

Time and good friends are two things that become more valuable the older you get.



April 2024

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Co-Presidents' Message, Annemarie McKee

Well, March was an interesting weather month! Let's hope April brings us lots of sun, warmth, and traditional showers. As the days get longer and spring is in the air our working colleagues close to retirement are attending Retirement Planning Workshops. Please see the information and share it with friends and colleagues considering retirement this year. Registration for the free retirement workshops is available via [Retirement Planning Workshops - RTOERO](#). Congratulations to the program committee for a splendid variety of trips and activities for the spring. We are fortunate to have so many fine choices.

Come and meet with Constable Mitchell at our Annual Meeting to find out more about scams and fraud. Our Spring Luncheon and Annual Meeting are fast approaching so get your reservation in early. Remember that attending the meeting before lunch gets you a full refund of your meal cost. I hope to see you there.



There are still several vacancies for the executive for District 24, especially for Travelogue, Political Advocacy and Christmas Social. See page 11 for role descriptions. Please consider putting your name forward to assist our membership. Contact Annemarie at President24@districts.rtoero.ca. 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 12.

The National RTOERO Forum will be held in Toronto from May 13-15. District 24 will send Co-Presidents Danielle Desmarais and Annemarie McKee, Secretary Donna Weston and Newsletter Editor Robin Bethke to represent the district at this important semi-annual event.

Executive Meetings

Our next Executive Meeting will be held on **Thursday, June 6, 2024**, at 9:30 at the Agincourt Community Centre. Refreshments are available beginning at 9:00 am with the business meeting beginning at 9:30 am. We should be finished before noon.

Annual Meeting



Constable Christopher Mitchell serves with the **Toronto Police Service**. As a **Crime Prevention Officer**, he plays a crucial role in ensuring community safety and promoting crime prevention initiatives.

RTOERO District 24 is pleased to have Constable Mitchell attend our Annual Meeting to make us more aware of frauds and scams. His presentation will start at 11:00. Lunch will be served after his presentation.

Annual Meeting and Spring Luncheon, Susan Watson



9:30 Coffee and Tea

10:00 Meeting

11:00 Scam/Fraud presentation

12:30 Lunch

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 M1S 4A4. 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 meals subsidized by District 24.

Please note that on the coupon there is a space to indicate whether you and your guest are RTOERO 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 if you have paid by credit. siwatson006@gmail.com

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 the event - District-24-Scarborough & East York \(rtoero.ca\)](https://www.rtoero.ca/register-for-the-event-district-24-scarborough-east-york)

Send the coupon as an attachment 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 *RTOERO* – 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 \$50 by Credit card. YES [Home - District-24-Scarborough & East York \(rtoero.ca\)](http://Home-District-24-Scarborough-&East-York(rtoero.ca))

I have paid \$50 by 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 attachment to

Susan Watson, 18 Springbank Ave., Scarborough, ON. M1N 1G3 siwatson006@gmail.com

Reminder: District 24 *Beyond the Blackboard* Newsletter: Summer Edition



Don't forget to send a photo with a caption or a short paragraph (less than 200 words) to *Beyond the Blackboard* telling us about a place that means something special to you. It could be your backyard, your balcony, a park, a place within District 24 or a place beyond. Submit your photo with a caption or short paragraph for our Summer edition (July 2024) to robin@bethke.ca

Submissions must be received by May 1, 2024.

* Please note that your submission may not be included in the mailed-out print copy of *Beyond the Blackboard* due to space limitations.

Welcome Breakfast, Wendy Hooker

September 19, 2024, 9:30 a.m. at Qssis Banquet Hall

All new and current RTOERO District 24 members are invited to attend a morning of fellowship and information while enjoying a tasty, full breakfast with both old and new RTO friends!

What a great way to catch up with your District 24 friends after a busy summer and to connect with our new members.

