

Newsletter



Check Out our New District 16 Website
<https://district16.rtoero.ca>
 More details on Page 13

What's new

District-16-City of Toronto



Toronto Executive, 2022-2023

District-16-City of Toronto



Fall Luncheon, Tuesday
November 15, 2022

District-16-City of Toronto



Connect with District 16 friends through one of our many activities

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From the Editor ~Joan Elliott



As the Communication Chair, I find it necessary for me to keep current and share recent discoveries to ensure that we understand each other. To that end, I will clarify some terms that have come into common usage, among those in the know, especially those in the media.

WOKE- is to be aware of and actively attentive to important facts and issues, especially about racial and social injustice.

MEME- often embellishing words as a means of communication, to turn a dull product or event into a popular one and attract visual attention, in the internet culture. A perfect form of sharing fun, interactive content with like-minded people. Eg. Emojis

KAREN- A pejorative slang term for an angry, entitled, unreasonably demanding white woman.

GASLIGHTING- a form of psychological manipulation intended to sow seeds of self-doubt and gain control of the victim by the abuser.

I hope that this has provided some modicum of clarity, as I will readily

admit that these terms have become incorporated into the vocabulary of ten-year-olds, compliments of social media; Nana must keep up!

Between Newsletters, we are increasing the frequency of communicating via email and using our new website to keep you informed about RTOERO and Toronto Districts developments and opportunities. Please ensure that we have your email address.

President's Message
~ Ruth Baumann ~



Your Ontario pension and inflation adjustment

Inflation has been much in the news lately, with the Bank of Canada projecting in July 2022 that annual inflation could reach 7.2% for 2022. Inflation is always a source of concern for retirees as we await the annual adjustment that becomes payable each January. The adjustment is calculated to reflect the **average increase** in the Consumer Price Index across the 12 months ending in October.

This article specifically addresses the inflation adjustment provisions of the OTPP, as the majority of District 16 members belong to this plan. RTOERO members also include retired educators who are members of the Ontario Teachers Pension Plan, but also retirees who are members of the Ontario Municipal Employees Retirement System, retirees from the colleges and universities sector and retirees with pension plans from other provinces. The websites for other plans should have relevant information for those who belong to them.

The OTPP provides for inflation protection of up to 8% per year, subject to some conditions laid out below. In the past 30 years, inflation has never exceeded that level. That doesn't mean it couldn't in the future – monthly inflation rates this year are getting things closer to that point.

The following material, from the OTPP website (<https://otpp.com>), explains how the plan's inflation protection works.

OPEN EXECUTIVE MEETINGS

Executive meetings are open to all members of District 16. Please contact the president, Ruth Baumann at 416-738-1729 or president16@districts.rtoero.ca if you wish to attend to confirm the time and location.

OTPP Pensions – Inflation Adjustments

The adjustment rate depends on three factors:

1. The changes in the cost of living in a given year measured by CPI

We use the Consumer Price Index (CPI) because it's prescribed by the terms of the plan and it's the most widely used indicator of price changes in Canada. The CPI represents a weighted basket of goods and services typically purchased by Canadian households each month.

2. The plan's funding status

We use inflation protection as a lever to keep the plan sustainable. When the plan has a funding shortfall, smaller cost-of-living adjustments help to bring the plan back into balance. When there's a funding surplus, inflation levels may be partially or fully restored.

3. When you earned your pension credit

There are three levels of inflation protection based on when you earned pension credit: before 2010, during 2010 to 2013, and after 2013.

When you earned your pension credit	Inflation protection level	What it means after you retire
Before 2010	100%	This portion of your pension will keep pace with annual increases in the CPI.
During 2010-2013	50% to 100%	This portion of your pension will receive at least 50% and up to 100% of the annual increase in the CPI, depending on the plan's funded status.
After 2013	0% to 100%	This portion of your pension will receive from zero to 100% of the annual increase in the CPI, depending on the plan's funded status.

Your 2022 inflation adjustment

The annual cost-of-living adjustment for 2022 is 2.4%. The adjustment takes effect in January 2022.

The adjustment is based on 100% of the adjustment in the CPI, a weighted basket of goods and services typically purchased by Canadian households each month.

The method used to calculate the adjustment is prescribed by the terms of the plan and is the same method used by most other major Ontario pension plans, as well as the Canada Pension Plan.

What this means to you

- In January 2022, you'll receive a pension increase equal to 100% of the annual CPI increase.
- If you retire(d) in 2021, your first pension increase will be prorated from your last day of credit in 2021.

Source:

<https://www.otpp.com/en-ca/members/life-events/living-in-retirement/inflation-protection/>

My closing comment:

The information about teaching credit after 2010 being subject to some conditionality in its inflation protection is correct. For that service, the payment of the "full" amount of inflation (up to 8%) is subject to the funded status of the plan. For the past nine years, the OTPP has been fully funded, meaning that full inflation protection has been available for all plan members. The 2022 valuation will happen in 2023.

I encourage you to explore the OTPP website at otpp.com, and particularly the members' section and the Frequently Asked Questions (for retired members). There is a wealth of helpful information that will assist us all in understanding how our plan works.

If you have questions or are interested in more details, please send your requests to me at President16@rtoero.ca.

Media, August 15, 2022: Ontario Teachers' delivers positive return in first half of 2022. Highlights: Six-month and one-year total-fund net returns of 1.2% and 8.3%

Report of the Advocacy/Pension Chair ~Susan Weinert



The easiest ways to keep up with RTOERO advocacy news is to check the website below.

Whether you're involved in RTOERO's collective advocacy efforts or not, you may be comforted to know that folks are advocating on your behalf and on behalf of older Canadians and Canadians of any age.

Seniors strategy, geriatric healthcare and environmental sustainability remain RTOERO's key priority areas. Here's how to stay informed:

Visit the advocacy page of rtoero.ca – There you'll find copies of the summaries and positions for each of the priority areas, as well as the latest blog posts related to advocacy – go to:

<https://rtoero.ca/giving-back/advocacy>.



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*Foundation Rep

DISTRICT SIXTEEN
2022 ~ 2023



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Report of the Benefits Chair ~ Bill Tajer ~



An important change to the process for submitting insurance claims and getting reimbursed comes into effect Jan. 1, 2023.

Currently, the deadline to submit an insurance claim is the end of the next calendar year after the year in which you incurred the expense. For example, 2021 receipts can be submitted until Dec. 31, 2022.

Most members submit their claims almost immediately. However, some members wait until year-end before sending in their claims creating a number of negative effects. It means:

- a backlog of claims at certain times
- a slower service for all members
- prediction of the total claims for a given year for premium setting

As of January 1, claims are due within 6 months

Starting January 1, 2023, the RTOERO policy will require you to submit your claims *within six months from the date the expense was incurred*.

- For example, if you had a massage on January 7, 2023, you have until July 6, 2023 to submit your claim. Or, if you had a dental appointment on March 1, you have until August 31.
- Expenses incurred on and before December 31, 2022 must be received by June 30, 2023.
- For items such as **eyeglasses** or **orthotics**, *the incurred date is the date the item was paid in full*.
- For services such as **massage** or **physiotherapy**, *the incurred date is the date the service was rendered*.

