

ERT
EO
District 15

HALTON HERALD

January, 2017



*Photo Contest Entry
by Evelyn Taggart
"Florida Beach"*

Wherever You Are!

Best Wishes for

2017!



*Photo Contest Entry
by Cathy Walsh
"Ice Storm"*

Adventure Calls!

Alaska: Penny Hambly...page 25



*The Caribbean's
Frigate Birds:
Marlene Horne...page 9*



*Bhutan, Nepal, Tibet:
Nancy Sorenson...page 31*

President's Report

By **Moira Plexman**



Happy New Year! I hope 2017 proves to be a happy, healthy year filled with many enriching opportunities and experiences for you and your families. It promises to be a very special year for all Canadians as we celebrate 150 years as a nation.

I extend a warm welcome to all newly retired members who joined RTO/ERO District 15 since June. The executive and I were pleased to meet so many of you at our annual "To Hell with the Bell" brunch on September 7. There was a lively buzz of excitement in the room as new members shared their retirement plans and learned about the benefits of membership in RTO/ERO. District 15 now has over 2600 members. Membership in RTO/ERO continues to grow making us a powerful force in the province of Ontario.

At the end of September I received exciting news. Our District 15 Service to Others application was awarded funding. (See the article on page 22 for details).

First Vice President **Claudia Stewart** and I attended Fall Senate on October 25-26 in Toronto. Second Vice President **Micki Clemens** and Membership Assistant **Marilyn MacLennan** attended as Observers. Fall Senate was very productive. A few of the highlights are:

- The election of the new Provincial Executive as of November 1 are Martin Higgs (Past President), Martha Foster (President), Dave Kendall (1st Vice President) Rich Prophet (2nd Vice President) and Lorna Wilson (Executive Member).
- Dr. Paula Rochon, RTO/ERO Chair of Geriatric Medicine funded by our Charitable Foundation addressed Senate to outline her current research. (Read further in the Herald for Dr. Rochon's report).
- The Code of Conduct was passed.
- There was much discussion of both the Strategic Plan and a revised Governance model for RTO/ERO. Be sure to check the next issue of Renaissance where information related to the Strategic Plan and Governance will be outlined.
- Following an in-depth review, Sun Life was selected as the new underwriter of the RTO/ERO Group Insurance. Members received details in November.
- RTO/ERO has entered into a contract with **Venngo**, an affinity program provider, offering over 1200 discounts in various categories. The program will be

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available to the membership starting January 2017.

•Some older OTHP members are considered un-locatable as a result of name changing, missing addresses and lack of Social Insurance Numbers (pre-1964). The Benefits and Adjudication Committee (BAC) is requesting help in locating these members.

RTO/ERO Executive Director Jim Grieve was our guest at our October 31 fall general meeting. He took the opportunity to share the Vision and Mission of the Strategic Plan. New RTO/ERO Provincial President Martha Foster invited executive members of the Central Area to a reception at Langdon Hall to meet with the new provincial executive on November 14. It proved to be an excellent networking opportunity for **Carolyn Hilton, Claudia Stewart, Micki Clemens** and myself.

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I look forward to seeing many of you at our February 28 Winter Meeting at the Burlington Convention Centre. (See **Penny Hambly's** Program Report)

In the spring we will have openings on our RTO/ERO District 15 executive and for Program Committee Chair and 2nd Vice President. Those currently in those positions welcome you to shadow them this year prior to taking over the position next year. If you are interested in one of the roles or participation on one of our committees, please contact me at plexmanm@gmail.com or 905-845-1977. I welcome your ideas and suggestions.

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



The past three months has been a very lean time for any letters, e-mails and telephone calls from members indicating what they have been up to. Even though we have heard that this is one of the most read sections of the Halton Herald I only received two messages. Let's make up for that. Get back to me with some details about yourself and your family to let your former colleagues and friends know what you are up to. Since I am in Florida for the winter, send me an e-mail at pgnish@gmail.com or a card or letter to 5360 South Landings Drive, Unit #309, Fort Myers Florida, 33919 or call me there 239-208-2860. I would love to hear from you as I am sitting by the pool.

Micki Clemens wrote to update us on her move. She said, "After 41 years in our lovely home on Knightsbridge Court in Burlington, Jim and I downsized to a condo in Bronte. The condo was an older one and so we undertook a complete reno; however, it has been a very distressing and prolonged experience, as we had to move in when it was not yet completed. Disruptions continued as we tried to get the flooring repaired for the third time, and to have bathroom fans previously disconnected to be reconnected, and to work out why the under cabinet lighting did not work, and why a new oven had to have the computer replaced twice, and why so many additional things have gone awry. Asked if we were, "Having any fun yet?" we had to reply in the negative. Anyway, in time, (maybe by Christmas!!!) we hope that it will be properly habitable and I can then try to make it our own with window coverings, our pictures, and rugs, etc."

P, S. We parted company last week with the Burlington home maintenance contractor, who has so sadly eroded the trust we placed in him, and have arranged with a new company here in Oakville to repair our flooring on December 2. Keep your fingers crossed!

Ed Tkach wrote - "During a family barbecue on Manitoulin Island in early July, we were visited by two very active chipmunks. One made its way between chair legs and many feet to obtain a strawberry that had fallen off a plate onto the patio floor."



Webmaster's Report

By Jeannie Woodcroft



Just as we celebrate a New Year, RTO/ERO District 15 is also celebrating a new website! The web address remains the same; however, the design is new. The content remains but the names of menus will be different as follows:

- **Home:** contains a blue menu along the top. Select one and more content with sidebar menus is displayed. To return to Home Page from another menu, select the RTO/ERO logo in the top left corner of each page. Home Page also contains links to Provincial Group Insurance Plans and Provincial News & Updates. These will open in a new window. To return to the District 15 Website select its tab at the top of your browser. Also on Home Page, you will find Upcoming Events (Calendar for District 15):
- **News: Events** (Calendar), List of Events (Recreation Committee), Newsletters E-letters, In Memoriam, Awards and Scholarships, Tours and Travel.
- **Join Us:** Membership and Recruitment Committee.
- **Resources:** Board Use, Halton Map, and an extensive list of links (Elder Care, Best Doctors, etc.).
- **Pictures:** links to photo albums of past District 15 events. Enjoy the pictures.
- **Who We Are:** President's Message, Executive and Board Members, Constitution, and Contact Us – this is a more secure webform that protects the privacy of these volunteers. Be sure to select 'Topic' to send e-mail to the appropriate person.

At the time of writing, I am still working on the new website, a work-in-progress. If all goes well, my goal is to have the new site launched in January. Wishing you well in 2017.

