



STONY BRIDGES

ISSUE 84

A NEWSLETTER FOR



DISTRICT 23, NORTH YORK

JUNE 2005

CHALK DUST MEMORIES

Farcical and humorous tales submitted by our readers

The Unwelcome Guests
by Allen Strike

School plays originate with teachers who enjoy theatre. I cannot say honestly that I ever took part in mounting plays



because I thought that it was good for the school's reputation or spirit. I did think that it was a good experience for the students. I liked helping to create an entertainment. It was a creative process. I wanted to produce a good performance and I wanted the students to know that they had taken part in something special. That means that one does not try to produce a play which is pretty good considering that it is a school play but one which is good by any standard.

For that reason my co-conspirators and I avoided adult plays and opted for plays which are best done with a cast of young people. Thus we did the likes of *A Wind in the Willows*, and *The Hobbit*.

~See STRIKE/page 4

COMING EVENTS

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Tuesday, September 13, 2005
~See page 8

Champagne Breakfast
Tuesday, September 27, 2005
~See page 12

Hello Dolly at Stratford
Tuesday, September 20, 2005
~See page 11

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Thursday, October 6, 2005
~See page 15

Woodbine
Thursday, October 27, 2005
~See page 10

Lend me a Tenor at Drayton
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Christmas Luncheon
Friday, December 2, 2005
~See page 10

Website Address:
www.rtoerotorontodistricts.org

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Door Prize winner, Dorothy Miller receiving her prize from Past President, Beverley Wood at the Spring Luncheon at the Thornhill Golf and Country Club.

Editor's Note

This is our recruitment issue. It arrives in schools in June when soon-to- retire teachers are looking ahead to September and wondering what the future will be about for them.

And we think that part of that future should be as a member of RTO/ERO, District 23.

We're not foolish enough to think that too many of them notice STONY Bridges in the staff room, but it is there should they wish to pick it up. Perhaps you could mention, to your soon-to- retire friends, that it is there and they could use it to sign up for the Champagne Breakfast on September 27, 2005. It's free for them. And you come too, of course.

Rob Fraser, Editor

Correction

In the previous issue of STONY Bridges, we incorrectly identified Travelogue Presenter Ray Burton as Ed Martin.

We regret the error and apologize to both Ed Martin and Ray Burton.

Submissions

STONY Bridges welcomes submissions from members. Please include name, address and telephone number (for identification only) and some past and present biographical information (for publication). Pictures are also welcome. We reserve the right to edit, condense or reject letters or submissions.

Send them to:
Rob Fraser
116A Hinchberger Bay Dr.,
Callander, ON
POH 1H0
Phone: 705-752-5697
email: robertpf@hotmail.com

✕

No Newsletter?

- 1) If you are a member of RTO/ERO, District 23 North York or any other RTO/ERO District, call George Meek at 416-226-3568.
- 2) If you are not a member of RTO/ERO, then you will need to join to receive a newsletter. Call RTO/ERO provincial office at 416-962-9463, then call George Meek.

✕

Change of Information

Please use the form found on the back page of this newsletter to notify us of your new information.

✕

Deadline

The deadline for materials for the next issue is October 15, 2005.

Calendar of Events

September

6 Bridge	1:00 p.m.
7 Executive Meeting	9:15 a.m.
8 Strollers	10:00 a.m.
13 AGM	10:30 a.m.
20 Stratford	8:45 a.m.
20 Bridge	1:00 p.m.
27 Champagne Breakfast	9:30 a.m.
27 Bridge	1:00 p.m.
28 Book Club	2:00 p.m.

October

4 Travelogue	1:30 p.m.
6 30,000 Islands	8:00 a.m.
6 Strollers	10:00 a.m.
11 Bridge	1:00 p.m.
12 Executive Meeting	9:15 a.m.
18 Bridge	1:00 p.m.
25 Bridge	1:00 p.m.
26 Book Club	2:00 p.m.
27 Woodbine	12 noon

November

1 Travelogue	1:30 p.m.
1 Long Term Care	10:00 a.m.
3 Drayton, Tenor	8:45 a.m.
3 Strollers	10:00 a.m.
8 Bridge	1:00 p.m.
9 Executive Meeting	9:15 a.m.
15 Bridge	1:00 p.m.
22 Bridge	1:00 p.m.
29 Bridge	1:00 p.m.
30 Book Club	2:00 p.m.

December

2 Christmas Lunch	11:00 a.m.
6 Travelogue	1:30 p.m.
13 Bridge	1:00 p.m.
14 Executive meeting	9:15 a.m.
20 Bridge	1:00 p.m.
27 Bridge	1:00 p.m.

President's Letter

By the time you receive this newsletter, all of us will hopefully be enjoying a nice warm summer. I would like to thank the Executive for making this year a wonderful experience for me in the field of service to others- our members!

The Executive has accomplished much, and made efforts to begin new activities for our membership to enjoy. Namely these were: book club, walking group, aqua fitness, bowling, and a craft club. Some were successful and some were not.

We invite your comments or input into the kinds of activities that you would like our organization to organize in the coming year. Drop any one of us a line.

In September, please join us for our Annual General Meeting when the new Executive for next year will be chosen; also at the Champagne Breakfast where we welcome new retirees to District 23, North York. How about Bridge on Mondays at Goulding Park Community Centre or on Tuesdays at Willowdale United Church, or come to our monthly Travelogues also at Willowdale United Church?

You can find details of these and other future events for the fall months in the pages of this newsletter.

I would like to end this brief letter with a final plea (for this year anyway) to members to become involved.

Any organization is only as good as the people who involve themselves in running the organization, people that attend the functions that are run by the organization, and the members who contribute their comments or suggestions.

Furthermore, an organization can only remain vital and exciting when new and energetic faces come forward and offer their services in the opportunities and events offered by the organization.

Get Involved! Call any one on the Executive for details or come to one of our meetings.

Please call me at 416-281- 3542 or

email me at frank.elaine@rogers.com with questions and or suggestions.

Again, I thank you all for a great year. And - have a great summer!

Frank Saliani, President



President Frank Saliani and his wife Elaine.

E-Mail List

by Frank Saliani

From time to time, information, events, or announcements that need to be passed on to the membership come to the Executive and we find it impossible to pass them along in a timely manner. "Stony Bridges" publication dates and deadlines for inclusion just don't work for pending messages or announcements.

I am willing to create an e-mail listing for those with e-mail accounts in order to ameliorate the situation.

If you wish to be included in such a listing, please send me an e-mail message at frank.elaine@rogers.com with the line "Count me in". ♦

~STRIKE/continued from page 1

in the Willows, and The Hobbit. There were other schools who attempted My Fair Lady, Becket, and A Man for All Seasons; all of which involved hours of vainly trying to make teenagers sound like Rex Harrison, Richard Burton, and Paul Scofield.

