



**RTO
ERO**

A better future,
together
Ensemble pour
un avenir meilleur

District 23
North York



2021 Annual Meeting

Agenda & Reports

Wednesday, June 9, 2021

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AGENDA



Agenda for the Annual Meeting of RTOERO District 23, North York Wednesday, June 9, 2021 10:00 AM Via Zoom

Welcome, Remarks and Introduction of Executive Officers	Gwen Scriven
In Memoriam	John Giannone
Treasurer's Report	Vernon Paige
Governance Document Motion	George Meek
<i>"That the District Constitution (May, 2019) be amended by rescinding it and approving in its place, the District Governance Document (June, 2021)"</i>	
Election Report and Introduction of Executive Members	Maureen Capotosto
Celebrate Our Members	Karen Quinn Cheryl Paige
Incoming President's Remarks	Mary Valtellini
Questions and Answers	All

Immediately following the Annual Meeting there will be an executive meeting. Everyone is invited to stay for this meeting to learn more about what is happening in District 23. Conveners of the various activities will give reports. Join us and see if you would like to become involved!

IN MEMORIAM

by John Giannone

It is with great sadness that we inform you of the passing of the following members of District 23.

We extend our heartfelt sympathy to their families and friends.

The following information was taken from RTOERO monthly membership updates from May 1, 2020 to March 31, 2021.



<i>Arnold Ages</i>	<i>Helen Hildebrand</i>	<i>Shirley Ratcliffe</i>
<i>Savitri Ahuja</i>	<i>William Hughey</i>	<i>Margaret Rigsby</i>
<i>Donovan Appleby</i>	<i>Constance Kachuck</i>	<i>George Robertson</i>
<i>Aileen Baillargeon</i>	<i>Nancy Knight</i>	<i>Richard Robinson</i>
<i>Sydney Baumal</i>	<i>Jacqueline Korn</i>	<i>J. Roger Roussel</i>
<i>Robert Bissell</i>	<i>Manoranjitham Kulendran</i>	<i>Manny Rubinoff</i>
<i>Verner Booth</i>	<i>Patricia Lindsay</i>	<i>Assunta Scaini</i>
<i>Dielwen Bracken</i>	<i>Charles Logue</i>	<i>Bracha Scheinman</i>
<i>Patricia Bremner-Ikeno</i>	<i>M. Rose Lougheed</i>	<i>Carmen Sergeant</i>
<i>Beverly Brunet</i>	<i>Loretta Lundy</i>	<i>Janis Siegel</i>
<i>Ronald Chapman</i>	<i>David McGinn</i>	<i>Patricia Sindholt</i>
<i>Tony Conforti</i>	<i>Ronald McIntyre</i>	<i>Leonard Sparks</i>
<i>Lea Corsini</i>	<i>Patricia McKay</i>	<i>Lynne Stoyan</i>
<i>Audrey Crowley</i>	<i>Daniel McKechnie</i>	<i>Ene Sutt</i>
<i>Catherine Cunsolo</i>	<i>Elizabeth McLaren</i>	<i>Marjorie Sweet</i>
<i>Ronald Davison</i>	<i>Mary McNab</i>	<i>Shogo Takeuchi</i>
<i>Carol Dixon</i>	<i>Patrick McSweeney</i>	<i>Simone Terpstra</i>
<i>Muriel Dobbie</i>	<i>Donley Mogan</i>	<i>Claire Tummon</i>
<i>Sheila Ellis</i>	<i>Margaret Mooney</i>	<i>Maryalyce Vogl</i>
<i>Charles Farrauto</i>	<i>Bernardine Nelligan</i>	<i>Craig Williamson</i>
<i>Carl Goldstein</i>	<i>Kenneth Nicholls</i>	<i>Edna Wilson</i>
<i>John Gomes</i>	<i>Dorothy-Mae Paterson</i>	<i>Carol Woo</i>
<i>Anne Guy</i>	<i>Helen Quinn</i>	<i>Beverley Wood</i>
<i>Kathleen Hawker</i>	<i>Remo Ramilli</i>	<i>Irene Wright</i>

PRESIDENT'S REPORT

by *Gwen Scriven*

What an unusual year this has been! We have all been on speed dial to Zoom, from our virtual Champagne Breakfast to a virtual AM and many events in between.

It has been a great privilege to work with our dedicated executive to continue to serve the members of District 23. We may not have met in person for a year; however, we changed our approaches and offered a wide variety of activities and events to keep busy and connected! The creative thinking of our program conveners, social committee, goodwill committee and communications team have given us some unique opportunities. You can read all about them in the rest of this booklet.

A significant part of the President's role is communication, both with our members and the National Office. Monthly Zoom calls with all Presidents and Central Office staff and board members have been an excellent way to find out what the Central office is doing on our behalf and raise questions from the district members. I attended the Fall Forum, Spring Forum, and Annual Meeting which were held virtually. This ensures that we as a district are informed about what is happening in the larger organization and provide input from our district perspective.

The National Organization has continued to be very active ad-

vocating for our members and seniors in general. Part of my role has been to meet with the Toronto Districts Council which includes the four districts in the GTA. We have shared ideas and advocated for our members to the National Office.

This District 23 Executive has worked diligently to provide connectivity, information, and fun and worthwhile events for the membership. It is a pleasure to work with this amazing group of volunteers and make connections with many of you. For me, personally, being President has kept me connected with my many RTOERO friends and also kept me busy in lockdown!

I will continue to serve as Past President and District Health Rep next year. As we come out of this pandemic, we look forward to in person events when it is safe to do so. However, we will never be the same as before. We have found opportunities to improve on the way we function and will keep the best of these practices as we go forward. Meanwhile, stay safe, stay healthy and keep smiling!



TREASURER'S REPORT

by Vernon Paige



RTOERO District 23 North York

Financial Statement for the Period January 1 to December 31, 2020

	2020	2019
<u>Assets at January 1</u>		
Bank	\$ 12,310.49	\$ 9,063.50
Investments	-	17,814.31
Other Assets - GIC	20,060.13	10,509.02
Total Assets	\$ 32,370.62	\$ 37,386.83

Revenue

Grants		
Annual	\$ 43,973.98	\$ 42,110.63
Project Svc to Others	4,000.00	4,000.00
Interest on Bank Balance and Investments	263.67	555.51
Other - income from trips, events, fundraising	2,948.97	12,698.50
Total Revenue	\$ 51,186.62	\$ 59,364.64

Expenses

District Goodwill	\$ 2,080.47	\$ 1,915.60
Bilingual Services	-	-
Project - Service to Others	-	4,000.00
Recruitment	-	-
Meetings		
Executive	161.71	268.82
District	-	849.30
Senate	-	3,263.29
Workshops		
District	426.60	-
National	582.28	505.72
Newsletter (printing, mailing, postage)	23,894.90	25,383.26
Website, Facebook, Email	71.22	1,157.04
Office Expenses (bank charges, faxes, photocopies, stamps, stationery, telephone, etc.)	598.94	1,052.29
Retiree Receptions		2,990.30
Transportation	23.85	88.96
Donations	4,815.00	548.25
Political Advocacy	-	-
Other Expenses - Trips, Luncheons	3,278.21	22,358.02
Total Expenses	\$ 35,933.18	\$ 64,380.85

