

REO HALTON HERALD

District 15

January, 2019

Welcome 2019!



Photo by Al Gregson

*May the road rise up to meet you,
May the wind be always at your back,
May the sun shine warm upon your face;
the rains fall soft upon your fields
and until we meet again
may God hold you in the palm of His hand.
— Irish Blessing*

In This Issue!



*Jack Leadbeater
celebrates 100 ...17*



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And Much More!

President's Report

By Micki Clemens



Hello and HAPPY NEW YEAR, 2019. Here we are at the mid-term of my presidency. Luckily, no congressional elections are pending! So what ADVENTURES have we had so far? What ACCOMPLISHMENTS have we achieved in RTO/ERO District 15? What CHALLENGES await us in this coming year?

ADVENTURES:

- Our fall luncheon, AUTUMN ABUNDANCE, was a great success with 104 people enjoying the experiences of Bruce Murray as he retold stories of the heroic exploits of Piau, a courageous survivor of the Acadian expulsion. For February 2019, **Brad Fisher** and his Program Committee have lined up Drew Hayden Taylor, a Canadian Indigenous author, playwright, and humourist, to inform and entertain at our winter luncheon. Register now, using the centerfold form.
- **Claudia Stewart** and her Recreation Committee planned several successful excursions and events, one of which was the COMPLEX CHEESE TASTING, presented by **Marilyn MacLennan**, a trained Maître Fromager! We hope to offer this unique experience again in the spring. Don't miss out on an extraordinary tasting treat.
- Many members travelled "DOWN UNDER" to Australia, New Zealand and Fiji with Jan Murdoch this past fall. The planned trip to Egypt in February is sold out! Check Jan's TOURS report for the inside story.
- On November 22, as President representing RTO/ERO District 15, I was honoured to attend the 100th BIRTHDAY CELEBRATION for **Jack Leadbeater**, a former elementary school teacher and principal in Halton. Several of his former colleagues gathered to honour Jack at The Ruby restaurant in The Village of Tansley Woods. See the article and photos (on page 17) capturing our presentation of a special certificate to mark this momentous occasion. NOTE: If you reach 100, the RTO/ERO Provincial office suspends your membership fee. Aim for it!

ACCOMPLISHMENTS:

- District 15 commemorated the Provincial RTO/ERO's 50th ANNIVERSARY in 2018 by donating a book to each elementary and secondary school library in both the Halton and Halton Catholic District School Boards. See the ARTICLE and PHOTOS (page 36) of delighted students and librarians from a sample of schools.

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• We participated in extra training in the fall for our COMMUNICATIONS team and as a result, we are making changes to the E- newsletter Rapport and to our RTO/ERO District 15 website to make these communication channels more

readable and accessible to you all. NOTE: With our increasing focus on digital communication, please know that if you are not receiving the monthly Rapport you will need to contact **Ebtsam Gyesus** at egyesus@rto-ero.org or 416-962-9463 x223, to give RTO/ERO permission to share your E-MAIL CONTACT information with us for this purpose. You will receive key monthly updates, news and fun information.

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• The planned revision of our constitution is underway, transitioning our policies and bylaws to align with the new provincial governance document. We will present a draft of our DISTRICT 15 GOVERNANCE to our board in January, then submit it, as required, to the provincial office for feedback. We will then bring the approved document to the membership for final approval at the AGM in May 2019.

• **Moira Plexman** circulated the flyers for the RTO/ERO Foundation's first annual SOCIAL ISOLATION AWARENESS month at our luncheon in October and announced a \$500 donation to the Foundation to commemorate those RTO/ERO District 15 members who had passed away this year. Our collective efforts to end social isolation of seniors will continue all year long. Watch for news of a special SUPER SENIORS event.

• In order to properly care for our RTO/ERO District 15 archive materials and to store our treasurer's financial records responsibly, District 15 has rented a SELF-STORAGE UNIT that is

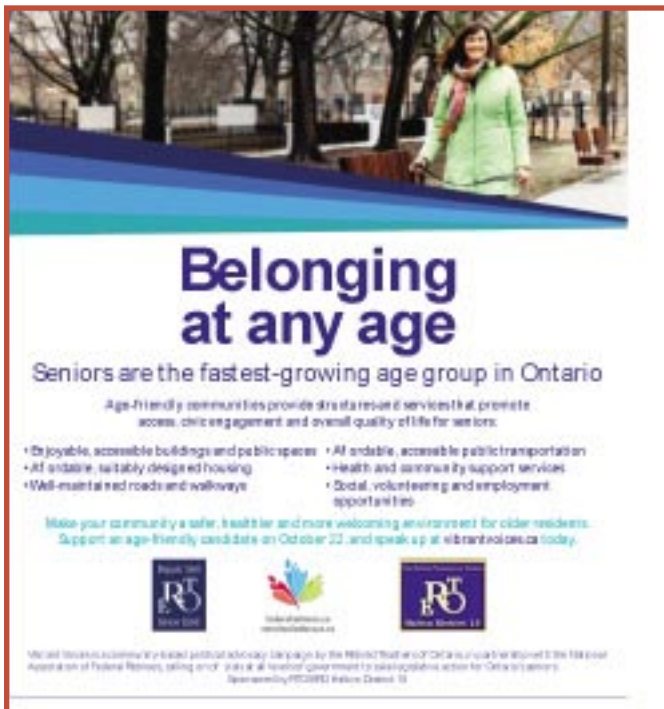
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heated, insured, and monitored by video surveillance. We will be able to keep our RTO/ERO District 15 records, our banners, our supplies, and program décor all in this central facility.

- District 15 now has its own ACKNOWLEDGEMENT OF LANDS statement that will be read at the opening of each of our RTO/ERO events. We felt it was important to recognize and commemorate the Indigenous peoples' principal kinship to the lands of Turtle Island.
- For last fall's Municipal Elections, with the support and a substantial subsidy from the Provincial Office, District 15 placed an advertisement in each of the local community Metroland newspapers, urging voters to vote for AGE FRIENDLY CANDIDATES. Check out the ad below!



CHALLENGES:

- As we gear up for the Federal election in 2019, we will be looking for additional ways to engage in POLITICAL ADVOCACY that will focus the attention

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of local candidates on the issues of retirees and seniors on a national level. At the October Senate session, RTO/ERO resolved to advocate with national and provincial organizations to effect a National Pharmacare system providing every Canadian with a universal drug coverage program under a single-payer national formulary full complement drug coverage plan.

- To help grow our LEADERSHIP IN THE COMMUNITY, District 15 has contributed as a sponsor and arranged for a table at the special annual dinner to be held by WHAM (Women of Halton Action Movement) later in March 2019. At this event we will have the opportunity to be strong ambassadors and showcase the strengths of our RTO/ERO District 15 organization with a huge community audience.

- **NEW PROJECT - INVITING YOUR HELP - "What does YOUR Retirement Look Like?"**

District 15 would like to capture the range and variety of the RETIRED LIFE of District 15 RTO/ERO members! We want to CELEBRATE and SHARE your AMAZING ACTIVITIES and showcase these proudly in a PowerPoint presentation at our AGM in May 2019! Secondly, we would like to use this slide presentation as a VISUAL MARKETING TOOL to promote RTO/ERO District 15 at our Retirement Planning Workshops next fall. Please participate and do your part to promote your local district! Check out the flyer on page 7 in this magazine, and submit your individual record of "What does YOUR Retirement Look Like?" We hope to receive a TON of RESPONSES from you!!!

