

# BEYOND THE BLACKBOARD



DISTRICT 24 – SCARBOROUGH AND EAST YORK



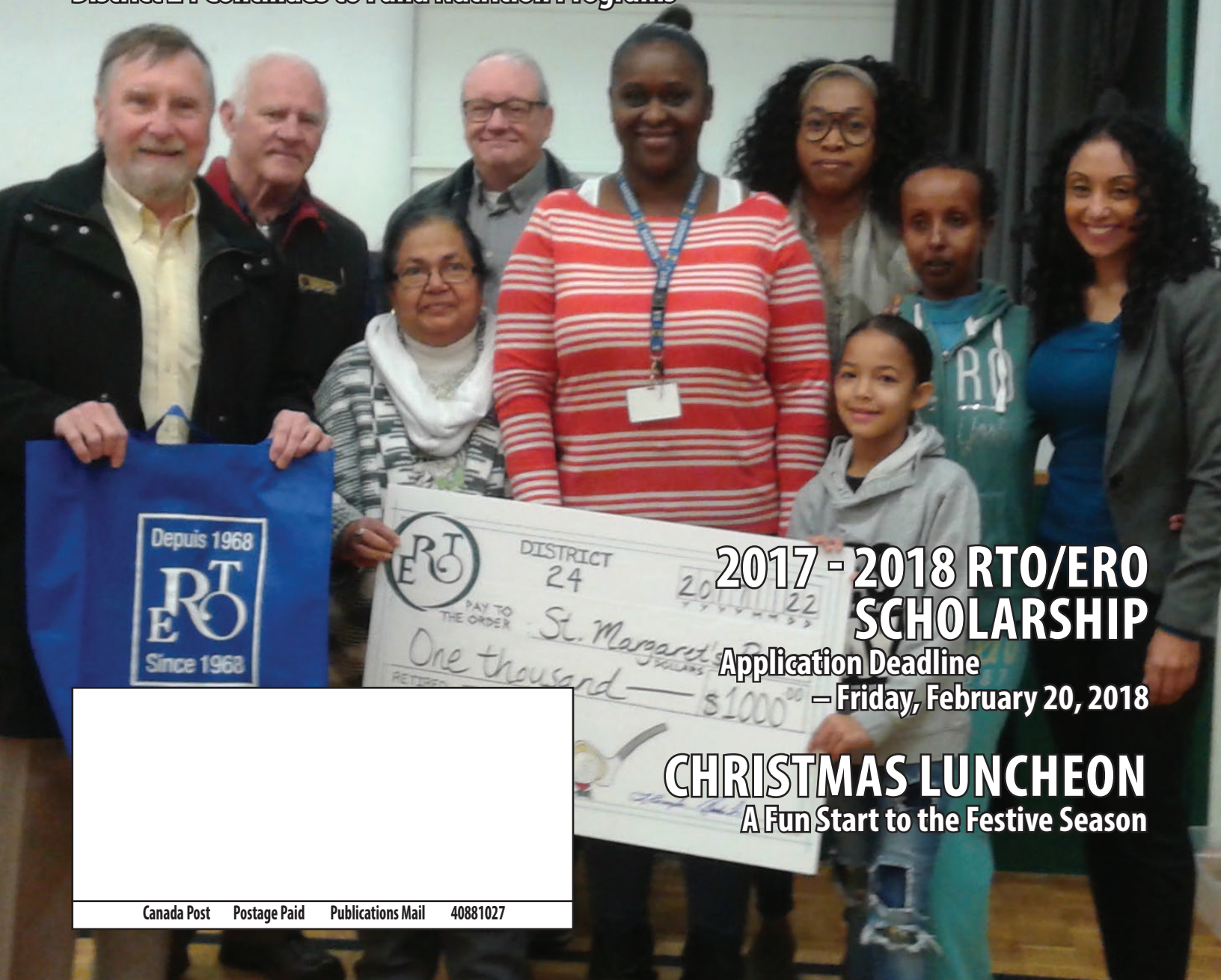
Volume 36 - Number 3

Winter 2017/2018

<https://district24.rto-ero.org>

## BREAKFAST FOR KIDS' GOLF FUNDRAISER SUCCESS

District 24 Continues to Fund Nutrition Programs



**2017 - 2018 RTO/ERO  
SCHOLARSHIP**

**Application Deadline**

**– Friday, February 20, 2018**

**CHRISTMAS LUNCHEON**  
**A Fun Start to the Festive Season**

## ANNUAL GENERAL MEETING AND SPRING LUNCHEON

Thursday, May 24, 2018 at *The Estate Banquet and Event Centre*, 430 Nugget Ave., Toronto, Ontario, M1S 4A4 (north side of Nugget Ave., just west of Markham Road), (416) 293-9292.

**PROGRAM:** We begin the day with our Annual General Meeting. There will be reports from our Committee Chairs followed by the election of the Table Officers for 2018 - 2019.

Doors open, 9:30 a.m.; Coffee, 10:00 a.m.; AGM, 10:30-11:30 a.m.; Bar opens, 11:30 a.m.; Luncheon, followed by entertainment, 12:20 p.m.

**COST:** \$35.00 [Members attending the full AGM meeting will have their \$35.00 cheque returned to them.]

**[NOTE: If you are bringing a non-member, please remember to submit a separate cheque for their meal, as the luncheon cost cannot be refunded to non-RTO guests.]**

**CONTACT:** Susan Watson – 18 Springbank Ave., Scarborough, ON M1N 1G3

PHONE: (416) 698-3030 E-MAIL: siwatson5@bell.net

**MAKE CHEQUE PAYABLE TO:** RTO — District 24

Coupon: *AGM / Spring Luncheon*

Thursday, May 24, 2018

Clip (or photocopy) this coupon and send it to Susan Watson (address above) with your cheque made payable to: **RTO – District 24**

Name (Print): \_\_\_\_\_ Phone #: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Spouse/Guest Name (Print): \_\_\_\_\_

No. of tickets: \_\_\_\_\_ @ \$35.00 = \_\_\_\_\_ (Please submit a separate cheque for non-RTO members.)

Special Needs / Dietary Allergies: \_\_\_\_\_

Would you like an e-mail confirmation:  YES  NO If **NO**, a stamped, self-addressed envelope is required for confirmation.

**DEADLINE: MAY 14, 2018. PLEASE USE THIS DATE ON YOUR CHEQUE**



## 2017-2018 RTO/ERO SCHOLARSHIP

RTO/ERO awards up to 25 individual post-secondary scholarships of \$1,000 each to members' relatives.

### ELIGIBILITY:

- Applicant is a resident, Canadian citizen or a landed immigrant.
- Applicant is a child, grandchild, niece, nephew, grandniece, grandnephew, son-in-law, daughter-in-law or step-child of an RTO/ERO member.
- In the case of teaching programs, applicant is enrolled in the last year of a program that will directly lead to a career in teaching in Canada.
- In the case of all other programs, applicant is enrolled in the last year of a program that is recognized at Canadian publicly-funded colleges or universities.

Further information and access to the online application form will be available at:

<https://www.rto-ero.org/programs-services/scholarship-program>

**APPLICATION DEADLINE: 4:30 P.M., FRIDAY, FEBRUARY 20, 2018**

# Beyond the Blackboard

**EDITOR-IN-CHIEF**  
Scott Baker

**EDITORIAL BOARD**  
Bonnie Clarke  
Donna Hubel  
Annemarie McKee  
Gary Fick

**CONTRIBUTING EDITOR**  
Marilyn Tregwin

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**ON OUR COVER:** *District 24 Breakfast for Kids' Golf Tournament Committee members present a cheque to the students and staff of St. Margaret's Public School. Story on page 4.*

***Beyond the Blackboard*** welcomes submissions from members of RTO/ERO District 24. We accept letters to the editor, article proposals, photos, and artwork. Do you have a story to tell, an experience to share, or a poem that you have written? Consider contributing your work for publication. Articles should be between 400 and 1200 words, and photographs and scanned images should be at least 300 dpi at 5"x7" size (please send photos/images as email attachments and do not reduce size when attaching). Send submissions to: [d24.newsletter@rto-ero.org](mailto:d24.newsletter@rto-ero.org)

We cannot guarantee that submissions will be published or published as received. The editors reserve the right to edit, condense, or reject letters or submissions.

