

Beyond the Blackboard



District 24

Scarborough and East York

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Beyond the Blackboard

Editor

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PRINTING

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Beyond the Blackboard welcomes submissions from members of RTOERO 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:

robin@bethke.ca

We cannot guarantee that submissions will be published or published as received. The editors reserve the right to edit, condense, or reject letters or submissions. **Deadline for submissions for the next edition of *Beyond the Blackboard* is April 15, 2024.**

On Our Cover:

Photograph of sunset in Kincardine submitted by Melanie Clark

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District Executive 2023-24

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Co-President's Message

Annemarie McKee

Each New Year, we have before us a brand-new book containing 365 blank pages. Let us fill them with all the forgotten things from last year—the words we forgot to say, the love we forgot to show, and the charity we forgot to offer.” Peggy Toney Horton



As I write this at the beginning of December, I have just returned from 3 weeks in November visiting Egypt and Jordan. Entering the Tombs in the Valley of the Kings was awe-inspiring. Travelling exposes you to new cultures, customs, and ways of life which can broaden your perspective and help you see the world differently.

Periodically, you receive messages from our Head Office of RTOERO National, inviting you to listen to webinars on many different topics. I encourage you to register for them when you receive an email about them. RTOERO put out some very informative live webinars in 2023, presented by renowned and engaging experts. I watched all of them and can highly recommend them. If you missed them, the recordings are now available on the RTOERO website at <https://rtoero.ca/resources/videos/>

Many Districts are cutting back to just 2 hard-copy printed newsletters as we did last year. The cost of publishing and mailing has increased these past few years. We are hoping to have 3 hard-copy newsletters for 2024. For timely information please make sure that head office has your latest email address and make sure you sign up to get emails from the District.

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

If you are on Facebook, check our Facebook page for the latest updates.

<https://www.facebook.com/RTOERODistrict24ScarboroughandEastYork>

Looking forward to 2024, there will be some new initiatives such as removing the membership fee for those enrolled in the RTOERO benefits plan. I want to thank the members of our District 24 Executive for their dedication to you, the members of our organization. They are a great group to work with. There is room for new members to join in to learn more about what goes on at our meetings. Perhaps you have a skill you would be willing to share and join the team. Our Annual Meeting is approaching May 9, 2024, mark it in your calendars.



From the Editor's Desk:

When you read this edition of Beyond the Blackboard, you will see evidence of the hard work of the Executive Members of District 24. Our Executive is comprised of 16 people who are volunteering their time and talents to benefit the entire membership of District 24. As you look at the Executive list, you will notice that many of the executive members wear a number of hats and have done so for many years.

This is an “urgent call” for help. The annual meeting in 2023 resulted in no new nominations for President and Vice-president. To support district members, Annemarie McKee and Danielle Desmarais agreed to be Co-Presidents when we were informed that District 24 could not continue as a “district” within RTOERO without table officers such as presidents, vice-presidents, secretaries and treasurers to manage funds, attend RTOERO meetings and report back to head office.

The “main event” of the Spring 2024 is our Annual Meeting. Every table officer position is vacant for the year 2024-25. We need to fill the slate! District 24 has more than 3000 members. Learn more about what it means to volunteer to be a member of the executive by attending a meeting or two. We are desperately seeking new executive members. We need the input of new people to help grow and sustain our executive.

It's time to get involved!

Please contact Annemarie McKee or Danielle Desmarais for more information.

Robin Bethke

Annual Meeting Nominations



District 24 Scarborough and East York will be having our Annual Meeting on May 9, 2024. Nominations are being accepted for various positions on the district's executive.

Elections are held for the following table officer positions:

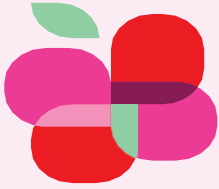
- President
- Vice-President
- Secretary
- Treasurer

If you are interested in running for any of these positions, you can nominate yourself by sending your name, phone number, email, and the position for which you are applying to Annemarie McKee, Chair of the Nominations Committee, by email at:

President24@districts.rtoero.ca

Nominations are due by April 1, 2024.

