

STONY Bridges





In Memoriam

With great sadness we inform you of the passing of the following members of District 23. We extend our heartfelt sympathy to their families and friends.

*Florence Barik
Jean Bell
Robert Curran
William Donald
Glenna Fair
Eileen Foy*

*Marion Hunter
Bhagwandai Janack
Nina King
Sheila McGivney
David Moscoe
Robert Ogilvie*

*Marlane Parris
Elizabeth Paterson
Christine Pletch
Catherine Rayner
Bruce Rouse
Gisela Schmidt*

*Patricia Sullivan
Douglas Tallon
Ruth Taylor
Irene Vaughan
Mary Wentz*



Welcome New D23 Members

John Giannone, Convener

The Executive welcomes all the new members who have recently joined RTOERO District 23, and invites them to participate in all our activities. As of January 31, 2023, RTOERO D23 has a total membership of 2736 members and 51 Actively Employed Members. The following members joined from October 1, 2022 to January 31, 2023:

October: Ellen Alban, Rena Asimakis, Monique Dugas, Leonie Graham, Laya Levine, Robert Parris

November: Jane Margles, A. Bernice Ogilvie, Patricia Ransom, Rosarina Rocco, Lili Steer, Nadia Vogel

December: Kevin Budd, Vanessa Chiu, Uri Korin, Lynn Mclsaac Coccari

January: Jacqueline Cook, Tanina Gaetana Foti, Donald Hunter, William King, Maria Meehan, Rosemarie Natale, Ruth Nissan, Marilyn Richmond, Carolyn Sugg

The above information was taken from RTOERO's monthly updates from October 1, 2022 to January 31, 2023.

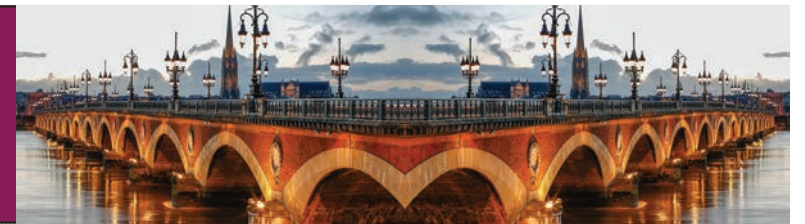
Submissions

RTOERO District 23, North York welcomes submissions for STONY Bridges from members. Do you have a story to tell, an experience to share or a poem you have written? Consider submitting your work for publication. Please include name, address, and telephone number. Articles should be from 400 to 1200 words in length. Up to 10 photos are also welcome (minimum 300 dpi in jpg or png format). Please send photos as attachments and do not reduce the size. We reserve the right to edit, condense, crop, or reject letters, photos, or other submissions. See the full guidelines: <https://tinyurl.com/RTO23guidelines>
Send submissions to: Maureen Capotosto at mpcapotosto@sympatico.ca. STONY Bridges is published for its members in March, August, and November by RTOERO District 23, North York.

The due date for material for the next issue is Thursday, June 15, 2023.

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Calendar of Events

(W) Webinar - (ZM) Zoom Sessions

March

1 Milk Bag Weaving , OLOW
3 e-Devices (ZM)
6 Cut-off date for Frank & Ella
7 Bridge
8 Executive (ZM)
9 Needlework & Crafts
14 Bridge
15 Have-a-Java
15 Milk Bag Weaving , St. Gabe's
17 e-Devices (ZM)
17 Cut-off date for Cookie Party
21 Bridge
21 Nordic Pole Walking
28 Bridge
29 Book Club
30 Cookie Decorating Party
31 e-Devices (ZM)

April

4 Bridge
4 Milk Bag Weaving , OLOW
11 Bridge
12 Executive
14 e-Devices (ZM)
18 Bridge
18 Nordic Pole Walking
19 Milk Bag Weaving , St. Gabe's
19 Have-a-Java
19 Frank and Ella show
20 Needlework & Crafts
25 Bridge
26 One Voice Webinar
26 Book Club
28 e-Devices (ZM)

May

2 Bridge
2 Milk Bag Weaving , OLOW
5 *Deadline for Spring Luncheon*
9 Bridge
10 Executive
11 Annual Meeting & Spring Luncheon
12 *Deadline for Georgian Bay Cruise*
12 e-Devices (ZM)
16 Bridge
16 Nordic Pole Walking
17 Milk Bag Weaving , St. Gabe's
17 Have-a-Java
18 Needlework & Crafts
23 Bridge
26 e-Devices (ZM)
30 Bridge
31 Book Club

June

1 Georgian Bay Cruise
6 Bridge
6 Milk Bag Weaving , OLOW
9 e-Devices (ZM)
13 Bridge
14 Executive
15 Needlework & Crafts
20 Nordic Pole Walking
21 Have-a-Java
21 Milk Bag Weaving , St. Gabe's
23 e-Devices (ZM)

July

7 e-Devices (ZM)
21 e-Devices (ZM)

August

4 e-Devices (ZM)

OH! GLORIOUS BIRD

The lyric song of the cardinal: wild call far and wide...

Songs to echo deep beyond haunted forest branch and bough:

Sheltered pine and aspen...

Melodies of the heart and tomorrow's dreams

Bend and flow and all possibility...

A clear ringing sound, resounding bell's

Sonorous echo far spread...

Stone tumbled shores, cresting wave and fast falling lights:

A wilderness of tossing wind, lace filtered snowfall,

Haze, shadow and mists...

There were days of a deepest love,

Days of a deepest hope,

Days of joy and days of sadness

Now returned on the winter storm winds:

All the beauty in flint lights, the sky's turbulent blue depths,

And cold winter shades

Oh! wondrous crimson bird, all lyrical flame and light

Your beautiful song will carry my heart with it,

A simple soul set free:

All the resplendent glory of purest memory, a purest hope.

Bev Gorbet,
Member



Reflections

Maureen Capotosto, President

"It's on the strength of observation and reflection that one finds a way. So we must dig and delve unceasingly."

– Claude Monet

Reflecting on our 50th year as an RTOERO District, there is much to consider. North York has a well-established roster of activities for our members. These happen because of executive members who coordinate and organize them. Joining the executive offers the opportunity to work on projects and put ideas into action. Working with supportive colleagues and forging new friendships is a fantastic benefit. **"Hats off"** to this group who provides and supports our membership. We are all there to use our skills and talents meaningfully.

North York is part of a City of Toronto group of four Districts coordinating and supporting our efforts. All four Districts are celebrating 50 years this year.

Celebrating our 50th year will be ongoing in 2023. We are budgeting to support our members by reducing the cost of activities and events to encourage our members to attend and help us make this a joyful year. We are so appreciative of the feedback we get from members who choose to attend our events and activities. We expect you will be attracted to the [Cookie Decorating Party](#), our [Cruise on Georgian Bay](#), and our [Spring Luncheon](#). Our webinars with [One Voice](#) and the articles on [Domestic Violence](#) are very informative. In the Fall there will be a [Champagne Breakfast](#) for new members, a [50th Gala Celebration](#), and our [Holiday Season](#) event. Much excitement!

Do you have a story to tell about District 23, photos to share or other contributions related to our golden jubilee? Contact me at president23@districts.rtoero.ca.

Stay informed about what is available and happening with our [e-Newsletter](#). Having an up-to-date email on file ensures you hear about any RTOERO news, the informative webinars that RTOERO offers and our District 23 activities. Be sure to provide your email to RTOERO if you have changed it since retiring.

It gives me great pleasure to welcome all the new members to District 23. They are listed in **"Welcome New D23 Members"** on page 2. It is my hope that you will join the many activities available to you. I look forward to meeting you and celebrating our 50th Anniversary with you.



Come and Join Us

Mary Valtellini, Past President

"Volunteers don't get paid, not because they're worthless, but because they're priceless."

– Sherry Anderson

My presidency began a few years ago with the recognition of our executive and District members for giving their precious time to our RTOERO organization. I am encouraging you to come and join us to find an activity that inspires you or to start an activity for the District that piques your interest and just act.

People volunteer for many reasons, but it is one of the most selfless acts of any individual. Volunteering for District 23 provided our members and me the benefit of maintaining physical activity, keeping emotionally connected to each other and our communities, and overall positive mental health.

If you are interested in joining our executive or finding out how you can contribute and be part of this vibrant group, please email our President, Maureen Capotosto president23@districts.rtoero.ca, and she will connect you with the Nominating Committee Chair.

"Alone we can do so little; together we can do so much."

Helen Keller



Greetings!

Sylvia Skippen, 2nd Vice President

There are many RTOERO District 23, North York activities for our retirees, and we hope that you find something exciting and come and join us. We also look forward to our District 23 50th Anniversary celebrations.

I hope to see you at some of our District 23 activities. I wish everyone good health and stay active in 2023.





Celebrate Our 50th!

Sara Di Nallo, 1st Vice President

Congratulations, RTOERO District 23, North York, and welcome to our 50th Jubilee Celebrations!

The 50th Anniversary Committee led by Sara Di Nallo, 1st Vice-President, is brainstorming ideas to make 2023 a truly memorable year for all members. The Committee members are: Sara Di Nallo (Chair), Maureen Capotosto, Mildred Frank, Mervyn Mascarenhas, George Meek, and Valerie Sterling.

The events that launched our Jubilee Celebrations were **Joseph and the Amazing Technicolour Dreamcoat** on January 18, followed by the **Cookie Decorating Party** on March 30, and **Frank and Ella** on April 19. We continued our crucial Community Service Project, **One Voice** webinars on February 1, focused on recognizing and preventing Domestic Violence (DV). April 26 is the final Webinar of this Project.

Future events include:

- 2023 Annual Meeting/Spring Luncheon,
- September Champagne Breakfast to welcome new members,
- Gala 50th Anniversary Luncheon in October,

- Holiday Luncheon in late November to launch the holiday season and close off this memorable year.

Trips Convener Mary Valtellini is also planning exciting new trips and events.

District 23 will subsidize these events to commemorate this milestone in District 23, North York.

As a 50th Anniversary initiative, we have developed an online alphabetical listing of District 23 Executive Members going back to our start in 1973. We ask all past District 23 Executive members to verify that their names appear on the Honour Roll at <https://tinyurl.com/RTO23HonourRoll>. If it does not, please report it on the webform on the website. For deceased or incapacitated Executive Members, we invite family members or colleagues to provide the information. Since this list is live on the website and not etched in stone, it can be readily updated by District 23 web administrators as new information comes forward.

We plan to publish newsworthy gems from our past 50 years over our Jubilee Year. We invite you to share with us your District 23 stories.

CELEBRATE OUR 50TH!



50 Years Young!

Mervyn Mascarenhas, Editor

We hope you enjoy this edition of STONY Bridges. My thanks to Associate Editors Maureen Capotosto and Valerie Sterling, and Gerard MacNeil who manages the logistics of getting copies printed and delivered promptly into your mailboxes.

Our COVID editions of STONY Bridges – the travelogues, poems, and human-interest stories make each one a keeper. Being able to relive past trips through the eyes of a fellow traveller rekindles our memories and doubles the pleasure. Same for the Book Club and book reviews that heighten our reading experiences, and the poems that give us pause for thought.

Remember that you can always check/change your subscriptions through the Set Marketing Preferences hyperlink at the bottom of all e-blasts from RTOERO and District 23. Please do not uncheck the District Newsletters Email checkbox because it will shut down all email communications from District 23, North York – not just District

newsletters!

Please ensure that your contact information at RTOERO is always up to date – without it, you will not receive communications from District 23, North York. All it takes to avoid this sad fate is an email to membership@rtoero.ca or a phone call to 1-800-361-9888.

COVID does not tire and is not done with us yet, but vaccinations, boosters and the bivalent vaccination are helping us through the infrequent bout of COVID. Long COVID is another story. We need to continue masking when indoors and take measures to minimize the risk of infection and contagion.

We look forward to your feedback – we can be reached via email through the links on our About webpage (<https://district23.rtoero.ca/about/>).

CELEBRATE! Stay Well! Stay Safe!



Celebrate with us ALL Spring and Fall with many events!

RTOERO District 23 OUR GOLDEN YEAR

March: *Cookie Decorating Party*

April: *TSO-Frank & Ella Concert*
One Voice webinar
e-Devices 🌀

May: *50th Annual Meeting & Spring Luncheon*
Book Club 🌀

June: *Georgian Bay Cruise*
Strollers, Toronto Island 🌀

September: *Champagne Breakfast*
Ottawa Tour
Bridge Club 🌀

October: *Celebration of the 50th Luncheon*
Pole Walking 🌀

November: *Holiday Season Luncheon*
Needlework and Crafts 🌀

December: *Have-a-Java* 🌀

🌀: *Featured Event of the Month*

RTOERO District 23 Celebrating 50 years of serving our members 1973 - 2023



Be Aware!

