



District 15

# Halton Herald

September 2023

## Enjoying Retirement... Staying Young!



Paul Davidson pictured with his catch...Read *Tight Lines*

*Fish - Ski - Volunteer - Sail!*  
*Choose YOUR Passion and Enjoy!*

# In This Issue...

**AGM - Celebrating 50 Years!**  
With Guest Speaker Susan Aglukark  
page 15



## **Sailing With Lydia!**

by Nancy Sorensen page 36 and Back Cover

## **Tight Lines!**

by Paul Davidson  
page 39 and Inside Back Cover



## **RTOERO District 15 Executive 2023-2024**



**Micki Clemens**   **Jerry Powidajko**   **Brad Fisher**   **Diane Visschedyk**   **Regan Heffernan**  
Past President   President   2nd Vice-Pres.   Secretary   1st. Vice-Pres.  
*Missing - Carol Pashkievich Treasurer*

# President's Message!

By Jerry Powidajko



Welcome back! Hopefully you had an amazing summer and continue to look forward to many more adventures over the course of the coming year! As an organization we are very happy to be back serving and supporting you through RTOERO Halton District 15.

For the 2023-24 session, we are pleased to present our executive Board and welcome our newest member, Regan Heffernan, as our 1st Vice-President.

## Executive 2023-24

Past President - Micki Clemens      President - Jerry Powidajko  
 1st Vice-Pres. - Regan Heffernan      2nd Vice-Pres. - Brad Fisher  
 Secretary - Dianne Visschedyk      Treasurer - Carol Pashkievich

Please join me in welcoming this amazing group of people who continue to work for you!

This past spring on May 17, 2023, we celebrated our 50th Anniversary as RTOERO Halton District 15 and had over 100 members attend our AGM Luncheon at RattleSnake Point Golf Club. The venue was beautiful, the food delicious and the service from the staff was exemplary! Thirteen Past Presidents attended. They were: **Peter Gnish, Irene Chalupka, Jerry Powidajko, Mary Lyons, Ray Smith, Cecile Leach, Phyllis Kingsley, Micki Clemens, Penny Hambly, Carolyn Hilton, Moira Plexman, Claudia Stewart, and Colton Roberts (not pictured).**



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At registration they were presented with white carnation boutonnieres. All members registering were also given beautiful 50th anniversary pins and were treated to small, boxed Walker's Chocolates at each table setting.

**Moira Plexman** organized a lovely display table containing our past photos and many previous issues of *Halton Herald* magazines. As well, **Marilyn MacLennan** compiled a video display of past pictures. The noise and buzz from the audience was electric and it was so positive hearing all the interactions, the storytelling and the memories being shared!

**Susan Aglukark**, our keynote presenter, spoke about the Inuit, their history, and challenges. Her presentation was very powerful and supported with many personal pictures! She performed several of her notable songs to the deep delight of the audience!

I would like to thank **Penny Hambly**, our Chair for the 50th AGM as well as **Micki Clemens, Dianne Visschedyk, Toni Pizzingrilli, Moira-Jane Plexman, Marilyn MacLennan, Patricia Mateja** and **Judy Wedeles** who worked tirelessly to make the event a huge success! As well, thank you to all our members who were able to attend. I know you will have many fond memories of the day.

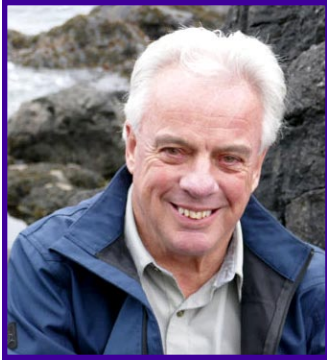
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This year, we are looking forward to both in-person and Zoom presentations on a variety of subjects and issues - hopefully you will be able to join us.



Together, with a number of other districts in the Green Belt area, we were able to jointly book **Bob McDonald on September 25 at 1:30 PM for a ZOOM presentation**. Besides being the host of *Quirks & Quarks*, which draws approximately 800,000 listeners each week, Bob McDonald is the CBC's science reporter and the author of two books based on the program, *Wonderstruck I and Wonderstruck II*. He is also the author of the memoir *Measuring*

*the Earth with a Stick: Science As I've Seen It*. He will be speaking on his new book, *The Future is Now!* See information to register for this exciting event on PAGE 26.

Along with District 13 Hamilton-Wentworth & Haldimand, District 14 Niagara, and District 37 Oxford, we were able to submit a joint bid for this Foundation Zoom auction item where the fee for the presentation was pro-rated for each District. The monies collected went to the Foundation which focuses on improving the ageing experience. Canada's population is ageing and with the population shift comes new challenges. RTOERO's Foundation invests in research and ideas and actions to build a better and healthier future for all of us as we age.

We are also hosting a **Health Plan Workshop on October 2nd** with District 13 Hamilton-Wentworth & Haldimand. The "Know Your Health Plan" Workshop will be held at St. Naum Church, 1150 Stone Church Road E, Hamilton from 9:30 to 2:00 p.m. Refreshments and lunch will be provided for a cost of \$10. See the ad on PAGE 21. Also, information has been sent out. If you are interested in attending, please make sure you register.

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Our **Fall Luncheon** will be held on **Wednesday, November 1st, 2023** at the **Burlington Convention Centre** located at 1120 Burloak



Drive, Burlington ON, just north of the QEW. At our luncheon, the musical entertainers will be a trio of the FiddleStix performers. This group won the Readers' Choice Diamond Award, presented to the team for Best Entertainment 2022 Milton/Halton, 2021 Milton/Halton, and 2021 Oakville and 2020 Milton/Halton. The team has shared the stage with some of Canada's

finest musicians including Big Sugar, Leahy, Gord Downie, Great Big Sea, Jim Cuddy, The Irish Rovers, Honeymoon Suite and many more. We are very fortunate to have them as our live show at our luncheon. With their energizing original songs and a blend of popular songs and famous classics, the band masterfully shapes their sets based on the audiences they are playing for.

We are looking forward to a delicious lunch as always, and ask that you register before tickets are sold out! Information will be made available to you on our website and through Eblasts. See the invitation and registration flyer on pages 22 & 23.

We have a number of other presentations coming up in 2024 and will post the events once they are finalized. Stay tuned!

As with all not-for-profit organizations we rely heavily on our volunteers to help support our district organization by creating events, sharing information and being available to our members as needs arise. Our committees are always looking for new volunteers. This is certainly a positive way to give back and learn from others. As well, we have some positions vacant that require Chairs to oversee the committee work. Your skills are very transferable - why not consider volunteering with us? We would love someone to help coordi-

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nate the Program Committee and would dearly love to have a Social Coordinator to initiate some smaller events for our members. You are always welcome. If you would like further information, please contact the committee chair directly or me. To contact us, please e-mail [district15halton@gmail.com](mailto:district15halton@gmail.com) with the subject field containing the name/position of board member you wish to contact.

Our Board meeting dates for the 2023-24 year are as follows:

Tuesday, September 19, 2023

Wednesday, November 1, 2023 - Fall Luncheon

Wednesday, November 15, 2023

Tuesday, January 23, 2024

Wednesday, April 17, 2024

Wednesday, May 29, 2024 - AGM

Tuesday, June 18, 2024

Information is always available on our website and on the national RTOERO website. As well, District 15 Halton has its own Facebook page as a way to stay in touch, share information and promote and celebrate events with all members. Thanks to the work of **Carey Mollenhauer**, our Media Manager, we have a vibrant Facebook presence. Please visit us at [www.facebook.com/RTOERODistrict15Halton](https://www.facebook.com/RTOERODistrict15Halton). We also encourage you to visit our website, <https://district15.rtoero.ca> for up-to-date information, a calendar of events, and supporting documentation.

