



OSTONY Bridges



Mildred Frank
RTO/ERO 2019
Distinguished District Member Award Recipient
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District 23
North York



In Memoriam

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 RTO/ERO Provincial's monthly updates from February 1, 2019 to June 30, 2019.

February: Bernard Kingwell, Dennis McCusker, Elizabeth Newton, Mary Phillips, E Leslie Pidgeon.

March: Roberta Charlesworth, Mary Fraumeni, Janice Latcham, Harold Lougheed, Lois McDonald, James Rae, Toshie Yokoyama.

April: David Carter, Jane Catcher-Wright, Barbara Hinde, Florence Lynch, Geraldine McAllister, Josephine Minnan-Wong, Kathleen O'Grady, Anne Petite, Arthur Winter.

May: George Brownell, Ernest Buck, Peter Harris, Bruce Hawkins.

June: Reta Goldstein, Linda Gorgonio, Lois Jamieson, Eleanor McCaslin.



New Members

by John Giannone – Convener ~ johngiannone01@gmail.com

The Executive welcomes all the new members who have recently joined RTO/ERO District 23, and invite them to become active participants in all of our activities. As of June 30, 2019 RTO/ERO District 23 has a total membership of 2864 members.

The following information was taken from RTO/ERO Provincial's monthly updates from February 1, 2019 to June 30, 2019.

February: Kathleen Doherty, Connie McGlynn, Norma Pidgeon.

March: Luther Brown, Luisa Busato, Christine D'Avernas, Michele Frensch, Patricia Gibbs, Chantal Henry, Joseph Jarrett, Joanne McBay, Rita Moskovitz, Sandee Sharpe, Nina Silver.

April: Sajida Ayyoob, Rosemarie Battaglia, Bob Beattie, D.L. D'Aguilar, Franca Di Pasquale, Karen Madarasz, Penelope Markopoulos, Susan Nicholson.

May: Calogera (Carla) Alaimo, Joan Buck, Marianne Cook, Rosalinda De Miglio, Patricia Doyle, William Dulmage,

Lisa Law, Maria Leitao, Rosalba Palmieri, Virginia Parucha, Maurizio Pasquali, Shirley Poland, Susan Rosenbaum, Enza Salerno-Scarcelli, Joel Shuster, Lucia Zeppieri.

June: Tony Augello, Anna Maria Bastone, Stephen Brown, Dawn Burke, Maria Filomena, De Melo, Beverley Driscoll, Mitchell Feinman, Jacinthe Fortin, Carl Goldstein, Giuseppe Gorgonio, Rose Mary Hawkins, Patricia Kert, Meira Mendelaoui, Shoshana Meron, Tracey Parish, Margaret Petrelli, Joseph Rand, Jack Saltzberg.





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Submissions

STONY Bridges RTO/ERO, North York, District 23 welcomes submissions for STONY Bridges from members. Do you have 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 (for identification only) and some past and present biographical information (for publication if space permits). Articles should be from 400 to 1200 words (one half to one page) in length. Photos are also welcome (minimum 300 dpi in jpeg or RAW 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. Send submissions to: Maureen Capotosto at mpcapotosto@sympatico.ca. STONY Bridges publishes in March, August, and November for the Retired Teachers of North York, District 23

The due date for material for the next issue is September 15, 2019



District 23 Past President

by Sara Di Nallo – Past President ~ sdinallo@outlook.com

As I transition forward to my new role as Past President, I would like to thank everyone for all of your support during the past year as President. We handled and walked our way through many things together. Whether it was District 23, Toronto Joint Districts, or RTO Provincial related we worked as a team. As chair of the Joint Toronto Districts this past year, I was able to work collaboratively with all of the Toronto Districts. We were able to bring to the table some of our concerns as well as bring back to our District some of the Joint District concerns. It was great to see how well we all work together for the good of our members.

District 23 AGM – Our District 23 AGM and Luncheon on May 22, 2019 was well attended and turned out to be another successful event. Thank you to all who attended. Thank you to Mildred Frank our Social Convener and members of the executive who made sure everything ran smoothly. Kudos to all involved. Congratulations to all our executive members for 2019-2020.

“Thank you very much for inviting me to your AGM/Luncheon. The warm welcome extended to me was heartfelt.”

Joan Elliot, President, District 16 (Toronto)

Paula Chambers, President of District 24 (Scarborough/East York), sent her regrets due to a conflict of dates. We both

held our AGM/Luncheon on the same date.

“Thank you so much for your hospitality yesterday. The event was top drawer! Please convey my thanks to your team that carried off a well-organized AGM and delicious luncheon. I am always impressed with the energy and commitment of our RTO-ERO peers. Well done!”

Janet Thacker, 1st VP for District 22 (Etobicoke/York)

I also attended the AGM/Luncheon for District 16 (Toronto) on May 15, 2019, and District 22 (Etobicoke) on June 4, 2019. I received a warm welcome from both districts. Both were well attended and professionally organized. It was interesting to see how AGM/Luncheons are done in the other Districts. Although there are many similarities, each District has its own unique touch which adds to its event.

The Annual Meeting and Senate this year was from May 27-29. By-Law changes were approved. The Membership Fee was changed to an annual fee of \$70 for everyone. The fee will be grandfathered for those who are paying less than \$70. The branding of our name change was put on hold pending further discussion. It was a great learning experience, as well as interesting to watch, listen and learn.

Have a wonderful and safe summer break everyone!



Using Mobile Devices - New Special Interest Group

by Vernon Paige ~Convener ~ Vernon.Paige@gmail.com ~ 416-816-2032

We invite you to join this special interest group that is in its formative stages.

Let's start with using our phones and tablets for photography. We'll look at the standard built-in camera capabilities of our devices, how to get the most from them. We will consider how the camera features can be improved at little or no cost, how to take better pictures, how to enhance our pictures after we've taken them.

We will talk about saving and organizing our pictures. And how to share them – “online”, email, printing, gift books. We can take wonderful pictures with the new smart phones – does anyone need a “real camera” any more?



NEW

Meeting Times: 1st and 3rd Friday of each month, beginning with Friday September 20, 2019 at 10:00 a.m. to Noon

Location: Edithvale Community Centre, 131 Finch Avenue West - Dempsey Room, 1st Floor.

Members of the group will determine topics based on their interests and experience. A list of possible subjects will be provided. These will be just suggestions or starting points. Field trips and guest speakers are possibilities for future meetings.

For further information, contact Vernon Paige, PhotoGuy.2019@gmail.com or Vernon.Paige@gmail.com.



President's Report

by Maureen Capotosto – President ~ mpcapotosto@sympatico.ca

Usually the President receives a President's Pin at the AGM & Spring Luncheon. Since RTO/ERO is in the process of changing the name of our organization and pins are not available, I received a magic wand as a replacement. While I won't be performing magic tricks I do hope to enrich District 23, North York and help the District thrive with the changes that are coming as our organization grows as a vibrant and trusted voice for retired educators. You can read about the last Senate in an article by Olga McKenzie who relates a few highlights of what is happening.

Our Executive offers a wide range of activities for our members, which are described within the pages of STONY Bridges. Consider coming out to one or more of the activities and events we offer. This is an opportunity for you to pursue a new interest or rekindle one from the past. We are very pleased to announce a new group **Using Mobile Devices**. Vernon Paige has agreed to start the group off with a look at photography. You can read all the details within these pages. Come and join us.

We recently conducted a survey of our members who have told us they are well pleased with what is being offered. Suggestions for improvements will be considered as we begin the 2019 – 2020 year. We want to serve your needs. If you have an idea or a concern speak to one of our executive. If you want to become involved with the executive in some way, speak to one of these people as well.

Congratulations to Mildred Frank, 2019 Distinguished District Member Award Recipient. Mildred has been part of our District for 25 years working to ensure that members are welcomed to the District and have opportunities to enjoy the benefits of friendship and membership. Each of our executive members is enthusiastically involved in the work of our District organizing events and activities and attending our monthly executive meetings and committees. We are fortunate to have 3 representatives on Provincial committees: Mary Valtellini on Benefits and Marisa Agostini and Gwen Scriven on Political Advocacy. They keep us up to date on what is happening at the provincial level.

I am very proud of our many Service to Others projects over the years. Read about our current project, **Supporting The Period Purse, Menstruation Nation**. There are two aspects: educating high school students and supporting marginalized women. Donations of purses and appropriate items can be brought to our Champagne Breakfast.

I hope you have a lovely summer. You are all welcome to join us at our **Champagne Breakfast** on Thursday, September 26th to toast our new retirees. I look forward to working with our wonderful executive and with you over the coming year.

FALL EVENT CALENDAR 2019

Month	Day	Event
Aug	1	Cycling
September	6	Cut off date for Kingston Penitentiary Tour
	10	Bridge
	11	Executive Meeting
	16	Using Mobile Devices
	17	Bridge, Nordic Pole Walking
	18	Have-a-Java
	19	Needlework & Craft, Cycling
October	23	Using Mobile Dev; Cutoff Champagne Brk
	24	Bridge
	25	Book Club
	26	Champagne Breakfast
	1	Bridge
	3	Cycling, North York Strollers
	4	Using Mobile Devices
	8	Bridge
	9	Executive meeting
	10	Kingston Penitentiary Tour
15	Bridge, Nordic Pole Walking	
November	16	Have-a-Java
	17	Needlework & Crafts
	18	Using Mobile Devices
	22	Bridge
	23	Book Club
	29	Bridge
	1	Using Mobile Devices
	5	Bridge
	6	Cut off Date for Speaker Series
	7	North York Strollers
12	Bridge	
December	13	Executive Meeting, Speaker Series
	15	Using Mobile Devices; Cutoff for Anastasia
	19	Bridge, Nordic Pole Walking
	20	Have-a-Java
	21	Needlework & Crafts
	22	Cut off date for Holiday Season Lunch
	26	Bridge
	28	Holiday Season Lunch, Book Club
December	3	Bridge
	4	Anastasia
	5	North York Strollers
	6	Using Mobile Devices
	10	Bridge
	11	Executive Meeting
	13	Using Mobile Devices
	17	Bridge, Nordic Pole Walking
18	Have-a-Java	
19	Needlework & Crafts	



Bridge Report

by Alan Ward – Convener ~ alanward@interlog.com 905-889-3687

The Bridge Club will reconvene at Willowdale United Church on Kenneth Avenue just north of Church St (south of Finch, 2 blocks east of Yonge) on Tuesday September 10th and will meet every Tuesday until early December 2019. New members are welcome: please try to arrive by 12:45 p.m. Basic instruction is provided on request. Contact Alan Ward at 905-889-3687 or by email for further information.

