



# STONY BRIDGES

Spring/Summer 2017 – Issue 119

*In the depth of winter I finally learned that  
there was in me an invincible summer.*

*Albert Camus*

*Dans la profondeur de l'hiver, j'ai finalement  
appris qu'il y avait en moi un été invincible.*

*Albert Camus*



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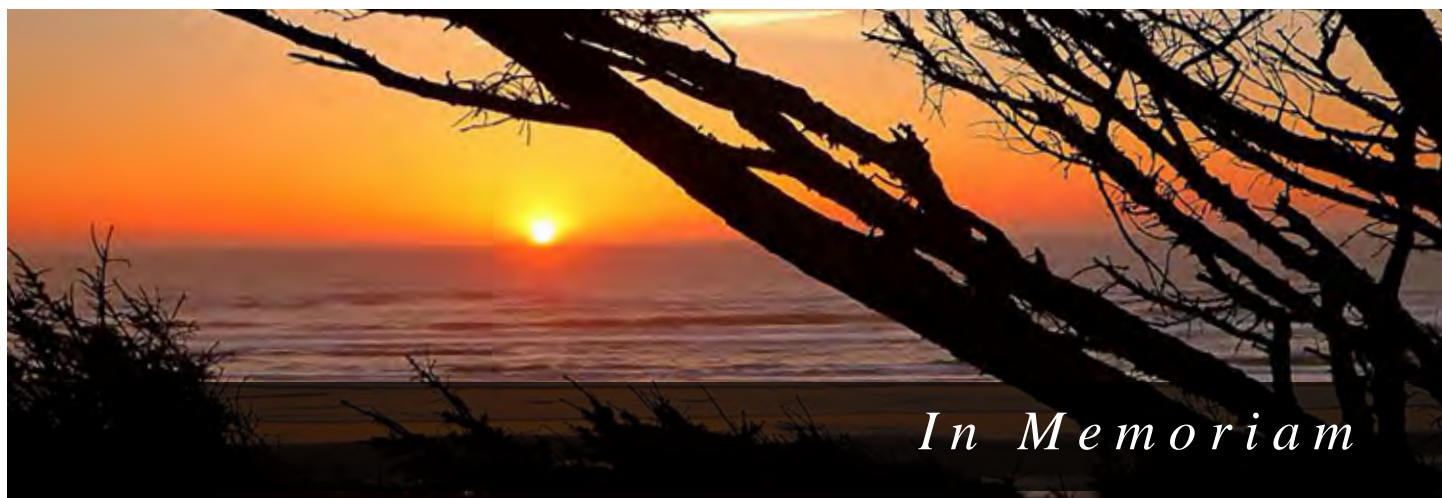
**SUBMISSIONS** STONY BRIDGES RTO/ERO North York District 23 welcomes submissions for STONY BRIDGES from members. Do you have a story to tell, an experience to share or a poem you have written? Consider submitting your work for publication. Please include name, address and telephone number (for identification 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: JUNE 23, 2017

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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, 2016 to January 31, 2017**

**October:** Patty Balkou, John E. Burch, Kit M. E. Gummer, Samuel D. Hall

**November:** Ruth L. Teitel

**December:** Vernon K. Gilbert, Edward Gould, Jessica MacBeth

**January:** William Day, Arnold Goldstein, Kazuo Ishii, Norma Lavender, Judith Mitchell, Kathryn Riddle



## 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 2796 members.

The following information was taken from RTO/ERO Provincial’s monthly updates from **October 1, 2016 to January 31, 2017**

**October:** Marlene Couper, Eleanor Gilbert, Carole Papa, Marlene Parris

**November:** Patricia McDowell, Gail Robertson-Whitworth, Shailja Saxena, Enni Zucchet

**December:** Regina Antonel, Shirley Dawson, Catherine Delyea, Elizabeth McFarlane, Elena Rusu, Jean Shaw, Gloria Simon-Gould, Diana Stephenson

**January:** Mary D’Alo, Carolan Halpern, Sandra Ip, Samantha Luk, Madeline Theresa Merrick, Debra Ophelders, Shirley Placey

**Answers to Bridge Quiz:**

1. 2980 (7 No Trump doubled & redoubled)
2. 7600 (contract down 13 tricks, doubled and redoubled)
3. Down 3 if you are doubled: better concede 500 points rather than 620.
4. Down 6 if a major, down 5 if a minor slam, if you are doubled. Be sure the slam really is a cold contract!

# President's Report

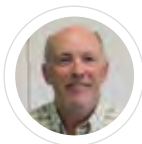
by Jan Siegel – President



So far we have been enjoying another successful North York, District 23 year. Our annual Champagne Breakfast, that welcomes new and potential retirees into our District, was another positive experience. Our Holiday Luncheon brought out many of our members to once again enjoy our craft fair, good food and reconnect with past colleagues. We have had a number of busy activities ongoing since September, such as: bridge, strollers, cycling, pole walking, have a java, knitting and various trips. Our ever beautiful and informative STONY Bridges newsletter continually keeps us abreast of what is going on. We have had such a successful Speaker Series this Fall that we are duplicating it in the Spring. It highlights our Best Doctors and Elder Care Programs that are part of our extended health benefits program.

Next is our AGM / Spring Luncheon. Recently, at a memorial service for one of our past colleagues, I had a conversation with a few people about how they were planning to come to this year's Spring Luncheon and how they hadn't been before. It seems that too many of our long time friends have left us this year and it might be a good time to come out and connect with those that worked beside you for many of the past years. These activities and events are supported through your membership and I hope that many more of you will make good use of your membership by joining us soon and often. I so often hear that many people have only joined RTO-ERO for our great health plan but we also know, from research, that the social aspects of membership are as important as our physical health.

Thank you to all of our Executive members that help to make my role, as President, much easier by providing the hard work that is involved in organizing and sustaining these great aspects of our district. Thank you, also, to all of those members that continually come out to all our events / activities. We look forward to seeing you often.



# Webmaster Report

by Michael Astill – Convener

Looking to help save the environment, sign up today for the District 23 monthly e-newsletter. Click on the button- " Register for our E-news with the button". 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. You will receive the latest copy of Stony Bridges directly by e-mail. If there are any changes to your e-mail address, please let me know directly so I can maintain up to date and accurate records. 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](mailto:astill@sympatico.ca).

