



**RTO
ERO**

**District 24
Scarborough and East York**

Beyond the Blackboard



Mr. Richard Maxwell



**Celebrates 50 years of
serving our members
1973–2023.**



**Célébre 50 années au
service de nos membres
1973 à 2023**

is recognized as a member of our district in our golden anniversary year
Félicitations d'être membre de notre district en cette année de notre 50^e anniversaire

Annemarie McKee

District President / Présidence du district

Beyond the Blackboard



Contents

EDITOR-IN-CHIEF

Paula Chambers

EDITORIAL BOARD

Marilyn Tregwin

Annemarie McKee

Robin Bethke

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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.

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A better future,
together
Ensemble pour
un avenir meilleur

District 24
Scarborough
and East York



Executive List 2022— 2023

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Members-at-Large:	Les Coombs		

President's Message

This will be my final newsletter message as your President as my term will expire at the end of May. It has been an honour to serve as president of District 24. I will be stepping back from the President role but will continue in the interim to maintain communication with the RTOERO office.

I would like to express my sincere gratitude to all of you for your support during the past few years. By helping each other we persevered and survived a challenging time in our history. I would also like to acknowledge the incredible work of the Executive. They are an amazing group that works tirelessly to make RTO District 24 a great place to be.

At the time of this writing, Claire Hughes one of our Members at Large has volunteered to assume the role of Goodwill Chair for cards. Claire will be working with a group of members, who have already offered to help. We are incredibly pleased that Claire has taken on this role. It is an extremely rewarding position and very much appreciated by our senior members. As well, Chris Pryde has graciously offered to head up our Annual Telephone Campaign for the next year.

Succession planning is an important part of keeping District 24 a vibrant organization responding to membership requests and interests. Your Executive works hard on your behalf and wants to ensure that we continue to add value to what we can do for you. To do that, we need some new retirees to join our ranks. Feel free to talk to me about it or attend a meeting or two to see if this is a role you can do. The rewards are many!

Without you, the membership, actively participating in our efforts, the following may no longer be offered:

- Travelogue Chair - inviting retirees to share images of their travels
- Community Grants - applying for funding available for local community projects
- Benefits Chair - providing updated information on health and travel insurance.
- Archive Chair - maintaining digital member records, photos, and activities
- President, 1st Vice President and 2nd Vice President – Providing representation, through our leadership team, bringing your voices on issues at the RTOERO Forums and through Committee webinars.

Without members participating, District 24 will need to cut back on our services. Our District is run by a small team of retired and skilled individuals who give so generously of their time, talent, effort, and energy, to support over 3000 members in Scarborough & East York. Clearly, during the pandemic, we all turned inward to care for ourselves, our families, and our neighbours. However, now as we venture out into a sense of normal life, we look forward to shared activities with friends and colleagues. We are asking you to contribute a small portion of your time to assist with the work of keeping your district a thriving and beneficial organization.

Please stay active, stay involved and stay connected- these are the keys to a successful retirement.

Annemarie

Executive Members Update



Bonnie Clarke

Bonnie has decided to retire. She has generously contributed her time and expertise to RTO District 24 Scarborough & East York. Bonnie served for many years having joined RTOERO in 2009.

She was the Political Advocacy Chair, Treasurer from 2011 to 2019 and the Benefits/Health Chair in 2019. Bonnie was always totally organized, and very skilled in record-keeping as our Treasurer for 8 years. She attended Provincial Meetings in her role as Treasurer and prepared and submitted financial reports for our Annual Meetings. At one of our travelogue presentations, Bonnie spoke about her trip to Egypt with our members.

We were fortunate that she was willing to share her many skills to support our membership! We will miss her and wish her a wonderful and relaxing retirement.



Lynne Horvath

After many years with District 24, Lynne is retiring. She has served District 24 Scarborough and East York since retiring in 2009.

For the last nine years, she has been the Telephone Goodwill Chair/Coordinator, one of our most challenging positions. As well as keeping accurate data on all members, she coordinated a team of over 20 callers, each with a list of 25-30 members to contact as a wellness check once a year. During the pandemic, several extra calls were made as we heard from members who said they were lonely and just wanted to talk.

