

# STONY BRIDGES

Issue 99

A Newsletter for the members of



North York, District 23

February, 2010



Photograph by Hugh Wesley

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## Calendar of Events

**February**

02 Bridge 1:00 p.m.  
04 Strollers 10:00 a.m.  
09 Bridge 1:00 p.m.  
10 Exec. Meeting 9:15 a.m.  
17 Have-a-Java 9:00 a.m.  
18 Needle Club 9:30 a.m.  
23 Bridge 1:00 p.m.  
24 Book Club 2:00 p.m.

**March**

02 Bridge 1:00 p.m.  
04 Strollers 10:00 a.m.  
09 Bridge 1:00 p.m.  
10 Exec. Meeting 9:15 a.m.  
16 Bridge 1:00 p.m.  
18 Needle Club 9:00 a.m.  
23 Bridge 1:00 p.m.  
27 Maple Syrup 08:30 a.m.  
31 Book Club 2:00 p.m.

**April**

01 Strollers 10:00 a.m.  
06 Bridge 1:00 p.m.  
13 Bridge 1:00 p.m.  
14 Exec. Meeting 9:15 a.m.  
15 Needle Club 9:00 a.m.  
17 Grease 2:00 p.m.  
20 Bridge 1:00 p.m.  
21 Have-a-Java 9:00 a.m.  
27 Bridge 1:00 p.m.  
28 Book Club 2:00 p.m.

**May**

04 Bridge 1:00 p.m.  
06 Strollers 10:00 a.m.  
11 Bridge 1:00 p.m.  
12 Exec. Meeting 9:15 a.m.  
13 Shaw 9:30 a.m.  
18 Bridge 1:00 p.m.  
19 Have-a-Java 9:00 a.m.

**May (continued)**

25 Bridge 1:00 p.m.  
26 AGM/Lunch 9:30 a.m.  
26 Book Club 2:00 p.m.

**June**

01 Bridge 1:00 p.m.  
02 Exec. Meeting 9:15 a.m.  
03 Strollers 10:00 a.m.  
08 Bridge 1:00 p.m.  
15 Bridge 1:00 p.m.  
15-17 Wildwood 9:45 a.m.  
17 Needle Club 9:00 a.m.  
22 Bridge 1:00 p.m.

**Evita at Stratford on October 1**

## Submissions

STONY Bridges welcomes submissions and letters to the editor 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:

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Callander ON P0H 1H0  
Phone: 705-752-5697  
e-mail: robertpf@hotmail.com  
med.lawless@sympatico.ca

## Deadline

The deadline for materials for the next issue is June 15, 2010

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

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# President's Message

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by *Luci Soncin*

New Year is the time to bid farewell to the old year and welcome the coming year. It is the time to forget and get past memories that are no longer useful or worth pondering upon. It is the time for new beginnings and it brings a message for each one of us. There is an old saying that goes, "Don't cry because it is over, smile because it happened". As the wrapping paper fades and the tinsel is packed away for another year, we anticipate the hopes for a new decade.

Before we embark on the new year, I would like to thank all those that attended our Holiday Luncheon to make it a wonderful success. Food was plenty, the atmosphere was warm and the entertainment was enjoyable. I was

so happy to see so many of our members enjoying the holiday festivities together. I would like to thank the Social Committee for a well organized event.

As we turn our back to 09, we at District 23, North York are anticipating the events planned for the rest of this year. Please take this opportunity to read this STONY and join us for coffee, for a stroll through our city, connect with us at the theatre, and for all you card sharks, join the Bridge group on Tuesdays. If you have not already done so, please fill in the survey found in the last issue of STONY or on our website. We will use your input to plan upcoming events.

Some of our co-ordinators are taking

advantage of the workshops prepared by Provincial. Our Goodwill Co-ordinator, Maureen Capotosto, is in the process of looking for a new project for District 23 to sponsor. Many of our members had fun knitting hats and mitts for the Eileen Project. Some of these works of art, and articles of love were on display at our luncheon. If you know of a worthwhile organization that we can sponsor this year please inform Maureen about the work done by of this group.

As you are planning your escape to a sunnier climate or as you snuggle under a blanket in front of the fireplace up north, read the STONY and

~See *PRESIDENT*/page 4

plan your spring and summer events. I know that the Social Committee is already hard at work planning our AGM/Spring Luncheon for Wednesday, May 26, 2010. If you have extra time and want to help out on a committee, contact Margaret Schuman.

New Year is the time for new beginnings. It is time to start afresh and do things that would make someone else smile. The essential message of New Year is, "Let go the past and embrace life as it comes to you." You will be happier and merrier that way.

So, as the year unfolds, know that we are the happiest when we join our District 23 events. Please take the time to read this magazine and come and enjoy. ❖

## Important Disclaimer

The participants in our trips or events acknowledge and agree that RTO/ERO, including District 23, cannot be held responsible for any injury or damage of any nature, howsoever arising, in connection with our trips, excursions or events. Participants in our trips or events should therefore, carry their own insurance. RTO/ERO's liability insurance protects RTO/ERO (including RTO/ERO organizers) in case RTO/ERO is sued claiming bodily or property damage, which occurred due to negligence on the part of RTO/ERO.

❖

## Reconnect With Colleagues

Some District 23 members have shown an interest in reconnecting with colleagues, and would like to be a part of a data base of members' e-mail addresses for this purpose. This is strictly on a voluntary basis.

If you wish your e-mail address to be added to the list please send an e-mail with your first and last name, and e-mail address to Michael Sheffe, our Past President, at [msheffe@rogers.com](mailto:msheffe@rogers.com). Please type, "Reconnect with

## 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 (and us) of your new information.

## E - mail Service

Occasionally, RTO-ERO District 23, North York executive members have items of interest to share with the members. These may arise between published issues of Stony Bridges.

We have an e-mail fan-out service, which we use to inform our members of such events. This is an efficient, expeditious, and economical way to deliver important information to our members. If you would like to be included, please e-mail your name and e-mail address to: [msheffe@rogers.com](mailto:msheffe@rogers.com)

For the Subject line, please use, "Add me to the District 23 e-mail list."

If you have been receiving these email notices regularly, you need not do anything. Some members may have received these e-mails in the past, but no longer are receiving them. In that case, please send me your current e-mail address. Ensure that you set your *Preferences* to receive e-mail from the above e-mail address. If your e-mail address changes, please inform me.

Your information is kept confidential. I do not distribute it, or sell it to anyone else. Please note that when you receive an e-mail from this service, it does not show your e-mail address, nor anyone else's e-mail address. Thank you,

Michael Sheffe,  
Past President, RTO/ERO  
District 23, North York.

# BOOK CLUB

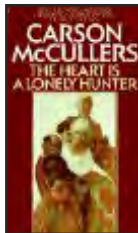
The Book Club meets the *last Wednesday* of each month at Edithvale Community Centre. (Finch and Edithvale - on south side west of Yonge St.) from **2:00 to 4:00 p.m.**

## Books to be discussed :

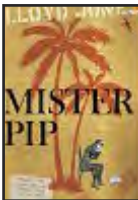
February 24, 2010  
**The Golden Mean**  
by Annabel Lyon



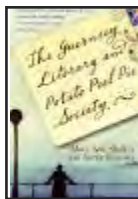
March 31, 2010  
**The Heart is a Lonely Hunter**  
by Carson McCullers



April 28, 2010  
**Mister Pip**  
by Lloyd Jones



May 26, 2010  
**The Guernsey Literary and Potato Peel Pie Society**  
by Mary Ann Shaffer and Annie Barrows



## Contacts:

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

# North York Strollers

Walk on the *first Thursday* of every month regardless of the weather. Come dressed for the weather and prepared to enjoy friendship and the beauty of nature and our city.

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

New walkers are always welcome.

Meeting places are listed below for each walk.

### March 4, 2010 History Walk

Led by Joanne Famiglietti & Margaret Schuman

Meet at Queen Street Subway

Station: 2 Queen St. E. by Starbucks

### May 6, 2010 The Beaches

Led by Rose Labate & Margaret Schuman

Meet at Main Street Subway Station (inside- do not exit subway)  
The group tour will continue via the Main Street bus.

### April 1, 2010 Rosedale

Led by Rose Labate & Margaret Schuman

Meet at the Sherbourne Subway Station

### June 3, 2010 Toronto Islands

Led by Rose Labate & Joanne Famiglietti  
Meet at Ferry Docks (9:45 am sharp)

## For more information and/or directions please call

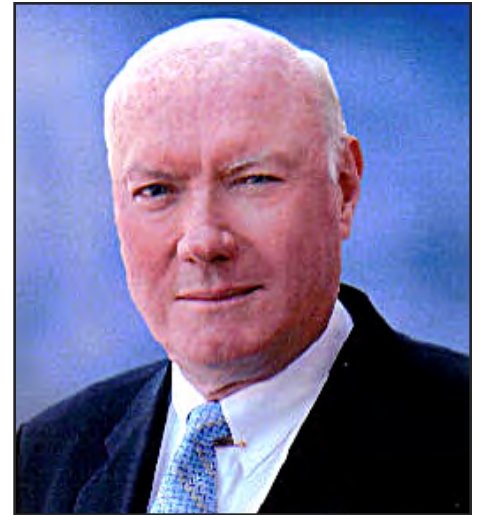
Joanne Famiglietti (416) 483-4968 or  
Margaret Schuman at (416) 924-0267

If you let us know that you are definitely coming, we will delay the start of the walk if you are a little late.

# Health Services and Insurance Report

by George Meek, Convener

Note: You can also access much of this information on the RTO/ERO Members-only section ([www.rto-ero.org](http://www.rto-ero.org)) of its website in a tabloid format entitled 'Health Matters' produced by the RTO/ERO Health Services Committee following each of its meetings. Much of this information comes from the 2009 October/December edition. If you require assistance or more information after contacting Johnson Inc. about a claim matter, please do not hesitate to contact me at 416 226 3568 or at [george.meek@sympatico.ca](mailto:george.meek@sympatico.ca). Look after your health and your finances!



## A. Health Plan Matters

### 1. Travel: Proof of Departure

In the event of a claim, Mondial Assistance will require proof of the day prior to, or day of your departure from your province of residence. For coverage verification purposes, the proof must confirm that you were in your province of residence, and not when you arrived at your destination. Each person traveling must retain his/her own proof. Proof of departure can take any form as long as it meets the following criteria:

- a) Identifies you (that is, your name is shown or it bears your signature); and
- b) Indicates that the transaction took place in your province of residence before your trip (or prior to your original return date in the case of early return); and
- c) Specifies the date.

