



RTO  
ERO

# Halton Herald

District 15

January 2023

ENGAGE



Photo by Al Greyson

2023

*“Not I, nor anyone else  
can travel that road for you.”*

Walt Whitman

# Engaged...

## With Nature



*Canmore Alpenglow photos  
by Marilyn Ortwein  
We Get Letters... on page 9*



*The Heart of Turtle Island...page 13*



## With Memories

*20 Years On!...page 11*



## With Culture

*Trip to Mayo...page 36*



*Come Home 2022...page 39*



## President's Report

By Jerry Powidajko



Where has the year gone? We may not be in lock-down, but we still need to be careful with COVID variants and the flu. Researchers looked at 70 Boston area school districts that lifted mask mandates in February and compared them with two districts that kept masks for an extra 15 weeks. They found there were an additional 44.9 COVID-19 cases per 1,000 students and staffers in districts without masks, demonstrating the effectiveness of masks...so use the data wisely to make your decisions.

Heading into the new year many of us may be out shopping, preparing for a family get-together or two and just celebrating the season. Let's remember all those who may not be as fortunate...gratitude and sharing go a long way.

This year we were permitted to meet in person at our **Autumn Luncheon on October 26th at Rattlesnake Point Golf Club**. About 100 members and guests were entertained by our guest speaker, Mark Zelinski. Upon completion of Art Fundamentals at Sheridan College, Mark entered the Ontario College of Art in 1975 to study design, drawing, sculpture and watercolour painting. His interests quickly turned to photography and film.

As a result of his art training the elements of colour, composition and light are Mark's forte. We were impressed by Mark's photographic presentation, "Heart of Turtle Island - The Niagara Escarpment." View his website [www.markzelinski.com](http://www.markzelinski.com).

The RTOERO National Fall Forum was held on October 26-27, 2022, in Toronto. All districts were represented and I would like to thank **Micki Clemens, Brad Fisher** and **Dianne Visschedyk** for helping me represent the district on your behalf.

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- Jim Grieve, Chief Executive Officer, and Ewa Romanski, Chief Financial Officer, presented the draft 2023 budget.
- Forum participants received a presentation on corporate governance from David Brown, Executive Vice-President of Governance Solutions.
- Martha Foster, Chair of the Board, gave an update of the organization's many advocacy initiatives in 2022.
- Forum participants received presentations from students who took part in the RTOERO NIA (National Institute on Ageing) Summer Scholars Research Program.

a) Titus Chan presented findings from his work interviewing 63 residents and 134 staff in long-term care. The project will assist the Health Standards Organization (HSO) technical committee towards drafting a new National LTC Services Standard. Some of the key considerations for transforming LTC delivery focused on a true continuum of care including palliative care, staffing, funding, governance and accountability.

b) Nicole Mfoafo-M'Carthy presented findings from her work on ageing and diabetes in Canada. Currently 5.7 million Canadians are living with diagnosed diabetes. Some of the current issues and challenges

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include the need for greater awareness, the need to better address the social determinants of health, care-related issues around ageing and diabetes and understanding data/research as enablers for better care.

- Spencer Naylor presented his research on ways to leverage Canadian postal workers to enable ageing in place. This included the potential for postal worker involvement in home support sectors. Already postal workers are one of the most trusted professions in the country (87% support) and a 2021 opinion poll indicates the general population is supportive of wellness checks (74% support) with 48% of respondents interested in seeing such a service introduced.

We are looking at two local presentations for our D15 members from the Canadian Foundation for Economic Education (CFEE) and CanAge (Canada's National Seniors' Advocacy Organization).

CFEE's mission is to enable Canadians to undertake their economic and financial decisions and actions with confidence and competence. For our group it would be to develop open and honest conversations about money and building a healthy relationship with your family. Topics include:

- Wills & Inheritance
- Managing Your Assets
- Retirement
- Investing
- Life Insurance
- End-of-Life and Funeral Arrangements
- Living Situation
- Power of Attorney
- Providing Support to Grandchildren
- Tough Talks About Money

CanAge educates, empowers and mobilizes people on the issues that matter most to older Canadians and their caregivers. The presentation would include the six compass points of their roadmap:

(President's Report..continues on Page 6)

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- Violence and abuse prevention
- Optimal health and wellness
- Infection prevention and disaster response
- Caregiving, long-term care, home care and housing resources
- Economic security
- Social inclusion.

Both organizations are very highly regarded and the information they would provide would be of benefit to all of our members in one way or another. Please visit our website for further information.

As with all not-for-profit organizations, we rely heavily on our volunteers to help support our district organization and to work on creating events, sharing information, and being available to our members as needs arise. All our committees are always looking for new volunteers and this activity is certainly a positive way to give back and learn from others.

We do have some positions vacant that require chairs to oversee the committee work so, realizing your skills are very transferable, why not consider volunteering with us? You are always welcome. If you would like further information please contact the committee chair directly or myself by e-mail at [district15halton@gmail.com](mailto:district15halton@gmail.com) with the subject field containing the name/position of board member you wish to contact.

Our remaining Board meeting dates for the 2022-23 year are as follows: Tuesday, Jan. 24; Wednesday, Apr. 19; Thursday, May 18 (AGM); Tuesday, Jun. 20 (tentative date). Information will continue to be made available on our website and the national RTOERO website.

As well District 15 Halton has its own **Facebook** page as a way to stay in touch, share information and promote and celebrate events with all members. Thanks to the work of **Patricia Mateja**, our Social Media Manager, we have a vibrant **Facebook** presence. Please visit our site at [www.facebook.com/RTOERODistrict15Halton](http://www.facebook.com/RTOERODistrict15Halton).

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Visit us on the Internet at [district15.rtoero.ca](http://district15.rtoero.ca)

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**Brad Fisher** 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, published multiple times a year. I know Brad would appreciate your submissions sent, for possible inclusion, to [rapportd15@gmail.com](mailto:rapportd15@gmail.com).

The *Halton Herald*, our newsletter, comes out three times a year in print and electronic form thanks to the amazing work of **Peter Gnish**, Editor. Although we do send the *Halton Herald* by mail, members are invited to consider receiving their edition of the *Halton Herald* electronically. If you would like to save a few trees, please send our Editor, **Peter Gnish**, an e-mail stating that you no longer wish to receive a paper copy in snail mail, but would like to enjoy the *Herald* digitally. Send your e-mail to [District15Halton@gmail.com](mailto:District15Halton@gmail.com).

As always we encourage you to visit our website (<https://district15.rtoero.ca>) for up-to date information, a calendar of events and support documentation. Thank you to **Carey Mollenhauer**, our Web Manager! We look forward to hearing from you and seeing you at our events! Have a great year.

### Welcome, New RTOERO District 15 Members!!!

Our membership is now poised to break that 3000 mark. Below are the names of teachers, other education staff and surviving spouses who became members since September, 2022. Please welcome them and invite them to join you at one of our upcoming activities.

