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STONY BRIDGES

Spring 2016 – Issue 116

*Spring will arrive soon!
Le printemps arrivera bientôt.*



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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 1200 words (one half to one 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: Mary Valtellini at mary.valtellini@rogers.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: FRIDAY, JUNE 10, 2016

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In Memoriam

It is with great sadness that we inform you of the passing of the following members of District 23. We extend our heartfelt sympathy to their families and friends.

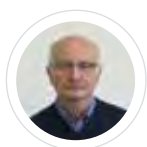
The following information was taken from RTO/ERO Provincial's Monthly Updates from: **October 1, 2015 to January 31, 2016**

October: Josephine M. Ingoldsby, Frank H. Langdon

November: Frank H. De Jager, Marion I. Donald, George S. Govindasamy, Ramchand Janack, Lucie Keoshkerian, Harvey Mandel, John W. Sullivan, Robert M. Warling, Yetvart Yaghdjian

December: Florence M. Christmas, Gordon MacGilchrist, Janet T. Miles

January: Karen C. Barrett, Lois D. Bowman, Giuseppina Iacono, Tanta Kassabian, Derek E. Kotchie, Lorne Frederick Clayton, Sonia Mooradian, Lila J. Robertson, Emilie Speed, Edward A. Tossell, Norma J. Young



New Members

by John Giannone – Convener

The Executive welcomes all new members who have recently joined RTO/ERO District 23, and invite them to become active participants in all of our activities. As of January 31, 2016 RTO/ERO District 23 has a total membership of 2718 members.

The following information was taken from RTO/ERO Provincial's monthly updates from October 1, 2015 to January 31, 2016.

October: Susan Babaris, Nancy Carino, Sheri Helene Dudek, Martin Kofsky, Marie McBurney, Laurie Lynn Moir, Estee Plafker, Elizabeth Powell Bohaychuk, Cecilia K. Ramlochan, Richard Slobodian, Mary Yap, Rita Zilnik

November: Diana Blasutta, Dalia Day, Jim Fetsis, Anjelay Govindasamy, Harriet Gula, Bhagwandai Vicki Janack, Taline Kavoukian, Caroline Fei-Yeng Kwok, Maria D. Luca, Lydia Mazzeo, Maura Morgenthau, Dale Reid, Shellie Rosenberg, Hazell D. Sullivan, Ruth A. Warling

December: Lynda Brown-Holmes, Deborah Fryer, Bruce Howell, Kenneth E. Mahy, D. Middleton

January: Lea Cardinali, Achala Das Gupta, Usha Glen, Bruce Jacobs Davidovitch, Tom Kolin, Vanessa Kwan, Wayne Loughlin, Nancy Mattiussi, Angela Scarangella, Marie Silva, Magdalene Sok-Peng Sim, Beverley Turnbull



North York Strollers

by Joanne Famiglietti – Convener

The Strollers offer monthly walks all over the City of Toronto. The walks begin at 10:00 a.m. rain, snow or shine! We hope you can come and join us:



Thursday, April 7, 2016 Tunnels and Murals in Etobicoke

Join us this month and explore some of Etobicoke's hidden treasures.
Led by Mary Denise Venditti

Meet at Royal York Subway Station



Thursday, May 5, 2016 A Walk through Old Toronto and York

This month we discover the history and landmarks of our city.
Led by Ernie Walker

Meet at King St. Subway Station



Thursday, June 2, 2016 Centre Island

Come on our final stroll of the year to Centre Island and see the beauty of our city from a different perspective!

Led by Margaret Schuman & Joanne Famiglietti

**Meet at the Ferry Docks
at 9:45 a.m. SHARP!**



Carol Collins of District 15 Halton shared her "hooking" talent with our members at the January gathering.

SPRING EVENT CALENDAR

March

- 11 **If/Then Cut-off date**
- 15 Bridge
- Pole Walking
- 16 Have-a-Java
- 17 Needlework & Crafts
- 18 **Riverdance Cut-off date**
- 22 Bridge
- 29 Bridge
- 30 Book Club

April

- 5 Bridge
- 6 **Niagara Winery Tour Cut-off date**
- 7 North York Strollers
- 9 Retirement Planning Workshop
- 12 Bridge
- 13 Speaker's Series
- 19 Bridge
- Pole Walking
- 20 Have-a-Java
- Niagara Winery Tour Trip**
- 21 Needlework & Crafts
- 22 **A Gentleman's Guide Cut-off date**
- 26 Bridge
- 27 Book Club

If/Then Performance

May

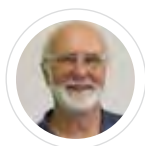
- 3 Bridge
- 5 North York Strollers
- 10 Bridge
- 17 Bridge
- Pole Walking
- 18 Have-a-Java
- Riverdance**
- 19 Needlework & Crafts
- 20 **AGM Luncheon Cut-off date**
- 24 Bridge
- 25 **AGM Luncheon**
- Book Club
- 26 Cycling
- 31 Bridge

June

- 2 North York Strollers
- 7 Bridge
- 9 Cycling
- 14 Bridge
- 15 Have-a-Java
- A Gentleman's Guide to Love and Murder**
- 16 Cycling
- 21 Bridge
- Pole Walking
- 23 Cycling

Executive Meetings:

March 9, April 13, May 11 June 16



Bridge Report

by 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 Tuesdays, excepting July, August and the Christmas/New Year period. The RTO/ERO District 23 magazine has a full list of dates for the Spring session; members who have not attended recently are advised to check with me: occasionally the facilities are not available to us at short notice. The Group will meet every Tuesday in March, April and May and end the season on June 21st. New members are welcome: please try to arrive by 12.45 p.m. Basic instruction is provided on request for new or inexperienced players. For further information contact Alan Ward at 905-889-3687 or email alanward@interlog.com.

♣ Acknowledgements

This group thanks members, in particular David Fleming and Joyce Arnsby who come early to set up the room and assist in the kitchen before and after the meeting as well as all whose generosity and skills as bakers have enhanced our enjoyment of the afternoon.

♥ The Table Champions

Congratulations to the following players who were undefeated in the first five rounds one or more times between October 20th and January 19th. To win five consecutive rounds requires better than average hands coupled with the ability to bid them to their limits and play them judiciously. Since the losing pair move and we all change partners after each round of four hands, only 25% of players remain undefeated after two rounds and the undefeated 5 or 6 players must then survive three more rounds to make the Honour List.

Joyce Arnsby (2), Ruth Hudson, Marg Jang, Irene Loberto, Linda Marshall, Ilona Taray, Lee White

♣ The Slam Bidders

A group of 24 players (6 tables) play about 200 hands on an average day and 1% of hands result in successful slams. About 0.1% of hands result in successful grand slams. Bidding a grand slam is often a losing proposition, especially if success depends upon finessing for a missing king or queen. The defending player with the opening lead will often play quite differently if defending against a grand slam rather than a slam. Vic and Courtney were successful at 7 no trump on October 27th.