Besides welcoming our new members and familiarizing them with our events and activities, the Executive and Committee Chairs will share recent RTOERO news and updates that will be of special interest to our current members. Some of these pertain to recent updates (all good!) to our Health Insurance Plan. Many of us are not fully aware of these changes. Plan to attend the Welcome Breakfast to be 'in the know' and to address any questions you may have!

See the full-page ad in this issue for additional information and registration details about the Welcome Breakfast. Hope to see you there!



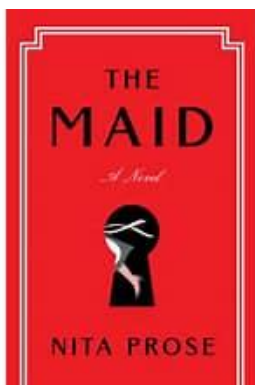
Hava*Java, Chris Elliot



Join fellow District 24 members at Calabria Bakery (1772 Midland Ave.) on the last Monday of the month from 9:30 to 11:30. Catch up with old friends and make new ones over coffee and a treat courtesy of RTO District 24. There is parking at the back of the bakery.

Upcoming dates: Monday, April 29, Monday, May 27, Monday, June 24

Book Club A, Gloria Courtney



We continue to meet at Agincourt Recreation Centre on Glen Watford Drive on the last Wednesday of the month, and we can accommodate a few more members. If you are interested in joining a lively discussion group, please contact me.

Our next book is *The Maid* by Nita Prose. We have established our list for 2024-25, soon to be published, and it looks to be interesting.

**RTOERO District 24 invites all New and Current District 24 members to our
Welcome Breakfast
Thursday, September 19, 2024
Qssis Banquet Hall
3474 Kingston Rd. (west of Markham Road)**

New RTOERO District 24 members who retired between June 2023 and September 2024 are invited to be our guests for a complimentary buffet breakfast! Meet other D24 members and learn about the many social activities and events that your district membership provides.

For more information, contact Wendy Hooker: wendyhooker@rogers.com / 416-266-4682



Registration / Coffee / Tea: 9:30 am
Buffet Breakfast and Presentations: 10:00 am

If you plan to attend: Confirm your registration with a \$50 payment. Refunds will be provided to NEW MEMBERS in attendance. The cost (non-refundable) to Guests of new members and current D24 members is \$50.

Registration deadline: September 10, 2024

Payment options:

- Cheque – one per participant, postdated to September 10, 2024. Mail with completed registration form below before September 10, 2024, to:
Wendy Hooker, 50 Sunnypoint Crescent, Scarborough, ON, M1M 1B9

- Credit card – via the link: [Register for the event - District-24-Scarborough & East York \(rtoero.ca\)](https://www.rtoero.ca/register-for-the-event-district-24-scarborough-east-york)

Send the completed registration form as an attachment in an email to: wendyhooker@rogers.com



RTOERO District 24 WELCOME BREAKFAST REGISTRATION FORM
Thursday, September 19, 2024
Please Print

NEW RTOERO D24 Member Name: _____

Guest or Current RTOERO D24 Member Name: _____

Confirmation to be sent via:

Home Email: _____ or Home Phone: _____

No of tickets _____ @ \$50 each = \$ _____

Payment by: cheque (one per participant, payable to RTOERO District 24, mail to Wendy Hooker)

credit card via the link: [Register for the event - District-24-Scarborough & East York \(rtoero.ca\)](https://www.rtoero.ca/register-for-the-event-district-24-scarborough-east-york)

(each participant payment/reservation must be entered as a separate credit card transaction.)

Book Club “B”, Danielle Desmarais

We continue to meet the first Thursday of the month at the Ellesmere Community Centre at 20 Canadian Road (by Costco) from 1:30 to 3:30 p.m.

Book Club “C”, Danielle Desmarais

We continue to meet the last Thursday of the month at the Ellesmere Community Centre located at 20 Canadian Road (by Costco) from 1:30 to 3:30 p.m.

