the Toronto Police Service, who described in great detail the case of the death of an elderly woman, for which her son was convicted of manslaughter by abuse and neglect. They were joined in a plenary session by Linda Reimer, a Forensic Nurse and Mike Newell, Crown Attorney, Durham Region, who spoke to the role of health care providers in assessing forensic abuse markers and how the use of medical evidence is instrumental in laying charges and prosecuting cases of elder abuse.

I attended workshops dealing with Social Support at High Speed, a method of connecting with a caring network of family, friends and health professionals and the development of Age-friendly Cities as a strategy for the prevention of elder abuse. The last workshop, "It's Not Right," was a presentation aimed at making neighbours, friends and families aware of the needs older adults. It was developed by the Ontario Senior Secretariat but requires volunteers to take one hour of training. It felt that this would be a perfect role for RTO/ERO members.

The next day began with an inspiring keynote speaker, Dr. Samir K. Sinha, MD, DPhil, FRCPC, Director of Geriatrics, Mount Sinai and the University Health Networks. He is also Professor of Medicine, University of Toronto and the Johns Hopkins University School of Medicine. He described how he had initiated new thinking for older adults across the continuum of care at Mount Sinai that transformed the traditional paradigms of care, including a team approach, follow-up at home and a redesign of the Emergency Department. This contributed towards positive outcomes of hospitalization for older adults and the system as a whole.

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(Political Advocacy... continued from Page 25)

Judge J. Andre Cousineau (retired) described the story of an elderly woman friend who lost her rights and decision-making powers when she was deemed incapable in hospital and was transferred to a secured unit in a Long Term Care Home. He revealed the financial abuse she experienced by her daughter and how the system failed to support her. His efforts enabled her to regain her rights and move back into the community. This exemplified the importance of community collaboration and communication among health care professionals and the legal system.

Krista James, the National Director, Canadian Centre for Elder Law, spoke of the Counterpoint Project to help health care and social service providers negotiate the various legal and ethical challenges in elder abuse prevention and response. This project was funded by the Division of Aging and Seniors, Public Health Agency of Canada, under the Federal Elder Abuse Initiative. I attended a workshop on the Retirement Homes Act Protection Measures on Elder Abuse, whose regulations in this area have now been proclaimed by the Ontario Government, which means they are in force. They are much more prescriptive with regards to the reporting, especially by all personnel in retirement or LTC homes, of any signs of abuse whether it be physical, emotional, verbal, sexual, neglect or financial. Finally, I listened to a presentation by the 'Fraudbusters,' a government funded group composed of RCMP and OPP officers and volunteers, many of whom are seniors who take reports of fraud as well as counsel to prevent it. This was an information workshop to allow participants to know what services were provided and how we could arrange presentations for our members, but I did hear of a new fraud, which I'd never heard of before involving gift cards. Be sure that on the back of any gift card you buy there is a special shiny strip with wavy lines. Without it the card may not be valid when redeemed.

I also attended the Ontario Health Coalition which also held their Conference and Health Action Assembly in November. Author Linda McQuaig, economist Hugh Mackenzie and Doug Allen, a Canadian Union of Public Employees' Research Representative discussed economic growth and in particular the growing disparity between the incomes of the rich and the poor as a result of a huge transfer of wealth to the very top. Top incomes have quadrupled and there has been a doubling of billionaires in the last 10 years. The effect this has on public services such as our health care system is that as tax revenues decrease deficit panic sets in and public service cuts result. There is huge concern that when Don Drummond, TD Bank Chief Economist, releases the report of the "Commission on Broader Public Sector Reform," his recommendations of 'structural redesign' will result in

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cuts to services and programs. Mr. Drummond is on the record calling for health care privatization in a variety of forms and we have numerous examples from Canada and the U.K. of how privatization actually increases health care costs and is being abandoned by the latter. In fact, Ontario health spending on a per person basis is actually lower than almost all of Canada. As a percentage of provincial GDP, Ontario's health spending is in the middle range among the provinces.

