



RTO/ERO District 15  
**Halton Herald**

September 2009

*The After* (teaching) *Life Issue:*  
**Your Colleagues'**  
**New Horizons**

Engaging  
*Deed by Deed Country by Country*  
*Step by Step Brick by Brick*  
*Play by Play Book by Book*  
*Experience by Experience*  
*Stitch by Stitch*

**Check Out the *New Horizon Contest Winners!***

**1st Prize: *Lynne McCulloch***

***Making Quilting an Art***

**(Page 8)**



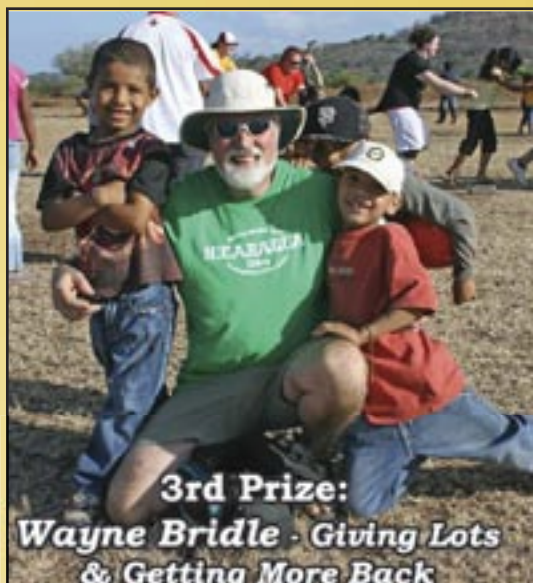
**2nd Prize:**

***Marg Daniels***

**- *Hoofing It***

***In Style***

**(Page 10)**



**3rd Prize:**

***Wayne Bridle - Giving Lots  
& Getting More Back***

**(Page 12)**



## President's Report

By Cecile Leach



As I write my report, I realise that this is one of the warmest days this summer. Not being a lover of heat and humidity, the summer so far, has been for me, rather pleasant.

You may be wondering why I am still here as your President. I agreed to remain for a second term since there were gaps on our Board of Directors. **Linda Jones**, First Vice-President, also is our Chair of Political Action. **Jan Murdoch** has come forward to take on the role of Second Vice-President. Welcome Jan to our Board of Directors. New members are still needed.

In June, I received **Bill Caldwell's** resignation as Chair of the Membership and Recruitment Committee. He will remain in his post until October. Bill has been responsible for our Annual **Wine and Cheese** in the spring and the **"To Hell With The Bell Breakfast"** in September. His other responsibilities included maintaining a current database of all our members. We thank Bill for his many years of service on the Board of Directors and wish him well in all his endeavours.

Those who attended the **Annual General Meeting** at the Burlington Convention Centre in May gave glowing reviews of our **guest speaker Nadja Halilbegovich** and her inspiring talk on her childhood under fire in Sarajevo. This year's attendees were pleasantly surprised to discover that the day was a "gratis day" and cheques were returned to those who attended.

The Provincial Committee supported our "Service To Others" project to the sum of \$4000.00. Working through a local church,

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Alfa y Omega, Canadian participants will help with initial building and training of local workers to improve the quality of life for families in the Patzun area of Guatemala. This project is designed to improve the health of people and enable them to spend more of their time making money and less time in wood-gathering and food preparation. The project will include installation of simple high-efficiency wood cooking stoves constructed of cement blocks with a metal cooking surface. As well, a cement floor will be poured and walls will be painted to improve the well being of the people. Members of RTO/ERO Halton are involved in the ESL program at a local school in Patzun and will be involved in the initial construction and training of local workers.

Are you involved in a project with a community group that might require some funding? We encourage you to make a written submission to the RTO/ERO Halton District 15 Board by December 31. Details of the program and the process of submission are outlined on Page 6 of this newsletter.

RTO/ERO District 15 has decided to fund our own local Service To Others Project. We will be assisting the Museums of Burlington in developing and disseminating Education Kits to serve as an Outreach program for those who cannot attend regular museum programming. Two kits will be produced with two separate mandates: Kit 1 will be aimed toward student/child learners from Kindergarten to Grade 6. Kit 2 will serve social organizations, retirement homes and care facilities. The kits will emphasize heritage and promote the Museums of Burlington as a 'museum without walls.' They will serve as a reminder of the importance of life-long learning and the value of teaching local heritage through different generations. Our RTO/ERO members will also be provided with the opportunity to accompany staff to the schools and seniors' centers and assist in the presentation of the Outreach Kits. Thus, we will not only be working behind the scenes to create these educational tools but we will also be a visible partner in the presentation of the kits. The Museums will ensure that the public is made aware that the District 15 RTO/ERO funding made the Outreach Kits possible.

On August 22, 48 District 15 members will be joining other RTO/ERO members from across the Province at a **Blue Jays game** at the Rogers Centre. At the game, RTO/ERO Provincial will be presenting a cheque to the James Bartleman Book Club - Club Amick on behalf of all retired teachers.

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

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

In September, we will be honouring new retirees at our **“To Hell with the Bell”** breakfast. The **November General Meeting** sounds very exciting! Check out the flyer and bio contained in this mailing and plan to attend with your friends! Our Recreation and our Program Committees have been hard at work preparing activities for you for the coming year. All the details of these activities are listed in our Calendar of Events and also on our website. We would like to encourage your participation and attendance at these events.

As always, I am asking for volunteers to assist us in delivering these programs and activities to our members. Many hands make the load so much lighter. If you would like to discuss the expectations and commitment for any position, I can be reached via e-mail at [cecile.leach@sympatico.ca](mailto:cecile.leach@sympatico.ca) or by telephone at 905-634-8027. Our District will only remain active and vibrant if we have your support. We welcome all offers of assistance!

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

District 15 membership is now more than 2100 strong. Below are the names of retired teachers and other education staff who became members between March and July, 2009. Give them a warm welcome and invite them to join you at one of our many activities.

Elizabeth Abbott	Elsbeth Andersen	James Ball
Sharon Banks	Deborah Boycott	Debbie McLellan
Marion Cumming	Brenda Deacoff	Michael DesRoches
John DiCecca	Nicole Dolson	Gary Duncan
Linda Duvniak	Virginia Gilbert	Valerie Green
Beatrice Henderson	Kathleen Hodson	Cathy Huntingdon
Phyllis Hurst	Laurie Hutchison	Kathleen Kerr
Ross Kleberg	Raymond Lassau	Dale Law
Scott Lee	Dale Linton	Margaret Livingstone
Rose Anne Luciani	Mary Heather MacKinnon	Dorothy Marchildon
Carol McConnell	Barbara McFarlane Fox	Catherine Miller-Davis
Ruth Nicholson	Robert Parnaby	Margaret Parsons
Phillip Peden	Linda Phelan	Deirdre Pye
Marion Richardson	JoAnn Romeo	Marilyn Rowland
Deannie Sargent	Patricia Schadinger	Mary Schrenk
Nancy Skinner	Joan Sutherland	Megan Ticknovich
Beverley Thomas	Carol-Ann Tough	Brenda Trickey
Patricia Turner	Edeltraut Twaddle	Mary Ann Vaughan
George Walaszczyk	James Watson	

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## **WHAT IS PROJECT – SERVICE TO OTHERS?**

Project - Service to Others is a Provincial RTO/ERO program that provides grants to Districts for initiatives that support the concept of “Service to Others.” The intent is to raise the profile of retired teachers by visibly demonstrating to active teachers and to the public-at-large that retired teachers care about their communities and about public education and are willing to do something to help those who need assistance. These assistance projects could be in any form that supports the goals of Project - Service to Others as outlined below.

