

ER HALTON HERALD

District 15

September, 2018

RTO/ERO

*“Here for you now...
...Here for your future!”*



**Congratulations on
50 years of
Enabling
Productive Retirements!**

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President's Report

By Micki Clemens



This year, 2018, marks a significant and historic milestone in the evolution of RTO/ERO. Since 1968 the Provincial RTO/ERO has been dedicated to the continued health and well being of retired employees from the education sector. And, if the signs are reliable, there are more exciting changes coming. Our organization is moving forward, under new governance rules, to consider branding and marketing issues, more research-based projects and new information tools in the next few years.

As a privileged member of Senate at the May 2018 proceedings in Toronto, I was witness to the amazing transformation of that organization – 50 years young! The former Provincial Executive was replaced by a Board of Directors consisting of nine RTO/ERO members, elected by Senate, and up to two external experts who may be appointed by the Board of Directors. It is this Board that shall have full authority to manage the affairs for RTO/ERO. Please see the Report on the May Senate for more information.

Here in Halton, RTO/ERO District 15 has offered a range of local programs and support services and has informed, energized, entertained and advocated for our retired and senior members, which now number 2783!!! Under the stewardship of **Carol Pashkevich**, our TREASURER, we recorded some surplus funds this year and, collaboratively, we have made plans to use these funds to achieve our local strategic goals and to provide added value to our members. We have so much to be proud of in our district, including our MEMBER EMERITUS, **Jim Baker!**

As your new President of District 15, my term of office will run from June 2018 to June 2019. What adventures will we have in that time? What accomplishments can we achieve? What challenges can we overcome?

ADVENTURES:

- Under the fresh leadership of **Brad Fisher**, our Second VP and PROGRAM Coordinator, we will offer three luncheons and presentations this year for your entertainment;
- With the experienced coordination of **Claudia Stewart**, PAST PRESIDENT, who will be helming the portfolio on RECREATION, we will enjoy the opportunity for a range of exciting excursions and events;
- With her usual assured style, **Jan Murdoch** will be leading the TOURS Com-

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(President's Report...continued from Page 3)

mittee as it embarks on the "Down Under" excursion this fall and undertakes the extensive plans for next year's selected trip to Egypt! Check the committee's report for specific details!

ACCOMPLISHMENTS:

• Guided by the highly competent and able **Penny Hambly**, coordinating AWARDS and SERVICE TO OTHERS, we will be looking for worthy candidates for grants and scholarships;

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• Our RTO/ERO District 15 will donate a book, authored by Linwood Barclay, to each elementary and secondary school in both the Halton and Halton Catholic Boards to commemorate the RTO/ERO 50th anniversary;

• With their abundant creative talents, our COMMUNICATIONS Team, **Peter Gnish, Nanci Wakeman, Jan Murdoch** and **Jeannie Woodcroft** will continue to capture and convey our life in District 15 through the Halton Herald, the E-newsletter, now re-named Report, and the website;

• We hope to garner some extra training on social media in the fall for our COMMUNICATIONS team and other board members with the support of our RTO provincial counterparts;

• This year marks the scheduled date for renewal of our local CONSTITUTION (which we will need to align with the new provincial RTO/ERO Governance guidelines) and this will all be explored in the fall and come before our board in January 2019;

• With a new Foundation Banner to promote this provincial initiative, **Moiria Plexman** will continue as our liaison and FOUNDATION CHAMPION to bring us news of funding announcements, commemorative donations and research results;

• The HEALTH AND WELLNESS portfolio,

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

under the leadership of **Colton Roberts**, will again offer the Health and Benefits workshop in October, partnering with District 13 in Hamilton. Also our Health Committee is planning a series of Wellness Workshops with appealing and timely topics for our members;

- With her network of GOODWILL ambassadors, **Marina Lloyd** continues her meticulous coordination of this benevolent and compassionate service providing cards, letters and flowers to honour members;

- Under the jaunty leadership of **Marilyn MacLennan**, MEMBERSHIP AND RECRUITMENT, we will arrange a celebratory agenda for the To Hell with the Bell event in September and we will treat those contemplating retirement with a FREE Retirement Planning Workshop in October.

- Our Board is thrilled to have **Dianne Visschedyk** as our new SECRETARY and we will rely on her proven skills to record and maintain our significant documents with supreme accuracy. Check out all these related Committee reports!

CHALLENGES:

- The Municipal Elections in the fall of 2018 will be one of the challenges that our former Past President, **Moira Plexman**, will be taking on as she tackles the POLITICAL ADVOCACY portfolio;

- With the retirement of **Judy Sloan** from the portfolio of ARCHIVES, we are faced with the challenge of recruiting a new member for our Standing Committee so we can look to share more of our cherished archive materials through our communications channels. Recently an interested candidate responded to our July ad in Rapport, so keep your fingers crossed;

- We will continue to address the challenge from the competing RTIP health plan and will be looking for ways to be stronger ambassadors and showcase the strengths of our RTO/ERO organization; and, as ever,

- We will explore the perennial issue of gender equity – how to recruit additional representation from the male side of our membership, for our board and for our committees, and how to encourage their overall participation.

What a thrill to be part of RTO/ERO and its vision for the future! I hope you might catch this excitement and think about becoming more active within our local District! We would love to welcome you as a fellow volunteer and a member of our District 15 leadership team! Contact me soon through our website <https://district15.rto-ero.org>.

**COMING TOGETHER IS EASY! KEEPING TOGETHER IS PROGRESS!!
WORKING TOGETHER IS SUCCESS!!!**

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

We Get Letters, E-mails & Calls

By Peter Gnish



Only one e-mail from a member this time to let us know what is happening in his life. Thanks Paul for contributing to the Halton Herald. How about you? Isn't it about time you sent me an e-mail, a letter, a picture or just telephone me so we can let your former colleagues and friends know what you are up to? You can always e-mail me at pgnish@gmail.com.

Paul Dennis wrote to say the following: "I, too, like so many others, enjoy receiving the Halton Herald in the mail. I take it to my chair in our front window and go through it cover to cover checking out the articles and people I know. This past April's edition was especially enjoyable as I was able to relate personally to three of the articles.

- Claudia Stewart's New Year's Adventure to the Rose Bowl Parade in Pasadena, California took me back 44 years to January 1st, 1974 when I took in the live Rose Bowl parade. The colour and smell of the flowers and the music of the bands certainly made up for the cool damp day. The image that stands out in my mind though was the amount of litter there was along the streets. Mind you we were not standing anywhere near the television cameras covering the parade.
- Jump ahead several decades and Marilyn MacLennan's photo shoot of her trip to Newfoundland brought back so many wonderful memories of the trip my wife and I took to Newfoundland. The sights, activities and especially the people we met during our ten day visit were just so memorable. It is an amazing province to discover over and over again. We are headed back there again to B&B in the summer of 2019.
- But the highlight of the April issue for me was the article on Carl Hamilton by Marina Lloyd. Again a jump back 44 years to September 1974. A three year veteran it was my first teaching assignment with the Halton Board at John T. Tuck and Carl was my vice-principal. Yes I remember his ukulele and his dry sense of humour but it was his method of teacher evaluation that stands foremost in my memory. He was positive and encouraging in his evaluations, so much so that you wanted to do even better and not let him down in what he saw in you and your programme. He was never negative. There were comments like, "Have you thought about trying this?" or "I like this. What about..?" That has always stuck with me over the years and it comes up in conversations even now after so many years. A big thank you to Carl and to several administrators with Halton who made my twenty-seven years with the board so enjoyable."

Call for Photos: *The Way We Were!!!*

In the April edition of the Halton Herald we challenged members to send in a photo or photos they had that went back many years and showed them in a way that was memorable, laughable, simply unexplained. We received two submissions. Both Wayne and Peter will receive a Tim Hortons \$10 gift card for their efforts.

