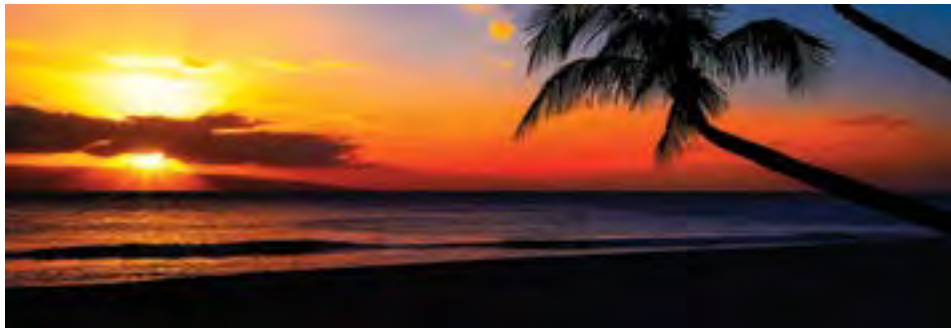




As any doctor can tell you, the most crucial step toward healing is having the right diagnosis. If the disease is precisely identified, a good resolution is far more likely. Conversely, a bad diagnosis usually means a bad outcome, no matter how skilled the physician.

Andrew Weil Page 15





In Memoriam

With great sadness 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, 2017 to January 31, 2018:**

October: Jean Dodd, Gladys Giles, John Gillett, James Hughes, Louise Ingleton, John Keery, Jean Langevin, Elizabeth Matthews, Velma McNaughton, Donna Munro, Sheila Murphy, Helene Royes, Mary Spergel, Ruth Thompson, Mary Warner-Smith, Marilyn Whatley, Marion Wilston, Joan Young, Ruth Zwimpfer

November: Helen Fox, Filomena Grieco, Ruth Ko, Eileen Yorke

December: Glenna Bennett, Rae Brownsell, Daniel Carrigan, Ethel Daft, Dorothy Dies, Peter Englehutt, Brenda Formosa, Elsie Hurst, William Jerrard, Ruth Maher, Josephine Moynagh, Robert Pinkney

January: Wanda Belza George Dingman, Samuel Habib, Albert Rosettis



New Members

by John Giannone – Convener ~ johngiannone01@gmail.com

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, 2018 RTO/ERO District 23 has a total membership of 2816 members.

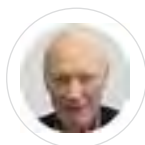
The following information was taken from RTO/ERO Provincial's monthly updates from **October 1, 2017 to January 31, 2018:**

October: Joseph Beitchman, Helena Cudzilo, Julius Gilden, Loretta Hill, Cheryl Keery, Rosalie Selick, Anna Stirpe, Doris Waltman

November: Shosh Brenner, Eula Browne, Lizbeth Crabb, Debby Culotta, Frances Hayos, Paul Ko, Maureen Painter, Maria Ribeiro, Mary Alice Smulders, Susan Weinberg

December: Sharron Beder, Barbara Pinkney, Cecilia Vitorio

January: George Biro, Carol Clarke, Laura Cobbedick, Linda Dingman, Irmgard Habib, William Hurst, Nicola Isabella, Earl Levi, Gail Rosettis



A Social Opportunity

by George Meek – Convener ~ george.meek@sympatico.ca 416-226-3568

Social Opportunity to Get Together With Retired North York Colleagues and Others

'Retreads' began as a North York organization of retired Principals, Vice Principals, Consultants, Supervisory Officers, and Educators and then more recently expanded to include all from the TDSB. We now have over 150 members. We offer annually a Directory of members and others, 2 luncheons at The Thornhill Club, and a golf tournament, which provide opportunities for you to renew acquaintances with colleagues and friends. We welcome membership from previous 'North Yorkers' and from across the TDSB. If interested, please contact Sharon Basman at sharonbasman@gmail.com or [416-768-3311](tel:416-768-3311).

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Cycling

by Eileen Kearns – Convener ~
eileen_kearns@edu.yorku.ca



The RTO/ERO District 23, North York Cycling Group is looking forward to a great 2018 Spring Cycling Season, especially after a very real winter. This spring we will continue to explore longer rides and will hopefully repeat a trip from Sunnybrook Park to the Distillery District. Later in the spring we also hope to take a ride from Sunnybrook Park down to the Martin Goodman Trail and continue along it for a stretch enjoying the beauty of Lake Ontario! Some of these trips will 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. For our more southerly rides that will take us to the Distillery District or the Martin Goodman Trail, we will commence these trips from Sunnybrook Park and ride down the Lower Don Trail.

Please Note: The dates we do the longer rides where we meet at the Edward’s Gardens washrooms, will be determined by the group later in June when everyone is ready for the longer cycling trip. Initially we will meet on Craigmont Drive.

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 hopefully with later Spring rides heading south on the Don Trail to the waterfront and perhaps part of the Martin Goodman Trail.

Our cycling will be a combination of off road on the trails and some on road cycling to connect to the next trail.

Washrooms are available.

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

Meeting Site: Craigmont Drive and Cummer Avenue

Parking: (see above Note): Sunnybrook Parking lot for rides that we take heading further south.

Meeting Site: in front of the Edward’s Gardens washrooms.

When: Thursday mornings starting in May 2018 at 10:00 until the end of June. If there are enough interested cyclists, we can cycle a few other dates in the summer months. Based on interest, this will be arranged later in the Spring.