**Brad Fisher** continues to work tirelessly to co-ordinate our electronic newsletter, *Rapport*. This is a great collection of pictures, news, and stories, focusing on District 15 Halton, published multiple times a year. I know Brad would appreciate your submissions sent for possible inclusion to [rapporstd15@gmail.com](mailto:rapporstd15@gmail.com).

The *Halton Herald*, our newsletter, comes out three times a year in print and electronic form, thanks to the amazing work of **Peter Gnish**, Editor. Although we do send the *Halton Herald* by mail, members are invited to consider receiving their edition of the *Halton Herald* elec-

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tronically. If you would like to save a few trees, please send our Editor, **Peter Gnish**, an e-mail stating that you no longer wish to receive a paper copy in snail mail, but would like to enjoy the *Herald* digitally. Send your e-mail to [pgnish@gmail.com](mailto:pgnish@gmail.com).

We look forward to hearing from you and seeing you at our events!  
Have a great year!

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## We Get Letters, E-mails & Calls

By Peter Gnish



What a wonderful summer and what a good response from members to this column. Our readers say that they love to hear from their former colleagues to learn what is happening with them and what they are up to. So, let them know what you are doing. Send me an e-mail to [pgnish@gmail.com](mailto:pgnish@gmail.com) and tell us a bit about yourself that we can publish. If you need to send it by Canada Post, then mail it to me at this address in Florida where I will be with my wife, Cate, from November until May: Peter Gnish, 5260 South Landings Drive, Unit #309, Fort Myers Florida, USA, 33919. Hope to hear from you.

Since April, we received messages from the following members:

**Eric Balkind** who wrote, "Greetings from an old-timer!. Don't fall off your chair – I'm still around, good to be in contact again. We've been living on Manitoulin for many years and one of the great blessings here is that three cars are a traffic jam; such a change from our time in and around Guelph! Over the years we've managed to get to Portugal and the UK on a number of occasions; always a real pleasure to drive on the 'correct side' of the road, although some people probably think I'm a 'snotty old Limey' when I say that, but I prefer to think that I'm just being honest. Sadly, with the passing of time those visits may now be a thing of the past but – I'm still hoping!

Sorry to hear of how many of our old colleagues and friends have

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passed on; most recently **Ray Everett** and **Norm Howell**. Ray and I always hoped to spend time together, but it never happened and I really regret that! I've been lucky, although I do have a real problem these days with my hearing. I must say; however, that given the state of affairs today I think we were in education in the best of all times; what do you think? Crazy, in my opinion, to hear that Agatha Christie, and even Shakespeare are being revised; what do you think?

I read that you had heard from **Richard Szymczyk**. It would be a pleasure to be in contact with him again. Also, if you and Cate are ever up in this vicinity do be sure to get in contact; if I get down south again (for family) I'll be sure to look you up. Meantime, All the Best."

**Lynn Gapes** e-mailed to say, "I feel I should go for the electronic version (of the *Halton Herald*) as I am always pushing being environmentally friendly. Therefore, add me to the list of the other like-minded people who have already done so. Every issue I see more names in the Book of Remembrance than I care to read. Only two in the new retirees. I believe I have said this before!

I hope you have had a great winter. Mine included a visit from Ryan and Magali for 2 weeks during the Christmas season. The best news is that they are returning at the end of June and I should be able to have both my boys together for the first time in a few years. Unfortunately, only one of my grandchildren will be here as the older two are now living lives on their own. All the best to you both"

**Al Greyson** wrote, "I received your note and the gift card in the mail yesterday. My sincerest thanks to you and to RTO - much appreciated, but really unnecessary. I value the work you, the *Halton Herald* staff and our RTO representatives do and only submit stuff to give you choice of material with which to work. I have a few adventures lined up in the months to come, so will try to get some stories and photos to you. In the meantime, I strongly encourage all members to submit tales and photos of adventures and the paths their lives are taking. Cheers!"

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**Peggy Morrison** sent an e-mail to say, "Not sure when but the picture of Camboria and me was on the cover of *Halton Herald* celebrating my 65th birthday in Spain and I thought...what about an update 8 years later? I am still riding horses and hope to do so in Croatia this November. In March 2023 I was skiing at Top of the World in Sun Peaks, BC (see photo) so my message is at age 73...keep pushing those physical boundaries for as long as you can. Mind you, it takes weekly work to stay fit by going to the gym, hiking, stretching and eating well. I would love to connect with others who are trying to do the same thing as we can support and inspire each other."



ata this November. In March 2023 I was skiing at Top of the World in Sun Peaks, BC (see photo) so my message is at age 73...keep pushing those physical boundaries for as long as you can. Mind you, it takes weekly work to stay fit by going to the gym, hiking, stretching and eating well. I would love to connect with others who are trying to do the same thing as we can support and inspire each other."

**Verne O'Neil** reminisced that, "Upon reading the latest issue of the *Herald* I realized that the *Herald's* 50th anniversary coincides with the 50th wedding anniversary of Mavis and me. We just got back from Banff, Alta. where we spent our honeymoon 50 yrs. ago. My, the place has changed a little bit. The mountains are the same though. After some airport problems, we enjoyed a beautiful time returning to the Banff Springs Hotel. Some renovations there too but basically the same. Still the same gorgeous stone exterior for which it is well known. The secret to staying married for 50 yrs...we sat down at the very beginning and made it very clear that I would make all the major decisions in our marriage and Mavis would make all the minor decisions. That has worked out perfectly. So far, I haven't had to make a single major decision."

**Judy Rose** e-mailed me to say, "Thanks for the e-copy of the *Halton Herald* It's always interesting to read about what the members are doing. I'm not sure if I have already let you know that my husband and I have moved from Guelph, Ontario to Edmonton, Alberta. We made the move at the end of September 2021. Our daughter, her husband

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and their two young sons live here so it is nice to be closer to them. Hope you are doing well and enjoying your retirement. Take care.”

**Nancy Sorensen** commented on the latest issue of the *Halton Herald* - “What great photographs! It goes to prove that educators are accomplished in more than just classroom skills.”

**Margaret Thomas**, who is **Warren McBurney**'s daughter, sent a message to say “The *Halton Herald* arrived today!! Thank you so so much for thinking of sending a copy. Very kind! RTO meant a lot to Dad. Mom and Dad had a good many friends in the organization whom they enjoyed meeting at the luncheons. Mom and Dad invited my husband and me to the RTO luncheon that Plum Johnson spoke at. Wonderful time! I have many good memories of Mom and Dad telling us about the RTO meetings they attended. I read some good books because they had heard the author at a meeting. It was always interesting, as well, to read through the latest *HH* at Mom and Dad's house. There were always good articles in it. So, a big thank you for getting in touch again. All the best and have a wonderful summer.”

