



# HALTON HERALD

District 15

September, 2019



**BUILD**  
A WORLD WHERE  
**EVERYONE**  
HAS A DECENT  
PLACE TO LIVE



Photos by  
*Jeannie Woodcroft*

# Adventures, Accomplishments, Challenges!



High Tea  
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## President's Report

By Micki Clemens



2018-2019 witnessed some exciting changes to the RTO/ERO Provincial organization and to District 15. I am honoured and privileged to have the opportunity to serve for a second term as President of District 15 and take great joy in the full slate of the Executive and Committee Chairs who will work together to navigate the ongoing changes and developments that the coming year promises to bring. With the cooperation and commitment of all the board members, I look forward to a very positive and productive year ahead!

Here is a report to date of District 15's ADVENTURES, ACCOMPLISHMENTS, and CHALLENGES.

### ADVENTURES:

- **DISTRICT 15 ANNUAL GENERAL MEETING - MAY 8 - GLENCAIRN GOLF CLUB** During the business meeting, the members in attendance voted to accept the new RTO/ERO District 15 Governance document, the proposed Provincial Membership Fee change, and the 2019-2020 slate of officers for our executive. The proposed Provincial RTO/ERO BRANDING initiative was vigorously discussed and the participants approved the board's Resolution rejecting the proposed name change.

- **Brad Fisher** and his PROGRAM COMMITTEE members are to be congratulated for the tremendous success of the spring luncheon at Glencairn and the choice of speaker, ELIZABETH MANLEY. She was both deeply moving and inspiring with her address.



- **POWERPOINT SHOW – “WHAT DOES YOUR RETIREMENT LOOK LIKE?”** was aired on three screens during the luncheon on May 8. The slide show captured an interesting range and variety of retired life enjoyed by District 15 members. The PPT presentation will be used as a resource for the local Retirement Planning Workshop next fall. Thanks to all who submitted their stories! And thanks to **Marilyn MacLennan** who organized the slides and polished the presentation with lively graphics!

- **PROVINCIAL ANNUAL MEETING & SENATE - MAY 27-29 TORONTO**  
a) With our District 15 Board Resolution in hand, we attended the recent Spring

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Senate. As shared in the June edition of *Rapport*, the Provincial body, facing strong opposition, decided to withdraw its proposed BRANDING RESOLUTION to approve the name change from "RTO/ERO" to "ViiV". The directors and staff will

undertake further exploration and develop new strategies to determine the need to find a name that more accurately reflects the evolving nature of our membership and the growth in the breadth of our mission – advocacy, community service, insurance, member services, perks and products, and research and education.

b) In addition, the MEMBERSHIP FEE CHANGE RESOLUTION (resolved effective January 1, 2020) was carried by more than two-thirds vote of the corporate members.

c) There were five candidates for only three open positions on the PROVINCIAL BOARD OF DIRECTORS. Gayle Manley and David Kendall were voted back in for another term. Richard Goodbrand and Judy Bowden lost out to a new candidate, Claudia Mang, who will step up to the Board of Directors. David Kendall is now our District 15 Provincial Liaison Representative.

d) Most of the proposed PROVINCIAL BYLAW changes were accepted with minor amendments. These changes will necessitate some additional wording changes to our own District 15 Governance document during the coming months.

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#### ACCOMPLISHMENTS:

• A FULLY STAFFED EXECUTIVE  
Members voted in a fully staffed EXECUTIVE at the May 8 Annual Meeting.

- Past President: Claudia Stewart
- President: Micki Clemens
- First Vice-President: Jerry Powidajko \*
- Second Vice-President: Brad Fisher
- Secretary: Dianne Visschedyk
- Treasurer: Carol Pashkievich
- Member Emeritus: Jim Baker

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\* **Jerry Powidajko** is a retired Superintendent who was formerly in charge of Leadership Development and School Support Services with the Peel District School Board. He has worked as a secondary school teacher, vice-principal, and principal at a variety of schools within the Peel Board. During that time frame, he was seconded to the Faculty of Education, Queen's University, for two years as well as teaching a number of AQ courses at the University of Toronto, Faculty of Education. At present, living in Burlington, his passions include working at the cottage, the grandchildren, travelling, and now RTO/ERO District 15.

- **ALL COMMITTEE COORDINATOR ROLES FILLED** - A decision, taken at the RTO/ERO Provincial Office, allocated the tasks and responsibilities of the Pensions and Recruitment Concerns Committee to two other existing committees - Membership and Recruitment and Political Advocacy. This decision, as of May 2019, eliminates the role of Pensions Coordinator at the local district level and, thereby, eliminates one of our committee vacancies; however, it does add additional duties to both **Marilyn MacLennan** and **Moiria Plexman** who chair these respective committees.

- We were delighted at our Board meeting on June 7 to welcome **Toni Pizzingrilli** to our Board as MEMBER WITHOUT PORTFOLIO. Toni has agreed to shadow **Marina Lloyd** in the role of Goodwill Coordinator for the coming year. Toni will also continue her volunteer support both Benefits and Program Committees.

- **OUR E-NEWSLETTER *Rapport*** has been placed in the hands of Charles Tabone at the Provincial Office for the time being. He has agreed to format our news and distribute our E-Newsletter to those District 15 members who have given permission for us to use their e-mail addresses. We will need to follow up with some members whose contacts are blocked or not up-to-date. **Brad Fisher** has agreed to coordinate the E-Newsletter and we will have to determine if we remain with the distribution service of the Provincial Office or set up our own E-communication system.

- **AWARDS AND SERVICE TO OTHERS PROJECT** – District 15 bestowed a Distinguished Service Award on **Judy Sloan** at the Annual Meeting on May 8. A Provincial Scholarship was awarded to Paige Wright and our Service to Others Project Application, coordinated by **Jeannie Woodcroft** and **Hilda Cirotto**, was submitted to the Provincial Office for review and (hopefully!) approval.

- **Marilyn MacLennan** coordinated the liaison process with our two local boards of education for the establishment of our new annual RTO/ERO DISTRICT 15 ACADEMIC SPIRIT AWARD. Over a dozen applications were received from

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students in their graduating year. I was privileged to present the RTO/ERO Academic Spirit Award to Bhanukshi Pathirana at the Burlington Central H. S. graduation ceremony on June 27. The award to Olivia Coffield from the Halton Catholic District School Board was presented to her at Notre Dame's graduation ceremony on June 24.

- **Claudia Stewart** has been rolling along with her SOCIAL COMMITTEE this year having a glorious time with a variety of exciting events for our members. Day trips and excursions have included casinos, dinners, ballet, antiquing, theatre, and other cultural, recreational, and educational events. Keep up to date on upcoming events by ensuring you receive the *Rapport* online each month!

### CHALLENGES:

- We have been instructed by the Provincial Office to develop a greater degree of ACCOUNTABILITY within District 15. In the area of Travel/Tours, we have been counseled by the provincial office to establish and maintain fully transparent arrangements and communications with members and to ensure rigorous Executive oversight of future travel activities. We will be working with Anna Lunghi at the Provincial Office to revise the role description of the Tours Coordinator. Within the area of Communications, I have been directed to convey that no public communication, issuing from District 15, should be distributed by any member of the Board, without the full knowledge of the President, and, possibly, in some instances, the Executive. We are being asked to read and follow the revised Code of Conduct and ensure that all members of the Board are aware of the rules in the Provincial bylaw regarding Conflict of Interest.

- The Provincial Office has planned several instructional WORKSHOP SESSIONS in Toronto for key Committee Chairs and there will be the need for our District 15 to adapt to new systems and new processes related to Benefits, Goodwill, Treasurer, and Website.

