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North York District 23



Spring is Coming!

Le Printemps Arrive!



STONY BRIDGES

March 2014 Edition



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SUBMISSIONS

STONY BRIDGES RTO/ERO North York District 23 welcomes submissions for STONY BRIDGES from members. Do you have a story to tell, an experience to share or a poem you have written? Consider submitting your work for publication. Please include name, address and telephone number (for identification only) and some past and present biographical information (for publication if space permits). Articles should be from 400 to 1400 words (one half to two pages) in length. Photos are also welcome (minimum 300 dpi). Please send photos as attachments and do not reduce the size. We reserve the right to edit, condense or reject letters or submissions. Send submissions to: Karen Quinn at kquinn56@gmail.com STONY BRIDGES publishes in March, August and November for the retired Teachers of North York, District 23.

THE DUE DATE FOR MATERIALS FOR THE NEXT ISSUE IS: JUNE 11, 2014

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NEW MEMBERS

Jean Wilson, Membership Convener



The Executive welcomes all new members who have joined RTO/ERO District 23, which as of December 31, 2013 has 2594 members. The following information is taken from RTO/ERO Provincial Office's updates from November 1, 2013 to January 31, 2014. I apologize for any errors or omissions.

November: Joe (Giuseppe) Acquafredda, Robert Brown, Catherine Curtis, Ian Valentine

December: Jill Caira, Efstathia Despotopoulos, Renee Jacobs, Jack McLean, Elle Ruth Orav, Cheryl Anita Rosenthal, Thomas Wilson

January: Nili Bargman, Daniel G. Carrigan, Elizabeth Humphrey, Donna M. Mighton, Dalia Reubeni, Grace Vozza

IN MEMORIAM

We regret to inform you that some of our members have passed away. Our condolences go to family and friends. We hope they find comfort in fond memories of days gone by. The following information was taken from RTO/ERO Provincial's Offices monthly updates from November 1, 2013 to January 31, 2014. I apologize for any errors or omissions.

November: Ulysses Curtis, Karen L. Falconer, Rabia Kassam, Margaret A. Perkovic, Louis R. Pickering, Alta L. Sigesmund, Enid Winhall, Lorna Wright

December: Marilyn Hardie, Helen B. Lang, Lillian Moquet, Theo R. Newell, Florinda Theodore, Grace Toye

January: Sylvia M. Carrigan, Bertha Cohen, Michael Forster, Victor Samuel

Change of Address and Related Membership Items

The Provincial Office does not accept notices of address changes of members from third parties, such as District Executive members. Changes must come directly from the member or the member's Power of Attorney form (accompanied with a Power of Attorney if RTO/ERO or Johnson Inc. does not have one currently on file). If an executive member receives a change of address notice they will redirect the call to contact the Membership Department at the Provincial Office. Please direct all change of address emails to membership@rto-ero.org. Please note that our district executives are **NOT** allowed to forward member information to another member. Privacy legislation does not allow us to provide this, as it would be an infringement of members' privacy. We suggest you directly contact the Membership Department at the Provincial Office.

RTO/ERO North York District 23 Calendar of Events

March	4	Bridge
	6	Strollers
	7	Executive Meeting
	11	Bridge
	12	Have-a-Java
	18	Bridge Nordic Pole Walking
	20	Needlecraft Meeting
	25	Bridge
	26	Book Club RAIN, Royal Alex
	April	1
3		Strollers
8		Bridge
9		Executive Meeting ARRABAL, Panasonic
15		Bridge Nordic Pole Walking
16		Have-a-Java
17		Needlecraft Meeting
22		Bridge
23		THE LAST CONFESSION, Royal Alex
29		Bridge
May	30	Book Club
	1	Strollers
	2	CABARET, Shaw Festival
	6	Bridge
	13	Bridge
	14	Executive Meeting
	15	Needlecraft Meeting
	20	Bridge Nordic Pole Walking
	21	Have-a-Java
	22	Cycling
June	27	Bridge
	28	Book Club
	29	AGM & Spring Lunch
	3	Bridge
	5	Strollers
	10	Bridge
	11	Executive Meeting THE LION KING, Princess of Wales
	12	Cycling
	17	Nordic Pole Walking
	17	Bridge
18	Have-a-Java	
19	Cycling	
26	Cycling	

President's Report

Marg Lato



District Level

As I write this message I am reflecting upon the events of 2013. At the district level we have continued to provide many theatre, outdoor and indoor experiences for our members to enjoy. We have celebrated with our new retirees and seasoned members the joys of retirement at our Champagne Breakfast. This year marked our 40th Anniversary with RTO/ERO and we reconnected with many of our past presidents and had a wonderful and entertaining event at our Holiday Season Luncheon.

We congratulate Meaghan McDowell on being a 2013 scholarship winner. Meaghan was sponsored by Kenneth McDowell, a member of District 23. RTO/ERO awards up to 25 Scholarships of \$1000 to qualified applicants who apply by the deadline. (See RTO/ERO website – Scholarship program)

This edition is smaller due to the challenge of finding another editor to replace Marisa Celenza who has retired from her position. This newsletter is edited by Maureen Capotosto, our 2nd Vice President, who has volunteered to temporarily undertake this publication and we thank her for this. We are fortunate that Karen Quinn, our communications convener, is now preparing to undertake the editor's position beginning with the August publication.

