

STONY BRIDGES

Issue 100

A Newsletter for the members of



North York, District 23

August, 2010

CONVENERS: DISTRICT 23, NORTH YORK



Photograph by George Dawydchak

Left to Right (Back Row): Claire Knapp, Jean Wilson, Mildred Frank, Joanne Famiglietti, Mary Cairo,
George Meek, Alan Ward, Margaret Schuman, Jean King
(Front Row) Mary Ellen Lawless, Rose Pugliese, Dianne Fair. Absent: Bernadette Walsh

www.rtoerotorontodistricts.org



Past President

Luci Soncin
416-746-5103
asoncin@rogers.com

President

Jan Siegel
647-802-1418
jdsiegel@yahoo.ca

Ist. Vice President

Maureen Capotosto
905-883-1496
mpcapotosto@sympatico.ca

Treasurer

Beverly Henricks
416-293-3890
bhenricks@rogers.com

Assistant Treasurer

Jean King
905-764-1125
revlgk@yahoo.ca

Secretary

Sandra Motta
smotta1073@rogers.com

Archivist

Mary Cairo
905-303-7988
mcairo@rogers.com

Book Club

Irene Kitchell
416-733-8711
irenekitchell@hotmail.com

Bridge

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

Goodwill

Maggie Khaja
905-898-8906
maggiekhaja@hotmail.com

Membership

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

Needlework and Crafts

Margaret Schuman
416-924-0267
m.p.schuman@sympatico.ca

Newsletter Distribution & Health Services

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

Newsletter Editor

Rob Fraser (Outgoing)
705-752-5697
robertpf@hotmail.com
Marisa Celenza (Incoming)
marisa.celenza@sympatico.ca
416-241-7020

Associate Editor

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

Political Advocacy

Claire Knapp
416-250-6218
knappc@interlog.com

Recruitment

Margaret Schuman
416-924-0267
m.p.schuman@sympatico.ca

Social

Mildred Frank
416-221-5328
speakingfrankly@hotmail.com

Strollers

Joanne Famiglietti
416-483-4968
jcfamiglietti@hotmail.com

Trips

Bernadette Walsh
416-449-8780
bernadette_walsh@sympatico.ca

Webmaster

Rose Pugliese
416-225-1423
rpugliese44@rogers.com
Dianne Fair
416-229-2696
diannefair@rogers.com

Calendar of Events

<p>September</p> <p>08 Exec. Meeting 9:15 a.m.</p> <p>14 Bridge 1:00 p.m.</p> <p>16 Champagne Brkfst 10:00 a.m.</p> <p>21 Bridge 1:00 p.m.</p> <p>22 Have-a-Java 9:00 a.m.</p> <p>23 Golf 10:00 a.m.</p> <p>23 Needle Club 9:30 a.m.</p> <p>23 Square Dancing 7:30 p.m.</p> <p>27-30 Agawa Canyon 8:00 a.m.</p> <p>28 Bridge 1:00 p.m.</p> <p>29 Book Club 2:00 p.m.</p> <p>October</p> <p>07 Strollers 10:00 a.m.</p>	<p>12 Bridge 1:00 p.m.</p> <p>13 Exec. Meeting 9:15 a.m.</p> <p>19 Bridge 1:00 p.m.</p> <p>20 Have-a-Java 9:00 a.m.</p> <p>21 Needle Club 9:30 a.m.</p> <p>26 Bridge 1:00 p.m.</p> <p>27 Book Club 2:00 p.m.</p> <p>November</p> <p>02 Bridge 1:00 p.m.</p> <p>04 Strollers 10:00 a.m.</p> <p>05 Woodbine 12 noon</p> <p>09 Bridge 1:00 p.m.</p> <p>10 Exec. Meeting 9:15 a.m.</p> <p>18 Needle Club 9:00 a.m.</p>	<p>16 Bridge 1:00 p.m.</p> <p>17 Have-a-Java 9:00 a.m.</p> <p>23 Bridge 1:00 p.m.</p> <p>24 Book Club 2:00 p.m.</p> <p>24 Wicked 1:30 p.m.</p> <p>30 Bridge 1:00 p.m.</p> <p>December</p> <p>01 Holiday Lunch 11:00 a.m.</p> <p>02 Strollers 10:00 a.m.</p> <p>06-08 Grove City</p> <p>08 Exec. Meeting 9:15 a.m.</p> <p>14 Bridge 1:00 p.m.</p>
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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: Marisa Celenza (New Editor) marisa.celenza@sympatico.ca 416-241-7020 and Mary Ellen Lawless med.lawless@sympatico.ca

Deadline

The deadline for materials for the next issue is October 13, 2010.

STONY BRIDGES publishes in March, August and November for the Retired Teachers of North York, District 23.

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President's Message

by Jan Siegel

WOW! Isn't retirement great! Playing with others, doing what we enjoy, while our finances just continually arrive monthly! Great career choices we made many years ago providing us with fulfilled pasts and now wonderful benefits!

Presently, I feel particularly lucky in my new role, as President of District 23, to have the opportunity to interact and advocate for colleagues regarding relevant issues, organizing and supporting activities that bring pleasure, and social interaction, and keeping people in touch with the Provincial Office and other RTO/ERO Districts.

I look forward to working with this year's sincere and dedicated executive team:

Luci Soncin, Past President,
Maureen Capotosto, 1st Vice President,

Sandra Motto, Secretary, Bev Henricks, Treasurer, and Jean King, Assistant Treasurer, plus our support team of Mary Cairo, Dianne Fair, Joanne Famiglietti, Mildred Frank, Irene Kitchell, Maggie Khaja, Claire Knapp, Mary Ellen Lawless, George Meek, Rose Pugliese, Margaret Schuman, Bernadette Walsh, Alan Ward, and Jean Wilson. We also welcome Maggie Khaja as our new Goodwill Convener and Marisa Celenza as editor of STONY BRIDGES. Everyone works very hard to provide all those activities and trips we love so much.

Note: We have an immediate opportunity for one of you wonderful members to join our executive team as 2nd Vice President. If interested, contact Luci Soncin.

I would like to acknowledge the

valuable work and expertise of both Michael Sheffe, over the past few years in his many roles, and Marisa Celenza's numerous efforts. Good luck in the various other facets of your busy lives. I would also like to express my thanks to Luci for her hard work as this past year's President and thank her for being this year's Past President, ensuring a smooth transition while keeping us on course. Kudos to Andrée Nottage for her photography work in always making us look good! Also, thank you, Andrée for your information regarding the Pension Plan. I wish to thank George Meek for his tireless work in Newsletter Distribution. At this time, I would also like to publically thank Rob Fraser for his many, many years of amazing and

~See PRESIDENT/page 4

endless effort as the editor of STONY BRIDGES. August will be his last issue. We will more formally recognize Andrées, Rob's and Luci's efforts at our September Champagne Breakfast.

Thank you to Dianne Fair for offering to help with future photography needs. One of the many facets that we hope to accomplish this year is to involve many more members in the work of the District.

We are still in need of the following positions to be filled:

- a) Newsletter Distribution,
- b) A second photographer (to share this role so we don't miss any precious memories),
- c) Pension and Retirement Concerns,
- d) 2nd Vice President.

While many members join RTO/ERO for our Health Plans, we hope that some or many people will want to participate in some of our other events/activities. We are planning a new speaker series for the Fall/Spring so if there are topics of interest you would like to see included please contact either Maureen Capotosto at mpcapotosto@sympatico.ca or me at jdsiegel@yahoo.ca I would be happy to hear from you for whatever reason as *we are only as good as our members want us to be*. We are here for YOU! Be sure to bring all your friends who are new retirees to join the fun at District 23!

Thank you. ❖

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 notify 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

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. ❖

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. ❖

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

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. ❖

BOOK CLUB

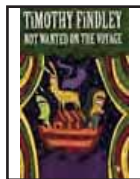
The Book Club meets the **last Wednesday** of each month at Edithvale Community Centre. (Finch and Edithvale - on south side west of Yonge St.) from **2:00 to 4:00 p.m.**

Books to be discussed :

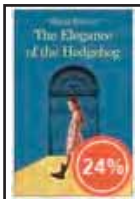
September 29, 2010
Consolation
by Michael Redhill



October 27, 2010
Not Wanted on the Voyage
by Timothy Findley



November 24, 2010
The Elegance of the Hedgehog
by Muriel Barbery



January 26, 2011
Loving Frank
by Nancy Horan



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.

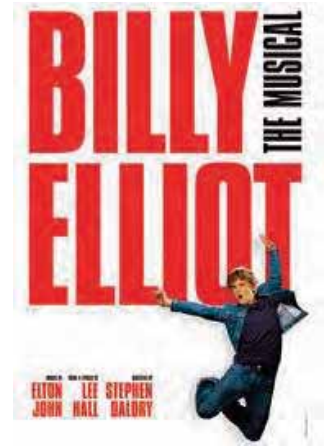
Oct. 7, 2010
Black Creek Pioneer Village
Led by Mary & George Vanderwerf
Meet at Shephard Subway Station (Yonge Line) - do not exit subway station. Meet on bus platform (Shephard West bus)

Nov. 4, 2010
Glendon College & Environs
Led by Joanne Famigletti & Margaret Schuman
Meet at Lawrence Subway Station (Yonge Line)

Dec. 2, 2010
The Changing City at a Glance-
Sherbourne Street
Led by Joanne Famigletti & Margaret Schuman
Meet at Sherbourne Subway Station

For more information and/or directions please call Joanne Famigletti 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.



Wednesday, April 13, 2011
Cut-Off Date: Friday, February 4, 2011

Canon Theatre (244 Victoria St.)

1:30 p.m. Matinee

COST: \$70.00 (tax included)

BILLY ELLIOT THE MUSICAL is a joyous, exciting and feel-good celebration of one young boy's triumph against the odds. The story follows Billy's journey as he stumbles out of the boxing ring, into a ballet class and discovers his dream to dance. Full of life, laughter, award-winning choreography and an unforgettable score by Elton John, this uplifting show will stay with you forever.

It has thrilled audiences worldwide and won ten 2009 Tony Awards® including Best Musical! Based on the international smash-hit film, BILLY ELLIOT is brought to life by the Tony-winning creative team — director Stephen Daldry, choreographer Peter Darling and writer Lee Hall — along with music legend Elton John, who has written what the New York Post calls “HIS BEST SCORE YET!”

Tickets available from Bernadette between 12:45 & 1:15 p.m. inside the Victoria Street entrance of the Canon Theatre (244 Victoria St.)

~Registration form on page 35

Bridge Report



by Alan Ward

The Bridge Club will continue to meet at Willowdale United Church on Kenneth Avenue at Church St (south of Finch, 2 blocks east of Yonge) every Tuesday up to and including June 22nd. The Fall session begins on September 14th and continues until December 14th with the omission of October 5th and December 7th. New members are warmly welcomed: players should aim to arrive by 12.45 p.m., since competitive play begins at 1 p.m. For further information please contact Alan Ward at 905-889-3687 or at alanward@interlog.com.

Acknowledgments

I extend particular thanks to Lee White, who has organized setting up the room and refreshments. Thanks also go to Carson Klinck, David Fleming, Mel York and Joyce Arnsby for their regular help and to Vic and Bev Suzuki for driving some of our older members to the church and home again.

The Table Champions

Congratulations to the following players who were undefeated in at least five rounds one or more times between January 5th and May 4th 2010: Dianne Fair, David Fleming, Carson Klinck, Helen Lamping, Mary-Elizabeth Lane (2), Darlene McCowan (2), Mavis McKernan, Hardy McNeil, Donna Mighton, Larry Miller (2), Bev Suzuki, Alan Ward, Mel York

The Slam Bidders

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

		<u>Contract Bid (made)</u>
January 12 th	Bev Suzuki & Doug Tallon	6S
January 12 th	Mavis McKernan & Lee White	6N
January 12 th	Yvonne Gordon & Tony Cribbin	7S
January 12 th	Marg Jang & Murray Townsend	6N
January 12 th	Vic Suzuki & Alan Ward	6N
January 12 th	Marg Jang & Mavis McKernan	6N + 1
January 19 th	David Fleming & Tony Cribbin	7S
January 19 th	Joyce Arnsby & Linda Savoy	6H
January 26 th	Alan Ward & Doug Tallon	6N + 1
January 26 th	Carson Klinck & Donna Mighton	6N + 1
February 2 nd	Hardy McNeil & Murray Townsend	6S + 1
February 2 nd	Vic Suzuki & Murray Townsend	6H + 1
February 23 rd	Yvonne Gordon & Donna Mighton	6N
February 23 rd	Jean Cameron & Lee White	6D + 1
February 23 rd	Doug Tallon & Mavis McKernan	6N
March 2 nd	George Vanderwerf & Joyce Arnsby	6H
March 2 nd	Bev Suzuki & Alan Ward	6H
March 9 th	Helen Lamping & Mel York	6C
March 16 th	Alan Ward & Vic Suzuki	6N
April 6 th	Mavis McKernan & Murray Townsend	6S + 1
April 13 th	Alan Ward & Larry Miller	6S
April 20 th	Hardy McNeil & Bernadette Walsh	6S
April 20 th	Hardy McNeil & Bernadette Walsh	6H + 1

Have-A-Java On Us! Coffee & Treat \$4 Subsidy



Timothy's at Bayview Village

10:00 a.m.

