

# STONY BRIDGES

Issue 91

A Newsletter for the members of



District 23, North York

June 2007



## Sunrise!

The sun continues to rise when you leave your life in teaching. And we, at RTO/ERO District 23, want to be part of your future sunrises; especially this September when we host our annual Continental Breakfast/Champagne Pour for the newly retired (see page 12), and also our Annual General Meeting (see page 6). Please make a point of attending these events to learn more about RTO/ERO.

We also invite you to the following activities: Come to the races at Woodbine (page 4), North York-Strollers (page 5), Book Club (page 5), Bridge (page 10), *Crazy for You* at the Drayton Festival Theatre (page 15), the Christmas Luncheon at the Granite Club (page 16), the Blue Jays game (page 17), *Oklahoma* at the Stratford Festival (page 21), and *White Christmas* at the Hummingbird Centre (page 18). We have quite a list of things for you to do as you can see. Check us out! Details inside. Look for them.

But there's more: travel stories, poems, recipes, volunteer opportunities, plus goodwill, membership, health services and political action reports.

Come spend some time with us.

**President**

Mary Ellen Lawless  
416-223-4969  
med.lawless@sympatico.ca

**Membership**

Jean Wilson  
647-341-6896  
jgwilson3@rogers.com

**Newsletter Distribution**

George Meek  
416-226-3568  
george.meek@sympatico.ca

**Photography**

Andree Nottage

**Goodwill**

Eileen Justesen  
416-222-0706

**Bridge**

Alan Ward  
905-889-3687  
alanward@interlog.com

**Health Insurance**

George Meek  
416-226-3568  
george.meek@sympatico.ca

**Social**

Mildred Frank  
416-221-5328

**Travel**

Doug Tallon  
416-441-4096  
dougtrav@rogers.com

**Travelogues**

Audrey Cousins  
905-884-3966

**Newsletter Editor**

Rob Fraser  
705-752-5697  
robertpf@hotmail.com

**Recruitment**

Vacant

David Fleming  
416-444-4704

**Webmaster**

Dianne Fair  
416-229-2696  
diannefair@rogers.com

**Assistant Treasurer**

Jean King  
905-764-1125

## Calendar of Events

### August

19 Blue Jays 1:00 p.m.

### September

4 Bridge 1:00 p.m.  
6 Strollers 10:00 a.m.  
11 Bridge 1:00 p.m.  
12 Exec. Mtg 9:15 a.m.  
13 Stratford 8:45 a.m.  
18 AGM 10:00 a.m.  
25 Bridge 1:00 p.m.  
26 Book Club 2:00 p.m.

### October

2 Champagne Pour 10:00 a.m.  
2 Bridge 1:00 p.m.  
4 Strollers 10:00 a.m.  
9 Bridge 1:00 p.m.  
10 Exec Mtg. 9:15 a.m.  
16 Bridge 1:00 p.m.  
18 Woodbine 12 noon  
23 Bridge 1:00 p.m.  
30 Bridge 1:00 p.m.  
31 Book Club 2:00 p.m.

### November

1 Strollers 10:00 a.m.  
6 Bridge 1:00 p.m.  
8 Drayton Festival 8:45 a.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.  
27 Hummingbird 2:00 p.m.  
28 Book Club 2:00 p.m.

### December

4 Bridge 1:00 p.m.  
6 Strollers 10:00 a.m.  
7 Luncheon 11:00 a.m.  
11 Bridge 1:00 p.m.  
12 Exec Mtg. 9:15 a.m.  
18 Bridge 1:00 p.m.

## 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 P0H 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 RTO/ERO of your new information.

✕

## Deadline

The deadline for materials  
for the next issue is  
October 15, 2007

Stony Bridges publishes in February, June and November for the Retired Teachers' of North York, District 23.

# Table of Contents

President's Message	3	Mary Ellen Lawless
Woodbine	4	Woodbine Race Track
Book Club	5	Edithvale Community Centre
Strollers	5	Various Locations
AGM	6	Thornhill Golf and Country Club
Membership/Recruitment	7	Jean Wilson
Health Services and Insurance Report	8	George Meek
Bridge Report	10	Alan Ward
Continental Breakfast	12	Thornhill Golf and Country Club
Crazy for You	15	Drayton Festival Theatre
Christmas Luncheon	16	Granite Club
Blue Jays	17	Roger's Centre
Goodwill Report	17	Eileen Justesen
White Christmas	18	Hummingbird Centre
Oklahoma	21	Stratford Festival
Travelogues	24	Willowdale United Church
Tear-Offs	26	

## President's Message

by *Mary Ellen Lawless*

This is my third and final "President's Message". How quickly the year has passed!

I wish to take this opportunity to thank each member of this dedicated group of leaders who make up the District 23 Executive. Your competence, enthusiasm and professional management of your particular area of responsibility and your collegial support for all the activities have made my duties as President a pleasure, and a lot less daunting than I envisioned last September when I took over this office. Thank you one and all.

Each District works within the general priorities as outlined by the Provincial Executive. This past winter District 23 Table Officers determined four priorities:

- ~ Recruitment
- ~ Budget Procedures and Priorities
- ~ Communications
- ~ Membership Needs.

Brainstorming around what is already being done, and what changes might be made to these ongoing initiatives, took

place at the April and May Executive meetings. A subcommittee is working on moving the resulting suggestions into actions. That report will be tabled at the June 2007 Executive meeting, with any necessary changes to the District 23 Constitution and Policies ready for presentation at the Annual General Meeting scheduled for **September 18, 2007. Mark this date on your calendar today and plan to be present to participate in the decision-making.**

Two Provincial Senates take place each year - in May and October. Your representatives at the two-day May '07 Senate are Helen Wiber, Margaret Schuman, Michael Scheffe and Mary Ellen Lawless. Watch the next edition of the Provincial magazine "Renaissance" for the reports of the highlights from these deliberations. This will be the 72<sup>nd</sup> Senate organized by RTO/ERO, (formerly known as the Superannuated Teachers of Ontario).

When I am asked why I volunteer for RTO/ERO, I know in my heart that I am doing it to honour my mother, the late

Christine Boyle Mulhall. She was typical of many teachers of her era.

She began her career in 1919, was required to resign when she married in the mid 1930's and rejoiced when she could return to her beloved profession in the 1950's. And did she understand the value of the leadership of those pioneers in this organization whose planning and foresight has gained so much for all of us?

Mother jumped at the offer to buy back her pension years when it was offered in the early 1950's and to participate in the health insurance plan at a time when there was little other coverage available and a major health crisis could ruin a family fi-

---

**...When I am asked why I volunteer for RTO/ERO, I know in my heart that I am doing it to honour my mother, the late Christine Boyle Mulhall. She was typical of many teachers of her era...**

---

~See President/ page 4

~President/Continued from page 3

nancially. She rejoiced each year when her pension increased, thanks to indexing based on the cost of living and she warned me routinely that I was never to stop paying her fees to this organization that brought her so much pleasure and security in retirement. And the lobbying and sound policy decisions benefiting all retired educators continues to this day! It is for this reason that ***I continue to urge our retirees to join RTO/ERO, even if they do not as yet need the health care benefits.*** Those of you who are receiving this newsletter realize the support that membership brings to this vital organization. Please do your part by inviting anyone you know who is eligible, to join RTO/ERO and to attend our new members' social, the Champagne Pour on Tuesday, October 2, 2007.

In May 2007 District 23 received a \$3,000 grant from the Provincial "Service to Others" initiative in support of the *Bereaved Families of Ontario*, Toronto chapter's efforts to assist teen-agers who have experienced the loss, through death, of an immediate family member. A report of this initiative will be included in the agenda for the September 18th AGM. Other successes for this year include the many social activities and organized outings available to members: the bridge, travelogues, book club, strollers, and in particular the leadership provided by David Fleming as chair of the four Districts Recruitment and Retirement Planning workshops.

Unfortunately the "Fair Vote Canada" presentation had to be cancelled due to lack of interest as was the Waste Management Symposium organized by the Political Action committee of the four

Toronto Districts.

Traditionally District 23 tries to offer two presentations per year. If you have suggestions for topics that you think might interest our members, please let one of us know. We continue to attempt to move into the technological age and encourage you to use our website for up-to-date information about our District's activities and in particular the excellent "Fact Sheets" on a wide range of topics pertinent to our stage in life.

Several valued members of District 23 Executive are retiring this year. Each one will be missed: Sonia Walker, who has been an outstanding Secretary for seven years; Audrey Cousins, Travel Convener for ten years; Guenter Sperling from Travelogues and Helen Wiber, Past President and leading organizer of the very successful Golf Tournaments.

Special kudos to Rob Fraser, whose creativity and attention to detail make each edition of Stony unique.

Communication with members is essential and Stony is District 23's vehicle to keep you in touch with your organization and its opportunities.

As is usual at this time of the year, we appeal to you to offer to assist District 23 in any capacity that interests you. RTO/ERO needs you. Please volunteer today. The Executive is open to new activities if someone offers to organize and lead them.

To each member who reads this message, have a pleasant summer with family and friends and please come out to as many of our activities as possible next year. I close with my personal thanks to everyone for your support and guidance this past year. ❖

*They're at the post!*



## *At WOODBINE*

Thursday, October 18<sup>th</sup>, 2007

*Cut-off date: October 10, 2007*

**12 Noon in Dining Room**

**\$37**

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

*They're off!*

*To get to Woodbine – via 401, 409 and 427 north to Rexdale Blvd.*

*~See page 27 for registration form*

"I have never killed a man, but I have read many obituaries with great pleasure."

Clarence Darrow

# BOOK CLUB

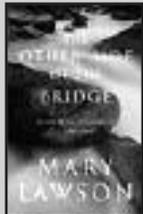
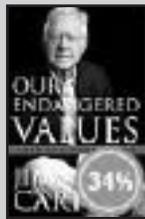
The Book Club meets the last Wednesday of each month at Edithvale Community Centre (Finch and Edithvale - on south side west of Yonge St.) from 2 to 4 p.m.

