

# EROTHALTON HERALD

District 15

September, 2015



*To See Wildlife in South Africa*

*Photo by Jan Murdoch*

*Travelling to...*



*Thailand*



*To Experience a New Culture*



**From John Belisario**

## President's Report

By Carolyn Hilton



As I begin my term as President of RTO/ERO District 15 I look forward to serving all our members and doing whatever I can to act in the best interests of our organization.

At our AGM in May we welcomed several new members to our board and bid farewell to others. I'd like to thank **Penny Hambly** for all her hard work this past year as President. Penny will remain on the board as Past President and Chair of the Awards Committee. I'm happy to announce that **Claudia Stewart** has accepted the role of Second Vice President. Claudia will also chair the Membership Committee which **Hilary Barber** chaired very successfully for years. We appreciate Hilary's dedication. **Daliah Brown** has resigned as our Assistant Treasurer. We are grateful for the five years she devoted to this role. **George MacRae**, who did a great job as our Health Services Chair for many years, is also leaving the board. We welcome back former President, **Colton Roberts**, who is taking on this role. **Nancy Parkhill** has stepped down as Political Advocacy Chair and we welcome newly retired **Sheila Bugala** who will assume this duty.

On May 11 to 12, 2015, **Penny Hambly** and I attended the Provincial Spring Senate in Toronto as voting senators with **Moira Plexman** and **Claudia Stewart** as observers. The Senate approved the appointment of Jim Grieve as our new Executive Director Designate replacing Harold Brathwaite who is retiring. It was also announced that the Provincial charitable donation was awarded this year to the Nipissing Serenity Hospice. Provincial Executive also announced that the new Chair of Geriatric Medicine at U of T, funded by the RTO/ERO Charitable Foundation, will be announced shortly. As well, an important revision was made to the Associate Membership Category that allows surviving spouses of members to join RTO/ERO and continue participation in the Group Benefits plan. Dependents of members may also join and receive benefits.

It is my hope that by the time you read this you've enjoyed a relaxing summer and are looking forward to reconnecting with your former colleagues at our District 15 luncheons which take place three times a year. Please see **Moira Plexman's** Program Report for details. I look forward to meeting our newest members at the "*To Hell with the Bell*" breakfast on Sept 10, 2015. Please feel free to contact me at 905-844-2984 or [chilton@cogeco.ca](mailto:chilton@cogeco.ca) if you have any questions or would like to volunteer as a member of one of our committees.

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### Book of Remembrance

*We remember with fondness*

- |                       |                     |
|-----------------------|---------------------|
| Andrew Allan          | Gwyneth Austin      |
| Alfred Barnes         | Nancy Dolbel        |
| Gerald Droppo         | June Durrant        |
| Jean Dwyer            | Wendy Fleming       |
| Elizabeth Gardiner    | Paul Hogan          |
| Iris Innes            | Mary Cordelia Irwin |
| Frederick Kalbfleisch | Rosana Kelly        |
| Donald Kemp           | James Kennedy       |
| Kathleen Kenefick     | Jacqueline Matte    |
| Elizabeth Mattiussi   | Iain MacLaren       |
| William John Moore    | Conrad Poole        |
| Pearl Rubinoff        | Barbara Ruton       |
| Dorothy Singleton     | Joy Smith           |
| Sampath Voora         | James Waterworth    |

### RTO/ERO District 15

*We strive to live up to our motto!*

*Here for your now...*

*...Here for your future!*

*You can help by getting involved.*

## We Get Letters, E-mails & Calls

By Peter Gnish

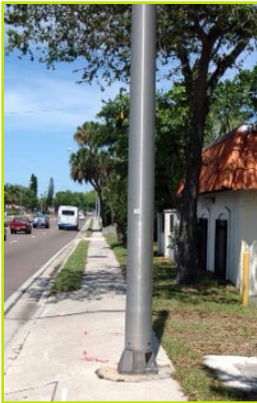


How nice it was to receive a number of pictures and a poem as part of the communication with me this past spring. After you read the messages below, hopefully you will decide to let your friends and former colleagues hear what you are up to these days. You can e-mail me at [pgnish@gmail.com](mailto:pgnish@gmail.com), telephone me during the May to October period at 905-547-1628, or at 239-208-2860 in Florida during the November to April period; or send me something by Canada Post to either 153 Fairleigh Ave. S. Hamilton, ON L8M 2K4 or 5260 South Landings Drive, Apt. 309, Fort Myers, Florida 33919 depending on the month you decide to write.

**John Belisario** emailed me from Thailand where he is spending a few months enjoying the culture and the people. See the photos he submitted on Page 2.



**Gerry Blosser** e-mailed this photo which he took in Sarasota, Florida. He says that the caption should read, "Sarasota's well planned deterrent to



stop cyclists and pedestrians from texting while using the sidewalk was to put light standards in the middle of the sidewalk." He says this is a fact. During his 5 months there he rode his bicycle along this 10 mile stretch regularly and had to take care to avoid the light standards.

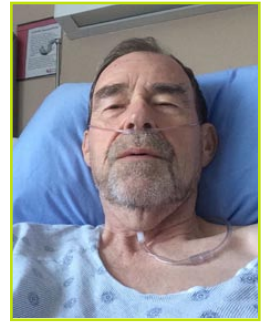
**Joseph Bray** e-mailed me to say that he always reads the news in the Halton Herald with considerable interest. He wrote, "Thanks for keeping us informed." As well, he submitted a piece of doggerel you will find of interest. Read it on Page 18 of this issue.

**Lynn Gapes** e-mailed me to say that she recently attended the wedding of her son, Ryan in Vancouver. She sent a photo of the wedding party that you can see on the back page of this issue.

(We Get Letters.. continues on Page 6)

(We Get Letters.. continued from Page 5)

**George MacRae** wrote on Facebook about his rather unpleasant experience with a bird. “We had just returned after a 22 day cruise (excellent). First day back I was attacked by a robin defending her hidden nest. I jumped and landed on hip. Broke it but hopefully on the mend. Is the biking season lost? By the way, some people seem to have the idea that I fell off a ladder – not so – just a simple jump, twist and fall!”



**Bruce Shapka** sent an e-mail to say, “On Friday February 27, family and friends of **Norm (Collier)** helped celebrate his 90th birthday. Here is Norm and his cousin Father Dennis Noon, of the Church of Our Lady in Guelph, reminiscing over photographs. I first met Norm in 1967. He was one of my first practice teaching principals at John A. Lockhart school in Burlington. I taught both his daughter and son at Pineland. When I moved to Tecumseh P.S. he was the teacher-librarian. When I saw that there was a celebration of his birthday on CHAT I decided to attend. Both his grown-up son and daughter were there.”



**Herman Star** called to say how much he enjoyed the latest version of the Halton Herald and to bring us up to date with how he is doing. In addition to spending time with his grandchildren, he and his daughter devote a great deal of their time as caregivers to his wife. She is having major health issues which require care. We wish her a speedy recovery and, where possible, improvement in her health.

**Nanci Wakeman** e-mailed me to make a correction to **Damian Cooper's** submission to the Halton Herald, published in April 2015. She wanted us to know that is *not* Nanci Cooper, but rather Nanci Wakeman. She also added a note about her life since retiring from Halton. “After a year of retirement, I went back to school but as a student again! I enrolled in the print journalism program at Sheridan College and launched a freelance writing career. Having been an English major and English teacher during most of my career, it seemed a good fit. I did interesting interviews with people - that was the best part of the work. One contract took me to the hospital in Mumbai where the Dalai Lama receives treatment when needed. The wing in which he stays is more like a luxury hotel than a hospital floor.

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(We Get Letters.. continued from Page 6)

I learned about NOTES (natural orifice transluminal endoscopic surgery) during that visit. This is a technique wherein an endoscope is passed through a natural orifice and then through an internal incision in the stomach, vagina, bladder or colon to remove a diseased part of the gastroenterological system. No need for an OR as the patient's body is the sterile environment. India was a pioneer in this type of surgery which is now used in many western hospitals.

I had contracts with OTF and Bow Valley College in Alberta. For OTF I oversaw the creation of the website Connect 2 Assess where teachers can share assessment processes and tools. For Bow Valley College, I provided a recommendation for fiction appropriate for their adult students who are reading at between grade 3 and 5 levels. Both were really interesting projects.

Of late, as Damian mentioned, my life is a little more relaxed. I try to keep my brain active, though, and have started playing the piano again, after a 50 year hiatus! I have also gotten into the fibre art of rug hooking. But I am always looking for a new freelance gig!"

