



September 2024 E-News

Editor - Annemarie McKee

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

The foliage has been losing its freshness through August, and here and there a yellow leaf shows itself like the first gray hair amidst the locks of a beauty who has seen one season too many." - *Oliver Wendell Holmes*

Co-Presidents' Message, Danielle Desmarais

September 2024

Co-President Message	1
Olympic Highlights	2
Executive Meetings	2
Welcome Breakfast	3
Fall Artisan Market	4
Fall Luncheon	5
Healthy Aging	6
Activities	7
Trips	8, 9
Waiver	9
Executive list	10

Ah, the bittersweet transition from flip-flops to cozy sweaters—the end of summer! It's like saying goodbye to a sun-kissed friend who promises to return next year.

Let's review some of the events that took place during the past few months:

- Warmer-than-normal temperatures and fewer rainy days have marked the summer of 2024 in Toronto. We saw extended periods of heat, especially in July and August, with several heatwaves.

- RTOERO has shared with members the plans for a possible name change. The proposed new name is ENTENTE formerly known as RTOERO. More discussions will take place at the fall Forum in October.

- District 24 continues to plan and organize day trips and events for our members throughout the summer months. Read more about what is being planned in the next pages.

- So, my friend, whether you're planning an epic end-of-summer party or simply soaking up the last rays, remember: Seasons change, but the magic lingers.
- The Summer Paris Olympics have been a historic and triumphant event for Team Canada. With a total of 27 medals—9 gold, 7 silver, and 11 bronze—Canada has achieved its second-largest medal haul in both gold and total medals at a single Summer Games.

Some Highlights of Canada's Olympic Wins



Summer McIntosh:

- McIntosh emerged as one of the standout athletes in the pool, winning gold in the **women's 400m individual medley, 200m butterfly, and 200m individual medley**. She also set Olympic records in the 200m butterfly and 200m individual medley.

Ethan Katzberg:

- Katzberg made history by becoming Canada's first Olympic gold medalist in any throwing event in 120 years. He won the **men's hammer throw** with the largest margin of victory since 1920.

Andre De Grasse:

- De Grasse anchored Canada's **men's 4x100m relay team** to a gold medal, tying him with Penny Oleksiak as Canada's all-time most decorated Olympian with seven Olympic medals.

Camryn Rogers:

- Rogers captured gold in the **women's hammer throw**, marking Canada's first Olympic medal in any women's throwing event.

Phil Wizard (Philip Kim):

- Kim became the first b-boy to win an Olympic gold medal as breaking (**breakdancing**) debuted at the Paris 2024 Games.

Christa Deguchi:

- Deguchi won Canada's first gold medal at Paris 2024, becoming the first Canadian **judoka** to be crowned Olympic champion.

Katie Vincent:

- Vincent set a world-best time in the **women's C-1 200m**, earning her the title of Olympic champion.

These achievements reflect the Canadian athletes' dedication, hard work, and spirit. Their performances brought pride to the nation and set new standards in various sports.

Executive Meetings

Our next Executive Meeting will be held on Thursday, September 5, 2024, at the Olde Stone Cottage Pub, 3750 Kingston Road, Scarborough ON. **[Please email president24@districts.rtoero.ca to confirm your attendance.](mailto:president24@districts.rtoero.ca)**

Coffee is available beginning at 9:00 with the business meeting beginning at 9:30 a.m. We should be finished before noon. All RTOERO District 24 members are invited to attend Executive Meetings.

Welcome Breakfast, Wendy Hooker

The Executive wishes to welcome you officially to District 24 Scarborough and East York. You will learn that we are more than just insurance. We are about giving back to our members and our community. We are about advocacy and we would like you to be involved. **The Welcome Brunch is free to new members and we hope all our retirees will attend.**



**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 Buffet Breakfast/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 the 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://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://rtoero.ca/register-for-the-event-district-24-scarborough-east-york)
(each participant payment/reservation must be entered as a separate credit card transaction.)



Attention Artisans: Fall Luncheon and Artisan Market Thursday November 14, 2024

If you are a crafter, now is the time to finish projects that you might want to sell at the Artisan Market in November. We always have discerning shoppers eager to find just the right gift for those special people in their lives.

The Artisan Market will run from 10:30 until 11:55 a.m. on Thursday, November 14, 2024. Artisans are invited to resume their sales following the luncheon. Please be sure to sign up early! Tables are limited! The cost is \$10.00 for a table. In addition to the table fee, artisans are asked to contribute an article for the luncheon raffle. For information contact Robin Bethke: E-Mail: robin@bethke.ca Phone: (647-839-0230).