- The problematic issue of SUCCESSION PLANNING for District 15 Board Members and Committee Chairs is a perennial one. We are thrilled this year to welcome **Patricia Mateja** as Chair of ARCHIVES. However, **Colton Roberts**, Chair of HEALTH BENEFITS and WELLNESS has indicated that he would like to reduce his involvement, gradually, on the Board. Colton would like to mentor one or two interested individuals over the next 6-8 months and assist them to provide future leadership to this significant Committee. NOTE: If you are interested in this specific opportunity with HEALTH BENEFITS and WELLNESS, contact Colton via the website contact page. If you would like to explore other opportunities for volunteer engagement and involvement with District 15 or you would just like to share a comment, please contact me by email at district15halton@gmail.com or through our website <https://district15.rto-ero.org>

Thank you for reading and we hope to hear from you soon!

A Project to Promote RTO/ERO District 15 Halton “What does YOUR retirement look like?”

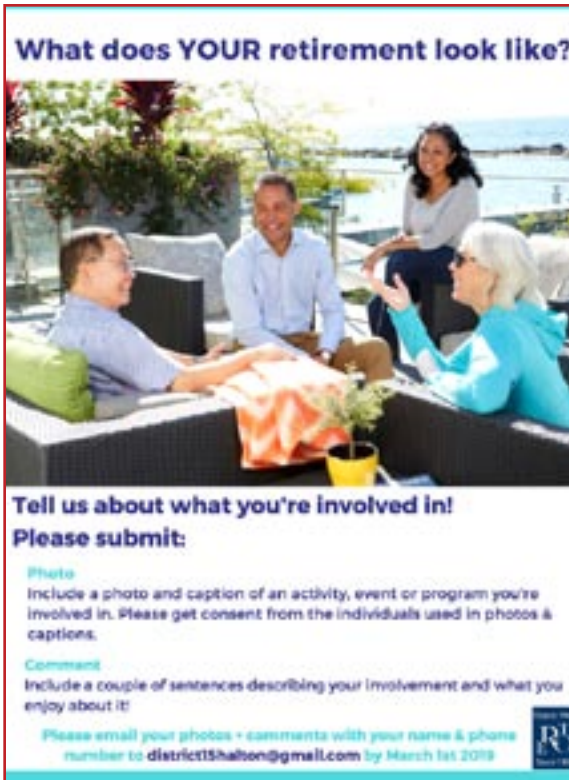
PURPOSE:

1. To capture the range and variety of the RETIRED LIFE of our District 15 RTO/ERO members.
2. To CELEBRATE and SHARE your AMAZING ACTIVITIES and showcase these proudly in a PowerPoint presentation at our AGM in May 2019!
3. To use this slide presentation as a VISUAL MARKETING TOOL to promote our RTO/ERO District 15 organization at our Retirement Planning Workshop next fall.

WILL YOU HELP US PROMOTE RTO/ERO DISTRICT 15 HALTON?

SEE THE FLYER BELOW FOR INSTRUCTIONS ON HOW TO SUBMIT WE WELCOME YOUR MULTIPLE PHOTOS/COMMENTS!

(N.B. Remember we need to know that you have obtained permission for us to reproduce your photos.)



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We Get Letters, E-mails & Calls

By Peter Gnish



It is always nice to receive emails, phone calls or letters from our members especially when they add a little about themselves so that we can be brought up to date. Thank you to those below who sent messages over the past few months. How about you? Why not drop me a line by email (to pgnish@gmail.com), or by mail to Florida where I will be for the winter (5260 South Landings Dr., #309, Fort Myers, FL, 33919) or call me (239-208-2860).

Jack Anderson emailed to say “I enjoy getting the Halton Herald and reminising over my 31 years with the Halton Board, teaching from grades 2 - 12 in Georgetown, Oakville and Milton.” He also mentioned that after living all thei lives in Brampton they are moving to Guelph.

Wayne Bridle wrote to say “Thanks for the coffee card” which he recieved for his *The Way We Were* subission to the September issue of the Herald. He added, “I have a group that meets each Wednesday morning at Tim Horton’s. I call it the retired guys coffee club. The card will come in handy.” Enjoy, Wayne!

Ron Chattan telephoned in October to say how much he enjoys reading the Halton Herald even though he is having some difficulty seeing. He says it just takes him longer but he reads it from cover to cover. He commented on how fortunate he felt he was teaching in Halton – “A great Board that was in the forefront of many educational ideas.” He says that he still stays in touch with many of the former colleagues he worked with.

Ian Downie emailed us regarding “Another journalistic triumph. What a delight to read news where the name Trump never appears.” He added some news about his latest work - “I’m still bugging on as Churchill would say. This year I appeared on the last two *Rick Mercer Reports*, have an upcoming U.S. national commercial for Ford (the motor company, not the Premier) and have a nice little scene with Anne and Diana in episode 3 of the second series of *Anne with an E* which starts on CBC September 23 and also runs on Netflix.”

Ian also sent a message after receiving a special birthday card from Goodwill. He said, “Thank you so much for your very kind card marking my upcoming **th birthday. I find myself amazed that I have reached this milestone. Both my parents died in their forties and I assumed that I too would have a relatively short life.

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

Ah sweet mystery of life. That would make a good song title if you are thinking of doing a little composing! I am hoping to go on working into my ****ties but am already 20 to 25 years older than the characters I audition for. So like Trump, we'll see what happens."

Al Greyson wrote "I just finished reading the latest edition of the "Halton Herald," and offer my thanks and congratulations to you, **Nanci, Jan** and **Jeannie** on the fine work that you are doing. I was somewhat bemused by the news of my 'recent' retirement though. I actually retired from HDSB in 2007, went back on a short contract in 2008 and also worked part time at Brock University with Gail Phillips and Brenda McMaster from 2008-2014. I only recently joined RTO, so that, no doubt, is the source of any misunderstanding.

My wonderful wife Pat (44 years and counting, how does she do it?) just today got in from a driving trip from Amsterdam to Ypres (Belgium), then over to France to follow the Loire Valley for a stretch, over to the Rhine River area, then back up through Belgium. Part of our agenda included my wanting to take Pat to some areas I had visited last year when I took part in the Wounded Warriors Canada "Battlefield Bike Ride 2017" tour. Some 150 cyclists from across Canada, many current or past members of Canadian Forces, participated in a week-long ride covering 600 km from England and over to Belgium and France. Highlights included Dunkerque, Ypres, Amiens and concluding ceremonies at the Vimy Canadian Memorial and in the city of Arras. An incredibly moving experience and an honour to have ridden with these people.

In retirement I try to do a fair bit of cycling. Two years ago Bernie St. Francois and I cycled from Paris to Bordeaux. I have also done a 4 day ride from Burlington to Elliot Lake with my then 15 year-old nephew, and a one day (165 km) ride to Barry from Burlington with him - both to attend family reunions. Naturally, I still hike/cycle regularly with Paul Anthony - he and I manage to squeeze in a canoe trip just about every year. I've been lucky to have him as a mentor professionally and a great friend for many years!

I also still motorcycle, and a couple of years ago moved from the 'comfort cruiser' to a sport touring bike. I think my birth certificate suggests I should have been going the other way, from sport to comfort! I do one big trip a year with some friends, and this past June we rode out to Colorado and toured the mountains a bit. The motorcycle stays parked more often than not as I'd rather be pedalling.

(We Get Letters...continues on Page 10)

(We Get Letters...continued from Page 9)

I have a gazillion pictures of different places, with lots from war memorials in France, Belgium and the Netherlands. If you are doing any themed issues and need photos don't hesitate to ask, I'd be happy to share!"

(Editor's note: We did get in touch with Al with a request for an article and some photos - see the front cover and pages? for his submission.)

Bruce Keays wrote to say "Thanks for continuing to produce a great magazine."

Janet Plens sent an email regarding her submission to the September issue of the Herald. She wrote: "Joe & I just returned from a trip to PEI to find the September issue of the Halton Herald waiting for us. I was not expecting to see so many pictures & the full coverage of our story, but it was nice to see. You did a great job sorting all the pictures I sent you. Reading it brought back happy memories. Thank you for including my story."