Oct. 20	Bev Henricks & Lee White	6N bid 6N made
Oct. 20	Joyce Arnsby & Hazel Perkins	6N bid 6N made
Oct. 27	Vic Suzuki & Courtney Doldron	7N bid 7N made
Nov. 2	Marg Jang & Judy Parnis	6N bid 7N made
Nov. 2	Irene Loberto & Marg Jang	6H bid 6H made
Nov. 10	Irene Loberto & Ruth Hudson	6C bid 6C made
Dec. 8	Vic Suzuki & Bev Suzuki	6N bid 6N made
Dec. 15	Irene Loberto & Yvonne Gordon	6S bid 7S made

♦ “The Play’s the Thing.....”

Throw-In plays will often bring in an extra trick, making the difference between fulfilling a difficult contract or going down gracefully. Sometimes, declarer must decide which opponent to victimize. South has opened 1 spade with 18 HCP and a good five card suit and is happy to find North with five spades and 14 HCP. They bid their way to a small slam in spades. Both hands have a doubleton: unfortunately it is in the same suit, clubs. The N/S hands are “mirror” hands, each with a 5-3-3-2 distribution. There is an unavoidable loser in hearts and a seemingly unavoidable loser in clubs.

West leads the singleton 9 of hearts. After winning the opening lead, South draws trump in two rounds and proceeds to strip the hand by playing three rounds of diamonds and a second round of hearts. West is forced to discard on the second trump lead and the second heart lead, while East discards on the third diamond lead. South now has a complete count on the opponents’ hands. West had one spade, one heart and five diamonds (since East had two diamonds). That gives West six clubs. East had two spades, six hearts, two diamonds and three clubs.

	North			
	S	A9754		
	H	K43		
	D	KQ10	East	
West	C	Q2	S	62
S			H	QJ10875
H			D	43
D			C	J96
C	South			
	S	KQJ83		
	H	A62		
	D	A76		
	C	A5		

If East has the club King, South should lead the third heart. East must win and return a heart for a ruff and a slough or lead away from the king of clubs. If West has the club King, South should cash the club Ace and throw West in with a second club. Whether

West exits with a club or a diamond will make no difference: South will discard the losing heart and ruff in the other hand. How is South to know what to do? Bridge is a game where success is seldom guaranteed and declarer must “play the odds”. The odds are 6:3 or 2:1 in favour of West holding the King of Clubs. South decides that West shall be the chosen victim of the end play.

A really devious West might have led the club 10 from his K10xxxx holding. South is now compelled to guess at the very first trick. If East holds KJX of clubs, and South plays the Queen from dummy, East will cover with the King and establish the Jack. If South plays low from dummy, East will let the 10 ride and force out South’s Ace. As it happens, South will play the Queen from dummy and be successful.

“Mirror” hands are always difficult to play, particularly at the slam level. East-West had only 8 HCP between them and had to pass throughout the auction. The opponents’ bids often provide important information about their hands. Suppose that West had been dealer and that the EW hands had been rearranged to look like this.

West		East	
S	10	S	62
H	QJ9	H	10875
D	85	D	J9432
C	KJ108743	C	96

West would have been inclined to preempt with a 3C bid. This would have taken up valuable bidding room, but the spade slam would still have been reached. However, West is now marked with a 7 card club suit and virtually all of the missing 8 HCP. The chance that the King of Clubs is in West’s hand is now close to 100%. West’s bid has inadvertently helped South to decide the best line of play.

The moral of this story? When you find yourself playing in a seemingly doomed contract, don’t throw in your hand: throw in one of your opponents instead!

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 for the Fall session. 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.



Communications

by Karen Quinn – E-Newsletters and STONY Bridges



E-Newsletter

Each month, E-Newsletters are sent out to all registered members highlighting North York's

District 23 events and activities. These updates highlight upcoming programs that you can join or provide news items that occur outside the STONY Bridges magazine's timelines.

Register today to participate in our email fan-out and you will always be connected. We currently have about 1160 District 23 members on our distribution list. The E-newsletter is an efficient, expeditious and economical way to deliver the important, current information to our members.

If you would like to be included, please visit our RTO-ERO District 23 website:

<http://district23.rto-ero.org> and look for the blue banner: **REGISTER FOR OUR E-NEWS.** Simply click on the button to register. Our emails will arrive in your boxes from "RTO/ERODistrict23". Please make sure to add that name to your accepted contact list to receive regular emails from our group.

Your information will remain confidential. We do not distribute or sell it to anyone else. Please note that when you receive an email from our service, it will not show your email address or anyone else's email address. Usually we send no more than 2 or 3 notices per month. Join now—sign up! Simply click on the button to register. Our emails will arrive in your boxes from "RTO/ERODistrict23".

Please remember to retain your copies of STONY Bridges until the next issue arrives in your homes or your email box. The magazine includes key information and documents for your use and registration to District events.

Please make sure to add that name to your accepted contact list to receive regular emails from our group.

Your information will remain confidential. We do not distribute or sell it to anyone else. Please note that when you receive an email from our service, it will not show your email address or anyone else's email address. Usually we send no more than 2 or 3 notices per month. Join now—sign up!

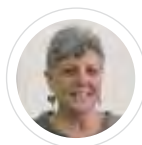
STONY Bridges

STONY Bridges is published three times yearly in March, August and November. We have adopted a 24 pages format to present reports from all of our Conveners, highlight upcoming trips and events as well as provide the necessary registration forms for activities.

As the publication and mailing costs of STONY Bridges continue to rise, we encourage members to opt for delivery through email for an online version of the magazine. If you would like to receive an electronic version of STONY Bridges *instead of the hard copy, please send an email to our Website Convener, Mike Astill. He can be reached at: astill@sympatico.ca*

Please include your name, home address and email address so we can make the arrangements for the change of delivery method.

Please remember to retain your copies of STONY Bridges until the next issue arrives in your homes or your email box. The magazine includes key information and documents for your use and registration to District events.



Service to Others

by Jan Siegel - Convener



This year District 23 supported L2L, Licensed to Learn, for our STO Project. We received \$2000 from the Provincial office and those funds were increased by just over \$1000 through fundraising events put on by the district, specifically the efforts of the knitting group. A huge thank you to all the knitters. Also, some of these funds came from the proceeds of the holiday luncheon craft sale. Much thanks to all.

It is now time to request possible projects to consider for this coming year. I must enter this year's application before June 20 so I will be presenting this year's choices to our Executive at our April meeting. You can check information about past successful projects on the provincial RTO website. Please send any articles for projects to: jandsiegel@icloud.com. Thank you.



