

REO

HALTON HERALD

District 15

September, 2016

Creativity Displayed! Photo Contest Winners



First Prize: Wayne Bridle's - "The Fox"



Honourable Mention: Wayne Bridle's - "Weaver's Creek Falls"

Must Read Stories About...



Cheese
page 23



Estelle and Chub Baxter
page 8



Jim Miller
page 24



Travelling with Children
page 15



48th Highlanders Band
page 33

President's Report

By Moira Plexman



Thank you to the Board of Directors and Executive for your confidence in me as your new President. I am committed to diligently serving the interests of our District 15 members and working with our RTO/ERO organization in your service. I am delighted to have a supportive and creative team to work with me and look forward to a great year ahead.

At our May 5 AGM we recognized the service of those retiring from the Board and welcomed new members. The new executive was sworn in by Past President **Penny Hambly**. **Carolyn Hilton**, our outgoing president, was presented with her Past President's pin by me as incoming president. Thank you to Carolyn for her humour, calmness and hard work on behalf of District 15 in the past year. She remains on the Board of Directors as Past President so we will continue to benefit from her guidance. Carolyn presented a gift to departing secretary **Janet Carter-Wright** who ably and patiently served as Secretary for the past 14 years. **Phyllis Kingsley** also left the Board of Directors. She served in various capacities including Program Chair, President and most recently as the Newsletter Coordinator. The Distinguished Service Award was presented to Phyllis by Carolyn for her outstanding contribution to our District. Following the AGM, **Chub Baxter** announced his decision to retire from the role of Treasurer after 29 years. He was given a gift at the June Board meeting and has kindly offered to remain as Assistant Treasurer to mentor our new treasurer.

The following members were welcomed to the Board: **Barb Borthwick** as Secretary, **Carol Pashkievich** as Treasurer, **Marilyn MacLennan** as assistant to Membership & Recruitment, **Nanci Wakeman** as Newsletter Coordinator, **Virender Paul Madan** as Photographer. The positions of Second Vice President and Political Advocacy remain unfilled. If either of these roles interests you please contact me.

As in-coming president, I attended the April **Presidents' Workshop**. Presentations included: the development of the RTO/ERO Strategic Plan 2020 being brought to Spring Senate, a draft of the revised Code of Conduct, Risk Management and the RTO/ERO Health Plan. There was an update on the RTO/ERO Foundation and an announcement of a Partnership Agreement between McMaster Optimal Aging Portal and RTO/ERO.

(President's Report. continues on Page 5)

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

Table of Contents

Committee Reports	Pages
Archives	31
Awards	26
Book of Remembrance	4
Health Services	25
New Members	27
Pension	28
President's Report	3
Program	10
Recreation	30
Tours	28
Webmaster	32
District 15 Events	
Annual General Meeting	11
Calendar of Events	17
Contact List	20
Fall General Meeting	18
Wine and Cheese	22
Articles	
48th Highlanders	33
Band For Hire	24
Cheese As A Final Course	23
Chub Baxter	8
How I Spent My Holidays	21
Photo Contest Results	34
Travelling With Children	15
We Get Letters	6

Book of Remembrance

We remember with fondness



- | | |
|-------------------|----------------------|
| Irene Aikens | Evelyn Batchelor |
| Fergus Bartanus | Robert Bigelow |
| George Cass | Linda Cairns |
| William Brown | Glen Emerson |
| Marjorie Douglas | Ernest Enola |
| Grace Hall | Frederick Headley |
| Eileen Hawes | Valerie Hornstein |
| William MacDonald | Joan MacDonald |
| Douglas Magwoo | Phyllis McCartney |
| Margaret McGaw | Jim Morrison |
| Margaret Neale | Doris Richmond |
| Keith Rupka | Don Sawell |
| Kathleen Swanston | Margaret Thrippleton |
| Diane Warren | Mildred Whitlam |

RTO/ERO District 15

We strive to live up to our motto!

Here for you now...

...Here for your future!

You can help by getting involved!



(President's Report. continued from Page 3)

Pre-Senate held in Guelph on May 12 was attended by Moira Plexman and Claudia Stewart. Carolyn Hilton had planned to attend but due to a nasty fall was sidelined. The following topics were discussed: Conflict of Interest, Privacy Legislation, Risk Management and a revised draft of the Code of Conduct. The most significant news was the **McMaster Optimal Aging Portal**. RTO/ERO has negotiated a partnership with McMaster to enable members to access this information. It contains high quality scientific evidence about aging written in user friendly language. Our members are invited to check out this new website www.mcmasteroptimalaging.org. News about speakers and information sharing from McMaster is now being posted to our District 15 website as we receive updates.

Spring Senate on May 16 -18 was attended by **Moira Plexman** and **Claudia Stewart** with regrets from **Carolyn Hilton**. The room arrangement for senate was totally re-vamped with district Senators and their Observers seated together at round tables to engage "all minds" in discussion. The new format resulted in a much friendlier and more collaborative Senate than previous ones I have attended. Highlights of Senate included:

-The **50th Anniversary** of RTO/ERO in 2018. Second Vice President Dave Kendall is chairing a committee to create plans for the 2018 celebration at the provincial and district levels.

-**Dr. Paula Rochon**, RTO/ERO Foundation Chair of Geriatrics addressed the Senate. She introduced her three medical research assistants also paid by the Foundation. She meets monthly with RTO/ERO to update the work she is undertaking. Currently the focus is on research.

-Executive Director **Jim Grieve** is currently leading "Strategic Plan 2020." The draft product will have input from all members. The focus is alignment of purpose and consolidation of effort. Draft goals include:

-Improving the lives of members and seniors

-Expanding the membership base

-Being a trusted voice for the broader community

Recently I participated in a Conference Call about the **RTO/ERO Foundation** with Yolanda Bronstein and Leo Normandeau. Participants discussed the Role of the District Foundation Representative, various means of generating awareness of the Foundation and the need to continue to generate funds to support the work of the foundation.

(President's Report. continues on Page 6)

(President's Report. continued from Page 5)

In Memoriam cards have been distributed to local funeral homes in Halton for your use when a loved one or colleague passes away. At our May AGM a sample card was placed on each table to promote member awareness of this initiative.

By the time you receive your Halton Herald, I hope to have met with our newest members at the annual *"To Hell With The Bell"* breakfast on September 8, 2016. I look forward to meeting members at luncheons or recreational events throughout the year. Should you have any questions or wish to join one of our committees, please contact me at 905-845-1977 or at plexmanmj@gmail.com.