Peter Saberton sent a sad message about one of our former colleagues. "Last Friday, August 10th at 11:20 a.m. Dave Fisher passed away. He had been suffering from bowel cancer and the pain related to it for quite a while. As you may remember from your time at Nelson, he was quite a character! His teaching career started at Saltfleet, moved to Toronto and then wound up at Burlington/Halton where he taught math at Nelson. He was the head of Math at Nelson for many years and, during that time he hired a strong group of bright, dedicated math teachers. We were a strong team!

In his youth Dave was an outstanding athlete. He won the Canadian championship for the 440 yards, was offered a scholarship at Michigan and Notre Dame. He also played football (with John Boich) for the Hamilton team in the ORFU. He coached track at each of the schools where he taught. The Nelson track team's accomplishments were outstanding. As a department head Dave hired math teachers who were also interested in coaching, not just track, but other sports as well. He looked for team players, and the math group was a team!

For the past 20 or so years the math retirees, including Dave, meet for breakfast on the first Wednesday of every month. There are 10 or 11 of us. Last Thursday, I visited Dave at Joseph Brant hospital to say my goodbyes. I snuck in a can of Coors Light and we shared one last beer together! Also, a group of us met at 4:00 pm at the Legion to toast Dave and share reminiscences. You will probably remember some of the names who attended: **Ron Banyai, Bob Pollard, Ray Smith, Pat Clarke**, Bill Corbett, Al Slater, Pete Mason, Jim Walmsley and myself. **Cathi Walsh**, living in Paris, (On.) couldn't make it but promised to stop at 4 o'clock on Friday and drink a toast to Dave. RIP Dave."

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Carolyn Hilton-Her Story

By Marina Lloyd



If asked to describe Carolyn Hilton in a few words, I would choose - Generous Giver - for she has unstintingly shared her time, her skills, her experience, and most of all, her love, with her family, her students, her church and her community. Her way of life was no doubt shaped by her own family. Although her parents left school after grade eight, she says she grew up in a family of teachers. Her mother and father taught their three children many life lessons, one of which was the importance of education. All three chose careers in teaching.

At 18, having just graduated from Lakeshore Teachers College, Carolyn accepted a job with the Toronto District Catholic School Board and was prepared to face a grade three class in September. One week before school began, the principal informed her that she'd be teaching Kindergarten - 40 pupils in the morning, 40 in the afternoon in a small classroom with no equipment! But this resourceful young woman set up her class in a nearby spacious church basement and furnished it with toys and books donated by the parents. She supplemented her income by strolling along runways, modelling clothes.



After five years in Toronto and expecting her first child, Greg, she and husband Alf moved to Oakville. She spent a couple of years at St. Vincent's before welcoming their daughter - Heather. Carolyn was fortunate to be offered a half-day kindergarten at a newly opened, open-concept school, St. John's. She spent 10 years at St. John's never thinking she'd be retiring as principal from that school some 20 years later. Her career path in Halton took her from St. John's to Holy Family, to St. Matthew's (as VP), to St. Joseph's in Acton as principal and finally back to St. John's as principal.

(Carolyn Hilton...continues on Page 12)

(Carolyn Hilton...continued from Page 11)

During these years, she had a desire to further her education, so it was off to McMaster one night a week for 11 years to obtain her undergraduate degree (summa cum laude of course!). But she still desired to gain more knowledge and after six years, received her Masters in Education degree from Brock. Her sister Cecilia, now a professor at Memorial University in Newfoundland, conferred the degree upon her. Carolyn also holds specialist certification in Visual Arts and Special Education.

Carolyn retired in 1998 and, not surprisingly, continued to be involved in community organizations and programs. She joined the board of directors of DARE (Drug Abuse Resistance Education); the Mayor's Special Committee Against Impaired Driving (SCAID) and served as Chair of Volunteer Recruitment for the Canadian Cancer Society. In a desire to share her experience as an administrator with her Board, she became a mentor, conducting workshops for new administrators.

Fortunately for us, she chose to join RTO/ERO and has enjoyed the many activities offered. Her abilities were already well known so it wasn't long before she was invited to join the board of directors moving from Member Without Portfolio, to Second VP to First VP to President. She served on the Program and Awards Committees. Because of her writing and editing skills and experience with DARE, she became the "go to" person when applying for Service to Others' grants. At the AGM in 2017, she received a distinguished service award for her contributions to the functioning of the board.

Apart from these activities, what gives Carolyn Hilton joy? Firstly, I think she would mention her family which now includes grandchildren 10-year-old Thomas and 23-year-old Stephanie. Then she might say singing in her choir at St. Matthew's Church. Carolyn thinks everyone should sing, even those who can't carry a tune, for it enhances one's breathing and releases endorphins into one's brain. She loves to read and convenes a book club for other retirees. And of course, travelling to countries around the world has brought Alf and Carolyn so much pleasure. They would pick a country, do their own pre-planning, rent a car, and off they'd go - exploring as they went. On their first trip after retirement in 1998, they rented a house in Provence and fell in love with France, visiting that country several times since. Their most recent adventure took them on a river cruise on the Danube.

(Carolyn Hilton....continues on Page 13)

(Carolyn Hilton...continued from Page 12)

Two years ago, travelling plans and group activities were set aside while Carolyn recovered from a fall that resulted in a concussion, a fractured neck, and a broken wrist and nose. She still experiences double vision and wears glasses with special lenses. As our conversation came to an end I asked Carolyn about people who had an influence on her life. Without hesitating, she answered...Alf, her husband for 52 years. He has always encouraged her to follow her dreams. When she wanted to get that masters degree and needed time to write her thesis, he looked after Greg and Heather for a week while she worked alone at their cottage.

At age of 18, Carolyn Hilton was modelling clothes and years later, still sharing her gifts with all those around her, she is a model for each of us to emulate. Thank you Carolyn, for sharing your story with Herald readers.

Welcome New RTO/ERO District 15 Members!!!

Our membership is now over 2800 people. Below are the names of retired teachers and other education staff who became members since September, 2018. Please welcome and invite them to join you at one of our activities.

Eva Amos	Patricia Aniol	Allison Ashworth
Marie Burland	Holley Canham	Denyse Gridley
Kathryn Hudson	Heather Kempff	Jane Kyte
John Lawlor	Judith Martin	Diane Mayberry
Susan Myszkowski Goll	Suzanne Page	Ornella Perri
Beverly Shaw	Denise Snowdon	Karen Volpe
Linda Westbrook	Stephanie Zwolak	

Health Services Committee

By Colton Roberts & Paul Harper



Your committee experienced another successful joint health seminar with District 13, Hamilton Haldimand on October 16th. Thirty-five of our members took part in a meaningful discussion of material in the health plan and travel booklet at St. Naum Macedonian Hall in Hamilton with many questions answered. The next seminar is slated for October 2019 and is to be held in Halton. For those who may be interested in attending, please look for further details in the coming months. I want to thank **Paul Harper** for his dedicated work in preparing name tags and managing the registration of our members so smoothly. We are looking at potential changes to this to better serve the needs of our members.

In answer to the requests from several members, the Health Services Committee is working with Jennifer MacDonald, a kinesiologist with certification in Adult Fitness, to provide an interactive workshop with attention to activities to enhance daily living. The workshop is intended to provide activities that can be done in one's own residence with minimal equipment. Look in the Herald and on line for further information of this inspirational and fun event!

The committee is very pleased to be part of the Program Committee on a wellness theme for the Fall District meeting of 2019. We are busy working on the agenda including those themes which are to be included. If you have thoughts about what you would like to see included please contact me or **Brad Fraser**, chair of the Program Committee.