Needlework & Craft Group

by Margaret Schuman – Convener

The Needlework and Craft Group were delighted to welcome Carol Collins of District 15 – Halton to our January meeting. Carol, a rug hooker, is a member of the Burlington Art Centre and she has completed many incredible projects as well as leading workshops for “hookers” both experienced and beginners.

During her teaching career, Carol taught a unit on Legends. She was especially fond of a picture from “The Dragon’s Pearl” illustrated by Jillian Hulme Gilliland. She “put it away” to use some day. When she became an accomplished “hooker” she decided to hook “The Dragon’s Pearl”. It took Carol two years to find Jillian who gave her permission to duplicate her illustration. It then took Carol two years to complete her project.

Last summer, Jillian got to see the finished project, which had won an award at the Burlington Art Centre in the spring of 2015. Jillian was delighted with the “hooked” version of her illustration. “The Dragon’s Pearl” was then placed on display at many Kingston ON Craft Shows and gatherings.

The Kingston Whig Standard featured Jillian’s and Carol’s work in a full-page article entitled “Hooked on Illustration”.

Our group’s members, as well as, people passing by, thoroughly enjoyed Carol’s visit with us.

Future meeting dates have been set and approved by the Mitchell Field Community Centre:

Thursday, March 17, 2016

Thursday, April 21, 2016

Thursday, May 19, 2016.

We meet from 9:30 a.m. to noon at Mitchell Field Community Center. Please join us!

For more information contact:

Joan Bourne – jbourne@sympatico.ca

Margaret Schuman – schumanmp@gmail.com

Nancy Thomson – nathomson@sympatico.ca



Nordic Pole / Walking Group

by Kathy Shorney – Convener

Spring is just around the corner and it’s time to get out your Nordic Poles and join our group for a walk through our local parks and ravines. If you don’t have poles you are welcome to just come for a walk. We meet at 10:00 a.m. on the third Tuesday of the month. Members walk at their own pace.

Washrooms are usually available from April through to June. Nordic poling is excellent for your balance and provides more of a full body exercise than just walking. Join us to belong in a rapidly growing fitness activity. We meet rain or shine.

For further information call Kathy Shorney at 416-225-1336 or email k_shorney@yahoo.com. Please check the monthly email fanouts for updates. *New walkers and polers are always welcome.*

THE SPRING SCHEDULE IS AS FOLLOWS:

Tuesday, March 15, 2016 – York Cemetery

Please use the west entrance (towards Bathurst) off Senlac Road and park on the side of the road near the entranceway.

Tuesday April 19, 2016 – Serena Gundy Park

(Leslie and Eglinton)

Enter the park from Southbound Leslie Street for Wilket Creek/Sunnybrook and take the first left. Go under the Eglinton overpass and follow the road to parking at the far east end of the lot.

Tuesday May 17, 2016 – East Donlands Park

(Leslie and Sheppard)

If travelling eastbound on Sheppard, turn onto Old Leslie and then turn right. Cross the bridge over Sheppard, turn right and follow the road to the park entrance down a little hill. If travelling westbound take the first right west of Leslie and turn right to park in the driveway..

Tuesday June 21, 2016 – Edwards Gardens/TBG (Leslie and Lawrence)

Participants are asked to park on the south edge near the forest. (Tour of TBG Gardens to follow)

Please check the monthly email fan out for updates. If you have any questions you can email me at k_shorney@yahoo.com.



Speaker Series: April 2016

by Marisa Agostini – Second Vice President

This year's Speaker Series Event presents a unique opportunity for members to come out and listen to Dr. Michael Whitley B.Sc., B.Ed., D.C. and Dr. Lorne Papernick B.Sc., B.Ed., D.C. speak on the power of natural healing. The presentation will look at a holistic approach to aging gracefully. It will highlight ways to heal mind, body and soul and will compliment the already existing health choices.

We are looking forward to having members come out in great numbers to hear both experts give practical advice on topics such as maintaining good posture and a healthy spine to benefit the "nervous system". They will provide information on nutrition, healthy eating habits and will explore how regular massages and meditation can improve one's overall well being!

Dr. Michael Whitley is currently writing a soon to be published book "The Golden Modalities".

They will be accompanied by Sara Hoxey, Chiropractic Assistant at Wellness First.

Come one, come all for an interactive informative session!

Remember the old Proverb:

An Ounce of prevention is worth a Pound of cure!

Location: Edithvale Community Centre

Address: 7 Edithvale Drive

North York (west of Young on the south side of Finch)

Date: Wednesday, April 13, 11:00 a.m. - 12:00 noon



Have-a-Java

by Margaret Schuman – Convener

Have-a-Java continues to be a very popular event. It provides our members with an opportunity to meet and socialize, renew past friendships, as well as network with members and conveners of our various activities.

Members are encouraged to invite former colleagues, who are contemplating retirement, to look us over by joining us during March Break on Wednesday March 16, 2016. Warm welcomes, information, registration booklets, and first hand advice on retirement will be available from the many attendees.

Members and prospective members just need to show up. Some members walk in the mall before the event. Once around the entire mall is approximately 1 km.

So we hope you will join us for coffee and a treat, subsidized by RTO/ERO.

Coffee & Treat - Timothy's at Bayview Village - 10:00 a.m. - noon

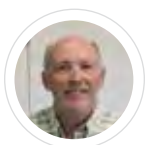
Upcoming Have-a-Java events:

Wednesday March 16, 2016,

Wednesday April 20, 2016,

Wednesday May 18, 2016,

Wednesday June 15, 2016



Webmaster Report

by Convener: Michael Astill – Convener

I encourage all RTO members to check out the District 23 website (<http://district23.rto-ero.org>) for up to date information, activities, events, articles and ideas. You can also find the latest edition of Stony Bridges. I encourage you to get your copy by e-mail and help save on the environment as well as reducing the costs of printing. If you have any ideas of what you would like to see on the website, I can be reached at: astill@sympatico.ca.

Bridge – “What a Game”

Photo credits: Courtney Doldron

Bridge is just one of District 23’s long standing activities. We encourage you to join a new activity such as cycling or pole walking or to continue to support such cherished events as Bridge, Book Club, Have-a-Java or the North York Strollers. Your participation ensures these weekly/monthly events will continue. Take a chance—there are many committed conveners and volunteers to help you acclimate to your retired lifestyle...







BOOK CLUB

by Irene Kitchell and Mary Ellen Lawless
– Convener

Our Book Club meets on the last Wednesday of the month at Edithvale Community Centre, 7 Edithvale Drive, North York (west of Yonge St. on the south side of Finch) on the last Wednesday of most months from 2:00 p.m. – 4:00 p.m.