We Get Letters, E-mails & Calls

By Peter Gnish



It is always a pleasure to receive a letter, card, e-mail or telephone call from District 15 members that updates us on what they are doing and/or comment on the content of the Halton Herald. Thank you to the six individuals who contacted me since the last newsletter. I hope to hear from you soon - our members always find this section of the newsletter interesting.

Gerry and Marcia Blosser sent an email with pictures of their travels. They say "We are in Zephyrhills Fl. presently. Enjoyed our 5 months in Fl. Next stop is Charlotte NC. In Apr. We still enjoy our motorhome travels."



John and Dorothy Horner sent a Christmas card with their best wishes.

Hugh and Mary McCully wrote to update us on their travels. "We firmly believe in celebrating the joys of retirement. This winter we headed south on Decem-

(We Get Letters.. continues on Page 7)

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(We Get Letters.. continued from Page 6)

ber 13 with our twin nearly-ten-year old grandsons. After stops in Charleston, St Augustine and Cape Canaveral we enjoyed Mickey's Very Merry Christmas Party in Disney World. We were then joined by their parents, aunt and uncle, and "the other grandparents" to celebrate each twin's birthday (born on different days) at a restaurant of their choice in Disney World. Christmas dinner was enjoyed in "the Park" as well. On Boxing Day everyone went their separate ways and we headed south for two months of leisure in Sarasota.

On March 1 we headed north arriving home March 2. On March 8 we left for a cruise around New Zealand that ended in Sydney after stops in Hobart and Melbourne. From there we did a 5 day flying and bus tour of Australia which included the Great Barrier Reef, Ayers Rock and Alice Springs. Tough life!

Thanks so much for our electronic version of Halton Herald. We received and read this particular copy while we were enjoying the Australian outback in Alice Springs. We always appreciate reading about what our colleagues are doing; this time was particularly fine because we have worked with both **Lynn Gapes** and **John Belisario**."

Sorya Rench emailed us as well after attending the AGM in May. She said, "This was my first event with District 15 and found everyone most welcoming. The organizing committee did a great job putting it altogether + prizes draws were fun. Look forward to getting to more events in the future." While there she also took some photos and submitted them for the newsletter. Thanks, Sorya.

Now that she is retired she added, "Vegetable gardening is one of my passions that I can spend more time on now; likewise hiking as the weather almost always seemed better on working days & lousy on weekends !! Also the ability for day time fitness classes is a plus now. I love taking pics at many of my social & volunteering activities. I am a digital Archivist for one group."

Sue Rietschin sent her end of year newsletter that included the following: her husband Jurgen had a successful hip replacement in April and Sue had her second cataract operation. She went on a ski holiday to Le Massif in Quebec. They both squeezed in a trip to New Zealand to see their grandkids. There was lots of news about all their other grandchildren as well with whom they spent time. Jurg is now able to ride a bike but skiing will have to wait another year, much to Sue's chagrin.

(We Get Letters.. continues on Page 8)

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(We Get Letters.. continued from Page 7)

Evelyn Taggart wrote to say, “I’m a bit of an orphan when it comes to teaching. I started my teaching in Rolling Meadows School with Jack (John) Bell the first year the school opened. The Burlington Bd. of Ed. sponsored me to teach at the Cdn Forces schools where I had a 2 year contract in France. After that I taught wherever my husband was stationed, so have taught in boards from Vancouver Island to Newfoundland. It was quite a ride!

I enjoy the Halton magazine since in retirement I have come to roost back ‘home’ again, but know very few people who have taught in this area.”

Nancy Whitnell sent an email to say, “Thank you, Peter, the Herald comes in well and keeps me in touch! OH, yes! I am from Peterborough District (forget) four years ago and one of the first things I did was become a member of RTO/ERO District 15 in my new area.”

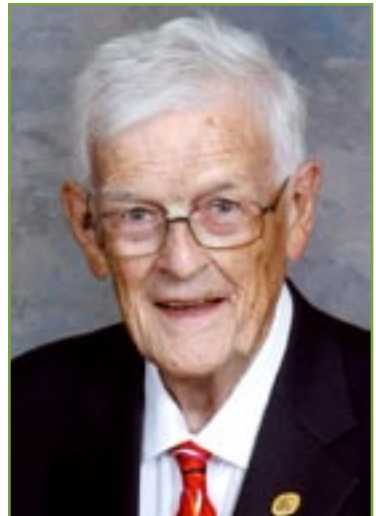
The Keeper Of The Books Retires!

By Nancy Schwenger

If you had been a Halton English teacher for 28 years, what hobbies would you take up in your retirement? Reading, acting, perhaps writing articles for the Halton Herald or writing the ultimate Canadian novel? No, no, and no! This retired English teacher took up high (?) finance and became the Treasurer for RTO/ERO District 15! Noel Baxter, better known to us as Chub, has been our Board Treasurer for 28 years and is retiring from this position.

Chub (his nickname coming from the fact that he was a chubby little fellow) was born in Saint John, New Brunswick on Christmas Day, hence the first name Noel. His father was Premier of New Brunswick from 1925 – 1931.

He was a Conservative and went on to become Chief Justice until 1946. Chub had three siblings: John, Ellie and Faith.



(Keeper Of The Books ..continues on Page 9)

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(Keeper Of The Books ..continued from Page 8)

Although Chub had a privileged childhood, he tells me, he had to walk or bike to the ferry to get to high school. He went from West Saint John to Saint John Centre and he returned home for lunch most days. This sounds a bit like the story of walking five miles, uphill, in a raging blizzard to get to school but Chub assures me that it was an easy trip. When Chub did stay at school for lunch he had time to go shopping in the area. Luckily his Mother had accounts with many of the stores. This enabled Chub to purchase a Parker 51 pen for \$15 - a very expensive purchase at the time. Chub's mother did catch on and put an end to his shopping sprees using her accounts!!!

At age 8 he joined the church choir. The first time he led the choir down the aisle, he went at a very fast clip arriving at the seats too quickly. A rather embarrassing moment never to happen again. He got the message! After high school Chub attended the University of New Brunswick for an Arts degree. He tried a year at Law School but it was not his thing. He soon got a job teaching at Saint John Vocational School. He taught whatever he was told to teach – English, mathematics, history – whatever. He did admit that the Grade 10, all boys' class was very challenging.

