



**RTO
ERO**

District 15

HALTON HERALD

January, 2020

2020!

A New Year to Keep on Dancing



Photo Contest 1st Place Winner - "Great White Egrets Dancing" by Bruce Shapka

All Things Great and Small!



Photo Contest 3rd Place Winner - "Giant Swallowtail Butterfly" by Bruce Shapiro



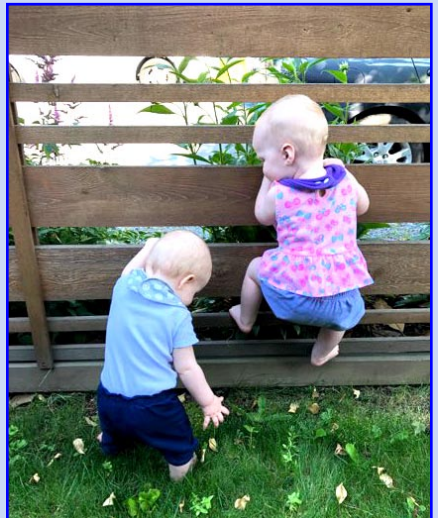
"Redbellied Woodpecker" by Marlene Horne



"Tellingate Newfoundland" by Penny Hambly



"Sea Foam at the Shore" by David Wright



"Granddaughter Climbing" by Hilary Duigman

President's Report

By Micki Clemens



New year, new wishes, new chapter, new plans! May every day, of this freshly minted New Year, 2020, bring you joy, laughter, good health, and oodles of energy as you pursue your favourite retirement activities, hobbies, and pastimes with friends and families.

This year 2020 will be a year of great change for our whole organization. At the end of October, **Jerry Powidaiko**, our First Vice President, and I, as President, attended the RTO/ERO Fall Forum as Corporate Members, along with official Observers, **Marilyn MacLennan** and **Jeannie Woodcroft**. I urge you to read about the momentous RTO/ERO Fall Forum and learn what is in store for your future! See Page 19. Here is a sneak peek of the handsome new banner!

District 15 had a very busy fall 2019 with the annual welcome and celebration of our newly retired members at the *To Hell with the Bell* event, organized by our Membership and Recruitment Chair, **Marilyn MacLennan**. We welcomed with warmth and humour the newly retired members who attended and at this time, I extend a hearty welcome to all the new retirees that have joined District 15 and swelled our numbers to over 2800! Welcome to our community!



In October, District 15 hosted the Retirement Planning Workshop with speaker, Stephen Wong, from the RTO/ERO Toronto office. Feedback from that session was that it was one of the best participants had ever attended!

The very next day, **Colton Roberts**, our Chair of Benefits, co-hosted, with Jackie Aird, his Hamilton District 13 counterpart, the Health Benefits session in Burlington for current members of the RTO/ERO Health Plan. Stephen Wong returned to lead this session! We teased that we would have to make him an honorary member of District 15 since he was spending so much of his time in Halton!

Various of our District Board members participated this fall in a number of Provincial Workshops – Goodwill, Treasurer, and Communications, and brought

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

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back new information regarding our District 15 processes and procedures related to those areas. So stay tuned for developments to be announced in these areas.

Moira Plexman, our Chair of Political Advocacy, was busy in October with the fall Federal Election, posting questions on our website and in *Rapport* for our members to raise with the political candidates in Halton. Thanks to all those individuals who used these questions to probe the candidates' positions on key issues!

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Now with the winter season in frosty swing, we can look forward with great cheer to our FABULOUS FEBRUARY LUNCHEON which should offer the perfect antidote to any winter blues. **Jerry Powidajko**, Chair of Program, along with the Program Committee, has booked the CRUISIN' SINGERS to entertain us! See the Registration Form on page 17, or go online to our District 15 website to register.

Then, on May 7, 2020 at our Annual Meeting being held once again at the pastoral Rattlesnake Golf and Country Club, in Milton, we will enjoy the dynamic presence of well-known author, Catherine Gildiner. Readers may know her earlier memoirs, *Too Close to the Falls*, *After the Falls*, and *Coming Ashore*. Her new book, *Good Morning, Monster*, promises to be a similarly riveting read. Watch for more news of this event in the *Rapport* and the April issue of the *Halton Herald*. It will be another blockbuster event, so ensure you obtain your reservation early!

NOTE: In the spring of 2020, we will have openings for additional members for our Goodwill Committee. **Toni Pizzingrilli**, who is shadowing **Marina Lloyd** this year, will be stepping up to assume the mantle of Chair of this vitally important committee. Especially, as we in Dis-

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

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

trict 15 focus more and more on trying to combat loneliness and isolation, we would be so happy to welcome overtures from more volunteers who would like to assist us in reaching out to care for our members in the North, East and West, with cards and notes and other small acts of caring and compassion.

Prospective volunteers should know that our District 15 Board completed its volunteer role descriptions in early September for our Executive and Standing Committee Board positions. We would be delighted to chat with you to review what is involved in making a small commitment to one of our District 15 committees. Please contact me, or **Claudia Stewart**, our Nominations Chair, through the Contact Form on our website.

Welcome New RTO/ERO District 15 Members!!!

Our membership is now over 2900 people. Below are the names of retired teachers and other education staff who became members since April, 2019. Please welcome and invite them to join you at one of our activities.