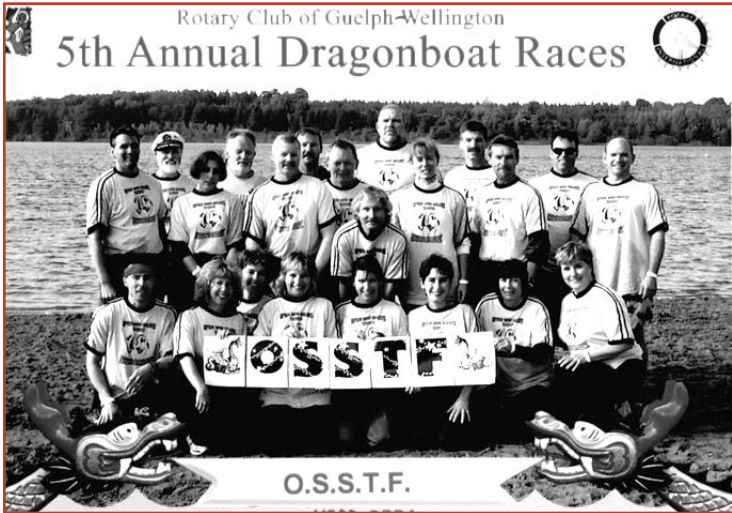
Wayne Bridle wrote: “Here are my submissions for *“the way we were.”* In the 1980s a group of teachers at Acton High School decided to take part in the National Voyageur competition which took place on the Ottawa River behind the parliament buildings on Canada Day. This event was open to competitors from across Canada. To our surprise and delight we actually won the Voyageur Cup. In later years we also formed a student team. Team members still get together today and share memories over a meal. In the team picture I am on the left in the white shirt with the red embroidery. The pendant around my neck is a piece of the Voyageur Cup that we had won the previous year.



(Call for Photos...continues on Page 8)

(Call for Photos...continued from Page 7)

In later years a member of our English department, Dave McConnell (he is bending forward in the centre of the OSSTF photo below behind the first row), thought it would be nice to form a Dragon Boat team for the competitions that took place on Guelph Lake. This team drew on department members throughout the school. This was a fun way of recharging our batteries after a long winter in the classroom (the event took place in June). In the Dragonboat pictures I am wearing the captain's hat. I was the steersman for the team.



Peter Saberton wrote to say : “My wife, Lynda, came across the Tecumseh staff picture (on the next page) a couple of months ago. I’m still in touch with Lynn Gapes, Ted Swift and Al Wilson so I forwarded it to them. They were surprised and pleased to receive it. There are a couple of names that I can’t remember but maybe someone else can help out.

Socially, I still see Al Wilson and Ted Swift. Lynn and I exchange e-mails regularly. I also run into Jack Leadbeater at the Y. At 96 years of age he still drives his 2016 Mustang to his workouts! I’m not sure if he still has his pilot’s licence.

Looking back, I worked with many dedicated, bright teachers, at both Tecumseh and Nelson. The Nelson math retirees (10 of us) still meet for breakfast once a month. Throughout the years I’ve made some great friends, both students and fellow teachers and I look back at the happy times spent in Burlington.

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(Call For Photos..continued from Page 8)



Back row: Gerry Dunn, Paul Tomlinson, Ted Swift, Bill Tresize, Pete Saberton, Carl Hamilton, Gary Loker, Gord ?, Dave Young.
 Middle: Al Wilson, Bob Gapes, Ethel Marshall, Fran ?, Lydia White, John Vola, Doug Agnew.
 Front: Annabelle?, Carolyn McMillan, Lynn Gapes (nee Pilgrim), Jack Leadbeater, John Hughes, Shirley ?, Judy Smith, Mary McCully.

Recreation Committee Report

By Claudia Stewart



A group of ten attended a matinee performance of Norm Foster's *Screwball Comedy* at the Lighthouse Theatre in Port Dover on July 10. We enjoyed coffee/tea and a cookie at intermission. Some of us enjoyed the Crepe House at lunch beforehand, others enjoyed a sweet treat at the Port Dover Dairy on Main Street. Afterwards, we retreated to the Cove Room at the Erie Beach Hotel for a fish dinner with a convivial group of old and new friends. Special thanks to **Jeanie Woodcroft** who drove several folks to Port Dover. It was a very pleasant day, perfect for a visit to the lakeside town.

Several lucky members attended the excellent Boris Brott festival performance

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(Recreation...continued from Page 9)

of *The Magic Flute* at First Ontario Concert Hall on July 19 in Hamilton. An enchanting experience.

August 15 was the Kayama Boat tour in Toronto Harbour with dinner afterwards at the Amsterdam Brew Pub. Going as a group of 20 allowed us to receive a discounted cost. There were beverages available on board and we had the opportunity to assist with the actual sailing of the vessel.

Upcoming events

Come visit **Glen Williams** with us on Thursday October 11. We will depart from Burlington at 10:30 a.m. After a lovely autumn drive in the countryside we will explore the quaint village, see the artisans and browse through the historic antique bookstore Reeve & Clarke Fine and Rare books. We will have lunch together and browse a bit more. Please register through the website for this event.

Date: Thursday October 11, 2018, 10:30 a.m. from Burlington
Cost \$5.00 for transportation for those who wish a ride.

Complex Cheese Tasting

So you may think that wine is the only thing to drink with cheese? Come to this event to discover new cheeses and how they pair with beer as well as wine and the impact of foods in enhancing the entire experience. While tasting five cheeses with two wines, two beers and an assortment of condiments in a tutored setting, you will have a few "aha" moments. Leading the tasting is RTO/ERO member **Marilyn MacLennan** - *Professional Fromager*. Don't be disappointed, this event will sell out quickly. Please register online at www.district15rto-ero.org.



Date: Thursday November 8, 2018, 7:00 p.m. to 9:00 p.m.
Cost \$40.00 per person
Limited number of 25 guests

We are always looking for suggestions for events you would like to attend - made so much more fun by attending with a group. If you see something you'd like to do, please let us know and we can often secure a group rate. Check *The Rapport* (District 15's e-newsletter) for more events each month. Be sure to check out the website to keep up to date on our events!

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

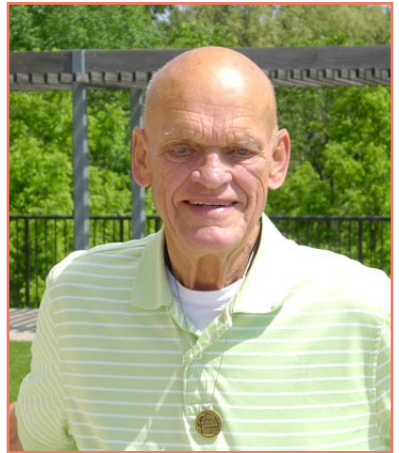
Attitude is Everything!

by Marina Lloyd



When **Ron Chatten** retired in 1992 the headline in Abbey's Own newsletter read *A Great Educator Retires*. Ron was retiring from Abbey Lane, a school he had opened six years previously. Ron's career in education spanned 35 years. In the article he jokes that he was a baby when he started. A slight exaggeration - actually he was 17 years old when he stood in front of his first class of Grade 7s! In 2006 a headline in the Acton/Georgetown paper read "*Chatten Bows out in Style*." In an "elegant and gracious speech" Ron bid farewell to civic service after serving for 15 years as Halton Hills Ward 4 Councillor.

In June of that year he was featured in the same paper when he was chosen Halton Hills 2006 Senior of the Year! On that occasion he was recognized for his contributions as a member of Council and for countless hours of volunteering with the Optimist Club, the St. Alban's in the Glen Youth Group, the Canadian Cancer Society and the Canadian Red Cross. I had the pleasure of interviewing Ron in the beautiful Georgetown home of **June** and **John Lenz**. As he shared stories of his career and community involvements the "great educator" of that earlier headline was manifested before me in every way.



