

Beyond the Blackboard



**RTO
ERO**

District 24

Scarborough and East York



Fall 2023 Volume 41-Number 3



**Upcoming Event:
Fall Luncheon and Artisan Market**

District News and Views

Beyond the Blackboard

Editor Robin Bethke
Editorial Board Annemarie McKee
Bonnie Clarke

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

PRINTING

Mi5 Print and Digital Communications

Beyond the Blackboard welcomes submissions from members of RTO/ERO District 24. We accept letters to the editor, article proposals, photos, and artwork. Do you have a story to tell, an experience to share, or a poem that you have written? **Consider contributing your written 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 (send photos/images as email attachments and do not reduce size when attaching). **Beyond the Blackboard** is published in February, July, and October. Send submissions to: robin@bethke.ca

We do not guarantee that submissions will be published or published as received. The editors reserve the right to edit, condense, or reject letters or submissions. The editorial team will not respond to queries involving editorial decisions. **Deadline for submissions for the next edition of Beyond the Blackboard is December 15, 2023.**

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On Our Cover: *Photograph of view on a Fall walk in Morningside Park submitted by R. Bethke.*

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District 24 Executive 2023-24

TABLE OFFICERS

PAST PRESIDENT: Annemarie
McKee

CO- PRESIDENT: [Annemarie
McKee](#)

CO- PRESIDENT: [Danielle
Desmarais](#)

FIRST VICE- PRESIDENT: Vacant

SECRETARY: [Donna Weston](#)

TREASURER: [Danielle Desmarais](#)



Email a member of the executive by placing your cursor over the name, pressing control, and clicking your mouse. Alternatively, right click and select 'open link' in the dropdown menu.

BOOK CLUBS:

BOOK CLUB A: [Gloria Courtney](#)

BOOK CLUB B: [Danielle Desmarais](#)

BOOK CLUB C: [Danielle Desmarais](#)

BOOK CLUB C: [Claire Hughes](#)

COMMITTEE CHAIRS

ARCHIVIST: [Danielle Desmarais](#)

AWARDS: [Annemarie McKee](#)

BENEFITS/HEALTH: [Paula Chambers](#)

BRIDGE CLUB: [Terry & Dale Smith](#)

E-NEWS: [Annemarie McKee](#)

FOUNDATION LIAISON: [Wendy Hooker](#)

GOLF CONVENER: [Gordon Baker](#)

GOODWILL PHONES: [Chris Pryde](#)

GOODWILL CARDS: [Claire Hughes](#)

*HAVA*JAVA:* [Chris Elliot \(416\) 497-6192](#)

KNITTERS & CRAFTERS: [Chris Elliot](#)

MEMBER SERVICES: [Wendy Hooker](#)

NEWSLETTER: [Robin Bethke](#)

NEW RETIREES BRUNCH: [Wendy Hooker](#)

NORDIC POLE WALKING: [Paula Chambers](#)

PENSIONS/ RETIREMENT CONCERNS: [Terry Smith](#)

POLITICAL ADVOCACY: [Betty Lou Reynolds](#)

SOCIAL CONVENER: [Susan Watson](#)

TRIPS: [Marilyn Tregwin \(647\) 970-0531](#)

TRIVIA: [Paula Chambers](#)

WEBMASTER [Annemarie McKee](#)

MEMBER AT LARGE: [Les Coombs](#)

Co-Presidents' Message

I hope everyone has had a great summer. We survived a very hot and rainy summer season. Do you know that we had 8 days where the temperature was over 27 degrees and 45 days of rain since May 2023? No wonder gardens were so lush, and flowerbeds were so colourful and full of vibrant specimens. Now is the time that we begin to plan for the Fall and Winter.

As retired educators, we all believe that being a strong role model and being able to embrace changes are necessary tools that will help mould the next generation. For this reason, we are trying to do our part in saving natural resources. Welcome to our first electronic-only version of the *Fall 2023 Beyond the Blackboard* newsletter. We have decided to publish this edition of *Beyond the Blackboard* in electronic form. This initiative will allow us to save paper, and energy and hopefully encourage our members to acquire confidence in navigating the [RTO District 24 Website](https://district24.rtoero.ca). (https://district24.rtoero.ca) You may also discover interesting facts about our district while perusing the site. The winter and spring editions of *Beyond the Blackboard* will be mailed out as in the past.

As you have read in previous communications from RTO District 24, I am assuming the role of Co-President with Annemarie McKee for 2023-2024. I am very fortunate to have such an experienced mentor and will continue to work with our executive team to plan, organize and deliver wonderful experiences for all our members.