- As we gear up for the Federal Election in October 2019, we will be looking for additional ways to engage in POLITICAL ADVOCACY that will focus the attention of local candidates on the issues of retirees and seniors on a national level, including Pharmacare. All board members should be prepared to support **Moira Plexman** and her committee in these activities in early fall.

- The issue of TRANSITION in our district will continue to require our ongoing focus and attention. There are some committee chairs that will be transferring to new hands and we need to have a process for supporting this type of change and transition. We would like to invite a volunteer to work with **Colton Roberts** in

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(President's Report..continued from Page 6)

the next term, to transition into the role of Chair of the BENEFITS Committee by June 2020. And **Peter Gnish** has asked for a volunteer to work with him over the next year or so, in order to take on the role of EDITOR of the *Halton Herald* and to manage the tasks involved with publication and distribution.

• I hope you might catch all 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>

**“Individual commitment to a group effort -- that is what makes a team work, a company work, a society work, a civilization work.” – Vince Lombardi**

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

**Our membership is now almost 2900 people. Below are the names of retired teachers and other education staff who became members since April, 2019. Please welcome and invite them to join you at one of our activities.**

|                   |                        |                         |                  |
|-------------------|------------------------|-------------------------|------------------|
| Leslie Addison    | Mehrnaz Amidi          | Nancy Anstett           | Kimberly Arfo    |
| Thomas Barnes     | Mary Bates             | Shelley Beaton          | Lindsey Beaudoin |
| Mary Berube       | Cathy Blakle           | Diane Blanchette-Duarte |                  |
| Aline Blaney      | Catherine Boiago       | Janis Boileau           | Sheelagh Boin    |
| Anne Bonehill     | Doreen Brampton        | Helen Brennan           | Kenda Capaldi    |
| Tracy Carne       | Patricia Carter        | Shelley Catoen          | Anthony Ceelen   |
| Michael Chiarelli | Krista Clarke          | Judith Cooper           | Marika Costa     |
| Janice Costain    | Bonnie Cummings        | Paul Davidson           | Paul Deoni       |
| Primal Dhillon    | Elizabeth Doyle        | Deborah Emoff           | Joan Fuller      |
| Joseph Galea      | Cynthia Gardiner       | Deborah Gibbs           | Judith Gorry     |
| Laurie Grandin    | Jolanta Grzeslo        | Hamish Guthrie          | Donna Hamilton   |
| Sarah Harper      | Elizabeth Hebb-Tennier |                         | Teresa Homosits  |
| Karen Hutchings   | Michael Jenny          | Patricia Johnston       | Sandra Josiak    |
| Joanne Kennedy    | Tracey Kraayvanger     | Mary Landry             | Jeffrey Laxton   |
| Michele Livermore | Valerie Lucas          | Mary Ellen MacDonald    |                  |
| Michael MacDonald | Suzanne MacIsaac       | Andrea Marsalek         | William Matsui   |
| Joan McCann       | Douglas McKnight       | Paul Midensky           | Shirley Millar   |

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|                   |                |                   |                      |
|-------------------|----------------|-------------------|----------------------|
| Sandra Miller     | Douglas Morris | Linda Mourot      | Thomas O'Brady       |
| Maria Luisa Osti  | Brenda Pearcee | Gail Phillips     | Jerry Powidajko      |
| Suzanne Priestner | John Primrose  | Patricia Raithby  | Catherine Richardson |
| Grace Rogulski    | Diana Roper    | Lynda Rosser      | Kathy Sanford        |
| Linda Scott       | John Simpson   | Catherine Sora    | Paul Sousa           |
| Wendy Spence      | Ed Stavnitzky  | Patricia Thompson | William Tidball      |
| Sandra Torresin   | Lynette Weber  | Karen Whelpdale   | Patricia Whyte       |
| David Wyatt       | Lisane Yargeau | Jennifer Yust     |                      |

## We Get Letters, E-mails & Calls

By Peter Gnish



Summer is usually a dry time for getting mail from our members. This year was no different. Thanks to the two members who wrote to bring us up-to-date with their lives. Why not be counted in the January issue by sending me an e-mail ([pgnish@gmail.com](mailto:pgnish@gmail.com)) to say what you are up to?

**Corrie O'Driscoll** sent an e-mail to say she “enjoyed reading the latest *Halton Herald*”. She added, “You may remember me as Corrie Wielhouwer from MM Robinson, so very long ago. After a 45 year career with Halton Elementary (not all full time!), I fully retired and moved to Guelph to enjoy family, friends, and lots of activities. It’s been a big move from a subdivision family home to a downtown condo on the eighth floor. The “walkability” to the market, library, theatres, and coffee shops is wonderful. In light of the “green” initiatives in my new community - it made sense to switch! And lucky for me - the family that I’m spending time with, include my daughter, son, daughter-in-law and granddaughter who all live in Guelph, too! Thanks for all you and your colleagues do to organize events and keep us all in the loop.”

**Wendy Schau** sent this message - “I hope things are going well with you! You may not remember me. We served on a committee together many years ago. Political Action, I think. I’ve always had a strong interest in politics and after I retired, I ran for Milton Town Council and was elected, serving two terms before I retired from that “second career” in 2010. Now I spend my time volunteering, reading, travelling and enjoying our family with my husband, Bruce. My thanks to you and everyone else who contributes to the *Herald* and the work of RTO/ERO District 15!”

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## MESSAGE TO THE DISTRICT 15 MEMBERSHIP

A REPEAT from *Rapport* June 2019

Jan Murdoch left our District 15 Board to take up a new position in the field of communications. She has served the District 15 Board in a number of capacities, most recently as the E-Newsletter Coordinator and Tours Coordinator.

### EFFECTIVE IMMEDIATELY

With the advice and direction of the RTO/ERO Provincial Office, RTO/ERO District 15 has decided to review the role description for the Tours Coordinator and to place a moratorium on Tours for a period of time while we review the purpose and structure of a future Tours Committee.

Also, the RTO/ERO District 15 has placed *Rapport*, our monthly E-newsletter, under the auspices of the Executive and has arranged with the Provincial Office to continue, uninterrupted, with this communication. All entries will need to be approved by the Executive. We want to ensure that this monthly communication is recognized as coming from the District 15 organization as a whole.

The Board also wishes to convey to all members that District 15 does not sponsor, support, or endorse the “travel opportunities” offered in the recent May 2019 issue of our E-newsletter, *Rapport*. In addition, all members should know that the trips to Egypt, planned for October, 2019 and for Namibia, 2020, which were advertised in the April editions of the *Rapport* and the *Halton Herald*, are not sponsored, supported, or endorsed by RTO/ERO District 15.

### THANKS

We would like to thank all the District 15 volunteer committee members, past and present, who worked with Jan Murdoch on the E-newsletter Committee as editors and proofreaders and on the Tours Committee as advisers. We value their many contributions and hope that they may be willing to take up their involvement once again for District 15 in the future. We invite and would welcome ideas from our membership on how they might envision these two areas: the operation of a Tours Committee and the role of a Tours Coordinator.

### NEW ADDENDUM

*District 15: Notice to Members re Recent Travel Advertisement*

RTO/ERO District 15 wishes our members to know, that we do not in any way authorize or endorse the travel advertisements that have been sent recently to a number of our District 15 members by Jan Murdoch under the title of Travel Cronies, as noted below:

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*“Copyright © 2019 Travel Cronies, All rights reserved.*

You are on the list because you have either travelled on a previous trip with Jan Murdoch or have expressed an interest in knowing about future RTO/ERO travel opportunities.”