Dale Andrews	Jeff Baechler	Trudy Barnard	Mary Bucci
Susan Cobden	Sharon Creelman	Fabio D'Agostino	David deBelle
Margaret Denton	Laura Di Matteo	Sharon Dutton	Donald Fitzsimons
Fiozenzo Franze	Ann Heeny	Lisa Koster	Milena Laskowski
Beverley Leckie	Alicia Lynds	Dan MacPherson	Lori MacRae
Maryse Mallet-Sinnis	Kim Mandziak-Garvey	Janis Martini	
Michael Martino	Joanne McGinty	Lynn Ohanian	Marija Rajacic
Audrey Rogers	Judy Sackville	Ken Shyminsky	John Susi
Adele Tosello	Gord Truffen	Eleanor Wallace	James Whitmell

Visit us on the Internet at [district15.rtoero.ca](http://district15.rtoero.ca)

## We Get Letters, E-mails & Calls

By Peter Gnish



I always appreciate receiving e-mails, phone calls or letters from our members. This is especially true when they add a little about themselves so that we can be brought up to date as to what is happening with them. Thank you to those below who sent messages over the past few months. Why not drop me a line by e-mail ([pgnish@gmail.com](mailto:pgnish@gmail.com)) or by mail to Florida where I will be for the winter until May (5260 South Landings Dr., #309, Fort Myers, FL, 33919) or call me (239-208-2860).

**Maryanne Mason** e-mailed this message. "Thanks for all you do! I thoroughly enjoy my paper copy of the *Halton Herald* but it's time to be more responsible. Please send my copy digitally."

**Diane Miller (Jim Miller)** wrote, "Good morning, Peter, it has been a long time. Seeing you at the luncheon made my day! Jim mentioned how good it was to see you and to meet with people he had not seen in years!"

Thank you, thank you, thank you to RTOERO and the Program Committee who cheerfully greeted us at the door. The luncheon at Rattlesnake Golf Club was exquisite! Perfect choice for a rainy, but colourful fall day. Sherry and onion puree with gruyere crostini and sage oil, that just has to be healthy. Melt in your mouth braised Ontario beef short ribs, with a rich flavourful sauce, good for you. Carrots, parmesan whipped potatoes, who would think to add parmesan to mashed potatoes?... I will now. Then, when we were already stuffed like turkeys, there appeared a most delicious cinnamon cheesecake! Everything was on time, exhibiting great planning and control. Nobody had to 'Get the hook' and the draws were done in a timely fashion. Congratulations to all who took home one of Mark's beautiful books or a lovely fall plant."

Mark Zelinski offered an interesting presentation from around the world to our own Turtle Island and the three screens were perfectly placed. I hope Mark sold a lot of his wonder-filled books. It was nice of him to offer RTOERO members a generous discount.

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

**Vern O’Neil** wrote to say, “Enjoying my 21st year of retirement. Broke my hip playing hockey in February but am fully recovered and back jogging. Back to hockey in October. Doing catch-up travelling this year. Turks and Caicos in May, cottage in July, Ireland and Scotland in August and Florida next March. Presently recovering from COVID that I caught in Ireland’ but symptoms are mild, thanks to my four vaccines. Thanks for all your work, Peter.”

**Marilyn Ortwein** sent this message. “I read ‘Seven Years on the Road’ by **Gerry and Marcia Blosser** and was interested that they had seen an Alpenglow at Lake Louise. I have been in Canmore since December and have been fortunate to observe this phenomenon a few times. Alpenglow is from the German, Alpengluhen (Alps glow). When the sun is below the horizon sunlight has no direct path to reach a mountain. The light that causes Alpenglow is reflected off airborne precipitation, ice crystals or particulates.” *(Photos are on Page 2)*

### New Year’s Resolutions!

- **A New Year’s resolution is something that goes in one year and out the other.**
- **Did you hear what happened to the man who shoplifted a calendar on New Year’s Eve? He got 12 months!**

### Towards the New Year!



*Photo by Marilyn MacLennan*

# My Cousin

By Angela Paccione



This is a picture of my cousin, Angela Judd-O'Riordan, who taught for the Halton Catholic District School Board from 1971 until sometime in the 90's. This January it will be 10 years since she passed and I would like to offer a couple of prayers in her memory. Posting these prayers and her photo in the January 2023 edition of the *Herald* will allow her family, friends, colleagues and past students to share in remembering her.

Growing up I always referred to Angela as Angela #2 because my Nonna had four granddaughters named after her. I'm Angela #4 because I was, and still am, the youngest.

The first prayer is a Christmas prayer:

Snowflakes To Heaven ~ At Christmas  
 I send this snowflake  
 with a hug and a kiss,  
 to those in  
 heaven that I love and miss.  
 I'm sharing this snowflake  
 in loving memory  
 of my cousin, Angela, who has passed away.  
 I miss you, and I think about you every day.  
 I will never forget you....  
 (Gone but never forgotten.)

The second prayer is simply a prayer of remembrance in loving memory of a dear and wonderful cousin.

Dear God  
 In your Heavenly Garden, is a beautiful perfect rose.  
 Please give it to my beautiful cousin, Angela, and  
 Tell her it's the one I chose.

Let her know I really miss her, so much more than I can say.  
 This rose of Love is just for her, until we meet again someday.

On August 16th of this year, Angela's mom, my Zia, celebrated her 99th birthday and I'm hoping that I will be able to share this remembrance with my Zia and her brother and sisters.

## 20 Years On!

By Nancy Dickson

I enjoy reading what colleagues have written each time I open my *Halton Herald*, so I thought on the eve of my 20th year of retirement I would add to the mix.

In the fall of 2003 I moved to Cambridge as my significant other,

Jim, worked there but mostly because my Burlington house did not have a garage in which to store his beloved '57 Chev convertible! To occupy myself in a new town I did some short-term administrative supply work with the Halton DSB, provided training in literacy test scoring for EQAO and immersed myself in the local chapter of the Canadian Federation of University Women.

I like to extol the benefits of CFUW, whenever I can, as it is a cross-Canada, self-funded, non-partisan organization of women supporting women and girls in their quest for higher education and is the only organization of its kind. Over a million dollars in scholarships is handed out yearly! And I was fortunate enough to attend the 100th Anniversary celebration in 2019 in Winnipeg where it was founded.

I also got involved in politics as the Hespeler area of Cambridge was part of a new riding and it was an opportunity for me to see how a political party works at the local level. Having worked on several federal campaigns over the years, I have come to admire and respect those who put themselves out there and stand for office. Not for the thin-skinned or faint of heart.

As it was not far to return to the Burlington area, I have been able to keep in touch with friends and attend the get-togethers RTOERO and Halton Principals provide (even by Zoom!).



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Up until the pandemic, for 18 years, friends and I took an overnight bus trip to New York City to celebrate the Christmas season in the Big Apple, taking in museums, galleries, theatre and, of course, the shop windows. Those excursions have definitely been sorely missed.

Jim and I did a lot of short-trip travelling while he worked, but upon his retirement there was an opportunity to see Australia and New Zealand with an RTOERO Halton group, so off we went. That was followed by a South American adventure that ended just before COVID hit. And this past spring we spent time touring London, Edinburgh and Northern Ireland.

Last summer we travelled via the Rocky Mountaineer in western Canada using the start and ending cities as a chance to visit Jim's daughters who live in Alberta. Our next big adventure will be South Africa in the new year but for now we are looking forward to some time in Florida with friends and family. Fully vaccinated and no longer chained to ArriveCan, the future looks bright! (Fingers crossed!)



