

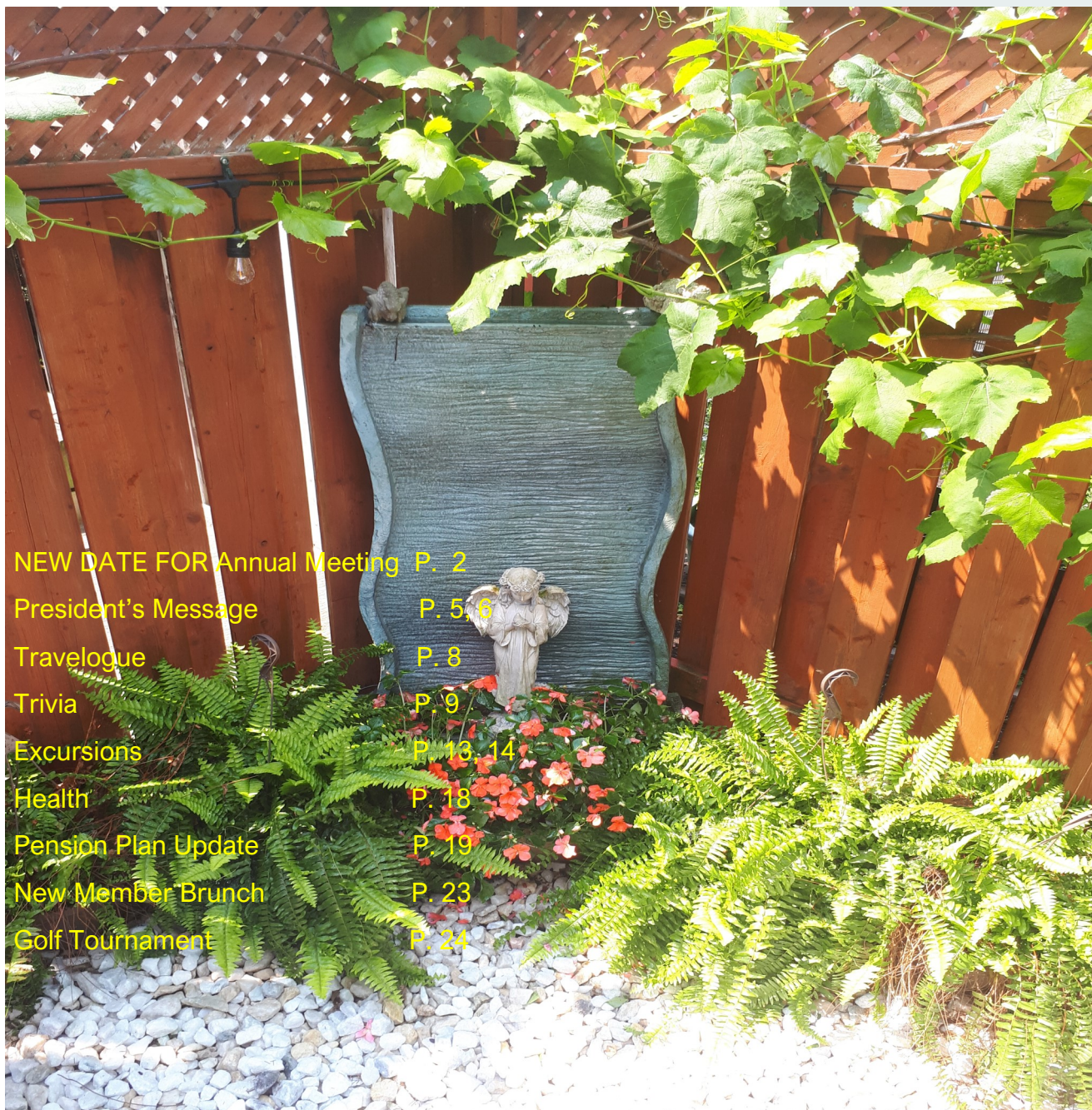


**RTO
ERO**

District 24

Scarborough and East York

Beyond the Blackboard



NEW DATE FOR Annual Meeting P. 2

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Trivia P. 9

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NEW DATE RTO 24 Annual Meeting and Luncheon, 2022

Thursday, September 8, 2022 at The Estate Banquet and Event Centre, 430 Nugget Ave., Scarborough, Ontario, M1S 4A4. (North side of Nugget just north of Markham and Sheppard.)

Proof of vaccination and masks are required for admittance.

Program: The day starts with the D24 Annual Meeting. There will be reports from our Committee Chairs followed by the election of Table Officers for 2022.

Doors open at 9:30 a.m. Coffee and tea are available at 10:00 a.m. Annual Meeting, 10:30 to 11:30 a.m. Cash Bar opens at 11:30 a.m. Luncheon and entertainment, 12:20 p.m.

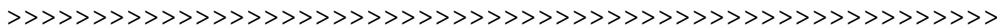
Cost: \$50.00 (Members who attend the full Annual Meeting will have their \$50.00 cheque returned to them.) Note: If you are bringing a non-member guest, please submit a separate cheque for their meal, as the luncheon cost cannot be refunded to non- RTO guests.)

Contact: Susan Watson—18 Springbank Ave., Scarborough, ON, M1N 1G3

Phone: 416-698-3030 **Email:** siwatson006@gmail.com

Please make cheque(s) payable to: **RTO District 24**

Deadline: Thursday, August 24, 2022. Please postdate your cheque to this date.



Coupon: Annual Meeting and Luncheon

Thursday, September 8, 2022

Clip or photocopy this coupon and send it, with your cheque(s) to Susan Watson at the address above. Please make your cheque payable to RTO District 24.

Name (Print) :

Phone:

Email:

Spouse/Guest Name (Print)

No. of Tickets ____ @ \$50.00 = \$ ____ Please submit a separate cheque for non-RTO members.