The above-noted advertisement has been sent only to those District 15 members who previously travelled with Jan and, to the best of our knowledge, not to all members within our District. Jan left District 15 in April, 2019 and was advised by the Provincial Office under RTO/ERO privacy policies to delete all District 15 membership lists that she had access to in her previous position as District Tours Coordinator.

If you are receiving unwanted e-mails from this source, please contact Jan Murdoch directly (janmurdoch8@gmail.com) and request that she remove your name from her contact lists.

“In addition, please note that District 15 and RTO/ERO are not affiliated with “Travel Cronies” nor the “RTO/ERO Travel Opportunities” advertised.” Thank you.

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## **Important Information re Changes to the *Halton Herald* From the editors**

A rise in the cost of printing the *Herald* will require the following changes beginning with the January 2020 edition:

- The *Herald* will be limited to 40 pages.
- There will be hard deadlines for submissions – July 15 for the September *Herald*; November 15 for the January edition; and February 15 for the April edition.
- Articles submitted after deadline will be put forward to the next edition.
- The maximum number of words per article will be reduced from 1000 to 750.
- The *Herald's* cover will change from cardboard to a lighter glossy paper.
- The *Herald* will no longer arrive in a plastic cover, but rather will have a sticky tab folded over the side edge to seal the pages closed.
- On the lower half of the back cover, a label with the receiver's address will be printed thus reducing some space for pictures.
- Not all photos submitted with an article will be printed. Some may appear only on the District 15 website and in the digital version of the *Herald*.

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## Dorothy Jefferies, an RTO/ERO Centenarian

By Warren McBurney

Imagine the scene as George Pew, principal of Perdue H.S., brings a new supply teacher to a classroom. One of the boys filing in has a milk carton. Why? The supply teacher is horrified minutes later to see the contents of the carton - hundreds of grasshoppers jumping across the floor. She looks at the boy and in a stern voice tells him that she herself had spent the previous afternoon collecting grasshoppers for her son's science project. With this, Dorothy Jefferies takes control over the class and begins another facet in her life in the Halton school system - supply teaching.

From her condo overlooking the Oakville harbour, Dorothy mused about her recent one-hundredth birthday celebration. She had some ladies to tea, followed by a dinner with her family. You can imagine the reminiscing that followed.

Married in 1942, she and her husband, Bill, were busy with teaching assignments at University of Toronto Schools and Upper Canada College. Of course, there were children at home as well. Her musical ability allowed her to teach classes in choir and orchestra. She also taught Latin. She gained the reputation of a woman for all seasons. Because of her versatility, Dorothy claims that she spent a lot of time as a supply teacher, filling in where she was needed, and always equal to the challenge.

She is a faithful member of St. Jude's Anglican Church near her harbourside home. Her Christian faith has sustained her all these years. What a privilege it was for me to be a guest for tea with Dorothy and to hear some of her life story. Oakville can be very proud - along with RTO/ERO - of the quiet confidence of this retiree. As our talk drew to a close, she finished it with, "And that is all I have to say." What a pleasure to have had a short insight into the life of this local fellow teacher. May her health and clear mind remain strong.

She was so appreciative of the dozen red roses I presented to her from her fellow RTO/ERO members, as well as a citation from the Provincial RTO/ERO.



# Habitat for Humanity Build Day

By Jeannie Woodcroft

RTO/ERO District 15 fielded a 15-member construction team that participated in a Habitat Build Day on June 13, 2019. The team joined Habitat for Humanity Halton-Mississauga on their build site located at 2384 Queensway Drive, Burlington. Along with a local charitable group, CATCH18, RTO/ERO District 15 is helping to raise awareness and necessary funds for the completion of Habitat's project named "Crew-Goetz Landing".



Eighteen new townhouses are under construction; they will provide secure homes for local families who would not otherwise be able to own their own homes. Our District 15 members were given safety training and all the personal protective gear necessary to work on a construction site. One of the jobs performed by three-

member teams was installing drywall and insulation in the garages. Some new skills were learned by our fellow retired teachers - believers in life-long learning! They appreciated the adage, "Measure twice and cut once."

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(Habitat...continued from Page 12)



At the end of the day, the District 15 team left the build site not only tired, dirty, and sweaty but, more importantly, with a great sense of satisfaction and reward for their small contributions in helping complete the beautiful new homes for 18 deserving Halton families.

RTO/ERO District 15 is helping Habitat for Humanity Halton-Mississauga “build a world where everyone has a decent place to live.” Won’t you join us and lend your support to this very worthy local cause by making a contribution? You can donate on-line at <https://tinyurl.com/y26sw3a8>

Our team of fifteen members did a great job in representing District 15. A big thank you goes out to the following: **Hilda Cirotto, Patricia Mateja, Carol Pashkievich, Marilyn MacLennan, Tom Barnes, Irene Lovell, Darcea Hiltz, Colton Roberts, Donna M Harris, Coleen McParland, Elizabeth Hebb-Tennier, Phyllis Kingsley, Toni Pizzingrilli, and Gail Reeves.**



**Habitat**  
for Humanity®  
Halton-Mississauga

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## Webmaster's Report

By Jeannie Woodcroft



The RTO/ERO District 15 Executive, Board Members and Chairs of Standing Committees keep the webmaster updated with news and events within their respective areas of responsibility. The following are posted and regularly updated: Upcoming Events Calendar; news and information from the Program Committee; the Social Committee; Awards and Scholarships Committee; the Goodwill Committee; In Memoriam; the Benefits Committee and The *Halton Herald* – current and back issues. A “Members to Members” page for your use is found under “Who We Are”.

Depending on the electronic device that you use - computer, laptop, tablet, or cell phone – the website may appear differently on various devices. On the cell phone the Main Menu tabs are listed in the Main Menu drop-down box. On the computer the Main Menu tabs are in the blue bar across the top that appears on each page. The Main Menu drop down box and the Home page are not the same although they contain some common elements.



The Home page is where you should always start. It is accessible from anywhere on the website when you click on the blue rectangular RTO/ERO logo at the top left of each page. When an advertisement appears on the Home page, it will have a link to other pages with more information and/or the on-line registration form. You can always go back to the previous page by using the back arrow icon at the top of the browser or return to Home page by clicking on the rectangular RTO/ERO logo. The next four upcoming events from the Calendar appear on the Home page as well. Committee pages such as Social, Program, and Awards are found in the Main Menu under the News tab on the left. On a cell phone, you will need to scroll down to the bottom of the page to find the list of committees, newsletters and the full calendar of events.

Charles Tabone, Director of Information Technology, Retired Teachers of Ontario, informed us about the postponement of the new Provincial website, as well as the revision of district websites. Until the new RTO/ERO branding has been determined, redevelopment of the website is on hold. A Provincial workshop for webmasters is planned for October 2019 and your webmaster will be attending to get an update. Please e-mail (District15@gmail.com) your input re suggestions or inclusions for our website, as well as photos of Halton region that might be suitable for the slider images on Home page. Best wishes!

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## Archives Report - This Moment in Our History

By Patricia Mateja



What a year 2018/2019 has been for RTO/ERO District 15!

It began with our annual celebratory breakfast for new retirees, **To Hell with the Bell**. The enthusiastic participants had the opportunity to meet other new members as well as many of the District 15 Board. They were presented with information about District 15 activities, our services, a tour of the website

(<https://www.district15.rto-ero.org>) and the benefits plan.

Using the provincial Governance model, our constitution was revised and our new Governance document was adopted successfully at the Annual Meeting in May. Information sessions such as the Milton Library University Lecture Series, and the Health and Wellness workshops promoted continuous learning and active engagement. In commemoration of the Provincial RTO/ERO 's 50th anniversary, books were donated to all elementary and secondary schools in the Halton District and Halton Catholic District School Boards. The reception was very positive.