Lynne almost single-handedly sent out over 500 cards a year to our Seniors over 85 just to let them know that we were thinking of them. Birthday, Get Well, Sympathy and Greeting cards were sent to all members 85 and over as our way of keeping in touch with our membership. We were fortunate that Lynne was willing to share her time to support our membership! We and all our Seniors will miss her and wish her a wonderful and relaxing retirement.

Richard Maxwell - Spotlight on our member



We received this from Richard's daughter.

My father's story starts in the 50's when he was a coal miner in Scotland before taking a mechanics course before emigrating to Canada. He worked in the gold mines in Timmins and in the uranium mines in Elliot Lake, He ended up as a mechanic in the iron ore mine in Red Lake, Ont. From there, he worked in Montgomery Elevators building escalators and elevators. He has put in elevators as far away as Sudbury, Sault Ste Marie, Quebec and Labrador City as well as locally here in Toronto. He built the escalators in the "new" Scarborough Town Centre. He also built the elevators in the Manulife Centre when it was first being constructed. From that advantage point, he witnessed the spire going on top of the CN Tower.

He decided to become a teacher because he thought he had something to offer the youth of the day (the 70s). He loved teaching and the students loved to hear him talk. (Perhaps it was his Scottish accent). He taught "shop" at various schools including Danforth Tech. He cared for his students and wanted them to learn. Often, he would bring in rolls and eggs and cook them in the "shop" for the students that had come to class without having had breakfast. He always said, "You cannot learn on an empty stomach." Richard had a passion for teaching. He would have continued teaching had it not been for the fact that he had to become a Canadian Citizen. Being a stubborn Scotsman he said, "I was born a Scot and I'll die a Scot."

Richard also had another passion, running. I think he could run before he could walk. He was a founding member of the Scarborough Masters Running Club and was running races almost every weekend. He has both Ontario and Canadian records for his age group. I am proud to say he has won almost every race he entered and I have a box of medals (1st) to prove it. He has Certificates of Recognition for his service to the Sports Community from two Premiers in Canada and has attended numerous sporting event dinners for having excelled in his chosen sport.

He is also proud of the fact that three of his children have followed in his footsteps of becoming teachers — one a vice-principal. He is also proud that he received an acknowledgement from Her Majesty Queen Elizabeth when he sent a letter of condolence on the loss of her husband, HRH Prince Philip. It was published in our RTO District 24 Newsletter.

KNITTERS AND CRAFTERS

Chris Elliot



The number of Crafters continues to grow as does the work they complete. We have received grateful thanks and compliments from some of the Long Term Care homes to which we donate. We are still in need of donated yarn (acrylic only, please) and other materials such as fabric ribbon, decorative buttons and other touchy-feely items that can be attached on or inside the Twiddlemuffs.

The members of the Craft group will be “on hiatus” over the summer months but will continue to work their magic in order to have completed items ready for distribution when September rolls around. At this time future dates have not been booked at Agincourt Community Centre but are likely to be Monday, September 11 and Monday, October 2. For more information or how to donate, contact Chris Elliot at 416-497-6192, chris.elliott99@hotmail.com

HAVA*JAVA

Chris Elliot



This popular monthly event happens on the last Monday of each month at the Calabria Bakery on Midland Ave. We will be continuing through the summer so keep in touch with old friends and make some new ones by attending. It has been helpful that some members are now car-pooling, as parking at the bakery is limited. Unless you have mobility issues, please park behind or on the north side of the building. For more information, contact Chris Elliot at 416-497-6192 or by e-mail at chris.elliott99@hotmail.com

Updates are June 26, July 31 and August 28

GOODWILL REPORT

Lynne Horvath



Our Goodwill Committee plays a very important role within our district. A wide variety of acts of Caring, Compassion and Celebration are performed and it varies from one area to another. Our District 24 has a membership of over 3000 members and it is challenging for our committee to keep up with our large membership. Personal contact is always considered the best kind of Goodwill for our members. Currently, we try to contact all of our members 80 and older, once a year, by phone, just to see how they are doing. If we cannot reach them with a phone call we send a “Thinking of You” card to them. Birthday cards go out every month to those members 85 and older and Holiday cards are sent out in December. The social isolation caused by Covid 19 has been very difficult for everyone including our senior members so personal contact has been very important to them. Sympathy and Get Well cards are also sent out, when necessary. All of our RTO member are reminded to make us aware if someone is in need of a card.