Next day there was a focus on building a social movement, defined as a type of group action; large informal groupings of individuals and/or organizations focused on specific political or social issues with a common goal of resisting, undoing or initiating social change to counteract some of the problems coming to light. These were highlighted by Prof. Hugh Armstrong from the School of Social Work and the Institute of Political Economy at Carleton University. He has served on the Board of Directors of the Ottawa-Carleton CCAC and the Council on Aging of Ottawa and is currently researching "Re-imagining Long-Term Residential Care: An International Study of Promising Practices." In discussing violence in long term care he noted that in Canada there are higher rates than in Northern Europe. The biggest differences are that in Northern Europe there are much higher hours of care and more autonomy for carers allowing them to use their judgment in such situations. Violence is worse in for-profit homes because there are usually fewer staff. His mantra, borrowed from the teachers, is "Conditions of Work are Conditions of Care." Private home care companies are lobbying against their workers having the same employment standards as everyone else.

We also heard from Jacquie Micallef, BSW who has worked with the Alzheimer's Society of Ontario focusing on public policy and government relations. She is also a steering committee member of the Ontario Caregiver Coalition. She told us that the 180,000 people living with dementia is expected to increase by 40% by 2020; one in five over 45 are giving care to an older family member; 25% of seniors in hospital Alternate Level of Care beds have dementia and 65% in long term care homes. However, dementia training for caregivers is not being implemented. Community based movements are increasingly playing a role in setting the agenda for public debate. Part of the success of the Ontario Health Coalition lies in its defence of Medicare, but its longevity is equally attributable to its development of sophisticated movement building strategies that allow it to span the province of Ontario. Not only is there a provincial steering committee but also local town and city based coalition partners scattered across the province, who engage regional communities in a conversation about the crisis in health care. Halton has no local health coalition. Perhaps it is time that we did!

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Irma Coulson - Her Story

By Marina Lloyd - Chair of Goodwill Committee



Everyone has a story and although each story is unique, we can recognize in others' narratives, echoes of our own. As you read Irma's story, I wonder if a part of it will resonate with you or bring back memories, perhaps memories of teaching in one of the same schools, serving on the same committee or perhaps you were among the Parliament Hill protestors.

The year was 1946, when Irma Rochefort married Howard Coulson and moved into a splendid brick farmhouse set on the rise above Lowville Park. The house, where she lives to this day, was built in 1872 by a certain Thomas Colling and had already been home to many generations. When the new bride looked out the kitchen windows, she gazed upon fields where cattle grazed, a creek where horses quenched their thirst and the coop where chickens scratched in the dirt. The back portion of the farm has now been sold and although the kitchen windows still look out onto fields, no cattle graze there, no horses stand there, and only myriads of birds flutter around the feeders.



Let's take a look back to Irma's early years. Except for a four-year stay in Detroit, during which time her father deserted the family, Irma spent her childhood in Bronte with her grandmother, mother and sister. It was a struggle for her mother to keep the family together on Mothers' Allowance and whatever other work she could find. So it was a serious matter when Irma and her sister lost the \$10 monthly rent on their way to pay the landlord. The girls frantically searched the ground until the money was finally found. Irma attended Oakville Trafalgar High School. In those days, some Oakville residents referred, rather disparagingly, to people from the village of Bronte as Ciscoes, after the fish of the same name. In 1939, it was Irma, the Cisco Kid, who gave the valedictory address at graduation.

Her first five years of teaching were in Limestone School. She began with eight students but the numbers did grow to twenty-five. Readers who taught in rural

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schools will remember the necessity at that time, of putting on a Christmas concert for the community. When Irma developed laryngitis during practice for her first concert, a 14-year-old boy from England became her voice. Years later, they happened to be passengers on the same plane and shared memories of days at Limestone. The school was surrounded by bush where the children played unsupervised during recesses until the school bell called them back to class. Some students walked long distances to and from school and Irma remembers that one boy got lost going home across the fields and wound up back at the school.

After her marriage, Irma was so sure she would never teach again, that the life of a farmer's wife would provide plenty of work to fill her days, that she took out her pension contributions. Had she been correct in her assumptions, many Halton students would not have been so fortunate to have had such an excellent teacher. Between the years of 1953 and her retirement from Kilbride in 1983, Irma was a teacher, a vice-principal and a principal in seven schools in Oakville and Burlington and spent two years at the Board office as an administrative assistant. During that time, she raised two sons, Lee and Tim, and earned a BA from McMaster and an MEd from the University of Toronto, both by extension. She made time to contribute her leadership skills to professional organizations, serving as president of various Units and as a Provincial Director of FWTAO. She served on the first negotiating committee and when teachers staged a one-day walkout, Irma was among those protesting in front of the Parliament Buildings. Upon retirement, she joined the RTO and was the first President of the Board of RTO District 15 after Halton separated from Peel District.