## Books to be discussed



**September 26, 2007**  
Blood Letting and  
Miraculous Cures  
by Vincent Lam

**October 31, 2007**  
Our Endangered  
Values by  
Jimmy Carter



**November 28, 2007**  
The Other Side of  
the Bridge by  
Mary Lawson

We thank Irene Kitchell and Beatrice Connelly for their leadership of the Book Club this past year.

We will miss Beatrice as she has moved out of town and we encourage those who love to read and discuss this wide-ranging selection of books to offer to assist by leading the discussion for one of the selections.

Contacts:

Irene Kitchell- 416-733-8711  
Mary Ellen Lawless- 416-223-4969

# North York Strollers

The North York Strollers are a friendly and enthusiastic group who have been investigating and discovering various locations within the city of Toronto. The goals of the walks are: to enjoy the companionship of other nature lovers, to enjoy the natural beauty of our city and the changing seasons, to explore neighbourhoods and to exercise a few muscles in the process.

Walks are planned with a minimal amount of steps and grades. The pace of the walk is determined by the needs and desires of the group. A refreshment and washroom break is usually planned approximately one hour into the walk. Walks last approximately two hours, but we have been known to continue a little longer and some often enjoy lunch together at the conclusion of our stroll. Walks for the 2006 -2007 year included: York University, The Garrison Ravines, Edwards Gardens, Forest Hill, Earl Bales Park, An Historic Walk, Center Island, The Beaches and The Northern Ravines.

This year members of the group will take turns leading the group in our explorations. New walkers are always welcome.

Walk on the first Thursday of every month, regardless of the weather. Come dressed for the weather. Meeting places are listed for each walk.

## Walks begin at 10:00 a.m.

**Thursday, September 6, 2007**  
**The Beach**

*Led by Ali Jamieson & Una Monaghan*  
*Meet at the swimming pool at the foot of Woodbine Ave (south of Queen)*  
*Parking available at the foot of Coxwell Avenue.*

**Thursday, October 4, 2007**  
**Cabbagetown/Riverdale Park**

*Led by Annie Conway & Lynn Sullivan*  
*Meet at Castle Frank Subway Station*

**Thursday, November 1, 2007**  
**Black Creek**

*Led by George & Mary Vanderwerf*  
*Take Steeles West Bus 60B or 60D to Pioneer Village (Murry Ross Parkway). Walk south to village entrance.*  
*Parking available at \$8.00*

**Thursday, December 6, 2007**  
**Kensington Market**

*Led by Annie Conway & Lynn Sullivan*  
*Meet at: Queen's Park Station (NW corner of College and University)*

For more information and/or directions please call Joanne Famiglietti (416) 483-4968 or Margaret Schuman at (416) 924-0267.

If you let us know that you are definitely coming - but may be late - we will delay the start of the walk.

# The Annual General Meeting

Tuesday, September 18, 2007

*Cut-off Date: Thursday, September 13, 2007*



10.00 am

Thornhill Golf and  
Country Club  
7994 Yonge Street  
Thornhill ON

## Lunch Menu

Assorted rolls and butter, Roasted butternut squash, Soup with sunflower seeds, Pork tenderloin with apple raisin compote and chardonnay cream sauce, Rice medley, Vegetables in season, Strawberry grand marnier shortcake, Tea and coffee.

\$12.00

Annual General Meeting  
Tuesday, September 18, 2007  
(*Cut-Off Date: Thursday, September 13, 2007*)

Name: \_\_\_\_\_

Guest(s): \_\_\_\_\_

# of tickets \_\_\_\_\_ @ \$12.00 = \_\_\_\_\_

Make cheque payable to: RTO/ERO North York and send to:  
Mildred Frank  
705-505 Cummer Ave.,  
Toronto ON M2K 2L8  
416-221-5528

*Note: Please advise Mildred of any dietary requirements*

# Membership Report

From January 1, 2007  
by Jean Wilson

As of April 30, 2007, we are pleased to report that District 23, North York has 2110 members. Your executive welcomes all new members who have retired in January, February, March, and April, those who have joined from other Districts, and those who have joined for other reasons.

The following information is taken from RTO/ERO, Provincial Office in monthly membership updates. I apologize for any errors or omissions. Every effort has been made to contact all new members and

welcome them to District 23, North York. Newsletters are sent to all new members shortly after our monthly updates have been received.

## January 2007

Paul Brown, Gary Cunning, Anna Gauci, Jacky Hamouth, Donna Kaplan, Sandra Kingma, Jill Lacey, Dianne Morrison, Wilma O'Donnell, Manfred Schalburg, Kenneth Sheppard, Barbara Springgay, John W. Sullivan, Gretchen J. Thomas.

## February 2007

David Ewart, Bruno Galeota, Margaret

Mann, Patricia Newman, Ibolya Smith, John Welch.

## March 2007

Charles Butler, Ira Goldmintz, M. Heather Ingle, Lorna Leibovici, Bernice Leipziger, Haroun Mohammed, Jean Monson, Dorothy A Peers, Thomas Pinkney, Elizabeth Schoenhardt, Patricia Skelly.

## April 2007

Lily E. Brown, C. Rand Fieldus, Howard Haslett, Kazuo Ishili, Annie L. Le, Dorothy-Mae F. Paterson.

# Recruitment

by David Fleming

Essential to the growth of any organization is the recruitment of new members. In District 23, your Executive has placed significant importance on recruitment and continues to work aggressively in this regard. The RTO/ERO Provincial Executive reported in a recent 'Updater' letter that during the first quarter of 2007, the membership increase for District 23 ranked 5th in the Province out of a total of 45 districts.

## Retirement Planning Workshops

During the past two school years, 2005-06 and 2006-07, the RTO/ERO Toronto Districts RPW Committee has sponsored six successful Retirement Planning Workshops in the City of Toronto for teachers preparing for their retirement, from the 800 schools in the two Toronto School Boards. District 23 has provided much of the leadership for these workshops.

The workshops have taken place at three different locations to accommodate teachers in different regions of the city. In November, 2006 we held a workshop at York Mills C.I., a central location; in February we had a workshop in Scarborough at the Blue Danube Restaurant and in April we met at Don Bosco C.S.S., in Etobicoke. All the workshops were well attended with total attendance exceeding 200.

The RPW Committee is currently planning for the workshops for 2007-08. If you know colleagues anticipating retirement from teaching next year, please inform them to look for flyers advertising these workshops.

## Continental Breakfast / Champagne Pour, Tuesday, October 2, 2007

One of the most significant recruitment activities is the Continental Breakfast / Champagne Pour, for new retirees. Please see the ad for this event elsewhere in this issue. In May, invitations were sent to teachers retiring this year in all schools located in the former city of North York. Hopefully, we will have a good turnout for this exciting event. Come out and meet the new retirees.

# Health Services and Insurance Report

by George Meek, Convenor

## Help to New Teacher Retirees and Retirees Reaching Age 65:

You know that RTO/ERO offers the best educator retiree group health plans available. If you have friends or colleagues who are retiring this year or who are already retired and leaving a board plan at age 65, please do them a favour by encouraging them to consider our Health plans and other RTO/ERO services. Simply have them call 416 962 9463 and ask for 'Health Benefits' to obtain the quality information, which will assist in the decision-making process. They should leave at least three months lead-time for this process. If you know someone who requires more information and/or assistance, please contact me.

**Note: OTIP/RTIP are competing individual health plans and should not be confused with our much better plans.**

## 25th Anniversary:

This year is the twenty-fifth anniversary of RTO/ERO providing group health insurance plans for retired teachers and their families. Since 1982, when the Teachers' Superannuation Commission (now the Ontario Teachers' Pension Plan-OTPP) decided that its mandate would not allow it to continue to sponsor benefit plans for retirees, our health plans have grown to be not only the best available to retired educators but also a big business. Approximately 40,000 members of RTO/ERO and their dependents (representing over 60,000 persons) will pay almost \$80,000 in premiums this year.

## Changes to the RTO/ERO Group Health Plans:

The May RTO/ERO Senate will focus on overdue changes to the governance of our three Health Plans. There are no benefit changes to our Health Plans or premiums being considered. If there are to be any for 2008, they would be dealt with at the October Senate or under the new gov-

ernance structure, which will better protect the health insurance coverage of our members and families, our health plan reserves, and the assets of RTO/ERO.

## Communities in Action Fund:

The Communities in Action Fund (CIAF) aims to help bring about a physical activity and community sport culture in Ontario by helping local and provincial not-for-profit organizations provide and enhance opportunities for physical activity through community sport and recreation.

This initiative is a key piece of *ACTIVE2010: Ontario's Sport and Physical Activity Strategy* that aims to help Ontarians be more physically active. The program also supports *Ontario's Action Plan for Healthy Eating and Active Living*, which was introduced by the Minister of Health Promotion, Jim Watson in June 2006.

Eligible program applicants can receive non-capital funding for projects falling under one or a combination of categories covering planning, implementation, and/or development.

## Pedometers

RTO/ERO has been encouraging all members, consistent with the Ontario Government Active 2010 Program, to become active by walking 10,000 steps each day. You would be surprised at how many steps you already take each day. A pedometer(s), which is a device that automatically measures your activity, has been made available through your our District at a cost of \$20.00 each if you can pick it up at a District REO/ERO event, or for \$26.00 for one by mail, or for \$25.00 each for two or more by mail.

This device, which includes a panic alarm, for security purposes, retails for as much as \$35.00 plus taxes before mailing costs.

To order one or more, please complete the form on page 27 and send it to George Meek.

## Digestive Health – Don't Suffer in Silence

Irritable Bowel Syndrome (IBS), is one of the most common health disorders in Canada. The good news is that there are ways to manage IBS symptoms through a healthy lifestyle and/or medication.

Irritable Bowel Syndrome (IBS) occurs more often in women than men – usually first seen around the age of 20. IBS occurs when the bowel doesn't function properly. Because the colon is partially controlled by the nervous system, it reacts to stress. So people who feel a lot of stress are particularly susceptible to IBS. Those who suffer from IBS can also be sensitive to certain foods and large meals, gas, medications, caffeine, and/or alcohol. Symptoms include cramping, extreme abdominal pain, bloating, constipation, or diarrhea. Without treatment, a person with IBS cannot only experience considerable physical discomfort, but his or her emotional well-being can be compromised by the emotional distress and embarrassment of dealing with the condition.

