



Rapport

March 2024

RTOERO District 15 Halton

In this Issue

- President's Message
- Political Advocacy
- Luncheon Pictures
- Dental Care
- Travel Coverage
- Discounted Phone Plans
- Future of Aging Summit
- Money and You
- Chime In
- Chef's Choice

Executive 2023-2024

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

Rapport Editor Brad Fisher
 Copy Editor Micki Clemens

Follow, like and subscribe so
 you do not miss any content:

- District 15 Website
- RTO Facebook Page
- RTO Twitter Account
- YouTube Channel
- District 15 Facebook

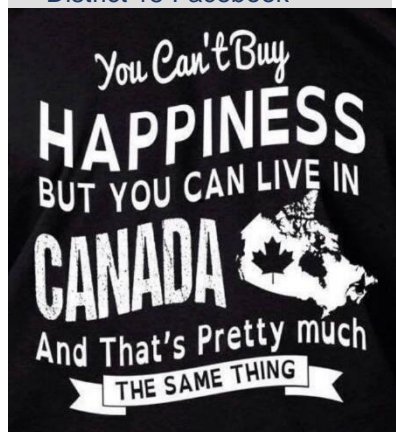


First grandson bundled up for a ride in the snow. - Blaine Adams

District AGM May 29th, Save the Date!

Our AGM and final 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.

Winter Snowflake Luncheon Pictures Page 4



President's Message

Welcome to March...and yes, this is the month that spring officially arrives! We will see the start of Daylight Savings Time on Sunday, March 10, 2024, at 2:00 AM when the clocks move forward one hour. We will also celebrate St. Patrick's Day on March 17th and the first day of spring on March 19, 2024, at 11:06 PM!



Jerry Powidajko

With the spring equinox, day and night are of equal length and the sun finally crosses the plane of the equator into the northern hemisphere...basically, the days get longer and warmer. Important to remember that schools in Halton will be closed for March Break - from March 11 - 15 inclusive, so plan your own trips accordingly and watch those roads!

Our most recent lunch presentation was at the Oakville Conference Centre on **February 20, 2024**. The presenter was **Jim Kenzie**, who is a former Toronto Star automotive journalist, contributing to the Wheels section for 38 years and now a freelance contributor. He has been writing about the automotive world for three decades and has driven pretty much everything in the country and across the world. 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.



We had 65 members attend the luncheon and it was good to see many new faces! Jim spoke about his career, how he got into car racing, journalism, and where he saw future trends. Certainly, there was much to think about with electric vs. hydrogen.

I would like to thank **Micki Clemens, Colton Roberts, Judy Wedeles, Toni Pizzingrilli, Penny Hambly and Diane Visschedyk** for all their work in planning and organization on the day of the event, as well as Marilyn MacLennan for taking the photos and Carol Pashkievich for managing the finances! We also want to thank the **Oakville Conference Centre, especially Heba Najjar**, who was our main contact person and who made sure things ran smoothly!

Our next presentation will be a ZOOM event so no need to register but we would ask you to keep **April 10, 2024, at 11 AM** booked in your calendar! We are fortunate to have as our presenter, **Chris Wedeles**, who is quite renowned as a naturalist and ornithologist! This will include a slideshow and talk about birds and birdwatching. This has become a very popular pastime with many people for its engagement with nature and the outdoors. Plan to attend and visit our website for the ZOOM meeting link...

<https://district15.rtoero.ca/>

Our AGM and final 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 shoe 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. Hope to see you all there!



President's Message continued page3

President's Message continued from page2

Our remaining Board meeting dates for 2024 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 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 our site at 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, Editor and Micki Clemens, Copy Editor continue 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.

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.

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

Jerry



Peggy's Cove - Marilyn MacLennan



Bailey Island - Marilyn MacLennan



Winter Luncheon pictures - Marilyn MacLennan

THE ROLE of DENTAL CARE in OVERALL HEALTH

Our oral health both impacts and is impacted by overall health. Good oral hygiene is an essential part of maintaining your wellness. Regular dental checkups can help ensure any issues are caught or treated early.



Ways oral health interacts with overall health:

- Evidence has connected mouth bacteria to endocarditis, pneumonia, cardiovascular disease, and Alzheimer's.
- Gum disease, a common condition, can become periodontitis if left untreated.
- Medications can impact saliva flow. Saliva is important for oral health. It helps neutralize acid, support digestion, prevent tooth decay, and gum disease.
- Oral health issues can impact mental health and quality of life. Evidence shows that people with periodontal disease may avoid social contact. You may not be able to enjoy food in the same way. Bad breath or missing teeth can cause feelings of embarrassment or shame.

If you're not a Dental Plan member, you can add the coverage with guaranteed acceptance.

The spouse or dependent of an RTOERO member with extended health insurance can join the dental plan, even if the primary member doesn't.

New dental applicants must stay in the plan for at least 24 months.

Details about RTOERO's dental plan are available at <http://www.rtoero.ca/insurance/dental-plan/> or contact the RTOERO benefits team to discuss your needs: 1-800-361-9888. .