*The following were sent to my Hamilton address while I was in Florida. I apologize for the delay in recognizing these cards and letters.*

**Gary Bateman** and his wife, Donna as well as **Bob Bigelow** and his wife Jessie, sent cards to wish us Merry Christmas.

**Helen Crozier** and her husband, Kevin sent a card to thank us for the Halton Herald and to indicate a change of address in Barrie.

**Octavia Dutzak** also sent Season's Greetings. She added, "Am still trying to adjust to quiet Wasaga Beach. Miss all the groups I was a part of in Oakville."

**John Horner** and his wife, Dorothy also sent a Holiday card. John wrote, "Even though I seldom visit Halton I am delighted to receive the Halton Herald. It is enjoyable to stay informed about such an important part of my life. Best wishes to all."

**Kathleen Hulton** included a nice letter in her Holiday greeting in which she said that she appreciated receiving the Halton Herald even though her husband, Jack had passed away in 2012. She especially likes to read the "We Get Letters..."

(We Get Letters.. continues on Page 8)

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(We Get Letters.. continued from Page 7)

section where some of his former friends and colleagues submit updates to what they are doing. She wrote, "After Jack died I sold our home in Grimsby and moved into a suite in my daughter and son-in-law's new home in Smithville. In November, 2014 I moved into a Retirement Community Residence in Grimsby. I like it very much and, luckily, I was able to bring my little dog Jenny, a small size Pekinese, 10 years old."

**George Munro** sent a Season's Greetings card that included the following - "Say hello to all old friends in District 15; coffee time or chance meeting."

**Sue Rietschin** sent us her annual Christmas letter for the 2014 Christmas season. It contained much about what she and her husband, Jurg, had done during the year including a trip to Yellowknife in March to stay in the Snow King Castle; a visit with a friend in Vancouver in May; a side trip to Kamloops to visit her son, Jeff where he is managing a tree planting camp; in July they went to Switzerland to visit Jurg's family and travelled through Austria and Hungary; October saw them join a naturalist tour in Africa through Namibia, Botswana, over to Victoria Falls ending in Capetown; Sue is still involved in her volunteer activities that promote sustainability and the environment; she has become involved with the Grandmothers and Friends group in Guelph that supports the Stephen Lewis Foundation; but she does find time to be with her book club; cycling around Guelph and canoeing on Lake Eugenia with Jurg are still part of their routine to stay healthy. See one of the photos she sent of her and Jurg in Vancouver on the back colour page.

**Don Rosser** sent a note to express his appreciation for receiving a Birthday Card from on RTO/ERO District 15 sent to all those over 90 years of age and living outside of Halton. He just turned 93 in May. He also wrote, "You may be pleased to know I usually read your column in the magazine so I feel I know you. Thank you for the card and best wishes from the Old Guy."

**Helen Van Sickle** sent her Christmas letter to say, "I have reached the grand old age of 91 and I am grateful to be alive. I am still well taken care of at Caressant Care and realize that it is the best place for me at this stage of life." Helen indicated that she has experienced change in that she can hardly walk anymore and needs to use a wheelchair to get around. As well, her eyesight is at the 10% level so reading is now impossible. Nonetheless, she takes trips in the wheelchair with family and friends. Recently she went to Southampton and Port Elgin where, "I saw the beautiful lake and beach and enjoyed an excellent lunch at a restaurant."

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## Recreation Committee

By Dave Wright



Our out-of-town trips to the **Stratford Festival** and **Ripley's Aquarium** in Toronto were very successful and there are reports about them in this issue of the Herald.

We enjoyed the musicals and plays that we attended this past year and for that reason will go back to the groups that put them on. You can see the list in this issue's calendar of events. They are listed on the website [district15.rto-ero.org](http://district15.rto-ero.org) as well and will be highlighted in the monthly e-letters. We urge you to join us. Getting together has always been great fun.

If there are changes or new entries we will let you know on the website and e-letter. If your only contact with us is the Herald, feel free to call me at 905-639-5093 or Janet Carter-Wright at 905-336-5328 for the latest information about events.

Janet and I are always looking for new events to attend, so let us know if you have ideas. We can publicize them using our website and monthly e-letter.

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## Webmaster Report

By Jeannie Woodcroft



Travelling is one of the things that many retirees such as us love to do. Staying in touch with family and friends when you are travelling is so easy today. Do you travel with your laptop, tablet or smartphone? Or do you use the hotel/cruise ship's computer? Whatever way you connect to our website at [district15.rto-ero.org](http://district15.rto-ero.org), you can get timely information.

When the newest issue of the Halton Herald comes out and you are not at home, remember to check out District 15's website where you will find the NEWS-LETTERS menu for reading the digital version of the Herald. Maybe you plan on attending some of District 15's events and need to register ahead of time. Be sure to refer to the EVENTS/PICTURES menu or the CALENDAR. All these can be found on the HOME page.

I sincerely hope that you enjoyed a wonderful and safe summer wherever you were!

## *Carousel*

By Dave Wright



*Carousel* was chosen for our District 15 trip this year to the Stratford Festival. I knew some of the music but was not familiar with the story until I did some research in Wikipedia.

The history of *Carousel* and its impact on American musical theatre is very interesting. After the success of *Oklahoma*, composer Richard Rodgers and lyricist Oscar Hammerstein II were persuaded by colleagues to create *Carousel* as their next collaboration. The pair went on to write and compose *South Pacific*, *The King and I*, and *The*

*Sound of Music* but Rodgers said *Carousel* was his favourite. In 1999, TIME Magazine declared it the best musical of the 20th century.

We had good seats, it was a nice spring day, and after reading Susan Schulman's director's notes and the preface written by Toronto-based writer and CBC broadcaster Robert Harris in the program booklet, I had a good feeling about the decision to see the musical. *Carousel* was outstanding, with beautiful music, excellent singers and dancers, and very good staging. We were in the first audience to see it and I don't know how it could have improved. Being close to the stage, we had close-ups of facial expressions and it looked like the cast were enjoying themselves. Perhaps the only drawback of being close to the stage was watching the dancing - it was like watching a tennis match from centre court!

The story was adapted from a 1909 play *Lilliom* written by Hungarian playwright Ferenc Molnar. It is the story of the ill-fated marriage of a carnival barker and a servant girl in Budapest. Rodgers and Hammerstein shifted the setting to a Maine fishing town in 1873 where Billy is the barker at the town carnival and Julie is a factory worker. Julie and her friend Carrie go to the carnival after work and once Julie lays eyes on Billy her attraction for him and her defiance of the "factory girl" curfew results in her being fired. The carnival is owned by a widow who likes Billy for more than his good looks and charm that draw customers to the carnival. The widow confronts Julie and fires Billy when he defends Julie. As they get to know each other in what has been called the bench scene, Billy and Julie sing "If I Loved You" a love song which has been recorded by a number of star pop singers.

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(Carousel.. continued from Page 10)

Their ensuing marriage is not a happy union. In the two months they are together, Billy is not a very good husband. He is unemployed, frustrated, and physically abuses Julie but when Billy learns he is going to be a father, he is overjoyed and sings his “Soliloquy” in which he speculates what his child will think of him. “Soliloquy” is the first song Rodgers composed for the musical.

Billy is drawn into a scheme to rob the factory owner in the hope that his share of the proceeds will allow him to take Julie and her child away to a better life. However, the robbery is botched and Billy, cornered and desperate, stabs himself. After he dies in Julie’s arms and is escorted from earth, Julie’s Aunt Nettie holds Julie and sings the signature song of the musical, “You’ll Never Walk Alone.”

Fifteen years later we find Billy in the back garden of heaven. He can’t get into heaven because he hasn’t done anyone any good on earth. He is allowed to go back for a short time to make amends. He sees his daughter Louise as a troubled teen who carries the label of the daughter of a robber and wife beater. Billy approaches her as someone who knew her father. He tries to give her a star he brought with him. Louise rejects it but tells her mother and when Julie sees the star, she believes she knows who the stranger was.

Billy is on earth long enough to see Louise graduate from school and in that scene, as the reprises of “You’ll Never Walk Alone” and “If I Loved You” are sung, Billy tells Louise to believe in herself and tells Julie that he loved her. These two actions get Billy into Heaven.

*Carousel* opened on April 19th 1945, three weeks before VE Day. At that time in history American audiences were receptive to the message of hope in the closing scene.

