

2022! *The Year to Rejuvenate*



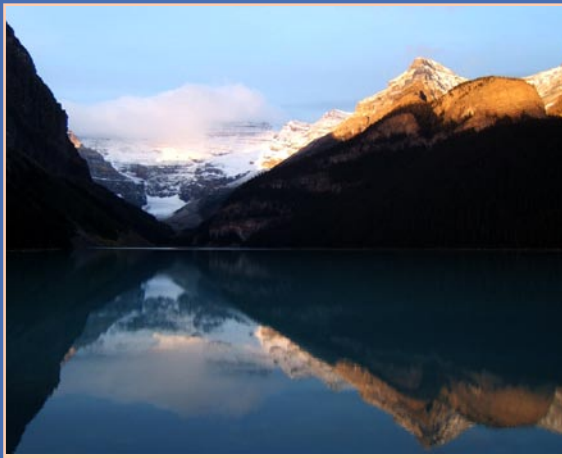
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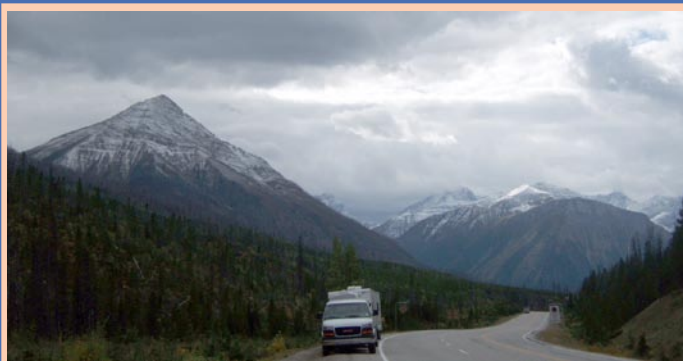
Discover Norval



Photograph: Courtesy of University of Guelph

Explore Norval where Lucy Maud Montgomery lived for 9 years and published 6 novels. Visit the historic sites Montgomery photographed and wrote about in her personal Journals.

- Lucy Maud Montgomery Heritage Garden--Norval Park
- Analemmatic Sundial
- Willow Park Ecology Centre
- L.M. Montgomery Museum
- Presbyterian Manse (Not open to the public)
- Century Homes and Churches
- Pioneer Cemeteries
- McNab Park - Riverside Trail



President's Report

By Jerry Powidajko



Happy New Year! On behalf of all of us at RTOERO District 15 Halton we wish you and your family all the best in the coming year! I am reminded of the Irish saying, "May love and laughter light your days and warm your heart and home. May good and faithful friends be yours, wherever you may roam." It continues to be very important for all of us to stay in contact

with family and friends, to share memories and dreams, and to laugh every day.

In-person meetings are still not as common as they used to be, but at least with technology, we can allow ourselves to interact with others. I recently read of a man who fulfilled his dream of being a physicist and earned his Ph.D. at the age of 89! Don't be your own limitation and take the opportunities that present themselves to you every day... dance like no one is watching!

Our **Program Committee** continues to offer many wonderful and interesting events on ZOOM including talks on gardening, trekking across the Arctic, to tasting the wonderful wines of Niagara. As well, there are a number of national RTOERO events that are available throughout the year. We will post that information on our website and Facebook page. Please visit these sites on a regular basis for up-to-date presentations/workshops!

This year, we observed the first National Day for Truth and Reconciliation with a presentation by Renee Thomas-Hill, Sessional Lecturer, Elder in Residence and Indigenous Counsellor - Faculty of Social Sciences, McMaster University. Her presentation was titled, "The Good Life", and as Renee describes, "Our resiliency of the fulfillment of our prophecy. It is a personal journey towards The National Day for Truth and Reconciliation. We, the Indigenous people, have always been guided by ceremonies that our ancestors gave to guide us. We will react The Guswehta – The Two Row Wampum. It is one of our original instructions of restoring and of building of Peace. We will once again share the wampum of restoring of relationship and the creating of understanding so that there is clarity and peace for all creation." A truly

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touching and reflective presentation! Our **Political Action Committee** (PAC) continues to be very involved focusing on issues affecting seniors. **Claudia Stewart's** leadership was instrumental in our All Candidates debate during the last election as well as in spurring involvement in the Awareness Walk for Long Term Care Homes in Oakville this fall. These issues are important to all of us and our involvement makes our RTOERO voice stronger! Keep visiting our site for continued and up-to-date information!

Along with **Penny Hambly**, Chair of Community Grants and **Micki Clemens**, Past President, we were able to make a cheque presentation to **Mark Rowe** and to the L.M. Montgomery Museum & Literary Centre in Norval. See the article on page 14 in this issue for all the details and photos related to this project.

Bonnie Cummings, Chair of our Benefits Committee, attended a workshop for district health representatives offered by RTOERO. Dr. Greg Wells, Health and Performance Expert, Physiologist and bestselling author (*The Ripple Effect: Sleep Better, Eat Better, Move Better, Think Better*) was the speaker. In his presentation he suggested that we all need to spend 90 minutes/day on our most important task (fitness, volunteering, family/friends, de-cluttering) with

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our phones OFF!

Other highlights from his presentation:

If you are someone who likes to nap there are only two types of naps that work. Take a 20-minute or less power nap and set an alarm OR take a 90 minute nap that will allow your body to go through a full sleep cycle and wake up naturally. Unfortunately, 30-60 minute naps just do not work. They will leave you even more tired.

You need to prioritize your health first, family second, and work needs last. Just as on a plane when the staff tell us that if the oxygen mask drops from the ceiling you must adjust the mask on your face first, before you help your child or loved one. Meditating 15 minutes/day is important as well for your health. [Headspace.com](https://www.headspace.com) and [Calm.com](https://www.calm.com) are two websites that can help. Being creative, using repetitive movements such as crocheting, walking, praying, and listening to music are also great for you and help you to meditate. Great information, Bonnie!

Patricia Mateja, our Social Media Manager, continues her amazing work supporting our District 15 Facebook page posting information advertising both Vibrant Voices webinars and those events organized by our district. As well, articles are posted that relate to our organization and provide information of importance to our members. Please visit our site at www.facebook.com/RTOERODistrict15Halton and support our page by pressing "LIKE", giving a "thumbs up", or sharing items of interest to be posted on our Facebook page.

Brad Fisher, our E-Newsletter Coordinator and Second Vice-President continues to work tirelessly to co-ordinate our electronic newsletter, *Rapport*. This is a great collection of pictures, news and stories, focusing on District 15 - Halton that is published multiple times a year. I know Brad would appreciate your submissions for possible inclusion sent to rapportd15@gmail.com.

The *Halton Herald*, our published newsletter, comes out three times a year in print form thanks to the amazing work of **Peter Gnish**, Editor and **Nanci Wakeman**, Copy Editor. Although we do send the *Halton Herald* by mail, members are invited to consider receiving their edition of the *Halton Herald* Newsletter electronically. If you would like to save a few trees, please send our Editor, **Peter Gnish**, an e-mail to

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District15Halton@gmail.com. stating that you no longer wish to receive a paper copy in snail mail but would like to enjoy the Herald digitally.