Provincially, you will be aware that we are using Best Doctors exclusively and will no longer be using the service of ElderCare Select. While conducting a regular review of the contracts with the 2 organizations, the Provincial Health Committee of RTO/ERO became aware that many of the services overlapped and Best Doctors would be able to manage those services with an intended saving to our members. As well, a review of the services of Allianz Global Assistance is being done as a result of complaints about their service from our members. If you have such a complaint, I would encourage you to contact Stephen Wong or the Provincial Health Committee to address your concerns. If you have questions about whether your complaint may qualify, do not be afraid to speak to me about it and I will help you to direct your response.

(Health...continues on Page 15)

(Health...continued from Page 14)

Perhaps the biggest news from provincial office is that RTIP 4000 plan members are now able to join our health plan with guaranteed acceptance. This is not a “window” but will be supported in an on-going basis. These new members will have free membership in RTO/ERO until December 2019 as an incentive to join. This decision of the Provincial Health Committee comes on the heels of many complaints of much higher premium increases and a noticeable decline in RTIP customer service. If you have friends who currently have RTIP 4000 coverage, please encourage them to call: 1-800-361-9888 or 416-962-9463. Please note that those who have RTIP Gold 750 or 2500 plans can also join but are subject to a health questionnaire in order to qualify.

Wellness Workshop: Retirement Recharge!

An amazing workshop.

Guaranteed to Recharge your Retirement!

Don't miss it!

Jennifer MacDonald, a kinesiologist with certification in Adult Fitness, will recharge your retirement! This lively workshop will focus on activities to ensure your body and mind are aware of each movement to keep you thriving through life so that you can get the most out of daily living.



Make sure you have comfortable clothing and proper footwear (running shoes), bottled water, and an open mind to movement and fun! Light refreshments will be served.

Date: Monday March 25, 2019

Time: 10:00-11:30 am.

Location: Compass Point Bible Church,
1500 Kearns Road, Burlington

Cost: \$ 10.00

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

Colton Roberts, 2169 Ireland Dr. Burlington L7P 3G8

Registration will close on Friday March 15, 2019

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

Political Advocacy Committee

By Moira Plexman

Voting is in your future...



With the Provincial and Municipal elections behind us, our focus will soon turn to the 2019 Federal election. Our local committee works with the Provincial Executive on behalf of retired educators and seniors. More information from our committee will be posted on our website as we draw closer to the Federal election.

Come to the Dinner Party!

Locally, District 15 is pleased to announce that we are one of the sponsors of the **Women of Halton Action Movement (WHAM) Dinner Party** on **International Women's Day** on March 6, 2019. The guest speaker will be the accomplished First Nation lawyer, Roberta L. Jamieson. Proceeds from the Dinner Party support the improvement of the status of women locally, nationally and internationally. We are proud to partner with WHAM this year.

Location: The Oakville Conference Centre
2515 Wycroft Road
Oakville, ON L6P 6P8

Time: Doors open at 5:30 p.m. Dinner at 6:30 p.m.

Cost: \$60

For more information or to purchase tickets call the SAVIS office (Sexual Assault and Violence Intervention Services), one of the community organizations supported by WHAM at 905-825-362 or go online to www.thedinnerpartyiwd.ca.

English to the Bar!!!

- **A malapropism walks into a bar, looking for all intensive purposes like a wolf in cheap clothing, muttering epitaphs and casting dispersions on his magnificent other, who takes him for granite.**
- **Hyperbole totally rips into this insane bar and absolutely destroys everything.**
- **A mixed metaphor walks into a bar, seeing the handwriting on the wall but hoping to nip it in the bud.**

Archives Report

By Patricia Mateja (Photos by Micki Clemens)



This Moment in Our History Honouring Jack Leadbeater

On Thursday, November 22, 2018 Micki Clemens attended a surprise luncheon, at The Ruby Restaurant in the Tansley Woods Retirement Center, in honour of Jack Leadbeater's 100th birthday. In her speech, Micki told Jack, as President of local RTO/ERO District 15 Halton, she receives a Birthday Report for all those over a certain age. In that report, Jack was described as, "the magnificent 100."



Micki presented Jack with a Certificate of Recognition and informed him that since he was 100 years old the Provincial Office no longer requires him to pay the annual RTO/ETO membership fee each January. When asked to what Jack attributed his long life, he replied, "Not dying." He went on to tell Micki his one highlight in life was being married to his lovely wife, Joan, for 72 years. Jeannie Woodcroft

is also in the photo.

In the photo to the right Jack is cutting his special cake and on the next page, **Ken Lloyd** is reading out the many formal tributes: from the Queen, the Prime Minister, Karina Gould, Elizabeth Dowsdell, and Premier Doug Ford.



(Archives...continues on Page 18)

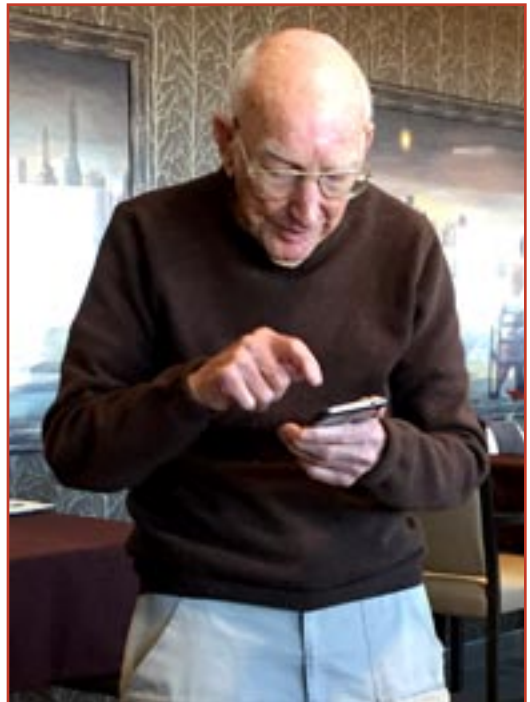
(Archives...continued from Page 17)



In an earlier Halton Herald article, Jack talked about his career as a teacher in the Halton District School Board. After WWII during which he spent six years as a supply technician and a trade instructor in the Royal Canadian Air Force, Jack returned to Hamilton's Central Collegiate to finish grade 13. He went on to graduate from McMaster University and Hamilton Normal School in 1949/1950. Jack not only taught in various schools in Halton but was the first principal of John T. Tuck Public School.

After retirement, Jack became a driver education classroom instructor and helped the Air Cadet League train their glider pilots to become instructors. Jack continued to fly his own airplane until he was 85 years old. He only stopped because he and Don Sawell, his lifelong friend and airplane partner, sold their plane.

Jack advises all retired teachers in District 15 Halton to remain active, to do something each day. At 100 years old, Jack is still able to drive his own car, visits the YMCA three times a week and attends luncheons with retired principals each month. The photo on the right shows him keeping up with the latest technology.



We extend our best wishes to Jack for many more years of good health!

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

Awards Committee

By Penny Hambly



By the time you read this, the RTO/ERO scholarship application will be fast approaching as the deadline is **February 5, 2019**. This scholarship is available to a member's relative who is in the FINAL year of a post secondary program. The application must be completed by the student NOT the sponsoring member. Find more details on our RTO/ERO District 15 website <http://district15.rto-ero.org> under Program and Services.

The \$1000.00 Johnson Inc. scholarship is available to members' relatives who are in their FIRST year at a post secondary program. It will be available for application in **April 2019** on the Johnson website. Deadline is usually August 31.

RTO/ERO Provincial awards up to \$4000.00 for **Service to Others** projects in which our members are involved. District 15 is always looking for these projects. You can go to our RTO/ERO District 15 website to download the application or look at the RTO/ERO Provincial website under **Service to Others**. Applications are due in June 2019 but you need to contact me at hamblypenny@gmail.com to see if your project meets the criteria.

RTO/ERO District 15 seeks members to nominate for **The Distinguished Service Award**. These are members who have made an outstanding and/or long term contribution to our district. Last year **Moira Plexman** and I were honoured to receive this award which was presented at our AGM in May. Contact me if you wish to nominate someone.