## Funny Signs!

**In a Podiatrist’s office: “Time wounds all heels.”**

**At an Optometrist’s office: “if you don’t see what you’re looking for you’ve come to the right place.”**

**On a Plumber’s truck: “Don’t sleep with a drip. Call your plumber.”**

## John Lenz - A Man “Blessed Beyond Measure”

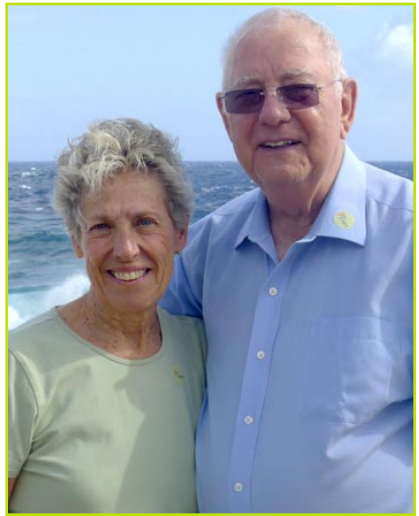
By Marina Lloyd, Chair of Goodwill



As a student at Georgetown High School, John was already taking on leadership roles, serving as Treasurer and President of the Student Council. He joined the Cadet Corp, then the Lorne Scots Reserve, passing all the requirements to be promoted to Sergeant. When summer holidays came along, he looked forward to answering the “summer call up” and joining the regular army. After graduating, he had a clear vision of where his future lay - he would become a career officer in the Canadian Army. Had his best laid plans not “gone awry”, students and staffs in the Halton Board would have been deprived of an excellent educator and a good friend. In the course of playing soccer, football and hockey, John had managed to dislocate his right shoulder not once, but nine times! The officials in the Officers’ Training Corp soon realized that he couldn’t throw a baseball, let alone a grenade, and granted him a medical discharge.

What to do now? An office job proved to be too routine - not challenging enough. Then, remembering how much he’d enjoyed serving as an instructor during summer vacations, teaching all manner of skills to cadets, he enrolled in Teachers’ College. He was 22. Once again, his skills were recognized and he was chosen to be valedictorian but don’t ask him about his valedictory address!

In September, 1963, John stood in front of his first class of 38 Grade 7’s and 8’s and one Grade 3 student at Howard Wrigglesworth School. His high school sweetheart, June, was teaching at Chapel Street School and they were married before the year was out. Three years later, John was moved to Centennial, then Stewarttown. In 1970, although he was appointed principal, he wasn’t to be assigned to a school; rather he found himself at Central Office, acting as an administrative assistant to Orié Gilmore and Jim Singleton. That year, during which fourteen school boards were being melded into one, was a “wonderful learning experience.” Other schools that flourished under John’s care included



(John Lenz... continues on Page 13)

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(John Lenz... continued from Page 12)

W. I. Dick, Robert Baldwin (which he opened) and Sam Sharratt, then back to Robert Baldwin and finally, in 1990, to Brookville.

One of his vice-principals says he was “a fabulous principal with whom to work. He always put the students first and was extremely concerned for his staff. My time working with John was one of the most outstanding times in my career.” These words were echoed by a teacher on one of his staffs. “When I think about John as a principal, 100% support comes to mind. I often heard him say that his job was to get out of the way and let teachers get on with the wonderful things they did in their classrooms! When my team would approach John with our ideas, he would often smile and shake his head, not fully understanding why we wanted to do such a thing, but listening to us and supporting us 100%. He made us feel like knowledgeable and competent professionals.” In turn, when John recalls the days spent in those seven schools, he speaks of “terrific staffs, students and cooperative, supportive parents. There was never a dull moment. I was so fortunate. I’ve been blessed beyond measure.”

John’s career came to an end sooner than expected. What he dismissed as indigestion, proved to be a series of heart attacks. Complications after bypass surgery meant a disappointing but necessary retirement in 1992. Continuing serious health issues have not prevented John and June from travelling to Florida in the winter, visiting family in Europe, (his father came from Austria after the First World War) and seeing the world from the decks of a cruise ship.

John and June live in a non-profit seniors’ condo building in Georgetown. You’ll not be surprised to learn that he continues to accept positions of responsibility and be concerned for the welfare of others. He serves on the Board of Directors of the Bennett Health Care Centre and chairs a Development Committee attempting to create a facility which will offer seniors a continuum of care from independent living to long term care.

Here is a man filled with gratitude. He was fortunate enough to have the opportunity to work with wonderful colleagues and children in the North Area but more particularly, he is blessed with a wonderful family - his wife June, son Andy and his wife Radka, daughter Cathy and her husband Tom. And - to add to his delight, there are four grandchildren and three 10-year-old great-grandchildren (triplets of course!) John calls himself the “luckiest person in the world”. I think he’s right!

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

Our membership is now well over 2500. Below are the names of retired teachers and other education staff who became members since April, 2015. Please welcome them and invite them to join you at one of our many activities.

Philip Austin	Theresa Ball	Donna Barnes
Nadeen Ann Bender	Anthony Boissonneault	Carolyn Bowlby Mollenhauer
Paul Burghardt	Dianne Burns	Elise Edna Burns
Susan Carey	Avryl Connolly	Teresa Culpeper
Dianne de Freitas	Patricia De Mille	Sharon Deboer
Chris Demopolis	Patricia Douglas	Bonnie Duimstra
Mary Emerson	Barbara Ervin	John Fleming
Maurine Gillberry	Susan Gregoire	Diane Grieve
Paul Harper	Jane Hoffman	Gary Janozeski
Betty Kennedy	Florence Kerr	Lynda Kozak
Charles Leskun	Virender Madan	Marie McGuffie
Marion McMeeken	Victor Parks	Carol Pashkievich
Cecilia Racine	Lezlie Rivett	Martin Rokowski
Lucille Roy	Josette Sanderson	Mary Alice St James
Dorothy Taylor	Joyce Tidball	Anthony Tommasone
Madeleine Voora	Zenia Wager	JoAnn Walsh
Susan Wheelihan	Stephanie Williams	Cheryl Wilson
Frederick Wolfe	Sharonne Young	

## Recruitment & Member Services Committee

By Claudia Stewart



It is my pleasure to begin my tenure with District 15 membership service. Many, many thanks to my predecessor **Hilary Barber**, who was a tremendous mentor and helpful guide for this new role. District 15 welcomed 5 new members in June and continues to respond to questions about RTO/ERO membership. It is frequently necessary to ask members to contact the Provincial Membership Services office in Toronto directly to give them your private changes to personal information.

Our annual **To Hell with The Bell Breakfast** takes place on Thursday, September 10, 2015 at the Quality Hotel, 754 Bronte Rd., Oakville (south of the QEW) at 9:00 a.m. Please encourage any of your friends who are newly retired from the

(Membership.. continues on Page 15)

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(Membership.. continued from Page 14)

Boards or from private schools to contact me if they would like to attend. They are most welcome to invite an experienced RTO/ERO member to join them for breakfast. Please contact me at [stewartcj@me.com](mailto:stewartcj@me.com) or 905-331-5614 to reserve a spot at this wonderful opportunity to celebrate the beginning of retirement. Looking forward to seeing you in September.

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## Pensions & Retirement Concerns

By Jim Baker



### Status of Teachers Pension Plan

The 2014 report to members summarizes thoroughly the status of the fund. The pension plan invests on behalf of 311,000 active and retired teachers. The fund has posted an annualized 10.2% rate of return since its funding as an independent organization 25 years ago.

In 2014, its assets grew to 154.5 billion from 146.8 billion, an increase of 11.8% over 2013. This is the second year the fund has posted a surplus after a decade of recording annual deficits. The 2014 financial results include a 13.4% return on equities and a 22% return on private capital investments.

The plan has \$6.8 billion of surplus assets above the estimated liabilities for providing pensions to its members. The May 2015 report indicates that surplus funds will help restore inflation protection for post 2009 pension credit. For those who retired between 2010 and 2014, the pension will be restored to the level it would be if 100% protection had been provided each year since you retired. Teachers plans to adapt and modify its strategy to include looking for more investment opportunities around the world and building up assets in its target regions.

Teachers built its first regional office in London in 2007 and now will expand its office there. The London office has assets of 22 billion. It owns the Bristol airport, and is increasing its stake in the Birmingham airport. Teachers opened an office in Hong Kong in 2013. Teachers might eventually own an office in South America where it has a critical mass of assets in several countries.

### Age Warning

The average age of plan members has been increasing since the 70's. The mortality age of plan members has averaged between 79 and 90 for women who normally outlive men. Teachers has 182,000 active members and 129,000 pensioners but pensioners are catching up quickly. More than 100 pensioners are now over 100.