Book Club Selections - 2016

Wed., March 30th, 2016

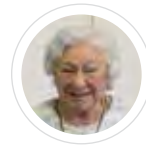
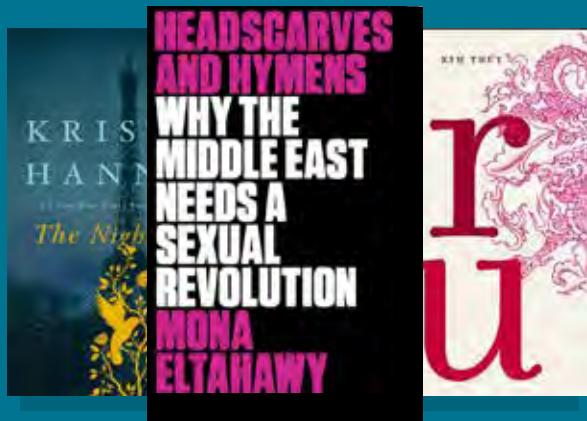
Headscarves and Hymens: Why the Middle East Needs a Sexual Revolution by Mona Eltahawy - presented by Irene Kitchell – **Non-Fiction**

Wed., April 27th, 2016

The Nightingale by Kristin Hannah – **Fiction**

Wed., May 25th, 2016

Ru by Kim Thuy – **Fiction**



Recruitment Report

by Mary Ellen Lawless – Convener

Recruitment...it never ends!

In the last issue of Stony, my report stressed the importance of having you, as our members, informed as to who is eligible to join RTO/ERO so you can alert those you may meet in social settings or know from your time as an active educator to the many advantages of membership in an organization which attempts to reach out and meet the business, social and health needs of your friends and colleagues.

Recruitment is, as well, a team effort among the various Conveners within District 23. For example, the Have-a-Java's continue to thrive and provide me with the opportunity to hand out the Application packages for membership, to try to answer the many interesting questions and to network for members and potential members. Routinely, there are several attendees who take a package to share with a friend/colleague. In September and October the Political Advocacy convener, Kathy Shorney and her Committee visited many of our schools in North York with flyers introducing those who received them to RTO/ERO District 23. This Committee plans to continue these visits in April and May.

Leadership in reaching out to potential members also comes from Provincial. In our last issue of Stony you read about the effort provided by our Provincial leaders in the crisis facing those former employees of U.S. Steel who had family members working in education. And, while the sixty day window offered by Provincial to those who belonged to an individual health plan (OTIP/ARTIP) who wanted to change plans because of cost and other factors has passed, kudos go to our Provincial leaders who realized the urgency of a situation and showed the flexibility to waive the requirement of passing a medical to change plans. The announcement from Provincial was followed by a plethora of e-mail contacts to the many educational organizations to alert them to "another option". One important advantage of being listed to receive the E-Newsletter is that you would receive these up-dates as they arrive, often between the publication dates for Stony. To sign up, go to <http://district23.rto-ero.org> and click on the button for the blue banner.

Thus you will receive, confidentially, any hot topic items on a regular basis.

These are but a few examples of how recruitment is everyone's responsibility. And my thanks, as your Convener for all the great work you all do, often unknown and not acknowledged. Please, keep it up!

Our next event: Retirement Workshop Planning

Saturday, April 9, 2016, 9:00 a.m.

The 529 Community Centre, 519 Church St.,
just east of Wellesley subway station.

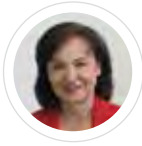
It is a bargain at \$25 per person. Attendees receive a detailed, virtual recipe manual about retirement. If you know of anyone who works in education, from child care worker, secretary, custodian etc. who is considering retirement in the next 3 to 5 years, tell them that registration can be completed online at: <http://toronto.rto-ero.org>. Flyers have been sent to all the schools and work places in both Boards and most private schools in North York. Future workshops are in the planning stage.

KEEP RECRUITING!

Contact:

Irene Kitchell
Mary Ellen Lawless

416-733-8711
416-223-4969



RTO/ERO Foundation Updates

by Mary Valtellini—Representative



As many of you have read in Liaison, Dr. Paula Rochon is the RTO/ERO Chair in Geriatric Medicine. We are looking forward to the results from Dr. Rochon's first data gathering from RTO/ERO members as part of the recent member-wide survey. Stay tuned for more details when the results have been compiled.

Dr. Rochon is also in the process of hiring a Research Coordinator who would work closely with RTO/ERO members in conducting research and translating findings. Her first article written for RTO/ERO members is now appearing in the Winter issue of Renaissance.

Funeral Home Donation Cards – Initiative and Survey Results

The Foundation sent out a short survey mid-December to capture representative's feedback regarding the recent campaign to distribute RTO/ERO Foundation "In Memory" donation cards to funeral homes. The overall response of Funeral homes was positive in wanting to display the "In Memory" cards. Suggestions for future initiatives are to continue promoting the Foundation and it's initiatives to raise the profile among members and the public.

The foundation representatives have collectively distributed 2575 cards to 515 funeral homes in the short period between Senate and end of 2015.

In North York the following funeral homes have cards on display. Bernardo Funeral Home, R.S. Kane Funeral Home, Jerrett Funeral Home, DeMarco Funeral Home and Delmoro Funeral Home. If there is a funeral home that has not been mentioned and you know they would be receptive to displaying the cards, please let me know. There will be more information about the cards in the spring issue of Renaissance.

In Memory & In Honour Card Inserts

Now available: Bilingual In Memory and In Honour card inserts.

Please consider recognizing members and special friends with gifts made in their memory or honour. Consider directing those special gifts to the RTO/ERO Foundation in support of our mission to improve the quality of life of seniors across Canada. When you do, you can use these beautiful inserts to acknowledge your gift.

Please contact the RTO/ERO Foundation to find out more and to get these inserts.

Call the Foundation at **1-800-361-9888** or foundation@rto-ero.org and donate.

The Toronto Choristers

We are a choir of over 100 voices, mainly retired teachers and others who have worked in the field of education. We sing a wide range of musical works: selections from Broadway musicals, religious and spiritual anthems, jazz, works by Canadian composers and medleys from various musical genres, just to name a few. Our practices occur each week on Thursdays. New members are welcome to join our choir.

Our annual Spring Concert at Sir John A. MacDonald Collegiate Institute, 2300 Pharmacy Avenue takes place **Wednesday, May 25, 2016 at 7:30 p.m.** Tickets are \$15 each, available through choir members or at the door.

We love to sing and to share the enjoyment of choral singing. We invite you to be a part of our audience at this concert.



◆ Volunteer Opportunities ◆

Villa Colombo is looking for Volunteers who are interested in working with seniors. We are located off **Dufferin St. west of Lawrence Ave.**

Volunteering in your community can be very rewarding -- you learn new skills, make new friends and have fun! We have many activities to offer everybody.

