

Newsletter Submissions

Your Newsletter Committee welcomes submissions from members that may be of interest to others: travels, events, life milestones, etc. The editors reserve the right to modify or reject any submission to fit space available and to determine the appropriateness of any submission in a particular issue. Other RTO/ERO Districts are welcome to use any of the material contained in this document with appropriate attribution. Third-party submissions **must include all source details**. Content may, or may not reflect the position of RTO/ERO or of RTO/ERO Toronto District 16.

Submission standards: Electronic TXT file preferred, (or Word DOC or WordPerfect WPD file) emailed to the editor at bmenagh@eol.ca. If you create your submission in another program, save it as a TXT file. Typed or hand-printed copy accepted but earlier submission is requested.

Editorial Committee: Ian Baird, Bill Menagh, Paul Rowney

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www.rtoerotorontodistricts.org

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Supplement:
Annual General Meeting
Photo: 'STB' Golf, 2009

RTO/ERO Toronto Executive 2009 ~ 2010

President: David Shanoff
First Vice-President: Roy Harvey
Treasurer: Robert Putnam
Archives: Rosalina E. Bustamante
Goodwill: Sue Booker
Mailing: Marjorie Blake
Pension/Retirement: Shashi Makhija
Program: Kay Jeffery

Past President: Valerie Mah
Second Vice-President: Jack DeGroot
Secretary: Nanette Zettler
Communications: Bill Menagh
Health/Insurance: Bill Tajer
Membership/Recruitment: Bob Neal
Political Action: Pat Carson
Social/Recreation: Carmelita Salazar

Travel: Linda Grieve

Members-at-Large: John Bratton, Tom Lyons, Mary El Milosh, Helen Milton, Lone Smith

From Your Editors

Our January Issue was the first to be processed by a service provider to label, Letter-Carrier-Presort and deliver to Canada Post. The process went very smoothly. Copy arrived in good shape despite no envelope, but delivery appears to have been spread over about three days. The only time-sensitive item was Jack De Groot's Day Trips but the bulk of the copies were received in a timely manner.

Many have taken the time to communicate to us regarding their enjoyment of Newsletter content. However, there are times when unintended consequences occur - as with January's Issue. We use what we think are humorous or thought-provoking items as 'fillers'. We have been informed that one item was insensitive regarding the topic: depression. To atone for our misdirected efforts, an article is included on this topic on Page 21. Please continue to let us know your views on what we do and make suggestions for content. **16**

Dates To Remember

Our Bridge, Executive and Travelogue activities take place at **Holy Rosary Parish Hall**. Map on Page 15 and Google Map on our website.

April, 2010

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20 Bridge.....	p05	26 Toronto Choristers.....	p33
28 Travelogue.....	p26		

May, 2010

4 Bridge.....	p5	Coming Up:	
5 Annual General Meeting ..p25		August 28 ~ RTO/ERO Blue Jays	
5 Spring Luncheon.....p25		September 7 ~ 'STB' Golf	
6 or 13 Art/Sketch.....	p5	September 7 ~ 'No-Bell' Luncheon	
13 Executive Meeting		September 30 ~ Scholarship Apps due	
		October 19 ~ New-Member Breakfast	
		November 9 ~ Fall Luncheon	

Opinions expressed in this Newsletter do not necessarily reflect the position of RTO/ERO or RTO/ERO Toronto District 16.

Third-party content is presented for information only and does not necessarily reflect endorsement by your editors or RTO/ERO Toronto. While every effort is made to ensure the accuracy of the information contained in this Newsletter, important decisions should be made only after consulting with the appropriate professional or organization.

In Memoriam



RTO/ERO Toronto District 16 extends condolences to families, friends and colleagues of those deceased. May we, together, share in the mourning of the loss and in celebration of the service they rendered. **Sue Booker, Goodwill**



Ruth Acker
Liz Barkley
Norma Ferrier
Sybil M. Grant
Charlotte Hardie

Alan Hoyne
Mona M. Morton
Douglas Lougheed
Irene St. Michael
Viola Electa Webster

Use Your District Executive

Members of your Executive can provide service and assistance if they are aware of issues on your mind. Refer to your September or March Newsletter Supplement or our website for contact information. **16**

Obtaining Your Newsletter

This Newsletter is provided through your fees as a Member of RTO/ERO Toronto District 16. Non-District 16 individuals are able to obtain printed copies via subscription (\$10/annum - PDF application form on our website). Join our email service and we'll let you know when it's posted so you can download for free. **16**

Change of Address, Status, District

To limit confusion regarding a change in address, other contact information, or district the **ONLY** contact is **Dianne Vezeau** (Provincial Office/416-962-9463 or 1-800-361-9888). On-line form at: www.rto-ero.org. **16**

Welcome to New Members

Welcome to those having joined us in January and February, 2010. Occasionally new members join us in error - there are **four Districts in Toronto** (Etobicoke/York-22, North York-23, Scarborough/East York-24, Toronto-16) **and others across Ontario.**

As of February 28, 2010, our Toronto District membership stood at 4170.

Bob Neal, Membership

Agnes Adams
Lilien Bonnie
Judith Brewer
Linda Brown
Lourdes Brush
Patricia Clarke
Irene Deckert
Joanne Evans
Olive Foley
Janet Forsythe
Nancy Fowler
Esther Glazer
F Marie Humenny
Seija Hyhko
Carole Ann Kinkead

Richard Kollins
Hellen Lehtinen
Linda Lutes
Barbara Mallins
Blythe Malloy
Carol McPhee
Patricia O'Mahony
Patricia Rybchak
Franc Sehovic
Dolores Sherry
Beverley Torraville
Michael Ugarenko
Una Villiers
Gwendoline M Volkwijn
Barbara Woods

16

RTO/ERO Annual Blue Jays Game

Here are the details for the annual RTO/ERO **Blue Jays Game** with presentation of cheque for \$10,000 to a designated charity as selected by Senate in May. A cheque will be presented in a pre-game ceremony.



- Saturday, August 28 at 1:00pm
- Blue Jays play Detroit Tigers
- Tickets are in same section as previous years: field level seats (level 100) down third base line. This year Districts have the option to choose same section on 200 level (same price, seats a bit wider and padded)
- Tickets normally sell for \$52, but **offered to RTO/ERO members for that game for \$46** (includes \$5 donated to the designated charity by the Blue Jays)

To order tickets, please contact the Blue Jays directly.

Our contact is Andy Topolie: 416•341•1565 or 888•654•6529 x14946 or
andy.topolie@bluejayscom 16



President's Column ~ David Shanoff

Contact: 416•656•3245 / davshan@sympatico.ca

Although we have not had a particularly bad winter so far, I hope that you have been able to enjoy it, whether you are at home, or have fled to surroundings that are more hospitable.

Meanwhile, your District Executive has been very busy. We have donated \$1000.00 towards Haitian Relief through the Salvation Army. As mentioned in the last newsletter, the Provincial Executive of RTO/ERO also donates \$10,000 annually to a worth charity. This year, Districts were asked to nominate possible recipients and we have chosen a deserving organization called WarChild Canada. The winning submission will be presented to the Spring Senate for its approval, in May. One of WarChild's representatives, Alyson Rowe, will be our guest speaker at the Annual General Meeting that will be held on Wednesday, May 5, 2010. Further information is contained within this newsletter (Pages 17 and 25 respectively). And finally, our Project-Service to Others Nomination Committee, headed by **Tom Lyons**, along with **Marjorie Blake** and **John Bratton**, has nominated **The Queensmen of Toronto Male Chorus** for the STO award of up to \$4000.00 and this has been approved by the District Executive. We are specifically supporting their efforts to bring the magic of music to children in our schools.

The new system for the mailing

of newsletters appears to have gone off without any major glitches and, hopefully, will continue to do so. All those involved, particularly **Bill Menagh**, are pleased. If you have experienced any problems, please let Bill know so that we can correct the situation.

Your District Executive has decided to continue the process that is now in place regarding any possible liability issues. We will not be asking you to sign a waiver form for activities in which you may participate. The volume of paper that could be generated, because of the large number of activities and participants, would be enormous. Should a mishap occur, you are covered by the liability insurance of the bus company, and that of the venue that you will be attending.

The move into our new facilities at Holy Rosary Church has proceeded without any major problems. Both the Executive, and those who are participants in the various social activities are very pleased with the amenities of our new location. I encourage you to participate. Access to Holy Rosary is relatively easy; located right next to the St. Clair West Subway Station, and with ample parking. Get your money's worth from your membership fee by taking advantage of the numerous activities that are available to you. We welcome your participation.

Continued on Page 4

Jack De Groot and **Linda Grieve**, our Travel Coordinators, have met with a representative of Merit Travel, and the Travel Coordinators from the other Toronto Districts. As a result, Merit will advertise some short day trips. Merit Travel is the official travel organization of RTO/ERO and they attempt to provide travel experiences that will appeal to retired teachers and their families. You will find their ads in Renaissance, and you may also visit their web site at <http://www.merit.ca/>.

Photos of the New Members' Breakfast and the Fall Luncheon and Craft Show are available for viewing on our web site thanks to **Rosalina Bustamante** and **Bill Menagh**. Go to our web site at <http://www.rtoerotorontodistricts.org> and click on Toronto ~ 16, and then onto Photos in the upper right-hand corner. In addition, while you are at the web site, take a close look at all of the other links to a wide variety of information and connections.

Marjorie Blake will be attending a Goodwill workshop that has been created by the Provincial Office. Goodwill is an important function of the District Executive. It is an attempt to keep us informed about significant events in the lives of our members. If you are aware of any such event affecting a member, please notify **Sue Booker** or **Marjorie Blake** so that we can bring it to the attention of the membership.

As mentioned earlier, the Annual

General Meeting is coming up in May. This is the time when, among other business, elections for members of the District Executive are held. This is where the action is, so if you are interested in any of the positions on the Executive; if you are looking for an chance to continue to use your leadership skills as a teacher or administrator, please contact **Valerie Mah**, our Past President. She will be responsible for organizing a slate of potential officers to be presented at the AGM. This is your opportunity to become involved in the operations of both the District and the Provincial level of RTO/ERO.

This has been a very busy year for members of District 16 RTO/ERO. I hope that you will consider participating in our District activities, whether it is going on one of **Jack De Groot's** fantastic bus trips, playing bridge with **John Lane**, or going to a movie with **Mary Smith Malcolm** or **Anne Ludwigsen**. You can also "travel" to far away places with **Dick and Marilyn Holyer**, or invest your money with **Lone Smith's** investment group. There are many opportunities for you to become involved. Please do not miss these chances to become an active member of District 16.

I hope that the worst of winter has now passed and that spring is just around the corner. Spring is the season of renewal. It is time to take stock of where we have been, and where we are going. Going forward is what we all want to do.