**Jeannie Woodcroft** sent this message: “I was recently presented a ‘Cheers to Volunteers 2023’ award. I was nominated by Regina Goze, Community Connections Manager of HMC Connections, who wrote in their newsletter of April 21, 2023 (<https://mailchi.mp/haltonmc/the-future-belongs-to-the-competent-be-the-best-663506?e=360b7ff290>): ‘Halton-Volunteer Halton 2023 Cheers to Volunteers award. **Jeanie Woodcroft** is one of this year's recipients at Burlington. Jeannie is an HMC Connection volunteer who has several roles supporting Community Connections programs. She is one of the tax preparers in our HMC-CVITP tax clinic. She has filed over 70 taxpayers' taxes this year alone. She volunteered to provide tax education to students and newcomers. She conducted a workshop on creating and using CRA-My Account. She was also our English conversation facilitator and language mentor. We are so grateful for Jeannie's contribution to our organization, helping newcomers and to the community.’

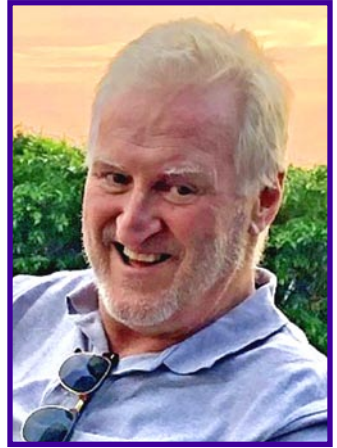
I was presented the award by Heather Johnson, Director of Volunteer Halton, at an awards ceremony on April 18.”

## Regan's Bio

Compiled by Micki Clemens

**Regan Heffernan** came to Halton in 1981 and was first hired by **Peter Gnish** when Peter was Principal at Milton DHS.

Regan taught as an English and Special Education Teacher for several years before he was promoted to Head of English at Burlington Central High School. I, myself, became acquainted with Regan when I worked as Coordinator of English and Language Arts for the Board and found he was very intelligent, highly personable, and well respected by his peers.



Regan moved on to fulfill the role of Principal for 18 years at Q. E. Park, Abbey Park, and Robert Bateman and then took on the role of System Principal for Program and Student Success. Regan retired five years ago after 37 years of service.

After reflecting on the appeal for volunteers with the story of the Clydesdales Horses that we made in *Rapport* and *Halton Herald* recently, Regan realized that he had some responsibility to our organization and stepped forward of his own accord, to volunteer his professional skills and his personal style to contribute to the organization and management of our District.

Then, Regan agreed to have his name stand for the role of First Vice President for 2023-2024 and was unanimously voted onto our Board at our AGM in May 2023.

Regan has been married to Lynn for those same 37 years. They have one daughter, Courtney, who is the Senior Marketing Manager at the Burnie Group in Toronto. Courtney completed her Master's Degree in English at UBC. Hearing that bit of info, you have to reflect that, "The apple doesn't fall far from the tree!"

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The Heffernans are travellers who love to see the world. Their most significant family trip was to Vietnam, Cambodia, and Thailand. They are also staunch sports fans. Courtney was a competitive athlete and Lynn and Regan coached at least one basketball team per year during their respective careers. They now “live and mostly die” with the major Toronto teams. Regan also plays golf weekly with a few retired Halton teachers and administrators but his golf score remains a deep dark secret.

In sharing this bio, Regan’s final comment was, “my mother would say that I may have gone on too long!”

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## Political Advocacy Committee Report

By Claudia Stewart



A seniors’ symposium hosted by Karina Gould, the Minister of Families, Children and Social Development, took place June 28th, 2023. The session was very well-attended. Minister Kamal Khera, Canada’s youngest member of cabinet, MP Brampton West and former nurse (you may have read that she returned to nursing to help during the pandemic), acknowledged that the greatest concern for seniors is Financial Security, Effects of Inflation, and Aging At Home.

- By 2051, 25% of Canadians will be 65 or older!
- CPP increased by 10% for seniors 75 and older - the first increase in 50 years (OAS and GIS are indexed, so do not decrease).
- Canada’s Social Security network is 65 years old. Has it changed, been up-graded and improved to keep pace with changing demographics?
- One time grocery rebate was available in July for seniors with income below a certain threshold.
- Dental care plan was introduced for 9 million uninsured seniors.
- Health Care budget is \$198.6 billion - including \$6 billion for Home Care.
- \$19 million Age Well At Home program introduced.

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- National Standards for Long Term Care facilities were announced, January 2023.
- Safe Long Term Care Act by 2024 - including paying PSWs \$25/hr. to recruit and maintain staff.

Dr. Parminder Raina, McMaster University, shared the following from the Canadian Longitudinal Study on Aging:

- Aging population of Canada – seniors living with good health much longer - even those with disabilities.
- Canada can study best practices from around the world to develop codes and standards to benefit all Canadians.
- Intergenerational Living might help some families.
- Loneliness and social isolation are factors in seniors' lives; RTOERO Foundation has been making grants to organizations to study and create programs to address this issue - please see the Foundation report in this issue of *Halton Herald*.
- Technological inequity can be an issue for seniors with their banking practices both with their level of skills and the availability of computers, and with the cost of internet service for low income seniors.
- Canada needs to improve its data collection for and about seniors participation in research projects.
- McMaster Optimal Aging Portal is available with many resources for seniors [www.mcmasteroptimalaging.org](http://www.mcmasteroptimalaging.org).

This information comes from the Advancement of Women Halton. It would be great if our RTOERO District 15 Halton had a volunteer to attend sessions like this one in the future. Please contact me, **Claudia Stewart**, if you are interested in attending these types of session.

## SHARE Your Advice For New Retirees!!!

This issue of the *Halton Herald* is all about staying active, engaged and involved as we move into retirement. Those of us who have spent years in retirement from teaching know what this means. This is your chance to share with new retirees your suggestions as to how to “enjoy retirement and stay young”! Send your thoughts and a brief outline of what you believe are the most important rules to follow in meeting this goal - to Peter Gnish by email at [pgnish@gmail.com](mailto:pgnish@gmail.com) by November 15, 2023.

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# Annual General Meeting

On May 17, 2023, we celebrated our **50th Anniversary as RTOERO Halton District 15**. The engaging speaker was Inuit singer/writer Susan Aglukark.

The photos capture many of the 100 or more members who were in attendance. Who do you recognize?

*(Photos by Marilyn MacLennan with submissions from Micki Clemens and Penny Hambly.)*



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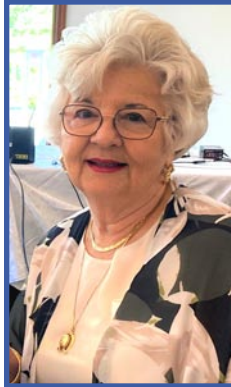
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# Health Benefits Committee Report

By Bonnie Cummings



I attended the Health D/UHR workshop in Toronto at the Marriott Hotel on June 4th and 5th. It was great to get together in person and network with so many dedicated Health Representatives from all over the province. It was a real privilege to be there.

Dr. Samir Sinha spoke to us again this year about ageing in the right place in Canada and around the world.

The majority of older Canadians want to stay in their homes as long as possible. Canada needs to look at new ways to make this happen by strengthening home and community care and support for unpaid caregivers, promoting preventive health and better chronic disease management, developing more accessible and safer living environments, and improving social connections to reduce loneliness and social isolation. He went over some systems being used in Germany, Australia and Denmark. Canada needs to look at these systems and come up with a model that better serves our elderly in Canada. What we are currently doing is not working to meet the needs of our ageing population.

