

# BEYOND THE BLACKBOARD



DISTRICT 24 – SCARBOROUGH AND EAST YORK



Volume 38 - Number 3

Winter 2019/2020

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

## BREAKFAST FOR KIDS' GOLF FUNDRAISER SUCCESS

District 24 Continues to Fund  
Nutrition Programs



**RTO DISTRICT 24  
2020 EXCURSIONS**  
District 24 Announces  
Excursion Subsidies

**2019 - 2020 RTO  
SCHOLARSHIP**  
Application Deadline  
– Friday, January 31, 2020

## ANNUAL MEETING AND SPRING LUNCHEON

Thursday, May 21, 2020, 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 Meeting. There will be reports from our Committee Chairs followed by the election of the Table Officers for 2020 - 2021.

Doors open, 9:30 a.m.; Coffee, 10:00 a.m.; Annual Meeting, 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 meeting and luncheon 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: siwatson006@gmail.com

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

**DEADLINE:** Friday, May 8, 2020 *Please postdate your cheque(s) to this date.*

Coupon: *Annual Meeting and Spring Luncheon*

Thursday, May 21, 2020

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 8, 2020. PLEASE USE THIS DATE ON YOUR CHEQUE**

## Help Us Find Newly Retired Educational Professionals

Do you know any teachers, school and board administrators, educational assistants, administrative professionals, custodians, university and college faculty and support staff retiring soon? If you do, let us know so that they can be invited to RTO District 24's New Retirees' Brunch in September!

### What is RTO?

Founded in 1968, we are a full-service voluntary organization providing a strong voice for retired teachers, principals, vice-principals, educational support staff and college and university faculty and support staff.

### What benefits do I receive?

- Access to superior group insurance plans
- Bilingual services
- Active peer community
- Group travel plan
- Pension support
- Member discounts and opportunities
- Advocacy on social and political issues
- Connection with member activities and initiatives

### Who belongs to RTO/ERO?

We have over 75,000 members, from age 45 to 109, from every facet of education.

### Can I join RTO/ERO?

Do you, or will you (or does your spouse) receive a pension from the *Ontario Teachers' Pension Plan* (OTPP)? Did you work in a school or school board office and will you receive a pension from the *Canadian Union of Public Employees* (CUPE), the *Ontario Public Service Employees Union* (OPSEU), or *Ontario Municipal Employees Retirement System* (OMERS)? Were you a member of faculty at a University or College and receiving a pension? Then you can be a member!

### What do Districts do?

At the District level, members participate in social, travel and leisure opportunities, political advocacy and District Executive Leadership.



# Beyond the Blackboard

**EDITOR-IN-CHIEF**  
Scott Baker

**EDITORIAL BOARD**  
Bonnie Clarke  
Donna Hubel  
Annemarie McKee  
Paula Chambers

**CONTRIBUTING EDITOR**  
Marilyn Tregwin

*Beyond the Blackboard* is published as a members' newsletter by RTO District 24. The content of this newsletter may or may not reflect the position of RTO District 24 or the official position of RTO. Other RTO districts are welcome to use any material contained in this newsletter providing appropriate attribution is made regarding source.

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**ON OUR COVER:** Students from the Fraser Mustard Early Learning Academy accept a cheque for a grant supporting their nutrition program, provided by funds raised by District 24's *Breakfast for Kids' Golf Tournament*. See story on pages 12 and 13.

*Beyond the Blackboard* welcomes submissions from members of RTO 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 10, 2020.**

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## PRESIDENT'S MESSAGE



# DISTRICT 24 HIGHLIGHTS

**PAULA CHAMBERS – DISTRICT 24 PRESIDENT**

In October, representatives from District 24 attended the Fall Forum of RTO. We were part of major changes for our organization. I say that because we are no longer Senators and Observers. We are now Corporate Members attending a Fall Forum rather than a Senate Meeting. The Board of Directors listened to the members last spring and we have retained our name. Going forward, we will be known by our initials, RTO. This puts us in the same category as TD Bank or KFC. Why change now? Our new logo reflects our vibrant organization by using brighter colours, and it has a more contemporary appearance. To me, the graphic resembles a stylized apple morphing into a butterfly and suggests the freedom provided by retirement. All districts will be receiving a new banner to be displayed at events with our new logo. At the Fall Forum, we also had the opportunity to meet delegates from three new districts. Corporate Members from Halifax represent the Atlantic region. Montreal delegates represent Quebec, and delegates from Calgary represent the Prairies. Combined with the districts in Ontario and those already established in British Columbia, this makes us a coast to coast national organization. Members who worked in Ontario and then moved to other parts of the country in retirement wish to remain in contact with their colleagues and we have established new districts to do this.

There are other insurance groups available for retired education workers. However, only RTO offers research, community services, advocacy, member services and a variety of activities, perks and

products in addition to excellent insurance. By now, you should have received your newly branded health benefits card. The new card is effective on January 1st, 2020. We have retained Sun Life for Extended Healthcare, Dental and Hospital plans. We have a new carrier for our travel plan. Royal & Sun Alliance Insurance Company of Canada is our new carrier for travel. Changes to the plan include an increase from \$2 million per person per trip to \$10 million coverage. Baggage loss of up to \$1,000 will also be added to the plan. This change to our travel insurance is due to the rising cost of care in the United States of America where most of our members travel. A booklet of information is included in the envelope with your new benefits card. I recommend that you read it thoroughly and save it for future reference.

The Ontario Teachers Pension Plan has allocated a 2% increase to maintain cost of living for 2020. This will be reflected in your January pension deposit. Please remember that your \$70 membership in RTO will also be deducted in January.

Education in Ontario is undergoing changes under our new government. Our working colleagues are attempting to maintain the quality of programs for students in the province. Please support our working teachers and school personnel. If a strike should occur, I am sure that colleagues at our former schools would appreciate a visit providing hot coffee, soup and moral support.

Paula Chambers

## VOLUNTEER NEEDED

### *RTO District 24 Newsletter Editor*

District 24 is in need of a new Newsletter Editor. The current editor will be stepping down after publication of the Summer 2020 edition of *Beyond the Blackboard*.

This is an opportunity to use your creative skills and perhaps learn new skills in a rewarding new volunteer role with RTO District 24. By signing on now for this position you will be able to “wet your feet” and apprentice with the current editor on the next edition of the newsletter.

District 24 will provide the appropriate software and hardware to support the important role of Newsletter Editor.

**For more information, contact Scott Baker at [d24.newsletter@rto-ero.org](mailto:d24.newsletter@rto-ero.org) or (905) 655-5547**

# NEW MEMBERS

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

Mary Alilovic  
Medcedes Chan  
Marlene Forbes  
Peter Greensmith  
Emily Gregoire  
Karen Grose  
Akarán Guyadin  
Jane McClure  
Annette Preskourkas

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

Manjula Rajendran  
Rita Rowan  
Athanasios Seliotis  
Ariane Sokoudjou  
Karen Sottile  
Loretta Stewart  
Kelli Strand  
Margaret Turner  
Paul Young

# 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.

Desmore Bend  
Elizabeth Bolter  
David Bower  
Elva Dier

Christopher Forbes  
Susan Greensmith  
Hanna Hadden  
Mary Hughes  
Charles McClure

Pauline McGill  
Lila Mehta  
Norma Miller  
Jeanne Milovanovic  
Thelma Oakes

Olive Pitson  
Florence Smith  
Allan Stewart  
Arthur Turner

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

The Nordic Pole Walking Club meets on Wednesdays at varying locations. 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]*



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

All District 24 members are welcome to attend Executive Meetings. We will be meeting on Thursdays; January 9, March 26, and June 11, 2020, 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 will be announced after the Annual Meeting (May 21, 2020; see page 2 for details) 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.