We are very grateful for Marisa Celenza's outstanding work as Editor of STONY Bridges. Her skills have taken our publication to a professional level, for which we are very proud. Marisa devoted much time and energy to this service since her retirement. Marisa possesses many skills and interests, and is a highly sought after individual. Marisa joined the executive as 2nd Vice-president in 2008 and continued as 1st Vice-president the following year. In 2010 she became the Editor, succeeding Rob Fraser. Her creative talents brought for the first time colour to the first and last pages of STONY Issue 100, and ventured into a Technicolor format for the succeeding issues. Her conscientious attention to detail and her experience with specialized design software and computer skills have significantly enhanced the magazine's overall visual style. We appreciate the many hours she has devoted to STONY Bridges. She will be missed by the entire executive.

Provincial Level

At the provincial level, a resolution was passed at the Spring Senate to change the \$150,000 contribution to the Charitable Foundation from loan to grant status. At the Fall Senate it was debated whether or not to pass a motion to transfer \$3 million to the Charitable Foundation from RTO/ERO Reserved Funds. This motion was passed and we are now awaiting further information. I have written a number of articles in STONY Bridges outlining the necessity for creating an academic Chair position in Geriatric Medicine at the University of Toronto to support research and programs. This may also serve to increase the number of professional staff qualified in geriatric care, for the benefit of all seniors. When the Charitable Foundation was first established a number of goals were outlined and the academic Chair position was the top priority. We will keep you informed of any upcoming developments regarding the Charitable Foundation.

We raised \$90 at our Gold Sale at the Holiday luncheon. We are now suspending our Gold Sale/ Sterling Silver sale at our socials due to lessening of interest.

We hope that you are enjoying your participation in District 23 activities, reconnecting with colleagues, and making new acquaintances.



Happy 40th Anniversary District 23!

Mary Valtellini, Past President

On December 3, 2013 North York RTO/ERO members gathered together to celebrate its 40th milestone. There were over 180 members, founding members and guests gathered to reminisce and celebrate. The organizing



committee consisted of Mildred Frank, Marg Lato, Courtney Doldron, George Meek, Mary Cairo and Maureen Capotosto. They worked diligently and laboured arduously to ensure that everything went without a hitch, and it did!!!

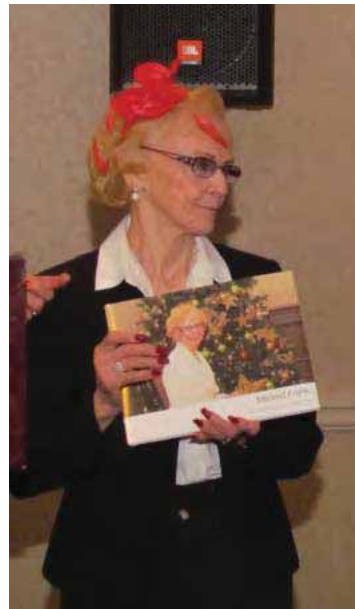
We were entertained by Tommy Leadbetter – Musical Tenor from Cape Breton, an extremely talented man who kept our toes tapping and our voices singing. We had the David Patt musical duo that provided background music as we visited the artisan tables and chatted during our meal. George Meek kept us laughing with his jokes and informed us of the history of our District. We were blessed to have many of our founding members present and they were ushered in a parade with pride and accolades. A beautiful and delicious cake was cut and later enjoyed after our meal. Maureen was able to capture the pictures of the past presidents in a brochure that was distributed to all our guests.



Tommy Leadbetter, Cape Breton tenor, entertained us.

A highlight of the luncheon was the presentation of District 23, North York's Distinguished Members Award to Mildred Frank. Mary Ellen Lawless gave us a brief synopsis of the amazing contributions of Mildred to our district. We

are so blessed to have her. Mildred spends hours preparing our Champagne Breakfast, Holiday Season Luncheon and Spring/AGM luncheon. A heartfelt thank-you Mildred!!



We would like to thank:

Leo Normandeau the Past President of RTO/ERO who brought greetings and information from RTO/ERO provincial; Mary Cairo and Jan Siegel for the power point presentation depicting past events and members; George Meek for his display of the STONY Bridges magazine through the years; Maureen Capotosto for organizing the

many artisan/crafts tables that sold their wares to our members of which the proceeds went to support the Service to Others Project - Downsview Seniors; All our members who contributed to support the STO Project by bringing in toiletries and items that seniors at the centre can use; Jeff Gruchy - Healthier Living Centre Supervisor from Downsview Services for Seniors for informing us about the valuable use which the Downsview Services for Seniors has been making with our monetary donation; and Dianne Fair for taking pictures during the luncheon. They are wonderful mementos of the wonderful time had by all.