Golf Social, Gordon Baker

District 24 is announcing a Golf Tournament social event to take place on Thursday, September 12, 2024, at Mill Run Highland Golf Course.

We will have a Shotgun start at 9 a.m. We don't have an exact cost for this event (18 holes of golf, shared electric golf cart and a delicious BBQ luncheon) as of this printing.



Registration details will appear in the upcoming edition of the May E-News
For further information contact Gordon Baker at ksbaker547@gmail.com or 416-424-2018



Knitters & Crafters “A”, Chris Elliott

We meet most months on a Monday from 10:00 a.m. to 12:00 noon at Agincourt Community Centre and continue to produce items for LTC residents. Upcoming Dates Monday, April 8 Monday, May 6 Monday, June 3



Nordic Pole Walking, Paula Chambers

Our Nordic Pole Walking Club has now been operating for several years, and we have been able to enjoy our outdoor walks on Wednesday mornings.

Benefits, Paula Chambers

Vitamin D and the Mediterranean Diet

Vitamin D is a fat-soluble vitamin that has long been known to help the body absorb and retain calcium and phosphorus; both are critical for building bone. Also, laboratory studies show that vitamin D can reduce cancer cell growth, help control infections and reduce inflammation.

[Vitamin D | The Nutrition Source | Harvard T.H. Chan School of Public Health](#)



The Mediterranean way of eating is inspired by the traditional cuisines of Greece, Spain, Italy and France, among others along the Mediterranean coast. It is focused on eating mostly five groups of foods: fruits and vegetables, whole grains, beans, healthy fats from olive oil, nuts and seeds, and fish.

[Women's Health - Latest Health News and Studies \(goodhousekeeping.com\)](#)

The structure of a Mediterranean diet plan can help you make healthy changes.

Consuming more fruits and vegetables may reduce the risk of experiencing hip fractures in adults aged 50 and over. In older adults, hip fractures are a source of significant illness, reduced quality of life, and increased mortality.

Anyone who takes vitamin D supplements should ensure they also consume adequate magnesium, as this mineral works with the parathyroid glands to activate vitamin D. Vitamin D plays a critical role in the body and is abundant in the Mediterranean diet. It partners with the digestive system to help the gut absorb calcium, which is vital for building and maintaining strong and healthy bones. Vitamin D is unique because it is not found in most fresh fruits and vegetables, like most other essential vitamins. Instead, the body obtains it through sun exposure and some specific foods like fish. Fish, especially fatty types, not only contain a good amount of vitamin D per serving, but they also provide the body with omega-3 fatty acids. Herring contains the most vitamin D, but others including salmon, catfish, sardines, mackerel, and bluefish are also high in this essential vitamin. People who don't eat much fish can opt for fish oil supplements, which deliver vitamin D and omega-3 fatty acids in what some consider a more palatable format.

[Nutrition | McMaster Optimal Aging Portal](#)

In general, vitamin D is manufactured by the body from exposure to sunlight. These days, this is a balance between getting enough Vitamin D and over-exposure to ultraviolet light. The exception is for natural redheads. The same genetic trait that causes red hair also makes redheads more sensitive to ultraviolet (UV) light, according to UCI Health. But that sensitivity also allows redheads' bodies to produce more vitamin D, which is essential to bone development and good health.

University of California, Irvine Medical Center


Overall, our eating habits can enhance our well-being as we age. Following a Mediterranean style of eating ensures that we get the variety of fruits vegetables and Vitamin D needed to thrive.

Political Advocacy, Betty Lou Reynolds

**Connect and Learn
with MPP Andrea Hazell**
A discussion of health-related issues and challenges

Hosted by
RTOERO District 24 Scarborough and East York
Friday April 26th, 2024

Clark Centre for the Arts
191 Guildwood Pkwy, Scarborough, ON M1E 1P5



11:00AM - 1:00PM / RSVP to bettyloureynolds@hotmail.ca

Trips, Marilyn Tregwin

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 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, 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.



