

Newsletter

Looking for something to do?
Check out our Activities

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- Newsletter
- Our Emails
- Website



[URL](#)



[Events Calendar](#)



[Facebook](#)

PLUS timely corporate & local
email of pertinent information.



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Annual Meeting &
Spring Luncheon ~ Pages 7 - 15

From the Editor
~ Joan Elliott ~



gratitude, n.

The quality or condition of being grateful; a warm sense of appreciation of kindness received, involving a feeling of goodwill towards the benefactor...

(Oxford English Dictionary).

“Gratitude is the ability to experience life as a gift. It liberates us from the prison of self-preoccupation.” – **John Ortberg**

A quick internet search turns up no end of explanations, definitions, or examples of gratitude, leading one to surmise either this is a very hot topic or that expressions are in short supply.

This is the time of year when preparations are underway for the district 16 annual meeting, where, among other items on the agenda, is the presentation of the list of members who have volunteered to serve on the executive for the upcoming term which runs from June 30, 2024,

to June 30, 2025. It is worth noting that without table officers a district would cease to exist and there are, unfortunately, districts faced with this. There are many members on our executive who have given ten to upwards of twenty years of their time and energy to make our district of over six thousand members a dynamic, relevant organization. To maintain the level of service our members have come to expect, new volunteers would be warmly welcomed.

Our executive and activity coordinators give freely of their time, with no expectation of remuneration. Gratitude would be greatly appreciated.

“In ordinary life, we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich,”
Dietrich Bonhoeffer



President's Message ~ Ruth Baumann ~



Our Annual General Meeting will be held on Thursday, May 22, 2024, at the Old Mill, followed by a luncheon. The AGM will begin at 10:00am, with the bar opening at 11:00am and lunch at 11:30am. We have invited Jim Grieve, the chief executive officer of RTOERO, to speak about the recent activities of our national organization.

We have also invited Jill Andrew, MPP for Toronto—St. Paul's.

Mayor Olivia Chow will bring greetings to our luncheon guests, with entertainment to follow. We hope to see you there! Registration information can be found on [page 10](#) and the parking pass is on page 17.

Toronto District 16 has many activities and events in which you can participate. Most are in-person, and some are also available by Zoom on-line. We strive to keep our members updated through the print newsletter sent four times a year. This year, we have organized a series of workshops on the theme “*Aging Wisely and Well.*” These will occur on three Wednesday mornings in April and one Thursday morning. Check the description on [page 20](#) for details. Topics include physical therapy, protecting yourself against fraud, taking care of your feet, nutrition, estate planning and understanding available home care resources.



We are pleased to continue welcoming new members, many of whom are recent retirees or “about-to be” retirees. There was a very well-attended retirement planning workshop at the Metro Reference library in early February, and another will be held in Etobicoke later this spring. Thanks to Michelle Blais for organizing our presence and providing the video of our activities.

To be aware of the needs of our membership, see Vice-President Michelle Blais’s article regarding the intent to consult about activities that might be appealing to a broader section of our membership. I urge you to read this ([page 4](#)).

Your district executive is a group of dedicated volunteers who plan activities, events and represent you with the rest of the RTOERO organization. We meet on the second Thursday of each month from 10:00am-12:00N at Holy Rosary Parish Hall. If you are interested in seeing how we work and what we do, and perhaps becoming part of the district leadership, please contact Past President Barbara Antheunis.

Report of the First Vice President ~ Varla Abrams ~



As we move ahead into 2024 RTOERO has a number of successes and initiatives that our leadership and members developed and supported. We can all be proud of these initiatives.

Fundraising has been a big success in 2023.

The RTOERO 2023 Funding Grants have been announced. Four new successful projects have received grants for a total of \$127,100. The projects cover a range of priority issues, including geriatric research, social engagement, and seniors’ health. As well, projects receiving grants were: *Co-Designing Patient Education Materials for Older Adults Living with HIV*, Organization: Sinai Health and University Health Network (UHN), *Intergenerational Nature Challenge Activities*, Organization: Heartland Forest Nature Experience, *Mixed Abilities, Seniors’ Module Outreach*, Organization: 39 Art Centre, *Cultivating Young Dementia Advocates: A Toolkit for Youth Engagement*, Organization: Alzheimer Society of Ontario. ([See page 31.](#))

Plans are underway for another **RTOERO Silent Auction**. This will take place on May 15, 2024. RTOERO members are asked to consider

if they may have an item or items that could be donated, and auctioned to raise funds.

The [Foundation](#) sends a big Thank You to RTOERO members for their commitment to the Foundation and continued fundraising support.

Advocacy has continued to work on behalf of RTOERO members and all seniors through the Political [Advocacy](#) Committee. As older adults are the fastest-growing age group in Canada, RTOERO has worked to advocate for critical policy improvements that can address urgent issues.

RTOERO submitted feedback relating to the proposed amendments to the Connecting Care Act, 2019. - Convenient Care at Home Act, 2023 (Bill 135)

One of the key RTOERO issues involves a National Senior Strategy. Advocacy can help address the gaps in healthcare and social policies that are creating barriers to seniors' independence and inclusion. RTOERO supports a coordinated National Seniors Strategy, with dedicated funding and accountable goals that will ensure the evolving needs of seniors are met.

RTOERO called on Ontario's legislative members for sustainable, innovative and accountable policies for seniors and the environment. RTOERO representatives met with Ontario MPPs and government officials for the organization's seventh annual Vibrant Voices Advocacy event and discussed Seniors' Strategy and Geriatric Healthcare issues.

In summary, by 2030, nearly one in four Canadians will be seniors. The rising needs of this huge demographic will require that the health systems (and social systems) re-think how to address these needs. In order to focus on this issue, RTOERO will be hosting *The Future of Aging Summit – A Better Future for All Starts Here.* ([Page 39.](#)) This international Conference will bring together thought leaders and changemakers to share ideas and initiatives on the future of Aging. Together we are making a difference.



Report of the Second Vice President ~ Michelle Blais ~



A few months ago, a member approached me to ask about what District 16 was doing to promote greater diversity within our organization. I admit I was a bit taken aback. District 16 offers the widest variety of activities of any district in the country; we consistently try to communicate with each of our members through this newsletter, [Facebook](#), our website, and regular e-blasts; and, demographically, members of the District 16 Executive meet almost all of the diversity targets. What more could we do?

When a question about inclusion sparks a defensive response, I know I have work to do. Clearly, there is no limit to how inclusive an organization can be – and there’s no cut-off point for diversity. Inclusion is one of the core values highlighted in RTOERO’s [2025 Strategic Plan](#). Accordingly, RTOERO strives to foster a community in which “all members feel welcome and [experience] a sense of belonging.” For a long time, organizations such as ours, operated under the expectation that “if we build it, they will come.” I know enough now about invisible barriers to inclusion to understand that inclusion involves more than the absence of exclusion, and true belonging involves welcoming those who are different, not despite of who they are but because of who they are.

At District 16, we are committed to the values of accessibility, equity, diversity, and inclusion. We also know that we don’t have all the answers. No one person does. But each of us owns a piece of the puzzle that, if pieced together, could form a renewed, vibrant, and inclusive community where each member feels seen, understood, and at home. To this end, we are planning a series of focus groups to hear members’ concerns, ideas, and hopes for the future of District 16. These are brave conversations,, and we hope you will consider participating. More information, dates, and locations for the focus groups will be sent out via e-blast, posted on the events calendar on our website, and advertised on Facebook. You are also welcome to share your ideas any time via email, or telephone. Better still, come to the Annual General Meeting, ([see page 10](#)) and chat with the executive while enjoying a pastry and a beverage. I look forward to our conversation.

P.S. Speaking of diversity, join us for the inaugural meeting of District 16’s 2SLGBTQIA+ Social Club! ([See page 28.](#))



woke, adj.²

figurative and in figurative contexts.

Originally: in a state of awareness or vigilance; spec. well-informed, up-to-date.

Now chiefly: alert to... In more recent use sometimes derogatory, esp. as a means of characterizing such alertness (or the political and social views stereotypically associated with it) as doctrinaire, self-righteous, or pernicious.

²The earliest known use of the adjective woke is in the 1890s. OED's earliest evidence for woke is from 1891, in the writing of Joel Chandler Harris.

Source: [https//oed.com](https://oed.com)

Where do you fit on this spectrum?

Aware

Alert to

Doctrinaire

Health Benefits Comparison
<https://rtoero.ca/insurance/insurance-plans/>

The RTOERO Plan contains better coverage in 10 of 14 areas.