David Shanoff 16

Toronto Choristers' Spring Concert

Toronto
Choristers
TORONTO'S RETIRED TEACHERS' CHOIR

Eighteenth Annual
Spring Concert

Let There Be Music

Ralph Peters, Conductor / Margaret Deeth, Accompanist

Wednesday, May 26, 2010, 7:30pm

**Sir John A. MacDonald Collegiate
2300 Pharmacy Avenue between Sheppard and Finch**

Tickets \$10 available from choir members or at the door 16

Project ~ Service to Others Awards

The Service to Others Awards determined each Spring by RTO/ERO on district submissions. The 2010 Awards will be announced at Spring Senate and reported here when available. Watch our Newsletter for the 2011 process. Six applications were made to your Executive for 2010. 16

Trio-Bravo Concerts

Concert 3 - May 2, 2010 - A concert of lighter compositions and arrangements exclusive to Trio Bravo

Concerts: 2:00pm at All Saints Kingsway Anglican Church; Bloor and Prince Edward Drive, between the Old Mill and Royal York Subway stations.

Tickets: \$12.50. For information call **Baird Knechtel** at 416•242•2131. For advance tickets send cheque payable to *Baird Knechtel for TrioBravo*.

Baird Knechtel 16

RTO/ERO District Sponsored Activity Insurance

All RTO/ERO Toronto Day Trips and other activities are organized with responsible agencies that carry their own insurance (transportation companies, eateries, theatres, etc.). Participants should, however, carry their own personal health and accident insurance since RTO/ERO does not provide this type of coverage. Although this is not a change from past practice, RTO/ERO now feels obliged to remind participants that RTO/ERO will not be held responsible for any misadventure that may occur. 16



The Neil Wilson/TSAAGolf Tournament ~ 2010

Wednesday June 30th, 2010

Rolling Hills Golf Club ~ The Championship Course (par 72)

12808 Warden Avenue, Gormley, Ontario

http://en.clublink.ca/golf/golfcourse/overview.cfm?GOLF_COURSE_ID=0530

Times: Golf: Registration at 11:30 a.m.
Tee Off (shotgun start) at 1:00pm
Scramble format
Golf carts mandatory

Social: 6:30pm
Roast Beef Buffet Dinner at the golf course

Cost: Golf and Social: \$100.00 (includes cart, taxes and service charges)
Social only: \$40.00 (all inclusive)

Register by June 18, 2010

For information on how to register, go to our web site: www.ntci.on.ca and click on "TSSAA Golf". Or contact **George Shepherd** at 416•231•5738

Avoid disappointment, register early ~ we were over subscribed last year

Open to all RTO/ERO members

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Club 48 is an association of retired teachers who meet socially nine times a year from October to June, usually the second Wednesday of the month. It was named "Club 48" because it was founded in 1948. We attend plays, have lunch, take out-of-town trips, and hear most interesting speakers. Our membership fee is \$20/year. For some events a member can attend a lecture and enjoy refreshments at no charge; for others you may wish to join us for lunch as well as the entertainment. Guests are welcome. For further information, please contact **Christine Newhouse** at 416•924•5226. 16



Recreation/Social ~ Carmelita Salazar

Contact: 416•927•0416 / csalazar8@sympatico.ca

Hope you enjoyed watching the Olympics and the thrill of having Canada as number ONE! What a great accomplishment indeed for our country! It's party time everywhere! WOW! Great and high spirits abound!

I also hope you enjoyed the wonderful winter - by skiing, skating, and those thrilling snowmobile rides. Spring is just around the corner so we can store our heavy winter coats, boots, skates, skis, other outfits, and look forward to wonderful walks in a greener scenery and lighter clothing. Once again trees and flowers will be blossoming and the sun will be warm.

Below is a list of activities planned for you for the season. Hope you can come, meet your colleagues, and share some of your activities, experiences, travels and retirement stories. **COME JOIN US!**

These groups meeting at Holy Rosary Church Parish Hall:



Bridge - Convenor **John Lane** (416•486•0697) encourages everyone including beginners to join. They start at 1:00pm and play the first, third, and fifth Tuesdays of the month. You will enjoy the friendly atmosphere of this group. Tea is served.



Travelogue - Convenors **Dick and Marilyn Holyer** (416•929•8512) will take you around the world through slide presentations and exotic snack and treats after the show. See Page 26 for the April and May presentations.

The following groups meet at varying locations:

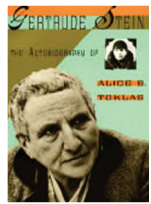


Art & Sketch Group ~ meets on the first or second Thursday of the month. They work with different portable medium that interests them (pencils, crayons, ink, water colors, etc.) Their sketches of flowers, animals, architecture, and landscapes are amazing! Call **Dahlia Day** at 905•882•8662.

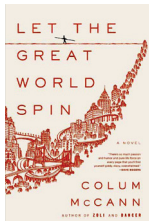


Book Club ~ meets on the first Monday of each month from 1:00 to 3:00pm from the Monday after Labour Day to June. The group selects different authors each month. A wonderful social follows the discussions. *This group has reached its optimal size and is reluctant to accept more participants. Please see box on Page 6.*

Continued on Page 6



April
← *Autobiography of Alice B. Toklas*
by Gertrude Stein



June
← *Let the Great World Spin*
by Colum McCann

May
Coventry
by Helen Humphreys →



Volunteers Wanted * How about another Book Club

Joan and Elaine have chaired a very successful Book Club - so successful, their group, averaging 18 participants with 25 on the participant list, is becoming too large to handle easily in her home. Joan suggests an additional group (west-end or downtown/mid-town) and is willing to assist anyone who might be interested in volunteering to host. Contact **Carmelita** at 416•927•0416 / csalazar@sympatico.ca.

Call **Joan Johnston** 416•691•5368 or **Elaine McIntosh** 416•463•2637.



Day Trips ~ are arranged each theatre season by **Jack DeGroot**. Advance notice is published in our Newsletter. See Page 27 for details of some Fall Bookings.



Friday Night Movie Group ~ attends the early evening movie around 7:00 at a central theatre on the second Friday of the month from September to June; then meeting for coffee. Members are notified by phone or email a day or two before the date. Don't go to the movies alone... join us! Call **Mary Smith Malcolm** at 905•509•9511 or email marya.malcolm@sympatico.ca.



Investment Group ~ is now in full swing under the leadership of **Lone Smith**. Call her at 416•234•1969 for further information. Also see Page 28.

Continued on Page 31



Monday Matinée Movie Club ~ attends the early matinée on the third Monday of the month, twelve months a year. (See Page 29 for 2010 dates.) They attend a central location then enjoy refreshments before the rush-hour. Participants are notified by email or telephone the weekend before. Friends welcome! Contact **Anne Ludwigsen** at 416•324•0909 or acludwigsen@rogers.com.



Super Tees Golf Group ~ starts soon at Scarlett Woods. Contact **Rosalie Parente** at 905•856•6936. Join us and get in shape for the RTO/ERO Toronto 'Screw~the~Bell' Tournament (Page 24)



Walking/Talking Group ~ meets on the last Friday of the month choosing a new site each excursion then go for lunch as the group wishes. We walk the malls in bad-weather. Contact **Phyllis Walker** at 416•653•3521 or llanoka@aol.com. See page 15. Future dates: April 30, May 28, *June 18*, July 19, August 16. **16**

We try to provide activities according to our members wishes. If you would like to lead a group of like-minded individuals, contact Carmelita at 416•927•0416 or csalazar8@sympatico.ca and we'll help you start. Possibilities: bowling, billiards, dining, photography, dancercize, photography, swimming, etc.



The Provincial Executive considered 14 District submissions for the designated RTO/ERO charity. All the suggestions were outstanding and the Executive extends its thanks for the proposals. The **Pennies for Peace Program**, initiated by the author of the #1 New York Times Bestseller *Three Cups of Tea: One Man's Mission to Promote Peace, One School At A Time*, Greg Mortenson, will be recommended to Senate. The Program builds schools in Afghanistan and helps to see girls are educated. See the following websites for additional information:

www.penniesforpeace.org
www.threecupsoftea.com

Registration Form for EITHER or BOTH AGM and SPRING LUNCHEON

WEDNESDAY, MAY 5, 2010

AGM only Free to Members ~ registration requested for amenity planning

Name: _____ Phone: _____

email: _____
(used only by RTO/ERO Toronto District 16)

Guest: _____

I/We will attend (check *either* or *both*) the: AGM Luncheon

Instead of Chicken, please substitute: Salmon Vegetarian

Instead of Trifle, please substitute: Fresh Fruit

Note: No substitutions beyond what is entered on this form

**Remit \$25.00 per person for Luncheon
by cheque (no post-dates) payable to RTO/ERO District 16
to the Registrar:**

Bob Putnam, 1204-15 King Street, Weston, ON M9N 3X1

RETURN REGISTRATION BY MONDAY, APRIL 19, 2010

Additional Registration Forms: www.rtoerotorontodistricts.org

A prompt return allows our organizers to plan efficiently and accurately.

E-zine Erratum

In our February E-zine we indicated that the Provincial Executive had selected the International Development and Relief Foundation (IDRF) to receive the RTO/ERO \$10,000 Charitable Contribution for 2010. In fact, this was a separate donation to Haitian Earthquake Relief. See Page 31 for details about the actual recommended recipient of this donation to be presented at the August RTO/ERO-Blue Jays' Game if approved by Senate. 16

Ontario Teachers' Pension Plan (OTPP) News



Are you a sports fan? OTTP Annual Meeting
If one registers with the OTTP Member-Only website and agrees to receive its emails, you will receive from time-to-time notification of special prices for events like Raptor games at the Air Canada Centre. The Annual Meeting of the OTTP is on Friday, April 9 from 5:00pm to 7:00pm. The meeting takes place at the Carlu (the old Eaton Auditorium, 7th floor) at College and Yonge ~ easily reached on the Yonge Subway). It is open to members of the plan. One can register at the OTTP website: www.otpp.com. We'll try to remind you a bit earlier next year. 16

**Register for iAccess at
www.otpp.com**

RTO/ERO Pension Involvement ~ An Editorial

RTO/ERO has input to the OTTP Partners (the Ontario Government and the Ontario Teachers' Federation [OTF]) through membership on the OTF Pension Committee. Through this involvement, RTO/ERO audits Partners' decisions as they may affect retirees and may have some influence on decisions affecting the Plan in general.

Recently, there has been some media coverage (Toronto Sun, Page 25, January 25, 2010) regarding the benefit that allows retirees to teach a stipulated number of days after retirement, a form of 'double-dipping', and the negative effect this benefit may have on the Plan. Unemployed teachers make no contribution to the Plan and, therefore, cannot build up equity for their own retirement. Additionally, this loss of income to the Plan may also negatively affect the Plan financially.

We recognize that it is the Partners who make decisions regarding retiree benefits and are sure they will make the appropriate decisions regard the needs of unemployed teachers and the Plan's financial security. We believe that, if a vacancy exists, an unemployed teacher ought to be hired before a retired teacher is considered.

