

Co-President's Message, Annemarie McKee



December brings the holiday season. Many of us will observe the cultural festivities and religious celebrations that occur throughout the month, leading to the start of the New Year on January 1st. During this holiday season, take the time to reflect on the past year, be thankful for what you have and treasure your friends and family.

The Executive of District 24 wishes all our members much joy and safe travels over the holiday season. We look forward to the promise of the New Year 2024 and continuing to create exciting programs and new events for our membership.



Lynne Horvath was honoured with a 10-year pin at the Ontario Volunteer Award Evening for her outreach to our Senior members through Cards and phone calls for the past ten years! We will miss her as she retires.

Our last E-News had an error.

Our next Executive Meeting will be held on **Thursday, January 11, 2024**, at 9:30 **BY ZOOM!** Make yourself a coffee, dress casually and join us for the morning. If you are interested in participating, please send me your name and email address and you will be included in the invitation. Send your request to President24@districts.rtoero.ca

Gift giving to grandkids: Go beyond plastic toys

Giving gifts to grandkids can bring a lot of joy. It's fun to shop for children and watching their reaction to the gift is exciting. Plus, if you're the type to get down on the ground and play, your gift could lead to hours of enjoyment, bonding and hopefully memories together.

But gift giving can have another lasting impact, depending on the items you choose to give. Most toys are made from plastic. According to The World Counts, [globally](#), 40 tons of plastic for every \$1 million in revenue.



Children may not yet recognize the moments of pleasure they'll get from a new plastic toy are not worth the long-term impact of purchasing that item—as grownups, we can. Here are some tips to help you make gift-giving to kids mean something more.

Tips for more environmentally sustainable gift-giving

- Consider shopping second-hand. Thrift shops and resale sites like Facebook Marketplace make it easy to find like-new gifts, even if they are plastic. By purchasing a pre-loved item, you'll divert it from the landfill.
- Give handmade gifts. Often these items become cherished keepsakes.
- Be cautious of craft materials. Craft kits tend to come with a lot of packaging. And kids will quickly churn through small plastic tubs of paint and tubes of glitter glue. Speaking of glitter—it's a microplastic—yikes—although biodegradable options are available, for a price. If shopping for craft products, try to buy refillable items – like a big jug of glue or paint to refill small containers. If children are young and unlikely to put caps on markers consistently, stick to crayons or pencils. Markers dry out quickly.
- Try giving the gift of time and attention rather than material things. Children move on from toys very quickly, and so while there may be that moment of excitement and few days of play, pretty soon items get shelved or stuffed under a bed. But, when you spend time playing with children or doing an activity together, you're letting the child know they matter, they're worthy of your time, and you're helping to make memories that will stick around.
- Pay for an activity they want to try this year. The cost of extra-curricular activities like theatre classes, sports and more can be a barrier for many families, especially if they have a number of children. You could give the gift of a program registration – if the cost is high for your gift, consider going in with other family members who would buy a gift for that child. You can then take a keen interest in their activity, following up to see how it's going as a way to build your relationship.

- Give books (but not just any book). When looking for children’s books, be conscious of the content. Most children’s books feature white lead characters or animals. Books are an excellent way for children to learn that our communities are very diverse and that everyone has value. Read more about the power of [books to support equity](#).

It can be tricky to change habits, yes, but by now it’s pretty clear we can’t continue consuming at the rate we do. Spend some time reflecting on the impact you want to have on both the planet and the kids in your life. If we get this right, adult children and grandchildren will look back grateful that they were taught not to contribute to the environmental problem they are now having to solve, rather than resentful that the earlier generation—today’s grownups—kicked the climate crisis can down the road. Reprinted from RTOERO <https://rtoero.ca/gift-giving-to-grandkids-go-beyond-plastic-toys/>

2023-2024 Scholarship Application

This year, RTOERO is awarding 20 scholarships valued at \$3000 each to post-secondary (college or university) students enrolled in programs that lead to careers in either seniors' health and wellbeing; education; environmental stewardship; or that reflect a strong commitment to diversity, equity and/or inclusion.



RTOERO members are encouraged to recommend students in their lives, including family members, who meet the criteria.

Please note applications are to be completed by the student applicant.

The 2023 - 2024 Scholarship application is now posted on the RTO website at: <https://rtoero.ca/giving-back/scholarships/>.

The application deadline is **January 12, 2024**.

Over the past 18 years, RTOERO has awarded scholarships totalling over \$600,000.