Several social functions were held throughout the year. Members of District 15 were provided opportunities for both local adventure and travel abroad. Day trips to the hamlet of Glen Williams, to Fallsview Casino, to the Burlington Performing Arts Centre for the ballet, *Sleeping Beauty*, to Stratford to see *Billy Elliot*, and to BPAC again to enjoy the musical tribute, "Gotta SING, Gotta DANCE," offered regional inspiration and entertainment. Functions such as the High Tea for Super Seniors encouraged community and communication. Separate trips occurred abroad – two to Australia and one in February to Egypt. District 15 also promoted social work. By joining forces with Habitat for Humanity, District 15 volunteers helped on June 13 in building 18 new townhouses in Burlington.

Elizabeth Manley, a spokesperson and advocate for the Alzheimer's Association of Canada, spoke at the Annual General Meeting, held on May 8, 2019 at Glencairn Golf Club, about her skating background, the importance of mental health and surviving the loss of her parents. At that same meeting, former Archives Coordinator, **Judy Sloan**, received the Distinguished Service Award for her outstanding contributions to District 15. **Dave Wright**, who nominated and presented the award, spoke of Judy as a great credit to District 15.

These are but a few of the 2018 /2019 District 15 accomplishments. All reports and news can be found in past *Halton Herald* newsletters or accessed on the website.

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## Program Committee

By Brad Fisher



The Program Committee has put on three successful events for our membership and the planning for our October 22 Luncheon is well underway. I would like to thank each of the members for their contributions and efforts to make these luncheons entertaining and enjoyable: **Lynda Kozak, Paul Harper, Moira Plexman, Penny Hambly, Toni Pizzingrilli,**

and **Colton Roberts.**

### 1. Autumn General Meeting & Luncheon – Monday, October 22, 2018

**Holiday Inn, Burlington. Guest Speaker: Bruce Murray.**

I am pleased to report that the first of three luncheons planned by the Program Committee was well received by those in attendance. We had 104 members and guests in attendance on October 22. Bruce Murray's presentation concerning the deportation of the Acadians from Nova Scotia, the burning of their crops and farms, and the separation of families was riveting. Different Drummer sold 55 autographed PIAU books which Ian Elliott said was quite substantial.



**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 for the Halton District School Board and directed numerous theatrical musicals during that time. Five times great grandson of Pierre Belliveau dit Piau.

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. Murray's book is based on this saga.

### 2. Winter General Meeting & Luncheon - February 25, 2019

**Burlington Convention Centre. Guest Speaker: Drew Hayden Taylor.**

We were delighted to have engaged Drew Hayden Taylor for the February 25th

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Winter Luncheon at the Burlington Convention Centre. He attracted RTO members from as far away as Kingston and drew a standing ovation by the 80+ members in attendance. Drew Hayden Taylor is an award-winning playwright, novelist, journalist and filmmaker. Born and raised on the Curve Lake First Nation, he has done everything from performing stand up comedy at the Kennedy Centre in Washington D.C. to serving as Artistic Director of Canada's premiere Native theatre company. The proud author of 32 books, Drew is currently working on a television series for the CBC. He has a play running at Toronto's Tarragon Theatre, called *Cottagers and Indians* that was also recently performed at the Oakville Centre for the Performing Arts and the Burlington Performing Arts Centre.



Self described as a contemporary story teller, he co-created and for three years was the head writer for *Mixed Blessings*, a television comedy series. As well, he contributed scripts to four other popular Canadian television series. He has been a writer for *The Beachcombers*, *Street Legal* and *North of 60* and a Writer-In-Residence at such universities as Michigan, Western, Luneburg (Germany), and Laurier.

*"Drew Hayden Taylor has a deft touch for mixing comedy and commentary in an entertaining and all-Canadian form of social satire."* – *Vancouver Sun*

### 3. Spring General Meeting & Luncheon – May 8, 2019

**Glencairn Golf Club, Halton Hills. Guest Speaker: Elizabeth Manley - Olympic Figure Skater and World Silver Medalist**

We were excited to learn that Elizabeth Manley was available to speak to our Spring Luncheon. Boasting more than 30 years in both amateur and professional figure skating, Elizabeth Manley was the first Canadian female to successfully land a triple-double combination jump in competition. She has participated in two Olympic Games (where she won the 1988 silver medal and became the Olympic free-style champion), six World Championships, and has won three National Titles. Reliving her incredible journey for audiences, Manley gives a behind-the-scenes glimpse into what it takes to make it to the top and speaks with honesty about the importance of mental health and surviving the loss of her parents.



Manley is the author of two autobiographies, *Thumbs Up: The Elizabeth Manley*

(Program...continues on Page 18)

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

(Program...continued from Page 17)

*Story and Elizabeth Manley: As I Am, My Life after the Olympics.* She has also starred in three television specials, one of which won a Gemini Award. She was also a sports commentator for the Salt Lake City and Torino Olympic Games, and for the Vancouver Olympic Games.

Manley is currently a spokesperson for The Alzheimer's Society of Ottawa and an advocate for the Alzheimer's Association of Canada. Elizabeth has become a Producer of the charity event, Elizabeth Manley and Friends for Mental Health, and is a member of the Cancer Foundation Courage Campaign Presidents' Advisory Circle in Ottawa. Elizabeth has spoken to more than 75 schools on the issues of Mental Health, Bullying, and Teen Suicide.

Manley is a member of the Order of Canada, Canadian Olympic Hall of Fame, Ottawa Sports Hall of Fame, Skate Canada Hall of Fame and Canada's Sports Hall of Fame. In 2015 Elizabeth received 'The Builders Award' from United Way.

#### **4. October General Meeting and Luncheon - Tuesday, October 22, 2019 Colton Roberts will be the Program Contact for this event**

The proposal is for a wellness theme covering several areas in which members have displayed interest.

10:30 Note: Halton Police on Seniors Abuse and Fraud

11:45 Business Meeting, President presiding

12:00 - 1:00 Lunch

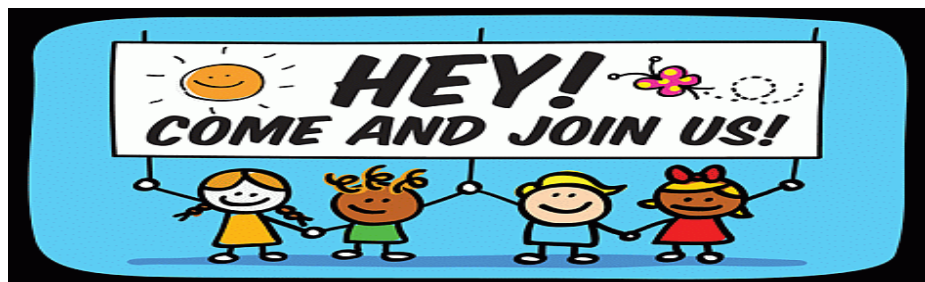
Break-out Sessions – 3 sessions would be offered from 1:15-2:15

Suggested topics could include:

1. Now I am Retired, Now What Do I Do?
2. Brain Health and Keeping Engaged
3. Line Dancing- Tammy Wyatt from BootsNSpurs

See pages 22-23 for more recent details, how to register, and who to contact.

(Program...continues on Page 19)



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

(Program...continued from Page 18)

# Spring 2019 Annual General Meeting

Photos by Marilyn MacLennan

There was another great turnout for the Spring Annual General Meeting on May 8th at the Glencairn Golf Club in Halton Hills to hear Olympic Skating star, Elizabeth Manley speak. See the photos of many of those in attendance. Do you recognize any? Why not join us at the next event and reconnect with some of your former friends and colleagues?