Darlene Alberts	Desdemona Abagiu	Dan Albrecht	Ellen Bailey
John Balog	Kristine Barden	Barry Bartlett	Sharon Bayes
Joanne Bober	Claudia Carson	Paul Cianciol	Mark Clory
Ardith Connor	Joan Crew	Sheila Crompton	Moira Crosbie
Evelyn Davis	Christina DeClerico	Gregory Dwyer	Debbie Eaton
Marisa Ferrante	Janet Foster	Donna Gillies	Karen Gresko
John Darrin Griffiths	Anthony Hansen	Deborah Hindmarch	Fanitsa Housdon
Alexandra Hodgkinson	Andrea Howson	Madeleine Hunter	Cathy Hutson
Joanne Hynes	Deborah Kattlus	Christian Kerr	Jane Kerr-Wilson
Karen Kozdras	Lynne Kumagai	Dallas Laprade	Jane Laughlin
Sherry Lawr	Jane Lewis	Elizabeth MacIntyre	Faris Mansur
Penelope McCabe	Gail McDonald	Elaine McGuigan	Judith McIntyre
Maureen McNamara	Marjorie Ann McNaughton		Andrea Moore
Nancy Morrow	Doris Morson	Julia Neilson	Larry O'Malley
Ann Orr	Michael Peirce	Michael Plyley	Elaine Prosenyak Sawicki
Lori Ralph	Jeff Robertson	Mary Rukavina	Matthew Santucci
Lisa Serebrin	Dan Shields	Anna Smith	Janet Smith
Susan Stavin	Eleanor Tegler-Gibson	Adaris Thwaites	Alice Waldriff
Carol Walker	Mee Wong	Heddy Wright	Julia Yorke
Grace Zalla			

We Get Letters, E-mails & Calls

By Peter Gnish



I only received two responses for inclusion in this column since the September issue came out. It would be nice to hear from more of you as to how you are doing these days. Why not share a line or two with your friends and former colleagues. E-mail me at pgnish@gmail.com or call me in Florida after February 15th (1-239-208-2860) or send me a letter to 5260 South Landings Drive, Unit #309, Fort Myers Florida, 33919. I would love to hear from you!

Ian Downie wrote to say, “Thanks for the card you sent me for my 91st birthday (there, I’ve said it.). You really do a wonderful job for RTO. A friend of our daughter in Burlington has a mother living with her who has dementia. She said to her mother recently, “It’s your 91st birthday today. Mother replied, “How did that happen?” I feel the same sense of surprise.”

Peter Saberton sent an e-mail saying, “Yesterday, I saw a silver-haired, good-looking guy on TV surveying the damage to his house from a fallen tree. I recognised the house, the wife of my friend... used to live there. I also recognised you! You look and spoke well, which I was glad to see and hear. How have you been? I see that you are still connected to the *Halton Herald*.”

I can hardly believe that it’s been 24 years since I retired! You must be about the same vintage. The Nelson math guys (and Cathy Walsh) still get together for breakfast and a few laughs on the first Wednesday of every month. Yesterday there were 7 of us. It’s more than 20 years that we have been gathering! Nelson was a great school at which to work. The administration and most of the staff were professional and dedicated.

Ron Banyai has gathered together a list of the e-mail addresses of Nelson retirees that he will coordinate with the office to advise them about this year’s gathering. Would you like to be included? I always thought that it was a nice touch to have the retirees mingling with the existing staff at that time.

P.S. I’m still swimming. Last month I completed my 1770th mile ... the distance across the Atlantic, from Brazil to Africa! I don’t know when I’ll stop ... people at the ‘Y’ are calling me Forrest Gump!”

Fall Luncheon

Photos by Marilyn MacLennan

There was a good turnout of members to this event in October. See the article by **Jerry Powidajko** that begins on page 11. Do you recognize any of your friends and former colleagues in the following photos? Why not join them and attend the next function. Read the Program report for the details.



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

(Fall Luncheon....continued from Page 7)



Teacher Luncheon Joke

The teacher of the earth science class was lecturing on map reading. After explaining about latitude, longitude, degrees and minutes the teacher asked, "Suppose I asked you to meet me for lunch at 23 degrees, 4 minutes north latitude and 45 degrees, 15 minutes east longitude?"

After a confused silence, a voice volunteered, "I guess you'd be eating alone."

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

Season's Greetings for 2019

By Peter Gnish – Goodwill Committee

“Those who bring sunshine to the lives of others cannot keep it from themselves.”

...J.M. Barrie, author of Peter Pan

There is something magical about sunshine. Having just left a hot, sunny day in Florida to come back to Hamilton we experienced this “magic” - only in reverse. When my wife and I arrived back north for Christmas, not only was there no sunshine, the day was grey, overcast, cold and snowy. Not that we weren't expecting a dramatic change, but it was still a letdown and a bit depressing.

However, even though we haven't seen a lot of sunshine in the sky over the past three weeks things quickly brightened beginning with the beaming smiles that greeted us at the airport! Our daughter and son-in-law invited us to dinner. Soon after we visited our youngest son and his family including our 4 year old granddaughter and 2 year old grandson. Some of the neighbours dropped in to welcome us back – who could ask for more! Suddenly it didn't matter that the sun was not shining outside and the winter cold was bone chilling! Our family and friends were the source of a light that provided us brightness and warmth. And, to be sure, their response showed that they were benefiting from the reverse sunshine effect.

We all have the ability to bring sunshine into the lives of others. Each of us will do it in our own unique way. By reaching out in a positive way to our relatives, friends, and neighbours, we can brighten up their days while bringing a little sunshine into our own lives. This is particularly appropriate during this Holiday Season but it works throughout the year regardless of whether the sun is shining outside or not.

By sharing this Season's Greetings message with all of you we hope that, in some small way, we are bringing a bit of sunshine into your lives.