Ron's early childhood was spent on a farm in the hamlet of Woodham in Southwestern Ontario. Woodham was full of wonders for a curious, active child like Ron. There were church and community events, Young Peoples, the outdoor rink and card games. The one-room school was two houses away from his farmhouse. He rode the bus to high school in nearby St. Mary's where he enjoyed Latin and history very much, French and mathematics not so much! Ron's father encouraged his son to continue his education as they both agreed that he was not cut out for the life of a farmer. He graduated from Grade 13 in June 1955 and spent the summer in Toronto taking a six-week summer course. In

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(Ron Chattan...continued from Page 11)

August his father drove him to an interview for a teaching position in Elora. One week before the school year began he received confirmation that the job was his at an annual salary of \$2400. He was handed a Grade 7 course of study and 36 pupils. "Where do I start?" he asked himself. It turned out to be a wonderful year. He knew then that he had found his calling. Six weeks more of study in Toronto that summer and a completion course at London Teacher's College provided him with all necessary certifications. Nevertheless his greatest moment that college year was when he met a lovely young classmate named Elaine with whom he will celebrate a 58th anniversary this July!

A serendipitous meeting with an Oakville superintendent led to an interview and then to a new teaching position at Linbrook School. His next two assignments were at Maple Grove and John Wilson Schools. Upon leaving John Wilson he acted as a principal's relief at several schools in Oakville for one year. Ron spent the next two years teaching at Queensboro Junior High in North York. When he read an ad for a principalship in Esquesing Twp he applied for the position, was interviewed and was thrilled to be called the night of the interview and told "You've got the job as principal of Stewarttown School." Two years later that school became a Senior School serving students from the surrounding areas. In December of Ron's fourth year at Stewarttown he became principal of Pineview. His next move took him to Centennial in Georgetown. After eight years at Centennial he found himself working with parents and teachers at twinned schools-Robert Little and Speyside. His final assignment was the opening of Abbey Lane in the new subdivision of Glen Abbey in Oakville.

Ron kept busy during the summers taking Primary Methods Pts 1&2. While at Robert Little, although he'd never taken the Principals' Course, the Ministry of Education offered him the opportunity to teach parts 1&2 of the course in various sites across the province for eleven years.

He remembers his years at each school as being "a fantastic experience working with great teachers." One of those great teachers writes that "Ron was a master at fostering a caring school community where parents and teachers, working together, created the best environment for student learning. This was an important lesson well learned by all who were fortunate to work and learn from him. Thanks Ron." I heard that Ron loved Hallowe'en and encouraged staff and students alike to come to school in costume. His Miss Piggy costume was a hit! What fun!

(Ron Chattan...continues on Page 13)

(Ron Chattan..continued from Page 12)

Ron and Elaine now live in Sandy Cove Acres in Innisfil. They have three children-Lisa, David and Andrea, and six grandchildren. In October they look forward to welcoming their first great-grandchild. Although the two enjoyed travelling, injuries that Elaine suffered some years ago in a car accident, along with Ron's vision loss due to macular degeneration, have kept them closer to home these days. But not before they celebrated their 50th anniversary by taking the family to a resort in Cuba for a week. On his 70th birthday Ron realized a life-long dream by jumping out of a plane, taking in a magnificent view of the whole of Lake Simcoe, as a crowd of 25 friends and family watched from below holding their collective breath. It was an "exhilarating experience." For Ron Chatten attitude is everything. In fact, when we met, he was wearing a medallion bearing that motto. One should be positive, focus on the issues, encourage others to use their talents, listen to others, try to see things from their point of view and be grateful for the gifts that life bestows. And in that very spirit, as our conversation drew to a close, Ron wished to convey one more fact of crucial importance to him; that he could not have accomplished anything like that which he has without the constant, loving support of his dear wife Elaine.



Book of Remembrance

We remember with fondness

Mildred Bolton	William Capel	Carolynn Cooper
Ruth Davies	Robert Deamude	June Doberthien
Carol Elson	Maurice Harvey	Marian Headley
Mabel Hunt	Margaret Leak	Carmen Litt
James McDougall	Jean Mitchell	Evelyn Pickett
Donald Rosser	Gene Sale	Norma Sharratt
Jeannette Sill	Michael Sokovnin	Marion Wilson-Lindars

Annual General Meeting - May 7, 2018



This year's AGM luncheon was another sold-out event for the talk by guest speaker, author Linwood Barclay. Many special guests were in attendance and important presentations were made. Be sure to be at the next event to share in the fun and camaraderie.

Thanks to Marilyn MacLennan for the photos. Do you recognize any of your former friends and colleagues?

Claudia Stewart receiving the President's Pin



District 15 Executive 2018-19



Jim Baker <i>(Member Emeritus)</i>	Dianne Visschedyk <i>(Secretary)</i>	Micki Clements <i>(President)</i>	Jeannie Woodcroft <i>(1st VP)</i>	Brad Fisher <i>(2nd VP)</i>	Claudia Stewart <i>(Past Pres.)</i>	Carol Pashkievich <i>(Treasurer)</i>
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Past Presidents



(AGM...continues on Page 15)

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Award Recipients



Cecil Leach, Jim Baker and Marina Lloyd each received the June Szeman Award



Penny Hambly and Moira Plexman received Distinguished Service Pins

Special Guests



Neetha Barclay, Linwood Barclay, Micki Clemens, Ian Elliot (A Different Drummer) ...photo by Jim Clemens

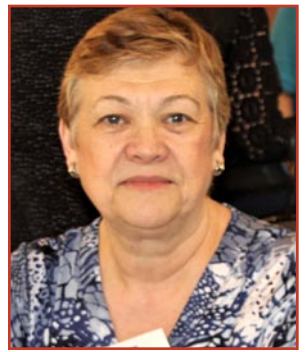
Attendees



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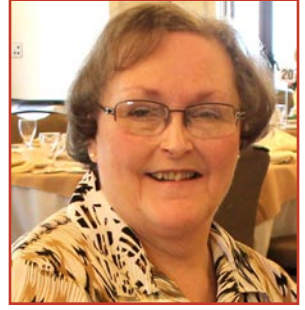
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(AGM...continued from Page 17)



Oakville Retirees

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Awards Committee Report

By Penny Hambly



Moira Plexman and I, to our surprise, were presented with Distinguished Service Pins at the May AGM. We are very grateful for our awards.

Congratulations to the two recipients of the RTO/ERO Provincial Scholarships from District 15. The winners are: **Jessica Davidson** submitted by **Grant Davidson**, and **Caroline MacDonald** submitted by **Mary Anne MacDonald**.

Jessica Davidson grew up in Milton. She attended the University of Guelph, graduating in 2016 with a Bachelor of Arts and Science with specializations in Neuroscience and Psychology. At Guelph she worked with international students through the office of Intercultural Affairs. She was also a member of the B.A.S. students' association and helped organize The Combining Two Cultures Conference for Interdisciplinary University Programs. She completed one of her undergraduate semesters in Lyon, France, through the Ontario/Rhone Student Exchange Program. Jessica is currently finishing the final requirements for her Masters of Science in Communication Science and Disorders–Speech–Language Pathology at McGill University. She looks forward to working with children of all ages and abilities as a Speech-Language Pathologist.

Caroline MacDonald is 22 years old and lives in Hamilton. She attended McMaster University from 2014 to 2018 and graduated with an Honours B.A. in Gerontology with minors in Sociology, and Mental Health, Addiction and Society. She is currently involved in Life Enrichment in a retirement residence and is a Lifeguard and Aquatic Fitness instructor. She aspires to continue to work with retirement communities to promote enjoyment and healthy aging through recreational activities.

See Jessica's and Caroline's bios and pictures on our website.