Assets + Revenue - Expenses

\$ 47,624.06	\$ 32,370.62
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Assets at December 31

Bank	\$ 36,480.26	\$ 12,310.49
Investments	-	-
Other Assets - GIC	11,143.80	2,060.13
Total Assets	\$ 47,624.06	\$ 14,370.62

RTOERO District 23 North York

Budget Overview

January - December 2021

		Total
Income		
400 Grant - Annual		44,603.51
420 Grant - Project Svc to Others		2,500.00
460 Donations - District Fundrais'g		18.00
480 Interest on Bank Bal & Invest's		465.88
490 Miscellaneous Revenue		1,564.20
Total Income	\$	49,151.59
Gross Profit	\$	49,151.59
Expenses		
500 District Executive		
503 DE office expenses		750.00
Total 500 District Executive	\$	750.00
550 Communications/Social Media		
551 Newsletter		30,035.82
552 Website/Facebook/email		344.00
Total 550 Communications/Social Media	\$	33,030.82
600 Member Services		
601 Goodwill		3,250.00
602 Member Engagement		
602-1 Book Club		100.00
602-3 Needlework and Crafts		200.00
602-4 Speaker Series		2,500.00
602-5 Strollers, Pole Walking, Cycling		100.00
602-6 Mobile Devices		1,230.00
Total 602 Member Engagement	\$	4,130.00
605 Social Events		2,000.00
Total 600 Member Services	\$	9,380.00
700 Project Service to Others		6,500.00
860 Donations		2,618.00
Total Expenses	\$	52,278.82
Net Operating Income	-\$	3,127.23
Net Income	-\$	3,127.23

Cash Basis

EXECUTIVE FOR 2021/2022

Past President	Gwen Scriven
President	Mary Valtellini
1 st Vice President	Karen Quinn
2 nd Vice President	Maureen Capotosto
Treasurer	Vernon Paige
Associate Treasurer	Kathy Shorney
Secretary	Olga McKenzie
Archivist	Mary Cairo
Book Club	Sylvia Skippen
Bridge	Alan Ward
Communications	Karen Quinn
Community Service	Cheryl Paige
Constitution	George Meek
Cycling	Vacancy
e-Devices	Vern Paige
Goodwill	Gwen Bumbury
Foundation	Sara Di Nallo
Have-A-Java	Elizabeth Clarke
Health Services	Gwen Scriven
Member at Large	Daniele Ingster
Member at Large	Valerie Sterling
Membership	John Giannone
Needlework and Crafts	Margaret Schuman
Newsletter Editor	Merv Mascarenhas
Newsletter Associate	Maureen Capotosto
Newsletter Distributor	Gerard MacNeil
Photographer	Vernon Paige
Pole Walking	Kathy Shorney
Political Advocacy	Kathy Shorney
Recruitment	Mary Ellen Lawless
Social	Mildred Frank
Strollers	Joanne Famiglietti
Trips	Mary Valtellini
Webmaster	Merv Mascarenhas

PAST PRESIDENT'S REPORT

by Maureen Capotosto

It seems time is standing still while we speed forward. What day is it? What time is the next meeting?

I have been so impressed and proud of the members of our executive who have led the way in what District 23, North York offers our members. We took stock and found ways to keep group activities going and growing and responding to an ever-changing reality. We were among the first districts to try different things and were able to share our successes with other Districts, helping them to make the transition to a virtual reality and different ways of doing things.

Vern Paige and the group who joined the e-devices quickly adapted and explored the wonders of Zoom. In my role I was able to assist other groups to make the transition as well. The Needlework & Crafts group led by Margaret Schuman and Joan Bourne quickly realized that there were members at home alone who welcomed the opportunity to share their ideas and handiwork with others. They met through the summer and continued on. The book club under the leadership of Sylvia Skippen opened up their discussions to members who have wanted to join but have never made it regularly to meetings. The insights shared by members help us to better appreciate the book, the themes and the relevance to our lives. Elizabeth Clarke led the Have-a-Java group

though the seasons with monthly chats. Our newsletter, STONY Bridges receives great praise from many of our readers and we can count on Karen Quinn to keep us up to date with her e-Newsletters. We also offered some very exciting events and continued our Speaker Series.

My weeks have been filled with meetings on zoom as we planned events, continued to meet monthly as an executive and dealt with issues as they arose. Attendance as a Corporate member for the Forums and Spring and Annual Meetings has been a new experience when done from my office without all my colleagues from the RTOE-RO Board, 51 Districts and Staff. New practices have been introduced like a Presidents' Zoom call that made the connection between central RTOERO and Districts stronger. I appreciate the ease with which I can actually meet and see people but miss the camaraderie of actually being present together. I expect we will take some things with us into our future. Once we figured out how to hold elections Gwen Scriven competently and smoothly became our President. Moving from one role to the next is expected within an executive but the support extended to one is more like a team working together.

The friendships and the opportunity to be part of an exciting group that keeps me challenged and

learning is invaluable. I will continue to be involved with the District 23 Executive and encourage you to join us.

Send me an email (mpcapotos-to@sympatico.ca) if you would like to discuss this.

FIRST VICE PRESIDENT'S REPORT

by Mary Valtellini

We are still living in unprecedented times however, I see a light at the end of this Covid tunnel. Vaccines are being administered and by September we will all, hopefully, be fully vaccinated. This is my second time as First Vice President and therefore knew what to expect to fulfill my duties. During my tenure, I organized the Speaker Series with guests like Chris Clapperton Estate Lawyer and Camille Gagnon Assistant Director of Canada's Deprescribing Network. The presentations were very well received by our participating members.

My role as First Vice President is to assist and support the President. In this regard, I have attended all district monthly meetings, four District Meetings, at times

President's meetings, Annual General meetings as the District Observer, Communications seminar, Social, Member Services, and several others. I also continue to serve proudly on the RTOERO provincial Health Benefits Committee for a three-year term.

All our meetings and interactions were on Zoom calls this year!! Participation in all of these meetings has kept me well informed and well connected not just to our district members but with other districts around Ontario. This will serve me and the district well as I take on the future role of President. I look forward to continuing serving our District 23 members in 2021 – 2022.



SECOND VICE PRESIDENT'S REPORT

by Karen Quinn

My role as 2nd Vice President began in the fall of 2020 when our delayed AGM appointed our District 23 candidates for the 2020-2021 year. Shortly after, I attended the Annual Meeting for RTOERO and the Forum gatherings for the first time. I was able to observe the proceedings for this National Office in action, as delegates via Zoom, gathered together for two days in October. The process was most interesting as representatives from across Canada worked together to develop new strategies and capacities for RTOERO.

As Second VP, one of my responsibilities is to organize the Speaker's Series sessions. Thanks to our 1st Vice President, Mary Valtellini, we were able to book Chris Clapperton, Estate Law Specialist and a Bank of Montreal Representative, Estate Planning, for two sessions on October 21st and again on February 17th. Chris was cancelled last year due to pandemic restrictions. Both gatherings, held on Zoom, in conjunction with Have-a- Java, discussed the topic: **"How can Estate Planning contribute to our wellbeing?"** Both were highly successful, informative and generated a lot of discussion by our members.