E-newsletter Report

By Jan Murdoch



This is a reminder that if you are not receiving the Rapport, the District 15 newsletter each month, you may need to update your e-mail information with the Provincial office. If you are using Sympatico, Bell or Rodgers e-mails you may not be receiving the Rapport due to changes in the companies security. You should check your junk mail and then approve Rapport as a trusted email. Any other questions should be directed to me

at janmurdoch8@gmail.com

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

Past President	Claudia Stewart	905-331-5614
President	Micki Clemens	905-847-2452
1st Vice President	Jeannie Woodcroft	905-315-0581
2nd Vice President	Brad Fisher	905-319-9053
Secretary	Dianne Visschedyk	905-335-3852
Treasurer	Carol Pashkievich	905-827-4509
Member-at-Large	Jim Baker	905-639-1292

Committees

Archives	Patricia Mateja	905-271-6122
Awards	Penny Hambly	905-639-6193
Book of Remembrance	Marina Lloyd	905-637-6030
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Website Coordinator	Jeannie Woodcroft	905-315-0581
E-Letter Coordinator	Jan Murdoch	905-691-8407
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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		
Foundation Champion	Moira Jane Plexman	905-845-1977
Goodwill Chair	Marina Lloyd	905-637-6030
West Convenor	Ruth Roberts	905-634-9255
East Convenor	Warren McBurney	905-845-8219
North Convenors	Judy Rose	519-821-6766
	& Susan Spencer	519-856-2049
Out-of-Region Convenor	Peter Gnish	905-547-1628
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Committee Member:	Paul Harper	
Membership/Recruitment Chair	Marilyn MacLennan	905-631-6058
Committee Member:	Claudia Stewart	
Pension	TBA	
Political Advocacy	Moira Jane Plexman	905-845-1977
Committee Member:	Darcea Hiltz, Maureen O'Toole-Bujold	
Program	Brad Fisher	905-319-9053
Committee Members:	Penny Hambly, Paul Harper, Lynda Kozak, Moira Plexman, Colton Roberts,	
Recreation	Claudia Stewart	905-331-5614
Committee Members:	Lynda Kozak, Marilyn McLennan, Carol Pashkievich, Diona Szczerbak, Jeannie Woodcroft, David Wright	
Tours	Jan Murdoch	905-691-8407
Committee Member:	Marji Peglar	

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



I am pleased to report that the first of three luncheons planned by the Program Committee was well received by those in attendance. We had 104 members and guests in attendance on October 22 to hear Bruce Murray's riveting presentation concerning the deportation of the Acadians from Nova Scotia, the burning of their crops and farms, and the separation of families. Different Drummer sold 55 autographed PIAU books which Ian Elliott said was quite substantial. See the photos of the event on page 25.

The next event is the **Winter Luncheon** on February 25th at the Burlington Convention Centre on Burloak Dr in Burlington. Drew Hayden Taylor, an award-winning playwright, novelist, journalist and filmmaker will be our speaker. See the outline of the event and the Registration Form on pages 22&23. Make your plans now to register and attend..

Then, on May 8, 2019. the Program Committee is looking forward to the hosting the Annual General Meeting (AGM) luncheon where Elizabeth Manley is slated to be the keynote speaker. Elizabeth Ann Manley, CM is the 1988 Olympic silver medalist, the 1988 World silver medalist, a three-time Canadian national champion in figure skating and a Member of the Order of Canada. She is also a member of the Canadian Olympic Hall of Fame, the Ottawa Sports Hall of Fame, and the Skate Canada Hall of Fame. In 2014, she was also inducted into Canada's Sports Hall of Fame. Make a note on your calendar to set aside that date.



Book of Remembrance

We remember with fondness

Lynne Barrett
Thomas Gibson
Joseph Lewis
E. Sweetman

Louise Burkholder
Barbara Gilbert
Loreen Paterick

Mary Edwards
Rollande Lavictoire
Winifred Pinto

Winter General Meeting & Luncheon - February 25

RTO/ERO HALTON DISTRICT 15

Guest Speaker: *Drew Hayden Taylor*



We are delighted to have engaged Drew Hayden Taylor for the February 25th Winter Luncheon at the Burlington Convention Centre located at 1120 Burloak Dr, Burlington, ON L7L 6P8.

Drew Hayden Taylor is an award-winning playwright, novelist, journalist and filmmaker. Born and raised on the Curve Lake First Nation, he has done everything from performing stand up comedy at the Kennedy Centre in Washington D.C. to serving as Artistic Director of Canada's premiere Native theatre company. The proud author of 32 books, Drew is currently working on a television series for the CBC. He has a play running at Toronto's Tarragon Theatre, called COTTAGERS & INDIANS, that was also recently performed at the Oakville Centre for the Performing Arts and the Burlington Performing Arts Centre.

Self described as a contemporary story teller, he co-created and for three years was the head writer for MIXED BLESSINGS, a television comedy series as well as contributed scripts to four other popular Canadian television series. He has been a writer for The Beachcombers, Street Legal and North of 60 and a Writer-In-Residence at such universities as Michigan, Western, Luneburg (Germany), and Laurier.

“Drew Hayden Taylor has a deft touch for mixing comedy and commentary in an entertaining and all-Canadian form of social satire” – Vancouver Sun

<i>Program</i>	Registration and Social Time	11:00 a.m.
	Business	11:40 a.m.
	Lunch	12:00 p.m.
	Speaker & Question Period	1:15 p.m.
	Cash Bar will be available.	



Winter General Meeting and Luncheon
 Monday February 25, 2019

Registration Form:

Cost: \$30.00 for RTO District 15 members
 \$35.00 for guests/ non-members/ spouses

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 15, 2019 to:
 Lynda Kozak
 491 Underwood Crescent
 Oakville, ON L6L 5P1

Contribute to the Herald!

The next *Halton Herald* will be distributed in April, 2019.

- **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 or
by mail to 1393 Clarkson Rd. N., Mississauga, ON, L5J 2W6 or
Phone: 905-823-2564. Deadline - February 15, 2019.

CHANGE IN CONTACT INFORMATION

- If you are moving OR
- If your mailing address has been changed or is incorrect OR
- If your e-mail or phone number has changed or is incorrect

You need to let RTO/ERO know in one of the following ways:

- E-mail RTO/ERO provincial at membership@rto-ero.org
- Phone RTO/ERO provincial 1-800-361-9888
- Contact Marilyn MacLennan (District 15) with the change maclennanred@sympatico.ca
- Use the contact form on the District 15 website – choose Membership

You will need your RTO/ERO membership number when contacting the province.

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.

RTO/ERO District 15 Fall Event!

Photos by Marilyn MacLennan



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

Pension and Retirement Concerns

By Marilyn MacLennan and Greg Costa



SOCIAL ISOLATION is “the lack of **meaningful** relationships, social supports, social networks and social contacts.” “Social isolation can be twice as deadly as obesity. It’s as big a killer as diabetes and it hikes the risk of dementia by 64 per cent,” concludes André Picard in *All the Lonely People*, UC Observer, June 2016. In the U.K. there is now a Minister of Loneliness. Some doctors are now giving patients “social prescriptions”.

With the proportion of seniors rapidly increasing to a projected 23-25% of the population in 2031 (Stats Can), we need to be working on services and programs to help prevent social isolation. Some specific health concerns that can be exacerbated by social isolation include: more need for long term/residential health care, cognition issues, earlier mortality, more aggression, hypertension, hearing issues (which may also create social isolation especially in men).