In addition, we are always looking for volunteers to assist in the running of our many committees. A complete list of our committees can be found on page 3. If you are interested in joining the greater Executive, please send your name and the committee(s) you are interested in participating in to President24@districts.rtoero.ca



**RTO
ERO**

Welcome New Members

*Jana Maxwell
Denise Canning
Jolanta Kawnik
Paula Shaw
Lucia Di Iorio
Elizabeth Mayhew
Jennifer Mitchell
Swee Simpson
Emilia Mrkic
Maria Vlachopoulos
Donna Scourboutakos
Jennifer Dantas
Peggy Kiely*

*Shari Armstrong
Marcus Jennings
Leslie McDonald
Clyde Macdonald
Brian Ballentine
Roslin Sinclair
Nadine Moroz
Daniel O'Neill
Wendy Windsor
Elizabeth Tidy
Shirley Cuthbertson
Colleen Harrison
Thamby Kugathasan*

The Executive welcomes all new members to RTOERO District 24. We hope you will become active participants in the district. We invite you to join our executive, join committees, and actively participate in our events and clubs, or consider starting a group that might be of interest to other members. Whether you are a newly retired member, an actively employed member or have moved from another district, we hope that you enjoy District. 24.



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.

*Mary Brown
Lois Code
Nora Curran
Ruth Joyce
Judith Lyall
Nancy Bruno
Donna Andrew*

*Jo-Anne Daigneault
Marilyn Weekes
George Edelstein
Merla McMurray
Shirley MacDonald
Eleanor Philips
Lois Andrews*

*Marjorie McGinty
John White
Jeannette Mantle
Frances Mendel
Mary MacLeod
Peter Sidorchuk
Marilyn Shaw*

*Julie McLaughlin
Robert Dick
Martha Massey
Lena Kozovski
Ashley Tidy
Mailvaganam Sivapalarasah*

Member Services: by Wendy Hooker

RTOERO Expanded Retirement Planning Workshops (RPWs)

RTOERO continues to host *in-person workshops* and *virtual workshops*. We have now added *association-led events*, and *presentations at conferences*. Consequently, interested educational employees have options and flexibility in choosing a workshop option based on their availability and proximity!

In-Person RPWs

These RPWs are all **free** retirement planning workshops. There are three 2024 Toronto in-person sessions scheduled: **Saturday, February 10, Thursday, March 21 and Saturday, May 4**. Members of the four Toronto Districts 16, 22, 23 and 24 participate in these workshops providing additional resources about their district and provide face-to-face responses to participants.

Virtual RPWs

Virtual sessions are offered year-round. These are comprehensive sessions which cover what you will need to know to prepare for retirement.

Topics

- *Benefits of activating your free RTOERO membership while you are still employed
- *Planning for your financial future
- *Your pension
- *Health benefits for retirees, including the advantages of group insurance
- *How RTOERO benefit plans can help secure your future
- *Retirement insights from your peers



Learn answers to your specific concerns and receive resources including RTOERO's Guide to Retiring Happy, a retirement planning guide, when you register.

Registration can be done on-line via our RTOERO website.

New RTOERO Retirement Planning Workshops (RPWs)

If you have a group of people at your workplace who are preparing to retire in the next five years, **you** might be interested in running a retirement planning event yourself.

RTOERO offers a retirement planning workshop presented by one of our expert speakers. Information packages and giveaways are distributed. Participants have the option of activating their RTOERO memberships on-the-spot. RTOERO can provide a customizable digital flyer and social media graphics to help you promote your event. The request is that workshops include **at least 20 people**. If you work at a smaller school or office, you may consider partnering with other nearby locations. RTOERO may be able to help you make connections or provide a virtual session.

If **you** are interested in hosting a RTOERO retirement workshop, contact RTOERO by phone at: 416-962-9463 or toll free at: 1-800-361-9888 or by e-mail at info@rtoero.ca

Did you know?

RTOERO Membership is open to anyone who has worked for at least **5 years** in the education community in Canada. This includes:

- Staff from public and catholic schools and boards
- Staff from First Nations schools
- Staff from daycare and early years centres
- Staff from private schools
- Crossing guards
- School transportation staff, including bus drivers
- Trustees
- Staff from Ministries of Education and education associations

You can become a member of RTOERO while you are actively employed **for free**.

Should you wish to continue your membership, once retired, you will pay a uniform annual membership fee. As of January 2024, retired members will pay an annual fee of \$76.50.

***There will be no RTOERO membership fee for those enrolled in our health insurance plan.**

Contact RTOERO for further information:

18 Spadina Road,
Toronto, Ontario, M5R 2S7
Phone: 416-962-9463
Toll Free: 1-800-361-9888
Fax: 416-962-1061
Email: info@rtoero.ca

Looking for Ways to Learn More About Black History in Canada?