Special Dietary Needs/Allergies:

Would you like an email confirmation? **Yes No**

If No, a stamped, self addressed envelope is required for confirmation.

DEADLINE August 24, 2022. PLEASE USE THIS DATE ON YOUR CHEQUE(s).

Everyone attending must provide proof of vaccination for entrance and wear a mask while not eating.

Beyond the Blackboard

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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" x 7" size (please send photos/images as email attachments and do not reduce size when attaching). Send submissions to:

paula.chambers@rogers.com

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 September 7, 2022.

Executive List 2021- 2022

TABLE OFFICERS:

| | | | |
|---------------------------------|---|--|---|
| PAST PRESIDENT: | Paula Chambers paula.chambers@rogers.com | SECOND VICE-PRESIDENT: | Vacant |
| PRESIDENT: | Annemarie McKee president24@districts.rtoero.ca | TREASURER: | Danielle Desmarais treasurer24@districts.rtoero.ca |
| FIRST VICE-PRESIDENT: | Vacant | SECRETARY: | Donna Weston don.wes@rogers.com |
| COMMITTEE CHAIRS: | | | |
| ARCHIVIST: | Gloria Wilson-Forbes orpahwilson@gmail.com | NEWSLETTER: | Paula Chambers paula.chambers@rogers.com |
| AWARDS: | Vacant | NEW RETIREES BRUNCH: | Wendy Hooker wendyhooker@rogers.com |
| BRIDGE CLUB: | Terry & Dale Smith chooch120@hotmail.com | POLITICAL ADVOCACY: Pensions/Retirement | Terry Smith chooch120@hotmail.com |
| E-NEWS: | Anemarie McKee amckee.rto@gmail.com | POLITICAL ADVOCACY | Betty Lou Reynolds bettyloureynolds@hotmail.ca |
| FOUNDATION LIAISON: | Wendy Hooker wendyhooker@rogers.com | NORDIC POLE WALKING | Paula Chambers paula.chambers@rogers.com |
| GOLF CONVENER: | Vacant | RWTO REP: | Linda Jarvis |
| GOODWILL CARDS/PHONES | Lynne Horvath lynne.horvath58@gmail.com (647) 483-7377 | CHRISTMAS LUNCHEON: | Vacant |
| HAVA*JAVA: | Chris Elliot chris.elliott99@hotmail.com (416) 497-6192 | COMMUNITY GRANTS: | Vacant |
| HEALTH: | Bonnie Clarke blblclarke@gmail.com | SOCIAL CONVENOR | Susan Watson siwatson006@gmail.com |
| KNITTERS & CRAFTERS: | Chris Elliot chris.elliott99@hotmail.com (416) 497-6192 | TRIPS: | Marilyn Tregwin m.tregwin@gmail.com (647) 970-0531 |
| MEMBERSHIP: | Vacant | TRIVIA | Paula Chambers paula.chambers@rogers.com |
| WEBMASTER | Annemarie McKee amckee.rto@gmail.com | TRAVELOGUE: | Gloria Wilson -Forbes glorcour91@gmail.com jdBourdon@hotmail.com danielledesmarais58@gmail.com conchetta.macdonald@gmail.com danielledesmarais58@gmail.com susan.hall3@rogers.com |
| BOOK CLUB A: | Gloria Courtney | | |
| BOOK CLUB B: | June Bourdon | | |
| BOOK CLUB C: | Danielle Desmarais Connie Macdonald Danielle Desmarais Susan Hall | | |
| EX OFFICIO: | Gary Fick | MEMBERS at LARGE: | Les Coombs lesonriviera@gmail.com Linda Jarvis linjar@rogers.com |

PRESIDENT'S MESSAGE

Annemarie McKee

These past two years have been filled with small challenges during the pandemic. I would like to acknowledge and thank our members of RTO District 24 for their continued support of the initiatives that our district undertook during these past two years. Additionally, I would like to thank my fellow table officers and executive chairs.

With the consequences of Covid during this past year, it has meant that our focus had to change. There has been more emphasis on how to support our members during this challenging time, with them needing to stay at home more, and having limited times to be with family and friends. We have tried to ensure that we provided information to help one another in the area of wellness, ideas for relieving stress and maintaining a balance in life. Promoting RTOERO webinars was a way to invite our members to interact and take advantage of new learning opportunities.

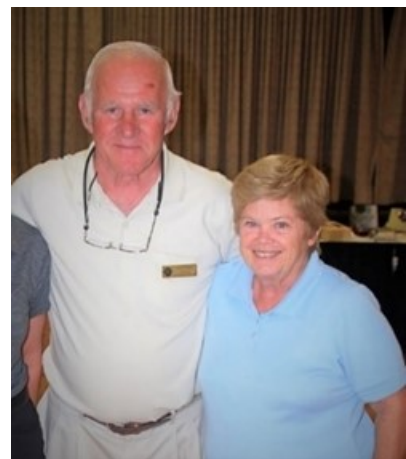
We appreciated the ease with which we could meet and see people virtually but missed the friendships and being part of a group. A special welcome is extended to our new members who have joined us in a most difficult time. We have started the process of normalizing our activities, within the parameters, protocols and guidelines of Toronto Region Public Health and have decided to hold our Annual Meeting and elections September 8, 2022. I extend my thanks to our executive who have volunteered to help steer the course for another successful year.

A major highlight for next year will be our 50th Anniversary. We have just started plans for our 50th Anniversary Celebration in 2023. A committee is forming to plan for this Half Century event! The Committee would appreciate notes, memories, photos, and memorabilia from those 50 years. Submissions can be nostalgic, humorous, memorable, personal, artistic, etc. Photos, clippings, notes, documents and other memorabilia are welcome. If you are interested in being part of the team, please contact me or Paula Chambers.