Gwen Scriven, Health Services Convener

"I believe that the greatest gift you can give your family and the world is a healthy you."
— Joyce Meyer

Communique Health Benefits Update for 2023

Everyone will have received the Communique which contains the Health Benefits Update for 2023. You should have received it as an insert in Renaissance and an email from RTOERO. It is well worth taking a few minutes to read.

All plan premiums have increased for 2023. This is a result of the removal of the temporary premium reduction from 2021 and increased costs of goods and services in all areas. We continue to use our reserves to offset deficits and mitigate premium increases. Premiums do not cover the full cost of claims and expenditures. The number of member claims has returned to pre-pandemic levels and more.

There are a few minor changes to the travel plan to align our insurance with more standard industry practices.



Teledoc has been replaced with **CloudMd** as it is Canadian-based and has lower costs to RTOERO.

Dental Plan Reimbursement will be updated to the 2023 fee guide.

Express Scripts service continues to be available; however, the dispensing fee has increased from \$6.99 to \$8.99, effective January 19, 2023.

Finally, another reminder that your claims must be submitted within six months, effective January 2023.

Ontario Teachers' Pension Plan information indicates that of the total pensioners with benefit deductions (71,160), 72.2% are with the RTOERO plan as of November 30, 2022. Many new retirees also pay their benefits premiums from their bank accounts.

Following is a Travel Insurance Update provided by Johnson Insurance:

A Message on Services Provided by Allianz Global Assistance

We recently learned that Allianz Global Assistance (Allianz) has made the decision to leave the Group Benefits travel assistance market. At this time, we are firming up the exact timing and should be in a position to share more regarding timing shortly.

Allianz is a global travel assistance provider with business relationships with many Canadian insurers, including Manulife. Their exit from the Group Benefits market will necessitate a transition of the important services and products they offer, including trip cancellation and emergency out-of-country assistance.

We are in regular contact with Allianz leadership about this change and feel confident that all of our members whose insurance/coverage is serviced through Allianz will continue that way through 2023.

It is business as usual for you and our members. Allianz has reiterated their commitment to improving service, with a goal to returning to pre-pandemic turnaround times.

We will continue to actively collaborate with Allianz over the coming weeks to ensure a smooth transition and will provide an update to you when we have more information to share.

Source: Manulife Group Benefits, Advisor Newsletter



Our benefits plans contain a lot of detail and it is up to us to know what is covered. However, it is easy to miss claims that we should be making. For example, did you know:

- **Cataract surgery** – Expenses related to cataract surgery not covered elsewhere within the plan, subject to a lifetime maximum of \$300 per eye. This may include the cost of upgrades to your lens replacements.

- In reference to eyeglasses needed after surgery - New lenses (excludes frames) required within six months of eye surgery to an additional lifetime limit of \$400 per insured person. This post-surgical benefit will be applied only after the prescription eyewear benefit maximum has been met in full.
- If you were given a travel voucher with an expiry date during COVID due to a cancellation of travel and were unable to use the voucher, your travel insurance may reimburse the amount of the unused, expired voucher.



Are Expired Medications Safe to Consume?

If someone does consume expired medication by accident, Kelly Grindrod, Associate Professor of Pharmacy at the University of Waterloo, clarifies that it won't pose any serious risk or danger to the body. It will only mean that they are not getting the dose they're hoping to get for their ailment.

Grindrod explains that drugs degrade over time, and some degrade faster than others, depending on what kind of medication it is and if it was stored in a hot or humid place — that can make it degrade sooner than usual. "So instead of getting a dose (worth) of, say, 300 milligrams ... you might only get 200 milligrams of the (product's effectiveness) or 150 milligrams. ... So, (they) are less likely to be effective," she said.

Now, does that mean there would be no side effects from consuming expired medications? Grindrod said she's "not sure" that can be said. "The worry is more that it will have lost its potency than that it will be harmful," she said.

Grindrod said the shortages being reported across the country shouldn't make Canadians, especially parents, feel too anxious, noting that there is going to be relief in the supply chain. Health Canada announced in November that new shipments of children's pain medication will be available for retail purchase in the coming weeks. These shipments are the latest in efforts from the federal government to secure additional supplies of children's pain medications, due to a shortage of both children's acetaminophen and ibuprofen that has been ongoing since the summer.

Grindrod said one of the biggest problems driving supply chain issues is that since summer, the fear that there will be

a lack of supply has been leading to a lot of stockpiling of medications in Canada. "You might be buying three bottles of something. ... Don't do that. ... It just contributes to the problems and you're just going to end up with a bunch of expired products," Grindrod stated.

Excerpt from Source: Global News, November 2022

<https://tinyurl.com/RTO23ExpiredMeds>

Natural Sleep Aids: What You Need to Know

About 40% of Canadians have at least one symptom of insomnia. This includes trouble falling or staying asleep, according to a study in the Canadian Journal of Psychiatry.



Getting enough sleep is vital to your health and wellness. It plays an important role in your immune system, your mental health and your ability to function well.

Good sleep starts with good habits and routines. But for some people this isn't enough. There are prescription options, but many people are interested in supplements and natural remedies. To learn about natural sleep aids, we spoke to naturopathic doctor Moira Kwok.

Popular natural sleep remedies include:

- **Melatonin:** Our bodies make melatonin naturally. As the evening goes on, our natural melatonin levels increase and help promote sleep.
- **Valerian:** A herbal extract made from a plant that is native to Europe and parts of Asia.
- **Chamomile:** A flower from the daisy family. It's often taken as a tea.
- **Magnesium:** An essential for human health and may help sleep regulation.

To improve sleep, Dr. Kwok ND says she doesn't recommend one specific supplement. Instead, she talks with her patients about what could be causing their sleep challenge.

es. This includes:

- Are they eating healthy? Are their nutritional needs being met throughout the day? She looks at calories and protein intake.
- What are their current sleep habits? She explores their current sleep hygiene.
- Are they under stress? These stressors might be disrupting sleep.
- Are they experiencing hormone imbalances that could be contributing to sleeplessness?

Risks occur when people choose a sleep aid based on what they find online. Instead, speak to a healthcare provider, says Dr. Kwok. She says there are several reasons for this, including:

- The root cause behind the sleep challenge doesn't align with the supplement of choice.
- The supplement may interact with current health conditions, medications or supplements.
- They take the wrong supplement combination or dosage.

Melatonin was approved for use in Canada as a natural health product in 2005. If melatonin is the sleep aid for you, it's ideal to take it before bedtime. The dosage depends on each patient's situation. Melatonin comes in many different forms including gummies, capsules, powders and liquids. When choosing a product, take a good look at the label. She states: *"For example, you want to know how many gummies are equivalent to the dose of melatonin you are taking. Do your research to ensure the product you choose is of high quality. Not all supplements are created equal."*

The most important thing to do when addressing sleep challenges, says Dr. Kwok, is to speak to a health-care provider. *"Talk to someone who's well-versed in the many causes behind insomnia and sleep challenges. They'll be able to create a plan for you. Melatonin on the surface appears to be a 'quick fix' but it isn't the only option out there."*

Source: Lumino Health, November 2022
<https://tinyurl.com/RTO23Sleep>

Stay Active as the Seasons Change

As the days get shorter and the temperature continues to drop, you may find yourself feeling a bit sluggish and wanting to stay indoors. During the summer months, when the sun was shining and the days were longer, it was easier to enjoy a brisk walk or get some exercise while working in the garden.

For adults between the ages of 18 and 65+, the Canadian 24-Hour Movement Guidelines suggest a minimum of 150 minutes of moderate-to-vigorous physical activity each week and strength/resistance training a minimum of two times a week. Meeting these standards is crucial because not getting adequate physical activity increases the risk of developing chronic diseases and dying.

Need a bit of inspiration to get moving? Read on for a few helpful suggestions on staying active through the remaining weeks of fall and throughout the winter months.

Find an exercise buddy - Peer-led exercise programs and peer-support programs can help keep you accountable and motivate you to continue to exercise. Whether it be a walk outdoors or a virtual class online, creating a schedule and committing to a plan with a friend can help you stay on track while making you feel like you are part of a community.

Stretch and strengthen with Yoga and Pilates - Both have many positive benefits to your overall health. They can improve strength, balance and mental wellbeing. They are also generally safe exercises to do from home using digital aids like DVDs, online classes and videos, and mobile apps. Roll out a mat, grab some water and a towel, and make sure you clear some space around you to move. If you're new to either exercise, remember to start slowly and be mindful of your health status and abilities.



Switch up your regular walking routine - Nordic walking is a safe and very effective exercise that is

particularly well suited to older adults. There is evidence that this form of walking provides a better total fitness result relative to regular walking and resistance training in healthy older adults. Using poles during walking can help build arm and upper back muscles. It can be undertaken in various settings, including urban and outdoor locations and on concrete, grass, or artificial track surfaces.

Use your smartphone to help motivate you - Research shows that gamified apps may help increase physical activity levels, especially those with leaderboards that allow app users to see each other's standing and integrate social networking and rewards.

Staying physically active is essential for our mental, cognitive, and physical health at home. Whether trying something new, exercising with a friend, or sticking with a routine you know and love, you'll reap the many benefits of being active.

Source: McMaster Optimal Aging Portal, October 2022

<https://tinyurl.com/RTO23StayActive>



Everyday Ageism: Examples of ageism in our day-to-day lives

Article shared by S. Link, Communications and Marketing, RTOERO

Ageism, like other forms of oppression, plays out on different levels. Ageism exists within institutions and communities, within interpersonal relationships, and can be self-directed. It's possible to be both a victim of ageism and be perpetuating it—likely without even realizing it. Here are some examples of everyday ageism to reflect on:

Expressing surprise at a person's age - You may believe expressing surprise is a compliment. Pause and consider that the implication is there's something wrong with looking "old."

Expressing surprise at someone's skills/hobbies - We might think that as we get older, we're supposed to slow down or be physically or mentally unable to do certain things—like this is some universal truth. It's not.

Staying 39 forever - Why would you want to stay 39 forever unless you thought getting older was negative? Please don't feel bad if you've said this. You're not alone.

"Can't teach an old dog new tricks" implies that older people can't change or learn new things. It reflects the ageism in workplaces where training or advancement opportunities may not be offered to older workers. We don't lose our ability to learn and change as we age.

Elderspeak - Elderspeak describes the tendency to speak louder and slower and sometimes change the words used when talking to an older adult. This relates to infantilizing, which is treating someone as a child.

"You're so old" or "I'm so old" - The phrases are so common that most don't pause to consider what we're saying. The word 'old' is often used to mean something negative. When people say, "you're so old," they don't usually mean, "you're so wise, valuable,

strong and adaptable".

These examples are from an article on the RTOERO website. Read the full article at

<https://tinyurl.com/RTO23Ageism>



Remember When? - 1973

Valerie Sterling, Associate Editor

RTOERO District 23, North York was officially established in 1973 when Murdock McIver, President of District 16, Toronto, introduced the formation of districts for the Superannuated Teachers of Ontario. As we celebrate District 23's 50th Anniversary, we reflect on some of the special events which occurred in 1973.

The quiz questions below may help you remember. Enjoy.

1. What bill was passed to allow construction of a pipeline to access oil from the North Slope of Alaska?
2. What opera house opened in 1973?
3. What two important cases in the US dominated the news in 1973?
4. What is signed between North Vietnam, South Vietnam, Viet Cong and the United States?
5. How much did some things cost in 1973?
 - Average cost of new house?
 - Average Income per year?
 - Average monthly rent?
 - Cost of a gallon of gas?
 - Cost of a dozen eggs?
6. Who won the Ontario Liberal Party leadership election on October 27-28, 1973 to replace Robert Nixon?