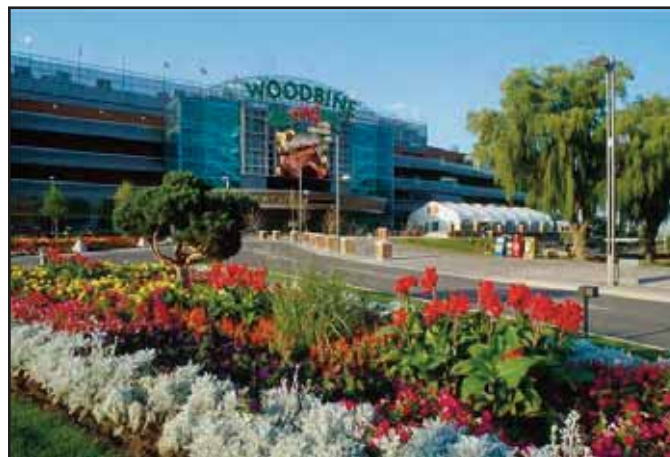
or join us at 9:00 a.m. for a walk around the mall.
Once around is about 1 km.

Wednesdays:

September 22, 2010
October 20, 2010
November 17, 2010

For further information
please contact:
Margaret Schuman: 416-924-0267
m.p.schuman@sympatico.ca

WOODBINE RACE TRACK



Friday, November 5th, 2010
Cut-Off Date: Friday, October 1st, 2010

\$38.00
12:00 Noon Buffet Lunch
in the Post Parade Dining Room

Package price includes taxes, gratuities, coffee/tea, racing program, lunch buffet, cover charge and group welcome. Cash Bar available. The Post Parade Dining Room, on the 4th floor, opens at 12:00 PM. The Lunch buffet is served from 12:00 PM until the 5th race. Post Time is 1:00 PM.

Parking in lot A and entering through the West Entrance is your best bet. Once inside, customer service representatives will be on hand to greet you and help direct you to the Post Parade Room, where you will be taken you to your assigned tables. Races will run approximately every 20 – 25 minutes, and they last about 1.5 minutes.

A customer service representative will be around to each table to explain how to bet and how to read your program. The racing program will be at each person's place setting prior to arrival. The tables that are assigned to your group will be yours for the entire duration of live racing, which generally wraps up around 5:00 PM. Should anyone wish to go to the slots on the main level, they may do so, and return to the dining room. If you have any questions, kindly email (bernadette_walsh@sympatico.ca) or leave a message at 416-449-8780.

~See page 34 for registration form

Needlework and Craft Group

by Margaret Schuman

Attention: Members who knit and/or crochet



We have had an incredible response to our request for six inch knit or crochet squares. Already six afghans have been completed and more are ready to sew together. We could use your help in completing an afghan. Also, more squares are welcome.

Monetary donations have been made to support our project.

We welcome proposals for knitted or crochet articles: children's hats, scarves, mitts, women's hats, cowls, scarves etc. We can reimburse the cost of yarn used. The articles will be sold at the Holiday Luncheon.

It has come to our attention that knitted and crochet washcloths/dishcloths are in demand. We are looking for members to make washcloths of cotton yarn.

Knitted and crochet articles are in demand. If you have some suggestions let us know.

We welcome donations of your knitted and/or crochet creations. We also welcome proposals for knitted or crocheted articles for which we will reimburse the cost of yarn used.

For more information or to discuss a proposal, refer to the contact names below.

The Needlework and Craft Group welcomes new members. We invite you to join us at the Mitchell Field Community Centre.

Third Thursday of the month

9:30 a.m. - noon:

September 23, 2010 (not the 16th)

October 21, 2010

November 18, 2010

For more information,

please contact:

Joan Bourne 416-225-1733

Margaret Schuman 416-924-0267

m.p.schuman@sympatico.ca

Nancy Thomson

nathomson@sympatico.ca

A Big Thanks and Au Revoir

by George Meek

With the conclusion of the 2010 AGM we saw four members of our Executive retire representing more than 25 years of service and significant contribution to the members of this District. They are moving on to make contributions in other organizations and venues, or just enjoy their retirement a bit more. We are still looking for replacements for some of these good people (if interested, please call or contact Past President, Luci Soncin).

These wonderful people are:

Rob Fraser, our Newsletter Editor for STONY BRIDGES for many years, and President in 2000-01; Andree Nottage,

past Convener of Political Advocacy, Photographer, Convener of Pension and Retirement Concerns, and President in 2002-03; Michael Sheffe, Past President, and President in 2008-09 (thankfully, Michael will continue to manage our 'E-mail Service to Members' which provides updates to about 500 members between editions of STONY BRIDGES and also will manage out 'Reconnect with Colleagues' program, both of which are described on Pages 4 and 17 of this STONY BRIDGES, and Marisa Celenza, our First Vice-President who retired in order to spend more time on other projects to which she has become

committed.

Last year we were sorry to lose to retirement: David Fleming (President in 2003-04, and Membership Recruitment Convener); Helen Wiber (President in 2005-06, and Secretary, who still helps convene the Golf Tournament); and Doug Talon, who for many years was our Trips Co-Convener.

We wish each of these members much satisfaction and success in their future endeavours and thank them for their contributions (and would welcome their return). ❖

CHAMPAGNE BREAKFAST

Thursday, September 16, 2010

Cut-off date: Monday, September 13, 2010

10:00 a.m.

Spirale's Banquet and Conference Centre,
888 Don Mills Road (North of Eglinton)
Free Parking

Actual cost: \$20

For the newly retired and prospective members: Free

For members: **Only \$13**

We will also collect new or gently used children's books, which we will give to the Children's Book Bank to support our Every Child a Reader Goodwill Project for 2010.

Registration: 9:30 a.m.

Breakfast: 10:00 a.m.

Champagne toast to retirement

MENU

Chilled orange juice and grapefruit juice

Sliced fresh seasonal fruit

Farm fresh scrambled eggs

Choice of bacon or country sausages

Homefried potatoes

Bakery basket of Danish pastries

Croissants, muffins and toast

Fruit preserves, marmalade and butter

Brewed coffee, decaffeinated coffee, tea

(also served at 9:30 a.m.)

Note: A donation of \$5.00 will give you five chances to win a handmade article. Proceeds will be used to support our "Every Child a Reader," Goodwill project.

~Registration form on page 35

HOLIDAY LUNCHEON

Wednesday, December 1, 2010

Cut-off date: Friday, November 26, 2010

11:00 a.m.

Spirale's Banquet and Conference Centre,
888 Don Mills Road (North of Eglinton)
Free Parking

Cost: \$35

We will also collect new or gently used children's books, which we will give to the Children's Book Bank to support our Every Child a Reader Goodwill Project for 2010.

Cash bar: 11:00 a.m.

Lunch: 12 noon

Entertainment: To be announced

MENU

Garden Balsamic Salad--a variety of greens, cranberries and mandarins with a honey balsamic vinaigrette dressing.

Roast halibut (8 oz.) or Roast Turkey Breast with trimmings, julienne vegetables and parisienne potatoes.

Caramel crunch

Coffee and tea

Please advise Mildred of any dietary considerations

Note: Draws, silent auctions, and sale of handmade hats, mitts, scarves, washcloths and numerous other items will take place. Come and win or buy some of your holiday gifts.

Proceeds will be used to support our "Every Child a Reader," Goodwill project.

~Registration form on page 35

WHISPERS OF DREAMS

Bells pealing crying singing
From a dark moving sky.
Clouds deep filtering dawn light
Bronze and silver
Mountain and storm whispering
Sobbing incoherence and loss
Bells calling, sweep memory
And laughter, recall
Echoes of joy and sadness,
Sorrow and what might have been.

Eagles swooping high beyond high
Lifted wings wind's calling
Above dawn dusk and rising shadow,
Whispers of dreams flying high
Pure song of snow pouring softly
Down a glorious flower petal sky.

Flake upon flake whisper,
Touch soft butterfly wings
Filled with childhood's longing.
Memories of laughter wind and storm
Dark forests of snow boughs soft
glowing
Wind bells singing, flowing
Forgotten voices calling recalling
Sing memory, sing dreaming deep.

Bev Gorbet
Revised March, 2010.

Bev Gorbet was a career teacher, who taught and enjoyed all the grades for varying reasons. She misses teaching and the students. She has been active in educational advocacy and research for many years. She has written for enjoyment since her teenage years. She has met many wonderful people through her years as a teacher, and would do it all over again!

Bulletin Board

Looking for a way to use your skills in our community?

If you have ideas, skills, an interest in music and/or creativity there may be an opportunity for you to volunteer at Cummer Lodge Long Term Care Home. Some innovative program volunteers have succeeded in creating and facilitating a current events program, collecting stories and producing memory books, and doing displays of many kinds in our main lobby. We have room for more programs -and can offer support! If you have executive skills that, too, is an area where we always need your help and enthusiasm. We have a library

which will need to breathe new life as our long time library volunteers are about to retire. Could we deliver books, or introduce a travelling story teller to residents, or arrange group discussions? The sky is the limit and schedules in all areas can be as tight or as loose or as full as you would like them to be. Work alone, work in a team ... whatever suits your style. Please call Liz, Co-ordinator, Volunteers at 416-392-9493 for a discussion on what you might explore to enhance the lives of our residents, or call RTO member in North York and now enthusiastic volunteer, Pauline Dixie, at 416-226-2798, for her take on being creative at Cummer Lodge.



Canon Theatre: 244 Victoria St.

Wednesday, November 24, 2010
Cut-Off Date: Friday, September 24th, 2010

1:30 p.m.

\$84.00 (tax included)

WICKED is the untold story of the Witches of Oz!

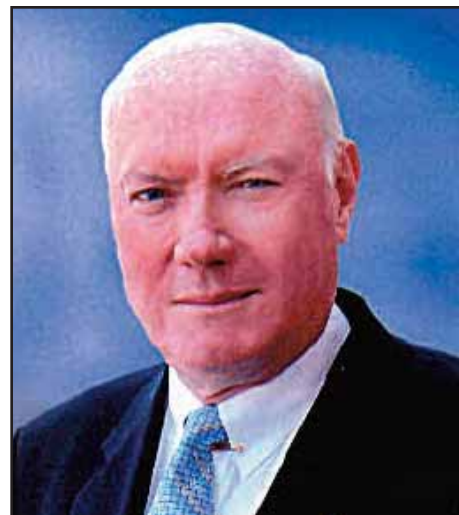
Back by popular demand! After breaking box office records during its 2005 and 2006 engagements in Toronto, WICKED, the smash-hit musical will return to the Canon Theatre. Long before that girl from Kansas arrives in Munchkinland, two girls meet in the Land of Oz. One - born with emerald green skin - is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. How these two grow to become the Wicked Witch of the West and Glinda the Good makes for "the most complete and completely satisfying new musical in a long time" (USA Today).

~See page 35 for registration form

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) 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 2010 February and April editions. 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. Look after your health and your finances!



A. Health Plan Matters

1. Out-of-Province/Canada Travel Booklet- Sudden and Unforeseen Medical Condition Limitations/Exclusions (See page 15 under 'Definitions' and the inside cover page)

If you plan to travel out-of-province or out-of-country please read these limitations/exclusions carefully. If there is any question as to whether any of one (or more) of these conditions applies to you (or a traveling companion who is a plan member), please call Mondial at 519-742-8553 for an assessment of your situation. A doctor's 'letter of approval to travel' does not override these conditions. There are also other general and specific Exclusions and Limitations found on pages 16-19. You are wise if you take this booklet with you when you travel and also leave pertinent information about your health and travel plans with a close family member (or friend) who can be contacted in case of emergency.

2. Surviving Dependent Process of an RTO/ERO Member

Notification of a death of a member may be received by RTO/ERO, Johnson Inc., or the Ontario Teachers' Pension Plan (OTPP) from a surviving spouse, family member, executor etc.. Continuation of the surviving dependent's current RTO/ERO Health Plans is offered. If any additional benefits are applied for, late entrant restrictions will apply.

The deceased RTO/ERO member's benefits are terminated as of the date of death. Any premium received after the date of death is refunded to the Estate of the deceased RTO/ERO member.