Political Advocacy Report

Claudia Stewart, Chair, Political Advocacy Committee

March 22 is World Water Day

Twenty-eight First Nations communities in Canada do not have access to safe drinking water. They have Drinking Water Advisories and can use only boiled water while three communities cannot use their water at all. Ensuring safe drinking water is one of the calls to action by the Truth and Reconciliation Commission. You may order an education kit from the Council of Canadians. Check them out to support World Water Day! www.Canadians.org/worldwaterday

Federal Healthcare Funding \$3.1 Billion

Ontario will spend \$3.1 billion in federal health-care funding on increasing access to family doctors, reducing backlogs and adding more health-care workers,

Ontario says it will also put \$69 million per year to help internationally educated health professionals, including extending a program that enables internationally trained nurses to work in the province faster and launching a program to quickly assess whether an international doctor can practice immediately.

Also, the province has agreed to put \$40 million per year toward expanding enrolment in medical schools, with 60 per cent of postgraduate spots dedicated to family medicine, and 71 positions specifically at the Northern Ontario School of Medicine.

Green Transition Corporations

The website www.corporateknights.com has a list of 200 companies who are committed to "the green transition" proving that investing for a better clean environment is not only in line with values of environmental stewardship, but they also make money! Give it a read! 2024 Clean 200

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 www.rtoero.ca/insurance

New: Discounted Phones and Rate Plans for RTOERO Members

RTOERO has partnered with the TELUS Exclusive Partner Program to bring you exclusive savings on cellphones, rate plans, high-speed internet, SmartHome Security, health solutions and more. Visit www.rtoero.ca/telus and complete the form to access your offers.

New Resource: Money and You - Seniors Edition

RTOERO's partner, the Canadian Foundation for Economic Education, has released a new resource to support the financial well-being of older Canadians. Money and You: Seniors Edition includes fourteen downloadable modules covering a range of topics to help you:

- Establish or build your base of financial knowledge.
- Make wise financial decisions.
- Set and achieve goals.
- Maintain good financial health, supporting your overall health.

Access it here: www.moneyandyousenioredition.com

RTOERO's Future of Aging Summit Brings Together Thought Leaders, Changemakers

Registration is now open at agingsummit.ca for the Future of Aging Summit in Toronto, Canada, from May 15 to 17, 2024. The international event is designed for policymakers, researchers, engineers, designers, planners, community organizers, advocates, and anyone else focused on supporting healthy aging, ending ageism, and building age-friendly societies.

Help promote the summit.

Consider if you have any contacts in your network who may be interested in attending the summit. For example, members of a municipal age-friendly committee, city planners, or staff at local non-profits that support older adults. Find sample text you can share on the summit site:

agingsummit.rtoero.ca/promotion-kit/

Why is RTOERO hosting this event?

The Future of Aging Summit is part of RTOERO's Vibrant Voices Advocacy focus. Through the summit, RTOERO will continue to foster an interconnected network of people across sectors who, like us, believe in a better future—together and want to help create it.

Chef's Choice



- Marilyn MacLennan

Stuffed Tomatoes

For ten people – 1 half of a tomato each

6 plum tomatoes - cut in half.
 ½ lb Shitake and oyster mushrooms chopped.
 ½ lb button mushrooms chopped.
 1 shallot - minced.
 2 cloves garlic minced.
 1 tsp dried thyme.
 2 tsp fresh rosemary minced.
 2 tbsp dry sherry.
 2/3 of a large log goat cheese.
 Salt & pepper to taste.

Scoop the pulp out of the tomatoes. Sprinkle with salt and turn upside down on paper towels to drain.

Place the goat cheese in large bowl and allow to come to room temperature.

Add the oil to sauté pan then add shallots and garlic. Cook for 3 minutes.

Add the chopped mushrooms and the herbs. Sauté until the mushrooms are limp.

Add the sherry and let cook until evaporated.

Add warm mushrooms to goat cheese and incorporate.

Divide the mixture into the tomato halves.

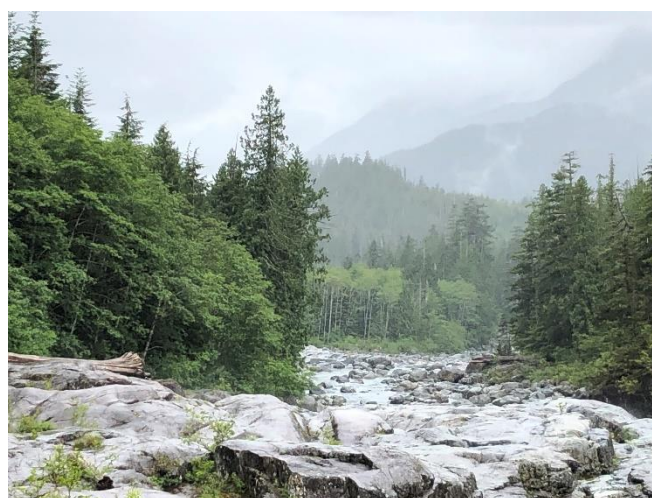
Bake at 350 degrees for 20 to 25 minutes.



Tofino, British Columbia - Brad Fisher



Port Dennis, Nova Scotia - Brad Fisher



Alberni-Clayoquot, British Columbia - Brad Fisher

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 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

Website: rtoerofoundation.ca/chimein



“Chime In is intended for those who wish to enlarge their circles, meet new people, enjoy conversations and contribute to discussions of interest. It is certainly an awesome way to spend one hour of my week.” - Polly C., District 23