We hope that you continue to be in good health and are enjoying retirement to the fullest. If you are in need of any assistance or if you know of a Halton District 15 RTO/ERO member who could use our help, please get in touch with me (pgnish@gmail.com) or one of the other members on the Goodwill committee.

During this Holiday Season, may the knowledge be with you that friendships survive through the years and that old friends have not forgotten you - and may the joy of life remain with you as your world expands throughout 2020!

(For years this message was only sent out by mail to those members living outside of Halton. We decided that it should be shared with all members through the Halton Herald.)

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

Webmaster's Report

By Jeannie Woodcroft



It's been a busy few months with the new branding being unveiled on our national RTO/ERO website. The familiar blue rectangle with the scripted RTO/ERO has been replaced with the new colourful apple logo. To return to the Home Page from anywhere on our website just click on this new apple logo and you will be redirected. We are also anticipating a personalized

District 15 logo. Our new branding communications package is still in the 'works' by the new national RTO/ERO.



To complement the new branding, the national (not provincial anymore) RTO/ERO website is being redesigned; it will marry the national and district sites through the use of 'microsites'. All district websites will be redesigned in the coming six months using WordPress (District 15 is currently using Drupal). The newest districts (49, 50 and 51) will be the first districts to launch the new design in mid-February. Other district webmasters, including myself, will be instructed at regional workshops in the spring.

I attended a Communications Workshop in Toronto on Oct. 6-7, 2019, where Charles Tabone, Director of Information Technology, presented the RTO/ERO District Sites' Audit. Several issues were uncovered on several of the district sites. Charles reviewed some security issues. I encourage you to use the secure 'District 15 Contact Us' form which is found at the bottom of each page on our district website; remember to select the Board Member in the drop-down box. Alternately, you can contact board members at our District 15 e-mail address: District15Halton@gmail.com. Charles also informed us that we now have available an on-line secure credit card payment form from 'Bambora' and TD Bank. Each district will have its own personalized payment form. A link can be embedded into our registration forms. The event and the registrant's personal information are identified. The money is moved directly to the district's bank account. The service provides detailed reports twice (or more) monthly. Look for the use of this on-line payment form on our District 15 website soon.

It will be an exciting new year with all these changes. But, as always, please stay connected with your fellow District 15 members by surfing our website to keep up with the news.

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

Program Committee

By Jerry Powidajko



The Program Committee had a very successful fall luncheon and continues to plan for two future events we will run in the new year. With that in mind, I would like to thank the current committee members: **Lynda Kozak, Paul Harper, Moira Plexman, Penny Hambly, Tony Pizzingrilli** and **Colton Roberts** as well as **Micki Clemens**. Their enthusiasm and hard work makes these events worthwhile and enjoyable! As always, we welcome suggestions and ideas for future speakers/presenters/events...please e-mail to district15@gmail.com.

1. Autumn General Meeting & Luncheon - Tuesday October 22, 2019

Holiday Inn & Suites, Oakville @ Bronte

Guest Speaker: Constable Matthew Rocca Constable

Recently, RTO/ERO District 15 held its Fall General Meeting & Luncheon on October 22, 2019 at the Oakville Holiday Inn, Bronte. The meeting and luncheon were well attended with 85 registered participants. See select photos on pages 7-8.

Micki Clemens, President RTO/ERO District 15, welcomed the group and introduced **Jeannie Woodcroft** and **Penny Hambly** to present the RTO/ERO award “2019 Project Service to Others” grant of \$4000 to District 15 in partnership with Habitat for Humanity Halton-Mississauga and CATCH18. District 15 is happy to have been part of the project Crew-Goetz Landing - Bathroom Fixtures.



Thank you to all those members who participated in the Build Day and in so doing made this grant a reality! Accepting for Habitat for Humanity Halton - Mississauga. were Len Walker and Melissa Fowler.

(Program...continues on Page 12)

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

(Program...continued from Page 11)

Guest Speaker: Constable Matthew Rocca



Our keynote speaker, Matthew Rocca has been a police officer for the past eighteen years, and commenced his career with the Niagara Regional Police Service in 2001. Policing has a very symbolic meaning to Constable Rocca, as he reported for basic training on September 11, 2001. As a member of the Niagara Regional Police Service, Constable Rocca served in a number of capacities, including uniform patrol, investigative services, and training. Moreover, Constable Rocca served as an instructor at the Ontario Police College. In 2014, Constable Rocca transferred to the Halton Regional Police Service, serving in uniform patrol and training. In the summer of 2019, Constable Rocca transferred into the Regional Community Mobilization Bureau, where he presently serves as the Older Adult Support Officer.

His presentation covered frauds, scams, and safety as it relates to seniors in the Halton area. His best advise...to defend yourself against a con artist...be your own detective. When you look at a scam, it's usually for financial gain and there is a sense of urgency and secrecy. Opportunists look for an easy way to make money. You always have to be careful how much information you divulge to others on the phone. Never give up financial information to strangers...ask questions. Distraction thefts are also a real problem when we become complacent. Trust your gut instincts! A lively discussion followed with Q&A's. If calling police for information on scams, etc., do not call 911...call the regular line for all non-emergencies.

Line Dancing with Tammy Wyatt

Tammy has been instructing line dancing for over 26 years in Southern Ontario. She taught her first class on March 23, 1993 at the Knights of Columbus hall in Oakville, Ontario. Since then she has taught at many country night-club venues, legions, schools, outdoor summer events, company seminars, street dances, private functions, community centres, parties and numerous other events.