Upon agreement of the surviving dependent a health plan membership is then set up using the associate

membership number provided by RTO/ERO. Coverage is effective the day after the date of death. Coverage must be continuous and premiums are paid from the time of death. Any eligible claims incurred will be covered. Every effort is made to contact the surviving dependant for such agreement by Johnson Inc. over the next 90 days before the file is closed (telephone call{s}, mail, and by registered mail)

Note: It is important that a plan member who loses a dependant due to death must contact Johnson Inc. with the appropriate information in order to receive a premium decrease.

3. 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 only 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.

4. Over the Counter Medications

The RTO/ERO Extended Health Care Plan covers drugs, sera and injectables that legally require a prescription. In many instances, RTO/ERO also extends the Prescription Drug benefit to those who required life-sustaining over the counter (OTC) medications, when certain medical criteria are met. OTC medications are those that can be sold without a prescription.

In the Budget presented in 2008, the Canadian Government announced that OTC medications were

~See Health/page 12

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ineligible for the medical expense tax credit. Insurance plans; however, continued to provide coverage for OTC medications.

A 2009 ruling by the Canada Revenue Agency reinforced the government's position that OTC medications were ineligible for the medical expense tax credit. Also in 2009, Health Canada began reclassifying many OTC medications and issuing a Natural Health Product Number (NHP) rather than a Drug Identification Number (DIN). Canada Revenue Agency confirmed that the medical expense tax credit did not apply to NHPs.

If the RTO/ERO Extended Health Care Plan continued to cover life-sustaining OTC medications, or those that were reclassified as NHPs, then the premiums you paid for the Extended Health Care Plan may not have been eligible for the medical expense tax credit. Based on Canada Revenue Agency guidelines, OTC medications and NHP's are no longer eligible for coverage under the RTO/ERO Extended Health Care Plan. This ensures that your premium continues to be eligible for medical expense tax credit purposes

5. Cuba Requires Visitors to Buy Health Insurance

According to an official communiqué posted by the Cuban government, all visitors entering Cuba beginning May 1, 2010, will be required to have health insurance. The insurance is to be sold by foreign countries approved by the government, or by Cuban firms providing insurance products at Cuba's ports of entry.

All tourists, foreigners with temporary residence in Cuba, and Cubans living abroad visiting the country, are covered by the decree. Diplomats and representatives of accredited international organizations will be exempt.

Upon entering Cuba, RTO/ERO Group Health Plans participants will be required to show a letter from Mondial Assistance confirming that you have insurance. This letter can be obtained from Johnson Inc. or from Mondial Assistance directly. Their contact information can be located on the back page of your RTO/ERO Health Plans booklets. In addition to the letter from Mondial Assistance, we would suggest that you also travel with your Group Benefits ID Card, your government health card and your RTO/ERO Health Plans Booklet.

Source: The Travel Health Insurance Association of Canada, March 2010

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'.

1. Ontario Health Initiatives Highlight – Diabetes

When you want to know more about diabetes, would you think of going to the Ontario Ministry of Health and Long-Term Care's website?

Nearly one million Ontarians had diabetes in 2007/08 and that number is rising. As part of their overall diabetes strategy, Ontario designed their Stand up To Diabetes website to help educate Ontarians, provide a credible source of information, and link to other sites that could prove useful to you. The website includes information on:

Managing Diabetes

For those newly diagnosed with diabetes, there are fact sheets and videos that show you how to modify certain ethnic diets to make them more diabetes-friendly, how to manage your medication, your stress levels, your lifestyle, and how to work with your healthcare team. For those already living with diabetes, this portion of the website provides information on government programs available to assist Ontarians.

We would recommend reviewing both sections of the managing diabetes portion of the website. Both have valuable information to help manage diabetes.

Diabetes Education

At last count, there were 203 diabetes education centres in Ontario. Each centre has a team of educators available to teach Ontarians the special skills they need to help them care for themselves as diabetics. You can search for one here.

You can access the Stand Up To Diabetes website at www.health.gov.on.ca/en/ms/diabetes/en/index.html, or you can go to www.health.gov.on.ca and click the diabetes link on the right-hand side.

Your health matters to RTO/ERO and Johnson Inc. For more information on the coverage available under the RTO/ERO Group Benefits Program, review your most

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recent Health Insurance Plans booklet, or turn to the back page of the booklet for Johnson Inc.'s contact information. Message from Johnson Inc.

2. Back Pain? See Your Foot Specialist.

Seriously. Spinal care begins not in the back, but with the feet. When your feet hit the ground, the ground sends an equal force back up through your body. These forces are intensified during strenuous athletic activities such as running and can result in pain and sometimes even permanent damage to your spine.

Feet are designed to absorb shock through a motion called pronation. We all do it – or at least we are supposed to. But problems occur when we over-pronate or “roll in” too much. A slight misalignment of only 2-3 degrees in your feet can throw everything off. If you are rolling your feet in, you may have unperceived problems all the way up to your neck. So the next time you have back pain, consider what is going on with the rest of your body. Instead of going to get your back temporarily fixed, you should wonder what was the catalyst to your back problem and seek out help with a chiropodist or podiatrist who may be able to shed more light and treat your back pain.

Tony Abbott, Chiropodist, www.AbbottFootClinic.ca

3. Canada's Physical Activity Guide to Healthy Active Living for Older Adults

It is a guide to help you make wise choices about physical activity. Choices that will improve your health, help prevent disease, and allow you to get the most out of life. The guide provides a rainbow of physical activities that can help you have more energy, move more easily, and get stronger. It tells you how much activity you should strive for and how to get started. It also lists the many benefits of physical activity and the health risks of inactivity. This Handbook provides additional information to help you make the best use of the guide.

www.phac-aspc.gc.ca/hp-ps/hl-mvs/pag-gap/pdf/guide-handbook-older-eng.pdf

4. Eating Well with Canada's Food Guide

Eat well with *Canada's Food Guide*! Learning more about Canada's Food Guide will help you and your family know how much food you need, what types of foods are better for you, and the importance of physical activity in your day.

http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/food-guide-aliment/print_eatwell_bienmang-eng.pdf

5. Active Living Coalition for Older Adults (ALCOA)

The Active Living Coalition for Older Adults (ALCOA) works to help encourage older Canadians to maintain and enhance their well being through a lifestyle that embraces daily physical activities. For more information, call toll-free 1-800-549-9799 or visit the ALCOA website at www.alcoa.ca.

6. Ontario: Bill 179 - Increases Access to Health Care

Ontarians will soon have better access to health care and more choices in who provides it, as Bill 179 was passed with unanimous support in December 2009. Upon proclamation, the bill will give nurse practitioners, pharmacists, physiotherapists and other health professionals the freedom to provide a wider range of health care services. Bill 179 was introduced in the Ontario legislature in May 2009. The *Regulated Health Professions Statute Law Amendment Act, 2009* will increase access to care for Ontarians by: Allowing nurse practitioners, pharmacists, physiotherapists, dietitians, midwives and medical radiation technologists to deliver more services than they are now qualified to provide; Changing the rules for administering, prescribing, dispensing, selling and using drugs in practice for chiropodists and podiatrists, dental hygienists, dentists, midwives, nurse practitioners, pharmacists, physiotherapists and respiratory therapists;

Removing restrictions on X-rays that can be ordered by nurse practitioners and enabling physiotherapists to order X-rays for specific purposes; and

Removing restrictions on the drugs nurse practitioners may prescribe, dispense, compound and sell.

Source: Ontario Ministry of Health and Long-Term Care, December 2009

7. Your Wellness Matters – EatRight Ontario

EatRight Ontario is a bilingual website designed and maintained by the Government of Ontario to help improve the overall health and quality of life of Ontario residents through healthy, nutritious eating. This service provides easy-to-use nutrition information to help you make healthier food choices. It covers topics such as: Diabetes prevention; Digestive health; Disease prevention and health conditions; Food and Nutrition FAQs; Healthy Eating; Healthy Weights; Menu planning; Recipes; Resources; Vitamins and minerals; and, Well being and mental health.

EatRight Ontario allows you to ask a Registered Dietitian nutrition-related, non-emergency, health questions and receive feedback by phone or e-mail. This service provides general nutritional health information and should be

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used for informational purposes only. The Dietitian service does not provide any medical diagnoses, symptom assessments, health counseling or medical opinions for individual users. Phone service is available Monday to Friday 9am-5pm ET, with evening hours Tuesday and Thursday to 9 pm ET. Outside these hours you may leave a voice mail message and a Registered Dietitian will return your call the next business day.

Nutrition tools and links offer many additional resources to support you in developing healthy eating habits for you and your family. The website is updated monthly. EatRight Ontario can be accessed at www.ontario.ca/eatright or by calling 1-877-510-510-2.

Source: Ontario Ministry of Health, January 2010

8. Nutrition Facts: A Guide to Food Labels

The Nutrition Facts label is a boxed panel, on most packaged food and beverage products, required by the Food and Drug Administration. This label provides detailed information about the nutrient content of the product. It is intended to help you make healthier choices. The required information is standard, but the specific nutrients vary depending on the food product.

Knowing the amount of nutrients in specific products can help you decide whether a food or beverage fits in to your eating plan or is appropriate if you have certain health conditions, such as high blood pressure or high cholesterol. It also enables you to compare similar products to see which one might be a healthier choice.

At a minimum the product must list the amounts of total fat, saturated fat, trans fat, cholesterol, dietary fiber, sugars, protein, vitamins A and C, calcium, and iron that are in one serving.

Ingredients to limit are: Saturated fat; Trans fat; Cholesterol; Sodium; and, Sugars.

Beneficial ingredients are: Dietary fiber; Vitamins A and C; Calcium; and, Iron.

The footnote at the bottom of the panel is a reminder that the Percent Daily Value is based on a 2000 calorie-a-day diet. Keep in mind that a nutrient requirements vary based on a person's particular calorie needs.

Source: Mayo Clinic, January 2010

9. Health Canada Reminder of the Dangers of Carbon Monoxide (CO)

Each year, numerous people die or become ill as a result of carbon monoxide (CO) poisoning. Health Canada reminds Canadians of the importance of installing CO detectors in their homes, as well as the safe housekeeping

practices that can help in the prevention of poisoning from this gas. Carbon monoxide is a toxic colourless and odourless gas. It can interfere with the delivery of oxygen by the blood to the body. Exposure to low levels of CO can cause nausea, dizziness, headaches, confusion, fatigue, and shortness of breath. High level exposure can cause impaired vision, convulsions, coma and possibly death.

The possibility of the presence of CO in a home can increase during the cold winter months. Houses in Canada are typically heated by furnaces, water heaters/boilers or wood stoves that most often run on fuels, such as wood, oil, propane or natural gas. Generally, any appliance or device that burns a fuel can potentially produce CO.

Following a few safety precautions for proper maintenance, ventilation and use of your fuel-powered items and by installing CO detectors, can help prevent carbon monoxide poisoning.

Make sure to choose detectors that bear the certification mark of an organization that is accredited by the Standards Council of Canada, such as the Canadian Standards Association (CSA) or Underwriters Laboratories of Canada (ULC).

How to prevent the build-up of carbon monoxide:

Have fuel-burning heating equipment exhaust vent pipes and chimney flues inspected every year by a qualified service technician.

During and after a snow storm, inspect the exhaust vents for the dryer, furnace, stove, fireplace and heat recovery ventilator to ensure they are not obstructed by snow build-up. When using a wood burning fireplace, open both the flue and fresh air intake for adequate ventilation.

Never operate a generator indoors. Use well-ventilated locations outdoors, away from doors, windows and inlet vent openings.

Do not idle cars in the garage, especially when the garage door is closed.

Never use portable fuel-burning camping equipment inside unless it is specifically designed for use in an enclosed area. Follow the manufacturer's instructions for safe use in enclosed areas.

Never run gas-powered equipment such as snow blowers or lawn mowers in the garage.

Never use a gas appliance, such as an oven or clothes dryer to heat your home.

What to do if the CO alarm sounds:

Leave your home immediately and move to fresh air.

Do not try to locate the source of CO.

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Once you are outside the home, call your emergency services, fire department or 911.

Do not return to your home until the source of CO has been identified by a professional and the problem has been corrected.

Source: Health Canada, December 2009

10. Healthcare Highlights of 2010 Federal Budget

Some highlights of the March 2010 federal budget relating to healthcare are:

Allocation of \$16 million to the Canadian Institutes of Health Research (CIHR) to support outstanding health related research and development.

\$285 million over two years for Aboriginal health programs in five key areas: the Aboriginal Diabetes Initiative; the Aboriginal Youth Suicide Prevention Strategy; maternal and child health; the Aboriginal Health Human Resources Initiative; and the Aboriginal Health Transition Fund. Additional \$45 million over two years to fund the new Reforming the Food Mail Program aimed at improving access to affordable healthy food for Northerners. The program will alleviate the costs of shipping healthy foods by air to isolated communities and include activities to encourage nutritious eating.