BRIDGE CLUB REPORT

Terry and Dale Smith



RTO District 24 Bridge Club plays every Tuesday at Ellesmere Community Centre, 20 Canadian Road, opposite Costco. Come with a partner, or without. Come every week or when you can. We play for the love of the game, fun, and fellowship. Players need to arrive by 12:15, so tables will be ready to start at 12:30. Cost is a loonie—all money collected is given out in weekly prizes. There is even a door prize - you just have to show up!

We are a friendly group, rotating partners after every 4 hands so we get to play with new people. Players need to know the basics of the game.

As well as having weekly winners, some players select to have all their scores saved for 11 weeks, and the top 5 of that receive a prize as well. One can have good weekly scores, or dismal weekly scores (we all know that one!!) but they are averaged out to see who is in the top 5. The winners of this “cumulative” group for the time period of January to the end of March were:

Marianne Massey, Charles Kellen, Theresa Kellen, John Rawlins, Ron Smith

In bridge there are many conventions that one can play. Some players know a lot, some a few. At the website <https://howtoplaybridge.co.uk/the-rule-of-20> they explain a lot of the “rule of” ones. For example, the Rule of 20 is used when you are the fourth player in a game, and you have fewer than 12 points. No one else has opened the bidding, and everyone is passing. You know that the points are evenly distributed. Should you pass, causing a re-deal, or should you bid? The Rule of 20 says to count up your high card points, add them to the length of your longest 2 suits, and if it reaches 20, then open. If they do not add up to 20 or more, then pass.

There are lots of other “Rules of “...7, 11, 14, 15. Some say they work, some say they do not. Interesting reading should you feel inclined.

If you would like to join us on Tuesdays, or wish more information, contact Terry or Dale Smith via email: chooch120@hotmail.com or dfsmith15@hotmail.com

or call (289)554-3541.

E-NEWS EDITOR REPORT

Annemarie McKee



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. You can also download the latest publication from our website: <https://district24.rtoero.ca>

When you registered for your RTO membership, you may have selected not to receive email from RTO District 24. That means you will miss out on *E-News* blasts regarding upcoming trips and events and the coupons to attend. We do not send daily, weekly, or even monthly emails on other matters unless it is necessary. Do not miss out.

You can ensure you receive E-News by contacting RTOERO and requesting that you receive email E-Blasts from RTO District 24. 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.

In writing: 18 Spadina Road, Toronto ON M5R 2S7
By phone: 1 (800) 361-9888
By e-mail: membership@rto-ero.ca



**Congratulations to
Annemarie McKee!**



RTO District 24 is proud to announce that Annemarie McKee had been selected to receive a Distinguished District Member Award from RTOERO. Annemarie is one of three individuals selected nationally due to her Outstanding Service to her District.

Annemarie was nominated by Wendy Hooker and seconded by Susan Watson and Paula Chambers for her exemplary work for our members during the pandemic. The award will be presented at the RTOERO Annual Meeting banquet. In addition, a cheque for \$500 will be donated to the charity of Annemarie's choice.



Terry Smith Pensions and Retirement

Things to watch out for. Learn to recognize that something is amiss.

Wire transfer. Many scams involve a request to wire money electronically using a money transfer service, like MoneyGram and Western Union, or using cryptocurrency, such as Bitcoin. Remember that sending a transfer through these services is like sending cash—once the amount is picked up, it's almost impossible to get your money back.