("Do you remember when?" Answers on page 15)



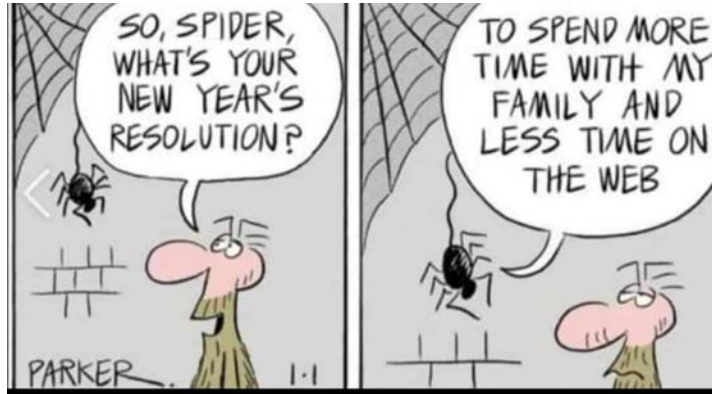


Choices

Mervyn Mascarenhas, Webmaster

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

- Martin Luther King, Jr.



This cartoon only applies to me.

Many of you have likely not visited our new District 23 website:

<https://district23.rtoero.ca>

Please ignore Spider and do explore our new website as we try to make it the **One-Stop** place to go to for all information related to RTOERO District 23, North York. We do not duplicate information available on the parent RTOERO website but make navigation a seamless experience for you.

Online Event Registration and Payment

Last Fall we implemented online event registration and payment. Each event requiring registration is posted on the website. When you register online, you receive an immediate confirmation email and our Treasurer and respective Convener for the event also receive an email notification. If the event has a fee associated with it, you have the choice to pay for it through:

- A cheque mailed to our Treasurer; or
- An online debit/credit card using RTOERO's secure online payment gateway; or
- An Interac e-Transfer to rtoeroNorthYork@gmail.com

THE CHOICE IS YOURS!

If you experience technical difficulties with the form or registration process, please contact me at:

mervyn.mascarenhas@outlook.com.

Some of you are no doubt worried that our technology is

moving ahead much too fast for you. Our dilemma is that our membership spans 50 years. Some of us retired before the Internet, personal computers, tablets and smartphones were invented. Others have had to use them for the past 15 years for report cards, IEPs, etc., and virtual teaching for the past three years since COVID struck us in 2020 - technology is second nature to you.

So, what's the answer? **CHOICE!** We let YOU decide how you are going to register and pay for events.

Thankfully, Vern provides District 23 members a lifeline – his biweekly **e-Devices** Zoom sessions. There are others that also help us with lifelong learning in digital literacy for **FREE** – **Tech Coaches** (<https://techcoaches.ca/>) and **OSSCO** (<https://www.ossco.org/>) to name a few. There is also our favourite resource - [YouTube](#).

Web Archives – District 23 North York

This is where we post resources and/or links to past STONY Bridges magazines, E-Newsletters, governance documents, lists of executives, photographs of events. Vern Paige, our Technology Convener also posts e-Devices meeting recordings, slide decks, and resources there.

Remembering District 23 Executive Members

As a 50th Anniversary initiative, we have developed an online alphabetical directory of all District 23 Executive Members going back to our start in 1973.

<https://tinyurl.com/RTO23HonourRoll>

If we have missed you or someone you know, please complete the webform on this page and we will update the directory.

Twitter

We continue to use it to tweet matters of interest to our members. Follow us at:

https://twitter.com/RTO23_NorthYork

Enjoy the Rejuvenation that Spring brings us!



A Walk Through Yorkville

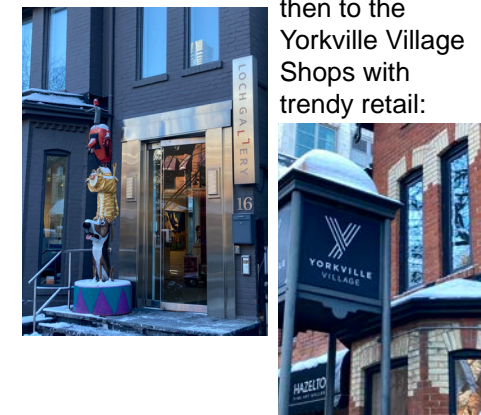
Joanne Famiglietti, North York Strollers Convener

Yorkville was founded in 1830 by an entrepreneur, Joseph Bloore, as a residential suburb. In the '60s, Yorkville became a bohemian culture centre as a haven for artists. Many young Canadian musicians, Joni Mitchell, Neil Young, Gordon Lightfoot, and famous authors Margaret Atwood, Gwendolyn MacEwen, and Dennis Lee got their start in Yorkville.

Following the construction of the Bloor/Danforth Subway line, the land increased in density and, thus, value. The once-residential area became a hub for trendy restaurants, cafes, bars, designer boutiques and art galleries. In more modern times, many luxury condos have been built. The once site of TCDSB (formerly MSSB) St. Basil Catholic School is now the site of luxury boutique condos.

Begin the walk at Bay Subway Station Cumberland exit. Here you find a 650-ton rock formation from the Canadian Shield. It was dismantled and trucked on 20 flatbed trucks. Imagine!!

Walk north to Hazelton Ave. to the Loch Art Gallery then to the Yorkville Village Shops with trendy retail:



Teatro Verde,



Jean Paul Fortin,



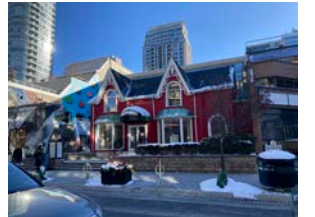
De Bellefeuille,



and Whole Foods.

Walk along Yorkville Ave. to Flo's Diner (a '50s style restaurant),

or Christian Louboutin



or Chanel.

(The Chanel site is the original location of Mount Sinai Hospital).



Continue to Bay St. - at the corner is Pusateri's. Continue along Bloor St. with many more trendy shops and boutiques, or stay on Bay and return via the Bay St. Subway Station.

This is a delightful walk, at any time of the year.

Stay active.

Enjoy!!



Rain or Shine - We Go

Kathy Shorney, Convener

As we welcome Spring 2023, it is time to restart our outdoor activities. Our Pole Walking and **“Just Come for a Walk Group with Friends”** will resume on March 21, 2023. Please see the schedule of places and times below. We welcome all fitness levels as it is done at your own pace.

This is a low-impact activity. Because this is a cardiovascular exercise, it helps manage blood sugar, weight and stress. Nordic poles can be purchased at stores selling sporting equipment. Prices range from \$50 plus. The popularity of this activity is growing for all age groups. The poles provide stability when walking and help distribute stress from your hips and knees to your upper body.



A more comprehensive guide to Nordic Poling is in the Fall RTOERO Renaissance magazine. No need to register, but you could email k_shorney@yahoo.com, so she can establish a fan out list.

We will go rain or shine.

You are welcome to bring a friend. Washrooms are not always available.

Tuesday, March 21, 10:00 a.m. - York Cemetery - west side off Senlac Road. Park near the gates. We usually park on the first left-turn road.

Tuesday, April 18, 10:00 a.m. - Bayview Arena - Bayview and York Mills park in the lot near the stands

Tuesday, May 16, 10:00 a.m. - G Ross Lord Park –enter off Dufferin Street opposite Supertest Road. Park in the large lot past the works yard near the cricket pitch - not the lot near Dufferin Street

Tuesday, June 20, 10:00 a.m. - Downsview Park - enter off Sheppard Avenue West (near Keele), turn onto John Drury Dr. and continue to Canuck Ave and park in the lot near the Discovery Centre -70 Canuck Dr.



Have-a-Java

Elizabeth Clarke, Convener



Have-a-Java continues to provide an opportunity to gather, socialize, renew or create friendships as well as, meet members and convenors of the many District 23 activities.

There are many interesting discussions and exchanges of ideas. We have resumed our in-person events.

We meet at Bayview Village in the east foyer in front of the LCBO on the **third Wednesday of the month between 9:30 a.m. to 11:30 a.m.**

Each member who shows up receives **a subsidy towards coffee and a treat; it has just increased from \$3.00 to \$5.00 per person.** This is a wonderful way to renew acquaintances and welcome new members.

Here are the dates for the next Have-a-Java gatherings:

- March 15, 2023
- April 19, 2023
- May 17, 2023
- June 21, 2023



Hats Off to 50 years!

Olga McKenzie, Needlecraft Convener

2023 holds great promise. Our Needlecraft group enjoys meeting face-to-face to share ideas, projects, and interests. We continue to work on personal projects or items for donation, such as preemie hats, baby blankets, children’s hats, and mitts.

This year we also look forward to working on a project to commemorate District 23’s 50th Anniversary. The Needlecraft group has decided to make at least 50 hats for children in our schools, who may come to school unprepared for our Canadian winter weather. This will be our group’s way of celebrating District 23’s 50th Anniversary. We hope to display our banner **Hats off to 50 Years!** with all our hats attached, at our Anniversary Dinner for all to admire.

Everyone works at their skill level and is always ready to help one another. So, there is always a wide variety of projects for us to enjoy.

We often receive donations of yarn, etc., but one of the most intriguing donations is two wooden patterns. Lots of ideas have been suggested, but they are still just guesses. If you know what these patterns were used for, please let us know! In the same donation, we received lots of patterns from the WWII years, and we spent much time looking through the patterns and adver-



tisements. So, we never know what we are going to get. Everyone is very appreciative of each and every donation.

Our group also contributes items for our raffles offered at our Champagne Breakfast, Holiday Luncheon and Annual Meeting. The articles reflect the interests of our group and vary from one celebration to the next. The money raised at the Champagne Breakfast and Holiday Luncheon is donated on behalf of RTOERO District 23 to the charity District 23 supports that particular year. This year we support One Voice. The money from the Annual Meeting goes to the Foundation, so your donations are well distributed!

On behalf of the Needlework group, we would like to thank all those who support us through your buying of raffle tickets and donations. If you want to participate in our group, please feel free to attend our meetings. Everyone is welcome.

Upcoming Meetings

- March 9, 2023 (not the 3rd Thursday)
- April 20, 2023
- May 18, 2023
- June 15, 2023



Do you remember when? Answers...

Valerie Sterling, Associate Editor

Answers to the 1973 Quiz questions “Remember When? - 1973” on page 11

1. The Alaska Oil Pipeline bill was passed to allow construction of a pipeline to access oil from the North Slope of Alaska.
2. The Sydney Opera House opened on October 20, 1973.
3. In the US two important cases dominate the news with Roe v. Wade making abortion a US constitutional right on the 22nd January and the start of the Watergate hearings in the US Senate.
4. The United States ended its involvement in the

Vietnam War after the signing of the Paris Peace Accords during January. The agreement was signed between North Vietnam, South Vietnam, Viet Cong, and the United States.

5. Cost of Living in 1973 – How much did things cost?
 - a. Average Cost of new house \$32,500.00
 - b. Average Income per year \$12,900.00
 - c. Average Monthly Rent \$175.00
 - d. Cost of a gallon of Gas 40 cents
 - e. A Dozen Eggs 45 cents
6. Robert Nixon changed his mind about running for re-election of the Liberal Party at the convention, ran and won.



Books we are Reading & Discussing

Sylvia Skippen, Book Club Convener

This year, the RTOERO District 23 Book Club decided to try a hybrid model for meetings. We met virtually in September and November but used a hybrid model in October, supported by Meeting Owl Pro technology. Feedback was positive from those attending the meeting in-person and those who preferred to join digitally using Zoom.

Some members prefer virtual meetings as it saves travel time. One member, who had contracted COVID, was pleased she could attend in the comfort of her own home and not infect others. While on vacation, some members have liked participating in and contributing via Zoom. When we had a significant snowstorm this January, everyone appreciated meeting by Zoom and not having to contend with the weather conditions.

Other members miss the opportunity to socialize with members and find in-person meetings allow for more interaction and connection with others. We found that the hybrid model satisfies the needs of both groups. Although the hybrid model in October was very successful, we concluded we would meet virtually for January and February, when the weather is unpredictable. We will revisit the possibility of meeting in March using the hybrid model when the weather improves.

We have had a pervasive and relevant book selection this year. We have been fortunate to have facilitators who provide interesting questions, analysis of the book, and the author's background. Many of us find the discussion stimulating and very thought-provoking. Participants claim to come away with new insight, not only about the book but the plight of others. The characters in the books are relatable, and we become sympathetic to their injustices. Sometimes it has inspired us to take action for change.

It is an excellent group of people who come prepared to discuss the books in depth. Many of the members have shared their experiences and knowledge. Not only the facilitators but the participants make the book club impressive. We often have twenty members attending, but it is a respectful group where members listen to each other, and everyone can have an opportunity to express their point of view. This is the group for you if you are looking for an entertaining and energizing group discussion.