## March

- 1 The Bodyguard
- 2 North York Strollers
- 2 Retirement Planning Workshop
- 7 Bridge
- 8 Executive Meeting
- 14 Bridge
- 15 Have-a-Java
- 16 Needlework & Crafts
- 21 Bridge
- Pole Walking
- 17 Mrs. Henderson Presents *Cut-off date*
- 28 Bridge
- 29 Book Club
- 30 Speakers' Series *Cut-off date*

## April

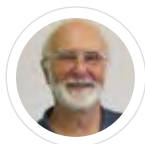
- 4 Bridge
- 5 Executive Meeting
- Speakers' Series: Best Doctors
- 6 North York Strollers
- 11 Bridge
- 18 Bridge
- Pole Walking
- 19 Have-a-Java
- Mrs. Henderson Presents
- 20 Needlework & Crafts
- 20 Retirement Planning Workshop
- 25 Bridge
- 26 Book Club
- 1000 Islands Cruise *Cut-off date*

## May

- 2 Bridge
- 4 North York Strollers
- 9 Bridge
- 10 Executive Meeting
- 16 Bridge
- Pole Walking
- 17 Have-a-Java
- 18 Cycling to begin
- Needlework & Crafts
- 19 Strictly Ballroom *Cut-off date*
- AGM Luncheon *Cut-off date*
- 23 Bridge
- 24 AGM Luncheon
- 25 Cycling
- 30 Bridge
- 31 Book Club
- 1000 Islands Cruise

## June

- 1 North York Strollers
- Cycling
- 6 Bridge
- 8 Cycling
- 13 Bridge
- 14 Executive Meeting
- 15 Cycling
- 20 Bridge
- Pole Walking
- 21 Have-a-Java
- Strictly Ballroom
- 22 Cycling



## Bridge Report

by Alan Ward – Convener

The Bridge Club meets at Willowdale United Church on Kenneth Avenue just north of Church St (south of Finch, 2 blocks east of Yonge) every Tuesday until June 20th, excepting only February 28th. After the summer break, meetings recommence on September 12th and continue until December 12th, excepting only September 26th. New members are welcome: please try to arrive by 12.45 p.m. Basic instruction is provided on request. For further information contact Alan Ward at 905-889-3687 or email alanward1940@gmail.com.

We are a social group of about 35 RTO members and friends of whom 20 - 24 meet on any given Tuesday for cards, coffee and cookies. Serious duplicate players will generally look elsewhere for their bridge “fix” but we offer friendly company in pleasant surroundings with the opportunity for newbies to get into the game. It is not necessary to come with a partner, nor to commit to appearing every week. RTO members may bring a friend who is not an RTO member; all attendees contribute \$3 per afternoon to defray the costs of leasing the space.

### Acknowledgements

The group thanks those members 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 between June 7th 2016 and January 24th 2017.

Polly Clarke, Bev Henricks, Carson Klinck, Irene Loberto (4), Evy Strasberg, Ilona Taray, Alan Ward (2)

### 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 against a slam.

June 14	Ilona Taray & Ann O'Neill	6C bid 7C made
June 14	David Fleming & Irene Loberto	6N bid 7N made
June 14	Irene Loberto & Lynette Flanagan	6D bid 6D made
June 21	Kathy Shorney & Bev Henricks	6N bid 7N made
June 21	Claire Knapp & Larry Miller	6N bid 6N made
November 15	Peter Schramek & Polly Clarke	6S bid 6S made
November 22	Larry Miller & Polly Clarke	6D bid 6D made
November 29	Sophia Ng & David Fleming	6S bid 6S made
November 29	Ann O'Neill & Lee White	6N bid 7N made
January 17	Irene Loberto & Sophia Ng	6H bid 6H made
January 17	Irene Loberto & Linda Marshall	6N bid 6N made

### Quick Quiz:

*Answers can be found on pg. 4*

1. What is the highest number of points that can be scored by declarer on one hand?
2. What is the highest number of points that can be conceded by declarer on one hand?
3. When non-vulnerable against vulnerable opponents, how far will you go to sacrifice against a certain game?
4. When non-vulnerable against vulnerable opponents, how far will you go to sacrifice against a certain slam?

*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 winter 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.*



## Stay Connected with Email Updates and STONY Bridges

by Karen Quinn – E-Newsletters and STONY Bridges



### 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, Michael Astill. He can be reached at: [astill@sympatico.ca](mailto:astill@sympatico.ca)

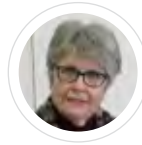
Please include your name, home address and email address so we can make the arrangements for the change of delivery method.

#### From the Editor:

The 2017 STONY Bridges issue will be my last as Editor. My Associate Editor, Mary Valtellini, will also be stepping down. Gerard MacNeil, our Distributor will continue in his role until further notice. I would like to thank both Mary and Gerard for their support and professional approach to producing STONY Bridges and to all the conveners who offered their “eyes” to help edit each issue. A huge “thank you” goes out to my nephew, Sean Quinn, the Graphic Designer who fully supported our work on this publication.

It has been a pleasure creating this great little magazine that highlights the very active members of District 23 and the Executive who coordinates the many events and activities for our membership.

If you are interested in being involved with the newsletter or with other roles on our executive, please contact Maureen: [mcapotosto@sympatico.ca](mailto:mcapotosto@sympatico.ca)



## Have-a-Java

by Margaret Schuman – Convener

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

All Members are encouraged to invite former colleagues, who are contemplating retirement, to join us during March Break on Wednesday March 15, 2017. Warm welcomes, much information, registration booklets, and first hand advice on retirement will be available. Members of the Recruitment Committee and members who plan and work on the RTO/ETO Retirement Workshops will be in attendance.

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 (\$3.00 subsidy per person) at: **Timothy’s Bayview Village 10:00 a.m. to noon. on:**



- Wednesday, March 15, 2017
- Wednesday, April 19, 2017
- Wednesday, May 17, 2017
- Wednesday, June 21, 2017



## Service To Others Program Report

by Jan Siegel – President

This year the Executive chose Education Beyond Borders as our focus project to receive funds from the Provincial Committee and to support throughout our events. We also chose to use the extra raised funds through our knitting / craft raffles to support Room For A Child, another project we value.

Thank you to all those involved in providing funds to assist these two worthy projects. It is now time to search for our

project for next year. If you have suggestions please send your information about the suggested organization, the correct contact information and any other information you deem necessary to [jdsiegel@yahoo.ca](mailto:jdsiegel@yahoo.ca). I will be presenting any possible choices to our Executive at our March Executive meeting so please send your suggestions by February 20, 2017.

**Thank you.**



## Needlework & Craft Group

by Margaret Schuman – Convener

Thank you to all of the members who supported the efforts of the Needlework and Craft Group at the Holiday Luncheon. The truly unique and one of a kind items created by the group were exceptionally well received by members of District 23. We are delighted to announce that \$727.60 was raised at the Holiday Luncheon for our Service to Others Project – (CB) Room For a Child. To date a total of \$1277.60 has been raised for this very worthy project. Dawn Gilliespie of (CB) Room For A Child has expressed her delight and has already put our contributions of money and crafted items to very good use.