As always, we encourage you to please visit our website <https://district15.rto-ero.org> for up-to-date information, a calendar of events, and support documentation. We are hoping to have our NEW DISTRICT 15 WEBSITE up and running in the new year...stay tuned! Thank you, **Jeannie Woodcroft**, our current Web Manager and **Carey Mollenhauer**, our future Web Manager!

We Get Letters, E-mails & Calls

By Peter Gnish



Thank you to those who sent me e-mails over the summer. I got 5 as you can see below. How about you? Were you so busy over the past few months that you couldn't find the time to write? Why not send me a quick e-mail update on what you are up to? Send it to pgnish@gmail.com by February 15th so the rest of us can be brought up to date with your goings-on.

Lynn Gapes wrote to say, "Hope all is well with you as we enter a new season with all the wonderful colours that we will soon enjoy. I have been thinking about sending something for the *Herald* and today it came to me. There seems to have been so much loss of life recently that I cannot believe the number of friends and relatives I, personally, have lost. The Covid factor has made it so hard to show physical support for those left behind that I finally decided to put into words what has been swirling around in my brain. If you feel it is worth publishing, please do so. Perhaps it will have meaning for someone who has been feeling as I have whenever I hear about another death."

Editor's Note: Read Lynn's article "A Note To Others" on Page 20.

Angela Paccione sent an e-mail to update us on the response she got to her last message in the September issue asking for help in locating former teachers. She added "My grade 8 teacher (Keith Hincks) from Pine Grove Public School read the article and reached out to me. He gave me some information on what Donald Henwood (grade 6 teacher)

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did after leaving Pine Grove. It was very nice to hear of all the interesting things he did in teaching. However, sadly Donald passed away about three years ago. I would have really liked to see and hear from him.

I also found out about my grade 4-5 teacher, Mrs. Down. I knew she remarried and was no longer Mrs. Down, but I thought her new last name was Baker and it's not. This explains why I couldn't find any information on her. After receiving the e-mail from Keith I e-mailed my best friend who had Donald as her grade 5 teacher and relayed the information to her. We began talking and she came across Mrs. Down's information from when we went to see her in Milton and she told me that Mrs. Down's (Brenda) new last name was Burke not Baker. So we decided to Google obituaries for a Brenda Burke in Milton, and sure enough she came up.

It turns out that Brenda died in her sleep in January of 2011. She was only 63 years old and had already retired from teaching. Her last teaching location was Robert Baldwin Public School in Milton. I was able to read through the condolence messages left on the funeral web site and the praise she was given brought back many memories of how she was when I had her as a teacher. It's hard to believe that ten years have already gone by since her passing. By doing some quick math I also realized that she was only eleven years older than me, thus she was only 20 years old when she taught me in grade 4 and 21 years old when she taught me in grade 5. Being a little child then I thought she was much older. It turns out that Donald was also only eleven years older than me.

I would have loved to see her again and let her know about my accomplishments. Brenda always encouraged me and was the first teacher to realize that English was my second language. She worked with me one on one in grades four and five to help me properly learn the phonics of the English language."

Terry Ruf sent an e-mail to say that "Burlington Central H.S. will be holding its 100th Anniversary Reunion from June 2-5, 2022. Todd Ford and I are chairing the Steering Committee for the event. We are reach-

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ing out to all former staff and students to submit their contact information. This can be done by visiting the Burlington Central website bch.hdsb.ca and going to **BCHS 100th** tab."

Richard Szymczyk e-mailed me to say how difficult it was for him to believe that he started teaching at Central in 1960, 61 years ago. He continued, "Brings back wonderful memories but also balanced with sadness that many of my colleagues and friends are no longer here to celebrate... Noted Avril Playfair (wife of my dearest friend Gil), Marg Daniels, Larry Forbes, Barb Rennick have passed. I worked with the last 3 on many committees and especially with Barb on Special Education projects which changed major approaches to special needs students. I feel very very blessed and fortunate."

He added that he had received 2 responses so far from his "Richard Remembers" article in the last issue of the *Halton Herald*..."one from a colleague from Falgarwood - my last school before leaving Halton. And the other from a retired teacher who was a neighbour I knew growing up in the Glenwood School area in the 40's and who had attended both Fisher's Corners and Glenwood!! She had fond memories of Herma Bailey and Florence Meares as a pupil. We also had mutual friends at the time. She retired from a high school in Oakville several years ago but still lives in Burlington. We will stay in touch to share more history."

Pat Thomson (nee McEwen) wrote "After reading the article in the *Halton Herald* about Jim Baker's 95th birthday, I felt I should write to you. The year I started grade 13 at Parry Sound District High School, the scuttlebutt among the girls was that we had 2 new, young, male teachers. This was exciting for us because most of our teachers were quite "mature", so much so that some had actually taught my mother.

One of these new teachers was **Jim Baker**. I was never in one of his classes and the next year I went on to Teachers' College in North Bay. But when I saw him at an RTOERO meeting I felt I knew him. I wanted to wish him a Happy Birthday, even though I know it's late. So, instead I'll wish him many more years as our Member Emeritus."



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Hike to Honour Dave Wright

By Anne Armstrong

I first met David Wright quite a number of years ago. David became aware that the Catholic District School Board Retirement Club had a hiking/walking group. He inquired as to whether he could join us and I readily agreed. As far as I was concerned we were all teachers and most of us were also members of RTOERO. David joined our group and also invited other members of RTOERO to join us. He was full of enthusiasm, had a great sense of humour and brought not only a twinkle in his eye but had so many tales to tell of his varied careers. He happily took his turn at leading hikes for the group. We shall miss him but will also remember him with fondness.



Micki Clemens: Awarded The Distinguished Service Award for 2021

By Penny Hambly

District 15 Halton is pleased to announce that **Micki Clemens**, who was nominated by **Moira Plexman** and **Claudia Stewart**, has been awarded the District 15 Distinguished Service Award.

From their Nomination Form:

In 2016, **Micki Clemens** offered her services to support the Executive of District 15 RTOERO. Micki graciously accepted the role of Vice-President, serving first as Chair of Political Advocacy and then as Chair of the Program Committee. Little did she know that once she accepted the role of President in 2018, she would provide leadership for a second year, and then continue in the role during the pandemic for a total of three years, during a most complex and challenging time.



She worked with the Executive and Board members to create role descriptions for each of our volunteer positions. She also enthusiastically helped to recruit new volunteers for the Board. She worked with the Executive to ensure that the goals of the District were being met and that the District abided by the Governance and Conflict of Interest and Code of Conduct policies.