In the current edition of [Beyond the Blackboard](#) we hope you discover many opportunities for you to get involved and participate actively in your retirement. Join one of our clubs: Bridge, Book Clubs, Nordic Pole Walking, and Knitters and Crafters. Take part in our Trivia afternoon with friends or come to make new friends, join us for a cup of coffee/tea and a delicious treat once a month during Hava*Java. Go on one of our day trips. We encourage you to attend our executive meetings and take on a leadership role or bring forward some of your ideas for more District 24 activities and events.

The choices for getting involved are numerous and the experiences are varied. Just go for it.

Looking forward to meeting many of you at one of our various activities.

From a happy retiree committed to representing all of the District 24 members.

Danielle Desmarais

Our next Executive Meeting will be held on Thursday, November 2, 2023, at the Agincourt Recreation Centre, 31 Glen Watford Drive in craft room #1. Coffee is available beginning at 9:00 with the business meeting beginning at 9:30 a.m. We should be finished before noon. All RTO District 24 members are invited to attend Executive Meetings. As part of our Environmental Stewardship, we are asking everyone to bring a mug for their coffee.



Welcome New Members

The Executive welcome all new members to RTO/ERO District 24. We hope you will become active participants in the District. We invite you to join our executive, join committees, actively participate in our events and clubs, or consider starting a group that might be of interest to other retirees. Whether you are a new retiree or have moved from another district, we hope that you enjoy District 24.

*Mary Kumar
Alan Chan
Maria Ciechonska
Rita De Pompa
Carol Francis
Kevin Goss
Maeve Grant
Heather Groves
Tom Hara
Tom Haralampidis
Ruweida Hassan-Bismilla
Lorna Jones
John Lanyon
Krista Lawrence
Linda Lee
David Leggett
Susan Marie Martin
Anne Murton-Park
James Carson*

*Mary-Ann Saldanha
Stephen Scott
Hilary Shy
Usha Singh
Joan-Mary Spencer
Ann Sutherland
Patrick Therrien
Sara Uddin
Kelly Waywell
Michele Whyte
Kathryn Zaleski-Cox
Alison Evanoff
Daniel Kaye
Shabnam Khaja
Donna Maxwell
Beverley Mummery
Roya Parizadeh*

*Billie McRae
Luisa Fragale-Hoffman
Anmaurie Rasquin
Rod Roblin
Donna Wilkie
Peter Stachiw
Kathy Viapiana
Bruna Pollon
Robert Schofield
Kimberley Davidson
Liam Rodrigues
Ioana Romanescu
Mary Rowan
Susan Carmichael
Angela Ogden
Robbie Persad
Erica Robbins
Mary Nowlan
Nydia Wyles*



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 to their families and friends.

- | | | | |
|-----------------------|-------------------------|----------------------------|---------------------------|
| <i>Campbell Cowan</i> | <i>M. Joyce Gardner</i> | <i>Joanne Greenwood</i> | <i>Margaret Halvorson</i> |
| <i>Robert Ireland</i> | <i>Marie Landers</i> | <i>Evelyn Lloyd</i> | <i>Edward O'Meara</i> |
| <i>Chester Pollon</i> | <i>Jean Schofield</i> | <i>Frances Stainton</i> | <i>Agnes Sullivan</i> |
| <i>Philip Mascard</i> | <i>Linda Ballentine</i> | <i>Steady Blake</i> | <i>Trevor Denny</i> |
| <i>Janet Roblin</i> | <i>Lloyd Zimmerman</i> | <i>Susan Hall-Jennings</i> | <i>Gordon Tonkin</i> |
| <i>Thelma Line</i> | | | |



Is there a change in your status or contact information? Contact the Membership Department at the RTO/ERO Provincial office.

By phone: 1-800-361-9888

By email: membership@rto-ero.org

Note: The provincial office does not accept notices regarding changes in address or contact information from third parties. Changes must come from the member or their POA.

My name is Norma Weston Shatilla.
My retirement began at 61 years old in 1998.
That was 25 years ago. I am so grateful for the
good health & good years.

At just 19 years old in 1958, I began teaching
grade 4 in a classroom in a Quonset hut behind
a school in Hamilton. Recess was a sea of Hula
Hoop fun! It was all so exciting!!