Six million dollars over two years to support ParticipACTION to promote more healthy lifestyles for Canadians through physical activity and fitness, highlighting healthy living and physical activity with school children across Canada.

The Government is moving forward with the transfer of the \$500 million that was announced in Budget 2009 to Canada Health Infoway. This is to support the goal of having 50 per cent of Canadians with an electronic health record by 2010 and to speed up the implementation of electronic medical record systems for physicians. This \$500-million investment will both enhance the safety, quality and efficiency of the health care system, and create thousands of sustainable, knowledge-based jobs throughout Canada. Basic health care services are exempt from the Goods and Services Tax/Harmonized Sales Tax (GST/HST). Purely cosmetic procedures, as well as goods and services related to these procedures, are not considered to be basic health care and are subject to tax. Budget 2010 proposes to clarify that GST/HST applies to all purely cosmetic procedures, to devices or other goods used or provided with cosmetic procedures, and to services related to cosmetic procedures. Taxable procedures would generally include surgical and non-surgical procedures aimed at enhancing one's appearance such as liposuction, hair replacement procedures, botulinum toxin injections, and teeth whitening. A cosmetic procedure will

continue to be exempt if it is required for medical or reconstructive purposes, such as surgery to ameliorate a deformity arising from, or directly related to, a congenital abnormality, a personal injury resulting from an accident or trauma, or a disfiguring disease. As well, cosmetic procedures paid for by a provincial health insurance plan will continue to be exempt.

Source: Department of Finance Canada, March 2010

11. Check Medical Device Clocks after the Switch to Daylight Savings

Health Canada would like to remind Canadians who rely on medical devices or systems with internal clocks to check these devices to ensure they switched from Standard Time to Daylight Savings Time on Sunday, March 14, 2010 at 2:00 a.m.

The start and end dates of Daylight Saving Time were changed in 2007. Medical equipment manufactured prior to 2007 may not function optimally if the equipment has not been updated by manufacturers to compensate for the new dates.

Examples of medical devices that could be affected by the change include (but are not limited to): implanted pacemakers/defibrillators with sleep modes that can only be adjusted by physicians; Holter monitors, used to continuously record heartbeat; and glucose monitors that store data on glucose levels.

If a medical device displays the incorrect time after 2:00 a.m. on Sunday, March 14, 2010, users should contact the manufacturer to bring the problem to their attention and consult a healthcare professional.

Source: Health Canada, March 2010

12. Health Canada – Food Safety Tips for Older Adults

While most people affected by foodborne illness can recover completely, serious longer-term health effects, including conditions such as kidney failure and anaemia, are more common in older adults. This is why it is extremely important for older adults to take extra precautions when it comes to food.

www.hc-sc.gc.ca/fn-an/alt_formats/pdf/securit/kitchen-cuisine/older-adults-personnes-agees-eng.pdf

C. Drug Information Update

1. Rolaid's Antacid Tablet Recall

Health Canada is informing Canadians that Rolaid's antacid tablets packaged in bottles of 150 and 100 counts are being voluntarily recalled in Canada by the distributor, McNeil Consumer Healthcare (Canada), Division of Johnson

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& Johnson Inc. The recall comes in light of reports in the U.S. of an unusual mouldy, musty, or mildew-like odour that was, in some cases, associated with nausea, stomach pain, vomiting and diarrhea.

Based on an ongoing investigation by the U.S. manufacturer, McNeil Consumer Healthcare, the unusual smell has been linked to the presence of trace amounts of a chemical called 2,4,6-tribromoanisole. The source of 2, 4, 6-tribromoanisole is believed to be the breakdown of a chemical used to treat wooden pallets that transport and store packaging materials used in the affected product. The health effects of this chemical have not been well studied. According to the U.S. manufacturer, all of the reactions reported in the U.S. to date have been temporary and non-serious.

Consumers who have purchased any of the above-listed products and who have concerns about their health should speak to a health care professional. The distributor advises consumers who have purchased bottles of Roloids antacid tablets to stop using the product and to contact McNeil Consumer Healthcare (Canada) at 1-800-661-4659, Monday-Friday 8a.m. to 8p.m. EST for instructions on how to return or replace the product. Consumers can also visit www.jnjcanada.com.

Source: Health Canada, January 2010

2. What is Vitamin D?

Vitamin D is a nutrient that helps the body use calcium and phosphorous to build and maintain strong bones and teeth. Too little vitamin D can cause calcium and phosphorus levels in the blood to decrease, leading to calcium being pulled out of the bones to help maintain stable blood levels. This can cause rickets in children and osteomalacia (softening of the bones) or osteoporosis (fragile bones) in adults. However, too much vitamin D can cause too much calcium to be deposited in the body, which can lead to calcification of the kidney and other soft tissues including the heart, lungs and blood vessels.

What About Adults Over the Age of Fifty?

The recommended vitamin D intake levels set for adults age 50 and over are based on the role of vitamin D in bone health. While Eating Well With Canada's Food Guide provides sound nutrition advice for people over the age of 50, the amount of vitamin D in foods as recommended by the Food Guide is not enough to meet the Adequate Intakes necessary for people over the age of 50 to help reduce the risk of bone fractures. Therefore, for adults over the age of 50, Health Canada recommends that, in addition to following Canada's Food Guide, everyone over the age of 50 should

take a daily vitamin D supplement of 400 IU.
Source: Health Canada, July 2009

3. Paxil Blocks Tamoxifen, Lowers Survival Odds Against Breast Cancer

Women with breast cancer who take both tamoxifen and the antidepressant Paxil may increase their risk of dying because Paxil reduces tamoxifen's effectiveness, Canadian researchers report. "Paxil can deprive women of the benefit of tamoxifen, especially when it is used in combination with tamoxifen for a long time," said lead researcher Dr. David Juurlink, division head of clinical pharmacology and toxicology at Sunnybrook Health Sciences Center in Toronto. Patients who are on tamoxifen and who require an antidepressant should probably be given something different. Paroxetine (Paxil) is a selective serotonin reuptake inhibitor (SSRI) that significantly inhibits an enzyme called cytochrome P450 2D6, which is needed to metabolize tamoxifen into its active form. But this dampening effect was not seen with certain other SSRIs evaluated, including citalopram (Celexa) and venlafaxine (Effexor), the researchers said. Patients taking Paxil and tamoxifen should talk with their doctors about changing their antidepressant. Juurlink advised against abruptly discontinuing Paxil due to the stopping Paxil suddenly. There is a well-described withdrawal syndrome and the risk of depression becoming more severe. In addition, any transition to another antidepressant should be done gradually over several weeks.

For the study, Juurlink's group looked at the medical records of 2,430 women with breast cancer who began taking tamoxifen between 1993 and 2005. About 30 percent of the women were also taking an antidepressant, Paxil being the most common.

Antidepressants are often prescribed to reduce hot flashes associated with tamoxifen in addition to easing symptoms of depression. Paxil plus tamoxifen was linked to an increased risk of dying from breast cancer, and the risk increased with the amount of time the drugs were taken together, the researchers found. Taking Paxil for 41 percent of the time that tamoxifen was also taken resulted in one extra death from breast cancer within five years of stopping tamoxifen among every 20 women taking the drugs simultaneously, Juurlink's team estimated. The more time the drugs were taken together, the greater the risk, they added. SSRIs inhibit CYP 2D6 to varying degrees, noting Paxil is "exceptionally potent" in that respect.

Dr. Frank Andersohn, a senior research associate at the Institute for Social Medicine, Epidemiology, and Health Economics at Charite University Medical Center in Berlin,

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Germany, and author of an accompanying journal editorial, said that “physicians should be aware that paroxetine and other strong 2D6-inhibiting drugs should be avoided in women treated with tamoxifen.” Fluoxetine (Prozac) is also a strong 2D6 inhibitor.

Another expert, Dr. Harold J. Burstein, clinical investigator in the breast oncology center at Dana-Farber Cancer Institute, Brigham and Women’s Hospital in Boston, said this paper adds to the substantial literature suggesting that drugs that affect the metabolism of tamoxifen might affect breast cancer outcomes for women taking tamoxifen. “While the results should not alarm patients currently taking SSRIs, they do suggest that, as a practice style, patients on tamoxifen who also need SSRIs should probably seek out agents such as Effexor in preference to Prozac or Paxil,” said Burstein.

The findings are also a reminder that each drug that a patient takes should be thought through carefully. The report is published in the February online edition of the British Medical Journal.

Source: Medline Plus, US National Library of Medicine, February 2010

4. Nearly Two-Thirds of Seniors Using Five or More Types of Prescription Drugs

Almost two-thirds (62%) of Canadians age 65 and older are using five or more classes of prescription drugs, according to a study by the Canadian Institute for Health Information (CIHI). The study, Drug Use Among Seniors on Public Drug Programs in Canada, 2002 to 2008, examined public drug claims for more than one million Canadian seniors in Alberta, Saskatchewan, Manitoba, New Brunswick, Nova Scotia and Prince Edward Island. The study found that in 2008, slightly more than one in 20 (6%) were using 15 or more different classes of drugs. Older seniors were more likely to be multiple-drug users, with about one-third (29%) of seniors age 85 and older submitting claims for 10 or more types of drugs in 2008, compared to fewer than one in five (17%) seniors age 65 to 74.

CIHI’s study shows a number of the most commonly used drug classes are for the treatment of chronic conditions in general, and cardiovascular conditions in particular, such as high blood pressure and heart failure.

Top 3 Drug Classes by Rate of Use, Seniors Age 75 to 84: HMG-CoA reductase inhibitors – statins (high cholesterol) – 39.7%

ACE inhibitors (heart failure and high blood pressure) – 31.6%

Beta-blocking agents (high blood pressure, heart failure, angina) – 26.8%

Top 3 Drug Classes by Rate of Use, Seniors Age 85 and over: ACE inhibitors (heart failure and high blood pressure) – 31.7%

Sulfonamide diuretics (heart failure, high blood pressure) – 27.6%

Beta-blocking agents (heart failure, high blood pressure, angina) – 27.6%

The drug class that experienced the fastest spending growth over the study period was tumour necrosis factor alpha inhibitors (anti-TNF drugs, such as etanercept), which treat conditions such as rheumatoid arthritis and Crohn’s disease. Total drug spending on this class of drugs increased by an average of 58% annually from 2002 to 2008, and accounted for 2% of total program spending on seniors in 2008. The study also found that four of the fastest growing drug classes are used to treat cardiovascular conditions and two are used to treat chronic lung conditions like emphysema and chronic bronchitis.

Source: Canadian Institute for Health Information, March 2010 ❖

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, at msheffe@rogers.com. Please type, “**Reconnect with colleagues**” in the subject line. He will add your name and e-mail address to the list and make it available to you and other consenting District 23 members.

All participants agree that the addresses may not be shared with any other parties.

The list will be distributed to all members who consent to this and will be updated as necessary. ❖

District 23: North York Annual General Meeting

by *Luci Soncin*

On Wednesday May 26 at the Thornhill Golf and Country Club our AGM began promptly at 10:00. The meeting was called to order in spite of the fact that everyone in attendance wanted to be outside enjoying the fantastic weather. We welcomed our guest J. Murphy from RTO/ERO Provincial Executive. She brought greetings from Provincial and helped clarify a question about our Health Care benefits. F. Saliani from District 24, M. Chard from District 22 and E. Harvey from District 16 also brought greeting from their respective districts.



Past President, Michael Sheffe passing the gavel to incoming President, Jan Siegel.

The meeting moved along with the membership participating in the Memoriam with Jean Wilson. We approved the Consolidated Treasurer's Report under the capable hands of our treasurer B. Henricks. G. Meek helped us make the necessary changes to our constitution. The district has adopted the name of Political Advocacy for our committee to mirror what is happening at Provincial.

All the conveners' reports were collated into a booklet and circulated among the membership. Margaret Schuman did give an oral report on two brand new committees begun this year under her leadership and energy. The Have-A-Java meets once a month at the Bayview Village Timothy's for friendship and coffee as guests of our district. Margaret also reported on the Needlework and Crafts Committee. This committee had its inception with the Eileen's Project. The group began to knit hats and mittens for the children of the Theresa Group. At the end of the project the group wanted to continue creating their works of art and now have expanded their mandate. They are now creating afghans, wash cloths and of course their knitted sets for children. This year they hope to sell their creations in order to raise money to purchase children's books, which will



Table Officers: Left to Right: Sandra Motta, Jan Siegel, Bev Henricks, Luci Soncin, Maureen Capotosto

be given to this year's project—The Children's Book Bank.

One of our aims this year was to connect with those members who can no longer attend our activities. Maureen Capotosto and her committee connected with many of our 90 year old members. The district hosted the members and their care-givers that were able to attend the Spring Luncheon. She gave a brief review of the work done by her committee this year such as sending out birthday cards, sympathy cards and making phone calls to the shut-ins. Part of Maureen's portfolio is researching and completing the application to apply for the Service to Others grant. Once again, District 23 has been approved the full \$4000 grant that will be presented

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to the Children's Book Bank at the luncheon.