## **WHAT ARE THE GOALS OF PROJECT - SERVICE TO OTHERS?**

- To provide financial assistance to education-related and other community projects and facilitate member participation in these projects.
- To promote District participation in local, provincial and overseas educational/community projects.
- To raise the profile of retired teachers and of RTO/ERO and demonstrate to the general public that retired teachers continue to serve after retirement.
- To demonstrate to potential members that RTO/ERO is a dynamic organization to which they should consider belonging when they retire from active teaching.

## **HOW DOES IT WORK?**

- Through their Districts, individuals or groups apply to the Provincial Project - Service to Others Committee for funding. Such applications shall be limited to a maximum of 5 double-sided pages in addition to the application itself.
- A project will only be funded once. Projects that are extended or are ongoing must find other sources of funding to continue.
- A District that has received funding must submit an interim report by January 31st of the next year to be eligible to apply for the funding of future projects and a final report at the conclusion of the project.
- A District may submit no more than one proposal for submission to the Provincial Committee in any year.
- The maximum grant for a project is \$4000. A project may be supplemented by contributions from other sources.
- In addition to the written report, a display at an RTO/ERO Senate may be arranged to allow other RTO/ERO members to view complete projects.
- **Application document** must be received by District 15 by December 31 to be considered by the Board at their January meeting. The chosen submission will then be sent to Provincial Office.

**For more information and/or to receive the application materials contact Cecile Leach at 905-634-8027 or by email at [cecile.leach@sympatico.ca](mailto:cecile.leach@sympatico.ca).**

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## We Get Letters, Emails & Calls

By Peter Gnish



Only one piece of communication was received this past session from District 15 members. Those who scan the Halton Herald tell me that they love to read the news that comes from their former colleagues. To some extent, it keeps them in touch with friends they left when they retired. Why not join this communication network! Send me a note indicating what you are up to these days, how you are doing health-wise, what you are reading that may be of interest to others, who you have seen and visited with that others may remember – really anything to keep people in touch with you. See the box at the bottom of the page as to how to contact me.

**Ken Ellis** - “My wife Louise and I are both retired Acton High School teachers and members of RTO District 15. In February of 2009, we set out on a one month tour of India. We do like to travel. On my retirement from Acton H.S. I started more of this kind of adventure touring by sled skiing across Baffin Island with four other people in early April of 2002. In September of that year, I helped my wife kick off her retirement as we walked across Spain on the Camino de Santiago. Since then, we have also walked the Coast to Coast trail in England, and bicycled across PEI on the Confederation Trail, part of the Trans-Canada Trail. We are also trying to walk the Bruce Trail end-to-end from Niagara to Tobermory. Doing it a bit at a time, we are currently approaching Wiarton on the Bruce Peninsula. Life’s wonderful, and we count ourselves so fortunate to be able to do these things.”

(Ken’s India trip article will appear in the January issue of the Herald.)

### Contribute to the Herald!

The next *Halton Herald* will be distributed in January, 2010.

- **Share a line** with our readers and let them know what you are up to.
- **Send a Letter to the Editor** on any topic that concerns you.
- **Write an article** on any topic that may interest your retired colleagues.
- **Share a funny story** with our many readers.
- **Provide us with a picture** to share with our members.

Send your article or correspondence to the Editor, Peter Gnish by email: [pgnish@cogeco.ca](mailto:pgnish@cogeco.ca), by mail to 153 Fairleigh Ave. S. Hamilton L8M 2K4 or telephone: 905-547-1628. Deadline - November 15, 2009.

## *Exploring New Horizons Contest*

This contest was advertised in the last issue of the Herald. People were encouraged to write an article about the **New Horizon** they were exploring in retirement and to share it with the membership. Special thanks to the five people who made submissions. The essays and pictures were reviewed and ranked by the members of the Communications Committee. The results are as follows:

**First Prize - Lynne McCulloch**, she will receive a \$50.00 cheque. Her essay, **Quilts**, begins below.

**Second Prize - Marg Daniels**, she will receive a \$25.00 cheque. Her essay, **My Involvement With The Burlington Footnotes**, begins on Page 10.

**Third Prize - Wayne Bridle**, he will receive a \$15.00 cheque. His essay, **Volunteering in Nicaragua** begins on Page 12.

**Honorable Mentions** - These two submissions by **Judith Robinson** and **Sandra Taylor** will be published in the January issue of the Herald.

### **Quilts!**

**By Lynne McCulloch - Our First Prize Winner**

Colours and textures of fabrics have always been an interest of mine. As a child I watched my Grandmother and her sister-in-law spend happy hours when they met each week to quilt. My Mother sewed bridal gowns and her own designs for garments in the evenings after coming home from work. Despite my pleas, I was never permitted to be involved.

I began to sew seriously at age 16 and have had a continuous interest since then. My scraps provided my art classes with lots of raw material for inventive projects. One of my grade 12 Visual Art students decided to make a large stool that looked like a chocolate chip muffin from some of my excess fabric that he dyed to give the appearance of the chips. Many collages produced by the students were born from interesting scraps which were given a new purpose. When I wore my own creations to school some of my senior students shyly inquired if I would make another one for a special gift. This led me to produce an appliquéd line of shirts using many unique themes, some of which were requested by the buyers.

I progressed to using my drawings and paintings to explore the medium of art quilting. After retiring, I joined the Halton Quilters' Guild and began taking classes to learn traditional quilting techniques completing many quilts using this

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information. Log Cabin designs were the first. Then I moved on to complicated ones that involved hours of cutting, piecing, ripping out and fixing to produce a top for quilting. That skill became necessary as I did not want anyone else to complete my precious quilt tops! It was time to learn to do this by machine. However, my first queen-sized quilt sent me straight to the chiropractor. Trying to shove a fat, rolled quilt through a tiny opening in a regular sewing machine is extremely hard on all of the quilter's body parts. I had to purchase larger machines to help achieve a professional result.

Because the colours and patterns of fabric that I wanted for my own designs could not be purchased I had to print my own fabrics. After spending time trying to eradicate dyes from the kitchen counter, I decided that this would be done outside in summer. I continue to create quilted garments and original wall hangings which have won a number of prizes. The prizes are a wonderful bonus, although I know that is not my sole purpose!



This year, I designed and completed the antependium for St. Luke's Anglican Church's 175th anniversary in Burlington. A wall hanging, I call *Our Universe*, was accepted into the September juried show, **Common Threads** in Oakville. I will be participating in **Art In Action** in Burlington in November. In the future, I hope to exhibit my work in local art galleries and abroad.

By learning to piece designs, to quilt by machine and to utilize the embroidery features of my machines, I have begun a new adventure in which I am able to use my drawings, paintings, photographs and the computer to successfully produce quilted garments, wall hangings and full sized quilts. I think my Grandmother would be impressed with my accomplishments. Since I lacked quilting experience as a child, I have been teaching my granddaughter, starting at age 6, to quilt. She proudly claims that she has finished 5 quilts, one of which was donated to our charity quilts at the Halton Guild. Another one was displayed in our Halton Quilters' Guild Show this past spring. This summer she has begun her own Log Cabin quilt for her bed. I hope to help her generate a life long love of fabrics which will provide her with as much satisfaction as I have received from my obsession.

More of Lynne's work is pictured on Page 2. Also, you can see her complete line at [www.flickr.com/themesright/](http://www.flickr.com/themesright/).

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## My Involvement with the Burlington Footnotes Senior Performing Troupe Inc.

By Marg Daniels - Our Second Prize Winner

When I finally make that move to the retirement home I will have with me the most fantastic "senior citizens' Tickle Trunk!" For the past 8 years I have been accumulating a vast array of sequined and bejeweled costumes: dresses, skirts, pants, tops of various styles and degrees of gaudiness, twelve pairs of dance shoes for tap, jazz and ballet and clown get-ups and masks. As well I have also gained over a hundred new friends, a trimmer and fitter frame and a still-functioning memory. I have become a performer and I love it!!