Her sense of adventure and curiosity about other people's lives, motivated her to discover the world through travel (she took the first RTO Around The World Tour). Her last trip of any distance, was by truck to Newfoundland in 2006! These days, Irma is content to dedicate her time to her family, community and her church, Lowville United. She has two granddaughters and two great-grandsons. Future goals include spending more time with those two boys who live in Milton. Irma became a widow on Thanksgiving Day, 1970. She now shares the Guelph Line home with Bert Cramer. She and Bert had known each other as teens in Bronte (he was also a Cisco Kid!). Bert moved away from Bronte, fought in WWII, and like Irma, married, raised a family and suffered the loss of a partner.

Irma has so many reasons to feel proud of her contributions to her profession and community. For example, there are the former students who told her that, due

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(Irma Coulson... continued from Page 29)

to her influence, they developed a lifelong interest in history. Every Friday for 22 years, she has met with men living at the Halton Recovery Centre, a residential addiction treatment centre in Hornby. Members of the group tell her that her “class” is the highlight of their week. And in 2007, she was invited to a banquet at the Milton Golf and Country Club where the Chamber of Commerce presented her with a plaque which reads: *“You are truly an inspiration to all and the Milton community is a better place because of your dedication, generosity and service.”*

One day in June, this year, she was surrounded by friends and relatives, former colleagues and students, who gathered for a reception in the Lowville church to celebrate her 90th birthday. It was obvious on that day that she is highly respected and well-loved by those whose lives she has touched. A calligraphic print of an old Irish Blessing hangs on Irma’s kitchen wall. These familiar words perfectly express readers of the Herald’s wish for her; *“May the road rise to meet you. May the wind be always at your back. May the sun shine warm upon your face, the rains fall softly upon your fields, and, until we meet again, may God hold you in the palm of His hand.”*

Communications Committee

By Peter Gnish



I think most people will agree that communication is a two-way street. We try to stay in touch with you through this newsletter three times a year, through our monthly e-letter to those who have submitted their e-mail addresses and via the District 15 website. Over the years, many of you have “done your bit” to communicate with us and your colleagues by sending in articles and pictures particularly on your travels, by sending me messages and cards to let us know how you are doing, and by taking part in many of our functions and contests.

This month’s issue features the involvement of a number of our members who responded to the Photo Contest that was publicised in the last issue. How can we get **YOU** to contribute to the Halton Herald? Is there a topic that you would like to see featured that we could advertise and try to garner submissions from our members? What kind of contest would you take part in if we were to make it available for publication? Please let me know. We are here to serve you!

Recruitment & Member Services Committee

By Jan Murdoch



I am happy to report that the “**The Hell With The Bell**” breakfast in September went very well. It was nice to see so many familiar and new faces. View the photos in the article on Page 10.

While at Senate I learned that there are currently 89 members of RTO/ERO in the “100 years-and-over club” and the numbers are expected to continue growing. That means that many of us will spend more years in the third sector of our lives, retirement, than we did in either one of our other sectors. I hope most of you took the time to read the last Renaissance as it offered lots of advice on how to get the most out of our years ahead, another reason for being an actively involved RTO/ERO member. I can’t think of any membership fee that offers so much for so little. The average teacher pays \$65 a year to belong. With that comes the Renaissance, Health Wise, the Herald plus all the activities and the opportunity to join the RTO/ERO Health Plan. What a bargain!

We had a successful **Retirement Planning Workshop** in October (see the article and photos on Page 32). Perhaps some of the participants who are retiring in 2012 will join us for the **Wine and Cheese** on April 24.

We are looking for a few “Lost Trails” people. If you have any contact information for any of the following people could you send it along to me: **Avril E Playfair, Susan Dickie, Gail Lensen and Lucie MacLean**. Thank you.