We are a social group of about 40 RTO members and friends of whom 24 - 28 meet on any given Tuesday for cards, coffee and cookies. Serious duplicate players will generally look elsewhere for their bridge “fix” but we offer friendly company in pleasant surroundings with the opportunity for newbies to get into the game. It is not necessary to come with a partner, nor to commit to appearing every week. RTO members may bring a friend who is not an RTO member; all attendees contribute \$3 per afternoon to defray the costs of leasing the space. The group thanks those members who come early to set up the room and assist in the kitchen before and after the meeting as well as all whose generosity and skills as bakers have enhanced our enjoyment of the afternoon.

The Table Champions

Congratulations to the following players who were undefeated on one or more occasions in the first five rounds between January 8th 2019 and June 18th 2019.

Anna Bloom (2), Polly Clarke, David Fleming, Carson Klinck (5), Irene Loberto (3), Kathy Shorney (2), Derek Smith, Larry Sonenberg, Evy Strasberg, Andrew Teodosiu

The Successful Slam Bidders

Jan 15	Irene Loberto & Judy Parnis	6D+
Jan 22	Bev Suzuki & Angela Jutlah	6H
Feb 5	Anna Bloom & Mavis McKernan	7S
Feb 19	Ann O’Neill & Carson Klinck	6S
Mar 19	Irene Loberto & Mavis McKernan	7S
Mar 26	Henry Dzwonck & Lee White	6S
Apr 16	Larry Miller & Larry Sonenberg	6H+1
Apr 23	Larry Miller & Darlene McCowan	6S+1
Apr 23	Sue Vaidya & Mavis McKernan	6S
Apr 23	Irene Loberto & Sophia Ng	6N+1
May 7	Larry Miller & Irene Loberto	6N
May 14	Mavis McKernan & Marg Jang	6H+1
Jun 4	Bev Suzuki & David Fleming	6N
Jun 11	Larry Sonenberg & Cheryl Sonenberg	6N+1
Jun 18	Mavis McKernan & Bev Suzuki	6H
Jun 18	Edie Mackay & Lee White	6N

Dir: North
Vul: None
Optimum EW -100

♠ A 7
♥ 5 4 2
♦ 10 8 4
♣ 9 8 4 3 2

♠ J 9 8
♥ Q J 9 8
♦ K J 6 2
♣ Q 5

NORTH 17 SOUTH

♠ K 4
♥ 10
♦ A Q 9 5 3
♣ A K J 10 6

♠ 4
♥ 10
♦ 9
♣ 17

N 4 3 - - 2
S 4 3 - - 2
E - - 3 3 -
W - - 3 3 -

View Larger Play it again

Board No 17 None Vul Dealer North									
NS	EW	Bid	By	Tks	+Sc	-Sc	+	-	
1	7	4♣	E	-1	50	3.50	4.50		
2	9	5♥	E	-2	100	5.50	2.50		
3	11	5♣*	N	-1	100	1.00	7.00		
4	2	5♣*	E	-2	300	7.00	1.00		
5	4	5♥	E	-2	100	5.50	2.50		
6	6	5♣	N	5	400	8.00	0.00		
9	1	5♣*	S	-1	100	1.00	7.00		
10	3	4♥	W	-1	50	3.50	4.50		
11	5	5♣*	N	-1	100	1.00	7.00		

A Wild Hand

This deal caused some head scratching in a recent duplicate tournament when both sides had 9 or 10 card fits. East-West had nine card fits in both major suits, while North-South had ten clubs and eight diamonds between them. The high card points were almost equally divided (21-19). Against perfect defence, which may be hard to find, neither side can make a game. In the event, 8 of the nine pairs went down, while one lucky N-S pair made a 5

Club contract against a flawed defence.

The Law of Total Tricks predicts that there will be 19 total tricks in this hand if NS play in clubs or EW play in either major. 19 total tricks = 19 total trump. With a double fit, there could well be 20 or even 21 total tricks, but the positive effect of the double fit is negated by the fact that NS own both Ace and King in spades, one of the EW long suits. If the King of diamonds in the West hand is swapped for South’s King of spades, EW can make 10 tricks and NS only 9, since NS can only make one diamond trick with or without the King.

How would the bidding go? North would certainly pass in 1st seat, but East would open 1S with this very unusual hand. South would probably double, or possibly bid 2 No Trump (the Unusual no Trump). West may assume that East has a bare opener with 5 spades and decide that the 3 level is too high. If South’s 2N bid is passed by West, North will respond with 3C and South’s face will light up. East may repeat the spades or offer the other major suit. No South is going to tamely pass 3S with a hand, which is worth about 20-21 points with distribution and will bid 4 clubs or even consider a possible sacrifice at 5 clubs.

With hands like these, a well-known axiom is “the 5 level is for the opponents” and EW do best to double 5C if NS refuse to let them play 4S or 4H. The “safe” level for NS is 4C (ten trump) and for EW is 3S or 3H (nine trump). Beyond 4C (NS) or 3S/3H (EW) a positive score will turn into a negative one. In every case, doubling earned a better result.



Cycling

by Eileen Kearns – Convener ~ eileen_kearns@edu.yorku.ca

Spring rain brings out very determined cyclists in the RTO/ERO North York District 23 Cycling Group! We had two amazing rides that were approximately 42 km return each, since being rained out at the beginning of the season. Initially it felt like my role was that of a “Weather Chaser”☺, of course to be distinguished from being a “Storm Chaser”.☺

The first ride took us from the Cummer Bridge down the Cummer Ravine to the Betty Sutherland Trail, Leaside Spur Trail and into Wilket Creek Park and the Lower Don Trail. Our end point before turning back was the outdoor art initiative at Gargoyle Park and the Bloor Viaduct. Our second ride commenced from the parking lot at Sheppard and Leslie and continued on a very similar southerly route. We must have been able to smell the coffee at Balzac’s because we continued right to the Distillery District where we had a light snack and coffee. We all commented on how fortunate we are to have these amazing green spaces and paths in such a large city as ours and then to have a destination such as the Distillery District to end up at.

This is the second year that cycling dates are being offered in the Summer. We will aim to go to the Evergreen Brick Works for our next ride, again celebrating the revitalization of another area in Toronto. Additional rides should include the Martin Goodman Trail this summer. If the trails of the Unionville Bike Path are repaired this summer after being ruined in some of the heavy rains, we will try a trip there as well. There seems to be no end to the possibilities!

The **Learning Spokes** as we have named ourselves, are having a wonderful time exploring our city on two wheels!

Who? For those who have a comfortable and confident skill level with cycling.

Where? Routes: Sometimes from the Cummer Valley Ravine, but most often we will start at the Betty Sutherland Trail, Leaside Spur Trail, Wilket Creek Park just south of Edward’s Gardens, the

Don Trail and Lower Don Trail to Martin Goodman Trail etc. Our cycling will be a combination of off road, on the trails and some on road cycling to connect to the next trail.



Parking: - On Craigmont Drive north side (north of Cummer Avenue) or more recently the parking lot in the north west corner of Sheppard and Leslie.

Meeting Site: - Craigmont Drive and Cummer Avenue or more recently the parking lot in the north west corner of Sheppard and Leslie -where there are washrooms.

When: Thursday mornings at 10:00 a.m. If we are able to do the Unionville path we will meet at 10:30 at the Toogood Pond parking lot across from the Crosby Arena on Carlton Road.

Dates Left: August 1st, and perhaps another Thursday in August, September 19th and October 3rd

2019.

Requirements: - Participating cyclist must have:

- bike with bell
- air in tires
- bicycle helmet certified approved by CSA, Snell, ASTM, CPSC, or ANSI, and to be worn at all times
- running shoes
- water bottle
- emergency information
- a small snack is a good idea

Please have your most important emergency information in addition to your OHIP # with you.. **Please note:** A waiver form will be provided that each cyclist is required to sign before each cycling trip.



To register email: Eileen_Kearns@edu.yorku.ca

Please note there is an underscore between the first and last name in the email address.

Registering for this event is most important as cycling is weather dependent and the trip could be cancelled. Also we vary the location where we start as the season gets underway.



North York Strollers

by Joanne Famiglietti – Convener ~ jcfam12@gmail.com

416-483-4968

The Strollers walk on the first Thursday of every month regardless of the weather. Come dressed appropriately and prepared to enjoy friendship, and the beauty of nature and our city. Meeting places are listed for each walk. Walks begin at 10:00 a.m. New walkers are always welcome.



December 5, 2019
Allan Gardens Conservatory

Meet at College Subway Station
Led by Joanne Famiglietti

October 3, 2019
Wychwood Park



Meet at St. Clair West Subway Station (stay on Bus Platform)
Led by Joanne Famiglietti

November 7, 2019
Prospect Cemetery

Meet at Lansdowne Subway Station (stay on Bus Platform)
Led by Len Nicholson



Have-a-Java

by Elizabeth Clarke – Convener ~ clarkemeneguzzi@gmail.com

Have a Java continues to be a very popular social event which provides an opportunity to gather, socialize, renew or create friendships as well as meet members and conveners of the many District 23 activities.

We meet at Bayview Village in the east foyer in front of the LCBO on the third Wednesday of the month between 10 a.m. and noon. Each member who signs in and joins the group receives a \$3.00 subsidy towards coffee and a treat.

There was a great turnout at the last Java of this year, with a combination of regulars and some new faces.

Here are the dates for the 2019/2020 **Have-a-Java**:

- Wednesday September 18, 2019
- Wednesday October 16, 2019
- Wednesday November 20, 2019
- Wednesday December 18, 2019

- Wednesday January 15, 2020
- Wednesday February 19, 2020
- Wednesday March 18, 2020
- Wednesday April 15, 2020
- Wednesday May 20, 2020





Book Club Report

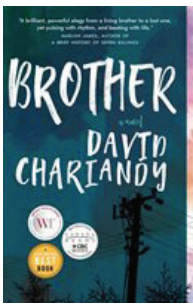
by Irene Kitchell ~ Convener [416-733-8711](tel:416-733-8711)

The District 23 Book Club continues to be a popular and successful initiative. Meetings are held on the last Wednesday of the months of September, October, November, January, February, March, April and May at 2:00 p.m. at the Edithvale Community Centre. Everyone is welcome to attend when the date is convenient. The members select the books for the upcoming year at the meeting in May. The person who suggests the book is expected to lead the discussion. For further information call Irene Kitchell at 416-733-8711

Wednesday, September 25, 2019:

Brother

by David Chariandy



An intensely beautiful, searingly powerful, tightly constructed novel, *Brother* explores questions of masculinity, family, race, and identity as they are played out in a Scarborough housing complex during the sweltering heat and simmering violence of the summer of 1991.

