



RT HALTON HERALD

District 15

January, 2014
Halcyon Edition

Time to Share a Trip Down Memory Lane
2014

My Home Town...photo by Luis Acero

Fall Luncheon

with
Guest Speaker
Ken Weber
on
Wives of the PMs



Oct. 24
2018



President's Report

By Phyllis Kingsley



I would like to extend a warm welcome to all our new members who have joined Halton District 15 since the end of June. It was a pleasure to meet some of you at the “**To Hell with the Bell**” breakfast in September and our Fall meeting on October 24. Our district now has over 2,400 members, making us one of the larger of the 48 RTO/ERO districts. If the number of attendees at the Retirement Planning Workshop that we held on October 2 is any indication, our numbers should continue to increase rapidly over the next few years. Provincially, RTO/ERO now has over 70,000 mem-

bers and provides Health Plans to over 85,000 people. Together we represent a powerful group!

On Oct 21-23, **Penny Hambly** and I attended the Fall Senate in Toronto, with **Carolyn Hilton** as observer. Some of the highlights of the Senate included the election of the new Provincial Executive, who took office on November 1. They are **Leo Normandeau (Past President)**, **Norbert Boudreau (President)**, **June Szeman (First Vice President)**, **Martin Higgs (Second Vice President)**, **Martha Foster and Courtney Doldron (executive members)**.

Senate approved some important changes to the **RTO/ERO Scholarship Program** for 2014, which could impact many of our members directly. Previously, RTO/ERO members could sponsor a young relative who was in the final year of a university program in the education field for a scholarship. However, declining enrolments in Faculties of Education plus fewer available spots have prompted an expansion of the criteria to include non- educational occupations such as health care or some trades. Starting in 2014, an RTO/ERO member can sponsor a relative to apply for a scholarship for the final year of a program that is recognized at a Canadian publicly funded college or university. There is more detail about who you can sponsor and the application process in the Awards Committee Report. The deadline for applications is February 14, 2014.

There has been much debate and discussion at this, and previous Senates, about the **RTO/ERO Charitable Foundation** and how to support it so that its goal of establishing an RTO/ERO Geriatric Chair at the University of Toronto could be realised. A motion was passed with a narrow margin at this Fall Senate that

(President's Report... continues on Page 4)

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(President's Report... continued from Page 3)

would allow RTO/ERO to transfer \$3 million from RTO/ERO reserves to the Foundation so that the Geriatric Chair could be established as soon as possible. This will be a significant event for the university and for RTO/ERO. I suspect that you will be hearing more about it in the media in the future. An RTO/ERO Geriatric chair will highlight seniors' health issues, generate research and attract more doctors to geriatric medicine. It will also raise the profile of RTO/ERO as an organization which promotes the interests not only of its members but of all seniors across Canada. Please continue to support the foundation with your donations as there will be other initiatives to come. For more information about the foundation, please check the website at <http://www.rto-ero.org/rtoero-foundation>.

Table of Contents

Committee Reports Pages

Archives	30
Awards	28
Book of Remembrance	32
Health Services	33
New Members	16
Newsletter Coordinator	35
President's Report	3
Program	15
Political Advocacy	31
Recreation	34
Recruit/Member Services	35
Tours	27
Web Master	9

District 15 Events

A Day at the Shaw	14
Calendar of Events	25
Community Notices	19
Contact List	20
District 15 e-letter	21
Hikers on the Pier	12
Fall Luncheon	2,38
To Hell With The Bell	7
Retirement Planning Wksp	17
Theatre - Legally Blonde	10
Winter Luncheon Mtg	22

Articles

Action Plan for Seniors	18
Boost Your Memory	8
E.C. Drury Reunion	12
Happy Birthday, Edith	11
Limehouse Kilns	13
Luis Acero	42
Poem - A Penny Saved	26
We Get Letters	5

Those of us who were present at Senate received our new plastic Johnsons Benefit cards, a great improvement on the flimsy pieces of paper that have graced our wallets up to this point. If you have not received yours in the mail yet, please contact Johnsons Insurance.

We encourage members to become involved in our organisation. If you would like to join the board or would like to volunteer in any capacity, please do not hesitate to contact me at 905-845-6911 or pkingsley3@cogeco.ca. If you have any concerns, or if you have suggestions for new programs or services to our members for us to consider, I would love to hear from you.

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



We have been going through a bit of a dry spell over the past few months as far as receiving personal messages to post in this column - only three members got in touch with me. Our members love to hear what is going on in the lives of those they used to work with or those who were friends. Why not drop me a line in the next few days or e-mail me. Tell me what is going on in your life so I can pass it on to all those who read the Halton Herald. Send your story to me by Canada Post to

Peter Gnish, 153 Fairleigh Ave. S. Hamilton, ON L8M 2K4 or better still, by e-mail at pgnish@cogeco.ca. Hope to hear from you soon! Since September I heard from:

Ian Downie: e-mailed to say that he was involved in a new historical TV special in England that might be of interest to our members. It is called *The Great Martian War*. Check it out at www.history.co.uk/shows/the-great-martian-war. The show airs on History Channel Dec. 5 & 6.

Octavia Dudzak - sent me an e-mail to say that we should “Hold all e-mails to me until I send you my new e-mail.” She is moving to Wasaga Beach with her dog Truffles as she found Oakville was getting too noisy and congested. She added, “I am looking forward to my own house, garden and small new communities. Finding new interests and experiences in a four season resort area should provide some interesting challenges.”

Editors Note: Good luck to you and all the best in your new location, Octavia.

Judy Eberspacher - e-mailed me to say, “Life has been busy with us recently but I’m pleased to say it is much better than it had been over the past 2 ½ years.” For those of you who did not know, her husband, Alex, was diagnosed with esophageal cancer in June of 2011 and was given just months to live. After intense months of radiation and chemo, the surgeon said his only chance of survival was surgery. After 2 bouts of surgery and 39 days in hospital with 29 of those in ICU, he came home and continued to recover. The best news of all was in July with the CT Scan coming back “all clear.”

She goes on to say, “Now that Alex is doing well and living a somewhat normal life (is anything normal after 2 years of fighting cancer?) I can get ‘me’ fixed. In July I had a total hip replacement to go with my two artificial knees! I’ve recov-

(We Get Letters... continues on Page 6)

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(We Get Letters... continued from Page 5)

ered well and in 2 weeks we are off to Italy, Switzerland and Germany for 3 weeks. I will give the hip a good workout as I climb up the Jungfrauoch in Switzerland!

Travelling for us, as with most people, is what we love and we are lucky to combine it with our job that we have had for many years, writing travel articles. At one time we had five magazines and several newspapers but have dropped all but one - GoodLife Mississauga. You can read our stories and see the photos of the wonderful destinations at www.goodlifemississauga.com.”

Editor’s Note: Our warmest wishes go out to you and Alex as you work through this very trying time in your lives. God bless!

Herman Starr - telephoned to keep in touch and to say how much he enjoyed the latest Halton Herald. Thanks for your support Herman.