Honour Black history in February and beyond through learning and celebrating Black Excellence

While learning about Black history and celebrating Black excellence in Canada isn't for Black History Month only, the learning opportunities are plentiful during February. It's a great chance to deepen your knowledge. Here are a few ideas to consider for you to honour Black History Month and build your understanding this month and all year round:

- **Visit local events and heritage sites**

Exploring Black heritage sites near you is a great way to learn about local Black history. Use google to look up Black cultural centres, museums and heritage sites to find options.

Remember, your visit doesn't have to happen in February.

When travelling in Canada, consider making it a point to stop at Black historic sites.

- **Watch films curated by the National Film Board**

The National Film Board offers a playlist called *Black Communities in Canada: A Rich History*. "This playlist is intended to provide a glimpse of the multi-layered lives of Canada's diverse Black communities."

Find the English films at:

nfb.ca/playlist/nfb_celebrates_black_history_month/

Find the French films at:

onf.ca/selection/mois-de-lhistoire-des-noirs

- **Get to know the history of anti-Black racism in Canada**

Anti-Black racism has caused various disproportionalities in Canadian society, including the overrepresentation of Black Canadians in the criminal justice system. But what are the roots of anti-Black racism in Canada? The Canadian Encyclopedia offers an overview that unpacks Black enslavement in Canada and segregation. Knowing the history can help to paint the picture of how anti-Black racism became entrenched in Canadian society and systems. Find the article at

thecanadianencyclopedia.ca/en/article/anti-black-racism-in-canada



Smishing



Contributed by Terry Smith
District 24 Pension and Retirement Representative

The CRTC has recently warned Canadians of increasing text scam messages. These are also known as smishing. Smishing is the text messaging version of phishing. Millions of scam texts are sent out daily. Like phishing (email), smishing (SMS or text messaging) schemes try to gain your personal information by pretending to be a reputable source and lead you to reveal personally identifiable information in an attempt to steal your assets or even your identity.

Scammers buy spoofed phone numbers and send messages containing malicious links. All a hacker needs to do is persuade one under-informed, anxious, or trusting person to do what they ask. Any of these actions can result in immediate and long-term financial losses or even identity theft.

How to tell if it's smishing:

You receive a text message from an unknown or "spoofed" number. Scammers use technology to make it look like they're texting you from a business or person you know. The message creates a sense of urgency to get you to act quickly. For example, it may claim that a relative needs your help, your bank account has been closed, you need to reschedule a delivery or that you've won a free gift.

Next, the scammer will try to get you to either click on a link or call a number.

Don't click on a link until you can verify it. Unlike email, text messages don't allow users to hover over a link to see where the destination is. If the message claims to be a brand or company you recognize, open the internet and search for that company's official website. If the link URL looks different, then it's likely fake. Also, avoid links with misspellings, numbers, or random symbols.

Check the phone number. Look closely at the sender's name and number. Is the caller ID a legitimate company name or something vague such as *Customer Services*? Is it from an unfamiliar area code? Be suspicious of numbers from outside the country.

Do not answer back. Once you're on the phone, scammers can ask you to "verify" personal information (like your banking information) or target you with other attacks.

Never reply to spam messages. Replying tells the hacker your number is active and may lead to additional smishing attempts in the future.

For more information see the Government of Canada
website: <https://www.getcybersafe.gc.ca/en/blogs/smishing-introduction>



Health Report: The Importance of A Good Night's Sleep

***Contributed by Paula Chambers: District 24
Benefits Representative***

Sleep has four stages: awake, light, deep, and REM sleep. Each one plays an important role in maintaining your mental and physical well-being. Individuals over 60 who lack deep sleep risk memory loss and dementia according to an article by CBC Second Opinion on November 18, 2023. (The Links Between Deep Sleep and Dementia).

The Harvard Health Education website defines insomnia as having difficulty falling asleep, staying asleep, and/or waking up too early at least three times a week for three months or more. Deep sleep helps with memory formation. Lack of enough deep sleep can cause one to suffer not only dark circles under the eyes, a lack of energy while awake and a fogginess in thinking, but it can also lead to dementia.

Knowing how important a good night's sleep is to our overall health is one thing. But what can we do to ensure restful sleep?

The first step is to establish a nighttime routine, referred to as sleep hygiene. Use blackout curtains or a sleep mask to block artificial light. Turn off electronic devices and create a quiet room. A lower room temperature at night can aid sleep. Some friends swear by their weighted blankets. Researchers at the Karolinska Institute in Stockholm, Sweden conducted a study to determine whether a weighted blanket could improve insomnia symptoms. Participants who used the weighted blanket reported that their insomnia symptom severity declined significantly. The gentle pressure on your body provided by a weighted blanket can also help to calm you by activating your parasympathetic nervous system, lowering your heart rate when you're stressed.

