

# RO HALTON HERALD

District 15

January, 2018



*Best Wishes for Smooth Pathways  
in*

**2018!**

# In This Issue

## THREE DIFFERENT TRAVEL EXPERIENCES

*Memories of Friends, Trains  
and Game of Thrones Tours*



*by Penny Hambly - page 35*

*Words and Music to Feed  
the Soul at Woody Point*



*by Marilyn MacLennan - page 28*

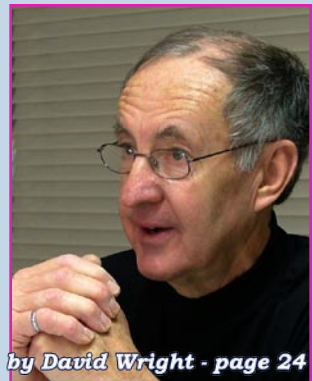
*Tanzania and Kenya*



*by Leo Piovesan - page 7*

## VOLUNTEER REMEMBERS

*Recreation Committee Memories*



*by David Wright - page 24*

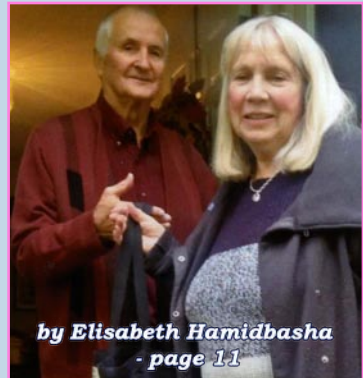
## IN RESPONSE TO LAST ISSUE'S INVITATION TO SHARE

*Volunteering - A Way of Life*

*Burlington - Ubuntu Grandwomen*



*by Marilyn Ortwein - page 12*



*by Elisabeth Hamidbasha  
- page 11*

## President's Report

By Claudia Stewart



Happy New Year to all RTO/ERO District 15 members. My personal New Year's adventure was to attend the Rose Bowl parade to watch our Burlington Teen Tour Band. It brought back memories of watching the parade in my grandparents' family room. Being there in person has always been a dream. 2018 is a very important milestone for RTO/ERO as an organization. It is our 50th anniversary and we will be celebrating that event at our May Annual meeting so hope to see many of you there.

It was a busy fall for RTO/ERO District 15. The **"To Hell With the Bell"** breakfast was very well attended by newly retired educators, including a service dog in training. See the photos of some of those in attendance on page 32.

The Health Services committee, **Colton Roberts** and **Paul Harper**, worked with RTO/ERO District 13, Hamilton Wentworth Haldimand to organize another Health Benefits workshop in Hamilton, on October 17. It was very well attended. This and upcoming workshops offer a very good opportunity to find answers to questions about the benefits package.

Our **Fall Fanfare** luncheon was a great success. Tim Carroll, artistic director of Shaw Festival, was a wonderful speaker. He certainly inspired me to get tickets for the 2018 season. We are so lucky to be so close to the Shaw Festival theatres and to have the opportunity to see really exciting live theatre. Congratulations to **Micki Clemens** and the Program Committee for organizing the luncheon. Well done, team! I know that some members were concerned that we started the meeting quite early. I apologize if this inconvenienced you. We have adjusted our time schedule for the February meeting. See photos of the event on page 10 and the back cover.

RTO/ERO **Fall Senate** took place in Toronto from October 23-25. A new and final executive was voted into office. Martin Higgs continues as Past President, Martha Foster was elected President and will continue to hold office until the RTO/ERO application to become part of the Canada Not-for-Profit Act that should take place sometime in February. First Vice President Rich Prophet, Second Vice-President Judy Bowden, and Executive member Louise Guerin were also elected. New elections will take place in May when a Board of Directors will replace our Provincial Executive and provide us with greater security in terms of risk management. This has been an important and carefully crafted change for the

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

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

organization and will mark a new beginning for how it operates, providing legal protection for our volunteers. **Micki Clemens** and I were senators and **Marilyn MacLennan** and **Carol Pashkievich** attended as observers.

### Table of Contents

<b>Committee Reports</b>	Pages
Archives	26
Awards	27
Book of Remembrance	19
Health Services	13
New Members	5
President's Report	3
Program	15
Recreation Remembrances	24
Tours	33
<b>District 15 Events</b>	
Annual General Mtg.	14
Calendar of Events	23
Contact List	18
Fall General Meeting	10
Foundation News	34
Health Seminar	17
To Hell With The Bell	32
Winter General Meeting	20
<b>Articles</b>	
A Call To Share Good Eats	31
A New Year Recipe	31
Burl. Buntu Grandwomen	12
Chair Exercises	19
Mary Berry's Story	8
Memories of Friends...	35
Tanzania and Kenya	7
Volunteering-A Way of Life	11
We Get Letters	6
Words & Music - Woody Pt. 28	

I recently spoke with Troy Whetstone, Manager of Client Services for OTPP, who gave me some further information about Power of Attorney documents. For privacy reasons, OTPP is only allowed to speak with members receiving a pension, not other family members. To prepare for a time when you may need to have a family member call OTPP, you may wish to send OTPP a copy of your Power of Attorney documents. If OTPP has the information on file, it is a much smoother process and eliminates a delay.

I have received several requests for volunteers recently. For more details, please contact me through the website. [www.district15rto-ero.org](http://www.district15rto-ero.org). We have a request from Upper Credit Humane Society for a retired educator with primary experience to present to children in schools or to organizations like Girl Guides on topics like pet care. Another request is from Kids Help Phone as a Crisis Responder. You can check out their website for more information about the training. Both opportunities sound rewarding and interesting.

Another request from The Scottish Rite Charitable Foundation offers one-on-one tutoring using the Orton-Gillingham Approach to children formally identified as dyslexic. A new centre is expected to open in March 2018 in Hamilton at 148 George St. next to the Scottish Rite building at King & Queen. They are seeking volunteers interested in becoming tutors. For more information please visit their website: [dyslexiacentrehamilton.com](http://dyslexiacentrehamilton.com) or call 905-637-7699 to speak with Don Thornton, President of the Hamilton Learning centre.

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

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

We are looking for people for several RTO/ERO District 15 Executive positions. It is not a demanding role; in fact, it is quite interesting and we are extremely friendly and dedicated. Please give us a try! If you would like more information, please call me and I will provide details to help you decide that you can indeed take on a role you will enjoy and find rewarding. Very best wishes to all of you 2018!

## Welcome New RTO/ERO District 15 Members!!!

Our membership is now over 2700 people. Below are the names of retired teachers and other education staff who became members since September, 2017. Please welcome them and invite them to join you at one of our many activities.

Eve Adamczewska	Frances Bazerghi	Sally Briggs
Janice Bunn	Donna Caranci	Donald Cassidy
Aldo Cianfrini	Lenore Edmunds	Kafur Farrell
Mary Findlay	Bradford Fisher	Frances Giannetti
Julie Goodman	Laurie Gregory	Harry Grundy
Catherine Hall	Audrey Hibrant	Leslie Houlihan
Paul Hourigan	Brian Jeffery	Norma Johnston
Nancy Joudrie	Jennifer Kottick	Paula LaPlante
Mary Leyland	Nora Lipp	MeganMacFarlane
Karen Marlatt	Shawn McRae	Maura Morrison
Giselle Muench-Walter	Nicola Newhouse	Iva Page
Judith Pearsall	Mary Porco	Christine Puhach
Brian Quinn	Deborah Renton	Andrea Ruediger
Karen Russell	Thomas Sbrocchi	Warren Seale
Michael Silk	Carol Smiley	David Smith
Karen Tyrer	Pierre Wingender	Ann Woodall

## We Get Letters, E-mails & Calls

By Peter Gnish



Over the past 3 months I only received 3 messages. People love to read this section. Let's make up for that. Send me some details about yourself and your family to let your former colleagues and friends know what you are up to. As I am in Florida for the winter, send me an e-mail to [pgnish@gmail.com](mailto:pgnish@gmail.com) or a card or letter to 5360 South Landings Drive, Unit #309, Fort Myers, Florida 33919 or call me at 239-208-2860.