**Deadline for submissions for the next edition of *Beyond the Blackboard* is April 13, 2018.**

# RTO/ERO DISTRICT 24 BREAKFAST FOR KIDS' GOLF COMMITTEE REPORT

# 2017 TOURNAMENT

## A FUNDRAISING SUCCESS

We are pleased to report that the golf committee has completed its work for the 2017 *Breakfast for Kids Golf Tournament*. After all the bills were paid we were able to donate \$8,100 to our charity partners: the *Toronto Foundation for Student Success* and the *Angel Foundation for Learning* for distribution to eight schools in the former Scarborough and East York Boards of Education.

On November 22<sup>nd</sup> and 23<sup>rd</sup> the committee joined representatives from these charities to present the following schools with grants to assist their school nutrition programs: Chester Le Jr. P.S., Hunter's Glen Jr. P.S., Eastview P.S., Clairlea P.S., St. Margaret's P.S., St. Bede Catholic School, Epiphany of Our Lord Catholic Academy, and Chester Elementary School.

Your golf committee, with the support of the District 24 executive, has decided to continue this most worthwhile project, and I am pleased to announce that on September 11, 2018, the 21<sup>st</sup> Annual *Breakfast for Kids' Golf Tournament* will take place.

This decision was not taken lightly as we experienced some concern due to the smaller than usual number of sponsors and number of golfers (66 down from 92) participating this year. We are announcing the tournament earlier than in the past and are hopeful that with early and continuing notice we can get our numbers back up for 2018.

We would like to acknowledge the invaluable assistance of Jerry Chadwick who has taken a leadership role on the committee who will be leaving us



next year. In this regard we are also seeking additional members to the committee for 2018. If you can provide some assistance in any way or for any specific role please contact Gary Fick at [garyrto@rogers.com](mailto:garyrto@rogers.com); We need people who can sign up sponsors, solicit prizes from businesses and individuals, and volunteer for other such tasks as might arise.

*On behalf of the kids, we offer our sincere thanks to our sponsors, golfers, volunteers, and those who donate prizes and gifts on a regular basis.*



*Eastview P.S. staff receive a cheque from members of the Breakfast for Kids' Golf Tournament Committee.*

## PRESIDENT'S MESSAGE



# DISTRICT 24 HIGHLIGHTS

**GARY FICK – DISTRICT 24 PRESIDENT**

*I trust you all had a most enjoyable Christmas season and a Happy New Year.*

District 24 is running smoothly. Since my last message, I am pleased to report that we have welcomed Carol Nelson to the executive as our Service to Others representative and Peter Vanderyagt back to the executive fold, this time in the Political Advocacy role.

Carol has already begun to work with a group to make a proposal to the District 24 executive. If approved, this proposal will be submitted to RTO for consideration for a Service to Others grant. If you know of a worthy group seeking support, which has District 24 members involved, please contact Carol Nelson (contact info on page 6).

Peter's extensive knowledge, not only of the political system, but also many of the current players, will be invaluable to District 24. We will have the ability to communicate issues importance to RTO/ERO to those running for office in the upcoming Provincial election. RTO/ERO is a non-partisan participant in elections, but we do have many ideas that we believe will enhance the lives of not only seniors, but all Ontarians.

As you may know, the district has experienced some difficult moments this year. We discovered that we have relied too heavily on the generous volunteers who make up the executive, each of whom has specific roles which ensure that District 24 runs smoothly. Therefore, we have instituted a mentoring system whereby each member of the executive is has been asked to prepare a summary of exactly what they

do for us, and how they do it. We are seeking new volunteers who would be willing to shadow these folks and learn the jobs, so that if someone were to become unable to fulfill their duties the ship would continue to run smoothly.

In particular we need new volunteers for our Retirement Workshop Planning Team. Wendy Hooker is the contact for volunteers in this role (contact info on page 6). Each workshop requires a "before" and "after" meeting, and a day to put together the packages to be distributed to the attendees. There are three workshops per year, but it is not necessary to volunteer for all three. If you think you could help at even one of these, it would be greatly appreciated.

Your 2017 Breakfast for Kids' Golf Tournament has concluded for another year. Although we had fewer golfers than in the past, our sponsors and golfers raised \$8,100 to assist eight schools in the former Scarborough and East York jurisdictions in providing a nutritious snack for over 2,500 students (see article on page 4). We are seeking the assistance of new committee members to aid us in the planning and execution of the tournament next year. If you can give some time to this most worthy project please contact Gary Fick, Les Coombs or Brian Hern ([brianhern@gmail.com](mailto:brianhern@gmail.com)).

I look forward to seeing as many of you as possible in 2018 as we celebrate the 50<sup>th</sup> Anniversary of RTO/ERO. Our planning team is working diligently to commemorate this milestone in the organization.

## NOTICE

*The Provincial RTO has adopted a new set of bylaws and policies to become a not-for-profit corporation at the federal level. Accordingly, our District 24 Constitution Committee will examine our local Constitution and bylaws in order to see what changes are necessary to bring us into compliance. It is expected that any changes will be published electronically in our E-News, and voted on at our annual meeting in May. We will not have an opportunity to publish a print version in advance. If you wish any input into changes in our current constitution please contact Bill Sparks at (416) 293-7477.*

# DISTRICT 24 EXECUTIVE 2017 – 2018

## TABLE OFFICERS:

**PAST PRESIDENT:** Bill Sparks  
wgasparks88@gmail.com (416) 293-7477

**PRESIDENT** Gary Fick  
garyrto@rogers.com (647) 388-9676

**FIRST VICE-PRESIDENT:** Paula Chambers  
paula.chambers@rogers.com (416) 208-0202

## COMMITTEE CHAIRS:

**ARCHIVES:** Gloria Wilson-Forbes  
orpahwilson@gmail.com (416) 721-1530

**BOOK CLUB A:**  
Gloria Courtney mgcourt@bell.net  
June Bourdon jdBourdon@hotmail.com

**FOUNDATION LIASON:** Gary Fick  
garyrto@rogers.com (647) 388-9676

**GOODWILL CARDS:** Marilyn Hodge  
marilynahodge@gmail.com (416) 284-9984

**HAVA★JAVA:** Donna Hubel  
dhub@sympatico.ca (416) 490-1861

**KNITTERS & CRAFTERS:** Donna Hubel  
dhub@sympatico.ca (416) 490-1861

**NEWSLETTER:** Scott Baker  
d24.newsletter@rto-ero.org (905) 655-5547

**PENSION & RETIREMENT CONCERNS:**  
Terry Smith  
chooch120@hotmail.com (416) 438-0430

**PROGRAM:** Paula Chambers  
paula.chambers@rogers.com (416) 208-0202

**SERVICE TO OTHERS:** Carol Nelson  
carol.nelson@sympatico.ca (416) 724-7107

**WEBMASTER:** Annemarie McKee  
amckee.rto@gmail.com

**SECOND VICE-PRESIDENT:** Vacant

**TREASURER:** Bonnie Clarke  
blblclarke@gmail.com (416) 609-3635

**SECRETARY:** Chris Elliot  
chris.elliott99@hotmail.com (416) 497-6192

**AWARDS:** Paula Chambers  
paula.chambers@rogers.com (416) 208-0202

**BOOK CLUB B:** Danielle Desmarais  
danielledesmarais58@gmail.com

**GOLF CONVENER:** Les Coombs  
lesonriviera@gmail.com (416) 261-0568

**GOODWILL PHONES:** Lynne Horvath  
lynne.horvath58@gmail.com (647) 483-7377

**HEALTH:** Marilyn Tregwin  
m.tregwin@gmail.com (416) 493-3757

**MEMBERSHIP:** Les Coombs  
lesonriviera@gmail.com (416) 261-0568

**NEW RETIREES' BRUNCH:** Rocco Demiglio  
rdemiglio@gmail.com (416) 267-2670

**POLITICAL ADVOCACY:** Peter Vanderyagt  
2van7844@bell.net (416) 284.7844

**RWTO REP:** Linda Jarvis  
linjar@rogers.com (416) 293-8689

**SOCIAL CONVENOR:** Susan Watson  
siwatson5@bell.net (416) 698-3030

## MEMBERS-AT-LARGE:

Phyllis Hill hillphyllis@hotmail.com (647) 374-7976  
Wendy Hooker wendyhooker@rogers.com (416) 266-4682

# NEW MEMBERS

The executive welcomes all new members to RTO/ERO District 24 and invites them to become active participants in all of our activities.