We would expect our RTO/ERO representatives to the OTF Pension Committee to endorse any decision to help unemployed teachers and enhance the financial viability of the Plan. Decisions based on enhancing membership in RTO/ERO ought not to be considered.

Note: *your editors do support the continuance of whatever benefits are in place when one retires* - including the current teaching stipulations. This view of the editorial committee does not necessarily reflect the opinion of RTO/ERO nor RTO/ERO Toronto. 16

RTO/ERO Developments

At its January and February Meetings the Toronto Executive: discussed the provincial 'waiver' recommendation and decided to await clarification via Senate before implementation;



- appointed Jack De Groot to the executive as 2nd VP;
- nominated War Child Canada for the RTO/ERO charities grant;
- approved a \$10 Tim Card be mailed to the November Mailing Volunteers in appreciation for service over the years (\$350);
- approved the sponsorship of the RTO/ERO Toronto 'Screw~the~Bell' Golf Tournament;
- approved \$2500 for promotional items at three golf tournaments;
- approved dates for the New Member Breakfast and the Fall Luncheon;
- approved Jack De Groot's Day Trips for 2010 as published in the Newsletter;
- received the 2009 Auditor's Report;
- donated \$1000 to the Salvation Army for Haitian Earthquake relief;
- made recommendation to RTO/ERO for \$4000 'Service-to-Others' Grant;
- approved the purchase of pads, pens, bags for distribution at sponsored events;
- received the Treasurer's Report;
- approved a 'No-Bell' Luncheon being organized for the first day of school.

RTO/ERO Toronto Districts 2010 Retirement Planning Workshops:



- Sat. March 20 ~ TCDSB Education Centre, 80 Sheppard Ave. E.
- Tuesday, April 27 ~ TDSB Etobicoke Office, 1 Civic Centre Court
- Thursday, November 18 ~ QSSIS Banquet Hall, Kingston Rd. at Markham

RTO/ERO Provincial:

moved to support in principle and subject to further study... and report to the Provincial Executive, the concept of establishing a charitable foundation to fundraise for an endowed Chair in Geriatrics at the University of Toronto;



- agreed to employ the services of John Crouse to conduct an assessment of RTO/ERO's investment managers, the cost of which will come from the Health Plan Stabilization Fund;
- renewed the agreement with Merit Travel for a one-year term, and decided that a full review of Merit's services will be conducted by the Member Services Committee during 2010, prior to renewal consideration in 2011.
- re-announced the new RTO/ERO website to be ready in April;

Continued on Page 23

Volunteers Appreciated



You could be a Roots of Empathy Instructor!



Roots of Empathy is a program for elementary school children. The program's aim is to increase empathy – the ability to understand another person's feelings. The heart of the program is a parent and infant who visit the classroom once a month for the school year. Children learn to care and respect each other, hopefully resulting in less bullying and aggression.

Roots of Empathy
Racines de l'empathie

As the Roots of Empathy Instructor you:

- coach the children to observe the baby's development, celebrate milestones, interact with the baby and learn about an infant's needs.
- visit the classroom before and after each baby visit to prepare and reinforce teachings, using a specialized curriculum that is developmentally appropriate for each of four age ranges—Kindergarten (JK/SK), Primary (Grades 1-3), Junior (Grades 4-6), Intermediate (Grades 7 and 8).
- commit to four days of mandatory training, 27 classroom visits from October to June, preparation of lesson materials and travel time to a local community school.

• are comfortable presenting to children in a classroom setting.
Are you interested in volunteering your time in a local school?

Would you like to partner with a baby and a parent to build caring, peaceful and civil societies through the development of empathy?

For more information, please contact:

Penny Dickie at 416•849•4690 x25 / pdickie@rootsofempathy.org
or visit www.rootsofempathy.org

Editors: Penny has written to let us know that last year's request for volunteers was quite successful. Perhaps there are others who can help. **16**

Monday Matinée Movie Club Dates

Our last February Monday matinée was *The Last Station* at the Cumberland. Fifteen people met afterwards for Hungarian delicacies at the Coffee Mill. Our next movies will be April 19. If you'd like to join the Monday Movie Club, me at acludwigsen@rogers.com, phone 416•324•0909.

Ann Ludwigsen, Convenor **16**

I feel like I'm diagonally parked in a parallel universe

RTO/ERO Toronto No-School Luncheon



Perhaps you can help us to decide a title to this new Fall Event to celebrate not answering the call of the bell. Two names are suggested as shown above.

This event was first held last year at the Mandarin Restaurant at Yonge and Eglinton under the tentative title of 'Freedom~from~Bells Luncheon'.

Watch for our May Newsletter with details regarding our 2010 first-day-of-school luncheon.

Organizing Committee:

John Cox: cox06@live.com
Anne Ludwigson: 416•324•0909 / acludwigson@rogers.com
Valerie Mah: 416•533•0445 / vmah@ican.net [16](#)

Investment Group



The purpose of this group is to exchange information and knowledge. We each bring an item we have learned about from the world of finance and share the data. The group got started as we all lost faith in financial advisors who charge a lot but earn us little. We are all smart teachers who love to do research. The last meeting was very lively with discussions on a few stocks and new website that we can use for free.

For the rest of the season the meetings are: March 25, 4:30-6:00pm (we are trying to get a guest for that date); April 22, 4:30-6:00pm; May 27, 4:30-6:00pm; June 24, 4:30-6:00pm.

Please feel free to ask any question you may have: 416•234•1969

Lone Smith, Convener [16](#)

Consumer Corner



RTO/ERO Security

In light of the theft of laptop computers from the OTIP office in Waterloo and the focused media attention on the issue of data security, the Provincial Executive wants to assure our members that their personal information continues to be maintained in a secure environment. RTO/ERO's laptops do not contain data information about our members, nor do we have USB keys/memory sticks with member information stored on them.

Please reference RTO/ERO's Privacy Code, which is available on our website.

Since his arrival last August, **Igor Radovanovic**, Manager, Information Technology, has enhanced RTO/ERO's security measures and we will be reviewing our data and technological security again to reassure ourselves that our membership data is as secure as possible. We are in the process... and making our database and computer network PCI compliant; both will increase the level of our security. RTO/ERO is also implementing other security measures.

As well, **Harold Brathwaite** discussed the security of member data housed by Johnson Inc. with **Lori Macdonald-Blundon**, Senior Consultant. She assured Harold that all laptops at their office are locked down when the office is closed. Johnson employs strict security

measures on their laptops, and there are no USB keys bearing membership data.

Source: RTO/ERO Memorandum to District Presidents

Hotel Rates

The Courtyard by Marriott

hotel in downtown Toronto has renewed its agreement for 2010 to provide even better rates for RTO/ERO members.



The hotel is located at 475 Yonge Street, one block north of College Avenue (College subway station).

The Preferred Corporate Rate applies to a standard guestroom, single/double occupancy. Group bookings (10+) will be negotiated on a request basis.

The rates for 2010 are the following:
\$129 January, February, March, July, August, December
\$139 April, November
\$149 May, June, September, October

Note: rates are NOT available:
April 10-16, April 19-24,
June 25-27,
July 30-August 1, July 3-8,
September 10-16,
December 31.

The dates are subject to changes without notice. All guest rooms include complimentary high speed Internet, complimentary lobby

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computer & printer. Guests also have access to the hotel's fitness room, pool and whirlpool.

One-bedroom suites: available for an additional \$50 above the Preferred Corporate Rate.

The Prestige package: available for \$30 above the Preferred Corporate Rate and includes: one Breakfast, local calls, robe and slippers, and upgraded personal care amenities in the guest rooms.

All reservations can be made through the reservation office at 1•800•847•5075.

You must mention that you are an RTO/ERO member when booking and provide some form of identification that you are a member upon arrival.

Fraudulent Communications

Occasionally, taxpayers may receive, either by telephone, mail, or email, a communication that claims to be from the Canada Revenue Agency (CRA) but is NOT. In all these cases, the communication requests personal information, such as a social insurance, credit card, bank account, and passport numbers, from the taxpayer. These fraudulent communications are also referred to as scams or phishing.

Invariably, the communication argues that this personal information is needed so that the taxpayer can receive a refund or benefit payment. Another common scam refers the person to a Web site resembling the

CRA's Web site where the person is asked to verify their identity by entering personal information. Taxpayers should not respond to such fraudulent communications.

To better equip taxpayers to identify those communications that do not come from the CRA, the following general guidelines are provided.

The CRA does not do the following:

- The CRA will not request personal information of any kind from a taxpayer by email.
- The CRA will not divulge taxpayer information to another person unless formal authorization is provided by the taxpayer.
- The CRA will not leave any personal information on an answering machine.

When in doubt, ask yourself the following:

- Am I expecting additional money from the CRA?
- Does this sound too good to be true?
- Is the requester asking for information I would not include with my tax return?
- Is the requester asking for information I know the CRA already has on file for me?
- How did the requester get my email address?
- Am I confident I know who is asking for the information?

The CRA will continue to post notifications of fraudulent

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More Daytrips, 2010 ~ Jack DeGroot

Seats are available on the following theatre Daytrips. Each trip includes the designated performance, motor coach transportation, lunch, dinner plus all taxes and gratuities.

Contact **Jack DeGroot** at 416.691.3046 if you are interested in booking a great outing. **CALL NOW!**

St. Jacob's Country Playhouse Theatre ~ *Twelve Angry Men*

Cost \$110/person

Wednesday, October 6, 2010

A riveting courtroom drama.



St. Jacob's Schoolhouse Theatre ~ *Separate Beds*

Cost \$110/person

Thursday, November 25, 2010

This trip is a new booking made by popular demand. A visit to the Farmers' Market, an afternoon of non-stop laughter and two great meals (including dining at Golf's). Why not treat yourself?



Shaw Festival Theatre ~ *The Ideal Husband*

Cost \$115/person

Friday, October 15, 2010

Oscar Wilde's favourite play about infidelity and life in the political arena.



Shaw Royal George Theatre ~ *Harvey*

Cost \$115/person

Friday, October 29, 2010

This Pulitzer-Prize winning play was made famous by Jimmy Stewart. You just have to see the stage production! **16**

Looking for some Mild Volunteer Work?

