



# Rapport

February 2024

RTOERO District 15 Halton

## In this Issue

- President's Message
- Luncheon Registration
- Buy and Sell Scams
- Travel Insurance Errors
- Scam Protection
- Webinar Series in Review
- Chef's Choice
- Black History Month

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## VACCINES THAT CHANGED YOUR LIFE:

1796 smallpox	1932 yellow fever
1885 rabies	1937 influenza
1890 tetanus	1952 polio
1896 typhoid fever	1963 measles
1906 tuberculosis	1967 mumps
1923 diphtheria	1969 rubella
1926 whooping cough	1974 chickenpox

Why don't you hear much about these devastating and deadly diseases anymore?  
**BECAUSE VACCINES WORK!**



Family Day is on the horizon! - Penny Hambly

## Jim Kenzie on Today's Cars, Electric Cars and Future Cars

Our WINTER SNOWFLAKE LUNCHEON will be held at the Oakville Conference Centre on February 20, 2024. The presenter for this event will be no other than Jim Kenzie, who is a former Toronto Star reporter and editor, now a freelance contributor to the Star's Wheels section. He has been writing about the automotive world for three decades and has driven pretty much everything in the country. He was the first person to be awarded AJAC's Journalist of the Year title, in 1984, and is a judge for the North American Car of the Year Awards. If you are interested in learning more about modern day cars, electric vehicles, and maybe even what to look for in a future car purchase, you will not want to miss this presentation. Registration information is on our website and in this issue of *Rapport*.

## With spring, come the birds, and a ZOOM presentation

With the spring weather, out come the birds, and a special ZOOM presentation by Chris Wedeles on April 10, 2024, at 11 AM that will be trilling! This event will include a slideshow and a talk about birds and birdwatching. This activity has become a very popular pastime with many people for its engagement with nature and the outdoors. Plan to attend and stay connected to our website. An Eblast on January 23 provided the link.

## President's Message

Welcome to February...and yes, it is a leap year, so February has 29 days! Some special celebrations in February: Groundhog Day, Valentine's Day, and National Drink Wine Day, just to mention a few! Every day is a celebration, so don't look for a reason...just do it!



**Jerry Powidajko**

Although there are always many people to thank, I would like to formally thank Toni Pizzingrilli and her group of Convenors (with thanks to Micki Clemens and Carey Mollenhauer for coming on board to assist) for sending out over 400+ holiday cards including 76 birthday cards! That personal touch always makes a world of difference.... Thank you!

Also, thanks go out to Carol Pashkievich, for all the work she does with keeping the financial records accurate, complete, and up to date! A very demanding position and one that Carol takes pride in.... She is so much applauded and appreciated!

RTOERO National is hosting their first Future of Aging Summit from May 15 - 17, 2024 in Toronto. This international conference will bring together experts and thinkers from various sectors, all with a common focus: improving later life.

Some of the keynote speakers will include Ritu Sadana, head of ageing and health with the World Health Organization; Tomson Highway, award-winning Cree playwright, author and musician; DY Suharaya, the regional director of Alzheimer's Disease International for the Asia Pacific region, and many more! If you are interested in viewing the virtual keynotes, a code will be provided to access these sites for FREE...with more to follow!

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Our AGM and SPRING LUNCHEON will be held on May 29th, 2024, at the Burlington Convention Centre. Our meeting will run from 10:00 - 11:30 AM where we will review the year, hold elections and collect information from members present. Registration for the luncheon will run from 11:15 AM - noon followed by opening remarks, lunch and the presentation at 1:30 PM. Our special presenter at the luncheon will be the Director and Senior Curator, Elizabeth Semmelhack, of the Bata Shoe Museum in Toronto.

"The World at your Feet: A Walk through the Bata Shoe Museum Collection." The Bata Shoe Museum is North America's only museum dedicated to exploring the history and cultural significance of footwear. Drawing from a world-renowned collection of nearly 15,000 shoes and shoe-related objects, join Elizabeth Semmelhack for a fascinating journey through some of the most significant artifacts from the collection. The BSM strives to enlighten and entertain visitors of all ages. For every shoe there is a story!!! This presentation will be uniquely interesting and worth your presence.