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2013/2014
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Real Estate

by Allana Harkin // a Comedy

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To Hell With The Bell Breakfast

Photos By Peter Gnish

This yearly event was held on September 6th for newly retired teachers - and there was another very good turnout. Do you recognize any of the faces in the photos below? If so, encourage them to join District 15 RTO/ERO if they have not already done so.



(To Hell With the Bell.. continues on Page 8)

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(To Hell With the Bell.. continued from Page 7)



Boost Your Memory!! From caregiversolutions.ca

Searching for misplaced car keys or eyeglasses? Dr. Anne Fabiny of Harvard Medical School has some simple ways to prevent memory slips and help your brain to learn and remember better.

- Follow routines: Leave your keys, glasses and cellphone in the same place every day.
- Slow down: Pay attention to what you are doing to give your brain's systems enough time to create an enduring memory.
- Avoid distractions: Noisy environments and multi-tasking are major memory busters in today's fast-paced society.
- Get enough sleep: Stress and lack of sleep are all potential memory spoilers.
- Check your medications: Check with your doctor to see if your medication could be affecting your memory.



Webmaster's Report

By Jeannie Woodcroft



The new District 15 website was launched on December 1, 2013! A year ago, RTO/ERO Provincial requested that all district websites be built using common software, Drupal. George MacRae, the original webmaster, had created the 'old' site using HTML code. His talent and skill were demonstrated by the District 15 website that he maintained for the last many years. Many thanks go to George for his hours of devotion to the website and the e-letter.

I attended two workshops in the past 8 months and learned how to use Drupal. The result is now 'live' and available to you as the new District 15 website. You can find it at the same webpage address as the 'old' one: www.rtohalton.org. The new website includes all the content that was on the old site as well as some new. You will find familiar menus (tabs) and new ones. There is a new menu titled "Members To Members" which includes sections where you, members of District 15, can advertise your business, post personal messages/announcements to our membership, and read the full versions of member travel articles. If you have something you would like posted on the website, please send it to me at jeanniewoodcroft@yahoo.ca. On the Home Page there is also a "Quick Links" section, which includes timely bereavement notices and new volunteer opportunities. "Upcoming Events" are also highlighted on the Home Page.

If you are not already an Internet user and a regular visitor to the District 15 website, you are invited to take a tour. Spend some time navigating all the menu choices. Take a walk down memory lane and browse the "Events/Pictures" menu. If there is some item of interest that you want to print, just click on the "PRINT/PDF" button at the top right of the menu bar.

Due to other personal commitments, the co-webmaster, John Gerrard, is no longer involved with the website. Thank you, John, for your support. Please send me a note and let me know what you think of this new website. Make a New Year's resolution to increase your computer literacy - check out our new website.

No Questions Asked!

You know you're getting old, when there's no question in your mind that there's no question in your mind!"

Theatre: Legally Blonde

By Dave Wright

The show opens with *Omigod, You Guys* as the lead Elle, and her sorority friends celebrate Elle's upcoming engagement to her boyfriend Warner. We, the audience, sang along with Clarkson Music Theatre Company. *Omigod, You Guys* put on a great show!

The story is based on the novel **Legally Blonde** by Amanda Brown and the 2001 film of the same name. It's the story of Elle Woods, a sorority girl who enrolls at Harvard Law School to win back her ex-boyfriend Warner. Elle is too outrageous in her dress and antics to be a normal law student and really doesn't fit in. We find out she is smart as well as gorgeous when, with the help of Emmett, a young lawyer who befriends her, Elle wins her first big case defending Brookes, a fitness instructor, who is accused of murdering her rich husband. Elle decides Warner is not the one she loves, and upon graduating as class valedictorian, she proposes to Emmett.



The cast was not all human. A chihuahua plays the part of Elle's dog Bruiser and a bull terrier is Elle's hairdresser's dog Rufus. They appeared to take their cameos with ease.

Two years ago we went to see the same company's production of *Hairspray* and were raving about that show as well. **Jenny Peace**, a Halton District 15 member, was the musical director of both shows. She must have had a good time working with such a talented group of singers, dancers and musicians once again. Jenny Peace is in the centre of the above photo with some of her happy fans from District 15. Congratulations to Jenny for such a great show (as usual) and we will certainly be there for your next one.

Happy Birthday, Edith!

By Marina Lloyd: Chair Goodwill Committee



On October 29, the most senior member of District 15 celebrated her 103rd birthday. I guarantee that after a visit to Edith Bielby in her home in the Village of Tansley Woods, you will leave with a smile on your face. Her sense of humour is infectious. She will quote a poem for you titled *Growing Old* and show you one of her watercolour paintings. She once said that there were two great loves in her life and both were spelled Art (her husband's name was Art!).



The photo shows Edith preparing to blow out the candles on her cake with the help of her six great grandchildren and one of her two grandchildren. There is a photo of Edith in September 2013's Halton Herald. Accompanied by her daughter Lorna Fargo, she is taking part in June's Stride To Turn The Tide National Walk to raise awareness and funds for the Stephen Lewis Foundation's Grandmothers to Grandmothers Campaign. You can read more about Edith's early life and thirty-year teaching career in the September 2007 Herald. Six years on and we can still repeat the last line of that article, "Edith Bielby - may you continue in good health in order to enjoy the many adventures that still await you."

Stay Young the MODERN Way!

Joyce: To stay young, the doctor said to exercise and eat the right foods.

Cate: What? I thought he said ACCESSORIZE and BUY NICE SHOES!

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Hikers On The Pier

By Dave Wright

On October 23rd, the Catholic Board Retiree Hikers walked to the new Burlington Waterfront pier and met a very friendly dog walker with a very well behaved group of dogs. The pictures beg the question “Which group was the best behaved?” Dave did an informal survey on the question and got a mixed response. Twenty- three of the hikers ended up at Emma’s Back Porch for lunch, Contact Dave at 905-639-5093 or wandave@sympatico.ca if you are interested in joining the group for a walk.



E. C. Drury Annual Reunion Breakfast

Submitted by Dave Wright

On December 7, 2013, former E,C. Drury High School staff held their annual reunion breakfast at the Symposium Restaurant in Milton. Thirty members were able to come and share fond memories. Do you recognize any of the attendees in the pictures below?



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Limehouse Kilns

By David Wright

The Limehouse Kiln Society is a group of Limehouse Citizens, Officials of Municipal Government and Provincial Agencies as well as Representatives of Local Business committed to promoting and preserving the historical significance of the Lime Kilns located in and near the Village of Limehouse, Ontario, Canada. The goal of the Limehouse Kiln Society is to preserve and restore structures on the site of the lime kilns adjacent to the village of Limehouse in north Halton. With the cooperation of the Town of Halton Hills, the Credit Valley Conservation Authority and many donors, some of the restoration has been completed.



One of the structures restored is the powder magazine. In 2005, once the restoration was completed, RTO/ERO District 15 donated money for the interpretive sign which stands directly before the restored structure. The sign was officially unveiled this past September and the pictures were taken in October. **Marsha Batchelor** on my left in the picture and District 15 member, **Mary Shier** on my right are residents of Limehouse and have played a major role in the efforts of the Kiln Society to restore the site. Visit www.limehousekilns.ca for the story of the kilns and info about the Kiln Society.