Marilyn Bajurny  
Nicole Bradley  
Richard Bradley  
Pamela Breese  
Alan Brown  
Mary Broad  
Cathy Carson  
Jennifer Cawthorne  
Elisa Correia  
Deborah Davidson  
Carmelita Dela Paz  
Barbara-Ann Felschow

Lena Glaes-Coutts  
Kristen Goberis  
  
Elysabeth Hayes  
Isabelle Hunter

Walter Ip  
Margaret Lanning  
  
Mary Manzer  
Gordon Newman

Debbie Perrin  
Herbert Quickert  
Deborah Reed  
Constantin Tatu  
Barbara Towe  
Wendy Train  
Linda Tutchener  
Lucia van Wouw  
Karen Walker  
Jean Ann Wong

“  
**Whether you are a new retiree or  
have moved from another district,  
we hope that you enjoy District 24.**  
”

# IN MEMORIAM

It is with great sadness that we inform you of the passing of the following members of District 24. We extend our heartfelt sympathy.

Eva Adomavicius  
Theda Anderson  
Elaine Aprile  
Helen Bandey  
Louis Bardwell  
Bruce Benton  
Abram Berman  
Lois Byce  
Carlton Carter  
Kathleen Clark

John Derewlany  
Lorraine Dilling  
Shirley Donely  
John Drewniak  
Liam Gavigan  
Olivia Gibbins  
Brian Gilbert  
Rollit Goldring  
M. Gould  
David Harrison

Hermine Hofmann  
M Kathleen Holmes  
Shirley Kennedy  
Irma Knight  
Carolyn Lockett  
Anne Majnarich  
Marguerite Martin  
Ann McDougall  
Jean Palace  
Dorothy Prosser  
Ingrid Quickert

Sandra Scott  
Robert Simpson  
Jean Troop  
Donald Tsuji  
Judith Vella  
Charles Vella  
Elgin Wasylenchuk  
David Wright  
Norman Wynott  
Paul Zolis

# DISTRICT 24 E-NEWS AND WEBSITE

During the first week of each month RTO/ERO District 24 sends out a monthly E-News by e-mail. It is another way of communicating with our members.



E-News is published in, February, March, April, June, September, November and December. We are pleased to announce that Provincial RTO/ERO is now providing the E-News through an E-Blast. District 24 Scarborough & East York has its own Flickr account – go to our pictures tab on our website (<https://district24.rto-ero.org>) to check out the photos. If you know of any school anniversaries that are coming up please let Annemarie McKee know so that she can post them on our website and include them in the E-News.

If you have recently changed your e-mail address, please contact Provincial office to inform them of the change. This will ensure that the change is official. Protection of Privacy legislation requires that changes at the Provincial level be made through personal contact. The local districts cannot make those changes. Contact the RTO/ERO Membership Database Administrator at:

Phone – (416) 962-9463, ext. 223      E-mail: [membership@rto-ero.org](mailto:membership@rto-ero.org)



## *RTO/ERO June Szeman 50<sup>th</sup> Anniversary District Award*

The RTO/ERO 50th Anniversary Committee has announced a special award to celebrate this event in honour of the late June Szeman, a past president of RTO Provincial. This special award is to be presented to district members who have provided outstanding leadership or exceptional work in furthering the goals of RTO/ERO at the District level. *District 24 – Scarborough and East York* will present three of these awards at the Annual General Meeting on May 24, 2018 (see page 2 for AGM details and registration) and is seeking eligible nominees.

To be eligible for this award:

- The NOMINEE must be a member of, and have provided long-term service to, RTO/ERO District 24.
- The NOMINATION FORM must include a NOMINATOR and a SECONDER.
- The NOMINEE must be willing to accept the award and must sign the NOMINATION FORM.
- The NOMINATION FORM must be accompanied by a brief biography of the NOMINEE highlighting relevant activities for RTO/ERO in District 24 and the duration of service(s).
- The NOMINATION FORM must be received by **March 1, 2018**.

The 50th Anniversary Committee will review all submissions received by the deadline and select three recipients. The decision of the committee is final and not subject to appeal.

The 50th Anniversary Awards will be awarded at the RTO 24 Annual General Meeting. A photo and biography of each recipient will be published in *Beyond the Blackboard* and their names published in the provincial *Renaissance* magazine.

### *RTO/ERO June Szeman 50<sup>th</sup> Anniversary District Award Nomination Form*

Name of NOMINEE: \_\_\_\_\_

Name of NOMINATING RTO DISTRICT 24 MEMBER: \_\_\_\_\_

Name of NOMINATING RTO DISTRICT 24 SECONDER: \_\_\_\_\_

Signature of NOMINEE: \_\_\_\_\_

***Attach biography of Nominee to this Nomination Form***

Please send NOMINATION FORM and biography to:

Paula Chambers, 50th Anniversary Chair  
6 Colinroy Street  
Scarborough, ON  
M1C 5G6

***NOMINATIONS MUST BE RECEIVED BY MARCH 1, 2018***



## HEALTH REPORT



# HEALTH MATTERS

MARILYN TREGWIN - DISTRICT 24 HEALTH REPRESENTATIVE

### EXERCISE PLAYS AN ACTIVE ROLE IN TREATING DEPRESSION

Early February marks the halfway point of our long Canadian winter season. If you're like many people, this time of year can bring about the winter blues. Even without Jack Frost's influence, depression is common in older adults and it's often difficult to treat successfully. But there's good news! Research outlined on the McMaster Optimal Aging Portal shows that exercise can help.

One of the important benefits of exercise is how it can enhance your mood and sense of well-being. Endorphins and other "feel good" chemicals in the brain are released when we're physically active and that can help to explain why exercise is prescribed - often in combination with other therapies - to help reduce the risk of depression.

Depression can have serious consequences for healthy aging, and many people are reluctant to admit to a mental illness or don't respond well to treatment with medication. People who do not receive adequate treatment for depression are at increased risk of other health problems (such as heart disease), and can suffer from lowered quality of life.

What Does the Research Say?

Searching for solutions, researchers conducted multiple studies to find out if exercise has depression fighting benefits

for older adults. According to the evidence from systematic reviews (available on the McMaster Optimal Aging Portal), exercise is shown to have a positive effect on helping to combat depression. All types of exercise are beneficial but "alternative" programs, such as Tai Chi and Qi Gong, were found to be most effective. Review authors suggest this could be due to the emphasis on both the body and mind through slow, controlled movements, meditation, breathing and relaxation techniques.

Movement is Medicine

Tai Chi is a particularly good exercise for older adults as there is minimal risk and it is suitable for those with limited mobility and/or medical conditions that prevent them from engaging in more demanding physical activities. Research also supports the benefits of aquatic exercise for older adults as it's gentle on joints, bones and muscles.

Evidence shows that exercise is a key component to optimal aging, promoting both a healthy body and mind.

To learn more: visit <https://goo.gl/WFBhFq>

### TRAVEL REMINDERS

**If you are planning to travel, be sure to re-read pages 38-40 in the recent Fall issue of *Renaissance*. The 90-day Stability clause in our Out-of-Province/Out-of-Country Insurance Plan can seem confusing, so two sample scenarios are explained. If you'd like clarification about your personal health situation, call Johnson Inc. at 1 (877) 406-9007.**

**Allianz Global Assistance provides many pre-trip services to help with a worry-free vacation, with travel information such as necessary inoculations, local currencies, or travel advisories. Always carry with you your Travel Booklet and Benefits card, having noted on the back the appropriate emergency phone number for the country you are visiting.**

**Both these services are free to you as part of your RTO Extended Health Plan.**

# **MODERATION IS KEY**

## ***Immediate and Long-Term Effects of Alcohol***

Moderate use of alcohol can be a healthy, positive practice, potentially improving your cardiovascular functions and general wellness. However, prolonged excess consumption can be one of the most dangerous things a person can do to themselves.

Moderation is at the heart of the general short-term and long-term effects of alcohol. Too much drinking, either during a single event or over a prolonged period of time, can be dangerous and even deadly. Abuse or excess consumption of alcohol can lead to cognitive issues, cancer, liver damage and other debilitating conditions.