RTO/ERO Scholarships

The deadline for submissions for the RTO/ERO scholarship this year is March 1, 2017. Application forms are available on the provincial website. The \$1500 scholarships are for relatives of RTO/ERO members who are beginning their final year of post-secondary education at a Canadian university or college.



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Recreation Committee

By Dave Wright



The weather for the **Niagara River Cruise** in September was a mix of brief downpours and bright sun. Twenty- three members and friends took part and I was told because of the scenery, meal and company it was a good outing. We did the Grand River Cruise a number of years ago so perhaps we are due for that one in the spring or fall.

The events planned for this winter and spring are listed in the Calendar of Events and on the website, District15.rto-ero.org and will be highlighted each month in the e-newsletter. If you don't receive the e-newsletter, but would like to, send **Jan Murdoch**, janmudoch8@gmail.com, your e-mail address.

Both the Drury Lane show and the Aldershot Players dinner theatre that we attended this past fall were very entertaining. In February, The Drury Lane Theatre is doing their annual *Music Hall* and *The 25th Annual Putnam County Spelling Bee* is in May. The Aldershot Players spring dinner theatre is April 27. The play is *Helen's Yard*. Come join us if you can.

If you know of something we all might enjoy let **Janet Carter-Wright** or me know. Info about it can be posted on the website and in the e-newsletter. Janet is at 905-336-5328 or jcwright@cogeco.ca and I am at 905-639-5093 or davidwright16@me.com.

Our Summer Alaskan Cruise

By: Penny Hambly

Last July my daughter Tara and I took my two grandsons, seven- year old Raine and eight- year old Hunter, on a cruise to Alaska. We flew to Vancouver where we rented a van to cross to Vancouver Island, as we were headed to Campbell River to see my husband's family. Before leaving the mainland, we stopped at my favourite place - the Goats On The Roof Market in Coombs. There actually are goats living on the roof. Of course the boys were very excited. We also went up to Grouse Mountain to watch a lumberjack show in the pouring rain.

We crossed to Vancouver Island and after a few days of visiting relatives, we headed back to Vancouver to board our cruise ship the Norwegian Sun. Our

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first stop was in Ketchikan where we visited the Museum and saw many totem poles which impressed the boys. Next stop was Juneau where we traveled by coach to see the gorgeous Rainforest Gardens and then onto the 13-mile long Mendenhall Glacier.



Our favourite excursion was the Takshanuk Mountain Trail outside of Skagway. We drove on 4x4 vehicles to the top of the mountain making stops along the way for breathtaking views of trees, waterfalls and mountains. Going up we stopped for warm cookies and coming down we had dinner in the lodge. It was such a unique and fun experience not only for the boys but for the adults as well.

While we were cruising along Glacier Bay, the ship stopped to give everyone an opportunity to view and photograph the magnificent Hubbard Glacier. It is the largest tidewater glacier (flows into the ocean) in North America. It is an impressive seven miles wide and 76 miles long.



(Alaskan Cruise.. continues on Page 9)

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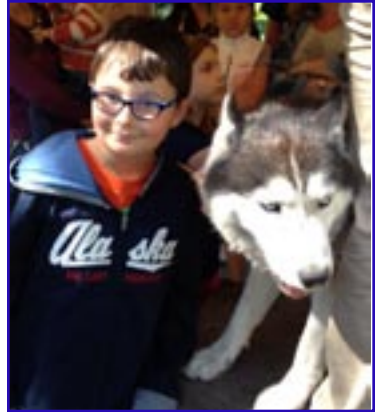
(Alaskan Cruise.. continued from Page 8)



We disembarked in Seward, which was my favourite Alaskan town. Unlike many of the other towns that reminded me of the Caribbean islands with their commercial Diamond stores, Seward seemed to me like a true Alaskan town with its little general store where

you could buy everything from clothes to toys. There was also the Sea Life Centre with the aquarium and the only permanent marine mammal rehabilitation facility. The bird exhibit was awesome because we were so close that we could actually reach out and touch the birds. I was thrilled to be that close to my favourite birds - the puffins. We took a boat cruise to Fox Island where we had dinner and the boys were sworn in as Junior Rangers. My daughter also got to see an otter up close in the water - something she has wanted to see for many years.

In Seward we went on the Seavey "Ididarod Sled Dog Tour. We learned about the preparations for the famous "Ididarod "Dog Sled Race- what participants wear and eat, and how staff care for the dogs. The boys were so excited to see all the dogs, especially having their picture taken with the famous husky Hugo who was in the movie Snow Buddies. It was really interesting to watch all the dogs barking as they were so excited to pull our sled. It was a wonderful experience.



We left Seward and took the train to Anchorage. During the train ride, which was a four- hour trip, we saw beautiful scenery and some animals along the way. We even saw part of the fire that was burning up in the mountains.

We only spent a day in Anchorage but we took a trolley car tour which showed us a lot of Anchorage and from the guide we learned about the history. We flew home with memories of exciting times.

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The Magnificent Frigate

Marlene Horne



Recently, I sailed on a catamaran from Antigua to the island of Barbuda on the open rolling Caribbean. I was in awe to see the sky filled with large black-feathered birds riding the thermals. Imagine one nesting site of 5000 Magnificent Frigates! Perched in the low-lying

mangrove trees aside the sea, frigates clattered their bills, spread out their enormous wings to allow their hot bodies to cool off and shaded their heads under their wings.

My good fortune was to arrive in mating season. Breeding is a dramatic and unusual event. Males gather in the treetops to attract the females flying overhead. The males inflate the red gular sacs under their bills, wave their beaks upward and flap their wings. If a female lands near a suitable male, he reacts by spreading his immense wings around her for protection from other males.

After mating, a single egg is laid and incubated by both parents for about 60 days. Their parental care by both male and female is the longest of all birds. Females can only breed every other year. Should a male not find a mate, he will 'fly the coop.' Male frigates from Barbuda have been found throughout the Caribbean, Central America, Florida and the Galapagos. We know this because the National Geographic Society has been banding some of the frigates in Barbuda. The mixing of the gene pool is an advantage to this species to make it less vulnerable to disease.

The Magnificent Frigate has some astonishing characteristics that make it unique among birds. It is capable of staying in flight for many days and nights. Using thermals, it can soar to 2500 metres. The frigate's massive wingspan of 245 cm

and deeply forked tail allow it to do spectacular flight manoeuvres. It has the largest wing area to body weight ratio of any bird.