(Program...continues on Page 13)

(Program...continued from Page 12)

Quite a few of our members participated in the one-hour introductory session with Tammy and left feeling invigorated! The picture with our local RTO/ERO members says it all! As you can see in the picture, a smile is inevitable when you are line dancing.

Keeping Your Brain Healthy by Karen Robins



Karen Robins, who is from the Alzheimer Society, loves the expression “use it or lose it” and unfortunately, that can apply to our brains particularly as we age. There are actions we can take in attempts to prolong life and live as healthily as possible. Physical activity such as exercise and sports can keep our body fit and limber, and possibly increase our body’s ability to ward off certain illnesses, both physical and mental. Mental activity such as brain games can keep your mind sharp and preserve your intelligence.

In this presentation, Karen talked about ways we can keep our brains active and healthy as she reviewed some recent research and readings on Alzheimer’s. A healthy brain gets better at what we do more. How do you keep those neurons active and healthy???. . . .try new things, exercise (30 minutes a day), go for a walk... lead a more active life.

Thriving in the Years Ahead with Binu Dhindsa

Binu Dhindsa is a fitness and nutrition coach, an author, a writer, a personal trainer, and a workshop facilitator. She is passionate about helping others find their inner spark in life! Binu Dhindsa spoke about the aspects that make up a thriving life in retirement. According to readings, the biggest activity that promotes living longer was community and social interaction. Examples where this is evident are in countries where grandparents lived among the grandchildren...more social interaction! As well, there was a discussion on what causes you pain in your life...when does it happen...and how do you organize it.



(Program...continues on Page 14)

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

(Program...continued from Page 13)

2. Winter Luncheon - Monday, February 24, 2020

Burlington Convention Centre

At our winter luncheon at the Burlington Convention Centre we are pleased to present A-cappella Sensation - Cruisin'. Performing great Rock, Pop, Gospel classics in Cruisin's unique a-cappella vocal style, Cruisin's sets will have you laughing, clapping, singing along and most of all, putting a smile on your faces!! You do not want to miss this!!! Register early to avoid disappointment! See pages 16-17 for more recent details, how to register, and who to contact.



3. AGM Spring Luncheon - Thursday, May 7, 2020

Rattlesnake Point Golf & Country Club; Keynote Speaker: Catherine Gildiner

We are holding the year-end general meeting at Rattlesnake Point Golf & Country Club and our keynote speaker will be Catherine Gildiner. Gildiner was born in 1948 in Lewiston, New York, and came to Canada in 1970. After completing an M.A. and a Ph.D. in psychology, she established her private practice and worked as a clinical psychologist for more than twenty-five years. In 1999 Catherine Gildiner published her first book, a humorous memoir of her childhood called *Too Close to the Falls*. The story is told through the eyes of young Cathy McClure (Gildiner) who, at the age of four, is put to work assisting the deliveryman who works for her father's pharmacy, in order to curb what the local paediatrician considers her hyperactivity.



At the Spring Luncheon, Catherine will be discussing her newest book, *Good Morning, Monster*, which focuses on five brave men and women who overcame enormous trauma - in her view, heroes who should be celebrated. With a novelist's storytelling gift, Gildiner recounts the details of her patients' struggles and their paths to recovery and weaves in her own tale of her growth as a psychologist. In therapy, patients have to become vulnerable by stripping away their defences, but so do therapists!

She writes journalistic pieces for various newspapers and wrote a monthly column for *Chatelaine*. Gildiner now lives in Toronto, Ontario with her husband and three sons, and is on a masters rowing team that rows competitively worldwide.

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Contribute to the *Herald!*

The next *Halton Herald* will be distributed in April, 2020.

- **Send a Letter to the Editor** (pgnish@gmail.com) on any topic that concerns you or **share a line** with our readers and let them know how you are doing and what you are up to.
- **Write an article** on any topic that may interest your retired colleagues. Please try to limit your article to a maximum of 750 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: 905-399-6706. Deadline - February 15, 2020.

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 national at membership@rto-ero.org
 - Phone RTO/ERO national 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 national office.**

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.

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

**RTO/ERO DISTRICT 15 HALTON
Winter General Meeting & Luncheon
Monday, February 24, 2020
Burlington Convention Centre
1120 Burloak Drive
Burlington, Ontario L7L 6P8**



Performing great Rock, Pop, Gospel classics in Cruisin's unique a-cappella vocal style, Cruisin's sets will have you laughing, clapping, singing along and most of all, putting a smile on your face!!

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 performance to follow.

Cash Bar will be available.

RTO/ERO WINTER MEETING!!!

Monday, February 24, 2020

Registration Form – Please PRINT

Name: _____

Tel.#: _____ Member : _____

Email: _____

Meal: Chicken ___ OR Fish ___ OR Vegetarian ___

Food/Gluten Allergy: _____

Guest Name: _____

Tel #: _____ Member : _____

Email: _____

Meal: Chicken ___ OR Fish ___ OR Vegetarian: ___

Food/Gluten Allergy: _____

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

Please forward by mail by **February 16, 2020** to:

Lynda Kozak
491 Underwood Drive
Oakville, ON L6L 5P1

RTO/ERO District 15 Halton Contact List**Executive 2019 – 2020**

Past President	Claudia Stewart	905-331-5614
President	Micki Clemens	905-847-2452
1st Vice President	Jerry Powidajko	905-331-7894
2nd Vice President	Brad Fisher	905-319-9053
Secretary	Dianne Visschedyk	905-335-3852
Treasurer	Carol Pashkievich	905-827-4509
Member Emeritus	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