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





**YOU ARE INVITED...  
TO THE FALL LUNCHEON!**

**RTO/ERO HALTON DISTRICT 15  
Fall General Meeting & Lunch  
Tuesday, October 22, 2019  
Holiday Inn Oakville Bronte  
2525 Wycroft Rd.,  
Oakville, Ontario L6L 6P8**

**WELLNESS IS OUR GOAL!**

**Key Note Address: Frauds, Scams, and Safety**  
**Guest speaker, Constable Matthew Rocca of the Halton Regional Police** will focus on addressing frauds, scams, and safety, particularly when it comes to our members.

**Breakout Sessions:**

**(a) Line Dancing** (No experience necessary)

Come join **Tammy Wyatt of Bronte Boots and Spurs** in a lively hour of activity. Remember to bring appropriate footwear for this active program.

**(b) Keeping Your Brain Healthy**

Get to participate in an engaging presentation by **Karen Robins, Public Education Coordinator of the Alzheimer Society of Hamilton/Halton** as she shares different strategies useful in keeping the brain healthy and reducing the chance of developing dementia.

**(c) Thriving in the Years Ahead**

**Binu Dhinda, a Health and Longevity Specialist** and self-development teacher, will lead a lively discussion about the aspects that make up a thriving life in retirement.

**Cost:**

**\$40.00 for RTO District 15 members/spouses**

**\$45.00 for guests/ non-members**

**Registration: 10:00 am**

**Keynote Speaker: 10:30 am**

**Lunch: 12:00 pm with breakout sessions to follow.**

**Cash Bar will be available.**

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

# RTO/ERO FALL LUNCHEON Tuesday, October 22, 2019

## Registration Form:

Please Print:

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

Tel.# \_\_\_\_\_ Member \_\_\_\_\_

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

Vegetarian meal required \_\_\_\_\_ Food allergy \_\_\_\_\_

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

Tel #: \_\_\_\_\_ Member \_\_\_\_\_

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

Vegetarian meal required \_\_\_\_\_ Food allergy \_\_\_\_\_

Breakout Sessions (select top 2 favorites; will be registered in 1)

Choice 1 2

- 1. Line Dancing (ALL Welcome)
- 2. Keeping Your Brain Healthy
- 3. Thriving in the Years Ahead

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

Please forward by mail by **September 27, 2019** to:

Lynda Kozak  
491 Underwood Drive  
Oakville, ON L6L 5P1

**RTO/ERO District 15 Halton Contact List****Executive 2019 – 2020**

|                    |                   |              |
|--------------------|-------------------|--------------|
| Past President     | Claudia Stewart   | 905-331-5614 |
| President          | Micki Clemens     | 905-847-2452 |
| 1st Vice President | Jerry Powidajko   | 905-331-7894 |
| 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

*Rapport* Coordinator Brad Fisher 905-319-9053

Newsletter Coordinator Nanci Wakeman 905-399-6706

Newsletter Editor: Peter Gnish - Design: Cate Roberts 905-547-1628

Editing: Nanci Wakeman

Proofreaders: Micki Clemens, George MacRae,

Marilyn MacRae, Eleanor McCulloch, Jordan Palmer, Ray Smith

**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 519-821-6766

Susan Spencer 519-856-2049

Out-of-Region Convenor Peter Gnish 905-547-1628

**Health Benefits** Colton Roberts 905-335-0027

Committee Members: Paul Harper, Toni Pizzigrilli

**Membership/Recruitment Chair** Marilyn MacLennan 905-631-6058

Committee Member: Claudia Stewart

**Member Without Portfolio** Tony Pizzigrilli 905-319-0082

**Political Advocacy** Moira Jane Plexman 905-845-1977

Committee Members: Bev Balch, Olga Shewchun

**Program** Jerry Powidajko 905-331-7894

Committee Members: Penny Hambly, Paul Harper, Lynda Kozak,  
Toni Pizzigrilli, Moira Plexman, Colton Roberts,

**Social** Claudia Stewart 905-331-5614

Committee Members: Lynda Kozak, Marilyn MacLennan,  
Carol Pashkievich, Diona Szczerbak, David Wright



## Contribute to the *Herald!*

The next *Halton Herald* will be distributed in January, 2020.

- **Send a Letter to the Editor** (pgnish@gmail.com) on any topic that concerns you or **share a line** with our readers and let them know how you are doing and what you are up to.
- **Write an article** on any topic that may interest your retired colleagues. Please try to limit your article to a maximum of 750 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](mailto:nanci.wakeman@gmail.com) or by mail to 1393 Clarkson Rd. N., Mississauga, ON, L5J 2W6 or Phone: 905-399-6706. Deadline - November 15, 2019.

### 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](mailto:membership@rto-ero.org)
  - Phone RTO/ERO provincial 1-800-361-9888
  - Contact Marilyn MacLennan (District 15) with the change [maclennanred@sympatico.ca](mailto: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 province.**

### 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.

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

## Favourite Photo Contest!

We ran this contest years ago and it was a hit. So once again! Do you have a photo you are really proud of? It could be a winner. Share it with our members and possibly have it printed in the next *Halton Herald*. To do so you must enter this contest. You will also have a chance to win some cash. The rules are simple:



1. All subjects are acceptable – people, scenery, action shots, hobbies, etc.
2. The photo can be either colour or black & white.
3. You may submit up to 3 photos.
4. Send the photo(s) either electronically by e-mail or by Canada Post.
5. By mail send your photo(s) to Peter Gnish, 153 Fairleigh Ave. S.  
Hamilton, ON L8M 2K4. All hard copies received will be returned.
6. By computer, send your photo(s) to me as an attachment (any format) to an e-mail message. Send it to [pgnish@gmail.com](mailto:pgnish@gmail.com).
7. Include
  - a. Your name, telephone number, and e-mail address if you have one.
  - b. A brief description of the photo and why you are really proud of it.
8. Winning entries will be selected by the *Halton Herald* editorial board.
9. Three prizes will be given: 1st - \$25; 2nd - \$15; 3rd - \$10.
10. The prize winning photos and a selection of others will be used in a photo display in the January, 2020 issue of the *Halton Herald*.
11. The contest deadline is November 15, 2019

### Recently Submitted Photos



*Photo by Virender Paul Madan*



*Photo by Marilyn Ortwein*

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

## BAKED STUFFED LOBSTER

Submitted by Dale Parker

a recipe from Inez Parker (1912-2001)

### INGREDIENTS

- Two 1 ½ pound lobsters (preferably females)
- Bread crumbs
- One small tin of crab meat (optional), chopped
- Butter, melted

When purchasing the lobsters they can either be pre-cooked or live (if you're up to steaming them yourself). Female lobsters are preferable because they often have eggs inside them. The eggs look like a semi-solid red mass and can be used to enrich your stuffing. Place the cooked lobsters on a cookie sheet and split each lobster in half lengthwise.

Remove the small sac up behind the eyes and discard it. Scoop out the paste (which is green) and the eggs, if there are any, and place it all in a bowl. You might also like to remove and discard the digestive tract which looks like a long thin tube filled with black waste. It runs down the length of the abdomen. Add to the paste/egg mixture some bread crumbs, melted butter, and crab meat (if using). Spoon the stuffing into the opened lobsters and broil enough to heat them through without burning the stuffing. Serve with drawn butter.



