

# BEYOND THE BLACKBOARD

RTO  
E

DISTRICT 24 – SCARBOROUGH AND EAST YORK



VOLUME 27 NUMBER 3

NOVEMBER 2008

www.rtoerotorontodistricts.org

## OUR CHAMPAGNE BRUNCH



Our fifth annual Champagne Brunch at Cathedral Bluffs Yacht Club was a resounding success. Sharon Thurston, Membership Chair, welcomed attendees and thanked all who had worked to make the day possible. Special thanks went

~ con't. on page 5



## President's Message



As I write this we are somewhere between Canadian Thanksgiving and the American version so it only seems fitting that I take the time for some thanks.

For the good health to enjoy retirement with all its new learning opportunities...

For living in a country with a superlative health care system to support us in time of need as I re-learned in August with a prolonged bout of sciatica, now happily gone...

For belonging to a pension plan with as broad a base as ours in these troubled economic times...

For provincial RTO there to watch out for our pension interests, helped with the quality assistance of our own Gary Fick, a member of that committee...

For a democratic country which still offers the opportunity to vote and to speak our minds freely...(just a reminder, we still have a vacancy in the position of 2<sup>nd</sup> Vice President on our District Executive – keep democracy alive!)

For the fun of the golf tournament with the help of Ken Drope and his committee and the pleasure of using the proceeds to help feed hungry children breakfast in our local schools...

For the sheer joy of our trips to theatre and the country with the able assistance of Judy Anne Tumber and her wonderful group of facilitators...

For the breaking of bread and reconnection with colleagues and friends at our luncheons...

For the skills of Hal McCullough in creating these quality newsletters, looking after our webpage, and sending out our monthly E-Mail Updates...

And let us not forget the clubs, the goodwill cards and visits, the service to others projects and all the other wonderful endeavours of the volunteers of District 24...

Enjoy the fruits of all these gifts and may you have a happy holiday season soon. I hope to see many of you at our luncheons and excursions.

~ Bill Sparks,  
President, D24

## Season's Greetings

### INSIDE THIS ISSUE:

Executive	2	Programme	10-14	Spotlight	20
District Activities	3-6	A Senior Senior	15	Pegasus Project	20- 21
FYI	6-7	Golf Tournament	16-17	New Members	22
Health	8-9	In Memoriam	19	Senate Report	23

## District 24 2008 - 2009 Executive



### **PAST PRESIDENT:**

GARY FICK 905.683.9676 [gfick1@rogers.com](mailto:gfick1@rogers.com)

### **PRESIDENT:**

BILL SPARKS 416.293.7477 [wgasparks@sympatico.ca](mailto:wgasparks@sympatico.ca)

### **FIRST VICE-PRESIDENT:**

FRANK SALIANI 416.281.3542 [frank.elaine@primus.ca](mailto:frank.elaine@primus.ca)

### **SECOND VICE-PRESIDENT:**

*POSITION NEEDS TO BE FILLED*

### **SECRETARY:**

GLORIA COURTNEY 416.291.1721 [gcourt@rogers.com](mailto:gcourt@rogers.com)

### **TREASURER:**

RON SMITH 416.431.0466 [randgsmi@ca.inter.net](mailto:randgsmi@ca.inter.net)

### **CHAIRS:**

#### **AGM AND PROGRAMME:**

JUDY-ANNE TUMBER 416.264.6016 [jatumber@rogers.com](mailto:jatumber@rogers.com)

#### **ARCHIVIST, MEMBERSHIP AND RECRUITMENT:**

LES COOMBS 416.261.0568 [lesonriviera@msn.com](mailto:lesonriviera@msn.com)

#### **COMMUNICATIONS: NEWSLETTER EDITOR AND WEBMASTER**

HAL MCCULLOUGH 905.985.8760 [hal@powergate.ca](mailto:hal@powergate.ca)

#### **GOODWILL (CARDS):**

MARILYN HODGE 416.284.9984 [mjhodge@sympatico.ca](mailto:mjhodge@sympatico.ca)

#### **GOODWILL (PHONE):**

BRENDA FICK 905.683.9676 [bfick1@rogers.com](mailto:bfick1@rogers.com)

#### **DISTRICT HEALTH REPRESENTATIVE:**

MARILYN TREGWIN 416.493.3757 [marilyn.tregwin@tel.tdsb.on.ca](mailto:marilyn.tregwin@tel.tdsb.on.ca)

#### **MEMBERSHIP COMMITTEE:**

ELAINE APRILE 416.267.2670 [elaineaprile@sympatico.ca](mailto:elaineaprile@sympatico.ca)

DONNA HUBEL 416.490.1861 [dhub@sympatico.ca](mailto:dhub@sympatico.ca)

ELLEN MCCORMICK 416.284.7795 [ellenmccormick@sympatico.ca](mailto:ellenmccormick@sympatico.ca)

#### **PENSION AND RETIREMENT CONCERNS:**

GARY FICK 905.683.9676 [gfick1@rogers.com](mailto:gfick1@rogers.com)

#### **POLITICAL ACTION:**

FRANK SALIANI (INTERIM) 416.281.3542 [frank.elaine@primus.ca](mailto:frank.elaine@primus.ca)  
*POSITION NEEDS TO BE FILLED*

#### **RWTO LIAISON:**

LINDA JARVIS 416.293.8689 [linjar@rogers.com](mailto:linjar@rogers.com)

#### **SERVICE TO OTHERS:**

KATHLEEN TURKINGTON 905.731.1877 [kathturk@gmail.com](mailto:kathturk@gmail.com)

### **MEMBERS-AT-LARGE:**

BOB COOK 416.267.0246 [bob.elainecook@sympatico.ca](mailto:bob.elainecook@sympatico.ca)

JIM DEVINE 416.751.8487 [devinepicture@hotmail.com](mailto:devinepicture@hotmail.com)

DAVID HIGGINS 416.493.8120 [davidmhiggins@rogers.com](mailto:davidmhiggins@rogers.com)

EILEEN HIGGINS 416.493.8120 [eileenkruzichiggins@hotmail.com](mailto:eileenkruzichiggins@hotmail.com)

MARGARET NICOLSON 416.759.5560 *NO E-MAIL*

HAROLYN PANETTA 416.445.0885 [h\\_panetta@hotmail.com](mailto:h_panetta@hotmail.com)

GORD REID 416.282.3714 *NO E-MAIL*

SHARON THURSTON 416.497.3338 [sthurston@rogers.com](mailto:sthurston@rogers.com)

*Are you interested in serving on the Executive? Contact an Executive member.*

## REMEMBRANCE DAY, NOVEMBER 11

Always  
&  
Forever

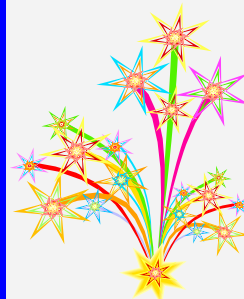


## **RTO/ERO 1968 - 2008**

The Retired Teachers of Ontario/les Enseignantes et Enseignants Retraités de l'Ontario – commonly referred to as RTO/ERO – is a provincial organization of retired teachers, administrators and others receiving pensions and allowances under the Ontario Teachers' Pension Plan Board.

RTO/ERO is the best organizational friend a retired teacher can have. Formed in 1968, RTO/ERO is dedicated to the needs of Ontario's retired educators and is their official voice, promoting and protecting their interests, particularly in the area of pensions, health care and insurance.

RTO/ERO has maintained this unwavering commitment for 40 years.



**Here for you Now...  
Here for your Future  
À votre service...  
Pour le soin de votre avenir**

[www.rto-ero.org](http://www.rto-ero.org)

★ YOUR PENSION INCREASE FOR 2009 IS 2.5%.

★ FURTHER DETAILS ON PAGE 23.

## ***Wining, Dining, Cruising, Browsing*** ***June 2, 2008***

It was a delightfully sunny day as our group of RTO members and friends headed off in a comfortable coach to Niagara-on-the-Lake. After days of rain and inaccurate reports the weatherman finally had it right — 28 degrees C — perfect cruising weather!

---

***“Is this how all  
retired teachers  
begin their day??”***

*~ Stu, our driver*

---

Our first stop was Joseph's Estate Wines. "Is this how all retired teachers begin their day?" quipped Stu, our joke-telling driver. At the winery we listened to a mini-lesson on pruning vines, learning that now windmills vs. helicopters (and formerly tire fires) are used to bring down warm air masses during unwelcome frost periods to protect the vines, and that automatic picking machines can clear 30 acres of grapes in one day! We toured the processing facility and bottling room hearing an explanation of the wine-making process and the specialized adaptations owner Joseph Pohorly designed.



On to the dining room where we sampled Gamay Rose, Cabernet Sauvignon, Chenin Blanc, and Vidal ice wine ('98 or '99) which won international championships. Joseph's is a private label sold only on the premises and in certain restaurants, but many of their wines are VQA quality designated by the LCBO. We were instructed how to 'taste' wine: handle the glass by the stem (to avoid body heating the contents), swirl wine in the glass then sniff as flavours are released, swish in the mouth to 'turn on' taste buds, drink and enjoy!



In the large boutique and giftware gallery our guide informed us of the 'Fountain of Youth' available in Joseph's All Natural Cold Pressed Grape Seed Oil. Grape seed is known to contain antioxidant properties, and our guide shared testimonials from Joseph's customers that their oil provides pain relief for a variety of ailments in as little as two weeks. Sales were brisk as most of us made purchases of all sorts, including wine as sampled — even by the case!

Then we were off to the elegant Ristorante Giardino for our tasteful lunch of salad, fresh olive bread, and entrée of pork loin with mushroom pepper sauce or breast of roast chicken, followed by Strawberry Panna Cotta for dessert.

Our coach followed the scenic Niagara Parkway to Hamilton where we boarded the Hamilton Harbour Queen, a large ferry boat with indoor lower level and serving area, and a covered, yet sun-drenched upper deck. During our two hour cruise we circumnavigated Ontario's largest inland harbour which some still refer to as Burlington Bay. (It's 3 times larger than Toronto's.) The boat's First Mate educated us with a guided

observational and historical tour, featuring panoramic views of the city's industrial area (only 17% of the waterfront), its ports, and shoreline with areas boasting multi-million dollar homes. Locals are proud of the work of their 'Waterfront Trust' in the development plan for this area, much of which is preserved natural coastline.

We thank our facilitator, Hal McCullough, for his planning of this event and his friendly, laid-back manner throughout the day. RTO trips involve good company and interesting destinations. If you have not yet joined us, perhaps now's the time to sign up.



*~ article by Marilyn Tregwin  
~ photos by Gary Fick  
~ additional photos on our website*

## Smile and Say Cheese Please!

Now that summer has passed, social life begins anew. Members are browsing through the newsletter looking for what is available in the late fall and what fills their interest.

The Camera Club is now starting up again for another year and hopes to explore areas in and around Toronto that are wonderful photo opportunities as well as informative experiences.

In September, five of us ventured to Casa Loma to explore and capture on memory cards the life of Sir Henry Pellatt. We met at 10:30AM with lots of other interested people (on bus tours) to see this exquisite building and the furnishings within. We declined the audio tour and headed straight for the gardens.

Going through the large double glass doors in the Great Hall, we came upon the garden terrace and looking over the railing we saw the fountain and a colourful arrangement of flowers. It was a wonderful day to wander around and snap, snap, snap, snap.

Inside we wandered from room to room and floor to floor capturing colour, texture, style of life, close ups and anything else worth storing on SD or Compact Flash cards.

Access to the Scottish Tower offered us the highest view from the property.

While having a drink in the Castle Café (designed to be Sir Henry's private exercise room) we had an opportunity to share our day, reminisce about teaching and plan future outings like — Black Creek, butterflies, car shows, winter scenery, night scenes, etc. If you have a favourite place or know somewhere we could go, please drop me a line.

If you are in the market for a "point and shoot" camera, look for the new Canon G10 with 3" LCD screen, 15megapixels and 28mm lens — sounds impressive!