### SHORT-TERM EFFECTS

Most adults will experience no significant downside from one or two servings of alcohol a day. A serving is a four-ounce glass of wine, a 12-ounce can of beer, or a 1.5-ounce shot of a distilled spirit. This level of consumption sometimes even decreases the risk of cardiovascular disease and dementia in certain people.

But the short-term effects of any alcohol intake above that safe level (depending on your weight and whether you drink on an empty stomach) generally leads to a slowdown in brain activity, gastrointestinal issues and impaired judgment that can have social, physical and even legal circumstances.

### LONG-TERM EFFECTS

Prolonged overconsumption of alcohol is proven to cause a host of significant ailments, including cirrhosis, pancreatitis and cardiac arrhythmias. In addition, long-term alcohol abuse causes death of brain cells, which can

lead to brain disorders and a lowered level of mental or physical function.

Tolerance is the long-term effect of alcohol in which the body becomes accustomed to higher and higher doses of alcohol after a long period of overconsumption, which eliminates the short-term effects of alcohol that might otherwise prevent dependence or addiction in some people.

Over time, drinking too much can also:

- Weaken your immune system.
- Cause ulcers and organ damage.
- Increase your blood pressure.
- Decrease male sperm production.

If you have any symptoms like the ones mentioned here, you might want to consider what role your alcohol intake may have on your health. Your primary care physician can guide you on whether your consumption is an issue, and for any additional doubts you may have about these issues, Best Doctors can solve the uncertainty.

Our expansive network of experts and the straightforward, simple explanations they provide will give you peace of mind as you begin the investigation into what your symptoms represent. Our detailed, comprehensive expert opinions can help point you toward a moderate lifestyle that will improve your health and longevity.

*For more information, call 1 (877) 419-2378 or visit [bestdoctors.com/canada](https://www.bestdoctors.com/canada)  
Access to the **Best Doctors** program is a benefit of the RTO Extended Health Care Plan*

# PENSION AND RETIREMENT



# CONCERNS COMMITTEE

**TERRY SMITH – DISTRICT 24 PENSION AND RETIREMENT REPRESENTATIVE**

*The Pension and Retirement Concerns Committee (PRCC) has held its September committee meeting. This liaison report reflects the ongoing work of the committee.*

## STRATEGIC PLAN

Priorities:

### 1. Policy:

The policy concerning defined benefit pension plans developed by the Pension and Retirement Concerns Committee was adopted at the May Senate.

### 2. Resource Paper:

A resource paper was developed to explain in simple language the types of pensions and the implications for RTO/ERO of Bill C-27. It will be reviewed and made available to Districts.

### 3. Resource Materials:

*Fact Sheets:* As you probably have noticed the fact sheets are not available on the website. The committee has studied their relevance and their ability to keep them up to date. It was decided that the committee would approach the members to determine the need for information in a different format.

The committee will review the pertinence of all fact sheets. They will then decide which ones are to be kept and posted, which ones would be best addressed by giving a URL link to the most recent and credible web pages, and which ones will be abandoned.

For the past three years the committee has been working on a document they call “*Staging our Aging*.” It will be adapted to make it easy for members to get up to date, pertinent, and reliable information through our website.

## PENSIONS

### 1. Conditional Inflation Protection

For the fourth year in a row, Teachers’ has registered a

surplus in the plan. The Plan Partners have decided that they will continue to use the 11.5 billion dollar surplus to restore all members to full indexing. For the past four years, indexing has slowly been restored and is now set at 100% for all retirees. The pensions have also been recalculated on a going forward basis and have been readjusted to compensate for the loss. The contribution rate active Plan members have to pay will be reduced by 1.1%.

Conditional inflation protection has proven to be an effective tool for managing Plan deficits. Nevertheless, in the future, if or rather when the plan experiences a deficit, conditional indexing will be invoked.

### 2. Bill C-27

On October 16, 2016, Bill C-27 (an act to amend the pension Benefits Standard Act, 1985) was presented to the House of Commons for its first reading. The second reading was expected this fall.

OTPP and OMERS are defined benefit pension plan. They are secure, well-funded and well-managed. Why is it important for RTO/ERO to oppose Bill C-27 and to mobilize against it?

Bill C-27 removes employers’ legal requirements to fund plan benefits. This means that benefits could be reduced going forward or even retroactively. Unions speaking for their members could agree to move to target plans. In encouraging the establishment of Target Benefit plans, Bill C-27 also allows current employees to surrender their guaranteed Defined Benefits for non-guaranteed Target Benefits.

In the future, if a group of employees decide to surrender their Defined Benefits plans and move to Target Benefits plans, those who are retired and remain with their plan

will eventually find themselves with an unfunded plan. The potential effects in the long-term warrant that RTO/ERO actively opposes this bill. Make your MPPs aware that you will be monitoring them concerning Bill C-27 will greatly influence your vote and that of your family in the 2018 elections. The Coalition for Pension Security has set up a website for you to express your opposition to the Bill at:

[www.honouryourpromise.ca](http://www.honouryourpromise.ca)

## PENSION CONCERNS

Life expectancy is much higher than when we started our active work life. Nowadays a person can expect to live well beyond their 85th birthday. Many issues face this new generation of seniors. Other than health and financial issues, social isolation and loneliness issues have surfaced and attract more and more of our attention. Being alone is difficult to cope with at any age, and even more so in our senior years.

Retirement often coincides with the loss of a partner, or the time that our children leave home and become busy with their own careers, their family, and their friends. Although they still love you, they do not realize that a phone call or an email, can brighten your day and make a world of difference. Young people nowadays have their cell phone glued to their

fingers. Let us make them aware that a “Hi Dad” or “Hi Mom” message takes no time and helps to break this feeling of loneliness. Grandchildren, as they grow older, forget that Grandma and Grandpa still need their affection and their presence. As a society and as a senior’s organization we must deal with this issue.

What are the risks of social isolation? Without going through an exhaustive list, here are some of the most apparent risks; increased risk of mortality, cognitive decline and risk of dementia, increased vulnerability to elder abuse, increased risk of high blood pressure, increased risk of depressive symptoms, poor physical health as a result of less physical activity or poor diet and bad eating habits.

How can social isolation be prevented? It can be achieved by promoting social health and connectedness. This is important when it comes to avoiding feelings of loneliness and isolation. We have to encourage our members to get involved in social activities, to share meals, to become comfortable with technology. We have to develop an outreach program so that those who live in isolation will be identified and encouraged to participate with colleagues.

RTO/ERO, as a senior’s organization, must start acting on this issue.

## ***2018 ANNUAL GENERAL MEETING AND SPRING LUNCHEON***

Time has come to once again be thinking about our *District 24 Annual General Meeting and Spring Luncheon*. Before we know it, the cold and snow will be behind us, the crocuses and daffodils will begin to bloom, and we will be thinking of old friends whom we would like to visit.

The *Annual General Meeting and Spring Luncheon*, will be held on Thursday, May 24, 2018, at *The Estate Banquet and Event Centre*, 430 Nugget Ave., Toronto. Cost of the AGM and Luncheon is \$35.00 (refundable to members).

***For details, please refer to page 2. Remember to indicate clearly on your registration form any special needs or food allergies that you might have.***

## ***DISTRICT 24 EXECUTIVE MEETINGS***

All District 24 members are welcome to attend Executive Meetings. We will be meeting on Thursdays, January 11, March 29, and June 7, 2018, at the Cedarbrook Lodge Retirement Residence, 520 Markham Road, Scarborough. Refreshments are at 9:00 a.m., with the meeting beginning at 9:30 a.m. and ending around 12 noon. Future dates for Executive Meetings after the AGM will be announced on the District 24 website, and published in *Beyond the Blackboard* and in the District 24 *E-News* (<https://district24.rto-ero.org/>)

The Cedarbrook Lodge Retirement Residence is located on west side of Markham Road, south of Lawrence Ave. E. Please use only the designated visitor parking spaces. Ask for directions to our meeting room at the main desk.



## Hava★Java

This get-together provides an opportunity for District 24 members to meet, socialize, and renew past friendships, as well as network with members and convenors of various activities. District 24 holds its get-togethers on the last Monday of each month from 10:00 a.m. - 12 noon at the Calabria Bakery, 1770 Midland Avenue in Scarborough (between Lawrence Ave. E. and Ellesmere Rd. on the west side). We hope that you will join us for a coffee and pastry which will be subsidized up to \$3.00 by RTO/ERO District 24.