We also had many prize winners: Lucille Hanpariam, Celia Watson, John Foote, Heather Halpin, Pamela Innis, Alex Sterritt, Barbara Hodge, Victoria DeMarco and Margaret Branscombe took home gift certificates of either LCBO or Timmy's. The trip Winner to "White Christmas" was Angelina Kucera. No one left empty handed. All our attendees went home with a souvenir of a beautiful blue mug with our gold RTO/ERO 40Th Anniversary Logo.

Congratulations to North York District 23 members, the organizing committee, and executive members who participated and helped throughout the luncheon.

Let's get together again to celebrate the 50th in 2023.

Looking Back to the Beginnings of (STO) RTO/ERO and of District 23, North York, 40 Years Ago

George Meek,
2007 RTO/ERO Founding Member Award Recipient



The Superannuated Teachers of Ontario (STO/ERO) was established on March 14, 1968 with the meeting of its 1st Senate and its Constitution coming into effect on October 31, 1968 (45 years ago) with a membership of 9176. The organization emerged

gradually because of issues that affected retired teachers at that time. These matters included: the unilateral integration in 1966 of the Canada Pension Plan into the Teachers' Superannuation Pension Plan of the day; low teacher pensions; no retroactivity of new changes to the plan in 1966 (the change of calculating of pensions based on the best 7 years rather than the last 10 years). STO/ERO grew out of the work of an OTF committee of 10 retired teacher leaders established in 1966 charged with the mandate of organizing superannuated teachers. The province was divided into 10 'Areas' (all of today's Toronto was in 1 area) which each sent 2 Senators to a governing body called the Senate. Art McAdam (OPSMTF) was the 1st President.

In the 1st 5 years (1968-72) the following was achieved under Ministers of Education Bill Davis and later Tom Wells: minimum pensions were raised up to \$2200 from \$600 (1970); each pension was increased by 2% for each year the pension has been in force (1969); basic health plans were introduced in 1969 through the Superannuation Commission; a widow or widower, who is also a teacher, may draw a dependant's allowance as well as the service pension provided by his or own teaching; an ad hoc escalation of pensions (1971) was implemented for 7400 teachers who retired before 1970 (e.g. all pensions of 1950 and earlier retirees were increased by 50% and for those after 1950, the raises ranged from 46% to 2%); the interest rates on all long term investments were increased to 6% compounded half yearly; the initiation of CPI escalation which came into effect in 1975. Members in the 'Areas'



assisted the Senate and Executive by meeting with and discussions and doing a 'drive' to implement an annual automatic writing to MPP's. This is what an effective organization can do for its members.

Senate determined that beginning in 1973 the organization of the large 10 'Areas' was to be changed to 25 'Districts' in order for Districts to organize activities closer to where the members live. Thus, District 23 - North York, with 36 members present at its 1st general meeting on October 4, 1973 was brought into being (as were the other 3 current districts in Toronto). The following were elected: Bruce B. Dawson- President, Mary Burtch- 1st VP; Dick Webster - 2nd VP; Lillian Luzine- Sec.-Treas.; and Dr. Charles Phillips- Senator. The local annual fee was set at \$1.00 per member. The 2nd general meeting of the District was held on January 16, 1974 and 'escalation was the major topic (by April 1, 1974 there were 94 paid-up members). The treasury contained \$266.14 which included \$200 that had been received from STO/ERO for District support. Dr. John McIntosh was the next President.

In 1988 (its 20th anniversary) the brass 'bell' (which is still in use today at each Senate) was presented to the STO/ERO Senate by District 23- North York in recognition of its many and varied achievements on behalf of the members (see details in an article in the last STONY (November/December) on page 8).

By 1990, the District had over 1100 members and had grown from an Executive of 6 in 1973 to 22 with Don Hazel as President and with numerous strong social and cultural activities, excellent health insurance benefits, a fine newsletter, travel opportunities, Goodwill, and responsible political action. To quote Mel Steele, a former STO President, "District 23 is an inspiration to the whole organization".

Sources: STO District 23 Executive Minutes and an article in the Spring 2008 Renaissance entitled 'A Tradition of Excellence- A Brief Glimpse at Our Beginnings' by Renee I. A. Mercuri.

Note: This article was included in the souvenir program of the celebration of our 40th anniversary at the Holiday Season Luncheon on December 3, 2013.

Bridge



Alan Ward, Convener

The Bridge Club continues to meet at Willowdale United Church on Kenneth Avenue just north of Church St (south of Finch, 2 blocks east of Yonge) on Tuesday afternoons. The RTO/ ERO District 23 magazine has a full list of dates. New members are welcome: please try to arrive by 12.45 p.m. Basic instruction is provided for members who have never played bridge or have limited experience. For further information, contact Alan Ward at 905-889-3687 or email alanward@interlog.com.

Needlework & Craft Group

Margaret Schuman, Convener

This group has continued to meet on the third Thursday of the month at Mitchell Field C.C. Members continue to share ideas, techniques and “tricks of the trade”. Membership in the group has increased and we are always delighted to welcome new members.