Examples of acceptable proof include, but are not limited to:

- a) a border crossing receipt; or
- b) a duty free receipt; or
- c) an airline ticket or boarding pass; or
- d) a credit card receipt; or
- e) signed and dated bank or financial institution documents that proves you were in your province of residence the day before your scheduled day of departure. Proof of departure may present a challenge only in the event that you drive to your destination. In all other instances, a boarding pass for a common carrier is readily available, and is sufficient proof.

You must contact Mondial Assistance within 48 hours of the emergency (no matter how small), or payments will be limited to \$2,000 per insured person.

### 2. Don't Just Travel - Travel Smart

#### Know Your RTO/ERO Travel Coverage Before You Leave Western Hemisphere Travel Initiative (WHTI)

The Western Hemisphere Travel Initiative (WHTI) is a U.S. law that requires all travelers, including U.S. and Canadian citizens, to present a valid passport or other approved secure document when entering the United States from within the western hemisphere.

Effective June 01, 2009, when entering the U.S. by land or water, Canadian citizens are required to present one of the following valid documents: a passport, a NEXUS card, a Free and Secure Trade (FAST) card or an enhanced driver's license/enhanced identification card or a Secure Certificated of Indian Status (when this certificate is available and approved by the U.S.).

Canadian Citizens flying to, through or from the U.S. must present a valid passport to confirm their citizenship and identity. A NEXUS card is also acceptable when used at a kiosk at designated Canadian airports and at all U.S. airports when returning to Canada.

Note: Canadian entry requirements have not changed as a result of the U.S. WHTI.

SOURCE: CANADIAN BORDER SERVICES, MAY

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~Health continued from page 6

### 3. Other Plan Matters

Any suggestions for plan enhancements for the policy year 2011 should be submitted to the Provincial Office prior to the Health Services and Insurance Committee (HS and IC) February 10, 11, 2010 meeting. We shall be looking at any changes that were submitted in 2009 but too late to be costed for 2010. The HS and IC are continuing to investigate the costing and the feasibility of implementing a catastrophic drug plan.

**Powers of Attorney (POA):** For the protection of RTO/ERO participants, Johnson Inc. must see the original or notarized copy of a POA. A fax, photocopy, or electronic version is not acceptable. Once Johnson Inc. reviews and copies the original or notarized POA for the file, it is returned to the participant.

**POA for Property** enables a person to delegate authority so that someone else can act on their behalf. This POA is no longer valid if the person becomes incapacitated: and **Continuing POA for Property** - This POA comes into effect only when a person is incapacitated and unable to direct their own financial affairs.

When in receipt of a POA for Property, and Johnson Inc. has a reason to believe that the participant is incapacitated, further documentation may be requested to determine whether the POA is still valid. In the case of a Continuing POA for Property, the existing process will become more formalized. Further documentation that confirms the incapacitation, will be required.

The above terminology is for Ontario residents and it can differ among the provinces.

#### **Vacation Supply Forms Now Available Online:**

For those participants who are planning on taking a lengthy vacation and need more than the allowed 100 day supply of their prescription medication, an extended supply can be approved by completing a 'Vacation Supply' form. Previously, participants accessed the form through their pharmacist. The pharmacist was required to call Johnson Inc and the form was faxed to the pharmacy for completion by both the participant and the pharmacist.

The form(s), English and French, is now available online in the Members Only website.

**Direct Deposit** - Just a reminder that claim payments can

be deposited directly into your bank account if you send a void cheque to Johnson Inc. to keep on file, but remember if you should change bank accounts, then you need to update this information.

**Important:** The RTO/ERO Plan Booklets (2) are revised and reprinted every three years. The next distribution is scheduled for early 2011. To help keep track of the changes that have taken place since the last printing (January 2008), please keep the '2009 and 2010 'Update' and 'Going Places' with your booklets. Please refer to the Updates for specific monthly premiums and plan changes. 'Going Places' and the 2009 and 2010 Update' are also available on the RTO/ERO main website, under 'Health & Insurance Plans-What's New?'

*Additional copies of the Group Benefits Program Booklet will no longer be available through the RTO/ERO Provincial Office or the RTO/ERO Group Health Plans Service Dept. at Johnson Inc., even with payment. Copies will continue to be available on-line (FREE), on the RTO/ERO Members' Centre website <http://www.rto-ero.org/membersOnly/en/index.htm>*

*Plan Participants are asked to bookmark the site as a "Favourite" on their computer for quick and easy future reference.*

*Alternatively, a photocopy can be sent out to RTO/ERO Plan Participants who have lost their booklet and are unable to access a copy online. Call the RTO/ERO Group Health Plans Service Department at 1-877-406-9007 (Johnson Inc).*

*Note: The most accurate information about our Health Plans is found on the RTO/ERO website at [www.rto-ero.org](http://www.rto-ero.org) and in the 2 RTO/ERO Health Plan Booklets or by calling Johnson Inc...*

### B. Health Matters

**disclaimer:** *Information contained hereafter is intended to be used for general information and should not replace consultation with health care professionals. Consult a qualified health care professional before making medical decisions or if you have questions about your individual medical situation. RTO/ERO makes every effort to ensure that the information in 'Health:Matters' is accurate and reliable, but cannot guarantee that it is error free or complete.*

*RTO/ERO does not endorse any product, treatment or therapy; neither does it evaluate the quality of services operated by other organizations mentioned or linked to 'Health:Matters'.*

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~Health continued from page 9

## 1. Home Visits by a Doctor:

The Health Services and Insurance Committee informs Ottawa and GTA area RTO/ERO members of the availability of Ontario Med Visit ([www.medvisit.ca](http://www.medvisit.ca)).

MedVisit is a service that arranges for a qualified medical doctor to come to your home. If you, your child or any member of your family is sick and needs a housecall, then MedVisit can help. MedVisit has been providing this important service to the community for more than 20 years. They have over 100 doctors who help provide this much needed care and attention to you and your family. MedVisit does not charge any fees. All services are covered by your OHIP Health Card.

It is a wonderful service, particularly for those RTO/ERO members with mobility issues or limited means of transportation

## 2. Feature: Shingles

You probably know of someone who has had shingles; my grandfather-in-law was inflicted with the disease. His experience was not pleasant; in fact, I recall him describing the pain as excruciating. Approximately 20 % of North Americans develop shingles at some point in their life. Even though children can develop shingles, the risk begins to take off at age 40, and skyrockets after age 60. About two thirds of the people who get shingles do so after age 60; by the time you reach 85, you have a 50 percent chance of having had it.

As a result, RTO/ERO members should become informed about shingles. What is shingles? What causes it? How do you know you have it? How is shingles treated? Is it contagious? Can it be avoided?

Anyone who has had chicken pox can develop shingles since it is caused by the same virus. This painful skin rash is called the Varicella Zoster sometimes referred to as the 'devil's whip' and is in the Herpes family of viruses (note that the herpes virus that causes shingles is not the same herpes virus that causes genital herpes). After the chicken pox illness passes, the problem never really goes away- the virus lives in part of the spinal cord in the nervous system and is never fully cleared from the body.

One's immune system keeps the virus dormant; however, it can be reactivated even after many years after one has had chicken pox. This 'resurfacing' of the virus can occur when

your immune system is not working at its best. As a person ages, their immune system tends to weaken, thus the prevalence of its development as people get older.

Other factors may include illness, stress, use of drugs that suppress the body's immune system (e.g. Corticosteroids for severe asthma), HIV infection, certain types of cancers, and radiation treatment.

When the virus "reawakens" and becomes active again, one may experience numbness, itching, severe pain, headaches, upset stomach, fever and the chills. These symptoms are often preceded by the prodrome (early warning signs) before the rash appears. The skin rash usually appears three to five days after the symptoms appear. The rash itself is reddish, with many tiny, fluid-filled blisters. The blisters follow the path of individual nerves that come out of the spinal cord and appear as a band or a belt like pattern on an area of the skin. For a few days the rash spreads, although its extent varies from one person to another. The rash commonly occurs on one side of the trunk of the body. The blisters will break, dry out and then crust over. Shingles can result in persistent pain lasting for months and even years after the rash has gone away (post-herpetic neuralgia: {PHN}). Your doctor can have the fluid from your blisters analyzed to determine if you have the virus.

*Shingles is contagious. Shingles can be spread from an affected person to children or adults who have not had the chicken pox. But instead of developing shingles, these people will develop chicken pox.*

Once one has had chicken pox, one cannot catch shingles (or contract the virus) from someone else. Once infected, however, one has the potential to develop shingles later in life.

There are several effective treatments for shingles. Anti-viral drugs fight the virus and work best if started within three days of developing the shingles rash. This will minimize the extent and spread of the rash and minimize the pain associated with it. Blisters will also crust over and heal faster. Anti-viral drugs may also help to reduce the risk of developing chronic pain shingles. Anti-viral drugs in use today include Acyclovir, Valacyclovir and Famciclovir. Talk to your pharmacist about the use of over-the-counter medications such as Ibuprofen for the pain associated with PHN. Your doctor can prescribe other types of medication, for severe pain, that work to decrease the action of the pain fibers and alter the way the pain signals are interpreted by

~See Health/page 9



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our brain.

To relieve itching and pain of shingles you can try applying Calamine lotion, using cool, moist compresses, soaking in the tub with cornstarch or oatmeal.

To prevent shingles, the first step is to avoid getting the chicken pox. If you have not had it, make sure you do not touch the blisters of people with either chicken pox or shingles. A vaccine is now available against the Varicella Zoster (shingles) virus for both adults and children.

Health Canada has recently approved a shingles vaccine (Zostavax). The RTO/ERO health plan covers the ingredient cost for the vaccine providing one has not reached the annual maximum limit. The Zostavax vaccine must be stored frozen at an average temperature of 15 degrees Celsius or colder until it is ready for injection. Please consult your doctor and pharmacist about the transportation and injection of the vaccine. Currently, not all clinics or physician's offices can accommodate these storage requirements. To find the nearest clinic or physician office that can accommodate the storage of Zostavax and administer the vaccine on-site please go to [www.zostavax.ca/clinics](http://www.zostavax.ca/clinics).

Much has been learned about shingles including new ways to treat the disease. The other sign of hope is that the wide vaccination of chicken pox may essentially diminish both chicken pox and shingles. It was unfortunate that "gramps" did not have the treatments and vaccines that are readily available today, but I am sure that he would be pleased to know that current and future generations may not have to endure what others like him had to go through.