Communications

Webmaster	Jeannie Woodcroft	905-315-0581
<i>Rapport</i> Coordinator	Brad Fisher	905-319-9053
Newsletter Coordinator	Nanci Wakeman	905-399-6706
Newsletter Editor: Peter Gnish - Design: Cate Roberts		905-547-1628
Editing: Nanci Wakeman		

Proofreaders: Micki Clemens, George MacRae,

Marilyn MacRae, Eleanor McCulloch, Jordan Palmer, Ray Smith

Foundation Champion	Moira 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

Health Benefits	Colton Roberts	905-335-0027
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Committee Members: Paul Harper, Toni Pizzingrilli

Membership/Recruitment Chair	Marilyn MacLennan	905-631-6058
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Committee Member: Claudia Stewart

Member Without Portfolio	Tony Pizzingrilli	905-466-5414
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Political Advocacy	Moira Plexman	905-845-1977
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Committee Members: Bev Balch, Olga Shewchun, Paul Sousa

Program	Jerry Powidajko	905-331-7894
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Committee Members: Penny Hambly, Paul Harper, Lynda Kozak,
Toni Pizzingrilli, Moira Plexman, Colton Roberts,

Social	Claudia Stewart	905-331-5614
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Committee Members: Lynda Kozak, Marilyn MacLennan,
Carol Pashkievich, Diona Szczerbak, David Wright

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SUMMARY OF THE RTO/ERO FALL FORUM – OCTOBER 2019

By Micki Clemens

At the recent Fall Forum in Toronto, there were several significant issues that created a full agenda. There were: Bylaw changes voted on; a Budget Report that was visually tied to the three goals of our Strategic Plan; the outcome of the Branding exercise with the “Big Reveal”; a comprehensive presentation by Dr. Paula Rochon on the key activities and accomplishments of the RTO/ERO Foundation; along with the regular Advisory and Standing Committee updates; and a intensely choreographed input session into the new Strategic Plan 2021-2025.

BRANDING: Over the last few years, RTO/ERO has been working with purpose and commitment, breaking new ground in the services offered, the research funded, and the support given to each of our members, and is emerging as a vital, contemporary, and energetic **national** organization. RTO/ERO now boasts official Districts in British Columbia, the Prairies, Ontario, Quebec, and the Atlantic provinces.

RTO/ERO undertook two years of in-depth research to find a visual representation to show prospective members and current members how relevant, contemporary, and modern we are. This new visual image will say loudly and clearly that we are different from the organizations, which claim to be our competitors. Because our heritage matters, **the name is the same; but everything else is different.** Check RTO/ERO’s new logo below and on the website and social media sites.



In addition, the new logo will be appearing on the new RTO/ERO benefit cards, the Communique newsletter, and the updated Insurance Plan Booklets. **FUN SIDEBAR:** I had the Johnson Insurance rep snap a photo of me at the Fall Forum with their massive friendly mascot, a woolly black Newfoundland dog, “Johnson” by name, of course!



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

(Summary....continued from Page 19)

The complete rollout of the new refreshed branding will be accomplished during this year:

- In November, each District will receive a new colourful pull-up banner.
- In January 2020, more support and resources will be coming. Each District will receive a digital toolkit with digital versions of our own District 15 logo and templates like a district electronic letterhead, and a newsletter template.
- Also in January, the Marketing and Communications Committee will be holding teleconference meetings with district presidents, communications chairs, newsletter editors and webmasters to hear more about the support and resources needed at the district level.
- In March, there will be the launch of the totally redesigned RTO/ERO national website, including redesigned district websites.
- Throughout 2020 and beyond, the refreshed brand will continue to roll out. The Communications & Marketing Committee has assured us that it will work to keep all members up to date.

PROJECT SERVICE TO OTHERS 2019

Jeanie Woodcroft compiled a powerful visual display of District 15's award winning Project Service to Others - Crew-Goetz Landing – Bathroom Fixtures (Catch 18 Habitat for Humanity, Halton – Mississauga) that was displayed proudly at the Fall Forum for other districts to appreciate.



(Summary....continues on Page 21)

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

(Summary...continued from Page 20)

STRATEGIC PLAN 2021-2025

As a team, your District 15 representatives participated in the planned feedback exercises identifying the key values of our RTO/ERO organization (e.g., leadership, communication, service, community, advocacy, collaboration, openness, ethics, inclusion, etc.) and contributed to identifying what the various districts currently “Liked” “Lacked” and “Longed For” from our organization and from our leadership team in Toronto. The RTO/ERO Vision and Mission for the next five years will be fashioned this year and come forward at the Spring Forum in May 2020.

Membership Committee

By Marilyn MacLennan



Our membership continues to grow. As of November 1, 2019, we had 2894 retired members, and 57 active (still working) members. In August, 22 members were transferred to the new districts in the Prairies, Montreal and Eastern Canada.

On September 5, we held our annual **To Hell with the Bell** breakfast. It was attended by enthusiastic and happy retirees.

We can all relate to the joy of the first week of September with no alarm, no lesson planning, no sleepless Sunday night

120 people who are planning to retire in the next 5 years attended our annual Retirement Planning Workshop, hosted by District 15 and presented by RTO/ERO provincial. Thank you to the province for providing excellent information to assist with decision making.



Correction Notice

In the print edition of the September 2019 *Herald*, contributor **Nancy Sorensen's** name was misspelled. The error was corrected in the online edition. The editors apologize for this oversight.