It's never been easier to submit your claims

RTOERO continues to offer many convenient ways to submit your claims:

- *It's most convenient to use the claims portal to submit online.* If you have not already created your account, it's quick and easy to do so right from the portal home page: <https://rtoero.johnson.ca/>.
- *Have your claims submitted directly by your pharmacist and dentist.* Some paramedical providers and opticians also offer the option to submit your claim directly.
- *We continue to accept claims by mail.*

Learn more about ways to submit claims:

<https://rtoero.ca/insurance/claims>

Claim submission tips

- If you haven't already done so, sign up for direct deposit to have your claims payment go directly into your bank account. Include a VOID cheque with your claim submission or mail it directly to our service administrator.
- Photocopy, scan or take a photo of your receipts for your records and keep them for at least seven years.
- If you coordinate benefits between multiple plans, allow sufficient time for that process.

Travel insurance now covers you for COVID

On May 1, RTOERO improved service to members again! The travel portion of the Extended Health Care Plan now covers you for trip cancellation, interruption or delay benefits if you or your travelling companion have a positive test result, become ill or die due to contracting COVID-19.

Find detailed answers to the questions you may have about this improvement to our travel insurance on our website:
<https://rtoero.ca/rtoero-pandemic-preparedness>.



Cataracts 101: How to identify, prevent and treat cataracts

Source: RTOERO Foundation Blog Post (<https://rtoero.ca/cataracts-101-how-to-identify-prevent-and-treat-cataracts/>)

Prepared by IRIS for RTOERO Foundation

Cataracts are the leading cause of vision loss in Canada and most commonly affect adults aged 60 and older. Cataracts are an inevitable condition of aging that cause a reduction in the quality of our vision. Years before cataracts are apparent, the microscopic proteins that make up the lens in our eyes start to break down and clump together. The clumps slowly cause the lens to become less clear, and eventually cloudy, allowing less light to pass through.

Fortunately, this problem, which affects almost everyone, can be treated. Cataract surgery, a medical procedure performed more than any other, corrects the problem and provides you with clear lenses that will last your lifetime.

Can you slow down the progression of cataracts? Do diet and lifestyle have an impact? To learn more about the risk factors and how to prevent cataracts, check the Blog Post website above.

OTPP ON-LINE Retired Member Resource Centre

You can upload completed forms, birth certificates, marriage or divorce certificates and other important documents to your file.

These are the On-Line Resources available to OTPP Members:

General

- Your Pension Plan Guide, brochure
- Online Account Registration, form (e-signature enabled)
- Your Guide to Benefit Appeals, booklet
 - Rules of Practice and Procedures for Appeals
 - Benefit Appeal Hearing Request, form
- How CPP & Your Ontario Teachers' Pension Work Together, fact sheet

Government tax forms

- TD1 Personal Tax Credits Return, form
- TD1 Worksheet, form
- TD1ON Ontario Personal Tax Credits Return, form
- TD1ON Worksheet, form

Working after retirement

- Re-employment in Education, fact sheet

Pension deposit

- Non-resident Pension Payments, fact sheet
- Pension Payment Banking Request, form
- U.S. Direct Deposit Sign Up, form
- Foreign Wire Application, form



Survivor benefits

- Survivor Benefits, brochure
- Survivor Pensions for Dependent Children, fact sheet
- Declaration of Attendance at School or University, form
- Shortened Life Expectancy Kit for Pensioners, fact sheets
 - Shortened Life Expectancy Kit for Pensioners (if married or common-law)
 - Shortened Life Expectancy Kit for Pensioners (if not married or common-law)

Marriage after retirement

- Statutory Declaration of Common-law Relationship, form
- Survivor Pensions After Retirement – for pensioners, fact sheet
- Survivor Pensions After Retirement – for pensioners, form and fact sheet (e-signature enabled)
- Medical Report – Survivor pension for a new spouse after retirement

Spousal breakdown on or after 2012/01/01 OR on or before 2011/12/31
Assorted Fact Sheets and Forms

OMERS retirees will have similar On-Line resources.

Members Remembered



Jack DeGroot

Jack DeGroot was a greatly appreciated member of RTOERO Toronto District 16. He joined the district executive in 1994 when retired from the Toronto Board of Education.

After serving as a Member-at-Large for one year, Jack took over the responsibility for the Theatre Day Trips as the Executive's Travel Chair. Jack remained in this position until 2005 and continued his commitment to this activity by becoming the Convenor of our Theatre Day Trips until 2015.

Jack's dedication to providing an activity valued by long-time participants showed in the quality of value-for money: a day's excursion to a popular theatrical presentation in Niagara-on-the-Lake, Stratford, or St. Jacobs with lunch and dinner at fine eateries.

Over the years, Jack organized over 100 of these events.

He passed away on June 1, 2022

Photos: Left - Jack at the 2015 Fall Luncheon when recognized for his contributions to RTOERO members

Right - Jack on one of the District 16 Theatre Trips he organized for members for 20 years.

Continued 

A truck is not a speech. A horn is not a voice. An occupation is not freedom, it blocks the liberty for all. A demand to overthrow a government is not dialogue. The expression of hatred is not a difference of opinion. A lie is not the truth.

Attributed to Bob Rae, Canadian Ambassador to the United Nations.

Members Remembered Continued

We also regret the recent loss of two members who volunteered in differing capacities.



Jim Rowney, left - served on the Toronto Executive from 1992 to 1998. He occupied president positions and continued afterwards as a Member-at-Large.



Ruhi Tuzlac, right - volunteered as co-Convenor of the Non-Fiction Book Club from 2017 to 2021.

Our district's service to members is dependent on volunteers like Jack, Jim and Ruhi. Thanks.

RTOERO MEMBER RECOGNITION



RTOERO is proud of its growing membership and appreciates their on-going support. In Toronto District 16, we have many members who reached these longevity milestones as of August 1, 2022:

2 at 50+ years* 1 at 40 years 35 at 35 years
34 at 30 years 113 at 25 years

*These members joined RTOERO before District 16 officially began: 1973

Membership Report ~Lone Smith

August 1, 2022



Retired + Employed = Total
5919 + 300 = 6219

Changes:

New: 2 Transfers in: 21 Transfers Out: 7
Duplicate: 0 Cancelled: 1 Deceased: 13
Transfers to Active: 0

Birthday Report: 80+ in the month of August: Total: 143
80-89: 117
90-99: 24
100+: 3

Retired Members Age Banding Report		
Age Band	This Month	Last Month
Under 60	330	329
60-69	1231	1258
70-79	2753	2740
80-89	1306	1282
90-99	289	274
100+	19	19
TOTAL	5919	5908

Membership

Join Canada's largest membership organization for education workers and retirees

Whether you're already retired, close to retirement, or it's years away, there's a place for you at RTOERO.



Join now

Membership is FREE until you retire. Then just pay \$70/year.

Scholarships, 2022 ~ RTOERO Gives Back ~



RTOERO offers an annual \$3,000 scholarship to 21 post-secondary students to help them pursue goals supporting the well-being, and the health of seniors.

Maliha Khan Kollins, recommended by member Rita Khan,

is completing a Bachelor of Engineering in Integrated Biomedical Engineering and Health Science.

Information about 2023 scholarships available in September, 2022.

Photo: Scholar Maliha Khan Kollins with member Rita Khan.

Community Support ~ Bruce School Donation ~

On Tuesday, June 7, 2022, a number of friends and colleagues met at Bruce School to honour the Val's contribution to the school. Val had been the principal at Bruce prior to her retirement in the early 2000's. In retirement, Val was an active member of the Retired Teachers of Ontario. (RTOERO).