RTOERO	Other*
Prescription drugs	
\$3,400 annually - 85% reimbursed ✓ cover ALL prescription drugs	\$4,000 annually - 85% reimbursed x NOT ALL prescription drugs covered
Paramedicals	
\$1,300 All practitioners combined - 80% reimbursed ✓ No doctor's authorization needed	\$1,300 All practitioners combined - 80% reimbursed x Doctor's authorization required for some practitioners x LIMITED reimbursement - a per-visit max
Vision	
\$400 vision correction ✓ 80% every 2 years \$150 eye exams ✓ 80% every 2 years	\$375 vision correction ✓ 80% every 2 years \$175 eye exams ✓ 80% every 2 years
Travel	
\$10 Million per insured up to 93 Days per Trip ✓ \$6,000 trip cancellation/interruption ✓ Private hospital room ✓ \$1,000 lost luggage per trip ✓ \$250/day for meals & accommodation up to \$5,000 per trip ✓ \$10,000 vehicle return ✓ Guaranteed acceptance for trip longer than 93 days	\$2 Million Per Person up to 95 Days per Trip ✓ \$6,000 trip cancellation/interruption x Semi-private hospital room x No coverage for lost luggage x \$150/day for meals & accommodation. up to \$5,000 per trip x \$2,000 vehicle return x Medical Questionnaire for trips longer than 95 days
Dental	
Basic & preventative ✓ 85% unlimited reimbursement Minor restorative ✓ \$800 - 80% reimbursed Major restorative ✓ \$800 crowns + \$800 bridges, partial dentures 50% reimbursed	Basic & Preventative x 80% unlimited reimbursement Minor restorative ✓ \$850 - 80% reimbursed Major restorative x \$750 - 50% reimbursed

*RTIP Plus 4000 Plan

Premiums are based on pre-tax amounts. Group insurance is subject to tax in Ontario and Quebec

ANNUAL MEETING
Proposed RTOERO Toronto Executive 2024-2025

Arrangements will be made to hold elections at the Annual Meeting. Nominations are to be submitted to Past President Barbara Antheunis at barbara@antheunis.ca

The Toronto Executive will appoint members to vacant positions as they may arise.

Below is the list of members prepared to serve on the executive for 2023-2024. More members are sought to occupy vacancies.

Position	Volunteer
President	Varla Abrams
Past President.....	Ruth Baumann
1st Vice President	Barbara Antheunis
2nd Vice President	Yvonne Lee
Secretary.....	Herb Stover
Treasurer.....	Herb Stover
Archives	Yvonne Lee
Communications	VACANT*
Facebook Manager	Michelle Blais
Foundation Rep.....	Varla Abrams
Goodwill	Wendy Blain
Health Services	Yvonne Lee
Membership/Recruitment	Sheila McMillan
Political Advocacy/Pension	VACANT*
Program	Kay Jeffery
Retirement Planning Rep	Michelle Blaise
Social/Activities	Heather Talbot
Travel	Karen Sinclair

Members at Large:

- Vida Arshad
- Marjorie Blake
- Walter Jedrzejek
- Lou Manning
- Michael Rethazi
- Susan Weinert

* We would appreciate members considering volunteering for these positions. Contact Barbara as above. Description of responsibilities can be found on pages 8, 9.

NEWSLETTER EDITOR RESPONSIBILITIES

The newsletter editor is responsible for working with the newsletter team, soliciting member stories and submissions, planning and organizing all aspects of the newsletter writing, editing and production, monitoring deadlines and distributing the newsletter by mail and eblast.

Responsibilities

- Establish and manage a newsletter team
- Solicit articles, events and images from the district executive, chairpersons and the district membership for publishing
- Establish dates with the district executive for publications
- Prepare the newsletter using a format suitable for printing and for electronic distribution, using the newsletter template provided – rtoero.ca/brand-resources
- Provide the printing company with the file and mailing list as required
- Determine the distribution method
- Attend executive meetings
- Prepare a budget for newsletter costs
- Coordinate with the website manager and social media manager to share newsletter content on the district website and Facebook page
- Attend workshops provided by RTOERO Skills helpful for this role
- Strong writing and editing skills
- Previous experience writing and editing for newsletters is an asset

RTOERO POLICIES FOR

District Executives are governed by the following RTOERO Policy

SECTION 7 – District Executive Member Commitment

7.01 Expectations - District executive members are expected to:

- (a) attend all district executive meetings unless an unforeseen situation occurs making it impossible
- (b) demonstrate due diligence in preparation for and attendance at district executive meetings
- (c) actively engage in the meeting process, by being aware of the needs and opinions of the membership
- (d) give open and fair consideration to diverse and opposing viewpoints
- (e) exercise independent judgment and express dissenting opinions in an appropriate manner
- (f) carry out the duties and responsibilities of their role as required and assigned
- (g) participate in training and information sessions for their district executive role provided by the RTOERO
- (h) be aware of and support the RTOERO strategic plan and follow the By-law, policies, district executive expectations
- (i) carry out their district executive duties in accordance with the requirements of the RTOERO. If a district executive member has questions or concerns, they should consult with the district president. A district president who is unsure about a policy should consult with the Board.

7.02 Failure to meet expectations

- (a) If a district executive member is unable to fulfill these requirements, the district president, or the Board, may take appropriate action.
- (b) If the district executive member is unable or unwilling to commit to meet the expectations of the RTOERO, the district president, or the Board, may take appropriate action.
- (c) If there should be a reluctance from the district executive member to do so, the Board shall, in consultation with the district president, take appropriate action.

POLITICAL ADVOCACY RESPONSIBILITIES

In collaboration with the president and district executive, the political advocacy coordinator organizes district advocacy activities focused on one or more of the advocacy topics established by the RTOERO board of directors.

Responsibilities

- Recommend actions and activities to the district executive to support the achievement of RTOERO advocacy goals and initiatives
- Promote and report on political advocacy activities
- Liaise with community organizations that share common advocacy views and issues at the provincial and federal levels in the best interest of district members
- Represent the district at meetings and workshops organized by the RTOERO Political Advocacy Committee
- Communicate with the RTOERO Political Advocacy Committee through the assigned committee liaison person for the district
- Serve as a member of the district executive
- Attend all relevant meetings as scheduled
- Commitment to RTOERO and its mission, vision, values and strategic goals
- Knowledge of and commitment to RTOERO's advocacy issues as determined by the board of directors
- Knowledge of RTOERO and the district

DISTRICT EXECUTIVES

possible to attend; it is understood that virtual attendance may be able to be planned, as necessary. Meetings and events, as required

Members of their district and by being fully informed before making decisions on behalf of district members

Members during district executive deliberations

Members of the district and RTOERO – including liaison meetings and national workshops

Members of the executive guide and other resources provided by RTOERO relevant to their district executive role. RTOERO Code of Conduct and Conflict of Interest policy A member who is unsure about these expectations should consult with the board liaison for the district or with the Chair of the board

Members of the board liaison or chair of the board will have a conversation with that district executive member. If a member is unsure of the policy, the member should voluntarily and in good faith withdraw from the district executive. In consultation with district leadership, consider removing the member from the district executive.



**RTOERO Toronto
District 16
Annual Meeting &
Spring Lunch at
The Old Mill**

**Come to EITHER or BOTH on WEDNESDAY, MAY 22, 2024
To avoid stairs, enter at West, Upper Level Main Door**

AGENDA

Annual Meeting: 09:30am - Registration, Coffee/Muffins/Pastries
Balmoral Room 10:00am - Annual General Meeting

Speaker: Jim Grieve, RTOERO Chief Executive Officer

Speaker: Jill Andrew, MPP, Toronto-St. Paul

([See page 15](#))

11:30am - Adjournment

Luncheon: ***You must register***
Guildhall Room \$25/ Toronto District 16 Member*
\$55/Non-Member*
11:30am - Cash Bar ~ Social
12:00N - Lunch

Greetings from Mayor Olivia Chow

1:20pm - Entertainment & Social Opportunity
to 3:00pm

Soup: Rosemary Cauliflower

Entrées: 6 Oz. **CHICKEN BRÛLÉE** with Red Wine Reduction,
Lemon Scented Broccoli, Roasted Mini Red Potatoes

or, SALMON with above sides

or, BRAISED MOROCCAN TAGINE: Tofu, Eggplant, Zucchini,
Tofu, Eggplant, Zucchini, Chickpeas, Artichokes, Bell
Peppers, Roasted Garlic, Tomato Sauce with Basmati Rice

Dessert: New York Cheesecake with Mixed Berry, **or**, Fruit Cup
Substitutions MUST be selected when you register!

Questions about the Menu?

Contact Kay Jeffery at: 416•767•8179 | catherine.jeffery067@sympatico.ca

Registration Form Page 11 ~ [Parking Pass Page 17](#)

**RTOERO TORONTO DISTRICT 16
ANNUAL MEETING & SPRING LUNCH, 2024
REGISTRATION FORM**

PLEASE REGISTER BY WEDNESDAY, MAY 15

REGISTRATION (one need not attend both Annual Meeting and Lunch)

Name: _____

District 16 Member

Non-Member

Phone: _____

Email: _____

I will attend: AM Lunch

Registration #1 Menu Selection:

Entrée: Chicken Salmon Vegetarian

Dessert: New York Cheesecake Fruit Cup

Note: No substitutions beyond what is entered on this form

Dietary Restriction: _____

GUEST

Name: _____

District 16 Member

Non-Member

Phone: _____

Email: _____

I will attend: AM Lunch

Guest Menu Selection:

Entrée: Chicken Salmon Vegetarian

Dessert: New York Cheesecake Fruit Cup

Note: No substitutions beyond what is entered on this form

Dietary Restriction: _____

Registration Form and Instructions Continued Next Page ►

ANNUAL MEETING & SPRING LUNCHEON, 2024
REGISTRATION FORM AND PAYMENT PROCEDURES

* Meals are ordered and paid according to numbers registered, therefore no refunds can be made.

Please remit: **\$25.00*/District 16 Member or, \$55.00*/Guest**

You are not registered until payment is received.