Political Advocacy Committee & Pensions

By **Moira Plexman**



Federal election 2019 is now in the history books. The work in Ottawa is beginning to take shape. Currently the Ontario government is regrouping after a long break. You are encouraged to reach out to your elected representatives when issues important to you arise. Your committee continues to monitor developments both nationally and federally. Our Provincial Political Advocacy team, as a member of Vibrant Voices met recently in Queen's Park with politicians to make them more aware of the needs of seniors.

This year District 15 will be a premier sponsor of the Dinner Party to be held on "International Women's Day", March 4 in support of women and girls locally, nationally and internationally. This is an amazing annual community sell out event and we are proud to support it. Please monitor the District 15 website for updates that may surface between issues of the *Halton Herald*.

We have openings on the committee for representatives for Halton Hills.

Goodwill Report - The Joy of Giving

By **Toni Pizzingrilli**



I was very excited to attend my first Goodwill Workshop entitled, "The Joy of Giving" on September, 8 through 9 at the Courtyard Marriott in Toronto. As a first time participant, I was impressed by the warm welcome and excellent organization of the event.

Sunday evening began with a lovely dinner followed by presentations from Martha Foster, RTO/ERO Chair, Jim Grieve, CEO and Anna-Rita Lunghi, Director of HR and Volunteer Engagement. Martha spoke on the importance of a Goodwill Committee within a district and how the acts of Caring, Compassion and Celebration would naturally vary from District to District primarily due to the varying sizes of districts. Jim Grieve presented the results of a survey that Goodwill Committee members had completed in the Spring of 2019. The survey highlighted the main tasks undertaken by Goodwill Reps as well as some of the barriers that challenge the performance of these tasks. This information will be very beneficial for districts when reviewing current practices.

The last Sunday session was a presentation by Anna-Rita Lunghi who shared best

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(Goodwill....continued from Page 22)

practices for recruiting and maintaining volunteers as well as succession planning advice, excellent information that the Executive Committee of each district will be able to use as they continue the ongoing process of recruitment

Monday's sessions began with two presentations on legal issues. Nathaniel Brettle, a solicitor, spoke on the importance of having a Power of Attorney for Personal Care and a Power of Attorney for Person Property. Litigators Brendan Donovan and Noah Kochman spoke on the importance of having a will. All three presenters stressed the need for all members to be aware of their financial situations and to seek the advice of professionals when dealing with these matters.

This presentation was followed by an update on the RTO/ERO Foundation on social isolation given by Joanne Murphy, President of the Foundation Board. The key message for all of us was to lead a balanced life as well as to stay informed about the many resources available to assist us in our daily activities. The morning session concluded with a group discussion on goodwill practices. Discussion points included the organization, recruitment, funding and activities of Goodwill Committees. A key message was the need for accurate and up to date information regarding the status of members.

The final Monday afternoon session was a wrap up in our Liaison Groups. Each district has been placed in a Liaison Group that is headed by a Membership Services Committee Provincial Rep.

Again, I would like to say what an educational and pleasant experience it was for me to attend this conference on behalf of **Marina Lloyd**, our Goodwill Chair.

Foundation Report

By **Moira Plexman**



District 15 raised \$1170 during October's "Engage to End Social Isolation Campaign." Heartfelt thanks to our members who generously supported our very first District campaign. Do you know by 2032 fully 25% of those living in the province of Ontario will be seniors? 2032 is actually not all that far away. In some ways our donors are "paying it forward."

Thank you for your support, generosity and your caring and compassion for others. Your donation goes to research and programs to end social isolation in our communities. It is never too late to donate to the Foundation. Check out our District 15 website for a Foundation donation form.

Awards & Service to Others Report

By Penny Hambly



Congratulations to **Jeannie Woodcroft** and **Helen Cirotto** on receiving the \$4000 grant for their Habitat for Humanity Catch 18 Community project entitled **Crew-Goetz Landing – Bathroom Fixtures**. Many District 15 members were also involved in a successful workday at the construction site. See the picture of the cheque presentation on page 11.

Remember, if you are involved in a community project, you may be eligible to apply for the **Service to Others** provincial grant. Contact me to discuss it.

The **Johnson Insurance Scholarship** application material will be on the Johnson website in April. A child/grandchild etc. of a person who has a Johnson insurance policy and is in their **FIRST** year of a post-secondary program may apply. Johnson Insurance awards \$50 - \$1000 scholarships across Canada. Google: *Johnson Insurance Scholarship*. The application deadline is usually late August.

The **RTO/ERO Scholarship** application for children/ grandchildren etc. who are completing their **FINAL** year in a post-secondary program has an application **deadline of January 31, 2020**.

Archives Report - This Moment in Our History

By Patricia Mateja



Under Construction

New provincial guidelines for managing archival materials have been established. These guidelines were recently shared with all districts. These guidelines will help District 15 develop its own archival procedures for the proper and structured maintenance of our archival materials. Now the work begins.



Micki Clemens, our president, has already begun the process. In the fall of 2018, she rented a temperature controlled storage space at Apple Self Storage in Oakville. This is where all District 15 archival materials, including our financial records, are to be stored and managed. Materials are also being digitized and saved on our website. If any member currently has District 15 materials, kindly contact me at patricia.mateja@gmail.com and I will arrange for pickup.

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

Health Benefits Committee

By Colton Roberts



By now, those of you who have the RTO/ERO Benefits Plan should have received your new Benefits Card along with the Communique newsletter. Please recall that Global Excel is now to be contacted should you have an emergency while travelling outside Ontario/Canada including trip cancellation/interruption claims. Refer to your health card for the correct number to phone should you need to use the services.