We will continue to meet on the third Thursday of the month at the Mitchell Field Community Centre from 9:30 a.m. to noon on:

March 20, April 17, May 15, 2014

For more information contact:

Joan Bourne: jbourne@sympatico.ca
Margaret Schuman: m.p.schuman@sympatico.ca
Nancy Thomson: nathomson@sympatico.ca



Book Club

The Book Club meets on the last Wednesday of the month at Edithvale Community Centre, 7 Edithvale Dr., North York, (west of Yonge on the south side of Finch) from 2:00 p.m. to 4:00 p.m.

If you are interested in attending the Book Club, do call Irene Kitchell.

Books to be discussed:

March 26, 2014 **Sweet Tooth**, Ian MacEwen
April 30, 2014 **Proof of Heaven**, Eban Alexander
May 28, 2014 **The Poetry of Gianna Patriarca**, *who may join the group to discuss her poetry*

Contact:

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

Nordic Pole Walking

Kathy Shorney, Convener



The Nordic Poling Group meets on the third Tuesday at 10:00 am at a local trail or park. Pole walkers of all experience levels and walking speeds are encouraged to join us for a walk approximately one hour long. Due to weather and ice conditions, we will try walking in (hopefully) cleared locations. Washrooms are not always available.

The spring schedule is as follows:

March 18, Leslie and Sheppard Trail, park in the lot on the north west corner of Leslie and Sheppard
(east of the medical building kind of hidden down a slight grade)

April 15, Earl Bales Park lower level, enter of Don Valley River Road east side of the west end of the bridge off Sheppard

May 20, Edwards Gardens/TBG parking lot off Leslie Street at Lawrence

June 17, Serena Gundy Park, enter off Leslie street just above Eglinton (Wilket Creek Park entrance) take the first left in the road and go under the bridge over Eglinton and you will find the large parking lot as a meeting place.

In case of extreme bad weather/icy conditions, we will reschedule the walk for the next day at 9:00 a.m. indoors at Bayview Village. We can join the Hav-A-Java at 10:00. Poles with rubber tips are fine in the mall. Walkers need to check in with security for a badge (no charge). Watch the District 23 website for updates or k_shorney@yahoo.com or call 416 225 1336 .

Goodwill

Gwen Bumbury, Goodwill Convener



Every year at the AGM/Spring Luncheon RTO/ERO North York District 23, recognizes members celebrating their 90th birthday. Are you one of the many members born in 1924? Closer to the date of the event an invitation will be sent to you and a companion to be our guests at the Spring Luncheon. Also, it is an opportunity for you to see what the Executive does, to learn more about the organization and the numerous activities and events available in District 23.

RTO/ERO North York, District 23 makes Memoriam Donations annually in honour of our members who have passed away to the Heart and Stroke Fund, Canadian Cancer Society and the Alzheimer's Society.

Over the past year the Goodwill Committee's members have received many thank you responses from those members who have received birthday cards. Your comments are very inspiring and encouraging. Thanks very much to members of the committee who diligently send out cards to the sick, the bereaved and those celebrating a significant birthday. Telephone calls are also made to the shut-in and to new members. Kindly contact members of the Goodwill Committee if you know of members who are ill or would welcome a phone call.

Birthday Cards over 80	Polly Clarke	416-792-8745
	Eileen Kearns	905-731-9327
Birthday Cards for Associate Members	Nancy Thomson	416-493-3476
Bereavement	Xenia Cooper	905-881-5481
Keeping in Touch & Get Well & Telephone Calls - 90 & over, Sick, Shut-in, etc.	Gwen Bumbury	416-491-1213

Cycling

Eileen Kearns, Convener



We look forward to welcoming more cyclists to this new District 23 activity! The dates, location and required equipment are all provided. For those people who would like to begin or refresh their skills for this wonderful outdoor activity,

the Toronto Parks and Recreation Fun Guide offers Adult Can-Bike courses for a nominal fee. Most courses commence in April/May and continue for a few weeks. The Fun Guide is available at your local library or community centre by the end of February. Two community centres that have offered the Adults Can-Bike courses in the past are, Mitchell Field and L'Amoreaux Community Centres.

To register for the cycling events, email eileen_kearns@edu.yorku.ca by Monday, May 19th 2014.

Keep Active/ Enjoy the Outdoors/ Experience Camaraderie

Who?

For those who have a comfortable and confident skill level in cycling.

For those people who are interested but also wish to improve their cycling confidence, please refer to the other cycling article in this issue of STONY Bridges on Adult Can-Bike Courses, offered through your local Community Centre.

Where?

Route: Cumber Valley Ravine (East Don Parkland) off road 10 km ride through scenic Cumber Ravine
Washrooms are available after the first 3 kms
Parking: on Craigmont Drive north side (north of Cumber Avenue)

Meeting Site:

Craigmont Drive and Cumber Avenue

When? 10 a.m.