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

Wednesday, April 17, 2024

Wednesday, May 29, 2024 - AGM

Tuesday, June 18, 2024

Information will continue to be made available on our District 15 website.

Also, District 15 Halton has its own Facebook page 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.

**President's Message continued page3**

**President's Message continued from page2**

Please visit the District 15 Facebook site 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 support 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 [Rapportd15@gmail.com](mailto:Rapportd15@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 and Micki Clemens, Copy Editor. Although we do send the *Halton Herald* by mail, members are invited to consider receiving their edition of the *Halton Herald* electronically. If you would like to save a few trees, please send our Editor, Peter Gnish, an email stating that you no longer wish to receive a paper copy in snail mail but would like to enjoy the Herald digitally. Send your email to: [District15Halton@gmail.com](mailto:District15Halton@gmail.com).

Have a great February...and remember, life is a participation sport! Get out there and enjoy!

*Jerry*

## 5 + 2: A Simple Equation for Protecting Yourself from Scams

None of us are immune to falling victim to scams. Being aware of the risk of being scammed is essential, but still, we may be drawn in by a too-good-to-be-true type offer that seems perfectly matched to our wants and needs.

Detective Constable John Armit from the Ontario Provincial Police (OPP) was interviewed by the CBC this year and offered a simple equation to protect yourself. He says, "Take five and tell two."

If you receive a pitch – by email, text, phone, or any other source, take five minutes to think about it. Don't respond right away. And talk to at least two other people about it before doing anything.

Source: [cbc.ca/news/canada/toronto/fraud-scams-tips-avoid-ontario-1.6764432](https://www.cbc.ca/news/canada/toronto/fraud-scams-tips-avoid-ontario-1.6764432)



Hewitt's Creek - Brad Fisher



Ardagh Bluffs Trail - Brad Fisher

## RTOERO District 15 Halton

Tuesday, February 20, 2024  
Oakville Conference Centre  
2515 Wyecroft Rd., Oakville, ON L6L 6P8



**Jim Kenzie, former journalist  
for the *Toronto Star* Wheels Column**

### **STORIES ABOUT CARS! Exotic, Prosaic, Old, New, and Racing - and the People who Drive Them!**

My talk is about the incredible series of lucky breaks that have allowed me to have a career as a journalist that was beyond my wildest dreams. People who are car enthusiasts find that these stories have been their dreams, too! I got to travel all over the world, driving cool cars, from Alfa Romeo to Volkswagen, on great roads like the Autobahns, and racetracks, like the Nurburgring. Now the car landscape is changing; are you ready?

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

Registration: 11:00 am -12:00 noon  
Opening Remarks: 12:15 pm  
Lunch: 12:30 pm    **PRESENTATION:** 1:30 pm  
Cash Bar will be available from 11:00 am.

## WINTER SNOWFLAKE LUNCHEON

### TUESDAY, FEBRUARY 20, 2024 REGISTRATION (PLEASE PRINT)

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

Tel.#: \_\_\_\_\_ Email: \_\_\_\_\_

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

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

Tel #: \_\_\_\_\_ Email: \_\_\_\_\_

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

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

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

**MAIL:** Please forward registration form &  
cheque by mail by **February 9, 2024**

to  
**Judy Wedeles**  
4141 Stonebridge Cres.  
Burlington ON,  
L7M 4N3

**OR**

**PAY ONLINE** at <https://district15.rtoero.ca>  
Home Page – See under Site Map – Click “Pay  
online for District 15 Event or Activity.”

**THEN**

**EMAIL:** Registration Form with special meal  
indications to [EventsD15RTO@gmail.com](mailto:EventsD15RTO@gmail.com)

# From The Bookshelf



by Micki Clemens

## THE SPOON STEALER - By Lesley Crewe

This book was just the absolute best book to read during the early days of 2024. The weather outside was still so dark, dreary and grey, with no white snow to help brighten our mood as yet – and this book, related with humour and heart, was a wonderful joyous respite from that gloomy weather.