*To distinguish a female from a male, examine the swimmerets on the underside of its abdomen. There are 5 pairs of them. In a male, the first pair of swimmerets (the ones closest to the lobster's head) is stiff and hard while the corresponding ones on the females are smaller and floppy.*

### *Halton Herald Bits*

#### **PROJECT SERVICE TO OTHERS**

Always nice to see how the awards granted to recipients for our Project Service to Others come to fruition. Here is a photo of the diorama (grant awarded in 2017) at the Freeman Station in operation and an admiring class from Orchard Park E. S. in awe.



#### **THE BURLINGTON FOOTNOTES RECEIVE HALL OF FAME AWARD**

**Penny Hambly, Judy Sloan, and Marg Daniels** are District 15 members of The Burlington Footnotes, a senior dance company in Burlington.

This company was created as a platform for older adults to express their creativity in a production called “Gotta SING, Gotta DANCE” that includes a combination of ballet, tap, and jazz choreography as well as some singing, all enhanced with glorious costumes and stirring music. They do three shows in June at the Burlington Performing Arts Centre as well as community shows during the year. Here is a photo of Penny in her “Jazz” costume.



The Burlington Performing Arts Centre honoured this company for its eighteen years of contributions to the performing arts in a recent awards ceremony. This award recognizes the value of the company’s artistic achievements along with their incredible contribution to the performing arts in Burlington.

Congratulations to the entire company! What an inspiration to us all to keep moving, to keep volunteering, to keep young and vibrant! Perhaps

(HH Bits...continues on Page 29)

(HH Bits...continued from Page 28)

more of us will be inspired to take a leap and try on some dancing shoes with this marvelous company! We, in District 15, couldn't be more proud of our members' achievement! Here is a photo of the group.



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

The *Halton Herald* magazine is mailed out to most of our District 15 members. Currently our membership has grown to almost 2900 in number. Since the costs for print publication and for mail distribution of the *Halton Herald* are increasing each year, we would like to encourage more of you to receive your *Halton Herald* electronically.

Some of you have already made the environmentally friendly choice to receive it only in electronically. If you would like to change your subscription preference from print to online only, please e-mail **Peter Gnish** at [pgnish@gmail.com](mailto:pgnish@gmail.com).

The magazine is fully available as well on our District 15 website. Please share your feedback, suggestions, and comments at [district15halton@gmail.com](mailto:district15halton@gmail.com).

We'd love to hear from you.

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

## Political Advocacy Committee & Pensions

By Moira Plexman



As is evident from the new title of this report, Provincial RTO/ERO has now coupled “Pensions” with Political Advocacy as the two topics are viewed as having relevant connections. I anticipate receiving more information to share with members in the future as to how these roles will mesh.

As we gear up for the federal election this fall, I invite District 15 RTO/ERO members to get involved with our committee. I am pleased to welcome **Bev Balch** and **Olga Shewchun** to the Political Advocacy Committee. It would be ideal to have members from different regions of District 15 to be able to attend All Candidates meetings in their home ridings in the fall. RTO/ERO has, along with other groups, joined with Vibrant Voices to advocate for seniors during this election campaign.

The following is a message from RTO/ERO Provincial Political Advocacy Chair, Fred Victor:

*The federal election on October 21st is one of our most pressing issues and we continue to work through the umbrella organization of “Vibrant Voices” which is a federal group consisting of the following national groups that represent seniors’ issues and needs and to lobby for seniors: Canadian Association of Retired Teachers (ACER-CART), Canadian Federation of Pensioners, Canadian Health Coalition, CARP, College and University Retirees Associations of Canada (CURAC), International Longevity Centre Canada, National Association of Federal Retirees, National Pensioners Federation and Retired Teachers of Ontario (RTO/ERO). We continue to communicate with these organizations and other seniors’ organizations to enlist their support in advocating for the issues identified for the Federal Election by “Vibrant Voices”, namely, a **National Seniors’ Strategy, Income Security, and Pharmacare.***

*The minimum expectation for every district for action during the federal election is to meet with each candidate in a one-on-one format to discuss the above-mentioned issues using the RTO/ERO brochure provided to Districts.*

It is my understanding the brochure referred to will become available soon. As you can see, you can play an important advocacy role for seniors by getting involved with our committee and attending your local All Candidates meetings with our RTO/ERO brochure in hand.

## Membership Committee

By Marilyn MacLennan



Welcome to the many new District 15 RTO/ERO members. Since February there have been over 100 new additions to our membership representing many educational worker groups in addition to teachers. We expect many more before the summer is out. Thursday, September 5 is our annual *"To Hell with the Bell"* breakfast for new members at the Holiday Inn on Wyecroft Road from 10 am to 12 noon – a great way to start your first September of retirement.

On Wednesday, October 16 there will be a **Retirement Planning Workshop** (RPW) for anyone planning to retire in the next 5 years. Representatives from provincial RTO/ERO give an excellent presentation on preparing for retirement and as well as the benefits of belonging to RTO/ERO. IF you know of anyone who might be interested, please direct them to the RTO/ERO website for registration [www.rto-ero.org](http://www.rto-ero.org).



### Book of Remembrance

*We remember with fondness*

William Bowen

Domenico Corsini

Norgate Davis

Ross McGuigan

Michael Silk

Edith Van Beek

Patricia Bowman

Greg Costa

Andrew Labuda

Marilyn McLay

Rosemary Simpson

Elaine Vanderburg

Elmore Brampton

Mary Curow

Roland Lobb

Leslie Renfrew

Joyce Tidball

Beatrice Woolsey

## THE HIGH TEA FOR SUPER SENIORS!

By Micki Clemens

Feast your eyes on some happy people! Our first ever RTO/ERO District 15 High Tea was a SUPER success! District 15 members over 80 were invited to this new event through our website and issues of *Rapport*.



We had forty guests who came and sipped and ate and chatted and laughed over the incredible feast that **Carol Pashkievich** had coordinated with the amazing help from her hardworking committee members – **Penny Hambly, Claudia Stewart, Marilyn MacLennan, Micki Clemens, and Colton Roberts.**



Bright balloons and pinwheels and crepe paper banners brightened the church hall and added a most welcoming atmosphere.

The floral table centres were colourful pink, orange, and yellow gerberas that were then burnished with colourful paper leis. Our tables were a picture of light spring tablecloths and floral china with REAL china teacups and REAL teaspoons.

(High Tea...continues on Page 33)



(High Tea...continued from Page 32)



The food menu provided a gourmet tea par excellence: fruit salad, cheese and crackers, a selection of tea sandwiches, including egg salad, tuna rolls made with pale pink bread with gherkin centres, cream cheese and

cucumber on pale green bread, and ham and cheese with lettuce on brown bread squares. (Who knew you could order pink or green bread from Fortino's!) This was followed by heavenly light scones accompanied with strawberry jam, clotted cream, and butter. Then the finale was a plate of amazing dessert delicacies - Empire cookies baked by Carol herself, petit fours in lemon, raspberry and cappuccino flavours, and mini tarts - chocolate, caramel, raspberry, and lemon. And endless cups of tea!!!

Penny, Claudia, Colton, Marilyn, and I assisted Carol with the pre-prep, food prep, on site setup, and serving - the service was gracious and constant, with smiles and good cheer for all. There were thanks and plaudits from all who attended and we had a spontaneous thank you speech from one of the guests and numerous calls for, "Let's do this again next year!!!"

Congratulations are due to the whole committee for such a buoyant, cheerful, and supportive activity for our SUPER SENIORS!