The **Johnson Scholarship Program** is now accepting applications on their website. Applicants must have completed High School and be enrolled in a full time program for the fall of 2018 at a recognized Canadian post-secondary institution or college. Applications may be made by a parent/grandparent/guardian etc. who is a member of the Johnson Group Insurance Plan or has home or car insurance etc. with them. Go to scholarshipfund@johnson.ca or 1-866-544-2673 for more information. **Deadline is October 31, 2018.**

RTO/ERO District 15 Contact List

Executive 2018 – 2019

Past President	Claudia Stewart	905-331-5614
President	Micki Clemens	905-847-2452
1st Vice President	Jeannie Woodcroft	905-315-0581
2nd Vice President	Brad Fisher	905-319-9053
Secretary	Dianne Visschedyk	905-335-3852
Treasurer	Carol Pashkievich	905-827-4509
Member-at-Large	Jim Baker	905-639-1292

Committees

Archives	Patricia Mateja	905-271-6122
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
Proofreaders:	George MacRae, Marilyn MacRae, Eleanor McCulloch, Jordan Palmer, Ray Smith, Nanci Wakeman	
Foundation Champion	Moira Jane Plexman	905-845-1977
Goodwill Chair	Marina Lloyd	905-637-6030
West Convenor	Ruth Roberts	905-634-9255
East Convenor	Warren McBurney	905-845-8219
North Convenors	Judy Rose & Susan Spencer	519-821-6766 519-856-2049
Out-of-Region Convenor	Peter Gnish	905-547-1628
Health Services	Colton Roberts	905-335-0027
Committee Member:	Paul Harper	
Membership/Recruitment Chair	Marilyn MacLennan	905-631-6058
Pension	Greg Costa	905-335-1909
Political Advocacy	Moira Jane Plexman	905-845-1977
Program	Brad Fisher	905-319-9053
Committee Members:	Penny Hambly, Paul Harper, Lynda Kozak, Moira Plexman, Colton Roberts	
Recreation	Claudia Stewart	905-331-5614
Committee Members:	Lynda Kozak, Carol Pashkievich, Diiona Szczerbak, Jeannie Woodcroft, David Wright, Marilyn MacLennan	
Tours	Jan Murdoch	289-271-9817
Committee Member:	Marji Peglar	

Program Committee Report

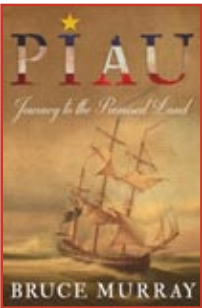
By Brad Fisher



Program Committee members are: **Lynda Kozak, Paul Harper, Moira Plexman, Penny Hambly, Colton Roberts** and myself. As the 2nd VP and Program Coordinator for 2018-2019 I am pleased to inform you that the our Committee will be offering 3 luncheon presentations this year.

The first of these is the *'Autumn Abundance'* Luncheon on October 22, 2018 at the Harvester Hall, Holiday Inn Burlington Hotel & Conference Centre, 3063 South Service Rd. Registration will begin at 11:00 a.m. followed by Business at 11:45 a.m., Lunch at 12:00 p.m. and the presentation at 1:15 p.m. See details and Registration Form next page.

We are pleased to have Bruce Murray as our guest speaker for this event. Bruce is a native of Springhill, Nova Scotia, and the brother of singer Anne Murray. A graduate of St. Francis Xavier University, University of Victoria and University of Toronto, Bruce is a former singer songwriter for CBS and Capitol Records. He taught History and Music for many years and directed numerous theatrical musicals during that time. He is the five times great grandson of Pierre Belliveau dit Piau, the subject of his book.



Topic: In search of Piau and the Acadians who escaped the Deportation. This is the heroic saga of an Acadian folk hero, Piau, who defies the British during the Acadian Expulsion by leading his people into a wilderness exile where suffering and survival reign; courageously capturing an enemy ship through stealth; enduring a humiliating prisoner of war camp; and, through a twist of fate, safely delivering his people to what he calls the Promised Land.

The buffet luncheon will feature Herb Crusted Roasted Chicken and Apple Stuffed Pork Loin in a Mild Peppercorn Sauce. Cost of the luncheon is \$30 for members and \$35 for non-members.

It was recommended that the February event be planned for later in the month.

The next meeting of the Program Committee is scheduled for Tuesday, October 2nd from 10 a.m. to 11:45 p.m.

Autumn Abundance Comes October 22 **RTO/ERO HALTON DISTRICT 15**

Autumn General Meeting & Luncheon – Monday, October 22, 2018
Holiday Inn Burlington Hotel & Conference Centre, Harvester Hall
 3063 South Service Road, Burlington, Ontario, L7N 3E9, Canada



Guest Speaker: Author Bruce Murray

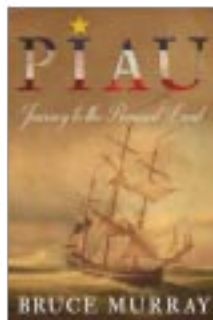
Native of Springhill, Nova Scotia, brother of singer Anne Murray.

Graduate of St. Francis Xavier University, University of Victoria and University of Toronto. Former singer songwriter for CBS and Capitol Records. Taught History and Music for

many years and directed numerous theatrical musicals during that time. Five times great grandson of Pierre Belliveau dit Piau.

Piau, Journey to the Promised Land

This is the heroic saga of an Acadian folk hero, Piau, who defies the British during the Acadian Expulsion by leading his people into a wilderness exile where suffering and survival reign; courageously capturing an enemy ship through stealth; enduring a humiliating prisoner of war camp; and, through a twist of fate, safely delivering his people to what he calls the Promised Land. His book is based on this saga.



Program

Registration and Social Time 11:00 a.m.

Business 11:45 a.m.

Lunch 12:00 p.m.

Speaker & Question Period 1:15 p.m.

Buffet Features: Herb Crusted Roasted Chicken, Apple Stuffed Pork Loin in a Mild Peppercorn Sauce. Cash Bar will be available.

**RTO/ERO AUTUMN ABUNDANCE!!!**

Monday October 22, 2018

Registration Form:

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

Please Print:

Name: _____

Tel.#: _____ Member: _____

Email: _____

Vegetarian Meal: _____ Food/Gluten Allergy: _____

Guest Name: _____

Tel.#: _____ Member: _____

Email: _____

Vegetarian Meal: _____ Food/Gluten Allergy: _____

Enclosed is a cheque payable to:
RTO/ERO District 15 in the amount of \$.....

Please forward by mail by October 12, 2018 to:
Lynda Kozak
491 Underwood Crescent
Oakville, ON L6L 5P1

Contribute to the Herald!

The next *Halton Herald* will be distributed in January, 2019.

- **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,
Nanci Wakeman by e-mail: nanci.wakeman@gmail.com or
by mail to 1393 Clarkson Rd. N., Mississauga, ON, L5J 2W6 or
Phone: 905-823-2564. Deadline - November 15, 2018.

CHANGE IN CONTACT INFORMATION

- If you are moving OR
- If your mailing address has been changed or is incorrect OR
- If your e-mail or phone number has changed or is incorrect

You need to let RTO/ERO know in one of the following ways:

- E-mail RTO/ERO provincial at membership@rto-ero.org
- Phone RTO/ERO provincial 1-800-361-9888
- Contact Marilyn MacLennan (District 15) with the change maclennanred@sympatico.ca
- Use the contact form on the District 15 website – choose Membership

You will need your RTO/ERO membership number when contacting the provincial office.

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.

Chair Exercises for Seniors

From www.vivehealth.com

A seated workout encompasses far more than mobility movements. Chair based exercises will develop your cardio fitness, muscular strength and flexibility. Here are 4 more of the best chair exercises for seniors - continued from the last issue.



1. Tummy Twists for Abs

Sit up straight with your feet flat on the ground. Hold your arms at a ninety-degree angle with your elbows at your sides and your forearms extended in front of you. Rotate your upper torso to the left through a full range of motion. Keep your lower body still and brace your core by imagining you're sucking your belly button toward your spine. Return to the middle and twist to the right. Perform ten repetitions on each side for a total of twenty. This exercise strengthens your obliques, abdominal muscles used for trunk rotation, and will help you maintain good posture. Also, check out the best back braces to improve poor posture.