**Pat Boyle** sent me a very important note. She said, "It is always shocking to find your name listed in an obituary, in this case Book of Remembrance in the latest Halton Herald. While my condolences go out to this Patricia Boyle's family, I want to let my former colleagues know that I am still alive and kicking. I, this Patricia Boyle, taught at Campbellville, Wrigglesworth, Chisholm, Dr. Charles Best and Ryerson. I am still writing books, travelling and keeping busy with my family and friends. Wasaga Beach is now Dan's and my home base but we make numerous trips to Burlington to visit family. So to those who remember me, I am glad to let you know that I am still here and enjoying retirement."

**Judy Eberspacher** sent me the following note. "I just spent the past 90 minutes reading the Halton Herald from beginning to end. This is an excellent newsletter and is full of excitement. It also was a nice respite for me from my usual thoughts. My husband Alex passed away at home on May 26, 2017 after several months of fighting cancer for the second time. All I can say to you and others is enjoy your loved ones, take as many photos as possible and use your days well. We travelled extensively and now, as a connection to Alex, I travel to Chile, Europe, Costa Rica, Australia etc. through our images. It is not what I want but it is comforting."

**Ruth Nicholson** wrote to say thanks for including her "Connections" article and photo in the last issue. She said, "I was surprised that you only received 3 articles as we make surprising connections nearly every day, but perhaps not astounding enough to write about. Thanks for all the care you give to layout and design."

### More Puns

1. Atheism is a non-prophet organization
2. Two hats were hanging on a hat rack in the hallway. One hat said to the other: "You stay here; I'll go on a head."

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# Tanzania and Kenya

By Lou Piovesan

During most of October, my wife, Peggy, and I had amazing experiences on our safari visits to several national reserves in Africa. We saw the “Big Five” wild animals (lion, leopard, rhino, elephant and cape buffalo) and so many other animals in their natural habitat in both Kenya and Tanzania. We saw tens of thousands of wildebeest during their annual “Great Migration” from Kenya to Tanzania.

We also, for the first time, we experienced a hot air balloon ride and saw many animals from the air including many hippos in the Mara River during our first week in Kenya. Our balloon ride started with a wake-up at four a.m. and then a 45-minute ride to the balloon launch site. We were 16 passengers in our balloon gondola with a total of five balloons. It was very quiet while we were in



the air - up and down floating – and then ending with a champagne breakfast in the wilds. All went well.

We stayed at three lodges on the Serengeti during our second week’s stay in Tanzania before flying to Zanzibar to an all-inclusive resort for a week of relaxation. The accompanying pictures show the balloon ride (on page 2), then, while riding in our all-terrain vehicle, a lion about five metres from us and a cheetah probably 25 metres from us. Great memorable experiences!

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## For the Love of Music - Mary Berry's Story

By Marina Lloyd



Mary Berry seemed destined to become a music teacher. Her mother played piano and organ in her Hamilton church and directed Mary's Holy Family Catholic School choir. After graduating from Hamilton Teachers' College in 1960, Mary began her teaching career with the London Catholic School Board where she found an excellent music program, a symphony orchestra and an amateur theatre company. Three years later, the Oakville Catholic Board offered her a position as an itinerant music teacher visiting each of five schools every week. At that time, Sr. Maria Cordis was the music supervisor responsible for Hamilton's 25 Catholic schools. Sr. Maria encouraged Mary to share her passion for music with her students. When the Catholic boards amalgamated to become the Halton District Catholic School Board, Mary remembered her mentor's advice and accepted responsibility as a consultant for the music programs in every school.

In 1967, she entered 23 choirs (Primary, Junior and Intermediate) in a City Music Festival. Her students took 21 First Place awards back to their schools! Mary calls this her "finest hour." But more successes were to come. To acknowledge the Town of Burlington's 100th anniversary, Mary envisioned a stage production that would include every one of her 450 students. "Impossible!" everyone exclaimed but Mary persevered. A script was written, a narrator found, singers, dancers, even gymnasts, were trained. The Director of Education found funding to enhance the stage lighting at Central High School. Finally, on an evening in mid-June 1973, 450 students were bussed to the high school and the curtain went up on Showcase Burlington! As the curtain came down after the closing number, the audience rose in a standing ovation.

Mary also introduced the teachers and students to the Orff Approach to teaching music and was able to bring percussion instruments into each of her 16 schools. When not teaching music, Mary was "doing" music, performing and singing in both London's Theatre Company and in Hamilton's Theatre Company.



(Mary Berry...continues on Page 9)



(Mary Berry...continued from Page 8)

This multi-talented woman continued to take extension courses that enabled her to teach art, ESL, calligraphy, and computer skills. She offered classes in calligraphy to teachers and created all the scrolls for the Ontario English Catholic Teachers' Association (OECTA). She also acquired a Specialist Certificate in Adult Education and after retiring in 1997, began to teach calligraphy and computer skills to seniors, often in their own homes. Imagine a grandchild's surprise to find an e-mail message from Grandma or Grandpa complete with emoticons!

Can teachers ever know what lasting influence their words and actions may have upon their students? A former student of Mary's, who is now a church organist, told her that it was being in her music classes that inspired him to take up a career in music. How rewarding it must have been for Mary to hear that! Cliff Byrnes was Director of the Halton Catholic District School Board in 1997 and he and Mary founded the board's Retirement Club. It is a social club for all retired HCDSB staff. Mary conducted the choir that sang at the club's opening Mass, chaired the club for 14 years and, as the club continues to grow in membership and social activities, still keeps the list of members up to date.

A diagnosis of cancer three years ago has brought many challenges. She can no longer do calligraphy or indulge in her favourite hobbies - knitting, crewel embroidery, 3D art and needlepoint. Framed samples of her beautiful needlepoint adorn a wall in her home. Her love of art is reflected throughout her home that she shares with her husband of over 50 years, Ken, who has his own challenges. He can no longer drive due to macular degeneration. Ken and Mary have two sons, one living in Toronto, the other in Vancouver. Mary has high praise for the care she has received at the Joseph Brant Hospital. Her oncologist is sensitive and understanding. She is also grateful for the loving support she receives from her large circle of friends and her church, St. Raphael's, where she is a lector. One friend says Mary is "an inspiration to us all with the grace she has exhibited as she deals with her cancer diagnosis."

It was some 40 years ago when Mary was urged by Sr. Maria Cordis, to share her passion for music with her students. We know that Mary listened to Sr. Maria and as a result, hundreds of students have been inspired to further their music education whether it be singing, playing an instrument or just becoming devoted concertgoers. The wonderful gift that Mary Berry has given to the students of the Halton District Catholic School Board is a gift that will keep on giving as their passion is passed on to their children and grandchildren.

# RTO/ERO District 15 Fall Meeting and Lunch Held October 30, 2017 - Photos by Marilyn MacLennan

Below are some of the people who attended the meeting. Photos of others are posted on the cover page. Do you recognize any of your friends or colleagues? Why not join them at the Winter Meeting. See page 20 for details?



More Fall Meeting photos on back cover

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## A Way of Life!

In the last issue of the Halton Herald we invited you to send in an article of the way you are making a positive impact on the lives of others by **Volunteering**. We received responses from two of our members. Their reports follow. As a Thank You, each of the respondents will receive a \$10 gift certificate to Tim Hortons.

### **Volunteering - a Way of Life**

**By Elizabeth Hamidbasha**

I started volunteering almost immediately after retiring. I've delivered meals for Meals on Wheels. I've volunteered at the Wellness House. All of these jobs have been interesting but the job I have come to enjoy most is my volunteer work for the Burlington Library. I can't imagine anyone not enjoying this job. Our clients may have mobility problems but they still love to read, watch DVDs and listen to stories and music on CDs and Daisy Players. Librarians select their materials and I simply go to the library closest to where I live, pick up the VLS bags- Visiting Library Service - and deliver them to the clients' doorsteps. The bags are loaded with items, but I have never found them too heavy to carry and the gratitude expressed makes it all worthwhile (see the photo on page 2).