Finally please submit any changes in your address, e-mail, phone or name to me and I will see that our files are updated. And, I will forward the information on to the Provincial RTO/ERO head office. My contact information is 289-956-0163 or by e-mail at janmurdoch@cogeco.ca.

Book of Remembrance

We remember with fondness



Kenneth Elliot

Robert McCulloch

Virginia Mount

Charles Severin

Florence White

Grace Guay

Elizabeth McCutcheon

Sheila Pant

Nella Vantrigt

Alma Johnson

Edward McGeragle

Ethel Roberts

James Wilfong

Gary Wilson

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Retirement Planning Workshop - October 11, 2011

Linda, in her President's Report mentioned that a total of 116 people were in attendance at this event held at St. Volodymyr's in Bronte. We hope that many of those planning to retire will join RTO/ERO. If you recognize any of those in the photos below, encourage them to join if they are retiring this year.



Pupil (on phone): My son has a bad cold and won't be able to come to school today.
School Secretary: Who is this?
Pupil: This is my father speaking!



Editorial Policy

The Halton Herald is a non-partisan newsletter published by RTO/ERO Halton District 15 and is distributed to members and prospective members 3 times a year. Material from members, charitable or volunteer organizations submitted for inclusion in the newsletter or website, in full or in part, must be approved by the editor or website manager. We reserve the right to edit all submissions and advertisements.

Advertisements may be accepted at the discretion of the editor if accompanied by a pre-determined donation to RTO/ERO District 15 based on the size of the ad. They are to be submitted electronically. Publication of any advertisement in the Halton Herald or Website does not constitute endorsement of the product or service by RTO/ERO Halton District 15. This issue of the Herald was printed and supported by **Astra Graphics**.

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Ulla Lenzen Butt Wins an Art Award

By Dave Wright

Ulla is using her retirement to pursue her passion for art. Ulla participates in painting workshops, juried art shows and competitions. She shows and sells her art in the Burlington area. In April Ulla was awarded the **Arts Burlington Honourable Mention Kaleidoscope Award** for her watercolour painting “Rendezvous in Paris.” The painting was one of two she submitted for the annual show. The painting is the lower one in the photograph.

This past fall Ulla had two paintings in a juried show at the Oakville Town Centre and one in a competition at The Elora Centre for the Arts. Her painting was one of thirty selected from 132 entries for the Elora show. Ulla is having a solo exhibition of her work in the Fireside Gallery at the Burlington Art Centre from January 3 to 31. Three of her paintings are currently on display at the McMaster Innovation Park’s “Art in the Workplace” on Longwood Road in Hamilton and will be there until March 7th. You can see many of her paintings on her website www.ullalenzenbutt.com.



Ulla is also an avid hiker with the Halton Catholic Employees Retirement Club, a group I walk with. I met Ulla there and found out how much she loves to share her love of art and photography. Where she finds time for all this I have no idea. Congratulations, Ulla!

Dying To Play Golf!

A husband and wife are on the 9th green when suddenly she collapses from a heart attack! “Help me dear!” she groans to her husband. The husband calls 911 on his cell phone, talks for a few minutes, picks up his putter and lines up his putt. His wife raises her head off the green and stares at him. “I’m dying here and you’re putting?” “Don’t worry dear,” says the husband calmly. “They found a doctor on the second hole and he’s coming to help you.” “Well, how long will it take for him to get here?” she asks feebly. “No time at all,” says her husband. “Everybody’s already agreed to let him play through.”

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Cruise Tip:

Travelling through Europe can be an expensive proposition, but savvy cruisers know that seeing Europe on a river cruise is one of the best values available. Included with your cruise fare are all of your meals, often wine at meals are included, daily escorted tours in each port, and you pack and unpack only once as you travel through the heart of Europe.