During this time Chub married and had children Gayle and Douglas. Gayle and her husband have six children and Doug and his wife have three. One of Gayle's sons has presented Chub with a great grandson. The very day that Doug was born in '59, Chub came to Ontario, his family arriving a month later. On the advice of that cohort, Chub chose the job in Oakville and began teaching English at Oakville Trafalgar High School. The salary and salary grid for teachers was better in Ontario than in NB. Chub taught English at OT for 28 years. A few of Chub's students who went on to be famous included – Doug Henning, the magician, John Ralston Saul, the writer married to Adrienne Clarkson and Dr. Paula Rochon, new Chair of Geriatrics at the University of Toronto. Chub also taught my cousin and one of my friends. He was very well liked and appreciated by his students.

During this time, Chub and his wife separated and Chub took a year sabbatical to work on his Masters of Education at O.I.S.E. A new business teacher, Estelle, joined the staff of Oakville Trafalgar at this time, when the school was very crowded and she was looking for a work space. She asked Chub if she could

(Keeper Of The Books ..continues on Page 10)

(Keeper Of The Books ..continued from Page 9)

share his room and he said, "No!". They did not get off to a great start. Later, Chub did ask Estelle if she planned to attend the Friday afternoon staff meeting (we all know what that is) and she said no but later rethought and joined the meeting. Things progressed from there and eventually Chub and Estelle married in 1978.

They both retired in 1987 and have led a very busy social life since then. Chub and Estelle enjoy many lunches and get-togethers with other RTO/ERO District 15 members. Chub took up photography and he became the treasurer for St. John's Anglican Church in Winona, as well as our RTO/ERO District 15 treasurer. He and Estelle faithfully attended the Hamilton Opera for many years and they are members of the Hamilton Club. Estelle loves to travel. They toured Israel in 1995 and have been on three cruises - one to Alaska and two to the Mediterranean. Many bus trips to the United States were also enjoyed.

Chub and Estelle have been my next door neighbours for many years. Over the years we have babysat each other's cats while one or the other of us has been travelling. They have one tabby cat now, Pussy cat. He is very spoiled, as have been the others. Chub and Estelle enjoy their beautiful lakeside home, having an excellent view of all the activity on the lake. Coincidentally, Chub, my brother and myself (three neighbours) share the same Christmas Day birthday. We have often been together at Chub and Estelle's home on Boxing Day to celebrate our Christmas birthdays. On July 2nd, we were together again to celebrate Canada Day with a lakeside BBQ followed by fireworks. Chub says that things are GOOD!! Our sincere thanks to you Chub, for the 28 years you served as RTO/ERO District 15's Board Treasurer!

Program Committee

By Penny Hambly



I am serving again as Program Chair and thank **Moira Plexman**, our new president, for doing such a great job as Program Chair for the past two years.

Ninety-seven people attended the May 5th AGM lunch. Author Terry Fallis gave a reading from and a very interesting talk on his latest book, *Poles Apart*. Everyone seemed to re-

(Program Committee continues on Page 11)

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(Program Committee continued from Page 10)

ally enjoy his presentation. Acting on the thoughtful suggestion by **Sandi Fazio**, we collected \$777.00 in support of the families of Fort McMurray. (See photos of the AGM below.)

Mark your calendars for Monday October 31st when we have our Fall lunch at the Teatro Conference Centre in Milton. We will be entertained by comedian Denis Grignon whose show is described as clean, smart and funny. He is very entertaining and, according to testimonials, his humour will have you smiling for the rest of the day. See the Registration form in the middle of the booklet.

We have also booked **Jenny Peace** to bring her **New Horizons Adult Band** to play for us on **February 7** at the Burlington Convention Centre. Watch for more information and the registration form in the Winter Halton Herald.

We like to see new faces at our events. You are encouraged to come out and enjoy the companionship of your fellow retirees and we are always looking for new people for our committee as well as new ideas.

Annual General Meeting, May 5, 2016

Photos By Penny Hambly



(AGM... continues on Page 12)

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(AGM... continued from Page 11)



(AGM... continues on Page 13)

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(AGM... continued from Page 12)



This is Your Publication - Contribute to the Herald!

The next *Halton Herald* will be distributed in January, 2017.

- **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 web site.
- **Share a funny story** with our many readers.
- **Provide us with pictures** to share with our members.

Send your article or correspondence to,

Nanci Wakeman by e-mail: nwakemanjones@hotmail.com or by mail to
1393 Clarkson Rd. N. Mississauga ON L5J 2W6 or Phone: 905-823-2564.

Deadline - November 15, 2016.

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 web site 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

or Contact Claudia Stewart by telephone 905-331-5614

or by e-mail at stewartcj@me.com

TRAVELLING WITH GRANDCHILDREN—COMPLETED

Submitted by Sandra Taylor

Although all the Grandchildren have been “dragged” willingly to England, I have now discovered that I am being “dragged” to various countries by our son. Europe is only a one to three hour flight from London - depending on the country one would like to visit; thus, it is tantalizing to think about which ones. During my visits to London, there have been several surprises - organized by our UK son.

Surprise #1: Flying to the Cote d’Azur, specifically Antibes, in October, three years ago. Blue sky, warm as toast weather, few tourists, helpful locals, walking along the shoreline, exploring la vieille ville and its market street (pietons only). Plus a castle! What more could I want. Hah!



Surprise #2: Taking the Eurotrain (through the tunnel - never done before) to Paris for Christmas, two years ago. What a delight to experience this beautiful city of lights at such a time of celebration! An evening church service, walking along the Champs Elysees to see the Christmas market, eating a true French crepe in Montmartre, and of course, shopping. Again, what more could I want. Hah!

Surprise #3: Flying to Switzerland—Zurich, last May. Driving to Lucerne, through the mountains, having lunch in Lichtenstein, in and out of Austria. Chilly but another wonderful experience, including a city train ride (Lucerne) plus a guide whose knowledge added to my superficial knowledge of that city. What more could I want. Hah!



Surprise #4: Early morning flight to Lisbon Portugal, in late February, staying in a rather elegant hotel, on the water. Blue sky, warm sun, walking to the centre of the small town, having dinner at a local restaurant, driving to villages in the hills, a Sunday stroll in Lisbon, the sidewalk markets, various entertainers in the city squares.