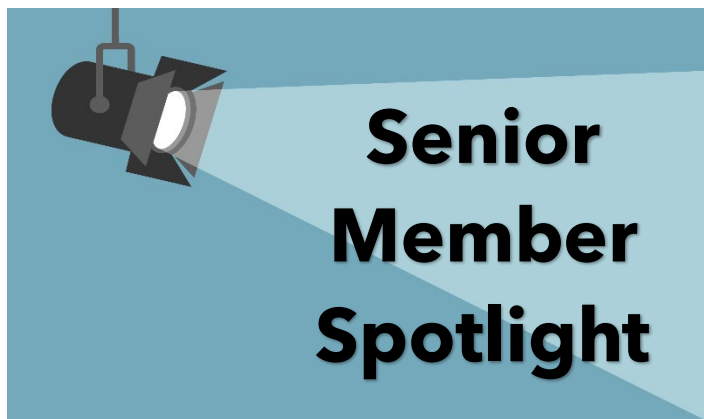
I was fortunate to be an Associate Teacher to
students from Brock University just two years
later. In those Hamilton years, I taught grades 4,
5, 6, and Home Room Grade 7 using a Unit
System Curriculum. I became a Choir leader in
the school, and we entered the Hamilton Music
Festival in 1962.

“Docendo Discimus” we learn by teaching....and
learn I did in those early years with only one year
at Teacher’s College.

On I went to Scarborough where I took on a new
challenge: Primary teaching. My focus was
literacy. I gave many workshops while teaching
in Inner City schools. I ran a Scholastic Book
Shop in the hall outside my classroom and for
those achievements, I was given a Reading
Teacher award in 1989. Principals sent teachers
to my classroom to observe my classroom
teaching. Over the years I taught all grades from
Kindergarten to Grade 8 and loved it all! I loved
my job!! I especially loved mentoring young
teachers. Now those young teachers are retiring!

At my retirement, I was recognized for my work
with the “Jeanne Milovanovic Literacy Award”.
I had the privilege of speaking at that milestone
event, the last banquet for the Scarborough
Board of Education. I had come a long way from
the shy little farm girl of the fifties.

I am proud of my teaching career and grateful to
have been a teacher during those years when
teaching was a respected profession, and my
work was valued as so important to the
community.



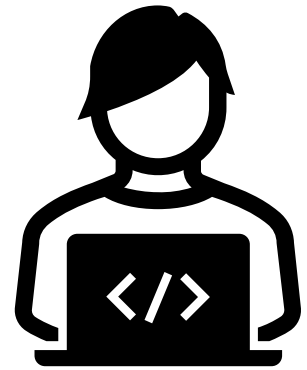
Norma getting fresh air on the steps of her portable.

Would you like to submit an article for the
[Beyond the Blackboard](#) “Member
Spotlight”? Send the article (250- 450
words) together with a photo to Robin
Bethke (robin@bethke.ca)

Good Passwords



Contributed by Terry Smith
District 24 Pension and Retirement Representative



Is your online password "123456"?

If it is, you should change it right now: it's the most common password of 2020, used by more than 2.5 million people and exposed more than 23.5 million times.

According to a recently released survey, half of the 20 most common passwords involved combinations of numbers 0 through 9, usually in sequential order. These passwords, while common, are far from secure! Hackers can crack them in seconds.

Conducted by NordPass, the software company behind an online password manager, the survey compiled the 200 most common passwords and their varying levels of security. The survey looked at nearly 275.7 million passwords, which were provided by a third-party company specializing in data-breach research. If your password is on the list of the [200 most common passwords](#), you should change it to something unique and more complex for better security.

The password "123456" is common because it's easy to remember—but it's also easy to crack and so an easy target for hackers trying to get into your accounts. Other common passwords included the classic "password," "qwerty" (top row of your keyboard), and "iloveyou." New additions to the list included "picture1," "aaron431," "unknown," and "senha"—Portuguese for *password*. Common passwords fell into 12 categories: numbers, names, "password," "qwerty," random letters, device, sports, swear words, entertainment, positive words, food, and miscellaneous.

Passwords are necessary to protect your personal information and should be as secure as possible to prevent hacking. When creating a password, avoid using repetitions or sequences such as "123123" or "abc123" and never use personal information such as your name, date of birth, address, or phone number.

The most secure passwords are long, with a combination of numbers, symbols, and upper- and lower-case characters. Remember to create a different password for each account so that if one account is hacked, the rest are still protected.

If you're having trouble coming up with unique passwords, you can use a [password generator](#). Experts recommend that you change your passwords every 90 days. If you're worried about forgetting passwords, you can use an online password manager to keep a list and these can often autofill your passwords, so you won't have to enter them. There are many online password managers, so it's important to do your research to discover which is best for you. Examples of password managers include [NordPass](#), [1Password](#), [Norton Password Manager](#), and [LastPass](#).