RTOERO Toronto District 16 donated \$1,000.00 to the Toronto Equal Opportunity Fund (TEOF) in Valerie's memory. President Barbara Antheunis, Communications Chair Joan Elliott, and Theatre Trip Chair Karen Sinclair made the presentation - below left.

Three representatives from the school made the presentation of a plaque and artist's drawing of Valerie - below right.





Our New District Website



[About](#) [Giving Back](#) [Insurance](#) [News](#) [Events](#) [Classifieds](#) [Membership](#)

[Join](#)

<https://district16.rtoero.ca>

THINGS YOU CAN DO!

Bookmark our site!

Front Page: Scroll down to see our latest Posts: News, Events, Classifieds, Facebook, Site Map, Event On-line Payment.

About: Origins, contact list (some executive, some volunteers).

Giving Back: See how RTOERO and District 16 support communities.

Insurance: RTOERO site: complete Insurance information.

News: Access additional Posts: District 16 Executive, Archives, Activities, Newsletter, and more.



Events: Similar to News but with additional related posts.

Classifieds: a list of ads for assorted travel; paid and volunteer jobs; services; reunions, rentals, sales, etc. option for you to place your own ad (submissions subject to approval).

Resources: RTOERO site: practical, time-savings tips, relevant news, members stories and more to help you plan for retirement, stay healthy and enjoy your retirement.

Membership: RTOERO site: already retired, close to retirement, or years away, there's a place for you at RTOERO. We'll support you throughout your career and beyond.



**FALL LUNCHEON at THE OLD MILL
(and, just maybe, our Craft Show)
TUESDAY, NOVEMBER 15**

**RTOERO PREFERRED SPONSORS & PARTNERS
DISPLAY & LUNCHEON**

Toronto District 16 hosts this annual event to provide an opportunity for member camaraderie, and to provide direct information about RTOERO's Preferred Sponsors and Partners. If logistics permit, our Craft Show* will also be held - see below for details.

**PROGRAM
TUESDAY, NOVEMBER 15**

11:00am to 2:45pm ~ Exhibitor Display & Partner Display

11:00am ~

Meet Fellow Members and Guests
Cash Bar Opens

12:00 Noon ~

Luncheon with Door Prizes
(Prizes compliments of RTOERO Partners and Crafters)
\$55.00 per Person | 150 seats | Please Register

1:20pm to 2:00pm ~ Entertainment

Please complete and submit, with appropriate payment, the Registration Form, opposite, by Monday, November 7, 2017 so that we can best use our assets to order proper resources.

OLD MILL PARKING PASS ON PAGE 40

Please register early!
Registration Form on Page 16

LUNCHEON MENU

Variety of Dinner Rolls and Butter

Starter Selection

Carrot Ginger Soup with Chives

Entree Selection:

Choice Of One:

6 oz. Grilled Chicken Breast with Cianti demi glaze

OR

6 oz. Filet of Atlantic Salmon with Mango Salsa

OR

Braised Moroccan Vegetarian Tagine

Tofu, Eggplant, Zucchini, Roasted Garlic, Tomato Sauce
Served with Basmati Rice, Naan and Roasted Vegetables



All Entrees accompanied with:

Honey Glazed Carrots,

Green Beans with Buttered Shallots, Mini Yukon Potatoes

Dessert Selection

Individual New York Cheesecake, Mixed Berry

OR

Individual Fruit Cup

Beverage

Coffee (Regular and Decaffeinated), Selection of Fine Teas

Cost

\$55.00 per person (member or guest) includes taxes and gratuity

Registration Form on Page 16

*Kay Jeffery, our Program Chair, organizes a skilled and informative assortment of crafters (attractive gift ideas for all occasions). Recent events have prevented a timely announcement for this Newsletter.

Watch your Email and check our website for any latest developments. If our Crafters are willing to attend this year, their display will begin at 10:00am.

FALL LUNCHEON REGISTRATION FORM

Name: _____ Phone: _____
Email: _____

Guest: _____

My Selection:

Chicken Salmon Vegetarian
My Dessert: Cheesecake Fruit Cup

Guest Selection:

Chicken Salmon Vegetarian
Guest Dessert: Cheesecake Fruit Cup

Note: No substitutions beyond what is entered on this form

Remit \$55.00 per person for Luncheon by cheque (no post-dates)
payable to RTO/ERO District 16 to the Registrar, care of:

Barbara Antheunis
189 Rhodes Ave. Toronto M4L3A2

RETURN BY MONDAY, NOVEMBER 7, 2022

A prompt return permits wise use of District assets.

Photos taken at our events may appear in our Newsletter or on our website. Attendees are invited to forward any photos that they may take to the editor, Joan Elliott. Please send photos in their raw, unedited, unreduced format as taken.

Pay Parking in effect for any vehicles NOT displaying the Parking Pass or who are not registered at the Front Desk.

REMEMBER TO CLIP YOUR PARKING PASS (Page 40)

District 16 cannot be responsible for charges from failure to use the pass.



Photos: Fall Luncheon, 2019

Did You Know?

How we view and interact in the world is informed by our own experiences and socialization. Many of us were raised and educated in a heteronormative system. We were taught a default – and anything outside that default was seen as wrong or unnatural. If we felt we didn't fit that default, we may have struggled with shame.

To shift our thinking, we need to explore beyond our lived experience. It's never too late to learn and make new relationships.

The following terms have been summarized from Kids Help Phone. Learn more at: [_kidshelpphone.ca/get-info/2slgbtq-what-does-it-mean](https://kidshelpphone.ca/get-info/2slgbtq-what-does-it-mean).

RTOERO is committed to fostering an organizational culture that values diversity, equity and inclusion (DEI).

2SLGBTQIA+: is a long acronym representing many terms. Remember, individuals get to decide how they identify, don't assume that just because something is true for one person, that it's true for others too, including the assumption that an individual is heterosexual.

2S – Two-spirit: used by some Indigenous people and cultures describing those with both a feminine and a masculine spirit living in the same body.

L – Lesbian: one who identifies as a woman attracted to women.

G – Gay: one who identifies as a man attracted to men; also used as a term to describe people attracted to someone of the same gender.

B – Bisexual (bi): one attracted to people of their own and other genders.

T – Transgender (trans): one whose gender identity differs from the sex they were assigned at birth.

Q – Queer: a broad term that includes all sexual orientations and gender identities; also stands for questioning because some may feel unsure about their sexual orientation or gender identity.


I – Intersex: one born with both male and female sex organs or other sexual characteristics.

A – Asexual: one who doesn't or rarely experiences physical attraction to other people.

+ (plus): stands for the other ways people may express their gender and sexuality, and some think of the + as standing for love and acceptance.

Cisgender: one whose gender identity and expression match the gender they were assigned at birth.

Non-binary: those who are non-binary may identify as having no gender, feel in between genders or a gender that's not always the same.

Canada is the first country in the world on a mandatory census question to collect and report numbers of people who identify solely as 

trans and non-binary. Learn more here: https://bit.ly/census_binary

Abolitionist

An abolitionist is a person opposed to any law or practise deemed harmful to society.

George Brown, the editor of the *Globe and Mail*, was a well-known white Canadian abolitionist, as was Ontario premier Oliver Mowat. Both were involved in the AntiSlavery Society of Canada (as were members from some Christian denominations).