# E-NEWS EDITOR / WEBMASTER REPORT

**ANNEMARIE MCKEE - WEBMASTER/E-NEWS COMMITTEE CHAIR**

During the first week of February, March, April, June, September, November, and December RTO District 24 – Scarborough and East York sends out a monthly *E-News*. It is another way of communicating with our members. Our upcoming excursions are always updated in the *E-News*. We also include information that may be relevant to our members in our *FYI* section. Our regular newsletter, *Beyond the Blackboard*, only comes out three times a year, so our *E-News* format can be very timely.

Our monthly *E-News* is now being sent out as an *E-Blast* through the RTO Office. If you are not receiving our *E-News*, it may be due to changing e-mail services and not letting RTO's Member Services know, or **check your junk mail as your *E-News* e-mail may be waiting there for permission to be placed in your inbox.**

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 Membership Database Administrator at:

Phone – (416) 962-9463, ext. 223

E-mail: [membership@rto-ero.org](mailto:membership@rto-ero.org)

If you know of any school anniversaries that are coming up please let me know so that I can post them on our website and include them in the *E-News*.

**District 24 has its own Flickr account:**

Go to the *Pictures* tab on our website (<https://district24.rto-ero.org>) to check out photos from District 24 activities.

The latest *E-News* is always uploaded by me to the website (<https://district24.rto-ero.org>) on the first of the month.

**Website: <http://district24.rto-ero.org>**

You will want to add our website to your bookmarks or your favourites.

What can you access at our website?

- Your Executive
- Publications – every issue of *Beyond the Blackboard* is posted to the website as well as the most recent *E-News*
- Activities – use this to print out your coupons for upcoming events
- The Provincial website link
- Benefits Information link
- Provincial Members Centre link
- Calendar – with upcoming events / meetings posted
- Retirement Workshops
- Photos of Events (if you wish a copy please email me)

Our website also gives you Quick Links to

- District 16 website
- District 22 website
- District 23 website
- RTO Fact Sheets
- RTO History
- RTO Tax Tips





# FOUNDATION NEWS

GARY FICK – DISTRICT 24 FOUNDATION LIAISON

## New Funding for 2020 Grant Program

The RTO Foundation is pleased to announce \$100,000 in new funding for projects that advance our collective knowledge about the impact of social isolation and loneliness on friend and family caregivers, and/or that evaluate innovative interventions to improve their social engagement and mental health. These are defined as individuals providing informal and unpaid care - typically to seniors over 65 years of age.

The first step in the granting process is the release of the "Call for Expressions of Interest". Responses are to be submitted to the Foundation in December and January, and following careful consideration by the grant review panel, a select list of applicants will be invited to submit proposals. Final decisions will be made in April.

According to Statistics Canada, as Canadians age, friend and family caregiving becomes increasingly important to the well-being of seniors. An estimated 3.8 million Canadians aged 45 or older are providing unpaid care to a senior with a short- or long-term health condition.

These are individuals who provide assistance with tasks such as transportation and personal care. They help seniors remain in their homes, thereby reducing demands on the health care system. For the first time, the Foundation is inviting expressions of interest from researchers across Canada. Four grants of \$25,000 will be awarded, based on the recommendations of an expert peer-review panel.

"Caring for someone with a health condition or limitation, particularly a cognitive impairment such as Alzheimer's, can cause physical and emotional problems and create financial and social burdens for the caregiver", says Jo-Anne Sobie, Executive Director for the Foundation. "These grants will ensure research is taking place in this important and emerging area of senior's health and wellness."

***For more information, please contact the Foundation at 416-962-9463.***



 **engage**  
End Isolation  
Fin à l'isolement

## RTO DISTRICT 24



# ANNUAL MEETING NOMINATIONS

**BILL SPARKS – DISTRICT 24 NOMINATIONS CHAIR**

*District 24 Scarborough and East York will be holding its Annual Meeting on May 21, 2020. Nominations are being accepted for various positions on the District's Executive.*

Elections are held for the following positions:

- President
- First Vice-President
- Second Vice-President
- Secretary
- Treasurer

If you are interested in running for any of these positions, you can nominate yourself by sending your **Name, Phone Number, E-mail**, and the **Position to which you are applying** to Bill Sparks, Past President and Chair of the Nominations Committee, by e-mail at:

**[wgasparks88@gmail.com](mailto:wgasparks88@gmail.com)**

**Nominations are due by April 1, 2020.**



In addition, we are always looking for volunteers to assist in the running of our many committees. A complete list of our committees can be found on page 4 (see list of Committee Chairs).

If you are interested in joining the greater executive, send your name and the committee(s) you are interested in to Bill Sparks at **[wgasparks88@gmail.com](mailto:wgasparks88@gmail.com)**

# RTO DISTRICT 24 EVENT



# RTO ERO

# District 24 Scarborough and East York

# OUTSTANDING MEMBER AWARD

## **ANNEMARIE McKEE - DISTRICT 24 FIRST VICE-PRESIDENT**

An Outstanding Member Award may be presented to a person who has shown dedication and made outstanding contributions to the District. Nominees for the Award will be selected in recognition of their outstanding and/or long-term contributions to the work of RTO at the District level. RTO members who are still serving in any capacity at the District level are normally not eligible for nomination.

The recipient:

- Must be a member of RTO District 24 and must be nominated by a member of District 24 and seconded by an additional member of District 24.
- Must have provided volunteer service beyond the norm for at least five years.

Procedures / Application Process:

- Members are invited to submit nominations.
- A nomination requires two (2) nominators (a “Nominator” and a “Secunder”).
- Both the nominee and the two nominators shall be members of RTO District 24.
- A full description (but brief - 250 words or less) of the volunteer’s activities is to be submitted with the nomination.
- Nominations must be received by the Chair of the Awards Committee by March 1, 2020.
- The names of nominated candidates will be submitted to the Awards Committee for consideration and selection. A candidate for receipt of the Award will be chosen by the District Executive.
- Nominations are not held over from year to year, but may be resubmitted.
- The list of recipients will be published in the District newsletter and on the District web site.
- The Award will be presented at RTO District 24’s Annual Meeting in May (*see page 2 for details about the Annual Meeting*).

The Award will consist of a memento to be presented to the member plus a donation of \$250 to the charity of the member’s choice.



Bob Cook and Marilyn Hodge were the recipients of the Outstanding Member Award for 2019

**PLEASE SUBMIT NOMINATIONS TO ANNEMARIE McKEE, FIRST VICE-PRESIDENT,  
RTO DISTRICT 24, BY E-MAIL AT: [amckee.rto@gmail.com](mailto:amckee.rto@gmail.com)  
ENSURE THAT YOUR APPLICATION CONTAINS THE NAME OF THE NOMINEE, THE NAME OF NOMINATOR,  
THE NAME OF SECUNDER, AND THE DESCRIPTION OF THE VOLUNTEER’S ACTIVITIES.**



## DISTRICT 24 NEW RETIREES' BRUNCH



# WELCOME BRUNCH FOR NEW RETIREES

**WENDY HOOKER - DISTRICT 24 RETIREMENT COMMITTEE CHAIR**

On Wednesday, September 25, 2019, RTO District 24 hosted its annual Welcome Brunch to new retirees from the past year. Membership in RTO has expanded to include all education employees from elementary, secondary, college and university embracing not only teachers and school administrators, but also all support staff such as secretaries, caretakers and EAs.

The celebration was held at Bluffers Restaurant with its spectacular view of the Scarborough Bluffs and Lake Ontario. Thanks to our District 24 members who alerted their former colleagues, many new retirees attended the event. In fact, there were about eight members who escorted their newly retired friends. In total, we hosted 78 participants.



Photo Credit: Alan Burt

Every guest received the latest District 24 newsletter, *Beyond the Blackboard*, and a welcome package with an agenda, a list of approaching events and a composite chart of executive and chairs with their photos and contact info. Guests were invited to join our executive and committees and to advise via surveys how to expand our marketing strategies for the future.