Dates: May 17, 31 and June 7 and 21

Requirements - Participating cyclists must have:

- bike with bell
- air in tires
- bicycle helmet certified approved by CSA, Snell, ASTM, CPSC, or ANSI worn
- running shoes
- water bottle



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 page) 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: Maureen Capocosta at mrcapocosta@sympatico.ca 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 15, 2018**

President's Report

by Marisa Agostini – President

~ marisaagostini1247@gmail.com



Despite frigid weather conditions in the last couple of months, we have continued to have a great turnout at most of our activities and events. This speaks volumes about all of our RTO/ERO District 23, North York members who have an appetite for socializing and gatherings. This also says a lot about our district conveners who carry out the activities with passion and intent. District 23 takes pride in promoting activities that help promote a healthy lifestyle! Our members are regularly engaged in a number of physical activities such as walking, city hiking, strolling, biking and periodically golfing! Combined with activities such as the book club, the bridge club, the knitters group and the theatre outings these are all great opportunities to meet new people, acquire new friendships and share camaraderie. What a great way to prevent social isolation! A healthy mind and a healthy body are important in the prevention of poor health. Kudos to all of the members who take the time to be part of one or multiple activities.

Presently there are two executive positions open on the District 23, North York Executive: Photography and Second Vice President. We invite anyone who is interested in filling these important posts to call me at 647-728-2481. These are great leadership opportunities and a chance to give back to others

The following are this year's social event dates

AGM/Spring Luncheon: June 6, 2018

Champagne Breakfast: September 27, 2018

District 23's 45th and RTO/ERO's 50th Anniversary Celebration: November 14, 2018

Our organizing committee continues to plan for District 23's 45th Anniversary and RTO/ERO's 50th Anniversary celebration! Please mark the above date on your calendar. I look forward to seeing as many of you join us as possible to commemorate both milestones! In the near future, we notify you of the three District 23 recipients for the special June Szeman 50th Anniversary Award. This award is an acknowledgement of outstanding leadership and exceptional work provided by the three members at the district and/or the provincial level.

Important News! As of February 9, 2018 RTO/ERO has successfully been incorporated under the Canada Not-for Profit Corporations Act. This will reduce the personal fiduciary risk to corporate members; it aligns RTO/ERO with other modern and highly relevant not-for-profit organizations; and it also makes sure that RTO/ERO is now compliant with up-to-date legislation. In other words, RTO/ERO has been made a substantially stronger voice for members and seniors now that it's under the CNCA. This year Senate will be held on May 28-29 at which time a new board of directors will be elected. More to come on this matter and other important news to come after this date.



*45th /50th
Anniversary Luncheon
Celebration*

Details to Follow

March

- 1 [North York Strollers](#)
- 6 [Bridge](#)
- 13 [Bridge](#)
- 14 Executive Meeting
- 15 [Needlework & Crafts](#)
- 20 [Nordic Pole Walking, Bridge](#)
- 21 [Have-a-Java](#)
- 27 [Bridge](#)
- 28 [Book Club](#)

April

- 3 [Bridge](#)
- 4 Cut-off Date, [Annie](#)
- 5 [North York Strollers](#)
- 7 Cut-off Date, [Overview of Alzheimer's Disease and Other Dementias](#)
- 10 [Bridge](#)
- 11 Executive Meeting, [Speaker Series](#)
- 17 Nordic [Pole Walking, Bridge](#)
- 18 [Have-a-Java](#)
- 19 [Needlework & Crafts](#), Retirement [Planning Workshop](#)
- 24 [Bridge](#)
- 25 [Book Club](#)

May

- 1 [Bridge](#)
- 3 [North York Strollers](#)
- 8 [Bridge](#)
- 9 Executive Meeting
- 15 [Bridge](#)
- 16 [Have-a-Java](#)
- 17 [Cycling, Needlework & Crafts](#)
- 22 [Bridge, Nordic Pole Walking](#)
- 23 [Annie](#)
- 29 [Bridge](#)
- 30 [Book Club](#)
- 31 [Cycling](#)

June

- 1 Cut-off Date, [AGM & Spring Luncheon](#)
- 5 [Bridge](#)
- 6 [AGM & Spring Luncheon \(Special Event\)](#)
- 7 [Cycling, North York Strollers](#)
- 12 [Bridge](#)
- 13 Executive Meeting
- 19 [Bridge, Nordic Pole Walking](#)
- 20 Cut-off Date, [The King & I](#)
- 21 [Cycling](#)





Bridge Report

by Alan Ward – Convener – alanward@interlog.com

905-889-3687

The Bridge Club will meet at Willowdale United Church on Kenneth Avenue just north of Church St (south of Finch, 2 blocks east of Yonge) every Tuesday until June 19th. Play will resume on September 11th 2018. New members are welcome: please try to arrive by 12.45 p.m. Basic instruction is provided on request. 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. 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 on one or more occasions in the first five rounds between September 26th 2017 and February 6th 2018.

Tony Cribbin, Yvonne Gordon, Bev Henricks, Marilyn Johnson, Irene Loberto (4), Larry Miller, Jerry Tenenbaum, Alan Ward, Lee White

The Slam Bidders

Sep 26	Irene Loberto & Alan Ward	7S bid 7S made
Sep 26	David Fleming & Sophia Ng	6S bid 6S made
Oct 3	Larry Miller & Marg Jang	6S bid 6S made
Oct 3	Kathy Shorney & Yvonne Gordon	6S bid 6S made
Oct 10	Alan Ward & Larry Miller	6N bid 6N made
Oct 17	Larry Miller & Anna Bloom	6S bid 7S made
Oct 17	Larry Miller & Angela Jutlah	6H bid 7H made
Oct 31	Ann O’Neill & Irene Loberto	6H bid 6H made
Oct 31	Irene Loberto & Ann O’Neill	6D bid 6D made
Nov 14	Larry Miller & Alan Ward	6N bid 6N made
Nov 28	Irene Loberto & Mary Tator	6H bid 6H made
Dec 5	Hilary Schneeweiss & Irene Loberto	6S bid 6S made
Jan 9	Bev Henricks & Lee White	6H bid 7H made
Jan 9	Lee White & Ruth Hudson	6H bid 7H made
Jan 9	David Fleming & Marg Jang	6D bid 7D made
Jan 30	Jerry Tenenbaum & Alan Ward	6S bid 6S made



Webmaster Report

by Michael Astill – Convener – astill@sympatico.ca

I encourage all of our RTO/ERO District 23, North York members to receive STONY Bridges by e-mail. It is cost effective and environmentally friendly. Currently there are 206 members that receive STONY Bridges electronically. Please consider adding your name to this list for the summer edition of our very informative magazine.