There are nice perks that go along with the job. A very nice lunch at Christmas with professional entertainment is great fun. Four meetings a year are held to discuss various aspects of the job and talk over any problems. It's also a chance to hear a good speaker, and get to know my fellow volunteers.

As far as the number of clients you take on- that's up to you. At the moment I have only three but I also help set up a library for those living at Creek Way Village Long Term Care the first Tuesday of every month.

Because of my connection with the library, I'm asked to help on special days, like the upcoming Spelling Bee on November 19th. Talk about school day memories! I also helped recently with their staff development day, and last year I helped with the Battle of the Books.

More volunteers are needed. If you're interested in joining our team, please call the library at 905-639-3611 and ask to speak to Jodi Gabrell. She'll give you all the details you need to know. Tell her Liz sent you!

(Volunteering...continues on Page 12)

(Volunteering...continued from Page 11)

## **Burlington Ubuntu Grandwomen**

**By Marilyn Ortwein**

**Burlington Ubuntu Grandwomen** came into being in 2006. Ubuntu means that we are all interconnected and a belief in a universal bond of sharing that connects all humanity. Our organization supports the **Stephen Lewis Foundation**, which assists grandmothers of Africa, who are raising their grandchildren orphaned by the AIDS pandemic. Many retired Halton Teachers are members and very involved in the organization. **Linda Rafuse** is our Chairperson, **Marina Lloyd** is our secretary, **Marilyn Ortwein** handles communications, **Emilee Shaw** is on the Fund Raising Committee (see the photo on page 2) as are **Carol Smiley** and **Jane McCammon**. **Lynne McCulloch** made a beautiful quilt, which was auctioned off at one of our events. **Jane Stephen** supports many of our initiatives.

We also have a Friends of Ubuntu list upon which at least half a dozen retired Halton teachers are found. These individuals support our fundraisers and volunteer for specific tasks where their strengths lie. Since our inception, we have raised over \$230 000. Grandmothers' groups can be found all across Canada and the combined contributions are over \$28 000 000. When I am in Canmore, Alberta, I attend the meetings of the Mountain Grannies. Their largest fundraiser is a yearly Chili Dinner, which raises \$10 000.

Fundraising is an integral part of Ubuntu. Just recently we had our 10th Annual Golf Tournament, which is always a sold-out event at Pineland Greens. We have had Victorian Teas, two Jazz Cabarets, a presentation by the Spurrell Studio Choir, Christmas Floral Arrangement Workshops, Stride to Turn the Tide Walks, A Fashion Show and Drumming Workshops to mention just a few. Just recently we hosted the book launch of ***Powered by Love, A Grandmothers' Move to End AIDS in Africa***. All royalties from the sale of this book will be distributed to support organizations run by and for African Grandmothers. Copies of the book are available at the Different Drummer Bookshop in Burlington, which will donate an additional \$3.00 for each copy purchased.

We are always trying to raise our profile in the community. One of these ways is by participating in the Sound of Music Parade, which we have done for the past three years. Emilee Shaw continues to make the arrangements for our inclusion in the parade. The Naked Beat Drummers accompany us.

(Ubuntu...continues on Page 13)

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(Ubuntu.....continued from Page 12)

Another means of raising funds is through the sale of jewellery. Our friendship pins and necklaces are the most popular items for sale. Proceeds from this endeavour are close to \$23 000.

Burlington Ubuntu Grandwomen invite you to join us on the third Wednesday of each month at 7:00 p.m. at Burlington Baptist Church, 2225 New Street. New members are always welcome. As you can see by the many activities in which we are involved, we could use extra assistance. For more information and to view topics for our upcoming meetings or events, visit our website at [www.thebug.ca](http://www.thebug.ca).

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## Health Services Committee Report

By Colton Roberts



The joint health plan fall seminar with Hamilton was well attended with 38 RTO/ERO District 15 members present on October 17th. Your health committee is working to locate a reasonably priced venue in southern Halton for the spring seminar that will be held on May 17th. Unfortunately, cost will be higher than for sites available in Hamilton. Look to the next edition of the Halton Herald, future e-letters and the District 15 website for an advertisement including time and location. It is expected that there will be a fall joint session on October 16th in Hamilton as well.

Plans for a wellness workshop to be held on April 17th are well under way. The workshop, *“How to Thrive Well in Your Retirement”* will be held at Compass Point Bible Church, Burlington., 1-4 p.m. Presenters will be health care providers from Halton. The workshop is for all members of RTO/ERO District 15 and their spouses/partners. See the details on page 14. Please note, we are offering another option for payment for this event using the services of Event-brite. Members can still pay by cheque. We hope to provide more workshops next fall with topics based on feedback from members. The committee has an immediate need for more members to be involved in planning for and in the execution of future workshops.

You may have noted in the most recent Update from provincial office that RTO/ERO is holding an open enrolment period for our Group Health Insurance Plan from December 1, 2017 to March 31, 2018 with no medical required. If you know someone who is eligible and may wish to take advantage of this window, please let him or her know. Those interested should visit the provincial web site

(Health...continues on Page 14)

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(Health...continued from Page 13)

or contact **Marilyn MacLennan** or myself if they need further clarification in this matter or wish to compare the benefits offered with those in other health plans.

## **RTO/ERO District 15 Wellness Workshop**

### **Learn How to Thrive And Be the Healthiest in Your Retirement?**

Learn from a panel of four experts, all with a different perspective, on how to create balance in your body, mind and soul to help you thrive in your retirement. Jill Mueller and Taran Singh are physiotherapists at Healthy Balance Physiotherapy & Wellness. Let Jill and Taran teach you to recognize how your thought behaviours are contributing to any pain and illness, and how to bring about any life changes needed e to improve your health.

Binu Dhindsa, is a Health Coach, and is passionate about sharing how a whole health approach used in our daily lives can help keep illness away. Binu integrates her health teachings to include the physical, emotional, spiritual, mental, environmental, financial and relational health. Energy and time are two very key and precious resources, but energy is infinite and time is finite. Rishi Patel, a Director of Sales at Bell Canada, manages a team of 90 people. He will share a few simple techniques about managing energy as a means of freeing up time. He guarantees that you will see change immediately.

Come join us for an afternoon of insight into making the best half of your life the healthiest and most rewarding. Learn to thrive in your retirement!

**Location:** Compass Point Bible Church  
1500 Kerns Road, Burlington

**Date and Time:** Tuesday, April 17th, 2018  
1:00 – 4:00 p.m.

**Cost:** \$10.00 Payment may be made at Event Brite by clicking on the following:  
**<https://www.eventbrite.ca/e/thrive-in-retirement-tickets-39934178202>**

or by cheque, made out to **RTO/ERO District 15** and sent to:

**Colton Roberts: 2169 Ireland Drive, Burlington L7P 3G8**

**Registrations will close on Monday, April 9th**

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## Program Committee - *THE FALL FANFARE*

By Micki Clemens



It was a highly rewarding and entertaining afternoon for all those who attended the first luncheon event of the season. In a pumpkin/gourd/and maple leaf themed room, ninety-two of our members enjoyed key updates on RTO/ERO business from **Claudia Stewart**, our President. The Service to Others Award was presented by **Carolyn Hilton** and **Penny Hamblly** and graciously accepted by Ruth and Bob Miller and Ron Danielson, representing the **Friends of Freeman Station**.

The sumptuous lunch consisted of crusty rolls, butternut squash soup, spinach and apple salad, breast of chicken Marsala with a tangy lemon tart and raspberry coulis for dessert. (See photos of attendees on the back cover and on page 10.)