With shimmering prose and mesmerizing precision, David Chariandy takes us inside the lives of Michael and Francis. They are the sons of Trinidadian immigrants,

their father has disappeared and their mother works double, sometimes triple shifts so her boys might fulfill the elusive promise of their adopted home.

Coming of age in The Park, a cluster of town houses and leaning concrete towers in the disparaged outskirts of a sprawling city, Michael and Francis battle against the careless prejudices and low expectations that confront them as young men of black and brown ancestry -- teachers stream them into general classes; shopkeepers see them only as thieves; and strangers quicken their pace when the brothers are behind them. Always Michael and Francis escape into the cool air of the Rouge Valley, a scar of green wilderness that cuts through their neighbourhood, where they are free to imagine better lives for themselves.

Propelled by the pulsing beats and styles of hip hop, Francis, the older of the two brothers, dreams of a future in music. Michael's dreams are of Aisha, the smartest girl in their high school whose own eyes are firmly set on a life elsewhere. But the bright hopes of all three are violently, irrevocably thwarted by a tragic shooting, and the police crackdown and suffocating suspicion that follow.

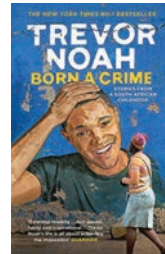
Wednesday, October 23, 2019:

Born a Crime

by Trevor Noah

The compelling, inspiring, and comically sublime New York Times bestseller about one man's coming-of-age, set

during the twilight of apartheid and the tumultuous days of freedom that followed.



Trevor Noah's unlikely path from apartheid South Africa to the desk of *The Daily Show* began with a criminal act: his birth. Trevor was born to a white Swiss father and a black Xhosa mother at a time when such a union was punishable by five years in prison. Living proof of his parents' indiscretion, Trevor was kept mostly indoors for the earliest years of his life, bound by the extreme and often absurd measures his mother took to hide him from a government that could, at any moment, steal him away. Finally liberated by the end of South Africa's tyrannical white rule, Trevor and his mother set forth on a grand adventure, living openly and freely and embracing the opportunities won by a centuries-long struggle.

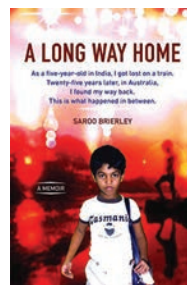
Born a Crime is the story of a mischievous young boy who grows into a restless young man as he struggles to find himself in a world where he was never supposed to exist. It is also the story of that young man's relationship with his fearless, rebellious, and fervently religious mother—his teammate, a woman determined to save her son from the cycle of poverty, violence, and abuse that would ultimately threaten her own life. The eighteen personal essays collected here are by turns hilarious, dramatic, and deeply affecting.

Wednesday, November 27, 2019:

A Long Way Home

by Peter Carey

At only five years old, Saroo Brierley got lost on a train in India. Unable to read or write or recall the name of his hometown or even his own last name, he survived alone for weeks on the rough streets of Calcutta before ultimately being transferred to an agency and adopted by a couple in Australia.



Despite his gratitude, Brierley always wondered about his origins. Eventually, with the advent of Google Earth, he had the opportunity to look for the needle in a haystack he once called home, and pore over satellite images for landmarks he might recognize or mathematical equations that might further narrow down the labyrinthine map of India. One day, after years of searching, he miraculously found what he was looking for and set off to find his family.

A Long Way Home is a moving, poignant, and inspirational true story of survival and triumph against incredible odds. It celebrates the importance of never letting go of what drives the human spirit: hope.



Webmaster

by Merv Mascarenhas - Webmaster ~ mervyn.mascarenhas@outlook.com

District 23 launched its **twitter** account @RTO23_NorthYork on December 13, 2018. We encourage all members to **follow** it, **like** its tweets and **retweet** them. And if you are not on Twitter, do signup by going to www.twitter.com.

Our Twitter account will keep you informed by:

- Tweeting Breaking News and new content on our website
- Retweeting curated content related to seniors' matters, education and health issues
- Providing notifications about Events, News, Articles, STONY, E-Newsletter, etc.
- Attracting, informing and engaging members
- Inviting feedback on specific issues requiring feedback from stakeholders and the public
- Providing occasional live coverage of events
- In short, improving communications with our members

You do not need a smartphone to use Twitter. You can access it on a Windows PC, Mac or iPad/tablet. And you do not need to post anything – you can be just a passive consumer of RTO District 23

tweets. Whenever you choose to, you can like, retweet and follow Twitter users whose tweets are of interest to you. We continue to strive to make the website the go-to place for information on all things District 23:

- Articles on all major District 23 events, including photographs
- A new [online form](#) to allow you to switch from paper to electronic eco-friendly versions of STONY Bridges and Renaissance
- An updated online **Contact Us** form that lets you communicate with any Convener – please use it to provide us feedback on the website, social media, events, etc.
- CAPTCHA screening implemented on forms to stop spamming by bots
- FLICKR [photo albums](#) of District events
- Resources such as the [District 23 Constitution](#)

Photographs, articles and poems for the website are sought after. Be creative. Just do it!



STONY Bridges

by Merv Mascarenhas – Editor ~ mervyn.mascarenhas@outlook.com

You can imagine my astonishment when I first cast my eyes on Pont de pierre, or “Stone Bridge” in English, a bridge in Bordeaux, which connects the left bank of the Garonne River (cours Victor Hugo) to the right bank quartier de la Bastide (Avenue Thiers). This bridge has adorned STONY Bridges since before my time, and I’ve been always curious about it, but too afraid to ask.

Wikipedia: The first bridge over the Garonne River at Bordeaux, the Pont de pierre was planned and designed during the First French Empire, under the orders of Napoleon I, but its construction took place during the Bourbon Restoration, from 1819 to 1822. It has 17 arches (the number of letters in the name ‘Napoléon Bonaparte’). On the sides, each pile of bricks is capped by a white medallion in honour of the emperor.

C’est Magnifique is how I would



Photo taken by Olivier Aumage

describe our two-week driving tour of France in May! But that’s another story.

An increasing number of members are choosing to receive our interactive PDF version of STONY, which permits readers to click on links to navigate about or jump directly to websites that provide greater insight into topics introduced in articles. George Meek uses this feature extensively in his Health Services & Insurance report to provide links not only to other publications, but also to the page the content starts on!

When the interactive PDF version is downloaded onto a smartphone, readers can also initiate phone calls to numbers appearing onscreen. Members can opt to receive the interactive version in their email or from our District 23 website. If you are concerned about our natural environment and would like to save a few trees, you are encouraged to sign up for the electronic version by completing an online form (<https://district23.rto->

ero.org/opt-in-for-online-newsletters) on our website – you can choose between single or double-page spreads. You can elect to do the same with Renaissance. By doing so, an added benefit is that you will receive your copy of STONY or Renaissance a couple of weeks before Canada Post delivers the print version, wherever you may be – even a beach in Bali!

You no longer have to tear up STONY to complete an event registration form. The website has updateable forms that you can complete, print and mail off to the convener with your

cheque while keeping STONY intact.

This is your magazine and we seek contributions from you, the members of RTO District 23, North York, in the form of articles, poems, stories, travelogues and photographs. If you attend any of the many activities of the district, we would love to learn about what took place! Your offerings of photos or anecdotes make these events come alive for our readers! Share your thoughts and remembrances! This is one way you can reach out to those who are isolated!

La vie est magnifique!
Bonne journée!



Communications

by Karen Quinn – Convener ~ kquinn56@gmail.com

Stay Connected with Email Updates and on Facebook

E-Newsletter

STONY Bridges publishes 3 times yearly and it captures all of the programs in District 23, but sometimes activities do not always fit the publishing schedule. To ensure that you have all of the facts, we offer our members a monthly E-Newsletter that provides reminders of monthly events and ensures you don't miss new opportunities that may arise. If you wish to take that trip to the Kingston Penitentiary or attend the Mirvish performance of Anastasia we will remind you of the deadlines and provide the order forms. We keep you up to date with the latest activities through our E-Newsletter email fan-out!

When you join RTO/ERO, your name is automatically added to our mailing list for these monthly e-Newsletters. If you have not yet subscribed, you can register today through the link on our District 23 RTO/ERO website (<http://district23.rto-ero.org>) and participate in our email fan-out. This ensures that you will always be connected. This is an efficient, expeditious and economical way to deliver the important, current information to our members.

The emails will arrive in your boxes from “Karen

Quinn, District23@rto-ero.org”. Please make sure to add that name to your accepted contact list to receive regular emails from our group. Your information will remain confidential. Usually we send no more than 2 or 3 notices per month. We now have a mailing list of 1516 District 23 subscribers. The E-Newsletter is also posted using our Facebook Page and our District 23 website.

Facebook

Follow us on Facebook at:

<https://www.facebook.com/rtoerodistrict23/>

An RTO/ERO District 23 Facebook page was developed about 18 months ago to highlight the work and activities in our district. Our site remains a work in progress, but check us out at the above link for a chance to explore what is new in our North York District.

We post photos from major events, club activities and excursions. As well, our E-Newsletters are posted online each month as an easy access point for all subscribers. **LIKE** our page, send us a message, take the opportunity to read professional articles about services offered, respond to questions that can encourage dialogue between members, and see the latest updates from Provincial.

Please **FOLLOW** us on our exciting adventure.

FOLLOW US ON OUR WEBSITE



<https://District23.rto-ero.org>



Recruitment Report

by Mary Ellen Lawless – Convener ~ med.lawless@sympatico.ca

Recruitment...it is the one aspect of membership in RTO/ERO that you, as a member of our District 23, can be active. It does not matter where you live or what else you do. Many new members tell us they first heard about RTO/ERO with its many activities and advantages from someone who is already a member. If I am contacted, I, as your convener, will forward the membership kit entitled ESPRIT to anyone referred to me.