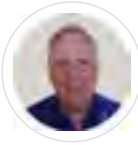
Check out our new and improved version of the website.

Have you considered getting involved in District 23 events? You can sign up for a short-term project that meets your busy schedule. Try shadowing an executive member as a mentee; communicate directly to executive through e-mail or phone. Your expertise and time would be much appreciated.

Facebook is now live. I encourage members to access Facebook for updates. Thanks to Karen Quinn and Elizabeth Clarke for administering the pages. You can access our Facebook site at <https://www.facebook.com/rtoerodistrict23/>



On our Facebook site, this picture from the 1980s, features one of our past-presidents, Claire Piché, holding the North York, District 23 banner.



STONY Bridges

by Flick Douglas – Newsletter Editor~ omanflick@gmail.com.

STONY Bridges

STONY Bridges continues to seek contributions from the members of RTO District 23, North York. This month we are fortunate enough to be publishing the work of three members who are not part of the executive. Please consider submitting! As part of RTO's 50th-anniversary and District 23's 45th-anniversary celebrations, the next issue STONY Bridges will be expanded by fifty percent. We would like district members to take this opportunity to compose a story, poem, or image relating to some memory of the period that RTO has existed. Photos of memorable events are also requested.



Stay Connected With Email Updates

by Karen Quinn – Communications ~ kquinn56@gmail.com

E-Bulletins

Each month, E-Newsletters are sent out to all registered members highlighting District 23, North York's 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.

Your name is added to participate in our email fan-out as soon as RTO/ERO Provincial forwards us your registration information. You will always be connected unless you choose to unsubscribe. We currently have about 1375 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. From time-to-time updates are mailed mid-month to update members about important notices or a change in status for upcoming events: availability of theatre tickets, program cancellations, change of location, etc.

You can also register on our website: <https://district23.rto-ero.org/newsletters>

Please scroll down on the main page and you will note the blue flashing oval: "E-Mail Update" It is important to be connected!

Our emails will arrive in your boxes from Karen Quinn -- "RTO/ERODistrict23". Please make sure to add that name to your accepted contact list to receive regular emails from our group.

Mail Chimp is the organization used to create our monthly E-Newsletters, and it is distributed through the Provincial RTO/ERO domain. Your information will remain confidential.

If you have any questions or you are not receiving our communications, please email: kquinn56@gmail.com

Follow Us On Facebook!

In late December, 2017, along with Elizabeth Clarke-Meneguzzi, an RTO/ERO District 23 Facebook page was developed under the guidance of the Provincial Office. Our site is still a work in progress, but check us out at the link below for a chance to explore what is new in District 23, North York. LIKE our page, send us a message, take the opportunity to read professional articles about services offered and see the latest updates from Provincial. Our E-Newsletter will be published monthly on the site as well as STONY Bridges. Please FOLLOW us on our new, exciting adventure.

<https://www.facebook.com/rtoerodistrict23/>



Have-a-Java

by Margaret Schuman – Convener ~ schumanmp@gmail.com

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.

We will continue to meet at Bayview Village in the east foyer, in front of Pusateri's Fine Foods. There is a \$3.00 subsidy to each member who obtains coffee and a treat, signs in and then joins in the group for an exchange of friendship and ideas in conversation with the group.

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 from 10:00 a.m. to noon

Wednesday, March 21, 2018

Wednesday, April 18, 2018

Wednesday, May 16, 2018





Report from The District Political Advocacy Committee

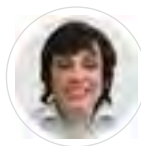
by *Kathy Shorney* – Convener ~ k_shorney@yahoo.com 416-225-1336

The District 23 Political Advocacy Committee (PAC) continues to be active in making sure that all current and future members are aware of relevant issues and initiatives to support Aging with Dignity. In October the Provincial Political Advocacy representatives initiated a meeting with Members of the Legislature at Queen’s Park. At that time they expressed our concerns about issues relating to senior services and current needs of our aging society including our RTO/ERO members. Ongoing monitoring, possible future meetings and communications with the Provincial representatives will occur as we continue to express the needs and concerns of our current and future members to ensure we live in a Province that provides the resources we need now and in the future.

The June provincial elections are fast approaching. Over the next few months the members of your local PAC committee will be visiting schools to distribute materials related to RTO/ERO membership, the benefits both of the insurance plans and our political advocacy initiatives. Since 17 new ridings have been created across the province we will be stressing that current and

future RTO/ERO members check they are on the electoral roles in their voting districts. As we are a non partisan organization we will continue to encourage teachers to attend All Candidates Meetings and to ask questions related to creating and maintaining a health care system that provides comprehensive services for seniors and support for their care givers. Other programs and services that we should make candidates aware of are incentives to create Age Friendly Communities, expansion of services including community services such as Meals on Wheels and accessible transportation, provision of and support for caregivers for seniors, tax rebates and affordable housing. It is important that we encourage our friends and colleagues to support our concerns.