Thursday, May 22nd,

Thursday June 12th,

Thursday June 19th and

Thursday June 26th

We will resume cycling again in Sept/Oct 2014

Requirements:

Participating cyclist must have:

- bike with bell
- air in tires
- bicycle helmet certified approved by CSA, Snell, ASTM, CPSC, or ANSI worn
- running shoes
- water bottle
- snacks (optional)
- cyclist will be required to sign a waiver form which will be provided



Political Advocacy

Claire Knapp, Convener

The subject of the post office was raised at the monthly meeting, February 13, of the Executive, District 23. There is a lot of turmoil surrounding Canada Post: late deliveries, no deliveries, staff shortage, temporary workers etc. Many people are dissatisfied about the present situation and worried about the future. Canada Post is under Federal Government jurisdiction not Provincial.

If you have had problems with postal delivery or lack thereof, and wish to provide **specific details** regarding this, we will collect this documentation for our District.

If the response warrants it, we will forward the concerns of District 23 to our Provincial Advocacy representatives and meet with our local MP.

Please note again: **specific details are necessary**

Deadline: Please notify Claire Knapp by email, knappc@interlog.com before **mid March**

Web Alert

Dianne Fair, Webmaster



What's New

The Slideshow - The current online slideshow features The Holiday Luncheon.

Photos

New photos of The Holiday Luncheon can also be accessed by clicking on the word Photos at the top of the homepage. Remember...See a pic on the website and wish you had a copy?

It is now possible for you to receive a printable JPG photo by following the steps below. (These instructions also appear below the pictures on the website.) follows:

1. Locate the required photo on the grid: e.g. F4.
2. Email the grid data to Dianne at diannefair@rogers.com.
3. Files are 2mb to 5mb in size so make sure that your email is capable of delivery.

STONY Bridges Archives

You can now find past issues of STONY Bridges dating back to 2003.

Click on PUBLICATIONS AND WRITINGS... NEWSLETTER ARCHIVES

Amateur/ Event Photos

Your own photos are welcome. Send them to me at diannefair@rogers.com and they will appear under the AMATEUR/ EVENT PHOTOS tab.

At least one new photo appears in this issue.

Travel

Check out Merit Travel when planning your next trip. Click on [RTO/ERO Travel Program - Merit Travel in Quick Links](#) on the Provincial Site. They currently get an extra 10% discount on Porter flights.

STONY Online

To date, 161 members have opted to receive their STONY BRIDGES online. You can get yours online too. See the details below. If you want to receive STONY BRIDGES online, starting with the **August 2014** issue, **July 15, 2014** is the cut-off date for making this request. Send the following information to Dianne: I would like to receive my copy of STONY BRIDGES beginning with the August 2014 edition online. Provide your name, address, postal code, telephone number and email address. Every issue of STONY BRIDGES is posted to the website. Use

this version to print out registration forms for our many events, if you do not want to rip pages from your copy of STONY!

Check us out at <http://northyork.district23.erorto.org/>

Have-A-Java on District 23

Margaret Schuman, Convener

Coffee & Treat - \$4.00 subsidy per person
Timothy's at Bayview Village - 10:00 a.m. - noon

Members continue to enjoy our just show up policy. We have members with homecare responsibilities who drop in when they can. Some members walk in the mall before the event. Once around is about 1 km.

Wednesdays:

- **March 12, 2014** - Members are encouraged to invite former colleagues to join us as prospective members of District 23.
- **April 16, 2014**
- **May 14, 2014**
- **June 18, 2014** - This date has been added to our schedule at members' requests.

For further information contact Margaret Schuman: m.p.schuman@sympatico.ca

North York Strollers

Joanne Famiglietti, Convener



The Strollers walk on the **first Thursday** of every month regardless of the weather. Come dressed for the weather and prepared to enjoy friendship, the beauty of nature and our city. Meeting places are listed for each walk. **Walks begin at 10:00 a.m. New walkers are always welcome!**

March 6, 2014 Harbord Village & Environs led by Jo-Ann Slack. Meet at Bathurst St. Subway Station

April 3, 2014 A Cultural Walk Led by Eileen Kearns
Meet at Wellesley Subway Station

May 1, 2014 Murals in Etobicoke led by Joanne Famiglietti & Margaret Schuman
Meet at Islington Subway Station

June 5, 2014 Centre Island Meet at Ferry Docks 9:45 a.m. SHARP!

For more information and/or directions please call Joanne Famiglietti 416-483-4968 or Margaret Schuman at 416-924-0267. If you let us know that you are definitely coming we will delay the start of the walk if you are a little late.

Health Services and Insurance Report

By George Meek, Convener



Much of the information that I have used in the past in these columns came from a tabloid format entitled 'Health Matters' produced by the RTO/ERO Health Services and Insurance Committee (HSIC) following each of its meetings which was distributed only to District Health Services Conveners and District Presidents.

Due to a decision made at the 2012 Fall RTO/ERO Senate, beginning with the 2013 Spring edition of Renaissance, Health Matters has been included therein and is found on pages 35 to 41 of the current 2013 Winter edition. The HSIC Report to the October Senate is found on pages 8 and 42 where important changes to the Supplemental Travel Plan are discussed. It is my intention to highlight some of the important matters found therein.

If you require more information after contacting Johnson Inc. or Global Allianz about a claim matter, please do not hesitate to contact me at 416 226 3568 or at george.meek@sympatico.ca. Please 'look after your health and your finances'.