The frigate's plumage lacks a waterproof coating. Therefore, it can become waterlogged and not be able to fly if it sits on the water for more than a few minutes. That is why they pluck their food out of the sea. The National Geographic Society is trying to improve its efforts to protect the Magnificent



Frigate in Barbuda. Hopefully, this will ensure the survival of this endangered seabird that has been around for 50 million years.

Awards Committee

By Carolyn Hilton



Each year our provincial RTO/ERO offers to each district a “Service to Others” (STO) Grant of up to \$4,000 for projects which support the concept of helping those in need. I am happy to announce that our RTO/ERO District 15 2016 application entitled “Afghanistan School Starter Kit” has received a \$3,000 grant. This project will provide much-needed resources, such as a Science Lab Starter Kit and an ACKU Boxed Library Extension (ABLE), to a school in Afghanistan.

Many thanks to **Claudia Stewart** for encouraging this application and to **Penny Hambly** for submitting it for our RTO/ERO District 15 board approval. Congratulations are also extended to our members **Linda Middaugh** and **Liz Watson** for all their work on behalf of this successful submission. At our fall meeting on October 31st in Milton, they were presented with the STO award cheque. **Linda Middaugh** also received The Champion Award from “Canadians in Support of Afghan Women” at its annual conference in September.

Finding New Cousins and Breaking Brick Walls

By Jan Murdoch

With the help of numerous first cousins, aunts, uncles and siblings I was able to locate third, to sixth generation cousins. The immediate benefit of my find was that I confirmed great, great and great, great, great-grandparents on the paternal side of my family, helping to break brick walls created by out of wedlock births and limited registration of births prior to 1855.

When you hit a brick wall there are often limited resources that help blast it apart; techniques often depend on the country of birth for the interested party, where they resided and when they died.

In Scotland prior to 1855, birth registration was not compulsory, plus the process cost money. Often the eldest son in the family was the only child registered and the registration might be delayed if there was a lack of disposable income. Death certificates in Scotland are often very useful as search tools because the wife and parents, plus the individual's employment are listed along with the location of death. If a child of the individual is present at the death, that child is named on the death certificate. In Scotland, women retain their maiden name on their children's birth certificates, on marriage certificates and death certificates; most even retain it on their grave stone. When naming children, the eldest boy is usually named after the paternal grandfather, the next son after the maternal grandfather. With females the eldest daughter is named after the maternal grandmother and the second daughter after the paternal grandmother. Often a child had a middle name that was a female's maiden name, for example for generations in my tree, Clark, Parker and Farquharson are middle names. Searching for the origin of the name can prove interesting and may require going back generations.

England proved challenging for researching my family tree, especially when relying on the census, I learned to always keep the spelling of names quite open-ended, including using "wild card" spellings. The name Rideough changed numerous times: Ridihalgh, Ridehalgh and Rdihough. This also occurred with first names, sometimes a pet name replaced the birth name, but thankfully the families were large and not all sibling names were altered. Although the English often followed the same pattern of naming their children as the Scots did, the birth certificates of the English children often failed to identify the mother's maiden name and the

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death certificates were not as thorough.

William Rideough was my paternal great grandfather. I knew a lot about him and his family but I couldn't confirm his father. William was born in 1824 in Rawtenstall, Lancashire, England. His birth certificate revealed his mother's name as Elizabeth Ridehalgh and early census showed that he was raised by his grandmother Margaret (Peggy) Ridehalgh. On his two marriage certificates, William identified his father as Alexander Berry and so the search started - who was Alexander Berry? Years of searching revealed that an 18-year old Alexander Berry had died in a quarry accident a few months prior to William's birth. The deceased Alexander Berry's parents were Thomas Berry and Mary Crabtree, Mary was the eighth of eleven children of Alixander Crabtree (1774) and Mary Hartley (1774). With the help of relatives who donated their @DNA for Autosomal testing, we had several relationship matches. My @DNA and two of my cousins' matched a Phyllis, Mary's eldest sibling. Another cousin matched brother Andrew all thanks to Susan and Tina, @DNA donors. Everyone had a relationship match with Alixander Crabtree 1774. Uploading our @DNA helped solve the birth illegitimacy dilemma and confirmed the paternal lineage.

Autosomal DNA is inherited from all of your ancestral lines going back to, at least, your second great-grandparents and probably your third. Autosomal DNA inheritance is random in nature and that's why you need as many family members as possible. It is impossible to predict what composition each individual actually has. Only identical twins would have a similar combination.

In the case of my father's maternal grandfather one of my first cousins Florence's @DNA matched overwhelmingly with a third cousin Donna who had a tree in ancestry.com. After careful examination of the data, we were able to determine that my great-grandfather and Donna's great granduncle were brothers. Donna and I had a relationship match with my second great-grandfather, William Clark 1786. My great-grandfather, Alexander Farquharson Clark was born in 1824 in Tough, Aberdeenshire and a recent visit to Scotland confirmed that his birth was not registered. In an 1841 census Alexander was found lodging in Aberdeen alone, working as an apprentice gardener. Until the @DNA match I did not know that the rest of his family were living in Monarch, Banffshire. John Clark our matched relative was living with his parents and siblings in 1841. The census

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revealed that Andrew had two sisters Jane and Helen and two brothers John and Donald. John Clark was present at his father William's death. The death certificate confirmed the names of William's wife and his parents. It also confirmed his place of death and his profession. Both Andrew and John were married twice and on each marriage certificate the same person William Clark 1787 (Innkeeper) was identified as their father. Donna my new fourth cousin (1X removed) and I worked together, sharing documentations, certificates and pictures; our family trees moved back another three generations.

Without the @DNA contributions and the Autosomal testing I may never have found the parents of my great-grandfathers. The @DNA database by itself does not magically find ancestors. Fortunately my newfound cousins had excellent family trees with the required support documentation. Donna and I even had the same picture of the Clark brothers in our collection of photos. Thanks to the @DNA, I am now able to authenticate branches of my family tree.

Welcome New RTO/ERO District 15 Members!!!

Our membership is now over 2600. Below are the names of retired teachers and other education staff who became members since Apr. 2016. Please welcome them and invite them to join you at one of our many activities.