La Cage aux Folles

DATE: Monday, May 27 Avon Theatre, Stratford

DEPART 8:15 a.m. Kennedy Commons

EXPECTED RETURN: 7 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 the truth and consequences with heartwarming grace. This gorgeous and funny musical has been delighting audiences since its Tony Award-winning premiere in 1983. Included is morning shopping time at Coyle's Country Store and browsing at Rheo Thompson Chocolates before heading home.

Fill out the coupon on page 9, make the cheque payable to: MARY MORTON TOURS and mail it to the trip facilitator.



Coupon: La Cage aux Folles

Monday, May 27, 2024

Copy (or print) this coupon and send 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 13.

Signature(s)Member _____ Guest(s)_____

Deadline: **Friday, April 12, 2024**. Please postdate your cheque to this date and send it to:

Peggy Kiely, 54 Newmarket Av., Toronto. M4C 1V9, Phone: (647) 286-0051,

E-mail: pkiely927@gmail.com

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 the coupon on page 10 and make the cheque payable to: MARY MORTON TOURS and mail it to the trip facilitator.



Coupon: Something's Rotten

Thursday, June 27, 2024

Copy (or **print**) this coupon and send 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 13.

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

Deadline: **Friday, May 10, 2024**. Please postdate your cheque to this date and send it to:

Marilyn Tregwin, 41 Ravenscliff Crescent, Scarborough, ON M1T1R7 Phone: (647) 970-0531

E-Mail: m.tregwin@gmail.com

The Chair of the Political Advocacy Committee coordinates political advocacy activities with respect to the issues that affect District 24 members.

RESPONSIBILITIES/DUTIES AS PRACTICED/KEY CONTACTS:

- Serves as Chair of the Political Advocacy Committee with as many members as necessary.
- Liaises with other organizations that express an interest in pursuing political actions at the provincial and federal levels in the best interest of their members.
- Attends all meetings/Zooms called by the Provincial Political Advocacy Committee.
- Communicates with the provincial RTOERO Political Advocacy Committee through the committee liaison person.
- Around election times, the Provincial Committee will request the assistance of Districts and its members to meet with candidates and advance the positions approved by RTOERO at all candidates' meetings, taking out ads in local publications, etc. Between elections, attempts are made to establish connections with those in public office to further the positions of RTOERO
- Recommends actions determined by the Committee to the District 24 Executive to support the achievement of provincial /district goals in this area.
- Promotes and reports on political advocacy activities through the *Beyond the Blackboard* and E-News.
- Serves as a member of the District 24 Executive.
- Coordinates political advocacy concerning issues that affect members.
- Recommends actions to the District 24 Executive to support the achievement of Provincial/District goals in this area.

The Chair of the Travelogue Committee organizes an event where one District 24 member or guest shares her/his travel experiences with the participants.

RESPONSIBILITIES, ACCOUNTABILITIES / DELIVERABLES:

- Plans the event for the 2nd week of Oct, from about 12:30 – 3:30 p.m.
- Arranges meetings with Venue to discuss the menu, room, and table settings. Also discusses the use of their projector and screen etc.
- Prepares and sends out in both the E-News and *Beyond the Blackboard* a flyer advertising the Travelogue event.
- Keeps track of the number of people attending and who have paid. Makes labels for all those attending, including table placing.
- Arrives at the venue by 11 a.m. the day of the event, for any further instructions for the staff.
- Prepare the photo's travel journey or arrange for someone else to do the presentation.
- Collects money and deposits in the District 24 TD account, at any TD bank branch. Submits TD deposit slip along with the names of all attendees to the Treasurer.
- Submits Expense form and receipts to Treasurer for reimbursement.

FYI

[John A. Leslie P.S. 100 Year Anniversary \(canva.site\)](#)

Come and join the celebration on Saturday May 11th.



Executive 2023 - 2024

TABLE OFFICERS:

PAST PRESIDENT: Annemarie McKee

SECOND 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](#)

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.