Adopting a healthy food plan and lifestyle are not only key ingredients to alleviating symptoms of IBS, but they are proven components of any plan to ensure overall physical and emotional health.

They include, relaxing, healthy eating, drinking water and regular exercise. Treatment options might include fiber supplements or medication to normalize bowel habits and alleviate abdominal pain, and if necessary, tranquilizers or anti-depressants. The important point is that effective treatments exist, so there's no need for anyone to suffer.

## Zelnorm Tablets' Sales Suspended

At Health Canada's request, Novartis Pharmaceuticals Canada Inc. is suspending marketing and sales of Zelnorm tablets in Canada. Zelnorm is a prescription medication used to treat Irritable Bowel Syndrome with Constipation in women,

and Chronic Constipation in adults younger than 65 years of age.

A recent analysis of clinical trial data identified an increase in the number of cardiovascular ischemic events. These events included heart attack, stroke and worsening heart chest pain that can lead to heart attack. Most of these events occurred primarily in patients who had pre-existing cardiovascular disease and/or cardiovascular risk factors, such as a history of high blood pressure, high cholesterol and previous cardiovascular disease.

Novartis is asking Canadian pharmacies and distributors to return the product to the company. Patients taking Zelnorm should discontinue treatment and contact their doctors to discuss other treatment options. Patients can return any unused Zelnorm tablets to their pharmacists for reimbursement.

### **Life Expectancy Increases:**

Statistics Canada recently released figures that for the first time show a combined male/female life expectancy of over 80 years. It increased in 2004 from 79.9 years to 80.2 years. Between 1979 and 2004, life expectancy among men rose 6.4 years, while among women, it increased 3.8 years. Life expectancy rose for both sexes, but the growth was stronger among men. In 2004, life expectancy for men increased by 0.4 years to 77.8 years, while for women, it went up to only 0.2 years to 82.6. Females born in 2004 are expected to live about 4.8 years longer than their male counterparts. This was down slightly from 5.0 years in 2003.

### **The Fraud Squad:**

The insurance industry notes that as much as they want to give people the benefit of the doubt, there are employees and plan members who commit health fraud. How can and should plan sponsors deal with it?

There are no lack of anecdotes from people who have had close encounters with someone who has crossed the line and defrauded an insurance organization. A fraud investigator recounted how she was in line at a shoe store when the customer

---

### **The study shows a large discrepancy between the universal drug coverage enjoyed by politicians and bureaucrats and the drug coverage provided by public drug plans in several jurisdictions including Ontario.**

---

in front of her asked to have the receipt marked as "orthopedic shoes"; the sales clerk obliged and she turned to her friend and said, "My insurance company pays for most of my shoes, isn't this great?"

So how big is the problem? What percentages of insurance claims are fraudulent?

In 2005, the Canadian Health Care Anti-fraud Association in Toronto conducted a qualitative survey in conjunction with Fraudbox, a company focused on data mining as a means of detecting fraud. Results from that survey put the fraud in the healthcare system at 2% to 12%. Given that Canadians spend about \$130 billion a year in healthcare costs, this estimates the cost to the system at somewhere between \$2.6 and \$15.6 billion. If we are right, or even just close, this is a staggering leakage to the health system, the result of which is increased costs to employers, us, and taxpayers alike – at a time when we are struggling to make the best of every dollar that is spent.

### **Politicians Enjoy Full Coverage of Drugs:**

While politicians and bureaucrats make critical decisions on which drugs to cover in public drug plans, they themselves already enjoy full coverage of these same drugs under their own plans, says CARP, Canada's Association for the Fifty Plus.

As part of its *No More Waiting* campaign, CARP commissioned a study comparing prescription drug coverage enjoyed by elected and public officials to public drug plans in British Columbia, Alberta, Ontario, and those managed by the federal government for Canadian aboriginals, veterans, and soldiers. The study shows a large discrepancy between the universal drug coverage enjoyed by politicians and bureaucrats and the drug coverage provided by

public drug plans in several jurisdictions including Ontario.

### **Cancer Care Ontario (CCO)**

The provincial New Drug Funding Program (NDFP) pays for 75% of intravenous cancer drugs (chemotherapy). Hospital budgets pay for up to the remaining 25%. Some new and expensive intravenous drugs that are not funded through the NDFP (either entirely, or for certain indications) are available for private payment at private clinics. Some patients are also beginning to have these drugs administered at Ontario hospitals under the care of their own oncologists for private payment. Each hospital decides whether to administer these unfunded drugs. The NDFP does not fund drugs administered in private clinics, whether or not it is a covered drug.

One of the private clinics noted on CCO's website is Provis Infusion Clinic, in Toronto. Provis provides patients with access to chemotherapy treatments that have not been approved by CCO for the patient's particular condition. For instance, Rituxan/Rituximab is covered by the NDFP for the treatment of specific cancers. If the oncologist believes that the patient without the specific listed cancer can benefit from Rituxan/Rituximab, the patient can choose to have the drug administered at his/her own cost.

The Ontario Drug Benefit (ODB) program and CCO began a joint drug review initiative concerning a common submission and evaluation process for all cancer related drugs for consideration under the NDFP and/or the ODB program. This initiative provides an opportunity to share information and expertise about cancer drugs among the ministry's expert advisory committee, the Committee to Evaluate Drugs (CED) and CCO. The CED now reports to the Executive Officer of the ODB program.

Finally (*As Sam Habab still says*) :

**"Take care of your finances !**

**Take care of your health !"**

# 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. Normally we have between 24 and 40 members in attendance with an average of 30. 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)
January 16 <sup>th</sup>	Bob Radko & Carson Klinck	Marg Jang & Madeleine Merrick
January 23 <sup>rd</sup>	Hazel Perkin & Mel York	Lee White & Bruce Burgess
January 30 <sup>th</sup>	Helen Lamping & George Vanderwerf	Eileen Justeson & Linda Savoy
February 13 <sup>th</sup>	Dianne Fair & Tony Cribbin	Mel York & Frank Saliani
February 20 <sup>th</sup>	Donna Mighton & Yvonne Gordon	Ruth Jacobs & David Fleming
February 27 <sup>th</sup>	Marilyn Storton-Butcher & Carson Klinck	Helen Wiber & Marilyn Johnson
March 13 <sup>th</sup>	Helen Wiber & Carson Klinck	Dianne Fair & Lee White
March 20 <sup>th</sup>	Hazel Perkin & Donna Mighton	Bev Suzuki & Ruth Hudson
March 27 <sup>th</sup>	Marg Jang & Madeleine Merrick	Nancy Walsh & Tony Cribbin
April 10 <sup>th</sup>	Nora Garvin & Darlene McCowan	Mavis McKernan & Madeleine Merrick
April 17 <sup>th</sup>	Kathleen Elliott & Lee White tied Hazel Perkin & Darlene McCowan	Yvonne Gordon & Donna Mighton
April 24 <sup>th</sup>	Hazel Perkin & Carson Klinck tied Bev Henricks & Lee White	Mavis McKernan & Helen Lamping tied Jean Cameron & Marilyn Storton-Butcher

No Duplicate Hands were played on May 8<sup>th</sup> 2007.

## The Table Champions

Congratulations to the following players who were undefeated in five rounds at least once between January 16<sup>th</sup> 2007 and May 8<sup>th</sup> 2007.

Yvonne Gordon, Marilyn Johnson, Mary-Elizabeth Lane, Donna Mighton (2), Marsh Morris, Hazel Perkin (2), Bob Radko, Marilyn Storton-Butcher, Shari Swenson, Alan Ward

## The Slam Bidders

To recognise 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.

		<u>Contract Bid (made)</u>
January 16 <sup>th</sup>	Clarice Giffen & Marsh Morris	6
January 23 <sup>rd</sup>	Jack Foote & Lee White	6 (7)
	Claire Knapp & Mary-Elizabeth Lane	6
January 30 <sup>th</sup>	Mary-Elizabeth Lane & Helen Lamping	6
	Hazel Perkin & Carson Klinck	7
February 13 <sup>th</sup>	Ruth Jacobs & David Fleming	6 N

February 27 <sup>th</sup>	Bev Suzuki & Vic Suzuki	6 (7)
	Shari Swenson & Ruth Jacobs	6 (7)
	Marilyn Johnson & Nora Garvin	6
March 13 <sup>th</sup>	Linda Savoy & Bruce Burgess	6 (7)
March 20 <sup>th</sup>	Dianne Fair & Lee White	6 N (7)
	Joyce Arnsby & Mel York	6 N (7)
	Eileen Justeson & Marilyn Storton-Butcher	6 N
March 27 <sup>th</sup>	Ruth Jacobs & Bev Henricks	6 N (7)
	Shari Swenson & Bob Radko	6 (7)
	Mel York & Murray Townsend	6 N (7)
April 10 <sup>th</sup>	Nora Garvin & Alan Ward	6 N
	Nora Garvin & Hardie McNeil	6 N
	Lee White & Mel York	6
	Bev Suzuki & Dave Fleming	6 N (7)
	Tony Cribbin & Carson Klinck	6 N
	Hazel Perkin & Mel York	6 N
April 17 <sup>th</sup>	Helen Wiber & Marsh Morris	6
	Dianne Fair & Vic Suzuki	6N
April 24 <sup>th</sup>	Dianne Fair & Vic Suzuki	6
May 8 <sup>th</sup>	Mary-Elizabeth Lane & Nora Garvin	6
	Hazel Perkin & Dianne Fair	6
	Joyce Arnsby & Nora Garvin	6
	Mary-Elizabeth Lane & Marsh Morris	6 (7)
	Nancy Walsh & Lee White	7 N

## Get Your Stony Bridges On Line

Currently we send a copy of Stony Bridges in February, June and November to each of our 2100+ members by mail. This costs about \$1.40 per copy for printing and mailing.

Members in many organizations have chosen to receive such newsletters 'on line' rather than in hard copy **thus saving costs to their organization while making a real contribution towards the environmentally-friendly program of 'reducing and recycling'**.