As indicated in your new Benefits booklet, there are also some coverage enhancements including the following. The maximum coverage for a medical emergency will change from \$2 million per person per trip to \$10 million. Baggage loss coverage of \$1,000 will be added. The maximum for emergency services of a chiropractor, podiatrist and chiropodist will increase from \$225 per year to \$500 per emergency. Emergency services of a physiotherapist will increase from \$300 to \$500 per emergency. Emergency services of an osteopath will be added. The transportation of bedside benefits will change from seven consecutive days of hospitalization to three consecutive days. Please read your 2020 Health Plan and Travel booklets so that you are familiar with their content. Other areas may have changed since the publication of the 2017 booklet. It is wise to keep current with your coverage.

In other news, the joint Health Benefits seminar with District 13 held on October 17th was successful in helping 44 members become more familiar with their health plan and the services provided by Best Doctors, Venngo Member Perks, Iris, Hearing Life and, of course, Johnson Insurance. Plans are underway for the next seminar to be held in Hamilton in October 2020. In the meantime, should you have questions that you want addressed, please do not hesitate to contact Johnson Insurance or RTO/ERO National. If you think we can be of help in anyway locally, please let me know.

The Program Committee presented our first Wellness Day in quite a few years to over 75 members on Tuesday, October 22nd. I would like to acknowledge the hard work of the committee, especially, **Paul Harper** and **Toni Pizzingrilli**, members of the Benefits Committee who played a large part in establishing the program for the day. Thanks to the Program Committee for sponsoring this day. We look forward to more such events.

Social Events for 2020

By Claudia Stewart



Excite Your Palate - Not Your Ordinary Wine Tour!

Take advantage of the winter season to take a winery tour; not your ordinary time of year but it will certainly pull you out of the winter blahs! Mark January 29 on your calendars. Join us for a coach bus tour to the Niagara Region highlighting three outstanding wineries. We will tour the Niagara College Winery and Brewery, tasting both wine and beer, with a picnic lunch included; the Thirteenth Street Winery, offering a wine tasting with a cheese and charcuterie board, and Foreign Affair Winery for a Barrel Cellar tasting with cheese as well as a tour.

The luxury coach bus will depart from the Kiss and Ride Parking lot at North Service Rd. and Guelph Line at 10:00 am sharp and return at approximately 5:00 pm. The cost is \$99.00, which includes the coach, tastings, taxes and tip. Priority for this event will go to District 15 members and spouses - a waiting list is available for friends and other family members as availability allows. There is a 15-person limit for this event. Register on the website at www.district15rto-ero.org.

Plans for a **Painting Event** are in the works; watch the website and check the *Report* each month for further details

Friday, March 6th from, 10:30 am to 12:30 pm, will be a **Bingo Bowling Event** to challenge you and your friends to demonstrate your skills and have a lot of fun! Exciting Prizes will be awarded! Check the website at www.district15rto-ero.org for further details.

On Friday, April 17th, there will be a trip to **Mohawk Raceway** for buffet lunch. We are hoping to have a special advisor to alert us to winning horses. Please contact me to let me know if you would be interested in taking a bus to this event.

The annual trek to **Stratford** with Dave Wright will take place on May 21 to see the show, *Chicago*. Call Dave at 905-639-5093 or e-mail davidwright16@me.com to reserve your seats. This event always sells out, so reserve quickly.

The **Gotta Sing Gotta Dance** performance takes place in June so come out and support our members who perform in this event. Watch for further details on the website and in the *Halton Herald*.

(Social...continues on Page 27)

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

(Social...continued from Page 26)

Watch for further details about the following trips:

- A trip to the McMichael Gallery during the summer, and depending on interest, could include a bus and lunch. Join us for the spectacular green hiking trails and historic art installations.
- Trip to Mohawk Raceway
- A performance at a summer theatre
- A trip to Shaw Festival
- A trip to St. Jacobs
- A Fall Colour Tour
- Clarkson Musical Theatre in November
- A special Christmas theatre performance at Shaw Festival

If you have any suggestions for possible events or trips, please contact Claudia Stewart at 905-320-6639.

Get the *Halton Herald* Electronically!!!

The *Halton Herald* magazine is mailed out to most of our District 15 members. Currently our membership has grown to almost 2900 in number. Since the costs for print publication and for mail distribution of the *Halton Herald* are increasing each year, we would like to encourage more of you to receive your *Halton Herald* electronically.

Some of you have already made the environmentally friendly choice to receive it only electronically. If you would like to change your subscription preference from print to online only, please e-mail **Peter Gnish** at pgnish@gmail.com.

The magazine is fully available as well on our District 15 website. Please share your feedback, suggestions, and comments at district15halton@gmail.com.

We'd love to hear from you.

Report on the Cranberry Colour Cruise

By Claudia Stewart

Fall is always colourful and often allows us beautiful sunny, crisp, cool days! Warmly dressed, we enjoyed a lovely cruise aboard the Wenonah II for over two hours of spectacular vistas of the rugged landscape of cottage country. We were entertained and informed about the history and geography of Lake Muskoka.

Lunch was a delightful turkey dinner with all the fixings and complemented with a glass of wine, tea or coffee and that old favourite, pumpkin pie!



A delicious lunch with great company and new friends! We enjoyed the first sitting for lunch and were able to go up on the deck, feel the wind in our hair and enjoy the sunshine and views of the water, forest, and of course, the luxurious cottages on shore.