Our Second Session also organized by Mary was held recently on April 21st. In this session, Camille Gagnon, PharmD, Assistant Director of the Canadian Depre-

scribing Network, presented the topic: **"Medications as We Age: How to Make the Most of Them and Prevent Harmful Effects."**

Ms. Gagnon examined risky medications, and explained ways members could prevent medication harms. Members could work to ensure the medications taken, were still right for them. Many thanks to Mary Valtellini for continuing her role to procure our resources for the Speaker's Series this year due to the cancellations last year... much appreciated.

Since my fall appointment, I have been able to assist on Social events such as the Dawn Thurmon, *"Ten Seconds of Joy"* and Dr. Gillian Mandich, *"The Science of Happiness"* presentations through my other capacity as Communications convener. I attend the monthly executive meetings, Communications and Marketing sessions with the Central Office of RTOERO.,

I look forward to serving our District 23 members as 1st VP in 2021-2022.



ARCHIVIST REPORT

by Mary Cairo

In this pandemic year of 2020-2021, the RTO/ERO District 23 archives include minutes of executive meetings, photographs, copies of STONY Bridges as well as reports on items that pertain to RTO/ERO members. Information about travel situations, coronavirus safety, and changes to our insurance have resulted in fact sheets and letters to inform our membership.

These documents have been kept electronically and where possible in hard copy.

Throughout this year, our group activities were accomplished through 'Zoom' meetings. This allowed both small groups and large groups to come together. Information regarding these activities can be found in the District 23 storage cupboard at Willowdale United Church along with photo albums, district communications and minutes of meetings.

BENEFITS PROGRAM REPORT

by George Meek & Gwen Scriven

The role of District Health Convener has been shared by George and Gwen this year. George Meek, after fifteen years of service in this role for District 23, retired from this position in February 2021. Gwen was appointed to the role at that time. George has provided excellent service for the district and Gwen will do her best to maintain his standards. Thank you, George.

As District Health Representative, part of the role is to share information and answer some of your questions concerning the RTO/ERO Group Insurance Plans. In addition, the DHR provides feedback to the Central Benefits Committee to assist in the continuing development and expansion of the plans

to meet the needs of our members. George attended the RTO/ERO DHR Health Seminar last year. The next DHR Health seminar will take place in the Fall of 2021 and Gwen will attend on your behalf.

An important part of the DHR role is communication with members. You will have seen articles in STONY Bridges and the E-Newsletter; and heard brief presentations at meetings and events. The RTO/ERO Insurance Plans Booklet 2020 is your main source of information and is published every 3 years. 'Communiqué – Health Benefits Updates 2021' provides information of updates and changes to the plans. Both of these documents are available

on the RTOERO Website. Watch for Health Matters in each Renaissance Magazine for health-related insights.

There were several changes to the plans by RTOERO Benefits Committee which were implemented in January 2021. Of note are the following:

- Plan Surplus from 2020 is being applied directly to you in two ways. First, by a reduction of 3% to premiums for each the three plans (Extended Health Care, Dental, and Hospital and Convalescent Care), and second by subsidization of premiums for the next five years, to keep changes as low as possible.
- You are now able to have more practitioners electronically bill directly to the plan. This speeds up your claim and you only pay for the remaining portion of the service that is not covered.
- Dental Plan reimbursements will be updated to the 2021 fee guide for general practitioners.

- Best Doctors continues to offer a range of services for Extended Health Care plan members and their immediate families.
- There are improvements to the Travel Insurance in the areas of Pandemic Travel Coverage, Trip Cancellation or Interruption, Continued Care while Travelling and the Stability clause. Please check in your Insurance Plan Booklet and Communiqué of 2021 for complete information about these changes.

With the Pandemic this year there have been frequent changes to the plan, particularly as it related to travel. It is recommended that you check your plan booklet and any supplemental information that has been sent to ensure that you have the latest information when making your plans. Hopefully we will have more travel in the future. Meanwhile, stay safe, stay healthy and keep smiling.

BOOK CLUB REPORT

by Sylvia Skippen

This year the District 23 Book Club has been meeting via Zoom, the last Wednesday of every month since September (except for December which we always take off). In the past we met at the Edithvale Community Centre, but due to

COVID, we currently meet online.

We have attracted 46 members who want to participate and be informed about the books being discussed. Many of the members enjoy getting together with other keen readers, via Zoom, in the

comfort of their own home. They have indicated that they appreciate not having to travel. Generally, we have about 20 participants attending each month and everyone seems to have an opportunity to express their opinions. One of the joys of our book club is having members who contribute very thoughtful ideas and comments from different perspectives.

In April, we compiled a list of recommended books by our existing members, for our next season commencing September 2021. Members of the book club then voted on the choices using a ranking system. It was a difficult decision as members offered many diverse books, but the work has been done and we now have our agreed choices for the 2021-2022 season established.

As in previous years, we are pleased to report we have book club members who have offered to facilitate each of the books for our next season, which we find enriches our understanding of the book and encourages discussion.

The facilitator provides the author's biography, critic reviews and thought-provoking questions for discussion. I often send out an e-mail to remind members of the meeting and the need to advise me that they want to attend. The Zoom meeting invitation is sent to all those who have indicated an interest in attending the book club meeting for that particular month.

New members are always welcome.

BRIDGE REPORT

by Alan Ward

When the Bridge Report for 2019-2020 was written last March, few of us could have foreseen that our activities would still be so limited by the pandemic which was just a cloud on the horizon a year ago.

As a consequence of this our group has been unable to meet in person since mid-March 2020 and there appears to be no prospect of a return to our Tuesday afternoon games until 2022 at the earliest. I continue to represent the group at the monthly Zoom meetings of the RTO District 23 Executive.

In normal times we meet once a week for a game of "social" bridge, unlike the duplicate games played by more competitive organizations. No master points, just a relaxing time with coffee and cookies to keep us energized. Any member may attend at any time, regardless of their level of experience and we welcome complete newcomers to the game, offering basic instruction upon request.

It is not necessary to come with a partner and in our style of play, we change partners every four hands. Discreet conversation is permit-

ted, provided that its content does not violate the rules of fair play or common politeness nor its volume carry to neighbouring tables.

STONY Bridges will carry all details of the activity once it is safe

for us to resume. We shall hope to continue meeting at Willowdale United Church as we have been doing for so many years.

COMMUNICATIONS REPORT

by Karen Quinn

Monthly District 23 E-Newsletters (September 2020 – May 2021)

This year our distribution list for the RTO-ERO District 23 North York E-Newsletter has increased to just over 1740 members receiving updates, monthly reminders, and important information notices. Since September 2020, our monthly E-Newsletter has become a more important link with RTO-ERO in these pandemic times. Our E-Newsletters, Facebook and Twitter pages reflect the new colours, brand and graphics RTOERO is using nationwide as the organization is represented across the country. STONY Bridges magazine also reflects all of our new branding and colours.

Database Maintenance

The RTOERO monthly change lists continue to update our database, providing us with the contact information for each of our new members as well as providing key changes to email addresses. Members must notify the Provincial RTO/ERO Office of all changes to their personal contact information

(phone, home address, email addresses) – we cannot make these updates at our local level.