Information courtesy of Good Times magazine

Political Advocacy

Contributed by Betty Lou Reynolds District 24 Political Advocacy Chair

I am frequently asked what the Political Advocacy role involves at the District Level. I have outlined below a description of the role based on a Political Advocacy Regional meeting held on March 30th, 2023. Political Advocacy Representatives from the GTA Districts were asked to respond to the following questions:

What resources would assist you with local advocacy outreach as a political advocacy representative?

- provide a contact list of local politicians to districts when an election is called
- assistance with zoom calls with local politicians and members during election time
- assistance with e-blasts to members with information on voting
- assistance with communication On RTO ERO senior strategies healthcare issues and environmental stewardship strategies.
- development of a centrally located toolkit with best strategies used in different districts

Which advocacy related topics would you like to see covered in future workshops or training?

- contacting local politicians through letters and phone calls
- highlighting issues that are pertinent to our RTO members as well as seniors in our communities.
- how to connect with and involve local Senior Community organizations to advance our political advocacy issues
- how to connect with universities and colleges to engage members
- how to engage members to become involved with political advocacy in their own community and community organizations
- how to increase voting among seniors
- how to breakdown barriers of social isolation
- how to use social media to advance our issues

Share best practices for political advocacy district chairs.

- keeping our members informed by sharing communication on political advocacy initiatives from central office through newsletters emailed and in person meetings.
- sharing contact lists of local politicians' e-mail addresses and constituency office phone numbers with members
- zoom meetings with local politicians and members to explain our political advocacy issues and ask for their support.
- using surveys to understand the most important issues that pertain to our members,
- informing members as to ways that they can stay up to date on the latest issues by checking the website
<https://rtoero.ca/vibrantvoices>

I would like to see the implementation of the following strategy:
the development of a centrally located toolkit with best strategies used by different districts. This toolkit will be located online on RTOERO District websites.

Go to our District 24 website to find political advocacy information:

[Home - District-24-Scarborough & East York \(rtoero.ca\)](https://www.rtoero.ca)

Follow the link [Giving Back \(rtoero.ca\)](#) to another link:

[Vibrant Voices Advocacy](#)

Many RTO District 24 members belong to environmental groups, Residents Associations, and other proactive community groups. What are your goals? Concerns? How are you advocating for change in your local area?

Please contact
bettyloureynolds@hotmail.ca
with your ideas and updates

Foundation announces funding for six new projects

The RTOERO Foundation is thrilled to announce they are awarding grants to six new projects, for a total funding amount of \$213,000. These projects, which were reviewed and scored by a peer review panel, cover a range of priority issues including geriatrics research, social engagement and seniors' health and wellbeing. Funding of these projects is made possible through the generosity of the Foundation's donors, most of whom are RTOERO members. Thank you for your continued support.

Here are the projects made possible through RTOERO Foundation funding in 2023:



Ageism, intergenerational learning, and age-conscious student development

- Organization: Trent University
- Funding amount: \$50,000

Community connectors: Seniors helping seniors

- Organization: Compassionate Communities Kingston Canada
- Funding amount: \$43,000

Stronger together: Making Canada Dementia Inclusive

- Organization: The Dementia Society of Ottawa and Renfrew County
- Funding amount: \$50,000

Using visual arts to address social isolation in older adults

- Organization: Sheridan College
- Funding amount: \$50,000

Planting the roots of wellness

- Organization: Canadian Organic Growers-Senior Organic Gardeners
- Funding amount: \$15,000

Friendship circle

- Organization: Société Alzheimer Society Sudbury-Manitoulin North Bay
- Funding amount: \$5,000

[Click here for more information](#) about our donor-funded grants.

The RTO Foundation publishes a quarterly update newsletter that is designed to help you learn more about the work and impact of the RTOERO Foundation.

<https://rtoero.ca/rtoero-foundation/get-involved/newsletter/>



Summer 2023



Age in place
 Article courtesy of Dr. Paula Rochon

Women's Age Lab aims to support the healthy aging of women by reimagining a system and society where older women and their distinct well-being and health needs are recognized and addressed.

Health and Benefits Report

Contributed by Paula Chambers: District 24 Health and Benefits Representative

RTOERO Health Benefits Conference

June 4, 2023

Every year, RTOERO holds a conference for Health Representatives. Since Bonnie Clarke stepped down from the position after many dedicated years, this was my first time attending. Dr. Samir Sinha, M.D., D. Phil. FRC, PC is part of Sinai Health in Geriatric Medicine presented on the topic of "A Positive Face of Ageing": ageing in the right place. This immediately caught my attention because I know that the topic of Geriatric Medicine is one of great interest to all RTO District 24 members.