As past-president, Michael Sheffe directed the next portion of the meeting: the report of the Nomination Committee. I would like to be the first to introduce our table officers:

Past President: Luci Soncin

President: Jan Siegel

First Vice-President: Maureen

Capotosto

2nd Vice-President: Open Position

Secretary: Sandra Motta

Treasurer: Beverley Hendricks

Assistant Treasurer: Jean King

We welcome Maggie Khaja our new Good Will Convener.

We also expressed our thanks and gratitude to the members of the executive who are leaving to make room

for other members to join the team. We say good-bye to Andrée Nottage, Rob Fraser and Michael Sheffe.

After an hour of speedy motions and lively discussions our meeting was adjourned to enjoy the sunshine and companionship of all in attendance. The attendees had a short wait until the fun of the Spring Luncheon was underway. ❖

Spring Luncheon

by George Meek, for the Social Committee



Bev Hendricks, Mildred Frank, Audrey Cousins

Following a well attended 2010 AGM on Wednesday, May 26, and a social libation time complete with hors d'oeuvres, nearly 130 members and guests sat down to a delicious lunch of garnished rainbow trout or chicken breast at the Thornhill Golf and Country Club. The day was bright and sunny, and the outside setting complete with fresh spring flowers added additional zest to the occasion. Colourful floral centrepieces on each table added a dash of spring colour. Later, they were given to the person at each table who was retired the

longest or for the shortest time.

George Dawydchak, a professional photographer donated his time taking pictures throughout the social hour and luncheon. He gave District 23 all the photos for future use.

George Meek, became the master of ceremonies for this festive event at Mildred Frank's request (Mildred, our Social Convener needed to save her voice).

The program contained the following: a welcome and introduction of guests by our new President, Jan Siegel; an ecumenical grace by Bev

Hendricks (Treasurer); the recognition of five special members who turned 90 in 2010; the attendance of a number of members who turn 70 in 2010; a presentation by Maureen Capotosto (our new First Vice-President) in regard to our new Service to Others project of the Children's Book Bank in Regent Park; greetings from RTO/ERO First Vice-President, Joan Murphy; the awarding of the much appreciated 15 draw prizes; and we had the usual displays of upcoming activities and events available for everyone to see.

The entertainment that capped off the occasion in a fine manner was presented by Turner King (saxophonist and Jean King's son) and Chris Smith (vocalist and guitarist). Turner has performed with Frankie Valle, Wayne Newton, Johnny Mathis and Galdys Knight to name a few. Chris has been nominated for the Canadian Smooth Artist of the Year five times.

Mildred Frank (Convener) and the Social Committee were thanked for their organization of this fine experience as were Angelo and the Thornhill staff for their fine cuisine and service.

A great time was had by all and following the luncheon many went outside to enjoy some more conversation and the spring colour and scenery. ❖

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Departs April 25th, 2011

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Includes tax



Join the Toronto RTO Districts for A Springtime Tour of New York City!
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- ◆Breakfast Daily
- ◆ Welcome Dinner
- ◆Farewell Dinner
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- ◆Ferry to Liberty Island
- ◆Admission to the top of the Rockefeller Building
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marianne.delima@merit.ca

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Tommi Hayhoe: 905-893-1126 or 905-893-1704
tommi.hayhoe@merit.ca

Bulletin Board

On Thursday, 23 September 2010, the Willow Weavers Square Dance Club will hold an open house (free) for prospective dancers. New dancers dance on Thursday evenings. Two left feet are fine. It is preferable that dancers come in pairs. Bring a friend. We dance at Cumber Valley MS (70 Maxome) in the cafetorium from 7:30 to 9:30 pm and have refreshments between 9:30 and 10:00 pm. This is a 3-

way win: physically because square dancing is easy exercise, mentally because you have to listen to and execute the calls and socially because you make new and lifelong friends. After all, square dancing is fun and friendship set to music. For information, contact Marvin Blier at 416-630-7078 or marvinblier@yahoo.com

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 January 2010 through to April, 2010. I apologize for any errors or omissions.

Samuel Ewart Grizel C. Howatson Margaret A. Pettem Ina V. Robertson William J. Smith Wilbert J Thomas
D. Jean Towler James K. Wallbridge John F. Allen Margaret D. Barrett V. Hope Booth Geraldine Dymond
Bernard Hadidian Annette Hebert Elizabeth M. Hughes Donald Smith William A. Wylie
Margaret A. Rainsberry Douglas C. Fox Roy Graves Evelyn G. Manser Margaret Young

Membership Report

From June 2009 to September 2009

by Jean Wilson

As of April 30, 2010, we are pleased to report that District 23, North York has 2282 members. Your executive welcomes all new members who have joined in January, February, March and April 2010. 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.

January 2010

Constantine Apostolopoulos Arlene M. Cormack Rosemary Fillmore Paula Harris Jacqueline Jean-Baptiste
Deborah Little Barbara D MacDonald Ted Nelson Marilyn Orr E.L. Patience Raymer Kenneth Rippon
Marion M. Smyth Susanne Young

February 2010

Ida M. Allen John Baird Verner M. Booth John Boyd Franca Cancelli John Cavers Maria Di Ruscio
Irene Ezer Shirley J. Harris Sandra Laurin Susan Rady-Pentek Thelma G. Smith Jo-Anne Wills Vivian I. Wylie

March 2010

Inez N. Elliston L. Joanne Eves Pauline Finkelman Mel Herman Norma Kirsh Madeline Manning
Yoonus Mia K. Dianne Thom

April 2010

Jodi Asch Karen Cohen Rita Anne Duffy Rita M. Graves Heather V. MacDonald Mary J. MacDonald
Marlene Matheson Susan Poplewell John Slean

7th Annual District 23 Golf Tournament

Thursday, September 23rd, 2010
Cut-Off Date: Wednesday, September 15, 2010

Kettle Creek Golf Club
The west end of Cardinal Golf Club at
Hwy 9 and Jane Street just east of Hwy 400.

\$45

Golf carts are available for \$12.00 extra per golfer and must be reserved with your registration.
Barbeque lunch with salads, drinks and desserts is included in the registration fee.

Check in from 8:45 to 9:45 a.m., ready for the 'shot-gun start'- each team begins on a different hole at 10:00 a.m.

Register your team of four, a twosome or just yourself. After September 10th, members from other RTO districts will be invited to join with us, so register early to reserve your place.

We have many prizes for our best teams and everyone gets a prize. If you are able to help out by donating a prize or prizes for this tournament, please contact Helen (wibermccowan@rogers.com) or Dianne (diannefair@rogers.com). Profits from the tournament are donated to our "Service To Others Project".

Questions and/or comments to:
Helen 416-485-0131
or
Darlene 416-221-7242

Please note: The tournament will be cancelled if fewer than 18 holes are open.

~See page 34 for registration form

Walter

He waits silent by his window
Staring at a frustrated fly
That, like him, cannot find a way
Through this incomprehensible transparency
That is the now.
Life without past or future.
He waits with the fly.

His digital clock blinks 12:00 12:00 12:00
His ceiling fan whirs whirs whirs
His bathroom tap drips drips drips
His laboured breathing wheezes wheezes wheezes
There is only the now....nothing more.

"Time for dinner, Walter,
Meat loaf tonight
Sing-a-long at seven
Pills at eight."

Robot-like, he shuffles down the hall.
He dribbles his soup on his shirt
And spills his glass of water
His helper feeds him with feigned concern.
Inexplicably tears come to his eyes
When they sing "As Time Goes By",
He gags on his pills and coughs them out.

"Now be sure to flush, Walter,
Don't get out of bed
And keep your diaper on."

His digital clock blinks 12:00 12:00 12:00
His ceiling fan whirs whirs whirs
His bathroom tap drips drips drips
His laboured breathing wheezes wheezes wheezes
There is only now....nothing more.

He goes to his window
Twilight closes the day
A fly lies dead on the sill
Existence is a flat-line
He knows only the moment
He waits silent by his window.

James Treliving
Alliston, Ontario
April 2010

Web Alert

by Dianne Fair, Webmaster



What's New

The District 23 Homepage Slideshow is featuring the AGM and Spring Luncheon.

Stony Online

To date **163** members have opted to receive their STONY BRIDGES online. You can get yours online too. See the details to the right.

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

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 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.

Get Your 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 November, 2010 STONY BRIDGES. When this and future STONY BRIDGES have been posted, you will receive a prompt e-mail to that affect including a direct link to: 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. 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 34.

Bulletin Board Angel Foundation

Mark your calendar!

The Angel Foundation for Learning will host its sixth annual Evening to Feed the Soul Dinner Event on Friday, November 05, 2010. This year's dinner event will take place at Da Vinci Banquet Hall. The evening will honour the many Toronto Catholic District School Board students who have been assisted by The Angel Foundation for Learning. The dinner will also feature an art auction, silent auction, dancing, sit-down dinner, open bar, prizes and much more!

For ticket reservations please contact Sara Camilleri at (416) 222-8282, Ext. 2195 or sara.camilleri@tcdsb.org. For information, contact Mary Ellen Lawless 416-223-4969.

Goodwill Report

by Mureen Capotosto, Outgoing Convener

Convener:	Maggie Khaja (Incoming) maggiekhaja@hotmail.com	905-898-8906
Cards		
Birthday Cards for Over 80's	Judy Neilson Nancy Thomson	416-256-2731 416-493-3476
Bereavement Cards: Get Well/ Keeping in Touch	Xenia Cooper Joan Smith	905-881-5481 416-449-4422
Telephone Calls		
90 & Over, Sick, Shut-in, Etc.	Vinny Coetzee Gwen Bumbury	416-621-6681 416-491-1213

The Goodwill Committee continues to send birthday cards to members 80 years old and over. When appropriate, we also send keeping in touch, get-well, and sympathy cards at appropriate times. As well, phone calls are made on occasion to members who want to chat and stay connected with us. If you would like to hear from someone on the committee please get in touch with our new Goodwill Convener, Maggie Khaja, maggiekhaja@hotmail.com.

Recently we were pleased to send out flowers to a member who was celebrating her 101st birthday.

For the AGM luncheon we invited those members who were celebrating their 90th birthday in 2010 to attend the luncheon along with a guest. We are delighted that five members were able to accept this invitation.

Building A Memory Bank and Keeping in Touch

Our activities have also extended to connecting with all of our members who are 90 years and over by telephone.

In many cases we have found phone numbers are inaccurate or that people are not able to speak with us but this is not the case for all. Some members were able to chat with Gwen Bumbury or Vinny Coetzee. In other cases, a family member shared information with us. We are inviting our more senior members to share some information about themselves related to their careers and retirement experiences. We will use the information for future newsletter articles and in a collection of submissions to display at our gatherings.

Gratitude

Sincere appreciation is extended to the committee members who are faithful in carrying out their responsibilities, giving of their time and sensitive to the needs of our members. We are pleased to have Nancy Thomson joining our committee in sending out birthday greetings to the associate members within our district.

Change of Convensers

Welcome to Maggie Khaja, our new Goodwill Convener.

It has been very interesting and

rewarding to work as Goodwill Convener along with the Committee. The Service To Others projects have been most exciting, involving many members in a variety of activities and providing valuable support to The Teresa Group and The Children's Book Bank. I look forward to continuing to support the work of the Goodwill Committee as I move into the First Vice-President position. It has been truly an honour to get to know District 23 through this role. I thank all of our members for their support in making our work successful.

Every Child a Reader: Supporting the Work of the Children's Book Bank

For 2010 our Project: Service to Others application was once again successful. Every Child a Reader: Supporting the Work of the Children's Book Bank has been approved for a \$4000 grant. We will work with The Children's Book Bank to develop and produce a bookmark with helpful hints to enable parents to support their child in

~GOODWILL/Continued on page 25

~GOODWILL/Continued from page 24

becoming a fluent reader. Kim Beatty, Director of the Children's Book Bank spoke, at our AGM, of the work done at the Book Bank located at 350 Berkeley St, at Gerrard St. E. The location is a magical bookstore where each visitor takes away a book. Books are donated from all over Toronto.

For each of our events next year we request, if possible, that members bring along a children's book, gently used but in good condition or new. ❖

Meet Maggie Khaja

You will need an inspector's grade of very good or excellent to be employed by us." Having received this letter in response to an enquiry about working in North York, I started making plans to migrate to Canada. It was 1967, I was 23 years old. (now you know!)

I guess I made the grade because I was offered a job at Gateway Public School, "Your principal will be Doug Thurston and you will teach Grade 2 dependant upon a successful interview on my arrival." On August 17th I arrived at the Board Office on Avondale and was met by Walt Lavender who was clutching a plan of the new 'open plan' school. "This will be your classroom when the school is completed," he told me. I guess that was the interview.