### More New Year's Resolutions!

- **I was going to quit all my bad habits for the new year, but then I remembered that nobody likes a quitter.**
- **This New Year, I will consider taking up a new hobby such as procrastination...or, maybe later.**
- **Why should you stand on your left foot during the New Year's Eve countdown? So you start the New Year on the right foot.**

## The Heart of Turtle Island – the Niagara Escarpment

By Marilyn MacLennan

At long last District 15 Halton held its first in-person event since February 2020. About 100 members attended the luncheon held on October 26 at the beautiful RattleSnake Point Golf Club. The highlight of the event was guest speaker photographer, Mark Zelinski.

Mr. Zelinski shared his experiences as a world-travelling photographer. His images were stunning and captured beauty, hardship, compassion, humanity and joy. He is a graduate of the Ontario College of Art where he studied design, drawing, sculpture and watercolour painting. His interests quickly turned to photography and film. He graduated as the top student of OAC in 1979 winning the Governor General's medal and three scholarships.

Mark shared photographs and stories from his book, *The Heart of Turtle Island – The Niagara Escarpment*. The book is presented with an Indigenous understanding of the valuable resource we have in the escarpment and our responsibility to be good stewards of the land and its inhabitants.

Thank you to all who planned the event. Congratulations to **Carol Pashkievich** on being awarded **The Jim Baker Distinguished Service Award** for her excellent and invaluable work as District 15 treasurer.

*Enjoy the photos of this event taken by Marilyn MacLennan!*



(Turtle Island...continues on Page 14)

(Turtle Island Photos...continued from Page 13)



*Do you recognize anyone in the photos who attended this event?  
Why not plan to be at the next function offered by the Program Committee!*



(Turtle Island Photos...continues on Page 15)

Visit us on the Internet at [district15.rtoero.ca](http://district15.rtoero.ca)

(Turtle Island Photos...continued from Page 14)

### More Event Participants



### A New Year's Eve Party To Remember!

On New Year's Eve, my wife stood up in the local pub and said that it was time to get ready. At the stroke of midnight, she wanted every husband to be standing next to the one person who made his life worth living. Well, it was kind of embarrassing. As the clock struck, the bartender was almost crushed to death.

Visit us on the Internet at [district15.rtoero.ca](http://district15.rtoero.ca)

## Photo Contest: *Winter Experiences!*



This winter promises to be a fairly severe one with lots of snow and cold weather – what else is new? I know many of you like to take photos. Here is your opportunity to share your winter photo with others in the *Halton Herald* and have a chance to win RTOERO memorabilia.

Here is what to do:

1. Take a photo (or use a previous one) of any subject that relates to winter – people, scenery, action shots, etc.
2. The photo can be either in colour or black and white.
3. Enter a maximum of three (3) photos.
4. Send the photo(s) either electronically by e-mail or by Canada Post. By computer, send your photo(s) to me ([pgnish@gmail.com](mailto:pgnish@gmail.com)) as an attachment to an e-mail message. Since I am in Florida in February, by mail send your photo(s) to Peter Gnish, 5260 South Landings Drive, #309, Fort Myers USA, 33919. All hard copies received will be returned.
5. Include your name, telephone number and e-mail address if you have one and a brief description of how the photo(s) relates to your winter experience.
6. Winning entries will be selected by the *Halton Herald* publication committee.
7. Three prizes of RTOERO memorabilia will be given.
8. The prize-winning photos and some others will be used in a photo display in the April 2023 issue of the *Halton Herald*. A selection of others may be published in later issues.
11. The deadline for submission is February 15, 2023.

If you have questions, please e-mail me at [pgnish@gmail.com](mailto:pgnish@gmail.com).



## The 2022 Jim Baker Distinguished Service Award

Compiled by Claudia Stewart and Micki Clemens

**Carol Pashkievich** has been our dedicated and hard-working treasurer for District 15 Halton for the last six years. She oversaw the transition from our previous treasurer, and with little in the way of District 15 past records, Carol instituted her own meticulous financial procedures and protocols. In so doing, Carol has set an exemplary standard of excellence on this vital role and infused the position with her personal stamp of clarity, coherence and full communication.



During this time period RTOERO changed the computer program used by districts and instituted a new governance model necessitating the use of a new financial records program, Quickbooks. Carol attended all the Treasurer workshops and adapted readily to these changes in accounting and recordkeeping, seamlessly adjusting to the new Chrome computer assigned to her and following the many new procedures to keep our books in the best condition. Carol's extensive business experience prior to her teaching career has been invaluable in maintaining an exemplary standard of precision and accuracy in her budgeting and reporting process

As a former teacher Carol helps to focus our attention on key figures, carefully explaining the monthly reports clearly and articulately so that all of the Board members are able to understand and follow the reports and subsequently approve, not only these monthly reports, but the annual budget with greater understanding and confidence. Carol also receives all the grant disbursements from RTOERO, manages all our banking records and cuts all the cheques for goods, supplies, services and donations made by District 15.

(Distinguished Service Award...continues on Page 18)

Visit us on the Internet at [district15.rtoero.ca](http://district15.rtoero.ca)

(Distinguished Service Award...continued from Page 17)

Carol coordinates the development of our District 15 annual budget and coordinates the approval process by the District Executive and has monitored the reserve fund throughout the pandemic. She has assiduously prepared and presented the annual District 15 Financial Statement that must be submitted to RTOERO annually for their review.

Looking to the future, Carol has organized and maintained her financial records in special boxes and stores them in our Apple Storage Facility in Bronte for safekeeping.

In addition to her substantial contribution as Treasurer Carol has been a loyal and committed member of the Social Committee. Just before COVID hit she suggested the member event titled "Tea for Super Seniors" for all our over 80's members. This event was such a glowing success and Carol's vision of a full afternoon tea to celebrate our senior members came to reality with her full-on participation in organizing and coordinating the location, the decorations, the china cups and plates and the delicious menu. But it was Carol who thanked and gave credit to all the other volunteer helpers for the success of the event!

Carol exemplifies the impeccable qualities that are reflected in the legacy of Jim Baker's years of volunteer work for RTOERO and she is a most worthy and notable recipient of this first award to be given in his honour.



**Book of Remembrance**  
We remember with fondness

**Sharon Banks**

**Diana Burnett**

**Edith De Quetteville**

**David Faulkner**

**Jaak Juhani**

**Eileen McCutcheon**

**Elizabeth Mohr**

**Donna Barnes**

**Adelaide Cunningham**

**Mary Dubord**

**Darlene Fitzsimons**

**Gerald Keay**

**Kenneth Middaugh**

**Alan Rogers**

**Kenneth Trowbridge**

**Patricia Bettiol**

**Earle Cantlon**

**Gayle Etherington**

**Mildred Hassard**

**Carole MacMunn**

**Josephine Moore**

**Norman Ruplen**

# PROGRAM NEWS TO DELIGHT YOU!

## COMING SOON!!! MORE DETAILS with an E-BLAST IN JANUARY FOR OUR 2023 EVENTS

### #1 - FEBRUARY - 2023!

A VIBRANT VALENTINE'S FETE!