Also, you are encouraged to invite a potential member to our welcoming Champagne Breakfast scheduled for September 26th at the Parkview Manor. Details about this special event are included in this issue of STONY Bridges.

Dates for the Retirement Planning Workshops for Autumn 2019 have, as of the writing of this article (mid-June), not yet been posted by Provincial. When available, they will be included in District 23's Communication

e-mail.

It was announced last month that our great organization is now 80,000 strong! That is a formidable number when it comes to promoting and advocating for us as we age and for the best educational practices for our working colleagues.

Membership is FREE until the end of the year and open to everyone, aged 55 and over, working in any area of the broader education community – including early years professionals, teachers, support staff and those working in school boards and the post-secondary sector. This allows those who are disappointed with some of the changes and the cost of their current School Board plan to make the move to an organization, known to be dedicated to promoting the programs and activities to assist us to maintain a healthy lifestyle.

So, please keep recruiting for membership in District 23!

RETIRE HAPPY! JOIN RTO/ERO
Top 31 Membership Benefits

- Group Insurance**
 - LARGEST group insurance plan in Canada for education retirees
 - GROUP INSURANCE plans that are owned, designed and managed by your peers
 - GUARANTEED ACCEPTANCE within 60 days
 - GROUP PLAN RATE = FOR EVERYONE
 - GREAT COVERAGE across Canada - live anywhere without changing your insurance
 - FREE 93-DAY TRAVEL COVERAGE through our Extended Healthcare Plan
- Discounts**
 - 1800+ MemberPerks® discounts
 - HEARING AIDS
 - TRAVEL
 - HOME & AUTO INSURANCE
 - COURTYARD MARRIOTT
- Social Activities**
 - LOCAL EVENTS hosted by your peers
 - MERIT TRAVEL tours and discounts
 - LEADERSHIP OPPORTUNITIES
- Support & Advocacy**
 - VOLUNTEER and job opportunities
 - PENSION SUPPORT AND ADVOCACY
 - \$100,000 Project-Service to Others grant program
 - \$37,500 annual scholarship program for family members
 - RTO/ERO FOUNDATION supports healthy aging research and resources
 - DISTRICT GOODWILL SUPPORT
- Programs & Services**
 - BILINGUAL services and Francophone districts
 - LIVE & FRIENDLY one-on-one walk-in service
 - FAST RESPONSE TIME
 - RETIREMENT PLANNING workshops and advice
- Publications**
 - RENAISSANCE magazine
 - LIAISON newsletter
 - TAX TIPS
 - POCKET PLANNER calendar
- Online Community**
 - ENGAGE WITH RTO/ERO on social media
 - JIM GRIEVE vlogs
 - #LEADERSHIPSHINE monthly tweet chat

rto-ero.org/retire-happy-join-rto

Toronto area 416-962-9463
Toll-free 1-800-361-9888
@rto_ero

Depuis 1968
RTO/ERO
Since 1968

50 RTO/ERO

Retiring in the next 5 years?

Register for a retirement planning workshop designed for those in the education sector – early years, K-12, post-secondary and more.

<https://www.rto-ero.org/join-us/retirement-planning-workshops>



Goodwill Committee

by Gwen Bumbury – Convener ~ ggrant98@hotmail.com

416-491-1213

Once again District 23’s Annual Spring Luncheon was a great success. Members who have reached the significant milestone of 90 years within the present year received a special invitation to the Luncheon. This year 24 members in this age category along with a guest were invited to the event. However, only 7 members were able to attend the luncheon. The attendees enjoyed a delicious meal followed by a remarkable musical performance. Everyone had fun while engaged in sharing ideas and thoughts, and expressing gratitude and appreciation for a wonderful celebration. Like many of the events District 23 offers, it also provided an opportunity for members to meet and connect with former colleagues. It gives me great pleasure to extend sincere greetings and heartiest congratulations to all members celebrating this very significant milestone.



Every year District 23, North York makes a donation of \$600.00 to the RTO/ERO Foundation in memory of members who have passed away within the year. We support the Foundation and the work being done to address the concerns of aging adults.

The Goodwill Committee is also responsible for sending cards to the bereaved - families of deceased members and Get Well/Thinking of You cards to members who are ill or hospitalized. Periodically phone calls are made to members, especially the shut-ins.

Reminder

If you are aware of a member who is ill, hospitalized or would welcome a phone call, please do not hesitate to call an Executive member or a Goodwill Committee member.

Committee

Each month the Goodwill Committee receives an updated list from the Provincial Office of members celebrating their 80th, 85th, 90th and 95th birthdays. Birthday cards are mailed to members respectively. In addition to birthday cards, District 23 honours these members by donating annually to support nutrition programs in the Toronto Catholic District School Board and the Toronto District School Board. As a Goodwill act, it is our organization’s dedication and contribution that will assist in continuing the work in supporting students and families in need.

Members:

- Gwen Bumbury..... 416-491-1213
- Xenia Cooper 905-881-5481
- Maria Fernandes 416-493-7616
- Kathy Shorney..... 416-225-1336



Nordic Pole Walking Group

by Kathy Shorney – Convener ~ K_shorney@yahoo.com 416-225-1336

Nordic Pole Walking ~ Fall Events

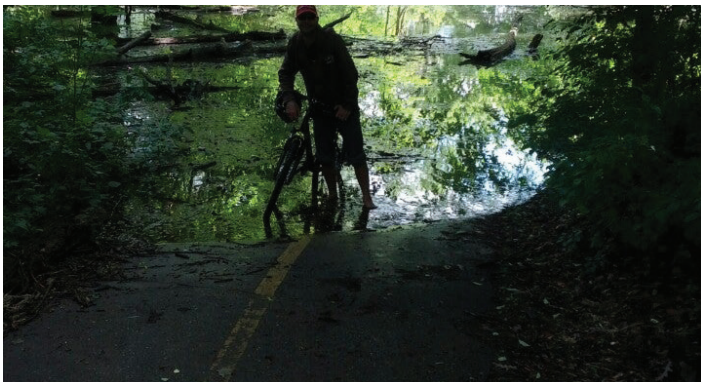
Fall is a great time to start or renew a fitness program and to get out your Nordic Poles and join our group for a walk through our local parks and ravines. If you don't have poles you are welcome to just come for a walk. We meet at 10:00 a.m. on the third Tuesday of the month.

You can walk at your own pace. Washrooms are not always available. Nordic poling is excellent for your balance and provides more of a full body exercise than just walking. Join one of the rapidly growing fitness activities. It is not just a fitness activity aimed at unstable senior walkers. We meet rain or shine.

For further information call Kathy Shorney at 416-225-1336 or email k_shorney@yahoo.com. Please check the monthly e-blasts for updates. New walkers and polers are always welcome. New retirees are encouraged to try our group activities. You are welcome to bring a friend or partner. No walks in January and February due to possible unsafe trails.

Event Schedule:

Tuesday, September 17, 2019, G. R. Lord Park
Enter off Dufferin north (opposite Supertest Road) and drive to the second parking lot near the cricket pitches.



Tuesday October 15, 2019, Lower Park Earl Bales

Enter the park off Sheppard W (just east of Bathurst south side) at the west end of the bridge via Don Valley River Road. The parking is at the bottom of the hill.

Tuesday, November 19, 2019, East Don Parkland (Leslie and Sheppard)



Eastbound on Sheppard turn onto Old Leslie and turn right, go over the bridge over Sheppard and turn right and follow the road to the park entrance down a little hill. Westbound take the first right west of Leslie and turn right to park driveway.

Tuesday December 17, 2019, York Cemetery



Please use the entrance on the west side of Senlac (towards Bathurst) and park on the side of the road near the entrance.



Mildred Frank



RTO/ERO

Distinguished District Member Award Recipient

2019

Mildred Frank has been awarded the Distinguished District Member Award by RTO/ERO. Mildred is a vital member of RTO/ERO District 23 Executive with twenty five (25) years service!

She has served as Vice President, President, Past President and Social Convener. In her role as Social Convener for the last twenty two years, she has used her many talents to ensure all of our events are well organized, fiscally responsible and a joy to attend.

Her contributions and leadership as Social Convener include annual events such as Retirement Welcoming Breakfast, Holiday Luncheon and the General Meeting Spring Luncheon as well as special events including District 23's celebrations for our 40th and 45th Anniversaries and District 23's celebration of Provincial RTO 50th Anniversary. For all of these events Mildred has worked tirelessly to promote a welcoming atmosphere, to develop relationships among members and to encourage retired teachers to become involved in District 23.

Congratulations and Thank You Mildred!



Service To Others Project

by Maureen Capotosto – Convener ~ mpcapotosto@sympatico.ca



In 2017, Jana Girdauskas launched The Period Purse (TPP), a non-profit organization supporting hundreds of local menstruators living in Toronto shelters. After encountering a person experiencing homelessness while driving, but without any items to give, Jana began questioning what this individual would do during menstruation. Jana was compelled to fill one purse with menstrual products and other wellness items. She planned to keep the pack in her car for a person in need. With everything to fill the purse at home, Jana was just missing the physical bag. So, she asked a local Facebook group if anyone had a spare “period purse” to share. Within a month, Jana received 350 purses filled with donated product.

The Period Purse strives to achieve menstrual equity by providing marginalized menstruators with access to free menstrual products, and to reduce the stigma surrounding periods through public education and advocacy. They seek to erase the stigma surrounding menstruation and shed light on the unique challenges faced by people who experience homelessness.

District 23, North York wants to support the menstruation conversation working with high school students through the expansion of the education program **Menstruation Nation** to more high schools across Ontario. This can be accomplished by purchasing the program materials. Volunteers from TPP visit schools supporting student groups and offering presentations. They promote discussion in order to promote healthy periods, reduce stigma around periods and provide access to free products.

We have applied to the RTO/ERO provincial office for a grant that will support the expansion of the high school program, **Menstruation Nation**. The Period Purse Project has been an ever-expanding success because it has grown out of the willingness of volunteers to support the belief in every female’s right to dignity.

Educating young menstruators in some Ontario schools, students and staff are taught about healthy periods, while addressing period poverty and sharing knowledge about sustainable and reusable period products. The Period Purse volunteers work with adolescents to help them feel proud about their bodies while busting period myths, encouraging menstruators to no longer fear the word “period” and to identify ways they can spread period positivity.