We were referred to the Benefits Committee's Annual May meeting report for updates. A few highlights are:

- Cloud MD has replaced Best Doctors. (Best Doctors was going to increase their prices too much and Cloud MD has comparable services for our members at a reduced cost.)
- It is important to note that our insurance is now called ENTENTE to avoid confusion with other insurance plans.

Cloud MD provides service to members and their families (parent, parent-in-law, child of yours - no need to be plan members) by giving a second opinion and providing a holistic overall view. They can provide referrals to specialists, sourcing General Practitioners, medical health related coaching, but they do not give diagnoses or emergency medical care. They help people to understand their diagnosis.

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Our supplementary travel plan changes were reviewed with us. See page 86 of your new Entente Group Insurance Program booklet that was just sent out to all members. Global Excel should be contacted before you leave for a trip if you have questions about your health and coverage. Contact information is on the back of your ENTENTE booklet. They also have an app that can be downloaded for easy access (GlobalExcel) to claims, finding a doctor, travel advisories, travel tips, how to contact them and 911. If you are having issues with the “My Insurance Claims Point Portal”, you should contact Johnson for support. Contact information is on the back of the ENTENTE booklet.

Dr. Gary Bloch, M.D. spoke to us on poverty and Health. There is a direct relationship between poverty and health. Patricia Wendy from “Circle of Care” spoke to us about addressing caregiver burnout and burden, “Put on your oxygen mask first”. Some signs of burnout are: easily frustrated, easy to anger, fatigue, loss of interest in things, and lack of patience. Some coping strategies are: set reasonable expectations, plan, use the help of others, exercise, practise self-care and have a positive self-appraisal. Some other suggestions were to keep open communication with the person living with the illness. Spend special time apart from caregiving, express care and appreciation but also feelings of frustration so they don’t turn into resentments. Develop emotional and spiritual support networks, health care team, family, friends, neighbours, and support group forums. Know your medical, financial and care needs. “Who will make decisions for you if you can’t?” PLAN. What an amazing weekend to attend. So full of information and very interesting topics!

We have an in-person workshop coming up on October 2nd “Know Your Health Plan”. Please see the flyer on the next page.

I hope you enjoyed the beautiful weather that we had in July and August. I busied myself cleaning up the yard and enjoying daily walks with my two dogs. I certainly am a summer person, as long as my A/C is working! Remember if you are travelling this fall, bring your insurance health card or at least a photocopy of the front and back, as the back has all your emergency contact phone numbers.



HALTON - DISTRICT 15



## KNOW YOUR HEALTH PLAN WORKSHOP

**MONDAY, OCTOBER 2, 2023**

RTOERO District 15 plan members are invited to attend a Health Plan Workshop which will provide you with the information, resources and tools you need to navigate your health plan with ease.

**WHERE:** St. Naum Church  
1150 Stone Church Rd. E.  
HAMILTON, ON L8W 2C7

**TIME:** 9:30 a.m. – 2:00 p.m.

**REFRESHMENTS & LUNCH PROVIDED**

**COST:** \$ 10.00 per person

To register, please pay by credit card on our District 15 website OR send your cheque payable to: **RTOERO DISTRICT 15** AND please also send an email to [bonniecummings.rtoero@gmail.com](mailto:bonniecummings.rtoero@gmail.com) include the name(s) of who will be attending and if for medical reasons, specify dietary/allergy request(s). This may also be written on the back of the cheque.

**Send cheque to:** RTOERO Health Plan Workshop  
3340 Edgewood Place  
BURLINGTON, ON  
L7M 4N1

**Contact:** Bonnie Cummings,  
Health Representative, District 15

**Email:** [bonniecummings.rtoero@gmail.com](mailto:bonniecummings.rtoero@gmail.com)

**REGISTRATION DEADLINE BY: SEPTEMBER 22, 2023**

# RTOERO District 15 Halton

**Wednesday, NOVEMBER 1, 2023**  
**Burlington Convention Centre**  
**1120 Burloak Drive, Burlington ON, L7L 6P8**



Fiddlestix, the unstoppable high-energy fiddle band from Halton, Ontario, is led by Steve Bowen, Yamaha's endorsed electric fiddler. For almost 15 years, they've been igniting stages across Ontario with their explosive fusion of Country, Celtic, and Folk music.

Fiddlestix has headlined major festivals throughout Ontario and worldwide, heralding the arrival of the Olympic Torch in Toronto with Gord Downie, to rocking the Phuket King's Cup Regatta in Thailand. They had a remarkable 35-show run at the CNE in 2022.

Check out their website at: [www.fiddlestix.ca](http://www.fiddlestix.ca) to know more about this great band.

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

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

**Registration: 11:00 am -12:00 noon**

**Opening Remarks: 12:15 pm**

**Lunch: 12:30 pm. Fiddlestix TRIO: 1:30 pm**

**Cash Bar will be available from 11:00 am.**

# AUTUMN LEAVES LUNCHEON

Wednesday, November 1, 2023  
REGISTRATION (PLEASE PRINT)

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

Tel.#: \_\_\_\_\_ E-mail: \_\_\_\_\_

Vegetarian Meal \_\_\_\_\_ Food/Gluten Allergy \_\_\_\_\_

Spouse/Guest Name: \_\_\_\_\_

Tel #: \_\_\_\_\_ E-mail: \_\_\_\_\_

Vegetarian Meal \_\_\_\_\_ Food/Gluten Allergy \_\_\_\_\_

Request for Accessible Parking: \_\_\_\_\_

**NOTE:** Make cheque payable **ONLY** to  
**RTOERO District 15**  
in the amount of :.....

Please forward registration form & cheque by mail  
by **October 20, 2023** to:

Judy Wedeles

4141 Stonebridge Cres. Burlington ON, L7M 4N3  
OR

**PAY ONLINE** at <https://ditrict15.rtoero.ca>

Home Page – See under Site Map – Click

“Pay online for District 15 Event or Activity.”

**E-mail:** Food choices to [wedeles@sympatico.ca](mailto:wedeles@sympatico.ca)

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

To date about 350 members have made the environmentally friendly choice to receive the *Halton Herald* electronically only, resulting in savings of more than \$700 in printing and mailing costs. If you would like to change your subscription preference from print to on-line only, e-mail **Peter Gnish** ([pgnish@gmail.com](mailto:pgnish@gmail.com)). I will add your name to my list to receive the e-version and not the hard copy for the next issue.

To ensure that this preference continues in the future you must send an e-mail to RTOERO at [membership@rto-ero.org](mailto:membership@rto-ero.org) or telephone RTOERO 1-800-361-9888. You will need your RTOERO membership number when contacting the RTOERO office. For security reasons, they will not allow me to do this for you. Inform them that you wish to have your District Publication News in Print Form designation changed to **NO** in order to ensure that you will not receive a hard copy of district publications.

### ADVERTISING AND PROMOTION POLICY

It is the policy of RTOERO Halton District 15 that all advertising and promotion to or by its members must have prior approval by the District Executive. In this context advertising and promotion includes signage, verbal presentations, handouts, distributed material and display table material. Advertising may be accepted for the following purpose: To offer information to members about programs, services and products of potential interest and benefit. RTOERO reserves the right to edit or reject any advertisement.

RTOERO districts do not accept paid advertising and it is not permitted in district newsletters or on district websites. Districts may recognize sponsorships by trusted partners for events or special activities.