Overpayment. When you're selling something—especially online—be wary of how you get paid. A fraudster may send you a counterfeit cashier's, personal or corporate cheque in an amount in excess of what they owe. You'll be asked to deposit the cheque and wire the excess funds immediately back to them. Once your bank realizes the cheque is a fake, you'll be on the hook for the money withdrawn.

Spelling mistakes. Be skeptical of emails, messages or websites that contain misspelled common words; grammar errors that make it difficult to read or expressions that are used incorrectly. Email and web addresses should also be examined closely to see if there are subtle mistakes or differences.

Personal information request. Fraudsters may ask potential victims to provide more personal or financial information than is required for the transaction or discussion. Be suspicious if someone asks for copies of your passport, driver's licence and social insurance number, or birth date, especially if you don't know the requestor.

Unsolicited calls. You might get a call from someone claiming that you have a virus on your computer, you owe taxes or there has been fraudulent activity in your bank accounts. Know that legitimate organizations will not call you directly. Hang up and call the organization yourself using the number from a trustworthy source, such as the phone book, their website, or even invoices and account statements.

It's just too good to be true. Everybody loves a great deal. But shocking offers, unbelievable discounts and unreal rates may signal that the offer isn't quite what it seems. Cheap prices usually equal cheap products, or counterfeit goods. Free offers may require providing your credit card for shipping. Small tactics like these can lead to big profits for scammers

(Information courtesy of: Competition Bureau Government of Canada)

RTO District 24 50th Anniversary Harbour Cruise and Luncheon



Thursday, June 29, 2023 – Queen’s Quay, Toronto

Departure: 10:00 a.m. bus from Kennedy commons Expected Return: 5:00 p.m.

Cost \$110 – This trip has been subsidized by \$30 to permit participation in our 50th Anniversary celebrations. **Please note that refunds are not possible after the deadline of June 15, 2023.**

Lunch: On-board buffet

Program: Celebrate RTO District 24’s 50th Anniversary with a scenic Toronto Harbour cruise on the *Yankee Lady* while enjoying a delicious buffet lunch. We will cruise through the tranquil waters of Toronto’s naturally protected harbour past Toronto’s newly revitalized Harbour Front, island parkland, and waterways. This is an opportunity to take great photos of the Toronto skyline.

Facilitator: Paula Chambers – 6 Colinroy Street, Scarborough ON M1C 5G6

E-mail: paula.chambers@rogers.com

Please make cheques payable to RTO District 24. Send cheques and coupons to Paula Chambers at the address above.

Please post-date cheques June 15, 2023.



.....
RTO District 24 50th Anniversary Toronto Harbour Luncheon Cruise

Thursday, June 29, 2023

Clip or photocopy coupon with your cheque made payable to **RTO District 24.**

Name (Print) _____ Member of District 24 _____

Phone _____

E-Mail _____

Spouse/Guest name printed (one spouse/guest per member @ \$110 per ticket)

No of tickets _____ @ \$110 each = _____

Would you like an e-mail confirmation? Yes _____ No _____

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

DEADLINE: JUNE 15, 2023. PLEASE USE THIS DATE ON YOUR CHEQUE.

By signing this coupon, I (we) acknowledge I (we) have read and understood the RTO waiver p. 20.

Excursion in Questa Country

Ron Foster, Tour Facilitator

On April 25th, 28 RTO District 24 members boarded a Mary Morton Tours bus at Kennedy Commons for a day excursion to Questa Country. Ron Brown, our guide, is a knowledgeable geographer, and supplied interesting and detailed commentary about the varied physical geography of the areas through which we drove near Lake Huron and Georgian Bay.

Our first stop was the tour of the Dufferin County Museum. It has a well-researched collection of memorabilia collected from long-time inhabitants of the Dufferin County area. The museum contains a historic log cabin constructed of squared-off pine logs (and many other exhibits too numerous to mention). The large size of the log walls of the cabin gives one an impression of how big the felled pine trees must have been in the early 1800s in this area.

We drove many kilometres around the immediate area of the Niagara Escarpment (which is a UNESCO World Biosphere Reserve). The Cheltenham Badlands are an unusual and prominent feature of the Niagara Escarpment. The Badlands area is a unique area of rolling, barren topography. Later, we travelled over several interesting moraines, through several sweeping valleys and historic villages.