We look forward to discussing the following books:

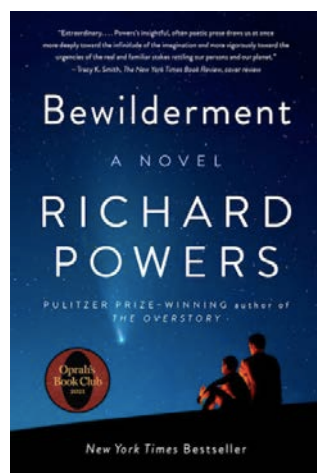
Bewilderment

by Richard Powers

March 29, 2023

Facilitator: Sally Plumb

Theo Byrne is a young, promising astrophysicist. He is a widowed father of an unusual nine-year-old child. His son is funny, loving, feels deeply, and adores animals. He is also on the verge of being expelled from school for a violent interaction. Over the years, three physicians have prescribed different medications and three different labels for his son's condition. Theo hopes to keep him off psychoactive drugs. He learns of an experimental neuro-feedback treatment to bolster his son's emotional control, which involves training the boy on the recorded patterns of his mother's brain. *Bewilderment* marks Richard Powers' most intimate and moving novel.



Tuscan Daughter

by Lisa Rochon

April 26, 2023

Facilitator: Gail Murray

Previously a non-fiction writer of *Up North: Where Canada's Architecture Meets The Land* and a *Globe and Mail* architecture critic and columnist from 2000-2013, Rochon's crossover to historical fiction is a success. Meticulously researched, Rochon's captivating novel is rich in detail; we sense what it is to live in 16th-century Florence.



This is an engaging novel for lovers of art, history, and the Renaissance. We feel that we know her well-developed characters and her vivid portrait of time and place. In 1500 Florence was a city of wealth and artistic genius but also a place of fierce political intrigue. A peasant girl, Beatrice, finds herself alone after her father is killed and her mother disappears. She must come to the city to sell her family's olive oil to survive and search the streets and opium dens for

her missing, grieving mother. Beatrice sells olive oil to the artists—Michelangelo, Leonardo da Vinci, and Botticelli—who work to elevate the status of the Florentine Republic.

The story reveals a human side to these expert artists. Beatrice befriends Michelangelo as he struggles to sculpt David. She accompanies her neighbour and healer, Agnello, to attend the ailing Lisa Gherardini, whose portrait her silk merchant husband has arranged for da Vinci to paint. We know now that this will become his most celebrated work, *Mona Lisa*.

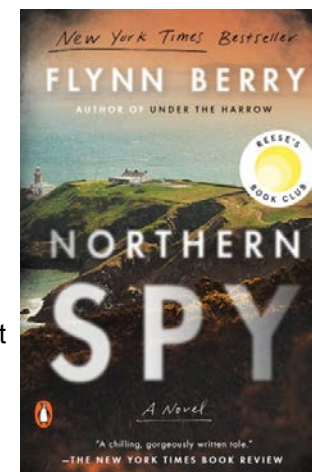
The Northern Spy

by Flynn Berry

May 31, 2023

Facilitator: Maureen Capotosto

This is a riveting and exquisite novel about family, terror, motherhood, betrayal, and the staggering human costs of an intractable conflict. A producer at the Belfast bureau of the BBC, Tessa, is at work one day when the news of another raid comes on the air. The IRA may have gone underground after the Good Friday agreement, but they never went away. As the anchor requests the public's help locating those responsible for this latest raid - a robbery at a gas station, Tessa is shocked when her sister appears on the screen. Tessa is appalled as she believes her sister, Marian, is vacationing by the sea. The police believe Marian has joined the IRA. Tessa finds this difficult to consider as they were raised to oppose violence and Republicanism. When the truth of what has happened is revealed, Tessa will be forced to choose between her ideals and her family, being a bystander and acting. She fears her decision will harm the one she loves more fiercely than her sister: her infant son.



We always welcome new members, and you are not obliged to attend every meeting. We meet on the last Wednesday of the month at 2:00 p.m. for approximately one and a half to two hours. The Zoom meeting invitation is sent to all who have indicated an interest in attending the book club meeting for that particular month. If you wish to participate in the book club, please email me a few days before the meeting date to ensure you are included in the Zoom invitation. I also would like to know if you prefer to meet in person. I often send out an email reminding members of the meeting and advising them if they want to attend. Also, information is published in the monthly e-Newsletters sent at the beginning of the month.

Contact: Sylvia at sylvia.skippen@hotmail.com

Susie's Little White Cat

"Sweetie Pie"

My friend Susie's gentle little cat "Sweetie Pie" is a very curious little girl. Look now! her pink ears uplifted: Listening, listening...

Her lovely, deep blue eyes move quickly. Full alert over the garden, She's running now: Up, up the garden steps she goes. And into her house. Scattering all before her.

And then, out and down the garden steps again: Quickly, quickly, no time to waste! She's now a little white puff. Intensely examining the spring green grasses. Her pretty pink nose sniffing, sniffing.

Sweetie Pie, what a lesson you are in curiosity! You move with the speed of light: Here, there, everywhere, then gone again!

Your great joy so very tangible... Oh! Happy little girl, My little fluffy friend in your great hurry. To discover all, to explore all. In your wonderful, big wide world.

Bev Gorbet, Member





Milk Bag Weaving Activity – All Welcomed

Sharon Gusz, Member District 34, York Region

Sharon Gusz, a member of District 34 York Region, organizes this project at two locations. District 23, North York enthusiastically supports this activity and encourages members to join in at either the St. Gabriel's Parish location in North York or at Our Lady Queen of The World Church in Richmond Hill. Choose the location that is most convenient for yourself.

The project involves weaving milk bags into sturdy mats. Volunteers cut up the bags and others weave them using large looms designed for this purpose.

The mats are shared locally with homeless people, as well as shipped overseas to countries in need by Canadian Food for Children. For more information on the project, please visit milkbagsunlimited.ca.

St. Gabriel's Parish Weaving Group - Third Wednesday of the month

St. Gabriel's Parish, 670 Sheppard Ave. E, North York (entrance must be off Elkhorn) - easy access with no stairs.

- Wed., March 15 1:00 - 3:00 p.m.
- Wed., April 19 1:00 - 3:00 p.m.
- Wed., May 17 1:00 - 3:00 p.m.
- Wed., June 21 1:00 - 3:00 p.m.



Our Lady Queen of the World Church Weaving Group

Our Lady Queen of the World Church, 10411 Bayview Ave, Richmond Hill - downstairs which is accessible from the Northeast corner of the building right at the back. There are many stairs, but an elevator is available.

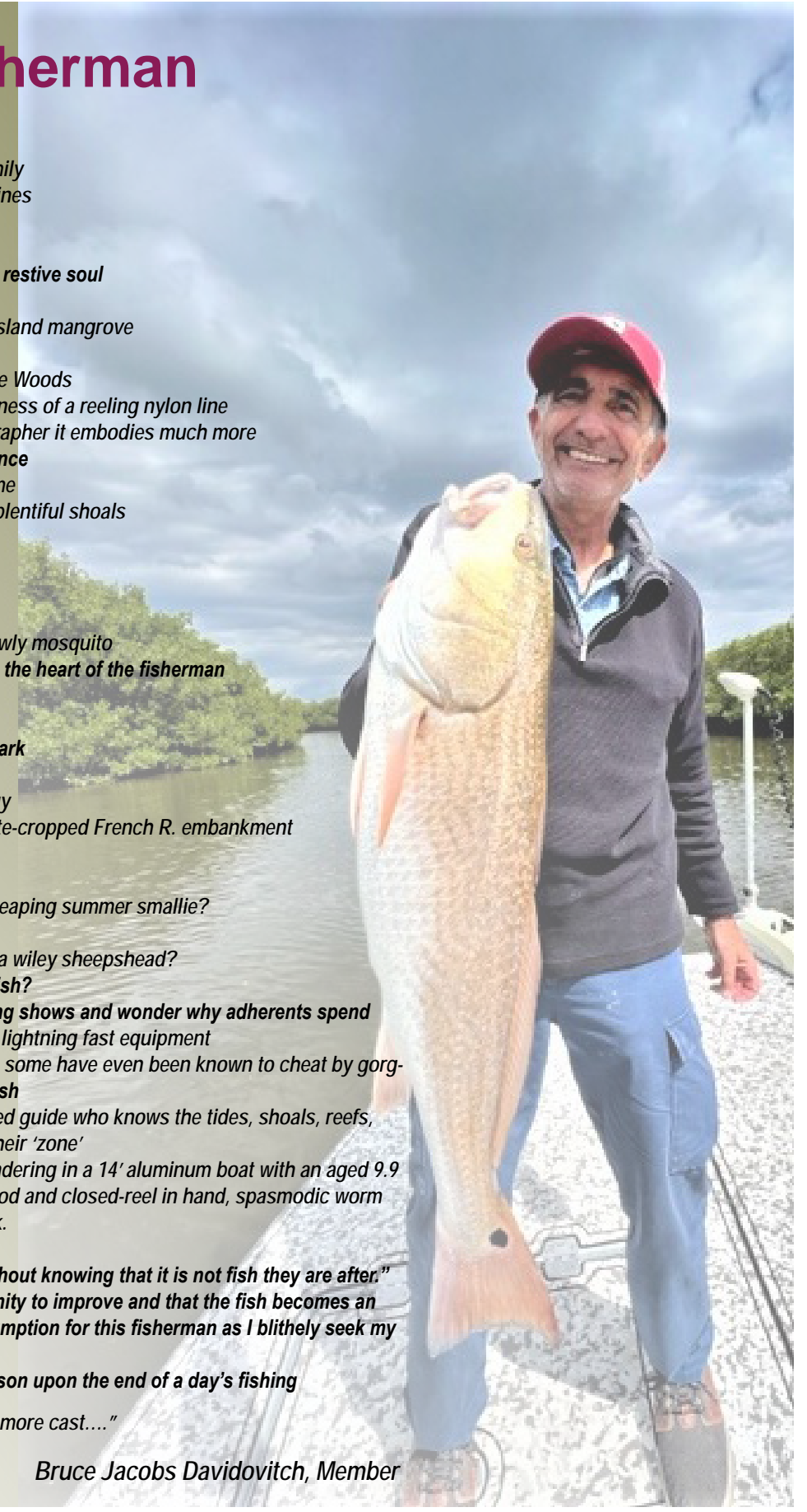
- Wed., March 1 1:00 - 3:00 p.m.
- Tues., April 4 9:30 - 11:30 a.m.
- Tues., May 2 9:30 - 11:30 a.m.
- Tues., June 6 9:30 - 11:30 a.m.

Contact Sharon Gusz, sharongusz@gmail.com for additional information or to be placed on a mailing list for reminders. Kindly place **milk bag weaving** in the subject line to avoid your email ending up in spam.

A Retired Fisherman

At times I believe I retired solely to fish
 Oh sure, I love spending time with my family
 Spoiling my grandsons Indulging my canines
 Obsessively hiking and biking
 Traveling to warmer climes
But fishing is the pursuit that soothes my restive soul
 In sunrise mists on a Kawartha Lake
 In the mid-morning brilliance of a Marco Island mangrove
 In the heaving swells of Biscayne Bay
 In the chill autumnal sunset of Lake of The Woods
 It's not just the thrill of the strike, the tautness of a reeling nylon line
 As a retired educator, historian and geographer it embodies much more
Am I a courier de bois fishing for sustenance
 An aboriginal trapper seeking elusive game
 A commercial trawler captain harvesting plentiful shoals
 And nature's calls...
 A haunting loon's tremolo
 The skree of an osprey
 The snort of surfacing dolphins
 Even the constant cloying whine of the lowly mosquito
The names of my quarry strike reveries in the heart of the fisherman
 Amberjack, tarpon, goliath grouper
 Stripers, walleye, muskellunge
Peacock bass, clown knifefish, bonnet shark
 Mahi Mahi, pompano, black drum
 I'm usually a catch-and-release kind of guy
 Though a pickerel shore lunch on a granite-cropped French R. embankment
 is unbeatable
 No Dover Sole at the Ritz Carlton for me
 How do you explain the blissful fury of a leaping summer smallie?
The vertical skitter of a ladyfish?
 The wary suck-and-spit, suck-and-spit of a wiley sheepshead?
The balloon-like inflation of a porcupine fish?
Do you watch the weekend morning fishing shows and wonder why adherents spend
tens of thousands of dollars on high tech lightning fast equipment
 Fly to exotic destinations in tournaments, some have even been known to cheat by gorging
lead weights in the bellies of landed fish
 I'll gladly pay the freight for an experienced guide who knows the tides, shoals, reefs,
 drop-offs and habits of prey endemic to their 'zone'
 Still, there is something about lazily meandering in a 14' aluminum boat with an aged 9.9
 hp Evinrude churning the waters - basic rod and closed-reel in hand, spasmodic worm
 dangling enticingly from a pin-sharp hook.
 Famously, Henry David Thoreau wrote:
"Many men go fishing all of their lives without knowing that it is not fish they are after."
Perhaps it is that each cast is an opportunity to improve and that the fish becomes an
afterthought. But that is too lofty an assumption for this fisherman as I blithely seek my
quarry
And that leaves me with the words of my son upon the end of a day's fishing
 "C'mon dad, there's still time for just one more cast..."