Information to register for our online communications is also available through our District 23 website: “Register for our E-News from the Button”, for members if they are not currently receiving the monthly E-Newsletter. Potential new readers can also contact me at: kquinn56@gmail.com

All of our members’ email addresses are kept private. When emails are sent out to the District 23 North York members, they only see their own email address. Only the convener has access to the complete list. Email addresses will not be shared with other members without your permission. Our domain provider is from the RTOERO Central office: rtoero.ca and our distribution list and E-Newsletter template is provided through Mail Chimp services. As we have 1750+ members in our database, there is no service fee to District 23.

Distribution:

On average, members receive one or two emails monthly from

District 23, via this service. During these pandemic times, the most up-to-date information is posted through our month E-Newsletter. These notifications direct our readers to the RTOERO pages on their website or their communication publications. When members raise questions or seek answers they are redirected to RTO-ERO service members or their website for clarification. I look forward to continuing to improve our services over the coming year.

Facebook:

District 23 created a FACEBOOK page for our members that has

been running for about three years now. This is designed to be an interactive site to encourage communication with our members. Currently we have 84 Followers and 67 Likes. The site highlights webinars and registration for activities, E-newsletters, and RTOERO information from Central and local districts.

Please check us out at:

<https://www.facebook.com/rtoero-district23/>

We hope members choose to **FOLLOW** us, **LIKE** us and engage in dialogue with us.

CONSTITUTION REPORT

by George Meek

The role of the Convener (who works with a committee from time to time) is set out as follows:

- i. To be responsible for monitoring the currency of the Constitution, Policy and, District Job Descriptions and bring recommendations to the Executive for change and addition.
- ii. Upon a request by the Executive, develop and co-ordinate proposed changes and additions along with the assistance of other members for Executive consideration.” (Approved 05.13)

The plan: RTOERO adopted a new “Governance document” in 2018 and from that a new “RTO-ERO District Governance Model”

was developed. We have been requested by the RTOERO Governance Committee to review our current Constitution (new name - District 23, North York Governance) and bring it into line with the new ‘District Governance Model’ for submission to our Executive for approval.

This process has been done under the guidance of the Constitution Committee {Article 3.01 (b)} composed of Gwen Scriven, Maureen Capotosto, Sara DiNallo and myself.

It is anticipated that the new District bylaw will be presented to the 2021 AM for approval.

There has been be a major reworking of the current Constitution to come in line with the revised

RTOERO Model Governance document. This new Governance document has been approved by the Executive (14.04.21) and is recommended to this Annual Meeting (AM) for approval.

A very few Policy changes were amended by the Executive this year. Some Job Descriptions have had minor amendments by the Executive.

Periodically our Governance document/Constitution is reviewed by

the RTOERO Governance Committee to ensure that it conforms to the RTOERO Model. As a result, our Constitution will be amended substantially at the 2021 AM. The next year review is scheduled for our District in 2022 (this may be changed).

I would like to thank the many Executive members who have assisted me in our work over this past year.

E-DEVICES REPORT

by Vernon Paige

The history of human society is the history of technology. Some of us enjoy the challenge of learning and using new technology, others prefer to rely on the familiar until it becomes necessary to adapt to something newer. We are living through a time when we must all adapt. District 23 eDevices Group is a resource to help realize more of the benefits of electronic technology, particularly computers, tablets, phones, and cameras.

While our relationships with people nearby have been severely constrained, paradoxically we can now have more time with people both near and far, using technology. We have new access to experiences that were previously not available. Although some familiar activities are not possible now, we have time and means for other activities that were previously not possible.

In eDevices meetings (by Zoom) we share what we each know

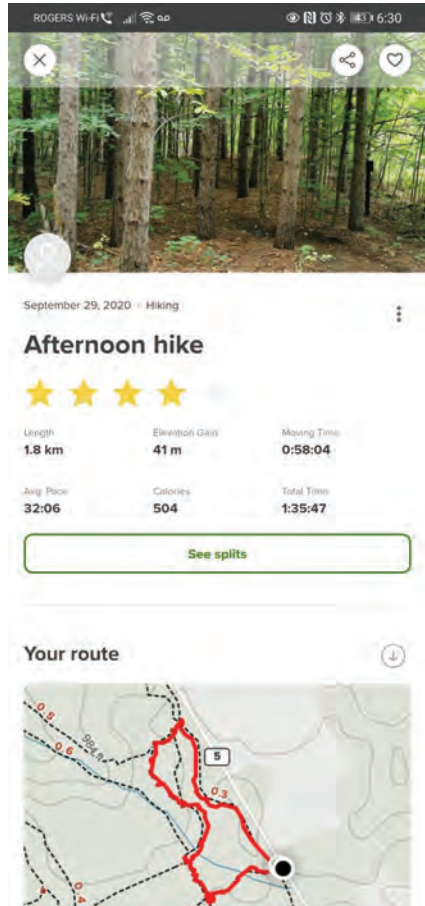
about using technology to take advantage of new opportunities, and to overcome difficulties. Some topics we explore:

- Meeting others and keeping in contact with “conferencing” services like Zoom and “messaging” services like WhatsApp, for practical purposes such as business and education as well as recreation and socializing.
- Cultural and educational opportunities – courses, lectures, presentations, music and theatre performances, art exhibits, cinema, books.
- Physical, mental, and social health care and activities.
- “Virtual travel” in place of what we can’t do now, and in preparation for future actual travel.
- Shopping. Recreation and games.

- News and information – reliable sources, avoiding scams and misinformation, recognizing bias.
- What we need to know about the technology: privacy, security, Internet speed, WiFi, “data plans”, software updates.
- Piano lessons. Bridge or euchre with friends. Read to grandchildren. Map the safest or the most interesting route for your bicycle, through parks or on city streets.
- Organizing, editing, and sharing photos.
- Learning from YouTube and Google Search.
- “Cloud storage.”



The eDevices Group is led by Vern Paige. “Regular” meetings (by Zoom until further notice) are every second Friday at 10:30 a.m. Eastern Time. Additionally, we hold a meeting once each month, “**Zoom 101, Basics and Beyond**”, to review the basic features of Zoom meetings for new users, important recent changes, and “**beyond**” to advanced features and what you need to



know to schedule and host your own Zoom meetings. There is no charge to participate.

Contact Vern by email at Photo-Guy.2019@gmail.com or Vernon.Paige@gmail.com to find the dates of upcoming meetings and to receive instructions for joining.





FOUNDATION REPORT

by Sara DiNallo

Canada's population is aging and The RTOERO FOUNDATION is working to improve the aging process. The Foundation invests in research, ideas, and actions to build a healthier lifestyle for all of us as we age.

The Webinars, the Foundation sponsors for us to view, are also very interesting and address a lot of issues that affect seniors. The one they offered this past spring on April 7, 2021, was called: **Collective Impact and Integrating Care – Creating a Compassionate North York.**

- The speaker Ms. Ivy Wong is an advisor with National Institute on Ageing and works with the North York Toronto Health Partners (NYTHP). They have joined forces with North York General Hospital. She hopes that this will extend to other areas of the city working with other Health networks. Ms. Wong spoke about how parts of health care are weak and fragmented and how patients often end up in too many places they do not want to be or should be. **Patients receive all their care, including primary care, hospital services, mental health &**

additions services, long-term care, and home and community care from one team.