There are supplements that can promote sleep. Consult your doctor before trying these supplements.

- *Valerian* is a herb that tones, calms, and heals the nervous system. Clinical trials have found it to be as effective as benzodiazepines in aiding sleep and improving sleep quality, but without undesired side-effects.
- *Camomile tea* has been used for centuries to promote relaxing sleep. It was highly valued in Ancient Egypt, Greece and Rome for these properties. Enjoy one cup of tea 45 minutes before bed to relax and get ready to sleep.
- *Melatonin* is naturally produced by the body as evening approaches. With electric lights and screen time, this process may be slowed down. Taking a melatonin supplement for a time to establish a routine may help alleviate insomnia. Airline flight personnel and travellers regularly use melatonin to avoid jet lag when adjusting to a new time zone.

Blu-ray blocker glasses are another way to prevent the disruption of naturally occurring melatonin production. These glasses block the blue light rays that are produced by television, computer, tablet, and cell phone screens. This allows the body to naturally produce melatonin, leading to sleep.

Just as children benefit from a bedtime routine at a set time, older adults can also benefit from bedtime routines to ensure that we wake up energized to start another day.

RTOERO Distinguished District Member Award 2023

Annemarie McKee

*"Thank you to Wendy who nominated me and District 24 Executives who supported my nomination. A special thank you is extended to my family and friends, especially my husband Doug, for always supporting me. As part of the recognition, a donation of \$500 was given to a charity of my choice. The Lymphoma Cancer Research department is a charity that holds a special place for me and my family."
Annemarie*



Last May Annemarie McKee was awarded the RTOERO Distinguished District Member Award 2023. Annemarie joined District 24 in 2009. Here are just a few highlights of her outstanding volunteer work for our district. Annemarie has been the editor of the District 24 e-news since 2012. She is also an administrator of the District 24 website and Facebook page. Annemarie is chair of the Awards Committee.

Annemarie acted as vice-president of our district from 2018-2020 and then assumed the role of president from 2020- to the present. She shepherded the Executive Members through the pandemic years, conducting meetings over Zoom and collaborated with executive members to problem-solve ways to continue their work for district members.

During our fiftieth anniversary year, Annemarie was instrumental in finding ways to celebrate our achievements and highlight our history as a district.

Annemarie's contribution to District 24 has been invaluable. Her commitment to members, ability to mentor new executive members and collaborative spirit on the executive has been inspiring to all those who have had the good fortune to work with her over the past 15 years.

Thank you and Congratulations Annemarie!

District 24 Book Clubs

Book Club A

We have had a very successful year. Our meetings are the last the last Wednesday of each month. We meet at the Agincourt Recreation Centre, (31 Glen Watford Drive). Our discussions are lively and interesting. We have openings for a few new members. Our February book is *"The Diamond Eye"*, by Kate Quinn. In March we are reading *"The Maid"*, by Nita Prose. If you are interested in joining this group, contact **Gloria Courtney** for more information.

Book Clubs B and C

The **RTO D24 Book Club B** continues to hold its monthly meeting on the afternoon of the first Thursday of the month and **Book Club C** on the third Thursday of the month (September to June) We meet at the Ellesmere Community Centre (20 Canadian Rd, Scarborough). We have 20 members in each of the book club who participate actively in the book discussion every month. In the coming months we are reading:

Book Club B

March 7 – *"Spare"* by Prince Harry
April 4 – *"Strong Poison"* by Dorothy L. Sayers

Book Club C

February 15 – *"Sing For Your Life"* by Daniel Bergner
March 21 – *"The Winter Orphans"* by Kristen Beck

Contact **Danielle Demarais** if you are interested in joining.

DISTRICT 24 BRIDGE CLUB

ALL YOU NEED TO KNOW
ABOUT BRIDGE

SUBMITTED BY DALE
SMITH: CONVENOR



A Bit About the History of the Game of Bridge

So many people around the world enjoy the game of *Bridge*. When you think about the fact that it has been played for over 100 years in similar formats, that makes the card game even more impressive.

According to Wikipedia, the game *Bridge* evolved from *Whist*, a dominant trick-playing game, which originated in the 18th century. *Whist* had a loyal following for centuries. With the popularity of *Whist*, variants of the game; *Bridge* and *Bridge-Whist*, were developed and played in the United States and the UK during the 1890s.