Check the vacant executive positions (Supplement) and join us for a year or so! (*At our New Member Breakfast two volunteers came forward but we lost their names. Silly us!*) If still interested, call **Val Mah** at 416•533•0445.) **16**

**THE GALAPAGOS
AND
BEYOND**



Join **Don Mason** and **Hilary Heath** on a unique “land based” tour of the Galapagos Islands as well as a peak at life in central Ecuador. Tour old Quito, one of the first UNESCO designated World Heritage Sites. Travel through scenic mountains to the indigenous market town of Otavalo. Then fly 1000 km out to the Galapagos Islands and take 12 days exploring the great scenery and the unique flora and fauna. Swim with sharks, dolphins, giant manta rays, sea turtles and more. See 200-year-old tortoises, the famed blue footed boobies, dozens of sea lions and hundreds of iguanas to name a few. Presentation includes both underwater and terrestrial photos. **Don Mason, Hilary Heath 16**



**THE FIEDLERS’
DOWN UNDER TRIP**



Do you want to feel romantic under the open sky of the starry Southern Cross instead of the Great Dipper? Then join us as we experience a wonderful trip to New Zealand (both islands) and then over to Australia to visit cosmopolitan Sydney and all the way to the tropical area near Cairns. Thrill to the views of the Snowy Mountains in New Zealand (especially our favorite view of Milford Sound); see some of the demonstrations of dance and sheep herding, bungee jumping; and, join us as we stare in awe at the beauty of Ayers rock as the sun rises and sets, setting the rock “afame” in colour. **Valerie and Dennis Fiedler 16**

Valentine’s Day was a friend’s birthday, and, when I think of my friend and fellow RTO/ERO member **Céline Henein**, three words come to mind: grace, courage and zest for life.

Céline taught French as a Second Language in the Elementary panel of the former Metropolitan Separate School Board. She joined the Board when the elementary schools were implementing the Open Concept and many French teachers were itinerant.

Like many foreign born and educated teachers, the system was alien to her personal experience. Nevertheless, she embraced it wholeheartedly. She loved her pupils. She not only taught them french. She taught the whole child.

She herself was a very whole and centered person. That helps a lot when you immigrate in mid-life. One is almost tempted to say she comes from another time and another place. She was born and raised in a comfortable suburb in Cairo when Egypt had a king, in a big, close-knit family. Father pleaded cases in the King’s court in French, Arabic and English and mother was a loving and wise home maker. Céline got most of her education in French from the good sisters of the Sacred Heart Convent School. In the diaspora that followed a change in the political system, Céline stayed behind to take care of her ailing father.

In Toronto, her teaching assignments brought her to different

areas in Metro and children with their own special set of issues. French was farthest from their minds. It was not easy. She put in the extra time and effort while managing ill health and personal setbacks. Always relating to them with respect and kindness. “If you want them to grow up having respect, you have to treat them with respect,” she would say. She had expectations and she modeled them.

“We miss you, Madame,” said the little voice on the intercom. Months after she retired, former pupils would phone or drop in to say hello - often, unannounced.

Her siblings, nieces and nephews from everywhere and their offspring, were very much part of her life as was the opera, concerts, the races, and films. She loved to gather her friends and introduce us to homemade molokheya, banya, feuille de vigne and other Egyptian dishes before they sold pita bread in variety stores. She was a Copt who sometimes heard mass in Catholic or Orthodox churches.

She knitted for the Red Cross, sold daffodils for the Cancer Society and had a cheque ready for charities she believed in. She was one of the few people who could talk to you about old Alexandria, Beirut, Omar Sharif and Danielle Darrieux.

Céline was one courageous and gracious woman. I live my life with more gusto and openness because she was my friend. She is greatly missed. **16**

Consumer continued from Page 10
communications as we become aware of them and encourages you to check our Web site should you have concerns.

Source: Canada Revenue Agency
www.cra-arc.gc.ca

Reverse Mortgages

Cautions

Reverse Mortgages tend to charge a very high interest rate on the loan. It is compounded semi-annually with the interest payments rolled into the amount you owe. At current rates, your debt balloons quickly and doubles approximately every eight to nine years. As an example, the debt for a \$200,000 reverse mortgage would become more than \$650,000 in 15 years - easily matching or exceeding the value of your home.

Reverse mortgages are a permanent commitment. If after 15 years your health deteriorates and you have to sell your house and move into a nursing home, you may find yourself faced with a staggering debt and little, if any, left over to pay for health care.

Annual health care for some cancer drugs can reach \$30,000, while long-term care in nursing homes may be between \$18,000 and \$24,000 annually.

Did You Know?

The PDF version of this Newsletter, available on our website, has active links to the websites/email addresses mentioned... and it's in colour. **16**

Mood Disorders Association of Ontario

One in five people will experience a mood disorder (depression or bipolar disorder) in their lifetime. Talk to someone who's been there: 1•888•486•8236 / www.mooddisorders.on.ca **16**

Alternatives

- A home equity loan from your bank may be a better solution. It is true that payment of interest every month would be required, but you can just borrow a bit more than you need and pay the interest with borrowed money as you go.
- Another alternative source of income may be to downsize your residence.
- A professional financial advisor may offer other alternatives.

Summary

- A reverse mortgage can allow you to stay in the home you love, but it can rapidly eat up the home equity you invested over the years.
- Since each reverse mortgage has different terms and conditions, make sure you check out all details before you sign, even if you are arranging a private reverse mortgage.

Source: Adapted from the RTO/ERO *Factsheet A5 - Reverse Mortgages*. This and others are available from the Members-Only portion of their website or from www.rtoerotorontodistricts.org (Factsheet Link). **16**

RTO/ERO Toronto Annual General Meeting & Spring Luncheon

Come to **EITHER** or **BOTH** on **Wednesday, May 5, 2010**
at **The Old Mill ~ Balmoral & Guildhall Rooms**
To avoid stairs, enter at West, Upper Level Main Door

AGM with Guest Speaker

FREE ~ BUT PLEASE REGISTER
(Registration aids in planning amenities)

- 09:15 - Coffee, Light Refreshments, Committee Chairs
- 09:45 - AGM - Part One - Treasurer's Report/Constitution
- 10:15 - Speaker: **Alyson Rowe, War Child Canada**
- 11:15 - AGM - Part Two - Constitution/Elections
- 11:45 - Adjournment - mingle with the lunch crowd



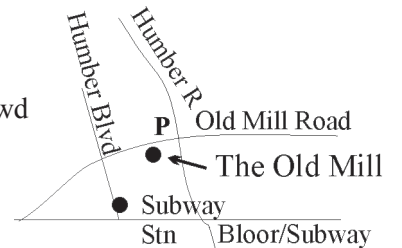
Events organized
by Kay Jeffery

Registration Form
on Page 30

SPRING LUNCHEON

YOU MUST REGISTER ~ \$25.00

- 11:30 - Cash Bar ~ Mingle with AGM Crowd
 - 12:15 - Luncheon
- Market Salad Greens:** Tiny Tomatoes, Shaved Cucumber & Carrot Ribbons, Rice Wine Vinegar, Fine Olive Dressing
- Entrée:** Stuffed Breast of Chicken Supreme with Couscous, Apricots & Golden Raisins, Sun Dried Cranberry Sauce, Oven Roasted New Potatoes with Roasted Peppers, Symphony of Green and Yellow Beans, Cauliflower
- Sweets:** Old Mill English Trifle **OR** Fresh fruit with no sugar & gluten-free Variety of Rolls & Butter, Coffee (regular, decaf), Fine Herbal Teas



Special Diet?

Salmon or **Vegetarian Plate with Pasta** may be substituted

Fresh Fruit may be selected instead of Trifle

Substitutions MUST be selected when you register!

1:00 - Entertainment ~ "To Be Announced"

“Screw-the-Bell”*
RTO/ERO Toronto’s
Annual Charity Golf Tournament

Wanted: Male and Female Golfers

Join us on September 7, 2010

(first day of the 2010/2011 school year!)

Golfers and Golfer-Wannabes are invited to create their foursome (or contact us and we will try to create a foursome for you).

\$80.00/person or \$320.00/foursome
 (includes green fees, prizes, dinner and power cart)

Look for the entry form in our next Newsletter
 (actually, it’ll be available on our website before May)

There will be a Charity Draw for BIG PRIZES! Great odds!

Contact: Bob Neal / 416.694.9683

Committee:

John Bratton
 416.782.2530

Bruce Godbold
 416.425.2972

Bob Neal
 416.694.9683

Jim Nightingale
 705.727.0054

Bob Rocks
 705.737.2571



Innisbrook Golf Course
 2957 Lockhart Road, Barrie ON L4N 9G7
 T: 705.721.9210 / F: 705.721.9270
 www.golfinnisbrook.com

* AKA: ‘STB’ Golf Tournament or
 ‘The Tournament that One Dares Not Speak Its Name’



Island Science School

Watch this space in our May Newsletter for details of the
50th Anniversary Celebration.



Healthy Diet Choices

The Heart and Stroke Foundation urges all Canadians to take inventory of their risk factors for heart disease. An estimated eight out of 10 Canadians have at least one risk factor for heart disease including advancing age, family history, smoking, high blood cholesterol, hypertension, Type 2 diabetes, abdominal obesity and physical inactivity. Research has determined that a large proportion (90%) of first heart attacks can be attributed to these risk factors.

Deaths from heart disease and stroke are equal for both genders.

Coronary heart disease is caused by a buildup of fatty plaques on the inner lining of the arteries. Over time, plaques cause hardening and narrowing of the arteries, which can lead to angina (chest pain), heart attack, sudden death and abnormal heart rhythms.

The good news: What you eat, and don’t eat, can have a powerful impact on your risk for developing heart disease and suffering a heart attack. The right diet, **along with regular exercise**, can help lower (**lousy**) LDL cholesterol, reduce blood pressure and improve blood-sugar levels in people with prediabetes and diabetes.

The following strategies can help you modify, or prevent, risk factors for heart disease that you can control.

Health Hints ~ Bill Tajer

Choose Heart-Healthy Fats

A steady intake of saturated and trans fats raises LDL cholesterol. Worse, trans fats, found in commercial baked goods, snack foods, deep-fried foods and certain margarines, also decrease (**healthy**) HDL cholesterol.

Choose lean cuts of meat, poultry breast and low-fat dairy products (1% milk fat or less). Read the nutrition facts on packaged foods; choose items with little/no trans fat. Choose unsaturated fats such as polyunsaturates in vegetable oils and monounsaturates in olive oil, avocado and almonds. These fats help lower LDL cholesterol and triglycerides, increase HDL cholesterol and reduce inflammation.

Eat Fatty Fish

Salmon, trout, sardines and Arctic char contain DHA and EPA, omega-3 fats linked to protection from heart attack. These fats make the blood less likely to form clots, as well as reducing inflammation and protecting against irregular heartbeats. Experts recommend a daily intake of at least 500mg of DHA and EPA (combined) to help prevent heart disease. If you don’t like fish, take a fish-oil supplement.

Reduce Sodium

Study after study has linked excess sodium with elevated blood pressure. Adults need no more than 1,300

Continued on Page 14

Health continued from Page 13

1,500mg a day. (The safe upper limit is 2,300mg.) Foods with a DV of 5% or less are low in sodium.

Limit your intake of restaurant meals and processed meats. Rely less on convenience foods such as canned soups, frozen dinners and packaged rice and pasta mixes.