1. New 2014 Health Insurance Plans Booklets: More detailed information can be found concerning your health plans on the RTO/ERO Members-only Website (www.rto-ero.org) or by consulting your own personal copies of the 2 RTO/ERO Health Plans 2014 Booklets (Insurance Plans Booklet and Out-of-Province/Canada Travel Booklet) *which you have just received*. These updated booklets are issued every 3 years with Updates for years 2 and 3 and you will receive your next new booklets dated 2017 in January 2017. Please file these 2014 booklets and their future 2015 and 2016 Updates carefully and in a place you can find them easily for future reference (someone suggested a vault/safety deposit box if the member's your filing system requires that). The dated 2011 booklets and Updates should be sent to the recycler in order to reduce confusion, as they will be of no use. The Health Plans changes/ enhancements for 2014 have been finalized, and the effects on the member premiums required for 2014 were determined. These decisions and changes were made known in the Group Benefits Update, which was mailed at the end of November 2013 to all RTO/ERO Health Plan members.

2. New RTO/ERO Health Benefits Card: When travelling outside of Ontario/Canada please ensure you have the following in your possession: your OHIP card, your copy of the Out-of-Province/Canada Travel Booklet (or a copy of same), and your (*new*) blue and white RTO/ERO Health Benefits Card. The information on the reverse of this (*new*) credit like card is most important in case of a medical/travel emergency (even/especially if it is a 1 day trip across the border).

3. Semi Private Convalescent Care Plan Expanded Benefit (see pages 11-13 of the Insurance Plans Booklet for full details): Convalescent care can be provided in your home or in a convalescent care facility. We are informed that a 'convalescent care facility' includes a 'Long Term Care Home' or a licensed facility such as a 'retirement home' (*new*). Before you can access this benefit you must contact Johnson Inc. well in advance to discuss the matter and to obtain an AUTHORIZATION FORM which is to be completed and returned to Johnson Inc. and approved prior to incurring any expenses.

Important Health Plan Matters in 'Health Matters' in the 2013 Winter Edition of Renaissance:

(It is important to consider keeping on file the previous 3 or 4 copies of Renaissance and HealthWise for future reference.)

- "RTO/ERO Travel Coverage" (a good summary of travel benefits) (pages 35 and 36)
- "New 2014 Booklets" (page 36 and please see Item 1 above)
- "eClaims!" (expansion of existing dentist and drugs process) (page 37)
- "Eldercare Select: a new service for members with Extended Health Care". Please read this. (page 37)

- “Supplemental Travel Plan” (important changes and new premium structure) (page 38) (also see HSIC Senate Report on pages 8 & 42)
- “Proof of Departure” (important to review again) (page 38)

B. Other Health Articles in ‘Health Matters’ That May Be of Interest

- “Travelling with Prescription Drugs” (page 39)
- “Medication Supply” (process to obtain for up to 200 days when travelling) (page 39)
- “Mental Health and Travel” (getting physically and mentally ready for travel) (page 40)
- “Snowbird Travel Facts” (interesting- should not affect us if we take care) (page 40)
- “Media Corner” (could be important if you are travelling or considering living abroad) (page 41)

Wanted: By Your Health Services and Insurance Committee Convener

Many of you come across health related items or short articles which you would like to share with others including our members. Here is your chance!

Please send these electronically to george.meek@sympatico.ca. Some of these could find their way into George’s health services report which appears in each STONY Bridges. Much of the material that was used in previous reports came from Health Matters, which you now receive as part of Renaissance.

You could be the source of an item or article for our next and future reports. Thanks for your consideration and cooperation.

Look after your health and your finances!

Disclaimer: Information contained herein 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.

Recruitment News

Retirement Planning Workshops
Mary Ellen Lawless, Convener



If you know of anyone who is considering retirement in the next two or three years please share these dates and encourage potential members of RTO/ERO to register:

Thursday, March 17, 2014 5pm to 8:30 pm
 Qssis Banquet Hall, 3474 Kingston Rd.

Saturday, April 26, 2014 9 am to 12 noon
 The 519 Community Centre, 519 Church St. (at Wellesley)

Registration forms have been sent to all the school within the City of Toronto and may be downloaded from www.toronto.rto-ero.org.

For additional information contact Mary Ellen Lawless at 416-223-4969 or med.lawless@sympatico.ca

AGM & Spring Luncheon



Thursday, May 29, 2014

Thornhill Golf and Country Club
7994 Yonge Street, Thornhill ON
Free Parking

Schedule

9:30 a.m. Registration and Coffee
10:00 a.m. AGM
11:15 a.m. Cocktails and hors d'oeuvres
11:45 a.m. Lunch served

Subsidized cost
(for a member and one guest): \$22.00
Actual cost: \$39.00



Menu

- mixed greens with poached pear, pecans and goat cheese
- 4 oz. filet mignon (cooked medium) with red wine au jus
OR steelhead trout
- herb-roasted potatoes and seasonal vegetables
- chocolate tulip cup with homemade vanilla ice cream and fresh berries
- assorted fresh-baked rolls, flatbreads and butter
- coffee/tea

Notify Mildred Frank at 416-221-5328 of any dietary requirements.