A 2014 National Seniors Council Report on the social isolation of seniors determined that older Canadians are at increased risk for social isolation when:

- Living alone
- Being age 80 or older
- Having compromised health status, including having multiple chronic health problems
- Having no children or contact with family
- Lacking access to transportation
- Living with low income
- Changing family structures - younger people migrating for work and leaving seniors behind, and location of residence (e.g. urban, rural and remote)
- Critical life transitions (e.g. retirement)

For more information on what RTO/ERO is doing and how you can be involved visit: <https://www.rto-ero.org/support-the-foundation/kit>

OTPP - Ontario Teachers' Pension Plan – Did you know?

Our pension plan is worth \$189.5 billion. In January 2018 there was a \$10.3 billion surplus. Even with these numbers sustainability is always a challenge since retirees spend more time drawing a pension.

There are 184,000 active members and 139,000 retired members

1970 – ave. # years on pension - 20; ratio of active members to pensioners – 10:1

1990 – ave. # years on pension - 25; ratio of active members to pensioners – 4:1

2017 – ave. # years on pension - 32; ratio of active members to pensioners – 1.3:1

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Recreation Opportunities

By Dave Wright

Here are a couple of events that you might be interested in attending:

1. Stratford Festival

Date: May 30, 2019

Location: Stratford Festival Theatre.

Event: *“Billy Elliot, the Musical”*

Time: 2 p.m.

Cost: TBA

Contact: Dave Wright at 905-639-5093 or davidwright16@me.com

2. Milton Lecture Series

Dates: January 9 to May 8, 2019

Location: First Ontario Arts Centre in Milton.

Cost: Free

Details : Wilfred Laurier University, the Town of Milton and the Milton Public Library are presenting a lecture series presented by Laurier faculty members. The series started in October 2018 and there are five more sessions in 2019.

The next one is on January 9, 2019 titled *“The Role of Allies in Canada’s Reconciliation.”* No registration is required. Information on the topics of the lectures can be found at the First Ontario Arts Centre Milton website or contact Dave Wright at 905-639 -093 or davidwright16@me.com

Public Service Announcement

JOIN THE MARKBOOK TEAM

Part-time positions are available for RTO/ERO members for training and sales/promotion of MarkBookWeb. Applicants should have expertise with Mark-Book, MarkBookWeb and its use in implementing Growing Success.

Contact Mark Richardson at mrichardson@acadiemgroup.com



Foundation Report

By **Moira Plexman**



Isolation Kills! The Foundation mounted a very informative October fundraising campaign to address the dangers of social isolation. **Marilyn MacLennan** and **Greg Costa** attended the October Pension and Retirement Concerns workshop in Toronto where they took in a presentation on social isolation. Please see Marilyn and Greg's notes in their Pensions and Retirement Concerns Report.

October may be over but the challenge of social isolation remains. Please consider making a donation today to support the important work of minimizing it. To make a donation to the Foundation:

Call 416-962-9463 or 1-800-361-9888. Or E-mail: foundation@rto-ero.org.

Send a cheque payable to RTO/ERO Foundation:

RTO/ERO Foundation, 300-18 Spadina Road, Toronto ON M5R 2S7

Dance Anyone? The Foundation has partnered with GERAS to support dance for seniors to promote mind and body health for memory improvement and/or mobility limitations. Volunteers are needed to support the program. We are fortunate to have programs being offered in the Golden Horseshoe. Consider being a volunteer for a couple of hours a week for three months. More information is on the poster. Times and Dance locations are posted on our District 15 RTO/ERO website.

VOLUNTEER WITH GERAS DANCE!
Have a passion for fitness and health? Gain experience working with older adults in the community!

About the program

- Adaptive ballroom routines to improve mind and body health in older adults with early memory impairment and/or mobility limitations. **No dance experience needed!**
- Volunteer commitment: 3-months, 1-2 hrs/wk
- YMCA sites across Halton, Hamilton, Brantford & Niagara Regions



Interested? Please email: info@gerascentre.ca or phone: 905-521-2100 Ext. 77709



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Membership Committee

By Marilyn MacLennan



Once again District 15 hosted a **To Hell with the Bell** breakfast on September 6, 2018. In the past, many of you may have celebrated your first official week of retirement with other colleagues at a THWTB. This year was also a wonderful opportunity to meet new retirees and members new to District 15.

We had a lovely breakfast and shared stories of retirement. Guests heard about how they can get involved in the activities

of District 15 as well as helpful information about the benefits plan. Even though we missed seeing some new retirees, many of them sent regrets due to travel plans to places like Rome, Paris, South Africa, British Columbia and places in between – a great way to start this new stage of life.



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The Healing Portraits Project

By Marina Lloyd

All educators and members of RTO/ERO in particular, recognize the value that life-long learning plays in enhancing overall well being. This has certainly been the case for **Nicole Dolson**, a member of RTO/ERO since 2007.

Having enjoyed the study of watercolour painting with Joan Ng of Burlington, Nicole was spurred on by Joan's wonderful teaching to deepen her art studies after retirement from the HDSB.

When she discovered and started studies at the Academy of Realist Art (ARA), a classical art academy in Toronto, she did not realize that her 'back to school' adventure would ultimately span five years. ARA offers a unique environment where students from around the world learn classical drawing and painting skills based on 19th century European atelier techniques. Her five years at ARA provided Nicole with a strong foundation upon which she continues to build through workshops and private lessons with artists she particularly respects.

Nicole points out that her subject choices are eclectic and that her work is continually evolving with each painting. This is something that she celebrates recognizing the importance of on-going dynamic exploration and growth. She has particularly valued the words of her artist friend and respected colleague, Guennadi Kalinine, "Regardless of the subject, your work has soul!"

Portraiture has become a source of particular pleasure with portrait commissions making up a large part of Nicole's work. She is very excited and grateful to have recently been chosen as one of three participating portrait artists in an upcoming documentary film *The Healing Portraits Project*. In this project, three portrait artists were chosen, each one being paired up with an exiled person (refugee). The film, a product of the Meraki Arts Collective, will document the artist and



(Healing Portraits...continues on Page 32)

(Healing Portraits...continued from Page 31)

the model getting to know one another and connecting through the portraiture process.

While Nicole works in oil, Sungmi Kong, also chosen for the documentary, works in a type of Korean Watercolour style known as Mingwa Watercolour painting. Both Sungmi and Nicole are members of the Burlington Fine Arts Association. The third portrait artist involved in The Healing Portraits Project is Heather Horton. Her medium of choice is acrylic. Three different portrait artists, three different portrait 'models', three different mediums and styles.

Film makers Erick Nettel and Karene Nettel (of Nettel Media) along with art therapist Sarah Brodie of the Arterie maintain that the intent of The Healing Portrait Project is to provide an opportunity to hear and understand the exiled person's story and struggle, and to provide a journey of healing and growth through art. While the process of the painting of the portrait will be documented, the focus will be on the courageous journey taken by each of the exiled persons. Hopefully this process will also help each one to celebrate what he/she has achieved and perhaps think of his/her life in terms of 'that was then, this is now.'

The project was one of the first recipients of the new City of Burlington Arts and Culture Grant. This spurred the collective to begin. They gathered so much incredible footage that they've launched a second effort in fundraising: crowd funding in exchange for a seat at the Gala event in the new year and the on-line premiere.

The documentary will first be aired on January 17th at the Art Gallery of Burlington at which time the finished portraits will be unveiled. After a period of display at the AGB, the portraits will be gifted to the three exiles. All involved hope that the Healing Portraits Project experience as well as the gift of the portrait will help each person to continue his/her journey in Canada with hope and optimism.

Please see the Healing Portraits Project Facebook page for details on tickets and on-line release.



Tours Committee

By Jan Murdoch



The more I travel, the more I realize how similar everybody in the world is. We all want the same things out of life and have similar aspirations for the future for ourselves and for the younger generations. Those Canadians who have the opportunity to visit Australia will, however, find a nation of people who are almost a carbon copy of ourselves. They say “sorry” frequently; they are warm and inviting; and they have a great appreciation of humour. Ironically, our similarities have been recognized by the Australians as well; frequently we have had comments about how they enjoy Canadians and often heard the comment “you’re just like us, but you sound different.”