~article by Jim Devine, Photography Chair



## Digital Photo Tips

**1.** When shooting outdoor portraits and sunny landscapes, try changing your white balance setting from auto to cloudy. That's right, cloudy. Why? This adjustment is like putting a mild warming filter on your camera. It increases the reds and yellows resulting in richer, warmer pictures.

**2.** What's that you say? Your digital camera can't accommodate filters... Don't despair. I've been using this trick for years with my point-and-shoot cameras. If you have a pair of quality sunglasses, then simply take them off and use them as your polarizing filter. Place the glasses as close to the camera lens as possible, then check their position in the LCD viewfinder to make sure you don't have the rims in the shot.

**3.** One of the great hidden features on digital cameras is the fill flash or flash on mode. By taking control of the flash so that it goes on when you want it to, not when the camera deems it appropriate, you've just taken an important step toward capturing great outdoor portraits.

In flash on mode, the camera exposes for the background first, then adds just enough flash to illuminate your portrait subject. The result is a professional looking picture where everything in the composition looks good. Wedding photographers have been using this technique for years.

~ More tips in our next issue!

☺ Q: What is the most common remark made by 60+ year olds when they enter antique stores?

A: "Gosh, I remember these."

☺ The older you get, the tougher it is to lose weight, because by then your body and your fat have gotten to be really good friends.



**2008 Champagne Brunch**  
**for new retirees... 2008 (con't. from p.1)**

to Carol Paabor for arranging the venue and the bright, beautiful weather for the fifth year in a row. Carol had said that arranging a sunny day this year would prove more of a challenge than usual, but she came through.

Our President, Bill Sparks, welcomed members and reiterated why so many of us belong to R.T.O.:

- ♥ the best extended health care coverage for over 65's at the best prices
- ♥ excursions
- ♥ clubs
- ♥ fellowship
- ♥ good will
- ♥ inclusion of all retired teachers: elementary, secondary, public, Catholic



Bill reminded new members that if they wished to be part of District 24 ~ Scarborough and East York they must request it, or they will be slotted to their local district — based on their postal code. He also noted that all of our

executive meetings and committees are open to members and that the position of second vice president is open. Please let him know if you are interested.

Bill invited us to join him in achieving the personal goal of living longer as a pensioner than as a working teacher. We were all willing to give it our best shot.

Judy-Anne Tumber, AGM and Programme Chair, went over upcoming trips and events, welcoming members to participate. She advised us to apply promptly for anything that interests us because tickets go quickly and numbers available are limited. Judy-Anne advised new members that excursions are on posh coaches, meals are delicious, seats are excellent and prices are reasonable. Packages are usually better, at the price, than anything we could arrange on our own.

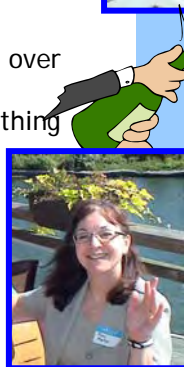
Marilyn Hodge, Goodwill Chair, let the new members know that we send cards or make contact with ill, bereaved, and celebratory members. We acknowledge 90<sup>th</sup>, 100<sup>th</sup> and all 100 plus birthdays. Christmas cards go out to all those who have been members since 1993 or earlier, and we try to make personal contact with them all. If you know of someone who should be remembered, please let Marilyn know at [mjhodge@sympatico.ca](mailto:mjhodge@sympatico.ca). Marilyn reminded us that RTO is for insurance, for social contact, for support.

Sharon then invited the new retirees to approach any executive member with questions, have another cup of coffee, chat with friends, or sit out on the deck as our fifth annual champagne brunch drew to a close.

~ article by Carol Paabor

☺ Q: How can you avoid that terrible curse of the elderly... wrinkles?  
 A: Take off your glasses.

< Cathedral Bluffs Yacht Club



~ photos by Gary Fick, Jim Devine & Hal McCullough  
 ~ see our website for additional photos

## FOUR Quick Trip Reviews...



### BLUE JAYS BASEBALL GAME:

A contingent of 34 from D24 Scarborough and East York, were among the more than 400 RTO/ERO members, family and friends from across Ontario who attended RTO/ERO Blue Jays Baseball on a beautiful afternoon at Rogers Centre on Saturday, August 23. The Blue Jays defeated the defending World Series Champion Boston Red Sox: 11-2.

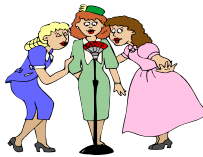
Prior to the game, members of the Provincial Executive "took to the field" to present a cheque in the amount of \$10,000 to charity. An additional \$2000 was donated from the proceeds of ticket sales.

We look forward to participating in the 2009 game, details of which will be forthcoming in the new year.

~ Les Coombs, Membership and Recruitment

### SENIORS' JUBILEE:

Thirty-two of us spent a delightful afternoon in August at Roy Thomson Hall enjoying the Seniors' Jubilee. We came away in awe of what our contemporaries are doing. The show was a combination brass band, soloists (tenors and sopranos), juggling, violinists, guitars, a bit of magic, Scottish and Irish dancing, lots of ballroom and chorus line dancing sprinkled with humour throughout the performance. As we were leaving, quite a few from our group said, "Sign me up for next year."



~ Harolyn Panetta, Member-at-Large

### CAESAR AND CLEOPATRA:

1. Veni, prandi, vidi, applaudi.  
(I came, ate lunch, saw, applauded)  
with apologies to my grade XII Latin teacher.
2. No asps were hurt in the staging of this production.



~ Bill Sparks, D24 President  
~ photos on our website

### FALL LUNCHEON:

Approximately 150 members were on hand for our second annual Fall Luncheon! There was a good deal of socializing taking pace when our President, Bill Sparks welcomed everyone and then introduced our guest, Margaret Couture, 1<sup>st</sup> Vice-President of RTO/ERO. Marg spoke briefly about RTO and thanked us for inviting her. Lunch including the seconds was, as usual for Q-SSIS, delicious.

Unfortunately, our entertainer did not show up, so everyone took advantage of the time to renew old acquaintances and make new friends. Mark our 3<sup>rd</sup> Fall Luncheon on your calendar: October 29, 2009.



~ photos on the back cover and on our website

## FOR YOUR INFORMATION

Need to contact the Provincial Office on Spadina Road?  
Call: 416.962.9463 OR 1.800.361.9888  
Individual extension numbers are shown below.

### Harold Brathwaite

Executive Director, x.222

### Pauline Duquette-Newman

Coordinator – Provincial Office, x.226

### Simon Leibovitz

Manager of Communications, x.241

### Ewa Romanski

Manager, Financial Reporting, x.229

### Tony Sawinski

Pension & Benefits Officer, x.240

### Renée I.A. Mercuri

Communications Associate, x.244

### Mélanie-Carine Johnson

Administrative Assistant, Benefits, x.225

### Gail Knox

Administrative Assistant, Research, x.233

### Melanie Likamshum

Administrative Assistant, Accounting, x.227

### Kelly MacDonald

Office support, x.243

### Diane Simpson

Administrative Assistant, Executive, x.228

### Elizabeth Timms

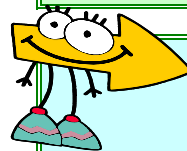
Administrative Assistant, Reception, x.221

### Dianne Vezeau

Administrative Assistant, Membership, x.223

### Kim Williams

Administrative Assistant,  
Communications and Planning, x.224



IF YOU ARE YOU MOVING...  
IF YOUR ADDRESS INFORMATION IS INCORRECT...

**YOU SHOULD CONTACT DIANNE VEZEAU AT RTO/ERO:**

IN WRITING: 18 SPADINA ROAD, TORONTO, ON M5R 2S7

BY PHONE: 416.962.9463 OR 1.800.361.9888 (EXT 223)

BY E-MAIL: [dvezeau@rto-ero.org](mailto:dvezeau@rto-ero.org)

PLEASE... DO NOT CONTACT THE NEWSLETTER EDITOR

### **Fall 2008 Renaissance Correction**

The fall 2008 issue of Renaissance featured an article on Long Term Care. Please note, the toll-free telephone number as printed is incorrect. It should read: 1.800.461.4155.

### Club 48

You are invited to join Club 48, an organization of retired teachers. We meet the second Wednesday afternoon of each month, October to June, to hear an interesting speaker, enjoy lunch and a theatre outing together or take an out-of-town trip. We're called Club 48 because we were founded in 1948 and earlier this year celebrated our 60th anniversary. Membership is only \$20 and the happy times together are endless. For details call: Christine Newhouse at 416.924.5226; or Gwen Smith at 905.426.1553



### Breast Cancer Support Group Meeting

The location of the Scarborough Breast Cancer Support Group meeting has changed, effective Wednesday, November 26, 2008.

The meetings will now be held the last Wednesday of every month, except December, at 7:30 pm at Kingsway Arms, 2881 Eglinton Avenue East at McCowan Rd. in Scarborough. There is a bus stop at the corner of Eglinton Ave. and McCowan. Free parking is available on the south side of the building.

Come and share with us your concerns, and gain courage and strength through mutual support of other women who have had breast cancer.

For more information, please call:  
Marilyn: 416.284.9984  
Peggy: 416.269.7575



### Recruitment Competition Update

Below are the results for the second quarter of the 2008 Recruitment Competition. These reflect both percentage increase and actual increase in numbers from January to June.

#### PERCENTAGE INCREASE:

1. District 38, Lambton
1. District 39, Peel
2. District 13, Parry Sound
2. District 15, Halton
2. District 34, York Region
- 3. DISTRICT 24, SCARBOROUGH AND EAST YORK**
3. District 28, Durham Region
4. District 1, Hamilton-Wentworth, Haldimand
5. District 17, Simcoe County



#### INCREASE IN NUMBERS:

1. District 39, Peel
2. District 13, Parry Sound
3. District 27, Ottawa-Carlton
4. District 34, York Region
- 5. DISTRICT 24, SCARBOROUGH AND EAST YORK**



### Teaching Overseas

Here's an opportunity to use those teaching skills you spent a lifetime honing. Saloma Smith, an RTO member, has spent her retirement years as a volunteer teaching in Pakistan. Now she is looking for teachers and a principal to spend a few months there this coming year. The school year for her runs from mid-September to mid-April in an English medium school – there's no need to learn another language. The school is located in Kunri in the south-east of Pakistan, a safe location. Housing is provided and the cost of living is extremely reasonable. This is volunteer work and you would be welcome to teach for a few months or for the school year. If you were to commit to the school year some financial help toward transportation could be provided if necessary. You may contact Saloma at 905.702.8651 – adventure awaits!

### Healthy Homes

The Ontario Lung Association offers a free Healthy Home Audit booklet that gives tips on how to improve the air quality of your home. For example:

- ✓ Make your own furniture and floor polish by mixing one part lemon juice with two parts vegetable oil.
- ✓ Use two cups of vinegar in rinse water instead of fabric softener.
- ✓ Avoid using humidifiers because they can circulate dust and mould. If you must, try using filtered or distilled water.
- ✓ Try to buy furniture made of solid wood. Veneers and pressboard often contain formaldehyde, benzene or xylene, which can cause respiratory problems.
- ✓ Remove mould in the bathroom with a solution of unscented dishwasher detergent and water or baking soda and water.
- ✓ Don't use bleach.
- ✓ Pour vinegar into toilets and let stand overnight as disinfectant.

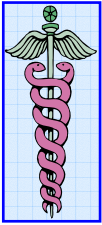
© 2008 Torstar Corporation

### Retiring...



When you retire, you should contact the College of Teachers to let them know you have retired. This avoids the note: "Suspended for non-payment of dues" appearing beside your name. This notation appears on the internet where it can be read by anyone.

☺ The real art of conversation is not only to say the right thing at the right time, but also to leave unsaid the wrong thing at the tempting moment.