A Day at the Shaw

By Janet Carter-Wright

The Day

On Tuesday, October 15, members of RTO/ERO District 15 set off to Niagara-on-the-Lake. Many left early with their friends and wandered down the busy streets of Niagara-on-the-Lake, stopping to look into the many interesting boutiques available downtown. Some found out of the way dining establishments where they shared lunch. Some visited the local wineries. Thirty-five members assembled at the Festival Theatre for the afternoon presentation of the musical *Guys and Dolls*. The seats were exceptional!



The Play

A frenzied vignette set on a crowded street sets the stage for the vibrant and lively world of post-Prohibition Broadway. This is a place where slick gamblers roll dice and test their luck. This is the world of *Guys and Dolls*. The play is full of musical standards which were delivered by an experienced and very talented cast. This musical was greatly enjoyed and many of our members were humming the tunes on their way home. Next year Shaw will be presenting the musical *Cabaret*. More information on this production will be forthcoming in our next newsletter.

Join Us On An Exciting Trip to Nice and Paris! April 27-May 8, 2014

A group of RTO, RWTO members, friends and family are coming together for this exciting 12-day trip of a lifetime from April 27-May 8, 2014. Please join us as we experience Nice, French Riviera and Paris - reasonably priced, great value and a wonderfully rich program from Georgia Hardy Tours - specialists in luxury adult travel. This is the third time we have travelled with GHT and we love them. We'll have a GHT rep with us at all times, wonderful meals, and great people to travel with. Singles welcome. For a detailed four-page brochure with itinerary, pricing and payment schedule, contact either: Melina Mancini, Georgia Hardy Tours, at (416) 483-7533, 1-800-813-4509, or e-mail: melina@ghardtours.com. Or, Sue Stephenson, RTO District 39 Member, at (905) 453-9178, or e-mail: suestephen@rogers.com. Ontario Licence: 274754300529

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Program Committee

By Penny Hambly



On Thursday, October 24, we had a wonderful **Fall Meeting** at the Atrium Conference and Banquet Centre in Burlington. The lunch was very delicious and the one hundred members present were entertained by our guest speaker, **Ken Weber** who spoke on *The Wives of the Prime Ministers*. Slides accompanied his discussion of the ladies from our first Prime Minister to the present day. The audience was regaled with stories, both humorous and touching as he spoke of our past “First Ladies.” Judging by the very positive comments we received, the luncheon and presentation were a resounding success. See all the happy faces of the participants on Page 2 and again beginning on Page 38. Why not join us at the Winter Lunch in February?

Our **Winter Lunch** will be held on Thursday, February 20, 2014 at the Teatro Banquet and Conference Centre in Milton. Since our members live in many areas of Halton we like to rotate the venues so that people who live in the North do not have as far to go for at least one of the lunches. It will also be a plated (served) lunch and not a buffet with, of course, a delicious dessert. The guest speaker will be **John Kuypers**, the founder of **Inner Peace Mission.org** a Christian-based learning and coaching organization. John is the author of five books and is writing a memoir of his inner peace journey. He speaks, facilitates and coaches on the topics of inner peace and leadership, and has appeared on television, radio and in print numerous times. John is a former corporate vice-president and an expert in strategy and organizational change. He is remarried to Joanne with a blended family of four children.

The topic will be *The First Rule of Inner Peace: A Sacred Way To Make Things Right*. We all want inner peace. When things are not right, our peace of mind is the first thing we lose. Whether we are facing life-sized challenges or every day frustrations, we feel better when we know what to do to make things right. Our speaker will talk to us about the First Rule of Inner Peace - an ancient Christian teaching that is practical and universal. It works for anyone and surprisingly, you have already used it many times without noticing! You will go home with an astonishing tool that you can use to resolve issues and feel at peace.

John Kuypers' books also help readers overcome DPC's - Difficult Personal Challenges - so they can “RISE to the Challenge.” His books are frequently quoted by

(Program ... continues on Page 16)

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(Program ... continued from Page 15)

readers as among the top books which had the greatest impact on their lives. It promises to be a very interesting afternoon so send in your Registration form as soon as possible. It can be found in the middle section of this booklet.

Thank you to the members of the Program Committee : **Carolyn Hilton, Phyllis Kingsley, Ruth Ramanauskas, Gail Reeves, Roberte Rivard, and Colton Roberts** who work very hard to make our events such a success. Remember that we are always looking for new ideas and welcome anyone who wants to join our Program committee.

Welcome New RTO/ERO District 15 Members!!!

Our membership is now over 2400. Below are the names of retired teachers and other education staff who became members since August, 2013. Please welcome them and invite them to join you at one of our many activities.

James Aitken	Deborah Anderso	Leanna Anthony	Elaine Atkins
Judith Ballaro	Margaret Beaudette	Susan Belovay	Marilyn Bentley
Jane Booth	Susan Carnegie	Jean Clipsham	Irene Copp
Greg Costa	Gary Crocker	Martina Elisleb	Sheila Emmerson
Lidia Ferruccio	Michael Gervais	Colleen Grach	Brenda Green-Connors
Connie Harmer	Deborah Hartnett	Sydney Haynes	Brian Hennessy
Terrence Hourigan	Elizabeth Hudson	Betty Jean Hutton	Ellen Irving
Jane Ishibashi	Michelle Jarvie	Donald Jones	Stephen Keane
Mary Kebalo-Plata	Merike Koger	Claudia Kotkiewicz	Donna Lavery
Martha MacDonald	Marilyn MacLennan	Mary MacSween	Margaret Maronese
Keith McKay	Denise Menard	Carolyn Menka	Shirley Milla
Karin Milne	Janet Oko	Diana Osborne	Nancy Parkhill
Joanne Parisi	Silvia Path	Ricky Pellizzer	Janet Plens
Joseph Pugliese	Susan Robinson	Patricia Santucci	Nancy Sisman
Dianne Shalton	Helen Soden	Alice Southworth	Marion Speziale
Ann Marie Stasiuk	Anne Marie Stevenson	Claudia Stewart	Glenn Stewart
Lynne Sullivan	Roberta Thompson	Gloria Tomlinson	Ray Trott
Judith Truss	Prakash Vyas	Deborah Walker	Wendy Wehrli
Marielle Wells	Helen Wettlaufer	Susan Wickens	Heather Wilcox
Elaine Wilson	Jane Wilson	Sharrone Young	
	Sheilagh Yuschyshyn	Zena Zimmerman	

RTO/ERO District 15 Retirement Planning Workshop

By Jan Murdoch - Committee Chair

On Oct 2, 116 people representing all educational employee groups attended the Retirement Planning Workshop at St Volodymyr's Culture Centre in Oakville. All participants identified the workshop as informative and very worthwhile, providing practical information that will help them through the transitional process from employment to retirement. One OMERS representative stated the following "Thank you for a very informative evening!! Lots of great information, I had no idea I had these options." And from a member of OSSTF, "Thanks for putting on the workshop. The information presented will be helpful as I plan my retirement."