Brilliant surprises! So, what more could I want! Hah! This time, I am “dragging” myself to the Chelsea Flower show, and then, my own surprise, to Wimbledon! (checked off my list).

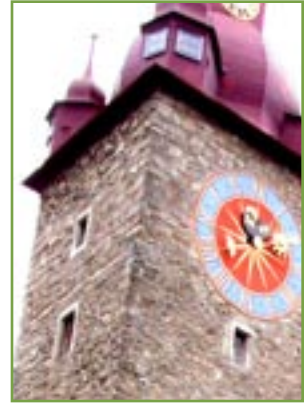
(Travelling... continues on Page 16)

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(Travelling... continued from Page 15)



Well, what more could I ask. Maybe a cruise, a steam engine train ride. Travel while you can, enjoy the new experiences, and I thank our/my son for the surprises he has so **lovingly organized for me.**



E-News Letters

By Jan Murdoch E-newsletter Editor

An e-news letter is sent monthly to all members of District 15 who have supplied us with an email address with updates on events such as general meetings, excursions to the theatre, or scholarship deadlines; to share valuable information especially if it relates to older adults (in August we shared “Optimal Aging Talk” a public talk organized by the Canadian Society for Biomechanics and the McMaster Health Forum); to publicize group travel and group social opportunities or to give an update on something a member has successfully accomplished.

The e-news letter can be read on your cell phone or iPad, anywhere in the world. We have heard from people in South America and Australia signing up for events that have been posted. I highly recommend using a Gmail, Yahoo or Hotmail email account if you are travelling as they are available around the world - and are free. To receive the e-news letter send us your updated email address.

Do you have a blog about your special interests, voyages or family histories? We would love to share it with our members in the e-news letter and on the website under “members to members.” If you become aware of something in the community that you think our members would be interested in, please share it with me and I will try to pass it on. Contact me at janmurdoch8@gmail.com or by phone at 905-691-8407.

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

Calendar of Events: September 2016 to February 2017

- Sept 27 Niagara Sunset Cruises. Lunch Cruise, Queenston. 11:00 a.m.
Cost \$53.11 + gratuity. Contact Dave Wright at 905-639-5093 or davidwright16@me.com
- Sept 29 Breakfast at Moe's Family Restaurant, 467 Speer's Road, Oakville.
9:00 a.m. Contact Paul Durnan at 905-630-2285.
- Oct 21 Aldershot Players Dinner Theatre. West Plains United Church,
Burlington. "Sex Please, We're Sixty." 6:30 p.m. Cost \$40.00. Contact
Dave Wright at 905-639-5093 or davidwright16@me.com by Sept 15.
- Oct 27 Breakfast at Sunnyside Grill, Appleby Square, Burlington. 9:00 a.m.
Contact Paul Durnan at 905-630-2285.
- Nov 3 Drury Lane Theatre, 2269 New St., Burlington. "Dirty Rotten
Scoundrels," 8:00 p.m. Cost \$28.00. Contact Dave Wright
at 905-639-5093 or davidwright16@me.com by Sept 1.
- Nov 24 Breakfast at Moe's Family Restaurant, 467 Speer's Road, Oakville.
9:00 a.m. Contact Paul Durnan at 905-630-2285.
- Nov 27 Clarkson Music Theatre, Meadowvale Theatre, Montevideo Dr.,
Mississauga. 2:00 p.m. "All Shook Up." Cost \$28.00. Contact
Dave Wright at 905-639-5093 or davidwright16@me.com
- Dec 8 Theatre Aquarius, Hamilton. "Beauty and The Beast." 8:00 p.m. Cost \$52
Contact Janet Carter-Wright at 905-336-5328 or jcwright@cogeco .ca
- Jan 24 Famous People Players, 343 Evans Ave., Toronto. Lunch theatre.
11:30 a.m. Play to be announced. Cost \$42.00. Contact Dave Wright
at 905-639-5093 or davidwright16@me.com by Dec 1.
- Feb 16 Drury Lane Music Hall, 2269 New St., Burlington. 8:00 p.m. Cost \$28
Dave Wright at 905-639-5093 or davidwright16@me.com by Dec 1.
- May Stratford Musical Matinee, HMS Pinafore. Date and cost TBA. Contact
Dave Wright at 905 639 5093 or davidwright16@me.com by Dec 1.

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You are invited to the...

RTO/ERO HALTON DISTRICT 15

**Fall General Meeting & Lunch
Monday, October 31, 2016**

Teatro Conference and Event Centre
121 Chisholm Drive (Hwy.401 & Hwy25)
Milton, Ontario



Entertainment: Comedian Denis Grignon

Performing comedy that's minus the naughty words and cheap put downs is no stretch for Denis. It is his ability to research his audiences and custom write material that has made his comedy a hit with his audiences. An award-winning journalist, Denis's work is still featured regularly on CBC National Radio and in various publications, including The Toronto Star. It will be an entertaining Halloween afternoon.

PROGRAM

Registration:	12 noon
Lunch:	12:30 to 1:30 p.m.
Business:	1:30 to 1:45
Entertainment:	1:45 p.m.

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

To attend please complete the registration form and mail with a cheque payable to RTO/ERO District 15 **by the October 21, 2016 deadline.**

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

**Registration Form Deadline:
Friday, October 21, 2016
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 _____

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**

RTO/ERO District 15 Contact List***Executive 2016 – 2017***

Past President	Carolyn Hilton	905-844-2984
President	Moira Jane Plexman	905-845-1977
1st Vice President	Claudia Stewart	905-331-5614
2nd Vice President	TBA	
Secretary	Barb Borthwick	905-332-0611
Treasurer	Carol Pashkievich	905-827-4509
Assistant Treasurer	Chub Baxter	905-643-3732
Member-at-Large	Jim Baker	905-639-1292

Committees

Archives	Judy Sloan	905-336-5538
Awards	Penny Hambly	905-639-6193
Book of Remembrance	Marina Lloyd	905-637-6030
Communications		
Website Coordinator	Jeannie Woodcroft	905-315-0581
E-Letter Coordinator	Jan Murdoch	289-271-9817
Newsletter Coordinator	Nanci Wakeman	905-823-2564
Newsletter Editor: Peter Gnish - Design: Cate Roberts		905-547-1628
Editing: Pam Ahrens, Catherine Briggs, Nanci Wakeman		
Proofreaders: Chub Baxter, Lynn Gapes, Eleanor McCulloch, George MacRae, Marilyn MacRae, and Jordan Palmer.		
Photographer: Virender Paul Madan		
Goodwill Chair	Marina Lloyd	905-637-6030
West Convenor	Ruth Roberts	905-634-9255
East Convenor	Warren McBurney	905-845-8219
North Convenor	Marg Megelink	905-877-7135
Out-of-Region Convenor	Peter Gnish	905-547-1628
Health Services	Colton Roberts	905-335-0027
Membership/Recruitment Chair	Claudia Stewart	905-331-5614
Committee Members:	Marilyn MacLennan, Judy Sloan	
Pension	Jim Baker	905-639-1292
Political Advocacy	TBA	
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	