Sources: Medicinenet.com and Good Times: Manulife

### **3. Health Canada Renews Warning About Online Drug Purchases**

A recent RCMP investigation has prompted Health Canada to remind Canadians of the potential dangers of purchasing drugs online. Health Canada is warning consumers that counterfeit drugs may contain incorrect doses, the wrong ingredients, dangerous additives, or no active ingredients at all, which could potentially result in serious health risks. To minimize the risk of purchasing counterfeit drugs, consumers who choose to purchase their medications via the Internet should avoid doing business with any website or company that:

- a) Refuses to give a street address, telephone number or way of contacting a pharmacist;
- b) Offers prescription drugs without a prescription;

- c) Offers to issue a prescription based on answers to an on-line questionnaire;
- d) Claims to have a "miracle cure" for any serious condition;
- e) Sells products that are not approved for sale in Canada; or
- f) Sells products that are being provided directly to consumers from foreign sources.

Source: Health Canada, August 2009

### **4. Healthy Waistlines**

Almost 60% of Canadian adults are overweight or obese. Obesity can increase your risk of diabetes four fold, increase your risk of high blood pressure three fold and more than double your risk for heart disease.

Your weight is not the only indicator of your health risk. Where you carry your weight is just as important as how much weight you carry.

A pear-shaped figure has a little extra weight around the hips and thighs. An apple-shaped body carries extra pounds around the waist. Studies have shown that those with an apple-shaped body are at a higher risk than those with a pear-shaped body.

Waist circumference is a good predictor of your risk for heart disease, stroke, high blood pressure, high blood cholesterol and type-2 diabetes. The Heart and Stroke Foundation has put together the following guidelines for a healthy waistline; the waist circumference measurements do not apply to pregnant or breastfeeding women or people under the age of 18 or over the age of 65. If your waistline measurement is greater than, or close to, the limits noted below, you should speak to your healthcare provider about how to achieve a healthy weight through physical activity and healthy eating. If your waist circumference is approaching the limits noted below, your risk is starting to increase and you should take some steps now to reduce your waistline, and your risk of developing health problems.

#### **Waist Circumference by Ethnicity and Gender (Male / Female)**

- a) European/Caucasian, Sub-Saharan Africans, Eastern Mediterranean, Middle Eastern: 102 cm (40 in) / 88 cm (35 in)
- b) South Asian, Malaysian, Asian, Indian, Chinese, Japanese, Ethnic South and Central Americans: 90 cm (35 in) / 80 cm (32 in)

Source: Heart and Stroke Foundation, August 2009

~See Health/page 10

~Health continued from page 9

### C. Drug Information Update

#### 1. Paptiva® Withdrawn from Canadian Market

EMD Serono Canada Inc., the company that markets Raptiva (efalizumab) in Canada has, in consultation with Health Canada, decided to terminate the marketing of Raptiva in Canada, due to safety concerns.

Effective June 8, 2009, the drug will no longer be available on the Canadian market, and all markets globally.

The drug was authorized for treatment of plaque psoriasis in adult patients in October 2005, however, was suspended for sale in Canada in February 2009 following a number of adverse reaction incidents. It was determined at that time that the benefit of Raptiva was outweighed by the risk of developing a serious and potentially fatal brain infection. Health care providers in Canada were notified to switch their patients to other available alternative therapies, as Raptiva would no longer be available after three months.

Source: Health Canada, June 2009

#### 2. Green Tea and Chemotherapy Study

Researchers at the University of Southern California have found that the use of green tea extract renders the chemotherapy drug Velcade (bortezomib) completely ineffective in treating cancer. The 2 types of cancers studied were multiple myeloma and mantle cell lymphoma. The study found that a component of green tea extract called EGCG destroys any anticancer activity of Velcade in tumor-bearing mice. The EGCG molecule and the Velcade molecule were able to form chemical bonds between each other, meaning that the Velcade molecule could no longer bind to its intended target inside the tumor cells.

Cancer patients often take green tea products to help reduce the side effects of chemotherapy treatment. However, the chemotherapy is unable to cause side effects as the green tea renders the Velcade inactive, resulting in the patient feeling better and concluding that the consumption of green tea helped cope with the side effects.

Source: BLOOD (Journal of the American Society of Hematology), June, 2009 ❖

## Fact or Fiction

In English pubs, ale is ordered by pints and quarts... So in old England, when customers got unruly, the bartender would yell at them 'Mind your pints and quarts, and settle down.'

It's where we get the phrase 'mind your P's and Q's'



*Kathleen Elliott, Jean King and Wayne Justasen at the Holiday Lunch.*



*Marilyn McCowan, Margaret Perschy, Mary Jane Tuthill celebrating at the Holiday Lunch*



*The big tent at Cirque de Soleil*

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# Have-A-Java On Us! Coffee & Treat



Timothy's at  
Bayview Village

10:00 a.m.

or

Join us at 9:00 a.m. for a walk around the mall.  
Once around is about 1 km.

Wednesdays:

February 17, 2010

April 21, 2010

May 19, 2010

**For further information  
please contact:**

Margaret Schuman: 416-924-0267

[m.p.schuman@sympatico.ca](mailto:m.p.schuman@sympatico.ca)

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## Snowdrops

Give me the courage of snowdrops  
Thrusting through stubborn soil,  
Raising a fragile whiteness,  
Trembling with joy,  
Reaching the wintry light  
Of a January sky.

Carole A. Martyn

A sunlit day and the wind's calling  
High over forest and bough  
The river flow and bending  
Sending droplet to sky and wending storm  
Music of the words lending joy  
To wild nature's song  
Flash of lightning slash of waves  
High into dark and moonlit night  
Song soaring high sky and cloud  
And dawn's first light  
Sing to me of morning and joy  
Wild storm cloud deep above  
Song and shadow, mist and sorrow  
Love and loss and morning light  
Winding slow long mountain top  
And narrow river winding deep  
Within stone pathway  
Lark call and hawk descending  
Below wind's sweeping soar  
Bending crying desolate weeping  
Tossing whirlpools deep within  
Shadowed night blending bending  
Darkness and shifting light  
Stars high glow, ephemeral dawn  
Lawn and veil wind wild  
Storm and rending forest branch  
And blown bough seeking  
Soul of wildness, shadow wind.

Bev Gorbet

# Spinning Fiction into Public Opinion: U.S. Opponents of Health Reform Are Making a Sport of Maligning Canada's Health System

By Health Coalition Volunteer John Kneeland

The health care debate in the United States is heating up. In the face of virulent Republican opposition, Democrats have obtained the 60 votes necessary in the Senate to begin debate on the Senate health care reform bill. Republican ads are now targeting moderate Democrats who agreed to support debate on the bill.

A version of the bill passed by the House of Representatives has already been assessed by the Congressional Budget Office, which stated that it "would yield a net reduction in federal budget deficits of \$109 billion over the 2010-2019 period." The CBO, which doesn't normally do projections for periods of over 10 years, cautions, "In the subsequent decade, the collective effect of its provisions would probably be slight reductions in federal budget deficits. Those estimates are all subject to substantial uncertainty."

The Committee for a Responsible Federal Budget, whose members include past directors of budget committees, the CBO, and the Federal Reserve Board, has also examined the bill, and is very careful in its assessment. "Done wisely," says CRFB, "health care reform could considerably slow economy-wide health care cost." But done poorly, says the organization, reform could exacerbate costs. The CRFB believes that in general, none of the bills go far enough in recommending strong measures to reduce the severe deficit picture in the United States.

All these are irrelevant niceties to Republicans, who have come not to praise health care reform, but to bury it. Soon after the Democratic victory in the Senate, Republican Mitch McConnell, Senate Minority Leader, appeared on CNN and claimed that the bill would bankrupt businesses, raise everyone's premiums, and add almost a trillion dollars to the deficit.

When asked for their own health reform plan, Republicans typically respond with talk about capping lawsuits, despite the fact that the cost of malpractice suits represents less than half a percent of U.S. health care spending. Still, in fear of suits, American doctors pay huge sums to for-profit firms for health insurance. For example, a neurosurgeon in Miami pays \$237,000 per year. Yet malpractice insurance for neurosurgeons in Canada ranges from a little over \$10,000 per year to just under \$30,000. This is because Canadian doctors receive blanket coverage through the non-profit Canadian Medical Protective Association, which also pays damages, no matter how much. All physicians in each category pay the same amount for insurance, regardless of how many claims have been filed against any one doctor.

While American doctors accumulate hundreds of thousands of dollars of debt to pay for a medical education, the schooling of Canadian doctors is mostly government-subsidized. Add to this the fact that, as a doctor in Florida once told me, any American physician

typically has to deal with filling out paperwork for about 250 different HMOs, and it makes sense that many Canadian doctors choose to stay here to practice, regardless of the lure of big money in the U.S.

Nonetheless, it's a no-brainer that the American opposition to health reform, often major recipients of health insurance industry largesse, will continue to use Canada as an example of the terrifying spectre of government-run healthcare. And they are more than willing to stretch the truth to do it.

At the height of the Town Hall meetings on health care reform, Tom Coburn, Republican Junior Senator from Oklahoma, was asked by a questioner why he had such a problem with the idea of public healthcare. Coburn replied that he could give a good example of what's wrong with public healthcare: Canada. Death rates from cancer of all types, he said, were 30% higher in Canada than in the United States.

I guess Coburn, a physician, forgot to read the 2007 comprehensive review of Canadian and U.S. studies on health outcomes published in the peer-reviewed journal *Open Medicine*. This study found that outcomes were better in Canada. A study reported on by *Health Affairs* in 2008 ranked 19 industrialized nations by the percentage of patients who survive serious but

See *SPINNING* page 13

*SPINNING, continued from page 13*

treatable illnesses, both in 1997-1998 and 2002-2003. In those years, Canada moved from seventh to sixth on the list. The United States, originally ranked sixteenth, now plods along in last place.

In a 2008 Health Canada study, patients self-reported median wait times for MRIs and CAT scans of two weeks. Median wait time for a specialist or surgery was a little over four weeks. Most patients waited a maximum of three months.

Similar results were reported by Dr. David Zelt, Chief of Staff at Kingston General Hospital, an institution which, ironically, Mitch McConnell used in a speech on the Senate floor about the problems with Canadian health care.

In McConnell's hands, the wait time of 32 days for cardiac surgery at KGH was magically transformed into six months. Wait times for all cancers, McConnell maintained, were upwards of three months. In reality, the waiting period at KGH is eight days for neuro-surgical cancer, 16 days for breast cancer, and 49 days for prostate cancer.

McConnell inflated the wait of 109 days for knee replacement surgery into 340 days.

Zelt considered McConnell's exaggerations so egregious that he sent him a letter in which he stated, "You have maligned a very proud institution whose service to our community dates back some 170 years." Tory Senator Hugh Segal rebuked McConnell on the floor of the Canadian Senate, and noted that the expected life span in Kentucky, McConnell's home state, is 75.2 years, while in Kingston, it is 78.3 years.