Go to: <https://rtoero.ca/giving-back/scholarships/> to learn the eligibility requirements, instructions, and application.

For more information contact: scholarship@rtoero.ca.

RTOERO's Future of Aging Summit brings together thought leaders, changemakers



RTOERO will host its first [Future of Aging Summit](#) from May 15 to 17, 2024, in Toronto, Canada. The international conference will bring together experts and thinkers from various sectors, all with a common focus: improving later life.

“Through this summit, our goal is to continue to foster an interconnected network of people across sectors who, like us, believe in a better future—together and want to help create it,” says Martha Foster, chair of RTOERO’s Board of Directors.

The three-day event features a diverse [lineup of international speakers](#), including a film screening of Your 100-year life and Q&A with director Theo Kocken, plus keynote talks from:

- Ritu Sadana, head of ageing and health with the World Health Organization
- Tomson Highway, award-winning Cree playwright, author and musician
- DY Suharya, the regional director of Alzheimer’s Disease International for the Asia Pacific region was recently recognized by the UN Decade of Healthy Ageing as a Healthy Ageing 50 leader

Attendees have access to [breakout sessions](#) covering a range of topics, including:

- Redesigning communities for a highly-aged society
- Finding solutions through age-tech
- Ageism and discrimination
- Rethinking retirement policies
- The silver workforce
- Climate change, emergency and older adults

The Future of Aging Summit is part of RTOERO’s Vibrant Voices Advocacy focus. Together with partners, RTOERO advocates for critical policy improvements to address urgent needs now and create a more secure and compassionate future for everyone.

“As a national non-profit membership organization of workers and retirees from the education sector in Canada, our commitment to social good runs deep,” says Jim Grieve, CEO of RTOERO. “We see ourselves as facilitators and changemakers—because we can all be—in big and small ways. Everything is connected.”

The summit is designed for policymakers, researchers, engineers, designers, planners, community organizers, advocates, and anyone else focused on supporting healthy aging, ending ageism and building age-friendly societies. RTOERO members will be provided with a code to access the virtual keynotes at no cost. They are welcome to [register](#) for the event at the non-profit rate if interested. For more information, see the summit website: agingsummit.ca.

L'Amoreaux C.I.'s 50th Anniversary Celebration



Friday, May 24, 2024, and Saturday, May 25, 2024
Planned Events include: Friday Evening May 24
Social Event at local Spade Bar and Lounge
Saturday May 25 at L'Amoreaux C.I.
Staff Brunch
Introductions and Brief Presentation
Mix, Mingle, and Visit Decade Rooms

Registration and Pre-Payment details to follow at a later date. Please put the dates in your calendar and pass the information to any former L'Amoreaux staff or students!

Executive 2023 - 2024

TABLE OFFICERS:

PAST PRESIDENT:	Annemarie McKee	FIRST VICE PRESIDENT:	Vacant
CO- PRESIDENT:	Annemarie McKee	CO- PRESIDENT:	Danielle Desmarais
SECRETARY:	Donna Weston	TREASURER:	Danielle Desmarais

COMMITTEE CHAIRS:

ARCHIVIST:	Danielle Desmarais	MEMBER SERVICES:	Wendy Hooker
AWARDS:	Annemarie McKee	NEWSLETTER:	Robin Bethke
BENEFITS/HEALTH:	Paula Chambers	NEW RETIREES BRUNCH:	Wendy Hooker
BRIDGE CLUB:	Terry & Dale Smith	NORDIC POLE WALKING:	Paula Chambers
E-NEWS:	Annemarie McKee	Pensions/ Retirement Concerns	Terry Smith
FOUNDATION LIAISON:	Wendy Hooker	POLITICAL ADVOCACY:	Betty Lou Reynolds
GOLF CONVENER:	Gordon Baker	SOCIAL CONVENOR	Susan Watson

GOODWILL PHONES: [Chris Pryde](#)

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

GOODWILL CARDS [Claire Hughes](#)

TRIVIA [Paula Chambers](#)

HAVA*JAVA: [Chris Elliot](#) 416.497-6192

WEBMASTER [Annemarie McKee](#)

KNITTERS & CRAFTERS: [Chris Elliot](#)

BOOK CLUB A: [Gloria Courtney](#)

BOOK CLUB B: [Danielle Desmarais](#)

BOOK CLUB C: [Danielle Desmarais](#)
[Claire Hughes](#)

Member at Large: Les Coombs