Some areas of Australia did start as penal colonies (Sydney) but some cities like Melbourne and Adelaide were planned cities with settlers purchasing land, especially during the Gold Rush days. The streets are wide and airy but tricky to cross because one tends to look the wrong way before putting foot to pavement. Looking to the right first takes a bit of practice. Sydney’s harbour is a breathtaking area. It is home to the Shanghai pubs that contrast with the beautiful Opera house.



During breaks from the cities, we visited Parks and Wildlife Reserves to engage with the native animals: mobs of kangaroos of all sizes, docile koalas sitting in treetops, along with emus and numerous other colourful native birds of various sizes. We had several encounters with Australia’s wild life and learned about the challenges the country faces trying to ensure that habitats and species are protected so that survival rates improve.

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

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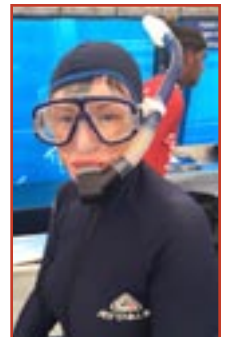
Hugging an 800 year old plus Kouri tree gives one a sense of awe and a realization that our time on this earth is quite short in contrast to this magnificent plant. It's shallow roots place it in jeopardy and it reminds us of how fragile some of our species are. These trees have the potential to live over 3,000 years as long as we respect their environment.

Our journey in Australia and New Zealand offered thrilling new adventures: diving on

the Great Barrier Reef, surfing the sand dunes near Cape Reinga and jet boating through the canyons near Queenstown. Every day was full of new experiences and learning opportunities. The group became like a large supportive family sharing an array of activities together, including the most remarkable scenery ever imagined.



There are more photos of our group on the next page. However, our photos were too numerous to include them all in the Herald. So we have submitted them to our District 15 RTO/ERO website. You are welcome to share our journey - just go to "Tours" and then Australia, New Zealand and Fiji.



Our final travel stop was Fiji, the weather was great and the sun rejuvenating. Whether we snorkelled, surfboarded or just floated in the pool, each activity helped prepare us for the long flight home.



I look forward to my next adventure in February 2019 to Egypt, Jordan and Israel. *"Not all those who wander are lost."*

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

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50th ANNIVERSARY BOOK DONATION

By Micki Clemens (HDSB photos by Marilyn MacLennan; HCDSB photos by Pat Mateja)

To commemorate the Provincial RTO/ERO's 50th anniversary celebration in 2018, District 15 Halton chose to donate an individual book of fiction to each of the elementary and secondary schools in both area boards. Lynn Goodwin, Head of Library Services in the Halton District School Board and Linda Murray, Head of Library Services in the Halton Catholic District School Board each facilitated the distribution of these gift books to the schools.

For elementary schools, a copy of Linwood Barclay's notable Young Adult fiction, *Chase*, was donated to both the Halton District School Board and to the Halton Catholic District School Board. For the secondary schools in the Halton DSB, a copy of Linwood Barclay's current bestseller, *A Noise Downstairs*, was sent to all libraries. For the Halton Catholic School Board, their choice of a secondary school title was *Indian Horse* by Richard Wagamese. Each book included a book-plate identifying our District 15 as the donor and the celebratory reason for the donation to schools.

Here are some school photos celebrating this book donation:



M.M. ROBINSON

Left to Right:

Stephen Payne – Teacher Librarian
with a copy of *A Noise Downstairs*

Lynn Goodwin – Library Services,
Halton District School Board

Susan Green – Library Technician

ROLLING MEADOWS

Left to Right:

Lynn Goodwin – Library Services,
Halton District School Board

Lynne Pratt Dyson – Library Techni-
cian

Emma Hill – Grade 7 Student with a
copy of *Chase*

Micki Clemens President – District
15 Halton

Paul Sousa – Teacher Librarian

(Book Donations..continues on Page 37)

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(Book Donations..continue from Page 36)

Here is Emma's comment on why she appreciated *Chase*. "I was so engrossed in the book that I finished it the very next day after I started it. I really enjoyed the multiple perspectives as the author tells the story through the eyes of Chipper, the dog, then the boy, Jeff, and also several members of the "evil" corporation. It was really fun to read and I can hardly wait until Mr. Sousa gets the sequel, *Escape!*"

NOTRE DAME SECONDARY SCHOOL



Mrs. S. Typer, Vice Principal of Notre Dame Secondary School reading a copy of *Indian Horse* one of the donated books.

HOLY FAMILY SCHOOL

The photo is of a student at Holy Family School reaching for the donated book *Chase*.



Here's a comment from a Librarian Technician, Halton Catholic District School Board. "I really enjoy Linwood Barclay's adult novels and was pleased to see he has written a novel for a younger age. He didn't disappoint! *Chase* had everything I enjoy in his other novels."

More English to the Bar!!!

- An oxymoron walked into a bar, and the silence was deafening
- A synonym strolls into a tavern.
- At the end of the day, a cliché walks into a bar -- fresh as a daisy, cute as a button, and sharp as a tack.
- A non sequitur walks into a bar. In a strong wind, even turkeys can fly.
- A dyslexic walks into a bra.

Seeing Canada From The Seat of a Bicycle!

By Al Greyson

An attempt to cycle across Canada seemed like a perfectly rational way to celebrate retirement. I had always wanted to see the Prairies so why not do it slowly and really enjoy them? The mountains concerned me, but I reasoned that if I took my time and just stayed in the pedals I'd gain fitness and adjust to altitude changes. I gave myself a year to plan and to prepare my backside for long hours in the saddle. I chose to travel through the months of May and June thinking that there would be less holiday traffic on the road and therefore it would be a safer. I chose the southern route (Hwy. 3) rather than the Trans Canada through B.C. to avoid heavier traffic. Unfortunately, this resulted in more severe mountain passes!

Leaving Vancouver on my first day I escaped into the Fraser River Valley near Port Coquitlam officially headed east and towards home. I made it to Hope covering 153 km on day one. Just outside of Agassiz I suddenly found pedaling to be a real struggle and that first night I was more exhausted than I felt I should have been. Ah, the mountains - spectacular, majestic, diverse - and an utter pain to try to cycle over. Day two began with a mountain pass. Not far out of Hope I had to get off the bike to push it uphill. Looking my bike over I discovered that my rear rack support, hidden by my pannier, had broken and was rubbing on my disk brake providing extra drag.



I won't bother you with the details of crossing the Rockies except to say it was very comfortable in a bus. In my planning, I had jokingly referred to the mountains as the 'speed bumps' before the Prairies. They kicked me hard for making light of them! I had really enjoyed day three, Princeton to Osoyoos through beautiful country and nearly no major climbs. A cold rain stayed with me into Hedley where a

(Seeing Canada..continues on Page 39)

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Complex Cheese Event - Glen Williams

By Claudia Stewart (Photos by Claudia Stewart and Marilyn MacLennan)



The Complex Cheese tasting event in Glen Williams on November 8th was a delightful evening of learning about and experimenting with five varieties of cheese. Marilyn MacLennan, who is a knowledgeable guide, took us on the tour of different types of cheese from goat's milk to cheddar and blue cheese. Who knew there are so many different flavours. We learned about the impact

of pairing dried fruits, pickles, nuts, honey, both white and red wines as well as two different kinds of beer. It was a melody of flavours and blending of tastes and textures often changing the sensation. What a wonderful evening of exploration.

Many thanks to Marilyn for hosting the event and acting as our guide as we savoured each cheese and beverage pairing. Marilyn knows about the provenance of the cheeses, how they are made and aged and, details of the history of cheese making both in Canada and beyond. We are



going to arrange another opportunity for a Complex Cheese tasting in 2019.