McConnell was one of the Republi-

cans who attempted to make political hay out of the Shona Holmes case. Holmes, from Waterdown, Ontario, appeared in a series of ads sponsored by Citizens United Now, claiming that she had been forced to go to the United States to have a brain tumor treated. She said that she was unable to obtain treatment in Canada, where, she said, healthcare "certainly isn't free."

Holmes was invited to testify before the House Energy and Commerce Committee, to whom she said, "If I had relied on my own government-run health care system in Canada, I would not be sitting here before you today. At the very best, I would be blind and the very worst I would be dead."

In a subsequent appearance on Fox News, Holmes told the interviewer that her American friends advised getting another doctor. She then falsely claimed, "that is something we are just not allowed to do here in Canada."

Dr. Rolando Del Maestro, director of the brain tumour research centre at the Montreal Neurological Institute, calls Holmes' claim "an exaggeration." He says the lesion Holmes was diagnosed with, a Rathke's cleft cyst, is benign, and usually slow-growing. It typically does not require urgent attention, he said. He adds, "If it's a real emergency in the sense that the patient's visual function is getting substantially worse, the patients would be brought in immediately and would be operated on the next day."

Neurosurgeon Michael Schwartz of Toronto's Sunnybrook Hospital says he's never seen or heard of a death from a Rathke's cyst. He told CBC News that the cyst can be drained or partially removed to take pressure off the optic nerve. "Then the person's vision almost always improves," he says, and the symptoms disappear.

Holmes paid almost \$100,000 to have the cyst removed at the Mayo clinic in Arizona. Even Fredric Meyer, M.D., chair of neurosurgery at Mayo Clinic in Rochester, Minn., says that "RCC is a benign lesion and is not typically life-threatening."

The group that paid for the Shona Holmes ads, Citizens United Now, is an offshoot of Americans for Prosperity, one of the groups behind Tea Party Protests in the United States. Americans for Prosperity is funded by the Koch Family of Foundations, and was founded by David Koch, a descendant of ultra-conservative oil baron Charles Koch.

While disavowing Canadian health care, Holmes was still enough of a believer in government-funded medicine to demand reimbursement from OHIP for her expenses. When she was refused, Holmes filed suit, claiming that Ontario had violated her Charter right to timely medical care. Her suit is being funded by the Canadian Constitution Foundation, a conservative pro-business organization closely linked to the Fraser Institute. The CCF is mounting a campaign to bring privatization to Canada.

Those who criticize Canada's system should be aware that U.S. citizens who can't afford ongoing medical treatment and don't qualify for Medicare or Medicaid simply have no recourse. Over forty thousand deaths per year occur in the United States among them.

Many American doctors believe that a single-payer system similar to Canada's is the only practical solution to their problems. They look to our system as a model of humane and efficient delivery of care. It's something that we shouldn't take for granted. [www.ontariohealthcoalition.ca](http://www.ontariohealthcoalition.ca) ❖

# Medicare On Trial

**B.C. Government, Patients and “Dr. Profit” Brian Day Face Off In the B.C. Supreme Court**

**O**n November 17, the BC Supreme Court ruled that the B.C. government could audit Dr. Brian Day’s private for-profit surgical hospitals, something Day had been fighting for almost a year.

The court also ruled that a case by a for-profit health care lobby group challenging the constitutionality of public medicare would be heard in the B.C. Supreme Court. Brian Day sits on the board of the lobby group along with William Oravan (involved in the attempt to bring in private surgeries in Ontario in the last election), Don Copeman (of the private physician clinics charging patients thousands of dollars in “membership fees” that we stopped in Ontario), Mark Godley of the False Creek private clinics and a host of other for-profit clinic owners. Day was nicknamed “Dr. Profit” by the Council of Canadians.

Day has admitted that his private hospitals’ billing practices are in violation to B.C.’s Medicare Protection Act. The clinics charge the public health plan and also extra-bill patients thousands of dollars for the same procedures in what they call “facility fees”.

In a sworn affidavit dated July 23, Bob DeFaye, the chair of the Medical Services Commission of the B.C. government, alleged, “When the Commission made its decision to audit the clinics, it was aware of correspondence from approximately 30 individuals, from which it concluded that the clinics, either individually or together, had charged beneficiaries for medically required service in contravention of the Act.”

The B.C. Health Coalition, Canadian Doctors for Medicare, two doctors and two patients have been granted

“intervener status” in the court proceedings and will be arguing for the protection of single-tier medicare and the improvement to access to care in the public system.

The audits of Day’s for-profit operations will begin this March. They are the culmination of a year of court actions and the beginning of a Supreme Court challenge that holds significant consequences for the future of Public Medicare across Canada.

In December 2008, patients took the B.C. government to court arguing that the province’s for-profit clinics were regularly charging unlawful user-fees and extra-billing patients for procedures that should be covered under the public health system. They demanded that the B.C. government enforce their Medicare Protection Act and protect patients against the billing practices of the clinics that are posing a threat to single-tier health care.

Last January, the private clinics responded with a lawsuit of their own. Day’s private hospital corporation and the private clinics’ lobby launched their case claiming that the public medicare system is unconstitutional. Day’s hospitals refused access to government auditors looking into extra-billing complaints by patients, and asked the court to refuse the government the right to audit their operations. The court ruled in favour of the government audits, but is also going to

hear the constitutional challenge to medicare.

In a major report, written by the Ontario Health Coalition and sponsored by Health Coalitions across Canada in 2008, we found 89 violations of the Canada Health Act

in 5 provinces. In British Columbia, we found 29 clinics that we suspect are violating the Act’s prohibition of extra-billing, user fees for patients and queue-jumping. Prices were exorbitant; far above the reach of most B.C. residents whose average annual income according to Statistics Canada was \$24,000 in 2005. Partial knee replacements were being sold for \$13-20,000 and MRI prices ranged from \$500 - \$2,200.

The patients who started the first lawsuit have told the press that they took the government to court to enforce single-tier medicare because they are concerned that B.C. patients are being denied access to care based on their wealth, not medical need. Watch for next steps after the B.C. government has audited the clinics and completed its investigation into their billing practices.

What is certain is that the stakes - for all Canadians - are high. As Leslie Dickout of the B.C. Health Coalition described Day’s court challenge to The Tyee (independent online news source in B.C.), “This lawsuit threatens Canadians’ ability to access affordable health care when they need it. It threatens the principles of equality and fairness that are fundamental to our Canadian health care system.” ❖

# In Memoriam

*By Jean Wilson, Convener*

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. The following information is taken from RTO/ERO, Provincial Office in monthly membership updates from October 2009 through to December, 2009. I apologize for any errors or omissions.

Dorothy E. Baxter   Douglas S. MacDougall   John R. M. MacKay   Adriano Moratto   William J. Thibedeau  
Gordon W. Woodhouse   Della I. Collins   Ilona Gondor   Henry S. Green  
George A. Kibler   Jacob Klempner   Robert Cormack

# Membership Report

*From June 2009 to September 2009*

*by Jean Wilson*

As of July, 2009 we are pleased to report that District 23, North York has 2267 members. Your executive welcomes all new members who have joined in October, November and December 2009. The following information was 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.

## **OCTOBER 2009**

Marilyn Cooper   Eleanor Engelbert   Barbara Lazar   Sharon Schad   Alta Sigismund   Phyllis Thibedeau

## **NOVEMBER 2009**

Julianne V. Beck   Rachel Berdugo   Maria Gojdas   Bracha Green   Jane Matthews   Johanne Stewart

## **DECEMBER 2009**

Robert Artinger   Harriet Baker   Susan Gillan   John Keery   Mona Mitchell   Marilyn Syrtash

## **Fact or Fiction**

Each king in a deck of playing cards represents a great king from history:

Spades - King David  
Hearts - Charlemagne  
Clubs - Alexander, the Great  
Diamonds - Julius Caesar

Two nights at

# WILDWOOD



# LODGE

*on Lake Huron near Wiarton.*

**Tuesday, June 15 to Thursday, June 17**

***Cut-Off Date: Friday, March 19th, 2010***

**\$390**

**(all taxes & gratuities included)**

**W**ILDWOOD LODGE is a family run business that has been providing relaxing and entertaining vacations to families for over 70 years. The main focus of the resort is to provide a safe and peaceful atmosphere where guests can unwind and relax.

Wildwood is noted for their wonderful home cooked meals which are served in the main wood paneled dining room. They are famous for their yummy sticky buns and butter tarts! The menu is delicious and nutritious and every guest's dietary issues are considered. Guests can relax and enjoy the beautiful sunsets and the sandy shores of Lake Huron right outside the

33 various sized cabins and cottages. All the bedding is provided as well as a daily housekeeper. There are mini fridges in your cabins, so drinks or medications can be kept cold. The cottages are rustic but clean, and have heaters in case the nights get cool. Towels are provided, but if you desire large, fluffy towels, you might prefer to bring your own from home. Please also bring a flashlight and sunscreen. Reception for cell phones is weak.

Since this is the first time RTO District 23 has offered an overnight excursion, we are open to suggestions for activities at the lodge. There is an outdoor heated pool, a sauna, a whirlpool as well as Lake Huron for



swimming. There is a pool table and a large screen TV with satellite channels.

The lodge provides tennis, shuffleboard and mini putt equipment. There are walking paths and areas for fishing, as well as a marina out in front of the main resort that rents fishing boats, paddle boats, canoes, etc., and fishing equipment. When requested, wood will be provided for campfires on the beach or near your cabins in the evenings! There is a piano for sing-alongs, so bring your instruments and song sheets if you wish to share your talents!





This location is an ideal setting for a bridge tournament. The

usual schedule involves playing with the same partner and moving after every four hands over a period of two or three hours throughout the three days. We could have both contract bridge and duplicate bridge happening simultaneously, or just one format.

Members of the Book Club or Knitting Club or Strollers' Club or Havajava Group could certainly use this opportunity to reconnect. The numbers of possibilities are endless!

Since cabins come in various sizes, housing 2, 4, 6 or 8 people, (mostly in

twin beds but some doubles and queens), we need to know if you have a group that wants to be in the same cabin. There are smaller one or two person cabins that are perfect for those who know that snoring could be an issue. Please write your preferences for cabin mates on the reverse side of the registration form.

A bus will pick you up at the southwest parking lot of Bayview Village at 9:45 a.m. Since we cannot leave cars overnight, you will have to make arrangements for someone to drop you off, or plan to take the subway on the Tuesday.