Publication of any advertisement by an outside group in the *Halton Herald*, in other District 15 printed material, on the District website, in our e-letter (*Rapport*) or at any District function or event does not constitute endorsement of the product or service by RTOERO Halton District 15.



**RTOERO District 15 Halton Contact List**

*NOTE: Recently, the RTOERO has advised all their Districts of the need to protect the personal security of our Executive and Board members and our District members in our publications. You may contact us in TWO ways.*

*1. To contact any of the Board members listed below, please use the following email address: [district15halton@gmail.com](mailto:district15halton@gmail.com). Indicate in your message, the individual Board member or members to whom you would like the message to be directed.*

*2. Go directly to our Contact Page on our RTOERO website, <https://district15.rtoero.ca>, and submit your inquiry. Any contact information included in the committee reports found within this publication appears with the approval of the individual author.*

**Executive 2023 – 2024**

Past President: Micki Clemens

President: Jerry Powidajko

1st Vice President: Regan Heffernan

2nd Vice President: Brad Fisher

Secretary: Dianne Visschedyk

Treasurer: Carol Pashkievich

**Committees****Archives**

Blaine Adams

**Community Grants & Scholarships**

Penny Hambly

**Book of Remembrance**

Toni Pizzingrilli

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Carey Mollenhauer

Social Media Manager

Carey Mollenhauer

*Rapport* Coordinator

Brad Fisher

*Halton Herald* Coordinator

Micki Clemens (Temp.)

*Halton Herald* Editor: Peter Gnish Design: Cate Roberts

Proofreaders: Susan Carnegie, Micki Clemens, George MacRae,

Marilyn MacRae, Eleanor McCulloch, Jordan Palmer, Ray Smith

**Foundation Champion**

Maira Plexman

**Goodwill**

Toni Pizzingrilli

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Marina Lloyd, Liz Takalec

East Convenors

Dianne Visschedyk, Toni Pizzingrilli

North Convenor

Susan Spencer

Out-of-Region Convenor

Catherine Fadyshen

New Convenors: Mary Dell'Anno, Attilio Dell'Anno, Judy Wedeles

**Health Benefits**

Bonnie Cummings

Committee Member:

Colton Roberts

**Membership/Recruitment**

Marilyn MacLennan

**Member at Large**

Judy Wedeles

**Political Advocacy**

Claudia Stewart

**Program**

Jerry Powidajko (Temp.)

Committee Members: Micki Clemens, Penny Hambly,

Toni Pizzingrilli, Colton Roberts, Susan Stavin

**Social**

Vacant

Visit us on the Internet at [district15.rtoero.ca](http://district15.rtoero.ca)

## ZOOM EVENT with BOB MCDONALD TUESDAY, SEPTEMBER 25 1:30 -2:30 P.M.

We are SO excited to be offering to all our District 15 members, the pleasure of a ZOOM presentation with Bob McDonald, the CBC host of *Quirks and Quarks*. He will be talking about his new book, *The Future is Now – Solving the Climate Crisis with Today's Technologies*.



To **REGISTER** for this webinar event, watch for an e-mail message in early September.

To **JOIN** the ZOOM, you, **AS A REGISTRANT**, will be sent a second e-mail message, providing you with the **LIVE LINK** to the webinar, closer to the September 25 date.

### BACKGROUND FOR BOB MCDONALD



Bob McDonald has been bringing science to the public for more than 40 years. In addition to hosting *Quirks & Quarks*, the award-winning science program that is heard by 800,000 people each week, McDonald is also science correspondent for CBC TV's *The National* and host of the children's series "Head's Up". He was also host of the CBC Children's series *Wonderstruck*. He has written and hosted numerous television documentaries and more than 100 educational videos in Canada and the United States. As a writer, he has authored six bestselling science books, and contributed to numerous textbooks, magazines, and newspapers (including *The Globe and Mail*). His latest book, a Canadian bestseller, is *The Future is Now: Solving the climate crisis with today's technology*.

(Zoom Event...continues on Page 27)

Visit us on the Internet at [district15.rtoero.ca](http://district15.rtoero.ca)

(Zoom Event...continued from Page 26)

McDonald has been honoured for his outstanding contribution to the promotion of science within Canada. He has been awarded the Michael Smith Award from the Natural Sciences and Engineering Research Council, the "Sir Sanford Fleming Medal" from the Royal Canadian Institute, and the "McNeil Medal" from The Royal Society of Canada. He also won a 2008 Gemini Award for "Best Host in a Pre-School, Children's or Youth Program or Series." He is an Officer of the Order of Canada and a recipient of the Queen's Jubilee Medal. He holds twelve honorary doctorates from Canadian universities. In 2015, asteroid 332324 was officially named "Bobmcdonald" in his honour. Bob lives and sails in Victoria, British Columbia.

## Welcome, New RTOERO District 15 Members!!!

Our membership is now pushing the 3000 mark. Below are the names of teachers, other education staff and surviving spouses who became

<b>Cleo Adams-Cerant</b>	<b>Sandy Bayliss</b>	<b>Dawn Bennett</b>
<b>Ioulia Bouktsis</b>	<b>Katherine Breadner</b>	<b>Alison Brodie</b>
<b>Maureen Brown</b>	<b>Suzanne Burwell</b>	<b>Rosetta Cino</b>
<b>Gail Collins</b>	<b>Sandra Crane</b>	<b>Mary Cronin-Nowitsky</b>
<b>David deBelle</b>	<b>Taylor Farquharson</b>	<b>Robert Fletcher</b>
<b>Chantal Fortin</b>	<b>Catherine Fraser</b>	<b>Valeria Freeze</b>
<b>Carol Galioto</b>	<b>Bozena Glinska</b>	<b>Kelly Gorjup</b>
<b>Melanie Graham Flynn</b>	<b>Cat Hadala</b>	<b>Joan Harper</b>
<b>Michael Harrison</b>	<b>Laurel Harry</b>	<b>Karen Hartman</b>
<b>Laura Holms</b>	<b>Verna Houldcroft</b>	<b>Danielle Ineson</b>
<b>Ramji Khandelwal</b>	<b>Sharon Leal</b>	<b>Lorraine Lemieux</b>
<b>Kimberly Ludlow</b>	<b>Gail MacAulay</b>	<b>Susan Mack-Osborn</b>
<b>Michael McCarthy</b>	<b>Carolyn McGuigan</b>	<b>Maureen McKeon</b>
<b>Michelle McWhirter</b>	<b>Raymond Micheli</b>	<b>Carol Mullally</b>
<b>Diane Murray-Charrett</b>	<b>Catherine O'Brien</b>	<b>Karen O'Brien</b>
<b>Marguerite Owen</b>	<b>Mary Jane Page</b>	<b>Wayne Pike</b>
<b>John Pullen</b>	<b>Rajani RaoPeters</b>	<b>Anne Roberts</b>
<b>Keith Rodgers</b>	<b>Dennis Romanet</b>	<b>Peter Roser</b>
<b>Patricia Roszczka</b>	<b>Philip Small</b>	<b>Luisa St John</b>
<b>Jill Staples</b>	<b>Jayne Stickle</b>	<b>Shannon Stubbibgton</b>
<b>Laura Toperczer</b>	<b>GinnyTruyens</b>	<b>JulieTurner</b>
	<b>Sandra Sahagian Whalen</b>	

# Goodwill Committee Report

By Toni Pizzingrilli



Happy September on behalf of the Goodwill Committee! As I write this report we are still in the initial weeks of summer and we have been enjoying beautiful, sunny and warm weather. It is our hope that the more laid-back days of summer provided you with many opportunities to enjoy time with family and friends. Whether you travelled or stayed close to home, we hope that your summer, to date, has been joyful, active and memorable!