Bruce Jacobs Davidovitch, Member



The Birth of STO/ERO

Excerpted from material first published in 1993 in the STO/ERO Book of Memories

by Arthur McAdam (1899-1993), First President of the Superannuated Teachers of Ontario (STO/ERO), 1968-69

I would like to tell you about the birth of STO/ERO. To begin, I shall use a saying I heard when I was a boy: "It was the last straw that broke the camel's back." We shall leave the camel with its driver, but we shall retain the last straw.

In 1965, the Canada Pension Plan was introduced to take effect on January 1, 1966. Premier John Robarts determined that this pension should not be stacked on top of pensions to which the Ontario government contributed and which it guaranteed. At a meeting with the Ontario Teachers' Federation

She lamented to me that the superannuated teachers were not organized.

(OTF) he proposed that the teachers' contributions to the Canada Pension Plan be paid out of the 6% contribution to the Teachers' Superannuation Fund. When a teacher retired, that person would receive a pension earned by the combined contribution – in no case would it be less than a regular superannuation pension. If the combined pension were more than a regular pension, the teacher would get the benefit.

At about the same time, the government voted to compute teacher pensions on the best seven years' salaries – a real improvement since salaries were rising. But when OTF enquired what the government intended to do for those already on pension because they had contributed the 6%, too, the answer was "Nothing."

NOTHING? Nora Hodgins, Secretary of OTF, was perturbed. For 20 years the welfare of these people had been part of her responsibility. For them to be ignored

was of great concern to Nora. She lamented to me that the superannuated teachers were not organized. If they were, their numbers and expertise could be combined with OTF and maybe the government could be persuaded to do something for those who had taught on low salaries and had low pensions.

I listened attentively because I was one of those whose pension was computed on the best 10 years' service. Her plan seemed reasonable and I thought that as long as she was perturbed there was a chance we might achieve something! Having thought over what Nora had said, I wrote to her outlining a plan for the organization of the superannuated teachers.

In a teachers' meeting, if you dared to move a motion or offer a constructive suggestion, you found yourself with a job...in due time I received a letter on OTF stationery: By motion of the OTF Executive, I was instructed to form a committee and proceed to organize the superannuated teachers!

I discussed the matter with Norman McLeod and he agreed to help. We formed a committee of 10. OTF adopted us as one of its committees and paid our expenses and let us use its facilities. We owe a great deal to OTF for its help. Without it we could not have started.

We drafted a letter to all superannuated teachers stating our purpose, the form of a proposed constitution and the objectives for such an organization. This was approved by OTF. The letter asked each person to submit the name of a retired teacher who had been a member of that person's former affiliate and who consented to be nominated for election to an organization of retired teachers. This letter was mailed to every superannuated teacher in Ontario. We did not receive 4,000 nominations, but there was a mail bag full!

The nominations were sorted into five piles, one for each affiliate of OTF. The six names receiving the most nominations in each group were put on a ballot. The Teachers' Superannuation Commission sent the ballot to every superannuated teacher and requested that the person vote for any four nominees. The four names in each group receiving the most votes were declared elected. This made a Senate of 20 members – a Senate elected by all of the superannuated teachers.

That was the strangest election ever held on earth

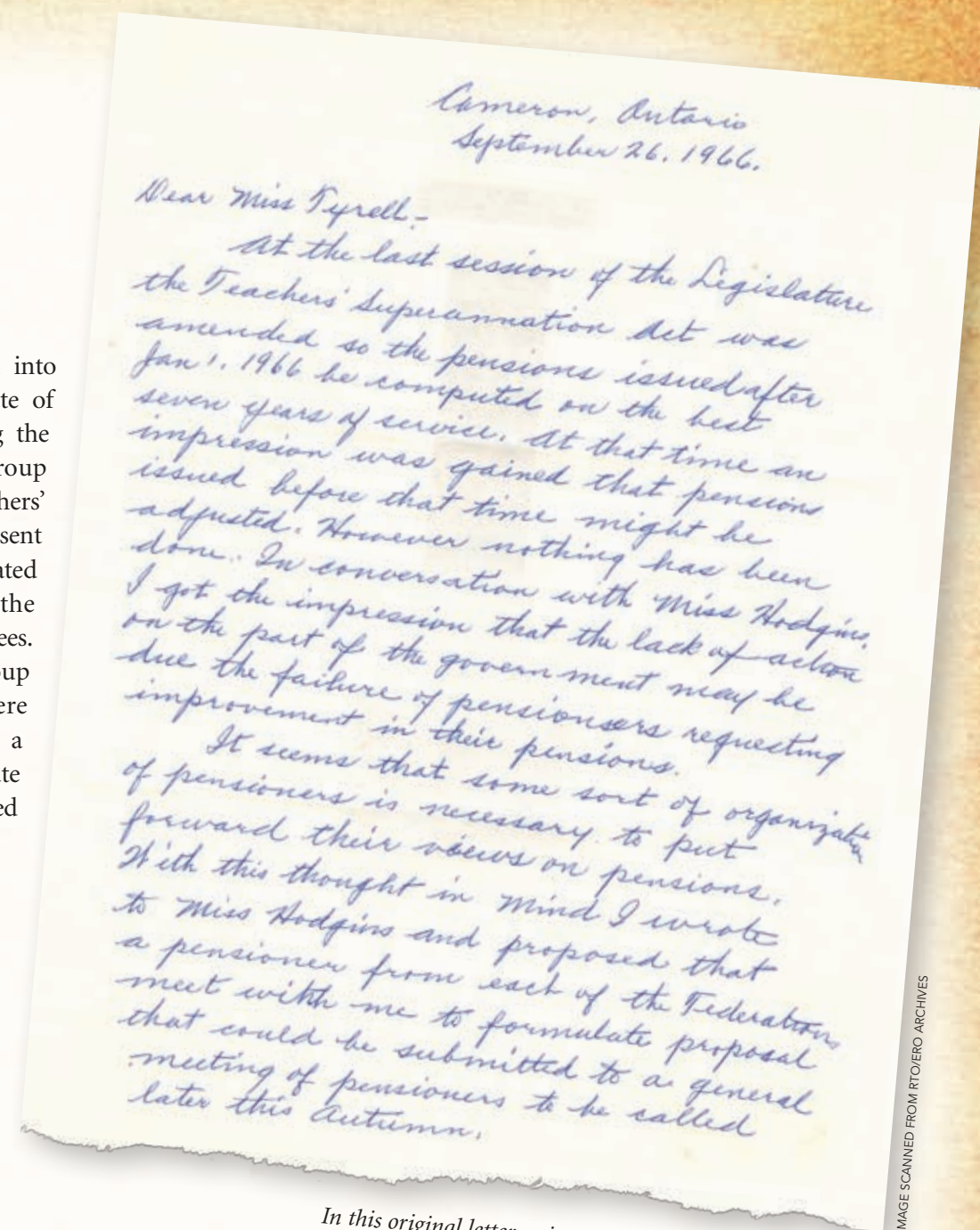
But no one started a riot or bought votes with a bottle's worth.

So without the blare of trumpet or shouts from them that remain,

Silently down from many a town the curious senators came.

A day was set for inauguration. When all were assembled an executive was elected. Someone nominated Art McAdam as president; someone moved that nominations close. In like manner, Norman McLeod was elected vice-president and Marion Tyrrell secretary-treasurer.

STO/ERO was born!



In this original letter written by Art McAdam in Cameron, Ontario on September 26, 1966 he asked Marion Tyrrell to join him at a meeting of pensioners representing the various Ontario teacher affiliates to formulate a proposal regarding the improvement of pensions.

IMAGE SCANNED FROM RTO/ERO ARCHIVES

Garden for all Seasons

Spring brings bouncy scarlet tulips,
bursts with blossoms – Magnolia, Eastern Redbud,
rifts of golden daffodils

Spring green is soft,
tones of lime, chartreuse
like an infant still forming,
gentle on winter weary eyes.
Fluffy goslings chatter, splash into the creek.
In the valley sheltered from wind
Rhododendrons dance in the dell
parade in purple
as regal waxy magnolia
transport to antebellum plantations.

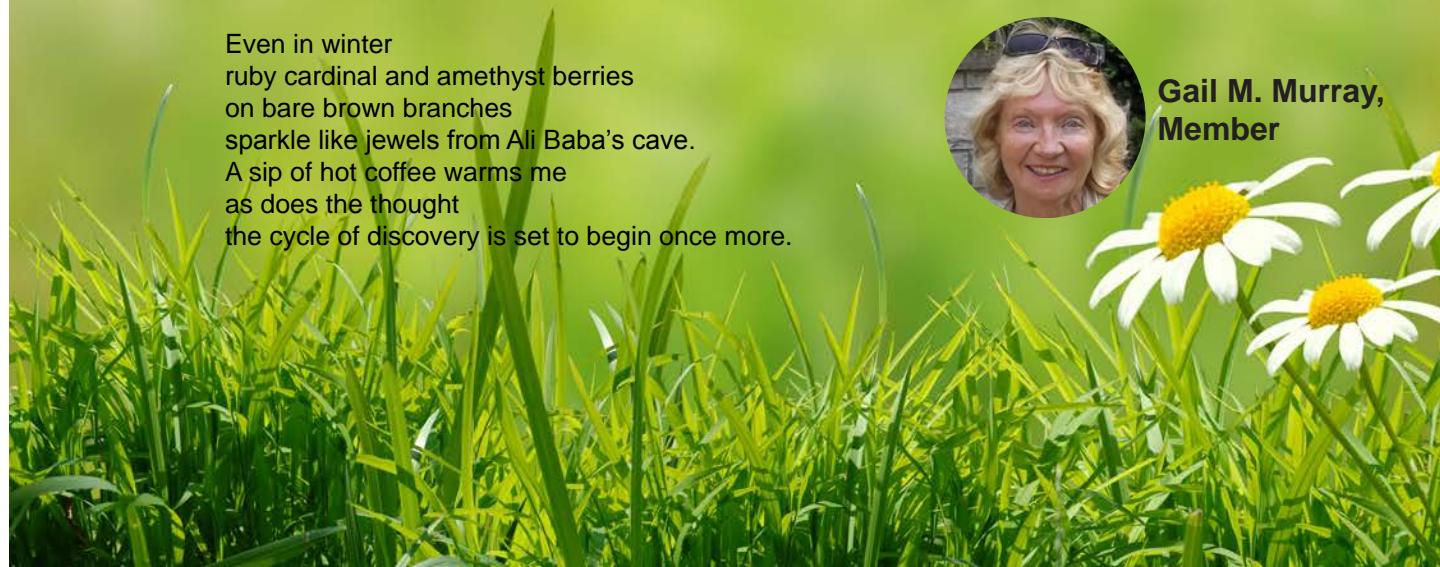
Sumptuous saucer-shaped peonies
announce summer's arrival
Willowy grasses sway in the breeze
Baird's stainless steel *Garden Web* gleams against brilliant blue
Bees cavort among coneflowers.
The winding water channel cools
Japanese Maples offer subtle shade
Faerie roses blush pink; make us believe.

Autumn, I leave the trodden path
walk from Edwards Gardens to Sunnybrook
dodging cyclists, strollers, dogs,
lovers shooting selfies,
hills now scarlet and gold.

Even in winter
ruby cardinal and amethyst berries
on bare brown branches
sparkle like jewels from Ali Baba's cave.
A sip of hot coffee warms me
as does the thought
the cycle of discovery is set to begin once more.