Here are just a few incredible European river cruises in 2012:

Europe River Cruise from Chalon-sur-Saone, France to Avignon, France
7 Night Europe / Rivers from US\$1,841 (Cat. 'E')
Sailing Apr 15, 2012 aboard Viking Europe



Europe River Cruise from Vienna, Austria to Budapest, Hungary
7 Night Europe / Rivers from US\$1,834 (Cat. 'E')
Sailing Apr 13, 2012 aboard Avalon Tapestry



Europe / River Cruise from Amsterdam, Netherlands to Amsterdam, Netherlands
7 Night Europe / Rivers from US\$2,446 (Cat. 'E')
Sailing Apr 04, 2012 aboard ms AmaLyra



Europe / River Cruise from Lisbon, Portugal to Porto, Portugal
10 Night Europe / Rivers from US\$3,475 (Cat.4 Balcony)
Sailing Apr 05, 2012 aboard Douro Spirit



Unless otherwise stated, all prices are per person and are based on double occupancy for stated stateroom category. Subject to availability at the time of booking for selected departure dates. Airfare, transfers, and government fees are additional unless otherwise specified. Rates are subject to change without notice. Restrictions and blackout periods may apply.



Jan Murdoch
Cruise & Vacation
Specialist

*Retired from HDSB in
2001*

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*Retired from HCDSB in
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Judy & Al Wilson present...America's Music Cities
featuring New Orleans, Memphis & Nashville
September 23 – 30, 2012

Highlights...French Quarter • New Orleans School of Cooking • Graceland • Grand Ole Opry Show & Backstage Tour • Historic RCA Studio B • Wildhorse Saloon

Day 1: Sunday, September 23, 2012 New Orleans, Louisiana - Tour Begins

Step back in time for a cultural getaway to the "Jazz Capital of the World" – New Orleans, a city with rich history, mouth-watering Cajun and Creole cuisine, and an incomparable soundtrack.

Day 2: Monday, September 24, 2012 French Quarter

Tonight, roll up your sleeves and prepare to discover how to cook New Orleans-style! During a unique cooking demonstration at the New Orleans School of Cooking, your chef will indulge you in everything that Louisiana cuisine has to offer. Take in a toe-tapping jazz revue at a local jazz club. *Today breakfast and dinner will be included.*

Day 3: Tuesday, September 25, 2012 French Quarter

Enjoy a tour of New Orleans. Then, relax during a drive along the shoreline of Lake Pontchartrain. The remainder of the day is free to discover this great city your way. *Today breakfast will be included.*

Day 4: Wednesday, September 26, 2012 New Orleans - Memphis, Tennessee

Travel north to Memphis, the birthplace of the Blues, Rock 'n' Roll and Soul. Upon arrival, immerse yourself in Memphis' energetic musical scene as you feast on southern cuisine on world-famous Beale Street. *Today breakfast and dinner included.*

Day 5: Thursday, September 27, 2012 Memphis

Local musicians board the coach and tell the story of Memphis musical heritage and history as you view the city's many highlights...you may even be tempted to sing along! **Don your blue suede shoes when you visit Graceland, the palatial home of Elvis Presley.** The remainder of your day is free to enjoy this city's vast musical offerings on your own. Dance to the live music that may fill the open air or spend the evening exploring Beale Street's vibrant musical clubs! *Today breakfast will be included*

Day 6: Friday, September 28, 2012 Memphis - Nashville

Journey to the "Music Capital of the World" – Nashville. This evening, take your reserved seat at the renowned "Grand Ole Opry." After the show, enjoy a behind-the-scenes look at the music during a backstage tour of the Opry! *Today breakfast will be included.*

Day 7: Saturday, September 29, 2012 Nashville

Tour the historic RCA Studio B for a look at Nashville's oldest remaining record studio where Elvis Presley, Dolly Parton and Charlie Pride once recorded some of their classic hits! This afternoon, a local guide will share the history and lore of Music City during a sightseeing tour. Tonight, enjoy a special dinner at the famous Wildhorse Saloon, home of a 3,300 square foot dance floor that is used every night of the week by dancers and revellers! *Today breakfast and dinner are included.*

Day 8: Sunday, September 30, 2012 Nashville - Tour Ends

This tour is full of experiences that will have you humming and smiling long after you return home. *Today breakfast will be included.*

Day 1, 2, 3 Ramada Inn on Bourbon St. New Orleans; Day 4, 5 Memphis Marriott, Downtown;

Day 6, 7, Gaylord Opryland Hotel Nashville

Per person Rates: Land-\$1699; Air-\$650; Air Taxes-\$150 (Includes door to door pickup service & transfers). With *Early Booking Bonus* \$200 per couple off, package price is \$2399 per person dbl.