Mail cheque made payable to **RTOERO District 16 to:**

REGISTRAR, 189 Rhodes Ave. Toronto M4L3A2

Parking is free with Pass

[REMEMBER TO CLIP YOUR PARKING PASS \(Page 17\)](#)

REGISTER BY MAY 15 AS LUNCHEON SPACE IS LIMITED

ANNUAL MEETING	
RTOERO Toronto District 16 Balance Sheet, December 31, 2023*	
Assets/Current Assets	TOTAL
Cash and Cash Equivalent	
100 Chequing	7,824.00
110 Petty Cash-Goodwill	450.00
120 Investments	
120-1 Investment - GIC 07 - Horizons Reserve	11,609.94
120-2 Investment - GIC 05 - Horizons Reserve	5,215.84
120-3 GIC Home Trust	30,000.00
120-4 GIC Home Bank	60,000.00
Total 120 Investments	106,825.78
Total Cash and Cash Equivalent	\$115,099.78
Total Current Assets	\$115,099.78
Total Assets	\$115,099.78
Liabilities and Equity	
Equity	
Retained Earning	\$116,579.69
Profit for the year	\$ -1,479.91
Total Equity	\$116,579.69
Total Liabilities and Equity	\$116,579.69

ANNUAL MEETING

RTOERO Toronto District 16 Budget, 2024*

Income	TOTAL
400 Grant - Annual	108,214.00
Total Income	\$108,214.00
GROSS PROFIT	\$108,214.00
Expenses	
500 District Executive	
501 Meetings - Executive	1,200.00
503 Rentals/Holy Rosary	600.00
Total 500 District Executive	1,800.00
550 Communications/Social Media	
551 Newsletter	50,000.00
Total 550 Communications/Social Media	50,000.00
600 Member Services	
601 Goodwill	5,000.00
602 Member Engagement	
602-1 Member Activities - Rentals/Holy Rosary	5,500.00
602-2 Member Activities - Seminars	1,500.00
602-3 Member Activities - Refreshments	1,718.00
602-4 Member Activities - Zoom app	1,500.00
Total 602 Member Engagement	10,218.00
603 Recruitment	10,000.00
605 Social Events	
605-1 Spring Luncheon Expense	15,000.00
605-2 Fall Luncheon	15,000.00
605-3 New Member Breakfast	15,000.00
605-4 Fall Craft Show	1.00
605-5 Golf Tournament	500.00
605-6 50th Anniversary Celebrations	7,329.00
Total 605 Social Events	66,330.00
607 Membership	5,000.00
Total 600 Member Service	96,548.00
650 Political Advocacy	1,500.00
700 Community Grants Expense	1,500.00
750 Workshop	
752 National	1,000.00
Total 750 Workshops	1,000.00
800 Office expenses	3,500.00
803 Equipment	1,500.00
804 Bank Fees	200.00
805 Archives	1,500.00
899 Office - Other	3,000.00

Total 800 Office expenses	9,700.00
860 Donations	10,000.00
Total Expenses	\$171,048.00
NET OPERATING INCOME	\$-63,834.00
NET INCOME	\$-63,834.00

ANNUAL MEETING

RTOERO Toronto District 16 Revenue/Expenses, 2023*

	ACTUAL 2023	BUDGET 2023	+/-
Income			
400 Grant - Annual	102,530.70	101,042.00	1,488.70
450 Social Events			
450-1 Spring Lunch	3,555.00		3,555.00
450-2 Fall Lunch	2,595.00		2,595.00
450-3 New Mbr Brkfst	880.00		880.00
450-4 Fall Craft Show	450.00		450.00
450-6 50th Anniv	2,601.15		2,601.15
Total 450 Social	10,081.15		10,081.15
480 Interest	133.54		133.54
490 Misc Revenue	305.00		305.00
Total Income	\$113,050.39	\$101,042.00	\$12,008.39
Gross Profit	\$113,050.39	\$101,042.00	\$12,008.39
Expenses			
500 District Executive			
501 Mtgs/Exec	1,588.51	1,200.00	388.51
502 Mtgs/AM/Forum	105.00		105.00
503 Rent/Holy Rosary	600.00	600.00	0.00
Total 500 District Exec	2,293.51	1,800.00	493.51
550 Communications/Social Media			
551 Newsletter	48,495.07	50,000.00	-1,504.93
Total 550 Comm/Soc.Med	48,495.07	50,000.00	-1,504.93
600 Member Services			
601 Goodwill	1,359.99	3,500.00	-2,140.01
602 Mbr Engagement	4,494.92		4,494.92
602-1 Mbr Act-Rent/HR	5,510.00	5,200.00	310.00
602-2 Mbr Act-Sem	200.00	1,500.00	-1,300.00
602-3 Mbr Act-Refresh	1,022.89	1,718.00	-695.11
602-4 Mbr Act-Zoom	451.99	1,500.00	-1,048.01
Total 602 Mbr Engage	11,679.80	9,918.00	1,761.80
604 Mtgs/AGM	2,815.69	2,200.00	615.69
605 Social Events	44.25		44.25
605-1 Spring Lunch Exp	9,086.54	4,842.00	4,244.54

605-2 Fall Luncheon	12,026.03	4,740.00	7,286.03
605-3 New Mbr Brkfst	6,224.30	6,740.00	-515.70
605-4 Fall Craft Show		1.00	-1.00
605-5 Golf Tournament		500.00	-500.00
605-6 50th Anniv	12,136.11	4,998.00	7,138.11
Total 605-Social Events	39,517.23	21,821.00	17,696.23
607 Membership	2,214.00	4,000.00	-1,786.00
Total 600 Mbr Services	57,586.71	41,439.00	16,147.71
650 Political Advocacy		2.00	-2.00
700 Community Grants Expense			
700-2 Service to Others		1.00	-1.00
Total 700 Community Grant		1.00	-1.00
750 Workshops			
751 District	1,153.28		1,153.28
752 National		1,000.00	-1,000.00
Total 750 Workshops	1,153.28	1,000.00	153.28
800 Office expenses	2,481.48	3,500.00	-1,018.52
801 Stationery/Printing	155.33		155.33
802 Shipping/Delivery	230.52		230.52
803 Equipment	1,213.33	500.00	713.33
804 Bank Fees	32.50	200.00	-167.50
805 Archives	288.57	600.00	-311.43
Total 800 Office Exp	4,401.73	4,800.00	-398.27
860 Donations	600.00	2,000.00	-1,400.00
Total Expenses	\$114,530.30	\$101,042.00	\$13,488.30
Net Operating Inc	\$-1,479.91	\$0.00	\$-1,479.91
Net Income	\$-1,479.91	\$0.00	\$-1,479.91

Annual Meeting Speaker

JILL ANDREW, MPP Toronto - St. Paul

Jill has been a leading voice on issues of gender, race and social justice, the housing crisis, healthcare inequities, education, long-term care and the immeasurable benefit of arts and culture.

She has supported numerous people dealing with all sorts of issues, from evictions and bad faith landlords to insufficient government support to people with disabilities.



Lunchtime Greetings

OLIVIA CHOW, Mayor, City of Toronto



RTOERO Information Update

Charitable Donations: Districts are invited to nominate a charitable organization that has a provincial, national, and/or international status for the 2024 RTOERO Annual Charitable Donation of \$10,000. Organizations which have an impact on seniors will be given priority.

Grants: The 2024 Community Grants application opens on February 1, and can be accessed via the RTOERO website: [rtoero_grants](#). **The deadline for applications is May 31, 2024.** See [pages 44, 45](#).

Gift Cards: The giving of gift cards to RTOERO members is strictly prohibited at all levels of RTOERO as it threatens the organization's not-for-profit status. Consider items from the RTOERO eStore.

Update on Cyber Security and RTOERO e-mail Addresses:
All RTOERO email accounts, including the presidents' RTOERO email accounts, have a feature that highlights emails from external addresses by listing EXTERNAL in the subject line.

TELUS: A discounted TELUS offer for RTOERO members is now available. For more information please see below.

[Home](#) / [Programs and services](#) / [TELUS Exclusive Partner Program](#)

TELUS Exclusive Partner Program

Personalized deals curated just for you.
RTOERO members can unlock exclusive perks.



TELUS Mobility & TELUS Home Services

RTOERO has partnered with Telus to bring exclusive savings to RTOERO members on cellphones, rate plans, high-speed internet, SmartHome Security, health solutions and more. Visit rtoero.ca/telus and complete the quick form to access your offers.

Parking Pass

71956



OLD MILL
TORONTO

21 Old Mill Road, Toronto,
Ontario M8X 1G5

EVENT: Retired Teachers of Ontario - District 16

VALID: May 22, 2024

Pay parking is in effect at all times. Vehicles not displaying a valid Parking Pass or meter parking ticket will be subject to a parking ticket of \$100 per day which will be issued by Precise Parklink. Please note the cost of the parking ticket is set by Precise Parklink and is subject to change without notice. The Parking Pass can be used for either the outside parking lot or underground parking lot in spots 1-50.

THE OLD MILL PARKING LOT AND GARAGE PARKING ARE PRIVATE PROPERTY AND ARE NOT ATTENDED. WE ASSUME NO RESPONSIBILITY WHATSOEVER FOR LOSS OR DAMAGE TO THE VEHICLE OR ITS CONTENTS DUE TO COLLISION, THEFT, FIRE OR OTHERWISE.

Please display this pass face up on your dashboard.