Les Coombs

Les is retiring this year from his many positions on the Executive. He has served on the Welcome Brunch committee and on the Golf committee, and has attended Senate as an observer a number of times. Les chaired the Membership committee and the Christmas Luncheon at the Scarborough Golf and Country Club, an event enjoyed by District 24 members. Les and his wife Noreen were very involved in getting all the arrangements in place to make sure that the event was a success.

Les' commitment at our local level in District 24 Scarborough & East has been appreciated. Les will continue to be a part of the district 24 Board as a Member at Large.



Linda Jarvis

Linda will continue her liaison role with the Retired Women Teachers of Ontario in her new role as Member at Large. We look forward to her continued support in linking the two organizations.

Distinguished Member Award

A Distinguished Member Award may be presented to a person who has shown dedication and made outstanding contributions to District 24. Nominees for the Award are selected in recognition of their outstanding and/or long-term contributions to the work of RTO at the District level. I am pleased to announce that Bill Sparks has been honoured this year with the Distinguished Member Award.

Bill Sparks had been a member of District 24 since his retirement in 2000. He agreed to join the District 24 Executive after a couple of years and ran successfully for the position of First Vice President. He subsequently became District President and Past President.



Bill brought his vast experience and expertise in parliamentary procedure to both our Executive Meetings and District Annual meetings, not only while he was President, but as a mentor to subsequent district leaders. He was the Constitution/Governance Convener for District 24 knowing the documents and policies he helped create. Bill was instrumental in assisting the executive over the years when they sought guidance. He has agreed to remain a consultant as our District Constitution is reviewed over time. His dedication, leadership, and commitment to District 24 Scarborough & East has been much appreciated. He will be recognized at the Annual Meeting September 8, 2022.



In recognition of his being honoured as a Distinguished Member of District 24, a donation of \$250 to the RTO-ERO Foundation has been made in accordance with his wishes. District 24 has a long history of supporting the Foundation which was established in 2011. When we donate to the Foundation, we are helping to foster respect, self-determination, better health care and social connections for older adults in Canada.

As we plan for the 2022-2023 year, we have several positions open on the District 24 Executive Board; Open positions include: Vice President, Second Vice President, Archives, Chair of Community Grants.

Do you wish to make a difference for others, use your skills and talents for good and meet other members from our District? If you would like to consider filling in for any of these positions, our entire executive would be only too happy to assist you in any way possible if you decide to join us. You can join as a "Member at Large" with no direct responsibilities other than to give input and help out.

As we return to the new normal, please remember to stay active, stay connected, stay involved, but most importantly stay safe. **Annemarie McKee**

My 20th Anniversary of Retirement

Jim Devine

I just finished shopping and was driving home when I passed a school being dismissed for the day. There were several kids walking along the street, bright yellow school buses stood in a row waiting patiently for young passengers and parents holding the hand of little ones. At that moment, memories of myself doing bus duty came to mind.

There was an empty parking spot just up ahead so I pulled in and turned off the engine. I sat and watched the spectacle before me.



I was part of that spectacle 20 years ago and yet it seemed like yesterday. Twenty years! Where did the time go? In all that time what happened to me? I never won an award, won the lottery or travelled the world. I took one day at a time, experienced little joys and grew slightly older with everything my senses experienced. I kept a dairy, read some good books and wrote some very satisfying stories. I managed to pub-

lish a paperback about my father that brought back several memories and recreated moments that indeed were worth more than a thousand words.

I saw family and friends pass away to leave me alone but who found eternal peace. And yet I was left with more work still to do. It seemed my earthly job was still not fulfilled.

There are moments when I wish I could see another bus load of students off home. But this was just a passing thought, a wish. Now, I must go. Take the groceries home, help with supper and sit and read some more of that wonderful novel my niece gave me for Christmas. I'm thankful I made it this far and look forward to the days and years ahead with good health. So, the next time I drive by a school I'll honk or wave and smile at the children and all the joy and challenges they bring me and will continue to bring me each and every day.

Knitters and Crafters

The Knitters and Crafters have resumed monthly meetings at Ellesmere Community Centre to prepare items for distribution to Retirement and Long Term Care homes. However, we are not accepting donations of yarn and other supplies until our present stockpile is reduced. *Call Chris Elliot at (416) 497- 6192 for more information.*



Hava*Java Coffee Socials

The monthly socials have not resumed yet but discussions are underway with the proprietor of the Calabria Bakery to determine when it will be safe to do so.

Travelogue

Gloria Wilson-Forbes

Gloria Wilson-Forbes and Annemarie McKee invite you all on a photo journey to Myanmar (Burma). There will be a sit-down lunch with tea or coffee and dessert in a private room. Deadline October 10, 2022. Send cheque and coupon to Gloria Wilson-Forbes. Make cheque payable to RTO District 24, postdate your cheque to October 10. District 24 is subsidizing this event so that the cost for participants is only \$30.00.

Deadline Tuesday October 10, 2022

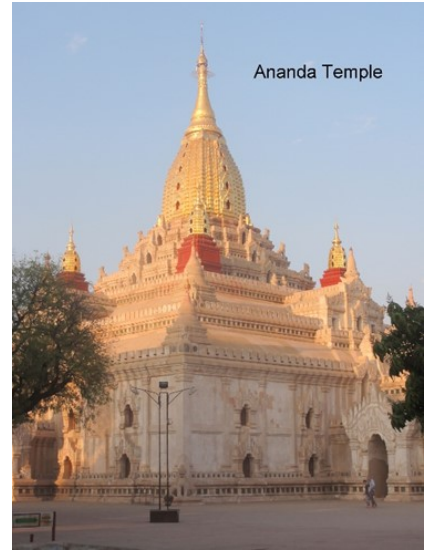
WHEN: Tuesday October 18, 2022, 12 noon to 3:00 p.m.

WHERE: Scarborough Golf & Country Club, 321 Scarborough Golf Club Rd.