This is a book to settle down with in a comfy chair or sofa, with a couple of blanket throws to keep you warm and cozy, with a lovely cup of tea, hot chocolate or coffee to sip on as you dive into this most enjoyable book! You step into another world immediately and feel at home!!!

Be prepared for some very moving moments, issues that will resonate with all of us in terms of family relationships, friendships, life challenges, perseverance, and loss of loved ones. I kept a box of Kleenex nearby!! But most of

all it is about the power of kindness!!! Here is what Goodreads has to say:

“Born into a basket of clean sheets—ruining a perfectly good load of laundry—Emmeline never quite fit in on her family's rural Nova Scotian farm. After suffering multiple losses in the First World War, her family became so heavy with grief, toxicity, and mental illness that Emmeline felt their weight smothering her. And so, she fled across the Atlantic and built her life in England.

Now she is retired and living in a small coastal town with her best friend, Vera, an excellent conversationalist. Vera is also a small white dog, and so Emmeline is making an effort to talk to more humans. When she joins a memoir-writing course at the library, her classmates don't know what to make of her. Funny, loud, and with a riveting memoir, she charms the lot. As her past unfolds for her audience, friendships form a bonus in a rather lonely life. She even shares with them her third-biggest secret: she has liberated hundreds of spoons over her lifetime—from the local library, Cary Grant, Winston Churchill. She is a compulsive spoon stealer.

When Emmeline unexpectedly inherits the farm she grew up on, she knows she needs to leave her new friends and go see the farm and what remains of her family one last time. She arrives like a tornado in their lives, an off-kilter Mary Poppins bossing everyone around and getting quite a lot wrong. But with her generosity and hard-earned wisdom, she gets an awful lot right too. A pinball ricocheting between people, offending and inspiring in equal measure, Emmeline, in her final years, believes that a spoonful—perhaps several spoonfuls—of kindness can set to rights the family so broken by loss and secrecy.

The *Spoon Stealer* is a classic Crewe book: full of humour, family secrets, women's friendship, lovable animals, and immense heart.” (Goodreads)

Lesley Crewe is a Nova Scotia columnist, screenwriter and author of several novels, including *Beholden*, *Mary, Mary*, *Amazing Grace*, *Chloe Sparrow*, *Kin*, *The Spoon Stealer* and *Relative Happiness*, which has been adapted into a feature film. Crewe won the Jim Connors Dartmouth Book Award for Fiction for *The Spoon Stealer*, a historical novel about a charming and loud old woman looking back on her life through a memoir she wrote.

## RTOERO Foundation: 2023 Webinar Series in Review

- **Moira Plexman, Foundation Representative**

Thank you to everyone who attended the RTOERO Foundation's webinar series in 2023. The Foundation hosted four informative presentations featuring experts in the fields of geriatrics, social engagement and the benefits of charitable giving. Through its webinar series, the RTOERO Foundation is working to ensure RTOERO members, and all older adults in Canada, are equipped with the latest knowledge and information relevant to healthy, active aging.

All webinars are available to watch on the [RTOERO Learning Management System \(LMS\)](#) with English and French captions.

### **Delirium: An overview of the causes, treatments and how YOU can help!**

Delirium is a serious state of confusion that commonly impacts hospitalized older people. Learn about this condition, including its causes, treatments and long-term impacts.

### **Supporting Your Neighbours: Strategies for Identifying and Helping Older Adults Experiencing Social Isolation**

As we get older the risk of social isolation increases significantly, but it's important to continue to find ways to stay connected with family, friends and the community. Learn tips and strategies for how to identify and help older adults who may be experiencing social isolation and more.

### **Aging in Place: A panel discussion**

Hear from three leading experts in the field of seniors' health and wellness as they discuss initiatives they are currently working on and highlight innovative trends in the area of aging in place.

### **Your Dreams, Your Legacy**

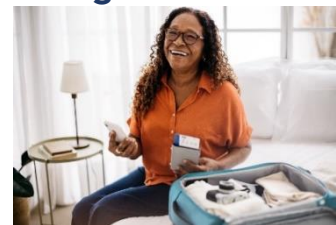
Your Golden Years provide an opportunity to revisit your life ambitions and the mark you make on this world – today and tomorrow. This engaging webinar will help you explore your goals and objectives related to the legacy you create now and after your journey ends.