Photo Credit: Alan Burt



Sincere thanks to our enthusiastic Welcome Committee: Carmela Benacem, Bonnie Clarke, Danielle Desmarais, Pat Mabson, Theresa Oakley, and David Williams.

Please help us promote the next New Retiree Brunch in September 2020 at your former work sites and to your colleagues who may be considering retiring then. New Committee members with new ideas are also most welcome.



# RTO DISTRICT 24 BREAKFAST FOR KIDS' GOLF COMMITTEE REPORT

# 2019 TOURNAMENT

## A FUNDRAISING SUCCESS

We are pleased to report that the golf committee has completed its work for the 2019 Breakfast for Kids' Golf Tournament. After all the bills were paid we were able to donate \$7000 to our charity partners, the Toronto Foundation for Student Success and the Angel Foundation for Learning, for distribution to seven schools in the former Scarborough and East York Boards of Education. In early December the committee and representatives from the charities presented the following schools with grants to assist with their school nutrition programs:

- St. Marguerite Bourgeoys Catholic School
- Epiphany of Our Lord Catholic School
- St. Elizabeth Seton Catholic School
- Fraser Mustard Early Learning Academy
- Alexander Stirling Public School
- Eastview Public School
- Guildwood Junior Public School





Your golf committee, with the support of the District 24 executive, has decided to continue this most worthwhile project, and we are pleased to announce that on September 8, 2020, the 24th Annual Breakfast for Kids' Golf Tournament will take place. We appreciate that our golfers are aging, and making an early commitment can be difficult. Our younger retirees seem reluctant to join in this charitable endeavour. If you know some avid or novice golfers, please recommend this activity to them; it is an excellent opportunity to get to know more members of RTO District 24. We are announcing the tournament early again; please keep Tuesday, September 8, open on your calendar.

We have asked our regulars for their opinions about the tournament, and prizes do not seem to be an issue. We may change how the banquet operates next year and will let you know in the spring of any changes being

implemented. Some have questioned the venue. Our relationship with Mill Run has lasted for 21 years and we get an excellent rate for the day. Other courses would be more challenging and the costs could be higher. Our focus is to raise funds to support nutrition programs in our former schools, not to play championship golf.

We urgently need additional members to join the Breakfast for Kids' Golf Tournament committee for 2020. If you can provide some assistance in any way, or for any specific role, please contact Les Coombs (e-mail to [lesonriviera@gmail.com](mailto:lesonriviera@gmail.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.

*The 2019 Breakfast for Kids' Golf Tournament Committee:*

*Les Coombs (Chair), Brian Hern, Hazel Quan, Ken Stamp, Gary Fick*

← **Fraser Mustard Early Learning Academy**



**Epiphany of our Lord**

← **St. Elizabeth Seton Catholic School**



←← **Opposite Page:  
Alexander Sterling Public School**

*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.*



## SOCIAL



# FALL LUNCHEON AND CRAFT SALE

**SUSAN WATSON – DISTRICT 24 SOCIAL COMMITTEE CHAIR**

*I would like to take this opportunity to express my sincere gratitude for all the hard work that went into making this year's Fall Craft Sale and Luncheon the great success that it was! My planning team and I worked behind the scene, once again, to ensure that all went smoothly on the day.*

In particular, a bouquet of thanks goes out to Robin Bethke, the chair of the craft segment of the sale, who jumped right in and also took on the role of host for the day.

Gratitude also goes out to Wendy Hooker and Alan Burt for once again stepping up and being our photographers for the day. As usual, another great job was done! Thank you both once again!

I was extremely confident that all would go well, and was proven to be correct in this assumption. As usual, our very talented and professional crafters were once again able to provide extremely high quality gifts to enhance the shopping experience for everyone! Thank you to all of the crafters who continued to offer door prizes for the luncheon attendees. I am always grateful to the people who think of us when they have a gift that perhaps doesn't quite work for them, and recognize that it might be appreciated by someone else as a donated door prize.

Gratitude always goes out to District 24, for their ongoing support for every luncheon. We recognize that the District's subsidy of \$4.00 per luncheon is yet another way that this support is shown and that your RTO membership fees are being spent for your benefit.

On behalf of social committee, I would like to thank everyone for attending. We look forward to seeing you at the Annual Meeting in May (*see page 2 for details*).





## RTO District 24 Service to Others

At our luncheon we had the opportunity to present a cheque from RTO's Service to Others Grant to the Tony Stacey Centre for Veterans Care. Carol Nelson, the Chair of the committee who wrote the proposal, was proud to present a cheque for \$3,000 for the residents' crafts and excursions. This is one way that RTO gives back to the community.



Photo Credits: Alan Burt







# HEALTH MATTERS

**BONNIE CLARKE - DISTRICT 24 HEALTH REPRESENTATIVE**



## HOW TO STAY HEALTHY THIS COLD AND FLU SEASON

It's that time of year again: cold and flu season. Both are considered respiratory illnesses caused by different viruses. While it is possible to get a cold or flu at any time throughout the year, these viruses are most common in the fall and winter months.

The flu can result in a sudden fever, muscle aches, chills, cough, nasal congestion, and a sore throat. For many, the flu will resolve on its own but for some, including older adults, people living in nursing or long-term care homes or those with weakened immune systems, it can lead

to serious complications.

Canadian targets aim for 80% of older adults to get the flu shot to help prevent the spread of infection, however, every year at least 30% of older adults in Canada – including those in nursing homes and other long-term care facilities are not vaccinated. Research suggests the flu shot remains the best way to protect yourself against the flu. If you want to boost the protective effects of the vaccine, you may want to consider supplementing with prebiotics or probiotics before you get your shot.

## CAN VITAMIN D WARD OFF ACUTE RESPIRATORY TRACT INFECTIONS?

You're feeling slightly 'under the weather'. The situation is crummy but you assume it will pass...until things take a turn for the worse. What you thought was a minor hiccup in your day is actually a full-blown cold, leaving you wondering how you might prevent such an unwelcome turn of events in the future.

Acute respiratory tract infections (ARTIs), which are often caused by bacteria or viruses, are the source of roughly five million deaths around the globe each year. They are infections that get in the way of normal breathing, and come with symptoms like congestion, runny nose, cough,

sore throat, muscle aches, and fatigue. The common cold, ear infections, bronchitis, tonsillitis, and pneumonia all fall under this umbrella.

When it comes to colds and other similar illnesses, vitamin C supplementation has generally been the 'hot' topic of conversation. But, while we were all talking about vitamin C, another supplement was thrown into the mix. Enter our good ol' friend vitamin D, a vitamin classically known for building and maintaining strong bones. It turns out that this superpower vitamin also protects against germs that affect the respiratory system.



The two main forms of vitamin D are vitamin D2 and vitamin D3. Vitamin D2 is not made naturally, but is found in foods such as egg yolks, mushrooms, and fortified milk and yogurt. On the other hand, vitamin D3 is made in the body after exposure to the sun, and is also found in foods such as fatty fish. Both forms of vitamin D can also be taken as supplements.

Research has found that people with low levels of vitamin D may be more likely to get ARTIs. So, the next logical question is, can vitamin D supplements help prevent them?



#### WHAT THE RESEARCH TELLS US

A recent systematic review looked at whether taking vitamin D supplements reduces the risk of ARTIs. The potential benefits were studied in people of all ages, and in both healthy individuals, as well as those with respiratory conditions like asthma or chronic obstructive pulmonary disease (COPD). In most cases, vitamin D was taken by mouth as vitamin D3 pills for seven weeks to one-and-a-half years. Supplements were consumed at lower doses (generally 0.02 to 0.05 mg) daily or weekly, or higher doses (generally 2.4 to 3 mg) every one to three months, or through a combined effort of frequent low-dose and infrequent high-dose schedules.