Report on Membership ~ Barbara Antheunis ~



Effective February 1, 2024 the Toronto District 16 Membership data indicate the following:

Retired Members5993
Active Members (employed). 343
Total Membership6336

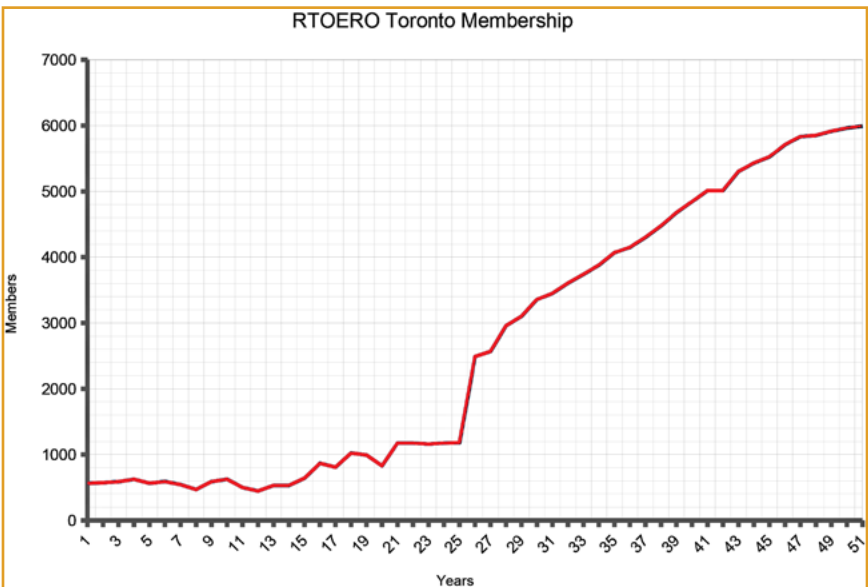
January Changes:

Deletions: 26 deceased
6 transferred out (other districts or return to Active)
3 cancelled (assorted reasons)
35 Total Decrease

Additions: 61 transfers in (other districts or from Active)
2 new
63 Total Additions

Net gain: 28 Retirees

Below: Graph of RTOERO Toronto District 16 Retired Membership Growth into its 51st year from its beginnings in 1973.





As part of RTOERO District 16’s community engagement, Past President Barbara Antheunis and Treasurer Herb Stover presented a cheque for \$5,000 to Sacha Michna, Senior Manager of the Daily Bread Food Bank on behalf of district members.

The Toronto Executive has received a letter of appreciation from the Daily Bread Food Bank CEO, Neil Hetherington. It reads, in part, *Thank you for being a part of Daily Bread Food Bank’s mission. If you’d like to visit us for a tour on-site to learn more about what you make possible, we’d love to see you.*

The complete letter may be viewed on our website at: <https://district16.rtoero.ca/toronto-district-16-donation/>

Photo: Michelle Blais



BY THE NUMBERS

1 in 10 Torontonians rely on food banks to make ends meet.

185,000+ New individuals started using emergency food bank services for the first time. ---January-December 2023

\$6.67 per person/day The amount food bank clients have left after rent and utilities, to pay for food and all other essentials.

31% of food bank clients went a whole day without eating.

Who’s Hungry 2023 dailybread.ca/whoshungry.

HEALTH AND WELLNESS WORKSHOPS



All Members and Friends are Welcome

Join us in April at our wellness series as we explore various topics that may influence and enhance your retirement.

Dates: Wednesdays, April 3, 10, 17 & Thursday April and 25

Time: 9:30 am to 12:00 noon

Location: Holy Rosary Parish Hall
354 St. Clair Ave W

between Spadina and Bathurst at St. Clair W. Subway

Cost: **\$5.00 per day cash** will be collected at the door.
To ensure adequate space and refreshments, please register in advance with Herb Stover at: 416 964-2020.



APRIL 3 ~ Session 1 | 9:30am - 10:30am

Relief Works! - Physical Therapy

Jocelyn DeTorres

To maintain independence and quality of life, seniors must work on balance issues and the prevention of falls. Physiotherapists assess a person and make recommendations for maintenance, recovery, improvement.



APRIL 3 ~ Session 2 | 11:00am - 12:00N

Fraud Awareness

Tom Cheel

A presentation/ awareness session will cover recent scams:

- Romance, Canada Revenue, Grandparent, Service calls;
- Prize, Lottery and several other scams.

The goal of the Anti Fraud Power Point presentations is to to help everyone to recognize a scam and avoid becoming a victim of fraud.

Followed by Q&A



Coffee/tea is available upon arrival.
Snacks provided at the refreshment break.
10:30am-11:00am



APRIL 10 ~ Session 1 | 9:30am - 10:30am

Podiatrist – Take care of your feet!

Dr. David Shaw, Podiatrist

Remaining ambulatory and mobile is one key to successful aging. Dr. Shaw will: talk about podiatry and chiropody and why taking care of our feet is particularly important for seniors; discuss how podiatrists and chiropodists can help diagnose difficulties, correct problems and assist us when foot care becomes difficult.



APRIL 10 ~ Session 2 | 11:00am - 12:00N

Nutritionist – Diabetes and Nutrition

Becky Pang, Diabetes Educator and Dietitian from LMC healthcare.

1 in 3 Canadians lives with Prediabetes or Type 2 diabetes today. Diabetes impacts our health from head to toe and by the time we have complications, they're hard to reverse. Come learn how to reduce your risk and live healthier with Diabetes Educator and Dietitian.



**APRIL 17 ~ One Session | 9:30am - 11:30am
(30 minute break)**

A Conversation about Home Care

Elizabeth McNabb, Executive Director of OSSCO

Learn the basics about in home care: how to have a conversation; what questions to ask; determine what future needs; varying costs. Q&A period.

Come away with the basics to create your own plan to gather information in advance of a need.

THURSDAY, APRIL 25 ~



One Session | 10:00am - 12:00N

Estate Planning Essentials

**Ryan Robertson, TD Wealth Tax & Estate Planner,
Tony Larosa TD Senior Private Banker, Chris
Galberg TD Wealth Senior Investment Advisor**

Interactive discussion and Questions & Answer period will be included, as well as an information package,

comments card and door prizes.

Our team will be available after the seminar if one has for more specific questions related to his/her personal circumstances.

Contacts: Yvonne Lee, askmslee2057@gmail.com

Ruth Baumann, President16@districts.rtoero.ca

Lifestyle



Holy Rosary Parish Hall



We rely on the volunteerism 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

Holy Rosary meetings have returned.
ZOOM meetings may remain an option.
See separate listings for details.

~ 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.

~ Downtown Coffee Club, Financial Group,
Foodie, Italian Group, Monday Matinée
Movie, SuperTees Golf, Walking, and Theatre
Day Trips will meet at various locations.

**Photos taken at our events may appear in our
Newsletter and in website Posts.**



• • • • • 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 • • • • •



WE START AGAIN ON DECEMBER 5, 2023

Join us on the first, third and fifth Tuesday of the month from September to June from 12.30 pm to 3.30 pm at Holy Rosary.

Tessie Leung:

416•421•9054 | tessleu191@rogers.com

• • • • • Cycling Club • • • • •



Our last ride of this year was on Tuesday, October 3. Please stay tuned for our 2024 Cycling Club dates and times on our website or Facebook page.

I look forward to seeing you in the spring of 2024!

Happy Cycling,

Norman Black

nrmnblack@gmail.com

• • • • • Downtown Coffee Group • • • • •

**The Coffee Club has 2 meeting times:
Wednesdays at 1:30pm
at the Croissant Tree at Charles & Church Streets.**

Contact **Tessie Leung**:
416.421.9054 | tessleu191@rogers.com.



**and
Saturdays at 10:30am**

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

We look forward to seeing you at these times whenever you can join us.

• • • • • Financial Group • • • • •

We meet on the 4th Thursday of the month from 4:30-6:00pm at my house.

Our purpose is to become better financial consumers in areas of interest to the group (AI, Stocks, Credit cards).



Lone Smith
416-841-6496 | smithlone68@gmail.com

• • • • • Foodie Hot Spot • • • • •

Are you interested in exploring new dining establishments, regional cooking, and local neighbourhoods? Come along, bring your friends, and meet new ones.

Communal dining with individual bills.



Yvonne Lee
askmslee2057@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: cherry blossoms and tulips in spring, 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 10:30 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

• • • • • Italian Group • • • • •



The Italian Group meets on Zoom for an hour on the last Monday of the month at 1:00pm. During the warmer months we meet in person to enjoy a friendly chat and beverage on a patio. New members with intermediate to advanced Italian speaking skills are most welcome. Contact Mara by email to receive notifications.



zoom

Mara Santarossa

marasantarossa@hotmail.com

• • • La Belle Langue/French Group • • •



La Belle Langue, French Group ~ Si vous aimez parler en français entre amis, **rejoignez-nous de 1:30h à 2:30h**, 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

Monday Matinée Movie



The Monday Movie group meets the fourth Monday of the month, except December. We meet for an early matinee showing at the Varsity Cinemas, located in the ManuLife Centre, 55 Bloor St. W. After the movie, we gather at Earl's, located one level below the cinemas, to chat about the movie and enjoy a beverage, snack or meal.

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

Steve Feldman and Dale Vibert
tomondaymovie@hotmail.com

Non-Fiction Book Club



The RTO non-fiction book club meets on the second Tuesday of every month from 1:30 - 3:30 pm.

Group members select and present books which are available through the Toronto Public Library system. We have had lively discussions on a variety of books, ranging from autobiographies to political, social and environmental investigations, with a strong component of Canadian content.

Norm Black:
nrmnblack@gmail.com

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



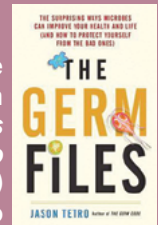
April 9 - *Testimony*
by Robbie Robertson



May 14 - *The Heat Will Kill You first: life and death on a scorched planet* by Jeff Goodell



June 11: *Ducks: two years in the oil sands (a graphic autobiography)* by Kate Beaton



September 10 - We will take a break over the summer and resume in September with *The Germ Files: the surprising ways microbes can improve your health and life (and how to protect yourself from the bad ones)* by Jason Tetro

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



The convenor will send a list of members and their contact information to everyone in the Super Tees group. Members can contact others to arrange their own tee times. Some play at Scarlett Woods, others at Tam O'Shanter on a day or time deemed appropriate. 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 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

• • • • • Theatre Day Trips • • • • •



ALL INCLUSIVE THEATRE DAY TRIPS

**Watch this space in future Newsletters
or on our website
or Facebook posting for our Events.**

SEE PAGES 35-38 FOR OUR 2024 SERIES

Karen Sinclair | 416-690-4961

• • • • • 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) at Holy Rosary Parish Hall. See pages 29, 30 for our Spring Series of Travelogues.