A whole technical crew has to be developed. There is a lot to do: scene building, painting, lighting, sound, costumes, make-up, and publicity. Then there is the whole matter of marshalling the players. It all takes time to organise. Typically the process begins early in the school year and stretches over some six months. During that time, the whole cast and crew concentrates on polishing and refining that one production. They have a lot of energy invested. The rest of the school largely ignores all this activity until the play date approaches. Then, fired by the thought of a public performance, the Unwelcome Guests emerge. Weak

and unsympathetic decisions are then likely to be made.

Typically, one of the first intruders is a group of girls who decide that they would like to add a display of interpretive dance to the production. One of the girls does this dance at night school and she thinks she can train a corps de ballet in one week. The result is a gang of chubby girls in black tights and leotards clumping and leaping awkwardly about the stage. They are not coordinated either separately or jointly and yet, despite the evidence to the contrary, they are convinced that this performance is very sensuous and appealing. Good intentions are not enough. Expert Dance demands both great discipline and much more rehearsal than any play. Martha Graham wannabes are unwelcome guests.

The next of the unwelcome guests is the school orchestra. The music man wants his charges to perform in public, yet again, and convinces the Principal that he should be allowed to do so. All of the space arrangements have to be

changed. Seating is lost because an orchestra occupies about half an acre; music-stands and chairs have to be stored somewhere. Finally, musicians are visually impaired and must have all the lights on to see their score. The atmosphere of play-going is totally destroyed.

In one play we did there was a need for a piano to be heard off-stage. The music man decided that what we really needed was not a piano but a harpsichord! He convinced the director of the play about this need. So a harpsichord was borrowed and set it up in the cafetorium. It was a very expensive and delicate instrument so for a week it had to be fenced off and protected by a harpsichord patrol. We did not need the darned thing and it was another unwelcome guest. ♦

Al Strike is a regular contributor to STONY Bridges. He lives in Port Hope, Ontario where he paints, and creates engravings from photographs like the one of him on the front page.



Aboard the bus on the way to see "Gypsy" at the Shaw Festival at Niagara on the Lake.

Stony Bridges Strollers

Thursday, September 8, 2005

10am- 12 noon

The Beaches

Meet at the parking lot at the south end of Woodbine Ave., near the swimming pool, to enjoy a stroll along the Boardwalk.

Thursday October 6, 2005

10am -12noon

The Brickworks and Pottery Road area.

Meet in the parking lot off Bayview Ave. on the west side, just south of Pottery Road.

Thursday, November 3, 2005

10am-12noon.

Civic Garden Centre area.

Meet in the parking lot at the Leslie entrance to the Civic Garden Centre, just south of Lawrence.

For further information contact: Margaret Schuman- 416-924-0267 or
Beatrice Connelly-416-482-9032

Wear comfortable shoes, clothing suitable to the weather conditions and be ready for some fun hiking with friends.

Future strolls will be planned for the first Thursday of each of the winter months.

Observation

Incarnation
isn't all that it's crack'd up to
be,
or not to be,
what with the pain of arriving
and departing,
and all that strain in between.

Of course,
Hamlet said it best of all,
didn't he?

Carole A. Martyn



*Social Convenor Mildred Frank, the
M.C. at the Spring Luncheon.*

Health Services

by Sam Habib

Editor's Note:

Health Services Convenor, Sam Habib has been an active and tenacious advocate of the Health Services Plans of RTO/ERO for many years. This month, he has important information about a variety of things that you should know.

I urge you, therefore, to read these notes carefully and to file them for reference, because if you're like me, you'll forget some of it.

Sam is knowledgeable because he is attentive to this work. And he wants you to be the same.

Direct Dialing to the Provincial Office

You can dial directly to staff at the provincial office by calling one of the following numbers:

Toronto – 416-640-4629

Others – 1-800-881-6956

Once connected, you can enter the staff member's individual extension.

For Health Services information, the contact is Melanie - Carine Johnson at 225.

For Tax tips, other Fact Sheets and Membership Information kits, the contact is Elizabeth Tims at 221.

If you have a computer, you can find these on the website: www.rto-ero.org.

Privacy

When you write or call, your privacy is ensured. If your concern is raised at a committee meeting, your name will be blacked out. Only the staff member and the committee chair will have your name.

Power of Attorney

If an individual is acting as Power of Attorney for a member, Johnson Inc. will only accept notarized or original copies of the form. Although there may be a cost factor to the member in obtaining the form, RTO/ERO

believes that this policy ensures the best means of protection for our members.

Travelling ?

The Department of Foreign Affairs and International Trade issues "Travel Reports" of countries where travel is unsafe. It is extremely important that you are aware of these warnings because RTO/ERO Extended Health Care and Supplemental Plans **will not cover your medical emergency should you choose to travel there anyway.**

A complete list of countries for which travel reports have been issued can be viewed on the Department of Foreign Affairs and International Trade website: www.voyage.gfc.ca. Click on "Country Travel Report" and then click on **BEWARE**. Or you can call World Access Canada at 1-800-249-6556.

If you travel to a country for which there has been no travel report issued, and an act of terrorism occurs, your expenses will be covered should you become ill or injured provided:

- 1) Your coverage is in effect,
- 2) You did not intentionally place yourself in harm's way,
- 3) You did not voluntarily participate in or expose yourself to a riot or civil disorder or hostilities of any kind.

You are not required to have a medical examination prior to going on a trip. However, the plan does have a "sudden and unforeseen" medical sta-

bility clause." If you have a medical condition while travelling that is related to a condition for which you were receiving active treatment in the 90 days prior to travel, it might not be considered "sudden and unforeseen," and therefore might not be eligible for coverage. Contact Johnson Inc. Plan Benefit Claims before travelling.

For example, if you had a heart attack just prior to travelling, and had a heart-related medical emergency while travelling, it would not be covered.

If a member and a travelling partner are both covered under our Plan as individuals, then both require proof of date of departure. If a member and a travelling partner are both covered under our plan as a couple, then each would still require proof of date of departure if necessary to prove later dates in the province of residence.

Ambulance

Ambulance costs are covered only for emergency transport. Ambulance transport which may be medically necessary, but not of an emergency nature, is not covered under our plan.

Manulife Financial

Manulife Financial is now responsible for contracts and policies originally issued by Maritime Life.



Past President Andree Nottage with
Travelogue Presenter, Pam Lock.

VOLUNTEERS NEEDED

Each year, the Executive offers the opportunity for members to serve on its committees. There are several: Membership and Recruitment, Political Action, Goodwill and others.

If you would like to be considered, please contact David Fleming, Past President.