In 1904, *Auction Bridge*, known for a time as *Royal Auction Bridge*, was developed. In this game, the players bid in a competitive auction to decide the contract and declarer. The object of the game was to make at least as many tricks as were contracted for and penalties were introduced for failing to do so.

The modern game of *Contract Bridge* was the result of innovations to the scoring of *Auction Bridge* made by Harold Stirling Vanderbilt and others. Bidding was made more challenging and interesting and the concept of vulnerability was introduced. Some other scores were adjusted to produce a more balanced game. Vanderbilt set out his rules in 1925, and within a few years *Contract Bridge* had so supplanted other forms of the game that "*Bridge*" became synonymous with "*Contract Bridge*".

And here we are in 2024, continuing to play the popular game of Bridge.

Our District 24 bridge group meets every Tuesday afternoon from 12:15 p.m. to 3:30 p.m. at the Ellesmere Community Centre. It costs \$1.00 which is used for prizes each week. Masks are currently optional. We encourage everyone to come. Join us with a partner or on your own. Come whenever you can!

We are a friendly group with interesting routines that keep our games fun. We have some players that are very experienced, some intermediate, and some players who are advancing their beginner skills. All you need to know is how to bid and follow play. We use bidding boxes, but if that is not familiar to you, a quick explanation will be provided, and you will be on your way.

As RTOERO members, we encourage our players to bring their own mugs to each meeting. If you would like more information about the Bridge Club, please contact Dale or Terry Smith by email dfsmith15@hotmail.com or chooch120@hotmail.com or by phone at 416 953 8544.

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.

Knitters and Crafters

The RTO District 24 Knitters meet at Agincourt Recreation Centre (31 Glen Watford Drive, off Sheppard Avenue East between Midland and Brimley) on the first Monday of most months between 10:00 and 12:00. Their purpose is to create Twiddlemuffs and other interesting products using donated yarn, ribbon, and other decorations. The completed items are donated to LTC homes in Scarborough and East York for patients in various stages of dementia.

Upcoming dates: Monday, March 4 and Monday, April 8.

For more information on these groups contact Chris Elliot at 416-497-6192 or at chris.elliott99@hotmail.com



Nordic Pole Walking

Now that the colder weather is here, we carefully check the weather reports before heading out on our Wednesday morning walks. We find that if we dress appropriately for the conditions, we can still enjoy a good hour's walk on one of the ravine or waterfront trails in Scarborough and East York. Recently, we had a walk at Bluffer's Park followed by hot chocolate at Tim Horton's.

When the snow arrives, most of us put spiked icers on our boots to prevent slips and falls. The rubber feet on the poles are removed and there is a spike on the pole itself to assist with stability. We walk all winter and enjoy the changing scenery.

If you would like to join us for our ten o'clock Wednesday morning walks, please send me an email and I will add you to our Tuesday night distribution list and let you know where Wednesday's walk will be.

Paula Chambers
paula.chambers@rogers.com





Member Spotlight: Rhonda Cohen-Pierobon



It never ceases to amaze me how fast time goes by. This time, two years ago, I was wrapping up a 30-year career in education. I recall feeling quite apprehensive about an ambiguous future. I was excited about the prospect of time off, but nervous about what to do with all the extra hours.

Whenever I met someone who was retired, I would ask, "What do you do with your day?" and just about everyone replied: "I don't have enough time in the

day". I find it hard to believe but 2 years later, I can honestly attest to the fact that I too, don't have enough hours in my day. And I say this in the spirit of being a happy, retired principal! Now, in retirement, I am doing things I love and tackling my 'bucket list' one item at a time.

I retired from the TDSB in June 2021, after a thirty-year career; the last 15 as an elementary principal in Scarborough. I continue to love covering the odd school and spending time with students. They keep me young, energized and hopeful for the future.

The last 2 years have been incredible; rich, fulfilling and, above all busy, busy, busy! I took the first summer of 2021 and enjoyed reading and relaxing at the cottage. In fact, I gave my mind and body the time it needed to regroup, refocus, and relax. With summer rolling to an end and the change in the season nearing, I sat down to create the famous 'Bucket List'! I scribbled and drafted, planned and imagined and then it was time to begin to check off items from the 'Rhonda List.'

First, I had a responsibility to my family and aging mother. Once I knew the time I was going to allocate to this aspect of my life, I was free to focus on my needs. Having had very little time for it as a full-time educator, I wanted to give back and volunteer. My interest lay in work that was meaningful and impactful. For the last 2 years I have been volunteering at the Hill House Hospice. I have grown so much and have been so enriched by meeting clients and families who are faced with the most challenging of life's journey. I am impressed with the courage and dignity of everyone I've met.