Increase Potassium

People who consume too little potassium are more likely to develop high blood pressure and suffer a stroke. The mineral is thought to help blood vessels relax and cause the kidneys to excrete sodium, preventing blood pressure from rising. Adults need 4,700 milligrams of potassium each day. Eat more legumes, fruits and vegetables. (Half a cup of cooked spinach/443mg; one banana/422mg; and ¾ cup of chickpeas/343mg.)

Go Whole Grain

People who eat the most whole grains (about three servings a day) had a risk of heart disease or stroke 20% to 40% lower than folks whose diets contained little or none.

Aim for at least three whole grain servings a day, preferably more. One serving of whole grain is equivalent to one slice of whole grain bread, ½ cup of cooked oatmeal or ½ cup of cooked brown rice or whole wheat pasta. Choose breads, cereals and crackers made from 100% whole grain. Try whole-wheat pasta, brown

rice, spelt or kamut. Substitute cooked bulgur, quinoa, wild or brown rice for potatoes and white rice.

Increase Soluble Fibre

If your LDL cholesterol is high, you need to consume at least three grams of soluble fibre each day to lower it. You'll find it in oats, oat bran, psyllium-enriched breakfast cereals, flaxseed, barley and legumes.

Add Legumes and Nuts

Eating more legumes (e.g. chickpeas, kidney beans, lentils) and nuts can help lower blood pressure, reduce LDL cholesterol and keep blood-sugar levels in check.

Take Vitamin D

Growing evidence suggests that having a suboptimal vitamin D level boosts your risk of heart disease and heart attack. The nutrient helps keep heart cells healthy, maintains normal blood pressure and reduces inflammation in the body. Canadians don't produce enough vitamin D from sunlight from October through March and very few foods contain it. Adults should take 1,000IU of vitamin D each day, fall and winter. Adults over 50, people with dark skin and those not outdoors often should take the supplement year-round.

Source: Adapted from Globe Life Column, The Globe and Mail, January 28, 2009 as appearing in RTO/ERO Health Matters, April, 2009. **16**

Depression continued from Page 22

can find professional, qualified care for the person.

- Take it seriously if older adults talk of planning suicide, even if they say it often. If a person talks of suicide, listen and talk quietly and calmly. You could ask, "How do you think you would commit suicide? Do you have a plan?" Talking with the person about his or her plans will not make it more likely he or she will commit suicide. Report what you are told to your supervisor.
- Talking with someone about suicide may make you feel emotional and upset. If this happens, share your feelings with your supervisor rather than with family and friends. You must always protect the privacy and confidentiality of the older people you work with.
- If you are interested in feeling

more prepared to discuss this issue with older adults, you may wish to take the workshop assist: Applied Suicide Intervention Skills Training. Check with the Canadian Mental Health Association to see if this workshop is available in your community. (See the Extra Resources section for contact information.)

DISCLAIMER: Information on this site is not to be used for diagnosis, treatment or referral services and CAMH does not provide diagnostic, treatment or referral services through the Internet. Individuals should contact their personal physician, and/or their local addiction or mental health agency for further information. **Source:** © 2009 Centre for Addiction and Mental Health (CAMH)

Source: www.camh.net

Used with permission **16**

RTO/ERO Developments Provincial continued from Page 8

- agreed to a partnership with Shoppers Drug Mart. Details of the agreement will be provided once finalized;
- the Provincial Executive voted to oppose holding one Senate per year (*Editors: we are disappointed that the Provincial Executive would try to influence the Senate vote on this matter - although the outcome would likely be the same*);
- sponsored 23 children and their families to see Shen Yun* (RTO/ERO members and staff joined efforts this year to enjoy a beautiful show while helping children from DAREarts, an organization empowering "at risk" students with art education.

* Shen Yun will be performing in Toronto at the Canon Theatre on May 7-9 (Mother's Day Week-end). For every ticket bought by an RTO/ERO member, family and friends, 20% will go to the children. Call 416•248•1168 (hotline) or 1•800•461•3333 (TicketKing) and use the code RTO. The deadline is April 25. Districts interested in participating in this initiative should contact Madalina Hubert at mhubert@rto-ero.org

www.ShenYunPerformingArts.com

Depression continued from Page 21

- does not get dressed or does not answer the phone or the door
- loses interest in activities he or she used to enjoy, or spends more time alone than usual
- feels hopeless, worthless and sad
- has unusual outbursts of crying, agitation or anger, or shows little emotion
- talks less than usual or answers questions with as few words as possible
- calls, complains or demands frequently
- does not sleep well or sleeps too much
- eats more or less than usual
- lacks energy
- seems confused or has trouble remembering things
- has trouble making decisions or following through with plans
- talks about suicide.

How to talk with an older adult who is depressed

Older adults may not want to say they are depressed. They may think depression is a part of growing older. They may think they should just “snap out of it.” They may worry that others will think they are weak or lazy. They may worry they will lose their independence because others will think they cannot cope on their own.

It takes time for you to build trust with the older adult, and it takes courage for the older person to express his or her feelings. When

you are alone and can spare some time to talk:

- Encourage the person to share his or her feelings by asking questions (e.g., “How have you been feeling?” “Is something on your mind?”). Give the person time to answer, and take time to listen. Don’t give examples of others you know with similar or more difficult problems.
- Show that you understand that times are hard, and that it can be hard to talk about it. Be positive but truthful (e.g., “It can’t be easy with everything that has happened lately.”) Don’t try to make the person’s problems seem less serious than they are.
- Try to give hope by pointing out the person’s strengths or even the smallest improvements in his or her situation (e.g., “I see you’re up and dressed, and so early in the morning.”). Notice what has changed since your last visit; has the person smiled or called you by name?
- If an older adult talks with you about feelings of hopelessness, worthlessness and sadness, gently encourage him or her to seek help (e.g., “It’s worthwhile seeing a doctor about these feelings; there is help.”).

When to get help

- If you think an older person in your care may be depressed, report this to your supervisor. Your supervisor

Continued on Page 23 



Our Monthly Walk ~ March, 2010

Visiting or revisiting new or old familiar places in our city reminds us to count our blessings as we enjoy the sights. Gratitude for all that we have can only multiply our good and bring more joy to our hearts. Our visit last month to the University of Toronto was terrific. It was a very cold day but we met in the warm and cosy visitors’ lounge. Who had time to sit there as a student? Just a few steps away was Knox College with the splendid example of a Gothic ceiling and the art gallery; then lunch for those who wanted to eat at Hart House.

February 26 was a visit to Allan Gardens and the beautiful flowers. Then a short jog across the road to visit the stained glass windows in St. Luke’s United Church was just the thing to do. I have enjoyed many a winter concert in this church put on by a group Counterpoint - wonderful!

The walking group continues on

the last Friday in each month when we meet for two hours beginning at 10:00am then part at noon or go to dine.

Only two visits are ‘carved in stone’ at the moment... April [fully booked for a visit to the Bank of Montreal’s Art Gallery] and our June visit to the Toronto Music Garden, a garden for all seasons.

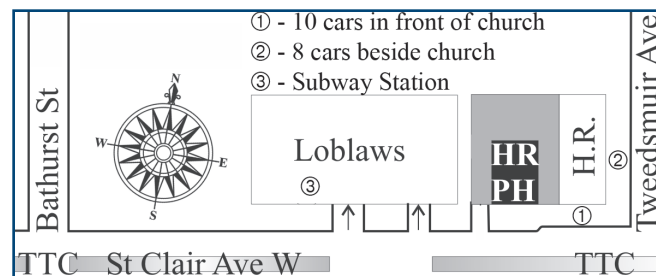
Some of you might know I am a storyteller and enamellist. Wearing my storytelling hat I have been invited to Calgary in June to entertain at a convention. So I will be away in Edmonton and our walk will take place on the 25th with a different convenor or on the 18th with me. I will inform all closer to the date.

As someone said: *‘Life is managed, it is not cured.’* We are managing our walks each month and having fun!


Do contact me to find out places for May at 1lanoka@aol.com or 416•653•3521

Phyllis Walker, Convenor 

Holy Rosary Parish Hall ~ How to Get There



Holy Rosary Parish Hall (HRPH) is reached by the St. Clair Streetcar and Spadina Subway. Parking is free at 1 (‘til 4:00pm) and 2 on the map and at

Loblaws. Metred parking is available on the east side of Tweedsmuir. Please patronize Loblaws if their parking is used. Google Map on our website. 

A system of Scholarships has been established by RTO/ERO. Last year's procedure is reprinted below but there is one change: **applicants cannot gain access to the on-line form unless they have the sponsoring RTO/ERO member's membership number - the first thing they need to key in.**

Electronic Application Forms are now available only from the Provincial Website: www.rto-ero.org. *No hard copies will be mailed or emailed.*

**Twenty-five \$1,000
scholarships available**

What You Need to Know Before Completing RTO/ERO's Application Form

Deadline Date

The close of business, Eastern Standard Time, on **Monday, August 9th, 2010**. Applications received after the deadline date will be considered late and not eligible for consideration.

Eligibility: Program and Proof of Enrollment

Enrolled in a full- or part-time program which will lead directly to a career in teaching in Canada at the time at which the Project - STO (Scholarship) Committee meets to consider the applications (September 24, 2010).

Evidence of enrollment must be included. An Offer of Enrollment is not sufficient. Please provide official documentation that supports acceptance.

Eligibility: Citizenship

A resident Canadian citizen or a landed immigrant. If applicant is a successful scholarship winner, applicant will be required to complete a Form attesting to citizenship status.

Relationship to RTO/ERO Sponsor

A child, grandchild, niece, nephew, grandniece, grandnephew, son-in-law, daughter-in-law or step-child of an RTO/ERO member.

Attachments

Attachments to this on-line application must be submitted as either a Word or PDF document - no exceptions. All attachments must be in typewritten format.

Application Process if Requested Information is not Provided

On-line Applications will not be electronically forwarded to the Provincial Office if all requested information is not provided. Applicant will be prompted regarding the information needed to complete the Application. **16**

Depression is caused by a chemical imbalance in the brain. It affects thoughts, feelings, behaviour and physical health. It causes great suffering for people who are depressed and for the people who care about them.

People may be depressed when they have a sad, despairing mood that lasts for more than two weeks. Depression is not the same as sadness, though it can be triggered by sadness caused by loss, stress or major life change. Depression may also develop for no obvious reason. *People who are depressed cannot just "get over it."*

Depression in older adults

People can have episodes of depression throughout their lives, or they may have their first episode late in life. Depression can affect anyone at any age. However, depression in older adults is often unrecognized because some signs of depression can be mistaken for signs of aging. Older people who are depressed rarely ask for help on their own. When left untreated, depression may continue for weeks, months or even years. Untreated depression is the main cause of suicide in older adults.

Depression may be related to:

- medical conditions, such as chronic pain or illness, thyroid problems, stroke or Alzheimer disease
- physical, emotional, financial or sexual abuse, or neglect

- side-effects of certain medications
- alcohol use, which when used to relieve depression can create other problems or worsen depression
- the death of a spouse or other family members or friends
- loss of intimacy and touch, isolation, loneliness
- transition, as when moving from the family home
- loss of independence
- feeling less safe.