After retiring, about 10 years ago, I was taking fitness classes at the Burlington Seniors' Centre and passed a group of women tap-dancing. I had always wanted to tap but had never had the opportunity. So the next September I signed up to take beginner tap. Being out of shape I could barely last through the 45 minute class. However, I decided to take jazz as well. Our teacher, Rosemarie Maurice, also taught at Tansley Woods so off I went to sign up for more classes. At the end of the year we put on a little evening show for Rosemarie's other class. We wore white shirts, dark pants and a coloured neck scarf. I was hooked – performing was for me!!

*"I was healthier, I could dance for two hours without feeling winded, my memory was being constantly challenged and I had a song in my heart more often than not."*

The following year, Rosemarie's troupe, the Burlington Footnotes, moved to the Student Theatre building on Prospect Street. So off I went once again to join her troupe. The chance to perform was calling me. We put on our very first show - *Seasons' Greetings*

- at Christmas in 2001 at Nelson High School. Backstage, on that Saturday afternoon waiting to start our very first number, *The Twelve Days Of Christmas*, was a very nervous group of women. Then, before I knew it the show was over, and the exhilaration of performing had consumed us all and we were flush with excitement. I was bitten by the bug and eagerly took as many classes as I could fit into my schedule and could afford. Our next show was in June, the first edition of *Gotta Sing, Gotta Dance*.

Now, besides the classes, there were the costumes - two shows a year with three or four numbers - the costs were adding up. But by now the benefits

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to my aging self were obvious. I was healthier, I could dance for two hours without feeling winded, my memory was being constantly challenged and I had a song in my heart more often than not. I made new friends, mostly other tall women from the middle of the back row. Eventually, we "Talls" did our own number that involved fans and the music from "The Stripper."

Tap was my favourite form of dance and I found a young, hip, funky tap company based in Mississauga, **What's On? Tap!** led by Kim Chalovich who was forming an amateur group for adults of all ages. So I joined them and the pressure was on. This year we performed in a show with Kim's sister, country singer Terri Clark at the Mississauga Living Arts Centre.

Our mixed company, **The Burlington Footnotes Senior Performing Troupe Inc.** now has 98 members who perform and work backstage. We visit seniors' centres, nursing homes and retirement homes several times a year. In 2008, we performed for the Provincial gathering of Seniors Centres at their annual meeting. Our *Gotta Sing, Gotta Dance* shows are becoming more polished each year. Besides developing my dance skills I have "stepped out of the box" in several areas. I was a glue gun virgin until I had to decorate my fan with metres of sequins and marabou. I'm still not very competent but I don't burn my fingers quite so often! In addition I am now the treasurer of our company and spend many hours each month balancing the books. This was another totally new task for me. My goal next year is to learn to do the books using a computer program.

I am so glad that at age 60 I discovered dance. It is the most fun ever and putting on a show every June ensures that each June is as stressful as it ever was when I was teaching. Just as a graduation is the culmination of many years of work in the classroom so too is *Gotta Sing, Gotta Dance* the result of our many hours of work in the studio and with the glue gun and sequins. I am having a great time exploring my new horizons. Broadway here I come!!!

See Marg's picture in costume on Page 2.



### Book of Remembrance

(For the period March to July, 2009)

*We remember with fondness*

Mary Rose Cavataio

Elizabeth Hill

Marion Westell

Rosemary Dixon

Christopher Parr

Ernestine Wiley

Norma Ferguson

George Telford

# Volunteering in Nicaragua!

By Wayne Bridle - Our Third Prize Winner

Since retiring in 2005 I have become much more involved in my community – mainly through volunteer work. I serve my community at our local Opportunity Shop where my responsibility is to maintain the building. Volunteers who process goods donated by the community run the Opportunity Shop. These goods are sold and the money raised goes to support our local hospital through the purchase of equipment the hospital needs. During the summers my wife and I also do volunteer work for the Elora Festival.

In addition, I have devoted a lot of time through my church to mission work in the country of Nicaragua. In March, along with 2 other adults, we led a group of 25 teens and young adults who delivered 1450 lbs.

of supplies to the people of Nicaragua. The supplies consisted of clothing, shoes, and toiletry items, learning materials, first aid supplies and medical kits. The medical kits were donated to a children’s hospital in Managua. The team also sent money ahead for the purchase



of building materials which we used to build a building now used for both church services and Sunday school programs.



Besides the construction project, the team visited young patients in the cancer ward of a hospital. They also visited the infant ward and handed out soft toys which we had brought with us. The team visited orphanages and brought clothing and toiletry supplies to leave for the children. While we worked on the building construction at the work site, members of the team also ran a sports program for the local children. The time between the trips is spent fund-raising.

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(Nicaragua... continued from Page 12)

The experiences of the teams that go to this country will last a lifetime. We all come back with a renewed view of life and our place in it. There are many tears shed on the day we say goodbye to the many friends we have made during our stay. Team members continue to keep in touch with the friends they have made by way of the Internet. The languages of Spanish vs. English present no barrier to the ongoing friendships that have been forged.

Experiencing the appreciation of the people of Nicaragua I meet and seeing the growth that takes place in the youth I travel with is very rewarding. It is my hope to continue with this mission work in the years to come.

More pictures of Nicaragua can be found on Pages 2.

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## Communications Committee

By Peter Gnish



This committee's mandate is to continually strive to improve the dialogue among the membership. The Halton Herald newsletter, which you should be receiving three times per year, is one of the vehicles that we use to try to achieve this purpose. The column on Page 7 titled We Get Letters, Emails & Calls is intended to be used as a forum for members to let their former colleagues know what is happening to them. Some months it is well used; at other times we get little response. Have you contacted me in the past little while with some information about yourself that I can pass on to the membership? If not, why not do it now. Your friends would love to find out what you are presently up to and how you are doing.

We also try to encourage members to send in articles for publication in the newsletter. From time to time we use contests to foster a response. This month you will find in the newsletter the submissions of several members to the **Exploring Your New Horizons** contest which was advertised in the April issue. We hope you will choose to become involve in making a submission to the next contest that we publicize.

The Halton District 15 RTO/ERO website is another vehicle used to maintain communication with and inform our members. George MacRae, the webmaster, is working on revamping the site to give it a new and updated look. The revised site should be ready sometime in the fall. Meanwhile, the URL address for the present website has been changed to [www.rtohalton.org](http://www.rtohalton.org). If you haven't been to the site recently, why not check it out today!

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A Brighter Future  
Dinner

**RISING  
STARS**

**Halton Learning Foundation's  
Celebration Dinner**

**Thursday, October 22, 2009**  
**Oakville Conference Centre**

**Tickets \$100 Table of 8 \$720**

For tickets contact [rowej@hdsb.ca](mailto:rowej@hdsb.ca)  
905.335.3665 x3408

 Halton District School Board

 HALTON LEARNING FOUNDATION

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## These Retired Teachers Gotta Sing, Gotta Dance!

By Judy Sloan

This past June, members of RTO/ERO Halton District 15 attended **The Burlington Footnotes Senior Performance Troupe's** annual production of "*Gotta Sing, Gotta Dance*" at the Oakville Centre For The Performing Arts. Not only did they enjoy a wonderful production but they were also able to see some of their fellow members enthusiastically performing in the show. This award winning Troupe

consists of performers ages 50-85 years "young." It also serves as the "Golden Age Ambassadors" for Burlington. Our own RTO/ERO members in the group include:



include: **Marg Daniels, Carroll Goodwin, Mary Hopkins, Bonnie Johnstone, Kate Lowe, Butch Rogers, Judy Sloan** and **Joan Wilson**. Congratulations on practising "the art of staying young" up on the stage!

Many troupe members also entertain at hospitals, senior residences, conventions, variety shows, and charity fundraising events around southern Ontario. This year's show at the Oakville Centre consisted of fast paced routines, colorful costumes and a variety of dance styles: tap, jazz, ballet/lyrical, clogging, hip-hop, as well as musical theatre, clowns and vocalists. The artistic director and founder of the Footnotes, Rosemarie Maurice, can be commended for presenting a lively, high energy spectacular musical show again this year.