The new Executive will be formed in September, 2005 at the Annual General Meeting.

Contact:
David Fleming
416 - 444 - 4704
or by e-mail:
david.fleming3@sympatico.ca

Annual General Meeting

Tuesday, September 13, 2005

(Cut-Off Date: September 9, 2005)

10:30 a.m. - 2:00 p.m.

\$10



3125 Bayview Avenue
(North of Sheppard, East Side)

Menu

- house greens with goat cheese and spiced walnuts finished with a balsamic dressing.
 - penne with a tomato basil sauce and grilled chicken.
 - fruit crisp with ice cream.
 - coffee and tea.
- Cash Bar

Entertainment

THE INVICTONES

A Five Piece Band

Guest Speaker:

To Be Announced

RWTO

The Retired Women Teachers of Ontario - RWTO York North invite all retired women teachers to join our organization.

We meet regularly for lunch and other activities. Call our Past President, Linda Seath at 416-446-1605 for more information.❖

Annual General Meeting

Tuesday, September 13, 2005
(Cut-Off Date: September 9, 2005)

Name(s): _____

Telephone: _____

Cheque enclosed for ___ tickets @ \$10 = \$___

Make cheque payable to **RTO/ERO District 23, North York** and mail to:
Mildred Frank, 705 - 505 Cummer Ave., Toronto, ON, M2K 2L8
416-221-5328

Health Canada Alerts

a) Health Canada has issued warnings to consumers to avoid a generic cough syrup marketed as “cough syrup DM” under the brand names: People First, PharmaChoice, Procurity Encounter, ARP Preferred, Medicine Centre, United Pharmacy and Western Family.

b) It has also issued a health warning about a cholesterol drug, “Crestor” and has asked for the voluntary removal of “Bextra: a COX-2 inhibitor” from pharmacies, as well as further restrictions on “Celebrex: a COX-2 inhibitor.”

Home Based Business Rider

Johnson Inc. is offering a Home Based Business Rider for those policyholders who operate a small, listed, family run business from their home which extends coverage from the home policy to business property, liability, earnings and extra expenses. This may be added to a Homeowners, tenants or Condominium policy.

World Access Canada

If you are calling World Access Canada from countries other than Canada or USA, here are the steps to follow:

1) Call 519-742-6683, ask the operator to reverse the charge and that it is a Bell Canada call.

2) Wait until the operator asks for clearance from World Access Canada before trying to speak to them. ❖

Website:

www.rto-ero.org
(with links to Johnson Inc.)

e-mail:

healthcommittee@rto-ero.org.

Convenience Services

As a participant in the RTO/ERO Health Plans, you have access to the following convenience services:

a) Direct Deposit - Claim payments can be deposited directly to your bank account.

b) Electronic Dental Claims - Your dental office can electronically send your claim to Johnson Inc. The settlement of your account with your dentist remains your responsibility.

c) Drug Card - Your pharmacist can bill Johnson Inc. for your eligible prescription drug expenses.

CONTACT INFORMATION

Johnson Insurance

Service:

416-920-7248 or
1-877-406-9004
Fax: 416-920-0939

Service Address

Johnson Inc. - Service Dept.
18 Spadina Road, Suite 11A
Toronto, ON M5R 2S7

Claims:

905-764-4888 or
1-800-638-475

Claims Address

Johnson Inc. - Claims
1595 16th Avenue, Suite 600
Richmond Hill, ON L4B 3S5

Fax:

905-764-4041

“Take Care of Your Finances

Take Care of Your Health”

Aboard the bus on the way to see “Gypsy” at the Shaw Festival at Niagara on the Lake.



Stony Bridges Book Club

Wednesday September 28, 2005

The Kite Runner

by Khaled Hosseini.

2-4 p.m.

Edithvale Community Centre

Corner of Finch Ave. W. and Edithvale, a few blocks west of Yonge St.



Wednesday, October 26, 2005

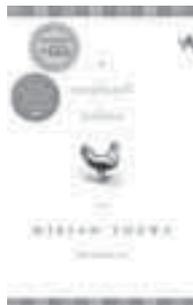
A Complicated Kindness

by Miriam Toews

2-4 p.m.

Edithvale Community Centre

Corner of Finch Ave. W. and Edithvale, a few blocks west of Yonge St.



This group will meet the last Wednesday of each month in the downstairs room at the Edithvale Community Centre

Future dates are on the last Wednesday of the month, specifically:
November 30, 2005, January 25, 2006, February 22, 2006, March 22, 2006,
April 26, 2006, May 24, 2006

The group will discuss choices for future reading.

To indicate your intention to attend the first meeting telephone:
Irene Kitchell at 416-733-8711 or Beatrice Connelly at 416-482-9032

My Favourite Things

Maalox and nose drops and needles
for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favorite things.

Cadillacs and cataracts and hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favorite things.

When the pipes leak,
When the bones creak,
When the knees go bad
I simply remember my favorite things,
And then I don't feel so bad.

Hot tea and crumpets, and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heat pads and hot meals they bring,
These are a few of my favorite things.

Back pains, confused brains, and no fear of sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short shrunken frames,
When we remember our favorite things.

When the joints ache,
when the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.

Submitted by Alma Rowan who reports that Julie Andrews sang this song on her 69th birthday.

Christmas Luncheon

Friday, December 2, 2005

(Cut-Off Date: Tuesday, November 29, 2005)



Granite Club
 2350 Bayview Avenue
 (\$5.00 parking)

Social Hour with Cash Bar - 11:00 a.m.
 Luncheon - 12 noon

\$35

Your name tag at the door will be your entry.

Entertainment: The Jolly Ballers are Back!

Menu

- Granite Club assorted bread basket.
- roasted red pepper bisque topped with herb-brushed crouton and melted woolwich goat cheese.
- grilled chicken in an aged port and pommery mustard sauce.
- seasonal vegetable.
- potatoes.
- traditional English trifle topped with vanilla chantilly and strawberries.

Christmas Luncheon

Friday, December 2, 2005

(Cut-Off Date: Tuesday, November 29, 2005)

Name: _____ Telephone: _____

Guest(s): _____

Cheque enclosed for \$ _____ for ____ tickets.

Make cheque payable to **RTO/ERO District 23, North York** and mail to:

Mildred Frank, 705 - 505 Cummer Avenue,

Toronto, ON

M2K 2L8

416-221-5328

They're at the post.....

**At
 WOODBINE**

Thursday, October 27, 2005

12 Noon (Dining Room)

(Cut-Off Date: October 14, 2005)

COST: \$35

Includes admission, buffet lunch in the Post Parade Dining Room. all taxes and gratuity, *How to Place a Bet* Brochure, and the *Official Racing Program*.