Thanks to all the members of RTO/ERO (**Cecile Leach, Hilary Barber, Phyllis Kingsley, Carolyn Hilton**) who helped organize this special event, it was a resounding success.



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ONPEA/Ontario Action Plan for Seniors

Submitted by Linda Taberner, a member of PAC Provincial

In Oct. 2013, an RTO/ERO PAC member attended a conference hosted by the Ontario Network for the Prevention of Elder Abuse. The sessions covered issues of high priority for our RTO members. What follows are a few highlights.

- Seniors have a right to dignity, privacy and choice, including health care choices. They should retain the right to make their own decisions on as many areas of their lives as possible and Powers of Attorney should reflect real need based on a proper assessment of mental capacity, not just convenience for everyone else.
 - Care workers have a duty to report neglect be it physical, emotional or financial. Many care home workers are Personal Support Workers with 3 months training and would benefit from more in-service education on working effectively with the elderly.
 - Of those aged 65+ in Ontario, it is only the 10% with the most complex health needs who account for about 60% of our collective health care spending, so seniors should not be regarded as a single entity in terms of need.
 - Those seniors waiting in hospital beds for Long Term Care placements cost the system about \$1000 a day versus the \$130 it costs to be in a nursing home or the \$55 cost of home care service. In general, those with more complex needs have longer waits for beds in nursing homes equipped to serve them. Most regions do not have a shortage of retirement home beds serving those with fewer needs and paid for by individuals.
 - There are an increasing numbers of programmes aimed at keeping seniors in their homes longer which has resulted in a decreasing percentage of people waiting for Long Term Care placements. There has also been an increase in the number of short term placements available in LTC homes. All older Ontarians must have access to a primary care provider. There needs to be a further expansion of programmes such as Community Paramedics and Hospital at Home.
 - Ontario's Action Plan for Seniors is based primarily on recommendations by Dr. Samir Sinha, Director of Geriatrics at Mount Sinai. These include developing more senior friendly communities. The recent announcement by the premier of the Seniors Community Grant Programme is in keeping with this.
- The main goals of the Action Plan are as follows:

1) Healthy Seniors

- Improved exercise and falls prevention programmes

(ONPREA.. continues on (Page 19))

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(ONPREA.. continued from (Page 18)

- Improved access to short-stay long-term care “assess and restore” services
- Enhanced long-term care
- Improved access to primary and community care
- Hospital at home

2) Senior-Friendly Communities

- Age-friendly communities
- Elderly Persons Centres and Active Living Fairs
- Life leases
- Better access to government programmes

3) Safety and Security

- Elder abuse prevention
- Elder abuse training for Police
- Fire safety
- Wandering prevention programme
- Education about Power of Attorney

It is also part of the plan that people can access a single source of information about seniors' services at ontario.ca/seniors or by calling 1-800-910-1999.

References

http://www.health.gov.on.ca/en/common/ministry/publications/reports/seniors_strategy/docs/seniors_strategy.pdf

<http://www.ontario.ca/health-and-wellness/ontarios-action-plan-seniors>

Community Notices



Retired Women Teachers of Ontario - Burlington Branch – *Caring and Sharing and Having Fun.* Choose from euchre, golf, walking, book club, tea room tours, lunch and a movie, scrapbooking, line dancing, photography, travel club, delicious luncheons, interesting speakers, friends and fun. Call Carolyn 905-689-8329 or Mary 905-333-0826.

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RTO/ERO District 15 Contact List

Executive 2013 – 2014

Past President	Janice Murdoch	289-956-0163
President	Phyllis Kingsley	905-845-6911
1st Vice President	Penny Hambly	905-639-6193
2nd Vice President	Carolyn Hilton	905 844-2984
Secretary	Janet Carter-Wright	905-336-5328
Treasurer	Chub Baxter	905-643-3732
<i>Assistant:</i>	Daliah Brown	905-825-8470
Member-at-Large	Jim Baker	905-639-1292

Committees

Archives	Judy Sloan	905-336-5538
Awards	Carolyn Hilton	905 844-2984
<i>Committee Member:</i>	Phyllis Kingsley	
Book of Remembrance	Marina Lloyd	905-637-6030
Communications		
<i>Website Coordinator</i>	Jeannie Woodcroft	905-331-8389
<i>Newsletter Coordinator</i>	Cecile Leach	905-634-8027
<i>Newsletter Editor:</i> Peter Gnish - <i>Design:</i> Cate Roberts		905-547-1628
<i>Editing:</i> Pam Ahrens, Carolyn Hilton, Phyllis Kingsley, Cecile Leach		
<i>Proofreaders:</i> Chub Baxter, Eleanor McCulloch, George MacRae, Marilyn MacRae, Ray Smith and Dave Trueman.		
Goodwill Chair	Marina Lloyd	905-637-6030
<i>West Convenor</i>	Cecile Leach	905-634-8027
<i>East Convenor</i>	Warren McBurney	905-845-8219
<i>North Convenor</i>	Marg Megelink	905-877-7135
<i>Out-of-Region Convenor</i>	Peter Gnish	905-547-1628
Health Services	George MacRae	905-315-8581
Membership/Recruitment Chair	Hilary Barber	905-637-7067
<i>Committee Member:</i>	George MacRae, Judy Sloan	
Pension	Jim Baker	905-639-1292
Political Advocacy	Jan Murdoch	289-956-0163
Program	Penny Hambly	905-639-6193
<i>Committee Members:</i> Carolyn Hilton, Phyllis Kingsley, Ruth Ramanauskas, Gail Reeves, Roberte Rivard, and Colton Roberts		
Recreation	David Wright	905-639-5093
Tours	Jan Murdoch	289-956-0163
<i>Committee Members:</i> Colton Roberts, Susan Hoika, Leonard Rosmarin		
Member Without Portfolio	TBA	

RTO/ERO Halton District 15 Monthly e-letter

During the last week of each month RTO/ERO District 15 sends out a monthly e-letter. It is another way that we try to maintain ongoing communication with our members. Our Calendar of Events is always updated in the e-letter along with our District 15 travel opportunities. We also include information that we feel might be relevant to our members. Sharing in this format may be best when something is time sensitive and the regular newsletter only comes out 3 times a year. If you are not receiving the monthly e-letter it may be due to one of the following reasons: you may not have submitted an e-mail address to member services when you joined RTO/ERO requesting e-mail updates; you may have changed e-mail services and forgot to notify RTO/ERO of your new e-mail address; or your firewall may be set very high and the e-letter may be in your garbage waiting for permission to be conveyed to you. If you submit a request to be added to the e-mailing list I will include you in the following month's mailing. Let me know by contacting me at janmurdoch8@gmail.com.