COST: \$50.00 less District subsidy of \$20 = \$30.00

FACILITATOR: Gloria Wilson-Forbes, 2628 McCowan Rd., #603 Scarborough, M1S 5J8

PHONE: 416-721-1530 **E-MAIL:** orpahwilson@gmail.com



District 24 Fall Travelogue Tuesday, October 18, 2022

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

Name (Print): _____

Phone #: _____

E-Mail: _____

Spouse/Guest Name (Print): _____

No. of tickets: _____ @ 30.00 = _____

Special Needs / Dietary Allergies _____

Would you like an e-mail confirmation? YES NO (Please circle your choice.)

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

Deadline: **October 10, 2022.** Please use this date on your cheque and send to Gloria Wilson-Forbes.

Trivia Event

Paula Chambers



RTO District 24 will be hosting a Trivia Afternoon on Wednesday, October 12, 2022 from

1:00 to 4:00 p.m. at the Old Stone Cottage Pub,

3750 Kingston Rd, Scarborough (near Scarborough Golf Club Rd).

Teams of four players are asked to submit their names on the entry coupon below and send it, along with a cheque or cheques for \$15 per team member to:

Paula Chambers, 6 Colinroy St., Scarborough, Ontario, M1C 5G6

(You can also request to be added to a team if you do not have four members. I will do my best!)

Our quizmasters have developed questions based on popular topics. Start brushing up on trivia from children's literature, Canadian geography, music, movies, Olympic sports, and international events. Your team registration provides chicken wings during the event. At the door, each registered participant will receive a drink ticket. A cash bar will also be available. The winning team members will each receive gifts of RTOERO merchandise from the on-line gift shop. They will also receive bragging rights as being the smartest retired teachers in Scarborough!



RTOERO 24 Trivia Tournament Coupon for Wednesday, October 12, 2022

Please have all members of your team **sign** the coupon which will signify that they have read and agree to the standard RTO/ERO waiver on p.13 required for all RTO District events.

TEAM CONTACT _____ e-mail _____

Team Member _____ e-mail _____

Team Member _____ e-mail _____

Team Member _____ e-mail _____

Please indicate by email to : paula.chambers@rogers.com if you are planning to enter a team.

Please find enclosed _____ cheque(s) in the amount of 4 x \$15 = \$60.00. Please make cheques payable to **RTOERO District 24**.

Mail to Paula Chambers, 6 Colinroy Street, Scarborough, ON, M1C 5G6

SCAM ALERT!

Terry Smith, D24 P & R Rep. and Co-chair Political Advocacy

Scams targeting seniors are on the rise, with nearly 10% of Canadian seniors becoming victims every year, according to the Department of Justice Canada.

- You can't win a prize if you never signed up for anything or bought a lottery ticket. This extends to any kind of communication in which you are contacted out of the blue. Your bank won't be calling you for information regarding a service you never asked for.
- Be suspicious if you're asked to follow a series of steps, especially if someone is asking a lot of personal questions, including anything to do with banking or personal information, such as your birthday or Social Insurance Number. Your bank will never ask you for passwords or PIN numbers—this is a sure sign that something fishy is happening. The bank will also never ask you over the phone to transfer money to a new account.
- if you're contacted by phone, ask a lot of questions. If you feel unsafe, hang up.



Here's a list of some of the top scams to look out for.

Funerals & cemeteries

Scammers read the obituary section in the newspaper and then contact the widow or widower to claim some kind of non-existent debt. Another danger for widows and widowers is funeral homes taking advantage of the grieving process by overcharging; if you can't have a family member with you during this difficult time, bring a friend.

Charity scams

Be very careful when you receive a phone call asking you to donate money for any reason. Fake charities abound. Ask for the website to check if it is a registered charity.

Online

The most typical online scam to which seniors fall victim is pop-ups ads with fake virus-scanning software or other windows that ask for personal info. Get yourself [AdBlock](#), which will help with avoiding those kinds of pop-ups as you browse the web.

Computer “service” scams

If someone phones and claims to be “calling about your computer,” hang up.

The grandparent scam

Perhaps one of the most heartbreaking scams is that which occurs when someone pretending to be a relative or a relative's child calls and begs for money to help with a crisis but is afraid to ask Mom or Dad. The scammer

will usually say something along the lines of: “Hi Grandma, do you know who this is?” Once the scammer gets a response, he or she will start pleading for money to be wired for a fake reason.

As more and more people are strapped for cash as a result of the coronavirus crisis, scammers are bringing old schemes back with new faces. New research results suggest that when older adults are emotionally stirred up, whether from positive emotions such as excitement or from negative emotions such as anger or frustration, they are much more vulnerable to being scammed than younger people are. You should take the time to think over any purchasing decisions, especially in stressful situations. Many phone scams, such as the now prevalent fraudulent calls that seem to come from Revenue Canada and threaten legal action, are intended to upset you. Don't let yourself be bullied or flustered into buying something, committing to anything, or giving out personal information.

Information courtesy of Good Times Magazine

BRIDGE REPORT

Dale and Terry Smith

The RTO District 24 Bridge Group resumed in person play on Tuesday, March 22, with 20+ people attending. Even though we still wore masks, one could tell everyone was smiling. At the time of writing we have put a couple of weeks behind us and all still goes well. A number of us have been playing together online in a marathon these past months, but this feels great.

For those who played in this group in the past, please join us when you are ready.

This group has been sponsored by our District for 15 years, and we are grateful for their support. It was originally started by Gord Reid, assisted by his wife Dianne, and we laugh when we think of 3 (or sometimes 2 1/2) tables playing in the Centre's play room, surrounded by toys and a climber. Some of us (including me) had index cards to help us, and we were tolerated (like they didn't have much choice if they wanted 4 at a table..haha). Prior to covid we often had 9 or 10 tables in a large, sunny room. We have all grown in our skill level, and now players, although at different levels, play capably.