Tom Menagh & Linda Johnson

416•469•3706 | linda488@live.ca

The following is what we have lined up so far for the 2023-2024 season:

March 27, 2024 - Australia & New Zealand

April 24, 2024 - Alaska Cruise - Marion Stephens/Jim Cockroft

May 22, 2024 - CANCELLED

We would also like to hear from any members or friends who want to share their travel experiences with our group.

Westend Book Club

The West End Book Club meets the fourth Tuesday of the month, except July, August, and December, at 1:30. We will have two hybrid groups: one in person at Holy Rosary, the other on Zoom. We discuss the same book at the same time. You choose which group you prefer. A message is sent the Sunday before the meeting with a reminder of the name of the person presenting, the name of the book, and it will include a Zoom link . If you wish to join please contact Phyllis.

Phyllis Goodfellow, Cindy Shore-Beauvais, Steve Feldman
pgoodfellow@sympatico.ca



March 26 - **Homecoming**
by **Kate Morton**



April 23 - **Hang the Moon**
by **Jeannette Walls**



May 28 - **The Personal Librarian** by Marie Benedict and Victoria Christopher Murray



June 25 - **On the Ravine**
by **Vincent Lam**

The Toronto District Executive has arranged a new group.

Introducing the 2SLGBTQIA+ Social Club

Join us for the first meeting of District 16's newest activity group!

**The 2SLGBTQIA+ Social club will meet on
Wednesday, May 8, at 10:00 am
at the Red Rocket Coffee Shop,
1361 Danforth Ave.
(just east of Greenwood Subway stop).**

**Please contact:
Michelle (647-205-3834) michelleblais65@gmail.com
if you plan to attend
OR if you would like more information.**

TRAVELOGUE ~ AUSTRALIA/NEW ZEALAND CRUISE

March 27, 2024, 1:00pm at Holy Rosary Parish Hall

Sandra Hryhor believes that it may very well be that once in a lifetime trip; if it is, what better way to travel to New Zealand and Australia than on a cruise ship?

Head down under with Sandra and discover the beauty of the New Zealand coastline, starting in Auckland and sailing south, stopping in various ports like Napier, Wellington, Picton and Port Chalmers. See the beautiful landscape of New Zealand and some of its flora and fauna.



Next head over to Melbourne, Australia, a vibrant exciting city, and the Healesville Sanctuary, where you will get acquainted with some of the native species of birds and reptiles, along with some incredibly special animals like the koala, kangaroo, Tasmanian devil, and the platypus.

Finish off the tour in Sydney, Australia, a hustling and bustling city with its gorgeous harbour, Sydney Opera House, Taronga Zoo and so much more.



Join Sandra on Wednesday, March 27, 2024, at 1:00 p.m. at the Holy Rosary Parish Hall.

TRAVELOGUE ~ ALASKA CRUISE

April 24, 2024, 1:00pm at Holy Rosary Parish Hall

In September 2022, well after the Covid pandemic health protocols were lifted, **Marion Stephens** and husband **James Cockroft** embarked on a two-week cruise on a luxurious Scenic Eclipse yacht from Nome, through the Bering Sea, around the Aleutian Islands, along the coast of Alaska with stops along the way and ending in Vancouver. There were guided hikes through rain forests, visits to historic towns and unspoiled islands still inhabited by indigenous locals who proudly shared snippets of their culture and languages. The cruise included excursions in Zodiacs that glided into rocky coves and along remote beaches enabling those on board to see wild sea life such as seals, sea otters and bird habitat up close. Each evening there were slide show presentations highlighting birds and mammals to look out for the next day.



During the course of this trip Marion and James hiked up Saint Matthew Island rising out of the Bering Sea. This small island is uninhabited except for its abundant bird life and small rodents and is said to be one of the most remote places in Alaska. They visited Dutch Harbor one of the world's largest and most famous fishing ports and the site of a Japanese aerial attack in 1942. One of their great thrills was sailing up close to the Hubbard Glacier. Another highlight was learning about dog sledding and the origins of the Iditarod.



TRAVELOGUE ~ CANCELLED

May 22, 2024, 1:00pm at [Holy Rosary Parish Hall](#)

The Toronto Executive has arranged the RTOERO Toronto District 16 Annual Meeting and Spring Luncheon on this day. Since a number of our regular attendees also go to the Spring Luncheon, this activity will not proceed. We look forward to seeing you again in October, 2024.

Please let others know of this change if you are aware of an attendee who may not receive the Newsletter and may miss this announcement.

The RTOERO 2023 Foundation Funding Grants

The RTOERO Foundation has selected four new successful projects, for a total funding amount of \$127,100. These projects, which were reviewed and scored by the RTOERO Peer Review Panel, cover a range of important priority issues including geriatrics research, social engagement and seniors' health and wellbeing.

It is important to remember that the RTOERO Foundation funding is all about the members and districts. Funding of these projects is made possible through the generosity of the RTOERO Foundation's donors, most of whom are RTOERO members. The Foundation wants to thank RTOERO members for their commitment to the Foundation and for the continued support in fundraising.

The successful projects funded in 2023 are:

Co-Designing Patient Education Materials for Older Adults Living with HIV
Sinai Health and University Health Network (UHN) | \$49,900

Intergenerational Nature Challenge Activities

Heartland Forest Nature Experience | \$17,500

MixAbilities: Seniors Module Outreach

H'Art Centre | \$25,160

Cultivating Young Dementia Advocates: A Toolkit for Youth Engagement

Alzheimer Society of Ontario | \$34,540



Visit <https://rtoero.ca/rtoero-foundation/our-work/projects-we-fund/> for more information about RTOERO donor-funded grants.

RTOERO Silent Auction May 2024

Plans are getting underway for another RTOERO Silent Auction. This would not take place until May 15, 2024. Members are asked to consider if they may have an item or items that could be donated and auctioned in order to raise funds.

Members Remembered



Ann Ludwigsen | 1941 - 2024

Many members will have fond memories of Ann Ludwigsen's service to fellow retirees. A 24 year member of RTOERO, Ann, shortly after retiring, began many years of involvement as an Executive Member and Convenor.

Ann's first activity was to step in as Convenor of our Friday Evening Movie Group from 2006 to 2013. After a two year term as an Executive Member-at-Large (2010-2012), she inaugurated the Downtown Coffee Club (2015-2022). Ann was quick to step in to assist at various events over the years, befriended members by phoning, running errands, and offering personal assistance when she saw the need. Caring, compassionate and considerate would go a long way when describing Ann.

Ann's many years of voluntarism has been greatly appreciated and we thank her for her many years of dedication to Toronto District 16.

DO YOU TRAVEL?

SHARE YOUR PHOTOS
WITH OTHER MEMBERS
In our NEWSLETTER
OR AT A TRAVELOGUE!

HERE'S HOW:

Newsletter: Send your photos in as high resolution as your camera supports. We will process your submission for the Newsletter as space permits. Please provide a brief description.

Email to the editor: Joan Elliott: ej Joan1676@gmail.com

Travelogues: computer, Epson projector, PA system provided
Contact Linda Johnson for details: 416•469•3706 | linda488@live.ca

Thanks to member **Greg Oneschuk** who, with partner Mark, visited Hungary after COVID for sending us these photos.

Upper Right: Budapest
Below: Inside Dohany Street Synagogue, the largest synagogue in Europe.
Lower Right: the Hungarian Parliament Building at night. Very magical!!!





**RTO
ERO**

22 Etobicoke & York
23 North York
24 Scarborough/East York
16 Toronto



**RTO
ERO**

District 16
Toronto

RTOERO Toronto Districts welcomed attendees at an RTOERO sponsored RPW at a downtown Toronto venue on February 10, 2024. Presenting our four districts' local opportunities in-person after two years of webinars was a long awaited event.

In addition to reps from our three sister districts, a number of District 16's executive participated.

Pictured at the reception table are Susan Weintert (l) and Yvonne Lee (r).

Photo by Michelle Blais



Future RTOERO Toronto Workshops:

East Toronto (Scarborough) | In-Person | March 21, 2024

Refreshments will be provided so please come and enjoy!

Check-in Time: 4:00 pm | Start Time: 4:30 PM | Number of Seats: 60

West Toronto (Etobicoke) | In-Person | May 4, 2024

Details to be announced

Other RTOERO In-Person and Webinar RPWs (French and English) are available across Canada and can be viewed at:

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

Message from Karen Sinclair, Theatre Trips Coordinator

I must apologize for my oversight in planning our theatre daytrip to see My Fair Lady at the Shaw Festival booked on October 2. Our members of the Jewish Faith begin their celebration of Rosh Hashanah at sundown on that date. Unfortunately, when the error was discovered all other group days were sold out. Our President, Ruth Baumann, contacted the three other Toronto Districts to see if they had planned trips to see this play and if they had spaces available. As yet, they have not completed their bookings. If spaces do become available we will publish them on District 16's website. Again, I deeply apologize for this oversight. In addition, if members of other faiths are unable to attend RTOERO events because of conflicts with holy days or religious practices we would appreciate your input. **Karen Sinclair**

Fans of '80s arena hard rock music will dig this awesomely hilarious musical comedy that wails with big chords, big hair ... and an even bigger heart. It's 1987, and aspiring rocker Drew Boley meets and falls madly in love with Sherrie, a fresh-faced Midwesterner who has recently moved to Los Angeles to chase her movie star dreams. Will their stars rise? Will their love last? Find out in the worldwide phenomenon featuring 28 classic rock tunes like "Don't Stop Believin'," "We Built This City," "The Final Countdown," "Wanted Dead or Alive," "Here I Go Again," "Harden My Heart," "Can't Fight this Feeling," and "I Want To Know What Love Is." Don't stop believin' ... after a sold-out run in Grand Bend in 2023, the music that ignited a generation is now rocking St. Jacobs! .