The creation of (BC) Twiddlemuffs continues by members of the group. The total number made is approaching 100. All Twiddlemuffs have been exceptionally well received by Nursing Homes and by members who have obtained them for family and friends. A recent study and feedback about recipients suggests that the Twiddlemuffs lessened anxiety and in some cases has resulted in lessening the need for medications for some recipients. In addition, Twiddlemuffs are now being suggested for some children. Our group is delighted to hear of all this good news.

We have some new members to our group who have been busy making Twiddlemuffs. Members of District 23 have been very generous in donating yarns for this wonderful project. We have some donated knitting needles and crochet hooks as well. So please consider creating some of these sought after items. Members would be glad to share their expertise and talents in helping new members to create items for our projects and your individual projects too.

The group will continue to meet at Mitchell Field C.C. on the third Thursday of most months from **9:30 a.m. until noon.**

**Future meetings dates have been set and approved by Mitchell Field Community Centre and include:**



**Thursday March 16, 2017**

**Thursday April 20, 2017**

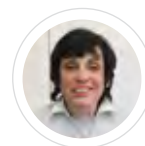
**Thursday May 18, 2017**

**The door is always open to new members of this fun loving, creative and welcoming group.**

**For more information contact:**

Joan Bourne – [jbourne@sympatico.ca](mailto:jbourne@sympatico.ca)

Margaret Schuman – [schumanmp@gmail.com](mailto:schumanmp@gmail.com)



## North York Strollers

by Joanne Famiglietti – Convener

The North York Strollers continue to investigate different parts of the city. We enjoy the company of other retirees, and the changing seasons, while strolling through our beautiful city. We end each walk at a local restaurant where our strollers join together to sample the delicious cuisine for lunch.

Please join us on the first **Thursday of each month at 10 a.m.**, regardless of weather.

### Winter / Spring Walks 2016/17



**Thursday, March 2, 2017**  
**Around the World in East Chinatown**

*Led by Toronto Historian Valerie Mah*  
**Meet at Broadview Subway Station**



**Thursday, May 4, 2017**  
**The Dead House and St. Michael Cemetery**

*Led by Len Nicholson*  
**Meet at St. Clair Subway Station**



**Thursday, April 6, 2017**  
**The Macdonald House**

*Led by Len Nicholson*  
**Meet at St. Clair Subway Station**



**Thursday, June 1, 2017**  
**Centre Island**

*Led by Joanne Famiglietti & Margaret Schuman*

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





## Notes from the Provincial Pension and Retirement Concerns Committee

by Gwen Scriven - Provincial Liaison

### Is it true that if I am 68 years old I can get the shingles vaccine free?

Yes, it is. Ontario is expanding the province's publicly funded immunization programs to help seniors stay healthier. Beginning September 15, 2016, Ontario will offer the shingles vaccine free of charge to seniors **65 to 70 years** of age. Eligible seniors can receive the shingles vaccine from their primary care giver. For more information visit: [www.ontario.ca/page/get-free-shingles-vaccine](http://www.ontario.ca/page/get-free-shingles-vaccine)

### I have applied for my Old Age Security and I have been denied. What can I do?

You are eligible to receive Old Age Security benefits if you meet the following requirements:

- You are 65 years of age or older;
- You are legally resident in Canada at the time the Old Age Security pension is approved,
- You have resided in Canada for at least ten years after turning 18.

You may receive partial benefits if you did not reside in Canada for the ten years mandated period.

If you have been denied, the letter that accompanies your refusal must advise you on how you can request reconsideration of the decision. You have 90 days to do so.

For more information consult the *Advocacy Centre for the Elderly Fall/Winter Newsletter* at [www.advocacycentreelderly.org/](http://www.advocacycentreelderly.org/)

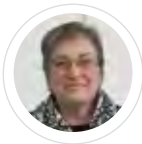
### Did You Know?

We often hear that we have gold plated pensions and that taxpayers must pay to support our pensions. The 2012 Boston Study, of which "Teachers" was a member, did shed some light on the financial impact and benefits to Ontario society resulting from recipients of Defined Benefit Plan (DBP) pensions.

### Here are some facts.

- \$0.77 of every pension dollar comes from investments. That means that \$0.23 comes from contributions. Since the active teacher pays half of this amount, this means that the taxpayers pay only \$0.115 of this amount.
- \$400 Billion DBP money is invested in Canada (100Billion in real estate, infrastructure & private equity).
- \$60 Billion is spent on goods and services, \$2.5 Billion in savings.
- \$16 Billion is paid in taxes (\$3 Billion property, \$3 Billion sales, \$10 Billion income tax).

When you collect your pension remember that Ontario taxpayers are not giving you any candies. You have paid for it! You have earned it! **Be proud! Enjoy it!**



## 2016 RTO/ERO FALL SENATE

by Olga McKenzie – Observer

On October 24-26, I was fortunate to attend the Fall Senate along with three other District 23 representatives. This was my first experience of Senate, so I was not sure what to expect. When I read the paperwork, I realized there were representatives from as far afield as British Columbia so it was interesting to meet and chat with some of the observers and senators. Each district has its own successes and challenges, but what was consistent was the dedication and hard work each person puts into his/her district.

The atmosphere was friendly and welcoming. The provincial office staff worked very hard to make it a memorable experience in that the time was very well organized. The pre-session workshop for newcomers to Senate gave us a great overview of what the days would look like, what was expected. Everyone's input was taken very seriously and this is reflected in our Strategic Plan.

Through the provincial committee reports, I realized how extensive the hand of RTO/ERO is. The main topic for discussion was the

proposed Governance changes, of which we will hear more in the near future. The message heard over and over was that we are not a stagnant group. Everyone works very hard to build community and to invite others to share in the experience.

The guest speaker was Dr. Paula Rochon, who spoke to how RTO/ERO's charitable donation is spent. The focus of her work is research and the investment in trainees. She spoke on the longevity of the current population. Some of the facts are that there has been a 70% increase in those living to 100 years, most of these individuals live in the community and about 70% are women. It was fascinating to know that such groups are working on research that will directly impact us.

In conclusion, I really appreciated the opportunity to have a better understanding of RTO/ERO. Thanks to all who worked so tirelessly to make it such a valuable experience.

# Holiday Season Luncheon 2016

Kudos to Mildred Frank, and her team, for organizing the very successful 21st Annual Holiday Luncheon event. What a wonderful way to celebrate the season's holidays with friends, family and like-minded people over a delicious meal, drinks and music! Once again the luncheon was well attended by 128 people who brought cheer and great spirit to the occasion. This year's event was held on Wednesday, December 7, 2016 at Parkview Manor Banquet Hall and Conference Centre. Many thanks go to Mary Cairo who with the help of Sara Di Nallo, our second vice president, greeted all guests as they arrived, handed out name tags and guided everyone to their seats. Mary Cairo, the person behind the scene made sure everything fell into place including having decorated tables with lovely seasonal candles.