2. Captain's Chair

Be sure your chair is sturdy. Sit up straight and grasp the edges of your seat. Slowly lift your feet off the floor. Move your knees toward your chest. Squeeze your abs at the top and slowly lower your feet back to the floor. Do not try to move past a comfortable position. If you can only raise your feet a few inches off the floor, that's fine. This exercise will strengthen your abs and other core muscles such as your glutes.

3. Chair Running

Sit with your legs extended, toes pointed and arms bent by your sides. Lean back slightly so that your shoulder blades barely touch the back of your chair. Gently lift your feet from the floor. Pull one knee toward you while the other is extended and then switch, mimicking a running motion. If necessary, grip the armrests or sides of your seat for balance.

4. Seated Tap Dance

Sit with your knees bent and your toes resting lightly on the floor. Extend one leg and gently tap your heel to the floor. With your leg still extended point your toes and tap them to the floor. Flex your foot and tap your heel again. Return to the starting position and repeat with the opposite leg. Perform the "tap dancing" for three to five minutes. Set a timer and try to go a little longer each time you exercise.

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

Report on the RTO/ERO Annual Meeting and Senate Toronto - May 29-30, 2018

by Micki Clemens

In this the 50th year of celebrating service to the members of the broader educational community, RTO/ERO has transformed its governance model and its operations and your District 15 representatives were there to witness this change!

It was an historic moment on May 29 when 9 individuals, from a slate of 12 candidates, were elected by Senate to comprise the new RTO/ERO Board of Directors. Here are your newly minted Provincial Directors!

RTO-ERO BOARD OF DIRECTORS 2018		
3 Year Term June 1, 2018-May 31, 2021	Martha Foster –Chair	District 41, Elgin
	Rich Prophet- Vice-Chair	District 3, Algoma
	Martin Higgs	District 36, Peterborough
2 Year Term June 1, 2018-May 31, 2020	Jackie Aird	District 13, Hamilton/Wentworth, Haldimand
	Louise Guerin	District 44, Region du ciel bleu
	Bill Huzar	District 47, Vancouver island
1 Year Term June 1, 2018-may 31, 2019	Richard Goodbrand	District 31, Wellington
	David Kendall	District 20, Frontenac, Lennox & Addington
	Gayle Manley	District 2, Algoma

In attendance from RTO/ERO District 15 were Senators **Claudia Stewart** and **Micki Clemens** and our Observers, **Penny Hambly** and **Moira Plexman**.



(Report on RTO/ERO...continues on Page 27)

(Report on RTO/ERO...continued from Page 26)

What was new for us was electronic voting with hand-held clickers. The excitement was high as instantaneous results were posted on the two huge screens at the front of the auditorium. See the photo on the previous page of us as we await the report from the scrutineers who were double-checking the results.

On May 30 we received two interesting presentations. The first one on Branding was provided by Jim Grieve and a consultant from Hambly Wooley. One exercise conducted by the consultant was to choose the flavour of jelly bean that best represents RTO/ERO – green apple, tutti-frutti, berry blue, strawberry jam or French vanilla! Which would you choose and why? The second presentation from staff member, Anna Lunghi, was on Volunteer Recruitment. A resource toolkit was shared that contained helpful information for districts to design and plan volunteer position descriptions as a first step in volunteer recruitment.

Key Resolutions Passed:

- BOARD OF DIRECTORS – THAT the initial RTO/ERO membership fee be waived until December 31st of the year in which an individual enrolls.
- AUDIT: THAT the firm of Deloitte LLP be appointed as RTO/ERO auditors for the 2018 fiscal year.

General Highlights:

- The Board of Directors will review the membership fee issue and the current fee structure and a draft plan will be presented at the next Annual Meeting.
- A copy of the RTO/ERO Annual Report entitled Vibrant Voices was distributed at the Annual Meeting. Copies of the report will be electronically available and sent to all members with the summer issue of Renaissance.
- The 2018 Annual Charitable Donation, submitted by RTO/ERO District 8 London, Middlesex and approved by the Board of Directors, was presented to the Parkinson Society Southwestern Ontario.

More Puns

I wondered why the baseball kept getting bigger. Then it hit me.

**A sign on the lawn at a drug rehab centre said:
'Keep off the Grass.'**

The short fortune-teller who escaped from prison was a small medium at large.

Political Action Report

By Moira Plexman



RTO/ERO is a politically neutral organization. The focus of our committee is to support and promote a good quality of life for our members and all seniors. As the new District 15 Political Action Chair I am interested in having a few members join the committee. Please contact me at plexmanm@gmail.com.

The June provincial election resulted in a change of the ruling party in Ontario. Get to know your local MPP. As a voter and senior make your needs known. Find out how your representative is going to support you.

The October Municipal elections offer another opportunity to make your views as a senior known to your local candidates. Before you cast your ballot look at proposed platforms through the lens of a senior. How will the candidates for mayor, town council or regional representative support age friendly communities?

Age Friendly Communities:

- How are physical spaces (outdoor areas/parks, transportation, senior housing and public buildings) designed to reflect accessibility?
- What social environment proposals are offered to break down social isolation and reach out to seniors?
- What health and community services are being proposed and how will they be implemented?

RTO/ERO FOUNDATION REPORT

by Moira Plexman

Senate Funding Announcement:

Joanne Murphy, Chair of the RTO/ERO Foundation, made an important funding announcement. The Foundation has awarded \$50,000 to the Sunnybrook Health Sciences' Regional Geriatric Program (RGP) of Toronto for the development of a "Senior Friendly 7" Practice Toolkit for Personal Support Workers (PSWs). "These tools will guide personal support workers (PSWs) and care coordinator - both of whom are on the frontline of home and community care for frail seniors - working in community settings." This special award was made in recognition of 50 years of RTO/ERO serving its education community in retirement.

(Foundation..continues on Page 29)

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

(Foundation..continued from Page 28)

In Memoriam Donation by RTO/ERO District 15

After our May AGM, a monetary gift was sent to the Foundation in memory of those District 15 members who have passed away in the past year. Our gift supports the medical research being conducted to enhance the lives of seniors.

Help Improve the Quality of Aging

Do you know?

- Presently 14% of our population is made up of seniors
- Seniors accounts for 50% of our national health costs
- There is 1 geriatrician for 15,000+ seniors in Canada

The RTO/ERO Foundation was established in 2011 as a registered charity. It was inspired by the philanthropic and innovative spirit of the RTO/ERO's now 76,000 members. Through donations and support from the RTO/ERO community and from the public the Foundation invests in:

- Research and training vital to the knowledge base of Canada's aging sector
- Innovative community initiatives that promote social engagement among older adults

The Foundation relies on the support of RTO/ERO members and friends to carry out its mission to advance research and training in geriatrics and gerontology and to support community-based projects that promote social connections and engagement. Consider making a tribute to honour loved ones by making a donation. (www.embrace-aging.ca)

Welcome New RTO/ERO District 15 Members!!!

Our membership is now almost 2800. Below are the names of retired teachers and other education staff who became members since March 2018 and others before. Please welcome and invite them to join you at one of our activities.