The results were generally positive! The review found that vitamin D3 supplements did, in fact, lower the risk of

developing ARTIs, with no serious side effects observed. The greatest benefit was seen with daily or weekly supplementation, especially in people who had low vitamin D levels to begin with. Interestingly, people who received one or more large doses of vitamin D (e.g. once, monthly, or every two months), in addition to their daily regimen, did not experience these benefits. While vitamin D3 reduced the risk of developing an ARTI, it had no effect on the risk of hospitalization or emergency department visits due to ARTIs.

All in all, it's important to remember that while vitamin D can help ward off respiratory infections in some people, always make sure to discuss taking supplements with your healthcare provider because supplements may not always be safe for everyone.

#### The Bottom Line

- Acute respiratory tract infections are a major cause of illness worldwide, causing about five million deaths per year.
- Supplementation with vitamin D3 can prevent acute respiratory tract infections.
- Supplementation may be most effective in people who take vitamin D3 supplements on a daily or weekly basis and have low vitamin D levels to begin with.

Source: McMaster University  
Optimal Aging Portal

<https://www.mcmasteroptimalaging.org/blog/detail/hitting-the-headlines/2019/10/29/how-to-stay-healthy-this-cold-and-flu-season>  
<https://www.mcmasteroptimalaging.org/blog/detail/blog/2019/05/14/can-vitamin-d-ward-off-acute-respiratory-tract-infections>



**RTO  
ERO**

# Retirement Planning Workshop Hosted by RTO

## Who Should Attend?

- Broader education community (teachers, administrators, educational support staff, early childhood educators, and college and university faculty)
- Those within 5 years of expected retirement
- Education sector employees interested in learning more about retirement

## Attend and Learn About:

- Health insurance plans in retirement
- Future financial security
- Healthy, active retirement lifestyle

## Attendees Receive:

- Retirement Planning Handbook
- Membership to RTO
- And MUCH MORE!

## Upcoming Locations & Dates:

- Toronto Downtown — Saturday, February 8, 9 a.m. at the Courtyard Marriott
- Scarborough Session #1 — Thursday, April 23, 4 p.m. (Venue TBA)
- Scarborough Session #2 — Saturday, May 30, 9 p.m. (Venue TBA)
- North York — Saturday, June 6, 9 a.m. (Venue TBA)

## Questions:

Lone Smith  
lonesmith@hotmail.com

Sheila Tait  
smtait@sympatico.ca

## Registration:

<https://www.rto-ero.org/rpw-registration>



## 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 District 24.

- Upcoming** • Monday, January 27, 2020  
**Hava ★ Java Dates:** • Monday, March 30, 2020  
 • Monday, May 25, 2020  
 • Monday, February 24, 2020  
 • Monday, April 27, 2020  
 • Monday, June 29, 2020

## ***KNITTERS AND CRAFTERS***

The Knitters and Crafters meet at the Ellesmere Community Centre, 20 Canadian Road, Scarborough (just off Warden, south of Ellesmere, opposite Costco), the second Monday of the month from 10:00 a.m. to 12:00 p.m. Coffee is supplied by RTO and usually there are some cookies to go along with it. Our mandate continues to be to use recycled materials to make Twiddlemuffs for Alzheimer and dementia patients at local retirement homes around Scarborough and East York. *If you would like to participate in this activity, or to donate materials, please contact:*

**Chris Elliot — phone: (416) 497-6192 , e-mail: [brambleberry21@gmail.com](mailto:brambleberry21@gmail.com)**

- Upcoming Meeting Dates (Mondays):**
- January 13, 2020
  - February 10, 2020
  - March 9, 2020
  - April 6, 2020
  - May 11, 2020
  - June 8, 2020
- 10 a.m. to 12 Noon



## GOODWILL



# GOODWILL CARDS & TELEPHONE

**LYNNE HORVATH - GOODWILL COMMITTEE CHAIR**

*District 24 currently has an annual campaign where we attempt to contact all members who are 80 years of age and above. With the assistance of volunteer callers, we have called over 400 members.*

Those who we were unable to contact by phone, or who live outside the city or province, are mailed a *Thinking of You* card. We have also sent out birthday and holiday cards to our members 85 years of age and older. This year we have already mailed out over 250 cards. We have had many positive responses to our cards and calls.

On your behalf, I would like to extend a thank you to this dedicated group of callers, without whom this service would not be possible: Sue Ackerman, Gill Uddenberg, Wendy Hooker, Donna Hubel, Lynn Houser, Louise Henderson, Joan Taylor, Lynn Pentz, Helen Sharpe, Linda Jarvis, Carol Nelson, Margaret Daw, Gloria Smith, David Caruana, Rosea Lonsdale, Mary Klos, Chris Pryde and Jeanne McMulkin.

*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 Lynne and let her know the type of card needed.*

*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.*

**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!*



**RTO  
ERO**

District 24  
**Scarborough  
and East York**

**2020 ANNUAL MEETING  
AND SPRING LUNCHEON**

Time has come to once again be thinking about our *District 24 Annual 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 *District 24 Annual Meeting and Spring Luncheon*, will be held on Thursday, May 21, 2020, at *The Estate Banquet and Event Centre*, 430 Nugget Ave., Toronto.

Cost of the *Annual Meeting and Spring 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.*



## EXCURSIONS



# DISTRICT 24 2020 TRIPS AND EVENTS

MARILYN TREGWIN – EXCURSIONS COMMITTEE CHAIR

### When filling out event coupons please follow the guidelines below:

1. A separate cheque postdated to Deadline date is required for each event. Be sure to carefully follow the “*Make Cheques Payable to*” portion of the event coupon.
2. All participant names and signatures must appear on the event coupon to indicate that they have read and understood the *RTO Acknowledgement, Waiver and Release*, and to give permission for their contact information to be given to Mary Morton Tours.
3. Ensure that a clearly printed e-mail address and phone number, **OR** a stamped, self-addressed envelope is provided with your cheque and event coupon. Paid reservations are non-refundable after the deadline or when event capacity is reached.
4. Ensure that your cheque(s) and event coupon(s) are **sent to the facilitator indicated in the event description**. Register with the facilitator as soon as possible. Trips have sold out before the deadline. If you miss it, call the facilitator, as a ticket may be available/ obtained for you.
5. **Be sure to arrive at the location stated by your trip facilitator fifteen minutes before the departure time.** The current meeting place is Kennedy Commons, but may well change throughout the year. You are advised to sign up to receive our monthly *E-News* for the latest/additional information regarding trips.

***As you know from reading the newsletter Excursion Information pages, trip prices cover all aspects of the event. Not surprisingly, however, the costs for 2020 have increased. In order to make our trips financially accessible to more of our members, and to encourage increased participation, your District executive has voted to increase the excursion budget for this year. As a result, we are pleased to announce that most of our trips this year are being subsidized! The posted prices for our 2020 trips are for District 24 members and one guest.***

#### **ACKNOWLEDGEMENT, WAIVER AND RELEASE** *Provincial Executive, January 2010*

The participant in (the “Event”) acknowledges and agrees that RTO, 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, 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.

## *Kinky Boots*

Wednesday, March 25, 2020 – Hamilton Family Theatre, Cambridge

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

**COST:** \$137.00 (**RTO DISTRICT 24 SUBSIDIZED**)

**LUNCH:** *The Blackshop Restaurant*. Choose *Schnitzel* or *Chicken* on your coupon.

**PROGRAM:** This uplifting mega-musical chronicles the story of Charlie Price, who is struggling to save the men's shoe factory inherited from his father in Northampton, England. When all seems lost, a chance encounter with a dazzling drag queen spurs an outrageous idea for creating "women's boots for women who are men." With a little compassion and a lot of understanding, this unexpected pair eventually embrace their differences and outfit themselves for success. Experience a guided tour of Cambridge's Fashion History Museum in the morning.