The Hall Dennis report was being implemented; I wasn't sure what all the fuss was about since that was the way things were being done in England. I think I would have found it harder to teach under the 'old system', just as I would find it impossible to teach in the 'new,' as practised today. It was a perfect

match, although I did cause some anxiety amongst other members of staff when I took my Grade Two class outside to collect and use 'conkers', horse chestnuts during a math period! North York wasn't quite there yet. In an effort to 'up date' there was a huge PD department. Many courses were presented, but for two days before we left the classroom, a PD teacher would come in and shadow us so there was as little disruption as possible for the students during our absence. The cookies, the lunches and the suppers were all excellent at Peckham, as some of you will remember!

Gateway, Forest Manor, Cherokee, The Earl Haig Family, teaching gifted/enrichment as an itinerant, Cliffwood, McNicoll and finally Willowdale Middle School were my professional homes. I was fortunate to be selected by the Board to attend Glendon College to become proficient enough in French to get my FSL qualification, at the Board's expense. In about 30 years I taught JK-Grade 8, French, Special Ed., Library and even Family Studies. I remember, to this day, sitting in my Grade 3 class at McNicoll and thinking, "Why would anyone ever want to retire and give this up!" Being a classroom teacher was my only ambition; that and being a wife and mother of two sons. Then came Mr. Harris, Grade 7 Family Studies, and the 85 Factor. The push and the pull were too strong to ignore! The first two pushed me out, the third pulled me out! The strike over principals not being part of the union was the final straw. How many of you remember walking the pavement for Prep. Time?

When I first retired I stayed with the Board's Health Insurance Plan, so had no practical reason, I thought, to join the RTO/ERO. Being somewhat 'shell shocked' at the time I retired, meeting other retired teachers socially was not

on my radar. The amalgamated TDSB was no longer the 'old North York.' I was no longer familiar with the names of many principals, program leaders, board personnel and many of my colleagues also gradually moved away and became busy with their own retirement plans. I became a retired North York teacher living in Newmarket and getting on with my life. I think I didn't realize that there was a specific North York group, and the TDSB was just too big a concept for me!

As a teacher, I would wonder, "How could I ever give this up?" Now in 2010, like many of you, I wonder "How did I ever have time to work?" I am an obsessive quilter, and playing with fabric, teaching new quilters, and meeting with other quilters takes up several hours each day. I actually made a quilt for, and attended Bill Hogarth's retirement from York Region Board of Ed last December. I love to sing and have belonged to a number of church and community choirs. Membership in the Amadeus Choir for just one year was the highlight; now there are others. The HD transmissions from the New York Opera House are absolutely amazing and are, during the season, my treat to myself on a Saturday afternoon. I have spent many hours tutoring; Grade 9 and 10 seem to be particularly taxing for the 'non-academic' student population, and understanding the curriculum and presenting it to the challenged and discouraged is my brain exercise! I have been editing essays for a Master's in Counselling candidate and my 4 year old grandson, (his father, my son, teaches at Summit Heights), has a sleep over each week; his two week old sister is yet to be pried away from her mother! We have a cottage near Lakefield, play an occasional game of golf and of course there is the upkeep

~See MAGGIE/page 26

~ MAGGIE/ continued from page 25

of home and garden.

I love to travel, and spent a wonderful year teaching in Abu Dhabi and Dubai and visiting my husband's family in India. That, and holidays in Cuba, Costa Rica, Spain, Mexico, Florida and cruising, sort of round out the hours in the day, and days of the week.

Having volunteered to become Goodwill Convenor, I was asked to write a Bio. and I think I must address how that actually came about. At a certain age, one can no longer be covered by the Board Insurance; in order to have peace of mind, I joined RTO/ERO and the co insurance plan connected with it. To my inbox kept coming emails from this person called Mike, whose name I recognised. There was a magazine, both in the mail and on line. There were names of people with whom I was familiar, and I wanted 'in.' However, there was also a certain nervousness and shyness about entering a room. With age, has come knowledge about myself, and I know that I do better in a group if I have a specific purpose. When notification came that there was an opening for Goodwill Convenor, I decided that maybe I could do that. So I volunteered! Filling Maureen's very large shoes, (although I think her feet are probably quite dainty) is going to be a challenge and a very tall order. I started off badly at the AGM, having to leave early because my daughter-in-law was in labour, but hope and intend, that over the next few months, I will learn much from Maureen and the rest of the RTO/ERO executive, to continue with the Book Project that she has initiated, to work closely with the members of the team that she has worked with, and to connect with more of the membership and make a positive contribution to the organisation. ❖

The Picasso of Jazz...

Miles Davis by Lynda Pogue

Who knew?

Research for this article has been unfolding for several months.

Every time I asked someone the question "Did you know that when he could physically no longer blow his horn the way he wanted to, that Miles Davis turned all that genius into painting?"... each person expressed a somewhat surprised look on his or her face and replied "No. I didn't know that."

Millions are aware of Miles Davis' story as THE master of 'cool jazz' ... however few of those dedicated and adoring jazz fans are aware of Miles' equally brilliant talent as a painter.

You, dear reader, might be an opera fan, or you love blues... or rock 'n roll... or rap... or may secretly / boldly listen to country. You may not love or even like jazz however let's take a moment to consider a couple of things about the jazz of Miles Davis.

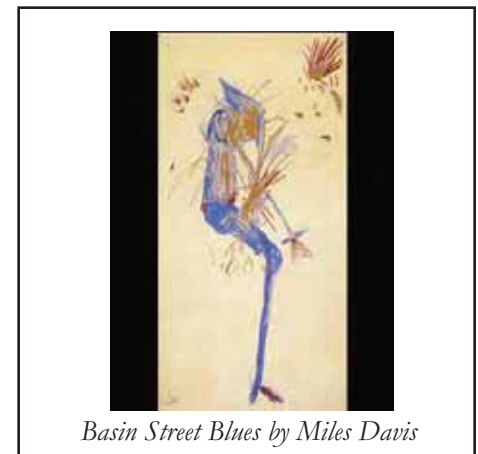
As the official Miles Davis website (<http://www.milesdavis.com/art.asp>)



Miles Davis painting in his New York Studio

says: "Miles Davis was the "Picasso of Jazz", reinventing himself and his sound endlessly in his musical quest. He was an artist that defied (and despised) categorization, yet he was the forerunner and innovator of many distinct and important musical movements.

Why say Miles is Picasso-like? Because the master of cubism, Picasso, continually reinvented/created new visions for himself. His whole way of



Basin Street Blues by Miles Davis

approaching his art was pure jazz. His paintings, like Davis' jazz, were all about complete synergy.

Miles said: *I always listen to what I can leave out. And Picasso said: Art is the elimination of the unnecessary... I begin with an idea and then it becomes something else... Why do two colors, put one next to the other, sing? Can one really explain this? No. Pure jazz.*

If you're interested in seeing as well as hearing the music that's had musicians talking for over 50 years, watch Herbie Hancock on YouTube discussing the inimitable approach Miles took to creating his music: *He would put people*

with one style together with people who played a different style... or maybe a contrasting style. Most people wouldn't dare do this because they think that's not gonna work. But Miles would put all these elements together because he would trust the honesty of the people he was working with... he wanted to capture the spirit of discovery. His touch was so gorgeous... his swing was relaxed and yet in the pocket.

There's a great deal to be emulated from this way of approaching your life's work... trusting your instincts to know the exact moment when to enter, the exact moment when to join in, and, the exact moment when to stop.

In 1980, after a stroke, Miles began to seriously expand his talent in yet another new direction by seeking expression and inventiveness through visual art. Just like you can see color when you listen to his music, you can hear his trumpet when you view his art.

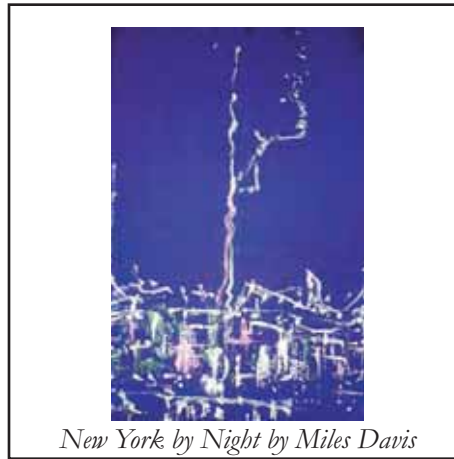
Miles was interviewed by Mike Zwerin (www.culturekiosque.com) and said "The guy who looks after my house in California, Mike, he calls me Chief. I say 'Mike, how do you like this?' He says, 'I liked it, Chief...just before you finished it.' So he thinks I spoiled it by making too much. I have to learn to stop. I know how to stop with music, but you have this problem of balance with paint and it's different."

He discovered when to stop and he established himself as a tremendously accomplished painter who applied bold, vibrant color and movement to his canvases, reflecting the consistently changing moods and tempos of his musical compositions. His scarcity of notes and of colors goes hand in hand. As in anything in life, the lesson is: Don't force it.

When asked by Zwerin: "Do you approach a canvas like a musical

composition, with some form in mind? Or do you improvise it like a solo as you go along?"

Miles replied: "The color. I get the color first. Then all the rest I improvise. Lines and circles. Maybe I'll want to wiggle the lines; maybe I'll draw a breast and an eye. I work from the subconscious, like music. It has to do something to me. I couldn't write a piece of music that doesn't make me tap my foot or make me feel something inside. Once the form is there, it's like an arrangement with openings for solos. It's a matter of balance. You can't have too much black. Like you can't have too much saxophone. Supposing there's a



New York by Night by Miles Davis

composition and the saxophone player can't get the style. You have to get another guy to fit in there. Like another color. Don't force it."

Miles' art, since his death, had been largely under wraps with only a handful of one-off shows showcasing these fabulous works. Celebrities such as Quincy Jones, Prince, Phil Collins and Diana Ross own work from previous collections.

Jonathan Poole acquired the exclusive European rights to Miles' artworks at his gallery, Compton Cassey Gallery in the UK. Poole says that *in contrast to his rich formal education as a musician, Miles as an artist was mostly self-taught. As his work matured his direction changed with integrating,*

swirling abstracts. He transformed his world of sound into shapes and colors and worked primarily with acrylic, pastels, pencil and markers, especially favoring large canvases with ample space.

It's always an exciting surprise when you find that someone you know to be a master of one craft is also a master of another. Although you might wonder... why is it such a big surprise? Tony Bennett's a fabulous painter. Brian Adams is an exceptional photographer. Anthony Quinn was an amazing sculptor. Sir Paul's a talented painter as is Grace Slick and Ronnie Wood.

What can artists or anyone else learn from this?

That behind the talent you know you have is another hidden and sometimes dormant talent. Your innate abilities are transferable to another medium / pathway in your life. Let loose and give a free rein to it. Who knew?

Note:

- There are 21,600,000 Miles Davis sites on Google.
- If you look up "cool" in the dictionary, the definition should be: Miles Davis.
- Miles' A Kind Of Blue is the best-selling jazz album ever. Soulful to the bone.

Thanks to Compton Cassey Gallery for giving ARTisSpectrum and STONY BRIDGES the rights to showcasing Miles Davis' painting and photo.
www.jonathanpoole.co.uk

Lynda Pogue is an award-winning Canadian artist, speaker and writer who lives near Toronto, Ontario. She is represented by Pharand Art and FAD Fine Art Gallery in Canada and she invites you to visit her website at lyndapogue.com.

One Ugly Dog

By Carole Clune

My daughter loves dogs. In particular, she loves Chow Chows. She has three of them, one of which is a recent acquisition.

Chows are a medium breed, known for temperaments that are cat-like – independent, aloof, strong-willed and suspicious. They are one of the oldest breeds and are known as one of the first recognizable breeds to evolve from the wolf.

They were bred as hunting and guard dogs by Mongolian tribes in China. Fiercely loyal to their own families, Chow Chows were guard dogs to the emperors of China. Their magnificent coats also provided a warm lining for the cloaks of royalty. They may even have been used as food as recently as in the 19th century. (Chow is slang for “edible” in Chinese. Even American slang refers to food as chow.)

When my daughter told me about the most recent Chow in her family, I reacted as any mother would and told her she was turning her house into a kennel.

Don't get me wrong. I have always been a dog lover, but three large dogs in a tiny Etobicoke bungalow is a bit much in my opinion.

The first Chow is black with what is known as an English face. Her name is Cinder and she is clearly the alpha dog, tolerating the other two with undisguised condescension. Cinder is the matriarch and stands for no nonsense. Now 13 years-old, she has trouble with arthritic hips and is on medication. She goes for chiropractic adjustments on a regular basis which she accepts as her due as Queen of the Household.

The second dog is a red Chow who is 11. He has a more traditional



“smushed” face. His name is Rudy although it hardly matters as he never comes when he is called. His claim to fame is that he is a Canadian champion. People are attracted to his lion-like mane and beautiful red colour and he has been on display many times at pet shows.