For members who are on the Internet, we can offer this opportunity to you. This is the way it works:

~ the program would begin with the November 2007 Stony Bridges;

~ when this and future Stony's

have been posted, you will receive an on-time e-mail to that affect including a direct link to [www.rtoerotorontodistricts.org](http://www.rtoerotorontodistricts.org) where it is posted;

~ go to [North York-District 23](#) and then go to [Newsletter](#) (at the top). A user-friendly copy *in blue* of the current Stony appears. Copies of forms or coupons are made easy to print. If you wish to print certain parts of the Stony, use the 'cut, paste, and print' process; if you wish to see Stony as it was printed and sent as hard copy to members then go to ([Download the PDF Version here](#)) which is just under the title **STONY BRIDGES**. If you wish to print certain parts of the Stony, use the 'cut, paste and print' process;

If you want to participate, please

send the 'Information Re-quired,' which is immediately below, to George Meek by e-mail at [george.meek@sympatico.ca](mailto:george.meek@sympatico.ca). *George will be working with Dianne Fair, our Webmaster, in implementing this program.*

We hope you will try this process in the interests of the environment and saving costs to the District (which can be used elsewhere in the interests of the members). The February 2007 Stony is already posted on our website as above in both formats. Please go there and see how user-friendly it really is.

If after you have tried this and find it does not meet your needs, please let George know by e-mail and you will begin again to receive your Stony in hard copy by mail with the next edition. ❖

### Stony Bridges Online

*Cut - Off Date: September 30, 2007*

I would like to receive my copy of Stony Bridges beginning with November 2007 edition on line.

Name: \_\_\_\_\_ Tel #: \_\_\_\_\_ E-mail Address: \_\_\_\_\_  
Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

(Please send this information to George Meek by e-mail at [george.meek@sympatico.ca](mailto:george.meek@sympatico.ca).)

# We Want Your Stories



**Did you ever come up with a creative, innovative idea to teach something special to your class?**

A special project or trip - not part of the curriculum- that the students loved, that brought great results, and that everyone talked about for long time? Or, do you know of something another teacher did?

Janet Matthews, Canadian co-author of *Chicken Soup for the Canadian Soul* is compiling a special book of stories from creative teachers - just like you - to share with other teachers.

We would love to hear about your idea or project - how you approached it, how the kids enjoyed it, and what the educational results were.

This first book will share about 40 of the best stories, which we hope will inspire other teachers to step outside the box, and bring excitement and creativity to the classroom.

Just like *Chicken Soup for the Soul*, the vision is to create a series of books on various subjects: math, science, history, perhaps a Green Book on ecological projects, and one on *Conflict Resolution*, and *The World is a Village*.

If your story is chosen, you will receive a small financial honorarium, a short biographical acknowledgment in the book, and you can be part of the book launch, with book signings and promotion.

### How to Send Your Story

We prefer e-mail. Please send it to: Janet Matthews, at [janet@canadiansoul.com](mailto:janet@canadiansoul.com). If you require an address to send your submission by Canada Post call me at 905-726 -8000.

### Some Tips for Writing Your Story

Write from your heart in the first person. Share your most moving and satisfying teaching experience with the reader. Share the excitement, the fun, how you felt, and how your kids felt.

If you are not totally confident of how to present your story, don't worry. We're after stories, not writers. Do the best you can, and if we think your story is a good one, we'll work with you to get it into the format we need.

**Janet Matthews**

**Canadian co-author of *Chicken Soup for the Canadian Soul*  
905-726-8000**

**[janet@canadiansoul.com](mailto:janet@canadiansoul.com)  
[www.janetmatthews.ca](http://www.janetmatthews.ca)  
[www.canadiansoul.com](http://www.canadiansoul.com)**

**Sponsored by award-winning  
Canadian publisher *The Boston Mills Press*  
[www.bostonmillspress.com](http://www.bostonmillspress.com)**

## Web Alert! Web Classifieds

As a service to our members, District 23 is pleased to introduce a new web-page entitled

### Classifieds - Services for Members

District 23 members, who wish to have an entry on this page, should contact the RTO/ERO Toronto District 23 Webmaster. [diannefair@rogers.com](mailto:diannefair@rogers.com)

Space is limited. To view the format, go to <http://www.rtoerotorontodistricts.org/> and follow the District 23/Classifieds Link.

Consider providing a picture or logo suitable to your business/service

NOTE: RTO/ERO District 23's responsibility is limited to providing this web-page only. No endorsement of any product or service is made or implied. Transactions entered into as a result of contacts made through this service are between the parties involved in that transaction only.

## Congratulations

All members of District 23 will be pleased to know that Mike Colle, Minister of Citizenship and Immigration will present lapel pins and recognition certificates to Kathleen Elliot (30 years with RTO/ERO), Sam Habib (15 years service), and Nancy Walsh (10 years service) to honour them for their, "commitment and dedication as a volunteer in Ontario."

These three distinguished members of District 23 will be honoured at a luncheon on Monday, June 25, 2007 at the Arcadian Court in Toronto.

Well done and well earned!

# Continental Breakfast with Champagne Pour

Thornhill Golf and Country  
Club  
7994 Yonge Street  
Thornhill ON

Tuesday, October 2, 2007

*Cut-Off date Thursday, September 27*



## Menu

- ~Fresh Breakfast Pastries with butter and jam
- ~Fresh Sliced Fruit with Yogurt Dip
- ~Coffee & Tea

## Program

- ~Meet your executive
- ~Toast to Retired Life at 11:00 a.m.

Free for new  
retirees  
\$10 for  
members

10.00 am

Continental Breakfast  
Tuesday, October 2, 2007  
(*Cut-Off Date: Thursday, September 27, 2007*)

Name: \_\_\_\_\_

Guest(s): \_\_\_\_\_

# of tickets \_\_\_\_\_ @ \$10.00 = \_\_\_\_\_ # of FREE tickets (New Members) \_\_\_\_\_

Make cheque payable to: RTO/ERO North York and send to:  
Mildred Frank 705-505 Cummer Ave., Toronto ON M2K 2L8 416-221-5528

# Happy Trails

by Rocky Sankoff

Herewith a simple account of a “typical” jungle hike through the wilds of the Amazonian Basin rainforest in Ecuador.

In order to keep from being sued, names have been changed and aliases are used.

Merrily singing “The Happy Wanderer,” we start along a somewhat muddy trail. By the third “*Valderi, Valdera*” we’re not “*ha ha ha-ing*,” anymore. Our voices are hushed. It won’t be long before we curse the “*knapsack on my back*”.

Zac, our naturalist guide, does the hushing because he says we must listen to the jungle sounds.

The only noises I can hear are Meg panting behind me, and, Hal - in front of me - noisily downing the initial gulps from the first of three water bottles he is toting.

Kay says her rubber boots are too large and she thinks she has a blister.

Very quickly we are in a swamp jungle and dancing precariously over boards floating in a black water swamp. Then the trail becomes muddy. A few roots stick out and one catches Len who stumbles to both knees. I call out “Down goes Frazier! Down goes Frazier!” (This is a reference to the Ali-Frazier fight, in Manilla, I think, and Howard Cosel’s excited call when Ali knocked Frazier down.). Knees muddied, Len glares at me, but continues to slog laboriously along the path.

Meg pushes a liana aside, but the vine whips across Kay’s face. The latter shakes her head, and wipes the sweat from her eyes. This momentary lapse costs as she walks face first into a Kapok tree.

Our native guide, Miguel, goes to another tree (Devil’s Blood it is called), extracts some ooze from the root, and smears it on Kay’s abrasions.

Meanwhile Hal starts on his second bottle of water.

Len says his knee hurts and Miguel breaks off a branch and with four swipes of his machete makes a walking stick. Two others also clamour for walking sticks and Meg decides to help Miguel and promptly cuts herself with her Swiss Army knife.

Since there are no longer any pieces of dry clothing around, Miguel binds Meg’s hand with a soggy handkerchief supplied by Jen.

The monkeys, although we can’t see any, toss nuts at us.

Hal asks about washrooms.

Kay claims she can limp easier with the walking stick.

So far we have seen several different types of insects.

Hal, who is the only one with short sleeves, and refuses to use insect repellent, complains that he is “being eaten alive”.

Jen claims to have been attacked by a false whip scorpion.

Miguel produces a handy salve for both. It is made from the bark of another tree.

At the observation tower, Len loses footing on the third step, crashes to the bottom taking Hal with him, hurts his back, and cannot continue. No salve will help. Hal goes up.

The birders are happy enough having seen fifty-three new birds (some of them three and four times).

Zac treats us to bananas he has. We toss the peels from the tower top. Nature will recycle them. However one lands on the trail, Len eventually slips on it and sprains his wrist. Miguel makes a splint for Len.

Kay wants to know if Miguel has anything for a blister, and the headache she is developing.

A scream from Jen as a spider drops in front of her. Jen stops suddenly and Len, whose head is down, looking for more treacherous roots, bumps into Jen, and the two of them topple off the path. Jen maintains her balance, but Len topples again into the mud. I resist the urge for another “Down goes Frazier!”

From great heights an invisible kinkajou poohs on my hat. Everyone man-

ufactures a half-hearted laugh.

Suddenly the rain begins. We are, after all, in the rain forest. Miguel miraculously produces ponchos. Jen puts her’s on backwards, Meg has no trouble. The rest of us are soaked through by the time we get them rearranged. Hal has his face turned up trying to get some liquid refreshment from the sky. (He has finished his three water bottles.) It is pouring. A butterfly lands on Jen’s nose. Jen knocks it off, but also displaces her glasses, which land in deep mud. They cannot be cleaned properly and Jen will have trouble seeing until we return to the lodge. The rain washes my hat. It is clean. Kay’s headache is worse. So is her blister. We are drenched by the rain, and, the copious amounts of perspiration from our struggles and non-breathing raincoats make us as soggy as sponges left overnight in a bucket of dishwater. Miguel and Zac shun ponchos and are quite happy soaked to the skin.

Hal reminds us that he needs a lavatory soon. Some marvel that we haven’t been attacked by an Anaconda that is known to be in the area. Now it’s time for our dugout canoe ride.