## Health News

As teachers we recognize the value of creating a variety of opportunities for our students to teach their peers. You may recall reading in the summer issue of Renaissance the comments of a District 27 man concerning the many benefits of striving for an active lifestyle. In the Dec. '04 and Nov. '06 issues of *Beyond the Blackboard* a member submitted her story of her kidney transplant. With the launch of RTO's "Walking 2010" initiative, some of our members have shared their thoughts on the value of their regular physical activities. Then, following some information I provided in our March issue, one of our members offered to share his experiences with alternative therapies for IBS. I applaud them for their input and for making available their personal experiences for our benefit. Don't be shy! I look forward to receiving your e-mail (or letter) for our next newsletter. In this issue you are invited read about a 94 year 'young' member of District 24. My thanks to Helen Nolan for her contribution (see page 15). And as the cold weather approaches and threatens to decrease your outdoor time, I bet you'll find Irene Hyatt's comments about how she will be maintaining her active lifestyle interesting reading (see page 18). Thanks, Irene.

You are advised to pull out 'Health Wise', the insert found in the centre of the fall issue of Renaissance magazine, and keep it in your personal folder of health information along with your Blue book. In the March newsletter I informed you of the new salmon-coloured Plan Enhancement Form which you may obtain from RTO to request an addition to our Extended Health Plans which you would like to see implemented. When you make your wish list just keep in mind the premise that more coverage equals higher premiums.



For many of our members, it's time to research new travel destinations. On June 2, 2008 World Access officially changed its name to **Mondial Assistance**. Telephone contact numbers for any travel inquiries or emergencies will not change from

those listed in your Group Benefits Program booklets, but you will be greeted with the new name. The company's website will change to [www.mondial-assistance.ca](http://www.mondial-assistance.ca). They advise you send them all bills, even collection agency bills and to keep a filed copy so you are able to ascertain exactly what has been paid to you. Are you aware that Mondial Assistance provides a free 'trip assistance program'? They can provide you with travel advisories, shots required, name of a suitable local hospital, the location of ATM's, etc.

Speaking of travel, effective September 1, 2008 our Provincial Health Committee approved a new Supplementary Travel Option. At the request of membership a new Five Day Trip extension option is available for the following rates:

Single: \$65  
Couple: \$130  
Family: \$143

As an example, this extension will provide coverage allowing you time to return home after a two week trip. And when planning your next vacation and seeking information on diseases prevalent in different areas, know that there is an online website that offers travellers some assistance. The Travelvac website offers travellers the ability to click on a global map of the destination to which they will be travelling. The site then returns information on what diseases exist at that destination and the degree of risk for the disease in each of the local regions. By further clicking on the diseases noted, the site will identify the vaccinations that should be taken before travelling, additional information on the disease and some prevention tips while travelling in those areas. Travelvac's website address is:

[www.travelvac.ca/en/Before\\_Leaving/Disease\\_Map.cfm](http://www.travelvac.ca/en/Before_Leaving/Disease_Map.cfm)

Source: Travelvac website, February 2008

The Ontario Government is launching a new public awareness campaign called ColonCancerCheck. There is a 90 per cent chance colorectal cancer can be cured if detected early. Today, only one in five Ontarians age 50 and over are screened, although regular screening has been shown to decrease the number of people who die from colorectal cancer by at least 16 per cent. As of April, Ontarians age 50 and over will be able to get a take-home colorectal cancer screening kit, called a Fecal Occult Blood Test (FOBT), from their health care provider. People who have an increased risk of colorectal cancer because of a family history of the disease and those who have a positive home-screening test will receive a colonoscopy. Ontario has one of the highest rates of colorectal cancer in the world. On average about 7,800 Ontarians are newly diagnosed with the disease each year and about 3,250 will die from the disease. By making colorectal screening part of people's health care routine, health care providers can make the difference between life and death. To learn more, you can visit [www.coloncancercheck.ca/](http://www.coloncancercheck.ca/) or call 1.866.410.5853 for information on how you can be screened or where to get kits.

Source: Ontario Ministry of Health and Long Term Care, March 2008



District 24's October e-mail provided a list of suggestions for making your home safer to prevent falls. If you haven't already contacted Hal, our Webmaster, about being put on his e-mail list maybe now is the time to do so in order to be informed of recent health articles, drug bulletins and websites relevant to both younger and older seniors. If you don't own a computer, libraries allow members full internet access one hour per day. If you are interested in having access to this information, but are not comfortable or familiar with the internet and do not have someone to facilitate for you, I am willing to help. Just mail me a request for copies of my e-mail information,



available all months except newsletter months, which I will send to you in your enclosed, self-addressed and stamped return envelope.

Here are some quick facts about seniors and falls:

- ▶ Every 10 minutes in Ontario at least one senior will visit the Emergency Department after a fall.
- ▶ Every 30 minutes in Ontario at least one senior will be admitted to hospital due to a fall.
- ▶ 40% of admissions to long-term care homes are the result of a fall.
- ▶ Over 60% of seniors who fall do not return to their previous functional levels.
- ▶ Falls and fall-related injuries are the leading cause of death among seniors in Canada.

Source: Mississauga Halton LIHN, May 2008

~ Marilyn Tregwin  
District Health Rep

## HAPPY BIRTHDAY

Congratulations to these District 24 members have celebrated a special birthday between July and December of this year:

### 90<sup>TH</sup> BIRTHDAY CELEBRANTS:

Ronald Allan  
Gordon John Boutilier  
Irene Bowie  
Doug Hammer  
Anthony Lumb  
Alfred W. Robinson



### 103<sup>RD</sup> BIRTHDAY CELEBRANT:

**Harry Gannon**

~ Marilyn Hodge  
Goodwill – Cards

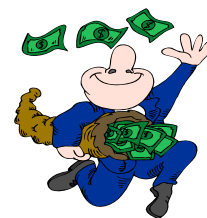
THESE MEMBERS HAVE GIVEN THEIR SIGNED PERMISSION  
TO HAVE THEIR NAMES PUBLISHED IN OUR NEWSLETTER.

- ☺ Remember, half the people you know are below average.
- ☺ He who laughs last thinks slowest.
- ☺ A clear conscience is usually the sign of a bad memory.
- ☺ How many of you believe in psychokinesis? Raise my hand.
- ☺ Ah, being young is beautiful, but being old is comfortable.
- ☺ If you think there is good in everybody, you haven't met everybody.

### **Danforth Gardens Snack Programme**

Every year each 90<sup>th</sup>, 100<sup>th</sup> and older birthday celebrant is honoured with a special card and a donation to Breakfast for Kids given in his or her name. This year's recipient was the Snack Programme at Danforth Gardens P.S. in Scarborough.

On October 23, our President, Bill Sparks, Goodwill (Cards) Chair, Marilyn Hodge and Hal McCullough, Newsletter Editor presented a cheque in the amount of \$480.00 to the Snack Programme Co-ordinator, Mary Tampoulhanas, the Principal, Marcy Palay and the Vice-Principal, Paul Friberg.



~ Bill Sparks and Mary Tampoulhanas



~ l-r: Marcy Palay, Marilyn Hodge, Bill Sparks,  
Mary Tampoulhanas and Paul Friberg  
~ photos by Hal McCullough

Paul Friberg sent your Editor a copy of Danforth Gardens "Healthy Snack Newsletter" that went home to the parents shortly after our visit to the school. Our contribution was its lead article!

### **Goodwill (Cards) Report**

When I am notified, Get Well, Thinking of You or Sympathy cards are sent to members or their families.

Please inform me if you know of anyone who should receive a card:  
Marilyn Hodge  
416.284.9984  
E-mail: [mjhodge@sympatico.ca](mailto:mjhodge@sympatico.ca)  
Use subject: RTO Goodwill

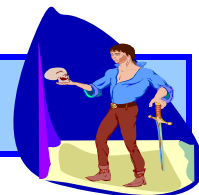
Messages without this subject will not be opened.



~ Marilyn Hodge  
Goodwill – Cards



# Programme Schedule: 2008 - 2009



WINTER/SPRING: DESCRIPTIONS AND COUPONS FOR THESE ACTIVITIES BEGIN ON PAGE 12.

♥ BRIDGE & EUCHRE CLUB	EVERY TUESDAY @ 12:30 P.M. ELLESMERE RECREATION COMMUNITY CENTRE	GORD REID / DALE SMITH 416.282.3714 / 416.438.0430
♥ PHOTOGRAPHY CLUB	2 <sup>ND</sup> TUESDAY OF THE MONTH LOCATIONS TO BE DETERMINED BY THE GROUP	JIM DEVINE 416.751.8487
♥ CHRISTMAS EXCURSION <i>Geritol Follies</i>	FRIDAY, DECEMBER 5, 2008 HAMILTON PLACE, HAMILTON, ONTARIO	JUDY-ANNE TUMBER 416.264.6016 (CANCELLED!!)
♥ CHRISTMAS IN THE COUNTRY	TUESDAY, DECEMBER 9, 2008 COBOURG / NORTHUMBERLAND COUNTY, ONTARIO	HAROLYN PANETTA 416.445.0885 (CALL IMMEDIATELY!)
♥ ELGIN THEATRE <i>Happy Days – The Musical</i>	WEDNESDAY, FEBRUARY 11, 2009 TORONTO	JUDY-ANNE TUMBER 416.264.6016
♥ LUNCH AND TRAVELOGUE <i>Speaker: T.B.A.</i>	THURSDAY, APRIL 23, 2009 SISTERS' RESTAURANT, SCARBOROUGH	ANNE-MARIE ELLIS-TAYLOR 416.261.5190
♥ STRATFORD FESTIVAL <i>West Side Story</i>	WEDNESDAY, APRIL 29, 2009 STRATFORD, ONTARIO	MARILYN TREGWIN 416.493.3757
♥ TULIP TIME IN OTTAWA	MAY 8 – MAY 10, 2009 OTTAWA, ONTARIO	HAROLYN PANETTA 416.445.0885
♥ ELGIN THEATRE <i>Anne of Green Gables – The Musical</i>	WEDNESDAY, MAY 20, 2009 TORONTO	JUDY-ANNE TUMBER 416.264.6016
♥ ANNUAL GENERAL MEETING (AGM)	THURSDAY, MAY 28, 2009 Q-SSIS BANQUET HALL, SCARBOROUGH	JUDY-ANNE TUMBER 416.264.6016
♥ STRATFORD FESTIVAL <i>Macbeth</i>	WEDNESDAY, JUNE 9, 2009 STRATFORD, ONTARIO	HAL McCULLOUGH 905.985.8760
♥ ST. JACOB'S PLAYHOUSE <i>Me and My Gal</i>	THURSDAY, JUNE 18, 2009 ST. JACOB'S, ONTARIO	BRENDA FICK 905.683.9676
♥ DRAYTON THEATRE <i>Blue Champagne</i>	THURSDAY, JULY 9, 2009 DRAYTON, ONTARIO	JUDY-ANNE TUMBER 416.264.6016



SUMMER/FALL: FULL DESCRIPTIONS FOR THESE ACTIVITIES WILL APPEAR IN OUR SPRING 2009 NEWSLETTER.

SEE OUR "FRONT OF THE LINE" SERVICE FOR ADVANCE BOOKING — DETAILS ON THE NEXT PAGE.