### RWTO Burlington Branch

Retired Women Teachers of Ontario  
"Caring, Sharing and Having Fun"

Bi-monthly meetings:

Burlington Golf and Country Club  
422 North Shore Blvd. East

Membership Information

Mary Lyons (Membership Convenor)

(905) 336-5744, mlyons3@cogeco.ca

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# Recreation Committee

By Dave Wright



Judging by what members and friends have told me, the well-attended events this past season have been good ones. Many take advantage of the recreation events to enjoy one another's company. Before one of our trips to the **Stratford Festival**, I had suggested that perhaps people would prefer to find a restaurant of their choice for dinner. **Maryann Lennox** replied immediately that the bus trip and dinner together was the most enjoyable part of the outing. That seems like a good reason for more

of you to join us this coming season.



Several of our theatre venues have proven to be worthy of repetition. The **Shaw Festival** is on the calendar again for October as is the **Aldershot Players Dinner Theatre**.

**Drury Lane Theatre** is presenting "Camelot" in November. We are back to the Christmas show at **Theatre Aquarius** with "White Christmas" and a **Stage West Dinner Theatre** matinee in January.

A new special event in November is the **North Metro Sweet Adelines** show at **Hamilton Place**. Our Past President **Mary Lyons** is a singer in this internationally acclaimed group and Mary tells me the guest singer and youth choir are outstanding as well.

For those who like a physical outing, a **Bicycle Trip** is planned for October and the Catholic Board retirees **Hiking Group** have an outing and lunch every Wednesday. At one of these, this past spring I was the only male and it is fun having lunch in an English Pub with eight lovely ladies. Contact me and I will put you in touch with the organizer, Sandy Tonnelli.

We host a breakfast once a month from October to May. The first one you attend in each of the locations is free. No time limit on how long you want to stay and chat. Bring your spouse or a friend.

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There are deadlines for theatre tickets in order to get good seats. The newsletters that are sent to you electronically each month and the District 15 website are reminders of events and critical dates.

For info and sign ups contact me or the convenors **Janet Carter-Wright** and **Paul Durnan**. A special thanks to Janet and Paul who have helped me to organize events for your enjoyment and to **Peter Gnish** and **George MacRae** for publicizing them.

**To contact Dave Wright, Chair Recreation Committee**  
**Telephone: 905-639-5093 or email: wandave@sympatico.ca**

## Spring Theatre Events

By Dave Wright

The three shows we saw this spring all received good reviews. The Aldershot Players' "*Key for Two*" was a comedy, Drury Lane's "*HMS Pinafore*," a farce and "*West Side Story*," a tragedy.

"*Key for Two*" is not a show most people know. It is about Harriet, a young lady who is kept by two married men who don't know the other exists but manage to spend a lot of time with Harriet. That is until one of the wives tracks her husband to the apartment which Harriet immediately turns into a nursing home caring for one husband with a broken leg and the other with a sore back. Eventually the married couples, a friend of Harriet's, and her drunken husband end up in the apartment. The double-entendres, the situations and the characters' reactions to the situations kept the audience in stitches the whole play. All the actors played their parts very well but Harriet, who is a drama and English teacher, was the star of the show.

"*Pinafore*" is the well known story with hummable tunes about England's 18th and 19th century navy, social classes and love between the classes. The Captain of the Pinafore has betrothed his daughter to the First Lord of the Admiralty, who has never been to sea. But the girl loves a deck hand on the ship. In the end she gets the sailor, who we find out is really nobility because he was switched at birth with the Captain by a nursemaid, Buttercup, who is now on the ship entertaining the sailors. So the Captain ends up as a deck hand with Buttercup, the Admiral ends up with one of "his sisters and his cousins and his aunts" and the sailor (now Captain) ends up with the daughter. Typical Gilbert and Sullivan.

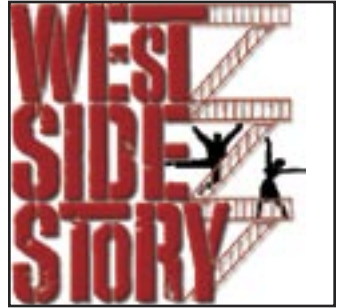
(Theatre Events ... continues on Page 18)

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(Theatre Events... continued from Page 17)

The Drury Lane crew always produce lively, well sung musicals. The leads were particularly good. **Bill Everett**, a recently retired District 15 member was the captain. He has the voice and acting ability to play this part perfectly for a modern audience. I don't think W.S. Gilbert intended the captain to do cartwheels, get caught in the rigging or get accidentally kneed where it hurts among other antics. He kept me laughing.

Stratford's "*West Side Story*" received lots of good reviews, especially the leads Tony and Maria. Her voice is outstanding as is Tony's. His athleticism brought applause. In the scene in which he goes to see Maria at her home where he is not welcome, he is so excited to see her he leaps from the stage to the balcony railing and pulls himself over the railing in one motion. Amazing!



As one would expect in professional theatre, the dancers show why they are performing at this level. Even if the music and story aren't to one's liking the level of choreography and performing is worth the price of admission.

The story of racial violence in cities as was told by Shakespeare in "*Romeo and Juliet*" and then in 1957 in "*West Side Story*" is something that we still deal with in our modern cities. The first actor on the stage is a boy who comes on bouncing a basketball but takes off when the gangs get close. He appears alone again when the two gang leaders are dead on the stage, looks at them and runs away. He is the soloist in the musical number "*Somewhere*," a song of hope. To me he represented the children that the city streets lost because of the racial violence and the hope that the situation can get better.

### More Lines to Make You Smile

"I don't suffer from insanity. I enjoy every minute of it."

"Consciousness: that annoying time between naps."

"Wrinkled was not what I wanted to be when I grew up."

"You're just jealous because the voices only talk to me."

"Ever stop to think and forget to start again?"

"Stupidity is not a handicap. Park elsewhere!"

## GUESS WHO'S COMING TO DINNER!



Steve Paikin is the anchor and senior editor of TVO's flagship current affairs program *The Agenda with Steve Paikin*. Each program tackles one or two topics in depth, giving viewers intelligent analysis, and a thought-provoking debate among news makers and experts.

For twelve years prior to *The Agenda*, Paikin co-hosted TVO's Studio 2. He also hosted TVO's weekly foreign affairs series, *Diplomatic Immunity*, which debuted in 1998.

In addition to his hosting duties, Steve has produced several documentaries for TVO. His 1993 effort, *Return to The Warsaw Ghetto*, won the Silver Screen Award at the U.S. International Film and Video Festival as well as awards at Canada's Yorkton Film Festival and China's Shanghai Film Festival. He also went to Serbia, Croatia, and Bosnia and presented *Balkan Madness* in 1992.

In 1996, Paikin co-produced *A Main Street Man*, which chronicled the life of former Ontario premier William Davis. Paikin's other documentaries include *Teachers, Tories and Turmoil*, recounting the controversial education Bill 160, and *Chairman of the Board: The Life and Death of John Robarts*, a look at the former Ontario premier's 40th anniversary of taking power.

Paikin is the author of four books, the latest one published in 2007. **The New Game** takes a look at the history of hockey, and the changes that have shaped the game. In 2005, Paikin penned **Public Triumph, Private Tragedy: The Double Life of John P. Robarts**, which analyzed the impact of the former Ontario Premier John Robarts on the province. He has also written **The Life: The Seductive Call of Politics** and **The Dark Side: The Personal Price of a Political Life**.

He has also had the honour of moderating three election debates, for the 2006 and 2008 federal elections, and the 2007 Ontario election. ([www.speakers.ca](http://www.speakers.ca))

### STEVE PAIKIN IS COMING TO DINNER ON NOVEMBER 4!

Check the flyer inserted in this edition of the Halton Herald for all the details about the fall meeting on Nov 4, 2009.