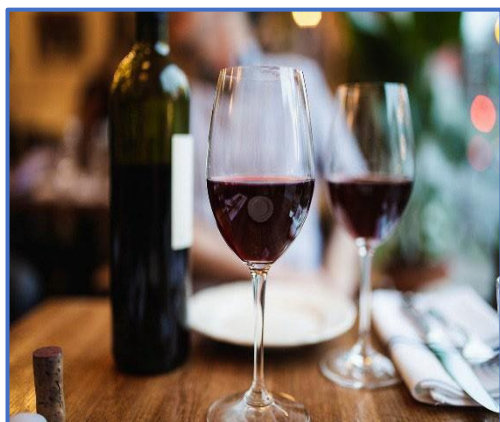
I have time to dedicate to my passion for reading and am a member of two District 24 Book Clubs. As a life-long learner, I am excited to share that I completed an online course from Harvard University with a focus on Women's Studies. I also fulfilled a lifelong dream of becoming a chef, completing my Chef Certification through George Brown College. I have cooked the most amazing dishes and have become quite proficient with my knife skills. The kitchen is my safe space, and my family is very grateful for all the yummy recipes and meals that we have eaten together in the last 24 months. Family and friends have been known to call for a reservation at our kitchen counter every now and then. 'Chez Rhonda' has become quite the hub.

In between all of this I make sure to catch up and meet up with friends. I took advantage of Club 90 and RTOERO Clubs and social invites to rekindle old friendships and meet many wonderful people. My husband lovingly teases that I have been on an extended 'Retirement Tour' with all these fabulous outings.

Finally, we have taken time to travel and complete the renovation of our cottage in Northumberland. Although it sounds as like my plate is full, I am the happiest and most relaxed I've ever been. I feel blessed and ever more certain that I made the right decision to retire and embrace this new phase in my life.



Two Glasses Of Wine?



A Wine Enthusiast's Opinion

Submitted by Mark Booth

Mark has been a member of RTOERO District 24 for twelve years. He is a retired Scarborough Secondary School Principal. In retirement, Mark has worked in the Ontario Wine industry for Malivoire Wine Company. He has travelled the wine regions of the world and authored three books about wine.

**Do you have a story to tell
or an experience to share?
Do you have a photo to
submit for our front page?
Send to Beyond the
Blackboard for publication.**

In January 2023, Health Canada made a major change to the Canada Health Guide. Prior to these changes, generally, it was recommended that men could drink up to fifteen glasses of wine a week and women could drink up to ten glasses of wine a week. The new regulations state that more than two glasses of wine a week can pose a health risk and that alcohol should be seen as carcinogenic.

The research informing the guideline changes maintains that if you consume fewer than two glasses of wine a week you have less than a one percent chance of being diagnosed with an alcohol related cancer. If you increase your consumption to six glasses a week, you have a moderate chance of an alcohol related cancer. Any consumption over six glasses a week puts you in the high-risk category. Why the change in guidelines?

Recent research indicated that alcohol is a level one carcinogen just like tobacco. Tobacco products are labelled to indicate that they are a health hazard. The purpose of one study was to examine the possible benefits of labelling alcoholic beverages like tobacco products. Are there other products that contain carcinogens or other elements that might endanger our health?

I think that our egocentric view of the world has caused tremendous environmental damage. Feeding the world's population with the use of chemicals seems to me to be as relevant as any other cancer-causing aspect of human existence. We spray vegetables and fruit with herbicides, pesticides, and insecticides. We also import products from countries that grow food in polluted water. Humans consume these compounds on a regular daily basis. Sulphites are used as preservatives throughout the food chain. What other products might require labelling to indicate they are dangerous to our health?

The results of another study indicated that labelling has little effect on consumer habits. Research within the beverage industry has shown that Canadians in general are seeking and buying quality alcohol products over quantity. Critics of the research behind the guidelines have questioned the dosage issue at length. Is my twelfth glass of wine a week as hazardous as eating vegetables and fruit that are grown using chemical compounds?

A friend of mine in his mid-seventies found himself in the care of a new doctor. At his first visit the young physician asked my friend how much alcohol he consumed in a week. My friend disclosed he liked a few Scotches on a Friday, Saturday, and Sunday evening and maybe a glass or two throughout the week. The doctor immediately told him to reduce his alcohol intake, to which he replied, "at my age, this is not negotiable."