Dagmar Batz	Melanija Bray	Sharon Brown	Catherine Bury
Rodney Bynum	Seamus Byrne	Carol Clark	Grant Clatworthy
Helen Chryssafis	Anne Colling	David Collins	Anna Costabile
Bernice Crumback	Donna Dies	Alexander Duffield	Amy Evans
Kathleen Fach	Jan Fisher	Corinne Freeman	Barbara Gajdamowicz
Vivian Grant	Craig Green	Marlene Hume	Hipple Jackson
Dwight Jonker	Elisabeth Kelly	Debra Kirkpatrick	Oksana Krawczyniuk
Andrew Labuda	Anthony Lecaillon	Sandra Lefebvre	Frank Maggio
Gary Mahoney	Ann Malley	Patricia Malloy	Marquita Manes
Wendy Martynuik	Robb McQueen	Patricia Mifflyn	Beverley Milne
Jacqueline Morrison	Lynne Neary	Gillian Nielsen	Lillias O'Brien
Tanya Picone	William Reid	Heather Ryan	Deborah Robinson
Eileen Scott	Julie Scott-Trask	Susan Short	Karen Smith-Fisher
Jay Spidle	Calogero Sferlazza	Dave Suitor	Mary Taylor
Bonnie-Lea Voros	Margaret Wilson	Lorraine Yuill	

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A Marriage Made in Heaven: Acorn Squash, Feta Cheese and Sausage

Submitted by Marilyn MacLennan

There is so much local squash at this time of the year especially acorn squash. My favourite way to serve it is to cut it in half, stuff it with sausage and feta cheese and bake it. A meal in a squash bowl – just add a side salad.

This recipe serves 4 - Turn on oven to 350°F - Prepare the squash:

Cut two small acorn squash in half lengthwise. Remove the seeds. Bake them cut side down on a baking sheet for about 25 minutes or until they are almost done. Stick in a knife to test; there should be a little resistance.

While the squash is baking you can make the stuffing.

Stuffing:

1 ½ lb of your favourite sausage, casings removed (merguez lamb sausage, chicken sausage, Italian etc.)

1 medium onion chopped (about 1 cup)

1 large celery stalk cut in half lengthwise and thinly chopped

2 cloves garlic, chopped

½ cup panko breadcrumbs

¾ cup feta cheese, crumbled

1 tsp each dried thyme, rosemary, oregano (or whatever you like)

Salt and pepper to taste

¼ cup fresh parsley, chopped

Hot pepper flakes (optional)

In a frying pan sauté the crumbled sausage over medium heat until almost cooked. Pour off half of the fat. Add the onion, garlic, celery and dried herbs. Continue cooking until vegetables are soft. Remove from the heat and add the breadcrumbs, feta cheese and parsley. Mix together well. If it seems too dry add a little stock, water, wine or beer to the mixture. Taste for salt and pepper.

Remove the squash from the oven and turn over on the baking sheet. Divide the sausage mixture equally among the squash halves. Drizzle with a little extra virgin olive oil. Bake in the oven for 20 minutes. Serve with a leafy salad and crusty bread.

As with any recipe, play around with what you add to the stuffing: hot peppers, corn, sundried tomatoes, spinach, different herbs – the list is endless. Enjoy.

RTO/ERO District 15 Contact List***Executive 2016 – 2017***

Past President	Carolyn Hilton	905-844-2984
President	Moira Jane Plexman	905-845-1977
1st Vice President	Claudia Stewart	905-331-5614
2nd Vice President	Micki Clemens	905-335-5161
Secretary	Barb Borthwick	905-332-0611
Treasurer	Carol Pashkievich	905-827-4509
Assistant Treasurer	Chub Baxter	905-643-3732
Member-at-Large	Jim Baker	905-639-1292

Committees

Archives	Judy Sloan	905-336-5538
Awards	Carolyn Hilton	905-844-2984
Book of Remembrance	Marina Lloyd	905-637-6030
Communications		
Website Coordinator	Jeannie Woodcroft	905-315-0581
E-Letter Coordinator	Jan Murdoch	289-271-9817
Newsletter Coordinator	Nanci Wakeman	905-823-2564
Newsletter Editor: Peter Gnish - Design: Cate Roberts		905-547-1628
Editing: Pam Ahrens, Catherine Briggs, Nanci Wakeman		
Proofreaders: George MacRae, Marilyn MacRae, Eleanor McCulloch, Jordan Palmer, Ray Smith, and Nanci Wakeman		
Photographer: Virender Paul Madan		
Goodwill Chair	Marina Lloyd	905-637-6030
West Convenor	Ruth Roberts	905-634-9255
East Convenor	Warren McBurney	905-845-8219
North Convenor	Marg Megelink	905-877-7135
Out-of-Region Convenor	Peter Gnish	905-547-1628
Health Services	Colton Roberts	905-335-0027
Membership/Recruitment Chair	Claudia Stewart	905-331-5614
Committee Members:	Marilyn MacLennan, Judy Sloan	
Pension	Jim Baker	905-639-1292
Political Advocacy	Micki Clemens	905-335-5161
Committee Member:	Darcea Hiltz, Maureen O'Toole-Bujold	
Program	Penny Hambly	905-639-6193
Committee Members:	Micki Clemens, Mary Lyons, Moira Plexman, Claudia Stewart, Carolyn Hilton, Colton Roberts,	
Recreation	David Wright	905-639-5093
Committee Member:	Janet Carter-Wright	
Tours	Jan Murdoch	289-271-9817
Committee Members:	Joy Bennett, Barb Borthwick, Maureen Downey, Susan Hoika, Linda Kittmer, Marji Peglar, Jeannie Woodcroft	

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RTO/ERO Charitable Foundation Updates

Appointment: Jo-Anne Sobieis now the full time Executive Director.

At the last Senate, Dr. Rochon, RTO/ERO Chair in Geriatric Medicine spoke about the changing nature of our aging population, particularly those 85 years and older, and those in the oldest age category – our centenarians.

Here are some of the facts:

- There are currently more than 750,000 people aged 85 and older in Canada
- There is limited research data on these older adults
- 40% of this population take 10 or more drug therapies
- In the past 15 years, there has been more than a 70% increase in those reaching 100, with 5,825 centenarians currently living in Canada
- More than 100 centenarians are members of the Retired Teachers of Ontario, 70% of whom are women
- With fewer than 100 geriatricians in Ontario, and over 1.8 million seniors over 65, we need to ensure that every clinician caring for older adults is competent in geriatric principles and practices. Dr. Rochon's research will document changes to the size of the centenarian population over the past 15 years; and will create a profile of centenarians to better understand who they are, and what care they are receiving.

To learn more please view RTO/ERO Charitable Foundation Newsletter on our District 15 website at district15.rto-ero.org on the Home page under News.

Older, Wiser Nutrition Habits

Eating a variety of foods from all food groups can help you get the nutrients your body needs as you age. A healthy eating plan emphasizes fruit, vegetables, whole grains and low-fat or fat-free milk or milk products; includes lean meat, poultry, fish, beans, eggs and nuts; and is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Eating right doesn't have to be complicated. Start by checking out the recommendations from the Dietary Guidelines for Americans.