## Calendar of Events – April to December, 2009

- Oct 9 **Shaw Festival**, Niagara-on-the-Lake. Musical “*Sunday in the Park With George.*” 2:00 p.m. Cost \$50.00. Orchestra seats at the Royal George Theatre. Contact Janet Carter-Wright by Sept.11 at 905-336-5328 or [jcwright@xplornet.com](mailto:jcwright@xplornet.com). Cheques to be made out to Retirement Club and received by Janet Carter-Wright at 4491 Appleby Line, RR#6, Milton ON L9T 2Y1 by Sept 11.
- Oct 14 **Bicycle Trip. Dundas Trail.** 10:00 a.m. Contact Dave Wright at 905-639-5093 or [wandave@sympatico.ca](mailto:wandave@sympatico.ca) by Oct. 8.
- Oct 17 **Dinner Theatre, Aldershot Players.** “*The Mousetrap*” at the West Plains U. C., Burlington. Dinner at 6:30 p.m. Cost \$35.00. Contact Dave Wright at 905-639-5093 or [wandave@sympatico.ca](mailto:wandave@sympatico.ca) by Sept. 1.
- Oct 29 **Breakfast at El Spero Restaurant**, Hopedale Mall, Oakville. 9:00 a.m. Contact Paul Durnan at 905-630-2285.
- Nov 4 **Annual Fall Meeting.** Dine with journalist, film producer, author **Steve Paikin.** At the Atrium Conference Centre, 5420 North Service Rd., Burl. 5:00 p.m. Cost \$20.00. See enclosed flyer or contact Gail Reeves: [gail\\_reeves@sympatico.ca](mailto:gail_reeves@sympatico.ca) or 905-821-3596 by Sept. 22.
- Nov 7 **North Metro Sweet Adelines Show** at Hamilton Place. Guest Star Robert Pilon and a youth choir, “*Random Notes.*” 2:00 p.m. or 7:30 p.m. Cost: adults \$35.00, 15 and under \$20.00. Contact Dave Wright at 905-639-5093 or [wandave@sympatico.ca](mailto:wandave@sympatico.ca) or Mary Lyons at 905-336-5744 or [mlyons3@cogeco.ca](mailto:mlyons3@cogeco.ca) by Sept. 11.
- Nov 19 **Drury Lane Theatre**, 2269 New Street, Burlington. “*Camelot*” 8:00 p.m. Cost \$ 24.00. Contact Dave Wright at 905-639-5093 or [wandave@sympatico.ca](mailto:wandave@sympatico.ca) by Aug. 30.
- Nov 26 **Breakfast @ Johnathan’s (now Rochelle’s) Rest.**, 4121 Fairview St., Burlington. 9:00 a.m. Contact Paul Durnan at 905-630-2285.
- Dec 9 **Theatre Aquarius**, King William Street, Hamilton. “*White Christmas*” 7:00 p.m. Cost \$37.00. Contact Janet Carter-Wright at 905-336-5328 or [jcwright@xplornet.com](mailto:jcwright@xplornet.com) by Nov. 1. Cheques made out to Retirement Club must be received by Janet Carter-Wright at 4491 Appleby Line, RR#6, Milton ON L9T 2Y1 by Nov. 1.

## Calendar of Events – January to May, 2010

- Jan 20 **Stage West Dinner Theatre** at Dixie Rd. & Matheson Blvd., Mississauga. Musical Revue, “*One Hit Wonders.*” 11:00 a.m. Cost \$43.00. Contact Dave Wright at 905-639-5093 or [wandave@sympatico.ca](mailto:wandave@sympatico.ca) by Nov. 1.
- Jan 28 **Breakfast at El Spero Restaurant**, Hopedale Mall, Oakville. 9:00 a.m. Contact Paul Durnan at 905-630-2285.
- Feb 11 **Oakville Theatre for the Performing Arts**, Navy St. Play “*The Mating Game.*” Cost \$16.50 (senior ticket). 8:00 p.m. Contact Dave Wright at 905-639-5093 or [wandave@sympatico.ca](mailto:wandave@sympatico.ca) by Dec. 1.
- Feb 25 **Breakfast @ Johnathan’s (now Rochelle’s) Rest.**, 4121 Fairview St., Burlington. 9:00 a.m. Contact Paul Durnan at 905-630-2285.
- Mar 25 **Breakfast in Milton.** Place to be announced. 9:00 a.m. Contact Paul Durnan at 905-630-2285.
- Apr 17 **Dinner Theatre. Aldershot Players.** Play “*The Underpants*” by Steve Martin. West Plains United Church, Burlington. Dinner at 6:30 p.m. Cost \$35.00. Contact Dave Wright at 905-639-5093 or [wandave@sympatico.ca](mailto:wandave@sympatico.ca) by Mar. 1.
- Apr 29 **Breakfast at El Spero Restaurant**, Hopedale Mall, Oakville. 9:00 a.m. Contact Paul Durnan at 905 630 2285.
- May 5 **Annual General Meeting** - Look for the details and the registration form in the January and April issues of the Halton Herald.
- May TBA **Stratford Musical Matinee.** Check the District 15 website and the January issue of the Herald for details. Contact Dave Wright at 905-639-5093 or [wandave@sympatico.ca](mailto:wandave@sympatico.ca) by Dec. 1.

### Attention!!! NEW Wellness Series

A wellness series has been planned for the 2009-2010 year. Be sure to read the insert in this issue of Herald. These small group interest sessions will fill quickly so register early to avoid disappointment. Previous wellness events have been a huge success. You won't want to miss these opportunities!

## RTO/ERO District 15 Contact List

### Executive 2008 – 2009

Past President	Mary Lyons	905-336-5744
President	Cecile Leach	905-634-8027
1st Vice President	Linda Jones	905-336-5785
2nd Vice President	Janice Murdoch	289-956-0163
Secretary	Janet Carter-Wright	905-336-5328
Treasurer	Chub Baxter	905-643-3732

### Committees

Archives	Judy Sloan	905-336-5538
Book of Remembrance	Marina Lloyd	905-637-6030
Communications Chair	Peter Gnish	905-547-1628
Website	George MacRae	905-315-8581
Newsletter	Peter Gnish	905-547-1628

Assistants: Chub Baxter, Cecile Leach, Eleanor McCulloch,  
Marilyn MacRae, Cate Roberts (Design), Ray Smith & Dave Trueman.

Goodwill Chair	Marina Lloyd	905-637-6030
West Convenor	Marina Lloyd	905-637-6030
East Convenor	Warren McBurney	905-845-8219
North Convenor	Marg Megalink	905-877-7135
Out-of-Region Convenor	Peter Gnish	905-547-1628
Assistant	Flo Gray	905-639-4850
Health Services	Paul Durnan	905-630-2285

### Recruitment and Member Services

Chair	Bill Caldwell (until Oct.)	905-633-9506
	Replacement TBA	
Committee Members:	Bev Hilton	905-632-4528
	Carolle Twiss	905-632-8036
Pension	Jim Baker	905-639-1292
Political Action	Linda Jones	905-336-5785
Recreation	David Wright	905-639-5093
Program	TBA	
Tours	Irene Chalupka	905-637-0887

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### **Jan Murdoch**

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Cruise & Vacation Specialist  
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### **Chuck Rattray**

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## Talking To Lorna Scott and Friends

By Marina Lloyd - Chair of Goodwill Committee



Let's begin Lorna's story in the middle by talking to two former colleagues about her contribution to education in Halton. **Arlene Collard** and **Veerla Nott** were Primary/Junior consultants at the same time as Lorna held the position of Coordinator of Primary, Junior and Special Education. They remember her: "Lorna was an advocate for both teachers and students, particularly for students with special needs. She

was instrumental in the creation of special classes and a strong supporter of integration. Students always came first. She was responsible for implementing new curriculum and Ministry initiatives and had an amazing ability to access the funds necessary to carry out these programs. The meetings she chaired not only focused on strategies to help students reach their potential, they were also filled with laughter, for Lorna believed that learning should be fun for both students and teachers. Lorna has a great sense of humour and a lively spirit. She worked hard and she played hard." What a glowing testament! And Lorna has nothing but praise for her "fantastic" staff!