The guest speaker, **Tim Carroll, Artistic Director of the Shaw Festival**, offered a humorous narrative of his British background and theatrical experiences, his passion for a more two-way engagement between cast members and audience, and some thoughtful comments on the need to encourage young people to experience live theatre. RTO/ERO District 15 presented a cheque to Tim for the Shaw Festival Student Education and Engagement Fund. On behalf of all our retired educators, we have ensured that 20 individual students will be bussed to NOTL to take in one of the Shaw Festival productions in 2018.



Here are some of the District 15 RTO/ERO Board and Committee members with Tim Carroll after his engaging and entertaining speech.

**OUR UPCOMING EXCITING SESSIONS**  
**RESERVE THESE DATES IN YOUR CALENDAR!**  
**THE WINTER WONDERLAND! – MONDAY, FEBRUARY 26, 2018**  
**LUNCHEON AND MEETING**

(Program...continues on Page 16)

Visit us on the Internet at [district15.rto-ero.org](http://district15.rto-ero.org)

(Program...continued from Page 15)

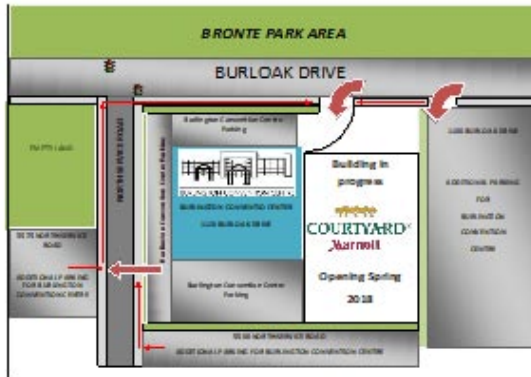
Cosily celebrate the joys of winter together with your friends and colleagues as we return to the Burlington Convention Centre for our gathering in 2018. **Please refer to the Registration Flyer in the middle of this publication to sign up and reserve your spot!** Also see the Parking Map below re additional lot.

Capitalizing on the news of their wonderful provincial RTO/ERO award of \$4000, we have invited Ron Danielson, the President of the Friends of Freeman Station, to present a full history of the station, the village of Freeman (now Burlington), and the Friends' current campaign to restore the station to its full glory. His talk will be enhanced with an AV slide presentation that will contribute visual highlights of their important preservation work of this historical building. The Station represents an icon of Canada - the small-town railway station - where farmers brought their produce to feed the world, where soldiers departed for world wars, and where new Canadians arrived to find their forever home.



*Now permanently relocated at 1285 Fairview Street, Burlington, ON  
just East of the Burlington Central Fire Station*

**Parking Map for the Burlington Convention Centre**



(Program...continues on Page 17)

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(Program...continued from Page 16)

## THE SPRING STREAMERS! MONDAY, MAY 7, 2018 LUNCHEON AND ANNUAL GENERAL MEETING

With spring in gorgeous flower, we will take a country drive to the Rattlesnake Golf and Country Club for the **Annual General Meeting** and a fine lunch in a natural setting.

We are thrilled to announce that our guest presenter that day will be **LINWOOD BARCLAY**, who will speak about his life and career as a journalist and then his second career as an internationally renowned mystery writer. A resident of Oakville, Linwood and his wife, **Neetha Barclay**, a former Halton DSB teacher, will grace our AGM with style!!!



This luncheon meeting will be a special **BOOK** and **TICKET** event. Along with your **LUNCH**, you will be offered a choice of **ONE BOOK**. You will be asked to choose **EITHER** his latest Adult Mystery thriller **Parting Shot** in trade paperback **OR** his first Young Adult thriller **Chase** in trade paperback. Linwood has promised to sign your copies of these books. Further information re cost and registration will appear early in the new year.

In addition, Ian Elliott from **THE DIFFERENT DRUMMER** bookstore in Burlington will provide a book table stocked with lots more of Barclay's mystery titles for those who wish to pick up further entertaining summer reading!

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**RTO/ERO District 15 Contact List****Executive 2017 – 2018**

Past President	Moira Jane Plexman	905-845-1977
President	Claudia Stewart	905-331-5614
1st Vice President	Micki Clemens	905-847-2452
2nd Vice President	TBA	
Secretary	Barbara Borthwick	905-332-0611
Treasurer	Carol Pashkievich	905-827-4509
Member-at-Large	Jim Baker	905-639-1292

**Committees**

Archives	Judy Sloan	905-336-5538
Awards	Penny Hambly	905-639-6193
Book of Remembrance	Marina Lloyd	905-637-6030
Communications		
Website Coordinator	Jeannie Woodcroft	905-315-0581
E-Letter Coordinator	Jan Murdoch	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		
Goodwill Chair	Marina Lloyd	905-637-6030
West Convenor	Ruth Roberts	905-634-9255
East Convenor	Warren McBurney	905-845-8219
North Convenor	Susan Spencer	519-856-2049
Out-of-Region Convenor	Peter Gnish	905-547-1628
Health Services	Colton Roberts	905-335-0027
Committee Members	Paul Harper	
Membership/Recruitment Chair	Marilyn MacLennan	905-631-6058
Committee Members:	Judy Sloan, Claudia Stewart	
Pension	Jim Baker	905-639-1292
Political Advocacy	TBA	
Committee Member:	Darcea Hiltz, Maureen O'Toole-Bujold	
Program	Micki Clemens	905-847-2452
Committee Members:	Paul Harper, Lynda Kozak, Mary Lyons, Moira Plexman, Claudia Stewart, Carolyn Hilton, Colton Roberts,	
Recreation	TBA	
Tours	Jan Murdoch	289-271-9817
Committee Members:	Joy Bennett, Barb Borthwick, Maureen Downey, Susan Hoika, Linda Kittmer, Marji Peglar, Jeannie Woodcroft	

Visit us on the Internet at [district15.rto-ero.org](http://district15.rto-ero.org)

## Chair Exercises for Seniors

From [www.vivehealth.com](http://www.vivehealth.com)

A seated workout encompasses far more than mobility movements. Chair based exercises will develop your cardio fitness, muscular strength, and flexibility. Here are some of the best chair exercises for seniors.

### 1. Neck Stretch

Sit up straight, and slowly tilt your head toward your right shoulder until you feel a stretch. Hold this position, and slowly extend your left arm down and to the side. You should feel a stretch on the left side of your neck. Release, and then repeat on the other side. Perform two to five repetitions per side.

### 2. Shoulder Circles

Place your fingertips on your shoulders. Circle your shoulders forward for fifteen repetitions. Reverse the movement, and circle backward for fifteen repetitions. This exercise warms up your shoulder muscles and reduces the risk of strain.

### 3. Seated Row

Sit on the edge of your seat, feet flat on the floor. Hold your arms in front of you, with your thumbs pointed toward the ceiling and your elbows slightly bent. Draw back your elbows, squeezing your shoulder blades together, until your upper arms are in line with your body. Extend your arms again, and repeat eight to ten times. This exercise strengthens your shoulders, chest, and upper back.

These are only 3 of 16 chair exercises that you can find on [www.vivehealth.com](http://www.vivehealth.com). More next issue.