- These components have come together in 2019 as the Ontario Health Teams (OHT) work together in Ontario from the Ministry of Health as a response to “*Hallway Medicine*” and improving health care.

Overall, these webinars that RTOERO offers are very informative and interesting for our members. If you go to the Foundation page on the RTOERO website, you will see things that the Foundation is involved in and working on to improve our lives as we age.

The Foundation raises money to fund research to support programs and ideas to make things happen for us as we age. The Foundation is very proactive when it comes to supporting seniors and ground-breaking in some of the work they do.

When you give to our Foundation, you help foster respect for older adults in Canada as well as help create better health care and social connections for us all.



GOODWILL REPORT

by Gwen Bumbury

The Goodwill Committee plays an important role within District 23. At the beginning of the COVID-19 pandemic more than a year ago, I presented to the Executive an initiative where we would attempt to contact all members who are 80 years of age and above.

In April 2020, District 23 began the initiative that involved Executive members and non-executive members. With the assistance of these volunteer callers, we have called over 700 senior members. With the ongoing lock down, challenges, uncertainty, and isolation for many, the importance of connecting with our senior members is ever more important and necessary. Going forward, the Goodwill Committee and a Team of volunteers will attempt to contact our senior members 95 years of age and above in Fall 2021.

Each year, the Goodwill Committee continues to send out cards to the sick, the bereaved and those celebrating significant birthdays. This task is shared with three other dedicated members. In addition to the mailing of cards, telephone calls are made to shut-ins, starting with the oldest member. District 23 members are encouraged to contact the Goodwill Committee if they become aware of anyone who is ill or would welcome a friendly phone call.

Traditionally, the Goodwill Com-

mittee, on behalf of District 23 extends a personal invitation to members 90 years of age along with a guest to attend the yearly AGM/Spring Luncheon. This year, with the pandemic this celebration will not be possible.

As the convener, it is my responsibility to promote and provide the resources and services that are available to those members seeking assistance or information in areas such as health matters, housing, legal issues, care giving and finances. I will continue to bring awareness of the available resources to District 23 members through the STONY Bridges Newsletter. Every month, Member Change Lists are used to update Membership List. I attend monthly Executive meetings and report activities and concerns of the Goodwill Committee.

Donations

The budgeted money in the Goodwill budget includes funds available to make donations to the charities District 23 support yearly. The District makes an In Memoriam donation of \$600.00 to RTOERO Foundation in memory of our members who have passed away. A donation of \$300 is made to each of the following: The Angel Foundation for Learning (TCDSB), and the Toronto Foundation for Student Success (TDSB) Breakfast Programs in honour of our

members who have celebrated a significant birthday namely: 80, 85, 90 and 95.

I would like to thank the dedicated members of the Committee who are very committed to the task:

- Xenia Cooper
- Maria Fernandes, and
- Kathy Shorney.

HAVE-A-JAVA REPORT

by Elizabeth Clarke

For the past year Have-a-Java has gone virtual. We continue to meet on the third Wednesday of the month from 9:30 to 10:30 a.m. - though now you must provide your own coffee and treat.

Updates can be found in STONY Bridges, the District 23 E-Newsletters, or the District website.

Mary Valtellini has arranged a number of **ZOOM** sessions in

conjunction with Have-a-Java.

The very informative guest speakers spoke on various topics were very well received.

- Chris Clapperton spoke twice on *“How Can Estate Planning Contribute to Our Well-Being?”*
- Camille Gagnon, PharmD spoke on *“Medication as We Age: How to Make the Most of Them and Prevent Harmful Effects”*.

MEMBER-AT-LARGE REPORT

by Cheryl Paige

On March 24th, we successfully hosted Dr. Gillian Mandich (the Science of Happiness) with over 100 attendees. Merv Mascarenhas did a great job editing it for our website, and as a result, this session will be open to all our members to see it for the first time or to revisit. A special thank you to Mildred Frank and Maureen Capotosto for helping to make this happen.

RTO District 23 has been fortunate to have executive members that have devoted their efforts and time

over the years, if not decades.

To recognize and thank them for their service, a committee consisting of Gwen Scriven - President. Maureen Capotosto - Past President, and Karen Quinn – 2nd Vice President nominated an additional 6 executive members for Ontario Volunteer Service recognition in 2022. I am currently in the process of completing interviews with the candidates. (George Meek, Mildred Frank, Maureen Capotosto, Mary Ellen Lawless, Mary Valtellini and Margaret Schuman).

MEMBERSHIP REPORT

by John Giannone

In my role as Membership Convener and as a member of the RTO-ERO District 23 Executive, one of my main functions is to keep the membership list as current as possible.

At the end of every month, I receive a change report from RTO-ERO's central office. This report notifies the District of any changes in the current membership information. This report also includes the names/information of any new

or transferred members who have joined District 23 or who may have, unfortunately, passed away during the previous month.

Every effort is made to contact our new members by phone or email in order to provide them with information about our District.

The membership for District 23 as of March 31, 2021, is 2,785 Retired members and 39 Actively Employed members.

NEEDLEWORK AND CRAFT REPORT

by Margaret Schuman

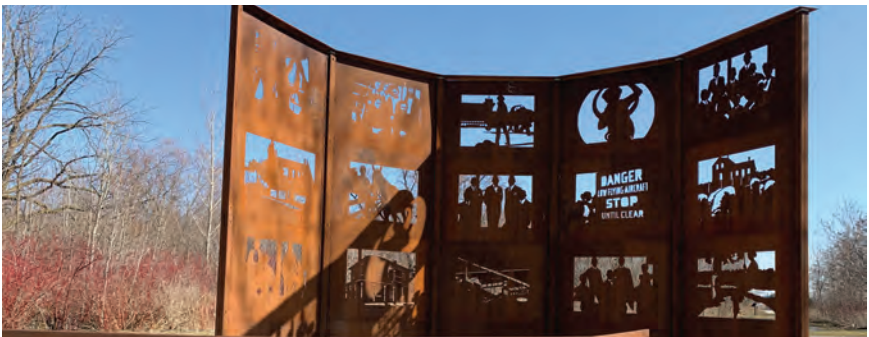
The Needlework and Craft Group will continue to meet on the third Thursday of the month In the fall.

Preemie hats, sweaters and blankets continue to be created for Humber River Hospital.

During these difficult days, some members have found stashes of yarn and other items in drawers and cupboards. Some interesting and very creative projects have been created.

New patterns, use of colours and new techniques have been explored and shared at our Zoom meetings.

Members have made many unique creations and we look forward to making draw items for our luncheons, the proceeds of which will go to the RTOERO Foundation and the groups we support.



NEWSLETTER & DISTRIBUTION REPORT

by Merv Mascarenhas, Maureen Capotosto, Gerard MacNeil

STONY Bridges, a high quality, glossy, colour newsletter magazine, was published by RTOERO District 23, North York three times this past year: August 2020, November 2020, and March 2021.