Due to the many deaths in nursing homes during the pandemic, it became clear that there is a need for the development of strategies that allow seniors to age in the place of their choice with health and dignity. Currently, 19% of Canadians are 65+ years old and more Canadians will be ageing as part of the Baby Boomer generation. Currently, 15% of hospital beds are occupied by seniors in rehabilitation centres waiting for placement in long-term care homes. This puts an expensive stress on our health care system. By 2031, 1 in 4 Canadians will be 65+. Ontario's hospitals are struggling to accommodate an ageing population. To make matters worse, seniors who need long-term care are frequently forced to leave their communities to access accommodation. Most seniors wish to age in place. Province-wide, urban solutions do not solve rural problems of senior healthcare.

What can be done to assist seniors to stay in their own homes in a healthy and safe way? Re-enablement treatments like balance training and gentle fitness can assist seniors to develop the strength needed to live independently. Renovations and home modifications can also help seniors to age safely at home. Grocery or meal delivery has become more common.

Take care of yourself! There is no effective treatment or proven prevention for Alzheimer's and related dementias, but leading a healthy lifestyle may help address risk factors that have been associated with these diseases. Exercising regularly, activities to maintain brain health, a healthy diet and regular medical visits can help reduce the risk of dementia.

The City of Toronto has implemented some strategies to assist seniors stay in their own homes. Senior transportation services can be booked by seniors for appointments. Public Health Workers make home visits for re-enablement programs. Many community centres offer exercise and nutrition programs for seniors. Avoiding social isolation by participating in these types of activities leads to better health.

By increasing the home care budget by 5% a year, many more people can be supported at home. What can RTOERO do? Most of the Covid19 deaths were seniors. This has concerned seniors who wish to stay at home and age in place. Currently, Canada does not have a National Seniors Strategy. RTOERO is participating in a plan to develop one.

We are a trusted voice for seniors. Ageing in place saves tax dollars. Approach your local politicians and urge them to read the reports.

2024 Post-Secondary Scholarship Application

The deadline to apply for 2023 post-secondary scholarship deadline has passed. The 2024 application will be posted in the Fall of 2023 on the RTOERO website at the following link:

<https://rtoero.ca/giving-back/scholarships/>

In addition to the online application, you will find information about eligibility and criteria and downloadable application instructions.

Please note that applications are to be completed by the student applying, not the sponsoring RTOERO member, and can be accessed via the "apply" button at <https://rtoero.ca/giving-back/scholarships/>

Good Will Card Report

Contributed by: Claire Hughes: District 24 Good Will Chair

Over the summer the Goodwill committee has expanded to seven active members! We've met once per month to prepare and send out birthday cards to members of District 24, who are 85 and older. Currently, we average 40 cards per month. Sympathy and get-well cards have been sent out as necessary. If you are aware of anyone in our district who would benefit from one of these cards, please let us know. If you would like to join this group and bring messages of hope to members of District 24, please contact me:

[GOODWILL CARDS: Claire Hughes](#)



Hava*Java



Join Chris Elliot and other District 24 members on the last Monday of every month for coffee, a sweet treat, and pleasant company between 9:30 and 11:30 a.m. at Calabria Bakery, 1772 Midland Avenue.

Our next meeting date will be October 30.

For more information contact by email [Chris Elliot](mailto:Chris.Elliot@toronto.ca) or phone 416-497-6192.

KNITTERS AND CRAFTERS GROUP

As a community service opportunity, RTO District 24 formed a knitting and crafting group which meets on the first Monday of each month from 10:00 a.m. to 12 noon at the Agincourt Community Centre, 31 Glen Watford Drive, Scarborough. The District 24 *Knitters and Crafters* are busily creating new and interesting items using donated yarn, ribbon, lace, buttons, beads and decorations, and the finished products are in turn donated to several retirement homes in Scarborough and East York.

Upcoming Fall Dates are Monday November 6 and Monday December 4.

If you would like to participate in this activity, or for additional information, please contact: Chris Elliot at (416-497-6192) or email :



Nordic Pole Walking

Contributed by Paula Chambers: Chair

Wow! We have been walking every Wednesday for eight years now!

That's a lot of steps, and the participants are benefitting from the activity. Nordic pole walking was developed by the coach of the Finnish Cross Country Olympic Team to keep the athletes in shape during the months without snow. The poles take pressure off the knees and hips and enhance stability. One new walker commented that her abs had received a workout much to her surprise. It's true; when you walk with poles, you use 90% of the muscles in your body.