To get to Woodbine: Via 401, 409 and 427 north to Rexdale Blvd.

See page 22 for Registration Form

To a Turbot

In a Spanish restaurant in the Costa Brava, I ordered the catch of the day, which was presented to me in its entirety. It was subsequently fileted but my initial reaction gave rise to this sonnet:

Oh little fish upon my plate
 What brought you to this rueful
 fate?
 Short hours ago you swam so free
 Among your siblings in the sea
 And now you're served for my
 delight
 Your empty eyes stare without
 sight.
 I'm sorry that you're not alive,
 But I must eat you to survive.

But one day I will share your end
 And worms and grubs will then
 descend
 Upon my corpse and populate
 And then in turn invertebrate
 Will feast on worms that once ate
 me.
 The spiral spins to destiny.

For you and I are of one force....
 Recycling life's eternal course.

James Treliving, Palgrave ON

The Stratford Festival Presents

Hello Dolly



Tuesday, September 20, 2005

(Cut-off date: September 7, 2005)

When millionaire Horace Vandergelder hires flamboyant matchmaker Dolly Gallagher Levi to find him a wife, it doesn't take her long to come up with the perfect candidate- herself. Romance and merriment abound.

- 8:45 a.m. Coach at Willowdale United Church
- 9:00 a.m. Depart and travel to St. Agatha.
- 11:30 a.m. Arrive at Angie's Country Kitchen for a delicious home style lunch.
- 1:00 p.m. Depart for Stratford for the performance at 2:00 p.m.
- 4:30 p.m. Board coach to depart for home.
- 6:30 p.m. Approximate arrival home

\$90

Cost per person includes:
 Coach, lunch and show.

Name tags and tickets will be distributed on the bus

See page 22 for Registration Form

Champagne Breakfast

Tuesday, September 27, 2005

(Cut-Off Date: Friday, September 23, 2005)



3125 Bayview Avenue
(North of Sheppard, East Side)

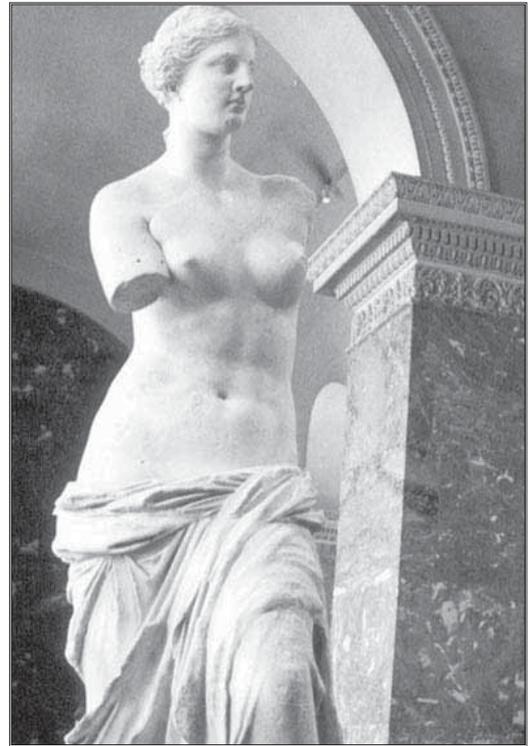
9:30 a.m.

FREE

for the newly retired

\$8:00

for members of RTO/ERO



Venus De Milo - Paris, France

by Elka Enola

Lovely female body
almost masculine face
drapery hiding
whatever lies below slender hips
raising hermaphrodite questions

Missing arms not a problem
not needed
nothing to do
here in cavernous Louvre

Cold marble solitude
misplaced in time
looking for a way back

Champagne Breakfast

Tuesday, September 27, 2005
(Cut-Off Date: Friday, September 23, 2005)

Name(s): _____

Telephone: _____

Cheque enclosed for ___ tickets @ \$8 = \$___

New retiree? Check here ___ for free admission.

Make cheque payable to RTO/ERO District 23, North York and mail
to: Mildred Frank, 705 - 505 Cummer Ave., Toronto, ON, M2K 2L8

416-221-5328

Drayton Festival Theatre Presents

Lend me a Tenor

at The Schoolhouse Theatre in St. Jacobs



A Laugh-A-Minute

Farce

\$70

all inclusive

Thursday, November 3, 2005

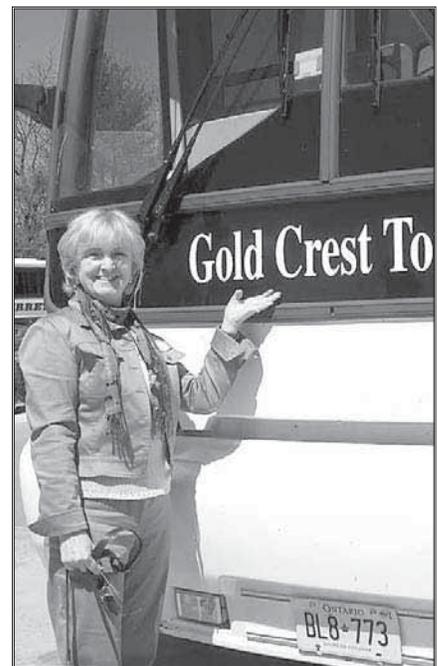
(Cut-Off Date: Monday, October 3, 2005)

- 8:45 a.m. Board coach at Willowdale United on Kenneth Ave.
- 11:45 a.m. Arrive at Millbank and Anna Mae's Restaurant for a home style lunch.
- 1:15 p.m. Board coach for theatre
- 2:00 p.m. Performance
- 4:15 p.m. Depart for home to arrive at approximately 6:15 p.m.

~See page 22 for Registration Form



Jim Rehill, Leader of the Barons of Barbershop. The Barons were the entertainment for our Spring Luncheon at Thornhill Golf and Country Club.



Photographer, Andree Nottage preparing to board the bus on the trip to see "Gypsy" at The Shaw Festival at Niagara on the Lake.

RTO/ERO Toronto Districts presents

Long Term Care Seminar

What does the future hold for you? Freedom, Independence, Security, Dignity, Quality of Life and Peace of mind?

Has the fear of dying been replaced by the fear of living?

Your RTO/ERO Long Term Care Plan is designed to bridge the gap between the services provided by government and your health needs should you become ill or injured and require care.

FREE

Continental Breakfast Provided and Free Parking



3125 Bayview Avenue
North of Sheppard, East Side

Tuesday, November 1, 2005
10:00 a.m. - 12:00 noon

Registration

Complete the form below and mail to Grace Semeraro at Johnson Inc., 18 Spadina Road, Toronto, M5R 2S7 or by fax 905-882-5586 or register on-line at www.rtoerotorontodistricts.org

Long Term Care Seminar

Name: _____ Telephone: _____ E-Mail: _____

District: _____ (Etobicoke/York, North York, Toronto, East York/Scarborough)

How to Recognize a Stroke

Submitted by George Meek

Susie is recouping at an incredible pace for someone who had a massive stroke. All because Sherry knew to ask three questions when she saw susie stumble.