It is my absolute pleasure to welcome three new Convenors to our Goodwill Team. We are thrilled to have **Judy Wedeles**, **Mary Dell'Anno** and **Attilio Dell'Anno** join the current, dedicated and hard working team of **Susan Spencer**, **Marina Lloyd**, **Liz Tkalec**, **Dianne Visschedyk** and **Cathy Fadyshen**. We welcome our new Team members with open arms and look forward to working with them as we continue our efforts to connect with our Senior Members. With the addition of the extra hands, we plan to explore greater ways that we can carry out our mission of **Caring, Compassion and Celebration** beyond the monthly birthday wishes, seasonal greetings and cards of compassion that are currently being sent. We greatly appreciate the addition of the new Team members to assist us with current and future outreach efforts.

As always, you can contact us at [district15halton@gmail.com](mailto:district15halton@gmail.com) with any questions or with suggestions that we can pursue to further expand our outreach efforts. May the coming fall months be filled with happiness and many fun experiences.



Visit us on the Internet at [district15.rtoero.ca](http://district15.rtoero.ca)

# Rapport Report

By Brad Fisher



The *Rapport* newsletter is District 15's connection to the membership throughout the year sent electronically to our 3,000 members. *Rapport* is published nine times throughout the year in September, October, November, December, February, March, April, May and June.

We are pleased to report that a recent RTOERO audit revealed that the *Rapport* had an open rate of 68%. Fantastic! What's a good average e-mail open rate? Probably a lot lower than you think. In school, 50 percent means you pretty much flunked. But in the world of open rates, 50 percent is passing with soaring colours - it lands you in the A++ range.

Industry marketing reports show that the average e-mail open rate was 21.5%, across all industries in 2021. The industries with the highest open rates, like Education, Agriculture, and Financial Services, average between 25-28%.

Inside the *Rapport* you will find articles promoting our luncheons, social activities, political advocacy and health information.

Submissions of articles, pictures, book reviews, recipes etc. are due on the 23rd of the preceding month. So contributions for the October edition, for example, are due September 23, 2023 and can be sent to [rappord15@gmail.com](mailto:rappord15@gmail.com). Members are encouraged to send in their pictures of the changing seasons, interesting landscapes, and favourite places to hike.

If you have a recipe that you would like to share, it can find its way to the Chef's Choice column. Favourite reads? Let us know! Favourite hiking trails? Please share with us. We'd love to have pictures of those celebrating special occasions, such as their anniversaries.

*Rapport's* goal is to help build a relationship, understanding and communication with you! Let us know what interest you are pursuing and contribute to the community of Halton District 15.

## Foundation Report

By Moira Plexman



The Foundation has had another busy and productive year, in keeping with its mission to *“invest in programs, research, and training to support healthy, active aging for activities that aim to improve seniors’ health care, and social isolation and combat ageism.”*

Each October, the Foundation focus is on Social Isolation. All Members and Districts are encouraged to make donations to support the development and creation of programs to reduce isolation among seniors. Again, this year, District 15 donated to this important cause.

The “Chime In” Program, begun as a pilot project last year, was expanded to enable members to meet in chat rooms and share common interests. This successful program continues to grow and support members who might otherwise feel isolated.

A new feature this year was the highly successful National 50-50 Draw held once in the fall and once in the spring to raise money for the Foundation. Stay tuned for future developments. Funds raised are channeled into research, webinars, and special grant projects. Research projects are managed by Foundation Chair, Dr. Paula Rochon. The Foundation hosted six informative presentations led by experts in their field. The intent of the webinars is to equip members with the latest information relevant to healthy, active ageing. These may be viewed on the National RTOERO website. Finally, grants for special projects are carefully screened and selected by a panel of RTOERO members on the Foundation Board. As a result of the Fall grant process, six grants were awarded to projects offered in specific locations across the country. Sheridan College’s application was approved to offer a project to use visual arts to reduce social isolation in older adults. A spring grant cycle will result in further projects being approved. These will be announced at Forum in May, 2024.

(Foundation...continues on Page 31)

(Foundation...continued from Page 30)

This past spring the Foundation held a Silent Auction at Forum. All proceeds support the work of the Foundation. Each year a donation to the Foundation is made following our District 15 Halton AGM in memory of members who passed away in the past year.

### **Breaking News!**

The foundation has recently announced funding to the Sheridan Centre for Elder Research. Here is the summary...

*The Sheridan Centre for Elder Research (CER) in collaboration with Artfull Enrichment Inc. is seeking support for an innovative project to facilitate visual arts participation for older Canadians. Working with students from multiple Faculties at Sheridan, the team will create and evaluate a new app (Artfull app) that offers five arts engagement opportunities to participants every month with outcomes gathered monthly. This initiative will help provide older adults with opportunities for connection and self-expression, address social isolation and loneliness, contribute to overall quality of life, and create a sustainable love for the arts. With RTOERO's support, our team will be able to identify and overcome specific barriers to participation in the arts for this age group, including financial constraints, technological challenges, and physical/cognitive limitations to help older adults live with dignity and participate in creative activities.*

### **Contribute to the Herald!**

The next *Halton Herald* will be distributed in January 2024.

- Send a letter to the Editor ([pgnish@gmail.com](mailto:pgnish@gmail.com)) on any topic that concerns you or tell us how you are doing and what you are up to.
- Write an article on any topic that may interest your retired colleagues. Please limit your article to a maximum of 750 words.
- 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, Micki Clemens by e-mail: [micki.clemens@sympatico.ca](mailto:micki.clemens@sympatico.ca).  
Deadline - November 15, 2023.

# Awards/Community Grants & Scholarship Report

By Penny Hambly



## SCHOLARSHIPS

### RTOERO National Scholarships

RTOERO National offers 20 scholarships of \$3000.00 each to students who are relatives (child, grandchild, niece etc.) of an RTOERO member. Students who are enrolled in their FINAL year/semester of a university, college or other institutions are eligible. This year there were 177 applications. We are waiting to see if any of these successful applicants were from District 15. **Applications for 2024 should soon be on the RTOERO website.** The deadline is usually January 2024.

### District 15 Halton Academic Spirit Award

Our District 15 offers a \$1500.00 scholarship to a graduating student who has overcome a challenging situation in order to succeed. We provide one to the Halton Catholic District School Board and two to the Halton District School Board. Congratulations to **Mariam Wahidi** from Central SS, **Stuart Furzer** from Acton SS and **Brianna Ghoura** from Notre Dame S.S.

## COMMUNITY GRANTS (Formerly called Service to Others)

If you have a project for 2024 that might qualify for the RTOERO Community Grant of up to \$4000.00 please go to the RTOERO National website to see the criteria for submitting an application. **You also need to contact me to discuss your project to see if it qualifies.**

This year we are submitting an application by RTOERO District 15 member, **Ida Coninzenza**. Her project is titled: **One Little Free Library for Book and Social Clubs** (neighbourhood/workplace). We are waiting to see if this application is successful in receiving the grant.



# Membership/Recruitment Report

By Marilyn MacLennan



We are excited to welcome new retired and active members in the past year. As of July 1, 2023 we have 2973 retired members and 110 active (working) members.