Fortunately, antidepressant medications and counselling can help to lift depression.

How common is depression in older adults?


As many as 20 per cent of older adults experience depression (Seeking Solutions, 2003).

Depression is more common among older people living in institutions than among those living in the community.

Suicide is five times more likely in people over 60 than in younger age groups (Mood Disorders Association of Ontario ~ see bottom of Page 12).

Signs of depression

People often think that depression in older adults is a normal response to aging (for example, "It's no wonder he's depressed, he's 82," or "If I had arthritis, I'd probably be depressed too.") *However, depression is not a normal part of aging.*

An older adult may be severely depressed if he or she: *Cont'd P22* 

War Child continued from Page 19
40 Award (Globe and Mail). She was designated by Time Magazine as one of “Canada’s Five Leading Activists.” CBC News has profiled her as a “Canadian leader.” CTV National News has declared her a “Canadian Success Story” and Maclean’s Magazine featured her in their annual Honour Roll as one of “Twelve Canadians Making a Difference.” Global TV has declared her a “National Trailblazer.” Chatelaine Magazine has named her one of “Twelve Canadian Women Who Should Run for Politics,” as well as awarding her the title of “Ms. Chatelaine.” Flare Magazine has profiled her as one of “Thirty Great Canadian Women.” She has been described by Hello Magazine as one of “Canada’s Top Ten Outstanding Women,” by Homemakers Magazine as one of “Ten Great Canadian Women to Know,” and has been featured as a guest on CBC Television’s “The Hour.” (<http://www.cbc.ca/thehour/videos.html?id=729577449>). Most recently, she was chosen as Personnalité De La Semaine by La Presse and CBC Radio Canada, and was chosen as one of 200 Young Global Leaders in the world by the World Economic Forum.

Nutt has written for Maclean’s

Contact: War Child Canada

401 Richmond Street West, Suite 204

Toronto, Ontario, M5V 3A8

Tel: 416.971.7474 / Fax: 416.971.7946 / Toll Free: 1.866.WARCHILD

Email: info@warchild.ca / Website: www.warchild.ca

Source: War Child Canada website. Used with permission. 16

Magazine covering war-related issues, is a published author and frequently appears on Canadian television and radio as an expert commentator on war and human rights issues. She is also a highly sought after keynote speaker on the impact of war, human rights, social justice and on public engagement in global issues, inspiring others to make a difference.

She graduated Summa Cum Laude from McMaster University, earned an MSc with distinction from London University, and holds a Fellowship in Community Medicine (FRCPC) from the Royal College of Physicians and Surgeons of Canada. She is further certified by the College of Family Practice (CCFP) and completed a sub specialization in women’s health through the University of Toronto as a Women’s Health Scholar. Dr. Nutt has received honorary doctorates from Niagara University and Brock University (Doctor of Humane Letters) and McMaster University (Doctor of Laws). In 2009, she will be awarded an honorary doctorate from the University of Lethbridge.

Dr. Samantha Nutt is bilingual, and is also on staff at Women’s College Hospital in Toronto and is an Assistant Professor at the University of Toronto in the Department of Family and Community Medicine.

War Child Canada

Alyson Rowe, AGM Guest Speaker



Mission:

War Child Canada is a registered Canadian charity dedicated to providing urgently needed humanitarian assistance to war-affected children around the world. War Child Canada helps generate awareness, support and advocacy for children’s rights everywhere.

Can I adopt a war child?

Not through War Child. Other family members usually adopt children who are orphaned by war. However, the chaos of war means that reuniting children with family can often be a long and costly process, so you may want to consider giving financial aid instead. This will allow agencies working in this field to speed up reunification and make the experience more comfortable for the children.

How can I volunteer?

There are lots of ways to volunteer with War Child, and we’re always pleased to hear from enthusiastic individuals looking to work with us. Check out the “Get Involved” section for details.

Can I volunteer overseas?

We do not send volunteers overseas because of the extreme risk of working in war zones. War Child believes that the best way to help those in need is to foster self-sustainability and promote the

capabilities of local organizations and peoples.

I want to do a fund-raiser, how do I go about doing that?

There are all sorts of fund-raising events you can do and we can provide online help. Check out the “Get Involved” page for more information on how you can fund-raise for War Child.

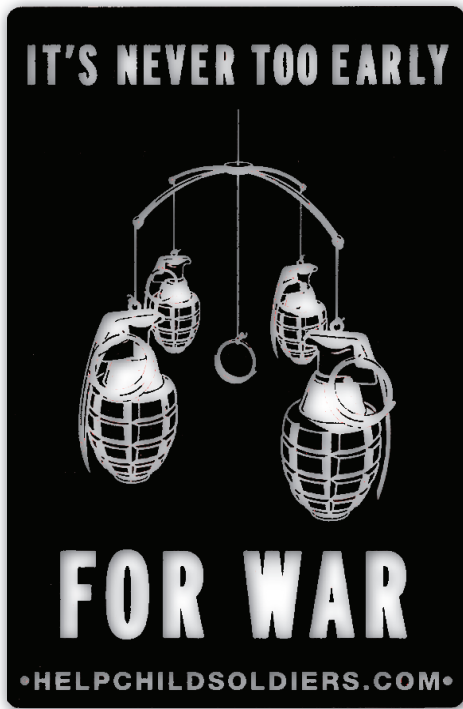
Can someone from War Child speak at my school/event?

We try our best to accommodate as many speaking engagements as possible. Email info@warchild.ca with details of your event, but please give us a couple of weeks to process your request.

How does War Child decide where programs should be located?

Our projects are chosen and designed based on the current humanitarian needs of children affected by war, and by War Child’s capacity to

Continued on Page 18



How much of my donation goes to administrative costs; how much reaches the children directly?

War Child's administrative costs are less than 10% of total expenditures and are among the lowest in the charitable field. 90 cents out of every dollar goes directly to fund programs for war-affected children and their families. War Child strives to maintain the highest level of accountability, transparency and effectiveness in all our efforts. We welcome inquiries concerning our financial policies and expenditure profile. You can view War Child's annual report and financial balance and operations statements on the *About Us* section of this website.

Continued on Page 19



War Child: continued from Page 17

address those needs. Our staff conduct comprehensive needs assessments in conflict and post-conflict zones to determine necessity of relief and how best to implement programs that promote self-reliance, sustainability and transparency. We place significant emphasis on our consultation and collaboration with local partners in the regions we work in. This helps us to identify the most urgent needs and effective methods of delivering assistance.

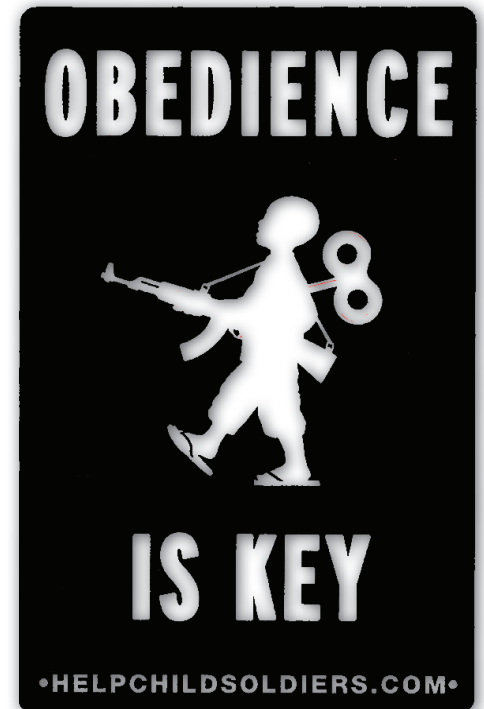
War Child: cont'd from Page 18

Can I donate food, toys or clothing items?

War Child does not accept physical goods as the shipping and handling costs of sending packages overseas is actually quite high, often higher than the value of the goods themselves. We believe it is far more beneficial to buy goods locally as this ensures that the local economy is being served rather than being swamped by an influx of foreign goods.

Who designed your logo?

Our logo was created by the founders of War Child UK. Funnily enough, it was designed on the back of a beer mat. If it had been a round mat, we'd have a round logo. But it wasn't. It was square.



Dr. Samantha Nutt, MD, MSc, CCFP, FRCPC, LLD

Founder and Executive Director, War Child Canada

Dr. Samantha Nutt (Sam) is a medical doctor with more than thirteen years of experience working in war zones. Committed to peace, human rights and social justice, her ambition has always been to help war-affected women and children. She has worked in some of the world's most violent flashpoints with War Child Canada, the United Nations and non-governmental organizations (NGOs) in Iraq, Afghanistan, The Democratic Republic of Congo, Liberia, Sierra Leone, Somalia, Burundi, northern Uganda, Ethiopia and the Thai-Burmese border.

Over the course of her professional career and as the Founder and Executive Director of War Child Canada, Nutt has spearheaded efforts to provide direct humanitarian support and long term programming to war-affected children and their families, and to promote greater awareness in Canada concerning the rights of children everywhere.

Nutt's work on behalf of war-affected communities around the world has been widely recognized. Among other honours, Nutt is a recipient of Canada's Top 40 under

Continued on Page 20

McEachern, Jean*	1981/83 (2)	Roach, Veronica*	1977/79 (2)
McGillivray, Robert*	1988/91 (3)	Robb, Al†	1982/94 (12)
McGinn, Bernice†	1985/94 (9)	Rowney, Jim†	1992/96 (4)
McGregor, Patricia	2008/09 (1)	Rowney, Paul	1996/05 (9)
McIver, Murdoch†*	1973/75 (2)	Rudd, Norm	2006/07 (1)
McLean, Enid*	1988/90 (2)	Salazar, Carmelita	2004/10 (6)
McLean, Mel*	1988/90 (2)	Schissler, Laura†*	1976/82 (6)
McNabb, Vicki*	1973/76 (3)	Shanoff, David	2002/10 (8)
McPherson, Catherine*	1975/77 (2)	Shaver, Bill	1989/01 (12)
McVicker, Kathleen*	1995/98 (3)	Simons, Shirley†	1991/00 (9)
Menagh, Bill†	1998/10 (12)	Smith, Lone	2009/10 (1)
Milloy, Archie†*	1974/77 (3)	Smith, Margaret†*	1978/98 (19)
Milosh, Mary El	2005/10 (5)	Smith, Warren	1993/00 (3)
Milton, Helen	2009/10 (1)	Sparks, Doug	1987/91 (4)
Moore, Ed*	1990/92 (2)	Strangway, Kenneth*	1979/86 (7)
Moore, Mary†*	1979/88 (9)	Stubbs, Ted*	1973/78 (5)
Morris, Peter	2000/04 (4)	Sweetman, Allan†*	1973/76 (3)
Nagawe, Sacci*	1996/97 (1)	Tajer, Bill†	1995/10 (15)
Naumoff, Carl	1989/90 (8)	Targett, Lloyd	1991/97 (6)
Neal, Bob†	1998/10 (12)	Terry, John*	1991/97 (6)
Neufeld, Roy	1993/94 (1)	Thomas, Mary†	1980/90 (10)
Noylander, Mary	1988/00 (12)	Tufts, Harold*	1973/75 (2)
Parliament, Loeland	2002/04 (1)	Warren, Laura	1989/00 (11)
Patterson, Elizabeth*	1980/88 (8)	Watson, Jean	1983/87 (4)
Petch, Rhena	1992/99 (7)	Whitehouse, William*	1977/87 (10)
Putnam, Bob	1995/10 (15)	Whitley, Harold†*	1974/78 (4)
Quinn, Bill*	1987/90 (3)	Young, Shirley	2002/08 (5)
Reid, Walter†*	1978/86 (7)	Zettler, Nanette	2008/10 (2)