For more information contact: Judy Wilson • (905) 529-5825 or jualtravel@cogeco.ca

RTO/ERO Charitable Foundation

By Cecile Leach

A report on seniors' care in Canada was completed in 2009 by a Special Senate Committee on Aging and is entitled "Canada's Aging Population: Seizing the Opportunity." This report is available on-line. The report recognizes that seniors make an ongoing contribution to our society, and in turn care about the well-being of other seniors. The Senate Committee heard evidence about the current shortage of geriatric specialists; recent estimates suggest that Canada in 2010 needed about 630 geriatricians, but had fewer than 200 full-time equivalencies. The Senate Committee challenged volunteer organizations like RTO/ERO to be concerned with an aging population.

The RTO/ERO Provincial Executive and the RTO/ERO Senate have taken up the challenge. RTO/ERO is sending a message that seniors matter. The RTO/ERO Charitable Foundation is inspired by The Retired Teachers of Ontario/ Enseignants et enseignantes retraités de l'Ontario (RTO/ERO), which was established by active and retired teachers who fought to ensure their present and future peers benefited from pension reforms. Now they continue this legacy of service to others by expanding their reach to support the lives of all senior citizens. The RTO/ERO Charitable Foundation will raise funds in several ways: fundraising activities by individuals; RTO/ERO Districts and community Groups; corporate and institutional contributions; planned giving; bequests; and individual voluntary contributions.

At our Fall General Meeting, Gordon Cressy spoke to us about some of the fundraising efforts being done through corporate contributions. At the October Senate, Johnson Inc., for instance, pledged \$300,000.00 over the next 3 years. Many of the members seeking to be elected to the Executive also pledged donations to the Fund in lieu of campaign memorabilia. District 15 ran a 50/50 draw with the proceeds going to the Foundation. We plan to incorporate other fundraising activities in the future as well.

In the last Renaissance mailing you will have received an invitation to donate to the Charitable Foundation. This is a strictly personal decision for each member. Some have asked if there is some other personal way to donate. Here are a few suggestions. For example, you could speak to a group about your experiences teaching abroad, or you might lead a workshop on your chosen hobby etc. Rather than accept an honorarium, you might suggest instead a small donation on your behalf to the RTO/ERO Charitable Foundation.

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We all experience bereavement at some time in our life. Again, a donation to RTO/ERO Charitable Foundation in lieu of flowers is a possibility. Some may even wish to establish a bequest from their estate. Several articles in the Hamilton Spectator were dedicated to a number of anonymous donors who have supported their community. I discovered through these articles that November is National Philanthropy Month. How fitting it is that we consider this “quiet generosity” in support of all Canadian senior citizens. In this way you too can continue your legacy of “Service To Others”.

Welcome New RTO/ERO District 15 Members!!!

District 15 membership is now more than 2250. Below are the names of retired teachers and other education staff who became members between September and December, 2011. Please welcome and invite them to join you at one of our many activities.

Maria Borraccetti	Susan Bruce	Rita Burnes
Gerard Byrne	Beverley Campbell	Brian Casey
Devianee Caussy	Hilda Cirotto	Susan Cooney
Cecelia Coulas	Pamela Dunn	Carol Elson
Miriam Fox	Shirley Franceschini	Margaret Gajewski
Stan Gajewski	Laura Hay	Mary Henderson
Catherine Hendrix	Diane Hession	Lee King
Anne Knapp	Jean Kovachik	Debra Krutila
Heide Lang	William Lockington	Nancy Markowiak
Barbara Marshall	Jeanette Massicotte	Ross Maughan
Virgina McCulloch	Carlene Mercer	Glenn Mitges
Joanne Nimigan	John O'Brien	Peter O'Meara
Rupert Papin	Maureen Paraschuk	Beverly Pickard
Joseph Pusztai	Miles Ross	Annemarie Russell
Werner Schreiner	Sarah Sewell	Jane Silk
Sue Spencer	Caroline Steger	Judy Szyiko
Kathleen Troy	Barbara Uloth	Joan Vaillancourt
Dirk Vantrigt	Mary Wilfong	Carla Williams

OUR TRIP TO NEWFOUNDLAND

By Linda Price



In September, my husband, Tim and I met up with a close friend, Joyce Frank, in St. John's to tour Newfoundland. What a great choice for a travel destination! In most locations we chose to stay in Bed and Breakfast establishments as they were a reasonable cost, provided a nutritious breakfast but most importantly allowed us to visit with the locals and other travellers.