From www.chiquita.com

You are invited to the...

RTO/ERO HALTON DISTRICT 15

Winter General Meeting & Lunch

Tuesday February 28 2017

Burlington Convention Centre

1120 Burloak Drive

Burlington, Ontario L7L 6P8



Join us for an afternoon of music and friends as **Jenny Peace** joins us with her New Horizons Adult Concert Band. This is a band made up of interesting and talented seniors who have brushed up on their musical skills or are learning to play an instrument for the first time.

Cost: \$30.00 for RTO District 15 members

\$35.00 for guests/ non-members/ spouses

Registration is 11:30 am

Lunch: 12:00 pm with entertainment to follow

To attend, please complete the registration form and mail with a cheque payable to RTO/ERO District 15 by the

February 21 deadline.

**Registration Form:
Tuesday, February 28, 2017**

Please Print:

Name: _____

Tel Number: _____ Member _____ Guest _____

E-mail: _____

Vegetarian meal is required _____ Food allergy _____

Name: _____

Tel Number: _____ Member _____ Guest _____

Email: _____

Vegetarian meal is required _____ Food allergy _____

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

**Send to: Penny Hambly
154 Blue Water Place
Burlington On. L7L2J4
905 639-6193**

This is Your Publication - Contribute to the Herald!

The next *Halton Herald* will be distributed in April, 2017.

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

Send your article or correspondence to,

Nanci Wakeman by e-mail: nanci.wakeman@gmail.com or
by mail to 1393 Clarkson Rd. N. Mississauga ON L5J 2W6 or
Phone: 905-823-2564.

Deadline - February 15, 2017.

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 Claudia Stewart by telephone 905-331-5614
or by e-mail at stewartcj@me.com

Calendar of Events: January to April 2017

- Jan 24 Famous People Players, 343 Evans Ave. Toronto. Lunch theatre. 11:30 a.m. Play to be announced. Cost \$42.00. Contact Dave Wright at 905-639-5093 or davidwright16@me.com.
- Jan 26 Breakfast at Sunnyside Grill, Appleby Square, Burlington. 9:00 a.m. Contact Paul Durnan at 906-630-2285.
- Feb 16 Drury Lane Music Hall, 2269 New St. Burlington. 8:00 p.m. \$28.00. Contact Dave Wright at 905-639-5093 or davidwright16@me.com
- Feb 23 Breakfast at Moe's Family Restaurant, 467 Speer's Road, Oakville. 9:00 a.m. Contact Paul Durnan at 906-630-2285.
- Feb 28 **RTO/ERO District 15 Winter Meeting and Lunch** at the Burlington Convention Centre, 1120 Burloak Drive, Burlington. Entertainment by Jenny Peace and her New Horizons Adult Concert Band. Registration at 11:30 am and lunch at 12:00 noon, followed by the entertainment. See registration form in this Halton Herald or contact Penny Hambly at 905-639-6193 or by e-mail hamblypenny@gmail.com
- Mar 30 Breakfast at Sunnyside Grill, Appleby Square, Burlington. 9:00 a.m. Contact Paul Durnan at 906-630-2285.
- Apr 27 Aldershot Players, Dinner Theatre, West Plains Church, Burlington. *Helen's Yard*. 6:30 p.m. Cost \$40.00. Contact Dave Wright at 905-639-5093 or davidwright16@me.com by Mar 1.
- Apr 27 Breakfast at Moe's Family Restaurant, 467 Speer's Road, Oakville. Contact Paul Durnan at 906-630-2285.
- May 18 Drury Lane Theatre, 2269 New St., Burlington. Musical: *The 25th Annual Putnam County Spelling Bee*, 8:00 p.m. Cost \$28.00. By Mar 1 contact Dave Wright at 905-639-5093 or davidwright16@me.com.
- May 29 Stratford Musical Matinee. Musical *HMS Pinafore*. 2:00 p.m. Date and cost TBA. Contact Dave Wright at 905-639-5093 or davidwright16@me.com.
- June 20,21 Burlington Performing Arts Centre, Locust St., Burlington. Burlington Footnotes, *Gotta Sing, Gotta Dance*. Cost \$25.00. 2:00 p.m. & 7:00 p.m. on June 20 and 2:00 p.m. on June 21. Buy tickets on line or phone the box office at 905-681-6000.

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

Service To Others Award

to Canadian Women 4 Afghan Women - Halton Chapter

Submitted by Liz Watson and Claudia Stewart

This Year the RTO/ERO Service to Others grant of \$3000, was awarded to Canadian Women 4 Afghan Women - Halton chapter at the fall 2016 luncheon on October 31st, in Milton. RTO/ERO District15 members **Liz Watson, Jan Beddoe** and **Linda Middaugh** submitted the application for the grant.



The funds will be used to purchase an Afghanistan School Starter Kit, a kit that consists of two parts: a Science Lab Starter Kit and an “Able” Box Library consisting of 500 books. This kit will go to a school supported by Canadian Women 4 Afghan Women (CW4WAfghan). Along with the kit, the funds are also used for teacher workshops on how to use and care for the resources.

The recipient school, the Nazo Ana High School for Girls, in Kandahar City, Afghanistan, houses grades 1-12 and has 1800 students. As a result of this donation- an opportunity that they would not have without the precious resources- the girls are learning how to use inquiry and problem-solving methods in their investigations. They will be able to use science materials such as microscopes, anatomy models and chemical powders. They will learn reading skills and the beauty of their language with their new books written in Pashto and in Dari. They will also develop research skills. Perhaps one of these girls will be inspired as a result of this donation and may even wish to further her education in science or literature at the university level and begin working in a related field of study.

Girls in Afghanistan were prevented from attending schools for a number of years during the time of the Taliban and even now, girls attend high schools only when they can be taught by female teachers. Many of the instructors teaching now have little formal education to prepare them for teaching in rural areas so CW4WAfghan has begun implementing Afghan government-recognized teacher training programs to provide current teaching strategies and content. Teachers attend daily classes and salaries are increased when the training is completed.

One of the members of the Halton chapter who was on the national board for

(Service to Others Award... continues on Page 23)

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(Service to Others Award... continued from Page 22)

CW4WAfghan a few years ago, **Linda Middaugh**, is often asked to make presentations to schools, church groups and community groups about the work of the organization, enhancing the lives of children and women in Afghanistan.