Brian Kenny, RTO/ERO Past President Update



We are pleased to report on **Brian Kenny**, Past President of RTO/ERO. In our January Newsletter we informed you of Brian's serious accident (hitting black ice; going over a 30-foot rock ridge and breaking his back (L-1) in a snow storm). We are pleased to report that Brian continues to recover at home with pain subsiding and physio-therapy continuing. Brian was able to attend his first Provincial Executive meeting in February although he was happy to get home. He can be reached by email at bnkenny@shaw.ca. **16**



Volume 32, Issue 4

March, 2010

RTO/ERO Toronto District Sixteen Annual General Meeting The Old Mill ~ Balmoral Room Wednesday, May 5, 2010

Your District Executive attempts to make your Annual General Meetings (AGM) educative by providing timely information while meeting the constitutional requirements for the District's business. Our March Newsletter is used to inform the membership of decisions to be made. New business may be brought forward at the meeting by any member with motions arising being subject to constitutional requirements.

The following pages contain the items of business to be presented along with some additional material about our District's development and current status.

Committee Chairs will be available before the meeting for your questions. This will save time during the meeting.

PROGRAM

(open to all members ~ **BUT PLEASE REGISTER** ~ page 21)

Pre-meeting ~ 9:15am (times approximate)

Refreshments, Questions to Committee Chairs (saves meeting time)

Business: Part One ~ 9:45

Welcome, In Memoriam, RTO/ERO Greetings,
Approval of Minutes 2008, Treasurer's Report

Guest Presentation: Alyson Rowe, War Child Canada ~ 10:15

Business: Part Two ~ 11:15

Elections, New Business

Adjournment ~ 11:45

Bar ~ 11:45

Spring Luncheon ~ Guildhall Room ~ 12:15pm

RTO/ERO Toronto Executive Nominees 2010/11

This 2010/11 Slate may be amended by the time the AGM occurs. Should you wish to contest a position, or join the executive in one of the vacant positions, please contact **Valerie Mah**, Past President, at 416•533•0445 or vmah@ican.net. Nominations from the floor are also accepted.

POSITION	Recommendation
President ~	David Shanoff
Past President ~	Valerie Mah
First Vice-President ~	Roy Harvey
Second Vice-President ~	Lone Smith
Treasurer ~	Bob Putnam
Secretary ~	Vacant
Archives ~	Vacant
Communications ~	Bill Menagh
Goodwill ~	Marjorie Blake
Health Services and Insurance ~ ..	Bill Tajer
Mailing ~	see Constitution change
Membership ~	Bob Neal
Political Advocacy ~	Pat Carson
Program ~	Kay Jeffery
Retirement/Pension Concerns ~ ..	Shashi Makhija
Social/Recreation ~	Carmelita Salazar
Travel ~	John Bratton
Members-at-Large (up to 5):	Tom Lyons, Mary El Milosh, Helen Milton, Vacant, Vacant

Who Are RTO/ERO Toronto District 16

According to data available as of 31 December, 2009, RTO/ERO Toronto District 16 numbered 4155 Members (3877/3974 at the end of 2007/2008 respectively). Our members fill the following age brackets as of 31 December 2009:

Age	2007	2008	2009
100 years or more	9	5	11
90 - 99 years	104	106	136
80 - 89 years	514	537	609
70 - 79 years	1098	1184	1447
60 - 69 years	1775	1824	1764
50 - 59 years	375	315	187
<50 years	2	2	1

RTO/ERO Toronto Executive ~ Years of Service

Surname order with first and last term on Executive

* ~ deceased or not now a Toronto District member

† ~ past president

Adjusted Term ~ Fall 2002 to Spring 2004

Name Terms		Fedchak, Mary Ann*	2002/08 (6)
Aberle, Gerald	1991/94 (3)	Fick, Lew	1985/86 (1)
Allen, Gertrude*	1978/80 (2)	Fiedler, Dennis†	1989/99 (10)
Assad, June*	1986/88 (2)	Fiedler, Val	1994/04 (10)
Baird, Ian	1993/09 (16)	Fraser, Anne*	1980/05 (25)
Ball, John*	1973/77 (3)	Freeman, Arlene†	1993/09 (16)
Barrett, Harry†*	1976/79 (3)	Friesen, Wally*	2005/08 (3)
Batchelor, Ron†	1993/98 (5)	Gang, Israel*	1981/94 (13)
Birrell, Jenny	1998/99 (1)	Gang, Lillian	2001/02 (1)
Blake, Marjorie	2002/10 (8)	Gartley, John*	1975/76 (1)
Booker, Susan	1995/10 (15)	Grieve, Linda	2004/10 (6)
Boone, Geraldine	1981/86 (5)	Halford, Ron	1995/99 (5)
Boucher, Joyce	1994/98 (3)	Hardie, Charlotte†	1986/95 (9)
Bratton, John†	1999/10 (11)	Harvey, Roy	2008/10 (2)
Brooks, Wilson*	1987/89 (2)	Hayes, George†	1986/01 (15)
Bussey, Art*	1994/99 (5)	Heard, Norton*	1980/86 (6)
Bustamante, Rosalina	2002/10 (8)	Henderson, Torry	1993/00 (7)
Carr, Charles	1996/05 (9)	Hornick, Phil*	1985/88 (3)
Carson, Pat†	1995/10 (15)	Jeffery, Kay	1994/10 (16)
Caster, Tom	2007/08 (1)	Kennedy, Margaret*	1973/75 (2)
Chandorkar, Betty	1988/96 (8)	Kennedy, Vince*	1990/91 (1)
Chole, Natalie	1988/93 (5)	Kerr, Ed	1990/93 (3)
Clark, Mattie*	1977/82 (5)	Ketcheson, Bill	1985/94 (9)
Coles, Sidney†*	1979/88 (8)	Lehane, Mary*	1975/77 (2)
Cooper, Donald	1987/96 (9)	Lennox, Mitchell†	1983/96 (13)
Darbyshire, Bill*	1973/77 (4)	Lindsay, Ruth†*	1988/98 (10)
De Groot, Jack	1994/05 (11)	Lyons, Tom	2008/10 (2)
Dean, Harold†*	1980/85 (5)	Longmuir, Cecil†*	1978/81 (3)
DeGraaf, John*	1994/95 (1)	Lunney, Esther*	1977/80 (3)
Devine, Ken	2005/06 (1)	Machin, Bea*	1977/81 (4)
Dineen, Cecilia*	1982/95 (12)	Mah, Valerie†	2004/10 (6)
Dobson, Murray*	1975/77 (2)	Makhija, Shashi	2007/10 (3)
Downward, Gord*	1992/93 (1)	Martin, Fionnuala*	1988/89 (1)
Edmondson, Phyllis	1998/99 (1)	Matuszkiewicz, Wanda	1997/98 (1)
Edmondson, Roseanne	1976/78 (2)	McCaig, Jean*	1986/88 (2)

Executive Member Job Description

Can We Entice you?

We have a number of empty spots in the executive slate for 2010/2011 - rather awkward for a membership of over 4000. If you feel you have the time to commit one year to get a feel for what we do, how about volunteering to be a Member-at-Large. We could also use a couple of volunteers for a couple of years as Secretary (web-access encouraged) or Archivist.

The Executive meets on the second Thursday of September, October, November, January, February, March, April, May (rarely in June) and the Annual General Meeting. Meetings last from about 9:30am to 12:00N. We also provide refreshments. Not all Executive Members attend all meetings - they do have vacations and other responsibilities and others can step in as needed.

We have copied below the job descriptions for the vacant positions. Take a look and give us some thought. Contact **Valerie Mah** at 416•533•0445 / vmah@ican.net.

Secretary Constitutional Duties:

- prepare and present the minutes of Executive Meetings, General Meetings, and any special meetings called by the President;
- send notices of Executive Meetings, General Meeting, and special meetings, at the direction of the President and Executive;
- prepare and present Agenda for such meetings as directed by the President and/or Executive.

Additional Secretary Duties: (determined by occupant or practice)

- each June, forward the newly elected Executive List to RTO/ERO.

Archives Chair/Committee Constitutional Duties:

- retain, store and catalogue past copies of Minutes, Newsletter, Constitutions, and other historical data of District 16 and so maintain a complete historical record of the organization;
- currently stores Archives at home.

Members-at-Large:

- no stipulated responsibilities but a useful group to round out guidance in making Executive decisions.

Proposed RTO/ERO Toronto Budget ~ 2010

	Budget 2009	Audit 2009	Budget 2010	
1				
2				
3	INCOME			
4	Provincial Rebate	56,690.92	55,690.92	59,249.04
5	Subscriptions	20.00	10.00	10.00
6	Interest	1,000.00	1,169.93	600.00
8	Donations	0.00	40.00	20.00
9	Total Income	57,710.92	56,910.85	59,879.04
EXPENSES				
Administration				
11	Office	376.00	540.41	500.00
13	AGM	1,400.00	1,539.79	1,600.00
12	Audit and Legal			
21	Bank Charges	10.00	146.66	78.00
20	Exec Meetings	1,000.00	1,195.96	1,200.00
30	Senate/Workshops	2,200.00	2,490.43	2,500.00
35	Rentals/Holy Rosary	1,800.00	2,000.00	1,000.00
24	Toronto Districts	1.00	0.00	1,017.00
31	Goodwill	400.00	2,032.06	2,000.00
21	New Member Breakfast	3,000.00	2,937.66	3,000.00
34	Service to Others	4,800.00	867.00	1,000.00
25	Membership	1,800.00	5,012.49	4,869.04
26	Newsletter	27,000.00	31,418.37	31,000.00
32	Political Action	300.00	0.00	
33	Social	1,900.00		
14	Rentals/St Margaret's	2,700.00	2,700.00	1,450.00
15	Seminars	1,300.00	379.33	400.00
16	Refreshments	230.00	43.14	45.00
17	Equipment	1.00	1,987.29	20.00
18	Contingency	0.00		
19	Fall Craft Show	1,400.00	1,390.85	1,400.00
22	Fall Luncheon	2,200.00	3,132.67	3,200.00
23	Spring Luncheon	4,000.00	3,570.92	3,600.00
29	Contingency	0.00	0.00	0.00
37	Total Expenses	56,828.17	63,385.03	59,879.04

Continued on Page S4

39			
40	BALANCE	(3,018.80)	(6,474.18)
41			0
42	RESERVES		
44	GIC Canada Trust	30,000.00	20,000.00
45	Trip Operating Capital	8,470.70	12,436.04
46	Total	38,470.70	32,436.04

RTO/ERO Toronto Auditor's Report ~ 2009

Balance Sheet As of 31 December 2009

Accounts	31 December 2009 Balance
Assets	
Cash and Bank Accounts	
Club 16 Trips	12,436.04
RTO 16	13,533.67
Total Cash and Bank Accounts	25,969.71
Total Investment	
RTO 16 GIC	20,000.00
Assets & Equity	
Liabilities & Equity	0.00
Equity	45,969.71
Total Liabilities & Equity	45,969.71

We attest that the financial information presented fairly represents the fiscal position of RTO District 16 during the financial year January 01, 2009 to December 31, 2009.