## Book of Remembrance

*We remember with fondness*

Christine Backewich

Nancy Capstick

Sharon Cripps

Peter Josselyn

Hannelore Anne Lewis

Anne Lubinsky

Patricia O'Brien

Joan Silk

Faye Ward

Mary Rose Baskin

Suzanne Cizmar

Dorothy Davis

Mary Large

Rudy Lipp

Edith MacPhail

Anne Porter

Courtney Stoate

Joyce White

George Yerex

John Boone

Ronald Clark

Alma Fenn

Raymond Lassau

Catherine Logan

Robert Montgomery

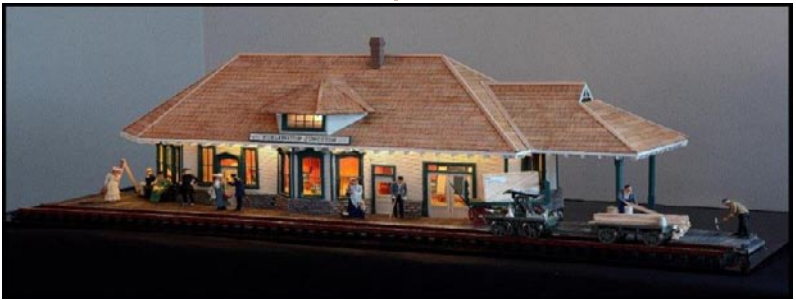
Carol Quinn

Erna Taylor

Robert Wignall

**YOU ARE INVITED...  
TO OUR WINTER WONDERLAND!!!**

**RTO/ERO HALTON DISTRICT 15  
Winter General Meeting & Luncheon  
Monday, February 26, 2018  
Burlington Convention Centre  
1120 Burloak Drive  
Burlington, Ontario L7L 6P8**



Freeman Station model, hand built by Bob Chambers

**Our guest speaker will be RON DANIELSON, the President of the Friends of Freeman Station. His audio-visual presentation and talk (20 minutes with 10 minutes for questions) will focus on Burlington's Railway Heritage and the Freeman Station.**

**Cost:**

**\$33.00 for RTO District 15 members**

**\$37.00 for guests/ non-members/ spouses**

**Registration and Social Time: 11:30 a.m.**

**Business Meeting: 12:00 p.m.**

**Lunch at 12:30 p.m. with the speaker to follow.**

**Cash Bar will be available.**

Visit us on the Internet at [district15.rto-ero.org](http://district15.rto-ero.org)

# RTO/ERO WINTER WONDERLAND!!!

**Monday, February 26, 2018**

## Registration Form:

Please Print:

Name: \_\_\_\_\_

Tel.#: \_\_\_\_\_

Member : \_\_\_\_\_

Email: \_\_\_\_\_

Vegetarian Meal: \_\_\_\_\_ Food/Gluten Allergy: \_\_\_\_\_

Guest Name: \_\_\_\_\_

Tel #: \_\_\_\_\_

Member : \_\_\_\_\_

Email: \_\_\_\_\_

Vegetarian Meal: \_\_\_\_\_ Food/Gluten Allergy: \_\_\_\_\_

Enclosed is a cheque payable to:  
**RTO/ERO District 15**

in the amount of .....

Please forward by mail by **February 16, 2018** to:

**Lynda Kozak  
491 Underwood Drive  
Oakville, ON L6L 5P1**

## Contribute to the Herald!

The next *Halton Herald* will be distributed in April, 2018.

- **Share a line** with our readers and let them know what you are up to.
- **Send a Letter to the Editor** on any topic that concerns you.
- **Write an article** on any topic that may interest your retired colleagues. Please try to limit your article to a maximum of 1000 words. The full version of longer articles will be published on the District website.
- **Share a funny story** with our many readers.
- **Provide us with pictures** to share with our members.

Send your article or correspondence to the Newsletter Coordinator, Nanci Wakeman by e-mail: [nanci.wakeman@gmail.com](mailto:nanci.wakeman@gmail.com) or by mail to 1393 Clarkson Rd. N., Mississauga, ON, L5J 2W6 or Phone: 905-823-2564. Deadline - February 15, 2018.

### 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](mailto:dvezeau@rto-ero.org)  
or Contact Marilyn MacLennan by telephone 905-628-8353  
or by e-mail at [maclennanred@sympatico.ca](mailto:maclennanred@sympatico.ca)

### ADVERTISING AND PROMOTION POLICY

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

## Calendar of Events: January 2018 to June 2018

- Feb 22 Drury Lane Music Hall. 2269 New Street, Burlington. 8:00 p.m.  
Contact Dave Wright at 905-639 5093 or davidwright16@me.com.
- Feb 26 Winter General Meeting and Luncheon; Burlington Convention Centre, 1120 Burloak Drive, Burlington. See the details and the Registration Form on pages 20 & 21.
- May 7 The Springtime Fling Luncheon and Annual General Meeting. Rattlesnake Golf and Country Club, See details page 17.
- May31 Stratford Festival Musical; *Music Man*; Festival Theatre. 2:00 p.m.  
Cost TBA. Contact Dave Wright at 905-639-5093  
or davidwright16@me.com
- June 19/20 Burlington Performing Arts Centre, Locust St. Burlington.  
Burlington Footnotes, *Gotta Sing, Gotta Dance*. Cost \$28.00.  
2:00 p.m. & 7:00 p.m. on June19 and 7:00 p.m. on June 20.  
To buy tickets contact the box office at 905-681-6000.

### Join the Flock for a Regular Breakfast Gathering!



Photo by Virender Paul Madan

A group of 10 or more members of RTO/ERO District 15 meet for Breakfast at 9 a.m. the last Thursday of each month except December. We would love to have you join us. Call Paul Durnan at 905-630-2285 or Dave Wright at 905-639-5093 or e-mail Dave at davidwright16@me.com for location.

Visit us on the Internet at [district15.rto-ero.org](http://district15.rto-ero.org)

## Recreation Committee Reminiscence

By Dave Wright



Even though there are piles of magazines and newspapers in the house begging to be read and racks of wood in the garden shed waiting to be put through the planer to become something useful, I am not really a collector. However, I do have an organized collection of Halton Heralds dating back to September 2004 when the president was **Irene Chalupka** and the late

**Win Shalton** was past president. It was Win who asked **Janet Carter-Wright** and me to organize and advertise events that RTO/ERO District 15 would enjoy and have the opportunity to meet and share friendship. There had been the district luncheon meetings, social events and Stratford trips before, but I can't tell you how they were advertised.

Two pages of events are listed in the first issue that I have. That was probably the beginning of the Recreation Committee or close to it. **Paul Durnan** joined us in 2006 to host the monthly breakfasts and we have had lots of help along the way.

Lots of memories and good times of our outings sampled below:

- a tour of the Limehouse Kilns, planned by **Mary** and **Ray Shier** in 2005. RTO/ERO District 15 donated money for signs at the site but the signs had not been put in place before our tour. **Keith Hincks** commented that this tour was B.S. – “before signage.”
- walks we organized and quickly blended with the Catholic Board Retirees Hikers that has a “fitness and lunch” weekly hike. The group, quite large, can be well over 20 for lunch. They are good friends and care for each other's welfare. Pictures are on the website and in the Herald.
- a visit to **Brenda Dolling's** Whole Village an ecological village and sustainable farm near Caledon.
- a wildflower walk organized by **Marilyn MacRae** and the late **Vi Bain**.
- a Niagara region bicycle wine tour, organised by **George MacRae**. Now that was fun - stopping at each winery to oil the bikes and riders. Inniskillen has a moose that probably came from Mel Lastman's herd in Toronto. The group thought that maybe I should get on the moose for a group picture but I was able to convince them that it wasn't a good idea.
- another bike adventure where **George** and **Marilyn** and I camped at Collingwood and pedaled the rail trail to Meaford. The rear fender fell off Marilyn's bike and jammed the brakes. We were able to do the repairs and get riding again. After that trip George bought Marilyn a new bike.

(Recreation...continues on Page 25)

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(Recreation...continued from Page 24)

- another wine tour in Niagara with **Keith Hincks** and **Jim Brownridge**. We stopped at the Pond View Winery and I bought a bottle of ice wine to take home. As we cycled back to the cars, I misjudged a turn on to the bike path and had to “bail out” or end up in the Niagara River gorge. Big cut on my knee but the bottle remained intact.

- A our visit to the Dog Guide training facility in Oakville where we met Dalton and Fenway, named after the Boston Red Sox home field, or the tour of the Hamiltion Armouries and The Argyll and Sutherland Highlanders officers’ mess with Master Warrant Officer ( Rtd.) **Terry Ryan**. Little did we realize that there is such a treasure trove of military history so near.