Our Provincial RTO/ERO social media advertising campaign will be focused on our ongoing initiatives: Geriatric Training for Medical Personal, Age-Friendly Communities, and Elder Abuse; Bill 33 – Long-Term Care Homes Act will be incorporated into each of these issues.



North York Strollers

by *Joanne Famiglietti* – Convener ~ jcfam12@gmail.com 416-483-4968

The Strollers walk on the first Thursday of every month regardless of the weather. Come dressed for the weather and prepared to enjoy friendship and the beauty of nature and our city. Meeting places are listed for each walk.

Please join us on the first **Thursday of each month at 10 a.m.** New walkers are always welcome!

Thursday, April 5, 2018

Cham Shan Temple

Led by JoAnn Slack

Meet at Finch Street Subway Station-bus platform



Thursday, May 3, 2018

Harbourfront - The Music Garden

Led by Joanne Famiglietti

Meet at Queens Quay



Thursday, June 7, 2018

Centre Island

Led by Joanne Famiglietti

Meet at Ferry Docks 9:45 Sharp!





Notes from the Provincial Pension and Retirement Concerns Committee

by Gwen Scriven - Convener ~ gwscriven@gmail.com 416-226-0226

Recently the Ontario Teachers’ Pension Plan has restored complete indexing. Does this mean that if I retired after 2009, that I will not be affected by future shortfalls to the plan?

Answer

No, while complete indexing has been restored at this time, the inflation protection levels will be invoked to address all future shortfalls. You will be affected, and your indexing will be reduced according to your years of service after 2009, as stipulated in this chart.

The inflation protection

There are three levels of inflation protection and they are based on when you earned pension credit: before 2010, during 2010 to 2013, and after 2013.

When you earned your pension credit	Inflation protection level	What it means after you retire:
Before 2010	100%	This portion of your pension will keep pace with annual increases in the CPI.
During 2010–2013	50% to 100%	This portion of your pension will receive at least 50% and up to 100% of the annual increase in the CPI, depending on the plan’s funded status.
After 2013	0% to 100%	This portion of your pension will receive from zero to 100% of the annual increase in the CPI, depending on the plan’s funded status.

Your pension is indexed annually in January. It is based on the Canadian price index (CPI) and is calculated as of the end of September of each year. In January 2018, you’ll receive a pension increase equal to 100% of the annual CPI increase. If you retired after 2009, your pension will be restored to the level it would be at if the 100% inflation protection has been provided on January 1, 2017. If you retired in 2017, your first pension increase will be prorated from your last day of credit in 2017.

(Source OTPP)

Expanding your Knowledge

As a continuing work of the Pension Committee we monitor different organizations that deal with pensions and seniors’ issues. Here is a link to one of these groups that you might find interesting.

CAMH’s Geriatric Mental Health Services (GMHS) is dedicated to the provision of specialized, interprofessional assessment, treatment, consultation and follow-up services to older persons with mental health concerns, with or without addiction issues. www.camh.ca



Needlework & Craft Group

by Margaret Schuman – Convener ~ schumanmp@gmail.com

Thank you to the many members who have donated yarn, buttons, lace and much more for use in our various projects. All these items are being used in very creative and stimulating ways and we have kept a great deal of “ bits and pieces and leftovers” from landfill sites. We continue to welcome these donations.

We continue to welcome new members to the group. 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 following Thursdays from 9:30 a.m. til noon.

Thursday, March 15, 2018

Thursday, April 19, 2018

Thursday, May 17, 2018

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

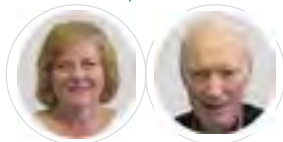
Margaret Schuman – schumanmp@gmail.com

RTO/ERO District 23, North York History

by Mary Cairo – Archivist ~ mcairo@rogers.com

and George Meek – george.meek@sympatico.ca

[416-226-3568](tel:416-226-3568)



District 23, North York was officially established in 1973 when Murdock McIver, President of District 16, Toronto, introduced the formation of districts for the Superannuated Teachers of Ontario. District 23, North York includes retirees of the Toronto District School Board, the Toronto Catholic District School Board, the Toronto Francophone schools and retirees from other school boards and from the larger educational community. Founding members of District 23 were: Bruce Dawson, Jean Featherstone, Viva Heaton, Helen Lang, Dick Webster, and Dorothy Young. At that time, each district was invited to send a representative to Senate. Our first President, Bruce Dawson (1973-1974) and Dr. Charles Phillips, Senator represented the new district.

During Senate in 1989-1990, District 23, North York proposed a name change from Superannuated Teachers of Ontario (STO/ERO) to The Retired Teachers of Ontario. In 1998, the Senate officially implemented this change of name.

All are welcome to join RTO/ERO District 23, North York. Our large executive plans a wide range of activities to support member interests. Inclusivity is the base from which the district develops focus areas. Consideration for the diversity of our members results in robust support for our activities.

The RTO/ERO Founding Member Award

Jack Foote (President - 1983-84) was one of the early recipients of this prestigious provincial award for outstanding contributions to STO/ERO at the time. George Meek also received the Founding Member Award at the 2007 Fall Senate. He was recognized for outstanding service at the provincial level, as a result of his work (1996-2005) as member and Chair of the Health Services and Insurance Committee and later for his contributions as member of the Constitution Committee and his parliamentary work as a member of the Speaker's team at Senate.

RTO/ERO Distinguished Member Award, 2017

Mary Ellen Lawless, a recipient of the RTO/ERO Distinguished Member Award, 2017, has been an active member of the executive of District 23 since 2004. She held the position of President from 2006-2007 and was Associate Editor of Stony Bridges for 10 years. More significantly, Mary Ellen was Chair of the Toronto Districts' Retirement Planning Workshop Committee for over 10 years and received recognition for her overall contribution to the recruitment of new members.