One in seven Canadian girls miss school due to a lack of period products. This may happen when the choice is between a meal and a box of tampons. There is ongoing work with policymakers, community leaders and educators to ensure a variety of free menstrual hygiene items are provided to those who need them. Young menstruators are also given the opportunity to choose the period product that works best for their experience, ultimately allowing them to healthily and proudly go to school while menstruating.

Fostering a safe space where all questions are welcome, the Period Purse volunteers address thoughts teens might be too scared to share. They highlight the proper use of a menstrual cup, showcase comfortable, reusable period underwear, and discuss the environmental impact of one-time use period products.

The funding provided through our project will assist in paying for manuals, posters and product samples to be used as part of this education program

The District 23, North York project Supporting The Period Purse, Menstruation Nation will support the outreach work being done with the marginalized community.

If you are interested in volunteering there are many opportunities. There is a form that can be completed on their website <https://www.theperiodpurse.com/volunteer.html>

and information about all aspects of their advocacy. <https://www.theperiodpurse.com>



Reusable Period Kits



Baskets of products for school washrooms.

The Period Purse Drive

Support the work of The Period Purse!

Bring donations of purses and product to our Champagne Breakfast on Thursday, September 26, 2019.



THE PERIOD PURSE
DONATIONS
2019

What we accept:

- tampons & pads
- menstrual cups
- cloth pads
- washcloths
- large purses, bags, totes, backpacks
- new underwear
- new socks
- bar soap, wipes
- hats, scarves, gloves
- chocolate or granola bars





Health Benefits: More Than a Report!

by George Meek – Convener & District Health Rep (DHR)~ george.meek@sympatico.ca [416-226-3568](tel:416-226-3568)

Health Matters is produced 4 times per year by the Health Services Insurance Committee (HSIC) and is included as part of **Renaissance** on [pages 14 to 16](#) of the 2019 Spring 2019 edition. It is my intention to highlight some of the important matters found therein, along with other current important information. What follows is a possible roadmap to reviewing the many health plan and related articles that are found in this edition of **Renaissance**. Now you can organize your reading of the articles that interest you and then check them off.

Reminder: If you read **STONY online** and if you find a previous article in Health Matters noted here that you wish to review (again), just click on the title and it will appear. Try it!

On another important matter, if you require more information in advance of, or after contacting Johnson Inc. or Global Allianz about a claim or any other Health Plans related matter, please do not hesitate to contact me at [416-226-3568](tel:416-226-3568) or at george.meek@sympatico.ca. Please 'look after your health and your finances'.

Important Health Plan Matters

a) Highlights of Benefits Committee Meetings

Service Agreement with Johnson Inc.: The Benefits Committee recommended that the Board of Directors approve the two-year Service Agreement with Johnson Inc. The Board of Directors approved the agreement at the February Board meeting. A number of additions were made to the service agreement including a Quality Assurance Standards protocol, which included financial penalties for not meeting set standards.

2018 Financial Review and Benefit

Utilization Report: In looking at the performance of the plans for 2018, both the Dental and Semi-Private Hospital and Convalescent Care plans ended 2018 in a surplus position while the Extended Health Care Plan (EHC) had a deficit. The cause of the deficit was an increase in utilization, volatile travel claims, currency issues, as well as, participation in the EHC which was 1.5% lower than projected so less in premium. The deficit will be paid from the Health Plan Stabilization

Fund to the insurer, Sun Life. The committee recommended to the Board that the deficit be paid which the Board at the February meeting authorized.

The top 5 drugs (by amount paid) were Shingrix, Nexium, Cialis, Victoza and Crestor. The committee looked at what the impact of a new drug like Shingrix had on the plan. In January 2018 Shingrix received its DIN and the total paid out in our plan by the end of 2018 was \$1,855,427. Interestingly enough, Zostavax was on a decline and we only paid \$48,573 for Zostavax claims in 2018.

In 2018 there were 35 claims for Out-of-Province/ Canada Travel exceeding \$100,000 with 32 of those 35 claims occurring in the United States.

The Benefits Committee Annual Seminar for District Health Representatives (DHR) was held on June 2 and 3 in Toronto. I, along with Lorraine Hennessey (District Observer), and Mary Valtellini (newly appointed to the RTO/ERO Benefits Committee) represented North York.

b) A Closer Look at Your Vision Coverage: The vision benefit within RTO/ERO's Extended Health Care plan provides coverage for prescription eye-wear which includes eyeglasses, sunglasses and contact lenses. It also covers fitting fees, laser eye surgery and corneal incision costs. Eligible expenses are reimbursed at 80 per cent to a combined limit of \$400 per person in any two consecutive calendar years.



Sometimes, as the result of eye surgery, you may require new lenses. There is an additional benefit of \$400 per person per lifetime for new lenses (frames are not eligible). If you have not met your full prescription eyewear maximum and require new lenses due to eye surgery, your claim will first be applied towards the amount remaining in your prescription eyewear maximum. Any balance will then be applied towards this once-per-lifetime \$400 maximum. Eye examinations are covered to a maximum of \$150 per person in any two consecutive calendar years for you and your insured spouse, and each calendar year for your insured dependent children if they have coverage. There is an additional benefit of \$400 per person in any two consecutive calendar years for contact lenses required to correct

vision to at least a 20/40 level when regular glasses cannot. See your Insurance Plans Booklet for specific eligible conditions. For more information email insurance@rto-ero.org or call [1-800-361-988](tel:1-800-361-988)

Article(s) in 2019 Spring Health Matters That are related to our Health Plans

Stand Tall with RTO/ERO Coverage- we have good foot-care coverage in our plans ([Spring: page 15](#))

Article(s) in 2019 Spring Health Matters That May Be in the Interests of Your Health

Living Well from Head to Toe- Considering a stroll into new fitness territory ([Spring: page 14](#))

Don't Forget Your Feet!- Foot health is important as we age ([Spring: page 15](#))

Plant Power- Gardening is a popular and healthy hobby ([Spring: page 16](#))

Article Number 1: Canadian Insurers Brace for Impact of Legalized Cannabis

For perspective on the impact of legalized cannabis on the insurance industry, we can look to the experience of Colorado, where cannabis was legalized in 2014. Law enforcement there has said legalization has led to more impaired driving charges and more accidents. In states that have legalized cannabis, average insurance rates have increased 3.2% versus 1.6% in other states. Not surprisingly, a study from the US Institute for Highway Safety reported accident rates are 5.2% higher in states with legalized cannabis than in those without.

https://m.huffingtonpost.ca/justin-thouin/legalized-cannabis-insurance-driving_a_23572424/

Article Number 2: Other Countries Provide Pharmacare Lessons

As Canadian policymakers grapple with a potential national pharmacare program, lessons can be learned from the United Kingdom, Australia, and New Zealand where publicly-funded pharmacare schemes have resulted in reduced access to new drugs for patients, drug shortages, higher taxes, and less pharmaceutical innovation, says a study by the Fraser Institute.



“Government-run pharmacare

programs in countries such as the UK, Australia, and New Zealand have produced unintended consequences for patients, so Canadians should be aware of the risks as policymakers here pursue potential reforms,” says Kristina Acri, professor of economics at Colorado College, Fraser Institute senior fellow, and author of ‘The Unintended Consequences of National Pharmacare Programs in Australia, New Zealand and the UK.’

It finds that government-run pharmacare programs in all three countries employ similar strategies to contain costs. However, they can lead to:

- Reduced access to new drugs, as pharmaceutical companies delay or even withhold new drugs (in certain markets) if the price regulated by government is too low;
- Potential drug shortages, as government-funded pharmacare programs tend to favour single suppliers, leaving patients vulnerable to shortages if the sole supplier runs out;
- Higher taxes, as previous research estimates government-run pharmacare in Canada would cost taxpayers up to \$13 billion per year; and

·Less pharmaceutical innovation in Canada because when government mandates lower prices, there’s less incentive for pharmaceutical companies to invest in research and development to create new life-saving drugs. Source: [bpmmagazine.com](http://bpmmagazine.com/news/page/4/), December 2018, <http://bpmmagazine.com/news/page/4/>

Article Number 3: Recreational Cannabis is Legal for Adults

On October 17, 2018, Canada legalized recreational cannabis. Subject to provincial or territorial restrictions, adults who are 18 years of age or older are legally able to:

- possess up to 30 grams of legal cannabis, dried or equivalent, in non-dried form in public
- share up to 30 grams of legal cannabis with other adults
- buy dried or fresh cannabis and cannabis oil from a provincially-licensed retailer
- in provinces and territories without a regulated retail framework, individuals are able to purchase cannabis online from federally-licensed producers
- grow, from licensed seed or

19 | STONY Bridges

seedlings, up to 4 cannabis plants per residence for personal use

-make cannabis products, such as food and drinks, at home as long as organic solvents are not used to create concentrated products

Cannabis edible products and concentrates will be legal for sale approximately one year after the Cannabis Act came into force on October 17th, 2018.

Leaving and Entering Canada: Cannabis is now legal in Canada. However, the legalization of cannabis in Canada does not change Canada's border rules. Taking cannabis or any product containing cannabis into Canada is illegal and can result in serious criminal penalties both at home and abroad. This is the case even if you are travelling from places that have legalized or decriminalized cannabis. Transporting cannabis used for medical purposes is also illegal.

Travelers to the United States: Although the possession of cannabis is legal in some U.S. states, it remains illegal under U.S. federal laws in any form and quantity, making it illegal to bring across the Canada-U.S. border. Previous use of cannabis, or any substance prohibited by U.S. federal laws, could mean that you are denied entry to the U.S. Canadians travelling for reasons related to the cannabis industry may be deemed inadmissible.

Do not attempt to cross the Canada-U.S. border with any amount of cannabis in any form, even if you are travelling to a U.S. state that has legalized possession of cannabis. If you do so you can expect legal prosecution and fines, and possibly jail time. <https://travel.gc.ca/travelling/cannabis-and-international-travel>

Article Number 4: Osteoarthritis (As we age, strengthening our joints can alleviate pain.)

Osteoarthritis (OA), which is sometimes called degenerative joint disease or “wear and tear” arthritis, occurs when the cartilage or cushion between joints breaks down and causes pain, stiffness, and swelling.