Every time we resume, usually after a summer break, we look back on the year and realize that we have a member or more who will not be joining us. Over the past 2 years that we were not able to play in person, we indeed had 2 players pass away. Jane Humphries, one of the original players, passed away last summer. Jane was a solid, cheerful player, always up for a challenge. If we were her partner, and if we left her in a

difficult contract, she would merely shrug and say "win some, lose some" if she did not make it. But usually she did. She was often in the "winners' announcements". Nan Pinard, who had been playing with us just the last couple of years before covid, often came with her friend Jan. She enjoyed playing with us, and no matter what happened, she rolled with the happenings. She really encouraged her fellow players. We will miss both Jane and Nan.

For new RTO 24 people who want to join us, we play every Tuesday at 12:15. Playing starts at 12:30, ends at 3:30 at Ellesmere Community Centre, Canadian Road, opposite Costco. Come alone, or with a partner. Come every week, or when you can. Bring your own masks, water or snacks, and a loonie. We offer cards and fellowship. If you want to learn to play bridge, so that you can join us in the future, please get in touch and we can direct you to some learning opportunities.

We usually play every Tuesday, but **WILL NOT BE PLAYING MAY 17, MAY 24, AND MAY 31** as our room will not be available. We are grateful to the Community Centre for accommodating us, and saving our spot for 2 years!

If you wish more information, contact:

Terry or Dale Smith at 289 554-3451 or

dfsmith15@hotmail or chooch120@hotmail.com

COMMUNICATION WITH RTO 24 MEMBERS

Paula Chambers, Editor in Chief



Are you aware that our *E-News* electronic newsletter is available via email? In addition to our three magazine format hardcopy publications called *Beyond the Blackboard*, *E-News* is available during the months of January, March, April, May, September, November and December.

When you registered for your RTO membership, you may have selected not to receive email from RTO 24. That means you will miss out on *E-News blasts* regarding upcoming trips and events and the coupons to attend. You can make sure you are receiving *E-News* by sending an email to:

membership@rtoero.ca

and requesting that you receive email from RTO district 24. We do not send daily, weekly, or even monthly emails on other matters unless it is absolutely necessary. Don't miss out. Send an email to membership@rtoero.ca to make sure that you receive *E-News* in the future if you do not already receive it at the beginning of the month. While you are writing to Membership, make sure that you provide your current email, address and phone number so that everything is up-to-date.

RTO/ERO District 24, 2022 Excursions

Marilyn Tregwin

Due to a surplus in the Trips budget line (not spent due to Covid restrictions) our travel events are being heavily subsidized this year.

All participants must comply with Covid regulations in place at the time of the trip (QR code? masking?).

When filling out event coupons please follow the guidelines below:

1. All participant names and signatures must appear on the event coupon to indicate that they have read and understood the RTO/ERO Acknowledgement, Waiver and Release, and to give permission for their contact information to be given to Mary Morton Tours. Members may bring one guest.

2. Ensure that a clearly printed email 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.**

3. A separate cheque is required for each event. Be sure to carefully follow the 'Make Cheques Payable to' portion of the event coupon. Ensure that your cheque, postdated to the cut-off date, and event coupon are sent to the facilitator indicated in the event description.

4. We travel direct on the 407 via deluxe coach. Coach parking continues to be problematic. The previous meeting place has been Kennedy Commons, but will likely change. **Be sure to arrive at the location as stated in your trip facilitator's confirmation letter** prior to the departure time.

RTOERO Acknowledgement, Waiver and Release

The participant in the event acknowledges and agrees that RTOERO, including District 24, will not be responsible for any loss, injury or damage of any nature, including death, however arising in connection with this trip, excursion, or 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 participants attendance at the event, the participant hereby releases and forever discharges RTOERO, 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.

TRIPS

Marilyn Tregwin, Chair

Damn Yankees Tuesday, September 27, 2022 – Shaw Festival Theatre, Niagara-on-the-Lake

Departure: 8:30 a.m. Kennedy Commons Expected Return: 7:15 p.m.

Cost: \$133.00 (after District 24 subsidy of \$30)

Lunch: 11:30 a.m.: Prince of Wales Hotel- Chicken Entree

Program: 2:00 p.m.: *Damn Yankees*. “Joe Boyd is an out-of-shape, middle-aged man who has the misfortune to be a Washington Senators fan. One deal with the devil later, he is Joe Hardy, a young ball player with a knack for hitting home runs. Can he help his favourite team finally beat the powerhouse New York Yankees? The final score: a delightful, fast-paced, crowd-pleasing, romantic musical.”

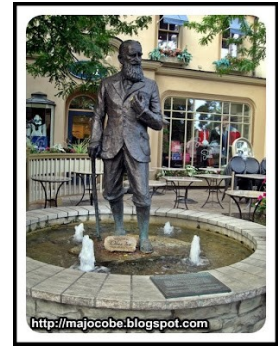
Morning browsing/shopping time in the heritage business district of Niagara-on-the-Lake, often called the loveliest town in Ontario, is included.

Facilitator: Marilyn Tregwin – 41 Ravenclyff 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: August 11, 2022. Please postdate your cheque to this date.



COUPON: **DAMN YANKEES**

TUESDAY, SEPTEMBER 27, 2022

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.

By signing this coupon you give permission to share your contact information with the travel agency organizing this trip, and acknowledge that you have read and understood the RTO Waiver and Release on page 13.

Signature(s): _____

Member

Guest

POLITICAL ADVOCACY

Betty Lou Reynolds, Co Chair

As I write this article it is early April and the Corona Virus is in its 6th wave. Up to this point my family has managed to avoid the direct effects of the virus but last week my daughter, who is a high

school teacher, and with whom I share a home, contracted Covid. This was inevitable as most of the Covid restrictions were lifted by the Provincial Government in March including masking in schools which is where she likely contracted it. She is slowly recovering but the symptoms of Covid are debilitating and can be difficult to deal with, especially when you lose your sense of smell!