Len falls trying to get into the canoe. This should be grounds for a technical knockout (down five times in the same hike), but Len only suffers a scraped hand. Miguel has no salve. The rest collapse onto the small, squat seats like Raggedy Ann dominoes. There are only ten cms of water in the boat, and we have rubber boots. The rain pelts down faster than Miguel and Zac can bail water from the canoe. Hal complains of his thirst, and tries to collect water in a fold of his poncho. Kay and Len just complain. Meg panics. She can’t get the lifejacket on either over or under her poncho. She grasps it tightly to her chest. Her spouse mutters something about Meg never holding me like that. The rain intensifies. Even the birds and turtles are smart enough to stay hidden.

Zac and Miguel paddle, assuring us that we are safe. Len's hand hurts. Zac screams at Len, "Get your bloody (literally) hand out of the water." Too late. A piranha is much quicker. Len loses the ring finger at the first joint. No dear reader, the canoe doesn't tip. Fooled you, eh?

Jen is hungry, but the rolls she took at breakfast are a mushy mess.

Hal desperately crosses his legs.

The Anaconda doesn't materialize.

We reach the pier. Hal is in a hurry and the boat moves away from the dock. Hal grabs for Kay and the two go into the water. Doesn't matter, they were soaked through anyway.

At the lodge we go for the hot coffee. A trembling, shivering Jen, glasses still spattered with mud, pours the hot water on

Meg, and then in a "knee jerk" reaction jumps back muttering, "I'm sorry," and spills the rest of the pot on herself.

Hal helps himself to a nut-cookie and breaks a tooth. I thought he had to go to the bathroom. I'm in a great hurry to add to my diary. It is still raining. It is four days before everyone dries out. That's a day after we leave the jungle.

## Drayton Festival Theatre Presents:



You'll go "K-RA-ZY" for this charming tale of Bobby Child, a New York banker with a secret ambition to be a song and dance man. Sent to Deadrock, Nevada to foreclose on an old theatre, Bobby unexpectedly falls in love with the owner's daughter, Polly.

In order to win her heart, Bobby mounts a makeshift production to save the theatre – complete with mistaken identities, beautiful showgirls, and local cowboys.

The stakes are high, but will his offbeat plan succeed?

You'll find out through a winning combination of spectacular singing, dazzling dance numbers, and irresistible humour.

This classic Gershwin musical features: "I Got Rhythm," "Embraceable You," "Someone To Watch Over Me," and "Nice Work If You Can Get It."

Thursday,  
November 8, 2007

*Cut ~ off date: October 2nd, 2007*

\$86

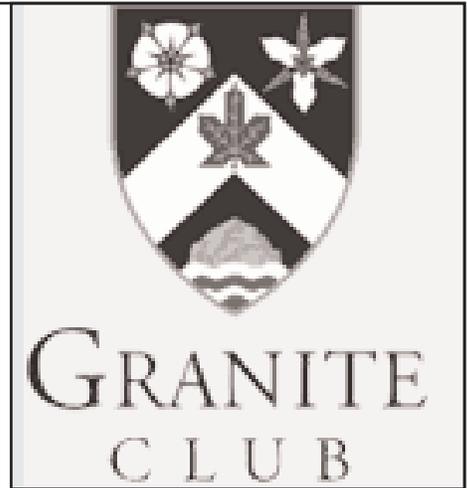
- 8:45 a.m.~ Board coach at Willowdale United on Kenneth Ave.
- 11:15 a.m.~ Arrive at Millbank and Anna Mae's for a wonderful home style lunch
- 1:15 p.m.~ Board coach for theatre
- 2:00 p.m.~ Crazy for You!!
- 4:15 p.m.~ Depart for home. Arrive at approximately 6:15 p.m.

*See page 27 for registration form*

# Christmas Luncheon

Friday, December 7, 2007

*Cut-off date: Tuesday, December 4*



2350 Bayview Avenue  
(\$7.00 underground parking)

## Menu

## \$39

- ~assorted bread basket*
- ~roasted red pepper bisque with herb-crushed croutons and melted woolwich goat cheese*
- ~chicken in pommery sauce (red currant and pommery mustard)*
- ~seasonal vegetables and potatoes*
- ~apple strudel with vanilla creme anglaise.*
- ~coffee and tea*

*Note: Please advise Mildred of any dietary requirments.*

Entertainment  
To Be Announced in  
November  
Stony Bridges

Christmas Luncheon  
Friday December 7, 2007  
(*Cut-off Date: Tuesday, December 4, 2007*)

Name: \_\_\_\_\_

Guest(s): \_\_\_\_\_

# of tickets \_\_\_\_\_ @ \$39.00 = \_\_\_\_\_

Make cheque payable to: RTO/ERO North York and send to:  
Mildred Frank 705-505 Cummer Ave., Toronto ON M2K 2L8  
416-221-5528

# Spring Luncheon

By Mary Ellen Lawless

The day dawned rainy but the spring flowers were in bloom and the setting was perfect for District 23's annual Spring Luncheon. Eighty members gathered to meet, greet and to enjoy the delicious luncheon, particularly those yummy "gelati kisses" that many of us were trying to figure out how to make for our next dinner party.

Our return guest speaker was Janet Matthews, co-author of "Chicken Soup for the Canadian Soul" who spoke to us about "The Power of Storytelling".

Janet began her presentation with the words "Once upon a time..." and the room fell silent; proof that "the power of storytelling" does not diminish, even as we grow older. We all have our unique stories and this presentation encouraged us to take the time to record them while we are still able.

Also, Janet invited us to share our special experiences as teachers for a book she is putting together for teachers (see out-

line printed elsewhere in this issue of Stony).

There is one person to whom District 23 owes a huge debt of appreciation for the success of the following events: the two special luncheons, (Spring and Christmas), the Annual General Meeting and the Champagne Pour to welcome each year's new members, and that person is MILDRED FRANK.

Mildred is a meticulous organizer who thinks of everyone and everything. These special events are always so popular because Mildred uses her experience, her charm, and her enjoyment of people to make each event memorable and special. It is fitting that this issue of Stony acknowledges our Social Convener par excellent, Mildred Frank. We thank you Mildred, we applaud your efforts and your creativity. We look forward to many more wonderful gatherings made unique by your special touches. ❖



## "RTO/ERO Day at the Ballpark"

Sunday, August 19, 2007 at 1:00pm.

Cut-Off Date: June 30, 2007

**\$30 (normally \$44)**

A portion of the ticket price will be donated to the  
**Nelson Mandela Children's Fund.**

### Blue Jay Tickets

Sunday August 19, 2007

Cut-Off Date: June 30, 2007

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

# of tickets \_\_\_ @ \$30 = \$ \_\_\_\_\_

Make cheque payable to RTO/ERO District 16 and mail to:

Bill Menagh 674 Oriole Parkway, Toronto ON M4R 2C5

(416.488.3372/ bmenagh@eol.ca)

**Note: Your ticket(s) will be mailed to you from the Blue Jays office**

## GOODWILL REPORT

by Eileen Justesen

### CONVENOR

Eileen Justesen  
416-222-0706

### CARDS

Ruth Bradshaw  
905-472-4142  
Judy Neilson (over 80's)  
416-256-2731

### TELEPHONE CALLS

Vinny Coetzee  
416-621-6681

**Note:** The Goodwill Convener and your Executive for District 23 are committed to maintaining contact with our older and/or shut-in members.

To GRACE STEWART- Bal-lieboro and DOROTHY YOUNG, Markham, from all of us in District 23, congratulations on your 100<sup>th</sup> birthday. And to MARY CHEN-HALL, Oshawa, LOLA ROBB, Inn-isfil, and INA ROBERTSON, Toronto, - belated birthday greetings.

Cards for all of the above have been returned. Would anyone who knows the correct address for any one of these members please contact Eileen Justesen at 416-222-0706

Irving Berlin's

# WHITE CHRISTMAS



Tuesday Matinee  
2:00 p.m.  
November 27, 2007  
*Cut-Off Date: September 4, 2007*

**\$56**

## Hummingbird Centre (Front and Yonge Streets)

*Meet Doug in the lobby of the theatre from 1:30 p.m. onward*

*~See page 27 for registration form*

## In Memoriam

We regret to inform you that some of our members have passed away. Our condolences go to family and friends and we hope they will find comfort in fond memories of days gone by.

Stuart F. Boddy	26/12/2006
Dorothy J. Brookes	28/12/2006
George Robert Hall	14/12/2006
Kate Malcolm	01/12/2006
Helen Ramsay	21/12/2006
Mary E. Tierney	15/12/2006
James Lockett Coole	19/01/2007
Patricia S. Everatt	26/11/2006
Dianne Anderson	10/02/2007
Frank Brown	26/02/2007
Isabelle M. MacArthur	19/02/2007
G.H. Peers	05/02/2007
Paul W. Sweetman	17/02/2007
Ann S. Welsman	19/02/2007
Jean Medley	12/03/2007
Daniel A. Paterson	18/03/2007
Edith Potts	21/03/2007
Winnifred Wainwright	28/03/2007

## What's New on the Website?

As a service to our members, District 23 is pleased to introduce a new web-page entitled:

### WEB CLASSIFIEDS *Services for Members/Provided by Members*

District 23 Members who wish to have an entry on this page should contact the RTO/ERO Toronto District 23 Webmaster.

**diannefair@rogers.com**

To view the format we will use, visit: <http://www.rtoerotorontodistricts.org/> and follow the District 23/Classifieds Link. Consider providing a picture or logo suitable to your business/service.

#### NOTE:

**RTO/ERO District 23's responsibility is limited to providing this web-page only. No endorsement of any product or service is made or implied. Transactions entered into as a result of contacts made through this service are between the parties involved in that transaction only.**

Did you know that you can download the Tear-Off slips right from the website? Try it and stop cutting up your STONY Bridges.

# Do we need the proposed new Bruce Transmission Line?

Last year the McGuinty Government established its innovative standard offer program which pays individuals, farmers, co-ops and companies 11 cents per kilowatt-hour for electricity from small-scale renewable power projects.