These three questions literally saved Susie's life.

Susie failed all three questions so Sherry called 911. Thank God for the sense to remember the three steps!

Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, this lack of awareness can spell disaster. Now doctors say a bystander can recognize a stroke by asking three simple questions....

Ask the individual to:

- a) *Smile*
- b) *Raise both arms.*
- c) *Speak a simple sentence*

If the person has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the **American Stroke Association's** annual meeting last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage .

A cardiologist says if everyone who gets this message sends it to ten people, you can bet that at least one life will be saved.

30,000 Islands Luncheon Cruise

Plus
A Guided Tour of the Murals of Midland and
A Visit to the Huronia Museum

Thursday, October 6, 2005
(Cut-Off Date: Tuesday, September 6, 2005)



\$70
(All Inclusive)

The Miss Midland

- 8:00 a.m. Board coach at Willowdale United on Kenneth Avenue
- 10:15 a.m. Arrive at Town Dock in Midland
- 10:45 a.m. Board Miss Midland for Luncheon Cruise
- 1:30 p.m. Tour of Murals and Museum
- 4:00 p.m. Board coach for home. Arrive approximately 6:00 p.m.

~See page 22 for Registration Form

Bridge Report

by Alan Ward

The Bridge Club continues to meet at Willowdale United Church on Kenneth Avenue at Church St (south of Finch, east of Yonge) every Tuesday except for the first Tuesday of the month. New members are cordially invited to try us out: it is suggested that players arrive no later than 12.45 p.m., since the afternoon's play begins promptly at 1 p.m. with four duplicate hands.

For more information please contact Alan Ward through email at alanward@interlog.com or by telephone at 905-889-3687.

Challenge Hand Winners: Duplicate style competition

Date	North-South Pair(s)	East-West Pair(s)
February 15th	Jack Foote & Nada Dimitrievich	Shari Swenson & Darlene McCowan
February 22nd	Lee White & Bev Henricks	Vic Suzuki & Bev Suzuki
March 8th	Vic Suzuki & Bev Suzuki	Multiple Tie
March 15th	Guenther Sperling & Lee White	George Vanderwerf & Marilyn Storton-Butcher
March 22nd	Ruth Jacobs & Nada Dimitrievich	Lee White & Mel York
March 29th	Mel York & Elaine Wyles	Elizabeth McKeown & Polly Clarke
April 19th	Frank Saliani & Mel York	Eileen Stanley & Jean Cameron
April 26th	Marsh Morris & Clarice Giffen	Inge Radko & Joyce Arnsby
May 10th	Eulaline Taylor & Alec Taylor	Mary Butler & Audrey Cartwright

The Table Champions

Congratulations to the following players who were undefeated in the first five rounds at least once during the past ten sessions.

Polly Clarke (twice), Alec Taylor, Frank Saliani, Hazel Perkin, Jean Cameron, Lee White, Shari Swenson, Audrey Cartwright, Bev Suzuki, Lois Lewis

The Slam Bidders

To recognize those players who have the courage of their convictions and the skills to succeed in high level contracts, a small prize will be given to any player who bids and makes at least two small slams in the course of an afternoon's play.

Congratulations to the players who made most slams in the past ten weeks: Frank Saliani (5), Carson Klinck (5) and Eulaline Taylor (4).

		<u>Contract Bid (made)</u>
February 15th	Frank Saliani & George Vanderwerf	6 No Trump
	Bev Suzuki & Nada Dimitrievich	6 Clubs Doubled (made 7)
	Darlene McCowan & Ilona Taray	7 Clubs
	Donna Wilson & Frank Saliani	6 Hearts
	Bev Suzuki & Eulaline Taylor	6 No Trump
February 22nd	Barbara Woodrow & Mary Butler	6 Spades
	David Fleming & Nick Stamboulie	6 No Trump
	Alan Ward & Carson Klinck	6 No Trump
	Mary Butler & Carson Klinck	6 No Trump
	Bev Henricks & Jo Burt	6 Clubs
	Frank Saliani & Hazel Perkin	6 Spades + 1
March 8th	Nancy Walsh & Carson Klinck	6 Diamonds
	Marilyn Storton-Butcher & George Vanderwerf	6 Hearts + 1

March 8 (continued)	Guenther Sperling & Claire Knapp	6 Spades
March 15th	Guenther Sperling & Hazel Perkin	6 Hearts
	Mel York & Marsh Morris	6 No Trump
March 22nd	Vic Suzuki & Lee White	6 Clubs
March 29th	Bev Suzuki & Vic Suzuki	6 Spades
	Eulaline Taylor & Alec Taylor	6 Clubs
April 12th	Frank Saliani & Mel York	6 Hearts
	Audrey Cartwright & Carson Klinck	6 Clubs + 1
	Carson Klinck & Nick Stamboulie	6 Spades
	Frank Saliani & Mel York	6 Spades
April 19th	Eulaline Taylor & David Fleming	7 No Trump
April 26th	Elizabeth McKeown & Nada Dimitrievich	7 No Trump
	Joyce Arnsby & Inge Radko	6 Diamonds
	Mary-Elizabeth Lane & Bob Radko	6 Diamonds
	Ruth Jacobs and Eulaline Taylor	6 No Trump
May 10th	Bob Radko & Mary-Elizabeth Lane	6 Hearts
	Jean Cameron & Bev Suzuki	6 Hearts
	Claire Knapp & Marsh Morris	7 Hearts

Competing at Duplicate

The four challenge hands in the Duplicate round contain an unusually high percentage of make able games and slams by the convenor's deliberate choice: some players claim that the duplicate hands are the only ones in which they get any points! A partnership's combined hands normally require 26 points for 9/10 tricks, 29 for 11, 33 for 12 and 37 for 13. In duplicate, failure to bid a make able game or slam is very expensive: the game bonus is 250 points and the slam bonus is 500 points. A failure to sacrifice when appropriate is also expensive: it is cheaper to go down 6 tricks in 6 Spades doubled (-1400) than to allow the opponents to play a cold 6 Heart contract (+1430). It is generally safe to bid up to a level equal to the number of trumps in the partnership's combined hands. You may often go down, but it will be cheaper than allowing the opposition to play.