There was no lack of activities this year. Members and guests arrived early and had the opportunity to roam around the annual artisan/crafts sale. Many of our members purchased items from a variety of hand made goods such as cards, jewelry and kitchen aids. Monies raised through the sales through the Artisan Vendors were donated to the RTO Charitable Foundation.

Marisa Agostini led everyone in prayer before we all sat down to a scrumptious meal. The Needlework and Crafts Group sale raised over \$757.60 and proceeds went to a "Room For A Child". Five lucky people each brought home a hand knitted item from our talented knitters. Our president, Jan Siegel, presented Dawn Gillespie, the representative for the Room For A Child organization, with the amount. Ms. Gillespie was very appreciative, not only with the money raised but also with the bedding and other items that were generously donated by our members. Ms. Gillespie gave us an overview of the organization and invited all of us to continue to support this worthwhile organization.

The event ended with more excitement provided by the entertainer Mark Kersey. Mark played his guitar and sang seasonal tunes, inviting us to sing along with him. His mastery of yo-yo skills/tricks kept everyone entertained and in awe! Everyone left happy!

Mildred Frank – Convener

Written by: Marisa Agostini – First Vice President

Photographs by: Courtney Doldron







## BOOK CLUB

by Irene Kitchell and Mary Ellen Lawless  
– Convener

The Book Club meets on the 4th Wednesdays of September, October, November, January, February, March, April and May. Meetings are held at the Edithvale Community Centre (west of Yonge Street on the south side of Finch Avenue) from 2:00 p.m. – 4:00 p.m. Everyone is welcome.

Books are selected on recommendation from the members in attendance. The person recommending the book leads the discussion.

Irene Kitchell, Convener, acts as the Chair for each gathering.

### Spring 2017 Book List

**Wed., March 29, 2017**

*Circling the Sun* by Paula McLain – Fiction

**Wed., April 26, 2017**

*Station 11* by Emily St. John Mandell – Fiction

**Wed., May 31, 2017**

*Fifteen Dogs* by Andre Alexis – Fiction



### Contact:

Irene Kitchell  
Mary Ellen Lawless

416-733-8711  
416-223-4969



## Cycling

by Eileen Kearns – Convener



The RTO/ERO North York District 23 Cycling Group is looking forward to a great 2017 cycling season! We will continue to explore longer rides as this is the expressed interest of those that have been riding with us. We will continue to venture on cycling trips that meander south from the Cummer Ravine to the Betty Sutherland Trail with some designated on road cycling to join up with the Leaside Spur Trail. This will allow us to connect through Edward's Gardens to the Sunnybrook Park system. We hope to be able to explore the cycling paths going further south as the cycling season progresses and perhaps even be able to cycle the Don Trail through the various park systems right down to the lake.

**Who?** For those who have a comfortable and confident skill level with cycling

**Where?** -Route: Cummer Valley Ravine (East Don Parkland) and continue south through the Sunnybrook trail, Serena Gundy and Lord Seton Parks with perhaps a ride later in the Spring south on the Don Trail to the waterfront. Our cycling will be a combination of off road on the trails and some on road cycling to connect to the next trail.

- washrooms available

**Parking:** on Craigmont Drive north side (north of Cummer Avenue)

**Meeting Site:** Craigmont Drive and Cummer Avenue

**When:** Thursday mornings starting early May 2017 at 10:30 a.m. until the end of June. The change of time from 10:00 a.m. to 10:30 a.m. is to accommodate the cyclists who are coming from a bit further distance and are hoping a later start will assist them with negotiating morning rush hour. We also hope to start cycling earlier in May this year to get in some extra rides and to accommodate those who head to the cottage at the beginning of June.

### 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

# Cycling With An Assistive Bike

by Eileen Kearns – Convener

**Why this article?** Since the inception of the RTO/ERO District 23 Cycling Group, I have been approached by Retirees that have expressed an interest in joining the cycling group, citing their interest in re-connecting to a former activity which provides both great exercise and the camaraderie found while exploring this activity with like minded Retirees! The intent of this article is to remind people that we can approach many activities---just in a different way. I have avoided discussing specific Assistive Bikes, models and price range as I do not want to refer to any one product.

Some people have expressed that they would feel so much more comfortable returning to cycling if they could give their knees a break, especially when it comes to facing any inclines along the cycling path. With this in mind, I would like to suggest an Assistive Bike. It is important to note that this is distinct from a bike that is fully motorized where one is not getting the exercise of pedaling at any point but rather getting all the momentum from a motor.

**Findings:** Assistive Bike technology in all its variations is still a relatively new idea, but it is one that is catching on quickly and in many different forms. Assistive Bikes are identical in form and function to a regular bicycle but with the addition of a battery and motor that one can utilize when wishing the assistance of some automation. Often it can be operated by a manual throttle sometimes found on the handle bars. Another variation is where the bike is being powered by an automatic system that adds power when one is pedaling and then can be used to assist the cyclist on inclinations. There are a variety of variations and designs within this basic concept. The battery and motor do add additional weight to these bikes.

## Examples of Some Features Found on Assistive Bikes

- A. The battery may be inside/near the frame or mounted on a bike rack above the back wheel in some Assistive Bikes.
- B. Some Assistive Bikes may have a motorcycle-like throttle on the handle bars to activate the motor.
- C. Pedal assist can add a boost when riders push Pedal Assisted Bikes, pedaling gets the motor going with much of this based on a sensor system.
- D. Motors can be placed in different locations on Assistive Bikes such as near the pedals or in the hub of the rear wheel.

If one is investigating any of these cycling options make sure that you discuss the weight of the bike at the onset. A bike of 34 lbs is substantial to lift into a car but possible, however it is important to remember that you are also pedaling that weight when not using the assistive components. Then, of course, there is the price. Often the lighter the bike results in a higher price range. You should test cycle on some quiet streets near the cycling shop and ensure that you include inclinations using the assistive components of the bike to make your way up the inclinations. Definitely do all the test riding you need to while making a well informed decision to purchase, or, you may decide to wait until both the technology with the benefits of weight and price are where you would like to see them.

I plan to test cycle some Assistive Bikes on the street this Spring in order that I can compare the current technology to future technology.

**Conclusion:** The good news for all of us is that this technology will continue to improve fuelled by an active/engaged and yes aging population. We should reap the benefits of lighter powered Assistive Cycling at a lower cost in the near future!





## Health Service & Insurance

by George Meek – Convener

'Health Matters' is produced 4 times per year by the Health Services Insurance Committee (HSIC) and is included as part of 'Renaissance.' It is found on pages 34 to 41 in the 2016 Fall edition.