Unfortunately, the Ontario Power Authority is refusing to purchase electricity from green power projects in the Bruce County (Lake Huron) area because Hydro One does not have sufficient transmission capacity to bring all of the Bruce area's potential nuclear and renewable electricity supplies to market during every hour of the year.

To alleviate this transmission bottleneck the Ontario Power Authority is recommending that Hydro One build a new \$600 million transmission line that will only be needed to bring power from the Bruce area to southern Ontario consumers for a few exceptional days over a limited four-year period, namely, 2013 to 2017. The Ontario Clean Air Alliance believes that there is a better alternative to meet our electricity needs.

## A better alternative

1. The Ontario Power Authority should lift its moratorium on the purchase

of renewable electricity from power projects in the Bruce area and instead encourage currently stalled projects in the area to move forward. Ontario needs to obtain as much new, clean renewable electricity as it possibly can - as soon as it possibly can. It makes no sense to refuse to purchase green power in the Bruce Area just because there may not be sufficient transmission capacity to bring 100% of the Bruce Area's total electricity supplies to southern Ontario during every single hour of the 2013 to 2017 period.

2. Instead of spending \$600 million to marginally increase the Bruce area's total electricity exports to southern Ontario during exceptional days between 2013 and 2017, we should invest in more cost-effective options to meet our electricity needs such as energy conservation, renewable power and small-scale combined heat and power plants.

For more information please visit [www.cleanairalliance.org](http://www.cleanairalliance.org) and download our new fact sheet, A New Bruce Transmission Line: Does it make sense for Ontario?

Please pass this message on to your friends.

Website: [www.cleanairalliance.org](http://www.cleanairalliance.org)



## Cormorant Fisher ~ China

by *Elka Enola*

He holds the pole  
balancing  
the cormorant  
with fish lodged in restricted throat  
over the wood basket

His life too is restricted

This new China  
modern  
and free market

He and the cormorant  
symbiotic  
as long as each  
is useful



*Patricia Elfer, District 16 and our Past President Helen Wiber (right) sorting books for export for the project sponsored by the Honourable James Bartleman, Lt. Governor of Ontario.*

# Duncan Scrubs the Scrubbers

by *The Ontario Clean Air Alliance*

According to a report released by the Ontario Power Authority today, installing the best available end-of-pipe pollution control technologies on the Nanticoke coal-fired power plant would reduce the total air emissions of Ontario's dirty coal plants by only 14/100ths of 1 percent and would cost \$1.6 billion.

The OPA report's numbers make it clear that these expensive scrubbers would have zero impact on the coal plants' enormous greenhouse gas emissions and would be less effective for controlling conventional air pollutants than switching to

cleaner burning natural gas (and vastly less effective than moving to a mixture of conservation, renewables and combined heat and power production).

We are pleased to note that this afternoon (24.04.07) Ontario Energy Minister Dwight Duncan told the Legislature that the Government of Ontario will not direct Ontario Power Generation to install end-of-pipe pollution controls (scrubbers) on its coal plants. According to Minister Duncan, "we have determined it makes better sense to replace coal as quickly as we can, and not be sidetracked with a scrubber

sideshow."

The Minister is right on the money with this observation, but to ensure his good words result in real action the Minister also needs to adopt legally binding regulations to require the phase-out of coal burning by 2009.

Please email Minister Duncan at [Dwight.Duncan@energy.gov.on.ca](mailto:Dwight.Duncan@energy.gov.on.ca) and ask him to follow through with a legal commitment to phase out coal.

**Website: [www.cleanairalliance.org](http://www.cleanairalliance.org)**

## Long Term Care Homes Act Update

By the *Ontario Health Coalition*

### Nursing Home Minimum Care Standards On the Way

This winter, many of you joined the OHC in a campaign to win the re-regulation of care standards in long term care homes. (For the OHC's submission, key issues and fact sheets go to [www.ontariohealthcoalition.ca](http://www.ontariohealthcoalition.ca).) The provincial government has committed itself to bringing in a regulation under the legislation to set care standards. Bill 140 is going to Third Reading (and final passage) in the legislature starting March 29 and the regulation should follow the passage of the legislation.

The OHC and member groups are calling for a 3.5 hour average minimum per day to reflect the levels recommended in the best studies we have been able to find. In information revealed through an NDP Freedom of Information request, the homes are self-reporting to the government that their levels of care were at 2.81 hours per day (Nurse Practitioners, RNs, RPNs and PSWs) as of March 2006. This reported figure is higher than the estimates of both the non- and for-profit lobby groups who have been stating that the actual levels of care

are between 2.5 and 2.6 hours on average. It is not clear how accurate any of these figures are, and this is an average, so the lowest homes are likely still lower than the former minimum standard regulation of 2.25 hours per day that was removed by Mike Harris more than a decade ago. We are attempting to get the information for each home. Regardless, the need to improve care levels, enforcement and transparency in reporting is clear.

Bottom line? We have succeeded in principle in bringing back in regulated care standards, according to promises made during the legislative hearings on Bill 140 by George Smitherman and Monique Smith. We will need to ensure that the regulation is indeed introduced this spring. It is not clear at what level of care the regulation will be set. We will send out updates by email and they will be available on our website.

What can you do? Call your local MPP, or email the health minister and tell them that you want to see minimum standards in nursing homes returned. For a full list of MPPs go to our website at [www.ontariohealthcoalition.ca](http://www.ontariohealthcoalition.ca) and click on "Queen's Park Watch" in the right-hand column.

## Meals on Wheels and More... ...is looking for Volunteers

If helping those in need through volunteerism is on your list of 'things to do' then *Meals on Wheels and More, North York*, has a job for you.

We urgently require drivers and runners to assist in the delivery of meals to clients living in North York.

Volunteer opportunities are available on a flexible schedule Monday-Sunday between the hours of 11 a.m.-2 p.m.

Mileage is compensated and training and orientation is provided.

**For details, please contact the Volunteer Program Coordinator, Angela Siriski at 416-225-6041**

The Stratford Festival Theatre  
presents:  
Rogers and Hammerstein's

# OKLAHOMA



Sit back and enjoy the show "Oklahoma". Set at the turn of the century in Oklahoma territory, Laurey Williams spurns the affections of Curly McLain – only to fall in the hands of the malevolent Jud Fry. When unexpected tragedy strikes, farmers and cowboys alike must confront the untamed wilderness of the human heart.

Music by Richard Rogers  
Book and Lyrics by Oscar Hammerstein  
Based on the play *Green Grow the Lilacs* by Lynn Riggs  
Original Dances by Agnes de Mille

## Thursday September 13, 2007

(Cut off date August 8<sup>th</sup>. 2007)

### \$95

Cost includes: Coach, Lunch and Show  
***Tickets will be handed out on the bus.***

- 8:45 a.m. Coach at Willowdale United Church
- 9:00 a.m. Depart and travel to St. Agatha.
- 11:15 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 2.00p.m.
- 4.30 p.m. Board coach to depart for home. Arrive approximately 6.30 p.m.

See page 26 for registration form

## Help Wanted

Our organization of almost 60,000 members is strong and vibrant because of volunteers who give their time and talents to support teachers in their retirement. As we heartily thank our outgoing executive members, we are making appeals to fill these vacancies.

District 23 has four opportunities for you to become involved beginning after the Annual General Meeting, September 18th where all volunteers are installed.

### Positions Available

- 1) Vacant is the position of **Secretary** to keep track of our meetings.
- 2) Also needed is a **Convenor** to help organize our **Travelogues**, the first Tuesday of the month beginning this October.
- 3) If you love theatre and touring, a vacancy is available to work with our **Travel Convenor** to organize trips to Stratford and other destinations of interest.
- 4) The position of **2nd Vice-President** is also available. This requires a four year commitment as you move to 1st Vice-President, then to President and Past President of our District.

For more details on these volunteer opportunities, please contact  
Helen Wiber, Past President,  
416 485 0131 or  
wibermccowan@rogers.com.

### Prelude

Evening is the icing on  
day's cake.

Seductively delicious,  
heightening the  
sweetness  
of dwindling twilight.

Resisting night's  
beckoning into sombre  
darkness.

Carole A. Martyn

# THOMPSON TURKEY

by Allen Strike

Morton Thompson was an American writer of newspaper journalism, novels and film screenplays. He was reputed to be a hard-drinking newspaperman. Amongst his works were a collection of short stories called *Joe, the Wounded Tennis Player*, and the novels *Not as a Stranger* (which was filmed by Stanley Kramer) and *The Cry and the Covenant*. He was a friend of the writer, Robert Benchley, and maybe Pierre Berton too.

This is a complicated recipe. I reproduced it more or less as Pierre Berton wrote it but I did modify the part about the Paste. Following this original version I have broken the recipe down into its constituent parts and added a list of the ingredients, which you will need.

## The Bird:

The turkey should not be less than 16 lbs, and not more than 22. When the butcher eliminates the head see that he chops it off so as to leave as much neck as possible. Have him peel back the neck skin and remove the neck from under the skin, close as possible to the shoulders. The tube of neck skin thus left will be admirable for stuffing with whatever stuffing is left over. When he cleans the bird have him make a small opening and skewer it shut, using string between the pegs, like old-fashioned lace shoes or a peasant bodice. Rub the bird inside and out with salt and pepper.

## The Basting Gravy:

In a stew pan put the gizzard, the neck and the heart, chopped, to which add one bay leaf, one teaspoon of paprika, a half teaspoon of coriander, a clove of garlic, four cups of water and salt to taste. Let this simmer while you go ahead with the dressings.

## The Fruit Dressing:

Dice an apple and an orange in a bowl and add to this bowl a large can of crushed pineapple the grated rind of one half lemon, one can of drained water chestnuts, three tablespoons of chopped, preserved ginger.

## The Savoury Dressing:

In another bowl put two teaspoons

of English mustard, one teaspoon of caraway seed, one tablespoon of celery seed, two teaspoons of poppy seed, two and a half teaspoons of oregano, one well-crushed bay leaf, one teaspoon black pepper, one half teaspoon of mace, four tablespoons of well-chopped parsley, four or five finely minced cloves of garlic, four cloves without the heads and well chopped, one half teaspoon of turmeric, four large well-chopped onions, six well-chopped stalks of celery, one and a half teaspoons of marjoram, one and a half teaspoons of savory, one and a half teaspoons of thyme, and one and a half teaspoons of sage. Salt to taste.