#### NOTE FROM A GUEST.

"Hi, just wanted to thank you all for the wonderful "Big Tea for Super Seniors." It was a lovely feast and a friendly atmosphere. The door prizes were fun, the company enjoyable, and the "waitresses" were attentive and pleasant!!!! Please don't wait until we are 90 to repeat such a fun occasion. Thanks again for all the hard work that went into the planning, organizing, purchasing, baking, serving, and cleaning, in order to give us such a fun time."

**Vivienne Muller**

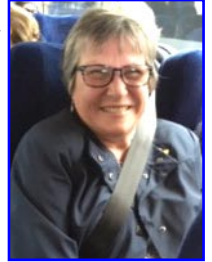


# Social Committee Report

By Claudia Stewart



Sixteen hardy gamblers went on the bus trip to **Fallsview Casino** on April 9th to try their luck and enjoy a fairly lovely day near Niagara Falls. We enjoyed a magnificent buffet luncheon with menu items from every corner of the globe as well as old favourite dishes and a view of the Parkway and Falls. A small group walked around the Bird Kingdom and enjoyed the sights, sounds, and smells of the birds in the lush vegetation. Watching all the antics of the birds bathing, teasing and chasing one another provided a pleasant adventure on a sunny but windy afternoon.



There were two winners who inspired us to keep trying our luck in the Casino! Will that be enough for more of us to try our skills and luck on another excursion to the Fallsview Casino? Please let me know if you'd like another trip in the future? In the fall perhaps?



## *An Irish Story About Gambling!*

*Six retired Irishmen were playing poker in O'Leary's apartment when Paddy Murphy loses \$500 on a single hand, clutches his chest, and drops dead at the table. Showing respect for their fallen brother, the others continue playing standing up.*

*Michael O'Connor looks around and asks, "Oh, me boys, someone got's to tell Paddy's wife. Who will it be?" They draw straws. Paul Gallagher picks the short one. They tell him to be discreet, be gentle, don't make a bad situation any worse. "Discreet??? I'm the most discreet Irishmen you'll ever meet. Discretion is me middle name. Leave it to me."*

*Gallagher goes over to Murphy's house and knocks on the door. Mrs. Murphy answers, and asks what he wants. Gallagher declares, "Your husband just lost \$500, and is afraid to come home." "Tell him to drop dead!," says Murphy's wife..*

*"I'll go tell him." says Gallagher.*

## Foundation Report

By Moira Plexman



### Remembering a Loved One

When my Uncle Bill passed away recently at the grand age of 97, I decided to honour his memory by making a donation to the Foundation. His longevity was the result of good health care and a healthy lifestyle. My uncle was not in education but his older brother, Alex Balfour, and I were and I knew the family would appreciate the gift to the Foundation when they received the memorial card with the Foundation Vision Statement, “Enhance the Quality of Life of Aging Adults”. Next time you wish to honour a friend or relative, please consider the Foundation. The research and programs could potentially help you years into the future.

Foundation work has been plentiful. In June, I participated in both a teleconference and a webinar with other District Reps. These methods of meeting are a cost-effective way of drawing together District Reps for information sharing.

Joanne Murphy at Spring Senate announced two Foundation Grants as communicated to the Foundation Reps by Provincial Office:

One grant, in the amount of \$50,000, has been awarded to a collaboration between two organizations who will co-manage the project - the *National Institute on Ageing, Ryerson University (NIA)* and the *National Initiative for the Care of the Elderly (NICE)*. “Establishing Best Policies and Practices for Understanding and Addressing Social Isolation in Older Canadians,” aims to synthesize and catalog best policies and practices, nationally and internationally, with respect to social isolation.

The second grant, in the amount of \$25,000 was awarded to *Catholic Family Services Peel-Dufferin* for a project entitled Peel Senior Connectors. The initiative aims to reach isolated seniors at community outreach locations, through current one-on-one support systems, and at health care facilities.

October is “**Social Isolation Awareness Month**”.

Visit the RTO/ERO Foundation website at [www.embrce-aging.ca](http://www.embrce-aging.ca) to learn more about the *Engage: End Isolation campaign*.

Did you know? As communicated by the Provincial Office:

- Social Isolation is the #1 emerging issue among Canadian seniors.
- Recent studies show that 24% of Canadians over 65 report feeling socially isolated.

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

## Awards & Service to Others Report

By Penny Hambly



### Scholarships

Each year Provincial RTO /ERO awards up to 25 scholarships of \$1000 each through the scholarship program. Congratulations to **Paige Wright** (photo below) who was sponsored by her grandmother, RTO/ERO member **Anne Woods-Jamieson**. Paige just completed her Bachelor of Science degree in psychology at Queen's University. See her biography on our District 15 website.

I remind you that a child, grandchild, niece, nephew, grandnephew, son-in-law, etc. of an RTO/ERO member who is in the final year of a teaching or related program such as Early Childhood Education or Education Assistant is eligible. For a complete list of the eligibility and program requirements for 2020 that will be available this fall, check out the RTO/ERO website. The deadline for application is usually in February.



This year, board member **Marilyn MacLennan** suggested that RTO/ERO District 15 award two \$1000 scholarships, one to a student from the Halton District School Board and one from the Halton Catholic District School Board. The award, which Marilyn organized, is called *The RTO/ERO District 15 Academic Spirit Award* and this year's winners were **Bhanukshi Pathirana** from the Halton DSB and **Olivia Coffield** from the Halton Catholic DSB.

### Service to Others

Provincial RTO/ERO awards up to \$4000 for district projects in which district members are involved. District 15 has submitted an application, prepared by **Jeanie Woodcroft** and **Hilda Cirotto**, for a Habitat for Humanity Catch 18 Community Project entitled Crew-Goetz Landing – Bathroom Fixtures. Many District 15 members volunteered on a very successful workday at the construction site on June 13. See pictures on our website and in this edition of the *Herald*.

### Distinguished Service Award

Congratulations to **Judy Sloan** who was awarded the RTO/ERO District 15 Distinguished Service Award at our May AGM. For the past 15 or more years Judy has been on our District 15 Board as the chair of the Archives Committee. She has also been a great supporter of our events. Judy was nominated by **David Wright**.

## Health Benefits Committee

By Colton Roberts



The committee attended the annual District Health Reps workshop in Toronto on June 9th and 10th. The presentation, “Health, Wealth, and Happiness in Retirement,” by Robert D. Reid, Deputy Chief, Prevention and Wellness, University of Ottawa Heart Institute, set the tone for the two days. The basic take away was that to ensure optimum health and resilience, including social and mental health, it is imperative to exercise, have a good diet and sleep habits, and to maintain social contacts. An update on the plan’s cost for 2018 was provided. The Health Plan had a small deficit of 0.53 % as a result of inflation, increased usage (notably with travel), and the introduction of Shingrix, the new shingles vaccine, which is quite costly. It was noted that 70-80% of travel claims come from travel in the USA where healthcare costs have soared. The provincial committee is anticipating potential increased costs to the plan with potential changes by the Ontario government to OHIP.

On Monday morning we were presented with the perspective on coverage for medical cannabis by Stephen Wong, Director of Benefits, RTO/ERO and Richard Harrison, Johnson Inc.. At present, coverage is not possible for health plans because there is no DIN number available from the government. Research is still needed before the Provincial Government deems it a legitimate prescription. In the meantime, the RTO/ERO provincial Benefits Committee and Johnson Inc. are examining the possible impact that inclusion of medical cannabis coverage might have on our health plan.