- The Military Tattoo at Cops Coliseum several times and the Warplane Heritage Museum at Mount Hope twice. One of my RMC classmates who had flown nuclear armed CF104s over Europe when Canada had an air division there during the cold war was our tour guide on the first visit. On the second, when the guide was finished his tour I took the group over to see “my babies”: the F86 Sabre and the CT114 Tutor that I had done engineering work on in my seven year stint in the RCAF.

- The Walker’s Chocolate Factory tour with Janet was a warm one but the James Street North Art Crawl was a cold one.

- Stratford, The Shaw Festival and Theatre Aquarius outings. **Janet** has been the Shaw and Aquarius organizer and all has gone smoothly. Twice on the Stratford trip people have been late for the bus departure from Burlington. Looking at the faces of those seated and ready to go with that “what are you going to do now expression” can be a bit panic-inducing. We had balcony seats to see “*Guys and Dolls*” on my first trip but each year the box office has given us better seating. We have had front and centre seats for the past few years. I don’t know the reason but maybe my flowery “thank you” e-mails after each trip have helped. We have supported local amateur theatre. Drury Lane, Aldershot Players, Burl Oak Theatre Group, Burlington Footnotes, and Clarkson Musical Theatre have become regular events. A number of RTO members are in the Footnotes and **Jenny Peace** is the Clarkson musical director.

Lots more that I could write about my stay in the Recreation Committee, but will end this report by thanking Janet and Paul for being such good friends and organizers and thanking the others who have helped over the fourteen years. The boards of directors have been very supportive and there is a special thanks to the communications people: Jeannie, Jan, Nanci, Phyllis, George and Peter for get-

(Recreation...continues on Page 26)

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(Recreation...continued from Page 25)

ting the word out in very professional way. It would be remiss of me not to publicly thank Wanda for her help and attendance at all of the district events. She is not a “card carrying” member but has more than paid her dues.

Often in these reports I have said that Janet and Paul and I could not guarantee the quality of the events (and there has been the odd “stinker”) but we could guarantee good company. You have been that good company. We thank you for that.

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## Archives Committee

By Judy Sloan



I am sad to say that I have received only one item to add to our RTO/ERO District 15 Scrapbook since the last edition of the Halton Herald. That item is the following obituary.

**Patricia Marie (Pat) O'Brien** passed away peacefully at St. Joseph's Villa in Dundas on October 1, 2017, at the age of 83. Pat enjoyed a successful career as a mainly primary teacher with the Halton Catholic District School Board. She was the longest serving member of the Board when she retired after 41 years of teaching. Pat was the first person to be awarded the Halton Ontario English Catholic Teachers' Association's (OECTA) **Educator of the Year Award**. She also received **The Queen's Silver Jubilee Medal**.

Pat had a lovely singing voice and played the piano. She always did a fantastic job of making their First Holy Communion special for the children in her care. As a dedicated member of St. John the Baptist parish in Burlington, she sang in the choir and belonged to the Catholic Women's League there. She was also a volunteer at Joseph Brant Hospital for many years.

Pat was a very devoted daughter who looked after her mother and often travelled with her. She loved animals and always had a cat and dog. She also loved the Beach Strip in Burlington and lived there most of her life until she moved to St. Joseph's Villa. Besides being a wonderful teacher, everyone who knew Pat also considered her a very humble, dedicated and kind person with a strong faith who was always more than willing to help anyone in need. That is a special and much deserved legacy to leave behind. Pat you will be greatly missed.

That's all for now. Hopefully I will have more items to report in the next Herald. My address is 1446 Brenner Court, Burlington ON, L7P 2Z2. You may also contact me by e-mail at [judymsloan@yahoo.ca](mailto:judymsloan@yahoo.ca) or by phone at 905-336-5538.

Visit us on the Internet at [district15.rto-ero.org](http://district15.rto-ero.org)

## Awards Committee

By Penny Hamby



Annually, RTO/ERO provides a **Service to Others (STO) Grant** of up to **\$4,000** to districts for educational and/or community initiatives at the local, provincial or international level that support the concept of "Service to Others."

The application from **The Friends of Freeman Station** presented by **Ruth Miller**, was approved at the RTO/ERO District 15 April board meeting, was submitted to and chosen by Provincial RTO/ERO to receive a **\$4,000** grant. The cheque was presented at our Fall Lunch on October 30, 2017. The Friends of Freeman Station spoke at our February lunch to describe their interesting work. Remember that we are always looking to support projects in which our members are involved.



Each year the Provincial RTO/ERO offers 25 scholarships of **\$1,500** each to students who are relatives of members (child, grandchild, niece, nephew, grandniece or grandnephew, son-in-law, daughter-in-law or step child). Students who are enrolled in their last year/semester of a program at a recognized Canadian university or college are eligible. One of our 2017 winners, **Meaghan Downey**, received a B.Ed from Brock University in June 2017 and has since been hired by the Halton District School Board as an elementary supply teacher. Applications may be found on our District 15 or Provincial RTO/ERO websites until February 2018.

**Johnson Insurance** also funds **\$1000** scholarships to members' children/grandchildren in their first year of university or college. The 2017-2018 Scholarship, accessed by the sponsoring member's membership number, is found on our District 15 website as well as the Johnson website.

Visit us on the Internet at [district15.rto-ero.org](http://district15.rto-ero.org)

## Words and Music to Feed the Soul at Woody Point

By Marilyn MacLennan

I first heard of **Writers at Woody Point** while listening to Shelagh Rogers on *The Next Chapter* on CBC radio a few years ago. My goal was to someday attend and this was the year to do so – Canada’s 150. What better time to go to a beautiful and unique province – Newfoundland and Labrador – and to do it with a good friend **Onna Erstikaitis**, who had attended and raved about the 2016 festival but had flown, not driven.

**Woody Point**, on the south shore of Bonne Bay, is surrounded by the magnificent Gros Morne National Park on the west coast of Newfoundland. It is a town of 400 with fabulous vistas, friendly people, unique arts and crafts shops, and restaurants and coffee shops for meeting authors, musicians and other festival goers. The festival began in 2004 and is sold out each year. The focus is on Newfoundland literature but includes other Canadian and international authors.

For us, the journey is as important as the destination, so, on August 5 we headed east by car, staying in Knowlton, Quebec the first night – home of Louise Penny, author of the *Chief Inspector Gamache* mystery series set in the fictional village of Three Pines. We took our time getting to North Sydney in Cape Breton to take the ferry to Argentia, an hour and a half drive from St. John’s. Why fly to St. John’s in three hours when you can stretch it into a five-day drive? Of course, we could have driven there more quickly but we would have missed the Bay of Fundy, discovering great coffee shops, finding lost car keys that someone (OE) misplaced for an evening, rug hooking shops in Cheticamp, wondering about the logic of Google maps and driving the Cabot Trail (with kilometres of construction – there was even a construction brochure). In driving around Cape Breton it was hard not to think about authors who wrote about the uniqueness of the area in a memoir and novel: Lyndon McIntyre in *Causeway-A Passage from Innocence*, Alistair MacLeod – *To Everything There is a Season*.

On Wednesday, August 9 we set sail at 6 p.m. on a clear day with calm seas to arrive 15.5 hours later in Argentia. We had a small but comfortable “state room” for the overnight trip. Not quite a cruise but lots of outdoor space to wander, talk to fellow passengers: some returning home, others excited about visiting for the first time, some like us returning for another visit. Onna quickly learned that the best information often came from “smokers.” We woke to the haunting sound of a fog horn and the promise of a beautiful sunny day. Welcome to the Rock.

(Words....continues on Page 29)

(Words...continued from Page 28)

St. John's in two and a half days: Cape Spear, Signal Hill, Quidi Vidi village and brewery, The Rooms, Raymond's restaurant, coastal drives, O'Reilly's for beer and east coast music. Wonderful people, always perfectly cooked cod, sunny weather. But old St. John's is not built for manual transmissions. Books by two of the authors at WWP were set in St. John's: Mary Walsh's *Crying for the Moon* and; Ed Riche's *Today I Learned it was You*. It's always fun to be in a place where you recognize the streets and places mentioned in books. It gave us a better sense of place.