'HealthWise' is produced annually and is also included in this Fall edition as a pages 1 to 4 centerfold tear out between pages 24 and 25. 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 this Fall 2016 edition of Renaissance. Now you can organize your reading of the articles that interest you and then check them off.

We recommend that you retain 'HealthWise' with your new 2017 Benefits Booklet (in the inside front cover flap) which you have just received.

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](mailto:george.meek@sympatico.ca). Please 'look after your health and your finances'.

### Important Health Plan Matters:

From the HSIC Meeting in December:

We also had a presentation by Lorie Bissonette from the Ontario Teachers' Pension Plan; this is an annual visit from OTPP and is always useful from an actuarial point of view regarding anticipated numbers of retirements. We found out, for instance, that the oldest pensioner is 109.79, the average age of retirement is 58 and the average current age of those receiving pensions is 71.4 years.

The committee made a decision to waive the medical evidence requirement and implement an open-enrollment window for any individual insurance plan policyholders wishing to transfer their existing coverage into the RTO/ERO Group Insurance Plans (subject to RTO/ERO membership eligibility). The window will be open from February 1, 2017 to April 30, 2017. From now until April 30, 2017, we will treat those wishing to transfer from any individual insurance plan as if they were coming from a group insurance plan and therefore will waive the medical questionnaire requirement. Coverage with RTO/ERO will commence the day following the termination date of their prior insurance. Please direct insurance enquiries to our administrator, Johnson Inc., at 1-877-406-9007, and membership enquiries to RTO/ERO at 1-800-361-9888. If you need to leave a message, we are committed to returning calls within 24 hours. Please relay this news to anyone you know who could take advantage of this opportunity to improve their benefits.

Did you know...? That the Vision care benefit maximum applies every two consecutive calendar years and not every 24 consecutive months? For example, if you purchased new eye glasses in September 2015, you can purchase and claim new glasses any time after January 1, 2017. You do not have to wait until September 2017.

New Health Plan Booklets: You should have now received your new 2017 RTO/ERO Group Benefits Program and Out-of-Province/

Canada Travel Booklets (carry this booklet or a copy of same when you travel) along with your 2016-17 Winter edition of Renaissance.. Review carefully as these booklets are published only every 3 years and you need to keep them in a readily accessible safe place. Updates are published in each of the next 2 years and these should be filed on the inside cover flap of the foregoing for future reference. If you have not received yours, please call RTO/ERO at 416 962 9463. The 2014 Booklets and Updates should be destroyed. The recently received Update for 2017, and Going Places 2016/2017 should also be filed in the inside cover flap.

New Member Perks for Extended Health Care Plan Members: RTO/ERO and Venngo have entered into a partnership that now gives RTO/ERO members and their immediate family access to 1200+ discounts. Members can save on shopping, travel, entertainment, dining and much more. The affinity program is included for members who have RTO/ERO's Extended Health Care Plan (EHC). The cost for members who are not on the (EHC) is \$24.99/year. To start saving visit [www.rto-ero.venngo.com](http://www.rto-ero.venngo.com)

See page 4 of the 2017 Update for more information.

Changes Beginning January 1, 2017 to Extended Health Care and Dental: Prescription Drug benefit maximum will increase to \$3,300 per insured person per calendar year; Paramedical Practitioners maximum will increase to \$1,300 per insured person per calendar year for all practitioners combined; the maximum for incontinence supplies will increase to \$750 per insured person per calendar year; reimbursement for Dental will be updated to the 2017 Fee Guide for General Practitioners.

Reminder About Claims: All claims must be received along with a fully completed claim form, and must include original, legible documents. Please ensure that each receipt is complete with: the name of the patient; the date of service or paid in-full date for items purchased ; a description of the service or product; a breakdown of the charges; and the vendor's information. It is recommended that you keep photocopies of all receipts that are submitted. Please note that cash register receipts or credit card statements are not accepted.

Article(s) in Fall Renaissance Health Matters and HealthWise That Relate to Our Health Plans

Passing of a Member- important advice to every Health Plan member (Fall: Page 41)

Your Educational Program Benefit- what is it for which you can claim up to \$200 annually- see # 8 on page 21 (EHC) of the 2014 Health Plan Booklet (Fall: Page 41)

Reminders- E-claims; your receipts; prescription for test strips so ODB pays; and, submit claims on time (Fall: HealthWise Page 2- centerfold)

Insurance Benefits are Here to Help You- more on Best Doctors and Eldercare Select (Fall: HealthWise Page 3- centerfold)

Coverage at Age 65- do I need the Extended Health Care (EHC) Plan coverage since the government covers my your medications, etc.- (Fall: HealthWise Page 4-centerfold)

Fast Facts- 60 day grace period explained; Johnson Inc. has 2 walk-in office locations; insured dependent children studying outside of resident province (Fall: HealthWise Page 4)

Article(s) in Fall Renaissance Health Matters and HealthWise That May Be in the Interests of Your Health

Sex in Later Life- sex can be good for you (Fall: Pages 35 and 36)

Healthy Holiday Eating- do not let your healthy habits slide during the festive season (Fall: Pages 37 to 39)

Finding Your Way with Dementia- how a program developed by the Alzheimer Society helps to keep people safe in our community (Fall: Pages 40 and 45)

The Next Generation of Geriatricians- RTO/ERO Foundation from Women's College Hospital Research Institute (Fall: Pages 8 and 47)

Healthy Social Relationships- these are more important as we grow older (Fall- HealthWise Pages 1 and 2- centrefold)

### Health Related Articles

**Article 1:** Don't Let a Blockage Stop You- Focus on Pulmonary Embolism  
Pulmonary embolism is a blockage of one of the pulmonary arteries in your lungs, and they are usually caused by blood clots that travel to the lungs from the legs or (more rarely) from other parts of the body. Although anyone can develop blood clots (also known as deep vein thrombosis) and pulmonary embolisms, factors such as immobility, cancer, and surgery increase the risk for this life-threatening condition. Taking prompt, proactive measures to prevent blood clots in your legs, particularly if you are already in the hospital, is the best way to prevent pulmonary embolisms. Pulmonary embolism symptoms can vary greatly, depending on how much of your lung is involved, the size of the clots, and your overall health.

Common signs and symptoms include: shortness of breath, which appears suddenly and worsens with exertion; chest pain that may feel like a heart attack; and, coughing that sometimes produces bloody or blood-streaked sputum.

Other signs and symptoms that can occur with pulmonary embolisms include: leg pain or swelling, usually in the calf; clammy or discoloured skin; fever and excessive sweating; rapid or irregular heartbeat; and, light-headedness or dizziness.

Pulmonary embolism can be difficult to diagnose, especially in people who have underlying heart or lung disease. It is often confused with asthma attacks, pneumonia, bronchitis, or heart attacks. If your doctor suspects pulmonary embolisms, he can order a blood test to help rule it out as well as diagnostic imaging, including a CT scan of the lungs. And because nearly all patients with a pulmonary embolism have deep vein thrombosis, physicians should take precautions against the clot moving to the lungs.