Our lunch was a complete turkey dinner at Mylar and Loretta's Restaurant in Singhampton . It was a delicious and satisfying meal enjoyed in good company.

We travelled to the Blue Mountain Ski Resort and visited many shops in the newly constructed town site. We were surprised at the amount of development that has occurred at the resort. Today, one has the impression of being transported to a ski resort in the Alps. Our final stop was at the Creemore Springs brewery in the unique town of Creemore. Some participants enjoyed purchasing a few libations to take home with them.

All in all, the excursion was a pleasant way to spend an early spring day exploring places that were unfamiliar to most of us.



The Badlands, Ontario



Neck and Back Pain (from my own experiences)



Bonnie Clarke

Managing your back and neck pain depends on how severe your pain gets. If your pain is quite manageable, then your doctor might recommend physiotherapy, seeing a chiropractor, visiting a pain clinic, having acupuncture or even massage therapy. I have done all the above and still ended up having 3 major surgeries on my spinal column at various times.

A pain clinic definitely helped ease the pain. Several techniques were used. Needles, under sedation, were administered to stun the nerve endings, blocking some of the pain. An epidural done under x-ray brought some relief. No matter what you do, those only block the pain temporarily.

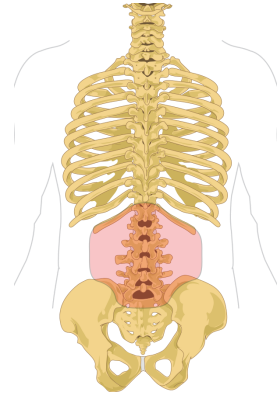
After being treated for three years due to neck pain, I ended up in the emergency department because I woke up paralyzed. I demanded an MRI immediately which happened and resulted in surgery the next morning. If I had seen a surgeon long before that, I would not have ended up with two rods and eight screws in my neck. Having an MRI is the only way a doctor or surgeon can determine the cause of your pain. Another operation I had was the removal of a cyst between L4 and L5 which eventually caused severe pain. It did not show up on a cat-scan or x-ray. An MRI on my bottom spine this March clearly showed the damage being done. An x-ray did not show these problems. As a result, I had surgery to repair the three things that were damaging my spinal cord.

What I'm trying to stress, is that if your pain persists after trying various treatments, you must tell your doctor you need to have an MRI. If it shows a real problem, such as a large bulging disc, your GP can send a referral to a surgeon who specializes in spinal surgery only. There are two wonderful surgeons at the Scarborough General Hospital. A referral can also be sent to Toronto Western Hospital, which specializes in neurology. The other very important part of pain management is the drugs prescribed by your doctor to ease the pain. Acetaminophen is often recommended. This comes in various strengths, including prescriptions that contain codeine. There are consequences such as constipation. Taking a lot of Acetaminophen can actually lead to liver damage over a very long time. You need to read the fine print on the bottles. I was taking Ibuprofen and a lot of it. Again, overdosing yourself on Ibuprofen could lead to kidney damage which actually rarely happens.

The other medication which really does block your pain is an opioid drug called oxycodone. It was like a life saving drug for me. The other opioid drug is hydro morphine which I did not take, although it was administered to me directly after surgery in the hospital.

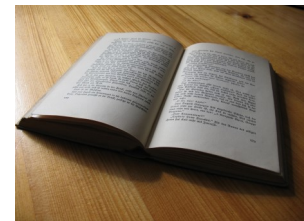


Oxycodone is addicting, but I could not have survived the pain I had before the surgery without taking the drug. Unfortunately, your body continues to rely on this drug. Withdrawal symptoms are awful. It's like having a severe case of the flu, nothing like I thought it would be. Your symptoms consist of dizziness, massive headache, diarrhea, vomiting and it could also affect your breathing. It started 24 hours after my last pill and lasted two full days. By the third day I started to feel better. Five days later I was back to normal. To prevent this, even if you don't experience pain, you must slowly ween yourself off the pill. Your doctor can help.