OA affects 80% of patients over the age of 50, ranking fifth among all disabilities worldwide. Its incidence is almost always tied to the loss of cartilage in the joints, usually because of aging and repetitive use, which makes the joints weak, unstable, and susceptible to chronic pain. Cartilage provides a smooth, gliding surface for joint motion and acts as a cushion between the bones. In OA, the cartilage breaks down, causing pain, swelling, and problems moving the joint. As OA worsens over time, bones may break down and develop growths called spurs.

Common risk factors besides increasing age include obesity,

previous joint injury, overuse of the joint, weak thigh muscles, and genetic factors. “Fortunately, this is not a condition that causes inflammation throughout the body and affecting all the joints; symptoms are confined only to the affected joints” according to Peng Thim Fan, MD, rheumatologist, and a Best Doctors expert medical consultant.

While there is no way to slow down the onset of OA or prevent progressive joint deterioration, Dr.Fan observed, “Our treatments are really directed at protecting the affected joints by exercising and strengthening muscles around the joints.”

He added that doctors encourage weight reduction as a means of minimizing the stress on affected joints. “The knee bears six times your body weight when you get up from a sitting or squatting position and when you walk. The hips and big toes bear about three times your body weight”, Dr. Fan said.

While narcotic treatments and supplements such as glucosamine sulfate and chondroitin are commonly recognized approaches to managing or reducing OA pain, neither is seen as being as effective as weight management and moderate physical activity to strengthen the areas surrounding affected joints.

Dr. Fan also notes the importance of confirming that the pain is truly caused by the damaged structure and not part of a chronic pain syndrome like fibromyalgia, particularly if surgical remedies are being considered.

Because of this, the benefits of using a Best Doctors Expert Medical Opinion can be particularly useful in OA cases. Through your Best Doctors benefit, experts like Dr. Fan can research your specific case and provide a thorough expert second opinion to either confirm or adjust your existing diagnosis and treatment.

<https://www.arthritis.org/about-arthritis/types/osteoarthritis/what-is-osteoarthritis.php>

For more information, call [1-877-419-2378](tel:1-877-419-2378), or visit <http://bestdoctors.com/canada/start>.

General Disclaimer: Information contained herein is intended to be used for general information and should not replace consultation with health care professionals. Consult a qualified health care professional before making medical decisions or if you have questions about your individual medical situation. RTO/ERO makes every effort to ensure that the information in ‘Health Matters’ is accurate and reliable, but cannot guarantee that it is error free or complete. RTO/ERO does not endorse any product, treatment or therapy; neither does it evaluate the quality of services operated by other organizations mentioned or linked to ‘Health Matters’.



Benefits Committee Annual Seminar

by Lorraine Hennessey – Treasurer ~ hennessey@bell.net 416-444-8535

Within the 20 hour session there was a lot of information disseminated. I will share the most pertinent aspects of this session.

We opened with Dr. Robert Reid on Health, Wealth, and Happiness in Retirement. He spoke about the importance of health and its key connection to our wealth and ultimate happiness in retirement. Exercise is the most important component of health, both aerobic and weight training. He also mentioned a study that decreased the amount of calories given to mice 25% below what would be considered “normal”. The mice lived 30% longer. He also stressed the need for social connection for both health and happiness.



An update was provided from the Benefits Committee through a question and answer process, which is too long to be reported here.

We had a presentation on Medical Cannabis. The upshot of it all is that it is not likely to be covered by our plan any time soon because of difficulties measuring dosage and patent problems because cannabis is a plant not a drug. Currently it has no DIN number and is not distributed by pharmacists, both of which are required for coverage under our plan. More research is needed to understand benefits and side effects.

There was a short presentation on Venngo. Everyone covered by our Extended Care Program is eligible for discounts at restaurants, stores, hotels, for rental cars and a whole lot

Joe Parent
Venngo, Inc.
media@venngo.com

VENNGO EXPANDS SERVICE TO INCLUDE US DISCOUNTS, INTRODUCES NEW BRANDING with addition of 300,000 US discounts and launch of new branding, becomes largest private group discount provider in North America

Toronto, ON – May 31, 2018: Venngo announced today they have become the largest provider of private group discount programs in North America with the addition of more than 300,000 discounts from US-based merchants to their platform. This action builds upon the company’s recent introduction of refreshed branding and redesigned corporate website.

“Many Canadian companies have employees frequently traveling to or even residing in the U.S.,” said John Moore, President of Venngo. “The additional content improves the value of the program to users in both Canada and the US which will lead to improved employee engagement and adoption rates. Our refreshed branding is clean and crisp, reflective of our commitment to be open, accessible and relevant to our users, group clients and merchant partners”, stated Moore. “These changes allow us to better service our

more. Log into their website, register, download the app and start saving. For more, please see page 27 in your Insurance Plan Booklet.

Long Term Care Planning – what it is and why we should care about it. Karen Henderson spoke about the lack of care facilities in Canada and the kind of planning we need to do while we are healthy because things can change really quickly.

The last 3 sessions were done in a carousel format of about 45 minutes each.

1) **Johnson’s new Portal** for submitting claims on line: It is still a work in progress. It will allow claims to be approved immediately, will let you know how much you will get back and will deposit the money in your bank within a day or two. Other ways of submitting claims will remain available for those who want them.

2) **Best Doctors:** How and when to use this benefit. As many as 20 – 25 % of patients are misdiagnosed. When Best Doctors get involved, 37% of people had a corrected or refined diagnosis, and 65% had a corrected or refined treatment. For more, please see page 24 in your Insurance Plan Booklet.

3) **Choosing Wisely:** Choosing Wisely Canada tries to educate and engage patients and doctors to reduce overuse of Health Care. The goal is to avoid unnecessary tests and treatments, which may not only help the patient, but may have a negative effect. Here are 4 questions you can use to have a discussion with your doctor: a) Do I really need this test, treatment, or procedure? b) What are the downsides? c) Are there simpler, safer options? d) What happens if I do nothing?





District Political Advocacy Committee

by Kathy Shorney – Convener ~ K_shorney@yahoo.com 416-225-1336

As the Fall Federal election approaches your local PAC committee for District 23 will be busy visiting schools and other gatherings of seniors to reach out to encourage people to vote. While we are a non-partisan organization that does not support specific political parties or endorse specific candidates, we are going to make these groups aware of the issues relating to seniors and our health and well-being.

RTO/ERO was one of three lead organizations and one of nine participating in a Federal Advocacy Day on February 20, 2019. Based on an election agenda-setting conference last November, the following organizations came together under the banner of Vibrant Voices: Canadian Association of Retired Teachers (ACER-CART), Canadian Federation of Pensioners, Canadian Health Coalition, CARP, College and University Retirees Associations of Canada (CURAC), International Longevity Centre of Canada, National Association of Federal Retirees (Federal Retirees), National Pensioners Federation, and RTO/ERO.



The Vibrant Voices group developed position papers on three key issues for which they advocated on February 20 in Ottawa. They will form the basis for RTO/ERO's advocacy for the federal election. These papers focus on the development of a National Seniors Strategy, Income Security and Pharmacare.

The mandate of the PAC committee for District 23 will be to communicate with our members, future retirees and current school educational staff. The Committee will inform re: questions to ask candidates, the importance of voting and how to make your concerns heard by candidates. Updated information for our members will be published through the E-Newsletter monthly blasts and through direct visits to

schools.

Copies of the position papers are available on line at:

[www.rto-ero.org/sites/default/files/vibrant-voices-lp/fact-sheet/Vibrant Voices-info-sheets.pdf](http://www.rto-ero.org/sites/default/files/vibrant-voices-lp/fact-sheet/Vibrant%20Voices-info-sheets.pdf).



Gift Baskets

by Olga McKenzie ~ Secretary ~ omckenzie@sympatico.ca and Sara Di Nallo ~ Past President ~ sdinallo@outlook.com

This is just an update on what has been donated to date. A number of members have been very generous and creative! At the moment we have about 9 containers ranging in size, shape and colour.

Around the Christmas season, we hope to donate most of the gift baskets to various groups for distribution to appropriate individuals. One of the gift baskets will be raffled off at our Holiday Luncheon to raise funds for the charity we are supporting this year, "The Period Purse."

Everyone has been very creative in donating items to fill the baskets. A set of Christmas mugs might be the theme around filling one basket. Perhaps you might want to donate hot chocolate, coffee, serviettes, biscuits,



etc. Just be sure that things like biscuits have a long shelf life. Another donation is a lovely housecoat and matching slippers. What could we put with that, I wonder? A book, candles, toiletries, perhaps? We've also received various small dishes. Now what could go with those?

There are many themes you could work around, such as cooking, games night, tea party, writer's corner, comfort, inspiration. The possibilities are endless as you can well imagine.

You, I'm sure, are much more creative than I! So bring your donations to our Champagne Breakfast on September 26, 2019. We look forward to seeing you and your donations there!



Needlework & Craft Group

by Margaret Schuman – Convener ~ schumanmp@gmail.com

The Needlework and Craft Group have continued to have an exciting and productive year. Our membership has increased and friends of some members have contributed to the numerous creative items made with love for the various groups we are supporting. Knitting, crocheting, quilting, as well as other crafts have been used to create all these one-of-a-kind items.

Turning The Page, our Service to Others project for this year, has received many **Book Pillows** in addition to some draw proceeds of \$570 along with the RTO Foundation Grant.

Personnel at Humber River Hospital are delighted to receive the numerous **Preemie Hats** (at least 50), which are given to, and worn by the premature babies in the unit. In addition, they have requested small blankets and gowns for preemies. Our plan is to meet their request.

Countless **Twiddle Muffs** have been created and found their way into various senior residences. Cumber Lodge and Georgian Lodge in Penetanguishene, Ontario are among the recipients of our Twiddle Muffs.

Beautifully created blankets continue to be placed into the rooms, newly decorated and furnished by **Room For a Child**.

The proceeds of our draws (\$345.00) have been forwarded to the RTO Foundation.

We were approached by a group of women from **Knitted Knockers of Canada**. So some of our members are busy making Knitted Knockers. These are special handmade

prosthesis for women who have undergone mastectomies. We are attempting to find and acquire the “correct yarn” for these items.

Thank you to the many RTO members and friends who have donated yarn, buttons, lace etc. to use in our various projects. We continue to appreciate these articles.

We continue to welcome new members to our group. Members would be glad to share their expertise and talents in helping new members to create items for our projects and your individual project too.