♥ BLUE JAYS BASEBALL vs.	AUGUST, 2009 ROGERS CENTRE, TORONTO	LES COOMBS 416.261.0568
♥ SHAW FESTIVAL <i>The Devil's Disciple</i>	SEPTEMBER, 2009 NIAGARA-ON-THE-LAKE, ONTARIO	ELLEN McCORMICK 416.284.7795
♥ BREAKFAST FOR KIDS 12 <sup>TH</sup> ANNUAL GOLF TOURNAMENT	SEPTEMBER 15, 2009 MILL RUN GOLF & COUNTRY CLUB, SILOAM, ONTARIO	KEN DROPE 416.485.9538
♥ NEW YORK CITY	OCTOBER 19-22, 2009 NEW YORK, NY	JUDY-ANNE TUMBER 416.264-6016
♥ HEALTH SEMINAR <i>Topic, Date &amp; Location TBA</i>	OCTOBER, 2009 SCARBOROUGH	MARILYN TREGWIN 416.493.3757
♥ FALL LUNCHEON	THURSDAY, OCTOBER 29, 2009 Q-SSIS BANQUET HALL, SCARBOROUGH	JUDY-ANNE TUMBER 416.264.6016
♥ CHRISTMAS LUNCHEON	WEDNESDAY, DECEMBER 2, 2009 SCARBORO GOLF & COUNTRY CLUB	MARILYN HODGE 416.284.9984
♥ ELGIN THEATRE <i>How the Grinch Stole Christmas – The Musical</i>	DECEMBER 9, 2009 TORONTO	RON SMITH 416.431.0466



**DID YOU MISS AN ACTIVITY'S DEADLINE? CONTACT JUDY-ANNE TUMBER BY PHONE OR E-MAIL. SHE WILL HELP YOU.**

### **TRIP TIPS:**

- R** UNLESS INDICATED OTHERWISE, ALL OF OUR BUS TRIPS DEPART FROM AGINCOURT MALL AT THE NORTH-WEST CORNER OF SHEPPARD AVE. AND KENNEDY RD.
- R** YOU MUST PICK UP A PARKING PASS FROM THE TRIP FACILITATOR AND DISPLAY IT ON YOUR CAR'S DASHBOARD.
- R** MEET WEST OF WAL-MART — IN THE SCOTIABANK / PET VALU AREA. LOOK FOR THE PACIFIC WESTERN/MARY MORTON BUS...
- R** PLEASE PARK IN THE AREA IN FRONT OF SCOTIABANK / PET VALU.
- R** PLEASE ARRIVE 10-15 MINUTES AHEAD OF DEPARTURE TIME.
- R** FOR RESERVATIONS, PLEASE SEND THE PROGRAMME COUPON WITH YOUR CHEQUE MADE PAYABLE TO: **RETIRED TEACHERS OF ONTARIO — DISTRICT 24.**
- R** CHEQUES FOR OUR EVENTS ARE NOT USUALLY DEPOSITED UNTIL THE TRIP IS CONFIRMED. DON'T DESPAIR WHEN WE HOLD YOUR CHEQUE.
- R** **SUGGESTION:** POST-DATE YOUR CHEQUE TO THE DEADLINE DATE OF THE ACTIVITY.
- R** IF BOTH YOU AND THE FACILITATOR HAVE E-MAIL, YOU CAN CHOOSE TO HAVE YOUR CONFIRMATION E-MAILED TO YOU, SAVING YOU TIME AND THE COST OF AN ENVELOPE AND POSTAGE. CHECK THE APPROPRIATE LINE ON THE COUPON. THEN MAIL THE COUPON WITH YOUR CHEQUE.
- R** IF YOU OR THE FACILITATOR DOES NOT HAVE E-MAIL, YOU MUST ENCLOSE A **STAMPED, SELF-ADDRESSED ENVELOPE.**
- R** YOU WILL RECEIVE CONFIRMATION FOR YOUR EVENT: BY E-MAIL, RETURN ENVELOPE, OR TELEPHONE WHEN THE FACILITATOR IS READY.
- R** UNLESS NOTED OTHERWISE, OUR TRIPS ARE "ALL INCLUSIVE": LUNCH, BUS TRANSPORTATION, TICKETS (WHERE APPLICABLE), TAXES AND GRATUITIES.



### **ABOUT OUR "FRONT OF THE LINE" SERVICE...**



FOR 2009, WE ARE CONTINUING OUR "FRONT OF THE LINE" PROGRAMME. ANYONE WHO IS INTERESTED IN RESERVING A PLACE FOR ANY EVENT SHOULD E-MAIL OR PHONE JUDY-ANNE. IF THE EVENT IS T.B.A., JUDY-ANNE WILL CONTACT YOU AS SOON AS THE DATES AND INFORMATION FOR THE EVENTS ARE RELEASED, SHE WILL E-MAIL OR CALL YOU BACK WITH ALL THE DETAILS AND SHE WILL PUT YOU ON THE LIST. THEN, WHEN YOU RECEIVE YOUR NEWSLETTER, YOU SIMPLY SEND YOUR PROGRAMME COUPON AND CHEQUE TO THE FACILITATOR — JUDY-ANNE WILL HAVE PASSED ON YOUR NAME TO HIM/HER.

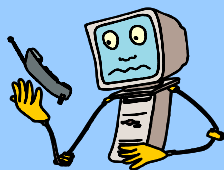
PHONE: 416.264.6016

E-MAIL: [jatumber@rogers.com](mailto:jatumber@rogers.com)

USE SUBJECT: **RTO - Front of the Line**

Messages without this subject will not be opened.

~ Judy-Anne Tumber, Programme Chair



### **FACILITATOR INFORMATION**

#### ***JIM DEVINE:***

19 COMPTON DR.  
SCARBOROUGH, ON M1R 4A5  
TELEPHONE: 416.751.8487  
E-MAIL: [devinepicture@gmail.com](mailto:devinepicture@gmail.com)

#### ***ANNE-MARIE ELLIS-TAYLOR:***

ONE GUILDCREST DR.  
SCARBOROUGH, ON M1E 1E2  
TELEPHONE: 416.261.5190  
NO E-MAIL



#### ***BRENDA FICK:***

5 AGATE RD.  
AJAX, ON L1S 3J7  
TELEPHONE: 905.683.9676  
E-MAIL: [bfick1@rogers.com](mailto:bfick1@rogers.com)

#### ***MARILYN HODGE:***

48 LANGEVIN CRES.  
SCARBOROUGH, ON M1C 2B6  
TELEPHONE: 416.284.9984  
E-MAIL: [mjhodge@sympatico.ca](mailto:mjhodge@sympatico.ca)

#### ***HAL MCCULLOUGH:***

62 CHESTER CRES.  
PORT PERRY, ON L9L 1K8  
TELEPHONE: 905.985.8760  
E-MAIL: [hal@powergate.ca](mailto:hal@powergate.ca)



#### ***HAROLYN PANETTA:***

38 CASTLEGROVE BLVD.  
DON MILLS, ON M3A 1L2  
TELEPHONE: 416.445.0885  
E-MAIL: [h\\_panetta@hotmail.com](mailto:h_panetta@hotmail.com)

#### ***GORD REID:***

57 MISTHOLLOW SQ.  
SCARBOROUGH, ON M1E 4P3  
TELEPHONE: 416.282.3714  
NO E-MAIL

#### ***DALE SMITH:***

83 LADYSBRIDGE DR.  
SCARBOROUGH, ON M1G 3H8  
TELEPHONE: 416.438.0430  
E-MAIL: [afsmith@hotmail.com](mailto:afsmith@hotmail.com)



#### ***MARILYN TREGWIN:***

41 RAVENCLIFF CRES.  
TORONTO, ON M1T 1R7  
TELEPHONE: 416.493.3757  
E-MAIL: [marilyn.tregwin@tel.tdsb.on.ca](mailto:marilyn.tregwin@tel.tdsb.on.ca)

#### ***JUDY-ANNE TUMBER:***

203 SYLVAN AVE.  
SCARBOROUGH, ON M1E 1A4  
TELEPHONE: 416.264.6016  
E-MAIL: [jatumber@rogers.com](mailto:jatumber@rogers.com)

### Elgin Theatre

#### **HAPPY DAYS — THE MUSICAL**



**DATE:** WEDNESDAY, FEBRUARY 11, 2009  
**DEPARTURE:** 11:00 AM  
**RETURN:** 4:45 PM  
**COST:** \$126.00  
**TRAVEL:** DEPART AGINCOURT MALL. *SEE TRIP TIPS, p11*  
**PROGRAMME:** BASED ON THE HIT PARAMOUNT PICTURES' TELEVISION SERIES, *HAPPY DAYS - A NEW MUSICAL* RE-INTRODUCES ONE OF AMERICA'S BEST-LOVED FAMILIES, THE CUNNINGHAMS, AND THE DAYS OF 1959 MILWAUKEE COMPLETE WITH VARSITY SWEATERS, HULA HOOPS AND JUKEBOX SOCK-HOPPIN'.  
**LUNCH:** DAVID DUNCAN HOUSE  
**FACILITATOR:** *JUDY-ANNE TUMBER — INFORMATION ON p11*  
**DEADLINE:** *FRIDAY, JANUARY 9, 2009*  
*COUPON ON PAGE 13*

### Tulip Time in Ottawa



**DATE:** MAY 8 — MAY 10, 2009  
**DEPARTURE:** PICK UP FROM, AND RETURN TO, YOUR HOME.  
**COST:** \$559.00 EACH OF TWO SHARING  
**PROGRAMME:** ENJOY OUR NATION'S CAPITAL WHEN THE WORLD FAMOUS TULIP FESTIVAL ADDS BEAUTY AND COLOUR TO THE CITY. 1000 ISLAND CRUISE, CRUISE ON RIDEAU CANAL, GUIDED TOURS OF OTTAWA AND THE WAR MUSEUM. TWO NIGHTS AT RAMADA PLAZA HOTEL, TWO DINNERS, TWO HOT BREAKFASTS, TWO LUNCHES. AIR-CONDITIONED, WASHROOM-EQUIPPED HIGHWAY COACH.  
**FACILITATOR:** *HAROLYN PANETTA — INFORMATION ON p11*  
**QUESTIONS:** PHONE HAROLYN FOR MORE INFORMATION.  
**DEADLINE:** MAKE A PHONE CALL NOW TO RESERVE YOUR SPOT. \$50 DOWNPAYMENT BY JANUARY 31, 2009. BALANCE DUE BY MARCH 31, 2009  
*COUPON ON PAGE 13*

### Lunch and Travelogue

#### **GUEST SPEAKER: T.B.A.**



**DATE:** THURSDAY, APRIL 23, 2009  
**TIME:** 12:00 NOON  
**COST:** \$17.50  
**LOCATION:** SISTERS' RESTAURANT  
**PROGRAMME:** T.B.A.  
**NOTE:** YOU ARE ASKED TO PARK AT THE LUTHERAN CHURCH - 3 DRIVEWAYS EAST OF SISTERS'.  
**FACILITATOR:** *ANNE-MARIE ELLIS-TAYLOR — INFO ON p11*  
**DEADLINE:** *FRIDAY, MARCH 27, 2009*  
*COUPON ON PAGE 13*

### Elgin Theatre

#### **ANNE OF GREEN GABLES**



**DATE:** WEDNESDAY, MAY 20, 2009  
**DEPARTURE:** 10:15 AM  
**RETURN:** 5:00 PM  
**COST:** \$130.00  
**TRAVEL:** DEPART AGINCOURT MALL. *SEE TRIP TIPS, p11*  
**PROGRAMME:** THIS FAMILY CLASSIC RELIVES THE POIGNANT AND FUNNY STORY OF ANNE SHIRLEY, THE SPUNKY, RED-HEADED ORPHAN WHO COMES TO PRINCE EDWARD ISLAND HOPING TO FIND A HAPPY HOME.  
**LUNCH:** PERIDOT RESTAURANT. BE SURE TO INDICATE YOUR CHOICE OF PASTA PRIMAVERA, CHICKEN MARSALA, OR ATLANTIC SALMON ON THE TRIP COUPON.  
**FACILITATOR:** *JUDY-ANNE TUMBER — INFO ON p11*  
**DEADLINE:** *FRIDAY, APRIL 17, 2009*  
*COUPON ON PAGE 14*

### Stratford Festival

#### **WEST SIDE STORY**



**DATE:** WEDNESDAY, APRIL 29, 2009  
**DEPARTURE:** 10:00 AM  
**RETURN:** 7:00 PM  
**COST:** \$136.00  
**TRAVEL:** DEPART AGINCOURT MALL. *SEE TRIP TIPS, p11*  
**PROGRAMME:** JOIN THE JETS AND THE SHARKS AS THEY WAGE A TEENAGE GANG WAR FUELLED BY RACIAL INTOLERANCE. MODELLED AFTER 'ROMEO AND JULIET' AND SET ON THE WEST SIDE OF MANHATTAN IN THE 1950s, WEST SIDE STORY WAS FIRST STAGED ON BROADWAY TO GREAT CRITICAL SUCCESS IN 1957.  
**LUNCH:** VERSES RESTAURANT, KITCHENER  
**FACILITATOR:** *MARILYN TREGWIN — INFORMATION ON p11*  
**DEADLINE:** *FRIDAY, MARCH 27, 2009*  
*COUPON ON PAGE 13*

### Stratford Festival

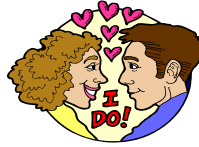
#### **MACBETH**



**DATE:** TUESDAY, JUNE 9, 2009  
**DEPARTURE:** 9:30 AM  
**RETURN:** 7:30 PM  
**COST:** \$140.00  
**TRAVEL:** DEPART AGINCOURT MALL. *SEE TRIP TIPS, p11*  
**PROGRAMME:** FROM THE ELIZABETHAN-JACOBEAN PERIOD, PENNED BY WILLIAM SHAKESPEARE. DIRECTED BY DES McANUFF AND STARRING COLM FEORE.  
**LUNCH:** KEYSTONE ALLEY  
**FACILITATOR:** *HAL McCULLOUGH — INFORMATION ON p11*  
**DEADLINE:** *FRIDAY, MAY 8, 2009*  
*COUPON ON PAGE 14*

✓ **IN CASE YOU WERE WONDERING...**  
 FRIENDS AND FAMILY MEMBERS ARE ALWAYS WELCOME TO JOIN YOU FOR ANY OF OUR ACTIVITIES!