- Upcoming** • Monday, January 29, 2018  
**Hava★Java Dates:** • Monday, February 26, 2018  
• Monday, March 26, 2018  
• Monday, April 30, 2018  
• Monday, May 28, 2018  
• Monday, June 25, 2018

## ***NORDIC POLE WALKING CLUB***

The Nordic Pole Walking Club typically meets on Wednesdays (unless there's a need to switch to Thursday to avoid a conflict with another scheduled RTO event). Locations vary each week; to date, the club has walked at Port Union, Bluffers Park, Colonel Danforth Park, Thomson Park, Wilket Creek Park and Taylor Creek Park. A weekly message is sent out to club members announcing the next week's walking location.



*If you would like to participate in this activity, or for additional information, please contact Paula Chambers [phone: (416) 208-0202, e-mail: paula.chambers@rogers.com]*

## ***KNITTERS AND CRAFTERS***



As new community service opportunity, District 24 has formed a knitting and crocheting group which meets on the first Monday of each month at 10:00 a.m. at the Calabria Bakery, 1770 Midland Avenue in Scarborough (between Lawrence Ave. E. and Ellesmere Rd. on the west side). It is a relaxed get-together for conversation, while knitting/crafting items for donation, not to mention a coffee and treat that is subsidized by RTO/ERO District 24. The Knitters and Crafters made their first donation of Twiddlemuffs to Cedarbook Lodge Retirement Residence on November 2, 2017.

*If you would like to participate in this activity, or for additional information, please contact Donna Hubel [phone: (416) 490-1861, e-mail: dhub@sympatico.ca]*

## ***WORKSHOP VOLUNTEERS NEEDED***

***Do you remember your transition from work to retirement?***

Each year, volunteers in the four Toronto RTO/ERO Districts organize three inexpensive retirement workshops to help their colleagues 'learn the retirement ropes'.

***If you enjoy meeting and helping educational colleagues prepare for retirement, we need YOU.***

We are seeking volunteers from RTO District 24 to join our Toronto Retirement Workshop Committee to help with the organization and delivery of these workshops.

***Curious? Contact Bonnie Clarke [blblclarke@gmail.com] or Wendy Hooker [wendyhooker@rogers.com]***

Our next workshops are:

- Saturday, February 3 at 'The 519' Community Centre, 519 Church Street, Toronto.
- Thursday, April 19 at *The Estate Banquet Hall*, 430 Nugget Avenue, Scarborough.

## PROGRAM



# RTO 2018 TRIPS AND EVENTS

**PAULA CHAMBERS – PROGRAM COMMITTEE CHAIR**

*All cheques must be postdated to the Cut-Off date and made out according to the “Make Cheques Payable to” instructions for each event.*

### ***WHEN FILLING OUT EVENT COUPONS PLEASE FOLLOW THE GUIDELINES BELOW:***

1. A separate cheque postdated to the Cut-Off date is required for each event. Be sure to carefully follow the “*Make Cheques Payable to*” portion of the event coupon.
2. The name of each person participating in the event must be included on the coupon.
3. When applicable, an RTO/ERO member may bring guests.
4. All participants must sign the event coupon to indicate that they have read and understood the *RTO/ERO Acknowledgement, Waiver and Release*.
5. Ensure that an e-mail address or stamped, self-addressed envelope is provided with your cheque and event coupon, and that “*Release of Contact Information*” box is checked.
6. Ensure that your postdated cheque and event coupon are sent to the contact/facilitator indicated in the event description.

*Everyone in your party must sign the trip coupon to acknowledge that they have read and understood the waiver below. All attending must agree to provide contact information to Mary Morton Tours.*

## **ACKNOWLEDGEMENT, WAIVER AND RELEASE**

*Provincial Executive, January 2010*

The participant in (the “Event”) acknowledges and agrees that RTO/ERO, including District 24, will not be responsible for any loss, injury or damage of any nature, including death, howsoever arising in connection with this trip/excursion/event. Participants in the Event are therefore hereby advised to carry their own insurance in connection therewith.

By signing the activity coupon and in consideration of the participant’s attendance at the Event, the participant hereby releases and forever discharges RTO/ERO, District 24, and their respective directors, officers, members, agents, employees and volunteers (collectively, the “Releasees”) from any and all actions, causes of action, claims, and demands (collectively, the “Claims”) from any loss, injury or damage of any nature, including death which has arisen or may arise from the participant’s attendance at the Event, unless such loss, injury or damage has arisen as a result of the sole negligence of one or more of the Releasees.

Any claims arising out of the participant’s attendance at the event will be governed by the laws of Ontario, Canada, and the participant consents to the exclusive jurisdiction of the Courts in Ontario, Canada in any such action.

## *The Drowsy Chaperone*

Wednesday, March 28, 2018 – St. Jacobs Country Playhouse, St. Jacobs

**DEPART:** 8:30 a.m. Kennedy Commons      **EXPECTED RETURN:** 6:45 p.m.

**COST:** \$132.00

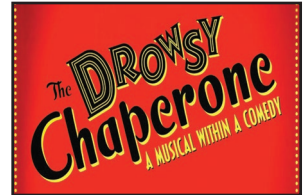
**LUNCH:** *Soleil Restaurant*. Please choose *Pork Schnitzel* or *Salmon* on the coupon.

**PROGRAM:** This five-time Tony® Award winner will leave you singing, dancing and laughing your way out of the theatre. Alone in his modest apartment, a Broadway fan puts on his favourite cast recording – a 1928 romp called *The Drowsy Chaperone*. As the record spins, the colourful characters spring to life, immersing him in the hilarious tale of a glamorous celebrity bride and her impending nuptials ... complete with a tap-dancing groom, bumbling best man, wise-cracking butler, desperate producer, ambitious chorus girl, misguided Don Juan, two goofy gangsters posing as pastry chefs, and a tipsy chaperone!

**FACILITATOR:** Chris Elliot – 30 Morgandale Crescent, Scarborough, ON M1W 1S3  
Phone: (416) 497-6192 E-Mail: chris.elliott99@hotmail.com

**MAKE CHEQUE PAYABLE TO:** *MARY MORTON TOURS*. Send cheque and coupon to Chris Elliot.

**DEADLINE:** February 28, 2018. *Please postdate your cheque to this date.*



## *The Two Temples Tour*

Wednesday, April 11, 2018 – Lake Simcoe south shore and the Uxbridge area

**DEPARTURE:** 10:15 a.m. Kennedy Commons      **EXPECTED RETURN:** 2:30 p.m.

**COST:** \$108.00

**LUNCH:** *The Briars Resort Buffet*.

**PROGRAM:** Enjoy a guided tour by historian, Ron Brown at Sharon Temple. Created by a disgruntled Quaker, David Wilson, it has been a landmark of Sharon for almost two centuries. After lunch, Ron will take us to visit the Foster Memorial. The Memorial is a unique artistic treasure hidden in the rural Uxbridge countryside and was inspired by the Taj Mahal. Towards the end the day, there may also be time for visits to the local shops on the main street.

**FACILITATOR:** Paula Chambers – 6 Colinroy Street, Scarborough, ON M1C 5G6  
Phone: (416) 208-0202 E-Mail: paula.chambers@rogers.com

**MAKE CHEQUE PAYABLE TO:** *MARY MORTON TOURS*. Send cheque and coupon to Paula Chambers.

**DEADLINE:** March 11, 2018. *Please postdate your cheque to this date.*



## *West Side Story*

Wednesday, May 16, 2018 – St. Jacobs County Playhouse, St. Jacobs

**DEPARTURE:** 9:00 a.m. Kennedy Commons      **EXPECTED RETURN:** 6:30 p.m.

**COST:** \$149.00

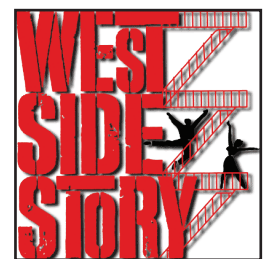
**LUNCH:** *Borealis Restaurant*. Please choose *BBQ Chicken* or *Salmon* on the coupon.