Micki's experienced background in writing and editing helped to ensure the quality of our communications and publications and was a valued asset in fine tuning the new Governance document for District 15 which took nearly two years to complete and continues to be updated to prepare for the next review process in five years.

Since the pandemic began, Micki participated in the monthly Zoom meetings with RTOERO. She anticipated questions from the leadership and RTOERO staff in Toronto and has been prepared with responses. Her ability to communicate and her attention to detail have kept our District 15

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well informed. She has championed the efforts of all board members to connect with our members during these unprecedented times.

Those of us who have had the privilege of working with Micki have valued her positive outlook, professional demeanour, humour, and grace that she has brought to all that she has undertaken.

Congratulations to Micki Clemens on being awarded the 2021 District 15 Distinguished Service Award that is so well deserved.

Marguerite Murphy - 100 Years Young!

By Warren McBurney



Many of our members will remember both Marguerite and Bernard Murphy in their teaching days in Halton. Marguerite celebrated her one hundredth birthday in June and the retired teachers' groups sent flowers to her in Kanata. We wanted to share her career and her celebration with our members. Her teaching history came from her family; you sent the beautiful floral tributes.

Mom Bio

By Bernie Murphy

Marguerite Marie Leduc Murphy was born on July 23, 1921 in Sudbury, Ontario. She finished high school at age 17 then did her teacher training at the Ottawa Normal School (the building now houses Lisgar Collegiate). At 18 she got her first teaching job in Cartier, Ontario in a one-room rural school and commuted by train weekly to and from Sudbury and Cartier. Later she taught in rural schools in Northern Ontario.

In the early 1940s Marguerite was hired by Bernard Murphy to teach with him in a two-room school in MacKim, Ontario. She married Bernard in 1943. Between the two of them they had only \$50 to start their life together! (At that time teachers earned only about \$500 a year). They

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started a family in 1944 and had three children. Marguerite stopped teaching at that time.

In 1964 Marguerite went back to teaching part time in Clarkson, Ontario where she taught French, History and Art. Later she taught French full time in Oakville. She also obtained a Bachelor of Education from McMaster University and a Masters in Education from OISE part time while still teaching and running a household. In 1984 she retired after capping her career as the French Consultant for the Halton Catholic School Board.

In retirement Marguerite was an active member of RTOERO and RWTO. She was President of the Oakville area RWTO for several years. Marguerite moved from Oakville to Ottawa in 2013 and currently lives at The Courtyards Retirement Residence.

Fear of Fliers

By Grant Davidson

***Hey Seat A
Row 8, seatmate
Just you and me,
Sharin' this air
Goin' somewhere.
Where you go I really don't care, but...
Where've you been?
Whose air did you breathe in?
Sweaty old gym air? Singin' a hymn air?
Beer in the bar air? Stuck in the car air?
Spa with the girls air? Hair into curls air?
New bride and groom air? Dark sense of doom air?
Telling a lie air? Final goodbye air?
Don't need a mask air? Don't even ask! air?
Ignoring the sign air? Antivax whine air?
Buckle up, we're taking off.
Let me out! I heard a cough!***

Have You Created A Personal Inventory Of Essential Documents And Information?

A personal inventory of essential documents will be a useful reference for yourself, and it will help your loved ones if there’s ever a time when they need to access the information.

Here’s some of what you might include:

- List of insurance policies and contact information
- List of investment, retirement and bank accounts, with all contact information
- List of debt obligations, due dates, and contact information
- Location of relevant documents (your family’s passports, insurance policies, power of attorney, living wills)
- List of doctors and contact information
- List of medications and contact information
- List of all pharmacies that you use
- Location of safety deposit box keys
- Location of your original Social Insurance Number card

A new template is now available on the RTOERO website to help you create your personal inventory. Find it at rtoero.ca/how-to-create-an-inventory-of-important-documents-and-contacts/.

Welcome New RTOERO District 15 Members!!!

Our membership is now over 2900 people. Below are the names of retired teachers, other education staff and surviving spouses who became members since September, 2021. Please welcome them and invite them to join you at one of our activities when we are permitted to gather once again.

Margaret Arcur	Mary Barbara	Karl Dahlinger
David Ernst	Leonora Feigen	Robert Friesen
Karen Hartman	Ann Heeney	Yvette Hosie
Julianna Jeffery	Cecily Jennings	Susan Joyce Riddell
Seldon Leggatt	Catherine Luccisano	Gilbert Mackie
William Manderson	Martha Martino	Lesley Montgomery
Martyn Olenick	Ken Shyminsky	Michelle Templeton
Charlotte Travis	Izabella Waters	Wanda Wright

L.M. Montgomery in Norval Community Grants Award By Penny Hambly

The project entitled ***L.M. Montgomery in Norval*** was approved by National RTOERO to receive a \$2500 grant. The application was submitted by District 15 RTOERO member **John Mark Rowe**.

The L.M. Montgomery Museum & Literary Centre Norval will receive the grant to produce copies of a children's book, *Luck Moves to Norval* written by **John Mark Rowe**. It is the story of L.M. Montgomery's move to Norval, Ontario, told through the eyes of her favourite cat, Luck. The book, being prepared by a museum committee and aimed at a grade 3 audience, is the final element to be included in kits about L.M. Montgomery. It will be distributed free to Halton County elementary schools. The mandate of the L.M. Montgomery Museum & Literary Centre Norval is to educate the public and to celebrate the life of Lucy Maud Montgomery focussing on her years in Norval, Halton, Ontario.

The kits, aimed at children in Pre-Kindergarten to Grade 3, will be a Writing Box containing the following items:

1. The Chapter Book entitled *Luck Moves to Norval*, a story about Good Luck, Maud's Norval Cat, including a history of Norval/Glen Williams .
2. LMM Museum Bookmark
3. A pencil, and *Anne of Green Gables* Logo writing paper
4. *Anne of Green Gables* colouring sheets
5. Postcards featuring historic and recent photos
6. LMM Museum stickers or buttons created by local artists

The kits will show L.M. Montgomery as an author and will encourage the children to write postcards to the Museum. This Education Kit will also promote **The Garden of the Senses** in Norval



where school groups will visit the former Presbyterian Manse where

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(L.M. Montgomery...continued from Page 14)

L.M. Montgomery lived, the village of Norval, and the Credit River Valley Trail. The kits will promote love of animals and nature, including the Credit River and walking. The storyline of *Luck Moves to Norval* promotes mental health - time alone, physical health - through walking and exploring, environmental stewardship - Hill of Pines, preservation of woodlots, support for the Credit River and love of animals.

The L.M. Montgomery Museum & Literary Centre Norval community project to publish the book *Luck Moves to Norval* as part of the Educational kit will have a far-reaching effect for Norval, Halton and beyond. The books will display the RTOERO logo.



On November 9, RTOERO District 15 president **Jerry Powidajko**, Past President **Micki Clemens**, and me as Awards and Community Grants Chair, went to Norval to present **John Mark Rowe** with the \$2500 provincial cheque. We toured the cottage beside the Montgomery house that is filled with all the artifacts. The Museum still needs to fundraise to renovate the house so it can be opened to receive visitors and school classes in the future. We look forward to visiting it soon.