DATE - Wednesday, February 22, 2023

LOCATION - Burlington Convention Centre

TOPIC: "Future Proofing your Life –  
A Roadmap to Age Inclusive Canada"

SPEAKER - Laura Tamblyn Watts, CanAge



### #2 - FOR MARCH/APRIL - 2023

A BLITHE BREAKFAST SOCIAL!

DATE - TBA

LOCATION - TBA

TOPIC: "Let's Talk Money for Seniors"

SPEAKER - Kevin Maynard,  
Canadian Foundation for Economic Education



### #3 FOR MAY - 2023

OUR ANIMATED District 15 Halton  
ANNUAL GENERAL MEETING!

DATE: Wednesday, May 17, 2023

SPEAKER - TBA

LOCATION - RattleSnake Point Golf Club



## Get the *Halton Herald* Electronically!!!

To date more than 300 members have made the environmentally friendly choice to receive the *Halton Herald* electronically only, resulting in savings of more than \$600 in printing and mailing costs. If you would like to change your subscription preference from print to online only, e-mail **Peter Gnish** (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.

### 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. Advertising may be accepted 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 may 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.

## 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](mailto: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.rtoero.ca>, 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 2022 – 2023

Past President: Micki Clemens  
1st Vice President: Vacant  
Secretary: Dianne Visschedyk

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

### Committees

#### Archives

Blaine Adams

#### Community Grants & Scholarships

Penny Hambly

#### Book of Remembrance

Toni Pizzingrilli

#### Communications

Webmaster

Carey Mollenhauer

Social Media Manager

Patricia Mateja

*Rapport* Coordinator

Brad Fisher

*Halton Herald* Coordinator

Micki Clemens (Temp.)

*Halton Herald* Editor: Peter Gnish

Design: Cate Roberts

Proofreaders: Susan Carnegie, Micki Clemens, George MacRae,

Marilyn MacRae, Eleanor McCulloch, Jordan Palmer, Ray Smith

#### Foundation Champion

Moira Plexman

#### Goodwill

Toni Pizzingrilli

West Convenors

Marina Lloyd and Liz Takalec

East Convenor

Dianne Visschedyk

North Convenor

Susan Spencer

Out-of-Region Convenor

Catherine Fadyshen

#### Health Benefits

Bonnie Cummings

Committee Member:

Colton Roberts

#### Membership/Recruitment

Marilyn MacLennan

#### Member at Large

Susan Stavin

#### Political Advocacy

Claudia Stewart

#### Program

Jerry Powidajko (Temp.)

Committee Members: Micki Clemens, Penny Hambly,

Toni Pizzingrilli, Colton Roberts, Susan Stavin

#### Social

Vacant

# Health Benefits Committee Report

By Bonnie Cummings



The weather is definitely getting colder and the snow will be here soon. I am not a winter lover but I am looking forward to having some snow, but not too much. I hope you enjoy the upcoming season.



On Monday, November 14, I attended (via Zoom) a Communiqué Health Benefits renewal and sneak peek for D/UHRs. You should have received an e-mail Communiqué with more details last November 25. A brief summary is below:

Our premiums for 2023 will be increasing due to several factors:

- Increased cost of goods and services.
- Utilization of benefits is back up to pre-pandemic use.
- Removal of temporary premium reduction from 2021-2022.
- Travel is back to pre-pandemic levels.

For members who send in their claim submissions, Johnson will have a new mailing address:

**Group Benefits Service  
Johnson Inc.  
P.O. Box 4408 STN A  
Toronto, ON M5W 3V7**

Some notable changes to our travel plan are:

- Coverage will be added for trip interruption or delay if your passport is lost or stolen while you are travelling.
- Coverage is provided for the purchase of necessary toiletries and personal clothing as a result of your checked baggage being delayed for more than 12 hours after your arrival, is now \$400 per insured person to a maximum of \$1000 per family.
- If there is a medical emergency in which you are transported back home, you will now be covered for your baggage to be returned to your province for up to \$500.

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(Health...continued from Page 22)

- Telemedicine will now be an acceptable way to diagnose an emergency medical condition while on a trip for trip interruption benefits.
- You will now be covered for trip cancellation and trip interruption if your destination is affected by a natural disaster.
- Coverage is now provided when you must cancel your trip or miss a connection caused by a schedule change of the common carrier that is providing transportation for a portion of your trip.
- Emergency treatment for dental accidents, maximum increases to \$5000 per insured.
- Remote evacuation from a mountain, sea, or other remote location to the nearest accessible point is covered up to \$5000.
- If your service, therapy, or emotional support dog is ill, gets injured or dies when travel arrangements have been made for the dog to accompany you on your covered trip, you will now be covered for trip cancellation and trip interruption.

The 2023 e-Booklet will be updated.

As of January 1, 2023, CloudMD will replace Teladoc (previously Best Doctors). The decision was made based on cost increases.

The bilingual Medical Second Opinion (MSO) service includes the following:

- Second opinion diagnosis and treatment for Extended Health Care Plan participants and their children (regardless of age), parents, and parents-in-law with no additional cost. Your children, parents, and parents-in-law do not have to be insured under the plan to be eligible for Medical Second Opinion services.
- Answers to questions about a medical condition.
- Assistance understanding prescribed care and treatment options.
- Support finding a specialist or treatment facility in Canada.
- Help navigating the healthcare system.
- Relevant information about a medical issue.
- CloudMD is a Canadian health solutions company available 24 hours a day, 365 days of the year through the online portal and by phone.

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Visit us on the Internet at [district15.rtoero.ca](http://district15.rtoero.ca)

(Health...continued from Page 23)

You will speak to a registered nurse coordinator who will undertake the following activities on your behalf:

- Conduct a thorough intake of your medical history.
- Collect medical records and information, via a secure portal, from your family doctor, specialists and other health team members.
- Gather information about your health diagnosis, treatment, imaging and tests.
- Review medical records and consult with the medical advisory team to determine if additional imaging or tests are required and to identify the specialist to provide the medical opinion or review.
- Review the specialist's written report.

***I want to be sure everyone is updated. The rest of this update was published in our last addition of Rapport but has not been reported to the Halton Herald until now.***

You should have received a letter and/or an e-mail outlining the change to the process for submitting claims as of January 1, 2023. Currently the deadline to submit a claim is the end of the calendar year after the date of the expense. For example, 2021 receipts can be submitted until December 31, 2022. **As of January 1, 2023, the RTOERO policy will require you to submit your claims within six months** from the date the expense was incurred. For example, if you had a massage on Jan. 7, 2023, you have until July 6, 2023, to submit your claim. Or if you had a dentist appointment on March 1, you have until Aug. 31.

Expenses incurred on or before December 31, 2022 must be received by June 30, 2023. For items like eyeglasses or orthotics, the incurred date is when the item was paid in full. For services such as massage or physiotherapy, the incurred date is the date the service was rendered. If you have any questions please contact: [insurance@rtoero.ca](mailto:insurance@rtoero.ca) or by phone at 1-800-361-9888/ 416-962-9463.