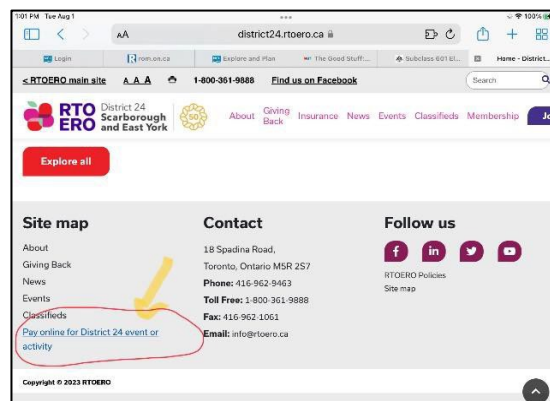
We meet every Wednesday at 10 a.m. to walk in the beautiful ravines in Scarborough and East York.

Come and join us for a walk at your own pace. You can bring poles, or not. Regular participants have noticed improvements in the pace and distances they can travel during our hour-long walks.

If you wish to join us and to be added to our Tuesday evening distribution list for our Wednesday morning walks, please contact me via e-mail: paula.chambers@rogers.com or phone: (416) 208-0202.

Now You Can Pay By Credit Card

More and more of us are doing away with cheques. We are now accepting payment for District 24 events using your credit card. As another service to our members, you will need to specify on the coupon that you have paid by credit card OR cheque. You will notice when you pay that there is no line for the event designation. Our treasurer will know which event by the amount of the payment. On the bottom of our district website home page, you will see the link to pay by credit card. This option is available NOW! [Home - District-24-Scarborough & East York \(rtoero.ca\)](http://Home-District-24-Scarborough-&EastYork(rtoero.ca))



District 24 Bridge Club

How observant are you while playing cards? Can you answer these questions?

Which King is stabbing himself in the head with a sword?

Which King is only showing us one eye?



Contributed by Dale Smith: District 24 Bridge Convenor

Our District sponsors a Retired Teachers' Bridge Club that meets at Ellesmere Community Centre, 20 Canadian Rd., (opposite Costco), every Tuesday from 12:15-3:30. One can come every week, or when one can, with a partner or without. We rotate after every 4 hands. We use bidding boxes, but it is NOT duplicate. We have players that are medium to advanced and we play for fun and fellowship. One learns something with every hand! Newcomers who have a working knowledge of the game are welcome. If you are not familiar with bidding boxes, no problem, help is available. Weekly cost is \$1, which comes back in prizes. We also have some other fun things we do but to find out, you have to show up!

Beginning September 5, we are proposing that masks be OPTIONAL. Players who join us should be comfortable with being part of a group where some people may be masked,

We serve coffee, and occasionally pre-wrapped cookies. At time of this reading of *Beyond the Blackboard*, we should have a few weeks under our belts, and these routines will be in place.

We are hoping that some newcomers can join us this fall and we are looking forward to seeing the "old group" back again.

If you need information about the group, get in touch with Dale (dfsmith15@hotmail.com) or Terry Smith (chooch120@hotmail.com), 289 554-3541.





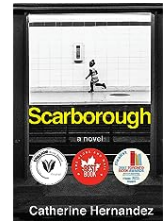
District 24 Book Clubs



District 24 has three book clubs that are all open to new members.

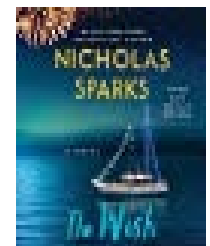
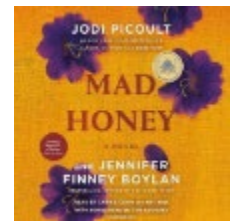
Book Club A

The **RTO D24 Book Club A** resumed on the afternoon of September 27 at the Agincourt Recreation Centre 31 Glen Watford Ave. Our September book was *Scarborough* by Catherine Hernandez. At our October 25th meeting we will be discussing *Looking for Jane* by Heather Marshall. Book Club A meets on the last Wednesday of every month. If you are interested in joining Book Club A, please contact [BOOK CLUB A: Gloria Courtney](#).