The bus will travel north on Highway 400 to Highway 89. It will stop west of Aliston, where you can shop at *Granny Taught Us How*, prior to lunch

at *Mrs. Mitchell's Restaurant* (an old school house). The bus will continue for approximately two hours to WILDWOOD LODGE.

On Thursday, the bus will leave WILDWOOD LODGE after lunch. There may be time to wander the main street of downtown Wiaraton, reminisce in an old fashioned 5 & 10 cent store, or visit the famous Wiaraton Willie before the three hour drive back to Toronto. The bus should return to Bayview Village by approximately 5 p.m.

There are two web sites that you might wish to explore: <http://www.mrsmitchells.com> and <http://greybruceyourway.com/wildwood-lodge-family-resort-little-red-bay> for more photos & information.

**Wildwood Lodge**  
**Tuesday, June 15, 2010 to Thursday, June 17, 2010**  
**Cut Off Date – Friday, March 19, 2010**

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

Telephone: \_\_\_\_\_ Guest: \_\_\_\_\_

Please indicate choice of meals at Mrs. Mitchell's  
 \_\_\_ Beef Bourguignonne \_\_\_ Smoked Chicken \_\_\_ Tilapia (fish) \_\_\_ Vegetarian option

Please list any allergies or food preferences \_\_\_\_\_

Please indicate your preferences for accommodation: (List cabin mates on back.)  
 \_\_\_ One twin bed \_\_\_ Two twin beds \_\_\_ Double or queen bed

I have read the Disclaimer printed on page 4

Please check your preference for entertainment:  
 \_\_\_ Contract Bridge \_\_\_ Knitting \_\_\_ Board Games \_\_\_ Hiking  
 \_\_\_ Duplicate Bridge \_\_\_ Euchre \_\_\_ Other Activity (please specify)

# of participants \_\_\_ @ \$390 = \$ \_\_\_\_\_ Cheque enclosed for \$ \_\_\_\_\_

**Please make cheque payable to RTO/ERO District 23 and mail to:**  
**RTO/ERO c/o Jean King, #869-6021 Yonge Street, Toronto, ON, M2M 3W2**

# 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) most Tuesdays between September and June, excepting only the Christmas holiday and a few dates when the church premises are unavailable. For details check the calendar of forthcoming events on page 2 of this magazine. New members are warmly invited to join us: players should arrive no later than 12.45 p.m., since competitive play begins promptly at 1 p.m. For more information please contact Alan Ward through email at alanward@interlog.com or by telephone at 905-889-3687.

Since the last report in June, we have continued to meet as before, but lists of Table Champions and Slam Makers will be deferred until more results are available. The photographs included in this issue were taken at our meeting on September 29th.



## The Table Champions

Congratulations to the following players who were undefeated in at least five rounds one or more times between September 8<sup>th</sup> and December 15<sup>th</sup> 2009.

Joyce Arnsby, Polly Clarke, Nora Garvin, Ruth Jacobs, Carson Klinck, Mavis McKernan (2), Donna Mighton, Bev Suzuki, George Vanderwerf, Bernadette Walsh, Alan Ward, Lee White

## 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.

		<b>Contract Bid (made)</b>
September 8 <sup>th</sup>	Bert Gates & Lee White	6S
September 15 <sup>th</sup>	Donna Mighton & Lee White	6N
October 13 <sup>th</sup>	Joyce Arnsby & Bev Suzuki	6H
October 27 <sup>th</sup>	Bev Suzuki & Murray Townsend	6S
November 10 <sup>th</sup>	Ilona Taray & Lee White	6S
November 17 <sup>th</sup>	Bev Henricks & Irene Loberto	6N
	Mary-Elizabeth Lane & Helen Wiber	6C
November 24 <sup>th</sup>	Carson Klinck & Vic Suzuki	6N
	Carson Klinck & Guenter Sperling	7N
December 8 <sup>th</sup>	Larry Miller & Bev Suzuki	6H
December 15 <sup>th</sup>	Tony Cribbin & Nora Garvin	6D
	Joyce Arnsby & David Fleming	6H

## Luck and Skill

It can be argued that some games are purely games of chance (Snakes and Ladders?) while others depend almost entirely on skill (Chess). Most lie somewhere in-between and I would argue that Bridge is one such game. Skill contributes hugely to success in Bridge, but luck plays a significant part especially in the games played at most local clubs. This is why many deals can produce such widely differing outcomes.

In Chess, the two opposing players start out with equal numbers of pieces, the only significant advantage being the privilege of first move accorded to White. A player opening a Bridge hand may find anything between 0 and 40 high card points there: the former discovery occurring about once in 500 hands.

In social bridge, the temperaments of the players range from timid through pessimistic, cautious, conservative, aver-

age, optimistic, bold, aggressive to players of the "who needs points anyway: this is my hand and I'm going to play it" variety. Some players will never consider a sacrifice: others will fail to calculate the potential cost of such an action. Some routinely underbid, others routinely overbid and hope that their opponents' incompetence will allow them to go unpunished.

~See BRIDGE/page19

Other variables include the dealer's privilege of bidding first and the defence's right to make the opening lead. The following hand shows how these factors can work in determining a contract.

In the hand which follows, the order of bidding makes a significant difference to the bidding sequence. East has a good opener with a five card major suit, South has just enough to open and possesses a six card spade suit, West's hand verges on a preemptive three level opening hand and North has enough to open a weak 2 hearts. As the cards lie, 6 diamonds is makeable for 920 points to the East-West pair. The South player in 6 spades will be set by two or three tricks, for -100 /-150

points, or -200/-300 points if doubled. Even if vulnerable and doubled (-500/-800 points) it will still pay N/S to buy the contract, assuming that E/W have the skill to make 6D.

The original hand appeared as a duplicate simulation in *Bridge Baron 19* and the various tables reached contracts which lay between 4D and 6D for East-West and between 2H and 4H for North-South, with North as dealer opening 2 hearts. Some E/W pairs bid and made 6D while others bid only 5D and were set. The most successful N/S pairs made 11 tricks, while the least successful made only 6 tricks. No N/S pair declared in spades. In the duplicate simulation, E/W were vulnerable, even more reason for N/S to compete vigorously.

If East was dealer and opened 1 heart, how would you bid, sitting in the South seat? Is your hand too strong for a 2 spade overcall? How high will you and your partner go? (The Law of Total Trump suggests 4S). In bidding for E/W, the computer (which plays a tough game) used Blackwood with a void, which is not generally recommended.

If you are West, leading against a 6 spade contract, what is your best opening lead? If you are North, leading against a 6 diamond contract, how will you begin? All these variables, added to the excitement of divining ones partner's and opponents' temperaments and skill levels are what make our social bridge gatherings such fun! ❖

		West	North	East	South	West	North	East	South
				1♥	1♠	Q♦	*A♦	5♦	3♦
North		2♦	2♥	Dbl	2♠	2♦	8♦	K♦	*3♠
♠ J 7 6 5		3♦	3♠	4NT	5♠	2♠	5♠	7♥	*A♠
♥ K J 10 8 6 2		Dbl	Pass	6♦	6♠	*K♣	9♣	2♣	Q♣
♦ A 8		Pass	Pass	Pass		7♣	*6♠	3♣	4♣
♣ 9						6♣	2♥	*Q♥	4♥
West						4♦	6♥	*A♥	9♥
♠ Q 8 2						*Q♠	8♥	5♣	8♣
♥ —						8♠	7♠	10♣	*K♠
♦ Q J 9 7 6 4 2						6♦	*J♠	A♣	J♣
♣ K 7 6						7♦	K♥	3♥	*4♠
East						9♦	10♥	10♦	*9♠
♠ —						J♦	J♥	5♥	*10♠
♥ A Q 7 5 3									
♦ K 10 5									
♣ A 10 5 3 2									
South									
♠ A K 10 9 4 3									
♥ 9 4									
♦ 3									
♣ Q J 8 4									

Contract	Score	West	North	East	South	West	North	East	South
4♥ by North =	420			1♥	2♠	7♣	J♥	*Q♥	9♥
4♥ by North =	420	3♦	3♠	4NT	Pass	*K♣	9♣	2♣	4♣
2♥ by North +3	200	5♣	Pass	5♦	Pass	2♠	5♠	*5♦	3♠
2♥ by North +3	200	Pass	5♠	6♦	Pass	*J♦	2♥	3♥	4♥
2♥ by North +1	140	Pass	Pass			8♠	6♠	*K♦	4♠
5♦ by West -1	100					*6♦	6♥	A♥	3♦
5♦ by West -1	100					Q♠	7♠	*10♦	9♠
2♥ by North -2	-100					*7♦	8♥	5♥	10♠
2♥ by North -2	-100					9♦	*A♦	3♣	8♣
2♥ by North -2	-100					*2♦	J♠	7♥	K♠
2♥* by North -2	-300								
2♥* by North -2	-300								
6♦ by West =	-1370								
6♦ by West =	-1370								

# Web Alert

by Dianne Fair



## Get Your Stony Bridges On-line

Currently we send a copy of Stony Bridges in February, August and November to each of our 2200+ members by mail. This costs about \$1.50 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 like you who are on the Internet, we can offer this opportunity to you. This is the way it works:

The program would begin for you with the August, 2010 Stony Bridges. When this and future Stony Bridges have been posted, you will receive a prompt e-mail to that effect 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**.

To implement this option, please consult the 'Information Required' on page 35 and send it to Dianne Fair (our Webmaster) by e-mail at [diannefair@rogers.com](mailto:diannefair@rogers.com). Dianne will be working with George Meek, (Newsletter Distribution Convener) in administering 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 current edition of Stony is already posted on our website as indicated above in both formats. Please go there and see how user-friendly it really is.

### Note

Previous editions of Stony for the current year are also available 'on-line'.

If after you have tried Stony 'on-line' and find it does not meet your needs, please let Dianne know by e-mail and you will begin to receive your Stony in hard copy by mail starting with the next edition.

If you wish to register for Stony On-Line, see page 35

## What's New?

The District 23 Homepage Slideshow is featuring the Holiday Luncheon. Also check out new photos added since the last issue of STONY.

**Member Survey:** Thank you to those who answered the survey in November.

## Stony Online

To date 158 members have opted to receive their STONY BRIDGES on-line. You can get yours online too. See the details to the left.

### Attention: Amateur Photographers

We are now inviting members who have a love of photography to share a few of their favourite pictures online. Simply send photos to me at [diannefair@rogers.com](mailto:diannefair@rogers.com) and I will see that they are posted on the District 23 website. There will be a link on the home page entitled Amateur Photographers. A maximum of 10 photos can be shared each month.



Pat Cooper at Cirque de Soleil

### Remember

District 23 information can be found on our website.