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How I Spent My Summer Holidays

By E. Jean Somerville, (Acton, Ontario -- member RTO/ERO --Lydia Snow Branch)

Do you remember when teachers took educational trips? Not as chaperones, but as inquiring students. Years ago, the Ontario Ministry of Education offered travel experiences to teachers. I was fortunate to participate in several of these in Europe.

Upon registration, we indicated our interest and were assigned to visit classes according to our choices. Some fellow teachers chose primary, music, drama, library, etc. and I indicated my interest in art and special education. We spent time in various classes and were welcomed by teachers and pupils too.

Our accommodation was usually in university residences and all meals were available. We also took advantage of local cuisine, trying delicious fare such as the Ploughman's Lunch in England, lavish tortes in Austria and Germany. High in the mountains in Italy, our meal was homemade wine, buckwheat polenta, sausage, salami, buckwheat rolls and Grappa, an Italian liquor. That was one meal I did not enjoy.

During one trip in 1983, sponsored by OECTA (Ontario English Catholic Teachers' Association) I spent time in Liverpool, Durham, York, Wales and London. Visits to nearby places of interest were arranged for our benefit. We saw Hadrian's Wall at Housesteads Roman Fort, the Lake District, Wales, Coventry, and York with a service at York Minster Cathedral. Other worthwhile excursions were to see *Julius Caesar* in Stratford, and the original *Cats* in London, during our three-week trip.

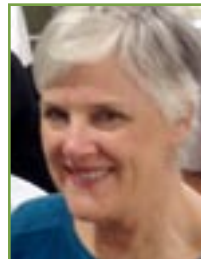
A special visit to Windsor Castle included a welcome and lunch with a friend of our group leader's, Mrs. June Williams, who was in charge of the Royal Dairy at Windsor. We toured the dairy, built in 1858 under the direction of Albert, Queen Victoria's consort. The stone building had beautiful stained glass windows, tiled walls and ceiling and long marble-topped tables. That morning, Mrs. Williams had sent 80 gallons of whole milk and 25 gallons of cream to Windsor Castle. We also met the elite of the Royal Jersey herd, some of the 100 fine Jersey cows in the herd.

Our efficient leader and small group of ten made for a wonderful learning experience, a friendly time and many happy memories.

Wine and Cheese

Submitted by Claudia Stewart

RTO/ERO District 15 held its annual Wine and Cheese gathering for potential retirees in April 13th at the Hampton Inn in Bronte. Thirty people attended. Check out below the photos of some of those who were there. Recognize any? Encourage them to join RTO/ERO to get the benefits you are receiving.



Photos by Penny Hamblly

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

Cheese As A Final Course

Submitted By Marilyn MacLennan



A wonderful way to end a special meal (or any meal for that matter) is with a cheese course. There are a few decisions to make when planning which cheeses to serve: type of milk (goat, cow, sheep); all the same type of milk or different; country of origin – a variety or the same; contrasting or complementary flavours and textures; and most of all whether to try something new.

When buying cheese, taste it before you buy. Any good cheesemonger will encourage you to taste first. Buy 45-60 grams of each cheese per person (1 ½ to 2 ounces.) Take the cheese out of the fridge 45 minutes to an hour before serving to help release the flavours and aromas of the cheese. Now, you need to decide what to serve with your cheese – wine, beer, nuts, fruit, jams, honey, bread, crackers. You will need a cheese board (wooden cutting board is great) that is big enough to hold your cheeses without crowding them; a separate knife for each cheese to prevent the mingling of flavours; and a small plate, knife and fork for each person.

At the beginning of the cheese course taste the cheese on its own first. Start with the mildest and work up to the strongest. Then try it with the beverages and other accompaniments. It's fun to discover how flavours change when you add another component. Enjoy!

This is a sample cheese course using Canadian cheese listed from mildest to strongest and including suggestions for accompaniments. The theme is Canadian cow milk cheese.

1. Comfort Cream made by Upper Canada Cheese Company – Ontario
White bloomy-rind cheese, Camembert style, creamy, pasteurized cow milk – creamy, buttery, mild earthy flavour
2. Avonlea Clothbound Cheddar by Cows Creamery - P.E.I.
Firm unpasteurized cow milk cheese, which is wrapped in cloth while aging for at least a year – complex flavours of fruit, earth, roasted nuts, sweet and tang
3. Bleu Ermite by Abbaye St. Benoit du Lac – Quebec
Semi-firm blue cheese made from pasteurized cow milk – a good entry-level mild blue cheese with grassy, herbal, earthy, sweet flavours

(Cheese... continues on Page 24)

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(Cheese..continued from Page 23)

Serve the cheeses with a good quality baguette and/or plain crackers, a little honey to drizzle (try lavender honey), toasted walnuts, slices of pear, dried figs. Beverages can either enhance or detract from the enjoyment of the cheese. For wine try a Gewurtztraminer, fruity Pinot Noir or wine that has primarily Grenache grapes (some southern Rhone wines). Beer is great with cheese as the effervescence cuts the richness of the cheese. A flavourful lager would work well.

Two great places in the area with a good selection of cheese are: Mickey McGuire's on King Street in Dundas and Whole Foods in Oakville.

Band For Hire

Submitted By Diane Miller

Jim Miller has been convening a guitar club in Milton for the past few years and out of that, he has reformed his band. The guitar club gets together on Thursdays and is now divided into two groups. Mornings are beginner guitar group and in the afternoon he convenes a Jam Session where anything goes. These sessions all take place at the Milton Seniors' Activity Centre.

The participants have a lot of fun playing and singing their hearts out. They also enjoy the therapy sessions over coffee afterward in the cafeteria.

Jim's band is called Late Harvest (because they are old. HA)... get it?