Back and neck pain are very relevant in older people. The Mayo Clinic has published a book called "Back and Neck Health" written by Dr. M. Boyden. It states that 80% of seniors suffer from back or neck pain. Regular exercises are advised. The book demonstrates the type of exercises to do which are very similar to Pilates or yoga.

Identifying the problem is so important in order to reduce your pain. Unfortunately for seniors, your age affects the wear and tear on your bones, your muscles and ligaments. Over the years, I have developed degenerative disc disease. Your pain can take a toll on your body and on your life. So, after living with your pain for a long time and trying alternatives to relieve your back or neck pain, please go to your doctor and ask for an MRI. This will show the root cause of your pain. It's your health, so be pro-active and take control.



Book Club A

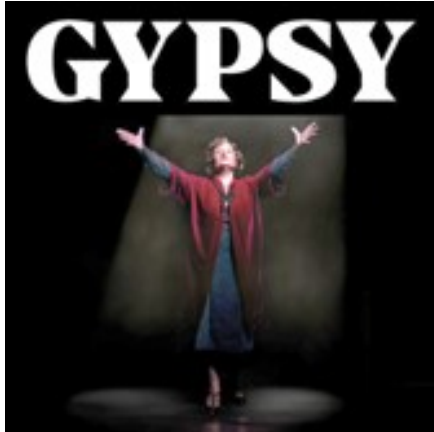
Gloria Courtney

Book Club A selected the following titles for 2023-2024.

September 27, 2023	<i>Scarborough</i>	Catherine Hernandez
October 25, 2023	<i>Looking for Jane</i>	Heather Marshall
November 29, 2023	<i>Black Cake</i>	Charmaine Wilkinson
December 2023	NO MEETING	
January 31, 2024	<i>The Sleeping Car Porter</i>	Suzette Mayr
February 28, 2024	<i>The Diamond Eye</i>	Kate Quinn
March 27, 2024	<i>The Maid</i>	Nita Prose
April 24, 2024	<i>Hidden Valley Road</i>	Robert Kolker
May 29, 2024	<i>The Paris Bookseller</i>	Kerri Maher
June 26, 2024	<i>Lessons in Chemistry</i>	Bonnie Garmus

TRIPS

Marilyn Tregwin



Gypsy—Shaw Festival Theatre, Niagara-on-the-Lake

DATE: Friday, September 15, 2023

DEPARTURE: 8:30 a.m. Kennedy Commons

EXPECTED RETURN: 7 p.m. (approx.)

COST: \$154 (after \$30 RTO District 24 subsidy) *all inclusive-
see below*

LUNCH: 12 p.m. Prince of Wales Hotel- Chicken entree

FACILITATOR: Ron Foster – 59 Invergordon Av., 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: Thursday, July 27. Please postdate your cheque to this date.

*All inclusive: All HST taxes, driver/restaurant gratuities, deluxe motor coach transportation, use of Hwy 407 both ways, lunch, and orchestra seat ticket.

GYPSY: Shaw Festival Theatre, Niagara-on-the-Lake

Date: Friday, September 15, 2023

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

Name (Print): _____

I am a member of RTO District 24. _____

Phone #: _____ E-Mail: _____

Spouse/Guest Name (Print): _____

No. of tickets: _____ @ \$154.00 = _____

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 this contact information with the travel agency organizing this trip and acknowledge that I (we) have read and understood the RTO waiver on page 20.

Signature(s): _____

Member

Spouse/Guest

Deadline: Thursday, July 27, 2023. Please use this date on your cheque and send it to Ron Foster.

Evita- Hamilton Family Theatre, Cambridge



DATE: Tuesday, October 24, 2023
DEPARTURE: 8:15 a.m. Kennedy Commons

EXPECTED RETURN: 6:30 p.m. (approx.)
COST: \$143 (after \$30 RTO District 24 subsidy) *all inclusive-see below*

LUNCH: 12 p.m. The Olde School Restaurant: Choose either Chicken Supreme or Salmon Trout on your coupon.