While serious for a healthy younger fully vaccinated person, Covid can be far more serious for seniors, and many have ended up in hospital or worse. As such I am isolating in the basement apartment (I call it the Queen's Quarters) and wearing a KN95 mask.

The Toronto District School Board has recently resumed informing parents of daily case counts in the schools and which classes are affected, urging students in those classes to wear masks because we know masks work.

I share this story because I think it is important to remember that Covid is still out there and doesn't discriminate. The best defense from serious results of Covid is masking and vaccinations according to Theresa Tam, Chief Medical Officer of Health for Canada.

Hopefully, when you read this in June, case numbers will have come down and we can enjoy our summer doing the things we love to do like cottaging and travelling.

During the past year, September 2021-June 2022 many of the Political Advocacy initiatives taken by RTOERO District 24 addressed such issues as protecting our health. We communicated our concerns to local politicians, government agencies and institutions regarding senior issues that directly affect our members in Scarborough East York.

The year began with a Canadian Federal Election held on September 20th, 2021, to elect members of the House of Commons to the 44th Canadian Parliament.

RTOERO advocated for the three key issues for RTOERO which are:

1. A National Seniors Strategy
2. Environmental Stewardship
3. Health Care.

These issues are outlined on the website:

<https://rtoero.ca/vibrant-voices/>



Political Advocacy, continued

Vibrant Voices also publishes questions on these key issues which can be used in our advocacy with local politicians.

Questions were sent to local candidates in the Federal Election and their responses shared with members through Facebook and our website and newsletter. District 24 chose to focus on Geriatric Health care and a lot of our questions centered on the crisis in Long Term Care which was made more evident during the Pandemic. Questions:

- How can we better meet the ongoing and often complex care needs of seniors, in hospital and in the community?
- What sort of geriatric training should be mandatory across health care?
- What are your public policy priorities to boost the overall well-being of seniors?
- What human resources, structural or funding changes can increase the capacity of long-term care?
- How should we invest in serving the victims and raising the profile of elder abuse?

On October 18th of 2021 and on March 21, 2022, I attended a Zoom meeting with our District Political Advocacy Committee Liaison Gail Anderson and the GTA Political Advocacy Chairs. District Political Advocacy initiatives were shared with the committee.

The new year of 2022 continues to be challenging to our members as the Covid 19 Pandemic lingers on in the form of a new variants. While most seniors are now triple vaxed, the strain on our health care system continues to affect our access to health care. Many of our members have had health procedures and surgeries postponed and suffer serious consequences because of this. Your Political Advocacy committee sent letters to local politicians and candidates addressing the concerns listed above. RTOERO will have hosted webinars in April with the leaders of all political parties and members will be able to ask questions about future policies in these areas of concern. This advocacy has produced results and some positive actions have been taken by both the Provincial and Federal Governments to address the gaps in our health care system and especially Long-Term Care.

I want to thank all members for their continued engagement and actions to promote the key issues affecting our members. I want to thank Annemarie McKee and Paula Chambers for always working with me in publishing the necessary information to make sure the members of District 24 Scarborough and East York stay informed and up to date on current legislation in the key focus areas:

National Senior Strategy, Environmental Stewardship and Geriatric Health Care.

It has been a pleasure to serve you as Political Advocacy Co-Chair and I look forward to the next chapter in our journey together. I wish you all a safe and rewarding summer.

RTOERO Foundation

Wendy Hooker

The Foundation continues to advocate for seniors 65+ whose numbers will increase to **1 in every 4 by 2030**. RTOERO produces a regular **newsletter** and **webinars** for its members about wellness, mental health, aging, dementia and elder care, caregiver support and reducing social isolation particularly augmented due to covid. These are posted for reference. www.rtoero.ca

The latest initiative is the **Women's Age Lab** at Women's College Hospital to explore and collaborate on science-driven health and social change that will improve the lives of older women. The intent is to advance science, putting research into action, and raising awareness about, and advocating for, the unique needs of older women. The aim is to support researchers, healthcare providers, and decision makers, collectively with older women, to transform health and social care to positively impact their health and well-being.

Chime, an RTOERO chat line, continues to be offered every **Wednesday, 1-2 p.m.** via Zoom or phone designed to diminish members' sense of isolation. Participants share hobbies and interests in break-out rooms for every 3-4 participants; this activity encourages more social connections.

Fundraising continues for program grants for research and to support district initiatives to assist Seniors to live a healthy lifestyle. Specialists are funded for webinars of particular interests such as geriatric care and medicines. At our March 3 District 24 Executive Meeting, it was agreed that our district, on behalf of our members, would make a \$500 donation to the RTOERO Foundations to support its good works.

GOODWILL REPORT

Lynne Horvath, Chair



Our Annual Telephone Campaign is well underway and thanks to some new volunteers, all our phone lists have members making their calls. I would like to thank ALL of our volunteers for their assistance in calling our senior members, especially during these challenging times. A special note of appreciation goes out to these members: Sue Ackerman, Linda Larcina, Jeanne McMulkin, Chris Elliot, Lynn Pentz, Carol Nelson, Margaret Daw, Louise Henderson, Judy White, Mary Klos, Chris Pryde, Kathleen Taylor, Joan Taylor, Rosea Lonsdale, Gloria Smith, Wendy Hooker, David Caruana, Helen Sharpe, Karen Bardeau, Taharimoon Ali, Rose Ryan, Loretta Fines, Elizabeth Scarlett, Sheila Brown-Vitullo for their time and diligence in contacting our seniors. Jean Pamerter another new volunteer, has offered to help us with our calls next year.

Happy Birthday to all our members having birthdays in April, May and June! Birthday cards go out for our members 85 and older.