Eighty years ago, in Schreiber on the North Shore of Lake Superior, Annie Murphy and William Holland welcomed Lorna into the world, the fourth of six children. Lorna's mother Annie was a "saint" - good-humouredly indulging the children even when they played tricks on her or sang about putting "trousers in Annie Murphy's chowder." Dad was strict but fair and could also be an "imp," especially at Hallowe'en when he'd put on a costume, take Lorna out to get treats and, like Oliver, he'd beg for "a little more." His nickname for Lorna was Chickadee. She could do no wrong, especially in the eyes of her three brothers. Whenever she gets "down in the dumps," she thinks back to the golden days of her childhood and her spirits are lightened.

Lorna had no desire to do anything but teach, so it was off to North Bay for teacher training and then to Dorion township in the Thunder Bay District, where she was hired to teach Grades One to Five in a consolidated school. Her father was an engineer with the CPR travelling to Fort William and Port

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(Lorna Scott's Story ... continued from Page 24)

Arthur. Whenever she heard that familiar train whistle, she'd know it was he who was passing through and saying "Hello." After three years in Dorion, she accepted a dare from a friend and replied to an ad for a teacher in Picton. The initials in the ad were RCSA and she assumed she was applying to a Catholic board. She didn't particularly want to move, so she filled out her application carelessly and received two surprises - she was offered the job. The letters stood for Royal Canadian School of Artillery. Her classroom would be in the barracks of a private Army school.

Clare Scott owned a grocery store in Picton. When he asked the beautiful young teacher for a date, she accepted but not for the reason you might expect. Lorna considered Clare to be a most conceited young man so she thought she'd be able to take him down a peg or two on that date. Her opinion of him must have changed, as they were married in the 50's - a marriage "made in heaven." Their two sons are Dan and Randy. Dan is a retired Air Canada pilot living in Japan and still flying planes. Randy is a refrigeration mechanic working for a local company. Lorna has two grandchildren, Kelsey and Maxwell. The kids and grandkids mean all the world to her.

After the family moved to Burlington, Lorna taught Grade One at Central until she was encouraged to apply for a consultant's position. Her motto has always been "nothing ventured, nothing gained." Clare made it very easy for Lorna to take on the added responsibility of Coordinator. He had dinner prepared for her each night and on Friday, he would take Randy and Dan to the Legion to shoot a game of pool while she put up her feet and relaxed. She is reminded of those long ago times every Friday night.

Lorna has always been a risktaker. She earned a pilot's license when living in Picton and used to fly RCSA officials to Kingston for hockey games. On her way to Lockhart School one day, she noticed a developer pounding a sign into the ground on an empty piece of property on Lakeshore Road. She made a U turn, found out that a condo building was in the works, ordered a suite then and there, stipulating that it must be on the 6th floor and facing the lake. Then she phoned Clare (who was still in bed) and said, "Guess what? You've just bought me a condo!" She still appreciates that elegant home with a great view of the lake. "I'm so lucky," she says. "I have good kids, good grandkids and good health." Randy comes by twice a day. Each morning, he leaves Lorna with a French Vanilla latte and a Walnut Crunch doughnut.

Looking back over seven decades of vibrant living, Lorna shared these words

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of wisdom: Don't hold a grudge. While you're sitting at home, nursing that grudge, everyone else is out dancing. When you've made a mistake, own up to it. We can't always change circumstances and just have to accept what life dishes out. Things usually work out for the good. Try to maintain good relationships with the people who come into your life. It is very important to be honest and to treasure your friendships.

It ought to give you great satisfaction, Lorna, to know how highly regarded you are by all those you have met along the way. Thank you for sharing your story with Herald readers.

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## Health Services Committee

By Paul Durnan



The **Provincial Health Representatives Conference** was held recently in Toronto. In attendance were several B.C. reps - Ontario retired teachers living in B.C. I believe that the Provincial RTO/ERO health-care executive are particularly sensitive to retirees living on lower pensions - members who retired many years ago, some who taught in lower elementary school salary categories and others who interrupted their teaching careers to raise a family. The executive would like to see the premium structure set so that it is not too high for these members.

The following are some highlights from the health representatives' manual frequently asked questions section that you might be interested in:

- You can co-ordinate your RTO/ERO benefits with your spouse's benefit plan to round out your coverage.
- Disabled and fully dependent children are covered under the plan with certain limitations on eligibility.
- Coverage for your spouse and dependent children continues upon your death provided they are already enrolled.
- If your dentist or pharmacist submits a claim online you do not need to send a paper one.
- All 2009 claims must be submitted by December 31, 2010.
- If coverage terminates or your status changes the claim must be submitted within 90 days.
- If you want your spouse/dependent children to deal with Johnson Insurance Benefits Claims for you this must be requested in writing.

If you have any questions/comments please phone me at 905-630-2285.

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## Pension Committee

By Jim Baker



### Pensions

At the spring RTO/ERO Senate Meeting, Jim Leech, President and CEO of the Ontario Teachers Pension Plan re-confirmed that teachers’ Pensions have not been affected by the downturn in the economy since member benefits are protected by legislation.

### Retirement Concerns

#### *New Fact Sheet*

A new Health fact sheet has been produced with information on LHINS.

#### *Revised Fact Sheets*

B2 – Guaranteed Income Supplement

B3 – Old Age Security

B4 – Spouse’s Allowance and Allowance for Survivor

C3 – Elder Abuse

Fact Sheets are available on the web at [www.rto-ero.org](http://www.rto-ero.org) or by writing to the Provincial Office as follows: RTO/ERO Provincial Office, 18 Spadina Road, Suite 300, Toronto, Ontario M5R 2S7.

## Quack, Quack!

A doctor and a lawyer were in a bitter dispute. The doctor said, “A little bird told me what kind of a lawyer you are - ‘cheep,cheep.’ ”  
To which the lawyer retorted, “Well, a little duck told me what kind of doctor you are.”

### Editorial Policy

The Halton Herald is a non-partisan newsletter published by RTO/ERO Halton District 15 and is distributed to members and prospective members 3 times a year. Material from members, charitable or volunteer organizations submitted for inclusion in the newsletter or website, in full or in part, must be approved by the editor or website manager. We reserve the right to edit all submissions and advertisements.

Advertisements may be accepted at the discretion of the editor if accompanied by a pre-determined donation to RTO/ERO District 15 based on the size of the ad. They are to be submitted electronically. Publication of any advertisement in the Halton Herald or Website does not constitute endorsement of the product or service by RTO/ERO Halton District 15. This issue of the Herald was printed and supported by **Astra Graphics**.

## Recruitment & Member Services Committee

By Bill Caldwell



Fellow Retirees, by the time you receive this you will be witnessing the last days of summer and giving thought to Fall and Winter pursuits. RTO/ERO District 15 will also have received many new members who left the profession in 2009. Shortly we will be hosting the annual **“To Hell with The Bell Breakfast”** for these new retirees.

This will be my last message to you as Chair of Membership and Recruitment after 7 years in this role. My resignation will take effect mid-October. I am not aware of my successor at this time. It has been a most rewarding experience working with such a dedicated group who serve on your RTO/ERO Board of Directors. In closing I extend my very best wishes to all for many continued years of happy and healthy retirement years.