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

(Seeing Canada...continued from Page 38)

ginormous bowl of oatmeal and multiple pots of tea warmed my body and spirits. By the time I got to Osoyoos I had enough of the Alpine part of my ride so I packed everything up and took a bus to Pincher Creek, Alberta.

Now on the Prairies, I was happy to be on flatter roads with a generous shoulder separating me from traffic. I felt very safe thanks to the courteous truckers but noticed quite a bit of scrap metal along the roadside that had fallen off vehicles. I hoped I wouldn't be in the wrong place at the wrong time when something went flying! I also spotted an awful lot of a substance I named 'Prairie Pepsi.' Apparently truckers recycle their empty soft drink bottles to avoid pit stops and lost time. Ewww!



The days warmed up and the kilometers ticked by. I was starting to feel good about my progress and prospects. I met a ton of friendly people who were interested in my adventure and I queried them about life in the West. Before I knew it I was at the Saskatchewan border. I had heard often that the Prairies are boring, just flat land with nothing to see, but don't believe it. Crossing Alberta the land rolled often dipping into river valleys. The Cypress Hills greeted me as I crossed



into Saskatchewan and the rolling grasslands were rich with life. I saw antelope that for the most part ignored me and there was a constant chorus of meadowlarks. The wetlands were filled with migratory waterfowl including white pelicans on their spring migration north. As I approached Chaplin,

(Seeing Canada...continues on Page 40)

(Seeing Canada...continued from Page 39)



SK, a blizzard seemed to be crossing the road, but the whiteout was actually 'salts' (sodium sulphate) that had been mined and piled at a processing plant. I was never bored and was satisfied with my decision to explore western Canada on two wheels.

For most of the journey across the Prairies the wind had been quartering on my left shoulder giving me a bit of a push. All of my days were well over 120 km, so I was feeling optimistic about my chance of reaching Ontario sooner than planned. I rolled into Moose Jaw where a full rest day and hot shower were on my schedule. This lovely city (the name comes from the Plains Cree term for "warm breezes") had lots to explore and I enjoyed being off the bike for a day.

Continuing my journey, I planned on turning southeast to visit Rouleau, home of "Corner Gas." I had barely reached the edge of Moose Jaw when a horrendous headwind greeted me. Overnight the winds had shifted 180 degrees and not in my favour. I could hardly get down a highway ramp to resume my journey along the Trans Canada. I shifted into my easiest gear but still had to pedal downhill. A smarter person might have turned around and stayed in Moose Jaw until the winds abated but I tried to carry on. It took me an hour to travel roughly 10 km and the only respite came from the occasional hedgerow along the highway. I crossed Rouleau off my itinerary and carried on eastward towards Regina.

Late that afternoon I struggled into the little hamlet of Sinaluta, SK. Fighting the wind I was able to get my tent set up and crawled in to forage for a cold, meagre supper. During the night the wind dropped but it turned bitterly cold and I had to put all of my remaining clothing on to stay warm. As soon as I left the tent in the morning the wind began howling stronger than ever. I made my way to the Trans Canada but was stopped dead in my tracks. I straddled my heavily-laden bike to decide on next steps only to have the wind pick it up and try to blow it away. I stood and took stock of myself: I had lost about 7 kg (15 pounds), was fatigued, and had developed some overuse injuries. I had started to make bad judgements which I knew could lead to serious problems. Most of all though, I

(Seeing Canada...continues on Page 41)

(Seeing Canada...continued from Page 40)

was feeling a sense of profound loneliness.

I must have looked really desperate because a pickup truck stopped to see if I needed help. Soon I was rolling east in the company of Dave, an oil fields worker who was on his way to the fracking grounds in North Dakota and told me he could take me as far as Winnipeg. I noted, as we crossed into Manitoba, that the Trans Canada had become a two-lane road with narrow shoulders. Tragically, it was later that summer that some cyclists were struck and killed along this very stretch. I was very happy to board the airplane for the return flight home.

If I had more space I could tell you about all the amazing things I experienced on this journey, especially the great people. I would tell you how my perspectives on Canada changed and how much I learned about myself. I would confess to all of the errors in my planning. Despite the hardships, it was all worth it! I learned much about the “do’s” and “don’ts” of velotourism which I have been able to apply to subsequent trips. Travelling with a partner or group makes all the difference in



(Seeing Canada...continues on the back cover)

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More Beautiful Canada

Submitted by Carol Pashkievich

My nephew, Corey Chappelle, took pictures of a number of natural areas in British Columbia. I thought our readers might like to see them. We certainly live in a beautiful country.



(See more photos on the following page.)

A Japanese Garden

Submitted by George MacRae

While we were on a month-long cruise from Singapore to Alaska, Marilyn and I visited the Tottori Flower Gallery near Sakaiminato, Japan in early May. The floral area is surrounded by a 1 km covered circular walkway from which you can see lovely gardens on the inside of the circle and more gardens and lush areas on the outside. At the centre of the circular path is a large dome/conservatory.



The entire park covers about 50 hectares.

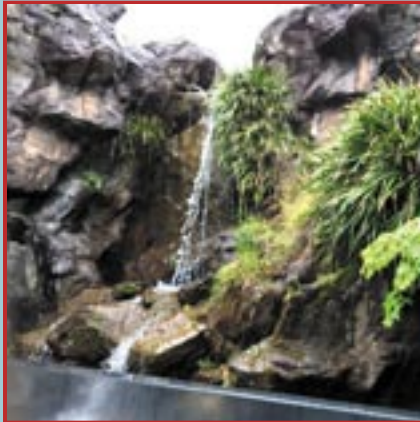
Everything was beautiful but we particularly enjoyed the incredible orchids in the dome. We were impressed! The park was overlooked by Mt. Daisen but the day we visited was rainy and we did not get much of a view of it.



(More photos on the following page.)

Tottori Flower Gallery, Japan

Photos by George MacRae



B.C. - Ahh, Beautiful Canada!

Photos by Corey Chappelle

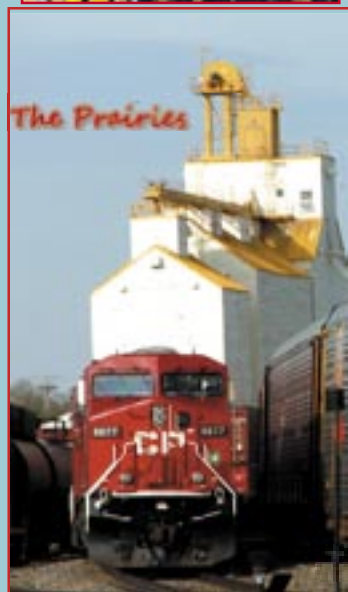


O Canada! From The Seat of a Bike

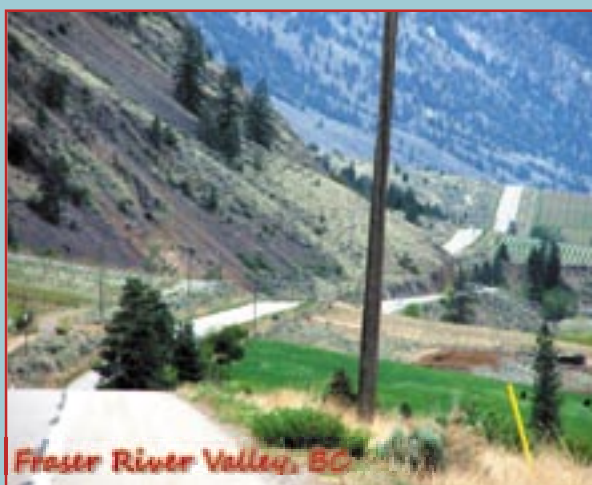
by Al Greyson



Chaplin Salt, SK



The Prairies



Fraser River Valley, BC

Osoyoos Lake, BC