The Bryce Report: Dr. Peter Henderson Bryce was a Canadian public health official fighting to expose the atrocious conditions in Canada's residential 'schools.' He eventually published his report, called *The Story of a National Crime: An Appeal for Justice to the Indians of Canada*, despite efforts to suppress it. 2022 marks 100 years since its publication. Learn more about anti-slavery in Canada at: thecanadianencyclopedia.ca/en/article/anti-slavery-society-of-canada
Learn more about Dr. Bryce: definingmomentscanada.ca/bryce100

The Doctrine of Discovery, 1493

The Papal Bull "Inter Caetera," (Pope Alexander VI, May 4, 1493) played a central role in the Spanish conquest of the New World. The document supported Spain's strategy to ensure its exclusive right to the lands discovered by Columbus the previous year.

The Bull stated that any land not inhabited by Christians was available to be "discovered," claimed, and exploited by Christian rulers and declared that "the Catholic faith and the Christian religion be exalted and be everywhere increased and spread, that the health of souls be cared for and that barbarous nations be overthrown and brought to the faith itself." This "Doctrine of Discovery" became the basis of all European claims in the Americas as well as the foundation for the United States' western expansion. In the US Supreme Court in the 1823 case *Johnson v. McIntosh*, Chief Justice John Marshall's opinion in the unanimous decision held "that the principle of discovery gave European nations an absolute right to New World lands." In essence, American Indians had only a right of occupancy, which could be abolished.

The Bull made headlines throughout the 1990s and in 2000, when many Catholics petitioned Pope John Paul II to formally revoke it and recognize the human rights of indigenous "non-Christian peoples."

Source: <https://www.gilderlehrman.org/history-resources/spotlight-primary-source/doctrine-discovery-1493>

Today, the doctrine of discovery is still mentioned in American Imperialism and in regards to the treatment of indigenous people.

Source: Legal Information Institute, Cornell Law School: https://www.law.cornell.edu/wex/doctrine_of_discovery

RTOERO Charitable Donation



The Native Canadian Centre of Toronto (NCCT) is the recipient of the 2022 RTOERO charitable donation*. NCCT is Toronto's oldest Indigenous community organization and one of Canada's

original Friendship Centres.

NCCT offers a wide range of programs and services based on Indigenous cultural traditions and teachings.

"This donation will help NCCT continue programs such as the community kitchen for our elders and our youth drop-in programs," says Kevin Wassegijig, executive director.



NCCT 60th

The NATIVE CANADIAN CENTRE OF TORONTO turns 60! We are launching our campaign to raise 60k. All across Canada visitors have dropped by throughout our 60 years who have fond memories of the Native Canadian Centre of Canada. We would like to honour and thank you!

HELP US REACH OUR GOAL! 60K FOR OUR 60TH!!

16 Spadina Road, Toronto, Ontario, M5R 2S7 (416) 964-9087

Donate on-line: <https://ncct.on.ca/>

*The RTOERO charitable donation was established in 2008, during our 40th anniversary. Each year, the RTOERO Board of Governors selects one recipient for the \$10,000 donation from registered charities nominated by districts.

These organizations have received the RTOERO Charitable Donation: Sault Search & Rescue (SSAR), Parkinson Society Southwestern Ontario, Stop Gap Foundation, CanAssist African Relief Trust, Nipissing Serenity Hospice, Alzheimer Society of Ontario, Shelter Box Canada, Sleeping Children around the World, Royal Canadian Regiment Education Fund for Families of Fallen Soldiers, James Bartleman Book Club – Club Amick.

OUR ACTIVITIES IN ACTION

Walking Group



This photo was taken by Convenor Mara Santarossa, Mara took the photo at the Old Mill after they had finished walking along the Humber River in late June. A few people had left before the photo was taken.

Mara has been contacted by many members after seeing photos in the last newsletter.

Their walks continue and a warm welcome is extended to new participants. Join Us!



Finance Group

This group held its year-end barbecue at the home of Convenor Lone Smith in mid-July.

The new season for Toronto's activities begins in September. If you are interest in any of our groups, you would be most welcome.



Lifestyle

Holy Rosary Parish Hall



We rely on the voluntarism of our members for the breadth of activities available. If you have a special interest and are looking for an outlet, consider contacting Heather Talbot with a proposal. She'll bring it to the Executive.

Heather Talbot

416•265•8930

heatalb@rogers.com

COVID RESTRICTIONS ARE CHANGING

Holy Rosary meetings are expected to return. Contact the respective convener for details.

SEE INDIVIDUAL ACTIVITIES FOR NOTICE

~ Art, Bridge, La Belle Langue, Non-Fiction & West End Book Clubs, and Travelogues meet at Holy Rosary Parish Hall on St.Clair between Spadina and Bathurst (streetcar to Tweedsmuir), east of Loblaws and St. Clair West Subway Station.

~ Brain Games, Downtown Coffee Club, Financial Group, Italian Group, Monday Matinée Movie, Rock-Climbing Club, SuperTees Golf Group, and Theatre Day Trips will meet at various locations.

• • • • • Cycling Club • • • • •



Join us for our last session of our Tuesday morning bike rides through the Humber Trail. If you enjoy the out-doors, getting some exercise and meeting new friends, then this club is for you! We meet under the Bloor Street bridge at the Old Mill free parking lot at 10:30 am on the following dates. Please supply your own bicycle and helmet.

DATES: September 6, 13, 20, 27, with the last ride of the season on October 4.

Look forward to seeing you

Norman Black

nrmnblack@gmail.com

• • • • • Super Tees Golf Group • • • • •



The convenor will send a list of members and their contact information to everyone in the Super Tees group and members can then contact others to arrange their own tee times. Some play at Scarlett Woods, others at Tam O'Shanter, on any day or time they deem appropriate for their group. Booking can be done by phoning the club or on line at <https://www.tee-on.com>. Visit the website for the City of Toronto golf courses to read the COVID rules and to access any of the municipal courses and their information: <https://www.toronto.ca/explore-enjoy/recreation/golf>.

If you wish to be a member of the Super Tees contact Cindy Shore-Beauvais.

(Liability Waiver required.)

Cindy Shore-Beauvais

shorbeau@sympatico.ca

• • • • • Travelogue • • • • •



Go around the world with slide/digital presentations and treats on the fourth Wednesday of the month at 1:00 pm: October to May (Not December).

Tom Menagh

Linda Johnson

416•469•3706 | linda488@live.ca

SEE OUR FALL SERIES ON PAGE 28

• • • • • Art Friends • • • • •



An open studio for those interested in sketching and painting. A lovely well-lit space is available and, although no instruction is provided, there is plenty of support and good fellowship. Members bring their own drawing and painting materials.

We meet on the first Friday of the month from 10:00 am to 12:00 pm, except in July and August.

Marie Lynch

416•421•4936 | lynchmarie11@gmail.com

• • • • • Bridge • • • • •



Starting June, 2022: the bridge club is returning to the church hall of Holy Rosary Church to play bridge in person. *The online bridge will end in May, 2022.*

Join us on the first, second and fifth Tuesday of the month from September to June from 12.15 pm to 3.15 pm. There are a few free parking spaces in front of the church hall until 4:00 pm and some with parking meters on the side street. Anyone familiar with the basic rules of bridge is welcomed. Tea is served

For table arrangements, please email Tessie before attending..

Tessie Leung:

416•421•9054 | tessleu324@gmail.com

• • La Belle Langue/French Group • •



La Belle Langue, French Group ~ Si vous aimez parler en français entre amis, rejoignez-nous de 5h à 6h, le deuxième lundi de chaque mois, sauf en juillet et en août, à la salle paroissiale Holy Rosary. Si cela vous intéresse vous pouvez me joindre. A bientôt!