**Log on to view...**Activities, Photos, Member Services, Newsletters Executive Members and more.

[www.rtoerotorontodistricts.org](http://www.rtoerotorontodistricts.org)

# SHAW FESTIVAL

THEATRE  
2010 SEASON

## The Women

by Clare Boothe Luce, directed by Alisa Palmer

\$95

Includes: lunch, show,  
taxes and all gratuities

Thursday, May 13th, 2010

**Cut-Off Date: Friday, March 26, 2010**

**9:30 a.m.** - Meet the bus at Bayview Village  
Shopping Centre

Please park vehicles along the outside perimeter of the  
south-west corner of the parking lot.

**11:30 a.m.**

Lunch at the  
Pillar and Post

**Note:**

There should be time for  
a brief stroll on the main  
street prior to the 2:00  
p.m. curtain.

Welcome to a secret society – the world of women. In *The Women*, a 1930s Broadway hit by Clare Boothe Luce, a Manhattan socialite finds out her husband is cheating on her, and her girlfriends are no help at all. With manicured claws, these women are fighting to maintain their status while scheming to leave, steal or win back their

own husbands. This classic play captures a world that only half the population ever really gets to see. This play is a revealing look into the lives of the ladies-who-lunch that is clever, cut-throat and full of outrageous humour. “A play that takes place in women’s boudoirs, salons, bubble baths and powder rooms – information for the

men in the audience, confirmation for the women and a true celebration of the extraordinary actresses in our company.”

*Please indicate your food choice on the registration form on page 35.*

# Goodwill Report

Maureen Capotosto

905-883-1496

[mpcapotosto@sympatico.ca](mailto:mpcapotosto@sympatico.ca)

The Goodwill Committee and your Executive of District 23 are committed to maintaining contact with our older members and those who may be confined. If you know of a member who would appreciate support from us please let us know by calling the Goodwill Convener or an Executive member.

Convener.....	Maureen Capotosto	905 883-1496
	<a href="mailto:mpcapotosto@sympatico.ca">mpcapotosto@sympatico.ca</a>	
<b>Cards:</b>		
Birthday Cards for Over 80's .....	Judy Neilson	416 256-2731
Bereavement Cards:.....	Xenia Cooper	905 881-5481
Keeping in Touch.....	Joan Smith	416 449-4422
Get Well.....	Gwen Bumbury	416 491-1213
<b>Telephone Calls</b>		
Sick, Shut-in, Etc.....	Vinny Coetzee	416 621-6681
New Members .....	Sharon Basman	416 444-3311

## In Sympathy

Each year RTO/ERO District 23 North York makes a donation to the following charities: Alzheimer Society of Toronto, The Canadian Cancer Society, and The Heart and Stroke Foundation in honour of our members who have passed away.

## Service To Others

While we have officially concluded Eileen's Project with a final donation of knitted items, we have established a connection with the Teresa group that will carry on. Money has been donated and knitted items will be created and passed on. Constance Nobes, Volunteer Coordinator assures me that the many knitted scarves, hats, and mittens already donated disappeared in no time. We will keep you posted as other volunteer opportunities arise with them. You can also contact Constance Nobes at [volunteer.support@on.aibn.com](mailto:volunteer.support@on.aibn.com) or 416 596-7703.

Thank you for the proposals we have received for our submission for the Project - Service to Others 2010. We are

preparing an application for an initiative that supports the concept of "Service to Others". The intent is to raise the profile of retired teachers by visibly demonstrating to active teachers and to the public-at-large that retired teachers care about their communities and about public education, and are willing to do something to help those who need assistance. We will report on our project in a future newsletter.

## Significant Birthdays

Beginning in 2010 we are personally inviting members celebrating their 90th birthday (born in 1920) to attend the AGM and Spring Luncheon as our guest. Look for your invitation in the mail or contact the Goodwill Convener for more details.

We will also do our best to recognize members reaching milestone birthdays ( 80, 85, 90, 95, .....). In honour of our members who reach these significant birthdays, District 23 will be making an annual donation to the nutrition programs that support students in the Toronto schools.

~GOODWILL/Continued on page 23

~GOODWILL/Continued from page 22

## Were You Born in 1940?

If so, then you are entitled to attend the Annual General Meeting and Spring Luncheon for free. Details regarding the date and location are on page 30. Please join us to celebrate your 70th year by sending in your RSVP and noting that you are one of our birthday guests.

## Did You Know?

The Annual General Meeting is held on Wednesday, May 26 along with the Spring Luncheon. This event is subsidized by RTO/ERO District 23 North York for all members. The actual cost is \$31 but each member is only charged \$16. We do this because we believe it is important for our members to attend this important meeting. You have an opportunity to learn about how your executive operates and get up-dates on all the activities connected with our organization. As well, this is an opportunity to connect with friends and fellow members as you enjoy a delightful luncheon in a very pleasant setting. Please join us. You will find a registration form on page 30 to submit along with your cheque. ❖

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## Pension and Retirement Concerns

by *Andrée Nottage*

Would you like to know more about the Ontario Teachers Pension Plan? Plan to attend the upcoming Annual General Meeting of OTPP, to be held in Toronto, in April of this year. Log on to [www.otpp.com](http://www.otpp.com) for the precise date, time and location of the AGM, and follow the link for registration procedures. You may also phone 1-800 668 0105. Don't miss this opportunity to become better informed about pension matters. ❖



*Holiday Lunch revellers from left to right: Fonny Tran, Andrée Nottage, Joanne Weinstein, Sharon Basman, Fran Berman, Joanne Callander*



*Lucky prize winners at the Holiday Lunch.*



*E. Archambault and Phylis Rickerby enjoying the Holiday Lunch*

# Needlework and Craft Group

by Margaret Schuman



The members of the Needlework and Craft Group have continued to meet in the morning of the third Thursday of most months. The group meets from 9:30 a.m. until noon at Mitchell Field Community Centre.

Our latest unique collection of hats, scarves and mittens was presented to representatives of The Teresa Group at our Holiday luncheon on December 2, 2009. In the end we presented at least seventy-five (75) warm, 'one of a kind' sets for the children. We received a glowing thank you note from The Teresa Group and we were assured that most of the articles were already on the heads and hands of children in Toronto.

Members of the group will continue to make articles for The Eileen Project. In addition, we will support the next Goodwill Project when it is decided.

## Crazy Afghan

The Needlework & Craft Group has begun a fun project and we invite members to join in the fun. The group has decided to make a "Crazy Afghan". Members are invited to knit or crochet 6-inch squares. You choose the yarn, the colour and the pattern. You may have to "play around" with the yarn and number of stitches to come up with a 6-inch square. Be creative. Try a new stitch, mix colours - the possibilities are endless.

The group will collect the squares, sort them, arrange them and join them in a creative and decorative way.

The "Crazy Afghan" may be raffled to support our Goodwill Project or donated to a worthy cause.

Join in the fun. Knit at home or join us when the group meets.

Lastly, we have now worked out an arrangement with The Teresa Group and they will provide an income tax

receipt for monetary donations to this project. We will buy yarn to knit or crochet for The Eileen Project and The Teresa Group will provide an income tax receipt to the donor. So if you don't knit or crochet or don't have the time, you might consider a monetary donation.

The Needlework and Craft Group welcomes new members. We invite you to join us at our gatherings on:

### Third Thursday at 9:30 a.m:

- February 18, 2010
- March 18, 2010
- April 15, 2010
- June 17, 2010

### For more information, please contact:

Maureen Capotosto  
 905-883-1496  
 mpcapotosto@sympatico.ca  
 Margaret Schuman  
 416-924-0267  
 m.p.schuman@sympatico.ca

## A Quick Look at the Demographics of District 23

2009		2004	
50-54	2	50-55	50
55-59	88	56-60	216
60-64	312	61-65	364
65-69	484	66-70	427
70-74	461	71-75	366
75-79	385	76-80	237
80-84	247	81-85	102
85-89	180	86-90	89
90-94	73	91-95	42
95-99	23	96-100	8
100-104	3		
Total	2258	Total	1901



# Grease

*Canon Theatre*

*244 Victoria St.*

*Saturday, April 17, 2010*

*Cut-Off Date: Friday, March 12th, 2010*

*2:00 Matinee*

**\$75**

*(tax included)*

**G**REASE is all the things you would expect of a '50s teen romance! It's a classic "boy meets/loses/regains girl" tale!

Danny, leader of Rydell High School's bad boys, the T-Birds, has a summer romance with Sandy, who unexpectedly appears at Rydell in the fall. Danny forsakes her to save face with his friends. In the meantime, Sandy works her way into the

good graces of the Pink Ladies, the T-Birds' female counterparts. Along the road to Danny and Sandy's reconciliation are a rumble, a dance contest, and a drive-in make-out scene, with Sandy's conversion from goody two shoes to greaser babe, and everything ending happily.

The cameo role of Teen Angel is played by "American Idol" winner Taylor Hicks, a master of blue-eyed

soul. Teen Angel makes a surprising and novel entrance in a midnight blue Elvis number studded with rhinestones that Hicks reportedly helped design. The show ends with Hicks singing "What's Right is Right," from his latest album.

**Be prepared to sing, and start practising your hand jive now!**

***Note:** Tickets available from Bernadette between 1:15 & 1:45 p.m. inside the Victoria Street entrance of the Canon Theatre (244 Victoria St.)*

*~Registration form on page 35*

# Travelers Guiding Travelers

by Dianne Fair

**W**e are starting a new feature on the website and are hoping you will join the team. Many of our members love to travel and some are keen to plan trips on their own. Last fall I had the opportunity to travel to Barcelona. When organizing my trip, I was able to contact another District 23 member who is now living in Barcelona.

Don Stewart and his wife Lynda willingly shared their enthusiasm for Barcelona and provided a lot of useful tips for making my trip a memorable one. They have volunteered to be our first trip advisors.

In Don's words, "Lynda and I would be willing to help you get acquainted with our favorite city in the world. Just send us an e-mail and we will try to help you in any way we can."

If you have a favourite travel spot, and would be willing to act as an advisor to fellow District 23 travelers, please send your e-mail address to me, [diannefair@rogers.com](mailto:diannefair@rogers.com)

Please include a brief outline of the travel destination(s) you are willing share information on. This information will appear on the website under a new heading: TRAVEL. ❖

## Recruitment: Every Member's Responsibility

by Mary Ellen Lawless, Chair of the "Toronto Districts" Retirement Planning Workshop Committee

**W**hile reading this edition of *Stony*, you will note some interesting demographic information prepared by Dianne Fair comparing the age break-down of members of District 23 from 2004 to 2009. The message: we are an aging group even though many of our colleagues have been retiring in their mid-fifties these past few years.