Linda joined Canadians in Support of Afghan Women (CSAF) in 1998. One of the major fund-raising efforts in which Linda has been involved from the beginning is "The Dinner Party" an event that is held annually in celebration of International Women's Day, on or around March 8, in Halton. This event offers women from many sectors the opportunity to experience food and cultural activities and to purchase handcrafted jewelry and craft items made by talented Afghan women who earn money to support their families. At "The Dinner Party," there is always a guest speaker to inform and entertain the guests. Those attending the event understand the importance of women supporting women. Please consider attending the next Dinner Party in March 2017.

Although CSAW Oakville started at the same time as the national organization CW4WAfghan, CSAW Oakville recently became the Halton chapter of CW4WAfghan. Through CW4WAfghan's national presence and international contacts the Oakville members will continue their volunteer work.

Linda Middaugh taught in Milton where she raised her family. She completed her career as the vice-president of ETFO in Halton. Her role as liaison to the Status of Women Committee was very dear to her heart as the committee supported women through projects that met not only the needs of working women and mothers, but women who had experienced violence and harassment. She frequently initiated discussions of women's issues at EFTO meetings, making us aware of how it is possible for women to learn to negotiate their lives with dignity.

In 2013 Linda traveled to Afghanistan to see some of the fruits of her labour. She was delighted to be invited into a classroom in an Afghan school to observe the students learning as well as to observe the teaching and learning practices of teachers who had recently completed a training program funded by CW4WAfghan. Such a change in a society that had banned girls from schools mere years ago! How significant it is that Canadian women and former teachers have played an important role in this outcome!

(Service to Others Award... continues on Page 24)

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(Service to Others Award... continued from Page 23)

Recently, Canadian Women 4 Women in Afghanistan presented Linda with the Champion of Education for Girls in Afghanistan award in honour of her service. Linda typically emphasizes the work of the entire chapter in the achievement, acknowledging the importance of women working together to support one another. The Champion Award has also been presented to such women of distinction as Deborah Ellis, a founder of CW4WAfghan-Halton and author of a trilogy of novels written about the living conditions of Afghani children. The royalties from sales of the trilogy -*The Breadwinner*, *Parvana's Journey*, and *Mud City* have been donated to CW4WAfghan. All Halton public schools received a copy of the trilogy for their libraries, courtesy of the Status of Women Committee. The Breadwinner has been adapted into an animated film and will be released in 2016. Sally Armstrong, a Canadian journalist also has been a recipient of the Champion award and is the Honourary Chair of CW4WAfghan's Lantern Fund, an initiative whose goal is to raise funds to educate a thousand teachers each year between 2013 and 2018. Our District 15 RTO/ERO member Linda Middaugh is among some very distinguished and accomplished women. We can be very proud of her accomplishments.



If you would like more information about CW4WAfghan, please contact the organisation at 1515 Rebecca St., Suite 227 Oakville Ontario L6L 5G8, 905-825-3622 or online through the national website www.cw4wafghan.ca. Thank you Linda for your devotion to CW4WAfghan and for inspiring us and for showing us how to take steps to empower women and children to live their lives with hope and with dignity.

More Punography

- I didn't like my beard at first. Then it grew on me.
- When chemists die, they barium.
- They told me I had Type A blood, but it was a Type O.

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Program Committee

By Penny Hambly



On a beautiful autumn day, 70 people made the trip to the Teatro Conference Centre in Milton for our fall RTO/ERO District 15 meeting and lunch. As it was October 31, the theme was Halloween with orange and black decorations along with orange flowers and pumpkins as table centrepieces. There were many compliments on the decorations and the good food.

Jim Grieve, the Executive Director of our Provincial RTO/ERO, presented a cheque for a \$3000.00 grant from Provincial RTO/ERO to **Linda Middaugh** and **Liz Watson** for their “*Service to Others*” project, The Afghanistan School Starter Kit. See the “*Service to Others*” report in this Halton Herald. After a short presentation by Jim Grieve about RTO/ERO we were entertained by comedian Denis Grignon who added laughter to our afternoon.

We are looking forward to our Tuesday, February 28 **Winter Meeting and Lunch**. Please note that we did change the date from February 7 in order to give our members more time to submit their registrations. It will be at the Burlington Convention Centre. We will be entertained by **Jenny Peace** and her **New Horizons Adult Concert Band**, a group of talented seniors who have brushed up on their musical skills or are learning to play an instrument for the first time. We hope that you will join us for what promises to be an enjoyable afternoon. The Registration form is found in the centre of this book. Please register early as the **deadline is FEBRUARY 21st !**

Mark your calendars now for our **AGM** and lunch on Monday May 8, 2017 at the Burlington Convention Centre. Looking forward to seeing you at our events and remember that I am always open to new ideas or suggestions. We encourage new members to join our Program Committee.

Teacher: All idiots stand up.

A boy stands up.

Teacher: So u are an Idiot?

Boy: No. I can't bear u standing alone madam..

Membership and Recruitment Committee

By **Claudia Stewart**

Keeping in Touch

If you know a RTO/ERO District 15 member who has recently moved, please help us by reminding him or her that we need up-to-date addresses, phone numbers and e-mail contact information.

Canada Post has sent us an extensive list of folks to whom they say they cannot deliver our Herald. I have tried to contact many of them and make sure their information is current but there are folks I have not been able to reach. Privacy constraints prevent me from publishing the names of some of these members. Please help by encouraging other members to keep their contact information up to date. Sometimes all it takes is a gentle reminder from a friend.

Also if you hear of the passing of a member, please let our Goodwill Chairperson, **Marina Lloyd**, know. Thanks so much for helping to keep our membership up to date.

Making Connections

Looking for members who enjoy a specific interest or passion and who are interested in finding other like-minded members? No, not a dating site, but for general or specific interests, companionship and fun! Perhaps you love line dancing, painting, discussing current affairs, fitness, walking, environmental awareness, women's or men's issues, knitting, travel, art galleries, museums, historic places.



You might like to talk to, e-mail or meet members with similar interests. It's good for our health and general wellness to have a wide circle of friends. If you would like to share areas of interest that you'd like share, let us know and we will try to help you connect with other like-minded folks. Contact me through the our websiste at district15.rto-ero.org, click on D15 Business, then Membership and Recruitment Committee. We will try to help you make connections.

Tours Committee

By Jan Murdoch



The Tours Committee is busy working on the **Australia/New Zealand/Fiji** excursion for 2019. We are collecting as much information as possible to ensure that the trip occurs at the optimal time and offers an authentic, cultural experience. In May 2017 we will arrange for a presentation by our selected tour company, whose representatives will outline all the options that might be available to our group, including tours on land and on water. The group size will be a maximum of 20 people.