Date: Thursday, May 30, 2024

Depart: **8:30am** First Alliance Church
3250 Finch Ave. E. (between Pharmacy & Warden)

9:15am Yorkdale Subway Station (north end)

9:45am Hurontario Car Pool (at Hwy 401)

Market: **10:30am 11:30am**
Visit St. Jacobs Market

Lunch: **11:45 a.m. -1:30 p.m.**
Enjoy a delicious lunch at Jacobs Grill. Choice of:
1) Fish (Haddock) & Chips
2) German Schnitzel (pork) with sauerkraut & potato salad
3) Vegetarian Pasta

MEAL SELECTION REQUIRED UPON BOOKING

Show: **2:00pm - 4:30pm**
Reserved orchestra seating for *Rock of Ages*

Dinner: **5:00pm - 6:30pm**
Dinner at Golf's Steak House

Return: **Arrival in Toronto by 8:30pm**

Price: **\$219.00 per person**



Inclusions: Return transportation via deluxe coach, lunch, reserved orchestra seating, dinner, gratuity on meals, driver gratuity, all taxes.

To Book: **Call Karen DeGroot at 416-690-4220 before April 25, 2024.** If your booking is confirmed, forward a cheque payable to Year Round Travel for the full amount IMMEDIATELY to:

Karen Sinclair, 49 Herbert Ave., Toronto M4L 3P8.

Terms and Conditions on page 38



LA CAGE AUX FOLLES

Georges, manager of a drag club in St. Tropez, decides to “play it straight” when his son arrives with his fiancé and her ultra-conservative parents. Albin, the star performer and romantic partner to Georges, is dubious about the plan. The ensuing clash unravels truth and consequences with heartwarming grace. This gorgeous and funny musical has delighted audiences since its Tony Award-winning première in 1983.

Date: Tuesday, September 17, 2024

Stratford
FESTIVAL

Depart: 8:30am First Alliance Church
3250 Finch Ave. E. (between Pharmacy & Warden)

9:15am Yorkdale Subway Station (north end)

9:45am Hurontario Car Pool (at Hwy 401)

Lunch: 11:30am - 1:00pm

Enjoy a delicious lunch at *The Parlour*. Choice of:

1) Roasted Chicken Supreme, Mushroom and Thyme Cream

2) Grilled Atlantic Salmon, Lemon Beurre Blanc, Fennel Slaw

3) Chef's Choice Vegetarian Creation

MEAL SELECTION REQUIRED UPON BOOKING

Show: 2:00pm - 4:30pm

Reserved orchestra for *La Cage Aux Folles* at the Avon Theatre

Dinner: 5:00pm - 6:30pm

Enjoy a delicious dinner at *Golf's Steak House*

Return: 8:00pm Hurontario Car Pool

8:30pm Yorkdale Subway Station (north end)

8:45pm First Alliance Church

Price: \$229.00 per person (includes HST)

Make cheque payable to *Year Round Travel Inc.*

To Book: Call Linda Grieve at 416-498-7228 at 8:00am on Tuesday, June 4. If your booking is confirmed, forward a cheque payable to Year Round Travel Inc. for the full amount IMMEDIATELY to:

Karen Sinclair, 49 Herbert Ave., Toronto M4L 3P8

You may post-date your cheque to August 18, 2024

Inclusions: Return transportation via deluxe coach, lunch & dinner, reserved orchestra seating, driver gratuity, gratuity on meal, and all taxes.

Terms and Conditions on page 38

This timeless classic has been dazzling audiences since its debut on Broadway in 1956. Based on the play *Pygmalion* by Bernard Shaw, it's the story of Eliza Doolittle, a cockney flower girl caught in the middle of a bet between Henry Higgins, a professor of phonetics and Colonel Pickering, a fellow linguist. With unforgettable songs such as "On the Street Where You Live," "I Could Have Danced All Night" and "Wouldn't It Be Lovely?" *My Fair Lady* is one of the most beloved musicals of all time – and now it's returning to The Shaw!



**SHAW
FESTIVAL**
Niagara-on-the-Lake, Ontario

Date: Wednesday, October 2, 2024

Depart: 8:30am First Alliance Church
3250 Finch Ave. E. (between Pharmacy & Warden)

9:15am Yorkdale Subway Station (north end)

9:45am Hurontario Car Pool (at Hwy 401)

Lunch: 11:30am - 1:00pm

Enjoy a delicious meal at Queenston Heights Restaurant
Choice of:

- 1) Grilled Breast of Chicken with Garlic Glaze
- 2) Baked Rainbow Trout
- 3) Canadian Angus Bistro-Cut Striploin au Jus
- 4) Nasi Goreng Style Rice Dish

MEAL SELECTIONS MADE AT THE RESTAURANT.

Show: 2:00pm - 4:30pm

Reserved orchestra seating for *My Fair Lady*

Dinner: 5:00pm - 6:30pm

Enjoy a delicious dinner at Betty's Restaurant

Return: 8:00pm Hurontario Car Pool

8:30pm Yorkdale Subway Station (north end)

8:45pm First Alliance Church

Price: \$214.00 per person (includes HST)

Make cheque payable to *Year Round Travel Inc.*

To Book: Call **Karen Sinclair at 416-690-4961 at 8:00am on Tuesday, June 4.** If your booking is confirmed, forward a cheque payable to Year Round Travel Inc. for the full amount IMMEDIATELY to:

Karen Sinclair, 49 Herbert Ave., Toronto M4L 3P8.

Inclusions: Return transportation via deluxe coach, lunch & dinner, reserved orchestra seating, driver gratuity, gratuity on meal, and all taxes.

Terms and Conditions on page 38

THEATRE DAYTRIPS TERMS AND CONDITIONS

Once your booking is confirmed, tickets are non-refundable so please make careful note of the following:

- 1. DEPARTURE TIMES and PICK-UP LOCATIONS FOR ALL TRIPS.**
8:30am Pick-up #1 *NEW LOCATION and NEW PICK-UP TIME*
First Alliance Church, 3250 Finch Ave., parking along the Finch side of the parking lot (south side).
9:15am Pick-up #2 Yorkdale Subway Station.
After leaving the subway train, proceed to the NORTH end of the platform. Go to the left towards the mall, crossing over the street. Go down the stairs to the street. Cross north at the stoplight. The bus will take on passengers at the bus stop alongside NORDSTROM's.
9:45am Pick-up #3 Carpool Lot at Hurontario and Hwy 401
From Toronto: Leave 401 via the Hurontario exit, remain in the centre lane and proceed across Hurontario at the stoplight. Follow the road and, turn left at the first intersection to the stop sign, turn right and right again into the Car Pool lot on the west side.
From Points North and South on Hurontario: Turn west on Prologis Blvd., which is one stoplight north of World Drive or one south of Courtneypark. Proceed to the stop sign, which is Kateson Drive. Turn left and proceed south past the stop sign at Madill Blvd. and at the next stop sign, turn right and right again into the Car Pool lot on the west side.
- 2. A WAIVER FORM** will be circulated on the bus (required by RTOERO).
- 3. TICKETS and NAME TAGS** will be distributed as you board the bus.
- 4. COVID PROTOCOLS:** Masks are optional
- 5. CHEQUES** should be sent immediately to Karen Sinclair, 49 Herbert Ave. Toronto ON M4L 3P8 to confirm your reservation.
PLEASE MARK THE TRIP DATE ON YOUR CALENDAR and KEEP ALL TRIP INFORMATION. No reminders will be sent out. For any questions, call Karen Sinclair at 416-690-4961.
- 6. CANCELLATIONS:** Once your trip is booked, tickets are non-refundable. If you are unable to attend, contact Karen Sinclair at 416-690-4961 as soon as possible. Try to find someone to replace yourself. Karen will try to connect you with a member on the waiting list, if possible. PLEASE NOTE: If no replacement can be found, tickets are not refundable.

**RTOERO District 16 Theatre Daytrip Committee:
Karen DeGroot, Linda Grieve, Karen Sinclair**



Future of Aging Summit

A better future for all starts here

Future of Aging Summit
May 15 to 17, 2024
Toronto, Canada

[Learn more](#)

THREE Keynote Speakers:

-  **DY Suharya (Indonesia)**
 - Regional Director of Alzheimer's Disease International (ADI) Asia Pacific Region
 - Founder of Alzheimer's Indonesia
-  **Ritu Sadana (WHO)**
 - Head, Ageing and Health, World Health Organization
-  **Tomson Highway (Canada)**
 - Award-winning author, playwright, musician and social worker
 - Cree Elder and social worker
 - Officer of the Order of Canada (1994)

RTOERO's Future of Aging Summit brings together experts and thinkers from various sectors, but all with a common focus: improving later life.