I believe that the recent changes should be looked at as a guideline. It is your decision how you use them. I generally adhere to the previous recommendations. Wine for me is a wonderful "lifestyle enhancer." I do not see my glass of wine as a loaded gun.

Social Committee News

Annual Meeting, May 9, 2024

Convenor: Susan Watson

Due to small numbers we unfortunately had to cancel our 2023 Fall Luncheon and Artisan Market. I am happy to say that we are busily preparing for the upcoming Annual Meeting on Thursday, May 9 at The Estate Banquet and Event Centre, 430 Nugget Rd. Scarborough, ON M1S4A4. Mark this date on your calendar. We are grateful that the vendor has maintained last year's luncheon cost of \$50.00.

Members who attend the meeting portion of the day will have their meal subsidized by District 24.

- Please note that on the coupon there is a space to indicate whether you and your guest are RTO members. All guests are welcome to attend.
- On the coupon indicate whether you have allergies or special needs so that we can ensure a pleasant experience for all.
- Please indicate your method of payment (cheque or credit) on the coupon. Send an e-mail confirmation to Susan Watson siwatson006@gmail.com if you have paid by credit.

Deadline: Thursday, April 25, 2024.

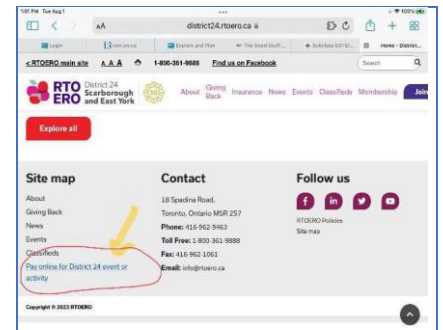
If paying by cheque, please postdate your cheque to this date.

Please Note: No Refunds will be given after this date.

If paying by credit card, follow the link:

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

and send the coupon as an attachment in an email to Susan Watson siwatson006@gmail.com



District 24 Annual Meeting Coupon

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): _____ District 24 Member YES NO

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, April 25, 2024. 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.

I have paid by 50.00 Credit card. YES [Home - District-24-Scarborough & East York \(rtoero.ca\)](http://rtoero.ca)

I have paid by 50.00 cheque. YES

Send Fall Luncheon coupon and payment to: Susan Watson, 18 Springbank Ave., Scarborough, ON. M1N 1G3

If paying by credit card please send the coupon as an email attachment to Susan Watson, 18 Springbank Ave., Scarborough, ON. M1N 1G3 siwatson006@gmail.com

RTOERO District 24 Excursions

From: Marilyn Tregwin: Trip Coordinator

Trip Guidelines 2024

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.
2. Ensure that clearly printed e-mail address and phone number(s), **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. Please register as soon as possible. We do not want to have to cancel trips because of insufficient numbers, and trips have sold out before the deadline. If you miss a deadline, call the facilitator as a ticket may be available/ obtained for you.
4. *District 24 trips are all inclusive: Price includes all HST taxes, restaurant gratuities, deluxe motor coach transportation, use of Hwy. 407 both ways, 'high end' lunches, and orchestra theatre seating and all entry fees.
5. NEW THIS YEAR: The first source of trip information may be our monthly e-news, so do sign up to receive the latest/ additional information regarding trips if you haven't already.

TITLE: Niagara Wineries and Butterflies



DATE: Wednesday, April 10, 2024

DEPART: 8:15 a.m. Kennedy Commons **EXPECTED RETURN:** 7 p.m. via Hwy 407 both ways.

COST: \$159

LUNCH: *Table Rock House Restaurant.* Choose chicken or whitefish on your coupon.

PROGRAM:

10:15 a.m.: Arrive at Reif Estate Winery for a tour and 3 tastings.

11:45 a.m.: Lunch at the Table Rock Restaurant beside Niagara Falls.

2:00 p.m.: Arrive at the glass-enclosed Niagara Parks Butterfly Conservatory, one of the largest in North America, featuring thousands of butterflies fluttering freely through pathways, lush vegetation and trickling waterfalls. Your self-guided tour begins with a short video presentation.

3:45 p.m.: Arrive at Joseph's Estate Winery for three tastings.

Fill out the coupon on page 18 and make cheque payable to: Mary Morton Tours and mail to the trip facilitator.