We had a **District/Unit Health Representatives Workshop** that was very informative. **Dr. Samir Sinha** was the first speaker and he spoke

(Health...continues on Page 25)



(Health...continued from Page 24)

on **“Ageing in Place”**. He spoke about the seriousness and risks of falling at home. Many health issues can contribute to the risks of falling at home. 1 in 3 older adults fall in a year.

100% of older Canadians want to live independently at home. There are many things available to assist older Canadians in achieving this desire. There are all kinds of technologies that can help such as a smartphone, virtual care, remote health monitoring, fitness trackers/smart watches, smart home devices and personal emergency response services (2 way voice/fall detection etc.) to name a few.

These technologies can provide faster assistance which can decrease complications, extend the time older Canadians can remain in their home, increase users' sense of security, reduce anxiety about falling, and increase confidence.

### **Ways to Age in Place:**

- You can request a free Occupational Therapy assessment in your home. The therapist will look at how you have your home set up and suggest any changes that may make things easier for you to manage. The goal is to help you stay at home safer for longer. They may suggest simple things like moving the clothes you use most to a top drawer or installing safety bars, etc.
- Stay connected to family and friends. Use digital support.
- Stay Active 150 minutes/week - example 30 min walk, 5 times per week.
- Open Communication - Helps older Canadians to feel comfortable and confident about enabling their own ageing-in-place situations as their health changes.
- The Telus Mobility for Good Program for low-income seniors provides a free refurbished phone, 3GB of data and unlimited Canada-wide talk & text for \$25/month for those seniors who qualify.

Bottom line, ageing in place is a top priority for every older Canadian. Older adults and their caregivers can benefit from a number of inexpensive effective at home technologies.

(Health...continues on Page 26)

(Health...continued from Page 25)

## **RTOERO Travel Plan**

There is no need to contact RTOERO when you are leaving for a trip. You only need to contact them if there is a claim. You will require proof of departure (for example: airline ticket, boarding pass, passport stamp, transaction receipt such as gas, hotel, or store purchase.) You have 93 days of travel coverage from the day you left your province. Traveling during COVID 19 is a personal choice. Always know the requirements for re-entry to Canada and follow the advice of the government of Canada when booking trips and travelling. Check this government site regularly for any changes. For more information on travel check the RTOERO Travel, frequently asked questions, on the website and click the banner. For more specific travel information, call 187-706-9007. There will also be a Travel Aid app from Global Excel which is expected to be released in November.

## **Express Scripts**

This service is available to RTOERO members for maintenance medications. There is a \$6.99 dispensing fee, which includes delivery and provides 90 day refills. You need your RTOERO card to sign up, your VIP code is RTOERO and you should have your maintenance prescriptions nearby for reference. You should also have at least one refill left on your current prescription. You can provide a credit card for them to keep on file or you can pay with on-line banking.

## **Sarah Colman spoke on, “How to recognize dementia”.**

Some warning signs of dementia are:

1. Memory loss that affects day-to-day abilities.
2. Difficulty performing familiar tasks.
3. Problems with language.
4. Disorientation in time and space.
5. Impaired judgement.
6. Problems with abstract thinking.
7. Misplacing things.
8. Changes in mood and behaviour.
9. Changes in personality.
10. Loss of initiative.

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Dementia-behavioural and psychological symptoms: aggression, agitation, restlessness, screaming, pacing, and repetitive motor activity, anxiety, depression, psychosis, repetitive vocalization, cursing and swearing, sleep disturbance, shadowing, sundowning, wandering, and hoarding.

**Prevention:** Exercise (especially that which improves cardiovascular health, (e.g., gardening, dancing), diet (Mediterranean), stopping smoking, keeping your mind active (e.g., puzzles, discussion groups, reading, using the computer, playing bridge, playing board games, playing musical instruments).

There are medications that can slow down the dementia, but not cure it or reverse it. Non-pharmacologic treatments are available too, such as cognitive retraining and behavioural plan. Look after your hearing loss and wear your hearing aids. If you can't lay down memories, because you can't hear them, you can't remember them. Address caregiver burnout, as this will affect the person with dementia.

Talk about death with your family. What is a meaningful life to you? What do you want done? It is important to have these discussions while you are able to express your wishes. Do some research or watch some videos and have a death dinner where you invite friends and family over and talk about death (view <https://deathverdinner.org/>). Other resources: "The 36-Hour Day" by Nancy L. Mace and Peter V. Rabins, Alzheimer's Society Website, Reitman Centre for Carers, and [www.advancecareplanning.ca](http://www.advancecareplanning.ca).

### **Medical Cannabis 101 - Apollo Cannabis Clinics**

Contact info. 1-866-710-9770 and [www.apollocannabis.ca](http://www.apollocannabis.ca).

Comprised of a team of psychiatrists, anaesthesiologists, pain specialists, psychiatrists, family doctors, researchers, academics, and statisticians. Their goal is to reduce your use of more addictive medications through the use of plant-based cannabis. This is based on sound research and they have helped thousands of people cut down their use of very addictive drugs. You book your free appointment. You have an appointment with a healthcare practitioner. A personalized education

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(Health...continued from Page 27)

and treatment plan is created, your medication is delivered and on-going support is provided. Your doctor is informed so that they are aware of the changes in your medication.

### **Potential Therapeutic Uses:**

Chronic pain, sleep issues, anxiety, cancer, fibromyalgia, migraines, endometriosis, arthritis, PTSD, neuropathic pain, stress, multiple sclerosis, epilepsy, menopausal systems, and many more.

90% of patients are given oral capsule forms of cannabis. There are topical applications for elbows, wrists and knees. Certain conditions and patients do need inhalation forms and while these forms do not last very long, they take effect faster. If you think you might benefit from the use of cannabis, book your free appointment by calling the number above or going to the website above.

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## **Webmaster Report**

**By Corey Mollenhauer**



When the new school year began in September 2022, the roll-out and implementation of a new, fresh look to our RTO/ERO District 15 Website occurred.

National RTO/ERO completed its own transition and districts across Canada have followed suit. The new website is easier to use and visually has the same look, regardless of the device you are on.

For your reference and perhaps to bookmark, our new website can be found at <https://district15.rtoero.ca>. Our website is where you will find key messages, bereavements, political advocacy initiatives, photos, key events like our Program and Social programs and issues of our monthly *Rapport*, and our three yearly issues of the *Halton Herald*.

For those traveling, remember you can stay connected to District RTO/ERO through our website, where you will find up to date information, the latest recreation events, and registration for upcoming events.

# Political Advocacy Committee Report

By Claudia Stewart



## CUPE and the Province

Supporting education workers in their action for better salaries was a volunteer action that I undertook recently. Education workers with some of the lowest incomes were the ones going to be most severely impacted. I joined the teachers and custodians and Division of Early Childhood Educators protesting and had the opportunity to see the workers marching and to hear the vigorous support of many passing motorists during the time I spent on the line. The Ontario government

within days repealed the law preventing workers from striking. However, the dispute and the government action sent a message to all education workers to be cautious with contract negotiations.

## THE OTPP Board of Directors

Canada's top ten pension funds manage nearly \$2 trillion. How these funds invest your retirement dollars is a major factor in how quickly we can transition to a low-carbon economy while growing your pension in a warming world.