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Richard Remembers...

By Richard Szymczyk

Let me begin by thanking those many colleagues and others who contacted me after reading my last Fisher's Corners/Glenwood article. What a great "Nostalgiville" experience after all these years.

I began my teaching career at Burlington's Central Public in 1960 under the mentorship of Principal Marshall Mayes. In my first year, with only an Interim Certificate and a two year Probationary Contract, I agreed to join the Burlington Teachers' Council Salary Committee - somewhat of a high risk! But I always took a dare. These were the days before the Ontario Teachers' Collective Bargaining Act (1973?). Local associations bargained on their own. All meetings were held after school hours, all with no time off, and we all paid our own expenses, travel, meals, etc. - strictly volunteer for the benefit of our colleagues.

The members of the Committee were Irene Barrett, Marg Cardwell, Ken Lloyd and I. Numerous meetings were held with teachers at Glenwood, Lockhart, King's Road, Central, among others, then with School Superintendent Doug Lawless and eventually with School Board Management Committee (Mssrs. Ronson, Coulter, Lummis, McLean, Mrs. Dawes, Board Chairman Fred Bidwell). Some of these names will be familiar to some readers.

Doug Lawless acted as the "facilitator" between teachers and the board. He attended several informal meetings to ensure that we were made aware of both the potentials and limitations of our demands. He was an administrator/educator who brought many diverse people and issues together for the betterment of education. In fact, during our discussions, he proposed establishing an "Educational Development Fund" – a specific amount of board money to offer financial support for individuals, groups and committees. As I recall it was ½ of 1 % of the total teachers' salaries. A phenomenal amount when salaries mushroomed in the 70's. I took advantage of this in '72 to investigate "Differentiated Staffing in School Boards" for 1 year.

A major issue in '62 was the salary cap planned reduction for Level 1 teachers. It was to be reduced from 12 to 5 years over a 5 year period. Many hard feelings surfaced and it took a secret ballot to determine

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whether teachers supported this issue. A committee was formed to count ballots (Mrs. Stringer, Graydon Petty, Peter Gayfer, Ron Chapman). Teachers voted to accept the cutback – but those affected had 5 years to complete 5 courses to move to level 2.

Here are some facts which some of you may find unbelievable. In 1962 University degrees were not required to begin teaching in elementary schools.

Starting Salaries:

Level 1	\$ 3400	Maximum \$ 6100	after 9 years
Level 4	\$ 4800	Maximum \$ 8400	after 12 years
Level 7	\$ 6000	Maximum \$ 9600	after 12 years

Level 4 was a Bachelor's Degree

5 courses per year moved you up one level.

Here are a few issues that teachers asked us to negotiate. Some may seem incredible these days but were true then!

- Availability of a school key for teachers who wanted to work evenings or weekends
- Internal school problems with staff
- Art cupboard accessibility
- Inspections by principals (“surprise vs appointments”)
- Extension phones and second phone lines
- Superannuation gratuity
- Requisition of teaching supplies
- Detentions
- Marital status - pregnant teachers were required to resign! Yes! Incredible but true.
- Duties of Remedial Teaching
- Visits to Medical Specialists
- Sabbatical Leave was without pay. The fund mentioned above was to replace this.
- Absence due to illness – was 2 days/month

I really enjoyed that experience and it prepared me for future ones at all four levels of government - municipal, regional, provincial and federal. Thanks to all who taught me well!

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A few Burlington Board stats 1961

Pupil enrolment 8266

Teaching staff 308

Total salaries \$ 1,400,000

Our proposed total increases of salaries 1960-61 was \$ 123,900

Chapters could be written about salaries and working conditions in those days but one must keep things in context. I bought a new Velox Vauxhall in 1961 for about \$ 2400. No - not from graft or pay-offs as salary negotiator in case anyone suggests that!

Teachers seem to have done very well financially these days, especially when I read the number of Halton teachers in the "Sunshine List". And, I fully realize education is as different today as it was when 1960 is compared to 1900. I'm not sure if I would be successful now!

(Historical Note: This was the Burlington Board of Education until about 1968 not Halton). It is almost 100% from my files and documents most from hundreds of copied pages from handwritten minutes of secretary Marg Cardwell who is mentioned - and in her beautiful handwriting with some from my trusty Remington portable typewriter.)

Looking forward to any reactions to this one as well.

You can contact me at prof2u@live.ca.

Contribute to the Herald!

The next *Halton Herald* will be distributed in April, 2022.

- 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.
- 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.

Deadline - February 15, 2022.

RTOERO District 15 Halton Contact List

NOTE: Recently, the RTOERO has advised all their Districts of the need to protect the personal security of our Executive and Board members and our District members in our publications. You may contact us in TWO ways.

1. To contact any of the Board members listed below, please use the following email address: district15halton@gmail.com. Please indicate in your message, the individual Board member or members to whom you would like the message to be directed.

2. Go directly to our Contact Page on our RTOERO website, <https://district15.rto-ero.org>, and submit your inquiry.

Any contact information included in the committee reports found within this publication appears with the approval of the individual author.

Executive 2021 – 2022

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1st Vice President: Vacant
Secretary: Dianne Visschedyk
Member Emeritus: Jim Baker

President: Jerry Powidajko
2nd Vice President: Brad Fisher
Treasurer: Carol Pashkievich

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Blaine Adams

Awards

Penny Hambly

Book of Remembrance

Toni Pizzigrilli

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East Convenors

Warren McBurney and Dianne Visschedyk

North Convenors

Susan Spencer

Out-of-Region Convenor

Catherine Fadyshen

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Bonnie Cummings

Committee Member:

Colton Roberts

Membership/Recruitment

Marilyn MacLennan

Member at Large

Susan Stavin

Political Advocacy

Claudia Stewart

Program

Jerry Powidajko

Committee Members: Micki Clemens, Penny Hambly, Paul Harper,

Lynda Kozak, Toni Pizzigrilli, Colton Roberts, Susan Stavin

Social

Vacant

Committee Members: Lynda Kozak, Marilyn MacLennan, Patricia Mateja

Carol Pashkievich, Claudia Stewart, Diona Szczerbak

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A Note to Others

By Lynn Gapes

There have been so many thoughts swirling around in my head that it has been difficult to put into words what I want to say to anyone who has suffered a loss in the recent past. It seems there are so many who have lost their spouse, partner, child, close relative, or long-time, beloved friend within the recent past. I find as I read the *Halton Herald*, that there are more names I know in the Book of Remembrance than in the new District 15 members. Covid19 has made it almost impossible to connect with those who can offer support during our difficult times. Shared tears and laughter are always good and hopefully you have been able to have both. One of the things I do to help with feelings of despair is to write down my thoughts. The following are some of my thoughts at the moment.