**St. Jacob's Playhouse**  
***ME AND MY GAL***



DATE: THURSDAY, JUNE 18, 2009  
 DEPARTURE: 9:00 AM  
 RETURN: 7:00 PM  
 COST: **\$98.00**  
 TRAVEL: DEPART AGINCOURT MALL. SEE TRIP TIPS, p11  
 PROGRAMME: A COMMON BLOKE IS PRESSURED TO DITCH HIS BELOVED, YET UNREFINED, COCKNEY GIRLFRIEND AND BE TRANSFORMED INTO A TRUE GENTLEMAN IN ORDER TO RECEIVE AN INHERITANCE IN THIS SPARKLING RAGS TO RICHES COMEDY FULL OF LOVE, LAUGHTER AND IRREPRESSIBLE SPIRIT.  
 LUNCH: CROSSROADS RESTAURANT  
 FACILITATOR: **BRENDA FICK** — INFORMATION ON p11  
 DEADLINE: **FRIDAY, MAY 15, 2009**  
 COUPON ON PAGE 14

**Drayton Theatre**  
***BLUE CHAMPAGNE***



DATE: THURSDAY, JULY 9, 2009  
 DEPARTURE: 9:00 AM  
 RETURN: 7:00 PM  
 COST: **\$108.00**  
 TRAVEL: DEPART AGINCOURT MALL. SEE TRIP TIPS, p11  
 PROGRAMME: JUMP AND JIVE THROUGH THE HEYDAY OF THE HEPCAT IN A BUBBLY PRODUCTION THAT SWINGS, SCATS, STOMPS AND SOARS ITS WAY THROUGH MORE THAN 65 TIMELESS SONGS OF THE '40s, INCLUDING THE UNFORGETTABLE MUSIC OF COLE PORTER, DUKE ELLINGTON, GEORGE GERSHWIN AND ROGERS & HART.  
 LUNCH: BENJAMIN'S RESTAURANT  
 FACILITATOR: **JUDY-ANNE TUMBER** — INFORMATION ON p11  
 DEADLINE: **FRIDAY, MAY 15, 2009**  
 COUPON ON PAGE 14

***YOUR TRIP COUPONS...***

**HAPPY DAYS – THE MUSICAL**  
**WEDNESDAY, FEBRUARY 11, 2009**

**••• COUPON •••**

Clip (or photocopy) this coupon and send it with your cheque.

NAME: .....  
 PHONE #: .....  
 SPOUSE/GUEST NAME: .....  
 # OF TICKETS: ..... @ \$126.00 EA. = .....  
 E-MAIL: .....  
 WOULD YOU LIKE AN E-MAIL CONFIRMATION PRIOR TO TRIP? YES ..... NO .....  
 IF NO, A STAMPED, SELF-ADDRESSED ENVELOPE IS REQUIRED!  
**DEADLINE: FRIDAY, JANUARY 9, 2009**



JT

**LUNCH AND TRAVELOGUE**  
**THURSDAY, APRIL 23, 2009**

**••• COUPON •••**

Clip (or photocopy) this coupon and send it with your cheque.

NAME: .....  
 PHONE #: .....  
 SPOUSE/GUEST NAME: .....  
 # OF TICKETS: ..... @ \$17.50 EA. = .....  
 E-MAIL: .....  
 ANNE-MARIE HAS NO E-MAIL. YOU MUST SEND A STAMPED, SELF-ADDRESSED ENVELOPE IS REQUIRED!  
**DEADLINE: FRIDAY, MARCH 27, 2009**



AE

**WEST SIDE STORY**  
**WEDNESDAY, APRIL 29, 2009**

**••• COUPON •••**

Clip (or photocopy) this coupon and send it with your cheque.

NAME: .....  
 PHONE #: .....  
 SPOUSE/GUEST NAME: .....  
 # OF TICKETS: ..... @ \$136.00 EA. = .....  
 E-MAIL: .....  
 WOULD YOU LIKE AN E-MAIL CONFIRMATION PRIOR TO TRIP? YES ..... NO .....  
 IF NO, A STAMPED, SELF-ADDRESSED ENVELOPE IS REQUIRED!  
**DEADLINE: FRIDAY, MARCH 27, 2009**



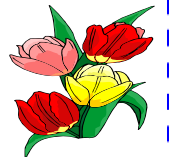
MT

**TULIP TIME IN OTTAWA**  
**MAY 8 TO MAY 10, 2009**

**••• COUPON •••**

Clip (or photocopy) this coupon and send it with your cheque.

NAME: .....  
 PHONE #: .....  
 SPOUSE/GUEST NAME: .....  
 # OF TICKETS: ..... @ \$559.00 EA. = .....  
 E-MAIL: .....  
 WOULD YOU LIKE AN E-MAIL CONFIRMATION PRIOR TO TRIP? YES ..... NO .....  
 IF NO, A STAMPED, SELF-ADDRESSED ENVELOPE IS REQUIRED!  
**DEADLINE: CONTACT HAROLYN DIRECTLY**



HP

☺ There's always a lot to be thankful for if you take time to look for it. For example, I am sitting here thinking how nice it is that wrinkles don't hurt.

**ANNE OF GREEN GABLES**  
**WEDNESDAY, MAY 20, 2009**

**••• COUPON •••**

Clip (or photocopy) this coupon and send it with your cheque.

NAME: .....

PHONE #: .....

SPOUSE/GUEST NAME: .....

# OF TICKETS: ..... @ \$130.00 EA. = .....

E-MAIL: .....

WOULD YOU LIKE AN E-MAIL CONFIRMATION PRIOR TO TRIP? YES ..... NO .....

IF NO, A STAMPED, SELF-ADDRESSED ENVELOPE IS REQUIRED!

PLEASE CHECK OFF YOUR CHOICE OF ENTRÉE: PASTA PRIMAVERA \_\_\_\_\_,

CHICKEN MARSALA \_\_\_\_\_, OR ATLANTIC SALMON \_\_\_\_\_

**DEADLINE: FRIDAY, APRIL 17, 2009**

JT



**BLUE CHAMPAGNE**  
**THURSDAY, JULY 9, 2009**

**••• COUPON •••**

Clip (or photocopy) this coupon and send it with your cheque.

NAME: .....

PHONE #: .....

SPOUSE/GUEST NAME: .....

# OF TICKETS: ..... @ \$108.00 EA. = .....

E-MAIL: .....

WOULD YOU LIKE AN E-MAIL CONFIRMATION PRIOR TO TRIP? YES ..... NO .....

IF NO, A STAMPED, SELF-ADDRESSED ENVELOPE IS REQUIRED!

**DEADLINE: FRIDAY, MARCH 27, 2009**

JT



**MACBETH**  
**TUESDAY, JUNE 9, 2009**

**••• COUPON •••**

Clip (or photocopy) this coupon and send it with your cheque.

NAME: .....

PHONE #: .....

SPOUSE/GUEST NAME: .....

# OF TICKETS: ..... @ \$140.00 EA. = .....

E-MAIL: .....

WOULD YOU LIKE AN E-MAIL CONFIRMATION PRIOR TO TRIP? YES ..... NO .....

IF NO, A STAMPED, SELF-ADDRESSED ENVELOPE IS REQUIRED!

**DEADLINE: FRIDAY, MAY 8, 2009**

HM



**Challenge Your Mind**

At our Health Seminar in October, our speaker remarked several times that we should be keeping our minds active in a variety of ways. For Sudoku lovers, here's one for you to try. It was labelled as a medium level of difficulty.

**SUDOKU RULES:**

- 🍏 EVERY ROW MUST CONTAIN THE NUMBERS FROM 1 THROUGH 9.
- 🍏 EVERY COLUMN MUST CONTAIN THE NUMBERS FROM 1 THROUGH 9.
- 🍏 EVERY 3x3 SQUARE MUST CONTAIN THE NUMBERS FROM 1 THROUGH 9.
- 🍏 A NUMBER CAN ONLY APPEAR ONCE IN EACH COLUMN, ROW AND 3x3 SQUARE.
- 🍏 THERE IS ONLY ONE SOLUTION. THE ANSWER TO THIS SUDOKU WILL BE FOUND ELSEWHERE IN THIS ISSUE.

	7		3				8	
		2			4	7		
	6	8				1	3	
	2			9				3
			7		2			
6				5			9	
	9	4				6	7	
		3	6			4		
	1				7		2	

**ME AND MY GAL**  
**THURSDAY, JUNE 18, 2009**

**••• COUPON •••**

Clip (or photocopy) this coupon and send it with your cheque.

NAME: .....

PHONE #: .....

SPOUSE/GUEST NAME: .....

# OF TICKETS: ..... @ \$98.00 EA. = .....

E-MAIL: .....

WOULD YOU LIKE AN E-MAIL CONFIRMATION PRIOR TO TRIP? YES ..... NO .....

IF NO, A STAMPED, SELF-ADDRESSED ENVELOPE IS REQUIRED!

**DEADLINE: FRIDAY, MAY 15, 2009**

BF



☺ When you are dissatisfied and would like to go back to your youth, think of Algebra!



***Meet One  
Of Our  
Senior Seniors:  
HELEN NOLAN***

Helen Nolan, born in 1914, is the seventh of 10 children; five of her ten siblings lived to be over 80

and all 5 were teachers! In the 1940's Helen left teaching when she married Bert, and moved to Toronto. By 1955 she had four children. In 1957, Helen gave birth to her 5th child and lost both her husband and first-born daughter. Life as a widowed, working mom was not easy. While she was enrolling her children in a new school the principal, upon learning Helen was a teacher, pleaded with her to return to work as there was a teacher shortage.

Helen spent a lifetime in the classroom starting as a student in a two-room schoolhouse in St. Joseph's Salmonier, NL, in 1919. Her earliest memories were from the time when she taught in an outport. Some of her students were only a year younger than herself and her day started by getting the wood stove fired up. Later she became a principal in two schools in St. John's and she enjoyed the luxury of heat, electricity and hot water. She retired as a teacher from our Lady of Wisdom School in 1979. All in all, Helen taught for 11 years in Newfoundland and for 23 years in Toronto. And it didn't really end there. As a nonagenarian, Helen still finds herself teaching as young and old ask how she stays healthy and so vital at age 94. People ask her, "What's your secret? How have you stayed so active?"

So what is Helen's recipe for a healthy old age? She has many responses...

**LIFELONG LEARNING...** Upon retiring 29 years ago, Helen completed her BA in Political Science at York University. She is a voracious reader and is well-known at her public library. She reads the best sellers, the award winners and loves Canadian literature. Every day she reads the Toronto Star (all of it) and polishes off the crossword puzzle. She is interested in politics and sports, but keeps up on everything. While she hasn't yet mastered the computer, it's on her "to-do" list. (Her granddaughter has just been admitted to medical school in Australia, so a web-cam is in Helen's future so they can stay in touch.)

**VOLUNTEERING...** Helen has done community service throughout her life and well into her 90's. She has been active in RTO, not just attending events, but doing activities such as Membership and Goodwill. Helen collected for Cancer and Heart and Stroke drives and made casseroles for her parish's ministry with the homeless.