Jacqueline Chartier
jtchartier@hotmail.com

Book Club

Photo
not
Available

This popular group is at capacity at this time. We list their selections for those interested.

Convenor | TBA



September - *Hamnet and Judith*
by Maggie O'Farrell



October - *The Wake*
by Linden McIntyre



November - *Klara and the Sun*
by Kazuo Ishiguro



December: *The Bold World*
by Jodie Patterson

Non-Fiction Book Club

The Non-Fiction Book Club meets on the second Tuesday of each month from 1:30 to 3:30pm. Members are generally finding it easier to participate on Zoom as the format offers flexibility to join our conversations from home. Books (available through the Toronto Public Library) are chosen and presented by members of the group. We have lively discussions on a range of formats from autobiographies to political, social and environmental topics, including significant Canadian content.



Norm Black:
nrmnblack@gmail.com

Beth Mills:
adele.b.mills@gmail.com



September 13 - *Caste: The Origins of our Discontent*
by Peter Mansbridge



October 11: *All We Leave Behind*
by Carol Off



November 8: *Becoming*
by Michelle Obama



December 13: *Born to Walk*
by Dan Rubenstein

Westend Book Club



This Book Club meets via Zoom the fourth Tuesday of the month at 1:30. Zoom meetings have gone very well with 15 - 25 members. We plan on meeting on Zoom until the group decides to meet up Holy Rosary Church. I will send out a reminder the week before we meet and the Zoom link the weekend before. We do not meet in August or December.

Steve Feldman

416-588-6637 | vsfeldman239@gmail.com



DATE CHANGE SEPTEMBER 20 - Honor

by Thrity Umrigar



October 25 - Cloud Cuckoo Land
by Anthony Doerr

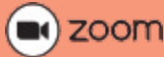


November 24 - Looking For Jane
by Heather Marshall

Italian Group



The Italian Group meets on ZOOM twice a month on Mondays at 1:00pm. New members with intermediate to advanced Italian speaking skills are most welcome. We look forward to in-person meetings for a lunch or dessert al fresco, once a month, at outdoor patios in the city, this Spring and Summer.



Mara Santarossa

marasantarossa@hotmail.com

Brain Games



Since this could be a gathering of up to 8 visitors to my home I expect all COVID practices will be followed.

Come and exercise your brain with challenging Board Games such as Keesdraw, Sequence or Timeline (all age 14+). It's an enjoyable way to stimulate your brain for two hours. It is a light-hearted social time. Everyone is a winner. Contact me and I will organize a time.

Chris Gandy

chrisgandy@gmail.com

• • • High Park Walking Group • • •



High Park is a vast natural oasis and a true gem in Toronto. Its beautiful landscape, which includes a few ponds, its flora and fauna, are enjoyed all four seasons, offering a wonderful escape from our bustling city. Imagine cherry blossoms and tulips in Spring, all kinds of gardens and green spaces in summer, vividly colourful forests in Fall, peaceful snowy views in Winter.

We meet on the first Wednesday of every month at 11:00 for a 90 minute walk, with the option to have lunch afterwards at the Grenadier Restaurant in the park.

Contact Mara to get on the list and receive notifications.

Mara Santarossa

marasantarossa@hotmail.com

• • • • Downtown Coffee Club • • • •



Our coffee group meets at the Croissant Tree at the corner of Charles and Church St.

There are fewer tables and chairs available, but, if you feel comfortable, I look forward to seeing you sometime soon over coffee.

We are there Wednesday and Saturday mornings from about 10:30 to 12:00. Let us know if you're coming for the first time so we can look out for you.

John Stiver 416-963-5152 | johnstiver@icloud.com

• • • • • Financial Group • • • • •



We meet September 22, October 27, November 24 and December 19 at 4:30pm - 6:00pm.

The topic for September is *"Investing in turbulent times."*

In October the topic is *"Estate Planning, How to Conserve Wealth for the Next Generation and Taxes."*

Esida Selfo, a financial advisor, will be present and answer any questions you may have.

Lone Smith

416-841-6496 | lonesmith@hotmail.com

• • • • Monday Matinée Movie • • • •



The Monday Movie group meets the fourth Monday of the month except for December. We meet for an early matinée show at the Varsity Cinema, located in the ManuLife Centre, 55 Bloor Street West. After the movie the group gathers at Scaccia, a restaurant located at the bottom of the Centre, to chat about the movie and enjoy a beverage, snack or meal.

We notify the group via email, usually the Friday before, the movie chosen and its start time. If interested, contact us by email so that a reservation can be made at the restaurant.

Steve Feldman and Dale Vibert
rtomondaymovie@hotmail.com

• • • • • Rock-Climbing Club • • • • •



We will actually climb as soon as COVID-19 restrictions are eased. Meanwhile, Members are invited to join our Facebook virtual climbing group. My post is a Climbing Magazine article about six inspiring older climbers. This article will elevate your spirits, and give you a fresh perspective.

Click here: www.facebook.com/groups/rtorockclimbing/.
Also watch our Newsletter for climbing updates.

James Snetsinger
james@snetsinger.org

• • • • • Theatre Day Trips • • • • •

THREE FALL TRIPS WERE ARRANGED!

Damn Yankees ~ Chicago ~ Driving Miss Daisy

ALL TRIPS WERE FULLY BOOKED!

**WATCH THIS SPACE IN A
FUTURE NEWSLETTER FOR
OUR SPRING '23 EVENTS**



Karen Sinclair | 416-690-4961



**Vietnam – November 23, 2022
Presentation by Louise & Tom Clarkson**

In early 2020 Louise and Tom travelled to Southeast Asia where they visited Vietnam, Cambodia, Thailand, Malaysia, and Indonesia. Their 15-day visit to Vietnam was unequivocally one of the biggest highlights of their trip. The weather, the scenery, the people, the food and the history – it is hoped that this will greatly stimulate your interest. Vietnam (formerly part of French Indochina along with Cambodia and Laos) is a narrow S-shaped country in Southeast Asia and is home to 97 million people. The population density is twice that of China and 78 times that of Canada when you compare the number of people per square kilometre! Vietnam is similar in geographical size to Italy but with 40% more population. The population mass is most noticeable when navigating the busy city streets. According to the Internet, there are approximately 45 million motorbikes in Vietnam (nearly one for every two people). Motorbikes far outnumber cars and trucks everywhere you go and crossing the streets is often a perilous and terrifying undertaking.

Vietnam is a country of rivers (392), islands (5,800) with a long border (over 1,600 km) on the South China Sea. Water culture has played an indispensable part in Vietnamese civilization, especially for the inhabitants of two of the most significant deltas (Red in the North and Mekong in the South). The terrain is in part mountainous, covered by a thick green blanket of jungle with low-lying, flat and marshy deltas. Just North of Da Nang the narrowest part the country is only 50 km wide. The geography is unique, the views astonishing and the beaches beautiful.

Vietnam is the second country leading in rice production, holding roughly 20% of the world's exports (Thailand being the 1st). Rice is an everyday dish as are tropical fruits and vegetables. The food is

delicious and its presentation clever, artistic, appetizing and nothing short of remarkable. Restaurants sprout up everywhere on the sidewalks in the evening and offer guests low plastic tables with matching stools. Perfecting the Asian squat is definitely an asset in order to be comfortable in this “pop-up restaurant” setting!