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

Phone: (647) 970-0531 E-Mail: m.tregwin@gmail.com

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

**DEADLINE: February 21, 2020. Please postdate your cheque to this date.**



## *Historical Tour of Cuesta Country*

Thursday, April 30, 2020 – Dufferin, Simcoe and Grey Counties

**DEPARTURE:** 8:30 a.m. Kennedy Commons      **EXPECTED RETURN:** 7:00 p.m.

**COST:** \$105.00

**LUNCH:** *Mylar and Loretta's*. Entrée: Hot turkey served family style.

**PROGRAM:** Experience grand vistas along the soaring cuestas on travel writer Ron Brown's guided tour of the Niagara Escarpment, a UNESCO World Biosphere Reserve; through the Cheltenham Badlands, sweeping valleys, historic villages and delightful out-of-the-way places you never knew existed. Buy a morning coffee and enjoy a guided tour of the Dufferin County Museum. Shop and browse quaint villages: Singhampton, Creemore (brewery and beer tasting), Collingwood's Candy Factory (Georgian Bay's finest chocolate), and more!

**FACILITATOR:** Ron Foster – 59 Invergordon Ave., Scarborough, ON M1S 2Z1

Phone: (416) 659-6822 E-Mail: ronfoster@sympatico.ca

**MAKE CHEQUE PAYABLE TO: MARY MORTON TOURS. Send cheque and coupon to Ron Foster.**

**DEADLINE: April 10, 2020. Please postdate your cheque to this date.**



## *A Gentleman's Guide to Love & Murder*

Wednesday, May 20, 2020 – St. Jacobs Country Playhouse, St. Jacobs

**DEPARTURE:** 8:15 a.m. Kennedy Commons      **EXPECTED RETURN:** 6:30 p.m.

**COST:** \$145.00 (**RTO DISTRICT 24 SUBSIDIZED**)

**LUNCH:** *Solé Restaurant*. Choose *Jagerschnitzel* or *Atlantic Salmon* on your coupon.

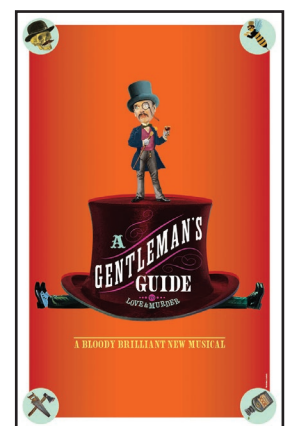
**PROGRAM:** *A Gentleman's Guide to Love & Murder* is an outrageous romp filled with unforgettable music and non-stop laughs! In 1907 London, penniless clerk Monty Navarro is delighted to learn that he's eighth in line for an earldom. Figuring the odds of outliving his predecessors are slight, he sets off down a sinister path knocking off his relatives one by one. Included is a morning tour the 1850's pioneer Pennsylvania German Mennonite Joseph Schneider Haus, home of the Canadian Harvest collection of Germanic folk art.

**FACILITATOR:** Al MacArthur – #70 -25 Brimwood Blvd., Scarborough, ON M1V 1E2

Phone: (416) 906-2570 E-Mail: aljoy1@sympatico.ca

**MAKE CHEQUE PAYABLE TO: MARY MORTON TOURS. Send cheque and coupon to Al MacArthur.**

**DEADLINE: April 17, 2020. Please postdate your cheque to this date.**



## Chicago

Thursday, June 18, 2020 – Festival Theatre, Stratford

**DEPARTURE:** 8:00 a.m. Kennedy Commons      **EXPECTED RETURN:** 7:00 p.m.

**COST:** \$165.00 (**RTO DISTRICT 24 SUBSIDIZED**)

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

**PROGRAM:** *Chicago* is a musical for our time. It's about celebrity culture, corruption, lawyers and cynicism. It's about the power of leveraging all your assets to do the wrong thing. And it's filled with incredible music! This classic will be entirely re-imagined by director-choreographer Donna Feore, created especially for the Festival's thrust stage and unlike any version of the show you may have seen before. Morning shopping at the Mennonite-owned Shakespeare Pies, as well as in town, is included.

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

Phone: (647) 970-0531 E-Mail: m.tregwin@gmail.com

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

**DEADLINE:** May 8, 2020. *Please postdate your cheque to this date.*



## Fiddler on the Loose

Wednesday, July 8, 2020 – Hamilton Family Theatre, Cambridge

**DEPART:** 9:15 a.m. Kennedy Commons      **EXPECTED RETURN:** 6:30 p.m.

**COST:** \$130.00 (**RTO DISTRICT 24 SUBSIDIZED**)

**LUNCH:** *Café Troy and Donn Zver Pottery.* Choose either *Quiche* or *Tortiere* on your coupon.

**PROGRAM:** Anchored by the extraordinary talents of fiddler and showman Jesse Grandmont, *Fiddler on the Loose* is a gregarious musical variety show. With its stirring blend of music, dancing, and comedy, this lively revue features over 60 songs running the gamut of genres from country and bluegrass to Celtic, classical, pop, through memorable tunes like *Dust in the Wind*, *Snowbird*, *Misty*, *Take Me Home Country Roads*. Included is a morning pottery demonstration, tour, and lovely gardens.

**FACILITATOR:** Hazel Quan – 18 Roundwood Ct., Scarborough, ON M1W 1Z2

Phone: (416) 497-5482 E-Mail: hazelquan@gmail.com

**MAKE CHEQUE PAYABLE TO: MARY MORTON TOURS. Send cheque and coupon to Hazel Quan.**

**DEADLINE:** June 5, 2020. *Please postdate your cheque to this date.*



## Murder at the Howard Johnson's

Tuesday, September 1, 2020 – Lighthouse Theatre, Port Dover

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

**COST:** \$126.00

**LUNCH:** *Erie Beach Hotel.* Choose either their famous *Pickarel & Chips* or *Chicken* on your coupon.

**PROGRAM:** Check into the Howard Johnson Motor Inn for murder, mayhem, and killer laughs. Travel back to the 1970s, as ditzy Arlene and her lover, Cassanova Mitchell plot to knock off Arlene's used car salesman husband inside their hotel room. The hapless hitmen keep getting in their own way, and their attempts to do each other in hilariously fail, but all's fair in love and contract killing! In the morning, browse the beach and shops of this scenic town. Stop at Hewitt Ice Cream Shop on route home.

**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:** July 31, 2020. *Please postdate your cheque to this date.*





## Gypsy

Thursday, October 8, 2020 – Festival Theatre, Niagara-on-the-Lake

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

**COST:** \$150.00 (**RTO DISTRICT 24 SUBSIDIZED**)

**LUNCH:** *Prince of Wales Hotel*. Entrée: Tomato & Parmesan Breaded Pork Cutlet.

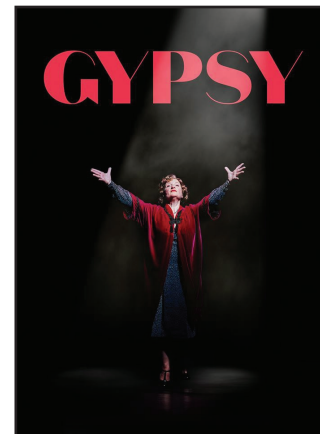
**PROGRAM:** Gypsy Rose Lee was the world's most famous striptease artist; Mama Rose, the ultimate stage mother. Follow their extraordinary story in Stephen Sondheim's timeless musical about sex, power and longing. With legendary songs, including *Let Me Entertain You* and *Everything's Coming Up Roses*, *Gypsy* remains the greatest American musical. There will be time in the morning to browse the shops of this scenic town.