St. John's is a beautiful city with steep streets nestled around a harbour. We visited Signal Hill, Fort Amherst, The Rooms (architecturally stunning, a place which combines a museum and art galleries) and, of course, the shops on Water St. and the pubs on George St. where visitors can get "screeced in." We ventured down the Avalon coast to a fishing village in Petty Harbour where we met some cod fishermen and had a delicious lunch of fish and chips. We drove to Witless Bay to find puffins and on down the rugged coastline to Brigus and Cupids in Conception Bay to view quaint houses, lovely churches and beautiful landscapes.

From St. John's we drove to Port Union in the Trinity area past a large number of lakes, ponds, rivers, rocky outcrops and thick forests. Port Union is the skeleton of a former thriving fishing village. In its earlier days Mr. Coaker formed the Fisherman's Union so that the men were paid in wages rather than credits towards necessary goods. As the fishing industry declined, families left the area and all that remains are shabby, empty homes and a group of warehouses. We stayed just outside of the town in a delightful B&B called Captain Blackmore's. This lovely home (see Joyce's painting of the home on the cover page) situated right on the ocean has been refurbished by the great, great grandson of Captain Blackmore who owned several fishing vessels in this area. We also visited the beautiful town of Trinity which is like a Norman Rockwell painting. Here the houses are colourful and well maintained and the streets are lined with white picket fences. Close to Trinity is the set of *Random Passage* in *New Bonaventure*. We enjoyed the tour so much that we bought the DVD of this mini series. At Bonavista we visited and hiked at the Cape Bonavista Lighthouse historic site and we learned about John Cabot. We also boarded a replica of his 15th century ship "The Matthew." It is hard to imagine how 20 sailors travelled across the ocean in such a small vessel.

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We left this eastern area and travelled to Twillingate in the north. As we descended a hill and entered this striking town we were shocked to see icebergs in the harbour. September is not the month to see icebergs. As a matter of fact, icebergs

have not been seen in September in 143 years!

A large ice sheet, the size of Manhattan broke off from Greenland and delayed the flow of these small mountains of ice this year. We spent the next 2 days in pursuit of icebergs of all different shapes and sizes, witnessed icebergs 'calving',



heard the boom of cracks expanding and, best of all, we cooled champagne on a small 'bergie bit' and drank it with 10,000 year old ice! Chasing icebergs was certainly a highlight for all of us.

While travelling from one area to another we always took the time to hike. The most scenic and famous trail was the Skerwink Trail on the Bonavista Peninsula at Trinity East where we saw seabirds, whales, sea stacks and beautiful coves. There were many stairs but the work was worth the views from the cliffs. Some of the other trails we hiked included: the Coastal Trail, the Tablelands Trail, Steve's Trail, The Western Brook Pond Trail, the Berry Head Trail and the Mattie Mitchell Trail which are all located in Gros Morne National Park.

From Twillingate we took a ferry to Fogo Island. We hiked and visited the Marconi Station that sent the first telegraph in message 1887 and which picked up an SOS from the Titanic in 1912. Also, here, Tim and I opened the car doors at the same time which creating a wind draft so strong that it flung Tim's glasses and travel documents off the dashboard and out the door. I went tearing after the documents and stepped on Tim's glasses not realizing that they had hit the pavement. Joyce saved the day! She had her eyeglass repair kit with her and with the skill of a brain surgeon she struggled to repair them into a useable shape.

We left Fogo Island early as we heard that Hurricane Maria was poised to hit the island the next day. Deviating from our itinerary, we ended up in a charming cottage in Rattling Brook where we met the owner of Toms and Sons, a general store

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which is a throwback to the 50s. Tim chatted with the owner who is in her 80's and bought a beer glass with a Montreal Expos insignia for 20 cents!! He thoroughly enjoyed his Iceberg and Quidi Vidi beers in it for the rest of the holiday.