Left to right: Graeme Box on guitar, Art Driedger on bass, Ron Guenther on drums, Dave Easser on guitar, Jim Miller on vocals and guitar.

The band performs around town, at the Milton Seniors' Centre events, the Town Hall, Centre for the Arts, Allendale and other venues. They rehearse on Friday afternoon. If anyone wants to rent them, they are cheap but not tacky. They all do it because they love it. Together they account for over two hundred years in the music business!

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Health Services Committee

By Colton Roberts



The annual workshop for District Health Representatives took place on May 29th and 30th. There was another jam-packed agenda. Dr. Paula Rochon, the chair of geriatric medicine whom RTO/ERO is supporting, presented an update on the work that the medical team is doing to optimize health for seniors. Research included re-evaluation of the so-called “prescription cascade” in which adverse drug reactions are interpreted as a new medical condition. She stressed the importance of educating members about health needs and the potential problems which some drugs may precipitate. Much of the rest of the first evening session was used to answer questions concerning the plan.

On Monday morning, Richard Harrison from Johnson’s Insurance and his team talked about the Complex Claims Unit (CCU) which deals with members or their family in serious, often very complex, health situations. They are a small group who work with members on a 1-1 basis for such things as palliative care, prepping for surgery, and recovery from surgery where the needs are more complex than usual. The goal is to alleviate health issues by providing assistance, expertise and support where a Member requires more personal support. They spoke about the process and forms generated to provide speedy support where needed.

The submission process for claims was discussed with a demonstration of the electronic claims process. Providing one has a scanner, the claim can be processed much faster when completed online by the Member than when sent by mail. We are encouraged to make members aware of this service since it is much more efficient and cost-effective for the Member and Johnson’s. Members also may walk in to the Johnson Insurance office at 18 Spadina Road or 1595 16th Ave. in Richmond Hill if they prefer.

Gayle Manley addressed the reasons why the RTO/ERO plan is better than the others complete with a handout. We have over 91 000 members in the Group plan with Johnson’s. There is a lot of competition with the other plans. It is worthy to note that their 5 plans have not been shrunken to 3. Several suggestions were made to improve marketing of the RTO/ERO plan by DHR members.

(Health Services...continues on Page 26)

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(Health Services continued from Page 25)

Three very worthwhile workshops were provided on Eldercare, Best Doctors and Nutrition. RTO/ERO has contracted with First Health Care nursing organization which has provided care for over 8 million Canadians and their families since 1996. A healthcare nurse will provide expertise for an individual facing a care-giving challenge. Among their services, they provide advice and support to help folks stay in their home longer. This may include helping to find equipment and resources to assist with optimal care. The nurse may act as an advocate helping to co-ordinate and arrange support in some cases. Their web-site is www.eldercareselect.ca or they can be reached at 1-888-327-1500.

Best Doctors is an organization founded at Harvard Medical School in 1989. Best Doctors has a data base of over 53,000 physicians from over 450 specialties, the top 5% of practicing physicians worldwide. They have been providing service in Canada since 1998. Members can call Best Doctors when symptoms are not improving, they need help on deciding on treatment, are searching for a specialist or need information about a health issue. If in need a call to them will provide you with a Member Advocate, a Registered Nurse, who will become your personal health care advocate. For more detail, our Members are encouraged to contact them at www.bestdoctors.com. They can also be reached at 1-877-419-2378.

A dietician, Dale Mayerson, provided the DHRs present with information and handouts about what constitutes good nutrition, especially for seniors. Topics included Key Ingredients in Canada's Food Guide, the Top 10 High-fibre Foods, and comparisons of the nutritional value in different fruits and leafy-green vegetables. If anyone would like a copy of any of these topics, please contact me and I will make them available to you.

Awards Committee

By Carolyn Hilton



Congratulations to **Phyllis Kingsley** who was presented with the Distinguished Service Award at our May AGM for her outstanding contributions to our Board. Phyllis was an elementary principal and upon her retirement joined our RTO/ERO District 15 Board where she held many positions. She has been Member-at-Large, on the Program Committee, chair of the Awards Committee, and also Second and First Vice Presi-

(Awards Committee continues on Page 27)

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(Awards Committee continued from Page 26)

dents. In 2013-2014 she served as our RTO/ERO District 15 President. Then in 2015 as Past President, Phyllis took over the position of Newsletter Co-ordinator where she did an outstanding job of keeping our newsletter costs at a reasonable level. We will miss Phyllis as a valuable board member but we thank her and wish her well in her new pursuits.

Each year the Provincial RTO/ERO awards up to \$4000 to **Service to Others** projects. This year we have submitted the project Afghanistan School Starter Kit. The grant will fund a Science Starter Kit and Able Box Library. **Linda Mid-
daugh** and **Liz Watson** submitted it. We are now looking for a new project to be submitted for 2017.

Just a reminder that RTO/ERO and Johnson give out scholarships. For more information go to the websites www.rto-ero.org or www.johnson.ca.

Welcome New RTO/ERO District 15 Members!!!

Our membership is now nearly 2600. Below are the names of retired teachers and other education staff who became members since Apr. 2016. Please welcome them and invite them to join you at one of our many activities.

Mary Atkinson	Jennifer Aziz	Pradip Barat	Janet Beddoe
Sonia Bien	Donald Blore	Linda Brox	Karen Ann Bruner
Kazuko Brunswiler	Keith Cairn	Anne Cameron	Mary Giovanna Cecol
Frank Cleare	Kenneth Cutmore	Martin Danio	Grant Davidson
Dorothy Davis	Concettina Di Clemente	Barbara Doherty	Luba Dudar
Peter Edwards	Margaret Emerson	Christine Endler	Rose Finnigan
Karen Galligan	Patricia Gareth	Mary Gear	Roger Gibbons
Arvalla Groulx	Darlene Halchuk	Carol Hayward	Marian Headley
Grant Hinchliffe	Sharon Hodgson	Mary Horrell	Anne Hughes
Penelope Hull	Heather Hunt	Jaak Juhani	Cheryl Kemp
Anne Kosnick	Hazel Lambert	David Lewis	Deborah Lindeman
Judith Magnus	Idalino Maia	Charlotte Magwood	Hidegard Marai
Maryanne Mason	Laura Mayne	Colleen McClintock	Dorothy McHenry
Sabina McPhee	Elizabeth McQueen	Joe Mongiardi	Manisha Monga
Jane Monsen	William Neff	Margaret Nimigan	Teresa O'Brien-Tidy
Susan Orchard	Fern Paartridge	Beverley Pearson	Mary Ellen Petrarca
Kimberley Powidajko	Mary Ann Rapson	Virginia Reitknecht	Virginia Richman
Maria Rowles	Gisela Rupka	Karin Schuemann	Beverley Shaw
Louise Sherren	Rosemary Smith	David Stothart	Mark Starratt
Dianne Visschedyk	Margaret Warren	Diana White	Margaret Wilson