**Gail M. Murray,
Member**



Enjoy Toronto Botanical Garden

Gail M. Murray, Member

Join me as we tour Toronto Botanical Garden/Edwards Gardens at 777 Lawrence Ave. E. (Lawrence & Leslie). There is ample parking, and the gardens are serviced by bus. At the entrance, notice the dolomite elephant by the living green sculpture of Cornelian Cherry



and Purple Beech.

Stroll down the Entry Garden designed by Dutch nurseryman Piet Oudolf whose new wave planting style

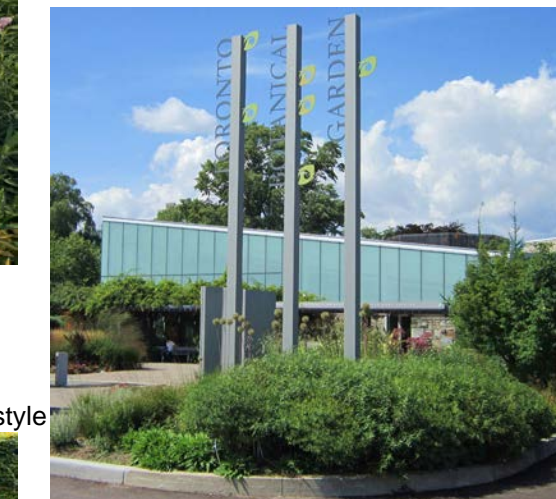


combines perennials and grasses. There's a structure to the tour, yet blooms are ever-changing. Their rhythmic swaying adds drama to this sophisticated meadow.

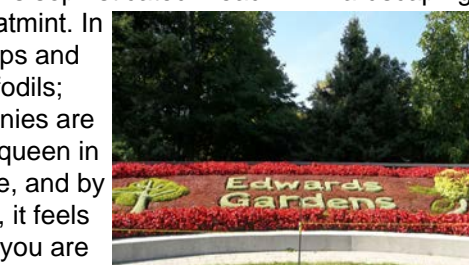
Bees love Coneflowers and Catmint. In spring, bulbs reign, rifts of Iris, Tulips and Daffodils; Peonies are the queen in June, and by July, it feels like you are wandering through a meadow among



fluttering Monarchs.



Wander Westview Terrace, a sheltered area with aromatic plants (Viburnum, Daphne, Lavender), delicate Faerie Roses, waterfalls, and a water channel to soften the cool hardscaping of the paved courtyard.



Sculpture, long a tradition in formal French (Versailles) and Italian Renaissance gardens (Villa d'Este), is becoming popular in North America. In 2018, Toronto Botanical Garden



Open the black wrought iron gates and enter Floral Hall Courtyard - my "Secret Garden" - designed to thrill your senses. Hear water ripple down the water curtain, see mauve wis-



teria and trimmed boxwood, smell fragrant David Austin Roses, touch fuzzy Lambs' Ears and straight soldier Horsetail, and enjoy the peace and serenity of a green and white palette. The main building houses offices, bathrooms, a large auditorium (lectures, plant sales, and wedding receptions), a teaching classroom, an eclectic gift shop, and the most extensive horticulture library in Ontario.



hosted Zimsculpt displaying over one hundred pieces of hand-carved stone from Zimbabwe, Africa. A sleek heron stands tall in the Westview Terrace. The Garden Web, a stunning nine-meter-high stainless



steel modern sculpture by Ontario College of Art graduate Ron Baird, gleams against the brilliant blue, a piece of whimsy and imagination.

The Knot Garden demonstrates the formal art of shaping and pruning plants into geometric patterns, mostly Boxwood, Japanese Yew, and Privet. These formal gardens were popular in 17th and 18th century France, Versailles, and the Gardens of Love at Chateau Villandry in the Loire Valley.



his design.

Continue walking to the wooded area at the end of the Carpet Beds. Here members of the Milne family lie at rest in a private cemetery. The Milnes were Scottish settlers who farmed this area in 1817 and ran a mill on Wilket Creek. In autumn, it's magical to descend the winding pathway through the forest of golden Maples to the creek in the valley. Feel like a hike? To your left, you can leave the park and follow the path along the creek and woods, walking to Sunnybrook Park. This little hike takes about an hour. Upon return, enjoy the rushing waterfalls, mallards, rock gardens and, in June, Rhododendrons dancing in the dell. But I've diverted from my set tour.



From the Carpet Beds, head to Rupert Edward's original barn (café) and stables. The Edwards Summer Music Series free concerts are held in this large courtyard. The music varies from jazz to rock and roll to flamenco.

Donated by the Toronto Historical Society, the bronze plaque delineates the park's early history. Rupert Edwards purchased the property (31 acres) in 1954 to fulfill his dream of a country estate with wide open spaces. Calling it Springbrook Farm, he set about creating one of the finest landscape gardens



in Toronto, including a nine-hole golf course and rockery of Credit Valley stone to prevent erosion. Ten years later, when developer E.P. Taylor was creating Don Mills, one of the first subdivisions, Taylor offered Mr. Edwards \$500,000, a considerable sum at the time. Fortunately for us, Mr. Edwards sold his property to the city of Toronto for \$150,000 with the stipulations his name would remain, and it would always be free.

When the Edward's home burned down in 1962, up-and-coming architect Raymond Moriyama was chosen to design a shelter on the foundation of the former home – a shady respite and perfect vantage point to view the valley. Moriyama created the Civic Garden Centre, The Bata Shoe Museum, and The Ontario Science Centre. Japanese tea house and west coast themes are evident in

The charming fountain and stonework by the towering Willow trees are the creations of Len Cullen, who later developed Weall and Cullen Nurseries (now Sheridan). Len's son, a renowned garden writer, Mark Cullen, is an honorary patron and huge supporter of TBG.

In addition to fabulous gardens, TBG offers horticulture courses, a hands-on teaching program for TDSB students, various events such as book launches, craft shows, yoga in the garden, plant sales and Through the Garden Gate - the most exquisite garden tour

in Ontario – spotlighting a different area of the city each time, e.g. Rosedale, Swansea, The Beach – where members of the public can discover charming private gardens.

To learn more or sign up for a tour, visit www.torontobotanicalgarden.ca. Whether you join a guided tour, stroll quietly through the gardens, sit under a tree to read, take a class, or meet a friend for a cappuccino in the courtyard – enjoy the beauty and the respite.

Note: After retiring from teaching, Gail became a volunteer tour guide at Toronto Botanical Gardens.

Secret Garden

The child in me cannot resist touching feathery branches of the Larch opening tall black gates entering Floral Hall Courtyard.

Not to me... my secret garden, not unlike Burnett's hidden garden Escape the crush of traffic on Lawrence strollers that nip at heels like vixens giddy youngsters running round and round the spiral mound.

Transparent etched glass walls welcome espaliered cherry trees keep tour groups at bay.

Perhaps I'll meet a bride dreaming of elegant nuptials made magic by candlelight reflected off pale blooms in soft evening glow.

Listen, water trickles down the water curtain over silvery chain mail collects in a quiet pool fragrant David Austin roses perfume humid summer air.

Touch, brittle horse tail rushes standing warrior straight ancient mauve wisteria slowly climbs rigid grey Credit Valley stone Bend low pet the woolly lamb's ears run your fingers against lavender whose oil scents and soothes. Linger.

Gail M. Murray, Member





In-person RPW's are back again!

Anne Marum, Recruitment Convener

Good News!

In-person RTOERO Retirement Planning Workshops are back again!

In addition to ongoing virtual Workshops, four **In-Person RTOERO Retirement Planning Workshops** will take place in the GTA over the next few months. Participants may register on the RTOERO website:

<https://rtoero.ca/events/retirement-planning-workshops/>

The first confirmed date is:

District 16, Toronto
Saturday, March 4th, 2023 9:30 a.m. – 12:00 p.m.
Courtyard Toronto Downtown, 475 Yonge Street.

March, April and May dates will be uploaded to the RTOERO website upon confirmation of dates and locations.

RTOERO reminds us that

“All employees in the broader education community (teachers, administrators, educational support staff, early childhood educators and college and university faculty) are invited to attend our Retirement Planning Workshops!”

Please share this invitation with your family, friends, acquaintances, and colleagues. Ongoing Recruitment is crucial for the healthy growth of RTOERO.

Finally, for the Top Reasons to join RTOERO, visit:

<https://tinyurl.com/RTO23Top10>



Invitation for Community Grant Considerations for 2023 -2024

Cheryl Paige, Community Service Convener

Community Grants are designed to encourage RTOERO Districts to support and partner with local organizations to promote projects that will help our organization meet our strategic goals of improving the lives of members and seniors; being the trusted voice for the broader education communities; and broadening our membership base.

This year RTOERO Districts charities are eligible to receive grants of up to \$4,000 for community projects that advance these strategic goals.

If you have any suggestions for a charity that we could support next year, please let Cheryl Paige know:

cheryl.m.paige@gmail.com



One Voice

Cheryl Paige, Convener - Community Grants & Scholarships

One Voice is the Community Service Project that RTOERO District 23, North York, is supporting this year.

A \$4000 grant from RTOERO has contributed to this multi-faith project designed to address Domestic Violence.

Our series of webinars provides informative sessions with speakers who share information related to Domestic Violence and provide us with a deeper understanding of the issues, especially as they relate to seniors. We share some strategies on ways that we might support a person who may be experiencing Domestic Violence. One Voice is a multi-faith group that has designed a **ToolKit** for Faith Leaders in the GTA. Our grant money, along with the donations raised by the Needlecraft group of \$585, was used by the ONE Voice Project to support their website development.

One Voice leaders share information from their work in a series of 3 webinars.

One Voice
MULTIFAITH WOMEN WORKING TO
END VIOLENCE AGAINST WOMEN



Out of the Shadows: Empowering Awareness of Domestic Violence

Session 1: Thursday October 13, 2022

The speakers for the first session were Dr Nazilia Isgandarova, Iman Irshad Osman and Eva Karpati.

Webinar One focused on the broader scope of Violence Against Women (VAW) and coercive control in Canada today and its impact on our community members' physical and emotional health.

The video recording of this powerful presentation is available on our website at:

<https://tinyurl.com/RTO23dv1>

How to Recognize Abuse When It “Doesn’t Bleed”.

Session 2: Wednesday, February 1, 2023

The speakers, including Margaret of One Voice and Ariella Boehm (<https://www.ariellaboehm.com/>), explained to the participants ways to recognize the signs of Violence Against Women and coercive control, as well as indications of trauma. They also suggested how to help victims using essential questions and supportive responses.

For details and to see the video recording, go to:

<https://tinyurl.com/RTO23OneVoice2>



Formulating an Escape Plan

Session 3: Wednesday, April 26, 2023 (10 a.m. to 11 a.m.)

Topics to be covered include:

- Connecting with community resources which help;
- How seniors can be proactive to protect themselves from abuse;
- Accessing the One Voice resource kit and website.

REGISTER at: <https://tinyurl.com/RTO23OneVoice3r>

We have been delighted to work with Eva Karpatti, National Council of Jewish Women Canada, Toronto (NCJWCT) and Margaret of One Voice in planning these sessions.



Recognizing Abusive Patterns

Margaret from One Voice

“Abuse doesn’t always bleed” means that there are less obvious ways that abusers can take advantage of others. Domestic Violence is a pattern of behaviours intended to assert control over someone over a period of time. This is known as “coercive control.”

Most abuse begins almost invisibly, with the abuser attempting to discover which methods are successful to coerce the victim to submit to them. Over time, the abuser discovers more ways to make the victim comply, and victims concede to the demands out of guilt, fear, and shame. Abusive patterns increase over time to include more kinds of control and to intensify the control. The first form of coercive control is often emotional or verbal, such as put-downs, name-calling, insults, blaming and gaslighting, but is by no means limited to any of the categories or examples of behaviours listed. Abusers try to avoid any obvious physical marks, as they do not wish to be discovered or reported to authorities; however, statistics show that psychological abuse almost inevitably leads to physical confrontations and physical abuse over time.



Economic Abuse: Oversees/controls decisions relating to money, education, training, and access to these things with the intention to limit independence and well-being.

Sexual Control: Uses sex as a means of control; strips them of their right to refuse unwanted advances, touching and consent.

Physical Control: Uses strength/movements to intimidate and harm them by punching, choking, kicking, restraining, hitting, and using the body as a weapon or using actual weapons such as knives, guns, etc.

It is essential to understand that abusive behaviours escalate and intensify over time, from insulting comments to threats to possible physical assault. Seniors may be especially vulnerable to intimidation, financial abuse, blaming, and emotional and verbal forms of control. As seniors age and their health deteriorates, ultimately, others take charge of paying bills, assigning caregivers, and restricting the environment. Financial abuse is very common for seniors.