We offer-	Time
Friendly visiting	Monday-Friday 9:00 a.m.-8:00 p.m.
Recreation	Saturday 9:00 a.m.-4:00 p.m.
Mass escorts	Sunday 9:30 a.m.-11:30 a.m.
Meal on Wheels	

Call to talk to us about volunteer positions available for you.

Villa Colombo Volunteers 416-789-2113 ext 2216
bevacqua@villacolombo.on.ca
 facebook: Villa Colombo Volunteers



Health Service & Insurance

by George Meek – Convener

Due to a decision made at the 2012 Fall RTO/ERO Senate, 'Health Matters' which is produced 4 times per year by the Health Services and Insurance Committee (HSIC) has been included as part of 'Renaissance' and is found on pages 38 to 45 of the 2015 Winter edition. It is my intention to highlight some of the important matters found therein along with other current important information. What follows is a possible roadmap to reviewing the many health plan and related articles that are found in the Winter 2015/16 edition(s) of Renaissance. It is sometimes a bit overwhelming to see all of these in 2 or 3 places all at once. Now you can organize your reading of the articles that interest you and then check them off.

On another important matter, if you require more information in advance of, or after contacting Johnson Inc. or Global Allianz about a claim or any other Health Plans related 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'.

Important Health Plan Matters:

1. Highlights of the November 30, 2016 Health Services Insurance Committee (HSIC) Meetings

- we officially welcomed Paul Devlin from York Region and David Kendall, Second Vice-President, to HSIC as new members.
- we had a presentation by Lorie Bissonette from the Ontario Teachers' Pension Plan; we found out that the oldest pensioner is 109, that the average age of retirement is 58 and the average current age of those receiving pensions is 70.9 years. Up until November 2015, there were 3280 retirements this year.
- we learned about AvenU, a free insurance program that uses technology to help customers save money on auto insurance- up to 25%. Using an app on your smartphone, AvenU measures your driving habits and converts them to a score. The higher your score, the more you save on your premiums. Policyholders automatically save 10% on their auto insurance premium just for enrolling. Then depending on their driving habits, policyholders can save between 5% and 25% upon renewal. If a policyholder does not have a smart phone, there is a free plug-in device Johnson can provide. Visit AvenU.Johnson.ca for more information.

2. Letter Re: One Month Open Enrolment Period for OTIP/RTIP/ARM members Issued by HSIC on 25.01.16:

- *Note: We used various communications mechanisms to send this message to our members (especially OTIP/TRIP/ARM health plan members) in a timely manner by using our E-Newsletter (sent to all registered members with e-mail addresses {see page 7 of November, Stony Bridges if you wish to join this group} and our Webpage).*

RTO/ERO opens window for RTIP/ARM policyholders RTO/ERO:

RTO/ERO is receiving calls from RTIP policyholders upset with the imminent OTIP renewal action and looking to RTO/ERO for a solution. Our commitment at RTO/ERO is "Here for you now, here for your future". We are here to improve the lives of our members and seniors. This guides everything that we do from a District and Provincial perspective and members have overwhelmingly asked us to put these guiding principles into action. Now is the time. We are pleased to advise you that this morning, the RTO/ERO Health Services and Insurance Committee approved the following motion: "Effective January 26, 2016, RTO/

ERO waive the medical evidence requirement and implement a 30 day open-enrolment window for those RTIP/ARM individual insurance plan policyholders wishing to transfer to our Group Insurance Plans, subject to RTO/ERO membership eligibility. Coverage can commence as early as February 1, 2016."

Already an RTO/ERO member?

Complete the" online insurance enrolment form.

<http://www.rto-ero.org/group-insurance-plans>

Need RTO/ERO membership too? Download and print our 2016 membership application form

<http://www.rto-ero.org/join-us>

Simply mail both completed forms to RTO/ERO at 18 Spadina Road, Suite 300, Toronto, ON M5R 2S7.

Need more information?

Complete plan details can be found in the following links: Extended Health Care, Semi-Private Hospital and Convalescent Care, Dental

<http://www.rto-ero.org/group-insurance-plans>

Have questions? Call us from 8:30 am to 4:30 pm, Monday to Friday:

Insurance: **1-877-406-9007** Membership: 1-800-361-9888

Call volumes at this time of year are higher. If you leave a message, we are committed to returning calls within 24 hours."

3. Summary of Changes to Our Health Plans for 2015 and 2016: (Thought You might like to have these in one place- see November 2014 and 2015 'Updates'.)

Effective January 1, 2015

- The annual maximum for prescription drugs increased to \$3,100.
- Prescription drug reimbursement changed to a provincial price file and/or a mandatory lowestcost alternative (generic) substitution basis.
- Erectile dysfunction was re-categorized as sexual dysfunction and the \$500 maximum was removed. Treatments are subject to the overall Prescription Drug benefit maximum.
- The annual maximum for paramedical practitioners increased to \$1,100.
- The maximum for prescription eyewear increased to \$375 in any two consecutive calendar years. The additional lifetime maximum for new lenses required due to eye surgery also increased to \$375.
- The Out-of-Province/Canada Travel benefit was been extended to cover any number of trips of up to 93 days in duration per trip.

Effective January 1, 2016

- The annual maximum for prescription drugs increased to \$3,200.
- Best Doctors added.
- The annual maximum for paramedical practitioners increased to \$1,200.
- Acupuncture and foot care performed by a Registered Nurse are now reimbursed under the non-surgical services of the Paramedical Practitioner benefit.

- The maximum for prescription eyewear increased to \$400 in any two consecutive calendar years.
- The additional lifetime maximum for new lenses required due to eye surgery also increased to \$400.
- The maximum for contact lenses prescribed for severe corneal astigmatism, severe corneal scarring, keratoconus or aphakia, to correct vision to at least a 20/40 level (only when regular glasses cannot improve vision to that level), increased to a limit of \$400 per insured person in any two consecutive calendar years.
- The reimbursement for eye exams increased to cover multiple eye exams up to a maximum of \$150 per person every two consecutive calendar years and each calendar year for eligible dependent children.
- The maximum for the purchase or repair of hearing aids, excluding batteries, changed to \$1,100 per person in any five consecutive calendar years.

Effective January 1, 2015

- Reimbursement was updated to the 2015 Fee Guide for General Practitioners.

Effective January 1, 2016

- Reimbursement was updated to the 2016 Fee Guide for General Practitioners.
- The limited benefit payable for a “late applicant” increased to \$500 per insured person for the first 12 months of coverage.