## The Meat Dressing:

In another bowl dump three packages of bread crumbs bought at a bakery. Add to this three-quarters of a pound of ground veal and one-quarter of a pound of ground fresh pork and a quarter of a pound of butter and all the fat (first rendered) that you have been able to find and pry loose from the turkey.

## The Mixing of the Dressing and the Stuffing of the Bird:

Mix in each bowl the contents of each bowl. When each bowl is well mixed, mix the three of them together, and mix it well. Mix it with your hands. Mix it until your forearms and wrists ache. Then mix it some more. Now toss it enough so

that it isn't any longer a doughy mass. Stuff your turkey, but not too full. Pretty full, though. Stuff the neck and tie the end. Skewer the bird. Tie the strings. Turn on your oven full force and get it red hot (More than 450°F). Put your bird on the drip pan or, best of all, breast down in a rack.

## The Paste:

This is the way the Paste recipe came but I found that one needs much more than this recipe provides. The Paste recipe on the next page is better.

In a cup make a paste consisting of the yolks of two eggs, a teaspoon of Colman's mustard, a clove of minced garlic, a tablespoon of onion juice, a half teaspoon of salt, two pinches of cayenne pepper, a teaspoon of lemon juice and enough sifted flour to make a stiff paste. Take a pastry brush or a big ordinary paint brush and stand by.

## The Pasting:

Put your bird into the red-hot oven. Let it brown all over. Remove the turkey. Turn your oven down to 325°F. Now, while the turkey is sizzling hot, paint it completely all over with paste. Put it back in the oven. The paste will have set in a few minutes. Drag it out again. Paint every nook and cranny of it once more. Put it back in the oven. Keep doing this until you haven't any more paste left.

### The Basting:

To the giblet-neck-liver-heart gravy that has been simmering add one cup of cider. Don't let it cook any more. Stir it well. Keep it warm on top of the oven. This is your basting fluid. Baste the bird every 15 minutes! That means you will baste it from 12 to 15 times.

### The Cooking:

After the bird has cooked about an hour and a half turn it onto its stomach, its back in the air, and let it cook in that position until the last 15 minutes, then you restore it to its back again. That is, unless you use a rack. If you use a rack don't turn it on its back until the last half hour. It ought to cook at least four hours and a half to five hours and a half.

### The Unveiling:

When you remove the turkey it will be a dead black. You will think, "My God! I have ruined it!" Be calm. Take tweezers and pry loose the paste coating. It will come off readily. Beneath this burnt, harmless, now worthless shell the bird will be golden and dark brown, succulent, giddy making with wild aroma, crisp and crunchable and crackling.

The meat beneath this crazy panorama of lip-wetting skin will be wet, juice will spurt from it in tiny fountains high as the handle of the fork plunged into it; the meat will be white, crammed with mocking flavor, delirious with things that rush over your palate and are drowned and gone as fast as you can swallow; cut a little of it with a spoon, it will spread on bread as eagerly and readily as soft pâté.

You do not have to be a carver to eat this turkey; speak harshly to it and it will fall apart.

This is the end of it. All but the dressing. No pen, unless it were filled with Thompson's gravy, can describe Thompson's dressing, and there is not paper enough in the world to contain the thoughts and adjectives it would set down, and not marble enough to serve for its monuments. ❖

*Ordinarily, any suggestion for cooking turkey would better suit a Thanksgiving or Christmas edition. However, a brief review of this recipe quickly reveals that months of preparation are required - for ingredient shopping and for kitchen renovation.*

*Please let us know if you tried it and how you fared. Send your stories to: robertpf@hotmail.com*

## The Ingredients:

<p><b>Herbs &amp; Spices:</b>            Bay Leaf (2)            Caraway seeds            Cayenne pepper            Celery seed            Cloves            Coriander            Garlic cloves            Ginger-preserved            Mace            Marjoram            Mustard –powdered, hot            Oregano            Paprika            Pepper – black            Poppy seed            Sage            Savory            Thyme            Turmeric</p> <p><b>Fruit &amp; Vegetables:</b>            Apple            Celery            Lemons            Onions            Oranges</p>	<p>Parsley            Pineapple crushed –20 oz.            Water chestnuts</p> <p><b>Meat</b>            Pork ground ¼ lb            Turkey 16 – 22 lbs            Veal ground ¾ lb</p> <p><b>Odds &amp; Ends</b>            Bread crumbs 1½ lb            Butter ¼ lb            Cider            Eggs 12            Flour            Onion Juice</p> <p><b>Recipes for the            Three Dressings &amp; the Paste</b></p> <p><b>The Fruit Dressing:</b>            1 apple, peeled, cored            and diced            1 orange, peeled and diced            20-ounce can crushed            pineapple</p>	<p>Grated rind of ½ lemon            10-ounce can water chestnuts,            drained            3 tablespoons chopped pre-            served ginger</p> <p><b>The Savoury Dressing:</b>            2 teaspoons Colman's mustard            1 teaspoon caraway seed            1 tablespoon celery seed            2 teaspoons poppy seed            2½ teaspoons minced fresh            oregano leaves            1 large bay leaf, crushed            1 teaspoon black pepper            ½ teaspoon mace            ¼ cup minced parsley            4 cloves garlic, minced            4 cloves, minus the heads, well            chopped            ½ teaspoon turmeric            4 large onions, medium            chopped            6 celery stalks; medium            chopped            1½ teaspoons minced fresh</p>	<p>marjoram leaves            1½ teaspoons fresh savory            1 tablespoon each minced            fresh thyme and sage leaves            1 teaspoon salt</p> <p><b>The Meat Dressing:</b>            1½ lb fresh bread crumbs            ¾ lb ground veal            ¼ lb ground fresh pork            ¼ lb butter            Rendered turkey fat from the            bird</p> <p><b>The Paste:</b>            12 egg yolks            2 tablespoons of Colman's            mustard            6 cloves garlic, minced            6 tablespoons onion juice            2 teaspoons salt            ½ teaspoon Cayenne, or to            taste – careful here            2 tablespoons lemon juice            2 cups cider more or less            Sifted all-purpose flour,            enough to make a paste</p>
--	---	---	--

# Travelogues

Guenter Sperling, , Convenor

April 3, 2007

## Trekking Through Portugal Presenter - Irwin Patterson

by Mary Ellen Lawless

Irwin Patterson, a skilled photographer and world traveller returned to share, with District 23, his beautiful photographs from northern Portugal and his fascinating commentary on that country and its many charms.

Mr. Patterson has taken several "treks" through several countries but his delight with this trip through Portugal was evident throughout his presentation. The water was safe to drink, the people were friendly but reserved, the food was delicious and plentiful and the English-speaking guide provided the trekkers with the historic information about the various towns and villages through which they were travelling.

Starting at the fairly northern port town of Porto the group travelled by foot, bus, van and train eastward and in an arc taking them north and back westward across the country, staying in hostels, bed and breakfast facilities, meeting with the local people, enjoying the delicious foods of the regions and always taking pictures of the hills, the vales, the people, the machinery being used for farming and, of course, the magnificent flora and fauna of the countryside. At one point, we could see the sign indicating the group was at the border with Spain, but no border crossing or entry point was evident. All was peace and tranquility!

The unique blue wall tiles of Portugal and the churches with their outdoor steps to reach the bell towers were evident throughout.

We learned that Portugal produces 51% of the world's cork.

While many of the walkers carried backpacks, Mr. Patterson told us that, as a photographer, he preferred a multi-pocketed vest to carry his photographic equipment so it was always handy when he spotted a particularly perfect setting to snap. And his photographs were stunning! All present agreed that this trek through Portugal was one we would all like to take, based on Mr. Patterson's enthusiasm and photos.

*Unfortunately, Guenter Sperling had to resign his position as Travelogue Convener in March because of ill-health. On behalf of everyone who attends the Travelogues from District 23, I thank Guenter for the caring, careful, quiet manner in which he looked after this special initiative. Guenter, we miss you, thank you and get well soon.*

*As this issue of Stony Bridges goes to press no one has come forward to assume the duties of Convener of Travelogues. Consequently, no Travelogues can be scheduled for October or November of 2007. We will endeavour to have this popular activity available again early in 2008.*

May 1, 2007

## The Best Wilderness Parks, Presenter ~ Dr. Stan Bain

by Andree Nottage

When Dr Stan Bain took down his medical shingle, he embraced photography and realized a long time dream of travelling the world. In his presentation of the *Best Wilderness Parks*, he combined his talent as a photographer and his travel to present us with a most beautiful array of photographs taken in a

variety of locations around the world: Madagascar, Kenya, Western Canada, Death Valley, and more. The locations represented nature at its most interesting ~ sand dunes, forests, jungles, all preserved in park settings.

Each unit was accompanied by Stan's comments and with wonderful music



Dr. Stan Bain

both instrumental and voice, which suited each country and each culture. Some photos were shown with a background of poetry. It was a most harmonious blend of technology and photography, which all participants greatly enjoyed.

In addition, we presented a bouquet of flowers to **Refreshment Convener Bev Suzuki**, to thank her for organizing the volunteers who take turn bringing refreshments, and who assist Bev and her husband Vic in setting up for the afternoon tea.

Her efforts add to the pleasure of the Travelogue, giving participants an opportunity to chat with friends while they enjoy tea time. ❖

# Travelling in South America with the “Barc.”

by Bill Barclay

Our first three days were in Buenos Aires, described as the Paris of South America. After a city tour, we spent a day at the place where wealthy locals go for weekends and holidays - their Muskoka, so to speak. Well, not quite. It's more like having a cottage on the Don River. It is also a runner's paradise: plenty of parks but there is only one problem - most parks are shared by dog walkers, each with eight to ten dogs and no “poop and scoop” law - lots of runners on tip-toes!