Once again, we are hosting our annual **“Beyond the Bell”** complimentary welcome breakfast for these members who were newly retired between September 2022 and August 2023.

This event will take place on **Wednesday, September 20, 2023** from 10 a.m. to 12 p.m. at the Holiday Inn on Wyecroft Road in Bronte. Invitations have been sent. You must let us know that you are attending by e-mailing [district15halton@gmail.com](mailto:district15halton@gmail.com) with the subject line, *Beyond the Bell* by noon, Friday, September 15.

In addition to updating member information, I have been working to obtain accurate e-mails and addresses from some members. Those with Cogeco e-mail addresses are advised to add the District 15 and the RTOERO events e-mail addresses to their contacts because bulk e-mails may not be delivered. This addition to your contact list should ensure that you receive District 15 messages, our monthly eNewsletter *RAPPORT*, the electronic version of the *Halton Herald* if you so wish and other communication from the national RTOERO office.

The e-mail addresses are:

[district15halton@gmail.com](mailto:district15halton@gmail.com) and [rto\\_events@rtoero.ca](mailto:rto_events@rtoero.ca)

Retirement planning workshops will continue to be offered virtually but more are becoming available in person. There will be one in Halton on September 30. If you know anyone thinking about retiring in the next year or so, have them check the RTOERO website for more information: [district15.rtoero.ca](http://district15.rtoero.ca).



Visit us on the Internet at [district15.rtoero.ca](http://district15.rtoero.ca)

# Archives Committee Report

By Blaine Adams



We are often curious about the beginnings of things!

From our publication's title, *Celebrating 40 Years! 1973-2013*, some of us will recall that District 15 began in 1973. However, a few other members might remember that we were not even our own district – we were twinned with Peel and known as District 15 Halton-Peel.

In the STO/ERO publication, *The Districts of STO/ERO: A History 1968-1993*, districts get one or more pages to tell their story. (District 22 fills 21 pages!). Halton only has two mentions on a single page entitled, *District 39 Peel 1987-1993*:

“1973 Halton and Peel ... became District 15”  
and

“[in 1987] Peel became District 39 and Halton remained District 15”

It had been determined that, as those two districts grew in size, their combined organization became unwieldy and so Halton retained the original District 15 designation while Peel became the new District 39.

However, we have it recorded and many will remember that:

“The first president of District 15 Halton-Peel was from Halton, Robert Hopkins, who taught at Centriller School in Bronte. He became involved in The Ontario Public School Men's Teachers Federation and the Halton Principals' Association before being elected to The Board of Governors of the OTF in 1969. He retired in 1970 and joined the Executive of the STO/ERO to fight for improvements to pensions and lifestyle for teachers.

He was known as ‘a strict disciplinarian with a heart of gold.’ Robert's wife, Dorothy, frequently worked as a supply teacher but only when called for service in his absence. And, like many of his generation, “No

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other teachers were allowed to utilize her services as he preferred for her to be home with their children.”

Robert’s commitments went beyond his career to the community. In 1967, he received the Centennial medal. He was helping to plan the 150th anniversary celebration of the founding of Bronte, Ontario, at the time of his death.

A former student said, ‘He was one of a kind, who made school seem like fun. What a great legacy he left us - the love of books, to participate and enjoy, and his eloquent sense of humour.’ ”

Our Archives are a fascinating window into the past!

# Archives Unleashed




## Book of Remembrance

*We remember with fondness...*

Sheila Anderson	Erica Andrew	Frances Apps
Mary Barnes	Emma Bradley	John Davis
Linda Devey	Octavia Dutzak	David Ernst
Elizabeth Fletcher	Daryll Fitzner	Pamela Fonck
Karen Fraser	James Galea	Dolores Guthrie
Gloria Ingram	Jean Jones	Doris Lunn
Malcolm MacAulay	Judith Pike	Jacquelyn Poppe
Livia Pusztai	Keith Rodgers	Patricia Rodgers
Dorothy Rognvaldson	Margaret Stanley	Gloria Szymczyk
Fern Tinney	RoseTurnbull	Nancy Waller-Bailey
	Nancy Whitnell	

## Sailing With Lydia

By Nancy Sorensen



My friend, Lydia, is a true Maritimer, born on Grand Manan in the Bay of Fundy, exposed to tides, salt air, and fog horns. Lydia does not indulge in pursuits in half measures. When she and her husband Pat were Netherlands bound, Lydia arranged Dutch language lessons. Time for a seafaring activity? Purchasing a 26 foot sailboat, called *Gemini*, meant sailing instructions.

If you live in Fredericton, Grand Lake will likely be your destination. Lydia, with a few lessons, wanted to introduce me to the world of sailing on this lovely body of water. She would work the sails, and land-lubber, Nancy, would handle the rudder. What's a rudder?

We learned a lot very quickly. Unfurling the sails was easy - but returning them to their former state, was not. After we sailed around in circles a number of times, I finally got the hang of "rudderdom." Go right? The rudder, also called "tiller", is pushed to the left and vice versa. This is not like driving a car!

When ordered to turn the boat into the wind, I did what every old salt does in the movies. Put finger into mouth, hold wet finger up in the air, the side of the finger that dries first is the direction the wind is blowing. Lydia informed me that the arrow at the top of the mast points out the wind's direction.

While floundering about, a small motor boat with two men and a dog approached. Were we damsels in distress? Their slurred speech and a cooler on board, containing other than food we suspected, convinced Lydia and me that we could manage by ourselves.

Later, Pat waited for us at the dock. *Gemini* was a sight, with Lydia's unfurled sails, and me, valiantly steering us home. Bumpers were over the side, ready to soften the connection of boat to dock, but at the crucial moment, I tillered the wrong way! Was it left to go right,

(Sailing...continues on Page 37)

(Sailing...continued from Page 36)

right to go left? Gemini swung around and collided with the dock - bumperless. What a nautical scene! Bumpers on the sea side and a deck covered with sails like rumped bed linens!

Undaunted, Lydia and I embarked on another aquatic adventure. Lydia's daughter and a bosom buddy would accompany us. The Saint John River beckoned.



This river has the largest watershed on the Eastern Seaboard, from the St. Lawrence to the Mississippi. It begins in northern Maine and empties into the Bay of Fundy at its city's namesake. It's a placid river, entering Canada close to Edmundston. It meanders south and only shows signs of violence at Grand Falls, whose Niagara qualities are determined by spring run-off. Grand Falls is not consistently "grand".

The Saint John winds through lush alleys, past farms, towns, and creates a lovely, pastoral landscape. The river bisects the capital city of Fredericton and gains width and volume as it flows south. Near Saint John city, the famous Reversing Falls is not truly a falls, but the river

merging with the incoming tide, forcing the river to flow backwards until the tide recedes.



Our itinerary was a day trip downriver to the Saint John Yacht Club. On board we settled in for the night. Unluckily, a thunderstorm rolled in and we rocked with great ferocity! Would we capsize?

(Sailing...continues on Page 38)

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(Sailing...continued from Page 37)

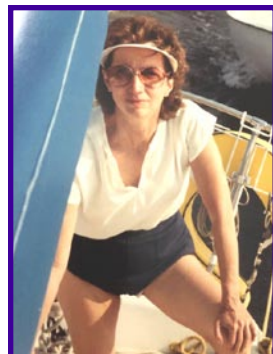


The dinghy, attached to the stern, banged into *Gemini's* sides with heavy thuds. Lydia threw the anchor overboard in an attempt to stabilize the boat. We emerged from "ordeal by storm" unscathed, but the anchor didn't. With added muscle from our passengers, we heaved, unsuccessfully, to free the

anchor embedded in the river bottom. We set sail, anchorless.