Generally, if you feel that you are at risk for pulmonary embolism, you should immediately identify your concerns to your physician.

And whatever you may experience that prompts these concerns, you should rest assured that you can always get an expert opinion on your diagnosis or treatment options.

As part of your Best Doctors benefits, an in-depth review of your medical case by our experts will give you an easy-to-understand report that either confirms your diagnosis and treatment or recommends a change. If you think you may have pulmonary embolism or be at risk for it, take advantage of Best Doctors, eliminate any blockages to your correct diagnosis, and plan for the best next steps. The benefit of removing the doubt call: 1.877.419.2378 or visit [bestdoctorscanada.com](http://bestdoctorscanada.com)

**Article 2:** When the Symptom is a Headache, Finding the Right Treatment Shouldn't Be- Focus on Migraines and Cluster Headaches

Headaches, when they are severe and chronic, can be among the most mysterious of health conditions, indicating other conditions or sometimes simply existing as a standalone problem.

Cluster headaches occur in cyclical patterns or clusters, and they are one of the most painful types of headache. A cluster headache commonly awakens you in the middle of the night with intense pain in or around one eye on one side of your head. Bouts of frequent attacks, known as cluster periods, can last for several months, usually followed by remission periods when the headaches subside for many months, and sometimes even years. A cluster headache strikes quickly, usually without warning, although it is sometimes preceded by migraine-like nausea and sensitivity to light and sound. Common signs and symptoms during a headache include: excruciating pain, generally situated in or around one eye; restlessness; excessive tearing; redness and swelling in your eye on the affected side; and, stuffy or runny nose on the affected side. Other migraine-like symptoms—including sensitivity to light and sound—can occur with a cluster headache, though usually on one side.

A migraine, on the other hand, is usually a severe headache felt as a throbbing pain at the front or side of the head. Some people also have other symptoms, such as nausea, vomiting, and increased sensitivity to light or sound. The intensity and severity of migraines often cause misdiagnosis between the two types of headaches.

Cluster headaches are also sometimes confused with sinus headaches, further complicating the diagnosis.

The similarities between cluster headaches and migraines are subtle, but they are enough to make it difficult for your doctor to make a certain diagnosis. That's why patients with severe, debilitating headaches like these should take advantage of the Best Doctors service. If you have symptoms like the ones mentioned here, seeing your doctor is the first critical step

in your treatment. But as you begin the process, you can always count on the Best Doctors service to give you the peace of mind that comes from a definitive, detailed second opinion—taking the headache out of making medical decisions. The benefit of removing the doubt. Call 1.877.419.2378 or visit [bestdoctorscanada.com](http://bestdoctorscanada.com).



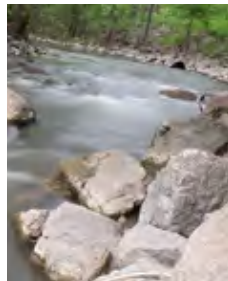
## Nordic Pole / Walking Group

by Kathy Shorney – Convener

Our walking and poling group will resume activities in March. Now that spring is here, we will continue to meet on the third Tuesday of each month at a central North York park or trail at a designated location. Everyone is invited to attend whether you chose to use Nordic Poles or just come for a walk with friends. Poling gives you an upper body workout as well as stability when you walk.

All fitness levels are welcome as you go at your own pace. We usually walk for about 1 hour. Washrooms are not always available. In June we are planning an event to mark Canada 150. Watch for details on the monthly email fan out.

*Please call Kathy with your weather questions at 416-225-1336 before 9:00 a.m. on the scheduled walk Tuesdays*



### Tuesday, March 21, 2017 – York Cemetery

Members are asked to enter on the east side of Senlac Road, north of Sheppard. Parking is on the roadway inside the gates.

### Tuesday, April 18, 2017 – Serena Gundy Park (Leslie and Eglinton - Wilket Creek)

Enter park southbound off Leslie Street. (Wilket Creek) Take the first left hand road in the park and proceed under the bridge. Follow the roadway to the parking lot.

### Tuesday May 16, 2017 – Toronto Botanical Gardens (Edward’s Gardens) (Leslie St. and Lawrence Ave.)

Park at the south/west end of the parking lot near the forest. We will tour the gardens after our poling walk.

### Tuesday June 20, 2017 – East Don Parkland (Leslie St. and Sheppard Ave.)

The parking lot is off Old Leslie on the north west corner of Sheppard Ave. Enter from west bound Sheppard Ave. via Old Leslie St. and turn right at the top of the roadway. Cross the bridge and turn right. Go straight to the parking entrance. To arrive from westbound Sheppard Ave. take the first right west of Leslie St. and the first right to the parking lot.



## Report from District Political Advocacy Committee

by Kathy Shorney – Convener

As District representative, I continue to monitor the current RTO/ERO activities related to the PAC Provincial committee. Recent information received included advance warning of the PAC Strategic Plan to be released in the next Renaissance magazine. Be sure to watch for it.

One of the Strategic goals is the concept of Age Friendly communities. The Provincial PAC committee is currently creating a list of criteria that district PAC reps can use to help assess the “age friendly status” of their communities. This is an important activity with the growing number of seniors who use and will need to access community services such as public transit, public buildings, safe access to sidewalks and pedestrian crossings. I am currently making a list of the community places and services that are of concern to our communities.

Coming soon to the Districts will be the information pamphlet “Standing up for Seniors“. This pamphlet will outline who RTO/ERO is and what we stand for. Other items the PAC committee is looking at is the Seniors’ Driving Test accessibility and the upcoming Federal Bill C-27 that if passed would make amendments to the Pension Standards Act. We are planning to have a voice in regard to both. Over the spring members of my committee will be visiting schools in North York to remind new retirees of the benefits of RTO/ERO membership, insurance plans and future retirement workshops.

If you have any concerns and or comments, please contact me: [k\\_shorney@yahoo.com](mailto:k_shorney@yahoo.com)





# Recruitment Report

by Mary Ellen Lawless – Convener

## RECRUITMENT NEVER ENDS.



This is a reminder to each person reading this report, you are a defacto member of the Recruitment Committee for District 23, North York and for RTO/ERO in general. While 2017 may be Canada’s sesquicentennial, 2018 will also be a year of special celebrations when RTO/ERO will mark its 50th (Golden Jubilee) of “being there” to those who have retired from employment in the world of education.

RTO/ERO provides not just excellent insurance programs but a system of organization at local levels known as Districts throughout Ontario and British Columbia. These Districts provide members with a wide range of social, physical, health, and travel-related opportunities to help maximize an enjoyable retirement experience.