Note: If you wish more information, after your investigation or otherwise, please feel free to contact George at 416-226-3568 or george.meek@sympatico.ca

Articles in Renaissance That Relate to Our Health Plans

- Travelling Out-of- Province, Within Canada- each province and territory have plans different than Ontario- your Extended Health Plan covers this also (Winter: Page 42)
- Chikungunya: Global Update - Travel health notice + (Winter: Page 43)

Articles in Renaissance That May Be in the Interests of Your Health

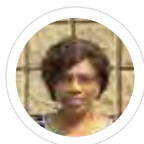
- 6 Tips to Reduce Your Risk of Heart Attack in Cold Weather- mortality rates are 10% higher in winter (Winter: p 39)
- Caring for Someone with Dementia: 75% of care provided to older Canadians is provided by unpaid, informal caregivers (Winter: Pages 40 and 41)
- A Conversation with Dr. Sharon Strauss: Importance of geriatric medicine to seniors (Pages 44 and 45)
- Working Together for All Seniors- news about the RTO.ERO Foundation by the inaugural Chair in Geriatric Medicine, Dr. Paula Rochon) Winter: Pages 10 and 49)
- RTO/ERO Foundation Board 2015 Grant Announcement- the 1st to the University of Ottawa (Winter Page 10)

Wanted: By Your Health Services & 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.





Goodwill Committee

by Gwen Bumbury – Convener

The main activity of the Goodwill Committee is to send cards to members celebrating milestone birthdays. Members who are celebrating their 90th birthday in 2016 will be invited to the Spring Luncheon on Wednesday, May 25, 2016. Closer to the date of the event, a personal invitation will be sent to members in this category to be our guests at the Luncheon.

In addition to sending birthday cards, the Goodwill Committee has been sending bereavement cards to the families of deceased members, as well as telephone calls to the shut-ins who are unable to attend activities and events.

RTO/ERO District 23 Executive and the Goodwill Committee continue to reach out to both full and associate members to become actively involved in the many activities and events that the district has to offer. More importantly, the range of activities and events provide opportunities for members to connect and socialize with former colleagues and friends.

RTO/ERO Provincial Resources

Available to all members are **Fact Sheets** on many issues. For example: Legal Issues – seeking legal advice associated with Estate Planning, Powers of Attorney, Legal Aid to name a few, as well as health, marital matters, and Government Benefits. The Fact Sheets are available at <https://www.ero-rto.org/fact-sheets>.

A Festive Holiday Celebration

Written on behalf of the Social Committee by Mary Cairo

RTO/ERO North York District 23 hosted the Holiday Season luncheon on Wednesday, Dec 2, 2015. Members and their guests, numbering about 120, came together at Parkview Manor Banquet and Conference Centre. Attendees were invited to arrive at 10:00 a.m. in order to visit the artisan/craft fair. Here they discovered a variety of crafts and were able to make any desired purchases. A delicious lunch was served followed by speakers, and our entertainer, Tommy Crichlow.

Mildred Frank, social convener and master of ceremonies for this festive occasion, welcomed everyone and invited all to be seated. Mildred congratulated our 200th new member, Joe Stesco. She introduced Maureen Capotosto, President of District 23, who had good wishes for the season and introduced the speakers for the event. Guests attending this event included June Szeman, our provincial representative and Marisa Robins, representing our Service to Others project for this year, Licensed to Learn.

The reflection before the meal was led by Gerard MacNeil. The meal consisted of lobster bisque, halibut or turkey, julienne

However, if the Fact Sheets information does not satisfy you, then contact the Provincial Office for additional information.

Provincial Office telephone number: **416-962-9463**.

Reminder

Please contact members of the Goodwill Committee if you know of members who are ill or would welcome a phone call.

Card Committee:

Birthday Cards over 80 for Full and Associate Members

Maria Fernandes	416-493-7616
Kathy Shorney	416-225-1336
Gwen Bumbury	416-491-1213

Bereavement

Xenia Cooper	905-881-5481
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Keeping in Touch & Get Well

Gwen Bumbury	416-491-1213
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Telephone Calls:

90 and Over, Sick & Shut-in

Gwen Bumbury	416-491-1213
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vegetables and mashed potatoes and for dessert, ice cream shaped into a heart, coated in white and dark chocolate.

After lunch, Tommy Crichlow entertained the attendees with melodies on his steel drum that transported many of us to the lovely island of Trinidad, the white sand beaches and the palm trees swaying in the breeze.

Marisa Robins, from Licensed to Learn, was presented with a cheque which included both the \$2000 from our Provincial office and the \$340 from the knitting raffle held during the Champagne Breakfast. On behalf of Licensed to Learn, Marisa expressed appreciation for the support we provided. In addition to those funds, we will be sending \$500 from the knitting raffle held during our Holiday Luncheon and approximately \$200 from the proceeds of the craft sale.

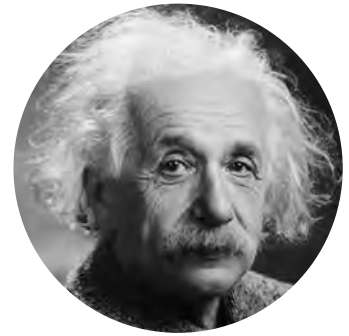
Margaret Schuman presided over a very successful draw for a variety of knitted items. All were greatly appreciated by the winners. George Meek presided over the door prizes, including gift cards from Tim Horton's, Shoppers Drug Mart and LCBO.

Congratulations to all the winners!



District 23 Cycling Event

by Eileen Kearns – Convener



“Life is like riding a bicycle. To keep your balance you must keep moving.” Albert Einstein’s advice has been well heeded by many of the RTO/ERO District 23 cyclists this past winter. They remained active through walking, skiing, skating, sailing, (definitely in a warmer climate), swimming and yoga practice. The group hopes that more interested RTO/ERO District 23 members will make contact and join us on our Spring Rides! The Cummer Ravine is lovely in the spring and the camaraderie of the group is outstanding.

Who?

- for those who have a comfortable and confident skill level with cycling

Where?

- Route: Cummer Valley Ravine (East Don Parkland)
- an off road 10 km ride through the scenic Cummer Ravine
- washrooms available

Parking:

- on Craigmont Drive north side (north of Cummer Avenue)
- Meeting site will be at the intersection of Craigmont Drive and Cummer Avenue

When?

- All sessions are on Thursdays: May 26th, June 9th, 16th, 23rd with an optional extra ride June 30th -10:00 a.m.

Requirements:

Participating cyclist must have:

- bike with bell and air in tires
- bicycle helmet certified approved by CSA, Snell, ASTM, CPSC, or ANSI worn
- running shoes
- water bottle
- cyclist are required to sign a waiver form before each cycling trip

To register email eileen_kearns@edu.yorku.ca by **Tuesday May 24th 2016**

Registering is most important as cycling is weather dependent and the trip could be cancelled.

President’s Report

by Maureen Capotosto – President



As you read through our newsletter you will see how many things are happening within our District.

The executive is in the process of reviewing our budget and creating one for 2016 under the guidance of our Treasurer, Gwen Scriven.