We navigated like professionals. The teenagers sunned themselves on the bow. We waved at cottagers on the shore, saw cattle grazing on the river islands, and spied swimmers enjoying the warm waters of the shallows. It was a leisurely ride, giving us time to appreciate the summer scenery.

Saint John! The slip for *Gemini* required us to back into our allotted spot. Even with our improved nautical skills, Lydia and I faced enough challenges just going forward! Fortunately, a seasoned yachter, on the dock, talked us into the slip, a perfect result. Pat arrived, totally impressed at seeing the boat properly moored. What a great job by the *Gemini* crew! The teenagers were sworn to secrecy.



This was my last sailing adventure with Lydia. Eventually, it was time for her to explore other activities.

*Gemini* moved on to new owners. It is said there are two times when a man loves his boat: when he buys it and when he sells it.

(More Sailing Photos...on the Back Cover)

Visit us on the Internet at [district15.rtoero.ca](http://district15.rtoero.ca)

# TIGHT LINES

By Paul Davidson



I clearly remember the evening that my father introduced me to fishing. We were at the family cottage near Sundridge, Ontario when he took me, a very young boy at the time, to nearby spring-fed Ramsay's Creek. There we baited up our lines together in the quiet evening and patiently waited for the brook trout to bite. It was an experience that I have recalled numerous

times in my life as I have gone on to other fishing adventures in other places for other species and with different tackle. But that is still my favourite memory.

A close second is the great amount of fun I've had flying in by float plane to Canada's northern lakes. Two of the best have been Lake Athabaska in northern Saskatchewan for lake trout and northern pike, and Lake Kesagami in northern Ontario for pike and walleye (pick-erel).

Lake Athabaska is truly a unique experience. It is the eighth largest lake in Canada yet is only accessible by float plane or by ice road



in the winter from Fort McMurray. Before 2000, the lake was commercially fished for its lake trout. More than three million pounds of fish were taken annually and converted to cat food. Since then it has been closed commercially and the two or three fishing

(Tight Lines...continues on Page 40)

(Tight Lines...continued from Page 39)

camp there (Lakers Unlimited was my choice) now practise “catch and release” fishing to conserve the fish population. I was first introduced to the lake by a good friend, Bob, who I knew locally in Oakville.



We flew from Toronto to Fort McMurray and then, bright and early the following morning, flew an hour north by Cessna Caravan float plane to the camp on the north shore of the lake.

The fishing was everything that Bob had described. The “camp”

was home to 10 guests and a small staff. Each morning a guide would take the two of us out in the lake among the many small islands to fish. The water is very clear and very cold – you can actually see the fish down about 30 feet on the rocky underwater reefs. We were in 16 foot boats with two motors just in case one failed (the last place you want to be is out on a big lake without motive power, night coming on and wind picking up).

At the time there was no communication between the camp and the half dozen boats miles away, so safety is always something to be



kept in mind. The lake trout are big – anywhere from 10 pounds or so, up to 40 or more, and are excellent fighters on rod and reel.

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(Tight Lines...continued from Page 40)



As it turned out, the guide was most interested in catching a small enough lake trout in the morning to have for our shore lunch whereas Bob and I were looking for the big ones! That year we were boating a fish every 15 minutes or so and by the end of the day my arm was just about worn out. Bob gently explained that we had another 6 days to go!

Meals provided by the camp were wonderful. Big breakfasts in the morning fortified us for the day's activities and the shore lunches of deep fried trout, onions and potato fries, produced by guides turned chefs, were wonderful. The evening meal back at camp with vivid sunsets as a backdrop, were always eagerly anticipated. Accommodations, although spartan, were clean and comfortable.

The following year we returned to fish for pike out of a second smaller camp several miles away on a sandy bay. As before, the fish were numerous and large – up to 25 pounds. On that trip there was a large forest fire burning through the nearby forest with a flame front nearly 50 km long. Although moving



slowly at about 8 km per hour, our hosts required us to pack up all our camp gear every morning and leave it by our door so that, if the fire suddenly turned, they could evacuate the camp quickly. Fortunately

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(Tight Lines...continued from page 41)

that never happened while we were there, but needless to say, we kept our eye on the wind direction every day! Night time is really less than dark that far north in the summer and landscape features are



readily seen. One night we had a big black bear amble right through the campsite and on another night a couple of wolves.

Lake Kesagami is in Ontario, a one hour float plane ride by De Havilland Beaver directly north of Cochrane in the James Bay lowlands. It also is a large

lake with over 350 km of shoreline, including islands. The lake is quite shallow, averaging about eight feet in depth, and is home to countless walleye (up to 10 pounds) and northern pike (up to 30 pounds). There is only one camp on the lake, owned and excellently operated by the Cree nation out of Moose Factory (as is Cochrane Air, our transportation into and out of the lake). Much of the daily experience there is very similar to Lake Athabaska, including the



shore lunches of walleye rather than lake trout. It is not uncommon for a couple of fishermen to catch and release well over 300 walleye in a day's fishing. There is also a difference in the wildlife there – bald eagles are present along with woodland caribou.

These are just two locations where I have experienced fly-in fishing in Canada. There are many other camps and outfitters available. From my point of view, if you ever have had a desire to experience Canadian fishing at its finest, pick one and go. You won't regret it!

( More Tight Lines photos on the next Page )

Visit us on the Internet at [district15.rtoero.ca](http://district15.rtoero.ca)

# Tight Lines

Photos by Paul Davidson



"Fishing, somehow stimulates reflection, encourages contemplation, calms one's nerves."

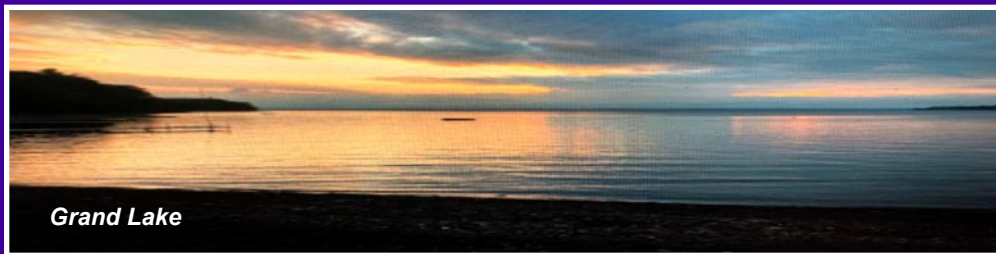
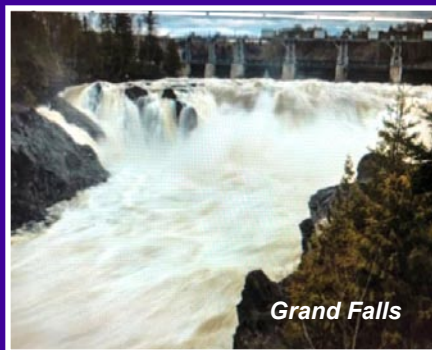
B.C. Forbes

KESAGAMI



# Sailing With Lydia!

Photos by Nancy Sorensen



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