You are being asked to read this copy of STONY Bridges carefully, diarize so you don’t forget, the activities you plan to join and then share this publication with anyone you know who is eligible but not yet a member of RTO/ERO, District 23. The 2017 application forms for membership are available from RTO/ERO Provincial office and are listed on the website

www.rto-ero.org under the title “Esprit”. You may also phone RTO/ERO at 416-962-9463 and ask that Esprit be mailed out to you to share with your friends/colleagues.

Our Executive Director, Jim Grieve, has included an excellent article entitled “How to Plan for a Worry-free Retirement (at any age)”. In addition, the pamphlet includes the application forms for membership and insurance options. There are no less than fifteen (15) categories of eligibility for membership including custodial, clerical/office employees, child-care workers, university/ college employees...etc. These folders will also be available for distribution at most STONY functions listed in this periodical and are worthwhile reading for even those of us who have been retired for some time as “things” change constantly.

Please phone me at 416-223-4969 if you have any questions about eligibility and membership in this dynamic organization.

Remember: as defacto members of the Recruitment Committee, our job of encouraging membership in RTO/ERO never ends!

March 2 - Retirement Planning Workshop 5 p.m.

April 20 - Retirement Planning Workshop 5 p.m.



## Speakers’ Series

by Marisa Agostini, First Vice-President

Annette Ulc, Account Executive and Best Doctor expert ,will be coming to speak to our members about the Best Doctor benefits for our members which include:

- the depth of services available through Best Doctors,
- reasons why members call Best Doctors,
- the medical conditions addressed by Best Doctors,
- the Best Doctors proprietary physician network,
- member testimonials and their experiences utilizing the benefits.

Eldercare Select expert, Jamie Marcellus, will also be joining us on the day to speak about the following options open to our members:

- health condition assistance,
- senior safety,
- transition advocacy,
- resource identification,
- home care procurement and
- general issues to seniors.



The session is presently half full. If you have not yet registered please do so at the below email address.

**Please RSVP to [marisaagostini1247@gmail.com](mailto:marisaagostini1247@gmail.com) by March 30, 2017**

Looking forward to seeing you at this informative session!

**Wednesday, April 5, 2017**

**11:00 AM- 12: PM**

Edithvale Community Centre

Demspey Room

131 Finch Ave W.

North York

M2N 2H8



## Goodwill Committee

by Gwen Bumbury – Convener

In the Fall of 2016, a proposed amendment to the Policy was put forward to District 23, North York Executive. It was considered, discussed and approved by the Executive. The amended Policy is as follows:

### Memoriam Policy

- That a budget line be created in the Goodwill budget for in Memoriam Donations
- That the budgeted money be distributed (B)to RTO/ERO Foundation
- That in Memoriam Donations be submitted to those organizations by the 31st of (U)October of each calendar year
- That an In Memoriam card be inserted with the Sympathy card, which goes to the family of a deceased District member

Beginning this year 2017, District 23 will make a donation to the RTO/ERO Foundation in support to the Foundation's mission to improve the quality of life of seniors.

To learn more about the Foundation visit [www.rto-ero.org/rtoero-foundation](http://www.rto-ero.org/rtoero-foundation)

Members celebrating a 70th or 90th birthday during 2017, are invited to be guests at the AGM/Spring Luncheon on Wednesday, May 24, 2017. The 70 years old members are encouraged to complete the appropriate form that is found in the Stony Bridges and indicate that you are our birthday guest. For those members born in 1927, a personal invitation will be sent closer to the date of the event. Please mark your calendar and plan to attend if possible. This is a great time to celebrate significant milestones with friends and colleagues.

District 23, Goodwill Committee has continued to send birthday cards to all members celebrating a significant birthday, namely: 80, 85, 90 and 95.

**Did you move?** Please remember to inform the Membership Department at the Provincial Office to update your address -- this would avoid mail returned.

### Reminder

Please inform the Executive or members of the Goodwill Committee when you become aware of a member who is ill, and if they would welcome a phone call or a visit.

### 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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### 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](mailto: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.



# Annual General Meeting and Spring Luncheon

Presented by RTO/ERO District 23, North York



**Date: Wednesday, May 24, 2017**

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 (vegetarian 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 Thyme roasted chicken breast with natural au jus
- Both entrees served with roasted potatoes and seasonal vegetables
- Burnt almond parfait
- Assorted fresh-baked rolls, flatbreads and butter
- Coffee/tea

**COST:** Member & guest \$24.00 Additional Guest \$41.00  
**CUT OFF DATE:** Friday May 19, 2017  
**70 Year Olds:** Members born in 1947 dine free.

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 24, 2017 – 9:30 a.m.

**COST:** \$24.00 | **CUT OFF DATE:** Friday, May 19, 2017

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

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

**# of tickets** \_\_\_\_\_ **@ \$24.00** **Cheque enclosed for \$** \_\_\_\_\_ **.00**

**Born in 1947 (70 years old this year), dine free:** \_\_\_\_\_ **Name:** \_\_\_\_\_

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

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.



# District 23 Trips & Events

by Mary Valtellini & Mary Denise Venditti – Conveners



## Mrs. Henderson Presents

**Wednesday April 19, 2017**

2:00 p.m. *Matinée*

Royal Alexandra Theatre –  
260 King St. W.

Direct from London’s West End comes the new hit musical **Mrs. Henderson Presents**.

It’s London, 1937 and recently widowed eccentric, Laura Henderson, is looking for a way of spending her time and money when her attention falls on a rundown former cinema in Great Windmill Street. Hiring feisty impresario Vivian Van Damm to look after the newly renovated Windmill Theatre, the improbable duo present a bill of non-stop variety acts. But as war looms something more is required to boost morale and box office... When Mrs. Henderson comes up with the idea of the Windmill Girls – glamorous young women posing as nude statues – audiences flock.

**COST: : \$78.00 | CUT OFF DATE: Friday, March 17, 2017**

25 tickets available

If you wish to attend please fill out the form on page 22.



## Strictly Ballroom The Musical

**Wednesday, June 21, 2017**

2:00 p.m. *Matinée*

Princess of Wales- 300 King St. W.

Get ready to fall in love with “Strictly Ballroom The Musical”.

From the award winning visionary Baz Luhrmann, creator of “Moulin Rouge”!, “Romeo & Juliet” and “The Great Gatsby”, comes “Strictly Ballroom”, a brand new musical for the stage inspired by his classic film.” Strictly Ballroom The Musical” tells the inspiring story of Scott, a championship ballroom dancer who defies all the rules and follows his heart, not only to find his true calling but also his true love. Directed and choreographed by Olivier Award-winner Drew McOnie and featuring songs from the hit film including,” this dazzling new musical is the perfect show for all the family.

Don’t miss your chance to experience the story that inspired the world to dance.