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# Wine and Cheese Event for New Retirees

By Claudia Stewart

On April 15th, 37 participants took part in the Wine and Cheese event at the Quality Inn in Oakville on Bronte Rd. We used the cruise ship of retirement as a theme to give folks a perspective on joining RTO/ERO focussing on the benefits package and the many events and activities available for members. If you recognize any of the newly retired teachers pictured below please encourage them to join you in District 15.

(Photos by Penny Hamblly)



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## Duffergate

Written by Joe Bray

The following is no more than a work in progress and in true G & S tradition is in iambic indisputable - maybe octometerological. I think W.S. Gibert added an extra couple of syllables to each line, sort of jumbled together in a cascading diminuendo. This is best suited to a very up-tempo, antediluvian chant. Might be easier to nod your head at the end of each line, quickly, rather than add the extra syllables - or change the verbs to the pluperfect indictivital. This may need some revisions when you add the music.

### DUFFERGATE: A MODE\$T DEFENSE.

I've information hormones absent, free range and organic.  
I am the very model of a senator gone manic.

"Confusing rules" my defence says and mentions jurisprudence.  
Then uses obfuscation to bamboozle your credulence.  
"The senate rules are antiquated, sloppy, non-existent"  
But my doubly charged expenses were really quite consistent

Dog shopping was my selfless quest for a Senate mascot token  
My first choice, **pig**, I feared might add new meaning to House broken.  
One hundred grand for Cavendish, should such expense be numbing?  
Come on folks, give your head a shake, it needed indoor plumbing

The "shark tank", "trough" and hog cartoon, my shameless media friends  
Invective heaped on poor Ol Duff, too late to make amends.  
Two "secondary" houses sound offensive and aberrant.  
And double-billed expenses are pretty fraud transparent

But can you really warp your mind to guess Ol Duff so stupid?  
"There is no art!" Do not assume a Susi-faced quadruped.  
And Nigel Wright, poor wealthy bloke, his fate will serve him right  
He should have guessed the Duffer planned a better paying fight.

(Duffergate.. continues on Page 19)

(Duffergate.. continued from Page 18)

These paltry little “oversights” that number thirty-one  
 Combined do not a scandal make but source expensive fun.  
 Reward me like Bill Clinton, folks, he’s now worth eighty million  
 Almost as much it costs each year to fund our House Vermilion.  
 Remember that in Clinton’s day, perjury was the indictment  
 Defence: “I did not like it, she provided no excitement.”

Historic rights are challenged—oversight by the Three Wise Monkeys  
 Has been replaced by something new—a team of legal flunkies.

My trial is planned for **forty** days, of Biblical portent  
 Ol Duff joins Moses, Noah, Elijah—to swell their complement

And don’t omit Goliath, full forty days he traveled.  
 The underdog defied him –his body was unraveled.  
 Included in my subterfuge, there is an overlook

The next revisionists will add Mike Duffy to **The Book**.

My host of critics could care less who pays my legal fees  
 Malicious Prosecution next will be a handsome subsidy.  
 Then there’s my book, bestseller sure, and followed by a movie  
 I’ll call it “Rise to Greatness Two”—the greatness part MD  
 A second cheap soft cover, a “must read” for the nation.  
 “Fraud for Idiots” will meet with stunning approbation.

A bobblehead, some T-shirts and a line of Duffy socks  
 Will help to fill my coffers and define this paradox.  
 If you pay my expenses twice and honorarium  
 I’ll come to fill your Chancellorship and tell you how I won.

“Don’t mess with Duff” will make its way onto the Leafs’ new sweater  
 The same emblazoned on the door of the erstwhile Red Chamber.  
 A quintessential metaphor, my former pals to thank.  
 The shark that gets the headline is the last one in the tank.

“**Hey Hillary I’m ready!**” –“to be your guarantor.”  
 “Republicans abandon hope!”—unless you offer more.

**RTO/ERO District 15 Contact List****Executive 2014 – 2015**

Past President	Penny Hambly	905-639-6193
President	Carolyn Hilton	905-844-2984
1st Vice President	Moira Jane Plexman	905-845-1977
2nd Vice President	Claudia Stewart	905-331-5614
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Proofreaders: Chub Baxter, Eleanor McCulloch, George MacRae, Marilyn MacRae and Ray Smith.		
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Committee Member:	Darcea Hiltz, Maureen O'Toole-Bujold	
Program	Moira Jane Plexman	905-845-1977
Committee Members:	Penny Hambly, Mary Lyons, Gail Reeves, and Roberte Rivard,	
Recreation	David Wright	905-639-5093
Committee Member:	Janet Carter-Wright	
Tours	Jan Murdoch	289-271-9817
Committee Members:	Jim Brownridge, Shirley Brownridge, Connie Goman, Darcea Hiltz, Susan Hoicka, Colton Roberts	

## Overactive Bladder Workshop

By Jan Murdoch

Both men and women suffer from stress incontinence, when coughing, sneezing or even getting up quickly from a chair results in wetting themselves. It is estimated that one in six adults over 40 years of age is affected by OAB (overactive bladder). According to Dr. Gifford-Jones, "The cause for women is often a combination of problems particularly after menopause. Childbirth sets the stage with weakened vaginal muscles causing, in time, a fall of the bladder wall. But, in addition, a lack of estrogen causes the thinning of the bladder lining and then the urge to void. For men, urinary incontinence is often associated with enlargement of the prostate gland. Or it might occur following radical prostate surgery or radiation therapy for prostate malignancy."

In the July e-letter, I identified a workshop opportunity to learn how to strengthen the pelvic floor and prevent UTI's and prostate problems. Much more than Kegel exercises, this technique incorporates the principles of yoga and PILATES exercises to strengthen the pelvic floor in order for the organs of the urinary tract and uterus to have a strong basin to hold them. The response was excellent so I have contacted the Instructor and arranged for a workshop consisting of three sessions.

Each session will start at 1:30 pm; the first session is 1hr. and 30 minutes in length and the next 2 are 1 hr. and 15 minutes. They will take place on Wednesday Sept 23, Wednesday Sept 30 and Wednesday Oct 7, 2015 in Burlington, at Tansley Church (loft). The cost of the set of three sessions is \$45, to be paid to the Instructor at the first session by cash or cheque. The Instructor can accommodate 25 people for the program; if there is a high level of interest a second set of workshops could be arranged. To register please contact Jan Murdoch [janmurdoch8@gmail.com](mailto:janmurdoch8@gmail.com)

### More Funny Signs!

**On a Maternity Room door: "Push. Push.Push."**

**Outside a Muffler Shop: "No appointment necessary, we hear you coming."**

**You are invited to the...**

**RTO/ERO HALTON DISTRICT 15  
Fall General Meeting & Lunch  
Monday, October 26, 2015**  
Teatro Conference and Event Centre  
121 Chisholm Drive (Hwy.401 & Hwy25)  
Milton, Ontario



**Guest Speaker: Plum Johnson**

**Award Winning Author of the memoir - *They Left Us Everything***

Plum Johnson is an award-winning author and visual artist living in Toronto. She was the founder of Kids Canada Publishing corp., and publisher of Kids Toronto; In 2002, she co-founded Help's Here! magazine. Periodically, her humorous columns about family life appear online at [50Plus.com](http://50Plus.com). Recently, she spent a year packing up the family home after the death of her elderly parents, resulting in her memoir, *They Left Us Everything* (Penguin Canada, 2014).

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

**PROGRAM**

<b>Registration:</b>	<b>12 noon</b>
<b>Lunch:</b>	<b>12:30 to 1:30 p.m.</b>
<b>Business:</b>	<b>1:30 to 1:45</b>
<b>Guest Speaker:</b>	<b>1:45 p.m.</b>

To attend please complete the registration form and mail with a cheque payable to RTO/ERO District 15 **by the October 16, 2015 deadline.**

**Registration Form Deadline:  
Friday, October 16, 2015**

**Please Print:**

Name: \_\_\_\_\_

Tel Number: \_\_\_\_\_ Member \_\_\_\_\_ Guest \_\_\_\_\_

E-mail: \_\_\_\_\_

**Vegetarian meal is required \_\_\_\_\_ Food allergy \_\_\_\_\_**

-----

Name: \_\_\_\_\_

Tel Number: \_\_\_\_\_ Member \_\_\_\_\_ Guest \_\_\_\_\_

Email: \_\_\_\_\_

**Vegetarian meal is required \_\_\_\_\_ Food allergy \_\_\_\_\_**

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**Enclosed is a cheque payable to: RTO/ERO District 15**

**in the amount of:.....**

**Send to: Mary Lyons,  
2307 Humber Court,  
Burlington, ON L7P 3C9  
905-336-5744**

## Contribute to the Herald!

The next *Halton Herald* will be distributed in January, 2016.