It is a good thing he is known for his looks, because intelligence is not his strong suit. You may have heard the expression, “You can't teach old dog new tricks”. Well Rudy never learned any tricks to begin with, even when he was a young dog. In the vernacular, one would say he is a touch “thick”. Nevertheless, he is a lovable and goofy fellow. He makes me laugh.

Enter the most recent dog. This one is a “rescue” dog who has had a difficult early life. Abandoned by the owner of a kennel near Barrie Ontario, this dog and a dozen other Chows were deserted outdoors to fend for themselves for food and shelter. They were found in deplorable condition in a



farmer's field and it is not clear how long they had been left there before being rescued. (Happily all 13 have been adopted into their “forever” homes.)

The new dog is a blue Chow, a bit of a rarity, and his face is certainly “smushed” in typical Chow fashion. As a result of neglect, his coat had to be shaved and it is just growing back now. And he has a problem with an elongated soft palate which creates breathing and slobbering issues typical in dogs with broad skulls and short muzzles. To say he is a noisy breather is a great understatement. And you should hear him snore!

When I was first introduced to him, Caydence was a sorry sight indeed – shaved, snorting and slobbering. My reaction was, “That is one ugly dog. Even his name is misspelled!”

But looks are not everything. In contrast to Cinder's disdain for the world, Caydence is a wonderfully social animal. He loves people. And unlike Rudy, who excels in the looks department but is not the sharpest knife in the drawer, Caydence is very bright and an extremely fast learner.

He has adapted well to life in my daughter's home, defers appropriately to the alpha dog and tolerates the other clownish canine with affability.

Recently Caydence has been taken to obedience classes. The instructor was impressed with his intelligence and ability to learn and suggested that he try out as a candidate for Superdogs at the Royal Winter Fair in Toronto.

To my daughter's great delight, Caydence was chosen but there is one catch. He has to have an operation to correct his noisy breathing – and



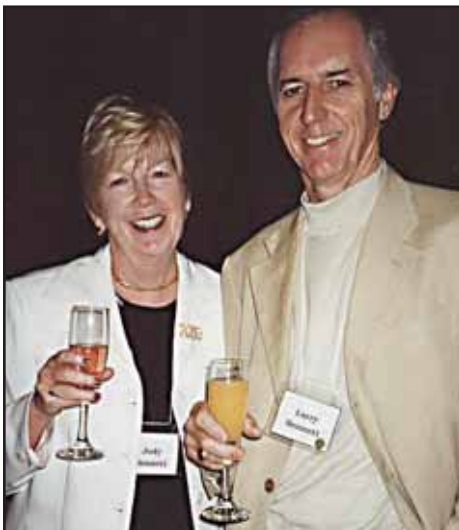
hopefully, his propensity to slobber – before he can appear with Superdogs. (We wouldn't want him to drown anyone in the audience.) Surgery is coming up and we are all hoping it corrects the problem for him.

So in the future if you attend a performance of Superdogs, watch for Cayence. He is one of the ugliest dogs you will probably ever see, but one of the most loveable.

He has had a rough start in life but has lucked out in my daughter's home where he is appreciated for his devotion, friendliness and for being what he is, one smart, dearly loved dog.



Champagne Pour 2000: *for more pictures, see page 36*



Judy and Larry Bennett

AGAWA CANYON

September 27- 30, 2010

Based on 50 passengers:

Double occupancy: \$699.00

Single supplement is \$200.00

(Included in price: Return transportation, three nights' accommodation famous Bavarian Inn Chicken dinner, Ferry to Mackinac Island, Horse drawn carriage, Buffet luncheon at Grand Hotel, Dinner final evening, Tip for driver, Full day train excursion including breakfast & box lunch in Agawa Canyon)

Monday, September 27

8:00 leave Toronto and travel to St Ignace, Michigan. We will cross the border at Port Huron and have lunch (included) at the Bavarian Inn, Frankenmuth, famous for their "chicken dinners". Free time to spend in Frankenmuth or at Birch Run Outlet Mall. Since we will be out of Canada more than 48 hours, purchases made in the US will be duty free up to a value of \$200. Our next stop will be St. Ignace, Michigan where we will spend the night at the Best Western Harbour Pointe Lakefront. Dinner will be on your own.

Tuesday, September 28:

Following breakfast (included) at the hotel, we will board the 10:30am ferry for Mackinac Island. After a short ferry ride to the island, we will have a horse-drawn carriage ride to the Grand Hotel where we will enjoy their delicious buffet lunch (included). Following lunch, there will be free time to explore the island. No motorized vehicles are allowed on the island. We will board the 4:00 p.m. ferry to return us to our coach in St Ignace and will proceed to Sault Ste. Marie where we will stay for the next 2 nights. Dinner will be on your own. You may not need a big meal after the lunch at the Grand Hotel!

Wednesday, September 29:

This morning, we board the train for our trip through the spectacular Agawa Canyon. Breakfast will be served on the train and a boxed lunch (included) will be provided. There will be a two hour stop at the Canyon, before the train returns to Sault Ste. Marie. Our hotel is only two blocks from the Casino for those who would be interested or there is a shopping mall close by. Dinner will be included this evening.

Thursday, September 30:

Following breakfast at the hotel (included) we still start our return journey to Toronto. Comfort stops and a luncheon break will be made along the way.

To book this trip with fellow Metro RTO/ERO teachers or to ask any questions, please email tommi.hayboe@merit.ca or phone Tommi Hayboe toll-free at 1-800-463-6187.

Desert Island Cinema

By T. Allen Strike

If you were marooned on a desert island with a solar powered DVD player and one movie disc, which film would you choose? This question came up recently and I had to think hard about my answer for I am a movieholic.

I subscribe to Zip.ca which has a very good selection of films from all countries and all eras. Whereas the Blockbuster variety of movie outlets has a limited choice of the more recent Hollywood films and is wedded to the Movie Fame Machine. If you are spellbound by the private lives and the formulaic oeuvres of lightweight movie makers then Blockbuster is the place to go.

Recently, I was near (flat on my back, actually) a Nursing Station in a hospital. The main physician on duty was Dr. Bonham-Carter. For me it was natural to ask if he was related to Helena Bonham Carter. He said, "Yes, she's my mother." Then he laughed and added, "No, she's my cousin." At this point, a nurse asked, "Who is Helena Bonham Carter?" This question soon spread across the whole area.

Nobody there had ever heard of her. I was stunned. Helena has acted in some of the best film and television going; Howard's End, Wings of the Dove, Merlin, Mary Shelley's 'Dracula', Henry VIII, A Room with a View, and three Harry Potter films. She has been nominated for an Oscar, two BAFTA, and four Golden Globe Awards. All of this was unknown to, what I must suppose, is the average filmgoer of today. This person exists in a state of intellectual, moral, or social darkness, being at the mercy of a byzantine web of mogul-controlled Magazines, TV,

Newspapers, as well as the films themselves.

If an actor is not in the Hollywood System then he or she does not exist for the mass audience. When Alec Guinness appeared in Star Wars he was discovered by the multitude. It counted for little that already he had an Oscar for Bridge on the River Kwai and had acted for David Lean in many wonderful films over thirty years. I know, I know; who is David Lean?

None of this means that a good film never comes out of Hollywood. Occasionally it happens but mainly we rely on Independent Producers for quality. The ambition of the major studios to make bigger and more violent films is a not too subtle echo of a fading Rome striving to mount increasingly elaborate arena games to whet the appetites of its jaded citizens.

The best films for me are the films with a simple, adult script. Adult has come to mean that legally you can watch porno films. I mean that the story deals with those experiences that only living brings, no matter how precocious the individual. So which film am I taking to the desert island? The film that I have chosen to take is:

A Man for All Seasons

I have borrowed liberally from Wikipedia to provide the background and commentary on the film.

The plot is based on the true story of Saint Sir Thomas More, the 16th-century Chancellor of England, who refuses to endorse King Henry VIII's wish to divorce his aging wife Catherine of Aragon, who could not bear him a son, so that he could marry Anne

Boleyn, the sister of his former mistress. The play portrays More as a man of principle, envied by rivals such as Thomas Cromwell and loved by the common people and by his family.

The play struggles with ideas of identity and conscience. More argues repeatedly that a person is defined by his conscience. His own position is depicted as almost indefensible; the Pope is described as a "bad" and corrupt individual, forced by the Emperor to act according to his will. But as More says to Norfolk, "What matters is not that it's true but that I believe it; or no, not that I believe it, but that I (within myself) believe it." Thomas fears that if he breaks with his conscience, he will be damned to hell, while his associates and friends are more concerned with holding onto their own temporal power. The cast is superb. It contains some of the best actors of the last century:

The Main Cast:

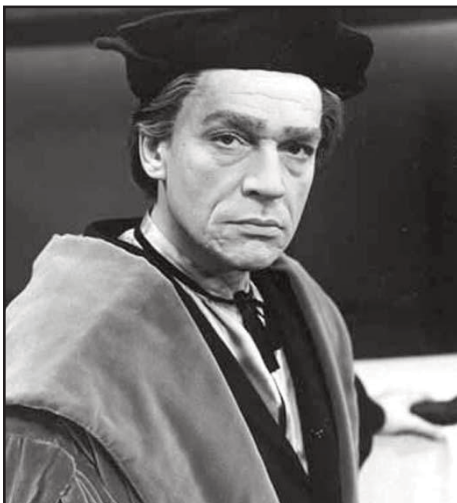
Paul Scofield, Wendy Hiller, Leo McKern, Robert Shaw, Orson Welles, Susannah York, John Hurt, Nigel Davenport, Corin Redgrave, Colin Blakely

Paul Scofield's rendition of Sir Thomas More as written by Robert Bolt and directed by Fred Zinneman is the greatest lead dramatic performance ever in cinematic history. He is that magnificent. He is Sir Thomas More. We feel his hope, weariness, fire, virtue, protectiveness, morality, and bemusement as richly as he conveys each one frequently, one right after another. He was made for Bolt's dialogue, and Bolt's dialogue is drilled forever into our conscious by Scofield's

flawless performance

Everything else is also here. Leo McKern is brilliant as politically motivated prosecutor, Lord Cromwell. A bit subtler, but no less brilliant is Nigel Davenport as a man of some conscience, but not quite enough. John Hurt is unforgettable as ambitious young Rich led into temptation by Lord Cromwell. The incomparable Dame Wendy Hiller -- who passed just last year -- adds several more dimensions than her rather sparsely written role as Scofield's wife should have allowed for. Every minute she is on the screen is magnificent. Susannah York walks a tightrope between scholarly reason and her passion for what is right. Robert Shaw as Henry VIII and Orson Wells as Cardinal Woolsey are larger than life and completely compelling during their all-too-brief virtuoso solos. The cinematography is lush; the camera does not wobble or wander. The soundtrack is historically accurate and perfectly positioned. Key sounds punctuate three pregnant pauses with explosive impact. The movie is technically as perfect as an historical epic can be. The film is simply exquisite.

I tire of hearing the expression that a film was, "Before my time." The acting in plays of Thespis or Richard Burbage was "before our time" because we cannot see it; but it is illogical to say this



about films. Most of the films from the very beginning of cinema are waiting there to be watched. It would make as much sense to say that the Pyramids were before my time. *A Man for all Seasons* is a film for all time

That being said, as I reflect on closing this, it is Scofield's incomparable and breathtaking performance which still leaves me in complete awe.



Coda

There are only a couple of hundred script writers in Hollywood but there are six thousand cameramen. The result is that Hollywood camera-work is usually sound but the scripts are regularly banal. The trick to making a bad movie, it seems, is to select a number of hot-button items, i.e. it was on the News, and then weave a story out of them without blinking. Nothing is too far fetched. It works along the lines of a menu, something like the one shown.

To write a plot outline one picks at random from the columns.

Characters	Situation	Place
Child	Aging-	A mall
Cop	Parent	Airplane
Detective	Bomb	Camping
Divorcée	Drugs	Dormitory
Doctor	Dying	Inner-City-
Dog	Job loss	Grot
Eco hero	Loner	Military-
Serial-killer	Mugging	base
Soldier	Murder	
Teenager	Rare -	
Terrorist	disease/	
Vampire	infirmity	
Widow		
Zombie		

Sex and/or Violence with everything
Cars with everything. Cars: starting,

leaving, arriving, speeding, racing, crashing, exploding.

Examples:

1. On a camping trip, an Eco-heroine, her autistic child, and a teenage vampire are hunted by a serial killer. The killer has sex with the Eco-heroine.
2. On an airplane, an aging widower carries a bomb to kill a doctor whom he believes murdered his paraplegic wife. However, the bomber's daughter is in love (i.e. has infinitely prolonged sex) with the doctor. ❖

Intimidation

Hell has no fury
Like a computer
Demanding
An updated browser,
Extra virus protection,
And more RAM.