Signed:

Paul A. Caron

Robert G. Putnam

David Shanoff





Auditor

Treasurer

President

RTO/ERO Toronto AGM Notice of Motion

The RTO/ERO Toronto Executive recommends the following motions:

Constitution Change (Menagh/ _____):

- A. That Article 9.02.06 The Mailing Committee be deleted from the Constitution (not functional in current circumstances)
- B. That Article 9.02.02 be amended by the addition of: 9.02.02.03 "shall be responsible for the mailing of the Newsletter".
- C. That Article 9.02.08 The Political Action Committee be amended to read "The Political Advocacy Committee" (aligns with RTO/ERO constitution.)

Policy Motion (Menagh/ _____):

- A. That Policy 1.01 Awards/Recognition be amended by the addition of:
 - 1.02 District Executive Participation in Determining Award Grants
 - 1.02.01 All RTO/ERO Grants, Provincial and District, shall be available to the general membership including Executive members.
 - 1.02.02 RTO/ERO Toronto Executive Members may apply for or sponsor any request for a RTO/ERO Grant after the closing date for application by the general membership should no other application have been submitted.
 - 1.02.03 RTO/ERO Executive Members shall declare any personal affiliation with a grant request in advance of the selection and shall remove himself or herself from the selection process.

Departing Executive Members



Susan Booker, Rosalina Bustamente, Linda Grieve and Nanette Zettler (pictured above, respectively) are leaving the executive when their terms end in June. We extend to them our appreciation for their years of service. Of particular note is the service of Sue who joined the Executive in 1995 as a Member-at-Large; then took over the Goodwill Chair in 2000 for 10 years. Rosalina was kind enough to take on the Archives Chair in 2002 when it had been unoccupied for 2 years. Nan became our secretary when no others were willing. Linda has provided informative, knowledgeable input as Member-at-Large; then Travel Chair where she ably assisted with our Day Trips.

PENSION/RETIREMENT**Shashi Makhija**

125 Glenforest Rd
 Toronto ON M4M 2A1
 416.892.1717
 makhija.shashi@gmail.com

**POLITICAL ACTION****Pat Carson**

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 416.626.5995
 pcarson@rogers.com

**PROGRAM****Kay Jeffery**

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**SOCIAL/RECREATION****Carmelita Salazar**

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**TRAVEL****Linda Grieve**

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**MEMBERS-AT-LARGE****John Bratton**

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**Tom Lyons**

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**Mary El Milosh**

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 maryelmilosh@hotmail.com

**Helen Milton**

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 416.782.8038

**Lone Smith**

3 Lynngrove Ave
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 416.234.1969
 lonesmith@hotmail.com



Executive Meetings are held at Holy Rosary on the 2nd Thursday of most months and are open to all members. Advance notice is suggested.

Johnson Inc.

905.764.4884/1.800.461.4597

Ontario Teachers Pension Plan

416.226.2700/1.800.668.0105
 www.otpp.com

RTO/ERO Toronto Executive to June 30, 2010**PRESIDENT****David Shanoff**

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 davshan@sympatico.ca

**PAST PRESIDENT****Valerie Mah**

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 vmah@ican.net

**1ST VICE PRESIDENT****Roy Harvey**

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**2ND VICE PRESIDENT****Jack DeGroot**

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**TREASURER****Bob Putnam**

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**SECRETARY****Nanette Zettler**

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**ARCHIVES****Rosalina E. Bustamante**

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**GOODWILL****Sue Booker**

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 416.267.2418

**HEALTH/INSURANCE****Bill Tajer**

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 416.494.8590
 bill.tajer@sympatico.ca

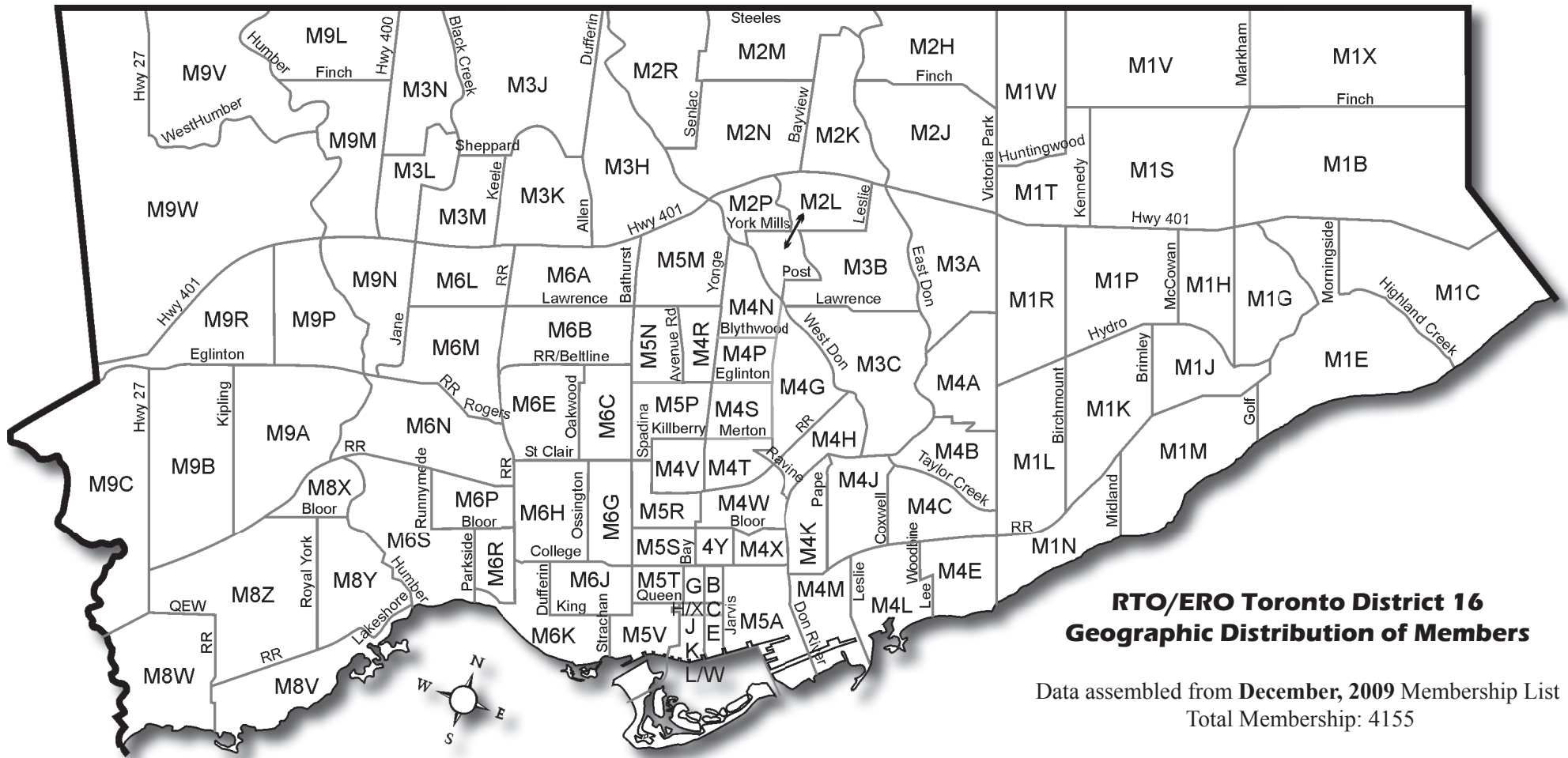
**MAILING****Marjorie Blake**

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**MEMBERSHIP/RECRUITMENT****Bob Neal**

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 bneal@sympatico.ca

*Cont'd S8*



RTO/ERO Toronto District 16 Geographic Distribution of Members

Data assembled from **December, 2009** Membership List
Total Membership: 4155

Postal Code/City #s	M1R	14	M3A	49	M4H	23	M5A	32	M6A	9	M8V	31	M9W	5	Markham	40	B.C.	16			
	M1S	17	M3B	25	M4J	45	M5B	15	M6B	38	M8W	1			Miss'auga	137	Manitoba	4			
	M1T	32	M3C	37	M4K	77	M5C	9	M6C	46	M8X	56	Ontario Regions		Newmarket	12	New Bruns	6			
M1B	4	M1V	6	M3H	21	M4L	56	M5E	17	M6E	20	M8Y	37		Oakville	31	Nf Id	5			
M1C	27	M1W	29	M3J	4	M4M	22	M5G	5	M6G	57	M8Z	26		Pickering	24	Nova Scotia	16			
M1E	29			M3K	3	M4N	74	M5J/K/L/	26	M6H	41			L/Central	627	Richm'd Hl	33	PEI	3		
M1G	6	M2H	21	M3M	8	M4P	66	M5M	141	M6J	19	M9A	57		K/Eastern	92	Stouffville	12	Quebec	14	
M1H	9	M2J	36	M3N	3	M4R	45	M5N	48	M6K	6	M9B	47		N/Western	76	Thornhill	60	Saskatchewan	3	
M1J	15	M2K	31	M4S	102	M4T	59	M5P	84	M6L	7	M9C	52		P/Northern	25	Whitby	14	Yukon	1	
M1K	20	M2L	16	M4A	12	M4V	73	M5R	93	M6M	12	M9M	3				Woodbridge	18			
M1L	7	M2M	17	M4B	27	M4W	73	M5S	32	M6N	28	M9N	13	Cities =>10							
M1M	16	M2N	52	M4C	39	M4X	82	M5T	15	M6P	96	M9P	35	Ajax	12	Canada				Out of Canada	
M1N	54	M2P	14	M4E	122	M4Y	81	M5V	15	M6R	27	M9R	18	Brampton	19					USA	7
M1P	9	M2R	23	M4G	113					M6S	135	M9V	3	Burlington	11	Alberta	4			Intern'l	12