Book Club B

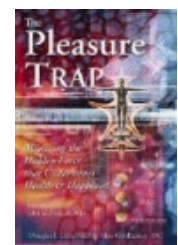
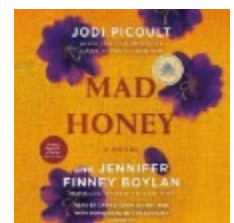
The **RTO D24 Book Club B** held its first 2023-2024 meeting on the afternoon of Thursday September 7th at the Ellesmere Community Centre (20 Canadian Rd, Scarborough). We have 20 members who participated actively in the book discussion for *Mad Honey* by Jody Picoult and Jennifer Finney Boylan. Most participants enjoyed the book, and the discussions were thought provoking. Next month's meeting will take place on Thursday October 5^h and we will discuss *The Wish* by Nicholas Sparks. If you are interested in finding out more about Book Club B, please contact either:



[Danielle Desmarais](#) or [Claire Hughes](#) Co Convenors Book Club B

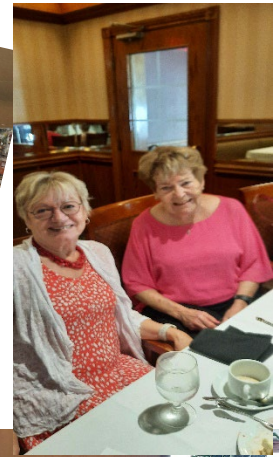
Book Club C

The **RTO D24 Book Club C** held its first 2023-2024 meeting on the afternoon of Thursday September 21st also at the Ellesmere Community Centre (20 Canadian Rd, Scarborough). We have 22 members and discussed *Mad Honey* by Jody Picoult and Jennifer Finney Boylan. All participants have enjoyed the book and would recommend it. Next month's meeting will take place on Thursday October 19th, and we will discuss *The Pleasure Trap* by Douglas J. Lisle.



If you are interested in joining Book Club B or C, please email me at danielledesmarais58@gmail.com.

Excursions



Submitted by Allison Masters

TRIP TO HAMILTON FAMILY THEATRE, CAMBRIDGE

It was Beautiful!

On June 1, an enthusiastic group of travellers gathered in the early morning at Kennedy Commons with the expectation of a fun and eventful day with our fellow retirees of RTO District 24.

Under the leadership of Marilyn Tregwin, Trip Committee Chair, our expectations were exceeded!

Our first stop was at St. Jacobs Farmers' Market, Canada's largest year-round outdoor farmers' market. In one hour, we were able to peruse the three main buildings with their three hundred vendor stalls selling fresh produce, baked goods, international foods, retail products and items handcrafted by artisans. With our purchases safely stowed away in our bus we continued on to lunch.

Minutes later we arrived at the Golf Steak and Seafood Restaurant in Kitchener. We received a warm welcome from the staff waiting out front to assist us to the second-floor dining room which overlooked the Historic Grand River. Our orders were promptly taken, and we settled in for a good chat and a wonderful meal. Our first course was a delicious homemade corn and chicken chowder followed by a trip to the extensive salad bar. We had a choice of entrees: prime rib, strip loin steak, salmon, chicken cordon blue, or BBQ ribs. Every attendee raved about their entrée that was served with green beans and roast potatoes. Cheesecake with fresh sliced strawberries topped off an outstanding meal.

Next stop was the Hamilton Family Theatre located in historic downtown Cambridge. It's very modern with lots of leg room and comfortable seats in the centre orchestra just a few rows back from the stage. Many of us relived our teens that afternoon as we watched Beautiful: The Carole King Musical. The 2 ½ hours flew by as we tapped our toes and tried not to sing out loud. Beautiful is the true story of Carole King's rise to fame from her teenage years to her becoming a solo artist. I think we were all very surprised to learn that Carole King wrote some very famous songs for other artists before she became a solo artist: "Some Kind of Wonderful" for the Drifters, "Chains" for the Beatles, "Another Pleasant Valley Sunday" for the Monkeys, and many more!

We're already looking forward to the two trips coming up in the fall. Many of us are travelling solo and the group couldn't be more welcoming, so if you are lacking a travel partner don't let that hold you back. I look forward to seeing everyone in the fall!

Golf Tournament Social

Submitted by Walter Robertson: Golf Committee

On Tuesday September 12th RTOERO District 24 held its annual golf tournament at Mill Run Golf Course (highlands course) in Uxbridge.

Despite a rainy start there were plenty of smiles and laughs on the links. More than fifty golfers participated in a friendly competition. Prizes were handed out for top teams and nearest the pin on specific holes.

The day included a luncheon immediately following the game. Beef and veggie burgers and sausages were offered along with a variety of salads, as well as a choice of non-alcoholic drinks. Alcoholic beverages were available for purchase.

Many members had played in the tournament before but there were a number of new faces as well. We hope to have even more golfers join in on the fun next year at Mill Run.

Special Thanks to this year's sponsors: Johnson Insurance, Golf Warehouse, SportChek, Nike Canada, and RTO District 24 for providing prizes for the tournament.