Craving
A faster printer,
Extended keyboard,
And wider screen.

Appeasement
is
always costly.



Carole A. Martyn

Playing With Fire or Keeping Cool With Etna

Tracing the Myths of Ancient Mythology

by Rocky Sankoff

Sicily. An extraordinary island with its fair share of mystery. The Ancients used it as a setting for mythological events. Travelling about the island we visualized characters from tales told in antiquity, saw the ruins of towns and buildings thousands of years old, wandered medieval streets constructed hundreds of years ago, saw structures built less than a century ago, noted war damages barely sixty years old, tasted dishes and confections only hours old, and probably walked the paths of many ghosts.

Aeolus, King of the Winds, hastened our plane over the Atlantic to Milan more than an hour ahead of schedule. This was fortunate since on that Alitalia flight we were subjected to non-functioning earphones, reading lights which didn't light, and for the last couple of hours, water taps in the WC which failed to produce water. Showing us how fickle the gods could be, Aeolus then blew us into some untoward turbulence on the Milan-Palermo flight as we passed near his home on the Isole Eolie just north of Sicily.

We hadn't spent much time in Palermo before we realized that the road signs were just a suggestion. Searching for lunch before the majority of stores closed for the daily siesta became an adventure of motorcycle evasion and automobile dodging.

But we prevailed, and on a tiny street, Montalbo, just off Montepelegrino, we lunched on anelletti al forno (baked pasta rings and meat), cassata and other flavours of gelato, and frutta martorana (fruit shaped almond paste). As it turned out, this was the

best gelato and marzipan we had in Sicily.

We had an interesting tour through narrow, winding streets, before returning to our hotel for dinner featuring a type of cazzilli, in this case stuffed salmon croquettes.

Our second day featured excursions to Cefalu and Monreale along the northern coast of Sicily. I wondered as the rocky shores rolled by whether this might have been where Ulysses had experienced Circe's spells, or perhaps where he met sweet Nausicaa.

The next day, before climbing the lofty heights to Erice, we were treated to a 13-course seafood feast in Sferracavallo. On the menu: smoked tuna; fried anchovies; fried stuffed herring; shrimp salad; fried shrimp; deep fried baby squid; mussels; spaghetti and fish sauce; risotto with calamari and mussels; penne with fennel, shrimp, and calamari; a platter of lobster, prawns, swordfish, and two kinds of mild whitefish; granita (like lemon sorbet); and lemoncello (a lemon flavoured liqueur, delicious...but its effects don't creep up on one, they gallop).

It is said that Venus Ericina selected the cool headlands around Trapani for her abode. Consequently Erice, 743m above the plains near Trapani and ringed by Punic walls about 2,800 years old, is an important religious site. It is associated with Temples to the Goddess of Fertility, with the initial temple erected for the Carthaginian goddess Astarte, followed by temples on the same site to Aphrodite (Greek) and Venus (Roman). There is also a picturesque ruined Norman "Castle of

Venus" on the cliffs.

Our journey south to Agrigento passed Marsala. If memory serves, one of the Sibyls resided in a cave near Marsala. Cape Lilibeo, just west of Marsala, is one of the "three promontories" featured in the Trinacria (Sicily's symbol). The Greeks who sailed around the island noted the three extreme points of the island, saw the island's beauty, likened its shores to the legs of a woman, and represented the island as a triangle.

From Agrigento, we made a foray onto past sites where the ancients paid homage to the gods. First the Valley of the Temples and the ruins of edifices built to the glory of Juno, Hercules, Castor and Pollux, among others. Then we drove past olive groves and vineyards to Selinunte, where ruined anonymous temples are simply denoted by letters of the alphabet...A, B, C, etc. After scampering over the massive ruins of Temple G, we were told by a former friend to be careful when crawling over archaeological ruins because of the poisonous vipers inhabiting the area.

Empedocles was from Agrigento. He is considered the founder of medicine in Italy and the first to suggest that matter was made of earth, fire, water and air, which were modified by love or strife.

From Agrigento we drove through the hills to Villa Romana del Casale just south of Piazza Armerina. For 700 years this lodge of a former Roman dignitary lay buried under mud, the residue of a 12th century flood. It has 3,500 square metres of mosaic tiles. Although most scenes have African themes, many mosaics reproduce scenes

from Homer and illustrate other mythical subjects such as Arion playing the lute on a dolphin's back, and Pan and Eros wrestling. They also portray what are reputed to be the world's first bikinis, worn by gymnasts indulging in volleyball and track and field events.

Heading northeast we traversed the same roads where the Canadian army fought its way across Sicily over 65 years ago during World War II. We passed within a few kms of Lake Pergusa from whose shores, according to the legend, Proserpine was carried off by the god Pluto who wanted her for his bride.

Next past Mt Etna to Naxos. Volcanic rocks line and clutter the edge of the beach. The only significant rain of the trip interfered slightly with our trip for dinner to Taormina. Taormina, perched 200m above sea level, claims to be the jewel of Sicily with panoramic views of the Ionian Sea and Etna. Through the rain we saw twinkling lights of surrounding towns.

We can only ponder about the legends of Etna. Ephesus and Cyclops lived on the volcano. The God of Fire, Vulcan, had his workshop inside the craters of Etna. Here he made Jove's (Zeus) thunderbolts while Aeolus swirled about.

The legendary King Arthur showed up here, in bad condition, after his clash with his relative Maldred, King of the Saxons. Excalibur was broken and Arthur needed to recover it. The archangel Michael enabled him to fly to Sicily as only the fire of Mt Etna could weld the magic sword. Sea waters lapping the volcano's slopes helped heal Arthur's wounds.

Our penultimate day's excursions took us up to Etna's craters and through some of the lava fields. We drove past Catania on our way south to Syracuse. The Rocks of Cyclops are near Catania. These are the isolated crags in the sea that the blind Polyphemus threw at Ulysses who was escaping after his tragic adventure in the Cyclops' cave.

In Syracuse is the Temple of Apollo, or Artemis, the oldest Greek temple in Sicily (565 BC). There is also the freshwater Spring of Aretusa. Greek legend says Aretusa was pursued by the river god Alpheus and was turned into a fountain by the goddess Diana so she could escape. Alpheus then turned himself into the river that feeds the spring. It was at the spot of the fountain where the transformed maiden appeared. We lunched on arancini (rice croquettes), impanette (flaky dough with mushroom, ham, cheese filling),

pastries, and gelato.

Cape Passero, southwest of Syracuse, forms the second promontory of the Sicily triangle.

Our last day in Sicily took us to the Straits of Messina. The northern part of the town of Scilla, on the north side of the strait, is dominated with the rock associated with Scylla, the mythical sea monster who drowned sailors as they tried to navigate the straits. And if she didn't get them, Charybdis, across the straits in Sicily, would.

The third promontory of the Sicily triangle is at Cape Peloro northeast of Messina

It had been difficult leaving our newborn grand-daughter, Samantha. She may not be able to spin yet, but like Penelope of yore, she was certainly worth returning to, and, unlike Ulysses, it hadn't taken us twenty years, although our trail often delved into mythology, and our path followed some of the trails of Homer's hero. Probably among Ulysses' well-documented delays were some undocumented informal stops for cannoli, cassata, gelato, marzipan, and other delights of Sicilian cuisine.

From Milan, Aeolus sped us home on fair winds. ❖

ACKNOWLEDGEMENT, WAIVER & RELEASE FORM

for RTO/ERO District 23 Bus Trips (and possibly other events)

Note: Participants in RTO/ERO District 23 events may be asked to sign the following release form.

The participant in the bus trip to (LOCATION) on (DATE), (as outlined in STONY BRIDGES) acknowledges and agrees that RTO/ERO, including District 23, will not be responsible for any loss, injury or damage of any nature, including death, howsoever arising in connection with this trip/excursion/event. Participants in the RTO sponsored events are therefore hereby advised to carry their own insurance in connection therewith.

By signing on attached pages and in consideration of the participant's attendance at the Event, the participant hereby releases and forever discharges RTO/ERO, District 23, and their respective directors, officers, members, agents, employees and volunteers (collectively, the "Releasees") from any and all actions, causes of action, claims, and demands (collectively, the "Claims") from any loss, injury or damage of any nature, including death which has arisen

or may arise from the participant's attendance at the Event, unless such loss, injury or damage has arisen as a result of the sole negligence of one or more of the Releasees.

Any Claims arising out of the participant's attendance at the Event will be governed by the laws of Ontario, Canada, and the participant consents to the exclusive jurisdiction of the Courts in Ontario, Canada in any such action. ❖

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.

Golf Tournament
Thursday, September 23, 2010
Cut-Off Date: Wednesday, September 15, 2010

I have read the Disclaimer
printed on page 4

Golfer #1 : _____ E-Mail: _____ Telephone: _____
Golfer #2:: _____ E-Mail: _____ Telephone: _____
Golfer #3 : _____ E-Mail: _____ Telephone: _____
Golfer #4 : _____ E-Mail: _____ Telephone: _____

_____ golfers @ \$45 = _____ Add \$12 for each golfer requiring a cart. Cheque enclosed for \$ _____

Make cheque payable to RTO/ERO District 23 and mail to
RTO/ERO District 23, c/o Marilyn Johnson, 114 Lund, Richmond Hill, ON L4C 5V9

WOODBINE RACE TRACK
Friday, November 5th – 12:00 p.m.
Cut-Off Date: Friday, October 1, 2010

At Woodbine, participants will be
asked to sign the release form
illustrated on page 33.

Name: _____ Email: _____
Telephone: _____ Guest: _____
of tickets _____ @ \$38.00 = _____ Cheque enclosed for \$ _____

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

STONY BRIDGES Online
Cut-Off Date: October 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
If your mailing and/or e-mail address(es) changes please let Dianne know.

Champagne Breakfast
Thursday, September 16, 2010
Cut-Off Date: Monday, September 13, 2010

I have read the Disclaimer
printed on page 4

Name: _____ Email: _____

Telephone: _____ Guest: _____

Member cost: \$13 Others: Free Please circle one Member Other

Cheque enclosed for: \$ _____

Make cheque payable to RTO/ERO District 23 and mail to:
Mildred Frank 505 Cummer Avenue, Suite 705 Toronto, ON M2K 2L8 Phone: 416-221-5328

WICKED
Wednesday November 24th, 2010
Cut-Off Date: Friday, September 24, 2010

At the theatre, participants will be
asked to sign the release form
illustrated on page 33.

Name: _____ Email: _____

Telephone: _____ Guest: _____

of tickets _____ @ \$84 = _____ Cheque enclosed for \$ _____

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

Holiday Luncheon
Wednesday, December 1, 2010
Cut-Off Date: Friday, November 26, 2010

I have read the Disclaimer
printed on page 4

Name: _____ Email: _____

Telephone: _____ Guest: _____

of tickets _____ @ \$35 = _____ Cheque enclosed for \$ _____

Please circle meal choice: Halibut Turkey

Make cheque payable to RTO/ERO, District 23 and mail to:
Mildred Frank 505 Cummer Avenue, Suite 705 Toronto, ON M2K 2L8 Phone: 416-221-5328

BILLY ELLIOT ~ THE MUSICAL
Wednesday, April 13, 2011
Cut-Off Date: Friday, February 5, 2011

At the theatre, participants will be
asked to sign the release form
illustrated on page 33.

Name: _____ Email: _____

Telephone: _____ Guest: _____

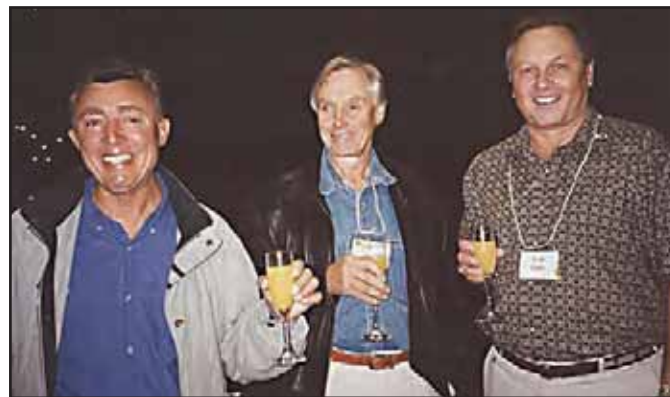
of tickets _____ @ \$70 = _____ Cheque enclosed for \$ _____

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

From The Archives: The Champagne Pour, 2000_____



Isabelle Noab, Daniella Tattersell, Sheila Corkill, Judy Saiter



Ralph Franchino, Wayne Store, Tim Tyler



Jackie Street, Judy Price, RoseTsue



Virginia Rainer, Gloria Broks, Sharon Prindle-Garrett, Ronna Winkler



Anne Mulbolland and Liz Gibson

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