The presentation about Long-term Care Planning - “What It is and Why We Should Care,” presented by Karen Henderson, Independent Learning Specialist, reminded us that it is incumbent upon all of us to plan with our relatives for the eventuality that one may need long-term care at some point and to have a plan which can be financed by us since the expected “tsunami” of need will far outstrip the government’s ability to handle the impending crisis expected. Ms. Henderson suggested that planning is best done for each person when that person is in their late 60’s or 70’s and the children are in their 40’s or 50’s, which we found a sobering thought. The other thing to report is that there will be a new online portal designed to make claims to your health plan easier to perform. Watch for it this fall or winter since the “bugs” are being worked out. Reps had an opportunity for input to ensure help in processing members’ claims more smoothly.

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(Health...continued from Page 37)

As mentioned on the District 15 webpage and in *Rapport*, the joint Health Benefits seminar, with District 13, will be hosted by Halton at the Polish Hall, 2317 Fairview Street, Burlington on Thursday, October 17. See below the advertisement for this worthwhile workshop. If you want more detail about your health plan, this presentation will be of great use. It is a must for those who will be traveling out-of-province and/or out-of-country.

As well, you are encouraged to attend the Fall General Meeting and Luncheon on October 22nd as advertised on page 20 in the *Herald* at which time you will have the opportunity to participate in several wellness activities that this committee has had a part in developing.

### HEALTH SEMINAR

#### For RTO/ERO Health Plan Members Districts 13 and 15

Date: **Thursday, October 17, 2019** 10 a.m. – 2:00 p.m.

Location: **Polish Hall**, 2316 Fairview Street, Burlington

Cost: **\$ 25.00** for lunch and refreshments

Speaker: **Stephen Wong**, Provincial RTO/ERO



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

Discussion items include: Plan Specialties, Best Doctors, Venngo, Hearing Life, Iris Advantage, Stability clause for travel – everything you need to know that makes our plan the best!

Please forward your questions for the presentation to Colton Roberts.

Contact: Colton Roberts – District 15 Health Representative

coltonroberts328@gmail.com or 905-335-0027 (please e-mail if possible)

Please provide the following information:

- your first and last name, e-mail address and telephone number,
- the number of people attending,
- and 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 13.

\*\*\* Please register by October 8, 2019

## Katikati, New Zealand

By Nancy Sorenson

Have you ever heard of Katikati? It's two hours southeast of Auckland, on the Bay of Plenty, on New Zealand's North Island. Upon retirement, my cousin moved there. According to local lore, a Maori chief, visiting along the Bay of Plenty shores, was well feted. So by the time he arrived at the settlement where Katikati is now, he couldn't manage another feast. To be respectful to his hosts, he nibbled a little here, tasted a bit there, as best he could. Katikati means "nibble, nibble" in Maori language.

Katikati, population 5000, was colonized mainly by Irish immigrants. Even today, most residents talk about family connections in the United Kingdom. There is only the occasional relative in North America. Accents, protocol, manners, are very British which belie strong ties with overseas.

A trendy town, Katikati boasts an art institute with accompanying gallery featuring local artists, an excellent museum, shops and boutiques, eateries, a war memorial, weekly markets, and a Rotary club. And, there's more! Katikati is the mural town of North Island and the avocado capital of New Zealand. Avocado plantations are protected from the bay's ocean winds by enormous cedar windbreaks, trimmed and clipped to keep them thick and wind proof.



Murals are everywhere! Any spare wall is susceptible. Local artists are responsible for this colourful and decorative distinction. Each mural is numbered and registered with the town. The majority of them depict Katikati's history, and for variety,

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there are a number of sculptures and installations included in this registry. Mural hunting is challenging and fun.

Katikati is very proud of its cultural leanings but has a nagging problem. Highway #2, a major thoroughfare, runs through the middle of town. Logging trucks, diesels, tourists, must use it. It has become a political issue. The local newspaper sponsored a poetry contest with traffic and possible solutions as a

theme. My submissions didn't make the short list for the paper; however, a publication including the literary efforts of all participants means I will be published after all.

If you enjoy hiking, this is the place for you. From behind the art institute, you can begin the Haiku Trail.



Large boulders have haiku verses carved into them making for an entertaining outing.



At the end of the downtown area is Humphrey, a monument to an ocean dolphin that swam to Katikati and was stranded.

He was returned to the bay but his likeness introduces you to the Bird Walk. Art sculptures along this trail commemorate bird life native to the area and New Zealand. This walk eventually brings you right back to Humphrey and downtown. There is lots to see and do in the Katikati vicinity: hike in the Quarry, walk around the base of Mount Maunganui, and enjoy warm ocean swimming at Waihi Beach.



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Mount Maunganui is a very distinct hill at the end of a long spit of land. Almost every sea view features the “mountain”. It is easily accessible at Tauranga, New Zealand’s largest port and the country’s fourth largest city. Ship cranes dominate the waterfront. It’s a cultural city too, with a university, impressive art gallery and museum, and all the best attributes of a small city.



If 5000 people means “small town” to you, try Ohura, in North Island’s interior. Population 120! My cousin’s eldest daughter, Missy, runs two bed and breakfasts plus a canteen featuring Mexican fare. A secondary highway, crossing North Island, runs through Ohura and Missy’s food truck is the only meal along the way. On Sunday, in Ohura, we attended church. Locals were called to worship by the church bell, brought into ac-

tion by an elderly Ohura resident who yanked on the rope with great gusto. The bell resonated over the entire countryside.

The most memorable sound of Ohura was the symphony of the crickets and cicadas during sunny, daylight hours. You never see them but there must be millions of them in the surrounding woods! Your ears are assailed by an incessant, pulsing cacophony of sound.

Back in Katikati, I visited Cyndy, another of my cousin’s daughters. She and family live in a glass house, literally, on a hilltop with a glorious view of rolling hills, the Bay of



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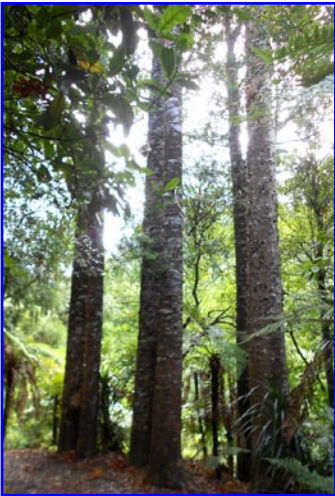
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Plenty and Mount Maunganui. The glass walls of the house glide open completely, bringing the outdoors in. As a hobby, Cyndy raises alpacas and weaves the fleece on her table loom.



Close to Cyndy’s hilltop aerie, is a kauri forest with well-tended walking paths. The New Zealand kauri is comparable in size to the



Douglas fir and California redwood. In colonial times, the kauri was popular for ships’ masts since the tree grows very tall and straight. Kauri trees are now protected. Upon entering and exiting a kauri area, hikers must disinfect their shoes at special gates, a precaution against insect and disease invaders.

What I noticed in the Bay of Plenty area was the absence of sheep! This is New Zealand, isn’t it? A lot of sheep ranching in North Island has been replaced by dairy farming. Exporting dairy products is proving to be more lucrative for New Zealand farmers. Horizontal ridges on hillsides are reminders that sheep have been a major part of North Island farm life.

You cannot go anywhere without encountering the New Zealand fern. It is as famous as the kiwi as a symbol of the country. Ferns are emblazoned on T-shirts, caps and many tourist items. Kiwis, native New Zealanders, eat the fronds just as we eat fiddleheads.



You don’t need a resident cousin as an excuse to visit Katikati and environs, but you do need wheels and the gumption to drive on the wrong side of the road. Climate is sub tropical, offering a most pleasant January and February since seasons are reversed. It’s a beautiful alternative to the usual Florida “snowbird” action. Highly recommended. Go for it!

(More Katikati photos on the next pages)

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# Katikati, New Zealand





**More  
Katikati,  
New Zealand**



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