In September, the Ontario Teachers Federation OTF, announced they were appointing two new directors with long standing ties to the fossil fuel industry to the OTPP Board of Directors . Deborah Stein was previously the Executive Vice-President and CFO of AltaGas, a Calgary-based fossil gas company. She's also a corporate director of four fossil fuel companies, including Parkland Corporation, Washington Gas, Trican Well Service and Nuvista Energy. Timothy Hodgson, a former corporate director of MEG Energy, a major Canadian oil producer, was also appointed to the OTPP Board of Directors,

(Political Advocacy...continues on Page 30)

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(Political Advocacy...continued from Page 29)

OTPP made a commitment to reach net-zero emissions by 2050, which is a great goal, but is still more than 25 years away and the planet continues to deteriorate. Do we have that much time to prevent the crisis from advancing?

Should we be concerned that these people with allegiance to the fossil fuel industry can assist OTPP in their commitment to divest from fossil fuel based investments to help OTPP reach its target by 2050 or better yet sooner than that? What action could you take? Contact me for suggestions.

### **Greenbelt Decimated**

The Province of Ontario has overturned the Halton Growth Plan by expanding its boundaries to allow building on farmland in Milton and Halton Hills. Three thousand, two hundred (3200!!) hectares of prime agricultural land will be lost to development or housing. There is no recourse to appeal this decision.

Climate Acton, Citizens Coalition Stop Sprawl Halton, GASP (Grandmothers Act to Save the Planet) are all campaigning against this decision. The only option is to let the politicians know if you object to this decision. You can express your opinion directly to the Minister of Municipal Affairs, Steve Clark at [steve.Clark@pc.ola.org](mailto:steve.Clark@pc.ola.org) or call toll free 1-800-267-4408 or 613-342-9522 or to Premier Doug Ford at 1-800-387-5559 or [premier@ontario.ca](mailto:premier@ontario.ca).

### **Contribute to the Herald!**

The next *Halton Herald* will be distributed in April 2023.

- Send a letter to the Editor ([pgnish@gmail.com](mailto:pgnish@gmail.com)) on any topic that concerns you or tell us how you are doing and what you are up to.
- Write an article on any topic that may interest your retired colleagues. Please 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, Micki Clemens by e-mail: [micki.clemens@sympatico.ca](mailto:micki.clemens@sympatico.ca).  
Deadline - February 15, 2023.



## Foundation Report

### By Moira Plexman



## FAQs

### What is *Chime In*?

*Chime In* is a weekly online chat brought to you by the RTOERO Foundation and hosted by volunteers.

### Who should attend *Chime In*?

Anyone can join *Chime In*. It is ideal for RTOERO members who want to expand their social circles, meet new people and enjoy interesting conversation. It is also meant to be enjoyed by members who lack social opportunities due to poor health, mobility issues or inclement weather.

### When is *Chime In*?

We offer three weekly *Chime In* sessions:

- **English:** Wednesdays from 1 – 2 p.m. EST
- **French:** Wednesdays 10 – 11 a.m. EST

### Do I have to attend *Chime In* every week?

No. Register once for the session you prefer, and then attend as often as you like. You only have to register once for the day and time you want to attend and then attend as often as you like. Try it once and see if it's for you. There is NO commitment.

### Can I bring a friend to *Chime In*?

Yes. Please feel free to bring anyone whom you think would enjoy *Chime In* - friends, neighbours, family. Everyone is welcome. They can try it once and then continue to *Chime In* if they enjoy the connection with new people.

### Do I need to know anyone in order to join ?

No. *Chime In* is a great way to meet new people and even make new friends.



### Is *Chime In* specific to one district at a time?

All sessions of *Chime In* are open to all districts and anyone can join any session they wish.

### What do you talk about in *Chime In*?

*Chime In* offers a place for open conversation about any topic of interest to participants. Sometimes the hosts offer ice breaker topics to get the conversation going...but usually the participants just chat with one another about whatever topics of conversation interest them.

### How do I join *Chime In*?

Chats take place on Zoom. Participants can join using a computer. You register once online and attend as many chats as you want. Register online at: [rtoerofoundation.ca/chimein](https://rtoerofoundation.ca/chimein)

### What if I run into computer issues during a *Chime In* session?

No worries. An RTOERO Foundation staff person attends every session and will do their best to help fix your technical issue.

### What if I don't have a computer or I'm not comfortable using a computer? Can I still join *Chime In*?

Yes. You can join *Chime In* by phone in 3 easy steps. Please refer to the *Chime In* one-pager for full instructions.

(Foundation...continued from Page 31)

# TOP 6 REASONS TO CHIME IN



[rtoerofoundation.ca/chimein](http://rtoerofoundation.ca/chimein)

1

**Have great conversation.** *Chime In* allows you to keep your mind active while chatting with people who share similar interest and/or hobbies.



2

**Socialize from home.** *Chime In* is a great way to stay connected with others when you can't get out due to inclement weather, poor health or mobility issues.



3

**Maintain regular activity.** Having a weekly scheduled activity helps motivate and inspire you to stay connected and engaged.



4

**Try something new.** *Chime In* is a new, innovative way to stay connected. Try it once and see if it's for you. Then attend as often as you'd like.



5

**Build tech skills.** Learn Zoom and get more comfortable with online technology. These skills can be transferred to other aspects of your life like chatting with grandkids, watching movies, or taking an online course.



6

**Make a new friend.** Friendships can add meaning to your life, improve your overall mental health, open you up to the possibilities of different points of view and opinions of the world around you, making your life so much richer.





# Goodwill Committee Report

By Toni Pizzingrilli



Happy 2023 from all of us on the Goodwill Committee!! We hope that the Fall of 2022, the holiday season and the start of the New Year was filled with wonderful, happy times spent with family and friends.

If you are a Halton Region senior RTOERO member, that is 80 years and beyond, you will likely have received birthday wishes in the month of your special day or more recently a Holiday Card. Sending cards continues to be our primary method of reaching out and connecting with our senior members. It is our hope and intent that the cards we send, no matter the occasion, are received in the spirit of our **Mission** which is **Caring, Compassion and Celebration**. This holiday season alone we sent over 400 Season's Greetings along with hundreds of cards to commemorate birthdays over the course of the year.

If you would like to join the Goodwill Team you can simply contact a member of the Goodwill Committee at *district15halton@gmail.com*. Best wishes for a joyous and happy 2023!

# Membership/Recruitment Report

By Marilyn MacLennan



We continue to welcome new retired members as well as active members. In addition to updating member information, I work on obtaining accurate e-mails and addresses from some members. Those with Cogeco e-mail addresses are advised to add the District 15 and the RTOERO events e-mail addresses to their contacts because bulk e-mails may not be delivered. This should ensure that you receive e-mails from the national RTOERO office, the District 15 eNewsletter **RAPPORT**, and other timely information.

The e-mail addresses are:

*district15halton@gmail.com* and *rto\_events@rtoero.ca*.

(Membership/Recruitment...continued on Page 34)

Visit us on the Internet at *district15.rtoero.ca*

# Awards/Community Grants & Scholarship Report

By Penny Hambly



## Scholarships

Johnson Insurance offers \$1000.00 scholarships for relatives who are in their first year of a post-secondary program. Check their website under **Johnson Insurance Scholarships** in the early spring.