HDSB Retirees are now able to have a CHATT account through a Retirees Conference

HDSB in partnership with the Halton Learning Foundation, the charitable organization for the school board, are offering retirees an account. The membership fee is a \$50 annual contribution to the Halton Learning Foundation. A \$35 tax receipt will be provided to the member.

For more information on how you can join the HDSB Retirees CHATT please contact Janice Rowe at the Halton Learning Foundation [rowej@hdsb.ca](mailto:rowej@hdsb.ca) or 905-335-3665 x3408

### Are you missing CHATT?

- **Staff Room Conference**
- **Buy/sell/trade**
- **Births**
- **Retirements**
- **Bereavements**
- **Book Club**
- **Film & TV Club**

### Contact Current Staff

**Additional Retirees' Conferences as project unfolds**

## Archives Committee

By Judy Sloan



Hello again. I hope that everyone had a relaxing summer and you are looking forward to resuming your various activities throughout the coming year. I also hope that one of your activities will include looking for photos and articles for our Archives scrapbook.

On the subject of relaxing, the scrapbook now includes a photo of member **Denise Mason** and her husband **Ed** looking completely relaxed at Bavaro Beach. Their photo appeared in the SignPost section of the Burlington Post. The couple was enjoying the warm March weather while vacationing at Punta Cana in the Dominican Republic.

Congratulations to the women in the Burlington Branch of RWTO many of whom are also our members. They have won the Provincial award entitled **“The Feather in Your Hat.”** This award was presented to them this June for their community project, the *“Pretty in Pink”* fashion show which was held in April, 2008. The proceeds of \$13,000 plus went to the Burlington Breast Cancer Wellness Centre. Way to go gals!

The Hamilton Spectator featured a review of Burlington’s Drury Lane Theatrical Company’s production of *“HMS Pinafore”* in May. The photo included our own talented member **Bill Everett** in the leading role of the captain. The article stated that the production was blessed with a fine performance from Bill. Having seen the musical which was arranged by Dave Wright our Recreation Chair, I am in complete agreement with this statement. Bill’s acting and singing skills were superb as usual and it is always a joy for me to watch him perform.

There was a wonderful article in the Milton Canadian Champion in May concerning our member **John Horner**. John donated \$100,000 in giant cheque form to the Halton Learning Foundation (HLF). HLF’s mandate is to acquire and allocate resources to students of the Halton District School Board to enrich educational opportunities and eliminate economic barriers to learning. John donated the money to establish the John Horner Endowment Fund for deserving students at Milton District High School (MDHS) to make post-secondary education more accessible for them. The fund will provide at least three \$1,000 scholarships each year. John was head of the geography department at MDHS from 1968 to 1997. He was known at the

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school for his unconventional way of teaching and his adventurous spirit. It is therefore no wonder that he had been voted “most popular teacher” many times while he was there. This wasn’t the first of John’s generosity to MDHS as he has supported annual scholarships to graduating students for a number of years. This remarkable man can be summed up in the words of one of his former students who stated “He inspired me to be the best I can be.” John, I think that you have lived your life being the best you can be and you are truly an inspirational man.

That’s all for now but please keep those newspaper articles and photos coming to me at 1446 Brenner Court, Burlington ON L7P 2Z2. You may also contact me by email at [judymsloan@yahoo.ca](mailto:judymsloan@yahoo.ca) or by phone at 905-336-5538.

## Political Action Committee

By Linda Jones



### Long Term Care Report

In March, I attended a Policy Conference on Long Term Care Facilities. If you have seen the newspapers or receive CARP’s online newsletter you will know that there is a lot of attention in this area at the moment as we are waiting for the release of regulations under McGuinty’s Bill 140 which will govern the industry in the future.

Under the Rae government there were 3 Acts to create a uniform system, but the proportion of beds required to be held as basic accommodation was reduced from 60% to 40%, meaning that now 60% of beds are charged at premium rates. Under the Harris government there was considerable deregulation including providing a minimum of 2.25 hours of patient care and reporting on staffing levels. Although 20,000 new beds were created most were for profit. Under McGuinty there has been a continuation of for-profit privatization. The highest staffing levels are in not-for-profit homes, which include municipal and provincial government LTC homes. Government announcements about funding and staffing increases do not correspond to increased hands-on care for residents.

For-profit LTC homes in Ontario are over 50% of the total. Previously, 50% of residents fees were returned to the government but this practice was eliminated and accommodation is the only funding envelope that allows

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profit taking. Acuity is the term for need and although from March 2006 to June 2007 acuity increased by 3.5% and funding increased 8.1%, actual care only increased 0.04%. From 1992-2007 acuity increased 29.7% because of downloading from hospitals and the closing of mental health beds. In 2007, 74% of Ontario's LTC residents were classified as Category F (second highest level of acuity).

Prior to the Ontario Government issuing draft regulations for the new act they commissioned a report from Shirlee Sharkey. Her report recommends explicitly against a regulated care standard, opting instead for continued de-regulation and annual reports on unspecified "outcomes." She did support increasing Personal Support Worker and nursing hours up to 3.5 hours. Most of her report rejects a strong provincial approach, which would include regulation, compliance and enforcement regimes. There were no recommendations on either more openness and transparency for the public in how LTC homes are run or a need to address the increase in heavy care patients, growing concern about violence or special care units.

*"It should not be expected that seniors are engaged in the act of dying. Instead, we should be supported in life-giving, loving environments where we can live life to the fullest until life ends."*  
(Resident, Mississauga, 2007)

The Local Health Integration Networks are a part of this process as they determine specific funding to individual homes, but, of course, there is no provincial standard for a funding model to which they must comply. Currently, some draft regulations were issued and organizations and individuals had a short period of time, until June 5th, to make submissions. Our Provincial RTO/ERO office did make an initial submission to the government but the Spring Senate decided not to respond to the draft regulations. An Ombudsman's report, investigating whether the government is following its own recommendations and determining whether there is adequate enforcement compliance, has been delayed.

Other measures which would help include:-

- a completely random surprise inspection regime with enough inspectors to respond quickly to complaints and to remain on-site for 24 hours to talk to both staff and residents, not just review electronic data collection.

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(Political Action Committee... continued from Page 31)

- recognition of Family Councils and their right to advocate.
- whistle-blower protection for residents, families and staff, who speak out about poor practices.
- improved training to ensure a safe, secure & compassionate environment.
- consistent standards in staffing and funding across the province.

Now we wait for more reports, more draft regulations and finally the regulations, although in the 2003 election McGuinty promised minimum standards of care. Meanwhile the United States is looking to go back to 1982, a time of regulation in the Long Term Care industry. We will keep you informed.

For more details go to [www.ontariohealthcoalition.ca](http://www.ontariohealthcoalition.ca) "*They Deserve Better,*" Pat Armstrong et al., Canadian Centre for Policy Alternatives, 2009.

## All Politicians Are Not Created Equal!

A noted psychiatrist was a guest speaker at an academic function for politicians. One of the attendees took the opportunity to schmooze the good doctor a bit and asked him a question.

"Would you mind telling me, Doctor," she asked, "How you detect a mental deficiency in somebody who appears completely normal?"

"Nothing is easier," he replied. "You ask a simple question which anyone should answer with no trouble. If the person hesitates, that puts you on the track."

"What sort of question?" asked the lady.

"Well, you might ask, Captain Cook made three trips around the world and died during one of them. Which one?"

The politician thought a moment, and then said with a nervous laugh, "You wouldn't happen to have another example would you? I must confess I don't know much about history."

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# Program Committee

By Jan Moxey

## Annual General Meeting and Luncheon



President, Cecile Leach welcomed members to the Annual General Meeting and spring luncheon on Tuesday, May 5, 2009 at the Burlington Convention Centre. The minutes of the 2008 general meeting were read by **Janet Carter-Wright**.