One of the biggest changes that has occurred over the years is the increase in single travellers. Many individuals want to continue to explore the world but their partner either because of a lack of interest or perhaps because of an interfering medical issue can no longer travel. We offer an authentic travel experience in a safe, secure, small group setting. We always try to balance the trip with relaxation and exploration opportunities. Our custom built excursions ensure our adventures reflect our needs and desires. Finally, we try to get a fair price with a small deposit. Travel opportunities are always being explored, and these are shared in the e-newsletter that comes out each month. To ensure you don't miss a travel opportunity send me an e-mail janmurdoch8@gmail.com and I will put you on the heads-up list.

RTO/ERO District 15 Executive 2016 - 2017



Jim
Baker
Member-
At-Large

Barbara
Borthwick
Secretary

Moria
Plexman
President

Claudia
Stewart
1st Vice-Pres.

Carol
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Photo by Virender Paul Madan

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Archives Committee

By Judy Sloan



On Wednesday, September 21, 2016, the Sports section of the Hamilton Spectator featured a photo of our member, 83 year-old George Munro, a retired secondary teacher and Coordinator of Social Science with the HDSB, tossing a basketball. Next to the photo was an article titled “He Accidentally Launched A Dynasty”. The article went on to say that George didn’t realize that more than 60 years ago he inadvertently lit the spark that started girls’ basketball in Hamilton.

How did he do this? Well, at that time there were no nets around Hamilton, only a pair of rudimentary structures made of pipes holding up backboards at a playground. Then one day George asked 10 or 12 of the neighbourhood kids for help. At that time he was a superintendent with the city’s recreation department charged with keeping the local youth happy. He decided to fix those broken-down hoops and move them to Parkdale Arena. Then he attached the baskets to the backboards and threw the kids a ball. One of those kids was a young teenager named Doug Harrison who immediately fell in love with the game.

Harrison eventually had a family and enrolled his daughter, Vicky, in the sport. When she turned 12 and the local basketball program didn’t have a team for her age group, Harrison started Transway in 1979. From that spark grew a powerhouse and a major part of the engine that drives girls’ basketball in the city today. Transway has over 200 tournament titles and the most victories of any club in Ontario. For these efforts Harrison has been inducted into the Hamilton Sports Hall of Fame, the Ontario Basketball Hall of Fame and was named Hamilton Sport Volunteer of the Year.

In this article Doug is quoted as saying, “Everything I have done in basketball all started when George took some teenagers to pick up some basketball structures”. This is why he insists that George is really the unknown hero behind the history of Hamilton girls’ hoops. So for over 60 years George himself had no idea what he had started. He does now, and so do we, George. Congratulations!

Now for the sad part of my report, the Obituaries.

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Donald Robert McCulloch passed away at the Hamilton General Hospital on Saturday, August 27, 2016, at the age of 83. Don was a high school teacher and administrator with the HDSB for 32 years. He was also Past Master of St. Andrew's Lodge #593, and a 32nd degree Scottish Rite. Don had a love of travel and always enjoyed his time at the family cottage. He will be remembered by all for his distinguished life and career.

A day later, **Sharon Ann Marie Stasuik - Labuda** (nee Fearn) passed away at the Hamilton General Hospital on August 28, 2016, at the age of 73. Sharon was a life-long educator and will be remembered by colleagues and students of General Brock High School in Burlington, Brock University in St. Catharines and the Catholic School Board in Hamilton. She also had a rewarding career as a keynote speaker in Stress Management and Special Education across the country. Sharon was a "people" person and made "new best friends" with everyone she met. Her passion for life, her generous nature and gigantic sense of humour will never be forgotten.

Evon Nelda Lancaster (nee Jakes) passed away at the Hamilton General Hospital on September 24, 2016, in her 89th year. Evon lived her life fully with enthusiasm, always looking for the next challenge. Her love of teaching, art, travel, volunteering and women's issues made her many friends along the way. Evon's early teaching years were at a rural school in Carlisle and were followed by a memorable 35-year career with the HDSB as a teacher and principal, retiring in 1983. She was one of the first three women principals in Halton County. Never one to slow down, Evon kept up the pace with volunteering at the Burlington Art Gallery for many years, as well as at Telecare and the Royal Botanical Gardens. She stayed connected professionally with her peers through Zonta, Probus, RTO/ERO and FWTAO.

Evon travelled extensively around the world, always wishing to experience new things. She had a very active personal life. She loved socializing with her bridge groups over the years and she chalked up many miles with her friends going to live theatre, on bus trips and to the movies. She loved a good book and made sure that she was up to date with friends and family alike, never forgetting anyone.

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(Archives... continued from Page 29)

Evon touched many lives, both young and old, throughout her lifetime. With her cheerful and positive perspective she brightened any encounter and encouraged others to achieve their goals. She will be missed by so many.

Nancy Elizabeth Fennell (nee MacDougall) passed away from a hemorrhagic stroke on November 4, 2016, at the Trillium Mississauga Hospital in her 83rd year. Nancy was a graduate of Westdale Collegiate in Hamilton, McMaster University (B.A.) and Brock University (M.Ed.). She always stood on principle and integrity as the basis for a meaningful life. She was inspiring, independent, intelligent, athletic, young-at-heart and possessed a wonderful sense of humour. Nancy touched many lives on so many different levels. She was an outstanding teacher at Brookdale Public School and Sheridan College. She was a cherished friend and companion and she placed tremendous value on community. She volunteered at Oakville Trafalgar Memorial Hospital for 18 years, as well as at Sir John Colborne Senior Centre for 10 years. Nancy will always be remembered for consistently placing the needs and interests of others before her own, which is a powerful legacy to leave behind.

In closing I would like to thank everyone who has contributed to our Archives' Scrapbook these past years. Please keep those newspaper or other articles and photos coming! My address is 1446 Brenner Court, Burlington On. L7P 2Z2. Or, contact me at judymsloan@yahoo.ca or by phone at 905-336-5538.



Book of Remembrance

We remember with fondness

Jacqui Aiken

Vivian Furlong

Donald McCulloch

Marjorie Sampson

Sharron Stasuik

Joseph Bray

Kathlene Hansen

Doreen Meldrum

Patricia Simpson

Doreen Thwaites

Marian Carnegie

Evon Lancaster

Gaynor McKenzie

Daniel St Gelais

Bhutan, Nepal and Tibet

By Nancy Sorenson



Have I got an adventure for you! For four weeks, I toured Bhutan, Nepal and Tiber. We travelled to Bangkok where our group acclimatized for a day, then to Paro, Bhutan.