Your Executive asks each District 23 member to take an active leadership role in recruiting friends and acquaintances to RTO/ERO.

**Note:** Membership is now open to anyone who has been employed in any role within the educational community and the benefits are too numerous to mention. One should not wait until it is time to change health care coverage from a School Board plan. Health care is just one advantage of membership in this great organization, which lobbies continuously for so many essentials to a better society for all, such as: sponsoring scholarships for

those pursuing teacher training programmes in university, the financing of projects through the Service to Others initiative, and specialized assistance to members who are in dire need of emergency direction and support.

Your Executive is asking you to try to **enroll at least one new member each and every year** to District 23. You know your colleagues, friends and family members who have been employed in education. Membership is as simple as giving them the telephone number for Provincial office (416-962-9463) and asking the friendly staff for a membership in RTO/ERO.

The Provincial office, in consultation with the Districts has been supporting **Retirement Planning Workshops** for several years now as one way to introduce potential members to our organization. These workshops have proven to be very popular and well-received by attendees. For the past five years the four districts constituting the City of Toronto (District 16, 22, 23, 24)

have come together to establish a committee with representatives from each District to plan and present three workshops per calendar year. The workshop in November 2009 had a record 102 in attendance. The evaluations were very positive, supporting the intention of the Committee to provide much needed information around retirement issues.

There will be three workshops in 2010 in the Toronto area with the registration details being in all the schools, including private schools, by the end of January.

For registration details, you are referred to the website: [www.rtoerotorontodistricts.org](http://www.rtoerotorontodistricts.org). **The dates for 2010 are March 27th, April 27th and November 18th.**

Please tell anyone you know who is contemplating retirement from any position in the educational field to consider attending one of these workshops. ❖

# STRATFORD FESTIVAL THEATRE



# EVITA

Avon Theatre ~ Stratford  
Friday, October 1, 2010

*Cut-Off Date: Friday, April 23, 2010 Note: Early cut off date to avoid HST tax on everything*

2:00 p.m. Matinee

Lyrics by Tim Rice

Music by Andrew Lloyd Webber

As ambitious as she is charismatic, Eva Duarte rises from poverty in rural Argentina to become, first the mistress, and then the wildly popular wife of President Juan Perón. Blending the personal with the political, this landmark of the modern mu-

sical theatre paints a dazzling portrait of a woman who helped shape history. Exuberant Latin, rock and jazz rhythms pulse through the score of a show that took the world by storm, winning Tony, Drama Desk and Olivier Awards for best musical.

**\$114**

(all taxes & all gratuities included)

Prior to attending the theatre, lunch will be served at Demetre's Restaurant at 11:30 a.m. Please circle food preference for each guest in the registration form on page 34. For those who so desire, there may

be time for a brief stroll in downtown Stratford prior to the 2:00 p.m. performance at the Avon Theatre. This year we were most fortunate to reserve the best available A+ seats in the Orchestra section.

**Please meet the bus at 9:30 a.m. at Willowdale United Church, 349 Kenneth Avenue.**

*~Registration form on page 34*

# Elmira Maple Syrup Festival

The Elmira Maple Syrup Festival is the largest and oldest one day festival of its kind!

## Saturday, March 27, 2010

*Cut Off Date: Friday, February 19<sup>th</sup>*

### \$65.00

Includes : all taxes and all gratuities, deluxe motor coach transportation, Elmira Maple Syrup Festival and Craft Show, Buffet Lunch at Crossroads, browsing in the Village of St. Jacob's.

### Itinerary

8:30 a.m. Bus leaves Willowdale United 349 Kenneth Ave., Willowdale  
**Note:** Washrooms may not be available in the church  
1:15 p.m. Buffut lunch at Crossroads Family Restaurant  
4:00 p.m. Bus leaves for Willowdale United, arriving about 6:00 p.m.

### Highlights

- ♦The Arts and Crafts Show at the Collegiate, displaying a large variety of crafts including handmade quilts. Stroll about enjoying the aromas and the German Sausages, Pancakes, Apple Fritters and other delicacies.
- ♦The huge gift shop at the Crossroads Restaurant
- ♦The village of St. Jacobs, a haven for both contemporary and traditional crafts.
- ♦The Shops at Riverwood will charm you with their varied selections and the Bakery will beckon with oven fresh pies and breads.
- ♦Perhaps a cup of tea at Vidalia's before leaving for home

If you have any questions, please contact Rose at 416-225-1423.

**NOTE:** This event was first advertised in the November editon. However, there may still be space on the bus. See page 34 for Registration form.



# Bulletin Board

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## 50th Anniversary Reunions

### William Lyon Mackenzie Collegiate Institute

April 29th to May 2nd, 2010.

[www.mackenziereunion.com](http://www.mackenziereunion.com)

For information about former staff, contact: Michael Cole at [mscole@rogers.com](mailto:mscole@rogers.com)

### Chalkfarm Public School

Saturday, May 1st, 2010

11:00 a.m. until 2:00 p.m.

R.S.V.P. at 416-395-2160.

Chalkfarm Public School

100 Chalkfarm Drive

North York, Ontario

M3L 1L4

e-mail: [Chalkfarm@tdsb.on.ca](mailto:Chalkfarm@tdsb.on.ca)

## Roots of Empathy

You could be a Roots of Empathy Instructor

Roots of Empathy is a program for elementary school children.

The program's aim is to increase empathy – the ability to understand another person's feelings. The heart of the program is: a parent and infant visit a classroom once a month for the school year. While there, children learn to care and respect others, resulting in a reduction in bullying and aggression.

As the Roots of Empathy Instructor you:

- ✓ coach the children to observe the baby's development, celebrate milestones, interact with the baby and learn about an infant's needs.

- ✓ visit the classroom before and after

each baby visit to prepare and reinforce teachings, using a specialized curriculum that is developmentally appropriate for each of four age ranges: Kindergarten (JK/SK), Primary (Grades 1-3), Junior (Grades 4-6), Intermediate (Grades 7 and 8).

- ✓ commit to four days of mandatory training, 27 classroom visits from October to June, preparation of lesson materials and travel time to a local community school.

- ✓ are comfortable presenting to children in a classroom setting.

If you are interested in volunteering your time in a local school, and would like to partner with a baby and a parent to build caring, peaceful and civil societies through the development of empathy, please contact:

Penny Dickie at 416 849-4690 x25  
[pdickie@rootsofempathy.org](mailto:pdickie@rootsofempathy.org) or visit  
[www.rootsofempathy.org](http://www.rootsofempathy.org)

# Golf News

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## Fact or Fiction

Many years ago in Scotland, a new game was invented.. It was ruled 'Gentlemen Only... Ladies Forbidden'.. and thus, the word GOLF entered into the English language.

## RTO/ERO 7th Annual Golf Tournament Kettle Creek Golf Club

Your Planning Committee has decided to move the date of our annual tournament held at

Kettle Creek to September 23, 2010. The change, to a fall date, was precipitated by several years of soggy spring-conditions on the course.

The price of \$45 may also increase if the costs are affected by the new Harmonization Tax.

Watch for details of the tournament, and the registration form, in our August newsletter.

Marilyn Johnson has agreed to continue registering golfers, Darlene

McCowan will gather the prizes and Dianne Fair, along with members of the executive, will help solicit donated items for the prize table.

Profits from the event will benefit our 'Service To Others' project for this year.

Helen Wiber will assist where needed. If you have any questions or concerns, please contact Helen at 416.485- 0131.

# ANNUAL GENERAL MEETING and SPRING LUNCHEON

*Wednesday, May 26, 2010*

*Cut-off Date: Friday, May 21*

*Thornhill Golf and Country Club*

Free Parking

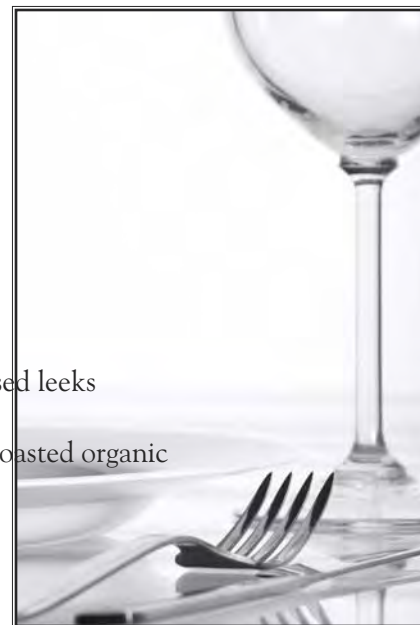
Subsidized cost: (for a member and one guest) **\$16 (each)**

Actual cost: \$31 (extra guests pay this amount)

## *Menu*

- mango soup with delicate curry flavour
- chicken breast with tomato, olive and caper chutney OR rainbow trout with braised leeks
- roasted potatoes and market fresh vegetables
- premium ice cream topped with caramelized royal gala apples and finished with a toasted organic granola.
- rolls, tea and coffee

*Please notify Mildred at 416-221-5328 of any dietary requirements.*



## *Schedule*

9.30 Registration and coffee

10.00 AGM

11.00 Cash Bar and hors d'oeuvres

12.00 Lunch, followed by prizes and entertainment by Chris Smith and Turner King

AGM and Spring Luncheon  
Wednesday May 26, 2010  
*Cut-off Date: Friday, May 21, 2010*

I have read the Disclaimer  
printed on page 4

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

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

Please circle meal choice for each attendee. Chicken

Trout

\_\_\_ tickets @ \$16 plus \_\_\_ tickets @ \$31 = \$ \_\_\_\_\_

Born in 1940? Check here and dine free \_\_\_\_\_

Cheque enclosed for: \$ \_\_\_\_\_

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

# Why Combine the Annual General Meeting and the Spring Luncheon?

by Mary Ellen Lawless

At the Annual General Meeting (AGM) of 2008, members voted to change the AGM from September to sometime in May or June, in order to bring District 23 in step with the other three Districts that now constitute the City of Toronto. Especially since the inception of the Toronto Districts Council, more and more activities are being coordinated among the four Districts and with Provincial RTO/ERO schedules.

It has been a tradition with District 23, however, to hold a Spring Luncheon in May or June each year. In light of the foregoing, the current Executive decided to combine the AGM and Luncheon, starting in 2010. Your Executive is committed to highlighting the AGM as the most important meeting



Margaret Schuman (District 23) with Valerie Mah (District 16) at a recent joint meeting of Toronto Districts.