**FACILITATOR:** Ron Foster – 59 Invergordon Ave., Scarborough, ON M1S 2Z1

Phone: (416) 659-6822 E-Mail: ronfoster@sympatico.ca

**MAKE CHEQUE PAYABLE TO: MARY MORTON TOURS. Send cheque and coupon to Ron Foster.**

**DEADLINE: August 28, 2020. Please postdate your cheque to this date.**



## We'll Meet Again

Thursday, October 29, 2020 – St. Jacobs Schoolhouse Theatre, St. Jacobs

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

**COST:** \$139.00 (**RTO DISTRICT 24 SUBSIDIZED**)

**LUNCH:** *Golf Steak House*. Choose from menu on arrival.

**PROGRAM:** Enjoy a nostalgic musical celebration featuring unforgettable songs of the war years spanning World War I to World War II. With an entertaining mix of memorable music, clever comedy, and stirring drama, *We'll Meet Again* serenades audiences with everything from morale-boosting melodies and lovelorn ballads, to jukebox jives and high-energy swing tunes. Don't miss this "sentimental journey" through a hit parade of wartime classics including *The White Cliffs of Dover*, *Pack Up Your Troubles In Your Old Kit Bag*, and many more. Browse the indoor/outdoor St. Jacobs Market in the morning.

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

Phone: (647) 970-0531 E-Mail: m.tregwin@gmail.com

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

**DEADLINE: September 25, 2020. Please postdate your cheque to this date.**



### Coupon: *Kinky Boots*

Wednesday, March 25, 2020

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: \_\_\_\_\_ @ \$137.00 = \_\_\_\_\_

Lunch: Schnitzel \_\_\_ 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.

By signing this coupon I (we) give permission to share your contact information with the travel agency organizing this trip and acknowledge that I (we) have read and understood the RTO Waiver and Release on page 20.

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

Member

Spouse/Guest

**DEADLINE: FEBRUARY 21, 2020. PLEASE USE THIS DATE ON YOUR CHEQUE AND SEND TO MARILYN TREGWIN**

### Coupon: *Historical Tour of Cuesta Country*

Thursday, April 30, 2020

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: \_\_\_\_\_ @ \$105.00 = \_\_\_\_\_

Would you like an e-mail confirmation:  YES  NO

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

By signing this coupon I (we) give permission to share your contact information with the travel agency organizing this trip and acknowledge that I (we) have read and understood the RTO Waiver and Release on page 20.

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

Member

Spouse/Guest

**DEADLINE: APRIL 10, 2020. PLEASE USE THIS DATE ON YOUR CHEQUE AND SEND TO RON FOSTER**

## RTO DISTRICT 24 TRAVELOGUE

# FALL TRAVELOGUE TO MOROCCO AND GIBRALTAR



**GLORIA WILSON-FORBES - TRAVELOGUE CHAIR**

Wow! Consistently over the past four years a minimum of fifty people have attended our Travelogue Luncheon and Photo Journey at Scarborough Golf and Country Club.



On October 17, 2019, our photo journey took us to Morocco and Gibraltar.

Here is an excerpt of a letter I received from a regular attendee who enjoyed the Travelogue:

*"Thank you Gloria, for a most entertaining presentation. I was very impressed with the grandeur of Morocco. We had booked a trip to Morocco---the day we were to sail from Gibraltar the sea was deemed too rough. However, I visited Morocco vicariously through your presentation and thoroughly enjoyed my trip with you as my guide."*



**Rock of Gibraltar**



**Royal Palace, Rabat Morocco**

Please join us and bring a friend to our next Travelogue on Thursday, Oct 22, 2020. Seating is always arranged so that you sit with your friends at the same table.

**If you have great pictures from your travels and want to share please email me at [orpahwilson@gmail.com](mailto:orpahwilson@gmail.com) or phone me at (416) 721-1530**



Coupon: *A Gentleman's Guide to Love & Murder!*

Wednesday, May 20, 2020

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: \_\_\_\_\_ @ \$145.00 = \_\_\_\_\_

Lunch: Jagerschnitzel \_\_\_\_ or Atlantic 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.

By signing this coupon I (we) give permission to share your contact information with the travel agency organizing this trip and acknowledge that I (we) have read and understood the RTO Waiver and Release on page 20.

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

**DEADLINE: APRIL 17, 2020. PLEASE USE THIS DATE ON YOUR CHEQUE AND SEND TO AL MACARTHER**

Coupon: *Chicago*

Thursday, June 18, 2020

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: \_\_\_\_\_ @ \$165.00 = \_\_\_\_\_

Would you like an e-mail confirmation:  YES  NO

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

By signing this coupon I (we) give permission to share your contact information with the travel agency organizing this trip and acknowledge that I (we) have read and understood the RTO Waiver and Release on page 20.

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

**DEADLINE: MAY 8, 2020. PLEASE USE THIS DATE ON YOUR CHEQUE AND SEND TO MARILYN TREGWIN**

Coupon: *Fiddler on the Loose*

Wednesday, July 8, 2020

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: \_\_\_\_\_ @ \$130.00 = \_\_\_\_\_

Lunch: Quiche \_\_\_\_ or Tortiere \_\_\_\_ (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.

By signing this coupon I (we) give permission to share your contact information with the travel agency organizing this trip and acknowledge that I (we) have read and understood the RTO Waiver and Release on page 20.

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

**DEADLINE: JUNE 5, 2020. PLEASE USE THIS DATE ON YOUR CHEQUE AND SEND TO HAZEL QUAN**

Coupon: *Murder at the Howard Johnson's*

Tuesday, September 1, 2020

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: \_\_\_\_\_ @ \$126.00 = \_\_\_\_\_

Lunch: Pickerel & Chips \_\_\_\_ 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.

By signing this coupon I (we) give permission to share your contact information with the travel agency organizing this trip and acknowledge that I (we) have read and understood the RTO Waiver and Release on page 20.

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

**DEADLINE: JULY 31, 2020. PLEASE USE THIS DATE ON YOUR CHEQUE AND SEND TO PAULA CHAMBERS**

Coupon: *Gypsy*

Thursday, October 8, 2020

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: \_\_\_\_\_ @ \$150.00 = \_\_\_\_\_

Would you like an e-mail confirmation:  YES  NO

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

By signing this coupon I (we) give permission to share your contact information with the travel agency organizing this trip and acknowledge that I (we) have read and understood the RTO Waiver and Release on page 20.

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

**DEADLINE: AUGUST 28, 2020. PLEASE USE THIS DATE ON YOUR CHEQUE AND SEND TO RON FOSTER**

Coupon: *We'll Meet Again*

Thursday, October 29, 2020

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: \_\_\_\_\_ @ \$139.00 = \_\_\_\_\_

Would you like an e-mail confirmation:  YES  NO

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

By signing this coupon I (we) give permission to share your contact information with the travel agency organizing this trip and acknowledge that I (we) have read and understood the RTO Waiver and Release on page 20.

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

**DEADLINE: SEPTEMBER 25 2020. PLEASE USE THIS DATE ON YOUR CHEQUE AND SEND TO MARILYN TREGWIN**

## RTO DISTRICT 24

# BRIDGE CLUB

Our district's Bridge Club meets every Tuesday, 12:30 - 3:30 p.m., at Ellesmere Community Centre, 20 Canadian Rd., just opposite Costco near Warden and Ellesmere, for bridge and friendship. For more information, phone Terry or Dale Smith, (416) 438-0430 or [dsmith15@hotmail.com](mailto:dsmith15@hotmail.com)

The District Bridge group is continuously thankful for the support of our district and RTO so that our group can continue to function every week. This fall we were so glad to see each other again and welcome some newcomers.