Even beginning players will have heard of the Blackwood convention. Its purpose is not to bid slams, but to avoid bidding bad slams. If the opponents have two aces, a lot of luck will be needed to bring home a slam bid. Most times the contract will fail. Do not initiate Blackwood with a hand containing a weak doubleton: even if your combined hands are 33 points (your partner opened 2NT and you have 13 HCP in hand) the opposition may possess an ace and a king in the same suit. If you have a doubleton, it is unlikely that your partner is also short in the same suit and the opposition may cash two tricks before you can gain control of the hand. Cue bidding is a safer approach with hands containing weak doubletons. Blackwood should also not be used where the initiator has a void in any suit: your partner's ace may be wasted strength.

Blackwood begins with a bid of 4 No Trump asking for a count of aces, once a suit has been agreed. If the response shows that the partnership has all four aces and you are interested in a possible Grand Slam, this may be followed by a bid of 5 No Trump asking for a count of kings in partner's hand. Any other bid is a sign off. The response to a 4NT bid may be:

5 Clubs	No Aces	5 Hearts	2 Aces
5 Diamonds	1 Ace	5 Spades	3 Aces

In Roman Key Card Blackwood, the 4NT bid asks for the number of Key Cards in partner's hand. Key Cards are the four aces and the king in the agreed trump suit. RKC Blackwood guarantees that you will not reach a slam in a suit lacking both ace and king of trumps. Partner can respond as follows:

5 Clubs	1 or 4 Key Cards	5 Hearts	2 Key Cards but not the queen of Trumps
5 Diamonds	3 or 0 Key Cards	5 Spades	2 Key cards plus the queen of Trumps

Bolder spirits can take RKC Blackwood even further. If the partnership has all the Key Cards, the Blackwood initiator may now bid 5NT. Responder only shows kings *outside* the trump suit. If after a 5C or 5D response, the initiator instead of bidding 5NT makes the lowest available bid that is not in the trump suit (5D, 5H or 5S), it is a *queen ask*. Responder bids 5 or 6 of the trump suit to deny the queen or jumps in the trump suit (but not beyond 6) to show the queen but deny an outside king. A bid in any other suit shows the queen of trumps and the king of the bid suit. If responder has two kings, the bid shows the lower king, as in cue bidding. A response of 5NT shows the queen of trumps and a higher-ranking king. Try it! ♦

On the Political Front

Recent Press releases from - *The Ontario Health Coalition and The Clean Air Alliance*

Homecare Under Threat of Long Term Privatization: New Report Reveals Litany of Problems in Competitive Bidding Process

In response to large protests in Ottawa, St. Catharines and Toronto, the Minister of Health announced a review of competitive bidding in homecare last fall. Elinor Caplan has been appointed to conduct the review. However, she has stated that her mandate is to review "procurement procedure" not competitive bidding, despite the Minister's announcement. Her review is scheduled to be delivered to the Ministry of Health tomorrow, April 1.

In response, the Ontario Health Coalition has conducted its own review of the competitive bidding system that has ushered in for-profit privatization in homecare. A report containing the results were released in a press conference today.

Among the findings:

* Six large corporations now hold 76% of homecare nursing contracts, compared to eight agencies holding 66% of the contracts in 1995. Small community-based agencies have been virtually eliminated in the sector.

* 1,050 workers have been laid off as contracts were lost in recent months.

* Over 22,000 clients have been affected as their careworkers were laid off in contract losses.

"Unfortunately, the Caplan review process is another exercise in rearranging the deck chairs on the Titanic," stated Pat Armstrong

Professor of Sociology and Women's Studies at York University. "As this report clearly indicates, what is sinking homecare is competitive bidding and not simply the procurement process that is the sole focus of Ms. Caplan's review. Only a thorough, public and evidence-based review of competitive bidding can ensure Ontario residents get the quality of care they need at the price that respects care providers and care recipients."

"If they adopt a long-term strategy to continue competitive bidding, the Liberal government will embrace long-term privatization," stated Ross Sutherland, registered nurse and coalition spokesperson. "We are extremely concerned that the govern-

"Unfortunately, the Caplan review process is another exercise in rearranging the deck chairs on the Titanic,"
Pat Armstrong

ment is refusing to consider the poor performance of the profit-system. We are paying the price through poor working conditions, high administrative costs, disruptions in care, and a climate of fear for nurses, clients and support workers."

"Needed now is a more open review that asks fundamental questions about how to build a stable and sustainable system of homecare that is responsive to patients discharged from hospitals and to elderly and disabled citizens living in the community," concluded Jane Aronson, Professor and Director of Social Work at McMaster University. ♦

The full report is available at www.ontariohealthcoalition.ca

Budget Announcement Outlines Wholesale Hospital Privatization: Health Coalition Outraged at Betrayal

May 11, 2005

The Ontario government has announced its intention to bring in a five-year infrastructure plan with today's budget that includes their intention to privatize all new hospitals.

On Monday, Infrastructure Minister David Caplan made clear the government's plan to embrace private finance and leaseback deals (known as P3s or "public private partnerships") for all new infrastructures, including hospitals, schools and water. Minister Caplan was forced by reporters to admit that the privatization deals will cover hospitals, though public title will be retained.

These P3 deals vary slightly in model, but all include privatization of the finance and operation of public services. The P3 hospitals proposed, include:

- a) for-profit corporate takeover of the hospital facility management
- b) privatization of hospital services from patient records to portering and disinfections
- c) commercial development of public lands
- d) 30 - 60 or more year privatization deals in which the public hospital board gives up control over these services, management and lands and makes payments to private for-profit corporations in long term lease or

mortgage deals.

This P3 hospital privatization is deeper than any since the inception of the public health system in Ontario and marks the continuation and expansion of the former Conservative government's privatized P3 hospitals, which Dalton McGuinty promised to stop during the election campaign.

Yesterday, in the legislature, Conservative MPP Jim Flaherty congratulated the Liberal government on continuing the Harris/Eves Conservative agenda of privatization of the public sector by continuing the P3 program.

"The Liberal government has announced its intention to bring in the wholesale privatization of all new hospitals," stated Dora Jeffries, coalition co chair. "The models of private P3 hospitals proposed are just like the Conservatives' P3 hospitals in Brampton and Ottawa. We are outraged at the betrayal of promises to stop the Americanization of our hospital system. We are outraged at the game of semantics that this government continues to play in its attempt to cover up their plans."

"This is privatization by stealth", added Eduardo Sousa, Council of Canadians Ontario coordinator and coalition board member. "The government has announced that it intends to give up hospitals, water systems, schools and other public services to be run by multinational for-profit corporations. This generation-long privatization will lead to diminished services, high costs and endless legal battles like we have seen over toll hikes on Highway 407."