HEALTH

Bonnie Clarke

New Findings in Alzheimer's and Dementia Research

Music therapy programs may act as a non-pharmalogical intervention to help with behavioural and cognitive functioning in Alzheimer's disease and dementia. A recent review paper published in *Frontiers Neuroscience* sought to assess how effective different music programs faired on both cognitive and behavioural outcomes in Alzheimer's disease dementia. The findings suggest that regardless of the type of music-based intervention approach, individualized playlists and those that included relaxation approaches provided the best outcomes. Personalized music may act as a cue to evoke involuntary autobiographical memories, triggering an emotional response.



Another study published in the *Journal of Alternative and Complementary Medicine* has shown that music therapy can decrease levels of cortisol in people with Alzheimer's disease and lowering it can help with alleviating symptoms of anxiety, depression and stress, potentially reducing the need for anti-anxiety medication.

Moreover, the *Journal of Prevention of Alzheimer's disease*, reported increased functional connectivity in people with Alzheimer's disease who listened to personalized music during a functional MRI scan. Brain regions that showed increased functional connectivity included visual, cerebellar, salience and executive networks. Taken together, it seems that music therapy that incorporates personalized music can help stimulate the brain.

WEBMASTER

Annemarie McKee



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

We welcome 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:
amckee.rto@gmail.com

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.

COST OF LIVING AND THE ONTARIO TEACHERS PENSION PLAN

Gary Fick

One of the most important features of your OTPP pension is the cost-of-living increase provisions. Do you know what the provisions are? Do you know how its calculated annually?



The OTPP inflation provisions will protect your pension by increasing your spending power in relation to the cost of living in Canada as measured by the Canadian CPI consumer price index.

Your annual inflation increase is capped at 8% for any given year; however, should the rate of inflation be higher than 8% the difference is banked and will be used when the rate of inflation drops below 8%. For example, if the rate of inflation for a given year is 10%, your pension would increase by 8% for that year. If the next year's inflation rate is 5%, the banked 2% from the previous year would be added to create a 7% inflation adjustment.

In 1974, the CPI was at 11% which began a 14-year OTPP inflation increase of 8% per annum even though the CPI rates exceeded 8% for only 7 of those years. (From historical records of OTPP and CPI Canada- websites below)

The plan uses the Consumer Price Index (CPI) because it's prescribed by the terms of the plan and it's the most widely used indicator of price changes in Canada. The CPI represents a weighted basket of goods and services typically purchased by Canadian households each month.

The OTPP plans uses fiscal a year which starts and ends in September of each year. This explains why when you hear that the CPI as measured in December is not the same as your increase as announced by OTPP.

Other pension plans such as OMERS have different criteria and regulations as prescribed by the terms of each plan. You can find these terms by accessing the details from your respective plan's website.

<https://otpp.com/en-ca/>

<https://www.omers.com/about-your-omers-pension>

The link below will allow you to see what the inflation rates for the CPI in Canada have been over the past years.

<https://www.macrotrends.net/countries/CAN/canada/inflation-rate-cpi>

This document has been written in answer to questions I have received over the past years. You should verify with your own pension provider should you have any further enquiries.

HAVE A CUP OF TEA

Paula Chambers

Tea is the most consumed beverage after water. China and India account for a lot of tea drinkers but the British are also well-known for their love of tea and those from Britain and Ireland also brought the tradition with them when they settled in North America. We all know about the “Boston Tea Party.”

This article does not deal with herbal teas. That’s a topic for another day. Black, green and oolong tea are made from the same plant. The unique flavors for each of these teas are due to differences in how the leaves of the *Camellia sinensis* plant are processed.

Black, green and oolong tea all contain caffeine. Black tea has more caffeine than green tea. However, the caffeine content also relates to the brewing process. The longer the tea steeps, the greater the caffeine content. Caffeinated teas typically have less caffeine than coffee. An 8 oz. cup of tea contains about half the caffeine as a comparable cup of coffee.

Tea may provide very small amounts of minerals such as potassium, phosphorous, magnesium, sodium, copper and zinc. Tea is also a source of fluoride, but the amount can vary depending on the type and the amount of water that is used to make it. Natural substances, called polyphenols, are found in tea. These substances are antioxidants, compounds that may help reduce the risk of certain chronic diseases. Green tea offers a greater boost compared to most other varieties.

Some studies suggest that the caffeine and catechins, a type of polyphenol, in tea may help with weight loss. Though the research on caffeinated green tea looks promising, there are still a lot of unanswered questions. It could be that drinking tea is a substitute for more calorie dense beverages.

Tea drinkers may be helping to keep their hearts healthy. Some research has shown a reduced risk of heart disease in people who drink green or black tea regularly. Whatever type of tea you prefer, it is a refreshing beverage—so take your shoes off and put your feet up and enjoy a “cuppa”. It’s good for you.



DRIVER LICENCE SURRENDER

From Conversations with Members

Aging seniors dread the day they will lose more of their independence by having to give up their driver's license. Unfortunately, no longer being safe behind the wheel is a difficult reality aging seniors must face. The risk of being in a traffic accident increases as people age. Ontario requires that drivers take a written test at age 80 to prove that they are still competent drivers. If you pass the test, wonderful! Drive on!

Here are some declining physical and mental abilities a family caregiver should consider when preparing to broach the subject and have a candid talk about the right time for one to give up his or her driver's license.



Do you have vision issues? Are you having issues hearing? See your doctor to find out if these can be remedied. Check your medications to see if they are causing negative side effects.

Are you drifting into other lanes? Unable to merge? Increase in dents or dings in their vehicle? Increase in traffic incidences? Inability to properly judge how much space one needs to brake? Unable to see the lines in the road? Increased fear? Trouble pushing the gas or brakes? Trouble turning the steering wheel? Having more 'close calls'? Collisions with non-moving objects (signs, barriers, mailboxes, vehicles)? It may be time to surrender your driving license to avoid a serious accident. Your family members want you to be safe.