The Foundation's 2024 webinar series begins on February 15 at 2pm EST featuring a presentation by RTOERO Chair in Geriatric Medicine, Dr. Paula Rochon. Registration info will be emailed to all RTOERO members closer to the webinar date.

If you have any questions about the RTOERO Foundation webinar series, please contact Deanna Byrtus at 1-800-361-9888 ext. 271 or at [dbyrtus@rtoero.ca](mailto:dbyrtus@rtoero.ca).

## 3 Mistakes People Make When Choosing Travel Insurance Coverage

Travel remains a top priority for many RTOERO members – retired and actively employed. It's important to consider what travel insurance makes the most sense for you at every stage of life, and it can help to know what pitfalls to watch out for.



### ***Mistake 1: Defaulting to the cheapest or most convenient travel insurance plan without checking coverage and eligibility.***

Don't default to your credit card coverage or assume you have medical travel coverage as part of your work benefits plan without checking to see what's included and that it covers your needs. For example, in some credit card plans, coverage is based on age and is limited to a specific length of trip.

### ***Mistake 2: Thinking there's a one-size-fits-all approach.***

Choose coverage based on your unique scenario. Remember, your needs can change based on your stage of life.

### ***Mistake 3: Only considering big vacations or cruises as travel and ignoring smaller trips.***

Travel is any time you step out of your province or territory of residence. When travelling in Canada, trip cancellation and interruption insurance is still necessary, and you may want medical coverage, too. Be sure you know what's covered under your provincial/territorial health plan should you have medical needs while out of province.

### **Travel coverage through RTOERO**

If you're already an RTOERO Extended Health Plan member, you have the RTOERO Travel Plan included at no extra cost. RTOERO members not part of the Extended Health Care Plan can access trip cancellation and interruption coverage. It's multi-trip annual coverage, ideal if you and your dependents travel more than once per year. Visit [rtoero.ca/insurance](https://rtoero.ca/insurance)

# FOR SALE



100CC  
SCOOTER  
\$200.00

## Beware of buy-and-sell scams on Facebook

Facebook Marketplace and other buy-and-sell sites can be great places to get a deal, but sadly, there's also the risk of scams. Scams on Facebook Marketplace include:

**Phishing** – Phishing are scams that get you to provide personal information without realizing it. It happens through links to fake websites, messages, or emails asking you to provide verification codes or account information.

**Buyer scam** – Someone claiming they didn't receive the item from you, not paying, or reporting the transaction as fraud after they received the item.

**Seller scam** – Someone tries to sell items without delivering the item. This can include asking you to send a deposit for a high-value item.

**Listing scam** – a listing is fake or dishonest or lures the buyer off Facebook to complete the transaction.

Scams on buy-and-sell sites could happen to anyone. There are some general tips you can follow to avoid falling victim:

If something seems too good to be true, it likely is.

Review the seller's profile and Facebook account to assess whether they're real. See other things they're selling and ratings they've received.

If you aren't sure if it might be a scam, ask someone else for another opinion or avoid the transaction.

If selling an item, don't let them leave with the item before funds are received.

Don't share your financial information.

Don't send deposits before verifying the item. Go see it. For high value items, such as a luxury handbag, you can also ask for proof of purchase or certificate of authenticity.

If you feel something may be a scam, you can report it to Facebook. If you are scammed, you can also report it Facebook.

## In February We Celebrate Black History Month!

In 1926, African-American historian Carter G. Woodson established Negro History Week in the United States. Its purpose was to honour the accomplishments of African-Americans and spread knowledge about Black history throughout the country. In 1976, during the U.S. bicentennial celebration, it was expanded to become Black History Month.