This following became new members in late 2017 and were not previously reported

Pamela Carson	Margaret DeWolfe	Josee Duckett
Terry Flewelling	Gloria Gow	Katherine Harasymchuk
Heidi Heaver	Joanne Mac Isaac	Debora Massey
Patricia McCauley	Karen McIlroy	Monika Pahapill
Gregory Smith	Michael Sokovnin	Kathryn Stearns-Brown
Dan Tolomeo	Marianne Tomczak	Beverly Vinski

(New Members...continues on Page 30)

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(New Members...continued from Page 29)

This following members retired in the period March - August 2018

Mardi Andruski	Jean Barber	Jean Barnett
Deanna Belvedere	Sandra Bertrand	Linda Bonner
Clara Boom	Corinne Bracco	Mary Brennan
Elizabeth Brown	Frances Burke	Kathleen Carroll
Marie-Claude Chalifour-Vessio		Elizabeth Chadwick
Florence Chapman	Karen Cormack	Sabine Corras
Peter Cowden	Mary Curran	Mary Dell'Anno
Diane Durran	Deborah Elliott	Kelly Ferguson
Donatilde Fernandes	Janis Fiamelli	Patricia Fisher
Janice Garrod	Johanna Genis	Dawn Goodwin Barnes
Janice Gregory	Alan Greyson	Deborah Hartmann
Elaine Heaver	Regan Heffernan	Lynn Hickey
Patrick Hourigan	Carol Hryhorsky	Jaroslav Hryhorsky
Christopher Hundt	Gregory Johnston	Diane Johnstone
Ann Koritko	Katherine Kortwright	Jadwiga Kreczko
Heather Lavigueur	Sharon Leal	Melanie Lunn
Caroline Lutyk	Elaine Lypko	Brian MacDonald
Doug Macgougall	Donna March	Janet Marconi
Isabel Mascarenhas	Adriana McDonald	Scott Millard
Judy Milovanovic	Charlotte Morton	Kristine Nelson
Roberta O'Halloran	Kimberly Ormesher	Kristine O'Shea
Valerie Pelissier	Joan Pepping	Susan Philip
Janice Porter	Barbara Reade	Dorothy Reid
David Riddell	Linda Rivard	Patricia Rossall
Mark Santarelli	Robert Schellenberg	Mary Schroder
Vera Staresinic	William Strangways	Rosanna Temor
Linda Whitton	Danuta Wierzbicki	Tina Wilcock
Wendy Wilson	Laura Woodstock	Madeline Wright



Archives Committee

By Judy Sloan



It was brought to my attention by **Joan Betzner**, one of our RTO/ERO District 15 members, that I made an error in my report on the passing of our member **Carolynn Ann Cooper**. I stated that Carolynn's name before she married was Kirby, when in fact it was **Kilby**. I want to thank Joan, whom many of you may remember was a consultant with the HDSB before her retirement, for taking the time to phone me to correct my error and also for our very interesting chat.

I have three items to add to our RTO/ERO District 15 Scrapbook since my last report. The Hamilton Spectator wrote an article about one of our members, **Peter Saberton** titled "*From Pam Am to Newfoundland. Local Swimmer has covered the distance from Hamilton to the East Coast - one mile at a time.*" In reality before you all gasp in disbelief, Peter swims a mile three days a week at the Ron Edwards Family YMCA in Burlington. He started tracking the distance he swims in 2005 and has now calculated that he has swum the equivalent of the distance between Hamilton and Newfoundland. The 77-year old Burlington resident has been using far-off destinations as a motivation for his morning swim since 2005. Last year Peter hit his 1,000th mile. He has been a pool rat since he was 11 years old. When he was 27, he represented Canada in water polo at the 1963 Pan American Games. At 45 he swam competitively with a Burlington masters team. While doing this Peter taught math and computer science at Nelson High School in Burlington where he also coached football, basketball and of course, swimming. These days he calls the pool his fountain of youth and credits it with his good health and excellent blood pressure. You are a great inspiration to others, Peter, through your wonderful motivation to keep active after retirement!

William E. Fisher "Bill" died peacefully on April 22, 2018, at the age of 83, after a long and brave battle with Diabetes and Parkinson's disease. Bill's greatest joy was his family. He met his wife, **Pat**, at McMaster University and began his lifelong partnership with her. He was an active and loving parent who enjoyed supporting his children's and grandchildren's activities and was the first to organize family gatherings and trivia sharing around the dining room table.

After graduating from McMaster, Bill began his career in education as a high school teacher with the Burlington Board as a history teacher at Nelson High School in Burlington in 1959 and came full circle when he retired there as the

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(Archives...continued from Page 31)

Principal in 1993. In between, he enjoyed a Vice Principal placement at Eastview Public School, was then appointed Principal of Gordon E. Perdue High School and later Oakville Trafalgar High School. Following his retirement, Bill continued his interest in education by guiding D'Youville College graduates through the classroom experience in Ontario High Schools. Throughout his career and into retirement, whether as a teacher, principal or coach, Bill took great pleasure in being involved in all school activities. He was an avid sports fan (Go Jays!) and particularly enjoyed playing golf with family and friends. Bill will be remembered fondly for his intellect and wit, his love of teaching and most especially for his kindness and genuine interest in others.

Darlene Agnes (nee Kodes) Briggs passed away peacefully on Thursday, April 12, 2018, at the St. Catharine's Hospital at the age of 72. Darlene grew up on a farm north of Regina. A one-room schoolhouse in Craven, Saskatchewan was the location for her elementary education. As there was no high school in the area, students had to attend secondary school in Regina and also find accommodation with families willing to accept them. In return, babysitting and household chores were often expected. Attending the University of Saskatchewan and Teachers' College allowed her to accept a teaching position with the Catholic Board in 1966 at St. Raphael's school in Burlington, Ontario.

Darlene taught grade one for five years, and Mr. Hennelly, who was Superintendent of Special Education at the time, recognized her teaching skills. He asked that she accept teaching an Opportunity class (as it was called then) at St. Vincent's School in Oakville and that was the start of a new direction in her career. Darlene enjoyed great success in her role as a Special Education teacher in elementary and secondary schools in Oakville and Burlington until her retirement. A major feature of her work with physically challenged and developmentally delayed students was her empathy and affection for each student and also ensuring that students developed learning strategies at their level of ability. The Council for Exceptional Children recognized Darlene's work with the Teacher of the Year Award (Secondary) in May 1999.

After her retirement in June 2002 after over 40 years with the Board, Darlene was once again asked to bring her experience to work at St. Joseph and St. Dominic schools in Oakville. It meant a long drive from Welland, where she was then living, but she enjoyed helping Special Education children again. When she finally really retired, Darlene became a great fan of travelling especially on cruises with

(Archives...continues on Page 33)

(Archives...continued from Page 32)

her husband Sean. But her greatest pleasure after retirement was looking after her four granddaughters. Each day, she would have an enjoyable snack ready for them after school. Any excuse to get together, Darlene would always cook something for family and friends to enjoy. She knew there was no cure for her rare condition but her strong faith helped her keep going. Darlene will be sadly missed by her many friends and former colleagues. She has graced us with her wisdom, insight, kindness, sense of humour and gentleness. We are richer for having had Darlene touch our lives.

This will be my last Archives report as I resigned my position on the Board as Archives Chair in June. Less than two years ago I accepted the challenge of organizing and running the Burlington Footnotes Community Shows throughout the year. I also perform in these shows. This has continued to be an enjoyable and rewarding experience but it has been time consuming and I feel this is all I can manage at present. Therefore, having served Halton District 15 for fourteen years, I felt it was time for me to put all my energies into my new position. I hope that someone will step up and take on the now vacant role of Archives Chair and I will definitely help to ease them into the job. For now, I wish our Executive, our Board and all our members a healthy, safe and great year ahead!

Membership Committee Report

By Marilyn MacLennan



Welcome to the many new District 15 RTO/ERO members. Since February there have been 79 new additions to our membership and we expect many more before the summer is out.

We will hold the annual To Hell with the Bell breakfast for new members at the Holiday Inn on Wyecroft Road on Thursday, September 6 – a great way to start the first September of retirement.

On Wednesday, October 2 we are hosting a Retirement Planning Workshop (RPW) for anyone planning to retire in the next five years. Representatives from provincial RTO/ERO give an excellent presentation on preparing for retirement as well as the benefits of belonging to RTO/ERO. IF you know anyone who might be interested, please direct them to the RTO/ERO website, www.rto-ero.org, for registration. Or they can contact me for more information at maclennanred@sympatico.ca.