Our drive to **Woody Point** included overnight stays in Twillingate (alas no icebergs) and a cottage in Coffee Cove, a Hamlet of 17 people and many more sheep. We visited the Gander airport to see the magnificent 22-metre mural by Canadian artist Kenneth Lochhead, called **Flight and its Allegories** that author Jane Urquhart wrote about it in her novel *Night Stages*.

Ann Lindsay playing to an intimate crowd of 150. Over the next four days we were entertained and enlightened by many authors in a variety of formats from interviews, readings both large group at the Woody Point Heritage Theatre and small group in the Mercantile Bar or Galliot Studio's cafe, discussions of common ideas, interspersed in the evenings with great music. This year the authors included: E. Annie Proulx, Ed Riche, Lisa Moore, Noah Richler, Eva Crocker, Dennis Lee, Lawrence Hill, Lyndon McIntyre, Susan Perly, Robert Chafe, Des Walsh, Kathleen Winter, Ron McLean (a co-host). Host Shelagh Rogers conducted some interviews which have aired on her CBC show **The Next Chapter**.



(Words...continues on Page 30)

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(Words...continued from Page 29)

Friday night was a moose dinner put on by the local seniors group. A delicious moose pie with mashed potatoes and turnip and cooked carrots, typical side dishes. The event provided lots of local flavour with animated conversation from a local woman who emigrated from Scotland in the 40s. She provided us with some west coast history, a perspective on resettlement after 1949 and lots of humour. A force to be reckoned with according to the mayor.

The highlight for me was a beautiful sunny Saturday morning when 200 people met at the Lomand River trailhead for Writers in the Wild sponsored by Parks



Canada. During the 4.5 km hike, we experienced native lore, listened to a reading by Lisa Moore from her new novel *Flannery*, music by Tim Baker of Hey Rosetta, and Ron McLean talking about the value of books, literature, Canadian identity – surrounded by the spectacular mountains and water of Gros Morne.

It is an experience that would be hard to replicate. The majestic setting, the Newfoundlanders, the enthusiastic audience who could meet the authors in the café and chat over coffee or a glass of beer then hobnob with them over wine at an event intermission - priceless. So, with the company of Onna, I fulfilled my dream to go to the **Writers at Woody Point**. The sense of community, appreciation of good books and the sharing of ideas and laughter were worth the 7100 km drive. Even the zillion trees in New Brunswick.

Post Script: On the way to Port Aux Basque for the ferry home, Onna finally found the ugliest ugly stick to bring home. Tough to look at the rat's head every time I opened the back door of the car.

Visit us on the Internet at [district15.rto-ero.org](http://district15.rto-ero.org)

## A Call to Share Good Eats!



We all like to eat and many of us like to cook. If you have a special recipe why not share it with our members? You might also like to add some comments or background about why this recipe is a classic for you - maximum 500 words. Samples are encouraged - just joking!

Each participant will receive a \$10 gift certificate to Tim Hortons – good enough for a coffee or hot chocolate and a cookie!

1. A picture is worth a thousand words.

Submit a photo of the finished version of your recipe if you have or could produce one - either colour or black and white.

2. I am in Florida during the winter. Send your entries either by Canada Post to Peter Gnish, 5260 South Landings Drive, #309 Fort Myers, Florida 33919.

(All mailed hard copy photos will be returned) or by computer, as an attachment to an e-mail message to [pgnish@gmail.com](mailto:pgnish@gmail.com).

3. Entry deadline is February 15, 2018.

*Here is one from the South we would like to share with you now!*

### A New Year Recipe - Lucky Pea Soup

From [allrecipes.com](http://allrecipes.com)

- 4 slices bacon
- 1 green bell pepper, chopped
- 1 small onion, chopped
- 2 (15 ounce) cans black-eyed peas, undrained
- 2 (14.5 ounce) cans diced tomatoes, undrained
- 1 cup water
- 1 1/2 teaspoons salt
- 1 1/4 teaspoons cumin
- 1 1/4 teaspoons dry mustard
- 1 teaspoon chili powder
- 1/2 teaspoon curry powder
- 1/2 teaspoon pepper
- 1/2 teaspoon sugar



(New Years Recipe...continues on Page 32)

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(New Years Recipe...continued from Page 31)

- 1.Place the bacon in a skillet and cook over medium-high heat until crisp and evenly brown. Drain on paper towels. When cool, crumble into small pieces.
- 2.Using the same skillet, add the peppers and onion; stir and cook over medium-high heat until transparent and tender, about 5 minutes.
- 3.Pour the black beans, tomatoes, and water into a large pot. Stir in the peppers, onion, salt, cumin, dry mustard, chili powder, curry powder, pepper, and sugar. Bring to a boil, reduce heat to medium, cover, and simmer 20 to 25 minutes. Serve hot sprinkled with bacon, and other toppings of your choice.

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## To Hell With The Bell Breakfast

Photos by Claudia Stewart

The annual “To Hell With The Bell” breakfast for newly retired (and other) teachers was held on September 7, 2017. A good crowd was in attendance to hear about the advantages of joining RTO/ERO District 15. Do you recognize any of those in the photos below? Encourage them to join and attend some of our District 15 functions.



Visit us on the Internet at [district15.rto-ero.org](http://district15.rto-ero.org)



## Tours Committee

By Jan Murdoch



2018 is the perfect year to visit Australia, New Zealand and Fiji. The Canadian dollar generally stays at par with the Australian dollar, an added bonus, and this is currently one of the preferred destinations for travellers who are interested in learning about new cultures and traditions. At many of our stops we are going to experience native wildlife and the indigenous people, making it an enriching experience. As I write this article we are waiting to discover the cost of our flights and the best option for the route and airline. All hotels, tours and cruises are booked both for the group travelling in October and the group travelling in November. If you are interested in learning more about our itinerary it can be located on the RTO/ERO District 15 website. There may still be room for you and a friend or partner. To check, send me an e-mail.

We are always exploring other possible destinations. If you have an itinerary to recommend, send an e-mail or speak to one of our committee members.

I have been finding that when flying east, the jetlag is more challenging to overcome than when going west. In March 2017 we flew from Toronto to Hanoi through Hong Kong and upon arrival I was ready for a nice walk. The return trip from Bangkok was a little more challenging to recover from. Two days after my return, my body seemed to shut down, so my solution was to walk and try to fight the desire to bed down. Different people have offered solutions to overcome jet lag but walking continues to be my personal best solution. I have also decided to pursue my long distance travel opportunities sooner rather than later in life!

As I travel more in my retirement, I have become aware of changes that occur as one gets older. The first surprise for me was to discover that there is an age limit for credit card protection. Many individuals learn that cancellation or interruption insurance is not offered for individuals over the age of 65. Some cards stop at a younger age; I found only one that existed beyond age 67. After the age of 70, travel insurance becomes expensive and many individuals not with the RTO/ERO plan have to complete medical questionnaires with rising restrictions. All companies require the 90-day requirement of sound health and no changes in prescriptions prior to travel. Recently, some companies have upped the time frame to one year for specific problems or changes. Everyone can travel but he/she may have to face very expensive insurance costs even for out-of-province travel. It is important

(Tours...continues on Page 34)

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(Tours...continued from Page 33)

to check your credit card and your preferred travel insurance provider.

There is a new travel app, TravelAid, that may offer some interesting information prior to any departure and a visit to the website, [travel.gc.ca](http://travel.gc.ca). is highly recommended.