From the lake cruise to a wagon ride around the Johnson Cranberry Farm and Winery, we were delightfully entertained by the banter of Bob, our tour guide, who educated us about the collection, uses and health benefits of drinking cranberry juice. We were treated to a wine tasting of seven different wines followed by an opportunity to shop and purchase a selection of the wines, jams, jellies, sauces as well



as honey and maple syrup. Hot cider, tea and coffee were also available for purchase along with various types of cranberry adorned treats.

The return trip was relaxing.



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E-Newsletter: *Rapport Report*

By Brad Fisher



With almost 2,900 members at the local level, District 15 is one of the larger RTO/ERO districts. We have a variety of committees to support our membership, and we sponsor many social events such as breakfasts, special luncheons, and theatre outings to promote fun and fellowship.

We also publish our monthly e-letter, *Rapport*. Through this communication we strive to keep members abreast of new developments and events at the local and provincial levels. The *Rapport* is e-mailed out as a District 15 E-blast to members from the RTO/ERO national office, so it's very important that your e-mail address be current.

Some service providers such as Sympatico and Cogeco pick up e-mail blasts as spam and either send them to junk mail or block them depending on your settings.

An e-mail message may also be bounced if a member's mailbox is full or their server is unresponsive.

If you are not receiving the *Rapport* you can:

1. Make sure that the national office has an up-to-date e-mail address.
2. Go to the Junk file to see if your server is sending it there because of the high number of recipients.
3. Ensure that your mailbox isn't full.
4. Check with your service provider to determine if your settings can be adjusted to allow you to receive the *Rapport*.



Book of Remembrance

We remember with fondness

Howard Allan	Patricia Beer	Anne Cameron	Anne Cronin
Eva Edgeworth	Donalda Fordham	Ruth Green	Joan Holenstein
Jean Howard	Joanne Ingram	Lilian Fulford	John McGibbon
Jennifer Neal	Lorna Scott	Edward Serjeantson	Laurie Walker
Norah Williams	Catharine Wilson-Shields		Edward Yorke

Favourite Photo Contest!

By Peter Gnish

We had a wonderful reception to the Photo Contest advertised in the April issue of the *Halton Herald*. Thirteen members submitted their favourite photos giving the eight judges a total of 35 photos to choose from. The winner, *Great White Egrets Dancing*, was by **Bruce Shapka** who will receive the 1st prize of \$25. His photo is on the front cover. Bruce also earned 3rd place for his *Giant Swallowtail Butterfly* (\$10)

on page 2.



2nd place, *Barbados* (\$15) and 4th place *The Track Meet: (Honourable Mention)* were awarded to **David Lewis** for his black and white photos pictured here and below.



Thank you to the others who took part - **Grant Davidson, Hilary Duignan, Penny Hambly, Marlene Horne, David MacDonald, Theresa MacDonald, Marilyn MacLennan, Karen O'Halloran, Marilyn Ortwein, Anne Stewart and David Wright**. See a selection of their photos on the following pages and on page 2.



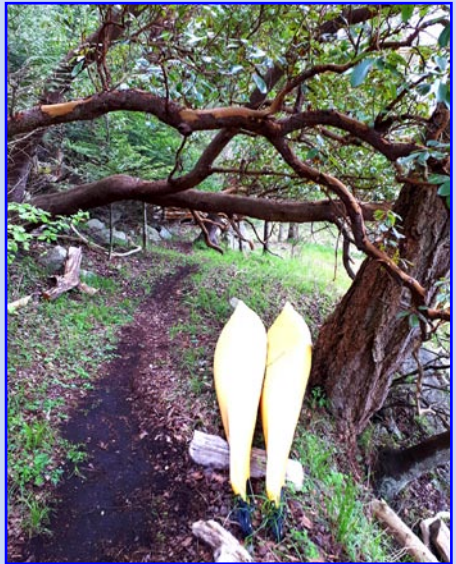
"Monarch Butterfly" by Marifyn Ortwein



"Grandkids on the Beach" by David MacDonald



"Turkey Vulture" by Grant Davidson



"Kayaks" by Karen O'Halloren

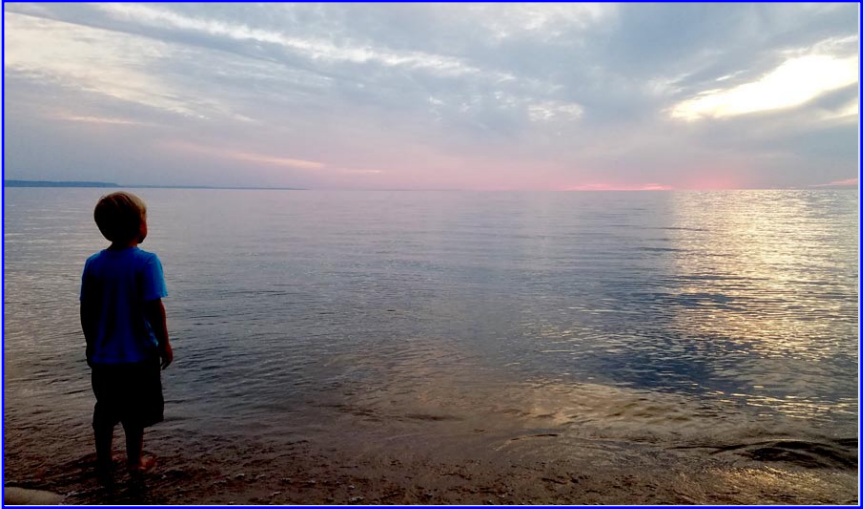


"Top of the World" by Anne Stewart

The Wonder of Photography!



"At Fielding Winery" by Marilynn MacLennan



"Even on the Beach" by Theresa MacDonald

*Marilyn MacLennan, Membership Chair
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