**KEEPING ACTIVE...** While she does not consider herself an exerciser, Helen biked in her youth. Until recent years,

Helen has done her own house and yard work, and still does as much as she can. She's been baking bread since she was a teen; her homemade buns are legendary among her grandchildren (they renamed them NanaBuns). She just preserved peaches and rhubarb, and wishes she could be out picking her own berries.

**FRIENDSHIPS...** Helen is proud to have raised a family where all her children are friends with each other and most of all with her. Helen cherishes old and new friends, many she has come to know through her Involvement with RTO, RWTO, etc.

**FAITH...** Helen's faith has been important to her throughout her life and she is quick to note that it is this that carried her throughout the challenges she faced during her lifetime. Helen has been active in Annunciation Parish activities such as the Catholic Women's League.

**FAMILY...** Helen is very close with her children and their families. Although she loves living on her own, she is happy to see her family many times during the week. Shopping, dining out and celebrating family milestones are a big part of her life.

Helen is an inspiration for us all as we age — keeping active, involved and positive throughout life's journey is working for her.

*This article on Helen is the first in what we hope will turn out to be regular "series" in our newsletter. If you know of a member we could profile, please contact Marilyn Tregwin. Her contact info is on page 2.*

***GLORIA KONDZIOLKA — IN REMEMBRANCE***



Gloria Kondziolka will be remembered by her countless friends for her larger-than-life laugh and smile, her helpful and generous nature and her abundant sense of humour. She died October 25, 2008 after a lengthy illness.

An accomplished and passionate educator, Gloria pioneered the gifted program in the former MSSB (TCDSB). Her quick wit and intelligence marked her career as teacher, vice-principal, presenter and course director both at the school board and U of T and York universities. Gloria will also be remembered for her years on RTO/ERO District 24 executive. Her colleagues speak affectionately of her lively leadership style in her role as President.

It can be said that Gloria was passionate about life and lived it to the fullest. Married to Stan, they shared the joy of their two sons and 3 grandchildren. She was an avid golfer, bridge player and theatre buff. She loved to shop. Gloria was fun, smart, witty and a great friend. I count myself lucky to have been among her close friends. She will indeed be missed and long remembered by those whose lives she touched.

*~ Kathleen Turkington*

## Our 11<sup>th</sup> Annual Breakfast for Kids Golf Tournament



~ 2 new golfers: new to our tournament and new retirees!



~ top women's team



~ top blended team



~ top men's team

~ photos by Kathleen Turkington

It was a dark and stormy morning, but as golfer's luck would have it, the sun shone through just as the golfers headed out onto the course. One disappointed golfer, Ken Drope, this year's tournament chairman, was sidelined by surgery so Bob Cook stepped in as his capable substitute. Elaine Cook supervised the putting green again. Kathleen Turkington hauled prizes and auction items to the clubhouse in her van, and then turned her capable hand to taking pictures. Donna Hubel set up the prize and auction tables. Gary Fick facilitated the 50/50 draw. Thanks to these volunteers for making this year's tournament such a success.

We had 109 golfers of which 51 were women — a new high! At least 16 golfers were new to the tournament.

Congratulations to the:

**Top Women's Team:** Susan Emmett, Pat Elfer and Dede Fitzpatrick (*l-r in photo*)

**Top Blended Team:** Joe Arbutnott, Lily Kadagouchi, Lyle Ebata and Verna Lister (*l-r in photo*)

**Top Men's Team:** Bob Annis, Bill Kemp, Bill Sweatman and Stu McVean (*l-r in photo*)

**Closest Woman to the Pin:** Mary Mercer

**Closest Man to the Pin:** John Rieder

**Women's Most Accurate Drive:** Joanne Diemert

**Men's Most Accurate Drive:** Ron Turner

**Putting Contest Winners** (with 50 points each): Harry Brennan, Dede Fitzpatrick and Scott Sweatman

**Hole-in-One:** Pat Elfer (*photo*) - on Hole #2 - our first ever!!!

The silent auction garnered much interest with over thirty varied and interesting offerings. It raised an additional \$1000. Thanks on behalf of the kids to everyone who donated and purchased items.

For the first time in many years we were fortunate enough to have sponsorship for four holes raising \$650. Hole #1 was sponsored by Glenn Wideman from Avondale Retirement Residence. He also brought a generous door prize. Holes #10 and #18 were sponsored by the Retired Women Teachers of Ontario ~ Scarborough Branch. Hole #16 was sponsored by Maureen Whelton, Barrister at Stevenson, L.L.P.

One of the reasons for the success of the tournament is the wealth of donations for the prize table. Thanks to everyone who generously donated. This helped to keep our costs down and allowed us to donate \$800 to each of three schools.



We are pleased to donate to the breakfast programme at **Oakridge Community Centre** (TDSB Scarborough) and the lunch programmes at both **Valley Park Middle School** (TDSB East York) and **St. Theresa Shrine School** (TCDSB). An additional \$200 was donated to the **Warden Avenue Public School** snack programme.

Mark next year's Breakfast for Kids tournament in your new RTO calendar book - **Tuesday, September 15, 2009.** See you there!!

~ Ken Drope, B4K Golf Tournament Chairman



## The Schools Receive Their Cheques...

On October 30, President Bill Sparks and Golf Co-Ordinator Ken Drope did a whirlwind tour of the three schools that were to receive funds as a result of the Golf Tournament held in September. Each school was the recipient of \$800 that will go toward their Breakfast for Kids and Snack Programmes.

At each school they were met by the school's Principal and the Programme Co-ordinator.



### Oakridge Community Centre:

*l-r: David Levy, Bill Sparks, Suzanne Gauthier, Hosh Mohammad Amin, Ken Drope*



### Valley Park Middle School:

*l-r: Ken Drope, Amarjit Parmar, Nick Stefanoff, Bill Sparks, Sajeda Kahn, Durward Anthony*



### St. Theresa's Shrine School:

*R: l-r: Ken Drope, Jenny Evans, Fiona Bowser, David Letra  
F: l-r: Phil Accogli, Sandra Babb, Bill Sparks*



## IS YOUR NAME IN OUR E-MAIL DATABASE?

Thank you to those who have forwarded your e-mail addresses to our Webmaster. With only three newsletters a year, your e-mail address allows us to send you our monthly E-Mail Update with current District 24 events and happenings. It also allows us to provide you with any important information that comes our way in the health field, or when new information has been posted to the Toronto Districts' website, or remind you about upcoming day trips and other activities.

### PLEASE NOTE:

- ✗ Providing your e-mail address is voluntary. It is not provided to us by RTO.
- ✗ Your e-mail information will be held in the strictest confidence and *will not be shared* with any other organization.
- ✗ E-mails are sent to you as Bcc (Blind carbon copies). You don't get to see the e-mail addresses of the other recipients, and they don't get to see yours. Our message should appear in your in-box titled as "undisclosed recipients".
- ✗ Our e-mails are *always* prefaced with RTO.
- ✗ E-mail updates are usually sent out on the first day of the month (except for newsletter months of March, June, and November). However, to keep you fully informed, we do, occasionally, send special mailings.
- ✗ Our E-Mails are now sent only in .pdf format. Adobe Acrobat Reader can be downloaded to your computer from our website – it's a free download.
- ✗ Updates that are returned to the Webmaster because your in-box is full, or classed as "spam" by your server, are not re-sent.
- ✗ If you move, or change your internet provider, please remember to provide us with your new e-mail address!



If you wish to participate, and we encourage you to do so, please send your e-mail address to our Webmaster:

[hal@powergate.ca](mailto:hal@powergate.ca).

Use subject: RTO – E-Mail Address

*Messages without this subject will not be opened!*

We currently have some 350 members participating in our monthly updates. We look forward to adding *your* name to our list!

~ Hal McCullough

*Communications Chair: Newsletter Editor & Webmaster*

- ☺ Why do psychics have to ask you for your name?
- ☺ On the other hand, you have different fingers.
- ☺ When everything is coming your way, you're in the wrong lane.
- ☺ How much deeper would the ocean be without sponges?

## **FACT SHEET:**

### **Medical, Disability and Attendant Care Income Tax Deductions**

#A8

The Medical Expense Tax Credit applies to individuals who have sustained significant medical expenses for themselves or certain of their dependants.

The Disability Tax Credit applies to individuals who have a severe and prolonged mental or physical impairment or for individuals who support certain dependents with such impairment. The Disability Tax Credit Certificate (T2201) must be filed with the income tax return of the person claiming the credit.

The Attendant Care Expense Deduction under Section 64 of the Income Tax Act provides for a deduction, in computing income for a year, for attendant care expenses. The defined, limited, attendant care expense deduction must be supported by the Attendant Care Expenses Form (T929). For more information contact Canada Customs and Revenue Agency.

The terms medical doctor, medical practitioner (e.g. nurse, chiropractor, therapist, chiropodist, psychologist, acupuncturist) are used to describe individuals involved in the medical profession.

#### **MEDICAL EXPENSE TAX CREDIT**

The allowable portion of the qualifying medical expenses claimed is the portion of those expenses that exceeds the lesser of: a fixed amount (revised for each taxation year) or 3% of the individual's net income for the year.

Medical expenses must have been paid or deemed to have been paid by either the individual or his/her legal representative.

Medical expenses used in calculating a medical expense tax credit for a particular taxation year:

- ▶ must have been paid within any 12 month period ending in the calendar year, unless the individual died in the year;
- ▶ must be proven by filing supporting receipts;
- ▶ must not have been used in calculating a previous year's medical expense tax credit; and
- ▶ must not have been reimbursed or be reimbursable.

An individual's qualifying medical expenses are not restricted to those incurred or paid in Canada but must be paid on behalf of the individual, the individual's spouse or a dependant of the individual.

Subject to the interpretation and regulations of the Income Tax Act, expenses may be claimed for:

- ▶ payments to medical practitioners, hospitals, agencies e.g. VON, societies and associations for medical services rendered
- ▶ care of an individual with mental or physical impairment
- ▶ care in a self-contained domestic establishment
- ▶ care due to lack of normal mental capacity
- ▶ care in an institution and care and training in a school

- ▶ transportation and travel expenses of patient and accompanying individual
- ▶ artificial limbs, aids and other devices and equipment
- ▶ products required because of incontinence
- ▶ eyeglasses
- ▶ oxygen tents
- ▶ guide and hearing-ear dogs and other animals
- ▶ bone marrow or organ transplants
- ▶ renovations and alterations to a dwelling
- ▶ rehabilitative therapy
- ▶ devices and equipment prescribed by regulation
- ▶ preventive, diagnostic and other treatments e.g. - cost of insulin for a diabetic
- ▶ drugs, medicaments and other preparations or substances e.g. - oxygen
- ▶ dentures
- ▶ premiums to private health service plans
- ▶ medical expenses paid or deemed to have been paid by the individual
- ▶ attendant care expenses
- ▶ prescribed medical devices and equipment outlined in Part LVII of the Regulations
- ▶ prescribed Medical Devices and Equipment

[www.c CRA-ADRC.QC.CA](http://www.c CRA-ADRC.QC.CA)

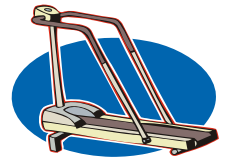
OTHER RTO/ERO FACT SHEETS ARE AVAILABLE TO YOU IN THE

MEMBERS ONLY SECTION OF THE WEBSITE: [www.rto-ero.org](http://www.rto-ero.org)

THEY ARE ALSO AVAILABLE IN .PDF FORMAT IF YOU WISH TO PRINT THEM AT HOME.  
MEDICAL, DISABILITY AND ATTENDANT CARE INCOME TAX DEDUCTIONS IS REPRINTED,  
WITH PERMISSION.

## **The Treadmill**

To buy a treadmill or not to buy a treadmill? That was the question. It is expensive. Maybe I would sit it in a corner and just look at it. Maybe that would be the only exercise I would get. I know walking is good for me. I tell myself that I could do it cheaper outside in my neighbourhood. But bad weather days would stop me. I'd rather watch TV.