Registration is now open at <https://agingsummit.rtoero.ca/> for the Future of Aging Summit in Toronto, Canada, from May 15 to 17, 2024. The international event is designed for policymakers, researchers, engineers, designers, planners, community organizers, advocates, and anyone else focused on supporting healthy aging, ending ageism and building age-friendly societies.

Help promote the summit

Consider if you have any contacts in your network who may be interested in attending the summit. For example, members of a municipal age-friendly committee, city planners, or staff at local non-profits that support older adults. Find sample text you can share on the summit site: agingsummit.rtoero.ca/promotion-kit/

Why is RTOERO hosting this event?

The Future of Aging Summit is part of RTOERO's Vibrant Voices Advocacy focus. Through the summit, RTOERO will continue to foster an interconnected network of people across sectors who, like us, believe in a better future—together and want to help create it.



<https://rtoero.ca/vibrant-voices/>

TOP 20 MOVIES

My beloved son, Tas, died recently — on November 18, 2023. He was only 43 and a diabetic. His illness came with no forewarning, no sense that anything was wrong. He died of necrotizing fasciitis, which is a vicious form of flesh-eating bacterial blood disease. Our entire family was devastated.

Like me, Tas was passionate about movies, loved going into a darkened theatre, loved great film-making in all genres, and loved talking about them with me. He was my son, but he was also my best friend and movie buddy. In fact, we have been a film club of two since he was a toddler, and I took him to see his first film, a revival of Disney's SNOW WHITE AND THE SEVEN DWARFS, at the old Palace on Danforth Avenue - complete with a big box of popcorn! What a delight he was in different ways for four decades, and how lucky I was to have him.

David Gilmour wrote a wonderful book in 2007: *The Film Club: A True Story Of A Father And Son*. In this highly engaging and emotional book, Gilmour described how he tried to bond with his chaotic and apathetic teenage son, Jesse, through the medium of old and new movies. My son kept this book on his shelf because it reminded him so much about our special bond. But whereas Gilmour's bonding over movies ended in his son's later teens, ours continued and continued with ever-increasing enjoyment, maturity, and love. In fact, I wrote him a special note, which he kept in the book, about how much better our relationship within our own "film club" was. Very rare and special.

I miss him terribly, and movie-going will never be the same for me again. This list below of top movies are ones that Tas and I saw together or talked about before his passing, with *Oppenheimer* being by far the greatest achievement of epic film-making this year with superb cinematography, script, editing, sound, acting, and directing by the master, Christopher Nolan.

MOVIES OF 2023

A quick note about *The Holdovers*. If you are a teacher, you have to see this one. Paul Giamatti plays a teacher at a private boarding school near Boston. He seems to think he has high standards in his teaching of Ancient History, which is good, but he seems to have forgotten the need for a great teacher to also have compassion and empathy for his students. This movie moved me because it is about a teacher regaining his soul no matter what it costs him.

The Miracle Club is a small film with the ageless Maggie Smith about the toxicity of holding self-defeating grudges and perpetuating silent treatments - and the miraculous power and revitalization of forgiveness. See it and be uplifted, something we all need in this day and age.

Here are my recommended films, my last such list after more than two decades of writing and publishing them for our RTOERO Newsletter:

1. *Oppenheimer*
2. *The Holdovers*
3. *American Fiction*
4. *Past Lives*
5. *Killers of the Flower Moon*
6. *The Miracle Club*
7. *Anatomy of a Fall*
8. *Mission Impossible: Dead Reckoning*
9. *Air*
10. *May December*
11. *Barbie*
12. *Flamin' Hot*
13. *Leave the World Behind*
14. *Chevalier*
15. *Saltburn*
16. *Maestro*
17. *Blackberry*
18. *Knock at the Cabin*
19. *Fair Play*
20. *Accused*



It's been a pleasure writing for you. Stay healthy and loving...

John Borovilos



Advocacy is one of the key pillars at RTOERO. We support members and older adults across Canada by speaking up on our three key advocacy issues—geriatric health care, seniors strategy and environmental stewardship.

According to results from RTOERO's 2023 membership survey, expanding our political advocacy efforts is top-of-mind for members; it was listed as one of the top three areas to be considered for future focus of RTOERO. If you are passionate about advocacy and want to make a difference, check out these RTOERO resources:

White papers and position papers

RTOERO's one-page position papers will provide a general overview of the three advocacy issues. Check out the white papers for research, case studies and for a more in-depth view on the topics.

Blogs, articles and webinars

Stay informed and engaged with our curated selection of advocacy-related blogs, articles, and webinars. These resources provide updates, highlight relevant events and additional insight to increase awareness on these topics.

eRenaissance (digital magazine)

Immerse yourself in the advocacy section of our eRenaissance online magazine for engaging articles. Explore thought-provoking content that features various aspects of advocacy in our everyday lives.

Tips and advice from an advocate

If you missed Dave Meslin's webinar on *How to be a changemaker*, fear not. We've compiled valuable tips and advice from his presentation to help you become a more effective and impactful advocate.

Together, we can all advocate for critical policy improvements to address urgent needs now and create a more secure and compassionate future for everyone.

Beware of buy-and-sell scams on Facebook

Facebook Marketplace and other buy-and-sell sites can be great



places to get a deal, but sadly, there's also the risk of scams. Scams on Facebook Marketplace include:

Phishing – Phishing are scams that get you to provide personal information without realizing it. It happens through links to fake websites, messages, or emails asking you

to provide verification codes or account information.

Buyer scam – Someone claiming they didn't receive the item from you, not paying, or reporting the transaction as fraud after they received the item.

Seller scam – Someone tries to sell items without delivering the item. This can include asking you to send a deposit for a high-value item.

Listing scam – a listing is fake or dishonest or lures the buyer off Facebook to complete the transaction.

Scams on buy-and-sell sites could happen to anyone. There are some general tips you can follow to avoid falling victim:

- If something seems too good to be true, it likely is.
- Review the seller's profile and Facebook account to assess whether they're real. See other things they're selling and ratings they've received.
- If you aren't sure if it might be a scam, ask someone else for another opinion or avoid the transaction.
- If selling an item, don't let them leave with the item before funds are received.
- Don't share your financial information.
- Don't send deposits before verifying the item. Go see it. For high value items, such as a luxury handbag, you can also ask for proof of purchase or certificate of authenticity.
- If you feel something may be a scam, you can report it to Facebook.

If you are scammed, you can also report it Facebook.

RTOERO Community Grants Up to \$4000 for your community project!

Community Grants encourage all RTOERO Districts to support and partner with local organizations to promote projects that help our organization to meet our goal of improving the lives of members and seniors. Since the inception of this grant 24 years ago, we've donated \$1.95 million for 598 projects.

Interested districts serve as the project sponsor and submit the application for a Community Grant in partnership with a community organization or on behalf of the district.

Apply at: <https://rtoero.ca/giving-back/grants/>

Applications must be completed online. Progress can be saved and the application returned to for editing at a later date if desired.

Please use the following support documents to prepare your application:

Application Instructions:

https://rtoero.ca/wp-content/uploads/2024/01/2._2024_Instructions_for_Grant_Application_EN.pdf

Evaluation Rubric:

https://rtoero.ca/wp-content/uploads/2024/01/4._2024_Community_Grant_Rubric_for_Districts_EN.pdf

Application:

<https://rtoero.smapply.us/>

We have moved the grant application to a more user-friendly platform that enables easy collaboration. A demonstration of how to access and fill in this new application will be hosted by our e-learning specialist, Lori Hunter, via zoom on February 13 at 12:00 pm. The presentation will be in English, with a bilingual, closed caption, recording made available.

Applications are due by May 31, 2024.

For more information contact jmartin@rtoero.ca

Grassroots projects make communities better. In 2023, RTOERO's annual community grants program contributed more than \$85,000 to 22 projects (see page 45). ***Our district did not apply for a grant last year, but we are interested in pursuing this in the future. If you'd like to be involved, please reach out to Varla Abrams - varla.abrams@gmail.com.***

2023 Community Grants		
District	Project	Amount
Rainy River	Enhancing Library Access for Atikokan Seniors	\$4,000.00
Algoma	The Kensington Conservancy	\$4,000.00
London Middlesex	London Valley Consistory Club (Equipment)	\$4,000.00
Huron-Perth	Welcoming Ukrainian Immigrants to RTOERO, District 9	\$4,000.00
Bruce Grey & Dufferin	Bruce Grey Dufferin Men's Shed	\$4,000.00
Waterloo Region	Gather at the Gallery for 55+ - come for the arts and stay to mingle	\$4,000.00
Hamilton-Wentworth & Haldimand	Blood Pressure Monitoring and Physical Activity for Seniors at PACE	\$4,000.00
Halton	ONE Little Free Library for Book & Social Clubs	\$1,270.00
Etobicoke and York	Health and Wellness Coordinator for Etobicoke Senior Services	\$4,000.00
North York	2Choirs! Seniors and Music	\$4,000.00
Scarborough & East York	Commemorative Bench and Commemorative Plaque	\$4,000.00
Kenora	Kenora Community Hospice Beds	\$4,000.00
Northumberland	YMCA Northumberland Breaking Bread Program	\$4,000.00
Wellington	Storytime Trail	\$4,000.00
York Region	Lighting Up BackStage	\$4,000.00
Peterborough	Trivia Pub Nights	\$4,000.00
Oxford	Making Trillium Trail Fully Accessible and Entice Birdwatching	\$4,000.00
Mainland British Columbia	Aging in Place	\$4,000.00
Nipissing	Play Readings With and For Seniors	\$4,000.00
EstaRiO	Reconnaissance de la Francophonie d'hier, d'aujourd'hui et de demain / Recognition of the Francophonie of yesterday, today and tomorrow	\$4,000.00
Vancouver Island	Sharing with Youth and Seniors "Braiding Sweetgrass for Young Adults" by Monique Gray Smith promoting Environmental Stewardship	\$4,000.00
Leeds and Grenville	Brockville Sunday Suppers	\$4,000.00

RTOERO
2023 Foundation:
Webinar Series
in review



RTO Foundation
ERO Fondation

In 2023, the Foundation hosted four informative presentations featuring experts in the fields of geriatrics, social engagement and the benefits of charitable giving. Through its webinar series, the Foundation is working to ensure older adults in Canada, are equipped with the latest knowledge and information relevant to healthy, active aging.