**PROGRAM:** One of the greatest love stories of all time takes to the streets in this landmark Broadway musical inspired by Shakespeare's *Romeo and Juliet*. Star-crossed young lovers Tony and Maria find themselves caught in a turf war between rival gangs as they dream of being together in a world without prejudice in New York City's derelict Upper West Side during the turbulent 1950s. *West Side Story* features breathtaking choreography, charismatic characters, and a sweeping score including memorable songs like *I Feel Pretty*, *Somewhere*, *Maria*, *Tonight*, *America*, and more. A visit to a Butterfly Conservatory in the Kitchener-Waterloo area is also included.

**FACILITATOR:** Chris Elliot – 30 Morgandale Crescent, Scarborough, ON M1W 1S3  
Phone: (416) 497-6192 E-Mail: chris.elliott99@hotmail.com

**MAKE CHEQUE PAYABLE TO:** *MARY MORTON TOURS*. Send cheque and coupon to Chris Elliot.

**DEADLINE:** April 16, 2018. *Please postdate your cheque to this date.*



## *The Music Man*

Wednesday, June 20, 2018 – Festival Theatre, Stratford

**DEPARTURE:** 9:30 a.m. Kennedy Commons      **EXPECTED RETURN:** 6:30 p.m.

**COST:** \$166.00

**LUNCH:** *Queen's Inn Buffet.*

**PROGRAM:** A charming but fraudulent salesman arrives in River City to work his usual scam – only to find that a bill of goods can be the real deal. With melodies that include the rousing *Seventy-Six Trombones*, this musical-comedy classic will delight the whole family. A visit to the *Shakespeare Bakery and Cheese Shop* is included.

**FACILITATOR:** Marilyn Tregwin – 41 Ravenscliff Cres., Scarborough, ON M1T 1R7  
Phone: (416) 493-3757 E-Mail: m.tregwin@gmail.com

**MAKE CHEQUE PAYABLE TO:** *MARY MORTON TOURS.* Send cheque and coupon to Marilyn Tregwin.

**DEADLINE:** May 4, 2018. *Please postdate your cheque to this date.*



## *RTO 50th Anniversary Toronto Harbour Luncheon Cruise*

Thursday, July 5, 2018 – Queen's Quay, Toronto

**DEPARTURE:** 10:00 a.m. Kennedy Commons      **EXPECTED RETURN:** 5:00 p.m.

**COST:** \$81.00 – *This trip has been subsidized to permit participation in our 50th Anniversary celebrations.*

**LUNCH:** *On-board buffet.*

**PROGRAM:** Celebrate RTO's 50th Anniversary with a scenic harbour cruise on the Mariposa while enjoying a delicious buffet lunch. We will cruise through the tranquil waters of Toronto's naturally protected harbour, past Toronto's newly revitalized harbour front, island parklands and waterways. After our cruise, we will spend time browsing in the Distillery District, a national historic site. This area is a favourite destination for locals and tourists, internationally acclaimed for its unique one-of-a-kind stores, boutiques, galleries, studios, restaurants, cafés, theatres, and more.

**FACILITATOR:** Paula Chambers – 6 Colinroy Street, Scarborough, ON M1C 5G6  
Phone: (416) 208-0202 E-Mail: paula.chambers@rogers.com

**MAKE CHEQUE PAYABLE TO:** *MARY MORTON TOURS.* Send cheque and coupon to Paula Chambers.

**DEADLINE:** June 5, 2018. *Please postdate your cheque to this date.*



## *Muskoka Boat Cruise and OPP Museum*

Wednesday, September 12, 2018 – Bracebridge and Orillia

**DEPART:** 9:00 a.m. Kennedy Commons      **EXPECTED RETURN:** 6:30 p.m.

**COST:** \$122.00

**LUNCH:** Please choose *Trout* or *Chicken* on the coupon.

**PROGRAM:** Enjoy a pleasant luncheon cruise on Lake Muskoka. Board the 300 passenger Lady Muskoka in Bracebridge for a scenic afternoon. Shortly after departure, lunch will be served on board. Please make sure that you have selected either chicken or trout on your coupon. After the cruise, spend time at the OPP Museum in Orillia and discover over 100 years of police memorabilia in Ontario.

**FACILITATOR:** Gary Fick – 5 Agate Road, Ajax, ON L1S 3J7  
Phone: (905) 683-9676 E-Mail: garyrto@rogers.com

**MAKE CHEQUE PAYABLE TO:** *MARY MORTON TOURS.* Send cheque and coupon to Gary Fick.

**DEADLINE:** August 12, 2018. *Please postdate your cheque to this date.*





## Grand Hotel

Tuesday, October 2, 2018 – Festival Theatre, Shaw Festival, Niagara-on-the-Lake

**DEPARTURE:** 9:15 a.m. Kennedy Commons      **EXPECTED RETURN:** 7:00 p.m.

**COST:** \$158.00

**LUNCH:** *Prince of Wales Hotel*. Chicken Entree.

**PROGRAM:** It's show time at the Shaw Festival Theatre for Grand Hotel. "Check into the lavish Grand Hotel, where the lives of ten hotel guests collide over one unforgettable night. Love. Betrayal. Jealousy. Murder. And the glamour of Berlin in the Roaring Twenties. Soaring with songs and dance, it's the mesmerizing musical about what happens when our deepest, most desperate passions are unleashed." The winner of five Tony Awards.

**FACILITATOR:** Marilyn Tregwin – 41 Ravenscliff Cres., Scarborough, ON M1T 1R7

Phone: (416) 493-3757 E-Mail: m.tregwin@gmail.com

**MAKE CHEQUE PAYABLE TO: MARY MORTON TOURS. Send cheque and coupon to Marilyn Tregwin.**

**DEADLINE: August 17, 2018. Please postdate your cheque to this date.**



## Kings and Queens of Country

Thursday, October 11, 2018 – Drayton Festival Theatre, Drayton

**DEPARTURE:** 8:30 a.m. Kennedy Commons      **EXPECTED RETURN:** 6:30 p.m.

**COST:** \$133.00

**LUNCH:** *The Stone Crock*. Chicken and pork schnitzel are served family style.

**PROGRAM:** The first stop is a visit to picturesque St. Jacobs Town to visit the main street shops and bakery, with lunch at the Stone Crock Restaurant. At 2:00 p.m. it's show time at the Drayton Festival Theatre. "Mosey on in for a hand-clappin', foot-stompin', feel-good tribute to classic hits of early country music." In the tradition of the Grand Ole Opry, some of country music's greatest pioneers are celebrated in this energetic, fun-filled musical revue. Fusing elements of classic country, western, gospel, bluegrass – and a touch of comedy – Kings & Queens of Country is a jubilant walk down memory lane.

**FACILITATOR:** Bob Cook – 23 Nuffield Dr., Toronto, ON M1E 1H3

Phone: (416) 267-0246 E-Mail: bob.elainecook@sympatico.ca

**MAKE CHEQUE PAYABLE TO: MARY MORTON TOURS. Send cheque and coupon to Bob Cook.**

**DEADLINE: September 11, 2018. Please postdate your cheque to this date.**



### Coupon: *The Drowsy Chaperone*

Wednesday, March 28, 2018

Clip (or photocopy) this coupon and send it with your cheque made payable to:

**Mary Morton Tours**

Name (Print): \_\_\_\_\_

Phone #: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Spouse/Guest Name (Print): \_\_\_\_\_

No. of tickets: \_\_\_\_\_ @ \$132.00 = \_\_\_\_\_

Lunch: Pork Schnitzel \_\_\_\_\_ or Salmon \_\_\_\_\_ (indicate numbers if more than one ticket)

Would you like an e-mail confirmation:  YES  NO

If **NO**, a stamped, self-addressed envelope is required for confirmation.

Please check the space following to give permission to share your contact information.

I (we) give permission to share contact information with the travel agency organizing this trip.

I acknowledge that I have read and understood the RTO waiver on page 14.

Signature(s): \_\_\_\_\_

Member

Spouse/Guest

**DEADLINE: FEBRUARY 28, 2018. PLEASE USE THIS DATE ON YOUR CHEQUE AND SEND TO CHRIS ELLIOT**

### Coupon: *Two Temples Tour*

Wednesday, April 11, 2018

Clip (or photocopy) this coupon and send it with your cheque made payable to:

**Mary Morton Tours**

Name (Print): \_\_\_\_\_

Phone #: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Spouse/Guest Name (Print): \_\_\_\_\_

No. of tickets: \_\_\_\_\_ @ \$108.00 = \_\_\_\_\_

Would you like an e-mail confirmation:  YES  NO

If **NO**, a stamped, self-addressed envelope is required for confirmation.