You are trying so hard to be strong after having lost the person with whom you shared so much. This person may also have been the love of your life. Remember - there is not one person who knows you, who expects you to do the things you expect of yourself. Take your time – grieve, cry, laugh, do nothing, drink wine, sleep in, and even be angry. You have every right to have mixed feelings about your loss.

Personally, I have asked myself the following many times: Why did he go out at this time of night to feed the swans? Why did I wait so long to check on him? Would I have been able to do anything if he had been back inside? There really are no answers to those questions because they are after the fact and therefore you cannot dwell on them. Easy for me to say, I know, but difficult to internalize.

My husband, Bob, was an exceptional human being! He was intelligent, civic-minded, softhearted, witty and an amazing DAD. He loved dogs, travelling, taking photos, golfing, canoe tripping, but mostly his children, grandchildren, and other family members. It doesn't seem right that he is not here when I arrive at what was to be our retirement home. It doesn't seem right that I can no longer hear his voice. What all this means is that it just isn't right! The reality is that not being right does not change what has happened. I know that it is never easy to ask for any kind of help but be assured - people do want to help – in any way

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(A Note...continued from Page 20)

possible. Do not think you should, or can do everything by yourself. Accept with thanks anything that is offered to you. It will get easier the more you do it. The following are my favourite words from a song.

“What’s too painful to remember, we simply choose to forget. And it’s the laughter we will remember, whenever we remember, the way we were.”

You will never forget but will have foggier memories of that painful loss and be happy that you had wonderful times together for years.

Random thoughts:

Take your time!

Cry a river!

Hug your pet!

Call your friends!

Enjoy your grandchildren!

Be thankful for your children!

Be thankful for your daughters-in-law or sons-in law who love your children!

Go out when invited!

Have a glass of wine – or two!

Ask someone to come with you when you don’t feel like driving alone!

Remember you are loved!

Remember you were loved!



Book of Remembrance

We remember with fondness

Edward Arcuri	Gary Bateman	Helen Bojeczko	Karen Brunner
Marsha Carnahan	John Carpenter	Evelyn Chapman	Janet Dahlinger
Wendy Ernst	Norman Feigen	Lillian Fothergill	Gabrielle Gabet
Eunice Glynn	Edward Hathway	Marlene Horne	Brian Jeffery
Rita Kwant	Bryce Leggatt	Susan Lindstrom	Joyce MacKie
Janet Manderson	Terence Parry	Ruth Ramanauskas	David Riddell
Barbara Robinson	Dianne Segsworth	Flora Sloski	Doris Southwell
Aileen Thomas	Elizabeth Twiss	Marjorie White	David Wright
Ronald Ziegel			

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Get the *Halton Herald* Electronically!!!

More than 250 members now have made the environmentally friendly choice to receive the *Halton Herald* electronically only resulting in savings of more than \$500 in printing and mailing costs. If you would like to change your subscription preference from print to online only, please e-mail **Peter Gnish** at pgnish@gmail.com. I will add your name to my list to receive the e-version and not the hard copy for the next issue.

To ensure that this preference continues in the future you must send an e-mail to RTOERO at membership@rto-ero.org or telephone RTOERO 1-800-361-0888. You will need your RTOERO membership number when contacting the RTOERO office. For security reasons, they will not allow me to do this for you. Inform them that you wish to have your District Publication News in Print Form designation changed to NO in order to be ensure that you will not receive a hard copy of district publications.



Trouble Alert!!! We Need Your New E-mail Address

By Peter Gnish

As a member of RTOERO Halton District 15 you may have indicated that you did not want to receive a hard copy of the newsletter and that the e-version should be sent to your e-mail address. We tried to do that this September but got a message that there was a problem with your e-mail address. Please check below to see if you are one of those affected. If you are and wish to continue receiving the e-version *Halton Herald* please contact me at pgnish@gmail.com with your new e-mail address.

ahillman@vianet.ca; deboramasse@hotmaill.ca;
sлиндstrom11@icloud.com; giknugg44@gmail.com;
laudrymary@live.com; ejfraser@bell.net;
hheaver@bell.net; tryan47@bell.net; toadhall722@bell.net;

Thank you for taking care of this detail.

Goodwill Committee Report

By Toni Pizzingrilli



Greetings on behalf of all the Goodwill Committee members. We wish all of you a very Happy 2022!! May the new year bring each of you much joy, good health and renewed hope for a brighter year. May we continue to experience the easing of restrictions so that we can fully and safely enjoy the activities that bring fulfillment to our lives.

As you know, the main mission of the Goodwill Committee is to connect with our members aged 80 years plus. This connection is primarily done via cards, sometimes phone calls and when permitted, in person visits. We connect with our members to acknowledge happy occasions such as birthdays, milestone birthdays (95 years plus) and seasonal holidays. Unfortunately, sometimes the connection is during sad or difficult times such as the illness or passing away of a member. Rest assured, that whatever the reason for reaching out, a Goodwill Convenor will always do so with love and care.

It is precisely for this love and care that I wish to acknowledge and extend deep gratitude and a huge thank you to two of our longstanding Goodwill Convenors, **Judy Rose** (North Area) and **Ruth Roberts** (Burlington) for their dedication, commitment and hard work over the past several years. They each touched and improved the lives of so many of our senior members through their outreach acts. They sent countless cards, made many phone calls and in-person visits (pre Covid) over their years of service as Goodwill Convenors. They were both exemplary models in carrying out the acts of Caring, Compassion and Celebration which form the basis of our committee. For various reasons both of these ladies have stepped down from their roles as Goodwill Convenors. Judy is enjoying living in Edmonton, Alberta and Ruth is going to enjoy having some extra time to herself. They will both be greatly missed by our committee members and our District 15 members at large. We wish them all the best in the years ahead.

I appeal to anyone who enjoys communicating and connecting with others to consider becoming a Goodwill Convenor. You would be warmly welcomed and supported in your role.

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(Goodwill...continued from Page 23)

As always, if you know of anyone who would benefit from a friendly phone call or a card for whatever occasion, please use the contact information on the RTOERO District 15 website or use the District 15 e-mail address (district15halton@gmail.com) to send a message to any member of the Goodwill Committee and we will be more than happy to reach out to that member. Stay safe! Stay well! Stay hopeful!

Awards & Community Grants Report

By Penny Hambly



Congratulations to **John Mark Rowe** and the Lucy Maud Montgomery Museum and Literary Centre in Norval for receiving a \$2500 grant to publish the book *Luck Moves to Norval* written by John Mark Rowe. The book is told through the eyes of Lucy Maud Montgomery's cat called Luck when Lucy lived and wrote books in Norval, Ontario. The book is to

be part of an educational kit that will be distributed to Grade 3 classes in Halton. See the complete article and pictures about the project on page 14 in this issue. Remember if you have a project and would like to explore some funding contact me.