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

Health Services Committee Report

By Colton Roberts



The District Health Representatives Workshop, held in Toronto on June 3rd and 4th provided updates to the issues being addressed by the provincial committee. This includes the oversight of the changes made to submission of prescriptions claims, which caused over 500 members concern, as Johnson Insurance went with a new organization to administer the payment of claims. The input from our members negatively affected by this process was invaluable in effecting the proper changes to ensure that claims were processed in a timely and fair way.

Workshops included an interesting presentation about the latest learnings in “Brain Training.” The presentation about Knowing Your Health Plan provided us with an additional speaker for the Fall Health Plan Seminar, Dr. Bruno Sicard, Chief Medical officer, Allianz Global Assistance. It was great to have Paul Harper there to learn more about the Health Plan and to interact with members from other Districts.

The Health Committee is pleased to report that the Health Benefits seminar of May 17th was well-received. Evaluations of the speaker and venue were positive. There were 55 members of District 15 and 35 from District 13 in attendance. Unfortunately, the April 17th workshop, “How to Thrive Well in Your Retirement” had to be cancelled due to insufficient participants.

On October 16th, RTO/ERO Districts 15 and 13 will jointly present another Health Benefits seminar. This event will take place at St. Naum Macedonian Hall on Stone Church Road East, Hamilton, starting at 10 a.m. In light of the number of members of the health plan who already have attended these well-received seminars over the last two years, we are exploring the option of having only one seminar per year, either in October or May.

The committee will be meeting over the summer to plan wellness events. Questions asked at the last benefits seminar and from members suggest that consideration be given to having a workshop on physical activities for seniors as well as one about negotiating the health care system. Please feel free to let us know about other topics you would like to see addressed.



**Health Seminar
for
RTO/ERO Health Plan Members**

Date: Tuesday October 16, 2018 10 a.m. – 2:30 p.m.

Cost: \$25 for District 15 members - includes a snack and excellent lunch

Location: St. Naum Macedonian Hall
1150 Stone Church Rd., E., Hamilton, ON

Speakers: **Stephen Wong**, Provincial RTO/ERO
Dr. Bruno Sicard, Chief Medical Officer,
Allianz Global Assistance

For all travellers, the RTO/ERO Health Seminar is a must!

Discussion items include: Plan Specialties, Best Doctors, Venngo,
Stability clause – everything you need to know.
What makes our plan the best!

Please forward your questions for the presentation to Colton

Contact: Colton Roberts – District 15 Health Representative
coltonroberts328@gmail.com (please use e-mail if possible) or call 905-335-0027

Please provide the following information:

- your first and last name, e-mail address and telephone number
- the number of people attending
- dietary restrictions, if any
- the last 4 digits of your RTO/ERO Plan health card number

This workshop is being sponsored jointly by
Halton District 15 and Hamilton District 1

***** Please register by October 5th, 2018**

Ulla Lenzen-Butt Art Awards

By Dave Wright

Ulla has used her retirement from the Halton Catholic Board to pursue her passion for art. She sells her art and participates in painting workshops, juried shows and competitions. She is an avid hiker with the Halton Catholic Employees Retirement Club and that is where I met Ulla and have become a good friend.

Ulla was congratulated for an Arts Burlington Award in our January 2012 issue of the Halton Herald. The watercolour was named "*Rendezvous in Paris*" and depicts a couple sharing an embrace beside a Fiat parked on a street in Paris. I thought it might have been more appropriate to call it Making out in Paris but perhaps that is what rendezvous means in the French language.



Since then Ulla has received eight awards for six of her paintings, the last two being watercolours. Ulla received the Juror's Choice Award for her interpretation of the theme, The Journey, with "*Sisterhood No. 1*" (in the photo with Ulla) at the Art Gallery of Burlington's All Guilds Show (April 21 to May 27, 2018).

The second award was an Honourable Mention for "*Hypnotic Beauty*" (photo on page 2) which is Ulla's interpretation of this year's theme Signs of New Life for the 122nd Annual Juried Exhibition of the Women's Art Association at the Art Gallery of Hamilton (April 29 to September 3, 2018).

Ulla said receiving an award for doing what you love is like getting extra icing on your favourite cake and with two awards it is like having two large cherries on the cake as well. Congratulations Ulla and keep eating that cake.

Public Service Announcement

Retired Woman Teacher? Join us for Fellowship & Fun

The Retired Women Teachers of Ontario has 3 branches in Halton: Burlington, Oakville and North Halton (Lydia Snow). Reconnect with colleagues and friends. Find us at www.rwto.org.

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

Website Report

By Jeannie Woodcroft



Greetings from your Webmaster, district15.rto-ero.org! It has been a long hot summer and we are anticipating the beautiful fall weather and its glorious colours. I've been busy updating District 15's website. There is a lot happening around Halton. Your website is a timely way to keep up with the news.

Here's a brief review of how to navigate our website beginning with **HOME PAGE**. You can always get back to HOME by selecting the image shown on the right that appears in the upper left corner of each page.



If you have an interesting picture of Halton region that you would like featured in the banner of slider images, please send it to me. Above these images the **main menus** can be seen in blue: NEWS, JOIN US, RESOURCES, PICTURES, WHO WE ARE; the remaining two menus will take you to the provincial website (GROUP INS PLANS AND MEMBERS' CENTRE). When you select one of our five menus you go to a new page with even more information. Look along the left side of pages for more menu choices.

On HOME PAGE you will find links to other places on the site. The **UPCOMING EVENTS** when selected will show you District 15's **Calendar of Events**. The next chronological four events are always highlighted on HOME; you can select each and read more details. Under the heading NEWS AND UPDATES, you will see just that.

In the black section at the bottom of each page are some useful links and information including the secure **CONTACT US** form. When you use this form to send an email to a member of your executive, you will first have to use the **drop down list appearing under the heading 'Topic' – look for the arrow**. When you click on the arrow, you will have the option of whom you wish to contact; select and then complete the form and select the blue **SUBMIT** at the bottom. Links are found throughout the website; when you put your cursor over a word and it turns into a **'hand with a pointing index finger' – click there; it is a link**.

I appreciate any feedback or suggestions that you might have to make our website more inviting or useful to our members; please send me an email. For those of you who are travelling in the next few months, remember to stay in touch with District 15 RTO/ERO by connecting to our website. Don't miss out on upcoming events and registration information. Happy travels!

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

Tours Committee

By Jan Murdoch

Egypt and Jordan



Our travels to Egypt and Jordan will offer an opportunity to step back in time, as the countries we are visiting are known to be the largest outdoor museums in the world. Every day new sites are uncovered whenever an excavation for a new structure occurs. But rooted in the history is the culture and arts of the people. Cairo with its Mashrabeya, the Khan El Kahlil, an open air souk, the sounds and light show in the evening at the Pyramids and Sphinx are just a few of the activities worth taking in. In Alexandria the monastery, catacombs and famous library will enrich our experience. In Luxor and Karnak near the Valley of the Kings we will find ancient monuments and temples before sailing down the Nile River to Aswan where we will visit the Temple of Isis.

A visit to Egypt would not be complete without a voyage to the Red Sea. In Sharm El-sheik we will take a moment to relax and enjoy the glorious beaches and catch our breath as we prepare for the Jordan extension. Amman, the capital of Jordan, is located on the East bank of the Jordan River. It is one of the world's oldest cities. The treasures of Petra, with its unique carvings, provide another glimpse of an ancient culture. Bordering Jordan is the lowest body of water on earth, the Dead Sea. It is 1,300 feet below sea level.

This adventure can only be done in a small group (16-20 people). The detailed itinerary is located on the RTO/ERO District 15 website. Any questions can be directed to Jan Murdoch at janmurdoch8@gmail.com.