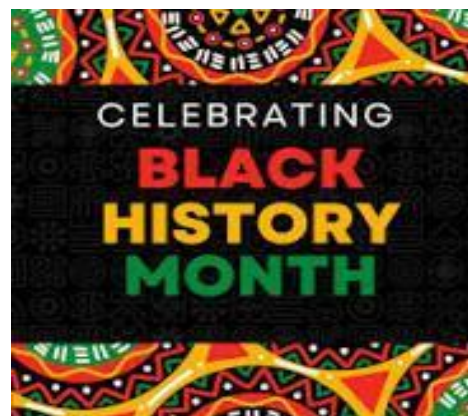
February was chosen because it was the birthday month of two major abolitionists: **Frederick Douglass and Abraham Lincoln**. The month provides an opportunity for all people to learn about the history of slavery, discrimination, and the criminalization of people of African descent.

In Canada, the **Ontario Black History Society** was established 1978, and its founders presented a petition to the City of Toronto to have February formally proclaimed as Black History Month.

In 1995, **Jean Augustine**, the first Black woman elected to Canada's Parliament, introduced a

successful motion to recognize February as **Black History Month**.

In 2008, **Donald Oliver**, the first Black man appointed to the Senate, introduced a successful motion to recognize the contributions of Black Canadians and February as **Black History Month**, finalizing Canada's parliamentary position on the issue.



**Black History Month** is an occasion to recognize the historic contributions of Black people and communities in all facets of Canadian society and their contributions to Canada's collective memory. (from the **David Suzuki Foundation website**)

## Raspberry Trifle Recipe

(from [Foxes Love Lemons website](#))

### Ingredients

3 tbs. raspberry jam or preserves.  
2 (two-inch thick) slices of vanilla angel food cake cut into 1/2inch cubes.  
1 container (6 oz.) fresh raspberries, rinsed and dried.  
2 cups prepared whipped cream.  
fresh mint leaves for garnish (optional).

### Instructions

1. Place jam in small microwave safe bowl. Microwave 10-15 seconds or until jam just begins to soften.
2. Place a layer of cake cubes in the bottom of each of two (13 oz. or larger) stemless wine glasses. Add a layer of raspberries to each glass, then layer ¼ of the jam over the raspberries, in each glass. Layer ¼ of the whipped cream over the jam in each glass.
3. Repeat the layers one more time. Serve garnished with any leftover cake crumbs, a raspberry and mint leaves.

## Chef's Choice





# CHIME IN

## One-pager

A weekly online chat to support members who want to engage in open discussion and social connection with one another.

**Brought to you by the RTOERO Foundation.**



**When:** Foundation volunteers host an open weekly conversation hour on Zoom on these days and times:

- English: Wednesdays from 1 - 2 p.m. EST
- French: Wednesdays 10 - 11 a.m. EST

**Where:** Chats take place on Zoom. Participants can join using a computer or phone.

**Join using a computer:**

- Visit [www.rtoerofoundation.ca/chimein](http://www.rtoerofoundation.ca/chimein) to register.

**Join by phone in 3 easy steps:**

**Wednesday English:**

- *Chime In* Phone #: 1-855-703-8985
- Meeting ID: 981 6661 7011
- Passcode: 956147

**Wednesday French:**

- *Chime In* Phone #: 1-855-703-8985
- Meeting ID: 876 8841 2977
- Passcode: 227748

**Why:** Many RTOERO members have told us that social isolation is a growing concern for themselves and their loved ones. The RTOERO Foundation has been working to improve social connection since 2018, but feedback from our members told us we needed to do more. Members helped us see that our programming had to evolve from awareness to action, providing immediate value to RTOERO members. *Chime In* is that action.

**How it works:**

- Members register once in order to join any or all weekly chats. A confirmation email is sent with instructions on how to log in or join the chat by phone.
- A reminder email is sent out before each chat. Participants use the same link each week to join the meeting.
- *Chime In* is a platform for open conversation and connection. *Chime In* is all about the participants and follows their lead. Participants might decide to focus on a particular topic each week, or might simply want to chat with folks who share similar interests and hobbies.
- Participants are placed in breakout groups of three to four people to allow for better conversation and connection.
- Above all, we want RTOERO members to enjoy the chance to connect with other members and even find new friends.

**For more information:**

Call 416-962-9463 or 1-800-361-9888

Email: [foundation@rtoero.ca](mailto:foundation@rtoero.ca)

Website: [rtoerofoundation.ca/chimein](http://rtoerofoundation.ca/chimein)