RTOERO Scholarships

RTOERO will again be awarding student scholarships. This year they will be awarding 20 scholarships valued at \$3000 each to post secondary (college or university) students enrolled in specific programs. These include fields such as science, medicine, nursing, personal care, geriatric care, health care, research and healthy living for seniors, architects and designers of age-friendly spaces. For full details and applications go to scholarships@rtoero.ca. The deadline for applications is January 14, 2022.

RTOERO District 15 Halton Academic Spirit Award

Our District 15 Board offers a \$1000 scholarship to a graduating student who has overcome a challenging situation in order to succeed. We provide one scholarship to the Halton Catholic District School Board and one to the Halton District School Board. See our District 15 website for more details in the coming months.

Membership Committee Report

By Marilyn MacLennan



You can help! One of the best ways to get out the news about the benefits of RTOERO membership and Benefits Plan is by word of mouth. If you are still in touch with working teachers and other educational workers let them know about RTOERO. Talk about why you belong. Direct them to the District 15 website or Facebook page for local information and links to the RTOERO national website.

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 OR
- If you have not been receiving electronic communication from RTOERO national or District 15, then your e-mail address is not receiving bulk e-mails. This may be solved by adding the following e-mail addresses to your contacts: Rto_events@rtoero.ca; district15halton@gmail.com

You need to let RTOERO know in one of the following ways:

- E-mail RTOERO national Membership Services at membership@rtoero.ca
- Phone RTOERO national 1-800-361-9888. Receive a call in a day or so.
- Contact Marilyn MacLennan (District 15) with the change using the District 15 e-mail address District15halton@gmail.com - use "Change in the subject line. You will need your RTOERO membership number when contacting the RTOERO office.



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Foundation Report

By Moira Plexman



The Mission of the Foundation is to fund research and invest in innovative programs to support healthy, active aging; with a special focus on helping end social isolation among older adults.

During Covid 19, the Foundation has been offering informative webinars. The most recent featured Dr. Paula Rochan, RTOERO chair in Geriatric Medicine, University of Toronto, and Rachel Savage PhD. Scientist, Women's College Hospital. They introduced us to the new **Women's Age Lab**, ageism with a focus on older women. Checkout future webinar offerings by visiting the RTOERO website where Foundation information is available. Posts are also to be found on Facebook and Twitter.

A big thank-you to our members who generously supported the "Engage to End Social Isolation Campaign" in October. Seniors are the fastest growing age group in Ontario. Recently I read that 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, caring and compassion for others.

ADVERTISING AND PROMOTION POLICY

It is the policy of RTOERO Halton District 15 that all advertising and promotion to or by its members must have prior approval by the District Executive. In this context advertising and promotion includes signage, verbal presentations, handouts, distributed material and display table material.

RTOERO Halton District 15 may accept advertising for the following purpose: To offer information to members about programs, services and products of potential interest and benefit. RTOERO reserves the right to edit or reject any advertisement.

RTOERO districts do not accept paid advertising and is not permitted in district newsletters or on district websites. Districts are permitted to recognize sponsorships by trusted partners for events or special activities.

Publication of any advertisement by an outside group in the *Halton Herald*, in other District 15 printed material, on the District website, in our e-letter (*Rapport*) or at any District function or event, does not constitute endorsement of the product or service by RTOERO Halton District 15.

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Health Benefits Committee Report

By Bonnie Cummings



I hope you enjoyed the winter holidays and festivities and were able to spend time with family and friends. I attended a workshop for the district health representatives offered by RTOERO. Dr. Greg Wells, Health and Performance Expert, Physiologist and Bestselling Author (*The*



Ripple Effect: Sleep Better, Eat Better, Move Better, Think Better) spoke to us. He suggested that we all need to spend 90 minutes/day on our most important task, (fitness, volunteering, family/friends, decluttering) with our phones OFF.

If you are someone who likes to nap there are only two types of naps that work. Take a 20 minute or shorter power nap and set an alarm OR take a 90 minute nap that will allow your body to go through a full sleep cycle and wake up naturally. 30-60 minute naps just do not work. They will leave you even more tired.

You need to prioritize your health first, family second and work needs to come last. Meditating 15 minutes per day is important for your health. [Headspace.com](https://www.headspace.com) and [calm.com](https://www.calm.com) are two apps that can help. Being creative, engaging in repetitive movements such as crocheting, walking, praying and listening to music are also great for you and help you to meditate.

Our bodies need seven to eight hours of sleep every night to help us solve our problems. Our minds do their best work while we sleep. It is also important to eat healthily to reduce inflammation - no sugars or processed food - eat coloured fruits and vegetables. Exercising daily such as taking a walk or doing light exercise are also important for our health. It was a very informative presentation that I thoroughly enjoyed.

On a different topic, some common questions were answered by reps from RTOERO and Johnsons:

- If you are sick while you are away travelling you should call Global Excel.

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- Married partners or Common Law partners (having lived 12 consecutive months together) can be added to your plan but you must call within 60 days of your marriage or after having lived 12 months together to have your partner added to the plan.
- Trip cancellations due to COVID are not covered BUT medical expenses on trips due to COVID are covered.

We listened to two other speakers both from the Canadian Deprescribing Network as well: Camille Gagnon, PharmD - Assistant Director, and Canadian Deputy, Jennie Herbin - Community Engagement Officer,. They told us that as people age they tend to take more and more medication both prescribed and over the counter drugs. It is important to go over all your medications with your Doctor and Pharmacist at least once per year - not just your prescriptions but all medications. Know why you are taking each drug and what the side effects may be. We often take more medication than we need to be taking but always check with your doctor or/and pharmacist before reducing or stopping your medications. www.deprescribingnetwork.ca has many tools and articles addressing this issue and can recommend questions you need to ask about your medications.

An important item to note is about “Best Doctors”. Starting January 2022, it will be rebranded to “Medical Experts”. It will still provide the same great services such as: Expert Medical Opinion, Find a Doctor, Care Finder, Personal Health Navigator, and Teladoc Medical Record eSummary. You can contact them from 8 am - 8 pm, Monday - Friday at 1-877-419-2378 or by e-mail at customer.ca@bestdoctors.com or check out their website at www.bestdoctors.com/canada/RTOERO for more information.

I attended another meeting on November 10 on changes to our 2022 benefits plan. More details are provided in the Communique that you should have received on November 18. Here is a brief summary:

- Dental Plan reimbursements will be updated to the 2022 fee guide for general practitioners
- Scaling will be covered under the Basic and Preventive benefit with 85% reimbursement. Minor Restorative coverage for work such as root canals or gum surgery will continue to be reimbursed at 80% to a maximum of \$800.