By the time this is published, we will have enjoyed our potluck luncheon before Christmas, and resumed play in January. Each week we have winners and a lucky draw, but every three months we have players who elect to save their weekly scores and compete in a "cumulative activity". In the fall, these were our winners:

- |                   |                     |
|-------------------|---------------------|
| 1) Bill Moreau    | 2) Suzanne Cecchini |
| 3) Bob Smith      | 4) Marianne Massey  |
| 5) Jane Humphries | 6) Theresa Kellen   |

We are always looking to improve our game. A big dilemma is what to lead, particularly when you are defending, trying to put down your opponents. These are some leading tips from Karen Walker ([kwbridge.com](http://kwbridge.com)).

When you're a defender:

- Lead attacking combinations (suits with touching honors — QJ10x, KQxx, etc.).
- Don't lead unsupported aces (Ax, Axx, Axxx) unless it's the suit partner has bid.
- When in doubt about what to lead, lead the fourth-best card in your longest suit. Leading from length is the "standard" lead to a no trump contract, and it's often the safest lead to a suit contract.
- Count cards and points as you play. Use clues from the bidding, the opening lead and the play to try to come up with a mental picture of your partner's or declarer's hand.
- Think ahead, and be ready for critical plays. Indecision will often tell declarer what you hold in a suit, so try to decide in advance which card you'll play when declarer leads a suit toward or from dummy.

Use defensive signals to help partner during the play:

- When discarding or following suit, signal with the highest card possible in a suit you want your partner to lead. Play a low card if you have no interest in the suit.
- When following suit, use count signals to help partner figure out how many cards you hold in the suit. Playing high-low in a suit tells partner you have an even number of cards. Playing low, then high shows an odd number of cards.

We always welcome newcomers to our day; come with a partner or without, come every week or when you can. While we don't provide lessons, we can refer you to several places for lessons or brush up games so you can join us in the future! For further information, contact Terry or Dale Smith at:

Phone: (416) 438-0430 E-Mail: [dsmith15@hotmail.com](mailto:dsmith15@hotmail.com)



**Crowning of the Cumulative Winner: Highest scores from September to December, 2019**



**RTO District 24 Bridge Club**



## RTO DISTRICT 24 EXCURSIONS

# BRIGADOON

# SHAW FESTIVAL THEATRE

MARGARET AND MARY JEAN NICOLSON – DISTRICT 24 MEMBER CONTRIBUTION

*What a wonderful day we had on our RTO day trip on Tuesday, October 8 last fall! The sun was shining, the air was mild, our bus driver delivered us to Niagara-on-the-Lake in very good time, and we made very good time coming home as well!*

There was ample time to wander the shopping areas and browse (perhaps to buy), although we had to do some dodging of other tourists on the sidewalks who were also enjoying the town and the beautiful weather. We exclaimed many times over about the beautiful flowers everywhere. Labour Day was well past, but the blooms were still bountiful and many hued.



We enjoyed a three-course lunch and sprightly conversation in the atrium of the Prince of Wales Hotel. One very nice thing about our excursion to Niagara-on-the-Lake is that once we are dropped off in the town we can walk everywhere on our own – shops, coffee, ice cream cones, (yes, there were many people enjoying ice cream cones that day!), stroll to our lunch venue, followed by another short walk to the theatre.



Brigadoon at the Festival Theatre was a first class production. “For once, the label ‘musical play’ has a precise meaning, for it is impossible to say where the music and dancing leave off and the story begins in this beautifully orchestrated Scottish idyll.” There is lovely music in Brigadoon, including *I’ll Go Home with Bonnie Jean* and *Almost like Being in Love*. The magic of Brigadoon was evident in the story line, somewhat

fairy tale-ish, for the town only appears out of the mist for one day every 200 years.

Naturally there’s a romance and some conflict and some extreme consternation and a lovely happy ending. Two young American men walking in the Scottish Highlands happen upon the town where they meet the townsfolk; one falls in love, they attend a wedding. After the men return home, Tommy, who fell in love with Fiona, is no longer happy with his American fiancée and regular life. He returns to Scotland and when he sings, the wise woman of Brigadoon awakens and comes to fetch him back to the town where many people, including Fiona, waken and welcome him back. Imagine – his love and his singing accomplished a miracle! Yes, it was magical, with fog, interesting sets, beautiful costumes, very lively dancing, and beautiful singing voices.

Thank you, Marilyn, for organizing a day to remember!



# BOOK CLUB A



# BOOK SELECTIONS FOR SPRING 2020

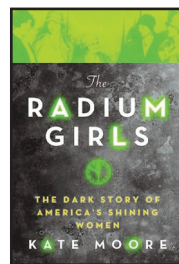
**GLORIA COURTNEY, JUNE BOURDON, BONNIE CLARKE – BOOK CLUB CONVENORS**

*We have had an excellent start to our year and have finished three diverse and interesting books.*

We had no meeting in December and will resume on the last Wednesday of January at Commander Park Recreation Centre to discuss *The Radium Girls: The Dark Story of America's Shining Women* by Kate Moore. This is a true account of women who painted dials with radium during wartime and their struggles with authorities when their health became seriously compromised as a result of their occupation. There will be much discussion about this book. Some of you might want to read it.

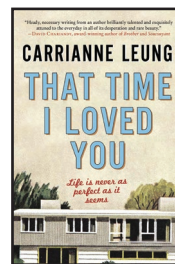
Here are our selections until the end of June, 2020. We are unable to accommodate any new members, but you might consider reading a few of these books at home.

Belated Happy New Year. We hope that you received great book for Christmas!



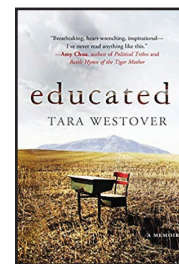
*The Radium Girls:*

Kate Moore  
(2017)



*That Time I Loved You:*

Carianne Leung  
(2018)



*Educated:*

Tara Westover  
(2018)

**"A" Club:**

January 29, 2020

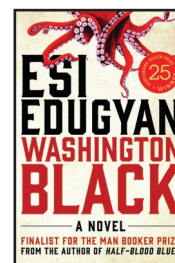
February 26, 2020

March 25, 2020



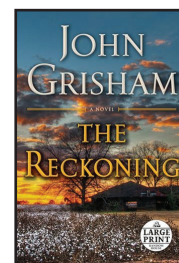
*Becoming:*

Michelle Obama  
(2018)



*Washington Black:*

Esi Edugyan  
(2018)



*The Reckoning:*

John Grisham  
(2018)

**"A" Club:**

April 29, 2020

May 27, 2020

June 24, 2020



# BOOK CLUB B & C



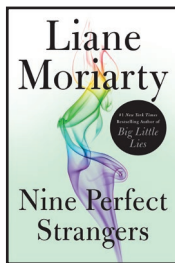
# BOOK SELECTIONS FOR SPRING 2020

**DANIELLE DESMARAIS & CONNIE MACDONALD – BOOK CLUB CONVENORS**

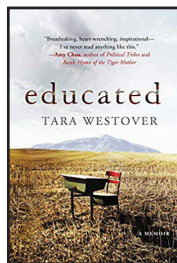
**Book Club B:** Book Club B meets on the afternoon of first Thursday of the month at the Ellesmere Community Centre. We have 23 members who participate actively in the book discussions. In November, we read and discussed *Educated* by Tara Westover, and in December, *A Spark of Light* by Jodi Picoult. Each title has brought forward current issues and provided topics for very engaging discussion. Members look forward to our social gathering and stimulating discussions.

**Book Club C:** RTO Book Club C also meets at the Ellesmere Community Centre (20 Canadian Rd, Scarborough) on the afternoon of the third Thursday of every month. We currently have 16 members and are *still welcoming new members*. In November, we read and discussed *The Home for Unwanted Girls* by Joanna Goodman, and in December, *The Spy and The Traitor* by Ben MacIntyre. The members also enjoy lively discussions and are creating a very inviting social group.