Project Service to Others

As a district, we are most proud of our commitment to and member involvement in community initiatives through Projects Service to Others.

Year	Project Service to Others
2000	Willowdale Community Centre provides Educational Assistance to Needy Students
2001	Daycare Teacher training in Belo supports the training of Horizonte, Brazil Daycare Teachers
2002	Summer Camp Vacation for Inner City ESL Single Moms
2004	Circus Circus! The Therapeutic Clown Program at the Hospital for Sick Children
2006	Peer Support Groups for Young Women experiencing Poverty and Abuse
2007	Soul to Soul Webcast – Youth Program
2009	Eileen's Project: Supporting Children and Families with HIV and AIDs through The Teresa Group
2010	Every Child a Reader: Supporting the Work of the Children's Book Bank
2011	Supporting the Children at the North York Women's Shelter
2012	Soaring Heights: Supporting the Native Canadian Centre of Toronto's Youth Literacy and Arts Programs
2013	Sensational Seniors: Supporting the Work of the Downsview Services for Seniors
2014	Canadian Helen Keller Centre: Supporting activities for those with Hearing and/or Vision Impairments
2015	Academics, Leadership and Learning: Supporting L2L, Licensed to Learn, Empowering Students, Tutor Training
2016	Beyond Borders: Training the Trainers in Uganda Education
2017	Room for a Child: Creating Rooms for Children Living in Unpleasant Circumstances



Goodwill Committee

by Gwen Bumbury – Convener

One of the activities of the Goodwill Committee is dedicated to sending out cards to the sick, the bereaved and those celebrating significant birthdays. Last year approximate 200 birthday cards were mailed to our members including two members who celebrated their 102 and 103 birthdays respectively. Once again, we would like to extend our best wishes to these members.

Reminder: Kindly notify Provincial RTO/ERO if your address or phone number changes.

Significant Birthdays

District 23 recognizes members reaching milestone birthdays, namely: 80, 85, 90, 95 and over. In honour of our members who reach these significant birthdays, District 23, North York makes an annual financial donation to the Toronto Foundation for Student Success and the Angel Foundation for Learning. These two registered charitable organizations provide support to the nutrition programs in both the Toronto District School Board and the Toronto Catholic District School Board in Toronto.

Last year, October 18, 2017, I was fortunate to be invited to join a group of supporters and partners to visit two TDSB schools where we saw a breakfast program in action. The visit to the schools was part of the Annual Feed Tomorrow campaign raising awareness about hunger and nutrition and their effect on education. It was inspiring to see how our yearly contributions to the two organizations continue to help make a difference in the daily lives of students; providing them with healthy meals necessary for growth and learning. In addition to supporting the nutrition program, both organizations provide financial assistance to students in need.

Should you be interested to learn more about these organizations: visit www.tfss.ca or call 416-394-6880; www.angelfoundationforlearning.org or call 416-222-8282 ext.2195

Spring Luncheon

As we have done in the past, members celebrating their 90th birthday in the current year will be invited to be our guests at the Spring Luncheon. If you are in this category, please plan to attend if possible. It will be a joyous event at which to celebrate with colleagues and friends. The Spring Luncheon will be held on Wednesday, June 6, 2018. A special invitation will be sent out during the first week in May 2018. Also, members who are celebrating their 70th birthday during this year will be acknowledged and celebrated. District 23, North York invites all members in this age category to be our guests at the Spring Luncheon. When completing the necessary form found in the Spring Stony Bridges, please indicate you are one of our birthday guests.

Please do not hesitate to contact the Executive or members of the Goodwill Committee if you have information about members who are sick or would like a friendly telephone call.

Card Committee:

Birthday Cards over 80 for Full and Associate Members

Maria Fernandes
416-493-7616

Kath Shorney
416-225-1336

Gwen Bumbury
416-491-1213

Bereavement:

Xenia Cooper
905-881-5481





BOOK CLUB

by Irene Kitchell and Mary Ellen Lawless
– Convener

Future Dates and Book Selections:



Indian Horse
by Richard Wagamese
is the selection for
March 28, 2018.

For April 25, 2018 the
choice is The Handmaid's
Tale, by Margaret Atwood

Do Not Say We Have
Nothing by Madeleine
Thien is the selection
for May 30, 2018

Contact:

Irene Kitchell
Mary Ellen Lawless

[416-733-8711](tel:416-733-8711)
[416-223-4969](tel:416-223-4969)

Book Club Report

by Anne Marum - Member



“Everyone deserves to be free. I wish you freedom.”
helen.dantas@vidabela.ca / 416-270-8575

- The members of RTO/ERO District 23 Book Club were honoured to welcome author, Helen Dantas, to our November 29th meeting at Edithvale Community Centre. Helen was born and raised in Brazil, graduating with a Bachelor of Arts in English and Portuguese Languages before immigrating to Canada.
- Unveiling the Truth is Helen’s first book and she is rightly proud of it. Her fictional character, Beatriz, takes us on a journey through the unexpected challenges that can arise in interfaith and intercultural relationships. While the book deals with some serious topics, it engages the reader with its strong voice, use of humor and a positive outlook.
- As a follow up to her book, Helen created two workshops, to help individuals wishing to evaluate their life choices.
 1. A Life Reflection Workshop, and
 2. Choices and Relationships – A Pathway to Empowerment.
- At the November 29th Book Club Meeting, Helen had our full attention from the start. She welcomed all questions, encouraged conversation, and signed copies of her book. Helen concluded her visit by wishing us well.