After two years of contemplating the expense and the question, "What if I didn't use it?" I finally took the plunge and bought one. I discovered that I really enjoy using it! Placing it in front of my TV added to the enjoyment. Now I can walk and enjoy my favourite programmes or listen to music. When I get restless on bad weather days, I can enjoy a nice walk at whatever speed I choose while I'm watching a nice "summery and sunny programme" on TV. I feel so much better for it. My brain cells feel better for it. I have more energy to do other physical tasks. I admit some days I am too busy with other activities to use my treadmill but I don't look at it with dread and guilt. I find myself planning a 20 to 30 minute appointment with it almost every day. I can even walk in my pyjamas!

And if I want to walk outside on those fair weather days, I do that as well. That is a bonus!

~ Irene Hyatt, D24 Member



## In Memoriam

# Sympathy

***In understanding that each life is a miracle that changes the world, we remember and honour the lives of our departed colleagues and friends.***

**Albert T. Armstrong  
Beatrice F. Armstrong  
Norma Cutts  
Frances Deemer  
Margaret Donnelly  
James E. Flowers  
Aileen A. Henderson  
James D.W. Hogarth  
Judith Y. Jackson  
Helen R. Keen  
Cosmo Lattrulo  
Catherine Lund  
Frances R. McDowell  
R.R.B. McKennitt  
Helen Marion Smith  
Jacobus Terway  
Douglas Thorley  
Mildred A. White  
Audrey Woodham**

TO: 30/9/08




RTO/ERO OFFICES — 18 Spadina Road

☺ If at first you don't succeed, then skydiving's not for you.



## Financial Statement

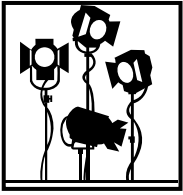
As At 24/08/08

	BUDGET 2008	ACTUAL 24/08/08
BANK BALANCE	\$13,353.82	\$13,353.82
ANTICIPATED RECEIPTS		
Provincial Grant	\$25,000.00	\$28,501.80
Bank Interest/Charges	\$10.00	\$2.07
Golf Tournament	\$1,200.00	-\$79.50
Interest Income (GIC)	\$879.38	\$640.68
TOTAL RECEIPTS	\$27,089.38	\$29,065.05
DISBURSEMENTS		
<i>ADMINISTRATION</i>		
Executive Expenses 	\$2,000.00	\$1,332.85
District AGM	\$200.00	\$307.12
Office Expenses	\$400.00	\$361.11
Senate Meeting	\$2,400.00	\$1,327.87
Archives	\$200.00	
<i>MEMBER SERVICES - COMMUNICATIONS</i>		
Goodwill, District	\$1,700.00	\$370.59
Membership	\$200.00	\$48.38
Recruitment, District	\$2,000.00	\$552.77
Newsletter (mailing, printing, postage)	\$13,500.00	\$10,123.99
Toronto District Assessment	\$1,200.00	
Political Action	\$500.00	
<i>MEMBER SERVICES - PROGRAMME</i>		
Day Trips	\$2,000.00	-\$154.54
Spring Luncheon	\$2,400.00	\$1,941.16
Fall Luncheon	\$300.00	
Christmas Luncheon	\$1,000.00	
Health Seminar	\$400.00	
Bridge Club	\$200.00	\$95.95
Blue Jay Game	\$50.00	\$5.46
Camera Club	\$200.00	\$84.58
District 24 RTO 40 <sup>th</sup> Year Celebration 	\$4,000.00	\$2,360.04
<i>SERVICE TO OTHERS</i>		
Breakfast for Kids	\$1,500.00	
Provincial Approved Project		\$0.00
District 24 Projects	\$2,000.00	\$300.00
<i>EXTRA-ORDINARY EXPENDITURE</i>		
Printing of the Constitution		\$900.00
TOTAL DISBURSEMENTS	\$38,350.00	\$19,957.33
RECEIPTS OVER DISBURSEMENTS	-\$11,260.62	\$9,107.72
CURRENT ASSETS		
Anticipated/current bank balance	\$2,093.20	\$22,461.54
INVESTMENTS		
GIC Face Value - matures 16/01/09	\$8,096.49	
GIC Face Value - matures 08/08/09	\$7,189.12	
GIC Face Value - matures 15/12/08	\$5,131.72	

Please direct any questions or concerns to our treasurer.  
Contact information for Ron can be found on page 2.



~ Ron Smith, Treasurer



## ***THIS ISSUE TURNS THE SPOTLIGHT ON:***



### ***Kathleen Turkington: Service to Others Committee Chair***

Kathleen Turkington's third role since joining the district executive in 2000 is "chair" of the Service to Others Committee. She enjoys working for both District 24 and the organizations that RTO/ERO generously supports.

Kathleen's career began in Kirkland Lake in the same school where her eldest sister Moyra had taught her in Grade One. Kathleen ventured south to Streetsville in 1965 before marrying and settling down in Toronto to raise a family and enjoy a "wonderful" teaching career. She taught all elementary grades both in classrooms and as Teacher-Librarian where she spent most of her career. She was Library Resource Teacher with the former MSSB (TCDSB), working with hundreds of teachers and librarians in schools and as a conference speaker across Canada. She wrote for *The Teaching Librarian* magazine and was published in several educational journals. While teaching a Grade 4/5 in 1987, Kathleen joined the Choice Committee for the Canadian Children's Book Centre and read every Canadian children's book published in Canada the previous year in order to compile a list of Canada's best children's literature. She edited the Canadian newsletter of the *International Board on Books for Young People*, a worldwide organization dedicated to child literacy. Kathleen retired in 1997.

All of this experience brought Kathleen to her first job in District 24. She had previously gone on record to say that when she retired, she would write her own children's books. But life got in the way and within her first year of retirement, Kathleen lost her beloved husband Stuart to cancer. She wanted to



continue 'working with words' following this difficult time, so when a District member whom she had met in an aquafit class mentioned that District 24 was looking for a newsletter editor, Kathleen jumped in and joined the

executive.

"Those were busy and challenging years", recalls Kathleen, as the newsletter evolved from cut and paste and hand-mailed envelopes to the computerized, publication format that we enjoy today. "And it was just the right challenge for me at the time." After four years, Kathleen handed the reins to Hal McCullough who "brought our publication to professional new heights,

enhancing not only the print version but an online version as well."

After a brief stint as Secretary, Kathleen settled into Service to Others. "I love this work", she beams. "I feel like the touchstone where money meets the needy. I've grown to appreciate the generous volunteers in our community who dedicate their lives to improving the lives of others. And I'm so proud of the retirees from District 24 who continue to give back to the community through their volunteer efforts and advise us of community needs that help form our decisions."

Kathleen is not one to 'let the grass grow under her feet' as the old expression goes. She has travelled the world in the last ten years, enjoying an RTO/ERO world tour and most recently, cruises in Australia/New Zealand and another in the western Mediterranean. She swims an aquafit class most mornings every week, plays bridge, cycles some of the city's great bike paths, and continues her own service to others ventures. Last year she organized a fund raiser at the Wave Pool in Richmond Hill raising \$4,000.00 for the Stephen Lewis Grandmothers to Grandmothers Foundation. Her new favourite pastime is photography. Her only regret is the unfinished children's literature manuscripts that collect digital dust for lack of time to write.

This piece was written the week of Thanksgiving, and Kathleen doesn't hesitate when pondering what she has to be grateful for. "All of it", she answered. "Family, career, good health, warm memories, new adventure, retirement." She bubbles over when she talks about the 'heaven-sent' gift of two beautiful grandchildren, Quinn and Kolbe, who have come into her life. "They are the two newest and freshest flowers in my garden of life!" she says.

---

### ***Service to Others Grant 2008: The Pegasus Community Project***



In search of a worthy candidate for District 24 Service to Others funding for 2008, I advertised in the newsletter and on the website, and spoke at the golf tournament. As a result, a District member recommended the Pegasus Community Project with which she was connected.

I spoke with Marie Perrotta, director of The Pegasus Community Project, who sent me a package with articles, newspaper clippings, a sample newsletter, and a CD of The Pegasus Project. She also referred me to their website: [www.pegasustoronto.ca](http://www.pegasustoronto.ca).

#### ***THE PEGASUS COMMUNITY PROJECT***

After researching materials, I visited the Pegasus Thrift Store on Kingston Road and two of the Pegasus community centre classroom sites. The thrift store is a

bustling little building full of 'treasures'. It provides a venue where participants can gain work experience and social communication with the community at large, as well as revenue for programme support. There were five people working, including one paid staff, two volunteers and two happy and enthusiastic participants of the Pegasus Project. Marie explained that the store accepts donations from the public both for resale and for use in their programmes. For example, I brought odds and ends of costume jewelry and fabric that could be used in the Pegasus studio to make such things as bookmarks, bags and purses.

I visited a drama class with approximately 10 participants who were engaged in social drama and role play. A number of them came to shake my hand, curious as to whom this 'guest' was. I estimated that most of the participants were in their 20's. All have developmental disabilities, which may encompass Autism Spectrum Disorders, and includes people who have mobility challenges, medical needs, or emotional challenges. As I watched them engage in the drama, I was moved by both their efforts to express themselves and the challenges they face. Drama is one method the project uses to provide opportunities for social coaching and communication.



I visited the Studio class, staffed by two placement students from George Brown College and a volunteer from Notre Dame High School (TCDSB). They were helping five Pegasus participants with gift-making – such items as Christmas potpourri and bath milk. They showed me bags they made with the help of volunteers. For many of the participants, this is slow and arduous work that can only be accomplished with concentrated, patient staff support. But it gave the participants tremendous satisfaction to be able to produce something worthy of being sold in the thrift store and other community locations.

Marie described an outstanding programme that had begun the year before. With the help of volunteers including a photographer, and donated camera equipment, participants were taught to communicate through photographs. They were trained in the use of cameras and elements of photography and then worked with staff to create their own personal portfolio of photos. The results were so successful that a photo journal of participants' work was produced and sold to families and friends. A photography exhibition, hosted by participants, was launched at a local establishment. Some were also sold. One particular participant displayed giftedness in the field of photography, and everyone interacted with the public, displaying his/her talents and feelings through art. Marie identified this project as the most successful communications initiative that they had ever accomplished, especially for those with language disabilities for whom spoken language is a monumental challenge.

## DISTRICT 24 STO GRANT APPLICATION

The success of the photography project became the basis for our application to RTO Provincial for Service to Others funding. District 24 filed an application on behalf of Pegasus and we were pleased that Pegasus was awarded \$1200.00 to continue with the project entitled

*Photography: Speaking Without Words.*



The funds were used to purchase digital cameras, memory cards, frames and development. A professional photographer volunteered her time and talent. When Marie Perotta spoke at

District 24 AGM in May, she expressed appreciation on behalf of the Pegasus Project, noting that the money would go a long way towards their goal of raising \$5,000.00 to continue this important work. She mentioned also that Pegasus would welcome donations to the thrift store, and they are always seeking dedicated volunteers to work in their programmes as well.

## THE WORK CONTINUES

I came away thoroughly convinced of the value of this organization to the participants, their families, and the community at large. The dedication of Marie Perotta and the staff and volunteers was moving to witness and evidence to me that with our contribution, Pegasus can continue this valuable, life-giving gift of hope. The project is also closely aligned with the mission and objectives of the RTO/ERO Service to Others programme as both an educational and community-based initiative.

Pegasus is a registered charity. If you visit their website: [www.pegasustoronto.ca](http://www.pegasustoronto.ca), you will find information about the organization itself, volunteering and donating either thrift store items or funding. Under the News link, District 24 members can read a note of appreciation to RTO/ERO District 24 with an explanation of how the funds were used in the project.

If you or someone you know is involved with an organization volunteering to help others, your group may be eligible for a grant of up to \$4000.00 under the Service to Others initiative for 2009. Applications must be received at the District level by December 15, 2008 to be considered by District executive. Information about STO grants can be found on the RTO/ERO website: [www.rto-ero.org](http://www.rto-ero.org), or at the district level by contacting me at: [kathturk@gmail.com](mailto:kathturk@gmail.com) OR 905.731.1877

~ Kathleen Turkington, Committee Chair, Service to Others

- ☺ A penny saved is a government oversight.
- ☺ Long ago when men cursed and beat the ground with sticks, it was called witchcraft. Today, it's called golf.
- ☺ If you can smile when things go wrong, you have someone in mind to blame.
- ☺ The older we get, the fewer things seem worth waiting in line for.