Fall Luncheon and Artisan Market

Submitted by Susan Watson: Chair of Social Committee

Our RTO District 24 Artisan Market and Luncheon, which will be held on **Thursday, November 9, 2023**. The Artisan Market will run from 10:30 until 11:55 a.m. Vendors are invited to resume their sales following the luncheon. Just a reminder: many of our vendors operate on a cash-only basis at the market. This event will be held at *The Estate Banquet and Event Centre*, 430 Nugget Avenue, Scarborough. The luncheon cost will be \$50.00.

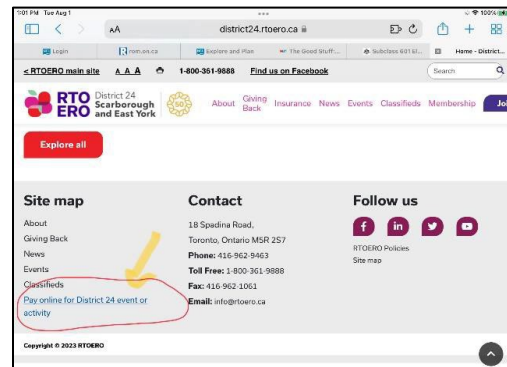
Deadline: Thursday, October 26, 2023. If paying by cheque, please postdate your cheque to this date. Please Note: No Refunds will be given after this date.

If paying by credit card, please follow the link:

[Home - District-24-Scarborough & East York \(rtoero.ca\)](http://Home-District-24-Scarborough&EastYork(rtoero.ca))

If paying by credit care you can send the coupon as an Email attachment to [TREASURER: Danielle Desmarais](mailto:TREASURER:Danielle.Desmarais)

Or to [SOCIAL CONVENOR: Susan Watson](mailto:SOCIAL.CONVENOR: Susan.Watson)



Coupon: Fall Luncheon and Artisan Market Thursday, November 9, 2023

Clip (or photocopy) this coupon and send it with your cheque of \$50 made payable to: **RTO - District 24**

Name (Print): _____ I am a member of District 24. YES NO

Phone #: _____ E-mail: _____

Spouse/Guest Name (Print): _____

Special Dietary Needs/Allergies: _____

Would you like an e-mail confirmation: YES NO

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

Deadline: Thursday, October 26, 2023. Please use this date on your cheque.

Note: No refunds will be given after this date as we must pay for the final numbers submitted.

Send Fall Luncheon Coupon and Payment (if by cheque) to: Susan Watson - 18 Springbank Ave., Scarborough, ON. M1N 1G3

I have paid by Credit card. _____ I have paid by cheque _____

[Home - District-24-Scarborough & East York \(rtoero.ca\)](http://Home-District-24-Scarborough&EastYork(rtoero.ca))

Attention Crafters: Artisan Market

If you are a crafter, perhaps now is the time to finish up some of those projects that you may wish to sell at the Artisan Market in November. We always have discerning shoppers, who are eager to find just the right gift for those special people in their lives and would love to see your new, unique, and/or traditional handiwork on offer to our RTO members. The Artisan Market will run from 10:30 until 11:55 a.m. Vendors are invited to resume their sales following the luncheon. Please be sure to sign up early! Tables are limited!

Date: Thursday, November 9, 2023

Cost: \$10.00 for a table. In addition to the table fee, artisans are asked to contribute an article for the luncheon raffle.

Contact: Robin Bethke - 16 Bonnycastle St., Unit 2308, Toronto, ON M5A 0C9

Phone: (647) 839-0230 E-Mail: robin@bethke.ca

If paying by cheque make Cheque Payable to RTO – District 24. Send a cheque (unless you have paid by credit card) and coupon to Robin Bethke

Deadline: Thursday, October 26, 2023. Please postdate your cheque(s) to this date.

Please note: We have only a few tables left!!

Coupon: Vendor's Table for Fall Luncheon and Craft Sale

Thursday, November 9, 2023

Clip (or photocopy) this coupon and send it with your cheque (unless paid by credit card) for \$10.00 made payable to RTO - District 24

Name (Print): _____

Phone #: _____

E-mail: _____

Type of Craft(s) offered _____

Would you like an e-mail confirmation: YES NO

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

Deadline: **Thursday, October 26, 2023.** Please use this date on your cheque.

Send this coupon and payment to: Robin Bethke - 16 Bonnycastle St., Unit 2308, Toronto, ON M5A 0C9

I have paid by Credit card. I have paid by cheque.

[Home - District-24-Scarborough & East York \(rtoero.ca\)](http://rtoero.ca)

Acknowledgement, Waiver & 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, 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.