Service-To-Others Program Report

by Jan Siegel – Convener ~ jdsiegel@yahoo.ca 647 802 1418

I would like to take this opportunity to thank everyone that has been involved, this year, in helping to support the Room For A Child project that District 23, North York focused on. We received the full \$4000 from our Provincial office for this project and much money was raised through our knitting group. Others brought in-kind items that also supported this project. We are very grateful.

The project our district has chosen for this next application process for next year is “Turning The Page Libraries”. The National Council of Jewish Women of Canada, Toronto Chapter is undertaking this new project, which builds children’s libraries in shelters for abused women and their children. They transform a space in the women’s shelters in Toronto into a library that will be a haven of warmth and security for the children.

Each library, depending on the size of the shelter, could have age appropriate furniture, cushions, bookcases, desktop computer, games and puzzles and a rug.

One goal is to gift every child who leaves the shelter with a favourite book and continue to restock the shelves. They are exploring reading, writing and homework program as well.

All the work for these projects is done by volunteers. As you can see this is a special project that our district has chosen to support. We will apply to our Provincial Office but will raise additional funds throughout next year as we have done in the past. We will find out if we will receive central funds in the Fall of 2018. We hope you are as excited about this project as we are.

Best Doctors®

by Cheyl Paige - Member

A Gem Within Our Health Plan in Canada

Have you ever... Questioned a doctor's diagnosis or recommendation? Felt rushed and not listened to?

Researched the Internet because you felt you needed more information about a symptom or diagnosis? Questioned your need for surgery?

Followed all your doctor's recommendations but been frustrated by your lack of improvement? Had to decide between treatments?

Then Best Doctors® can help YOU!

Here is one client's story. One day after a long bike ride, Barry discovered blood in his urine. His physician immediately ordered tests and an ultrasound. When the results came back Barry's doctor told him he had bladder cancer. Barry was then referred to an urologist and scheduled for surgery and was warned he might lose his bladder.

Barry was confused and uncertain. He contacted Best Doctors® for a second opinion. Barry was looking for reassurance about his diagnosis and treatment plan. Barry felt he was fighting for his life and he wanted to have a second set of eyes looking at his situation.

Barry's test results were sent to an expert urologist who confirmed Barry's diagnosis of bladder cancer and agreed with the proposed treatment plan. Confident that this was the right decision, Barry underwent surgery, and the surgeon was able to remove almost 100 per cent of the tumor.

Three months later Barry went for follow-up testing and learned he had no signs of cancer. He will continue to be monitored regularly. Barry was very pleased with the support he received from Best Doctors®. "Best Doctors® stands up for you. They are in your corner." Best Doctors helped him make a difficult medical decision with confidence. <https://bestdoctors.com/canada/about-us/testimonials/>

What is Best Doctors®?

Best Doctors® is a comprehensive health benefit available to all RTO members who participate in the RTO/ETO Extended Health Care Plan. It comprises over 53,000 world-renowned medical experts with over 450 specialties of practices. It was founded in 1989 by Harvard Medical School professors and is now a global benefits provider in every major region of the world.

This service accesses the top 5% of practicing physicians worldwide based on ongoing peer-to-peer reviews, and surveys. This results in a network of physicians who have been selected as the best of the best in their field. Best Doctors® is designed to help people take charge of their health so that they can make the best possible medical decisions.

Does Best Doctors® make a difference?

Although in Barry's case his diagnosis was confirmed, after using the consultation service, 60% of Best Doctors® members have had their treatment modified and 27% have had their diagnosis changed.

How does it work?

- Go to <https://bestdoctors.com/canada/rto-ero/> and fill out a form
- A Best Doctors® registered nurse will contact you and document your concern.
- Next the medical team at Best Doctors® will gather all your records and refer your case to the most qualified medical specialist to study it.
- This expert investigates your case and produces a report that includes diagnosis and treatment recommendations
- Best Doctors® is 100% confidential. The Best Doctors® expert report is shared with your treating physician(s) only with your consent.

What are some of the services provided by Best Doctors®?

- **Medical Records eSummary** service collects up to three years of your medical history and stores it on a secure USB flash drive that you can take anywhere. They also provide you with a Health Alert Summary, bringing any potential health concerns to your attention.



- **FindBestDoc** service assists you in searching for a specialist, taking into account your medical history and geographic location.
- **InterConsultation** service provides you with an expert's detailed summary of findings bringing greater certainty to your diagnosis and treatment plan
- **Ask The Expert** service provides you with written answers from a leading physician who specializes in your condition
- **Oncology Insight with Watson** enables members to receive an in-depth review from a world expert oncologist <https://bestdoctors.com/canada/for-individuals/>

RTO members are fortunate to have access to this outstanding service. For more information go to: <https://bestdoctors.com/canada/rto-ero/>



Health Service & Insurance: More Than a Report

by George Meek – Convener ~ george.meek@sympatico.ca

416-226-3568

'Health Matters' is produced 4 times per year by the Health Services Insurance Committee (HSIC) and is included as part of 'Renaissance.' They are found on pages 31 to 46 in the 2017 Fall edition and on pages 30 to 41 of the 2018 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 this edition of Renaissance. Now you can organize your reading of the articles that interest you and then check them off.

New: If you read STONY online and if you find a previous article in Health Matters noted here that you wish to review (again), just click on the title and it will appear. Try it!

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. What's new for 2018? Recently you received the 2018 Update to the 2017-2019 Insurance Plan Booklet and the 2017/2018 Going Places, which supplements the 2017-2019 Out-of-Province/Canada Travel Booklet. Please file these carefully with the Booklets, which are to last for 3 years. The next Booklets will be published in 2020. There are many important changes to our plans and premiums in the Update (please review the whole document).