Please check the space following to give permission to share your contact information.

I (we) give permission to share contact information with the travel agency organizing this trip.

I acknowledge that I have read and understood the RTO waiver on page 14.

Signature(s): \_\_\_\_\_

Member

Spouse/Guest

**DEADLINE: MARCH 11, 2018. PLEASE USE THIS DATE ON YOUR CHEQUE AND SEND TO PAULA CHAMBERS**

## GOODWILL



# GOODWILL CARDS

**MARILYN HODGE - GOODWILL CARDS COMMITTEE CHAIR**

*During the latter part of November and in December 65 birthday cards were sent to all members 80 years of age and over.*

Eight members celebrated an 80<sup>th</sup> birthday, six celebrated their 87<sup>th</sup> birthday, two celebrated an 89<sup>th</sup> birthday, and another five celebrated a 90<sup>th</sup> birthday. Six celebrated their 85<sup>th</sup> birthday, two celebrated an 86<sup>th</sup> birthday, and eight more celebrated their 81<sup>st</sup> birthday. Another member turned 91 and ten more celebrated their 82<sup>nd</sup> birthday. Only one celebrated an 84<sup>th</sup> birthday and three celebrated their 83<sup>rd</sup> birthday. Four turned 87, five turned 90, three turned 92, one more turned 94. Seven sympathy cards were sent to family members, as well as three *Get Well* and three *Thinking of You* cards were sent to RTO members. Thanks are extended to all of you who let me know who needs a card.

*If you know of anyone who should receive a Get Well or Thinking of You card, or the family of a District 24 member who should receive a sympathy card, please contact Marilyn and let her know the type of card needed.*

*E-mail: [mjhodge@sympatico.ca](mailto:mjhodge@sympatico.ca)*

*[Please use the subject line Goodwill Cards.]*

*Phone: (416) 284-9984*



# GOODWILL TELEPHONE

**LYNNE HORVATH - GOODWILL TELEPHONE COMMITTEE CHAIR**

*Our annual Goodwill Telephone campaign is about to start again in the spring. We attempt to contact our senior members by telephone or by mail. We currently have 23 phone lists, and will probably have more this year.*

*We still need more new volunteers to help us contact our senior members who are 80 years old and older. If you have a few hours to spare to assist us, please contact Lynne Horvath.*

*E-mail: [lynne.horvath58@gmail.com](mailto:lynne.horvath58@gmail.com)*

*Phone: (647) 483-7377*

*Thanks to all our volunteers who continue to help us with our calls!*

Coupon: **West Side Story**  
Wednesday, May 16, 2018

Clip (or photocopy) this coupon and send it with your cheque made payable to:  
**Mary Morton Tours**

Name (Print): \_\_\_\_\_

Phone #: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Spouse/Guest Name (Print): \_\_\_\_\_

No. of tickets: \_\_\_\_\_ @ \$149.00 = \_\_\_\_\_

Lunch: BBQ Chicken \_\_\_\_\_ or Salmon \_\_\_\_\_ (indicate numbers if more than one ticket)

Would you like an e-mail confirmation:  YES  NO

If **NO**, a stamped, self-addressed envelope is required for confirmation.

Please check the space following to give permission to share your contact information.

I (we) give permission to share contact information with the travel agency organizing this trip.

I acknowledge that I have read and understood the RTO waiver on page 14.

Signature(s): \_\_\_\_\_  
Member Spouse/Guest

**DEADLINE: APRIL 16, 2018. PLEASE USE THIS DATE ON YOUR CHEQUE AND SEND TO CHRIS ELLIOT**

Coupon: **The Music Man**  
Wednesday, June 20, 2018

Clip (or photocopy) this coupon and send it with your cheque made payable to:  
**Mary Morton Tours**

Name (Print): \_\_\_\_\_

Phone #: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Spouse/Guest Name (Print): \_\_\_\_\_

No. of tickets: \_\_\_\_\_ @ \$166.00 = \_\_\_\_\_

Would you like an e-mail confirmation:  YES  NO

If **NO**, a stamped, self-addressed envelope is required for confirmation.

Please check the space following to give permission to share your contact information.

I (we) give permission to share contact information with the travel agency organizing this trip.

I acknowledge that I have read and understood the RTO waiver on page 14.

Signature(s): \_\_\_\_\_  
Member Spouse/Guest

**DEADLINE: MAY 4, 2018. PLEASE USE THIS DATE ON YOUR CHEQUE AND SEND TO MARILYN TREGWIN**

**RTO 50th Anniversary Toronto Harbour Luncheon Cruise**

Thursday, July 5, 2018

Clip (or photocopy) this coupon and send it with your cheque made payable to:  
**Mary Morton Tours**

Name (Print): \_\_\_\_\_

Phone #: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Spouse/Guest Name (Print): \_\_\_\_\_

No. of tickets: \_\_\_\_\_ @ \$81.00 = \_\_\_\_\_

Would you like an e-mail confirmation:  YES  NO

If **NO**, a stamped, self-addressed envelope is required for confirmation.

Please check the space following to give permission to share your contact information.

I (we) give permission to share contact information with the travel agency organizing this trip.

I acknowledge that I have read and understood the RTO waiver on page 14.

Signature(s): \_\_\_\_\_  
Member Spouse/Guest

**DEADLINE: JUNE 5, 2018. PLEASE USE THIS DATE ON YOUR CHEQUE AND SEND TO PAULA CHAMBERS**

Coupon: **Muskoka Boat Cruise/OPP Museum**  
Wednesday, September 12, 2018

Clip (or photocopy) this coupon and send it with your cheque made payable to:  
**Mary Morton Tours**

Name (Print): \_\_\_\_\_

Phone #: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Spouse/Guest Name (Print): \_\_\_\_\_

No. of tickets: \_\_\_\_\_ @ \$122.00 = \_\_\_\_\_

Lunch: Trout \_\_\_\_\_ or Chicken \_\_\_\_\_ (indicate numbers if more than one ticket)

Would you like an e-mail confirmation:  YES  NO

If **NO**, a stamped, self-addressed envelope is required for confirmation.

Please check the space following to give permission to share your contact information.

I (we) give permission to share contact information with the travel agency organizing this trip.

I acknowledge that I have read and understood the RTO waiver on page 14.

Signature(s): \_\_\_\_\_  
Member Spouse/Guest

**DEADLINE: AUGUST 12, 2018. PLEASE USE THIS DATE ON YOUR CHEQUE AND SEND TO GARY FICK**

Coupon: **Grand Hotel**  
Tuesday, October 2, 2018

Clip (or photocopy) this coupon and send it with your cheque made payable to:  
**Mary Morton Tours**

Name (Print): \_\_\_\_\_

Phone #: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Spouse/Guest Name (Print): \_\_\_\_\_

No. of tickets: \_\_\_\_\_ @ \$158.00 = \_\_\_\_\_

Would you like an e-mail confirmation:  YES  NO

If **NO**, a stamped, self-addressed envelope is required for confirmation.

Please check the space following to give permission to share your contact information.

I (we) give permission to share contact information with the travel agency organizing this trip.

I acknowledge that I have read and understood the RTO waiver on page 14.

Signature(s): \_\_\_\_\_  
Member Spouse/Guest

**DEADLINE: AUGUST 17, 2018. PLEASE USE THIS DATE ON YOUR CHEQUE AND SEND TO MARILYN TREGWIN**

Coupon: **Kings and Queens of Country**  
Thursday, October 11, 2018

Clip (or photocopy) this coupon and send it with your cheque made payable to:  
**Mary Morton Tours**

Name (Print): \_\_\_\_\_

Phone #: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Spouse/Guest Name (Print): \_\_\_\_\_

No. of tickets: \_\_\_\_\_ @ \$133.00 = \_\_\_\_\_

Would you like an e-mail confirmation:  YES  NO

If **NO**, a stamped, self-addressed envelope is required for confirmation.

Please check the space following to give permission to share your contact information.

I (we) give permission to share contact information with the travel agency organizing this trip.