There will be a draw for unique articles made by the members of the Needlework and Craft Group. All proceeds will go the RTO/ERO Foundation. For just a \$5 donation, you will get you chances to win.

Cut-off date: May 23

Save this Date: Come and celebrate our colleagues who have newly retired. District 23 North York is hosting a **Champagne Breakfast** on **September 25, 2014**. Details to follow in the August STONY.



AGM & Spring Luncheon – Thursday, May 29, 2014

Name: _____ Please circle entrée choice: filet mignon trout

Guest: _____ Please circle entrée choice: filet mignon trout

Telephone _____

Email: _____

Born in 1944: Check here and dine free ____ # of Tickets @ \$22 ____ = _____ Cheque enclosed for \$ _____.00

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

I have read the ACKNOWLEDGEMENT WAIVER & RELEASE FORM printed on page 19.



Cabaret

Friday, May 2, 2014

Matinee at the Shaw Festival Theatre, Niagara on the Lake

Cost: \$112 (includes bus, lunch and all gratuities)

Cut off Date: Friday April 4, 2014

Welcome to the Kit Kat Klub, the hottest nightclub in Berlin. American Cliff Bradshaw has just arrived in town. When he meets nightclub singer, Sally Bowles, his life is turned upside down—just as the world is about to turn upside down with Hitler on the rise in Weimar Germany. Another couple – Fraulein Schneider, Cliff’s landlady, and Herr Schultz, a Jewish grocer – must face the music, while the Emcee invites Cliff and Sally to forget the world around them. Hailed as a rare musical that both challenges and entertains, it world around them. Hailed as a rare musical that both challenges and entertains, it premiered on Broadway in 1966 and ran for over 1100 performances, winning numerous Tony Awards including Best Musical premiered on Broadway in 1966 and ran for over 1100 performances, winning numerous Tony Awards including Best Musical.

Please meet the bus at 9:15 a.m. at Bayview Village (Bayview & Sheppard).

The bus will be at the southwest section of the parking lot.

Note: Drivers please park your vehicles around the outside edge of the parking lot.

Note: 54 tickets are available on a first-come basis!



The Lion King

Wednesday, June 11, 2014, 1:30 Matinée

Princess of Wales Theatre, 300 King Street West

Cost: \$86.00

Cut off date: Friday, April 11, 2014

©Disney's The Lion King

Experience the phenomenon of Disney’s THE LION KING. Marvel at the breathtaking spectacle of animals brought to life by award-winning director Julie Taymor, whose visual images for this show you’ll remember forever. Thrill to the pulsating rhythms of the African Pridelands and an unforgettable score including Elton John and Tim Rice’s Oscar®-winning song “Can You Feel the Love Tonight” and “Circle of Life.” Let your imagination run wild at the Tony® Award-winning Broadway sensation Newsweek calls “a landmark event in entertainment.” Join us when Toronto’s most eagerly awaited return leaps onto the Princess of Wales stage.

Tickets are available from Bernadette between 12:45 & 1:15 inside the entrance of the Princess of Wales Theatre. Tickets for those who arrive after this time will be left at the Box Office.



Man of La Mancha

Friday, September 19, 2014

Matinee at the Avon Theatre, Stratford

Cost: \$120 (includes bus, lunch and all gratuities)

First Cut Off Date: Friday, June 27, 2014

Awaiting trial by the Inquisition, poet and playwright Miguel de Cervantes is assailed by his fellow prisoners, who try to seize the manuscript of his masterpiece, *Don Quixote*. His inspired response: a challenge to join him in staging his stirring tale of Quixote's obsessive quest to attain an impossible dream.

Audience Advisory: This production has some mature content.

Please meet the bus at 9:15 a.m. at Bayview Village (Bayview & Sheppard).

The bus will be at the southwest section of the parking lot.

Note: Drivers please park your vehicles around the outside edge of the parking lot.

Note: 54 tickets are available on a first-come basis!



Butterfly Conservatory & Wine Tour

Thursday, October 16, 2014

Niagara-on the Lake

Cost: \$82 (includes bus, lunch and all gratuities)

First Cut Off Date: Friday, July 18, 2014

Enjoy the fall colours while visiting the Butterfly Conservatory in Niagara on the Lake. We will enjoy a scrumptious buffet at the Tiara Room in Queen's Landing.

After lunch we will have time to visit the shops in the quaint town of Niagara-on-the-Lake. We will end with a wine tour at Jackson Triggs where we will sample some wines. Come and join us this fall.

Please meet the bus at 9:15 a.m. at Bayview Village (Bayview & Sheppard).

The bus will be at the southwest section of the parking lot.

Note: Drivers please park your vehicles around the outside edge of the parking lot.

Note: 54 tickets are available on a first-come basis!