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- More basic and preventive dental coverage and implant surgery will now be eligible.
- Express Scripts Canada Pharmacy™ will offer enhanced prescription drug benefits:
 - 100% reimbursement for generic maintenance prescription drugs or 90% for eligible brand-name prescriptions
 - \$6.99 dispensing fee for drugs not covered by Ontario Drug Benefit
 - Free home delivery Monday to Saturday
 - 24/7 access to Express Scripts' pharmacists to help you understand your medications
 - Convenience services, including a mobile app and refill/renewal reminders
- Occupational therapists have been added to the list of paramedical practitioners
- In the event of a death while out of province, the travel plan will pay up to \$2,000 for one economy round-trip fare, meals and accommodation for someone to accompany the surviving insured member home.
- No increase in next year's premiums
- A reserve especially for an expected increase in travel claims in 2022 and beyond was created
- Members have high levels of satisfaction with our health plans, according to feedback in the 2021 member survey:
 - 90% of members are satisfied with the Extended Health Care Plan
 - 88% would recommend the Extended Health Care Plan to a friend or colleague
 - 88% agree there is a good balance between coverage and affordability
- A spouse or dependent child can join a plan without the policyholder also being insured, within the same plan, if the RTOERO member is a policyholder with at least one other plan.
- RTOERO members not participating in the Dental Plan can add this coverage with guaranteed acceptance. The 12-month limit of \$500 for late applicants has been removed. Instead, we simply require that late applicants to the Dental Plan remain enrolled for at least 24 months.

I hope everyone enjoys the winter season. I wish you all health and happiness for the coming year.

Political Advocacy Committee

By Claudia Stewart



All Candidates Meetings

RTOERO, CFUW (Canadian Federation of University Women, Oakville and Burlington) and AWH (Advancement Women Halton) held “meet the candidates” meetings in Oakville and Burlington North on September 14th and September 15. RTOERO is non-partisan and asked questions allowing candidates to discuss their platforms. Because of limited time to organize the two events, the audiences on the Zoom calls were limited. We were pleased that most of the candidates participated. We learned a lot from this first attempt at holding a meeting during an election and will be much better prepared for the upcoming provincial election next June.

Many thanks to our Zoom masters **Jerry Powidajko** and **Jeannie Woodcroft**; timers **Tina Agrelli**, **Toni Pizzingrilli**, **Anne Douglas** and **Maureen Weinberger** who ensured that everything ran smoothly for the events.

Long Term Care Homes

RTOERO invited Andre Picard, health reporter for the *Globe and Mail* and author of *Neglected No More -The Urgent Need to Improve the Lives of Canada's Elders In the Wake of the Pandemic* did a webinar on September 15, 2021. It was a well-attended and extremely informative presentation highlighting concerns about health care for elders in Ontario. “Elders have born the brunt of the Covid-19 pandemic and they should be the greatest beneficiaries of any legislation to create an environment where they can thrive not just survive” (p179 from his book).

On October 4, 2021 CFUW, in association with the Ontario Health Coalition held an “Information Walk” focused on Long Term Care Homes to correspond with the reopening of Queens Park. Approximately 55 walkers including RTOERO members carried signs to draw attention to the issue of long term care in Halton.

Bill 37, *Providing More Care, Protecting Seniors, and Building More Beds Act, 2021* received first reading in the Ontario Legislature on October 28, 2021. This bill repeals the existing Act and makes new amendments. Here is a portion of the preamble of the bill:

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(Political Advocacy...continued from Page 30)

The People of Ontario and their government: “Are committed to the promotion of the delivery of long-term care home services by not-for-profit and mission-driven organizations; and are committed to all long-term care homes operating as mission-driven organizations that have resident-directed, safe, quality care as the primary goal.”

Here are some of my questions about the bill:

1. What does “mission-driven organizations” even mean? I suspect it refers to for-profit LTCs.
2. So is the government opening the door to expanding privatization of LTCs in Ontario?
3. What will happen to the not for profit and public, municipal LTCs? Shouldn't the government be advocating for them as a priority over large expensive ones?
4. How is this bill going to create fulfilling jobs for staff in LTCs to insure retention?
5. How will the bill help Ministry staff monitor the regulations for facility compliance? There are 7 inspectors for eldercare currently (18 inspectors for animal care). Will unscheduled nighttime inspections take place to monitor patient care during less visible times?

If you have questions, concerns or an experience to share about Long Term Care in Halton, please e-mail me at district15halton@gmail.com with the subject line PAC- LTC.

Environmental Stewardship

Your e-mails of concern to OTPP regarding investments in fossil fuels resulted in a more complete description about the climate strategy. OTPP announced a plan to reduce its carbon footprint by 45% by 2025 and 67% by 2030, using a 2019 baseline. This is great news for the environment. OTPP is demonstrating understanding of the values of educators and is moving to align our money with what we have been teaching to protect our planet. The University of Toronto's \$4 billion endowment fund will divest from all direct investments in fossil fuel companies by 2022. University of Toronto Asset Management (UTAM), will also unwind its indirect exposure to fossil fuels by 2030.

Caisse de Dépôt et Placement du Québec (CDPQ), the CA\$390 billion manager of the Quebec Pension Plan and several other public sector pension plans and government funds in Quebec, announced that they will divest from oil producers and oil pipelines by the end of 2022.

Seven Years On The Road – Journey’s End!

By Gerry (and Marcia) Blosser

This article is the last of a trilogy. Previously, we shared our process of planning and getting ready to devote seven years on the road in our motorhome - spending the winter months crisscrossing the USA, returning each year to spend spring and summer in Canada visiting family, friends and to maintain our health requirements. We stayed in RV parks within 160 km of Toronto - near Grimsby, Milton, Orangeville and four summers near Stouffville.



Only once during the seven years did we do an extended trip across Canada. That was in 2013 travelling for nine weeks from Ontario to Vancouver Island. Marcia had always wanted to see the Rocky Mountains. We did it – and it was memorable!

Trip Highlights

We travelled to Hwy 17, past Wawa and the famous Canada Goose, along the north shore of Lake Superior on the Trans Canada Route. Well maintained with sparse traffic, it was a joy to drive. The scenery was beautiful - rugged cliffs on our right and Lake Superior to our left.



Near Thunder Bay we visited the Terry Fox monument to pay our respects to one of Canada’s greatest heroes. We were awed by his achievements and remembered watching on our television his daily, gruelling jog along Canada’s highways. He sacrificed his life for others.

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We were overwhelmed by the vastness of the Prairies, Canada's breadbasket. It was near haying time. We stopped and climbed on top of the motorhome to watch the wind blowing the three-foot high grass in gentle waves rolling on to the horizon.

Leaving Calgary on a bright sunny morning we passed several places specifically built to allow wild life to safely cross the highway. We visited Banff and stretched our legs before moving on to Lake Louise.



Parking the motorhome in the lot farthest from the Chateau, we hiked to the other end of the lake to take a picture of it. Marcia was awed by the magnificence and tranquility of the surroundings - although she was concerned about bears interrupting our sleep. We got up with the sunrise and to our delight we experienced the sun shining on the mountaintops, painting them with gold. This is called "alpine glow" and is a very rare occurrence - weather conditions have to be just right. Foregoing breakfast we walked down to the lake and experienced the same

phenomenon reflected in the water! After two hours alone in nature we returned to the motorhome, ate a hearty breakfast and left the area just as the first tourists arrived. This was definitely a highlight for Marcia.