When COVID-19 struck and all face-to-face RTOERO meetings were cancelled until further notice on March 14, 2020, we wondered what content we would fill STONY Bridges with, and even whether we should stop publishing it until things were back to normal.

Thankfully, we persisted and reached out to our members for stories, poems, and travelogues. What began as a trickle soon turned into a torrent. STONY Bridges grew from a staid 32 pages to a blockbuster 44 pages in the March 2021 issue.

We are sorry to bid goodbye to George Meek as our Health & Benefits convener and Eileen Kearns who founded Learning Spokes, our cycling group. We thank them for the richness that they brought to our district members and wish them well in their future endeavours. We are fortunate that George continues as our Constitution Convener and ex-officio parliamentarian. And that Gwen Scriven has taken over the Health & Benefits portfolio.

When I was laid up in rehab after a stroke last September, Maureen and Karen took charge and enlisted the aid of Sylvia Link, Director,

Marketing & Communications at RTOERO for assistance. She kindly responded by assigning Paula Rutledge, her Graphics Designer to design the Fall 2020 STONY. Many of Paula's design tweaks have been retained. We have added a Reader's Letters/Questions column. Sylvia's suggestion to use the RTOERO eblast feature to send a link to the electronic version of STONY Bridges to all District 23 members was also adopted. It has now become a permanent fixture.

Please note that RTOERO eblasts are only sent to members who have a valid email address in their RTOERO database record. If you are unsure of your communication preferences, the bottom of all emails from RTOERO contain a link to your Marketing or Subscription Preferences. Please ensure that the District Newsletter check boxes correctly reflect your preferences. If the ***District Newsletters Email*** box is unchecked, you will not receive any eBlasts from our district. When the new Member Portal is launched by RTOERO later this year, you will be able to update your information through the portal.

While STONY Bridges includes the most current information near the time of publication, changes may be in flight. Check the monthly E-Newsletter, websites, Twitter, and Facebook for important updates.

We are grateful to those of you who elect to dispense with the printed versions of STONY Bridges and/or Renaissance. This gesture is environmentally friendly and saves us printing and shipping costs. You can make this election through our website online form (<https://district23.rto-ero.org/opt-in-for-online-newsletters>) or the RTOERO Preferences link at the bottom of all RTOERO communications. *Full disclosure: We opt to receive printed STONY Bridges and Renaissance!*

Cancelling all in-person meetings has not slowed us down a whit. Beginning with Vern's e-Devices group that was the first to go virtual and viral with Zoom, many others have followed suit – Have-a-Java, Book Club and Needlework and Craft. Even the Strollers group has gone virtual with self-guided tours of the city. The ability to slide out of your beds into a Zoom session may convince our e-Devices group that we really do not need to meet outside of events and trips. These virtual meetings allow members in far off places to join in and share in our camaraderie. They also reduce our carbon footprint.

More importantly, the travelogues and stories in STONY Bridges have taken us away to far off places that we are revisiting or adding to our bucket list. It is always nice to relive your adventures though a different lens. As Steve Carey reminds us: ***“The world is a book and those who do not travel, read only a page” St Augustine.***

In another gem in his article *“Not quite “50 by 50”*, Steve describes how he overheard two gentlemen talking about retirement – They said that it was ***important to retire to something and not from something!***

A particularly poignant story in our Spring issue was the one written by Marilyn Byers about her passion for speaking about Pflag (Parents, Friends & Family of Lesbian and Gays). In her words, *“At last we are treating everyone with respect and equality!”* Maybe we have not quite gotten there with respect to indigenous people, people of colour, front-line workers, the working poor and weeding out of bad cops and teachers, but ***Good Change*** is finally happening.

We encourage you to become one of our contributors by submitting poems, pictures, and stories – page 3 of STONY indicates the submission deadline for the following issue.

Maureen Capotosto, our Associate Editor, receives all submissions and works with **Karen Quinn**, Communications Convener, and a team of volunteers to proofread articles and other content for STONY Bridges. Conveners and table officers of District 23 generate content for our newsletters, as we continue to offer and share programs and activities of interest to members.

Merv Mascarenhas, Newsletter Editor, designs and lays out the newsletter from these edited submissions. A two-column layout

improves readability of STONY, especially on smartphones – in recent STONY Bridges, we have experimented with three column pages too. To avoid participants having to cut up their precious copies of STONY to complete and mail in activity registration forms when we return to face-to-face events, fillable registration forms for each activity are published on the website. These forms can be filled online, printed, and mailed with cheques to the respective conveners.

Gerard MacNeil, our Newsletter Distribution Convener, works with our printer and distribution

service to ensure that members wishing paper copies of the newsletter, receive them promptly at the correct address. Actively employed members receive the online version instead. He also provides copies of the Spring edition to school staffs in about 250 public/Catholic and private schools in the former City of North York. The remaining copies are used for member recruitment purposes and public relations at District 23 events.

NORTH YORK STROLLERS

by Joanne Famiglietti

Shortly after our last walk on March 5, 2020, to the Don Jail, the entire province went into lockdown.

Who could have guessed that we'd all experience self-imposed imprisonment, at home with our immediate family?

What a unique and unbelievable year it has been.

Because of Covid, RTOERO has not been able to continue activities.

NY Strollers had to adapt and become creative, to offer walks in a very different format.

Virtual walks were therefore explored.

Our members would email me and a PDF file would be sent, so the walk could be experienced on one's own, at one's leisure. Two walks were offered:

- Virtual Walk 1: Downtown Toronto Historic Sites
- Virtual Walk 2: Chorley Park Path to the Brickworks

We hope to resume our in-person walks, when it is safe to do so.

Till then, stay safe, stay healthy, and stay active !



POLE WALKING REPORT

by Kathy Shorney

With the Covid restrictions our outdoor activities have been halted.

As your Convener, I have continued to write articles for our publications to encourage our members to keep active and maybe take up this growing-in-popularity sport. Several times I have consulted with members as to purchasing and using the poles.

YouTube has several excellent videos. I am looking forward for things to start up again hopefully in the Fall of 2021. Please monitor our communications as to the

locations for our group meetings to resume.

In the meantime, I hope you are able to be safe, active, healthy and continue to build your fitness levels.

Our parks and trails are beautiful locations where you can walk safely and improve both your mental and physical health. I am looking forward to organizing group activities in the Fall.

We are always recruiting new members. Feel free to join our group with or without poles.

POLITICAL ADVOCACY REPORT

by Kathy Shorney

As Convener of the Political Advocacy Committee for our district, it is my mandate to support RTOERO's Vibrant Voices campaign. This initiative advocates for critical public policy improvements that will address the urgent needs of Senior Canadians.

I have communicated with our members via STONY Bridges and through our various social media outlets. The three key issues of the RTOERO Vibrant Voices Campaign are:

- i. creating a National Seniors' Strategy,
- ii. advocating for geriatric health care, and

- iii. promoting environmental stewardship.

Our district has chosen to focus on the Seniors' Strategy component.

I have provided our members with links to the RTOERO campaign materials. I have also encouraged members to contact their local representatives at all government levels by providing links to sample letters which can be personalized and sent to them.

The district has also sent letters of concern to government representatives on your behalf. I have requested placement on all electronic communications for our North York political representatives

and have attended many virtual meetings and have at times been able to speak on our behalf.