- **Share a line** with our readers and let them know what you are up to.
- **Send a Letter to the Editor** on any topic that concerns you.
- **Write an article** on any topic that may interest your retired colleagues. Please try to limit your article to a maximum of 1000 words. The full version of longer articles will be published on the District website.
- **Share a funny story** with our many readers.
- **Provide us with pictures** to share with our members.

Send your article or correspondence to the Newsletter Coordinator, Phyllis Kingsley by e-mail: [philipot44@gmail.com](mailto:philipot44@gmail.com) by mail to 40 Rayne Ave. Oakville, ON, L6H 1C2 or telephone: 905-845-6911.

Deadline - November 15, 2015.

## ADVERTISING AND PROMOTION POLICY

It is the policy of RTO/ERO HALTON DISTRICT 15 that all advertising and promotion to or by its members must have prior approval by the District. In this context Advertising and Promotion includes signage, verbal presentations, handouts, distributed material and display table material. Publication of any advertisement by an outside group in the Halton Herald or other District 15 printed material, on the District website or e-letter or at any District function or event does not constitute endorsement of the product or service by RTO/ERO Halton District 15.

## IF YOU ARE MOVING or IF YOUR ADDRESS INFORMATION or YOUR E-MAIL INFORMATION IS INCORRECT

Contact Dianne Vezeau at the Provincial RTO/ERO office

In Writing: 18 Spadina Road, Toronto, ON M5R 2S7

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

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

or Contact Claudia Stewart by telephone 905-331-5614

or by e-mail at [stewartcj@me.com](mailto:stewartcj@me.com)



## Calendar of Events: September 2015 to February 2016

- Sep 24 Breakfast at El Spero Family Restaurant, 2420 Lakeshore Rd. West, Bronte. 9:00 a.m. Contact Paul Durnan at 905-630-285.
- Oct 7 Shaw Festival, Niagara-on-the-Lake. Musical: "Sweet Charity." 2 p.m. Cost \$52.00. Contact Janet Carter-Wright at 905-336-5328 or [jcwright@cogeco.ca](mailto:jcwright@cogeco.ca). Cheques made out to Retired Teachers of Ontario District 15 were to be received by Janet at 4491 Appleby Line, Burlington, ON L7M 0P3 by Aug. 21.
- Oct 26 RTO/ERO District 15 Fall Meeting and Luncheon, Teatro Conference Centre, Milton. 12 noon. See centrefold for details.
- Oct 29 Breakfast at Daytime Grill, 1900 Appleby Line, Burlington. 9:00 a.m. Contact Paul Durnan at 905-630-2285.
- Nov 5 Drury Lane Theatre, 2269 New St. Burlington. Musical: "Gypsy." 8:00 p.m. Cost \$28.00. Contact Dave Wright at 905-639-5093 or [davidwright16@me.com](mailto:davidwright16@me.com) by Sept. 1.
- Nov 26 Breakfast at El Spero Restaurant, 2420 Lakeshore Rd. West, Bronte. Contact Paul Durnan at 905-630-2285.
- Nov 29 Clarkson Musical Theatre, Meadowvale Theatre, Montevideo Dr. Mississauga (Erin Mills Dr. and Britannia Rd.). Musical: "Hello Dolly" 2:00 p.m. Cost \$25.00. Contact Dave Wright at 905-639-5093 or [davidwright16@me.com](mailto:davidwright16@me.com) ASAP.
- Dec 10 Theatre Aquarius, Hamilton. "It's a Wonderful Life - The Musical." 7:00 p.m. Cost \$49.00. Contact Janet Carter-Wright at 905-336-5328 or [jcwright@cogeco.ca](mailto:jcwright@cogeco.ca). Cheques made out to Retired Teachers of Ontario District 15 are to be received by Janet at 4491 Appleby Line, Burlington, ON L7M 0P3 by Oct. 31.
- Jan 22 Burl-Oak Theatre Group, Oakville Centre for the Performing Arts, Navy St., Oakville. Play "Dead Guilty" by Richard Harris. 8:00 p.m. Cost \$ 28.00. Contact Dave Wright at 905-639-5093 or [davidwright16@me.com](mailto:davidwright16@me.com) by Oct. 1.
- Feb 4 Drury Lane Theatre, 2269 New St., Burlington. "Music Hall" 8 p.m. Cost \$28.00. Contact Dave Wright at 905 639 5093 or [davidwright16@me.com](mailto:davidwright16@me.com) by Nov 30.
- Feb 17 RTO/ERO District 15 Winter Meeting and Luncheon, Burlington Conference Centre, 12 noon. Details to follow.
- May Stratford Festival Musical, Play, date and cost to be announced. Contact Dave Wright at 905-639-5093 or [davidwright16@me.com](mailto:davidwright16@me.com) by Dec. 1.

# Organize Me Please



Professional  
Residential  
Organizer



905-681-1659

Why would I hire a professional organizer?

Too often people accept the responsibilities of household organizing and estate administration without full comprehension of the complexity of that role. There are times when the organization of family effects should be dealt with by professionals who can work without emotional attachment to individual assets. Impartiality can simplify the procedures necessitated by altered family circumstances such as:

- \* Seniors downsizing to rightsizing
- \* Separation/Divorce
- \* Death/estate requirements
- \* The onset of an illness or disability

When a life change such as downsizing, divorce, a death or a disability occurs, the stress can be overwhelming. Depending upon the reason for the adjustment to the current living status, a professional organizer can add the necessary coordination to the task at hand. It may start by preparing a precise listing of all assets by categories, such as furniture, collectables, files or stored items. Then if required the determination of what should be donated, recycled, sold or disposed can be decided. The priority and timetable for tasks can be determined from the lists much easier than by handling the items themselves. Often there is a requirement to coordinate advertising the sales, and/or dealing with appraisers/auctioneers. Many people are not prepared to perform these tasks without causing a tremendous mental and physical drain to themselves and those around them.

The objective of **Organize Me Please** is to help you to clearly define your goal and to create the framework to direct you to an efficient completed result. Our role is to be the solution to household organizing when someone says,

**"I just don't know where to begin."**

[www.organizemepleascanada.com](http://www.organizemepleascanada.com)

This is a Paid Advertisement

Visit us on the Internet at [district15.rto-ero.org](http://district15.rto-ero.org)



## **“Organizing you to say goodbye to your stuff!”**

**Say goodbye to your stuff...then say goodbye to your stress.**

**By Rose Ritchi of “Organize Me Please”**

One of the most common sources of stress in our lives is the tendency to acquire, accumulate, store and surround ourselves with “STUFF”.... Waaaaaay too much “STUFF.”

Learn to say “So long” to those space-stealing, clutter-creating items that were once considered an absolute necessity, or were acquired as a perceived bargain, or may someday have a practical use, or have been in your family for generations, or....you can probably provide YOUR OWN rationale!

However, just the thought of letting go of long-held items can cause anxiety. Sometimes we just need a better perspective to evaluate these precious items without feeling the pain of a loss. See if these examples make it easier for you to start letting go. Remember, letting go = Goodwill, Diabetes, Value Village, etc.

### **Value**

Is there still a dollar value attached to a cherished item or heirloom because we were told so by a family member....long ago? Investigate websites such as Kijiji.ca or ebay.ca to see if your article or something similar to it is being offered. This will provide an understanding of what the market will bear for this particular item. Low or no value = Let it go.

### **Space**

If you have no space for a family heirloom, at the next family get-together (Christmas, Easter) ask relatives if they would be interested in housing the particular piece. This way it stays in the family with someone who has space to display and appreciate it. Space in any home is valuable real estate. Hidden, unused or boxed items represent questionable value.

### **Function**

If you just cannot let go of that cherished piece, think of ways for it to become functional. For example, if you have a beautiful walnut dresser that no longer suits your décor, then perhaps it can go in the basement to store your off-seasonal clothes. Another example is Dad’s cherished but rusty old bicycle taking up space with so many memories attached to it. Re-deploy! Spray-paint it one color and attach a bike basket with some plants or lovely flowers and voila, you have a beautiful lawn ornament that you can decorate seasonally.

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Visit us on the Internet at [district15.rto-ero.org](http://district15.rto-ero.org)

(Organizing.. continued from Page 27)

### **Revive, then release.**

Creating a proper “farewell” to certain items can give you the guilt-free “permission” to let go of them. Many people receive silverware or china place settings from relatives which are cherished but not used. A respectful way to say goodbye is to use the heirlooms for a month or so, then carefully pack them up to donate or to sell. This way you and your family will have honoured and enjoyed these items and a new family will continue the tradition.