Coupon: **Niagara Wineries and Butterflies**

Wednesday, April 10, 2024

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

Name (Print): _____

Phone #: _____

E-Mail: _____

Spouse/Guest Names (Print): _____

No. of tickets _____ @ \$159.00= _____

Lunch: chicken _____ or white fish _____ (Indicate # if more than 1 ticket)

Would you like an e-mail confirmation? ___Yes ___ No

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

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

Signature(s) -----

Member

Guest(s)

Deadline: **Friday, March 27, 2024. Please postdate your cheque to this date and send to:**
Marilyn Tregwin, 41 Ravenscliff Crescent, Scarborough, ON M1T1R7
Phone: (647) 970-0531 E-Mail: m.tregwin@gmail.com

Coupon: **La Cage aux Folles**

Monday, May 27, 2024

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

Name (Print): _____

Phone #: _____

E-Mail: _____

Spouse/Guest Names (Print): _____

No. of tickets _____ @ 214.00 = _____

Lunch: Buffet style

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 our contact information with the travel agency organizing this trip and acknowledge that I (we) have read and understood the RTOERO Waiver and Release on page 20.

Signature(s) -----

Member

Guest(s)

Deadline: **Friday, April 12, 2024. Please postdate your cheque to this date and send to:**
Peggy Kiely, 54 Newmarket Av., Toronto. M4C 1V9, Phone: (647) 286-0051,
E-mail: pkiely927@gmail.com

TITLE: La Cage aux Folles

DATE: Monday, May 27 ---- Avon Theatre, Stratford

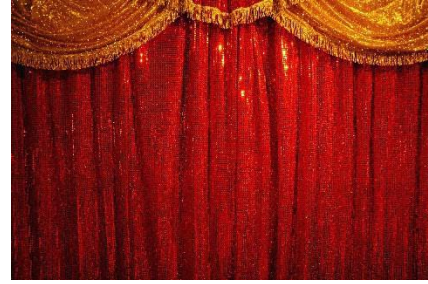
DEPART: 8:15 a.m. Kennedy Commons

EXPECTED RETURN: 7:00 p.m. via Hwy. 407 both ways.

COST: \$214

LUNCH: *Elmhurst Inn and Spa:* Buffet lunch

PROGRAM: It's showtime at the Avon theatre. "George, the manager of the drag club in St. Tropez, decides to 'play it straight' when his son arrives with his fiancée and her ultra-conservative parents. Albin, the club's star, and George's romantic partner is dubious about the plan. The ensuing clash unravels truth and consequences with heartwarming grace. This gorgeous and funny musical has been delighting audiences since its Tony Award winning premier in 1983. Included is morning shopping time at Coyle's Country Store and browsing at Rheo Thompson Chocolates before heading home.



Fill out coupon on page 18 and make cheque payable to: MARY MORTON TOURS and mail to the trip facilitator.

TITLE: Something's Rotten

DATE: Thursday, June 27 ---- Festival Theatre, Stratford

DEPART: 8:15 a.m. Kennedy Commons

EXPECTED RETURN: 7:00 p.m. via Hwy. 407 both ways.

COST: \$214

LUNCH: *Stratford Country Club:* Choose chicken or salmon on your coupon.

PROGRAM: It's showtime at the Festival Theatre. The Bottom brothers, two struggling playwrights in Renaissance London, need a hit. That's easier said than done when your chief competition is William Shakespeare. The Bottom Brothers' plan: write the world's first musical! This is a rollicking song and dance extravaganza that sends up the Bard and Broadway and everything in between. Spend morning time browsing in Stratford. En route home: shopping time at the popular Mennonite-owned Shakespeare Pies bakery, stocked with fresh fruit pies, meat pies and other delicacies.



Fill out coupon on page 20 and make cheque payable to: MARY MORTON TOURS and mail to the trip facilitator.

Coupon: **Something's Rotten**

Thursday, June 27, 2024

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

Name (Print): _____

Phone #: _____

E-Mail: _____

Spouse/Guest Names (Print): _____

No. of tickets _____ @ \$214.00= _____

Lunch: chicken _____ or salmon _____ (Indicate # if more than 1 ticket)

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

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

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

Signature(s) -----
Member _____ Guest(s) _____

Deadline: **Friday, May 10, 2024. Please postdate your cheque to this date and send to:**
Marilyn Tregwin, 41 Ravenscliff Crescent, Scarborough, ON M1T1R7
Phone: (647) 970-0531 E-Mail: **m.tregwin@gmail.com**

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, howsoever arising in connection with this trip/excursion/event. Participants in the Event are thereby 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 on this trip/excursion or at this 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 on this trip/excursion or at this event will be governed by the laws of the province/territory in Canada in which the participants reside, and the participants consent to the exclusive jurisdiction of the Courts in the appropriate province/territory in Canada in any such action.