**COST: \$82.00 | CUT OFF DATE: Friday, May 19, 2017**

25 tickets available

If you wish to attend please fill out the form on page 22.



## 1,000 Islands Cruise

**Wednesday, May 31, 2017**

9:00 a.m. *Approx. return time: 7:00 p.m.*

Willowdale United Church

349 Kenneth Ave. North York

Join us for a lovely spring cruise on the St. Lawrence River aboard the Island Queen for a Luncheon cruise complete with jazz entertainment. Our Luncheon cruise follows the “Hearts of the 1000 Islands” route for an in-depth exploration of the 1,000 Islands with live entertainment featuring a delicious buffet lunch on the Island Queen. The tour cruises by small cottage islands and grand estates that attracts visitors from around the world.

En route home, we will stop at the Big Apple. The world’s Biggest Apple is an ideal tour stop offering a serene country setting, extensive menu, and delicious apple pies (as well as many other varieties), baked on the premise..

**COST: : \$125.00 | CUT OFF DATE: Wednesday, April 26, 2017**

Maximum 45 people

If you wish to attend please fill out the form on page 22.



## Death of a Salesman at St. Jacobs Country Playhouse

**Thursday, October 12, 2017**

9:00 a.m. *Approx. return time: 6:00 p.m.*

Willowdale United Church

349 Kenneth Ave. North York

Join us for a lovely Fall trip to a favourite Ontario site. Spend time at St. Jacobs Farmer’s Market. Hundreds of food and craft vendors bring you Ontario’s farm fresh produce, meat, cheese, baking and more. A delicious buffet lunch is included at Crossroads. Then it’s show time at St. Jacobs Country Playhouse for the “Death of a Salesman”..

**COST: : \$126.00 | CUT OFF DATE: Monday September 11, 2017**

Maximum 47 seats

If you wish to attend please fill out the form on page 22.



# The Retired Teachers of Ontario Foundation Update

by: Mary Valtellini – Foundation Representative

The Foundation is pleased to announce the funding of its first project addressing the challenges of social isolation in older adults. The inaugural grant of \$50,000 is awarded to the Hamilton Council on Aging to support the Hamilton Seniors' Social Isolation Project, a collaboration between seven community organizations. The project aims to measurably reduce the rates of seniors' social isolation, where risk factors for isolation – such as living alone, disability, poor health, language barriers, poverty and lack of access to services and supports – are most prevalent.

The Foundation's Grants Review Committee, made up of experts in the field of aging, recommended that five grants be approved. These include:

- Ryerson University, AGE and McMaster University to evaluate a standardized, online Dementia Education.
- Program for post-secondary health care students. The project aims to build students' capacity to support patients with dementia who display challenging behaviours with non-medical intervention.
- The Northern Ontario School of Medicine, University of Guelph, University of Ottawa, and Lakehead Universities to develop a toolkit for healthcare professionals caring for older LGBT adults facing the end of their lives. This project incorporates both research and training, and will benefit LGBT seniors across Ontario – in urban, rural and remote communities.
- Mount Sinai Hospital and the University of Toronto to evaluate a Geriatric Education Program for Orthopedic Surgery Residents. This mandatory Orthogeriatrics rotation aims to strengthen geriatric competencies among orthopedic trainees, leading to a new generation of orthopedic surgeons better equipped for the care of the growing adult and older population.
- Baycrest Hospital, the University of Toronto, Meighen Manor, and Re kai Centres at Sherbourne Place and Wellesley Central Place, to investigate the benefits of using cognitive stimulation with elderly long term care residents during friendly visits by volunteers. The Project aims to show that the use of cognitive stimulation exercises used in conversation with residents will lead to improved behaviours, mood and quality of life.

Funds will be awarded following Ethics Board Approval from each grantee.

## Foundation Staff Announcements

Following the approval of a growth plan for the Foundation at its meeting on September 19, 2016, the RTO-ERO

Foundation is investing in additional resources in order to increase Foundation donations and the ultimate impact on enhancing the lives of seniors.

Jo-Anne Sobie will take on the role of full time Executive Director.

Yolanda Bronstein will shift her focus, as part time Director of Granting and Donor Stewardship, to further develop the foundation's granting portfolio.

Deanna Byrtus will continue in her role as Foundation Coordinator.

## Report to Senate by Dr. Rochon, RTO-ERO Chair in Geriatric Medicine

Dr. Rochon spoke about the changing nature of our aging population, particularly those 85 years and older, and those in the oldest age category – our centenarians. Here are some interesting facts:

- There are currently more than 750,000 people aged 85 and older in Canada
- There is limited research data on these older adults
- In the past 15 years, there has been more than a 70% increase in those reaching 100, with 5,825 centenarians currently living in Canada
- More than 100 centenarians are members of the Retired Teachers of Ontario, 70% of whom are women
- With less than 100 geriatricians in Ontario, and over 1.8 million seniors over 65, we need to ensure that every clinician caring for older adults is competent in geriatric principles and practices

Dr. Rochon's research will document changes to the size of the centenarian population over the past 15 years; and will create a profile of centenarians to better understand who they are, and what care they are receiving.

## Thank-you Johnson Inc.

Johnson Inc. has agreed to shorten the period of their ongoing pledge to the Foundation from 5 to 4 years, resulting in a donation of \$75,000 in each of 2017 and 2018.

## Please support and donate to the Foundation:

Phone: 416-962-9463 or 1-800-361-9888

Email: [jsobie@rto-ero.org](mailto:jsobie@rto-ero.org)

### Mrs. Henderson Presents – Wednesday, April 19, 2017 – 2:00 p.m.

COST: \$78.00 | CUT OFF DATE: Friday, March 17, 2017

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.*

### 1,000 Island Cruise – Wednesday, May 31, 2017 – 9:00 a.m.

COST: \$125.00 | CUT OFF DATE: Wednesday, April 26, 2017

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

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

# of tickets \_\_\_\_\_ @ \$125.00 Cheque enclosed for \$ \_\_\_\_\_ .00

Please make cheque payable to “MARY MORTON TOURS” 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.*

### Strictly Ballroom The Musical – Wednesday, June 21, 2017

COST: \$82.00 | CUT OFF DATE: Friday, May 19, 2017

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

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

# of tickets \_\_\_\_\_ @ \$82.00 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.*

### Death of a Salesman – Thursday, October 12, 2017 – 9:00 a.m.

COST: \$126.00 | CUT OFF DATE: Monday, September 11, 2017

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

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

# of tickets \_\_\_\_\_ @ \$126.00 Cheque enclosed for \$ \_\_\_\_\_ .00

Please make cheque payable to “MARY MORTON TOURS” 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.*

# 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 ...

It was the Spring of 2008...

by Mary Cairo – Archivist



## 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](mailto: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](mailto:g.macneil@bell.net).

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### STONY BRIDGES

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