Pension & Retirement Concerns

By Jim Baker



Financial Results of the Teachers Pensions Plan in 2015

The pensions fund earned a 13% rate of return and produced \$19.2 billion income, including \$4.2 billion above expectations. Net assets rose to a record \$171.4 billion from \$154.5 billion in 2014. The plan is 107% funded with a surplus of \$13.2 billion. That positions the plan to meet future pension liabilities over time with money to spare. There was a 17.7% return in equities mostly outside of Canada. The funds fixed income including bonds had a 5.9% return. Natural resources were down by 1.3%. Teacher's private capital group posted a 32.3% investment return. Infrastructure and real estate returned a collective 16%.

The pension plan has steadily moved to actively oversee its investment by establishing investment facilities in Toronto, London, and Hong Kong. It is considering establishing such an operation in South America

Pension Membership

Total membership is 316,000 with 183,000 active members and 133,000 pensioners. The average retirement age was 59, and average starting pension was \$45,000. The expected number of years on pension is 31. The number of pensioners aged 100 or more is 130.

Tours Committee

By Jan Murdoch



We have an outstanding group of people headed to Asia in March-April 2017. We will experience life in Vietnam, Cambodia, Thailand and Bhutan. We are considering a trip to South America or Australia/New Zealand next.

Generally the process we follow is that we find a few people who are interested in our destination (minimum of 10) and then we meet and explore some opportunities. Before the itinerary is locked in we send our proposal out by email to those who seem commit-

(Tours.. continues on Page 29)

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(Tours.. continued from Page 28)

ted and then do some tweaking. When we have something we like, I take it to the group travel companies and we start negotiating. When I was organizing the Asia tour, we had three companies trying to get our attention. When I am satisfied with the price I send it out to the interested parties. At this point generally we need a small deposit from everyone to secure the trip. The deposit is required for the land section of the trip; air travel is usually sold separately and therefore needs a separate deposit when it is being booked. Most of our travellers are insured with RTO/ERO so we are aware of the \$6,000 trip cancellation, interruption/delay coverage and keep it in mind as we proceed with land and air payments. Although deposits are generally fully refundable, sometimes a company limits the amount of the refund and the insurance will come in handy in such a case to get back the difference.

The land section of our travel includes hotel accommodation, English-speaking local guides, private vehicle and local driver, transfers (not to Pearson Airport), daily breakfast and additional meals, plus private sight seeing tours. We set a doable pace ensuring a balance of busy and relaxing days. I would not classify these trips as vacations, but rather they are opportunities to explore a country and its culture. They are longer in length and they tend to be a little more expensive. That is why we only organize one trip every two years. At least a year ahead of the trip you will know the cost and can start saving in your TFSA account so that you are prepared when the time comes for final payment.

Although many of our travellers have worked in the education industry, their spouses, family and friends are from a variety of backgrounds. So far our travellers have all been articulate, well educated and flexible making them excellent traveling companions. If you are interested in knowing more about our travel excursions, get onto our special travel mailing list and you will receive the first posting about any future adventures. If you have a suggested tour that you think our members might be interested in, we'd love to hear from you. Contact janmurdoch8@gmail.com.

Punography Continued

The girl said she recognized me from the vegetarian club but I'd never met herbivore.

A soldier who survived mustard gas and pepper spray is now a seasoned veteran.

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Recreation Committee

By Dave Wright



Our trip to see “A Chorus Line” at the Stratford Festival on Thursday, May 26th was a great success. We had excellent seats and the performance was of the usual high quality that we have experienced at the festival. We will go again next spring and “HMS Pinafore” is the musical that I will book.

“Dirty Rotten Scoundrels” at the Drury Lane Theatre this November is about two con men who are each attempting to steal \$50,000 from a wealthy lady. The town is too small for both of them so they agree that the one who succeeds stays in town and the other moves out. Drury Lane has added new singers for some of their more recent plays. We keep their shows on our list because the quality of what we see has not suffered with the changes.

The setting in the October Aldershot Players’ dinner theatre production “Sex Please, We’re Sixty” is a bed and breakfast run by a prim and proper lady. One of the neighbours thinks that the senior female clientele that return to the B&B each year is attracted to him. The owner knows better but as long as the girls keep coming back that’s okay with her. The guy on the other side of the B&B, a retired chemist, is a would-be suitor of the owner and has invented a pill that is intended to increase the libido of menopausal women. Somehow this pill gets mixed up with the one that the other neighbour takes. Not much imagination is needed to guess what happens. The Aldershot Players are having fun with this one. Should be a good laugh.

I will book seats at the Famous People Players’ lunch theatre for January. We went there a few years ago and had the creator of the show, Diane Dupuy, speak at one of our lunch meetings. It is an outstanding production company. Let me know by December 1 if you would like to join us.

The list of events that are planned into the winter are listed in the calendar of events. They are listed in the website district15.rto-ero.org as well and will be highlighted in the monthly e-letters.

If you know of something that we all might enjoy let Janet Carter-Wright or me know. Info about it can be placed on the website and the e-letter. Janet is at 905-336-5328 and jcwright@cogeco.ca and I am at 905-639-5093 and davidwright16@me.com.

Archives Committee

By Judy Sloan



In the April 2016 edition of the Halton Herald, I reported that **Evan Hoffman**, a deceased member of our District 15 RTO/ERO, collected newspaper articles, photos and anything else that had to do with the Halton District School Board, and pasted everything into notebooks. He also kept photos of all the classes that he taught and of all the special events that took place in his schools. I now have his collection in our Archives.