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THE RETIRED TEACHERS OF ONTARIO **FOUNDATION**  
LA FONDATION DES ENSEIGNANTES ET ENSEIGNANTS  
RETRAITÉS DE L'ONTARIO

## **RTO/ERO Foundation News**

**Compiled by Moira-Jane Plexman**

At Fall Senate, Joanne Murphy, Chair of the RTO/ERO Foundation Board of Directors, announced the UI self-screening project at the University of British Columbia's School of Nursing and the DANCE project at GERAS Centre, Hamilton Health Sciences as the two grant recipients of the Foundation's 2017 research projects on healthy aging.

The grant recipients reflect the Foundation's commitment to invest in carefully vetted projects that create impact beyond the host project partner, and deepen knowledge across sectors that affect aging Canadians. The RTO/ERO Foundation's ongoing contribution to enhance the quality of life for aging adults is made possible through the generous donations from RTO/ERO members and other supporters.

With these new projects, the Foundation has invested almost \$150,000 in research on healthy aging and projects that address social isolation in 2017 alone. The Foundation follows a rigorous grant review process that includes a committee of external experts as well as Foundation board members, a peer-review scoring process and final grant decision at the Foundation Board level.

If you have questions about this document, our grant process, becoming a donor, or are interested in learning more about any of the now 13 Foundation grant projects across Ontario and British Columbia, visit our website at [embrace-aging.ca](http://embrace-aging.ca) or call Yolanda Bronstein, Director, Granting & Donor Stewardship at 416-962-9463 ext. 245 or 1-800-361-9888.

## Memories of Friends, Trains and Game of Thrones Tours

By Penny Hambly

Each summer my daughter Tara, a teacher, has organized trips for herself, my eight year old grandson Raine and me. One summer it was to see the icebergs in Twillingate, Newfoundland and the east Coast; the next, California and Disneyland; then Vancouver Island and an Alaskan cruise. This past summer was her most ambitious. We were to visit her university friends, and then take all kinds of trains to participate in tours of the sites where *Game of Thrones* was filmed.



We flew on Icelandair with stops in Iceland and Copenhagen to Rome. We met up with Tara's friend Father Sameer whose ordination in Rome we attended about a year and a half ago. Father Sameer took us to the private downstairs level of the Vatican, where Peter and other famous popes are buried. There he celebrated mass for just the three of us in one of the little altars. He also took us up an elevator to the top of the Vatican for the view down into it, which is quite impressive. We saw many attractions as well as the four major churches in Rome. We did all this in very hot

weather (35 C) and I did notice that when you cross streets in the crazy traffic with a priest all the cars stop for you!

After Rome, we took our first train to Pesaro, a city on the Adriatic coast. I was on a quest to visit Pesaro because my father's family had come from that area. My maiden name is Rossini. Rossini the composer was also born there and I

(Memories...continues on Page 36)

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(Memories...continues on Page 35)

wanted to see Casa Rossini. I also wanted to taste Passatelli soup. This soup is from the Marche area and is made with chicken broth and noodles, made with bread crumbs, eggs, parmesan cheese, that are put through a grinder and look like long worms. The recipe has been passed down from my relatives and is loved by my family. My husband learned to make it. Pesaro is a lovely beach town and everyone rides bicycles. We got to visit Casa Rossini and the beautiful town museum but at the restaurant I could not find any Passatelli soup, only Rossini pizza with egg and mayonnaise toppings, which didn't sound too appetizing.

We took the evening train to Venice - a nice way to travel. Arriving at night it was difficult lugging our suitcases all over while trying to find our hotel. We were lucky that a man helped us to our hotel at a cost. We had a beautiful big room but in the morning, we saw that our window looked out on a not-so-nice back alley. After walking around Venice and taking a gondola ride we headed to our ship, the Norwegian Star, for a week's cruise.

Our first stop was in Ravenna where to my surprise I found a restaurant called Osteria Passatelli and I got to have my Passatelli soup! I must say that I prefer



my husband's soup as this one had more nutmeg. Our next stop was Athens, Greece where we climbed to the top of the Acropolis in 45C weather. It was so hot climbing up those 300 steps to the top that the sunscreen on my face melted and ran down into my burning eyes. Then on to Olympia. After another stop in beautiful Kotor, Montenegro, where we visited the Church of Our Lady of the Rocks on a little island, we were on our way to Split, Croatia and our long awaited *Game of Thrones* tour!

Now my daughter has been an avid fan of *Game of Thrones*. I figured that since we were going to a lot of filming locations I should

(Memories...continues on Page 37)

(Memories...continued from Page 36)

familiarize myself with the show. I watched all 60 episodes in two weeks and I was hooked on it!

Our first tour took us to the Klis Fortress in the city of Marina in Croatia. The guide would show us a picture from the show at the place where we were standing. The scenery was awesome. Then he took us into the palace in the city of Split where the dragons were kept and also a fierce fighting scene was staged. It was so exciting to see all these settings from the show.

When the ship docked back in Venice we then took the train to Zurich, Switzerland. The scenery was beautiful and as we had booked all train tickets in first class, we enjoyed very comfy rides with big comfortable seats and wine on occasion. With the Open Borders Policy in Europe the only time we had to show our pass-

ports was at the airports. Trying to lift three big suitcases and three carry-ons onto the trains was problematic, but we were lucky as many men helped us.



In Zurich we met Tara's other friend Zam, a scientist, who showed us his lab where he is studying clouds. He also took us to the bathing park where people lie on the grass and swim in Lake Geneva. Loved Zurich with its trams but it does not have any air conditioning or clothes dryers. Ironically for such a clean city everyone smokes, which is common in Europe.

The best trip was taking a train from Zurich to the mountain resort town of Zermatt which lies below the famous pyramid shaped Matterhorn Mountain, the picture of which is on the Toblerone bar. The scenery was beautiful. In Zermatt we took a gondola ride to get a closer view of the mountain. Half way up we were stopped by a scary, violent storm with thunder, lightning, hail and strong winds. Finally we had to get off at the halfway point and run across to the other side where they put about fifty of us on a big gondola to go down. Good thing that we saw the mountain from the town before the storm because after that it was so cloudy we could not see it and I did not get a good picture.

(Memories...continues on Page 38)

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(Memories..continued from Page 37)

Next we took a train to Paris where we stayed at the Disneyland resort hotel outside of Paris. The European Disneyland is smaller than the American ones.



We also took a trip into Paris to see the top of the Eiffel tower as well as a Seine River cruise.

From Paris we flew back to Reykjavik Iceland to stay for a week. It is a beautiful place. We took many interesting tours. We took the *Game of Thrones* tour to see where the dragons had carried off the sheep and the National Park site. We saw the famous

Iceland horses also used in the *Game of Thrones* because film studios are not allowed to import horses.

On another interesting tour called Fire and Ice, we were driven to the top of huge glaciers. We were outfitted with waterproof jumpsuits and big boots and then driven in a special truck to the top of a glacier where we walked through tunnels under the glacier. In these tunnels, newly built in 2014, there were rooms and throughout water was dripping, which made it slippery. It was really a unique experience.



Then in the afternoon we went into the volcano tubes where we walked underground on wooden platforms



to see lava formations. We were equipped with mining hats with lights. At one point when we were asked to turn off our lights it was pitch black and scary.

Our last tour was to the famous Blue Lagoon, a geothermal spa with water containing rich minerals. It was a great relaxing way to end our stay in Iceland. Finally after a month of friends, trains and *Game of Thrones* tours we were on our way home with wonderful memories and a chore to do. I needed to again watch *Game of Thrones* to see the places from the show that we had visited!

(More Memories photos on the next page)

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# Memories...



*Penny, Glacier Ride, Iceland*



*Klis Fortress, Croatia  
Game of Thrones*



*Iceland Falls*



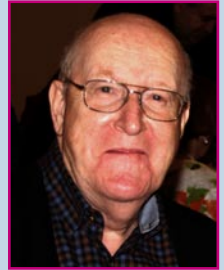
*Randa, Switzerland*



*In The Vatican*

*A New Year to...*

*Participate  
and  
Keep in Touch*



*There are some people  
in life who make you  
laugh a little louder,  
smile a little bigger and  
live just a little bit better.*