FACILITATOR: Marilyn Tregwin 41 Ravenscliff Cres., Scarborough 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: Friday, September 8 Please postdate your cheque to this date.

*All inclusive: All HST taxes, driver/restaurant gratuities, deluxe motor coach transportation, use of Hwy 407 both ways, lunch, and orchestra seat ticket.



EVITA: Hamilton Family Theatre, Cambridge

Date: Tuesday, October 24, 2023

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

Name (Print): _____

I am a member of RTO District 24. _____

Phone #: _____ Mail: _____

Spouse/Guest Name (Print): _____

Lunch: Chicken Supreme ____ OR Salmon Trout ____ (please check one)

No. of tickets: _____ @ \$143.00 = _____

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 this contact information with the travel agency organizing this trip and acknowledge that I (we) have read and understood the RTO waiver on page 20.

Signature(s): _____
Member Spouse/Guest

Deadline: Friday, September 8, 2023. Please use this date on your cheque and send it to Marilyn Tregwin



District 24
Scarborough
and East York



**We are Having a Celebration Thursday, September 21, 2023
For our Newly Retired RTO District 24 Scarborough & East York Members!**

Join us for a Breakfast Buffet at **Qssis Banquet Hall**, 3474 Kingston Road, (west of Markham Road). We welcome all our newly retired RTO District 24 Members who retired between **September 2022** and **August 2023**.

This is an opportunity for our newly retired members to meet other District 24 Retired members and to personally learn about our activities and events.

Registration is **9:30 am**. Coffee and tea will be available.

Our **Program** and **Breakfast** start at **10:00 a.m.**

All participants are requested to mail their registration form and a cheque for \$36 to confirm their registration. The event is **free for our newly retired district members**. (Your cheque will be returned at the Registration Desk.)

Note: if you are bringing a guest, please submit a separate cheque for \$36.

Contact: Wendy Hooker – 50 Sunnypoint Cres. Scarborough, ON, M1M 1B9

Phone: 416-266-4682 **E-mail:** wendyhooker@rogers.com

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

Postdate your cheque to the Deadline: **Friday, September 1, 2023**.



+++++

Print Name: _____

Home Phone/Cell _____

Home E-mail: _____

No. of Tickets: ____ @ \$36.00 = \$ _____

**Please submit a separate cheque of \$36 for non-RTO D24 members*

Attach your registration form and cheque payable to **RTO District 24**

Mail to: Wendy Hooker, 50 Sunnypoint Crescent, Scarborough, Ontario, M1M 1B9, ON

Indicate preference of registration confirmation: ____ e-mail or ____ phone

Registration Deadline: Friday, September 1, 2023.

In Memoriam



It is with great sadness that we inform you of the passing of the following Members of RTO District 24. We extend our heartfelt sympathy. A donation to the RTOERO Foundation has been made in their memory.

Betty Casperson, Anne Collicot, Margaret Fitzgerald, Judith Gatfield, Jane Grogan, Patsy Jordan, Echo Murdock, Leone Plumb, Ronald Ullman, Barbara Welch, George Barkley, Bebe Beekie, Carmen Czuppon, Sharon Fein

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

Lisa Dunbar, Wilmin Wong, Diane Ullman, Clara Langan, Dolcie Lobo

NORDIC POLEWALKING CLUB

Paula Chambers

During the month of April, members of the Nordic Pole Walking Club accepted the **50 for the 50th Challenge** of walking 50 kilometres for fitness. The following members participated. Some of them even walked more than 250 km.!

Gloria Courtney, Marie Gormaly, Rosemary Nagy, Paula Chambers, Donna Weston, Clara Langan, Steve Rodrigues, Louise Rodrigues, Danielle Desmarais, Carmela Benacem, Claire Hughes, Joy Parker, Ava Patroni, Rose Ray, Kathleen Taylor, Sheri Koenig, Cheryl Dominski, Annemarie McKee

Congratulations on your efforts to maintain good health in retirement!





Acknowledgement, Waiver and Release

Provincial Executive, January 2010

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, 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 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.