Bhutan is the country of "Gross National Happiness." The slogan is printed on t-shirts and souvenirs

and reflected in the pleasant faces of the Bhutanese people. Did you know Bhutan is a non-smoking country? Not a cigarette to be seen in this land of 700,000 souls. I cannot imagine how this rule is enforced but it works. English is moderately spoken and understood and all signs are in Bhutanese and English. They are very proud of their bilingual efforts.

Buddhist prayer wheels are prevalent and people often carry their own, small, personal wheels with them. The Buddhist reverence for life limits the slaughtering of animals for food. Most meat is imported from India. I chased a pesky fly around my hotel room. "You didn't kill it, did you?" asked our horrified tour guide. Monasteries, homes, all buildings are beautifully decorated with colourful, intricate designs, hand-painted and constantly maintained. We were in Bhutan during a national festival so we witnessed dances, rituals and the beautiful Bhutanese outfits. Women wear long, hand-embroidered, silk skirts topped by a silk jacket. No two are alike.



The ride to Punakha introduced us to the terrible roads once you leave the urban centres. We were distracted from all the bounc-

(Bhutan,Nepal,Tibet.. continued on Page 32)

(Bhutan,Nepal,Tibet.. continued from Page 31)



ing and jouncing by beautifully green rice paddies that created dramatic designs on the landscape. Bhutan harvests two rice crops a year, a major food source. To reach the Punakha monastery, you trek through the town itself with its phallic symbols. To the Bhutanese these symbols indicate fertility.

Once you get over the initial shock factor you can better appreciate the local philosophy. The monastery houses males from eight to adulthood, all busy with various stages of study and meditation.

The highlight of any visit to Bhutan is the climb to the Tiger’s Nest. It is strenuous and takes a full day. Your hotel will lend you a walking stick to help you in your endeavour. Good shoes are essential. In spite of food and water carried by climbers, there isn’t a discarded water bottle or paper wrapper anywhere. Where does such garbage go? In well-placed jerry cans labelled, in English, “Feed Me, Keep Bhutan Clean, Nature is 4 U, Thanks for Using.” If you reach the “look-out” you see the Tiger’s Nest itself, a beautiful white monastery clinging to the mountain. This is the moment of truth, continue or turn back. What goes up must come down! Seven hundred and fifty more steps, almost straight down then up again. I made it! I was treated to an amazing view and a sense of accomplishment. A Buddhist saying states that the supreme effort has its reward at the end.

Kathmandu, Nepal was hot, humid, noisy and disorganized. We were constantly harassed by street vendors. Evidence of the 2015 earthquake was everywhere. Buildings almost completely destroyed were right beside



(Bhutan,Nepal,Tibet.. continued on Page 33)

(Bhutan,Nepal,Tibet.. continued from Page 32)

those that had remained intact. Seeing the primitive rebuilding methods, one can probably return ten years hence and see little change. South to Chitwan, elephant country. Did you know the Asian pachyderm is the only elephant that can be domesticated? There can't be a more uncomfortable ride than sitting in a basket with three others on an elephant's back while making acquaintance with the one horned rhino in a jungle swamp.



Impossible roads took us to Nagarkot where we had our first glimpse of the Himalayas. Imagine taking an hour to go 20 km! Then to Pokhara. Before dawn we climbed to our vantage point to await the sunrise. The Himalayas, including the distinctive Annapurna, were grey shapes looming before us. The sun was shrouded in morning mist. Suddenly, a shaft of light breached the clouds and touched the mountain peaks. As the sun rose higher the facades were illuminated. When the sun escaped the clouds the full glory of the Himalayas was before us. Everyone clapped and cheered. Magical and unforgettable!

The Chinese presence is evident in Tibet, from flags, signs and checkpoints, to the police officer on our bus to ensure speed limits are obeyed. It's a delicate political



issue never discussed in public. Of all the beautiful monasteries, the Potala Palace in Lhasa, the capital, is most popular. It is stunning, dominating the urban landscape. Lhasa sits at over 4000 metres, so being able to handle altitude is important. Medication can help you cope with the thin air, but even then

two of our group had to descend to Chengdu, China. All monasteries (photos

(Bhutan,Nepal,Tibet Photos.. continued on Page 34)

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(Bhutan,Nepal,Tibet.. continued from Page 33)

are not allowed inside) which tend to be located in inaccessible places, require walking and climbing but Buddhism is alive and well in Tibet.

The farther we travelled from Lhasa, the fewer creature comforts. Meals became more spartan although yak stew is very tasty. The best hotels may offer hot water only at certain times of the morning and evening.

We journeyed on to Shigatse, then Xegar, our jumping off spot for Mount Everest base camp. Our Xegar hotel, best in town, was comfortable but unheated. It's cold at high altitudes! When I asked about heat for my room I was told to look under the television. Here were two heavy comforters. Next morning, the room registered 6 degrees C. but you need sunblock during the day. The thin air allows the sun's rays to be much stronger and sunburn is the result. At dawn, to Mount Everest. The morning clouds parted and there it was, the world's highest peak, as close to heaven as you can get. It's a spiritual moment. Actual base camps are tent-like structures with dubious facilities. Visitors spend days here waiting for clouds to disperse so Everest can be viewed. We were so lucky!

Switchback roads, hairpin turns, eventually returned us to Lhasa. Regardless of political sensitivities, Tibet has been forced into the 21st century by the Chinese. Paved roads, electricity, solar panels on hillsides, valleys full of agricultural production are proof positive. The bluest sky I have ever seen was in Tibet.

Our final leg, took us from Lhasa to Chengdu, China where we reunited with our altitude victims. Chengdu, the world panda centre, demanded a visit. A flight to Hong Kong, then home.

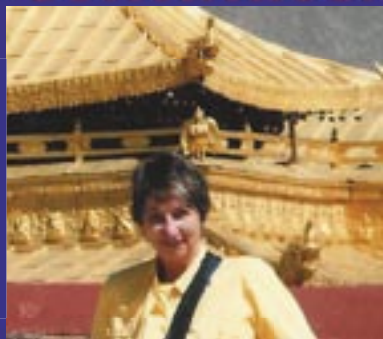
Visit your doctor before making this trip. Heart problems, blood pressure issues or respiratory difficulties can be problematic at high altitudes. The walking and climbing require strong legs and good knees. If you can manage the physical challenges, you can have a unique adventure, a travel experience.



(Bhutan,Nepal,Tibet Photos.. continue on Page 35)

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The Adventure Continues!



Tibet and Nepal



What an Adventure - Bhutan!