The Needlework and Craft Group will continue to meet at Edithvale Community Centre on the following Thursdays from 9:30 a.m. until noon.

- Thursday, September 19, 2019
- Thursday, October 17, 2019
- Thursday, November 21, 2018
- Thursday, December 19, 2019

The door is always open to new members of this fun loving, creative and welcoming group.

For more information contact:

Joan Bourne jbourne@sympatico.ca or

Margaret Schuman schumanmp@gmail.com

Turning the Page Project
Needlework & Craft Group Book Pillows adorn the room just finished in the shelter for this initiative.





SPEAKING of BONES

by Gwen Scriven - 1st VP ~ gwscriven@gmail.com 416-226-0226
Mary Valtellini - 2nd Vice President - mary.valtellini@rogers.com

Wednesday, November 13, 2019

11:00 am to 12 noon (following Executive Meeting)

Edithvale Community Centre, Gibson Room
7, Edithvale Drive, Toronto

Guest Speaker:

Representative from Community Engagement, Osteoporosis Canada



SPEAKING OF BONES

The presentation will cover:

- What osteoporosis is
- Risk factors
- How osteoporosis is diagnosed
- What you can do to maintain healthy bones
- How osteoporosis is treated
- How to live well with osteoporosis

Register NOW by email with Gwen Scriven, gwscriven@gmail.com by November 6, 2019. **Space is limited by room size so register early.**

We hope to see you on Wednesday, November 13, 2019.



Annual Meeting and Senate Spring 2019

by Olga MacKenzie ~ Secretary ~ omckenzie@sympatico.ca

The last time I attended Senate was in the lead-up to changing over to a Board of Directors, therefore, I found it particularly interesting to see the new infrastructure in effect.

For the first time, there was a pre - Senate meeting whereby members could discuss various issues on the agenda. On Tuesday morning, the Senate addressed a number of resolutions submitted by various Districts. A great number of discussions took place and it was interesting to see democracy in action. It took a little bit of time for the voting members to become familiar with the new voting procedure. Each senator, who was entitled to vote, received a "clicker" with which they were able to register his/her vote electronically. Once voting was closed, the results were posted on the large screens. This was particularly interesting as one was able to see exactly how the votes were distributed.

The Nomination Committee presented the 5 candidates running for the 3 positions on the Board of Directors and voting then took place.

The main topics discussed and voted upon included proposed changes to the fee structure, and branding. The resolution relating to changes to the fee structure carried and the resolution relating to branding was withdrawn. It was clear that the membership was not in favour of the new name, viiv. The board was directed to revisit branding and present suggestions that better reflected RTO/ERO history and its present day strategy. By-law changes were also addressed so that they were in line with the federal by-laws.

The various committees presented reports. The Sault Search and Rescue Inc. received the \$10,000 charitable donation and after the description of how this money would be spent, everyone was in agreement that the money would be well spent.

The highlight for me was Tuesday night's banquet where Mildred Frank, our Social Convener, was one of three members to receive the Distinguished Member Award. As we all acknowledge, the award was richly deserved!



RTO Foundation Grants Announcement

by Mary Valtellini – Foundation Rep. – mary.valtellini@rogers.com

The RTO/ERO Foundation has announced the recipients of its annual grant program. The announcement was made by Board Chair Joanne Murphy at the RTO/ERO’s annual Spring Senate event. A total funding pool of \$75,000, made available through the fundraising efforts of the Foundation in 2018, has been awarded to two projects, specifically aimed at addressing the growing problem of social isolation among Canadian seniors.

“We were very pleased this year with the overwhelming number of proposals we received, which is evidence that our program is more well-known within the granting sector” says Joanne. “More importantly however, we were so impressed with the quality of the proposals, the rigor that was applied to methodology and measurement, and the truly exceptional originality and ambition that we saw in a majority of the proposals we received. The final decision is always difficult and this year was no exception.”

One grant, in the amount of \$50,000, has been awarded to a collaboration between two organizations who will co-manage the project; the National Institute on Aging, Ryerson University (NIA) and the National Initiative for the Care of the Elderly (NICE). Establishing Best Policies and Practices for Understanding and Addressing Social Isolation in Older Canadians, aims to synthesize and catalog best policies and practices, nationally and internationally, with respect to social isolation.

The second grant, in the amount of \$25,000 is awarded to Catholic Family Services Peel-Dufferin for a project entitled Peel Senior Connectors. The initiative aims to reach isolated seniors at community outreach locations, through current one-on-one support systems, and at health care facilities.

Congratulations to both grant recipients, and thank you to all our donors who help make the grant program an annual success.



Looking for Vendors ~ District 23 Artisan/Craft Show

by Maureen Capotosto ~ President ~ mpcapotosto@sympatico.ca

We will be featuring our 6th Artisan/Craft Sale at the Holiday Season luncheon.

Location: Parkview Manor Convention Centre, 55 Barber Greene Rd, North York, ON

Date: Wednesday, November 27, 2019 from 10:00 a.m. to 2:00 p.m.

Table Fee: \$30 for members (\$50 for non-members)

If you would like to participate, complete the form below and

forward it as indicated.

A registration form is also available on our website.

Set-up details will be sent to registrants. The items for sale should be self-produced.

There is limited space so please register early. Space will be allocated on a first-come, first-serve basis. Should multiple Registration forms arrive on the same date, postmark dates will determine order of receipt. A waiting list will be kept should a registrant drop out.

RTO/ERO District 23, North York Artisan/Craft Show, November 27, 2019

Registration Form

RTO/ERO Member: Yes ___ No ___

Name: _____ Phone: _____ Email: _____

Product Description _____

Send Registration to: Kathy Shorney, #869-6021 Yonge Street, Toronto, ON, M2M 3W2
 Craft Show Contact: Maureen Capotosto (905) 883-1496 or mpcapotosto@sympatico.ca



RTO/ERO Foundation Update

by Mary Valtellini - District Foundation Champion (DFC) Rep ~ mary.valtellini@rogers.com

As a District Foundation Champion (DFC) and RTO/ERO member, I am passionate about the work of the RTO/ERO Foundation and believe in our mission to enhance the quality of life for aging adults. Our district is a strong advocate for the Foundation. We actively promote the Foundation at both the local District level and within the community. At our AGM we raised \$340 thanks to the contributions of our members and the Needlework and Craft group.

We can also support the Foundation with the following "In Memory" cards.

A charitable donation is a thoughtful and caring way to honour a special person in your life, while supporting the work of their favourite organization (or yours). The RTO/ERO Foundation's Tribute Program allows you to have a card sent to a recipient of your choosing, when a donation is made in their name.



Express your sympathy at the passing of a dear friend or family member with one of our "In Memory" cards. Gifts can also be made in the name of a special person in your life with our "In Honour" card, to commemorate a birthday, anniversary or any other occasion. Three brand new card designs feature beautiful artwork created by your fellow RTO/ERO members.

Please contact the Foundation at 1-800-361-9888 ext. 271 to make your donation. The staff will fill out the card information and mail it on your behalf. Or make an online donation and fill out the card information yourself. A gift to the Foundation of \$25 or more is suggested for each card. Income generated from the Tribute Program supports our mission to fund research and invest in programs to support healthy, active aging, with a special focus on addressing social isolation among Canadian seniors. www.embrace-aging.ca

Kingston Penitentiary Tour – Thursday, October 10, 2019 8:00 a.m.

Cost: \$129.00 | **Cut-off Date:** Friday, September 6, 2019

Name: _____ Email: _____

Telephone: _____ Guest: _____

of tickets _____ @ \$129.00

Cheque enclosed for \$ _____ .00

Please make cheque payable to "Mary Morton Tours" and mail to:

I have read the "Acknowledgment, Waiver & Release Form for RTO/ERO" on page 30

RTO/ERO c/o K. Shorney, #869-6021 Yonge Street, Toronto, ON, M2M 3W2

Anastasia – Wednesday, December 4, 2019 1:30 p.m.

Cost: \$98.50 | **Cut-off Date:** November 15, 2019

Name: _____ Email: _____

Telephone: _____ Guest: _____

of tickets _____ @ \$98.50

Cheque enclosed for \$ _____

Please make cheque payable to "RTO/ERO District 23" and mail to:

I have read the "Acknowledgment, Waiver & Release Forms for RTO/ERO" on page 30

RTO/ERO c/o K. Shorney, #869-6021 Yonge Street, Toronto, ON, M2M 3W2

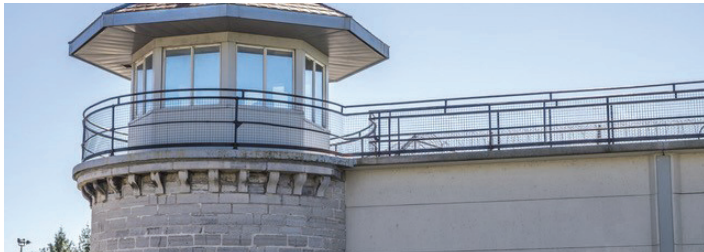


District 23 Trips & Events

by Mary Valtellini - Convener ~ mary.valtellini@rogers.com

KINGSTON PENITENTIARY TOUR

Thursday, October 10, 2019



This Mary Morton trip in the fall will take interested members to participate on the Kingston Penitentiary Tour. This tour offers a rare and unique opportunity to go behind the walls of Canada's oldest and most notorious maximum security prison. Closed in 2013 and designated as a National Historic Site of Canada, it is an amazing historical building, predating Canada's confederation in 1867. Former guards are available on most tours and reminisce about times and events during their years at the "Kingston Pen".

8:00 a.m.: Departure: Blessed Trinity Church 3220 Bayview Ave. (Bus leaves at 8:00 a.m.)