All webinars are available to watch on the RTOERO Learning site with English and French captions - rtoero.ca/learning

Delirium: An overview of causes, treatments and how you can help! Delirium is a serious state of confusion that commonly impacts hospitalized older people. Learn about this condition, including its causes, treatments and long-term impacts.

Supporting your neighbours: Strategies for identifying and helping older adults experiencing social isolation

As we get older the risk of social isolation increases significantly, but it's important to continue to find ways to stay connected with family, friends and the community. Learn tips and strategies for how to identify and help older adults who may be experiencing social isolation and more.

Aging in place: A panel discussion

Hear from three leading experts in the field of seniors' health and wellness as they discuss initiatives they are currently working on and highlight innovative trends in the area of aging in place.

Your dreams, your legacy:

Your golden years provide an opportunity to revisit your life ambitions and the mark you make on this world – today and tomorrow. This engaging webinar will help you explore your goals and objectives related to the legacy you create now and after your journey ends.

The Foundation's 2024 webinar series began on February 15 featuring RTOERO Chair in Geriatric Medicine, Dr. Paula Rochon. Registration info would be emailed to all RTOERO members close to the webinar date.

If you have any questions about the RTOERO Foundation webinar series, please contact Deanna Byrtus:

1-800-361-9888 ext. 271 or dbyrtus@rtoero.ca.

YOU CAN PLACE AN AD ON THE RTOERO WEBSITE

As part of RTOERO's commitment to members, RTOERO provides you the opportunity to post your classified advertisements, free of charge.

Title: Make your own
Categories: Reunions, Paid Jobs, Voluntary Jobs, Travel, For Rent, For Sale, Services, Other

Choose where to post your ad: Any or all RTOERO Districts

Provide a Description: Up to 1000 words

Provide your Contact Information:

Choose the language: English, French

Go To: <https://district16.rtoero.ca/classified/>

A little planning goes a long way



BOOK YOUR SPOT NOW

Webinars and In-Person workshops are for anyone in the education community in Canada considering retirement now or in a few years.

1-800-361-9888

rpw@rtoero.ca

rtoero.ca

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

Reflections On Ribbon Skirts

Written by Shaneeka Forrester for RTOERO, Cree artist, mother and advocate from Brunswick House First Nation, planting roots in Simcoe County, Ontario

Skirts are traditionally worn in ceremonies by many Indigenous groups across Turtle Island. Different territories have different protocols outlining the types of skirts that can be worn. Ribbon skirts are a style of skirt that has become increasingly popular in recent years and are commonly re-stylized from a modern lens. These are skirts made by Indigenous artists that are adorned with ribbon appliques. Some skirts are made with a solid-coloured cotton fabric and horizontal lines of ribbons across it. It's also common to see multiple variations and interpretations of this piece of Indigenous culture.

Many groups would traditionally wear skirts that go to an individual's ankles. However, ribbon skirts are worn in a variety of lengths today. Some ribbon skirts are created using elaborately designed fabrics with multiple widths of ribbons draped across them. Some can be seen with the ribbons extending beyond the seams, creating a tassel effect. The colours and patterns used to create these skirts is left to the discretion of the creator and wearer. Some individuals will incorporate patterns of florals traditional to their territory or include their clan colours into the ribbons. Others may decide to wear designs and colours that appeal to them for other reasons. Whatever the reason is, these skirts have become a symbol of resurgence, revitalization and connection for many of its wearers.

You may be wondering if ribbon skirts are an appropriate item to wear as a non-Indigenous individual. I would encourage you to consult with Indigenous members from your territory. Some individuals may feel okay with non-Indigenous individuals wearing these skirts when they are invited into Indigenous spaces, while others may feel they are intended for their community, so it is always best to speak with the creator of the garment directly.

There are many teachings about this traditional skirt and its significance to communities across Turtle Island. I encourage you to seek more information about this garment and its traditional purposes in your territory. These beautiful skirts have a lot of meaning to the individual wearing them. Often, we feel a sense of pride when we wear our ribbon skirts, and they help us connect to our ancestors in a small way. Remember, never touch an Indigenous person's garments without permission.



The
DUKE ELLINGTON SOCIETY
Toronto Chapter 40

presents **Ellington Music** by

**Martin Loomer's
Orange Devils**

**CELEBRATING the
125th ANNIVERSARY of
DUKE ELLINGTON'S BIRTH**



7:30pm | Saturday, April 27 2024

The Al Green Theatre, Miles Nadal JCC
750 Spadina Ave. at Bloor St.

Tickets \$50 General Admission + small service charge
purchase tickets at [eventbrite.ca](https://www.eventbrite.ca)

Member, Irene Barton, Program Director

NEWSLETTER DISTRIBUTION CHANGE

**Effective this March 2024 Issue
Your Copy is Delivered
According to Your Instructions
as Recorded with RTOERO**

In our last issue, an explanation was provided regarding this change. Instructions were included as to how to change or confirm your Marketing Preferences via the link (*Set Marketing Preferences*) at the bottom of all RTOERO and Toronto District 16 emails.

NEWSLETTER DELIVERY IS VIA:

- a) **RTOERO EMAIL NOTICE OF AVAILABLE PDF DOWNLOAD;**
- OR,**
- b) **CANADA POST HARD COPY.**



Goodwill Report ~ Wendy Blain ~



Happy New Year And Happy Year of the Dragon!



Over the past three months, we have sent birthday greetings to the following:

- Eighty-seven of our members who turned Eighty.
- Twenty members who turned Ninety.
- Five members who reached the milestone of One Hundred Plus

Just as a special note, we had a member who turned One Hundred and Eight.

A very special **HAPPY BIRTHDAY** to them all.

We have also grieved the loss of fifty-five of our members since our last report and sent cards of condolence to their family members.

As always, I appreciate everyone who connects with me through email to provide me with information on members' birthdays, illnesses, and about those who have passed. I receive monthly information from RTOERO – and the personal messages from our members are wonderful additions.

2022
Year-end tax tips for
RTOERO members



RTOERO TAX TIPS 2023

<https://rtoero.ca/resources/tax-tips/>

Tax Tips is an annual document prepared by Grant Thornton LLP. It includes tax information and tips that may be relevant to our members for the preparation of tax returns.

Topics include:

- Rental properties and real estate
- Pension income splitting
- Taxation of capital gains
- RRSPs
- Tax rates and tax credits
- Foreign investments

Watch your email announcing the availability of Tax Tips 2023

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.

Muriel Anderson
 Bruce Becker
 Ken Bonnyman
 Karen Brandes
 Edward Oscar Brathwaite
 Irene Buckiewicz
 Ann Crysdale
 Gary Dee
 Paul Douglas
 John Finlay
 Patrick Fitzpatrick
 Wilmur Giffen
 Allison Goldstein
 Martha Gombita
 Sonia Greenberg
 Leslie Harangi
 Elizabeth Harris
 Doris Hawrylyshyn
 Marie Hay
 Ian Henderson
 Janusz Jakubas
 Eric Kauppine
 Violet Kelly
 Joan Kerr
 Marilyn Leeds
 Raymonde Letourneau
 Ann Ludwigsen
 Joan MacDonald
 Lorraine MacKie

Theodore Malar
 Stepan Martiuk
 Carol Mendelsohn
 Anne Meszaros
 Terry O'Neil
 Muriel Nashihama
 Roger Nicholls
 Adam Peer
 June Pemberton
 Barbara Petzke
 Dorene Powell
 Albert Reinholdt
 Peter Rempel
 Gilles Rinfret
 Mary Robertson
 Lucille Sadowski
 Gloria Samagalsky
 John Sanders
 Ruth Sato
 Florence Siegelman
 Joyce Skelton
 David Stanford
 Ian Stewart
 Joan Thibault
 Gloria Torrance
 Margaret Watson
 Mary Watt
 Peter Wells
 Patricia Wenger



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5650 Yonge St
416-228-5900
1-877-812-7989
www.otpp.com

OMERS

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900-100 Adelaide St W
416-369-2400
www.omers.com

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www.rtoero.ca



Visit us at

<https://district16.rtoero.ca>
<https://www.facebook.com/RTOERODistrict16CityofToronto>



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 to Active and Retired Members of RTOERO Toronto District 16. Our email service informs you 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
Technical support: Bill Menagh

Submissions:

Mid-month of August, November, February, May

Mailings:

Mid to late September, December, March, June

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 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.

REMEMBER!

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

You can easily manage your preferences your email preferences by clicking on the subscription preferences link included at the bottom of every RTOERO eblast.

Remembering When ~ Spring Luncheon, 2014



Opinions expressed in this Newsletter do not necessarily reflect the position of RTOERO or RTOERO Toronto District 16. Third-party content is presented for information only and does not necessarily imply endorsement by your editors or RTOERO 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.

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