Our second stop was to Iguassu Falls - absolutely spectacular. It took three full days to see them from every which way. One day from Brazil, one day from Argentina, and one very wet moment from a boat right under the falls.

Just to put them in perspective, they are a bit higher than Niagara but not quite as much volume, and they spread out for at least a kilometre.

Much wildlife here - monkeys, snakes, crocodiles, otters, something like a racoon with a long nose, and many birds along with thousands and thousands of butterflies of every colour. Seen them all!

The Butterflies like the salt from our sweat but after a while it became like a Hitchcock movie.

Now we are in Salta. Best way to describe this city is a contrast from very old to quite old.

The city needs work but there are highlights. Some nice parks, a gondola ride up the mountain to view the city and dinner for two with wine for no more than \$12 Cdn makes it all worthwhile. By the way, there was so much we had to have a doggie bag.

One lowlight! This has not been a great year for Dianne's legs - a broken toe on her left foot before Christmas, a broken fibula on her right leg in February and then yesterday, just as she was moving well, she stepped in a hole in a sidewalk and badly sprained her left leg.

## Chapter Two - Half Medical

This report will be half medical and half experiences. First - an update on Dianne - she's coming along slowly. In the morning, she has to decide between an air cast, an ankle brace, or a tensor (or which two of three), and then, whether it will be

crutches or a cane, and then, what the hell else to wear depending on the weather. It's hot to start and then gets cooler if we go into the mountains.

A few days ago, out of the city of Salta, we went up and over some pretty high mountains to visit one of the world's largest Salt Flats (about 5000m).

We all felt the lack of oxygen but the women seem to have been the most affected, to the point of feeling faint.

The Salt Flats are about the size of Lake Simcoe and from a distance it looks like a lake.

On the way, we stopped to take pictures of wild donkeys and wild Llama look-alikes (I forget the name). As we got closer and started to drive over them (the Flats) it was a blinding white. Even our sunglasses were ineffective. The locals, who were selling crafts, wore black glasses and facial coverings - just like terrorists.

On the way back down, we stopped to eat and shop at this quaint little village on the side of the mountain. The ladies loaded up for the grand kids.

Leaving Salta for Bariloche the next day was another adventure. As usual our plane was delayed and we didn't think we would make the transfer. We landed at the time our next flight was supposed to leave. But an airline employee met us and escorted us through the airport, through check-in, and on to a bus, which took us to the plane - which was situated right beside the one we just got off. All of that took 20 minutes and the plane left an hour later.

We're getting used to it.

## Chapter Three - Bavaria of Argentina

San Carlos de Bariloche is quite a ski area. Practically all the buildings would look perfect in Switzerland or Germany but the roads are something else.

On Sunday we traversed a dirt road over about a zillion washboards, rocks and stones for 90 km. Every fat cell in my body was agitated. The others hung on but the trip was well worth it, with some spectacular scenery and quaint little towns. We have about 300 pictures to prove it.

Yesterday we only went 40km on the same kind of road to view Big Thunder (English translation), one of the most active glaciers in the world that sounds like

thunder when it is caving. We witnessed both several times (another 100 pictures).

When we exited the mountain road, on to pavement, everyone cheered. Think of the worst cottage road you've ever been on, double it, and that is the type of road.

Today we had a day off (sounds like work, eh?) so we took a gondola ride up a big mountain. Great view but very disappointing.

Nice big St. Bernards greeted us in an area that reminded me of the Collingwood Dump.

Just a word on South American drivers to compare to back home. In the cities, they do have some stoplights and they are obeyed by drivers, but not pedestrians. All other intersections is where the drivers get even. No stop signs. The vehicle on the right is supposed to have the right-of-way but it really is first there, goes. We hear car horns and see pedestrians going every which way on a regular basis. However we have yet to see an accident.

## Chapter Four - The Yukon

Yes, it is just like Whitehorse down here on this third day of Autumn. We are in El Calafate which is very far south, near Cape Horn.

There are few trees, tundra, cool winds, temperature about 12C, and a town that would fit right in with our territories. But do they ever have glaciers here-many of them emptying into Argentina's largest lake. Really spectacular!

Went to a local grocery store and spent \$20 Cdn. on a bottle of Teachers Scotch, Bottle of White Wine, nice cheese and crackers. Pretty good eh? The average dinner costs about \$30 Cdn for two, which includes a bottle of wine.

Tomorrow we go back to Buenos Aires and then home by Monday, although our plane is already delayed three hours leaving here. No surprise now. ❖

---

*When Bill and Dianne Barclay retired from teaching, they moved to Collingwood. They now like to travel to distant places. While travelling, Bill gives the people at home a running commentary on their adventures. And he finds humour everywhere he goes.*

# What's Happening with Private Health Clinics in Ontario?

by the Ontario Health Coalition

KINGSTON, ON, Dec. 12 /06

The Ontario Health Coalition has requested that the Minister of Health take action to stop a two-tier clinic from siphoning doctors and nurses out of the public health system to serve wealthy queue-jumpers with unnecessary health services. The clinic is opening its doors in Kingston today.

The clinic, called "Health For Life" charges an initial year fee of \$2,500 and \$2,000 each subsequent year for enhanced health services. Marketing for such "boutique" medicine clinics is generally targeted to those who are known as the "wealthy well" or the "worried wealthy". "In our view, even at this stage, the company's advertising appears to violate Ontario's Commitment to the Future of Medicare Act by offering to confer preferential access to insured health care services," said Ross Sutherland, RN, Kingston Health Coalition co chair. "In addition, the Canada Health Act requires the province to provide equal access to medically necessary health care. If violations are found the clinic risks fines under Ontario law and the province risks cuts to its transfers from the federal government under the Canada

Health Act. Any physicians that sell two-tier services risk fines and discipline for professional misconduct."

"We believe that this situation is unethical, unlawful and destructive, and we are asking the McGuinty government to act immediately to stop it," he added.

"We are deeply concerned about the attempt to create Americanized two-tier health services and undermine the achievements of universal Medicare," added Natalie Mehra. "In its advertising, the company is charging a fee for preferential access to physician and related services, comingling unnecessary services with those that are insured by OHIP. The Health Coalition raised the issue with the Ministry this afternoon. We are optimistic that the government will intervene to protect the principle of equal access to health services for all Canadians, regardless of income."

#### Background:

1) The offer to accept payment for conferring preferential access, the act of paying or providing preferred access for those who pay, or failure to report such activities contravenes the Commitment to the Future of Medicare Act and are subject to a fine that the Ministry can levy.

2) The provision of intake, medical history and medical records are covered by OHIP and cannot be subject to fees under the Commitment to the Future of Medicare Act.

3) Clinics that provide preferred access to insured services as a result of paying fees are in violation of the Canada Health Act that states that the health care insurance plan of a province "must provide for insured health services on uniform terms and conditions and on a basis that does not impede or preclude, either directly or indirectly whether by charges made to insured persons or otherwise, reasonable access to those services by insured persons..." The province is expected to enforce the CHA and can have its transfer payments from the federal government reduced for violations.

4) Clinics cannot refuse patients who refuse to pay block fees and cannot provide preferred access for those who do pay the fees

---

*We invite readers to send your stories about health care delivery in Canada, especially if you have had to use a private clinic in order to receive necessary treatment. Send them to: robertpf@hotmail.com*

---

## Tear-Offs

Please write separate cheques for each slip.

OKLAHOMA (at the Stratford Festival)  
Thursday, September 13, 2007  
(Cut Off Date - August 8, 2007)

Name: \_\_\_\_\_ Email \_\_\_\_\_ Telephone \_\_\_\_\_  
Guest(s) \_\_\_\_\_

\_\_\_\_\_ tickets @ 95 = \_\_\_\_\_ Cheque enclosed for \$ \_\_\_\_\_

Make cheque payable to RTO/ERO District 23 and mail to  
RTO/ERO c/o Jean King, 6 King's Inn Trail, Thornhill, Ont. L3T 1T7

**"Crazy For You," The New Gershwin Musical**

Thursday November 8, 2007

*Cut-off date: October 2, 2007*

Name \_\_\_\_\_ Email: \_\_\_\_\_ Tel: \_\_\_\_\_

Guest(s) \_\_\_\_\_

# of tickets @ \$86= \_\_\_\_\_

**Make cheque payable to RTO/ERO District 23 and mail to:  
RTO/ERO c/o Jean King, 6 King's Inn Trail, Thornhill, Ont. L3T 1T7**

**WOODBINE**

Thursday October 18<sup>th</sup>, 2007

*Cut-off date: October 10, 2007*

Name \_\_\_\_\_ E Mail: \_\_\_\_\_ Phone # \_\_\_\_\_

Guest(s) \_\_\_\_\_

#of Persons \_\_\_\_\_ @ \$37 = \_\_\_\_\_

**Make cheque payable to RTO/ERO District 23 and mail to:  
RTO/ERO c/o Jean King, 6 Kings Inn Trail, Thornhill, Ontario L3T 1T7**

**Irving Berlin's White Christmas**

Tuesday, Matinee November 27, 2007

*Cut Off Date - September 4, 2007*

Name \_\_\_\_\_ Email \_\_\_\_\_ Telephone \_\_\_\_\_

Guest(s) \_\_\_\_\_

\_\_\_\_\_ tickets @ \$56.00 = \_\_\_\_\_ Cheque enclosed for \$ \_\_\_\_\_

**Make cheque payable to RTO/ERO District 23 and mail to:  
RTO/ERO c/o Jean King, 6 King's Inn Trail, Thornhill, Ont. L3T 1T7**

**Pedometers**

**Number Pedometers Ordered**

1 @ \$26 = \$26 or \_\_\_\_ (2 or more) @ \$25 = \$\_\_\_\_\_

Name: \_\_\_\_\_ Address: \_\_\_\_\_

\_\_\_\_\_ Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

**Make your cheque payable to RTO/ERO District 23, and send it to:  
George Meek, 414-4005 Bayview Ave., North York ON M2M3Z9.**

## 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 Jean King, Treasurer 905-764-1125 (trips/theatre), or Mildred Frank 416-221-5328 (Social Convenor).

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:  
RTO/ERO c/o 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.**

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