Cabaret – Friday, May 2, 2014

Name: _____ Guest: _____

Telephone _____ Email: _____

of Tickets @ \$112 ____ = _____ Cheque enclosed for \$ _____ .00

Make cheque payable to RTO/ERO District 23 and mail to

RTO/ERO District 23 c/o L. Hennessey. #869-6021 Yonge St., Toronto ON M2M 3W2

Hearing Impairment: Please order __ set(s) of headphones to magnify the volume of the performance.

I have read the **ACKNOWLEDGEMENT WAIVER & RELEASE FORM** printed on page 19.

The Lion King – Wednesday, June 11, 2014

Name: _____ Guest: _____

Telephone _____ Email: _____

of Tickets @ \$86 ____ = _____ Cheque enclosed for \$ _____ .00

Make cheque payable to RTO/ERO District 23 and mail to

RTO/ERO District 23 c/o L. Hennessey. #869-6021 Yonge St., Toronto ON M2M 3W2

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Telephone _____ Email: _____

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RTO/ERO District 23 c/o L. Hennessey. #869-6021 Yonge St., Toronto ON M2M 3W2

Hearing Impairment: Please order __ set(s) of headphones to magnify the volume of the performance.

I have read the **ACKNOWLEDGEMENT WAIVER & RELEASE FORM** printed on page 19.

REMINDER OF POLICY FOR TRIPS

Please note there will be a change in the procedure for the payment of trips.

ALL CHEQUES MUST BE POSTDATED TO THE CUT-OFF DATE

Cheques will be deposited into the bank on the day after the cut-off date or shortly thereafter. Your cancelled cheque is proof that you have a ticket to each performance. **If your cheque has not been cashed within ten days after the cut-off date, please phone Lorraine Hennessey, Assistant Treasurer at 416-444-8535.** Members who send in their cheques after the quota of seats has been filled, will be phoned and asked if they wish their names to be put on a waiting list. If no one cancels, the cheques of the people on the waiting list will be shredded. We do not mail your cheques back to you. As well, if you cancel your ticket(s) prior to the cut-off date, your cheque will be shredded. However, once the cheque has been

cashed, there are no refunds, unless there is a waiting list. The onus is on you to find someone to use your tickets, but we will try to help you. On the day of a performance, if you are late arriving at the theatre, please go to the Box Office to pick up your ticket(s). Please note that all our seats are in the Orchestra section of the theatre. Tickets are assigned in the order in which the requests are received. The earlier you send in your request, the better your seats will be. And finally, if you have any suggestions of performances that you think our members would enjoy, please contact Mary Denise or Bernadette. Please be aware that we need about five months lead time in order to advertise in **STONY BRIDGES**.

ACKNOWLEDGEMENT, WAIVER & RELEASE FORM for RTO/ERO

District 23 Bus Trips, Excursions, Events Note: Participants in RTO/ERO District 23 bus trips will be asked to sign a release form. The participant in RTO/ERO District 23 Bus Trips, Excursions, Events 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/ERO 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 "releases") 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.

REGISTRATION FORMS

When filling out your registration slips, 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 and phone number must be included on each form for each event/activity.
3. When applicable, an RTO/ERO member may bring ONE guest who pays the advertised cost. If the event is subsidized additional guests will pay the full cost.
4. Unless you are contacted, your registration form and cancelled cheque are your confirmation for the activity/event.
5. Tickets, if required, are given out on the day of the function.

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. All cheques must be postdated to the cut-off date.
2. Any booking can be cancelled at any time prior to the cut-off date by phoning Lorraine Hennessey, Assistant Treasurer at 416-444-8535 (trips/theatre) or Mildred Frank, Social Convener at 416-221-5328. Your cheque will be shredded when you cancel an event prior to the cut-off date. We do not mail cheques back to you.
3. Cancellations beyond this date will only be accepted if we can sell your ticket(s) to someone on the waiting list.
4. Ticket holders are welcome to sell, give or transfer their ticket(s) privately

Photos taken at any RTO/ERO North York District 23 event may appear in STONY BRIDGES, on the District 23 Website or at later events.



COMING EVENTS...

– Margaret Schuman

On **Wednesday, March 12**, members are encouraged to invite former colleagues to join us as prospective members of District 23. Share a coffee and a treat. A \$4.00 subsidy is provided per person. Join us at **Timothy's at Bayview Village** between **10:00 a.m. and noon**.



HAVE-A-JAVA & BOOK CLUB events



Change Of Postal/ Email Address or Other Information

Please send same to: RTO/ERO c/o Dianne Vezeau, 18 Spadina Road, Suite 300, Toronto, ON, M2R2S7 or to dvezeau@rto-ero.org; or call the RTO/ERO Membership Section at 416 962-9463 or 1-800-361-9888 or fax: 416-962-1061.

This will ensure your continued receipt of STONY BRIDGES, Renaissance, your RTO/ERO annual diary and other RTO/ERO mailings. If you did not receive your copy of STONY BRIDGES, contact Gerard MacNeil at 416-481-7411 or email him at g.macneil@bell.net.

STONY BRIDGES

C/O Gerard MacNeil
1407-88 Erskine Ave.,
Toronto Ontario
M4P 1Y3

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