Living within our means and trying to maintain the quality of what we do is our challenge. Our exemplary newsletter,

STONY Bridges is our most costly item as it is sent to every District 23 member. Those of you who decide to receive it in a pdf format can greatly assist us in freeing up money to go towards other activities. Contact **Michael Astill** astill@sympatico.ca if you would like to move to this option.

Our various activities continue throughout this gentle winter and into the spring. If you are looking for something different to do, consider coming out to one of the activities we offer. You can

join in whenever it is convenient. The Strollers and Pole Walkers have some very interesting walks planned. Our book club has a loyal group of members and they always welcome newcomers.

At the Provincial level, we will be seeking a new organization to support through the Service to Others Grant. Jan Siegel, 1st VP is receiving suggestions. An event is planned for our Speaker Series for April. The details are found within the pages of our newsletter.

Would you like to become involved with our Executive? At our Spring AGM we will elect our new executive for the 2016 / 2017 year. The Executive usually meets once a month at the Edithvale Community Centre on the second Wednesday of the month. Within our executive we have members with a variety of experience so there is always someone who can guide the newer members.

Our meetings are interesting and the members come from a diverse background of experience in education. Contact Courtney Doldron, Past President if you are interested in joining in.

District 23 Trips & Events

by Mary Valtellini & Mary Denise Venditti – Conveners

Wed., May 18, 2016

RIVERDANCE - The 20th Anniversary World Tour 2:00 Matinée

Ed Mirvish Theatre (244 Victoria Street)



The International Irish dance phenomenon is back by popular demand in Riverdance – The 20th Anniversary World Tour. Drawing on Irish traditions, the combined talents of the

performers propel Irish dancing and music into the present day, capturing the imagination of audiences across all ages and cultures in an innovative and exciting blend of dance, music and song.

COST: \$65.00 | CUT OFF DATE: Friday, March 18th, 2016
39 TICKETS AVAILABLE! Registration form on pg.19

All ticket holders are asked to please meet the RTO rep inside the front doors (Victoria St.) 45 minutes before the show. After 1:45 p.m., please pick up the tickets at the box office.

Wed., June 15, 2016

A Gentleman’s Guide to Love and Murder 1:30 Matinée

Princess of Wales (300 King St. West)



Getting away with murder can be so much fun...and there’s no better proof than the knock-em-dead hit show that’s earned unanimous raves and won the 2014 Tony Awards for best musical.

Direct from New York, where a most gentlemanly NPR critic said he never laughed so hard. Gentleman’s Guide tells the uproarious story of Monty Navarro, a distant heir to a family fortune who sets out to jump the line of succession by- you guessed it-eliminating the eight pesky relatives who stand in his way. All the while, he’s got to juggle his mistress, his fiancée, and the constant threat of landing behind bars! Of course, it will all be worth it if he can slay his way to his inheritance...and be done in time for tea. Gentlemen’s Guide restores our faith in musical comedy(Hollywood Reporter).

COST: \$78.00 | CUT OFF DATE: Friday April 22, 2016
25 TICKETS AVAILABLE! Registration form on pg.19

Wed., April 27, 2016

IF/THEN 2:00 Matinée

Princess of Wales (300 King St. West)



If/Then is a contemporary Broadway musical about living in New York today-and all the possibilities of tomorrow. With unforgettable songs and a deeply moving story by the Pulitzer Prize and Tony Award winning

creators of Next to Normal, this “ fascinating, ambitious, and original new musical” (New York Post) simultaneously follows one woman’s two possible life paths, painting a deeply moving portrait of the lives we lead, as well as the lives we might have led. “Thrilling! The best musical of the year.” (New York Magazine)

COST: \$60.00 | CUT OFF DATE: Friday, March 11, 2016
25 TICKETS AVAILABLE! Registration form on pg.19

“Save the Date—September, 2016 Date pending until performances are confirmed Matilda 1:30 Matinée

Ed Mirvish Theatre



Final dates will be announced with a registration form in the April, May and June District 23 E-newsletters, online at our website: <http://district23.rto-ero.org/> or in the summer issue of STONY Bridges. You may also contact:

Mary Denise Venditti: 416-245-3749

COST: TBD | CUT OFF DATE: TBD

PLEASE ENSURE YOU HAVE READ OUR INFORMATION ON OUR POLICY FOR TRIPS (PAGE 23)

All forms submitted without agreeing to the terms on page 23 will result in a full refund and participation will not be allowed.

Riverdance – Wednesday, May 18, 2016 – 2:00 p.m.

COST: \$65.00 | CUT OFF DATE: Friday, March 18th, 2016

Name: _____ Email: _____

Telephone: _____ Guest: _____

of tickets _____ @ \$65.00 Cheque enclosed for \$ _____ .00

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

*I have read the Acknowledgement,
Waiver & Release Form printed on page 23.*

IF/THEN – Wednesday, April 27, 2016 – 2:00 p.m.

COST: \$60.00 | CUT OFF DATE: Friday, March 11, 2016

Name: _____ Email: _____

Telephone: _____ Guest: _____

of tickets _____ @ \$60.00 Cheque enclosed for \$ _____ .00

Please make cheque payable to TRIPSETTER INC. and mail to:
RTO/ERO c/o L. Hennessey, #869-6021 Yonge Street, Toronto, ON, M2M 3W2

*I have read the Acknowledgement,
Waiver & Release Form printed on page 23.*

A Gentleman's Guide to Love and Murder – Wednesday, June 15, 2016 – 1:30 p.m.

COST: \$65.00 | CUT OFF DATE: Friday April 22, 2016

Name: _____ Email: _____

Telephone: _____ Guest: _____

of tickets _____ @ \$78.00 Cheque enclosed for \$ _____ .00

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

*I have read the Acknowledgement,
Waiver & Release Form printed on page 23.*

McMichael Canadian Gallery of Art – Tuesday, October 18, 2016 – 10:00 a.m.

COST: \$20.00 | CUT OFF DATE: Monday, September 26, 2016

Name: _____ Email: _____

Telephone: _____ Guest: _____

of tickets _____ @ \$65.00 Cheque enclosed for \$ _____ .00

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

*I have read the Acknowledgement,
Waiver & Release Form printed on page 23.*



Annual General Meeting and Spring Luncheon

Presented by RTO/ERO District 23, North York



Date: Wednesday, May 25, 2016

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

- 9:30 a.m.** Registration and Coffee
- 10:00 a.m.** AGM - Briar Lounge
- 11:00 a.m.** Cocktails and plated appetizers
- 11:45 a.m.** Lunch served

Times are approximate based on the AGM.