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

Contact Dianne Vezeau at the Provincial RTO/ERO office

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

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

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

or Contact Hilary Barber by telephone 905-637-7067

or by e-mail at hilaryjpbarber@cogeco.ca

The kindergarten class had settled down to its coloring books. Steve came up to the teacher's desk and said, "Miss Merc, I ain't got no crayons." "Steve," Miss Merc said, "you mean, "I don't have any crayons. You don't have any crayons. We don't have any crayons. They don't have any crayons. Do you see what I'm getting at?"

"Not really," Steve said, "What happened to all them crayons?"

You are invited to the

RTO/ERO Halton District 15 Winter Lunch & Meeting

Thursday, February 20, 2014

Teatro Conference and Event Centre

121 Chisholm Drive (Hwy 401 & Hwy 25 area)

Milton, Ontario



**The First Rule of Inner Peace:
A Way to Make Things Right
With**

Guest Speaker John Kuypers

PROGRAM

Registration:	12:00 pm
Lunch:	12:30 pm - 1:30 pm
Business:	1:30 pm - 1:45 pm
Speaker:	1:45 pm - 2:45 pm

**Cost: \$25.00 for members of District 15
\$30 for all spouses and guests who are non-members of
District 15**

**Note: At least one person in your group must be a member of
RTO/ERO District 15**

**Cancellation of the event in case of inclement weather
will be publicized on the website rto-ero.org**

Registration Form
Deadline is February 12, 2014

Please Print:

Name:..... Member Guest.....

Tel Number.....

E-mail:.....

Check if vegetarian meal is required or food allergy.....

Name:..... Member Guest.....

Tel Number.....

E-mail:.....

Check if vegetarian meal is required or food allergy.....

Name:..... Member Guest.....

Phone Number.....

E-mail:.....

Check if vegetarian meal is required..... or food allergy.....

Enclosed is a cheque in the amount of:.....

Payable to: RTO/ERO District 15

**Send to: Carolyn Hilton 18 Ridge Drive Oakville On. L6H1B6
905-844-2984**

I need a ride to the event ____ I can drive someone to the event ____

ADVERTISING AND PROMOTION POLICY

April 2013

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

Ten Great Health Foods

By Mayo Clinic Staff

- | | | |
|----------------|-------------------|--------------------|
| 1. Almonds | 2. Apples | 3. Blueberries |
| 4. Broccoli | 5. Red Beans | 6. Salmon |
| 7. Spinach | 8. Sweet Potatoes | 9. Vegetable Juice |
| 10. Wheat Germ | | |

According to the Mayo Clinic these ten foods are the best because they are a good source of fibre, vitamins, minerals, phytonutrients, anti-oxidants, low calorie density, are easily purchased and may help reduce heart disease and other health conditions.

Contribute to the Herald!

The next *Halton Herald* will be distributed in April, 2014.

- **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, Cecile Leach by e-mail: cecile.leach@sympatico.ca, by mail to 4-3115 New St. Burlington ON L7N 3T4 or telephone: 905-634-8027. Deadline - February 15, 2014

Calendar of Events - January 2014 to May 2014

- Jan. 8 Milton Centre for the Arts, 1010 Main St. East, **Laurier Milton Lecture Series.** 7:00 p.m. *From Big Bang to Black Holes*, Canada's role in the quest for the stars. Free. Register at miltoncentreforthearts.ca See the Recreation Committee Report.
- Jan. 14 **Tour of Guide Dogs of Canada** located at 152 Wilson Street Oakville. 10:00 a.m. Cost: A donation to Guide Dogs. Contact Dave Wright at 905-639-5093 or wandave@sympatico.ca by Jan 9.
- Jan.17 Comedy - *Leading Ladies*. Oakville Theatre for the Performing Arts. Navy Street, Oakville. 8:00 p.m. Cost \$ 25.00. Contact Dave Wright at 905-639-509 or wandave@sympatico.ca.
- Jan. 30 Breakfast at El Spero Restaurant, Oakville South Mall (formerly Hopedale), 9:00 a.m. Contact Paul Durnan at 905-630-2285.
- Feb.12 Milton Centre for the Arts. **Laurier Milton Lecture Series.** 7:00 p.m. Laurier Singers. A demonstration - lecture. See Registration info for Jan 8.
- Feb. 24 **District 15 Winter Luncheon Meeting**, Milton. See Page 22 for details.
- Feb. 27 **Drury Lane Music Hall**, 2269 New Street, Burlington. 8:00 p.m. Cost \$25.00. Contact Dave Wright at 905-639-5093 or wandave@sympatico.ca.
- Mar.12 Milton Centre for the Arts. **Laurier Milton Lecture Series.** 7:00 p.m. *The Incidence of Screens*. The effect of digital media on us. To Registration see Jan 8.
- Mar. 27 **Breakfast** at the Symposium Cafe, Milton, 611 Holly Ave., off Derry Road east of Hwy 25. 9:00 a.m. Contact Paul Durnan at 905-630-2285.
- Mar. 29 **Mystery Dinner Theatre**. Innsville Restaurant, 1143 Hwy 8, Stoney Creek. 6:30 p.m. Cost \$ 49.95 + tax & gratuity. Contact Dave Wright at 905-639-5093 or wandave@sympatico.ca by Feb. 1, 2014.
- May 2 **Dinner Theatre**. Aldershot Players, West Plains United Church, Burlington. Play TBA. 6:30 p.m. Cost \$35.00. Contact Dave Wright at 905-639-5093 or wandave@sympatico.ca by April 1, 2014.
- May 8 **Drury Lane Musical**, *Anne of Green Gables*, 2269 New Street, Burlington. 8:00 p.m. Cost \$25.00 Contact Dave Wright at 905-639-5093 or wandave@sympatico.ca by Feb 28, 2014.
- May 22 **Stratford Musical Matinee**. *Crazy for You*, 2:00 p.m. Cost \$102. Contact Dave Wright at 905-639-5093 or wandave@sympatico.ca.
- June 17 Burlington Performing Arts Theatre. *Gotta Sing- Gotta Dance* with the Burlington Footnotes. 7:00 p.m. Cost \$25.00. Contact Dave Wright at 905-639-5093 or wandave@sympatico.ca by April 1, 2014.

A Penny Saved Is a Penny Lost - A Poem

Written and Submitted by John Love

Please take the time to read the lovely poem written by John, one of our members. Although the topic might seem mundane, the content of the message is most appropriate with the change in our currency. Do you have a flair for poetry or writing. Don't be shy, send it to me (pgnish@cogeco.ca) and share it with the membership. Thanks, John for your fine effort.

A Penny Saved Is a Penny Lost

*Remember songs and sayings
About the lowly cent
That praised romance and saving
When kept in jars unspent?*

*It wasn't very long ago
When pennies were alive
You'd get back twenty-seven cents
Instead of twenty-five.*

*Today when you buy gasoline
As you once did before
You might pay eighty dollars
Plus eighteen cents point four.*

*But don't expect to get the change
With two cents it's not done
It used to be that two cents change
Was two cents more than none.*

*Why is it that the penny
Only has its place
In tidy bus'ness records
But in purses takes no space?*

*Did scrapping the poor penny
Increase some people's wealth?
If you listened in your math class
You could answer that yourself.*

Visit us on the Internet at www.rtohalton.org

Tours Committee

By Jan Murdoch



I am currently in Hawaii aboard the Pride of America, docked in Maui. It is a wonderful warm, sunny day. Yesterday, on a trip to the plantation I discovered that pineapples take 2 years to mature from planting, before they are picked. I also discovered that the last sugar plantation on Maui is going to disappear, being replaced by condos. It appears that tourism has taken over as the main source of revenue on the islands.