Payment options:

Cheque – one per table, postdated to **November 1, 2024**. Make cheques payable to **RTOERO District 24**.

Mail the cheque with the completed coupon below before **November 1, 2024**, to:

Robin Bethke, 2308-16 Bonnycastle Street, Toronto, ON M5A0C9

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: robin@bethke.ca

If you are attending the luncheon, please fill out the luncheon coupon on page 5 and send it with payment to Susan Watson.

Coupon: Vendor's Table for Fall Luncheon and Craft Sale Thursday, November 14, 2024.

Clip (or photocopy) this coupon and send it with your cheque for \$10.00 made payable to **RTOERO District 24** (unless paid by credit card) to Robin Bethke - 2308-16 Bonnycastle Street, Toronto, ON M5A0C9

Name (Print): _____ Phone #: _____

E-mail: _____

Type of handiwork offered _____

Would you like an e-mail confirmation: YES NO

If **NO**, a stamped, self-addressed envelope is required for confirmation. Deadline: Thursday, November 1, 2024. Please use this date on your cheque.

I have paid by:

Cheque payable to RTOERO District 24, mailed to Robin Bethke

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) Please ensure you have read and agreed to the RTOERO waiver on Page 9 before signing the coupon.

Fall Luncheon and Artisan Market

Thursday, November 14, 2024

Susan Watson: Social Committee

The annual RTOERO District 24 Luncheon and Artisan Market, will be held on Thursday, November 14, 2024. The Artisan Market will run from 10:30 until 11:55 a.m. followed by lunch. Come early and purchase items created by members of District 24. Artisans are invited to resume their sales following the luncheon.

Just a reminder: many of our artisans operate on a cash-only basis.

This event will be held at The Estate Banquet and Event Centre, 430 Nugget Avenue, Scarborough. The luncheon will cost \$50.00 for members and \$55.00 for non-members.

Payment options:

- **Cheque** – one per participant, postdated to **November 1, 2024. Make cheques payable to RTOERO District 24.**
Mail the cheque with the completed coupon below before November 1, 2024, to:
Susan Watson 18 Springbank Ave., Scarborough ON. M1N 1G3
- **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 coupon as an attachment in an email to: siwatson006@gmail.com

Coupon: Fall Luncheon and Artisan Market Thursday, November 14, 2024

Clip (or photocopy) this coupon and send it with your cheque made payable to RTOERO District 24

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

Phone #: _____ **E-mail:** _____

Spouse/Guest Name (Print): _____ **Member of District 24.** 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, November 1, 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. Email copy of the credit card payment and info/or send a cheque and coupon to: Susan Watson – 18 Springbank Ave., Scarborough, ON. M1N 1G3

I have paid by:

Cheque payable to RTOERO District 24, mailed to Susan Watson

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)

Please ensure that all attendees have read and understood the waiver on page 9.

Why we need to take a life-course approach to healthy aging

Healthy aging outcomes are affected by various life factors, not only things that happen in older age. At RTOERO's first Future of Aging and Health Summit held in May of this year, Ritu Sadana, Head of Aging and Health at the World Health Organization shared messages about the life-course approach to healthy aging. Healthy aging outcomes are affected by various life factors, not only things that happen in later years. A life-course approach considers the whole person throughout life and aims to offer the best support at every stage.



Chronological age doesn't define capacity. "We could see that cognitive capacity did decline, but the rate of decline and, very importantly, the starting point around age 60 varied by their highest educational attainment. And that's something we can change," said Sadana.

Social determinants sort people into different life course trajectories. "Your social determinants can be a whole range of things; you could say it's the environment and the social systems. These different determinants can give you an advantage or a disadvantage," explains Sadana.

Generations must not be pitted against one another. "We have an opportunity in our aid as well to better balance and ensure that we consider improvements at every life stage so that we have an optimal trajectory. It's not about pitting infants and children against older persons," says Sadana.

Cross-sectoral collaboration is key. "The importance of a life course approach is that almost all of these aspects are amenable to policy change, but they must be valued, resourced, and supported by communities, political leaders, and financiers," explains Sadana.

Ritu Sadana's full presentation is currently available on RTOERO Learning.

[Login to RTOERO Learning/Connectez-vous à RTOERO Apprentissage - RTOERO](#) to access it.

RTOERO District 24 Activities and Chairs

Book Club A, Gloria Courtney

We will resume in September at Agincourt Community Centre. We have read a variety of genres this year, and, I think, some books many of us would never have read if not for the club. I am looking forward to the new list for next year. Thanks to D24 for their support.

Book Club "B", Danielle Desmarais

We will resume again in the fall on 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 will resume again in the fall on 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.