In addition, I have been attending the virtual sharing meetings of all GTA districts local PAC reps to share ideas and to support their campaigns. We all need to be vigilant in supporting the RTOERO Political Advocacy Committee's work towards improving the lives of seniors.

In partnership with the Goodwill committee, we have helped to reach out to isolated seniors with friendly phone calls. I will continue to be vigilant, to monitor media sources for information, and to advocate around our concerns and needs as aging Canadians.

PROJECT SERVICE TO OTHERS REPORT

by Maureen Capotosto

Our Service to Others Project for 2020/21, Stronger Minds Make for Stronger Kids was well received by our Executive and the Grant Committee. We are fortunate to have been funded the full \$4000 grant. Additionally, our Executive agreed to contribute \$1000 towards this project in lieu of the funds our Needlework & Craft group would normally have raised and donated in non-Covid times.

As a member of the Board of Trustees, Valerie Sterling, a District 23 member is aware of the crucial work of **Strong Minds Strong Kids Psychology Canada** and in particular how the **Kids Have Stress Too!** and **Stress Lessons** programs have been beneficial to students and teachers across Canada. Valerie nominated this organization for the grant to our District 23 Executive and reached out to Anne Lovegrove, Executive Director to determine opportunities to support the organization's

mission of nurturing resilience in children and youth and then worked with me as the Convener to prepare a submission for the grant. We are acutely aware of the effects this pandemic is having on children's mental health and of the need for programs such as these.

This project provides 210 elementary educators in schools with one of the **Kids Have Stress Too!** and **Stress Lessons** electronic program guides. This will help teachers deliver simple lessons with targeted activities in health promotion. They will be able to assist students to become resilient, cope with adversity and change and have meaningful and inclusive participation in their social environments. The participants will also gain increased knowledge of mental health.

As this Project is about delivering psychology and evidence-based programs guides to teachers in the

classroom, it shows how RTOERO members support prevention and early intervention strategies and gives educators the tools to support their students. This project demonstrates to the schools and the general public that RTOERO retired members have an understanding of the focus on the mental well-being of children. We support building stronger partnerships between sectors to support children and create healthy communities.

We see a number of benefits to this partnership project because:

- from an educational perspective, students become more engaged in the classroom when their stress is managed. Educators, also, learn from the program, benefitting from the strategies and tactics to manage their own stress.
- from a community perspective, students share their knowledge of stress and stress management strategies with their family and friends giving a greater reach and the benefits of community wide mental health promotion.
- socially, as we promote mental health and the building blocks to a stronger foundation of mental health with our children, our society will benefit in the long-term mitigating the need for treatment for mental health issues.

We have highlighted the project in STONY Bridges. We have asked

our members to nominate teachers to receive these materials. It is a good project to attract future members and get our new members involved and understanding our commitment to community organizations and the well-being of children.

We presented at a meeting of the Board of Directors of ***Strong Minds Strong Kids Psychology Canada*** making them aware of RTOERO, the Service to Others Project, its membership, its organization and how it values partnerships supporting schools and students. We stated that we are very grateful to be able to share these excellent resources and to work with them in promoting the management of stress through the resources being provided.

We have also worked with Anne Marie Chudleigh, Assistant Professor & MT Partnership Coordinator, Master of Teaching Program Curriculum, Teaching and Learning Department at OISE to offer this resource to host teachers who mentored faculty students in their placements.

Finally, the Toronto Catholic District School Board is providing the guides to their teachers to launch their virtual summer programs. They are embedding some of the lessons and the content into programs for students this upcoming summer. "We were actually thinking of launching the Kids Have Stress Too and Stress Lessons program in our virtual school. Your email and this news are very

timely. We are just in the planning stages right now. This is just what we needed to kick start the initiative.” Marie-Josée Gendron, Chief of Mental Health Strategy and Staff Well-Being TCDSB

Teachers receiving this resource have been very grateful of this wonderful resource. Some comments received:

“Thank you very much for this fantastic resource! The guide is user friendly so that I can read it fairly quickly and easily implement these valuable activities. I also very much appreciate the section at the end that includes tips for teachers to take care of themselves, too. I look forward to sharing some of the ideas and strategies within the guide with my teaching partners.”

TDSB teacher

“Thank you for allowing me to bring the ‘Stronger Minds make for Stronger Kids’ program into my classroom. I truly appreciate the opportunity.”

TCDSB teacher

“Thank you so much for this resource! I have an anxious group

this year (understandably). I’m sure this resource will be a good support for us.”

Halton DSB teacher

“Thank you for sending me this amazing resource, at the recommendation of my Dad. I am looking forward to exploring this resource with my Grade 6 class. I am a virtual school teacher and appreciate the guidance you provide in your Stress Lessons Toolkit 4-6. I just downloaded the resource today, as it has been very busy with report cards and this new online learning format. After scanning through the resource, I know these lessons will be complementary to our virtual learning and the stresses involved during this pandemic. Again, I look forward to trying these lessons and working through the various activities. “

Halton DSB teacher

Wow! This looks AMAZING! I know my students will benefit from these resources! Thank you so much for thinking of me!

TCDSB teacher



RECRUITMENT REPORT

by Mary Ellen Lawless

Recruitment is the lifeblood for the survival of any organization. But, for this entire year, the Covid 19 pandemic has forced many restrictions and changes on all our RTOERO activities, including Recruitment. Where once it was possible to meet current members in person at monthly events such as Have-A-Java, the Book Club and routinely ask the attendees if they knew of anyone who should be a member of RTOERO and then provide them with the application booklet “*Esprit*”, those in-person gatherings had to be cancelled and thus that valuable option for outreach is no longer possible.

There were some memorable successes: the annual Welcome Breakfast for new members in September became a virtual event. All new members were telephoned and invited to join in a Zoom meeting where they were welcomed by our President, including a welcoming “toast” and encouraged to join in one or more of the on-going

activities being made available via Zoom. Through the efforts of our Social Convener, two inspiring presentations were provided to all members in November and March.

In each of the past four editions of STONY Bridges, the Recruitment Report requested that current members reach out to recent retirees and encourage them to join RTOERO. For instance, I personally forwarded copies of STONY to former colleagues who are not members, to encourage membership in RTOERO with a

short personal note. The Retirement Planning Workshops, which were already being presented by staff from the central office, pivoted quickly to online courses now being offered weekly in English and French.

As your Recruitment Convener, I invite you to continue to talk to friends and colleagues about the many advantages of membership in this great organization.

SOCIAL COMMITTEE REPORT

by Mildred Frank

What is the best way to describe 2020? Let’s call it a different year, a year in which we learned to survive in ways we never expected we would have to.

But we did!

Thank you to a great committee –

Maureen Capotosto, Karen Quinn, Gwen Scriven, Mary Valtellini, George Meek, Mary Cairo and Mildred Frank.

Our first event was the Champagne Breakfast, a unique experience held on Zoom. We greeted

our new members and drank a toast to their retirement.

Maureen Capotosto, President of District 23, then introduced the members of the executive. They spoke of the activities which are available (even now) and outlined the benefits of belonging to RTOE-RO, especially District 23.