We are going to delay our trip to South Africa until 2015, giving everyone a longer time to build up the required funds. Although it is a little more expensive than the average holiday it will offer unique experiences with wild life in a remarkable setting. A must do place to visit on the "Bucket List."

For the year 2014 we would like to offer a 4 day trip to New York in late May or early June and then try for San Antonio, Texas in late September. This would be followed by a trip to New Orleans in early December at the start of the Christmas markets. If you are interested in any of these trips let me know and I will put you on our mailing list aimed at those who want to monitor travel opportunities.

I have now been involved in the travel industry for 7 years and my research has confirmed one clear fact. The largest consumers of travel in the world are the Americans; they are the largest group of people with disposable income that can be used for exploring different destinations. The state of California, which is the 11th largest, has a greater population than all of Canada. If you can monitor when the Americans do not travel you can locate the best times to go anywhere and save a great deal. Avoid March as a travel month; every state has March breaks and reading weeks so prices are at a premium. The American Thanksgiving is the most important family holiday, bigger than Christmas, so it also is to be avoided. However, the two weeks prior and the two weeks after are great times for travelling anywhere, especially cruising.



If you would like to make a suggestion for a future trip, help with a trip on our list, or have travelled to a location and want to share the experience, please send me an e-mail. Travel is the most amazing way to continue learning and stimulating the mind.

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Awards Committee

By Carolyn Hilton

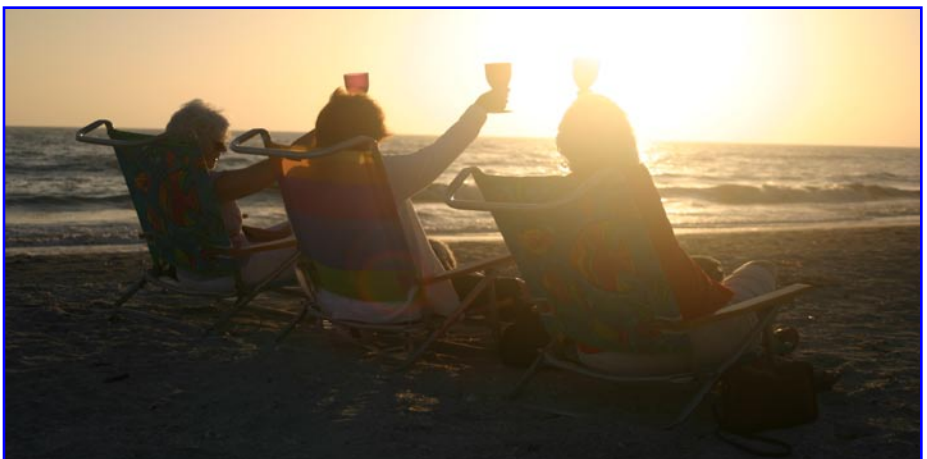


At the recent Fall Senate a motion was passed expanding the criteria for receiving a scholarship to include non-educational occupations such as those in health care and the trades. Applicants must be a child, grandchild, niece, nephew, grandniece, grandnephew, son-in-law, daughter-in-law, or step-child of an RTO/ERO member, who is enrolled in the last year of a program recognized at Canadian Publicly-Funded Colleges or Universities. Check the provincial [website www.rto-ero.org](http://www.rto-ero.org) for further details. All applications must be submitted to provincial RTO/ERO by the Feb. 14, 2014 deadline.

Please also keep in mind that applications for the **Project Service to Others (STO)** \$4000 grant must be submitted to District 15 by March 1, 2014 so that the Board has time to choose the best application for submission to the Provincial office by the deadline, June 16, 2014. Application forms can be found at www.rto-ero.org/project-service-to-others.

Remember also that the Awards Committee requires your help in identifying and nominating worthy candidates for the **Distinguished Service Award**. These are District 15 members who have made a significant contribution either locally or provincially. Nomination forms are available on our website, www.rtohalton.org.

Here's to 2014! *The Beach - A Favourite Spot in Winter*



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We will also monitor your eye health if you have a medical or family history of diseases that cause eye problems. We will put preventive screening measures in place to detect problems early before damaging results occur. Signs indicating you may have an eye disorder include:

- Blind spots
- Blurred or cloudy vision
- Chronic tearing
- Floaters
- Headaches
- Increased sensitivity to light
- Red watery eyes
- Scratchy feeling in eyes

These symptoms, if unchecked, can cause serious damage to your eyes. **If you are currently suffering a vision disorder, or problematic symptoms, call us today at 905.842.3411 to schedule an eye examination.** At Dr. J.C. Mungar, Optometrist, our focus is on the health of your eyes!

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Archives Committee

By Judy Sloan



Since my last report I have only received one item to enter into our RTO /ERO Halton District 15 Scrapbook. The Burlington Post featured a photo of our own RTO member and hardworking secretary **Janet Carter -Wright** relaxing at Burlington Seniors' annual Brown Bag Picnic. Due to the heat the event was held at the Seniors Centre rather than the usual Central Park location. You may recall, Janet was presented with a Distinguished Service Award at our AGM on April 29, a well-deserved honour.

I recently received a letter informing me of the passing of a District 15 member **June Humby**, formerly Yarnell in a previous marriage. June passed away in Saskatoon on June 13, after a brief illness, one week before her 82nd birthday. She was a former Halton Elementary (Burlington) teacher. June was a very intelligent lady who was dedicated to her students and very aware of their needs. Her students loved and respected her. Even after retirement she continued to be involved with children, guiding them on their paths. June moved from Burlington to Warman, Saskatchewan three years ago when her health began to fail. She needed to be near her eldest son and his family. Her one grandson, Duncan, has Asperger's Syndrome and he was struggling in school. June proceeded to set up a remedial program for him and over the last 3 years of her life, raised his language and Math skills which added greatly to his self-esteem. The last 2 report cards Duncan received, he was on the honour roll in grade 6, a wonderful achievement for both Duncan and June. She will be greatly missed not only by her family but also by all those who knew, loved and respected her.

Hopefully, I will receive many more items to include in our scrapbook in the next few months. Don't be shy to send me photos or articles about yourself! My address is 1446 Brenner Court, Burlington, L7P2Z2 or you may contact me by e-mail at judymsloan@yahoo.ca. Wishing you a warm winter and a wonderful New Year!

Dressed for Dancing

Two retired ladies were discussing the upcoming dance at the country club. "We're supposed to wear something that matches our husband's hair, so I'm wearing black," said Mrs. Smith.

"Oh my," said Mrs. Jones. "I'd better not go!"