Traveling west from Lake Louise over the Kicking Horse Pass (1600 m) and the Rogers Pass (plus 1300 m) we had snow to contend with. However, the motorhome engine handled it with ease. More challenging was going downhill at 28,000 lbs combined weight - using the engine and brakes to slow down. The down grade was 10 km. long - had to pull over twice to cool the brakes.

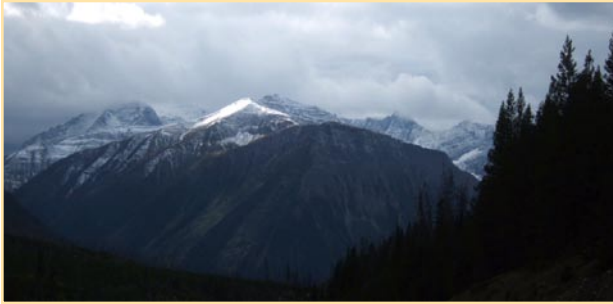
(Seven Years On The Road...continues on Page 34)

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(Seven Years On The Road...continued from Page 33)

Getting to Kelowna in the Okanagan Valley was a very scenic drive. The area is a fruit belt and it was apple harvest time. We stopped at a roadside stand for Red Delicious apples. To our dismay we were told that all the locally grown Red Delicious were exported to Japan! It was the same in the local supermarkets. Go figure! Also a great grape growing region, we visited several wine estates to sample their products – fun!

Going to Vancouver turned out to be a most beautiful drive through the mountains. The large front window of the motorhome made us feel like we were sitting in a living room watching a live nature show. In the Vancouver area, it was cranberry harvest time. Harvesters on special machines rode



through the field of water with beater brushes that knocked the berries loose allowing them to float to the top. Special skimmer machines came along and vacuumed the berries up before the water was pumped to the next field.



Our car ferry to Vancouver Island was accompanied by a school of frolicking dolphins! On the island, the highlight was visiting the enchanting Butchart Gardens. Our memorable Canadian odyssey had ended!

We continued on to winter in the States and when we returned to Canada in the spring because of health issues, we decided to sell our motorhome and bought a house. Yes, we do miss that way of life very much. It was our dream come true and we will always have wonderful memories of our **Seven Years on the Road!**

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Trees of Life!

By Marilyn MacLennan

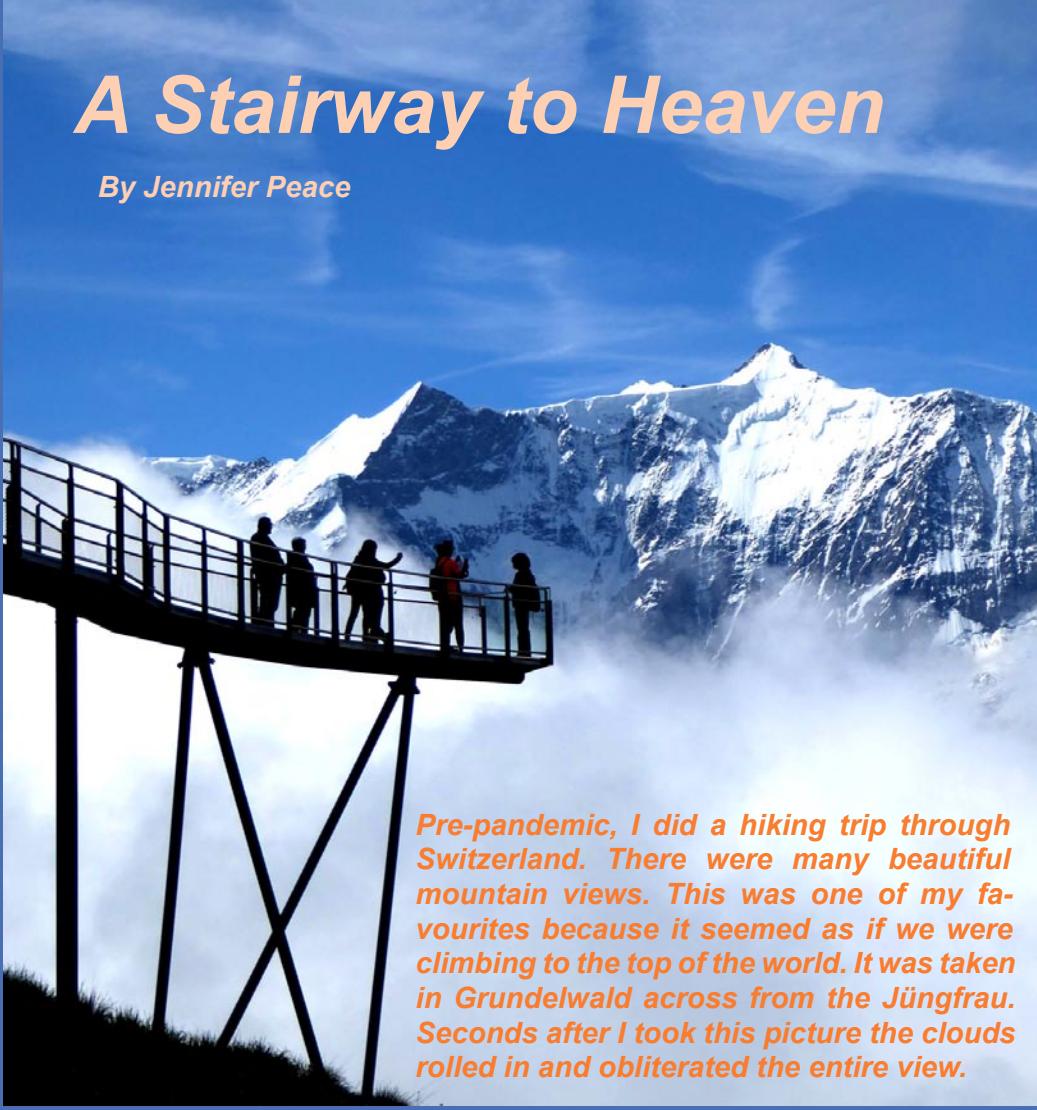


“In these unprecedented times, being able to walk in the woods is very therapeutic. Here are some trees that have inspired me in the past few months in all kinds of wind and weather.”



A Stairway to Heaven

By Jennifer Peace



Pre-pandemic, I did a hiking trip through Switzerland. There were many beautiful mountain views. This was one of my favourites because it seemed as if we were climbing to the top of the world. It was taken in Grindelwald across from the Jüingfrau. Seconds after I took this picture the clouds rolled in and obliterated the entire view.

*Marilyn MacLennan, Membership Chair
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469 Woodview Road, Unit #7
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