Signs Of Trauma and the Importance of Believing Victims

Victims of coercive control usually display signs of trauma, such as fear, withdrawal, isolation, anger, sadness, and depression as their situation becomes more desperate.

Occasionally, victims have physical marks of abuse, but these are not typically visible in places which are easily seen, as abusers do not want authorities to know. If seniors have bruise marks along the wrists, arms, or ankles, it could be that they have been physically restrained.

Mis-prescribing of drugs to seniors is also an issue, and these may be used to keep victims of abuse silenced.

Other signs of trauma include dependency, unwarranted optimism, suicidal thoughts and self-harming behaviours. Victims may be so traumatized (and this is the goal of abusers) as not to recognize that they are being abused, and they may defend the abuser, as the tactics of the abuser are difficult to understand. Victims are ashamed to discuss it. Victims may discount what is happening and find it challenging to acknowledge it, blaming themselves instead of the abuser.

Some Typical Forms of Abuse

Intimidation: Public humiliation, surveillance, threats designed to scare the victim into silence, verbal abuse.

Emotional/Spiritual Abuse: Blaming the victim for failing to obey, threatening violent discipline for perceived spiritual transgressions, gaslighting, comments designed to erode self-esteem, micromanaging daily tasks related to appearance, home management, etc.

Isolation: Asserts control over the victim’s movements and relationships with friends/family/community; controls access to communication tools such as phone, computer, internet, and use of auto/transit; uses threats to keep them silent about what is happening.

Use of Male Privilege: Uses cultural norms to justify male dominance.

Exploitation of Children: Uses children as pawns as a means of silencing them and instilling fear and obedience.

Blaming: Uses cultural and religious justifications to belittle their character and integrity, lessening their self-confidence and self-respect.

When victims display poor coping skills, they should not be blamed in any way for the unacceptable abuse they are experiencing. They need to be affirmed, believed, and helped.

Abusers understand completely the psycho-social dynamics that cause victims to delay or avoid seeking help, which may cause family/community members to misunderstand what comes into view. They will often manipulate these dynamics to work against the possibility of community support for the victim.

If you suspect someone you know may be experiencing abuse, starting a conversation with them is important.

Do you know someone who....

- constantly makes excuses for their partner’s poor conduct?
- is shamed or treated poorly by their partner in public?
- is told exactly what to do and say by their partner?
- has a partner who has been reported to the police?

Supportive Responses

We can support victims who are in situations of abuse by affirming them, believing what they are saying and respecting their pain. We should then

- **Recognize** the signs of abuse,
- **Respect** anyone experiencing abuse,

- **React** by taking supportive action in their situation,
- **Refer** the individual to community support and resources,
- **Rally** by providing community education about abuse.

A healthy relationship includes a safe environment, an equal partnership, belief, and validation of one’s identity as well as religious beliefs, the ability to voice independent opinions and thoughts without fear, and mutual respect.

One Voice would like to take this opportunity to thank RTOERO District 23 for their generous donations to our Project, which will help support women in situations of Domestic Violence to access our resources, as well as community expertise.



4 Ways to Think about Retirement ... and money isn’t one of them

An article shared by S. Link, Communications and Marketing Committee @ RTOERO

About 5000 Canadians will retire this week alone. We all want people to have their best life in retirement. But what defines a meaningful retirement? Here are four ways to think about retirement.

- **There’s no one size fits all retirement.** Try not to be swayed by what you see around you. Do some reflection about what you want.
- **Value emotional preparedness.** There’s no way to know what the transition to retirement will be like emotionally until you go through it. You can take steps to support your mental health. Read rtoero.ca/how-to-prepare-for-retirement-emotionally/ for tips.

- **Retirement life comes in stages.** Retirement changes as you do. However you define retirement, it’s a journey – yours to plot.
- **A successful retirement hinges on a strong sense of purpose and belonging.** It’s easy to fill hours in retirement. The question is whether these activities are aligned with the person you are and how you want to spend your time. Fulfilment is all about relationships, community and meaning.

These ideas come from the RTOERO retirement planning whitepaper titled **Five ways to think about retirement planning...and money isn’t one of them.** Find it online here:

rtoero.ca/5-ways-to-think-about-retirement-planning.



Greetings from the Social Committee

Mildred Frank, Social Convener

“If conversation was the lyrics, laughter was the music, making time spent together a melody that could be replayed over and over without getting stale.”

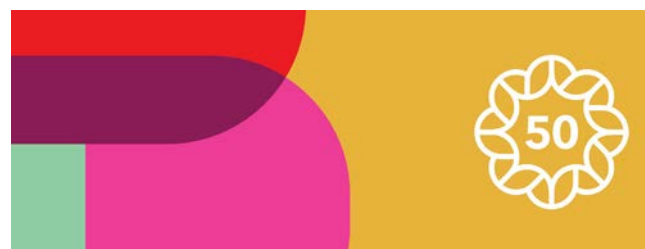
– Nicholas Sparks

It is always a pleasure to prepare an opportunity for us to get together.

Many of you were present to meet and greet new members, enjoy the wonderful breakfast and drink a toast to their new life. For some, Parkview Manor was a new experience and a very good one. It was remarkable, indeed, to be together at our Champagne Breakfast.

We also enjoyed the Holiday Season Luncheon. The food and the music were quite extraordinary. We even DANCED.

Keep an eye out for further good times. The following events have been scheduled:



Annual Meeting and Spring Luncheon **Thurs., May 11, 2023**
<https://district23.rtoero.ca/2023-am-and-spring-luncheon/>

Champagne Breakfast **Wed., Sept. 20, 2023**
<https://district23.rtoero.ca/2023-champagne-breakfast/>

Celebration of the 50th **Wed., Oct. 18, 2023**
<https://district23.rtoero.ca/50th-anniversary-gala-celebration/>

Holiday Season Luncheon **Thurs., Nov. 30, 2023**
<https://district23.rtoero.ca/2023-holiday-season-luncheon/>

Places, times, and menus will appear on the website together with registration forms. Updates will also be available in our monthly e-Newsletter and on our website - district23.rtoero.ca.



A Better & Healthier Future as We Age

Sara Di Nallo, Foundation Representative

Overall, Canada’s population is aging and with it comes new challenges. The RTOERO Foundation, through its fundraising, continues to support research for our seniors to enhance the quality of life as we age. The Foundation helps research new ideas and supports better outcomes to be put into place. The research also helps improve health care and social connections for older adults in Canada.

Hearing Life matched all donations from our members, up to \$5000, including new monthly gifts. The first \$5,000 donated from our members from December 1-15 was matched with \$5,000. Hearing Life was so impressed with the donations from members that they added another \$2,500 to match donations until the end of December.

Your support of the Foundation helps to accomplish so much to support healthy aging in Canada, which is always needed—Thank you to all of you who support this signifi-

cant cause.

Here are some of the links available for further information on interesting topics:

[7 free ways to build your healthy aging knowledge](https://tinyurl.com/RTO237Ways)

<https://tinyurl.com/RTO237Ways>

[Dry eyes: why you shouldn't suffer in silence](https://tinyurl.com/RTO23DryEyes)

<https://tinyurl.com/RTO23DryEyes>

[Webinar: Diabetes prevention and management – What you should know](https://tinyurl.com/RTO23Diabetes)

<https://tinyurl.com/RTO23Diabetes>

[Webinar: Social purpose and philanthropy](https://tinyurl.com/RTO23philanthropy)

<https://tinyurl.com/RTO23philanthropy>



Cookie Decorating Party

Sylvia Skippen, Convener



Thursday, March 30, 2023, 10:00 a.m. – 12:00 p.m.

Edithvale Community Centre, Dempsey Room, 131 Finch Ave W, North York ON M2N 2H8

Cost: \$40.00/pp
(\$16.50 subsidy in honour of our 50th year from RTOERO District 23)

Cut-off Date: Friday, March 17, 2023

Spring Rejuvenation calls for the need to recharge our spirits. Cookie decorating might be one step in renewing your energy and an activity to look forward to after a cold winter.

This is a 2-hour class conducted by Cassandre Peri, owner of Sweets By Design (<https://www.sweetsbydesign.ca/>), a Creative Sweet Boutique where mini works of edible art are created!

She specializes in custom homemade sugar cookies decorated with royal icing.

You will learn:

- How to flood a cookie
- Icing consistencies
- Basic Royal icing principles
- Wet on wet techniques
- Pressure piping.
- And the best part is, you will learn from an expert for two hours – ask away!

Each participant will receive a kit including: 5 cookies, Scribe, Icing, Practice sheet, Sheet with image of completed cookies, Bakery box to take home the cookies! Cassandra comes to us with everything you need to create your very own cookie masterpieces!

Register online at <https://district23.rtoero.ca/2023-cookie-decorating-party/>

Cookie Decorating Party

Thursday, March 30, 2023, 10:00 a.m. – 12:00 p.m.

Cost: \$40.00 | **Cut-off Date:** Friday, March 17, 2023
(\$16.50 subsidy in honour of our 50th year from RTOERO District 23)

Name: _____

Email: _____

Telephone: _____

Guest: _____

of tickets _____ @ \$40.00 each | Cheque enclosed for \$ _____

Please make cheque payable to RTOERO NORTH YORK and mail it by March 17, 2023 to: Vern Paige, Treasurer, 413-180 John West Way, Aurora ON L4G 0R3

I have read and agree to the “Acknowledgment, Waiver & Release Form for RTOERO” on page 39



Frank & Ella

Mary Valtellini, Trips Convener



Wednesday, April 19, 2023, 2:00 p.m.
Roy Thompson Hall

To pay homage to Ella Fitzgerald and Frank Sinatra, the TSO presents an assortment of classic standards immortalized by the Queen of Jazz and Ol' Blue Eyes including **Night & Day, My Way, I've Got You Under My Skin**, and more!

Steven Reineke, conductor

Capathia Jenkins, vocalist

Tony DeSare, vocalist

Cost: \$54.00 per person
(\$10 subsidy in honour of our 50th year from RTOERO District 23)
Cut-off date: Monday, March 6, 2023
Cheque made out to: RTOERO District 23
Mail to: Mary Valtellini 762 Clarence St.
Woodbridge, Ont. L4L 8V2

Online event registration and payment is available at:
<https://district23.rtoero.ca/frank-and-ella>
This webpage will also provide additional details and updates.

Frank & Ella
Wednesday, April 19, 2023 2:00 p.m.
Cost: \$54.00 | **Cut-off Date:** Monday, March 6, 2023
(\$10 subsidy in honour of our 50th year from RTOERO District 23)

Name: _____ Email: _____
Telephone: _____ Guest: _____
of tickets _____ @ \$54.00 each | Cheque enclosed for \$ _____

Please make cheque payable to RTOERO NORTH YORK and mail form and cheque by cut-off date to:
Mary Valtellini, 762 Clarence St., Woodbridge, ON. L4L 8V2

I have read and agree to the "Acknowledgment, Waiver & Release Form for RTOERO" on page 39



Annual Meeting & Spring Luncheon

Mildred Frank, Convener



Thursday, May 11, 2023
Thornhill Golf & Country Club
7994 Yonge Street, Thornhill, ON L4J 1W3
Free Parking

9:30 a.m. Registration and Coffee
10:00 a.m. Annual Meeting - Briar Lounge
11:00 a.m. Cocktails and plated Hors d'oeuvres in dining room
11:00 a.m. Lunch served
(Times are approximate based on duration of AM)

MENU

Garden Salad, baby mixed greens with sprouts, thin slices of radish, heirloom cherry tomatoes in apple cider vinaigrette

Choice Of Entrée

Roast free-range hen breast with fresh herbs, mashed potatoes, and natural jus. Seasonal vegetables
or

Salmon Wellington - fresh Atlantic Salmon Filet, served in lemon-scented baby spinach, wrapped in a light, crispy phyllo pastry. Served with new potatoes and red pepper coulis. Seasonal vegetables
or

Chef's Choice Vegetarian Entrée

House-made vanilla ice cream, served in a chocolate tulip cup with fresh berries

Freshly baked breads & whipped butter
Coffee or tea

Cost: *\$45.00 pp member & one guest
\$82.00 pp additional guests
FREE: 70-year Members born in 1953

* District 23 is subsidizing this event by \$37.00 pp for member and one guest in honour of our 50th Anniversary.