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Political Advocacy Committee

By Jan Murdoch



The current Retired Teachers Organization of Ontario has over 69,000 members who are all well educated and experienced, plus have the reputation of being active voters in elections. This makes our members a very valuable lobbying group for issues pertaining to older adults.

As the Chair of PAC, I had an opportunity recently to attend a workshop in Toronto, where Howard Hampton and Len Domino helped us to develop strategies for approaching MPPs, MPs, or Cabinet Ministers. Throughout any dialogues we have on key provincially defined issues, whether local, provincial or federal, we must be perceived always as being non-partisan. Our non-partisan position allows us to liaise with the leadership of all political parties, as well as to have our voice heard at the Cabinet level. To successfully complete our new mandate, we need additional people in our Political Advocacy Committee. Each meeting with an MPP requires a delegation group of 3 people, each with a specific task. If this type of activity peaks your interest let me know, as this is a new direction for many of us.

On Monday, September 30, **Marina Lloyd** and I, participated in the first **Annual Older Adult Day** at Queens Park. It was quite an experience from beginning to end. Twenty of us representing RTO/ERO received our security clearance badges along with our public gallery passes as soon as we arrived at the Queens Park Legislative Building. There was time to do a bit of wandering to get our bearings before heading to the 4th floor to be screened by security. We were not allowed to bring anything into the Gallery; cell phones we expected would be taboo but it ended up that every thing was taboo. You couldn't take any food or beverages (no water) and you couldn't take any paper, pens or pencils. So just before being screened, pockets were dumped of everything including keys. MPP Bill Walker's assistant came to our aid allowing us to leave valuables in her office. That was a needed relief as there was no security in the halls once we entered the Gallery.

Although I have watched Question Period on TV, nothing could have prepared me for what I was about to experience. I don't know how anyone could ever train for the job. It was some of the rudest conduct I have ever encountered. When someone got up to speak the noise and berating from the others in the room was

(Political Advocacy ... continues on Page 32)

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(Political Advocacy ... continued from Page 31)

incredible. If the MPPs weren't heckling and jeering each other they could be observed texting on their phones or ipads, ignoring what was happening - that is unless one of their own party members spoke at which point they would abandon their technology to stand and offer support clapping, chanting or banging the desks. The Speaker of the house did reprimand some of the MPPs on several occasions, even calling some MPPs by name, but it was obvious that the conduct I was witnessing was the norm as it resumed after a short abatement.

The NDP MPPs each took a turn at asking the same question just rephrasing it a little in my mind, wasted a great deal of time . My former MPP, like a few of his colleagues, was engaged in a conversation with neighbours, attending to the session only when mutual support was required and then he would stand. I honestly don't know how productive this type of session is; it's not a model I would like to see adopted in a classroom or business setting.

We left the Gallery and headed to the second floor to meet some of the MPPs individually and to share our key issues. **Leo Normandeau**, the current President of RTO/ERO, managed to seek clarification on the current situation with doctor training in Ontario. They are not required to know anything about gerontology before graduating. This was a necessary situation to address since as of 2016 in Canada, there will be more people over the age of 60 than children under the age of 14 and that is just the start of the changing demographics.

October 1 in all future years will now be titled **International Older Adult Day** to recognize the seniors around the world that are making great contribution to our society and address global concerns related to this age group.



Book of Remembrance

We remember with fondness

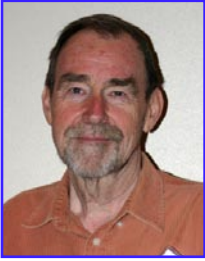
Irene Aitken
Winston Shalton

Dorothy Douglas
Edmond Taylor

June Humby
William Zimmerman

Health Services Committee

By George MacRae



Health Plan Members are reminded:

1. All insured members will be mailed a new (2014) Health Plan Booklet (including the Out-of-Province/Canada Travel Booklet) in February. The old (2011) booklet that you currently use should be sent to the recycler when you receive the new one in order to reduce confusion. The new booklet will be quite different, reflecting three years of enhancements.

2. If you are travelling and have an emergency, you must contact Allianz Global Assistance at the number on the back of your RTO/ERO Johnson Inc. ID card before you seek treatment or, if not possible, within 48 hours or coverage will be limited to \$2000.

RTO/ERO members are proud of our health care plans. In previous columns, I have mentioned that the plans are owned by our organization which works to ensure that they meet the needs of all of our members. Most members would like to see the maximum payouts for specific items increased. We all would like to see the premiums reduced. Since increasing payouts means increasing premiums, the committee governing the plan must balance the needs with the cost of changes.

The RTO/ERO Health Services and Insurance Committee (HSIC) is responsible for the oversight of the operation, administration, interpretation and application of the RTO/ERO Health Plans on behalf of RTO/ERO. Its volunteer members appoint insurance carriers, underwriters, administrators, claims payers, and consultants, and also review and determine the design of the RTO/ERO Health Plans and their premiums. You may wonder how RTO/ERO decides what changes and enhancements to make to our plans. This lies in the hands of the HSIC. Each year the committee reviews the plan and considers recommendations for improvements. Changes to the plan must provide maximum benefits at the least cost.

Recommendations for changes in the plan come from members. Each year, RTO/ERO receives many requests for changes. These are carefully reviewed and a study ensues to determine the projected cost of the enhancements. A report is sent to the HSIC who decide what changes to make to the plans and incorporate the cost into premiums.

(Health Services... continues on Page 34)

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(Health Services... continued from Page 33)

In 2013, District 15 members suggested two changes to the provincial body related to the trip delay/interruption/cancellation provisions. They will be reviewed during 2014 and, if accepted, would be implemented in 2015.

If you would like to see an enhancement to any of the plans, there will be a process by which you can provide input later in the year. I will provide further information when it becomes available.

Recreation Committee

By Dave Wright



Last winter Hella Gruter and I attended two lectures in the **Laurier Milton Lecture Series** at the Milton Centre for the Arts. Both were very informative and well presented. I have listed in the calendar three of this season's series. The description of each can be found in "What's Happening" on the website miltoncentreforthearts.ca. The lecture on March 12th may interest you if you wonder what the current thinking is about a large part of our population spending a good part of their day looking at a screen. You can register directly or contact me at 905-639-5093 or wandave@sympatico.ca and I will register you.

Keep watching the website. We will keep you up to date on all the events we plan. Some events may be new and may not have been listed in the Herald. So visit the website frequently to see if there is something new or simply to remind yourself of dates to sign up or order tickets. These reminders will also be listed in the monthly e-letter. If your only contact with us is the Herald, feel free to call me at 905-639-5093 or **Janet Carter-Wright** at 905-336-5328 for the latest information about events.

Last June we had a very enjoyable cruise on Hamilton Harbour and we plan to have another lunch cruise this coming spring. Have a look at our calendar and join us when you can. Also, Janet Carter-Wright and I would like you to give us some ideas about things you would like to do. Your input is important.