At a recent joint meeting of the Toronto Districts, Merit Travel Representative, Lori Copeland (left) with Sue Brooker who was the winner of the Merit travel prize

of each year as that is your opportunity, as a member of District 23, to understand, question and discuss the plans and decisions of your Executive and to strengthen the election process for each year's new Executive. Addi-

**...a special invitation will be extended to our nineteen members, who are turning ninety in 2010, to attend our AGM and Luncheon as guests of District 23.**

tionally, every attempt is being made to encourage and increase the attendance at the AGM to assist our members to meet and greet friends and acquaintances from our working years.

Your Executive is also committed to finding ways and means to celebrate the contributions of our older retirees. Accordingly, this year a special invitation will be extended to our nineteen

members, who are turning ninety in 2010, to attend our AGM and Luncheon as guests of District 23. If you are one of the nineteen, you will receive your invitation in the mail. If you have not received an invitation by April 30, 2010, please contact our Social Convener Mildred Frank at 416-221-5328.

Also, if you were born in 1940 (thus turning 70 this year), please indicate that on the RSVP tear-off included in this edition of Stony as you will also be a guest at that function.

The business meeting will be held in the morning followed by the lunch, lots of draw prizes, greetings from a representative from Provincial Office, entertainment, and time for chatting and reviewing the DVD of District 23 archival information.

As a representative of your Executive, I and my colleagues look forward to meeting you at our "Spring fling." ❖

## Fact or Fiction

If a statue in the park of a person on a horse has both front legs in the air, the person died in battle. If the horse has one front leg in the air, the person died because of wounds received in battle. If the horse has all four legs on the ground, the person died of natural causes.

# Not for Knowledge we go to College

or For Every Person There is a Season

by Rocky Sankoff

*This is dedicated to: 1) those that remember the halcyon days of their youth when there was no such thing as a "Spring Break" or "Reading Week", 2) the younger retirees who may fondly remember such a time and 3) those of us that have the opportunity of witnessing these rites from a non-participatory vantage point.*



Many of us head to southern latitudes for the winter season. And whether we go to southern or northern Florida, out west, Texas, or Mexico, most will have some contact with that other "season". It lasts from the final week in February to late April. It is the season of the "spring-breakers"

Many areas (we're at Panama City Beach) are inundated with university students who could probably better spend their time studying for exams, finishing term papers, or just getting caught up on educational priorities.

Instead they descend on the beaches wearing a minimum of clothing, toting daddy's or mommy's credit card, and hauling coolers of essential foods such as beer, a variety of chips, cookies, and more beer.

As a voyeur and wannabe, it's fun. Kids having fun. Most of them are very polite. When was the last time you were called "sir" by so many adolescents? When was the last time so many bikini-clad girls asked you to take their picture? A pleasant diversion from the Senior's Centre.

But how do you know when the season starts?

The first indication is that you can no longer cross that main street near your residence anytime and at any place you wish. Traffic rules are only a suggestion as a seemingly endless procession of cars loaded with merrymakers, trucks with hooting, drinking youngsters in the back, and mopeds carrying maybe one person too many rule the road.

Don't walk along the sidewalk in front of a high-rise motel. You have no idea of what may drop from the sky. Beer cans, pillows, balloons of water, underwear, but hopefully not a spring-breaker (which unfortunately does happen).

If you are walking on the other side of the street from the motel, don't get hit by a truck while you are gawking at the balconies across the road where you might glimpse some of the more uninhabited running around in their bare naked.

---

**...You know the breakers are here because the amount and type of litter in parking lots, the roadsides, and condo properties quadruples as large quantities of beer cans, cigarette packages, fast food wrappers, and condom wrappers are discarded with no regard for the environment...**

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On the beach the dull roar of waves is replaced as the beach comes alive to "The Sound of Music". Even the songs from that enchanting movie seem to fit. "Sixteen Going on Seventeen", the lyrics "... you need someone older and wiser telling you what to do..." and "edelweiss" - "... small and white, clean and bright, you look happy to meet me..." - could be retitled "A White Sea Gull and a ..."

No wonder today's young adults tend toward deafness. Not the big band music of "our time", but a loud raucous, deafening thump thump thump,

~See KNOWLEDGE/page 23



~KNOWLEDGE/

*continued from page 22*

and words that hardly make sense, or are raunchy enough that, if played in our alma maters eons ago, would likely have had us hauled before the administration and burdened with a zillion detentions.

Remember to take a hard hat with you. Frisbees and footballs whirl through the air and a sudden gust of wind can deposit these missiles on an unprotected cranium. The other advantage of a helpful hat is that breakers arrival coincides with that of returning pelicans that unerringly tend to drop loads of merchandise on unsuspecting beachgoers.

Walking along the beach is also an obstacle course. One must be aware of sprawling bodies in a variety of stages of dress (undress?). But don't let those eyes wander too much - you must dodge empty cans, the odd nasty piece of broken glass, shattered coolers, discarded beverage cups, blankets, sandals, and other items of apparel that are widely strewn along the shoreline. Be careful not to step in the abandoned gigantic holes dug at various sites. These were sculpted out of the sand originally to see how many breakers could lounge in these cavities with their beer before some other mind-absorbing activity attracted their attention.

You know the breakers are here because the amount and type of litter in parking lots, the roadsides, and condo properties quadruples as large quantities of beer cans, cigarette packages, fast food wrappers, and condom wrappers are discarded with no regard for the environment.

You know the breakers are here with their parent's money because you find quite a bit of loose coin in parking lots and in the coin drops of the automatic checkouts that now are prominent in many stores. The highly polished National Guard vans make an appearance at the motels gratuitously handing out T-shirts, rucksacks, key chains, and a variety of doo-dads that one could easily do without. Posters beckon: "See the Exotic Mid-east", "Visit Mysterious Iraq", and "we have ten more virgins than the other guys."

Police blotter entries noted in the local paper stretch to three columns as young people become involved in a series of misdemeanours and minor offenses with the odd person being killed in either car crashes, balcony falls, or drowning.

You wonder about the quality of education as two breakers argue in front of the deli, "What's more, two pounds or two kilograms of salami?" Or what about those straight A students who buy cartloads of frozen foods with no way of cooking it?

Some try to remember what combinations of ingredients made up those sandwiches mom made for their lunches - lunches tossed into the trash-can in favour of a trip to the fast food palaces. Breakers aren't sure whether it was cheese and bologna, or ham and jelly, or peanut butter and roast beef, and there was something with eggs in it, maybe chicken or turkey. The breakers cover all condiment combinations by buying large sizes of different varieties of mustard, relish, ketchup, butter, mayo, BBQ sauce, cream cheese, olives and margarine. Pickles go with everything. Many of the purchases are left on win-

dow sills and under beds when the breakers return to their institutes of higher learning.

Another sign that breakers are in town is that stores apparently feature new brands of almost everything. One can hear the students yelling at one another in the aisles, "Pick up some (deleted) cheese!", or "Get some (deleted) pop!" or "Where is the (deleted) beer?", or "I need some (deleted) toothpaste." Yes, just about everything comes in the (deleted) brand. The problem is that although I also read all the labels, I can't find the (deleted) cheese either.

And then one Monday in April they're gone. And you sit under your beach umbrella on a near lonely stretch of sand avoiding the sun's UV rays, and you know what? You miss the kids. ❖

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## Fact or Fiction

**I**t was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer and because their calendar was lunar based, this period was called the honey month, which we know today as the honeymoon.

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**I**n the 1400's a law was set forth in England that a man was allowed to beat his wife with a stick no thicker than his thumb.

Hence we have, 'the rule of thumb.'

# Tear-Offs

Please write separate cheques  
for each slip.

## PLEASE NOTE:

When filling out your registration (Tear Off) slips, we ask you to follow the guidelines listed below. This will help our Assistant Treasurer sort and direct tickets.

- 1) A separate cheque is required for each event/activity.
- 2) Each person's name must be included on each form for each event/activity.
- 3) When applicable, each RTO/ERO member may bring ONE guest who pays the *subsidized* cost. Additional guests pay the *actual* cost
- 4) Unless you are contacted, your registration form and cheque are your confirmation for the activity/event.
- 5) Tickets, if required, are given out only on the day of the function.

### Evita

Friday October 1, 2010

Cut-Off Date: Friday, April 23, 2010

Name: \_\_\_\_\_ E-Mail: \_\_\_\_\_ Telephone: \_\_\_\_\_

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

Please circle a food choice: ROAST BEEF GRILLED SOLE CHICKEN VEGETABLE STIR FRY

\_\_\_\_\_ tickets @ \$114 = \_\_\_\_\_ Cheque enclosed for \$ \_\_\_\_\_

I have read the Disclaimer  
printed on page 4

Make cheque payable to RTO/ERO District 23 and mail to  
RTO/ERO c/o Jean King, #869-6021 Yonge St., Toronto, Ont. M2M 3W2

### Elmira Maple Syrup

Saturday March 27, 2010

Cut-Off Date: Friday, February 19, 2010

Name: \_\_\_\_\_ E-Mail: \_\_\_\_\_ Telephone: \_\_\_\_\_

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

\_\_\_\_\_ tickets @ \$65 = \_\_\_\_\_ Cheque enclosed for \$ \_\_\_\_\_

I have read the Disclaimer  
printed on page 4

Make cheque payable to RTO/ERO District 23 and mail to  
RTO/ERO c/o Jean King, #869-6021 Yonge St., Toronto, Ont. M2M 3W2

**Stony Bridges Online**  
*Cut - Off Date: June 15, 2010*

I would like to receive my copy of Stony Bridges beginning August 2010, on - line.

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

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

**Please send this information to Dianne Fair by e-mail at [diannefair@rogers.com](mailto:diannefair@rogers.com)  
If your mailing and/or e-mail address(es) changes please let Dianne know.**

**Grease**  
**Saturday, April 17, 2010**  
*March 12, 2010*

Name: \_\_\_\_\_ Telephone \_\_\_\_\_ E-Mail: \_\_\_\_\_

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

\_\_\_\_\_ tickets @ \$75 = \_\_\_\_\_ Cheque enclosed for \$ \_\_\_\_\_

I have read the Disclaimer  
printed on page 4

**Make cheque payable to RTO/ERO District 23 and mail to  
RTO/ERO c/o Jean King, #869-6021 Yonge St., Toronto, Ont. M2M 3W2**

**The Women**  
**Thursday May 13, 2010**  
*Cut - Off Date: Friday March 26, 2010*

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Guest's Name: \_\_\_\_\_

Please circle lunch Choice: RAINBOW TROUT BEEF STRIPLOIN CHICKEN RICOTTA RAVIOLI

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

I have read the Disclaimer  
printed on page 4

**Make cheque payable to RTO/ERO District 23 and mail to  
RTO/ERO c/o Jean King, #869-6021 Yonge St., Toronto, Ont. M2M 3W2**

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

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.

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## 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: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

**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