## RTOERO District 15 Halton Academic Spirit Award

Our District 15 Board offers a \$1500 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 two to the Halton District School Board. See our District 15 website for more details in the coming months.

## Community Grants (formerly Project Service to Others Grants)

This year we did not have a project to submit for funding. If you have a project that might qualify for the RTOERO Community Grant of up to \$4000.00, then go to the RTOERO Provincial website to see the criteria for submitting an application. You need to contact me to discuss your project, as it has to be approved by our District 15 Board.

## Distinguished Service Award

Our Distinguished Service Award has been renamed **The Jim Baker Distinguished Service Award**. It is given to RTOERO District 15 members who deserve recognition for their significant and/or long-term contribution to the work of RTOERO District 15. The recipient of our 2022 award was **Carol Pashkievich**. Read more about her on Page 17.

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(Membership/Recruitment...continued from Page 33)

Retirement planning workshops will continue to be offered virtually by the national office. On September 16, we welcomed new members from 2020-2022 at our annual **Beyond the Bell** breakfast. This was our first opportunity since September 2019 to help new members celebrate their “graduation” from school. It was great to finally put faces to names, honour their work, and the difficult journey in times of COVID.

# Rapport E-Newsletter Report

Bringing You Updates and Membership News

By Brad Fisher



The **Rapport** newsletter is RTOERO District 15's connection to the membership throughout the year, sent electronically to our 3000 members. **Rapport** is published nine times throughout the year in September, October, November, December, February, March, April, May, and June.

Submissions of articles, pictures, book reviews, recipes, etc. are due on the 23rd of the preceding month. For example, contributions for the February edition are due January 23, 2023 and can be sent to [rapportd15@gmail.com](mailto:rapportd15@gmail.com).

Inside the **Rapport** you will find articles promoting our luncheons, social activities, political advocacy, and health information. Members are encouraged to send in their pictures of the changing seasons, interesting landscapes and favourite places to hike. If you have a recipe that you would like to share, it can find its way to the Chef's Choice column. Favourite reads? Let us know! Favourite hiking trails? Please share with us. We'd love to have pictures of those celebrating special occasions, such as their anniversaries.

**Rapport's** goal is to help build a relationship, understanding, and communication with you. Thank you!

**RTOERO Rapport**

November 2022 RTOERO District 15 Halton

**In this Issue**

- President's Message
- From the Bookshelf
- Luncheon Pictures
- Fall Colours
- Political Advocacy
- Chef's Choice
- Financial Resources

**Executive 2021-2022**

Past President Micki Clemens  
President Jerry Powisladko  
1st Vice-Pres. Vacant  
2nd Vice-Pres. Brad Fisher  
Secretary Dianne Wischodsky  
Treasurer Carol Paschkechik

Rapport Editor Brad Fisher  
Copy Editor Micki Clemens

Follow, like and subscribe so you do not miss any content:

- District 15 Website
- RTO Facebook Page
- RTO Twitter Account
- YouTuber Channel
- Over 15 Facebook

**THINGS TO POWER**

- If the flu, I expect to be the most popular, why is it still flu 2?
- Why do we never border on the remote corner when we have the ballroom or parking area?
- Why are you "let" a movie, but "let" it?
- What was the best thing RTOERO did last year?
- Why do we see other on parking & park on driveway?
- Why do "let chance" & "let chance" mean the same thing?
- Why do British people never sound British when they speak?
- As a member (member), which one next to guest?

**In-Person Luncheons are Back!**

We were able to hold our first in-person luncheon since Covid started... and it was very well attended! We had approximately one hundred members and guest in attendance at Rattlesnake Point Golf Club.

Our speaker was Mark Zelinski... upon completion of Art Fundamentals at Sheridan College. Mark Zelinski entered the Ontario College of Art in 1975 to study design, drawing, sculpture, and watercolour painting.

His interests quickly turned to photography and film; and he graduated as the top student at the college in 1979, winning the Governor General's Medal and three scholarships for his work.

As a result of his art training, colour, composition, and light are Mark's forte. Mark's photographic presentation was "Heart of Turtle Island - The Niagara Escarpment" - [www.markzelinski.com](http://www.markzelinski.com)

A special thanks to the Program Committee!

**Bill 28 a New Low for any Government!**

**Jim Grieve, CEO of RTOERO**

Our CUPE Ontario colleagues and retirees deserve much better treatment than this. In all my years leading education systems this is, without a doubt, a new low for any government. Please make your voices heard by the Minister and his Premier. This is not the way to treat staff.

**RTOERO**

RTOERO supports the collective bargaining rights of our CUPE Ontario education colleagues. We urge the Ontario government to continue to bargain in good faith, rather than imposing a contract settlement.

**Mark Zelinski**

## Trip To Mayo

By Al Greyson

It's a remarkable story, and while his to tell, here's a quick synopsis. Sean was adopted as an infant, eventually found his birth mother, and was able to acquire part of the property his birth father had owned in County Mayo, Ireland. It was a lucky turn of events that I ran



Al and Sean

into my old university chum at the Irish Music session at the Corktown Pub. And this past May, he invited me along to visit his roots.

Sean had already made most of the plans, including finding an inexpensive (!) rental car. I managed to find a seat on the same Aer Lingus flight, as luck (mine anyway) would have it, right beside him. The flight arrived in Dublin at 6:30 a.m., or 1:30 a.m. Toronto time, so we weren't keen on trying to drive across the country to our destination. Fortunately we were invited to spend our first night with Sean's old football (soccer) friend in a gorgeous area just south of Dublin. Prime real estate indeed, home to Van Morrison, Bono, and other celebs!

County Mayo is on the west side of Ireland, north of Galway. It's a rugged land, with mountains, peat bogs, farms, and, in more recent years, forestry plantations. The scenery is stunning (where isn't it in Ireland?), but it's not as heavily travelled by tourists. Sean's mobile home is along the Great Western Greenway, a former rail line converted to recreational use. From his deck the view is south overlooking Clew Bay and Croagh Patrick, the mountain St. Patrick was said to have meditated

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(Trip to Mayo...continued from Page 36)



atop before descending to chase the snakes out of Ireland. There never were snakes - it was a metaphor for Patrick's effort to bring Christianity to Ireland.

Over the course of our two weeks we cycled the Greenway to Achill Is-

land, where much of the new movie, "The Banshees of Inisherin," was filmed. We also cycled down to Westport, one of the largest towns in the area, and found some very hilly backroads to explore. Riding along the shores of Clew Bay, we saw oyster farms and paid a visit to the castle tower of Pirate Queen Grace O'Malley (Granuaile).

We did a couple of driving tours around the county, including north to Downpatrick Head via Killala where a small contingent of French troops landed in



1798 to help the Irish rebel against the British. Carrying on through Belmullet (where we met a contingent of golfers from Ancaster!), we headed down the peninsula to Blacksod Lighthouse, memorable for having provided the weather forecast for the D-Day landings. On another day we followed the Famine Trail (Maam Valley) south to Kylemore Abbey, eventually finding ourselves in Clifden, County Galway.