I have received many emails from our member **Richard Szymczk** detailing his experiences during his years with the Halton District School Board and after his retirement. It is a very fascinating read. He stated in one of his emails “Yes I have had so many unusually wonderful experiences all my life in education and other fields too - music (concert accordionist, conductor, entrepreneur etc.) and policing (past chair of Halton Police Services Board, currently on Police Board here plus others), all thanks to my fortune in meeting and working with some great teachers, mentors, colleagues and friends. I was even asked to straighten out the Sikh private school in Malton some years ago, sent to India to learn about their systems while learning Punjabi as well and honoured by being named as an honorary member of the Golden Temple at Amritsar!” This is only a tiny part of all of Richard’s experiences. His memoirs are well worth the read. I have added them to the Archives with Evan’s collection. If you are interested in borrowing them, please let me know. My contact information is at the end of my report.

I have one deceased member to add to our obituaries. After a long battle with many health problems, it is with much sadness that I announce the passing of **Keith David Rupka** on February 23, 2016 in his 67th year. Keith had a long and rewarding career as a teacher and administrator for the Halton District School Board. He was a former president of OSSTF (Halton District) eventually retiring as Principal of Georgetown District High School. Keith spent his retirement years indulging in his love of baking and woodworking. He was also a lifelong avid fan of the Hamilton Tiger Cats. Keith’s laugh and amazing sense of humour will be remembered and missed by all.

That’s all for now and PLEASE keep those articles and photos coming to 1446 Brenner Court, Burlington On. L7P 2Z2 or contact me at judymsloan@yahoo.ca or by phone at 905-336-5538. You can also contact me on my cell phone or text me at 905-467-2363.

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

Webmaster's Report

By Jeannie Woodcroft



Our new 2016-17 Board has been busy planning and working on your behalf. You can get updates by viewing our website at district15.rto-ero.org. See all that we have to offer our District 15 members.

1.Home Page has current news and the sidebar on the left has useful links including bereavement notices, upcoming events and a link to the calendar.

2.Under the main menu tab, D15 Business and the blue sidebar on the left, you will find the updated Key Contacts for 2016-17 and the D15 Committees section. You will find scholarship information for your family members, health benefits information and other important information from District 15 Committees. Note that registration forms are there as well.

3.Remember to check the Upcoming Events main menu tab too.

4.Members can advertise their businesses for free on our website. Have a look at the Members to Members main menu tab.

If you need any help navigating the website please let me know and I will make myself available to help you. Also, if you have any suggestions to improve the website, it is yours and I would really appreciate your input.



Jim Baker celebrating his 90th Birthday with his two daughters and their husbands

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48th Highlanders of Holland Pipes and Drums

By Dave Wright

In the campaign to liberate Holland in 1945, the 1st Canadian Infantry Brigade was assigned to free the town of Apeldoorn. It was to be an infantry operation without the use of artillery because of Apeldoorn's large civilian population. Before the assault got underway, the Dutch underground informed the Canadian troops that the occupying garrison had already retreated from the town, so the Canadians peacefully entered Apeldoorn on April 17th.

One of the six regiments that made up the Brigade was the 48th Highlanders of Canada. Highland regiments have always had a pipes and drums band in their ranks. As the 48th entered the town, the Dutch citizens, after years of unimaginable hardship, heard the skirl of the pipes, which became etched in their memories and part of the story of their liberation.

Each year the citizens of Apeldoorn hold Remembrance ceremonies for the twenty men and officers of the 48th Highlander regiment who died in the operations near Apeldoorn. Then, in 1991, a number of Apeldoorn citizens founded a pipes and drums band as a living memorial to the 48th casualties. The regiment gave the new band permission to use its name and wear uniforms identical to those worn in 1945. The pipers' kilts are a Stewart tartan and the drummers' are a Davidson. The band performs at memorial ceremonies, civic celebrations and for charitable causes. Their motto is "We Remember." The band website is www.48th-highlanders.nl

The city of Burlington and town of Apeldoorn were twinned in 2005 and since then a number of cultural and educational exchanges have occurred. District 15 members, Jim and Sharon Matz, have taken responsibility for the logistics **and**



(Highlanders... continues on Page 30)

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(Highlanders.... continued from Page 29)

tour arrangements for three previous visits of the pipes and drums. For the tour this year, Jim and Sharon's neighbours on Kenmarr Crescent, Chris and Gudrun Vogel, Pat Richardson and Dave and Wanda Wright hosted the 14 band members and three liaison people from Apeldoorn. The youngest member is a 15-year old piper who plays with her dad in the band.

This year's tour included visits to Kitchener, Bowmanville and the Niagara region as well as concerts in Burlington at City Hall, the seniors' centre, La Salle Park Residence, Legion Branch 60, C H Norton Public School, and The Warplane Heritage Museum in Hamilton. Jim took the visitors to his hometown, Bracebridge, for visits to the area Legion Branches and for a cruise on Lake Muskoka. To celebrate their 25th anniversary the band attended the 125th anniversary celebrations of the 48th Highlanders of the Canadian Regiment in Toronto.

The band played for us on Kenmarr Cr. and did an "impromptu" in the parking lot in front of the Swiss Chalet Restaurant on Burloak Drive prior to being treated to dinner by the manager. The 10 days the band was with us was a memorable experience. When they left to return home on June 3rd it was an emotional farewell. They promised to come back. Thanks to Jim and Sharon for all they have done for Burlington and Apeldoorn. The Apeldoorn band made Jim an honorary member for his work and maybe when they come back Jim will have mastered the pipes or drums and will play along with them!



Here Are The Winners of the Favourite Photo Contest People, Places, Interesting Things!!!!

Thank you to the seven District 15 members who submitted a total of 37 photos to the Photo Contest. The panel of 9 judges all agreed that the quality of the photos made it very difficult for them to come up with their top five choices in order of priority - but they did. And here are the results:

First Place (\$30) - **Wayne Bridle** with his photo of The Fox - on the front cover

Second Place (\$25) - **Penny Hambly** with a photo titled Twillingate Iceberg

Third Place (\$20) - **Cathy Walsh** with her photo of the Ice Storm in a Cemetery

Everyone who submitted a photo to the contest will receive a \$10 Tim Hortons gift card. See the winning photos and Honourable Mentions on the next pages.

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

Creative Photography



Honourable Mention:
Wayne Bridle's - "Hummingbird"



Honourable Mention
Marilyn Ortwein's - "Winter Forest Mountains"



Photo by Evelyn Taggart



Photo by Marlene Horne



Photo by Soraya Rench

More Creativity Displayed!

More Photo Contest Winners!



Second Prize: Penny Hambly's "Twillingate Iceberg"



Third Prize: Cathy Walsh's "Ice Storm in a Cemetery"

Look for more photos from the contest in the January issue.