Cut-off Date: Friday, May 5, 2023

Notify Mildred at 416-221-5328 of any dietary requirements.

There will be a draw for unique articles made by members of the Needlework and Craft Group. All proceeds will go to the RTOERO Foundation. A \$5 donation will give you 5 chances to win one or more of these creative items.

Online event registration and payment is available at:
<https://tinyurl.com/RTO23AM-SpringLuncheon>
This webpage will also provide additional details and updates.

Spring Luncheon 2023 – Thursday, May 11, 2023 – 9:30 a.m.

Cost: \$45.00 member & one guest; \$82.00 additional guests | **Cut-off Date:** Friday, May 5, 2023

Name: _____ **Email:** _____
Telephone: _____ **Guest:** _____
of tickets _____ **@ \$45.00** _____ **@ \$82.00** **Total Cost \$** _____ **.00**
Member: circle entrée: **Chicken | Salmon | Veg** **Guest:** circle entrée: **Chicken | Salmon | Veg**

Make cheque payable to RTOERO NORTH YORK and mail form and cheque by cut-off date to:
Mildred Frank, Suite 705, 505 Cummer Ave., Toronto, ON M2K 2L8

I have read and agree to the "Acknowledgment, Waiver & Release Form for RTOERO" on page 39





Georgian Bay Cruise

Mary Valtellini, Trips Convener



Thursday, June 1, 2023

ITINERARY:

9:00 a.m. – Depart from Blessed Trinity Church- 3220 Bayview Ave. Toronto

11:30 a.m. – Lunch is included at the Boathouse Eatery, with Chicken Supreme as your Entrée.

2:00 p.m. – Enjoy a 3-hour Georgian Bay sightseeing cruise. Your boat cruise will include the captain’s live commentary, including points of interest, historic facts and fascinating legends about the Georgian Bay and 30,000 Islands region. Georgian Bay is a world-class destination, famous for its windswept pines, plentiful fishing, and endless sunny summer days on the water. It’s no wonder that

it has been a tourist destination for over 100 years. Come and join us for our boat cruise to see Beausoleil Island, Discovery Harbour, Honey Harbour, and more!

Price: \$163.00 (*\$33.00 subsidy from RTOERO District 23 will be reimbursed to participants following the trip*)

Cheques made out to: Mary Morton Tours

Mail to: Mary Valtellini, 762 Clarence St.
Woodbridge, Ont. L4L 8V2

Registration and payment due: May 12, 2023

Maximum: 45 passengers

Online event registration is available at:
<https://tinyurl.com/RTO23Cruise>

Georgian Bay Cruise

Thursday, June 1, 2023 - 9:00 a.m. - 7:00 p.m.

Cost: \$163.00 pp | **Cut-off Date:** Friday, May 12, 2023
(\$33.00 subsidy from RTOERO District 23 will be reimbursed to participants following the trip)

Name: _____ Email: _____
Telephone: _____ Guest: _____
of tickets _____ @ \$163.00 each | Cheque enclosed for \$ _____

Please make cheque payable to MARY MORTON TOURS and mail form and cheque to:
Mary Valtellini, 762 Clarence St., Woodbridge, ON. L4L 8V2

I have read and agree to the “Acknowledgment, Waiver & Release Form for RTOERO” on page 39



Ottawa Tour

Mary Valtellini, Trips Convener



Monday, September 25 to Wednesday, September 27, 2023

ITINERARY:

Day One – Monday, September 25, 2023

8:30 a.m. Depart from Blessed Trinity Church – 3220 Bayview Ave, Toronto

3:00 p.m. Visit to the Canadian Museum of History. The Museum of History’s permanent galleries explore Canada’s 20,000 years of human history and a program of special exhibitions expands on Canadian themes and explore other cultures and civilizations, past and present. With roots stretching back to 1856, the Museum is one of North America’s oldest cultural institutions.

5:00 p.m. Check-in to the Quality Inn & Suites Gatineau

6:00 p.m. Dinner at Restaurant Ottavio

Day Two – Tuesday, September 26, 2023

7:30 a.m. Breakfast at Chez Cora

9:00 a.m. Enjoy an Ottawa City tour. Your tour of the nation’s Capital will include the look-out at the Museum of History, the Prime Minister’s Residence, Rideau Hall, Rideau Canal, Rockcliffe District, ByWard Market, and much more....

10:00 a.m. Guided visit of Rideau Hall, home of the Governor General of Canada. This will include a one hour guided tour of the residence. Since 1867, Rideau Hall has been the home of the Queen’s representative in Canada and home away from home for visiting dignitaries. Many of the greatest historical figures of the twentieth century have been guests at Rideau Hall. This is also the place where Canadians honour their own every year for extraordinary accomplishments of courage and commitment and contributions to the arts, sciences, and the humanities.

11:30 a.m. Lunch on own at the ByWard Market. Established by Lt-Col. John By in 1826, the ByWard Market is one of Canada’s oldest and largest public markets. The legendary builder of the Rideau Canal; Lt-Col. By himself laid out the street plan of the Market, designating George and York Streets to be extra wide to accommodate the horse-drawn carriages that brought foodstuffs to the market every day. Within an area roughly four-square blocks, you’ll find museums, cafés, specialty food shops, boutiques, galleries, restaurants, pubs, hair and aesthetics salons, and more! The ByWard Market offers a unique experience for all.

3:00 p.m. Ottawa River Cruise. This Ottawa River cruise offers the finest views along the River. You have the opportunity to see the beautiful landscape of Ottawa. The cruise offers a spectacular view of the city and allows you to see the river as it was used long ago: as a highway to transport resources. You will also see the natural beauty of the region that captured the imagination of the first European explorer Samuel de Champlain.

6:00 p.m. Dinner at Restaurant Canal Ritz

Day Three – Wednesday, September 27, 2023

7:30 a.m. Breakfast at Chez Cora

9:00 a.m. Visit to the Canadian Museum of War. The museum covers all facets of Canada's military past. It includes major permanent exhibitions on wars that have been fought on Canadian soil, the total wars of the twentieth century, the Cold War and peace support operations abroad, and Canada's history of honouring and remembrance. There is also an open storage area displaying large objects from the Museum's collection, from naval guns to tanks, from motorcycles to jet aircraft.

10:30 a.m. Free time and lunch on own at the ByWard Market

Rate per person: Single \$829.00 / Twin \$699.00 / Triple \$659.00 / Quad \$639.00

Minimum of 35 passengers and maximum of 45 passengers

Rate includes:

- All HST taxes & gratuities
- Deluxe motor coach transportation
- Baggage handling
- Two-night hotel stay at the Quality Inn & Suites Gatineau
- 4 meals: 2 breakfasts / 2 dinners
- Admission to the Canadian Museum of History
- Guided Ottawa City Tour
- Guided visit of Rideau Hall
- Ottawa River Cruise
- Admission to the Canadian Museum of War

Registration due no later than Thursday, August 10, 2023

Cheques made out to: Mary Morton Tours

(\$30.00 subsidy from RTOERO District 23 will be reimbursed to participants following the trip)

Mailed to: Mary Valtellini
762 Clarence St. Woodbridge
ON L4L 8V2

Online event registration is available at:
<https://district23.rtoero.ca/ottawa-tour/>

Updates will also be posted on this webpage.

Reminder of Policy for Trips/Events

Online payment options (*Interac e-Transfer* or credit/debit card) may be available for some trips/events. Cheques will be deposited into the bank on the day after the cut-off date or shortly thereafter. Your canceled cheque, or confirmation of online payment, is proof that you have a ticket for the trip/event. If your cheque has not been cashed within ten days after the cut-off date, please phone Vern Paige, Treasurer, at [416-816-2032](tel:416-816-2032). If payment is received before the cut off but after the quota for a trip/event has been filled, you will be phoned and asked if you wish to be put on a waiting list. If your ticket request cannot be filled, or if you cancel before the cut off, or if payment is received after the cut-off, online payment will be refunded or your cheque will be shredded, we do not mail cheques back to

you. However, once a ticket has been allocated to you there will be no refund. The onus is on you to find someone to use your ticket, though we will try to help. On the day of a performance, if you are late arriving, please go to the Box Office to pick up your tickets(s).

Please note that all our seats are in the Orchestra section of the theatre. Tickets are assigned in the order in which the requests are received. The earlier you send in your request, the better your seats will be. And finally, if you have any suggestions for performances that you think our members would enjoy, please contact Mary Valtellini. Please be aware that we need about five months lead time to advertise in STONY Bridges and website.

Acknowledgment, Waiver & Release Form for RTOERO

Participants in RTOERO District 23 activities acknowledge and agree to the terms of this following release form.

All participants in RTOERO District 23 events, cycling, bus trips or excursions acknowledge and agree that RTOERO, including District 23, North York will not be responsible for any loss, injury or damage of any nature, including death, howsoever arising in connection with such trip/excursion/event. Participants are, therefore, hereby advised to carry their own insurance in connection therewith.

In consideration of the participant's attendance on such trip/excursion or at this event, the participant hereby releases and forever discharges RTOERO, District 23, North York, 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 such trip/excursion or at such 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 such trip/excursion or at such 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.

Registration Forms

When filling out your registration forms, follow the guidelines listed below. This will help our Assistant Treasurer sort and direct tickets.

1. A separate cheque or electronic payment is required for each event/activity.
2. Each person's name and phone number must be included on each form for each event/activity.
3. When applicable, an RTOERO member may bring ONE guest who pays the advertised cost. If the event is subsidized additional guests will pay the full cost.
4. Unless you are contacted, your registration form and canceled cheque (or image) or confirmation of online payment for the activity/event are your confirmation for the activity/event. Tickets, if required, are given out on the day of the function.

Refund Policy

1. All trips and events advertised in STONY Bridges and requiring a cheque/electronic payment and order form, will show a cut-off date. The date is set to enable us to comply with our commitment to pay for the event. All cheques must be postdated to the cut-off date.
2. Any booking can be cancelled at any time prior to the cut-off date by phoning Vern Paige, Treasurer at [416-816-2032](tel:416-816-2032) (trips/theatre) or Mildred Frank, Social Convener at [416-221-5328](tel:416-221-5328). Your cheque will be shredded or your electronic payment refunded when you cancel an event prior to the cut-off date. We do not mail cheques back to you.
3. Cancellations beyond this date will only be accepted if we can sell your ticket(s) to someone waitlisted.
4. Ticket holders are welcome to sell, give or transfer their ticket(s) privately.

Photos and Videos taken at any RTOERO District 23, North York event may appear in STONY Bridges, the website, social media or at later events.

Ottawa Tour

Monday, September 25 to Wednesday, September 27, 2023

Cost: \$639.00 - \$829.00 pp | **Cut-off Date:** Thursday, August 10, 2023

Name: _____ Email: _____

Telephone: _____ Room shared with: _____

Rate Type: (circle one) **Single|Twin|Triple|Quad** Cheque enclosed for \$ _____

Please make cheque payable to Mary Morton Tours and mail form and cheque to:
Mary Valtellini, 762 Clarence St., Woodbridge, ON. L4L 8V2

(\$30.00 subsidy from RTOERO District 23 will be reimbursed to participants following the trip)

I have read and agree to the "Acknowledgment, Waiver & Release Form for RTOERO" on page 39



Participating in District 23 Activities

Elisa Arciero, Archivist

District 23 has been busy welcoming new members and continuing to engage present members. As the new Archivist, I have had an opportunity to participate in both in-person and online activities. I look forward to meeting more District 23 members in 2023 and helping to prepare

the celebration for District 23's 50th Anniversary! There are many activities already planned for 2023. Here are a few activities District 23 members participated in during 2022: Champagne Breakfast, Holiday Luncheon, Trip to Stratford to see Chicago, Needlework & Crafts, and Nordic Pole Walking. I hope you can join in the fun!!!



Change Of Postal/ Email Address or Other Information

Please send changes to: RTOERO, 18 Spadina Road, Suite 300, Toronto, ON, M2R 2S7 or to membership@rtoero.ca; or call the RTOERO Membership Section at [416-962-9463](tel:416-962-9463) or [1-800-361-9888](tel:1-800-361-9888) or fax: 416-962-1061.

This will ensure your continued receipt of STONY Bridges, Renaissance, your RTOERO annual diary and other RTOERO mailings. If you did not receive your copy of STONY Bridges, contact Gerard MacNeil at [416-481-7411](tel:416-481-7411) or email him at: g.macneil@bell.net.

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