Once you are no longer driving, it is time to investigate TTC and GO transit. Taxis and Uber are also options along with Wheel Trans. Of course, we hope that you also have friends or family who can still drive. Share the cost of gas. It will be much appreciated.

When you consider the cost of insurance, license renewal, maintenance and repair, along with gas, taking an Uber for trips on a monthly basis is a good alternative and not more expensive. Best of all, everyone will be safe and seniors can maintain their independence.

Book Club A

Gloria Courtney

We have been welcomed back to the Agincourt Community Centre after our absence since January 2019 and we met on March 30th to discuss ***The Henna Artist*** by Alka Joshi, an interesting tale that offers much for discussion about classes and culture in India after Independence. Our members were keen to meet in person and we were excited to attend our first in-person meeting in a long while. COVID safety protocols were followed to ensure our safety. Our list of books for the coming season is:

| | |
|--------------------|--|
| June 29, 2022 | <i>Anxious People</i> by Frederik Backman |
| September 28, 2022 | <i>The Woman They Could Not Silence</i> by Kate Moore |
| October 26, 2022 | <i>The Rose Code</i> by Kate Quinn |
| November 30, 2022 | <i>One Step Too Far</i> by Lisa Gardner |
| December, 2022 | No Meeting |
| January 25, 2023 | <i>The Personal Librarian</i> by Marie Benedict |
| February 22, 2023 | <i>Beartown</i> by Fredrik Backman |
| March 29, 2023 | <i>All the Frequent Troubles of Our Days</i> by Rebecca Doner |
| April 26, 2023 | <i>The Lincoln Highway</i> by Amor Towles |
| May 31, 2023 | <i>Five Little Indians</i> by Michelle Good |
| June 28, 2023 | <i>The Midnight Library</i> by Matt Haig |

It is with great sadness that we inform you of the passing of the following members of District 24.

We extend our heartfelt sympathy. A donation to the RTOERO Foundation has been made in their memory.

Dorothy Arnold, John Butler, Robert Gray, Robert Petersen, Ellen White, Donald Coakley, Lillian Cranor, Carol Denny, Judith Diamond, Catherine, Dunlop, Julia Larke, Corina Tataru, B. Ashfield, Robert Ashfield, Thomas Best, Dolores Coffey, Brian Hamill, Barry Knibbs, Olive May, Douglas Ridding, Barbara Sutherland, Gertrude Tapper, Pearl Birch, Clara Blake, Helen Frechette, Albert Green, Gerald Hill, Inez McLennon, Hilda Muller, Beverly Raino, Mary Sheehan, Margaret Sherwood, Anne Storrison, Helen Terwey, Philip Yeoman

The Executive welcomes all new members of District 24

and invites them to become active participants in our activities.

Gervais Blake, Ynolde Best, M. Joan Gray, Lorraine Knibbs, Susan Murray, Beryl Petersen, Trevor Denny, Vanessa Wong, Leslie Jones, Kitty MacMillan, Andrea Mitchell, Stephen Carr, Karen Eckert, Frances Hamill, Teresa Kim, Lynn McGregor, Elizabeth Ann Newell, Joan Hill, Arlene Burkett, Litsa Elles, Mailis Jerkavits, Patricia Legh-Jones, Beverly Myalt, Lilian Perivolaris, Rosalie Ray, Hans Remisch



RTO District 24, Scarborough and East York

Welcomes Our New Education Retirees
to a Complimentary Deluxe Breakfast Buffet

On Wednesday, September 21, 2022

At the Guild Inn Estate
201 Guildwood Parkway

9:30 a.m. Registration / Coffee / Tea

10:30 a.m. Breakfast and Program



The invitation is extended to our members who retired between July 2019 to July 2022. Education Retirees are All Education Employees from early education, elementary, secondary, college and university, public and private sites, embracing teachers, school administrators, support staff including secretaries, caretakers, EAs, CYWs, and board personnel.

Meet our Executive and Committee Chairs.

Discover our diverse activities.



RTO District 24 Scarborough and East York Registration Form

To be submitted no later than **August 1, 2022**

Breakfast at the Guild Inn Estate

Wednesday, September 21, 2022

Please Print

Name: _____

Home Phone: _____ **Personal E-mail** _____

Forward your registration to Wendy Hooker, via **E-mail:** wendyhooker@rogers.com or,

By **Mail:** 50 Sunnypoint Crescent, Scarborough, Ontario, M1M 1B9, or by **Phone:** 416-266-4682

Registration confirmation will be sent by **E-mail.**

RTO District 24 Golf Tournament

Gary Fick

RTO District 24 is announcing a Golf Tournament Social event to take place on Tuesday, September 13, 2022, at Mill Run Highland Golf Course. We will have a shotgun start at 9:00 a.m. District 24 is subsidizing the cost of this event (18 holes of golf, shared electric golf cart and a delicious barbecue luncheon, regularly \$75) so that the cost for participants is **only \$55 this year**. There will be token prizes for top teams (Males, Ladies, and Mixed) plus closest to the pin—male and female; most accurate drive aka closest to the rope—male and female; most accurate putter—male and female.



The deadline for submissions is Friday, August 20, 2022. For further information, please contact: Gary Fick at gfick1@rogers.com



RTOERO 24 Golf Tournament Coupon for Tuesday, September 13, 2022

Please have all members of your team **sign** the coupon which will signify that they have read and agree to the standard RTO/ERO waiver on p. 13 required for all RTO District events.

TEAM CONTACT _____ e-mail _____

Team Member _____ e-mail _____

Team Member _____ e-mail _____

Team Member _____ e-mail _____

Please indicate by email to : gfick1@rogers.com if you are planning to enter a team.