**Marina Lloyd** announced the names of members that have been entered into the Book of Remembrance for this year. The treasurer's report was provided by treasurer, **Chub Baxter**. **Mary Lyons** reported from the Constitution Committee and Nominating Committee. Other reports were shared from various committees. Senate representatives and projects related to service to others were presented. **Colton Roberts** installed the officers for the upcoming calendar year.



**Nadja Halilbegovich**, author and musician, moved the audience with both her story and her music from her childhood experiences in war torn Sarajevo.



There was an opportunity for fellowship and celebration as we concluded this year's program.

In closing, we were entertained by the students from Alexander's Public School led by **Jane Wamsley**.



Turn to Page 39 to see pictures of the new District 15 Executive and some of the attendees.

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# Prospective Retirees

*Socialising at the Wine & Cheese, April 1st*



*Working out the Details at the Retirement Workshop, April 23rd*



# My Memories of Egypt

By Penny Hambly

All my life I have been fascinated with Egypt and have always wanted to go there. My dream finally came true last February when I joined **Irene Chalupka** and a few friends flying first to Frankfort and then on to Egypt.



My first impression of Cairo was how brown everything was and how all the apartment buildings had many large satellite dishes on top of their roofs. Before arriving at our hotel we went to the Mohammed Ali Mosque. At the Marriott Hotel we had to go through security and put all our bags through the x-ray machines. They even had security dogs at the hotel entrance that walked around each car sniffing for explosives.

On our first official day, we went to the famous Cairo Museum where we saw many ancient artifacts, huge statues and the remains of 23 kings and queens in the Mummy Room. Of special importance was the room with all the King Tutankhamun treasures from his tomb. That night we attended the Light and Sound Show at the Pyramids of Giza.

Next day we flew to Luxor where we boarded a boat for a 7-day cruise up the Nile River. The view was spectacular - the green vegetation along the banks of the Nile contrasting with the brown plains and mountains. What a relaxing way to travel. We passed many houses and people along the shores and stopped daily to get on a bus to visit the many temples along the river. The Temple of Fathor in Dandara, one of the largest preserved temples in Egypt contained a rare depiction of Cleopatra and her son, Caesarian. We visited other famous temples such as Horus and Karnak, went to the Aswan High Dam and even took a boat ride on a traditional Nile felucca around Aswan's Botanical Gardens.



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(Memories of Egypt... continued from on Page 35)



One day we flew down to see the temples at Abu Simbel carved out of rock by Rameses II and later rescued from the rising waters of Lake Nasser to its present site.

Another wonderful experience was going into the tombs at the Valley of the Kings. The hieroglyphics and cartouches along the walls were amazing. I was especially thrilled to go down into King Tut's tomb where I

saw his gold sarcophagus surrounded by a beautiful golden mural depicting the afterlife. When I turned to leave, I was taken by surprise to see his tiny mummy (which I thought was in the sarcophagus) on display encased in a glass covering in front of me. Later we went to the impressive Temple at Hatshepsut.

There were so many experiences which are forever imbedded in my memory. Some of these include: the magnificent three pyramids at Giza with the Great Sphinx guarding over them; actually walking inside the middle pyramid; the Step pyramid at Sakkara the oldest pyramid in the world; the colossal statue of Ramses II in Memphis; visiting a traditional Nubian Village; holding a crocodile; visiting a papyrus factory; our Egyptian Dinner and Galabea (traditional Egyptian attire) party.



Of course I brought back many souvenirs (some of which I had to do some serious bargaining) and took hundreds of pictures. But I will always have the memories of all my wonderful experiences in my mind.

Note: In May, I was able to see the Book of the Dead at the ROM which was the climax to the trip.

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## Making the Bathroom Safe and Accessible For Seniors

From NEWS CANADA and METRO CREATIVE

*Some tips for updating the bathroom to accommodate the needs of seniors*

- Put a **built-in bench** in the shower to prevent slipping and provide proper support. Consider installing a walk-in bath with a door to eliminate the dangers of climbing into a tub.
- Choose a **shower system with a handshower and wallbar** to make targeting hard-to-reach spots easier.
- Install **well-supported grab bars** in the shower and by the toilet for added stability.
- Consider putting a **stylish stool or chair in the bathroom** to sit on while changing clothes, putting on makeup or styling hair.
- Use bath mats that have **secure, non-slip backings**. Bath mats absorb dripped water and can help prevent falls on slippery tile floors.
- Consider a **raised toilet seat**. Bending to sit on the commode and lifting oneself back to a standing position can be difficult for a person with a disability.
- **Clear out extraneous clutter**. Keeping the decor and accoutrements sparse reduces the chances of tripping.
- **Install soap and shampoo holders at a comfortable height**. Bending or reaching for bathing necessities can be dangerous.



**IF YOU ARE MOVING or  
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In Writing: 18 Spadina Road, Toronto, ON M5R 2S7

By Telephone: 1-800-361-9888 Ext. 223 or 1-416-962-9463 Ext 223

or by email at [dvezeau@rto-ero.org](mailto:dvezeau@rto-ero.org)

Contact **Bill Caldwell** by telephone 905-633-9506

or by email at [wscaldwell@sympatico.ca](mailto:wscaldwell@sympatico.ca)

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## District 15 Visits The Argylls

By Dave Wright

Master Warrant Officer (Rtd.) **Terry Ryan**, was a member of The Argyll and Sutherland Highlanders of Canada the entire time he taught in Halton. Terry suggested we visit the home of the Argylls at the J.W. Foote Armouries in Hamilton. Twenty-five members of District 15 went on the tour in April.

Terry led the historical tour. We visited the old and new drill halls and saw high school students in the co-op program that is being offered at the armouries. Captain Wes Tupholme, the operations officer for the Argylls, outlined what the program does for the students. If they choose to join the Armed Forces upon graduation with some training at a military base they are ready for any service they are called upon to do. He said that the physical training they get raises their fitness level above that of regular entries into the army.

Terry took us to the sergeants' and officers' messes and we learned about the rich history of the Argylls. Both messes have pictures, paintings, awards and memorabilia that tell the story of the regiment. As one might suspect, they tell the story of war, valour and sacrifice of the Canadians who we have become so accustomed to seeing, hearing and reading about.

Twenty-four men and women of the Argylls are Afghanistan veterans and more are being trained to go. These soldiers are reservists not regular force. When their tour of duty is over they go back to civilian life.

Our host in the officers' mess was LCol (Rtd.) John Dinsmore. He told us about the military colours (flags) of the regiment and the protocol involving them. We saw paintings of the Argyll officers and heard the stories about them. John was the commanding officer from 1983 to 1986. He is also a retired principal from the Niagara area.

Chief Warrant Officer (Rtd.) John Terence and former pipe major of the Argyll Pipe Band was our host in the Pipes and Drums room. Although the room was being renovated and the pictures and portraits were not on display, John told us a great deal about the band and their practice routine as well as the place of a pipe band in a highland regiment. Both John and Terry were among the organizers of the International Military Tattoo that took place at the Cops Coliseum in June. Some of us attended that event.

Our thanks to Terry and our hosts from the Argylls for a very interesting day. We were amazed at what a treasure we have so close to home.

(Visit to the Argylls ... continues on Page 40)

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# Annual General Meeting May 5, 2009

Recognise the faces of some of these people who were in attendance? Meet old friends at our next gathering! Pages 20/21 give details.



## Youthful Entertainment (the way we were)



## District 15 Executive For 2009-2010



Halon District #15

WORKING TOGETHER FOR A BETTER RETIREMENT

Janet Carter-Wright  
Chub Baxter

Jim Baker  
Jan Murdoch

Linda Jones  
Cecile Leach

Mary Lyons  
Cecile Leach

# ***District 15 Visits...***

***Egypt with  
Penny Hambly***

***- Page 35***



***Our Gotta Sing, Gotta Dance  
Performers - Page 15***



***The Hamilton Sutherland Argylls with  
Master Warrant Officer (Rtd) Terry Ryan - Page 38***