"There has been no public consultation whatsoever by this government about the massive giveaway of billions of dollars in public hospital infrastructure", concluded Natalie Mehra, coalition coordinator. "We have been subject to obfuscation and deception dating from before the provincial election right through the last two years. We intend to build community campaigns to oppose every private hospital. We know the public wants our hospitals kept public and non-profit." ♦

The Ontario Clean Air Alliance says,

"Let's Celebrate Cleaner Air!"

The Lakeview Generating Station is Closed

Saturday marked the official end of the coal-burning era at the Lakeview Generating Station, once the world's largest coal-fired power plant. The shutdown of Lakeview eliminates the No. 1 source of air pollution in the Greater Toronto Area and marks the first concrete step toward reaping the benefits of the McGuinty government's commitment to completely phase-out coal power in Ontario. ♦

What's Happening at Pickering?

1.. The Pickering A Unit 1 nuclear re-start is 20% over-budget according to the latest forecast from Ontario Power Generation (OPG). According to OPG, the total cost will be \$975 million to \$1 billion which is up to \$175 million higher than the original forecast of \$825 million which was endorsed by the OPG Review Committee (the Manley Committee) in March 2004.

2.. According to the OPG Review Committee's economic advisors, CIBC World Markets, the re-start was not even economic on the basis of its original total estimated cost of \$825 million. However, according to CIBC World Markets, given that \$325 million had already been spent on the re-start, it was economic to spend an additional \$500 million to complete the job.

3.. OPG's Pickering A Units 2 & 3 nuclear reactors are also shutdown. According to OPG, the net book value of these two reactors is only \$61 million or \$30.5 million each.

4.. According to OPG, it is planning to make a decision by June 30th as to whether it should attempt to

re-start these two shutdown nuclear reactors.

5.. Even OPG should realize that it doesn't make sense to spend over \$1 billion to avoid writing-off \$30.5 million! However, it seems that OPG is going to try to persuade Premier McGuinty to allow it to throw more good money after bad.

6.. Please contact Premier McGuinty, at Dalton.McGuinty@premier.gov.on.ca, and tell him that energy conservation, new renewables and natural gas combined heat and power plants are our lowest-cost and most reliable options to phase-out our dirty coal-fired electricity generating stations. ♦

Jessica Fracassi

Communications and Membership
Co-Ordinator

The Ontario Clean Air Alliance is a coalition of health, environmental and consumer organizations, faith communities, unions, utilities, municipalities and individuals working for cleaner air through strict emission limits and a phase-out of coal in the electricity sector. Our partner organizations represent more than six million Ontarians.

To subscribe or unsubscribe to this list please visit www.cleanair.web.ca/getin.

For more on how you can contribute to clearing Ontario's air through your electricity purchases, please see our consumer-advice website: www.electricity-choices.org.

Travelogues

by Kerry Peters

Salsburg, Vienna and Prague

with Alan Ward

Digging deep to find the Toonie required for entry into the Travelogue. And for that, you receive refreshments and a ticket for the lucky draw. All Travelogues occur at Willowdale United Church on Kenneth Ave. on the first Tuesday of every month except September and June.

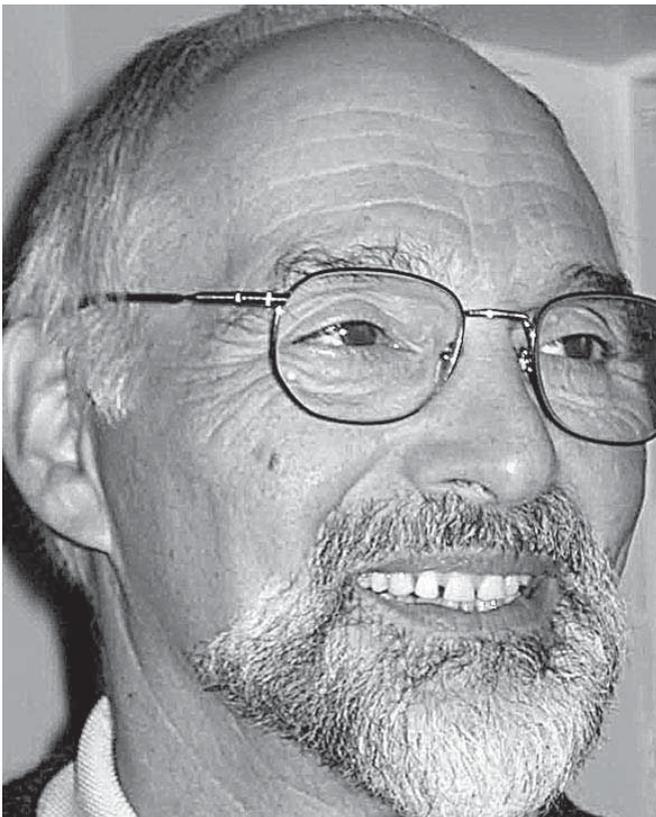


On the first Tuesday of March, we traveled with Alan Ward (our Bridge Convenor) and the Toronto Mendelssohn Choir to Salsburg, Vienna and Prague. We saw numerous excellent shots of the cities and their churches, taken looking up, looking down, and just straight-ahead. We saw Mozart's birthplace, the Schonbrun Palace (rumoured to be owned by a retired teacher (A.W. perhaps), great stately buildings, St. Stephen's Cathedral, many stained glass windows, life on the street and more.

Over 30 people attended on this "iffy" weather day and I think they were glad they were with us for this delightful audio/visual presentation. ❖

Atacama to the Andes

with Arthur Gryfe



Dr. Alan Gryfe first took us to the northern part of Chile. The Atacama is a real desert created by the cold Humboldt Current. Except for some green river valleys, the rest was all desert. Aarica, a seaport in landlocked Bolivia, was carved out of the desert.

We found out that El Niño was a little boy who had long ago walked barefoot 2000 kilometres south to be sacrificed to the sun god. His body was found freeze-dried at 1700 feet southeast of Santiago (6 million + population). Arthur saw the actual body in a Santiago museum.

As Arthur was traveling with a group of archaeologists, he spent a lot of his time around Cuzco, the capital of the Inca Empire. Mach Picchu, rediscovered in 1955, was one of his stops. We saw Inca walls made of gigantic slabs of rock fitted together so perfectly you couldn't slide a knife in between sections.

We also found out that: potatoes originated in Peru, people chew bitter cocoa leaves to help deal with the elevation, Incas only allowed emperors to wear the soft fur of the vicuña (a Llama type animal).

We saw quipu, knots used to record their history.

Arthur found the people to be smiling, happy and most hospitable. The kids sure liked having their pictures taken by Arthur and other photographers. It was a delightful, most informative presentation. ❖

Land of the Queen of Sheba & Lucy *with Pam Lock*

On Day 123 of 2005, Pam Lock treated us to an excellent travel presentation on Ethiopia. Her commentary was most informative. In the winter of 2003, she traveled in a small group of ten, in land cruisers, mainly in the northern highlands. About 60 million people live in Ethiopia, the cradle of humanity. Daylight and darkness are almost constantly equal.