We also had two remarkable days of hiking. In the hills behind Sean's home, a neolithic cave had been discovered, and we were among the

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(Trip to Mayo...continues on Page 37)



Al (left) with Joe

fortunate few who had a chance to see it. Skulls and artifacts estimated to be over 5000 years old had been found in the cave (all since been taken to a museum in Dublin). On our second last day, we had a perfect day to climb Croagh Patrick, blessed with mild temperatures and sunshine. Sean may have two artificial hips but he's still the "aerobic animal" I knew in our younger days, and he embarrassed me into completing

the climb. During our stay my poor legs took a beating between climbing, midges attacking me while hanging laundry, and having an unfortunate encounter with blackberry thorns.

The best part of the whole trip was the people we met. Sean has been adopted as a native son and he has developed friendships with locals who knew his father. Naturally, we had to go to pubs - for the free Wifi, of course! There were very few people he didn't seem to know, and I was privileged to meet them all. Joe and Leslie, two Americans who pulled up roots to move to Ireland,



invited me to join them in a couple of sessions playing guitar and mandolin. Brian, a transplanted Brit with a dry sense of humour, cracked me up. When I commented on the trampoline in the field across from his house he told me it was for the sheep, "So they could make woolly jumpers!"

This trip really taught me the value of "embedding" — staying in one place and getting to know the people and culture. For two weeks anyway, I was an honorary "Mayoman." (More Trip to Mayo. photos on Back Page )

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# Come Home 2022

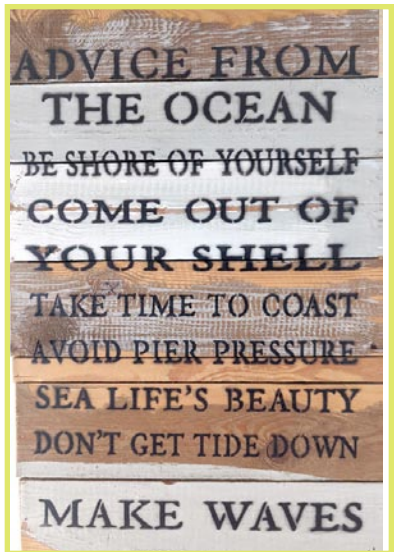
By Paul Davidson



In 2019, my wife, Sue, and I started planning a long-standing “bucket list” trip to Newfoundland. Although I had visited St. John’s on business a few times, neither of us had spent any time exploring the island. Because of COVID, we would postpone that trip twice! However, when 2022 arrived and

COVID restrictions relaxed, we left Burlington and drove to Newfoundland for the month of August, taking the Port aux Basques ferry from Cape Breton.

As it turned out, 2022 was the province’s third Come Home year, encouraging past residents and tourists alike to visit the island. Making our way through the province, Come Home signs were everywhere, along with many homes and businesses proudly flying both provincial and Canadian flags. We travelled first west to east and then east to west, criss-crossing much of the province following the Trans Canada highway and along its arterial highways.



Our trip took us to pre-booked accommodations in Cape Anguille, York Harbour, Norris Point (Gros Morne), King’s Point, Twillingate, Port Rexton, Princeton, Bay Roberts, Heart’s Desire, St. John’s and Trepassey. Wherever we went, the islanders certainly lived up to their reputation as very genuine, hospitable and friendly people.

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(Come Home...continued from Page 39)

During the entire month we experienced wonderful weather in the low 20s and little fog (although our overnight stay in St. John's at the Ft. Amherst lighthouse was interrupted every 20 seconds or so by the foghorn!).

Where available and depending on performance days, we would attend the various dinner theatres, as well as several regional live theatre venues.



The performances were very good without exception. Twillingate and Rocky Harbour are two good venues for the former, Woods Point, Cow Head, Carbonear and St. John's for the latter. Also



don't miss the art exhibits at The Rooms in St. John's and the pubs on Water Street!

Of particular interest were the lighthouse at Cape Race (the adjacent Marconi station was in communication with the Titanic when it struck the iceberg) and the location of the first transatlantic telegraph cable installation in 1866 in Heart's Content (the museum there is excellent). For lighthouse fans, the Cape Race hyper-radiant light, which emits a one million, candlepower flash and weighs 20 tons, was installed in 1907. It is one of only 8 such lights currently operating in the world.



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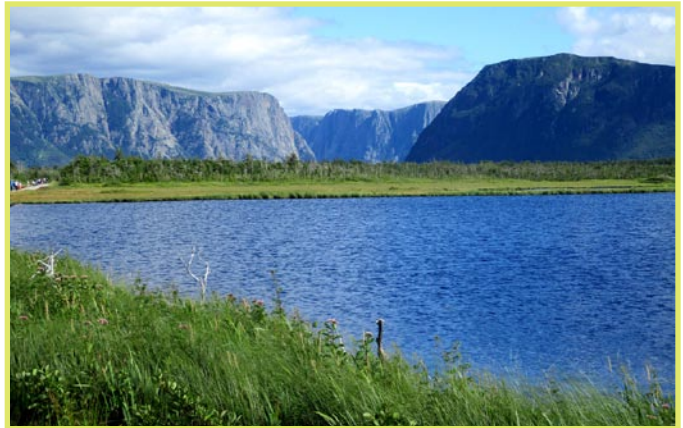


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The western areas of the province are generally hilly to mountainous with the terrain south of St. John’s from Ferryland to St. Vincent (the “Irish Loop”) clearly reminding us of our visits to Ireland, without the gorse bushes! The drive from Cornerbrook to York Harbour and the similar drive from Stephenville to Cape St. George are not to be missed as the coastal scenery is quite spectacular! At 2700 feet, the Lewis Hills close to York

Harbour are the highest elevation in Newfoundland. And hiking trails are everywhere, accommodating everyone from novice to expert! We did not encounter any icebergs, as the months of June



and early July are the time for viewing those, mostly from the various north “Iceberg Alley” communities. We did see whales in Trinity Bay but they come and go as they follow and feed on capelin and herring at different times and differing locations during the year.

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Wherever we went, cod was on the menu, even though the commercial cod fishery collapsed in the early 1990s. Recreational ocean fishing for cod is currently permissible for residents and tourists alike, but only on Saturdays, Sundays and Mondays. Freshwater fishing for salmon and trout is excellent, requiring a licence as well as a licensed guide. While we were there, several of the salmon rivers were closed to fishing because of little rain and resulting low water conditions, and fires in mid-island forests south of Grand

Falls were a concern for the first time in several years. Although the island is home to many moose (3 per square kilometre), and highway signs warning of same were plentiful, we were fortunate enough not to encounter any!

Since this was the first real tourist season after COVID, No Vacancy signs were everywhere and rental cars were unavailable unless booked well in advance. Although we preferred to drive ourselves, many visitors fly in to airports at either Deer Lake in the west or St. John's. For would-be travelers to Newfoundland, we would recommend planning for accommodations and transportation well in advance – a full 12 months isn't too early! All in all, we had a really great time in Newfoundland and would highly recommend a visit to our newest (1949) Canadian province!



( More Come Home photos on the next Page )

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# *Come Home 2022!*



*Photos by Paul Davidson*

# Trip To Mayo!

Photos by Al Greyson



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