New Trends in Travel

Many people in their retirement years enjoy the challenges of genealogy. With the introduction of autosomal DNA a family tree can be built more effectively and paper trails and family stories can be either corroborated or blown apart. Any indiscretion, once hidden under the rug, can suddenly appear. In my personal case the story about my grandmother's birth, passed on for generations, turned out to be a myth as I discovered who was my real great-grandfather.

Once the family tree was developed and supported, the next logical step was to do a walk in the past. The preparation for such a journey is extensive but the results are

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(Tours...continued from Page 38)

rewarding. To stand in front of the farmhouse where your great-grandfather was born and then to walk the streets where ancestors lived many years ago, is fabulous. In Archirburder, Scotland I visited the pub where a GGG grandfather had worked in his twilight years and in Glasgow I visited a tenement house to better understand why family members immigrated to New Brunswick. In Rawtenstall and Colne England, I gazed across the fields and watched the sun set, thinking how this same event took place with my forefathers.

Visiting the local Genealogical Societies was also a bonus as the members often can help clarify some of the historic moments of the time and help with missing documents. I attended the Ontario Genealogical Conference in Guelph this past June and found many people who had taken themselves on a similar journey into the past and they experienced the same jubilation. The travel industry has identified this as one of the new trends in travel.

*Here's a tip as you get older:
Never wear a hearing aid,
because if you do,
people expect you
to listen to them.*

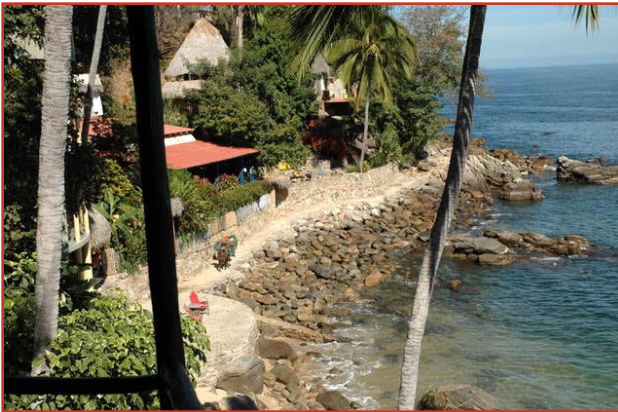


Yelapa, Mexico

By Janet Plens

My husband, Joe (a retired teacher from Peel) and I spent six wonderful weeks this past winter in Yelapa, Mexico with sunny 30+ degree weather and came home to the ice storm. What happened to the promise of spring?

Yelapa is a remote indigenous village of about 2000 Chacala Indians on the west coast of Mexico that can be reached by a 45-minute boat ride south of Puerto Vallarta (PV). Yelapa, part of the Sierra Madre Mountains, is at the mouth of a river emptying into a large bay. Yelapa's recorded history goes back to 1524 with five families who still own their land and are independent of the Mexican government - no outsiders can own land in Yelapa.



There are no large hotels or condo developments. There are a few small hotels and a number of Casas and Palapas that can be rented. We stayed in two places. The first, a hotel, was right in the village overlooking the beach. The second, out along the path to the point, was a castida. It gets its water

from the waterfall up the mountain using what looks like a garden hose.

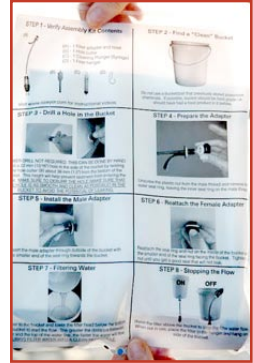
The people rule themselves with a council consisting of the descendants of the original families. They received electricity 12 years ago and built three docks for the water taxis and tour boats. People are friendly and there is a group of tourists from Canada and the United States that return every year. Some live here most of the year, others for the winter months, while others, like us, come for a few weeks. Writers, artists, musicians, retired teachers, yoga and eco-conscious people live in Yelapa on land that they rent or lease to build on with the permission of the local council.

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(Yelapa...continued from Page 40)

You can't drink the tap water but must purchase 5-gallon jugs from a locally owned business. You must soak fresh vegetables and unpeeled fruit in 'Micro-dyne' before you can safely eat the fresh produce. Half of the village was without running water for three weeks while they waited for a part to arrive for a broken pump. The government-provided doctor left because there was no water in her office. The local school would like to install a filtered water system but lacks the funds.



Toilet paper is handed out to the students when they ask to use the rest rooms because the government funding is insufficient. Like their parents most students drop out after grade 6. So when we met a couple whose daughter was a teacher at the local school we knew they were special. They are volunteers with the Non Government Organization (NGO) that, with funding from International Rotary, educate and hand out free "Sawyer Water Filters"



to the various villages in the mountains. The mother is the spokesperson who explains the importance of drinking purified water and leads an educational program for both the parents and the students. We were fortunate to be able to volunteer for two of their distribution days. We travelled

by boat, then trucked up to remote villages in the Sengete mountains.

The classroom we taught in was the best physical structure of the schools we saw in 4 villages. The schools up in the mountains were much poorer. One school had a tin roof on a concrete block structure with no desks or teaching supplies. As an educator, it was very sad to see.



There are 35 high school students and 15

(Yelapa...continues on Page 42)

(Yelapa...continued from Page 41)

of them are on the Province's award winning Folk Dance team. They have been invited to San Francisco to perform at the 40th Anniversary Carnival. When we left the village the students and their families were attempting to raise the money for the trip. The dancers have been performing in the village for yoga groups on retreat, at local restaurants and for weddings to raise the money needed for the trip. In May I learned that only seven of the 15 students were granted travel visas to the United States. The students were heartbroken and did not understand why



they were rejected. The organizers of the Carnival said they have had dancers from Cuba and other countries and have not run into this problem.

Our accommodations were open to the elements with a wonderful view of the ocean and the Manta Rays that swam by close to shore. Winter is the dry season so there was no rain and no bugs. You do need to check your shoes for scorpions and our bed was hung from 4 ropes and covered in netting to prevent scorpions from bothering us. We did not see any scorpions this year but a Palm Rat startled me at 5:30 in the morning when I was downstairs and turned on the light to get ready for a fishing trip.

We loved Yelapa and plan on returning next year. *(More Yelapa photos on back cover.)*



A Floral Photo Essay

By Virender Paul Madan



Virender sent a number of photos for inclusion in the Halton Herald with the following quote: "We are the lilies - we make everybody happy and make them smile the whole day. We only visit your world for one day and then we are gone for ever!! The artists and the Photographers are the only ones who can make us immortal so that they can share our beauty and love with you for ever. Life may be short but it should be beautiful and full of Love for others !!"

(See his photos on the next page.)

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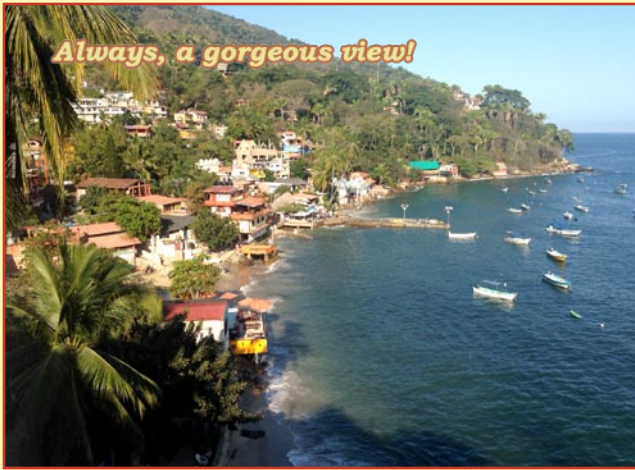
*"We
are
the
lilies!"*



Photos by Virender Paul Madan

Commitment, Service and Fun!

Yelapa, Mexico



Always, a gorgeous view!

Another lucky day!



Local school bus



Winning dance troupe

Helping to ensure safe drinking water