Wherever, the tour was, even in the countryside, a group of people quickly appeared to see them. Quite often, men wore traditional white cloaks. The land cruisers had to carry their own fuel. And a neck cushion was good for the bouncing roads, as were surgical masks for the dust. Biting insects were a problem for some and the plumbing left a lot to be desired.

Pam visited many interesting churches, seven in one day, and she had to remove shoes before entering St. George's Church, which was built deep in the ground. Surprising to us, St. George is their patron saint too. Many great church slides were shown but no one was permitted to take pictures of any government buildings though.

Some credit Ethiopia with the discovery of coffee, and some Ethiopian foods can be found in Toronto restaurants. (Pam said for her, it was an acquired taste). She also found some Italian food in Ethiopia.

We saw the waterfalls near the source of a part of the Nile and "Lucy" remains in an Ethiopian museum. ❖



Elaine Wyles accepting her prize as the winner of the famous Travelogue Lucky Draw.

Travelogues This Fall

Tuesday, October 4, 2005

Jordan

with Penny McLeod-Smith, Membership Convenor

Tuesday, November 1, 2005

Hungary - PUSZTA PAPRIKA

with Manured Putz, Three Time Presenter

Tuesday, December 6, 2005

Unusual Main Streets in Ontario

with Rot Brown

Tear Off Slips

Please include a tear-off for each event you are mailing.

Hello Dolly
September 20, 2005
(Cut-Off Date: September 7, 2005)

Name: _____ Telephone: _____

Guests: _____

____ people @ \$90 = ____ . Cheque enclosed for \$ ____ *(You may post-date cheque for September 7, 2005)*

Make Cheque payable to RTO/ERO District 23 and mail to:
 David Harlton, P.O Box 128, Arden ON, K0H 1B0

30,000 Islands
Thursday, October 6, 2005
(Cut-Off Date: Tuesday, September 6, 2005)

Name: _____ Telephone: _____

Guests: _____

____ people @ \$70 = ____ . Cheque enclosed for \$ ____ *(You may post-date cheque for September 6, 2005)*

Make Cheque payable to RTO/ERO District 23 and mail to:
 David Harlton P.O Box 128, Arden ON, K0H 1B0

Woodbine
Thursday, October 27, 2005
(Cut-Off Date: October 17, 2005)

Name: _____ Telephone: _____

Guests: _____

____ people @ \$35 = ____ . Cheque enclosed for \$ ____ *(You may post-date cheque for October 17, 2005)*

Make Cheque payable to RTO/ERO District 23 and mail to:
 David Harlton, P.O Box 128, Arden ON, K0H 1B0Z

Lend me A Tenor
Thursday, November 3, 2005
(Cut-Off Date: October 3, 2005)

Name: _____ Telephone: _____

Guests: _____

____ people @ \$70 = ____ . Cheque enclosed for \$ ____ *(You may post-date cheque for October 3, 2005)*

Make Cheque payable to RTO/ERO District 23 and mail to:
 David Harlton, P.O Box 128, Arden ON, K0H 1B0

GOODWILL REPORT

by Eileen Justesen, Goodwill Convenor

CHEERY HELLOS

Have you ever received a cheery "Get Well" card in the mail when you were feeling under the weather? If you have, you will remember how it brightened your day.

This is one of the things that the Goodwill Committee does for members of District 23, North York.

BIRTHDAY CARDS FOR THE OVER 80'S

If you know someone who is about to celebrate an 80th birthday, call Nancy Walsh at 416 - 968 - 2067 and she will be sure to send a card.

KEEPING IN TOUCH

We depend on our members to keep us informed about members who are ill, hospitalized, shut-in or bereaved. Please call a committee member with this information.

Convenor

Eileen Justesen: 416-222-0706

Cards

Ruth Bradshaw: 905-472-4142

Nancy Walsh
(over 80's): 416-968-2067

Telephone Calls

Vinny Coetzee: 416-621-6681



The Barons of Barbershop perform.

Spring Luncheon at the Thornhill Golf and Country

Treasurer Guy Leger, past Goodwill Convenor, Nina Hillier and Social Convenor Mildred Frank.



REFUND POLICY

1. All trips and events advertised in STONY BRIDGES and requiring a cheque and order form, will show a cut-off date. The date is set to enable us to comply with our commitment to pay for the event. No cheque should be post dated beyond this date.
2. Any booking can be cancelled at any time prior to the cut-off date by phoning the event organizer or David Harlton 613-335-2108 (trips), or Mildred Frank 416-221-5328 (social).
3. Cancellations beyond this date will only be accepted if there is a waiting list for tickets, and we can sell your ticket to someone on the waiting list.
4. Ticket holders are welcome to sell, give or transfer their place or ticket privately.

CHANGE OF INFORMATION

Send to:
 Dianne Vezeau
 Suite 300, 18 Spadina Rd.,
 Toronto, ON
 M5R 2S7
 Phone: 416-962-9463 or 1-800-361-9888
 www.rto-ero.org

Name: _____

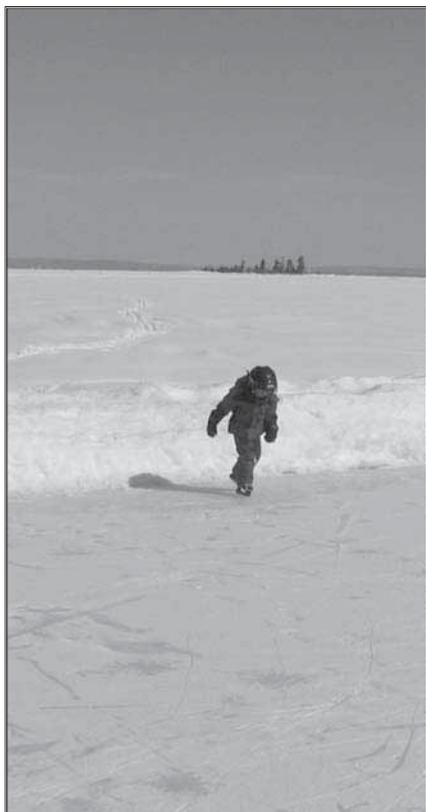
New Address: _____

New Phone: _____

Old Address: _____

Old Phone: _____

Note: The Provincial Office will inform District 23 of these changes.



It won't be long before we'll be able to skate on the lake again.

STONY Bridges
 C/O George Meek
 414 - 4005 Bayview Ave
 North York, ON
 M2M 3Z9

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