I acknowledge that I have read and understood the RTO waiver on page 14.

Signature(s): \_\_\_\_\_  
Member Spouse/Guest

**DEADLINE: SEPTEMBER 11, 2018. PLEASE USE THIS DATE ON YOUR CHEQUE AND SEND TO BOB COOK**

## RTO/ERO DISTRICT 24 ANNUAL HEALTH SEMINAR

# MINDFUL EATING FOR HEALTHY LIVING

**JOAN VARLEY – DISTRICT 24 MEMBER CONTRIBUTION**

*Once again our members participated in an enlightening and thoroughly enjoyable seminar organized by our Health Representative, Marilyn Tregwin, with the assistance of Gloria Courtney and Joan Varley.*

Approximately 65 attendees enjoyed Ghazal Avand's presentation and interactive seminar on how and why to eat healthily. Ghazal is a Registered Dietitian, a Certified Diabetes Educator and a Consulting Dietetic Coach managing a number of clinics, and a sought after public speaker. She provided a wealth of knowledge and experience for us.



Opening her presentation with questions from the audience, Ghazal concentrated on explaining the 'Healthy Plate' concept- a way of visualising what a healthy diet should include: Divide your plate in half and fill it with varied and colourful vegetables. The other half is for carbohydrates and protein, not quite split evenly. Portion sizes can be adjusted to maintain the ratio.

Ghazal provided tips for "Healthy" grocery shopping: Eat and then shop. Shop the perimeter of the store; that is where you find the fresh produce, dairy, meat and fish, (2 servings a week at least). Eighty percent of your shopping should come from the store's perimeter, leaving 20 percent for the aisles where packaged and processed products are found.

Read food labels. Providing us with several cards based on a variety of foods, Ghazal conducted an exercise to help us understand nutrition labels. The labels include 2 sections- nutritive values and ingredients. One should keep in mind the purpose for choosing a certain food. Is it for carbohydrates, proteins, or fibre? Ingredients are listed in order by weight.

A company decides on the serving size, therefore it is important to note the serving sizes that you are comparing as they may vary from company to company. Throughout this exercise many helpful tips were provided as to the daily food requirements for individual nutrients.



We were informed about Loblaw's development of a three star rating system for products sold in their stores – another way to help consumers make healthier choices.

As well, if a dietary change is wanted or needed for improved health, Ghazal suggested smart, helpful hints for achieving our goal: The change you want to make should be specific, measurable and time limited. Then it is more likely you will achieve it.

*Be sure to check out the summer issue of Beyond the Blackboard for the announcement of the 2018 Health Seminar.*

## RTO/ERO DISTRICT 24 EXCURSIONS

# ME AND MY GIRL SHAW FESTIVAL THEATRE

JOHN AND JUNE CRISP – DISTRICT 24 MEMBER CONTRIBUTION

The final District 24 theater trip for the season was on Friday, October 6, 2017, to the Shaw Festival Theatre in Niagara-on-the-Lake to see *Me and My Girl*.

Sit back, relax, and enjoy the scenery. A bus trip to Niagara-on-the-Lake is the way to travel the busy highway into the peninsula. A visit to historic Niagara-on-the-Lake is pleasant any time of year, but in early October it is particularly colourful. The buildings shining with new paint; the shops always brimming with treasures; the town full of tourists welcoming the chance to share a story with strangers; the relaxed pace of life; and the scenic main street's flowers ablaze in golds, oranges, and reds; thus we are reminded Niagara-on-the-Lake is first and foremost a theatrical town.



The Festival Theatre presented *Me and My Girl* to a sold out audience – we retirees clearly know how to enjoy life! First run in 1937 with a light examination of class divisions in English society, this production was a fast-paced, slick update of this entertaining musical. The strong cast invited



us to Hareford Hall, Hampshire, where Billy, a cockney from East London, is welcomed as the new heir to the estate and is to be “groomed” for his inheritance. What could go wrong?



The many musical numbers including title song *Me and My Girl*, *The English Gentleman*, *Once You Lose Your Heart*, and, the great equalizer, *The Lambeth Walk*, were stunningly turned out with talented leads, sensational singing, and an energetic dance ensemble.



Good musicals help the audience escape the “ho-hum” reality of daily life to a fantasy world where people can ponder the foibles of society. With its great singing and dancing, strong main characters, stunning sets and costumes, *Me and My Girl* more than meets the measure, providing the audience with a fun-filled afternoon. Well done!



# RTO - DISTRICT 24 Christmas Luncheon



The annual RTO District 24 Christmas Luncheon was held on Wednesday, December 13, 2017, at the Scarborough Golf and Country Club. The beautiful, festive decorations and seasonal music made a delightful start to the Christmas season.

The Club staff did an outstanding job of preparing and serving the wonderful Buffet lunch. Many positive comments were received from the 181 participants made up of District 24 members and their friends.





*District 24 expresses thanks to Noreen and Les Coombs for their work in organizing and facilitating this event.*



**21<sup>st</sup> Annual RTO District 24  
Breakfast for Kids' Golf Tournament  
Tuesday, September 11, 2018**

The Breakfast for Kids' Golf Tournament Committee would like to take this opportunity to invite you and your friends to participate in the 21<sup>st</sup> Annual RTO District 24 Charity Golf Tournament. Your support of this tournament, in the form of your participation, sponsorship of a hole, or a donation to our prize table or silent auction, will be greatly appreciated. Any member of the District 24 Executive or a member of the Golf Committee will be pleased to receive your donation.

*RTO/ERO District 24*  
**Golf Tournament**

**COST:** Golf Registration – \$85.00; Hole Sponsorship – \$150.00

**TO REGISTER:**

Please contact Les Coombs at (416) 261-0568  
or [lesonriviera@gmail.com](mailto:lesonriviera@gmail.com)

Once you have registered by phone or e-mail, send your cheque to: Les Coombs

7 Riviera Drive,  
Scarborough, ON M1N 1J9

*The donation of a gift card(s) with your registration for prize or silent auction use will be gratefully received.*

**TO SPONSOR A HOLE:**

Please contact Gary Fick at [garyrto@rogers.com](mailto:garyrto@rogers.com)  
Send your cheque to:

Gary Fick  
5 Agate Road  
Ajax, ON L1S 3J7

**MAKE ALL CHEQUES PAYABLE TO RTO – District 24**

*Breakfast for Kids' Golf Tournament Committee - Les Coombs, Brian Hern, Gary Fick (2018 Chair)*

***Change of Address?  
Are you moving?***

**Is there a change in your contact information? Contact the Membership Department at the RTO/ERO Provincial office:**

**In writing: 18 Spadina Road,  
Toronto ON M5R 2S7**

**By phone: 1 (800) 361-9888**

**By e-mail: [membership@rto-ero.org](mailto:membership@rto-ero.org)**

**The Provincial office does not accept notices regarding address or contact information from third parties, such as District Executive members. Changes must come directly from the member or from the member's Power of Attorney (accompanied by a Power of Attorney form if RTO does not have one currently on file).**

***Upcoming Events***

- January 11 District 24 Executive Meeting – All are invited  
– Cedarbrook Lodge Retirement Residence
- January 29 District 24 HAVA ★ JAVA – All are invited  
– Calabria Bakery, 1770 Midland Avenue
- February 26 District 24 HAVA ★ JAVA – All are invited  
– Calabria Bakery, 1770 Midland Avenue
- March 26 District 24 HAVA ★ JAVA – All are invited  
– Calabria Bakery, 1770 Midland Avenue
- March 28 The Drowsy Chaperone  
– St. Jacobs County Playhouse, St. Jacobs
- March 29 District 24 Executive Meeting – All are invited  
– Cedarbrook Lodge Retirement Residence
- April 11 The Two Temples Tour  
– Lake Simcoe and the Uxbridge area
- April 30 District 24 HAVA ★ JAVA – All are invited  
– Calabria Bakery, 1770 Midland Avenue
- May 16 West Side Story  
– St. Jacobs County Playhouse, St. Jacobs
- May 24 District 24 Annual General Meeting and Luncheon  
– The Estate Banquet & Event Centre
- May 28 District 24 HAVA ★ JAVA – All are invited  
– Calabria Bakery, 1770 Midland Avenue
- June 7 District 24 Executive Meeting – All are invited  
– Cedarbrook Lodge Retirement Residence