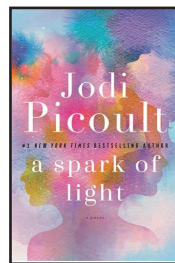
**We have spaces available for new members in Book Club C. If you interested, or require more information, please contact Danielle Desmarais by e-mail at [danielledesmarais58@gmail.com](mailto:danielledesmarais58@gmail.com)**



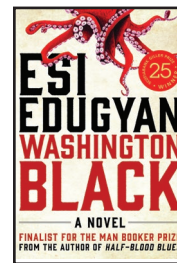
*Nine Perfect Strangers;*  
Liane Moriarty  
(2018)



*Educated;*  
Tara Westover  
(2018)



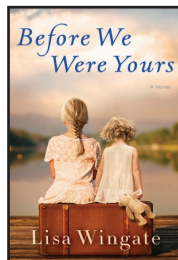
*A Spark of Light;*  
Jodi Picoult  
(2018)



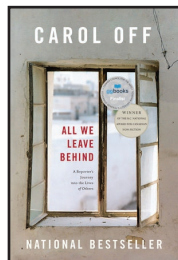
*Washington Black;*  
Esi Edugyan  
(2018)

**“B” Club:** January 16, 2020

**“C” Club:** January 30, 2020    February 27, 2020    March 26, 2020    April 30, 2020



*Before We Were Yours;*  
Lisa Wingate  
(2017)



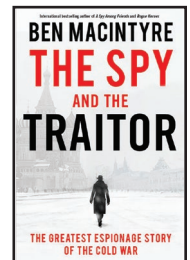
*All We Leave Behind;*  
Carol Off  
(2017)



*Becoming;*  
Michelle Obama  
(2018)



*The Home for Unwanted Girls;*  
Joanna Goodman  
(2018)



*The Spy and the Traitor;*  
Ben MacIntyre  
(2018)

**“B” Club:** February 6, 2020    March 5, 2020    April 2, 2020    May 7, 2020    June 4, 2020

**“C” Club:** May 28, 2020    June 18, 2020

## RTO DISTRICT 24 EXCURSIONS

# GOOD OL' COUNTRY GOSPEL ST. JACOBS SCHOOLHOUSE THEATRE

JEANNIE TOM - DISTRICT 24 MEMBER CONTRIBUTION

*What a marvellous outing to St. Jacobs we enjoyed on October 16 last fall!*

We held onto the motto: keep on the sunny side of life. Despite morning inclement weather, our RTO members and guests were enthusiastic with the day's itinerary. We were blessed with the assurance of a drier, cloudy afternoon.

Our driver, Tom, made excellent time via the 407 getting us to the Canadian Clay and Glass Gallery in Kitchener for our guided tour of their current exhibition. There were featured exhibits of ceramics, porcelain and glass by various Canadian artists. Their styles ranged from decorative to functional pieces. I loved Jan Phelan's floral ceramic vases. The gallery gift shop had individual pieces of art, sculpture, jewellery and greeting cards for purchase.

An intriguing sculpture was a tree trunk lying on its side, which won the 2019 Winifred Shantz Award for Ceramics. A video playing deep inside the trunk provided viewers with interpretative perspectives of varying scenes, visualized from looking up from a hollowed tree trunk. Some of us saw clouds and sky reflected in a stream. Others saw a waterfall with a goat having a refreshing drink beside a nearby pool.

Shall We Gather by the River? Our delicious, four-course luncheon was served in the solarium of the Golf Steak House in Kitchener. A wall of picture windows provided partial views of the Grand River. We were very impressed with the extensive entrée selections on the menu, and the high quality of the meals. Our generous servings were enough for two people! The staff was courteous and graciously accommodated our requested needs.

Our highlight was attending the *Good Ol' Country Gospel* performance at the St. Jacobs Schoolhouse Theatre. The cabaret-style tables at this historic schoolhouse, created an intimate ambience with the performers. We enjoyed a magnificent, high energy, rousing and enthusiastic performance with eight multi-talented musicians! Several of them played multiple instruments; piano, violin/fiddle, bass, cello, tambourine, guitar, spoons and castañets. Their repertoire included many favourites: *Church in the Wildwood*, *One Day at a Time*, *On a Hill Far Away*, *I Come to the Garden Alone*, *What a Friend We Have in Jesus*, *How Great Thou Art*, and many more. Beautiful voices and harmonies!





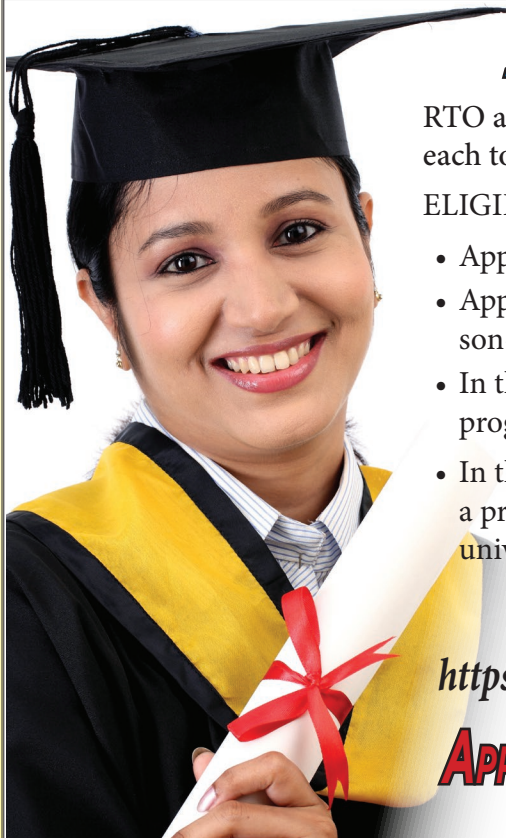
**RTO - DISTRICT 24**

# Christmas Luncheon

*December 4<sup>th</sup> 2019 Scarborough Golf and Country Club*







## 2019-2020 RTO SCHOLARSHIP

RTO awards a number of individual post-secondary scholarships of \$1,500 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 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 visit:

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

**APPLICATION DEADLINE – FRIDAY, JANUARY 31, 2020**

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

**Is there a change in your contact information? Contact the Membership Department at the RTO 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 RTO 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 - Dates to Remember*

- |             |  |
|-------------|--|
| January 27  | District 24 HAVA ★ JAVA – All are invited<br>– Calabria Bakery, 1770 Midland Avenue        |
| February 24 | District 24 HAVA ★ JAVA – All are invited<br>– Calabria Bakery, 1770 Midland Avenue        |
| March 25    | Kinky Boots<br>– Hamilton Family Theatre, Cambridge  |
| March 26    | District 24 Executive Meeting – All are invited<br>– Cedarbrook Lodge Retirement Residence |
| March 30    | District 24 HAVA ★ JAVA – All are invited<br>– Calabria Bakery, 1770 Midland Avenue        |
| April 27    | District 24 HAVA ★ JAVA – All are invited<br>– Calabria Bakery, 1770 Midland Avenue        |
| April 30    | Historical Tour of Cuesta Country<br>– Dufferin, Simcoe and Grey Counties, Ontario         |
| May 20      | A Gentleman's Guide to Love & Murder<br>– St. Jacobs Country Playhouse, St. Jacobs         |
| May 21      | District 24 Annual Meeting and Luncheon<br>– The Estate Banquet & Event Centre             |
| May 25      | District 24 HAVA ★ JAVA – All are invited<br>– Calabria Bakery, 1770 Midland Avenue        |
| June 11     | District 24 Executive Meeting – All are invited<br>– Cedarbrook Lodge Retirement Residence |
| June 18     | Chicago<br>– Festival Theatre, Stratford   |
| June 29     | District 24 HAVA ★ JAVA – All are invited<br>– Calabria Bakery, 1770 Midland Avenue        |
| July 8      | Fiddler on the Loose<br>– Hamilton Family Theatre, Cambridge                               |