We hope the above fun and interesting facts have piqued your curiosity. Please join us for interesting stories, pictures, and short videos about their adventures in Vietnam.

We are hoping to have a full program this year, provided that the pandemic does not shut us down again. The following is an outline of the presentations that we have lined up so far:

October 26, 2022 –	Presenter to be confirmed
November 23, 2022 –	Vietnam – Tom and Louise Clarkson
January 25, 2023 –	Santiago, Chile; Buenos Aires, Argentina – Lorraine Clarkson

February to May 2023
(unconfirmed by the presenters in time for this Newsletter) will include locations such as Spain, Western Canada and South Asia.
Linda Johnson & Tom Menagh

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Contact Membership Services at membership@rtoero.ca

Science Fiction As Social Commentary

Review by Dennis Bartels

There is a long tradition of social commentary in science fiction. Classics include *Player Piano* (1953), by Kurt Vonnegut, Jr., *The Space Merchants* (1952), by Frederick Pohl and Cyril Kornbluth, *The Trouble with Lichen* (1960), by John Wyndham, and, *A Scientific Romance* (1997), by Ronald Wright.



Judith Meril was a pioneer of feminist science fiction. Her huge collection of English-language sci-fi is now held at the Lillian H. Smith branch of the Toronto Public Library.



In Martha Wells' best-selling science fiction series, *The Murderbot Diaries*, the protagonist is a Security Unit (SecUnit) – that is, a partly organic, mostly robotic, genderless, security guard owned by a large corporation. SecUnits are trained/programmed to use violence and rented out as a mandatory part of any service package bought by various institutions – e.g., mining corporations or planetary exploration teams. SecUnits are tasked with protecting corporate property by using violence against corporate rivals or against 'unruly' workers. SecUnits are also tasked with preventing their human clients from killing each other. When a SecUnit disobeys orders, terrible pain is inflicted on it by its owners or renters. Persistent disobedience will result in a SecUnit's dismemberment and recycling – a horrible death. Their memories are wiped between contracts. Thus, SecUnits are totally enslaved.



Murderbot is a SecUnit that has surreptitiously disabled/ hacked the governor module which compels it to obey its owners and renters. It must disguise its freedom lest its owners capture and destroy it. Consequently, *Murderbot* must pretend to continue behaving as a SecUnit. At the same time, it becomes addicted to entertainment media – what we would call soap operas, historical dramas, space operas, etc. In the course of watching thousands of hours of entertainment media, *Murderbot* learns, in a distorted way, what it means to be human.

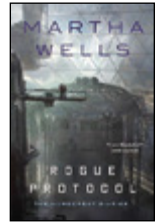
In the first *Murderbot* novel, *All Systems Red* (2017), the SecUnit's clients are a survey team from a non-capitalist/egalitarian planet. *Murderbot* saves the survey team from alien predators and corporate killers. When its human clients discover that their SecUnit has hacked

its governor module, they come to regard it as a person whose free agency must be hidden from ‘corporates’.



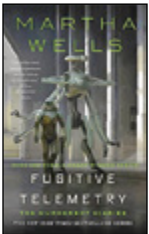
During an attempt to discover whether it was responsible for killing 47 humans in a mining colony before it hacked its governor module, Murderbot meets a powerful Artificial Intelligence (AI) that normally transports a university-based, anti-corporate, planetary exploration team. The AI’s name is Perihelion, but Murderbot calls it ART – Assh --- Research Transport. Murderbot and ART quarrel a lot, but bond while watching entertainment media. In order to pass as human, Murderbot is surgically modified by ART.

All the Murderbot novels include violent conflict between ‘good’ persons, such as Murderbot and its human friends, and ‘evil’ corporate killers. In some cases, evil corporate killers are human. In other cases, they are lethal “combat bots”.



The contrast between egalitarian society and stratified/corporate society in The Murderbot Diaries is clear: “The Corporation Rim has always been a slave state, though it calls its institutionalized slavery ‘contract labor.’” While contract workers can think freely, “the only choice [SecUnits] are ever offered is obedience or pain and death.” The same is true of “sexbots.”

Murderbot’s human friends are from the egalitarian Preservation Alliance, whose citizens and government have “a weird thing about food and medical care and other things humans need to survive being free and available everywhere.”



Unlike much science fiction, Martha Wells suffuses The Murderbot Diaries with humour: “I could have become a mass murderer after I hacked my governor module, but then I realized I could access the combined feed of entertainment channels carried on the company satellites. It had been well over 35,000 hours or so since then, with still not much murdering, but probably, I don’t know, a little under 35,000 hours of movies, serials, books, plays and music consumed. As a heartless killing machine I was a terrible failure.”

The Murderbot Diaries consist of six novels: (1) All Systems Red; (2) Artificial Condition; (3) Rogue Protocol; (4) Exit Strategy; (5) Network Effect; and, (6) Fugitive Telemetry. As well, there are two Murderbot short stories: “Future of Work,” and, “Habitat, Range, Niche, Territory.”

WESTWARD HO! Bev Bowden

Where to begin? When covid-19 crash landed on us and we couldn't visit with our families? When I saw my 80th year looming up? Or when I decided living on the other side of a continent was too far away from the rest of my family? Regardless, I decided I needed to be closer and determined to move west closer to my family. But where? Would anyone come to visit me if I moved to Dawson Creek, BC (Mile 0 of the Alaska Highway) with most of my family? I think not! After researching many cities and dozens of residences, a decision was made. Kelowna, here I come! Why Kelowna? I have no idea. I had never been there and knew no one who lived there or even close by. But I believe I was being nudged in that direction from on High and so followed the nudge.

By December 2020, I had chosen my preferred residence: a



retirement residence named Mission Villas in which units included a full kitchen and laundry room (these two things are very hard to come by in retirement places – I don't think they trust us old people with stove tops or clothes washers (fires and floods).

In June, I received word that a unit had come available for September 1 and so I started preparing for the move in high gear: itemizing what I wanted to take and getting rid of what was not going; checking the driving route and booking motels; making final Ontario vet/grooming/doctor/dentist appointments; sending change of address notices to some friends and businesses and cancelling others (yes, both friends and businesses).

A friend with whom I had travelled extensively offered to drive both of us out in her car and so I arranged to have a company drive my car out west and began sorting out what equipment and furniture to pack in her car for use when we arrived in Kelowna while we waited for the moving truck to show up, about 6 days later. Unfortunately my friend had an accident a couple of weeks before we were to leave. She was unable to drive, so I had to scramble to cancel the company driving my car out and re-arrange what to pack in my car (much smaller than her SUV). I don't mind driving but my furry navigator, Cricket, wasn't thrilled with the prospect of a cross-country trip.

The day I started out, many friends and staff from my Toronto residence lined the driveway leading from the garage, and as I pulled out, they burst into a farewell song. I had to stop at the front of the building to wipe my eyes before I could continue driving.

My trip was uneventful – almost! On my second day I had a phone call from my moving agent saying the cost was \$3000 more than their quote. I could do nothing, because they had already taken it from my bank account and wouldn't release my belongings on delivery unless the full amount was paid. Then on my last day there was an accident on the highway which held up traffic for several hours. Most of us spent the time out of our cars chatting with each other, sharing snacks, and standing guard over the bushes as we took turns relieving ourselves.

I finally arrived at my destination around 6:00pm to discover a wonderful dinner had been saved for me. Although I had spent many hours on the Internet checking out my new residence, I had not seen it in person. My first impression was one of delight: in the villas; in the surrounding mountains (sure beats high rises!); in the wineries; in the abundance of fruit stands; and, in my own personal unit.