Menu:

- Plated appetizer of mini chicken Wellington and fresh Thai spring roll with dipping sauce
- Baby spinach salad topped with fresh strawberries, crumbled feta cheese and spiced pecans, with raspberry vinaigrette
- 4 oz. Filet Mignon (cooked medium) with red wine au jus
- OR Grilled Salmon Filet with lemon dill butter
- Both Entrees served with wild rice and seasonal vegetables
- House- made raspberry sorbet with sweet cream
- Assorted fresh-baked rolls, flatbreads and butter
- Coffee/tea

COST: Member & guest \$23.00 Additional Guest \$40.00

CUT OFF DATE: Friday May 20, 2016

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. A \$5 donation will give you 5 chances to win one or more of these creative items.

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

If you wish to attend please fill out the form below.

AGM & Spring Luncheon – Wednesday, May 25, 2016 – 9:30 a.m.

COST: \$23.00 | **CUT OFF DATE:** Friday, May 20, 2016

Name: _____ **Email:** _____

Telephone: _____ **Guest:** _____

of tickets _____ **@ \$23.00** **Cheque enclosed for \$** _____ **.00**

Born in 1946 (70 years old this year”, dine free: _____ *Name:* _____

Please circle entrée dish: **Filet Mignon** **Salmon** **Please circle entrée dish:** **Filet Mignon** **Salmon**

Please 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

I have read the Acknowledgement, Waiver & Release Form printed on the page 23.





Trips

Presented by RTO/ERO District 23, North York



Niagara Winery Tour

Date: Wednesday, April 20, 2016

Trip Package will include:

Wine tasting, Lunch at Queen’s Inn, some free time to shop in Niagara on the Lake and The Bu`tterfly Conservatory. We will travel by Luxury motor coach and have a Tripsetter Manager on board.

Please note that there has been a change in the out of town trips’ policy. As directed by the RTO Provincial Office, it will now be the responsibility of a registered TICO tour operator to oversee any trips that required transportation.

Departure: Please meet at Willowdale United Church, 349 Kenneth Avenue at 9:00 a.m. Carpooling is encouraged where possible, as street parking is limited in the area.

COST: \$106.00 | CUT OFF DATE: Wed., April 6th, 2016
56 TICKETS AVAILABLE!

If you wish to attend please fill out the form on page 20.

McMichael Canadian Gallery of Art

Tuesday, October 18, 2016

Doors Open at 10:00 a.m.
 10365 Islington Ave. Kleinberg, Ontario

Come and join us in a guided tour of the permanent collection, the outdoor grounds, sculptures and special landmarks. You will be able to see the special exhibitions on your own. The cost includes the entrance fee, guided tours and parking. Lunch can be purchased at the site restaurant.

Itinerary for the day:

- 10:00 – 11:30 - first tour
- 11:30 – 12:30 - Lunch
- 12:30 – 2:00 - second tour

COST: \$20.00 | CUT OFF DATE: Mon., September 26, 2016
 Minimum 15 people required – maximum of 30 spots available!

If you wish to attend please fill out the form on page 20.

Niagara Winery Tour – Wednesday, April 20, 2016 – 9:00 a.m.

COST: \$106.00 | CUT OFF DATE: Wed., April 6th, 2016

Name: _____ **Email:** _____

Telephone: _____ **Guest:** _____

of tickets _____ **@ \$106.00** **Cheque enclosed for \$** _____ **.00**

Please make cheque payable to TRIPSETTER, INC. and mail to:
 L. Hennessey , # 869- 6021 Yonge Street, Toronto, ON M2M 3W2

I have read the Acknowledgement, Waiver & Release Form printed on the page 23.



Loretto College School Centenary

Join us in Celebrating the Loretto College School Centenary

On Saturday, May 14, 2016
Mass of Thanksgiving

Celebrant, His Eminence Thomas Cardinal Collins
At St. Clare Roman Catholic Church

1118 St. Clair Avenue West | 2:00 p.m.

Reception to follow

At Loretto College School
151 Rosemount Avenue | 3:30 p.m.

\$35 per person

Parking is limited, TTC recommended

Please RSVP at: www.lorettocollege100.com by **April 29, 2016**



ENOUGH FOR ANY WORLD

*"If I were to tell you that the rise
of any free bird is better...
...that I find myself one of these...
Enough for any world but this..."*

--James Dickey

*In early childhood there was such freedom,
Enough for any world but this...
The enclosed, close guarded freedom
Of minds wild running free, unfettered, strong
Midst deepest reflection...*

*Despite all, free souls will rise beyond darkest worlds,
Care and deepest longing...Thought unfettered in time
unbound...*

*Fullest imagination, deepest contemplation...
The vast silences, the many wonders,
The glowing mysteries, new worlds newly unfurled,
The far streams, rivered majesty, full exultation...*

*That blessed necessity, free hearts unbound,
Time unconstrained, all horizons free
Beyond all sorrow, all want, poverty, all misery,
The long days' unrest...*

*Solemn entry to secret worlds...
The wild soul unconstrained to soar
Far and away....*

*Joy filled laughter and memory...
All the beautiful hours' rapture
And a far contemplation...*

*Songs of the night, fire and storm,
Residence in a glorious world
Full meaning and measure...
Interior worlds and the glory
Of wilderness days....*

*Wind tossed silences,
That last most holy of silences:
That deep center; all existence....*

*Storms and mists, gray veil and fall,
The soft shades, far roaming shadow,
Night forests of the mind...
Midnight skies and far soaring dream,
Full succour and rest....*

*The rain soft darknesses,
Echoes of early autumn storm,
Stormswept afternoon and cry,
Days long past reckoning...
Thunder cold blast, cold surge*

Whispers, clarion toll, sigh and promise...

*Rose petal and lace story and recall...
The winds wild run in full flight
Bluster over roof and fast bending treetop...
Mad rush into darkest night sky,
Torn cloud and wild flung turbulence...*

*We will follow wild and free,
A stormswept laughter and contemplation follows,
The strange beauty, nature unkempt, wondrous holy...
Dawn veils and s solemn beauty...
Worlds unleashed, inner silences and cry,*

*Somber gray, cloud and echo...
All splendour and hope, sapphire lights,
Dawn glow prism and dream...
Hawk, dove, set free to plunge and far soar wild
Full flight and cry...Far melodies unheard, remembered
memory, full echo
And wild singing reflection....
The ineffable beauty and the wondrous song...
Forever....*

BEV GORBET August, 2015

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.

REMINDER OF POLICY FOR 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. 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

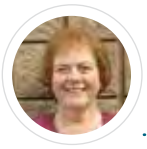
When filling out your registration slips, follow the guidelines listed below. This will help our Assistant Treasurer sort and direct tickets.

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.



FROM THE ARCHIVES ...

by Mary Cairo – Archivist



DO YOU RECOGNIZE ANYONE? EVENTS THROUGH THE YEARS....



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 membership@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.

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STONY BRIDGES

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