The final leg of our journey took us to Rocky Harbour in Gros Morne on the western coast of Newfoundland. This park was designated as a UNESCO World Heritage site in 1987 for its exceptional natural beauty and its outstanding examples representing major stages of the earth's history. During our visit we hiked,



visited lighthouses, cruised through the Western Brook fford, enjoyed a theatre production in Cow Head, picnicked, explored the fishing villages and looked for wildlife. Gros Morne has 6000 moose (4 for every sq. km) and the island has an estimated 115,000 moose. We became paranoid when driving especially at night. Last year alone there were more than 600 moose related accidents. Well, the closest we came to seeing a moose was taking a picture of a big pile of moose droppings!

For me the highlights of this part of our trip were meeting Louise, the first fisherwoman in Newfoundland, and

going to the Ocean View Hotel in Rocky Harbour to see the band "Anchors Aweigh." The members of this talented band are locals who demonstrate a deep passion for "The Rock." We were introduced to the "ugly stick" and were thoroughly entertained with songs and stories. This band is a "must see"!



The people of Newfoundland are authentic - friendly, helpful, and passionate about their heritage. The cod is unbelievably delicious and my husband enjoyed the cod tongue. There are no crowds anywhere and the scenery is spectacular. This is a destination that I would love to revisit! "Long may your big jib draw."

Editor's Note: Be sure to view a selection of the photos taken on this trip by Linda, Tim and Joyce that are printed on the cover page and on page 2.

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"Picture it *Your Way*" Photo Contest!



Let me begin by thanking all those members who took part in this photo contest. This time we had a total of 87 photos submitted. What a task it was to identify the top three photos. All the photos were commendable and many were chosen as top choices by different Communication Committee members who juried the submissions.

However, we did have to come up with the top three. The judges were asked to select the 10 photos they liked best based on their own personal criteria and to rank the top three. These were then weighted based on their ranking.

The winning selections are as follows:

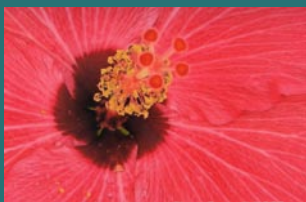
- 1st Place: Marilyn Ortwein (who will receive a \$50 cheque)
- 2nd Place: Dave Wright (who will receive a \$25 cheque)
- 3rd Place: Jim Mitchell (who will receive a \$15 cheque)

View the Winning Photos, the Runners Up and a selection of the Honorable Mentions that are printed on the following pages. A selection of some of the other photos that were submitted will be published in future issues of the Halton Herald.

Thanks to all those who submitted photos to this contest. Your involvement is most appreciated and your photography skills are to be commended. And, thanks to the Communication Committee members who juried the selections. Without your help this special project could not have been completed.



Wayne Bridle



Cathy Miller



Marlene Horne



Don Gentleman



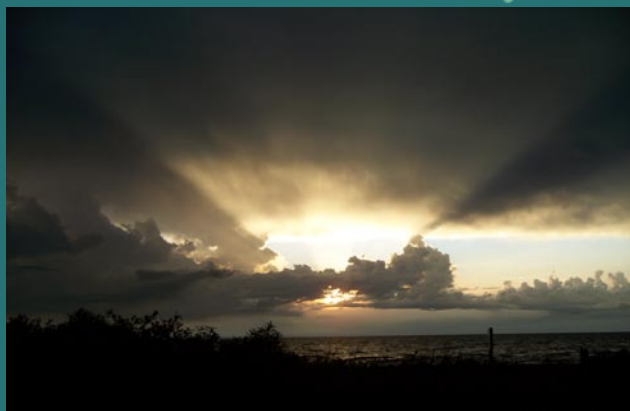
Wayne Bridle



Cathy Miller



Marilyn Ortwein



Penny Hambly

The Way You Pictured It!



1st Prize: Marilyn Ortwein, "Water Lilies2"



2nd Prize: Dave Wright, "Harwood Lake Sunset"



3rd Prize: Jim Mitchell, "In Water"

Runners Up!



Dave Wright, "Barred Owl"



Wayne Bridle, "Haitian Girl"



Cathy Miller, "Hammocks"