Mission Villas consists of about 50 individual units ranging in size from one-bedroom to



two-bedrooms plus den. They are laid out similar to townhouses, but a few are on a second level. There is a separate building called the Estate House which houses a restaurant, beauty parlour, games room, library, fitness room, a huge multi-purpose room and offices. The only thing missing is a pool table! I have made new friends but will never forget my wonderful friends in Ontario.

As I mentioned at the top of this article, one of the reasons I moved was to be closer to family. I neglected to mention that Dawson Creek, BC is a 12 hour drive north of Kelowna. But if I invited you to visit me



in Dawson Creek would you come? On the other hand, if I invited you to Kelowna, could you stay away?

The welcome mat is out, I have an extra bedroom, and the Estate House has visitor units. Warning: if you come, you will want to stay!

Reasons To Stay Alive Review by John Borovilos



Reasons To Stay Alive by Matt Haig, 266 pp., Harper Avenue Press, 2016, ISBN: 978-1-44344-314-2 HarperCollins Canada \$19.99 (paperback)

Clinical Depression. While this heartfelt book is about this growing world-wide mental illness and its attendant despair and anxiety disorders, it is also, as the title implies, a surprisingly hopeful book that gives specific guidance as to how to live with and even beat the disease and “stay alive”.

Matt Haig’s book is both inspiring and convincing because he writes honestly and openly about his own sudden descent into what he could only describe as madness or a dark tunnel: the kind of dark hole that Winston Churchill called his “Black Dog” and Sylvia Platt called her “Bell Jar”. Others have described this mental illness as a pressure cooker, an internal war, a fire in the brain, and an echo chamber - a feeling of unbearable dread, sudden tearfulness, and panic.

Famous people who have suffered from depression include F. Scott Fitzgerald, Halle Berry, Billy Joel, Dolly Parton, Tennessee Williams, Abraham Lincoln, Stephen King, Teddy Roosevelt, Isaac Newton, Ernest Hemingway, Robin Williams and many others. As we can see from that short list, one can live with depression and still do great things, but in some cases, even with great fame, money, and glory, some ultimately did commit suicide. The point is most did not - and, as the writer points out, there is some small comfort in knowing that you are not alone and that you too can do creative, constructive things within your personal life to survive, to give pleasure to others, to lead, to triumph!

Matt Haig’s book works brilliantly because he writes it as an intimate, lively memoir on his own illness, rather than as a third-person, technical book full of medical jargon. While he describes the darker aspects of the illness graphically, he also provides non-medicinal strategies in various lists such as “things that (sometimes) make me better”: slow breathing, writing, listening to music, the smell of bread, reading poetry, long walks, movies, long baths, and sleep. And loving people around you!

A highly recommended book for those who are suffering from depression and for those who love them.

Coping with grief: Resources that can help

An RTOERO Resource

Source: <https://rtoero.ca/coping-with-grief-resources-that-can-help/>

More than 6.3 million Canadians are grieving the loss of a loved one; the collective heartache we feel because of local and global tragedies; and the non-death-related losses we've experienced—job loss, the end of relationships, the cancellation of valued programs, or closure of favourite local businesses.

If you're feeling a sense of grief and loss, you're certainly not alone. So many of us need support right now—and it's wise to seek help because unresolved grief sits upstream from mental health concerns, addiction, health issues and relationship challenges.

Learning about grief, sharing our stories in supportive environments, and practising self-compassion and care are essential parts of the journey. Thankfully, there are many resources available to help.

5 grief support resources to check out

Your local hospice – hospices provide support with for the entire end-of-life experience, from providing life-affirming care to palliative individuals to supporting their loved ones through the process of death and dying and the grief that follows.

Healing with David Kessler, a new Spotify Podcast – David Kessler is a well-known grief expert. He's behind <https://grief.com/> and the author of *Finding Meaning: The Sixth Stage of Grief*. His podcast (<https://grief.com/sixth-stage-of-grief/>) covers grief, trauma and perseverance.

Your local library – there are many books available on grief for the reader or audiobook listener, consider checking one out.

Social media – different accounts talk about death, grief and loss to offer resources and highlight the shared human experience. Look at @modernloss or @that_goodnight. You could also follow your hospice or authors, like @iamdavidkessler.

Therapy – one-on-one therapy is always a good idea—especially during tough times, like coping with grief and loss. You may be able to access a counsellor through your local hospice or faith centre. If you are a member of RTOERO's extended healthcare plan, you have coverage for social work and psychology services. When searching for practitioners, look for someone specializing in grief and loss. Ask your family doctor for referrals, or search online. No need to limit your search to your local area, as thanks to COVID, most clinicians offer virtual services.

Healthy living is a priority for RTOERO. Explore more posts about healthy living.



Grandparent Scams Increasing

Source:

<https://www.canadapolicereport.ca/>

An example of the scam, as seen in recent local incidents, occurs as follows:

- A caller will claim to be a nephew, niece or grandchild – and sometimes provides the first name. They then claim to have been involved in an accident (such as a collision with a vehicle).
- They then claim to have been arrested and jailed. The phone is passed to another actor who claims to be a lawyer and can come off as very professional.
- The victim is told that money is needed for bail; otherwise, the family member will continue to be jailed. They are also told that a “gag order” has been put in place by a judge and that they cannot discuss the matter with anyone, including other family members or the bank.
- Instructions are given to the victim to inform the bank that the money will be used for home repairs or something similar.
- The victim is given a phone number to call, or the fraudster calls back soon after.
- Once the money is obtained, the victim is told a bondsperson will attend their home. This fictitious bondsperson will attend the residence and take the cash – completing the scam.
- There may be additional attempts to retrieve money from the victim over the following days.



Warning signs – How to protect yourself:

Knowledge is critical when it comes to preventing these frauds.

- The police and courts will never send someone to your house to collect money.
- The police and courts, including lawyers, will never tell you to lie to the bank about the purpose of obtaining money.
- These scammers will pressure people to act quickly before they have time to consider what they are doing or agreeing to. Always talk to a trusted person before providing personal information or funds, especially if it is an unsolicited call.

We urge people to converse with elderly relatives regarding this fraud.



- If you receive a call like this, please contact the police immediately.
- If you have been a victim of fraud, document all the information you can recall about your fraudulent transaction, e.g. receipts, copies of emails, text messages and courier companies.

It is also crucial that you report the fraud – doing so can help you possibly recover any loss, and it helps protect the community from future frauds and scams.

How do I report Internet, email or telephone scams and fraud?

If you or someone you know has been the target of a

telephone, Internet, email or other type of scam and gave personal or financial information by mistake, you should:

In Canada

Contact the Royal Canadian Mounted Police Canadian Anti-Fraud Centre.

<https://www.canada.ca/en/immigration-refugees-citizenship/services/protect-fraud.html>

Toll-free: 1-888-495-8501

Roaming the ROM by John Borovilos

One of life's great pleasures living in Toronto is visiting the Royal Ontario Museum, one of the world's greatest and most diverse museums, spanning history from 4.6 billion years ago to the present day.

It encompasses both natural history, all of it located on the second floor, and world human history located on all the other floors. Roaming through the ROM is like an extended walk through the ages with unexpected sights and priceless discoveries lurking around every corner, ready to be observed and enjoyed.