## Welcome to District 24



To all our new members for 2008, we offer you warm welcome! Whether you are a new retiree or have moved from another district, we hope that you find District 24 ~ Scarborough and East York a comfortable and happy fit.

Our District motto is: "Where Old and New Friends Meet". We count you among our friends.



J. Anna Adamo-Foster  
Gail Adamson  
Phyllis Agg  
Arpi Ajamian  
Carol Anderson-Bagot  
Claudette Antoine  
Joan Appelby  
Janet Ashberry  
Susan Bach  
Bethene Blake  
Gordon Chadwick  
Margaret Brown  
Debra A. Chitra  
Jean Clarke  
Linda Cresswell  
Gail Darling  
Patrick Devine  
Judith Diamond  
Janet Dowler  
Carmen Ducharme  
Sandra Farrell  
Gayle Feeny  
Ronald Fielding  
Jerry Fitzgerald  
John G. Frame  
Carmel Grieve  
Helen Haines  
Patricia Hall  
Peter Hambly  
Phyllis Hill

Linda Hill-Butler  
George Honsey  
Gordon E. Honsey  
Lynn Houser  
Donna Husband  
Donald Jackson  
Thomas Joyce  
Susan Kay  
Sherrill L. Kinsey  
Mary Koppel  
Mary Rose Knight  
Chandrika Kumar  
Sharron Lazar  
Eric Larmour  
Kathryn Liley  
Craig S. Lougheed  
Sheila Lynch  
Doris Maier  
Ruth McDonald  
Jean McGuire  
Barbara A. McKennitt  
Marie McMullin  
Rod McNair  
Jane Morrison/Morgan  
Lillian Mowatt  
David Muir  
Mary Nickel  
Doug O' Neill  
Mary Ono  
Kenneth Perkin

Carl Ratsep  
Irene Rendl  
Lynda Robertson  
Louise Rodrigues  
Stephen Rupert  
Cheryl Smith  
Terrence Smith  
Carol Sorjonen  
Marilyn Souther  
Nancy Speer  
Patricia Sparks  
Louise Stillwell  
Susan Stuparyk  
Ameer Sulaman  
Quintina Tagliaferri  
Barbara Taylor  
Lawrie Taylor  
Helen Terway  
D. Beverley Tombler  
Sheila Torres  
Rosalinde Van Bommel  
Peter Vanderyagt  
Concetta Vella-MacKay  
Carolyn Webster  
Lorne E. West  
Margaret Whewall  
Linda Wickland  
James Wilson  
Andrea Wolch

TO: 30/9/08

As of September 30, 2008 District 24 had 2,196 members!  
As new members, we would encourage you to participate in our monthly E-Mail Updates. See page 17 for details.



Our Executive Meetings are currently held at the **KINGSWAY ARMS**, located at the south-west corner of McCowan Road and Eglinton Ave.

We always meet on Thursdays. Upcoming meeting dates are:  
- January 8, 2009  
- March 26, 2009  
- June 4, 2009

Parking and entrance are at the back of the building. Meetings begin with refreshments at 9AM; business at 9:30AM. We finish about NOON. ALL members are welcome to attend!!

It is a requirement of the Kingsway Arms that we sign *IN* and *OUT* at the desk where we enter the facility.

☺ A man was talking to his neighbour, "Just bought a new hearing aid. Cost me five thousand dollars. State of the art."  
"Really," answered the neighbour. "What kind is it?"  
"Twelve thirty."

## ***Fall Senate Report***

Your Provincial Senate met October 28 & 29 to deal with provincial business, RTO Executive elections and the 2009 budget. Our Senators Gary Fick and Frank Saliani, and Observers Les Coombs and Brenda Fick spent long hours listening to speeches and debate and represented us well. I was to have been a Senator for our District but my recent appointment to the Provincial Constitution Committee had me sitting at the Resolutions Table at the front, helping run the event.

Brenda Fick, in her role as a member of the Provincial 40th Anniversary Committee helped open the Senate with her introduction of a 140 member Grade 5/6 choir from North Leaside. She and Pat Sparks also spent time wrapping coloured ribbons on mementoes for the 40th for all participants.

Good news included a report that, despite the recent market downswing, our RTO health plan assets have seen a paper loss of less than 3%. Our funds are weathering this storm well.

As part of the 40th celebrations, tribute was paid to each of the past presidents, and many of the former presidents and executive-directors were able to attend the banquet and be recognized. Three people who have been heavily involved at both the District and Provincial level were the first recipients of a new Distinguished Member Award.

There was extensive examination of the activities of the Executive and Committees and spirited debate on portions of the budget. There were elections at the 2nd Vice-President level and for Executive members, and that interest in serving on the Provincial Executive is a good indication of the commitment of the volunteers who serve us all so well. (The job of President is unpaid, yet President Kenny reported that he will have been away from home for close to 200 days this year on RTO business.)

Thanks to our Senate team for giving of their time in support of our District through this important part of our organization.

*~ report by Bill Sparks, District President  
~ photos by Gary Fick*

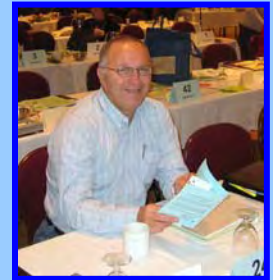


< Les Coombs

*Photo below:  
Pat Sparks &  
Brenda Fick*



Frank  
Saliani >



< Gary Fick



*Photo below:  
Choir from  
North Leaside*



### ***YOUR PENSION INCREASE...***

- ☺ YOUR PENSION INCREASE FOR 2009 WILL BE **2.5%**. IF YOU RETIRED IN 2008, IT WILL BE PRORATED. EXAMPLE: IF YOU RETIRED IN JUNE 2008, YOUR INCREASE WOULD BE 1.25%.
- ☺ THE ADJUSTMENT WILL BE APPLIED AT THE END OF JANUARY 2009 AND DETAILS WILL APPEAR IN THE DIRECT DEPOSIT NOTICE YOU WILL RECEIVE AT THE END OF THAT MONTH.
- ☺ IN OCTOBER, A CHANGE IN THE COST OF LIVING PROVISION WAS ANNOUNCED. THIS WILL **NOT** APPLY TO CURRENT PENSIONERS; YOU WILL CONTINUE TO RECEIVE 100% INFLATION PROTECTION.

#### *EDITOR'S NOTE:*

On June 19 and 20, I attended an RTO/ERO Workshop for Newsletter Editors at the Courtyard Marriott. It was extremely busy day and a half with speakers providing us with a wealth of information including suggestions on various ways of setting up a newsletter, making use of photographs and clip art, as well information about programmes that can be used for creating newsletters. At the same time, it gave editors the opportunity to meet with their counterparts from elsewhere in the province allowing for a free flow of ideas. You may have noticed a few small changes in this newsletter – a result of this workshop!

#### *ANSWER TO THE SUDOKU PUZZLE:*

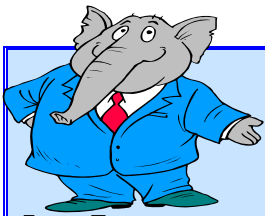
4	7	5	3	1	6	9	8	2
1	3	2	9	8	4	7	5	6
9	6	8	2	7	5	1	3	4
5	2	7	4	9	1	8	6	3
3	8	9	7	6	2	5	4	1
6	4	1	8	5	3	2	9	7
2	9	4	1	3	8	6	7	5
7	5	3	6	2	9	4	1	8
8	1	6	5	4	7	3	2	9



*Photo above:  
Bill Sparks (r)  
at the  
Resolutions Table*



< Marg Couture  
& Brenda Fick



**DATES  
TO  
REMEMBER**



EVERY TUESDAY  
 2<sup>ND</sup> TUESDAY OF MONTH  
 NOVEMBER 19 (SOLD OUT)  
 DECEMBER 3 (SOLD OUT)  
 DECEMBER 5  
 DECEMBER 9  
 JANUARY 8, 2009  
 JANUARY 23, 2009  
 FEBRUARY 11, 2009  
 MARCH 26, 2009  
 APRIL 23, 2009  
 APRIL 29, 2009  
 MAY 8-10, 2009  
 MAY 20, 2009  
 MAY 25-27, 2009  
 MAY 27, 2009  
 MAY 28, 2009  
 MAY 22, 2009  
 JUNE 4, 2009  
 JUNE 18, 2009  
 JULY 9, 2009  
 AUGUST 2009  
 SEPTEMBER 2009  
 SEPTEMBER 2009  
 OCTOBER 19-22, 2009  
 OCTOBER 29, 2009  
 OCTOBER 2009  
 OCTOBER 26-28, 2009  
 DECEMBER 2, 2009  
 DECEMBER 9, 2009  
 SEASONS CHANGE ON:  
 DAYLIGHT SAVING TIME:

BRIDGE CLUB (12:30 P.M.)  
 PHOTOGRAPHY CLUB  
 TORONTO ARTS CENTRE: *JERSEY BOYS*  
 S.G. & C.C.: *CHRISTMAS LUNCHEON*  
 CHRISTMAS TRIP: *GERITOL FOLLIES*  
 COBOURG: *CHRISTMAS IN THE COUNTRY*  
 EXECUTIVE MEETING: *KINGSWAY ARMS*  
 DEADLINE: *MARCH 2009 NEWSLETTER*  
 ELGIN THEATRE: *HAPPY DAYS: MUSICAL*  
 KINGSWAY ARMS: *EXECUTIVE MEETING*  
 SISTERS': *LUNCH & TRAVELOGUE*  
 STRATFORD: *WEST SIDE STORY*  
 TRIP: *TULIP TIME IN OTTAWA*  
 ELGIN THEATRE: *ANNE OF GREEN GABLES*  
 SPRING SENATE  
 STRATFORD: *MACBETH*  
 Q-SSIS: *ANNUAL GENERAL MEETING*  
 DEADLINE: *JUNE 2009 NEWSLETTER*  
 KINGSWAY ARMS: *EXECUTIVE MEETING*  
 ST. JACOB'S PLAYHOUSE: *ME & MY GAL*  
 DRAYTON THEATRE: *BLUE CHAMPAGNE*  
*BLUE JAYS BASEBALL*  
 SHAW FESTIVAL: *DEVIL'S DISCIPLE*  
 B4K GOLF TOURNAMENT  
 U.S. TRIP: *NEW YORK CITY*  
 Q-SSIS: *FALL LUNCHEON*  
 HEALTH SEMINAR  
 FALL SENATE  
 S.G.&C.C.: *CHRISTMAS LUNCHEON*  
 ELGIN THEATRE: *HOW THE GRINCH ...*  
 Dec 21; Mar 20; June 21; Sept 22  
 begins Mar 8, '09; ends Nov 1, '09

**FALL LUNCHEON  
 OCTOBER 23, 2008**



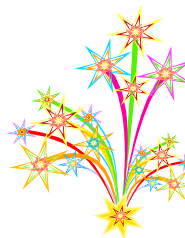
< Marg  
 Couture



~ article on page 6  
 ~ photos by Hal McCullough  
 ~ additional photos on our website

ANY AND ALL SUBMISSIONS ARE SUBJECT TO EDITING FOR CONTENT AND SPACE LIMITATIONS.  
 OTHER RTO/ERO DISTRICTS ARE WELCOME TO USE ANY OF THE MATERIAL CONTAINED IN THIS NEWSLETTER PROVIDING APPROPRIATE ATTRIBUTION IS MADE REGARDING SOURCE.

**RTO/ERO DISTRICT 24**  
 c/o HAL McCULLOUGH,  
 62 CHESTER CRES.,  
 PORT PERRY, ON L9L 1K8



**PUBLICATIONS MAIL AGREEMENT  
 No. 40881027**



**DEADLINE FOR SUBMISSIONS FOR SPRING'S BEYOND THE BLACKBOARD IS FRIDAY, JANUARY 23, 2009.**