### **Use Technology**

Digital cameras are perfect to capture and preserve the image of your cherished pieces before you let go. Take a nice photograph and create a screen saver picture on your computer. You can change your screen saver picture once a month and regularly enjoy these items without keeping them. Share with relatives too!

Use canvas to “display” your items. Take a digital picture and have the image transferred (by a print or art shop) to a suitable sized canvas which can be framed and displayed in a special place in the home. A picture takes up little space but creates a decorative focal point and every time you look at it you will renew fond memories.

At Organize Me Please what is precious to you is precious to us. We are always prepared to share creative ideas and provide solutions to your space dilemmas or just guide you through the process of letting go.

**FREE YOURSELF OF CLUTTER TODAY AND SAY “HELLO” TO AN ORGANIZED LIFE!**

## **Five Steps to Healthier Grilling**

**Step 1: Load up on veggies. Veggies should take up the largest chunk of the grill and your plate.**

**Step 2: Pick a lean protein. To keep your protein clean and lean stick with skinless chicken breast or seafood, like shrimp skewers, scallops, or salmon.**

**Step 3: Select a plant-based fat. Use a dollop of olive tapenade, guacamole, or slices of avocado or use nut or seed butter or some thinned almond butter.**

**Step 4: Choose your carbs wisely. Choose just one nutrient-rich option as an accompaniment to your meal.**

**Step 5: Lighten up your liquids. Jazz up water, club soda, or seltzer with a bit of mashed berries, make white wine into a spritzer. reach for a light beer.**

(From [www.health.com](http://www.health.com))

## Archives Committee

By Judy Sloan



It is a lovely, warm day outside while I am typing this report. Hopefully the weather will still be nice when you are reading it.

The Burlington Seniors' Centre 2015 Booklet contained a photo of the Centre's Senior Choir on the cover. One of the ladies pictured in the choir is our own RTO/ERO District 15 member **Joan Wilson**. Joan was a primary teacher with the Halton

Public District School Board and spent her last years at Bruce T. Lindley elementary school in Burlington. The year that she retired she joined the choir and has now been with them for 17 years. Joan is also first soprano in the Centre's Rich Harmony Choir. I can attest to the fact that Joan has a beautiful voice as she performs with me in the Golden Girls and Guys Singing Ensemble, in the Burlington Footnotes shows. Joan is a valuable asset to our performing group and I wish her many more years of singing!

The Stephen Lewis Foundation (SLF) was created in 2003 and is mandated to help community-based organizations fight AIDS in Africa. Canadian grassroots organizations such as Grandmothers to Grandmothers collaborate with SLF to help the women in sub-Saharan Africa raise their grandchildren because the parents of these children have died from AIDS. Collectively, organizations of Canadian grandmothers have raised almost 20 million dollars for this worthy cause to date. The money is used at the community level in Africa to provide food, educational supplies, uniforms, school fees, medical care, HIV counseling and testing, adequate housing, bedding and support groups. The May-June issue of the West of the City magazine featured an article and group photo of one such organization called Ubuntu. Included in the photo is **Marina Lloyd**, chair of our District 15's Goodwill Committee and member of this organization. Founded in 2006 in a local Baptist Church in Burlington, Ubuntu means "my humanity is bound to yours" in the Bantu language. Predominantly grandmothers, the name is a fitting one for this group which comes together to support the grandmothers of Africa. Raising money is an ongoing endeavour of Ubuntu which has a designated planning team whose sole purpose is to create Burlington events such a Spring Flower Workshop and a Victorian Tea. Janice Ford Spencer stated at the end of her article that someone once said, "A garden of love grows in a grandmother's heart". If that is true then Ubuntu must contain a multitude of gardens. Thank you Marina for your loving contribution to this wonderful organization.

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(Archives...continued from Page 29)

Now for the sad section of my report, the obituaries of our recently deceased members. **Gwyneth Elizabeth Austin** (nee Foxton) passed away peacefully in her sleep, at home at Bass Lake, Orillia on Feb. 26, in her 66th year. Gwyn had been an intermediate teacher with the Halton Catholic District School Board. She taught for many years at St. Gabriel's School in Burlington, eventually retiring from there. A caring, nurturing and very effective teacher, she was completely devoted to her students and had continued to stay in touch with many of them after retirement via Facebook. She was also an active and devout member of her church, Guardian Angels, Orillia and Sacred Heart, Warminster. Gwyn will continue to remain in the hearts of not only her friends and family, but also her community and former students.

**Gerald Droppo** passed away at the Oakville Trafalgar Memorial Hospital on Monday, March 23, in his 90th year. Born on a farm in Winchester Township, Ontario, on April 30, 1925, Gerald graduated from the Ottawa Normal School (Teachers College) in 1946. He obtained his BA from McMaster University in 1956 and his B.Ed. (1959) and M.Ed. (1961) from the University of Toronto. After starting his career teaching in a one-room school house in Eastern Ontario, Gerald came to Oakville in 1951 where he became a member of St. John's United Church. He was a teacher at Central Public School from 1951 to 1958. Between 1958 until his retirement in 1981, he served as Principal at three Oakville schools, Elmwood, Westwood and Gladys Speers where he was well liked and respected by his teachers and students. Gerald will be remembered for both his distinguished career and his valuable contribution to education.

Two days later on March 25, **Paul Hogan** passed away suddenly at St. Joseph's Hospital in Hamilton, Ontario in his 75th year. Paul led a very full and active life. He was a star football player at Cathedral High School in Hamilton and played for the Burlington Braves Football team. His absence on the golf course, hockey rink, baseball diamond, at the card table, in the pool, on the beach and around the fire at his home on Lake Erie will be mourned by many. Paul was a friend and mentor to too many people to list here. His work with students at the Toronto Metropolitan Catholic School Board over three decades as a teacher and guidance counselor still resonates in the lives of many of those people today. That is a wonderful legacy for Paul to have left behind.

(Archives...continues on Page 31)

(Archives...continued from Page 30)

During the month of May, we lost three more members. **Rosana Kelly** passed away on Tuesday, May 5, at Joseph Brant Hospital in Burlington, Ontario at the age of 86. Rosana was born in Espanola and was a star basketball player with the University of Toronto while completing her teaching degrees. She was a highly respected educator in Sudbury, Ontario retiring as the first female high school principal in Northern Ontario. Rosana moved to Burlington in the 1980s, became a member of our District 15 and enjoyed many years of travelling. Her former students and friends will always remember Rosana fondly as an amazing and strong woman, both in person and in character.

**Donald Richard Kemp** passed away peacefully, at Joseph Brant Hospital on Thursday, May 7, in his 89th year. Don grew up in Castleton, Ontario. He left home to attend Peterborough Normal School where he received his teaching diploma. From there he attended McMaster University completing his Bachelor of Arts Degree. Furthering his education, he obtained his Masters Degree in Education from the University of Toronto. He worked for the Halton Public District School Board starting as a teacher at Glenwood School, Burlington in 1949. Don then became principal at Lawrie Smith School and Elizabeth Gardens School in Burlington, and finished his teaching career as Superintendent of Schools with his Board. Not wanting to be idle in his retirement, he worked for London Life Insurance where he retired a second time. He enjoyed golfing and was a long time member of the Burlington Curling Club and Port Nelson United Church. Don led a successful, fulfilling and versatile life. Not many of us can say that we have retired twice from two very different careers.

Following a brief illness, **Dorothy Florence Singleton** (nee Ashdown) passed away at Milton District Hospital on Sunday, May 10, in her 97th year. Dorothy was not an employee of a School Board but automatically became a member of RTO District 15 on the passing of her husband Jim Singleton. Many will remember Jim as a Director of Education with the Halton Public Board. Dorothy's obituary gave no information on her background, but Marina Lloyd, our Goodwill chair wrote a wonderful and extensive account of Dorothy's life in the April, 2014 edition of the Halton Herald. To read the article, go to our Halton District 15 website, click on Newsletters on the home page and then on April 2014. You will also find a couple of photos of her there. Needless to say, Dorothy's life history reads like a movie ready for the making. She was truly a very remarkable lady and I encourage everyone to take the time to read the article.

(Archives.. continues on Page 32)

Visit us on the Internet at [district15.rto-ero.org](http://district15.rto-ero.org)

(Archives.. continued from Page 31)

Thank you to everyone who has contributed to our Archives' scrapbook these past few years and please keep those newspaper photos and articles coming! My address is 1446 Brenner Court, Burlington On. L7P2Z2. You may also contact me by e-mail at [judymsloan@yahoo.ca](mailto:judymsloan@yahoo.ca) or by phone at 905-336-5538.