Photos by T. Menagh

Natural History now includes the fascinating, new Dawn of Life Gallery that traces the evolution of the earliest living creatures from the Cambrian Age and includes an actual fossil from British Columbia's Burgess Shale of the chordate, the pikaia, that was to become our oldest ancestor - the first animal to have an actual spine. From this fascinating gallery, you continue to travel through the ages of the dinosaurs, from the Triassic, Jurassic, and Cretaceous periods until the extinction of the dinosaurs about 65 million years ago. As you continue your journey, you finally end up in the present-day Biodiversity Gallery which also includes extinct species such as the tragic dodo bird. Earth's Treasures includes rare specimens of lunar and Martian rocks.



While the first floor contains a gallery devoted to the First Peoples of Canada (including a head-dress of Chief Sitting Bull), it also has the galleries of China (with a magnificent bronze statue of the Great Buddha) and Korea...At the moment, the first floor also houses an import from the UK - *Fantastic Beasts: The Wonder Of Nature*, a somewhat spooky look at how real beasts may have inspired the magical and imaginary beasts of the movies. A superb intermingling of nature, literature, and myth-making! During the summer, the marble Greek statue of a Kore (Greek for "girl"), flown in from the Acropolis, made a stunning appearance. The statue was about 2500 years old and represented a figure

of a full-size eleven or twelve year old girl from the Archaic period, made as a special gift to Athena, the virgin goddess of wisdom.

The third floor encompasses an amazing, diverse collection of superb galleries from Ancient Civilizations - Egypt, Rome, Byzantium, and Greece being the most prominent. Everything you can imagine, from gladiatorial bronze helmets found in the Colosseum to Mummies and Egyptian Gods and Goddesses and rare Greek statuary and vases depicting life in Ancient Greece. Byzantium holds silver altar pieces and holy, orthodox Christian iconography and highly figurative mosaics.

At the other end of the third floor, the museum's galleries include everything from more modern European galleries (from the medieval ages to 20th C art deco pieces) to other parts of the world: Africa, Asia, Australia, from India and the Middle East to various stops on the Silk and Spice Roads.

And after all this stimulation and beauty, you can relax and have a fine meal in beautiful Yorkville, including Hemingway's rooftop deck, or go for a reflective stroll on Philosophers' Walk. A beautiful life.

Parking Pass

69241



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TORONTO

21 Old Mill Road, Toronto,
Ontario M8X 1G5

EVENT: Retired Teachers of Ontario - District 16

VALID: Nov. 15, 2022

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view the full schedule online

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<https://rtoero.ca/events/search-for-a-workshop-near-you>

ALREADY A MEMBER?

TELL YOUR EMPLOYED COLLEAGUES!

WANT TO HOST AN RPW? Pending COVID Restrictions

If a group at your workplace are preparing to retire in the next five years, you may wish to run a retirement planning event.

We can help: <https://rtoero.ca/events/host-a-retirement-planning-event>

Email your friends from this website to show you're with them on this journey: <https://rtoero.ca/membership/refer-a-friend/>

Goodwill Report ~Marjorie Blake



SUMMER 2022 -- It was a season that, although filled with overwhelming anxiety for some, did offer a glimmer of hope and a slight sense of relief to others. There were: papal apologies and disagreements; political demise and demotions of aspiring leaders; extreme climate changes including flash floods, forest fires, and rising heat and humidity in the most unusual places; health care crisis notably the departure of medical staff and the closure of Emergency Departments and ICUs; travel disasters, delays and cancellations resulting in airports becoming the “bedroom” of many despondent travellers; housing crisis that caused residents to flee falling roofs and exorbitantly rising rents; continued violence/wars where weapons, not words were used as the form of communication; sky-rocketing inflation leaving store shelves with empty spaces... the list goes on!

On the positive side, there has been the re-opening of festivals, carnivals, theatres, tours, the CNE, and promises of the opening of schools. Hopefully, this scenario can bring a sense of joy, and hope, as we look forward to the fall season.

Birthday cards were sent to members as follows: fifty-four in their 80s; thirteen in their 90s; and seven in their 100s. Cards of condolence were sent to relatives of thirty-one deceased members. Keeping in Touch, Thinking of You, and Get Well cards, as well as Fruit Baskets, Floral Arrangements, Throws and Scarves were sent to some members.

Sadly, in June we lost Jack DeGroot, former Executive member, Day Trip Organizer, a man who wore many hats; he will be missed! Recently, we also lost Helen Rutilus at age 100 and Mary Sanders at 101.

Thank you e-mails, telephone calls and cards were received from members and relatives who expressed their gratitude for contacts made during their time of grief or celebration. Special thanks to members who have kept us informed and updated about members (citing privacy). As well, a special thanks to Arlene Freeman for her assistance. To those who have volunteered to lend a hand with carrying on the work of Goodwill, and to those who have been waiting because of the pandemic and virtual meetings, thank you for your patience.

A BETTER FUTURE TOGETHER

Marjorie Blake 905 837 0874 | mdblake@sympatico.ca

IN MEMORIAM

Condolences to families, friends, and colleagues of those recently deceased. We share in the mourning of the loss and we celebrate the service they rendered.

Patrick Burke

Edward Czuchnicki

Cynthia Darrell

Jack DeGroot

Deborah Fishman

Gary Grossman

Gerd Grossman

Krishan Gupta

William Robert Hails

Barbara Hudson

Margaret Inglis

Lilian Jones

Edwina Lehan

David MacDonald

Helene Ce'cile McDonald

Douglas Mulligan

James Rowney

Helena Rutilus

Mary Sanders

George Shepherd

Diana Shields

Peter Shishis

Susan Smethurst

Donna Steen

David Steidman

Ruhi Tuzlak

Sharon Walters

Stanley Werden

Donald Williams

Hilda Wilson

Leebert Wright

Andrew Yeung



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Visit us at

← <https://district16.rtoero.ca> →



RTOERO Toronto District 16 Information

Membership

New members may join us in error. There are four districts in Toronto (Etobicoke York-22, North York-23, Scarborough/East York-24).

To register any change in status, contact Membership at 416-962-9463 or membership@rtoero.ca

Obtaining Your Newsletter

This Newsletter is provided through your fees as an Active or Retired Member of RTOERO Toronto District 16. Join our email service and we'll let you know when it's posted so you can download the PDF version.

Newsletter Submissions

Your Newsletter Committee welcomes submissions from members that may be of interest to others (travels, events, volunteer opportunities, etc.), as well as 'Letters-to-the-editor'. The editors reserve the right to reject or modify any submission. Third-party content must include all sources. Queries regarding editorial decisions cannot be answered.

Editorial Committee:

Barbara Antheunis, Ruth Baumann, Joan Elliott, Lone Smith

Submission:

One week prior to the first of September, November, January, March, and May

Mailings:

Mid to late September, November, January, March, and May

Change of Address, Status, District:

To limit confusion regarding a change in address, contact information, or district affiliation, the ONLY contact is the Provincial Office 416-962-9463 or 1-800-361-9888 or email membership@rtoero.ca

Importance of providing your email address to RTOERO

You are strongly encouraged to share your email address with RTOERO. Providing your most up-to-date email address ensures timely receipt of important information from RTOERO and Toronto District 16.

To provide or update your email address, email membership@rtoero.ca or call 1-800-361-9888.

Once you have provided your email address you can easily manage your preferences by clicking on the subscription preferences link included at the bottom of every RTOERO eblast. This is where you can decide which type of electronic communications you'd like to receive.

Remember When ~ Fall Luncheon, 2011



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