Knitters & Crafters, 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. We will resume again in the fall.

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 RTOERO District 24. There is parking at the back of the bakery.

Upcoming dates: Monday, September 30

Monday, October 28

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.

Bridge, Terry Smith

We hope to resume play on the 1st Tuesday in September, 12:15-3:30. We are at Ellesmere Community Centre, 20 Canadian Road, opposite Costco. Come with a partner or without; we are friendly players of all levels, but one needs to know how to bid and follow the play. For more information for September, contact

Terry or Dale Smith at chooch120@hotmail.com or dfsmith15@hotmail.com 289-554-3541

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 have to cancel trips because of insufficient numbers and trips have sold out before the deadline.

TITLE: *A Gentleman's Guide to Love and Murder*

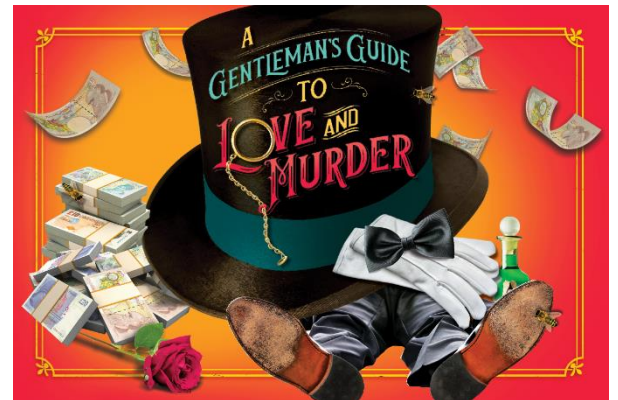
DATE: Wednesday, October 16---Hamilton Family Theatre, Cambridge

DEPART: 8:15 a.m. Kennedy Commons

EXPECTED RETURN: 7:00 pm via Hwy. # 407 both ways.

COST: \$199 **Deadline: Sunday, September 15, 2024**

LUNCH: The Golf Steak House-- Choose your entree from the menu on arrival.



PROGRAM: 2 pm: It's showtime at the Hamilton Family Theatre. Winner of the Tony Award for Best Musical, *A Gentleman's Guide to Love and Murder* is an outrageous romp filled with unforgettable music and non-stop laughs! In 1907 London England, penniless clerk Monty Navarro is delighted to learn that he's eighth in line for an earldom in the esteemed D'Ysquith family. Figuring the odds of outliving his predecessors are slight, he sets off down a sinister path knocking off his relatives one by one with his sights set on the family title and fortune, all while juggling his mistress, his fiancée and the constant threat of being caught! Of course, it will all be worth it if he can slay his way to the inheritance...and be done in time for tea. Don't miss this hilarious whodunit adored by murder mystery and musical theatre lovers alike. On arrival, we'll begin by enjoying a guided tour of the Canadian Clay and Glass Gallery.

Fill out the coupon on page 8, make the cheque payable to: MARY MORTON TOURS and mail it to the trip facilitator.

Coupon: A Gentleman's Guide to Love and Murder

Wednesday October 16, 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 @ \$199.00 = _____

Lunch: Choose your entree from the menu on arrival.

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 9.

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

Deadline: Sunday September 15, 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

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.

Current Executive positions were confirmed at our District 24 Annual General Meeting on May 9.

New Executive 2024 - 2025

TABLE OFFICERS:

PAST PRESIDENT: [Annemarie McKee](#)
CO- PRESIDENT: [Annemarie McKee](#)
TREASURER: [Danielle Desmarais](#)

SECRETARY: [Donna Weston](#)
CO- PRESIDENT: [Danielle Desmarais](#)
SECOND VICE PRESIDENT: [Paula Chambers](#)

COMMITTEE CHAIRS:

ARCHIVIST: [Danielle Desmarais](#)
AWARDS: [Annemarie McKee](#)
BENEFITS/HEALTH: [Paula Chambers](#)
BRIDGE CLUB: [Terry & Dale Smith](#)
COMMUNITY GRANTS [Robin Bethke](#)
E-NEWS: [Annemarie McKee](#)
FOUNDATION LIAISON: [Wendy Hooker](#)
GOLF CONVENER: **Vacant**
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: **Vacant**
SOCIAL CONVENER: [Susan Watson](#)
TRIPS: [Marilyn Tregwin](#) 647. 970-0531
TRIVIA: [Paula Chambers](#)
WEBMASTER: [Annemarie McKee](#)

BOOK CLUB A: [Gloria Courtney](#)
BOOK CLUB B: [Danielle Desmarais](#)
[Claire Hughes](#)

BOOK CLUB C: [Danielle Desmarais](#)