## Tours Committee

By Jan Murdoch



We have successfully completed our adventure of a lifetime to South Africa. It was absolutely the most amazing trip. I can't begin to tell you all the advantages of traveling in small groups with an experienced local guide. They know how to beat the line-ups, the best places to eat and shop, and they can adapt the itinerary to meet the personal interests of the members of the group. They are also able to talk about the local political and economic climate and answer questions about what is currently happening in the country and why. See the article and pictures of the trip on Pages 41-43.

Greece is our next location in October (Oct. 24 – Nov. 4, 2015) and although many of us will be walking the Island of Amorgos, visiting its many villages, if someone wants to spend their day by the beach or the pool at the spa that would be fine. It is your Greek holiday so you can adapt it to fit your personal needs. If you are interested in joining us, please contact me as soon as possible. For more details of the trip and to learn what is included, visit [travelcronies.ca/greece](http://travelcronies.ca/greece)

We are going to postpone our Iceland trip until the fall of 2016. We need to space our travel opportunities so that these wonderful destinations are more affordable for our members. If interested in learning more about this Icelandic adventure, please visit our district's web site.

We have started working on our Asian adventure for March 2017. It will be a small group adventure and will include a cruise on the Mekong River with AMA Waterways through



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(Tours.. continued from Page 32)

Cambodia and Vietnam. We will include some pre and post cruise extensions with local guides. Although we are still in the planning stage for the Asian adventure, the Cruise is a firm part of the trip. Since the boat is small in size, with a limited number of cabins, we will be booking the cruise section of our journey early, in October 2015. A small deposit will be required to secure the cabin and it is fully refundable up to final payment. If you have recommendations for either pre or post cruise “must sees or dos”, we are open to suggestions. If you are interested in joining us in the spring of 2017, send me an e-mail at [janmurdoch8@gmail.com](mailto:janmurdoch8@gmail.com) or call 905-691-8407 and I will include you on our planning session emails and get-togethers. Although we don't have the final price yet it will be as affordable as South Africa was. We toured South Africa for about half the cost of a similar advertised trip with another organization.

If you have suggestions for small group travel opportunities that we can offer to our members and their family or friends please let me know.

### **The Way We Were!** **Share Your Pictures and Stories**

We all have memories of what life used to be like in “*the good old days.*”

**Now the Halton Herald is inviting you to complete the sentence, “I remember when...” by sharing a photo and/or describing the details.**

Each participant will receive a \$10 gift certificate to Tim Hortons – good enough for a coffee or hot chocolate and a cookie!

1. A picture is worth a thousand words. So submit a photo - either colour or black and white. Include a brief description explaining how the photo relates to the theme of “I remember when...”
2. Write an article or an anecdote of no more than 500 words.
3. Send the entries
  - By Canada Post to Peter Gnish, 5260 South Landings Drive, Unit #309 Fort Myers, Florida 33919 (All hard copies received will be returned)
  - By computer, as an attachment to an e-mail message to [pgnish@gmail.com](mailto:pgnish@gmail.com).
4. Entry deadline is November 15, 2015.

If you have any questions please contact me at [pgnish@gmail.com](mailto:pgnish@gmail.com) or call me in Florida 1-239-208-2860

## Health Services Committee Report

By Colton Roberts



It was a privilege to attend my first RTO/ERO Health Services workshop for District Health Representatives in early June. The keynote speaker was Dr. Sharon Strauss, Division Director of Geriatric Medicine at the University of Toronto. She provided an update on what is happening to improve the care for geriatric patients in Toronto hospitals. She is excited about the appointment of the RTO/ERO Chair in Geriatric

Medicine to be announced this fall crucial to the care of seniors.

Sarah Hume, Allianz Global Assistance, noted the trends which are emerging in travels of our members. Of these, the most difficult for them to manage are the more complicated itineraries with multiple stops to remote locations. Ms. Hume walked us through the case management of a client who is in need of medical assistance. Emphasis was placed on the goal of returning the person to Canada as soon as possible for treatment of a serious issue. Members are encouraged to contact Allianz about travel alerts, visa information, possible shots needed and other questions about your travel.

A video about Eldercare gave us information about this valuable service provided for members who have questions about caring for parents or other seniors for whom you provide care. Valuable tips and resources can be obtained at web-site, [www.eldercareselect.ca](http://www.eldercareselect.ca) or by calling 1-888-327-1500. The in-service about the role of the Chiropodist/Podiatrist and his/her role in providing good health to our bodies was very informative. It would lend itself to a useful workshop in Halton District. Lastly, the Music and Memory I-Pod of the Alzheimer's Society in Toronto may be one we wish to develop in Halton.

Should you desire clarification about any of the above please contact me.

### Other Contact Information

**Johnson Inc.** 1-800-268-5764

**Provincial Office** 1-800-361-9888

Lori MacDonald-Blundon, Pension and Benefits Officer at Ext. 240

or [lmacdonaldblundon@rto-ero.org](mailto:lmacdonaldblundon@rto-ero.org)

Eliza Ives, Administrative Assistant, Health and Benefits at Ext. 250

or [eives@rto-ero.org](mailto:eives@rto-ero.org)

**Allianz Global Assistance** 1-800-249-6556

If you know someone who may have a problem in contacting any of the above please let me know - we can help. I can be reached at [croberts3@cogeco.ca](mailto:croberts3@cogeco.ca)

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## Program Committee

By Moira Plexman



Sixty members of RTO/ERO District 15 enjoyed the music of Michael Keys and Friends at our May 4 Annual Meeting luncheon at the Burlington Conference Centre. Michael Keys and Friends really know how to generate a lively sound! A good time was had by all.



### SAVE THE DATES!

Our program theme for 2015-16 year is *"The Arts in Canada."* We have booked some dynamic and interesting speakers. We do hope you will mark your calendars and plan to join us.

#### Fall General Meeting

Date: October 26, 2015

Location: Teatro Conference Centre in Milton

Speaker: Plum Johnson, RBC Taylor Award Winning author of the memoir, **They Left Us Everything**

#### Winter General Meeting

Date: February 17, 2016

Location: Burlington Conference Centre

Speakers: Sue & Jim Waddington, authors of the book **In the Footsteps of the Group of Seven** which details sites that inspired paintings of the Group of Seven.

#### AGM

Date: May 5, 2016

Location: Oakville Conference Centre

Speaker: Terry Fallis, Four time Nominee, two time Winner of the Stephen Leacock Award for Humour. His first book, **The Best Laid Plans** was made into a CBC mini-series. His 5th book will be published in October.

#### Food Costs & Subsidies:

As we checked out venues it became clear that all had raised the cost of luncheons. No one venue wanted more or less than the other. To offer you a luncheon similar to those you have previously enjoyed, it became evident that we needed to increase our member subsidized luncheon price to \$30 and our guest/non-member luncheon price to \$35. This matter was discussed and voted on by the executive. You will continue to enjoy quality 3 course luncheons as you have come to expect at a rate that is respectful of your membership fees. Guests, it was felt, should pay the full cost of the meal.

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## Political Advocacy Committee

By Sheila Bugala



### Federal News

RTO/ERO and its members believe that the two most important issues facing all Canadians, and especially seniors, are healthcare and pensions. RTO/ERO recommendations are that the Prime Minister convene a meeting of Premiers and Provincial Finance Ministers to work out a time frame for a phased-in universal health care program and that such a program include a cooperative Federal-Provincial Pharmacare Program and that the Federal Government undertake an expansion of the CPP in conjunction with the Provinces and Territories to ensure that Canadians can continue to maintain a reasonable standard of living in their retirement years. A resource compiled by the British Columbia Retired Teachers Association regarding “seniors” issues for the 2015 Federal Election can be found at the following site, [www.bcrta.ca](http://www.bcrta.ca)

Be sure to exercise your democratic rights in the upcoming **Federal Election** tentatively scheduled for October 19, 2015. At the time of writing, the writ declaring an election has not yet been announced.

Leaders of the major Federal Parties of Canada campaigning are as follows in alphabetical order:

**Mario Beaulieu** for the Bloc Québécois Party

**Stephen Harper** for the Conservative Party

**Elizabeth May** for the Green Party

**Thomas Mulcair** for the New Democratic Party

**Justin Trudeau** for the Liberal Party

RTO/ERO does not support any specific political party and never endorses specific candidates.