In December, we hosted an event called **10 Seconds to Joy**. Dawn

Thurmond, a happiness coach discussed the importance of happiness and took us through a series of exercises for daily use.

In March, we invited Dr. Mandich to present her seminar called **The Science of Happiness**. About 100 people attended. It was a great experience. The responses were amazing. We thank Cheryl Paige for introducing us to Dr. Mandich.

TRIPS REPORT

by Mary Valtellini

It's hard to believe that a year has passed, and we have not been able to organize any trips.

We have stayed home, stayed safe, surfed the internet and lived vicariously through travel programs and looking at photos taken while

on trips. Hopefully, we will all be fully vaccinated shortly, and will receive the green light to begin on new adventures. Happy virtual travels!!

TWITTER REPORT: @RTO23_NORTH YORK

by Merv Mascarenhas

Our twitter account now sports our new colourful logo which makes our tweets stand out in a crowded field. We have 96 followers and follow 198, including many thought leaders in education and seniors issues.

All members are encouraged to **follow** District 23's Twitter account - @RTO23_NorthYork launched on December 13, 2018. We urge you to **like** our tweets and **retweet** them.

If you are not on Twitter, do sign up for it. Twitter is FREE and can be

accessed from your smartphone, tablet, PC or Mac. You can choose to be a passive digester of information until you are ready to tweet original content.

Our Twitter account keeps you informed by:

- Tweeting Breaking News and new content on our website
- Retweeting curated content related to seniors' matters, education and health issues from around the world
- Providing notifications about

Events, News, Articles, STONY Bridges, E-Newsletter, etc.

- Attracting, informing and engaging members
- Inviting feedback on specific issues requiring input from stakeholders and the public
- Providing occasional live coverage of events

In short, improving communications with our members.

Just do it!

Tweet, Tweet!



WEBSITE (DISTRICT23.RTO-ERO.ORG)

by Merv Mascarenhas

We strive to make our website the go-to place for information on all things **RTOERO District 23, North York** by publishing:

- Articles on all major District 23 events, including photographs.
- An online form to allow you to switch from paper to electronic eco-friendly versions of STONY Bridges and Renaissance.
- An online **Contact Us** form that lets you communicate with any convener or table officer – please use it to contact any member of the Executive or provide us feedback on the website, social media, events, etc.
- FLICKR photo albums of District events (<https://www.flickr.com/photos/rto23/>) - these albums are surfaced in activity reports as well as under the **Pictures** tab.
- Resources such as the Dis-

trict 23 Constitution (under review for approval of the updated version at the next AM).

- Our most recent Tweet at the bottom of our homepage - @RTO23_NorthYork. If you are on Twitter, please follow it; else, get yourself a Twitter account to allow you to do so.

New in Past Year:

- **E-Devices subweb:** Vern Paige is publishing notes, slide decks, video, and other resources for his biweekly meetings in this subweb under the Resources tab. It helps new members to the group to catch up on topics that they missed and come up to speed quickly.
- **E-Newsletter:** Karen Quinn's E-Newsletters are now published under the Activities tab on the website.
- **Videos:** Edited video record-

ings of some presentations are published in a District 23 North York YouTube Channel and surfaced in corresponding pages on the website, e.g., Dr. Mandich's **The Science of Happiness**.

- **Twitter Content:** The size restriction of Twitter messages is overcome by linking Twitter content back to detailed pages on the website. The same is done for Facebook posts.

New Website:

We are still waiting with bated breath upon RTOERO headquarters for the new web platform that will allow us to transform our website into a more engaging and user-friendly experience. A parallel initiative will see the introduction of e-Commerce which will allow us to register for events from a barstool in our (Wo)Man Cave with no need for a printer, envelope, and postage stamp. We would appreciate your feedback on how our new website can better serve your needs and be easier to navigate – just send us your suggestions through our Contact Us form.

We have been informed that existing content on our website will not be migrated to the new one. A challenge for us will be culling old content and moving current and archival content manually to the new website. A planned launch in mid-Summer is not the best time for me – the heart of Winter would be nicer. The track record of this

project may see me getting my wish!

If you have ever been frustrated by difficulties in finding information on the website or just **What's New**, check out the article on page 13 of the March 2021 edition of STONY Bridges.

New Branding: We have implemented the new vibrant, colourful RTO logo and branding.

What's New Page: This page lists all new posts on the website to provide you a quick snapshot of new items.

Search: Try this powerful functionality to find information on the website.

Contact Information: Due to privacy concerns we have removed contact information for Executive members from the website and new editions of STONY Bridges and the e-newsletter. To reach a Convener or table officer, please go to the Contact Us page and complete the form to send an email message to the person you wish to reach. You will be contacted by the appropriate person in a timely manner.

Activity Registration Forms: To avoid participants having to cut up STONY to submit registration forms for District activities, we publish fillable activity registration forms for each activity on the website. This allows you to fill forms online, print the completed forms and mail them with cheques to the responsible Convener.

FOUNDING MEMBERS OF RTOERO DISTRICT 23, NORTH YORK

Bruce Dawson*
Joan Featherstone*
Viva Heaton*

Helen Lang*
Dick Webster*
Dorothy Young*

PAST PRESIDENTS OF RTOERO DISTRICT 23, NORTH YORK

1973 - 1974 Bruce Dawson*	1998 - 1999 George Meek
1974 - 1975 Dr. John McIntosh*	1999 - 2000 Marion Taylor
1975 - 1976 Gertrude Paterson*	2000 - 2001 Rob Fraser
1976 - 1977 Dr. David Tough*	2001 - 2002 Beverley Wood*
1977 - 1978 George Hosie*	2002 - 2003 Andrée Nottage
1978 - 1979 Fraser Bradshaw*	2003 - 2004 David Fleming
1979 - 1980 Margaret Bates*	2004 - 2005 Frank Saliani
1980 - 1981 Eileen Carter*	2005 - 2006 Helen Wiber
1981 - 1982 Ruth Bick*	2006 - 2007 Mary Ellen Lawless
1982 - 1983 Ken McKee*	2007 - 2008 Margaret Schuman
1983 - 1984 Jack Foote*	2008 - 2009 Michael Sheffe
1984 - 1985 Ruth Robson*	2009 - 2010 Luci Soncin
1985 - 1986 John Allen*	2010 - 2011 Janis Siegel* / Luci Soncin
1986 - 1987 Joe Bilson*	2011 - 2012 Maureen Capotosto
1988 - 1989 Mary Scanlon*	2012 - 2013 Mary Valtellini
1989 - 1990 Don Hazel*	2013 - 2014 Margaret Lato
1990 - 1991 Geoff Arnold	2014 - 2015 Courtney Doldron
1991 - 1992 John Wilson	2015 - 2016 Maureen Capotosto
1992 - 1993 Aileen Thomas	2016 - 2017 Janis Siegel*
1993 - 1994 Betty Nagle*	2017 - 2018 Marisa Agostini
1994 - 1995 Gord Claus	2018 - 2019 Sara Di Nallo
1995 - 1996 Mildred Frank	2019 - 2020 Maureen Capotosto
1996 - 1997 Claire Piché	2020 - 2021 Gwen Scriven
1997 - 1998 Nancy Walsh*	

* deceased





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