11:15 a.m.: Stop at Magnotta Winery

12:00 p.m.: Lunch at Dox Restaurant

2:20 p.m.: Kingston Penitentiary Tour

7:00 p.m.: Approximate time of return

There will be a stop at "The Big Apple" on the way home

Cost: \$129 per person

Available Seats: 46

Cut-off Date: September 6, 2019

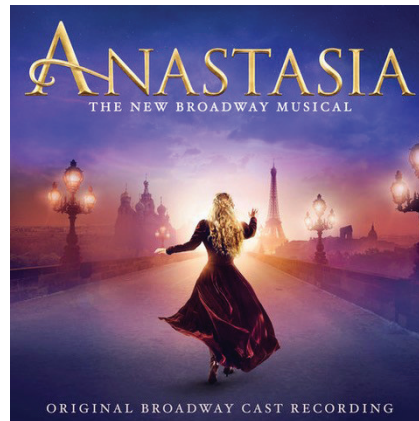
Cheques: payable to **Mary Morton Tours**

Mail to: RTO/ERO c/o K Shorney

#869-6021 Yonge St. Toronto M2M 3W2

ANASTASIA

Wednesday, December 4, 2019 @ 1:30 p.m



Ed Mirvish Theatre
244 Victoria St. Toronto
Ontario, M5B 1V8

Inspired by the beloved films, the romantic and adventure-filled new musical Anastasia is on a journey to Toronto at last!

From the Tony Award®-winning creators of the Broadway classic Ragtime, this dazzling show transports us from the twilight of the Russian Empire to the euphoria of Paris in the 1920s, as a brave young woman sets out to discover the mystery of her past. Pursued by a ruthless Soviet officer determined to silence her, Anya enlists the aid of a dashing conman and a lovable ex-aristocrat. Together, they embark on an epic adventure to help her find home, love, and family.

Anastasia features a book by celebrated playwright Terrence McNally, a lush new score by Stephen Flaherty (music) and Lynn Ahrens (lyrics), with direction by Tony Award® winner Darko Tresnjak.

Cost: \$98.50 per person

Available Tickets: 20

Cut Off Date: November 15, 2019

Cheques: payable to: **RTO/ERO District 23**

Mail to: RTO/ERO c/o K. Shorney

#869-6021 Yonge St, Toronto. M2M 3W2

To register for one or both events, please complete the registration form(s) on the opposite page or on the website, and return with your cheque(s) before the cutoff dates.



Champagne Breakfast 2019

by Mildred Frank - Convener ~ speakingfrankly@rogers.com

Thursday, September 26, 2019

Come and celebrate our colleagues who have newly retired at the

**District 23 North York Champagne Breakfast
Parkview Manor Banquet and Conference Centre**

55 Barber Greene Road (North of Eglinton Avenue)

Free Parking

9:00 AM Coffee/Tea

10:00 AM Program



Cost: Free
..... For newly retired and prospective members

For Others

- Member & 1 guest: \$20.00 each
- Additional Guest(s): \$25.00 each
- Cut Off Date: Monday, September 23, 2019

The Needlework and Craft group will offer 5 items for a draw. A \$5.00 donation for 5 chances to win! Proceeds will go to support our Service to Others project.

Please bring your donations for The Period Purse Drive p. 16 and the Gift baskets, p. 21.

If you wish to attend please fill and mail the form below.

MENU

- Glass of champagne and orange juice per guest*
- American breakfast (low salt in food)*
- Chilled orange juice and cranberry juice*
- Sliced fresh seasonal fruit*
- Farm fresh scrambled eggs*
- Crispy bacon and country sausages*
- Home-fried potatoes*
- Bakery basket of Danish pastries, croissants, muffins and toast*
- Fruit preserves, marmalade and butter*
- Brewed coffee, decaffeinated coffee and tea*

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

The Champagne Breakfast 2019 – Thursday, September 26, 2019 – 9:30 AM

Cost: \$20.00 each | **Cut-off Date:** Monday, September 23, 2019

Name: _____ **Email:** _____

Telephone: _____ **Guest(s):** _____

of tickets _____ **@ \$20.00** **Newly Retired/Prospective Member(# of free Tickets):** _____

of tickets _____ **@ \$25.00** **Name(s) of newly retired:** _____

Cheque enclosed for \$ _____ **.00**

Please make cheque payable to RTO/ERO District 23 and mail to:
Mildred Frank 505 Cummer Avenue, Suite 705 Toronto, ON M2K 2L8 Phone: [416-221-5328](tel:416-221-5328)

I have read the “Acknowledgement, Waiver & Release Forms for RTO/ERO” on page 30



Holiday Season Luncheon 2019

by Mildred Frank - Convener ~ speakingfrankly@rogers.com

Thursday, November 28, 2019

**Parkview Manor Banquet and Conference Centre
55 Barber Greene Road (North of Eglinton Avenue)
Toronto
Free Parking**



- 10:00 a.m.** Artisan Craft Sale
 - 11:00 a.m.** Cash Bar
 - 12:00 p.m.** Lunch
- Entertainment

Cost: \$37.00

Cut Off Date: Friday, November 22, 2019

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

If you wish to attend please fill and mail the form below. A fillable form is also available on the website.

MENU

- Cream of Leek & Potato Soup
- Lemon-Crusted Filet of Sole or Roast Turkey
- Grilled red peppers, asparagus, mashed potatoes
- Rolls and Butter
- Coffee or Tea
- Caramel Crunch
frozen dessert featuring chocolate ice cream, caramel & walnuts

Holiday Season Luncheon 2019 – Thursday, November 28, 2019 – 10:00 a.m.

Cost: \$37.00 | Cut-off Date: Friday, November 22, 2019

Name: _____

Email: _____

Telephone: _____

Guest: _____

of tickets _____ **@ \$37.00**

Cheque enclosed for \$ _____ **.00**

Member: *circle entrée dish:* **Turkey | Sole**

Guest: *circle entrée dish:* **Turkey | Sole**

Please make cheque payable to RTO/ERO District 23 and mail to:
Mildred Frank 505 Cummer Avenue, Suite 705 Toronto, ON M2K 2L8 Phone: [416-221-5328](tel:416-221-5328)

I have read and agree to the “Acknowledgment, Waiver & Release Form for RTO/ERO” on page 30





2019 AGM and Spring Luncheon

by Mary Valtellini – 2nd Vice President ~ mary.valtellini@rogers.com

On May 23, 2019, District 23 gathered at The Thornhill Club for our Annual General Meeting followed by our Spring Luncheon. Mildred Frank, our Social Convener and this year’s recipient of the RTO/ERO Distinguished District Member Award, greeted approximately 120 members including our executive.

Not only has Mildred served on the executive as President and Past President, but as the District’s Social Convener over the past 25 years. In this role, Mildred has managed the annual events of the Champagne Breakfast, Holiday Luncheon, AGM/Spring Luncheon, and the District’s 40th and 45th Anniversary events with grace and efficiency. We are so proud and so lucky to have her in our district. She makes us all shine!!

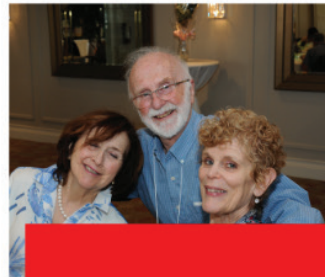
Mildred and her organizing committee always ensure that everything goes according to plan. They worked diligently and laboured arduously to ensure that everything went without a glitch from the beautiful centerpieces, to the appetizers, to the entertainment. Back, by popular demand, to entertain was Tommy Leadbetter. Tommy is a musical tenor from Cape Breton, and an extremely talented man.

His music and singing kept our toes tapping and our voices singing.

Our President, Maureen Capotosto highlighted her expectations of the District for the coming year and later introduced RTO/ERO’s Chair Martha Foster to bring provincial greetings. We were served a delicious lunch and my favourite dessert of ice cream in a chocolate wafer cup! George Meek coordinated the distribution of raffle prizes and it would not have been a gathering without a few of his jokes. Attending members contributed to the raffle, which raised \$340 for the RTO/ERO Foundation. A heartfelt thank-you is extended to all the knitters for contributing their crafts to the raffle.

As a District we know how to work hard, but also how to enjoy each other’s company and have fun.

It was truly a wonderful day. Thank-you to all involved in creating another successful event!



MEMORIES
2019 AGM & SPRING
LUNCHEON



Reminder of Policy for Trips

All Cheques Must Be Postdated To The Cut-Off Date

Cheques will be deposited into the bank on the day after the cut-off date or shortly thereafter. Your canceled cheque is proof that you have a ticket to each performance. If your cheque has not been cashed within ten days after the cut-off date, please phone Lorraine Hennessey, Treasurer at [416-444-8535](tel:416-444-8535). Members who send in their cheques after the quota of seats has been filled, will be phoned and asked if they wish their names to be put on a waiting list. If no one cancels, the cheques of the people on the waiting list will be shredded. We do not mail your cheques back to you. As well, if you cancel your ticket(s) prior to the cut-off date, your cheque will be shredded. However, once the cheque has been cashed, there are no refunds, unless there is a waiting list. The onus is on you to find someone to use your tickets, but we will try to help you. On the day of a performance, if you are late arriving at the theatre, please go to the Box Office to pick up your ticket(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 of performances that you think our members would enjoy, please contact Mary Denise. Please be aware that we need about five months lead time in order to advertise in STONY BRIDGES.

Acknowledgment, Waiver & Release Form for RTO/ERO

District 23 Bus Trips, Excursions, Events Note: Participants in RTO/ERO District 23 bus trips will be asked to sign a release form. The participant in RTO/ERO District 23 Bus Trips, Excursions, Events acknowledges and agrees that RTO/ERO, including District 23, will not be responsible for any loss, injury or damage of any nature, including death, howsoever arising in connection with this trip/excursion/event. Participants in the RTO/ERO sponsored events are therefore hereby advised to carry their own insurance in connection therewith. By signing on attached pages and in consideration of the participant's attendance at the event, the participant hereby releases and forever discharges RTO/ERO, District 23, and their respective directors, officers, members, agents, employees and volunteers (collectively, the "releases") 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 at the 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 at the event will be governed by the laws of Ontario, Canada, and the participant consents to the exclusive jurisdiction of the Courts in Ontario, Canada in any such action.

Registration Forms

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

1. A separate cheque 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 RTO/ERO 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 are your confirmation for the activity/event.
5. 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 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 Lorraine Hennessey, Treasurer at [416-444-8535](tel:416-444-8535) (trips/theatre) or Mildred Frank, Social Convener at [416-221-5328](tel:416-221-5328). Your cheque will be shredded 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 on the waiting list.
4. Ticket holders are welcome to sell, give or transfer their ticket(s) privately

Photos taken at any RTO/ERO North York District 23 event may appear in STONY Bridges, the website, social media or at later events.



From the Archives ...

Memories from Champagne Breakfasts in Yesteryears

by Mary Cairo – Archivist ~ mcairo@rogers.com



Change Of Postal/ Email Address or Other Information

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