In a briefing in July, **Elections Canada** discussed changes that will make the 2015 federal election different for political candidates and voters alike. Major changes to riding boundaries and the addition of 30 seats to the House of Commons are the two most important adjustments. There was also discussion about the possibility that the campaigning period could run longer than usual. Moreover, the briefing indicated an increased limit on individual political contributions to parties. Here are nine things to watch for in the 2015 election campaign:

1. An early start to Campaigning.
2. An early start could mean a lot more spending on the part of each party.

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3. Individual donors can contribute more to political parties.
4. Voters must have identification to vote.
5. Most riding boundaries will change creating more ridings.
6. Poll workers can use new technology — with limits.
7. Advance polling could overlap with Thanksgiving.
8. There is a new pilot project to target unlikely voters.
9. Voters can register online.

More detailed information can be found at:

<http://www.cbc.ca/news/politics/2015-federal-election-9-things-to-know-1.3116401>

## Fishing Trip

by Dave Wright



On June 2nd we travelled by GO Train to Toronto to visit Ripley's Aquarium. The aquarium is very impressive with many spectacular displays.

There are lots of fish and sea creatures to see. The route through the building is organized so that you see different fish in different sections. The fish are identified as to the oceans in which they originate and the depths at which they are found. There are many interactive displays for children for their interest and education. There were school groups as well as seniors like us and there seemed to be a lot of interest. The tanks are backlit so picture taking is easy. I hope you enjoy those that I have included. The main problem is that the fish don't stop for pictures.

Divers go into some of the tanks at scheduled times. By the way the fish gather around the divers, it appears the fish enjoy the visit! The rays looked like they wanted attention from the diver in their tank as they gathered around her face. That diver removed her breathing mouth piece and posed for a picture with a smile and a victory sign. **Darcea Hiltz** decided to get in with the fish as well. You can see that picture on the website and on back page of this issue.



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## Awards Committee

By Penny Hambly



I hope that by now all RTO/ERO members are aware of two scholarships that are available to our members' relatives. Johnson Inc. funds fifty scholarships worth \$1000 each to the children or grandchildren of Johnson affinity group members and other customers across the country. To be eligible for the 2015 award, students have to be high school graduates who are planning to attend their first year of university or college this fall. The deadline for applications was AUGUST 31 2015. Visit the Scholarship page of the Johnson website, [www1.johnson.ca/scholarship](http://www1.johnson.ca/scholarship) for details.

The other is the RTO/ERO Scholarship Fund under the Service to Others Committee which gives out twenty-five \$1000 scholarships. The criteria for receiving a scholarship from RTO/ERO include non-educational occupations such as those in health care and the trades. Applicants must be a child, grandchild, niece, nephew, grandniece, grandnephew, son-in-law, daughter-in-law, or step-child of an RTO/ERO member and enrolled in the last year of a program recognized at Canadian Publicly-Funded Colleges or Universities. Applications for the 2016 scholarships will be available in the fall. Check out the Provincial RTO/ERO and our District 15 websites for more information.

Recently, District 15 members sponsored winning candidates for both these scholarships. We are pleased to announce that **Anna Maria Dell'Anno**, who was sponsored by member **Attilio Dell'Anno**, was awarded a RTO/ERO scholarship. **Teagan van der Mark**, grandchild of District 15 member **Leny van der Mark**, was awarded a 2014 Johnson Scholarship. Congratulations to both!

The **RTO/ERO Project Service to Others** is a grant program to sponsor community projects for our 47 districts. Districts apply for individual projects that support local, national or international programs to a maximum of \$4000 per project. The provincial committee assesses the merit of each one according to established criteria in the application form. Examples of types of projects are local heritage and culture projects, special arts and education programs for children, support for developing countries, etc. Last year our District 15 project, **Educating Children In Need: The Chiedza Children Centre**, organized by District 15 member **Linda Rafuse** and **Carol Brayman** was awarded the \$4000 grant. A photo of the Senate display about this project follows on the next page.

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We are looking for a project to sponsor this year. With so many of our members volunteering in various organizations there must be a project that could meet the criteria for a grant. Contact me if you know of any such project.

### Shampoo Warning!

**“DO NOT shampoo your hair in the shower as the shampoo runs down your body when you are rinsing off your hair” . . I’m so relieved to finally get a health warning that is useful! This IS A WARNING to all of us!**

**I don’t know WHY I didn’t figure this out sooner! I use shampoo in the shower! When I wash my hair, the shampoo runs down my whole body, and printed very clearly on the shampoo label is this warning, “FOR EXTRA BODY AND VOLUME.”**

**No wonder I have been gaining weight! Well! I got rid of that shampoo and I am going to start showering with Dishwashing Soap. Its label reads,**

**“DISSOLVES FAT THAT IS OTHERWISE DIFFICULT TO REMOVE.” Problem solved! If I don’t answer the phone, I’ll be in the shower!**

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# RTO/ERO trip to South Africa and Zimbabwe

By Jan Murdoch

A visit to South Africa should be on everyone’s bucket list. Our visit in March confirmed how spectacular the landscape is, and thanks to our knowledgeable local guides, we saw and experienced the high points of South Africa and Zimbabwe. There were so many highlights on our journey, starting with the cable ride to the top of Table Mountain in Cape Town, the scenic drives first to the Cape of Good Hope and then through Klein Karoo region toward Port Elizabeth, and finally from Kruger National Park along the Blyde Canyon Region to Johannesburg.

At the the Cape of Good Hope, standing on the lookout, we could admire the magnificent view of the shoreline with its aqua blue waters. We were gazing on



the Atlantic Ocean but further east we could see the peninsula where the Atlantic and Indian Oceans meet. We were introduced to some delicious wines on our vineyard tours, including my new favourite, Pinotage, a full bodied red wine difficult to find in Canada.

“No one will ever forget our numerous close-up and personal experiences with the animals of Africa,” said David and Rosemary Shea, members of our group. While on safari on the Kapama Reserve,



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we saw all of the “Big Five” animals of Africa: lions, buffalos, rhinos, elephants and a leopard, as well as numerous other species of beasts, birds and reptiles. On one of our evening safaris, we found ourselves in a herd of 35 elephants. These great creatures ranged in age from a young fellow who was nursing, some



teenagers who were wrestling each other, to a huge female cow who was definitely the animal in charge. They grazed and chatted for about 20 minutes before quietly moving on through the forest. We were neither prey nor predator, so they simply ignored us, like the other animals on the re-

serve. It was a surreal experience! The other half of our group encountered a disgruntled rhino who decided to bully the vehicle by charging at it, a memorable experience for those on board.

Prior to arriving at the reserve we had an opportunity to experience ostriches, lions, penguins, and elephants in a unique and personal way; for example, when sitting on an ostrich, you perch on its back over its legs and when walking with lions you remain calm and in



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a group. Sudden moves could be perceived as a threat or weakness by our animal companions. Baboons and warthogs could be located everywhere, but both were to be avoided and photographed at a distance, as they could be aggressive and dangerous.

Susan Hoicka, a member of our group, shared her perspective on our adventure, “culture and heritage...museums, art galleries, a variety of traditional dance, drumming and “gospel” singing ....a tour of Soweto and Nelson Mandela’s home was an apt completion of the dichotomy of the historical growth of South Africa. Of course, we

all came to savour (gingerly at first) warthog steaks and sausage, crocodile and a venison stew (not sure if it was impala or kudu).”

In Zimbabwe the highlight of our visit was the cruise on the Zambezi River and our visit to Victoria Falls. It took over an hour to walk from one side of the falls to the other, viewing it from many vantage points. There was a perpetual



mist in the air due to the volume of water that was falling into the gorge below, which created a strange sunrise over the falls in the morning as the light was distorted through the clouds of water. Everyone got saturated during our visit, despite wearing capes, so upon our return to the hotel we all headed to the pool for a relaxing swim - once wet, stay wet!

Our incredible journey began on March 28, 2015 and I am confident that all that we experienced will be with us for a lifetime. A more detailed description of our adventure can be found on the Halton District RTO/ERO website.

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Travelling to...

# South Africa



**Cape Waters**



**Blyde River Canyon**



**Visiting a Local School**

**From Jan Murdoch**

# Travelling to...

Understand Nature,  
Celebrate Family, Relax,  
Explore New Worlds,  
Connect!



*Scientist Tagging Shark,  
Sanibel Island*

**From Joyce Frank**



*Family Wedding, "Sunshine Coast"*

**From Lynn Gapes**



*In The Tank, Ripley Aquarium*

**From Dave Wright**



*Cottage Country,  
Ontario's North*

**From Joyce Frank**



*On The Beach,  
Vancouver*

**From Sue Rietschin**