The following plan changes will be effective January 1, 2018: Extended Health Care and Dental Plans:

- Prescription drug benefit maximum will increase to \$3,400 per insured person per calendar year.
- Paramedical practitioners benefit will cover social workers and psychotherapists. These practitioners will no longer be required to work under the supervision of a registered psychologist in order to be eligible for reimbursement.
- Diagnostic services benefit will allow all diagnostic laboratory tests (including screening tests) permitting a wider array of medical doctor prescribed diagnostic laboratory tests. These tests will be reimbursed at 80%, subject to a maximum of \$250 per insured person per calendar year. The tests must be on a lab invoice. The exclusion outlined on page 20 of the 2017-2019 Insurance Plans Booklet, "Scans, such as, but not limited to, MRI, PET, or genetic testing, as well as any x-ray or laboratory test that would be standardly covered by GHIP", will still apply.

Note: GHIP is generally used in the Booklet(s) instead of OHIP ('G' stands for 'Government').

- Reimbursement in the Dental Plan will be updated to the 2018 Fee Guide for General Practitioners.
2. From the 2017 December HSIC Committee Meeting;
- The following matters were reviewed: Claims Status Reports and Health Plans Participation; Late Applicant Report; Long Term Care Program Annual Report; Agreement with our Underwriter Sunlife (it is for 5 years; and, the committee approved the agreement with Johnson Insurance for consulting, claims and administration services for the coming year.
 - Meeting with Ontario Teachers' Pension Plan (OTPP) representatives: this is an annual visit from OTPP and is always useful from an actuarial point of view regarding anticipated numbers of retirements. Also, the oldest pensioner is nearly 111; the average age of retirement is 58; and the average current age of those receiving pensions is 71.7 years. Of pensioners who carry benefit deductions with OTTP through their monthly pension, 76% are with RTO/ERO and 24% with RTIP. Only 48% of pensioners carry benefits deductions using this process. Deductions through the bank are becoming more common with recent OTTP members and of course with non-teaching members.
 - Open Enrolment Period: The HSIC has approved an open enrolment window for RTO/ERO members and the broader education community who wish to switch from existing insurance coverage to RTO/ERO group health benefits. The open enrolment window extends from December 1, 2017 to March 31, 2018. It offers guaranteed acceptance without a medical questionnaire for those switching from a competitor individual plan to RTO/ERO group health insurance. Individuals can only initially switch from plans they already have.
 - Medical waiver for Common-law Spouses: RTO/ERO is also holding a medical waiver period for common-law spouses of insurance plan participants from January 1 to April 30, 2018. Previously, common-law spouses were not able to enroll in RTO/ERO's Group Insurance Plans without a medical unless they had existing group insurance. During this medical waiver period, your common-law spouse may enroll, without a medical, in the same insurance plans that you are currently insured under. Please note, a common-law spouse is defined as a person (including same sex partner) who, although not legally married to you, co-habits with you in a conjugal relationship for 12 consecutive months.
 - Global Allianz Update: They are continuing to improve experiences and service for members.
3. Did you know?
- If you have paid for an item or service, collect original receipts. Receipts must indicate the name of the patient, the dollar amount and the date paid in full and/or the date

services were rendered. Cash register and credit card receipts are not acceptable.

- Most dental offices will submit your dental claim electronically. Johnson Inc. will process your claim based on the information submitted by your dental office. You do not need to submit a paper or online claim as well. If your dental office does not submit claims electronically, please ensure that you complete the standard dental claim form issued and prepared by your dental office. You can submit this form to Johnson Inc. by mail or online on Johnson's Members Only website.
- Blood Sugar Test Strips: If you are over the age of 65 and purchasing ODB covered test strips, please make sure you obtain a prescription from your physician. This allows your pharmacist to submit your claim to the ODB instead of your Extended Health Care (EHC) plan. This saves you room in your Prescription Drug Benefit and saves you and the RTO/ERO Group Benefits Program, money.
- The FreeStyle Libre system to measure glucose levels that has been advertised on television lately is covered by the RTO/ERO Extended Health Plan. It provides people with diabetes, 3 key pieces of data with each scan: a real-time glucose result, an 8-hour historical trend, and a trend arrow showing the direction their glucose is going. The touch screen reader holds up to 90 days of data, which allows people to track their levels over time.

Article(s) in 2017 Fall Renaissance Health Matters That Relate to Our Health Plan • Year End Claims - 2016 claims can be claimed to the end 2017 (Fall: Page 41)

- Reminders - Four important reminders from Johnson Inc. (Fall: Pages 44 and 46)
- Best Doctors Can Help You - Also see page 24 in your Insurance Plans Booklet (Fall: Page 45)
- What Happens When You Call Eldercare Select - How It Can Help You - Also see pages 25-26 in your Insurance Plans Booklet (Fall Pages 42-43)
- Eldercare Select and CCAC's - What is a 'CCAC' - you need to know - Eldercare can assist you (Fall: Page 37)
- Before Going Away, Understand the Stability Clause in Your Travel Coverage - Found on the reverse of the cover page of your 2017-2019 Out-of-Province/Canada Booklet (Fall: Pages 38-39)
- Allianz Global Assistance - Helpful Pre-Trip Services - Important - they can answer your questions before you travel (Fall: Page 39)
- Prescription Drug Coverage at Age 65 - The ODB covers less than 1/3 of medications available in Ontario (Fall: page 41)
- Staying Away Longer is Easy with Supplemental Travel Insurance- The magic number of days is 93 (Fall: Page 40)

Article(s) in 2017 Fall Renaissance Health Matters That May Be in the Interests of Your Health