Newsletter Coordinator Report

By Cecile Leach



The production of our September newsletter ran quite smoothly. You may have noticed that the packaging and addressing was slightly different. We now put your address on the back cover of the booklet which is more cost efficient. The new advertisements and our cost savings allowed us to use the same format, colour and length as in the past. The Board has decided to proceed with the printing company from Hamilton.

You will note that the Winter meeting flyer is an insert in the centre of the newsletter. It is a full page, for your convenience, and easier to pull out when needed, allowing you to keep the newsletter intact for later perusal.

Peter has left for his Florida home, but he and Cate will be continuing the editing and design process on the newsletter via e-mail. If you have an interesting article (maximum 1000 words) that you wish to share, please feel free to submit it to me via e-mail, cecile.leach@sympatico.ca. We will endeavour to publish it in our newsletter. If the article is deemed too lengthy, we may choose to modify the content slightly or place it on our website instead. The deadline for submissions to the April newsletter is February 15, 2014.

I wish to thank all the folks who help us in the production of the newsletter. You can see the list of all our volunteers on the contact page.

Recruitment & Member Services Committee

By Hilary Barber



We hosted a very successful **To Hell with the Bell** breakfast the first week in September and had about 40 attend. I am delighted to announce that the membership for District 15 is now over 2,400, with 34 new members in September alone. Thank you to all of you for encouraging previous colleagues to join. I wish you all a safe and relaxing winter either here or in warmer climates.

If you have any questions about membership or have changes in your home address, phone number or e-mail address please contact me at 905-637-7067 or hilaryjbarber@cogeco.ca.

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MY FAMILY

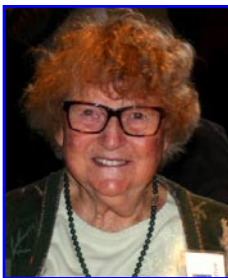
I have been living in Oakville with my family for almost 20 years. My husband, Dr. Jeff Mungar is a local Optometrist. We have been blessed with 2 sons, Max is 12 and Nicholas is 11. Our 20 year old daughter is currently attending the University of Guelph.

Visit us on the Internet at www.rtohalton.org

More Fall Luncheon Pictures

Photos By Peter Gnish

Fun, food and fellowship - all lead to smiling faces. Why not come out to the next event in February. See the details and Registration Form on Page 22-23.



(Fall Luncheon Pics.. continues on Page 39)

Visit us on the Internet at www.rtohalton.org

(Fall Luncheon Pics.. continued from Page 38)



(Fall Luncheon Pics.. continues on Page 40)

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(Fall Luncheon Pics.. continued from Page 39)



(Fall Luncheon Pics.. continues on Page 41)

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(Fall Luncheon Pics.. continued from Page 40)



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Luis Acero – *Living A Life “Full of Interest and Peace of Mind”*

Edited By Cate Roberts



In the last issue of The Herald, a call was sent out for submissions of a favorite place. Luis Acero responded by sending photos of his home town Badajoz, Spain (pronounced Bah-dah-'hoth), in the south-west of Spain, 7 km from the Portuguese border on the same parallel as Lisbon. He writes:

I spend 5 months, including the winter months there. It is inland but there is a large river, the Guadiana, with several bridges. The oldest bridge was built in the XVIth century. I was not born there but I grew up there until I went to University in Salamanca and Valencia. After that I left Spain for Paris first, London second and Toronto third where I have been since 1971. Badajoz has 150,000 inhabitants. It is the biggest city of the region Extremadura, where the Conquistadors came from. It was built in 750 AD by the Moors. The English know of Badajoz because there was a battle there between the armies of Napoleon and Wellington. The winter in Badajoz is very mild but the summer is very hot, reaching at times 40 degrees C in the shade – still 35C at night. Awnings are used to give shade to the street during the torrid summer.

The photos Luis took look “as if they are watercolours, or oil paintings or illustrations.” The beautiful and artistic features are created by his Sony camera, Exmor.

Perhaps wintering in Badajoz contributes to Luis’ writing that “My life after retirement has been full of interest and peace of mind.” Thank you Luis for sharing.

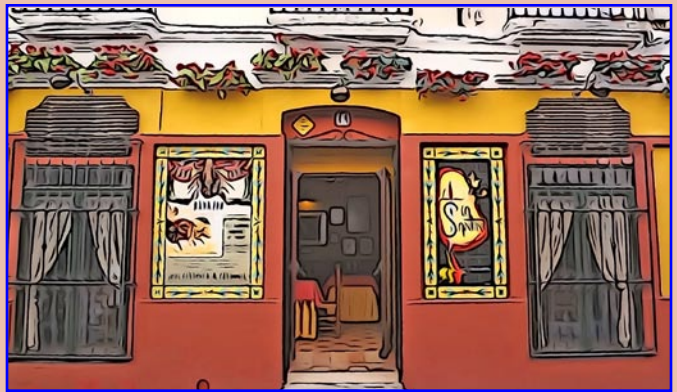
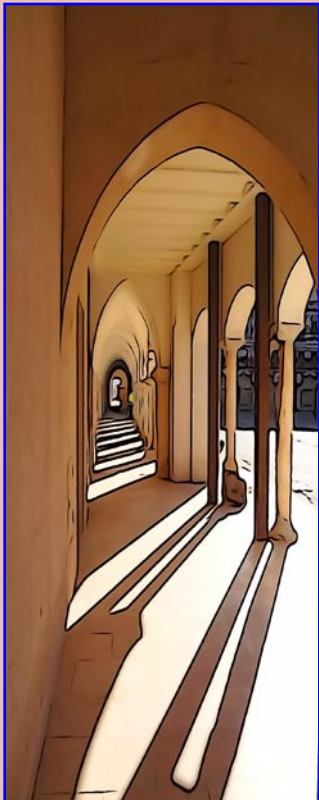
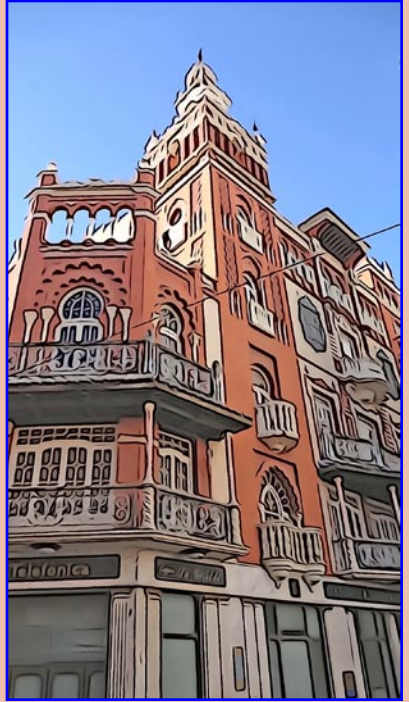


Why not share pictures of your favourite place?

(Luis Acero... continues on Page 43)

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Creative Photos of Badajoz
by Luis Acero



Luis Acero's Home Town - Badajoz, Extremadura, Spain "A Favourite Spot"



*Hilary Barber, Membership Chair
District 15 RTO/ERO Halton
611 Barons Court
Burlington, ON L7R 4E4*