- Grand Slam of Health Benefits - Grandparenting Makes a Difference (Fall: Pages 34-36 and Page 45)
- Osteoporosis Awareness - Building strong bones for life (Fall: Pages 36-37)
- 2-1-1- will help people connect to their communities and maintain a good quality of life (Fall: Page 44)

Article(s) in 2018 Winter Renaissance Health Matters That Relate to Our Health Plan

- Power of Attorney (POA) - You should have both of these and possibly the other one (Winter: pages 36-37)
Note: The member who holds the Health Plans should file a copy of his/her POA for Personal (Health) Care with RTO/ERO/ Johnson Inc.
- Your Income and Government Benefits - You need to file a personal income tax return to be eligible (Winter Pages 40-41)

Article(s) in 2018 Winter Renaissance Health Matters That May Be in the Interests of Your Health

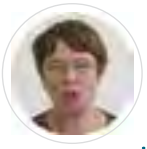
- Winter Blues and Seasonal Affective Disorder - Winter Can Affect Our Health - What is a SAD (Winter: Pages 30-31)
- Tips on Keeping Your Identity Safe and Secure- Protect yourself from identity theft (Winter: Pages 32-33)
- Going on Vacation? Time to Prepare Your Home - Do not leave your home vulnerable to burglary, fire, water, or other damage (Winter: Page 34)
- Hassel-free Travel- Make your next trip stress free (Winter Page 35)

General Disclaimer: Information contained herein is intended to be used for general information and should not replace consultation with health care professionals. Consult a qualified health care professional before making medical decisions or if you have questions about your individual medical situation. RTO/ERO makes every effort to ensure that the information in 'Health Matters' is accurate and reliable, but cannot guarantee that it is error free or complete. RTO/ERO does not endorse any product, treatment or therapy; neither does it evaluate the quality of services operated by other organizations mentioned or linked to 'Health Matters'.



Cover Quote:

Andrew Weil, M.D., is a world-renowned leader and pioneer in the field of integrative medicine, a healing oriented approach to health care which encompasses body, mind, and spirit.



Nordic Pole / Walking Group

by Kathy Shorney – Convener ~ k_shorney@yahoo.com 416-225-1336

Spring is finally here. Time to come outdoors and join the Nordic Poling group. The poles are not just an “old peoples’ walking sticks”. Using Nordic walking poles helps to build coordinated movement, balance and stability, strength, and endurance. The activity can improve cardiovascular health and agility. Why don’t you come and join us to help build your fitness level and use up to 50% more energy than just walking? All levels of fitness are welcome as you can go at your own pace. We meet on the third Tuesday of the month at 10:00 a.m. at the location listed. We change locations to provide a variety of walking experiences. We usually walk for about an hour and a half. Washrooms are not always available. We are always looking for members and their guests to join our group. If you just like to walk without poles with us you are always welcome.



Future events:

Tuesday, March 20, 2018 – [York Cemetery](#) (Part 2)
Members are asked to meet at the west gate off Senlac Road, parking on the side of the road just inside the gate. 10:00 am.

Tuesday, April 17, 2018 – [Wilket Creek Park](#) *Enter off Leslie southbound, continue straight along the road towards Sunnybrooke Park and park in the lot opposite to the washrooms on right. Park on the left. 10:00 a.m.*

Tuesday, May 22, 2018 – [West Don Trail](#) *corner of Leslie and Sheppard. The parking lot is off the first street west of Leslie, turn right, then right again to the lot. From west bound access off old Leslie, just before the intersection, turn right at the top of the hill, cross the bridge, and turn right onto the first road, and ahead to the parking. 10:00 a.m.*



Tuesday, June 19, 2018 – [York Cemetery](#)
Members are asked to meet at the west gate off Senlac Road, parking on the side of the road in the cemetery



Your Foundation at Work...

by Mary Valtellini ~ mary.valtellini@rogers.com

Did you know that the RTO/ERO Foundation was established on behalf of RTO/ERO members as a means to support critical aging-related research, education and community action?

That’s why, in 2011, the RTO/ERO Foundation began the effort to raise funds to endow a \$3 million Chair in Geriatric Medicine at the University of Toronto. That goal was achieved in 2014, with the choice in 2015 of Dr. Paula Rochon, Vice President of Research at Women’s College Hospital, as the inaugural holder of the RTO/ERO Chair in Geriatric Medicine.

However, there has continued to be a significant gap in the knowledge of health professionals and others in how to meet the complex needs of a fast growing generation of older adults.

Through 2016, the Foundation engaged experts in the field of aging, to identify gaps in funding. As a result of this and consultations with RTO/ERO Members, we determined new funding priorities, as follows:

- Aging-related Research
- Training in Geriatrics/Gerontology
- Innovative Community-based Programs to Reduce Social Isolation in Seniors

Since then, RTO/ERO members and friends have continued to champion these priorities through the funding of ten new projects, totaling \$260,000. The health and prosperity of seniors is of prime importance to the over 76,000 RTO/ERO members.

“Can you imagine the collective impact we could have if every RTO/ERO member donated just \$10 a year?” says Joanne Murphy, Chair of the Foundation Board, President of District 33 (Chatham/Kent) and Past President of RTO/ERO. “It’s our goal to raise \$1 million a year to fund these priorities, so that we can make a real difference in enhancing the quality of life for aging adults.”

Continued on Page 17



Recruitment Report

by Mary Ellen Lawless – Convener ~ med.lawless@sympatico.ca 416-223-4969

It's coming up to Spring of 2018, a time when many of our working colleagues often give some thought to the "if" and "when" of retirement. If you are reading this issue of STONY Bridges it is also a good time to remind you that you are a "de facto" member of our RTO/ERO Recruitment Committee; that sharing all the good news about District 23 continues to make for a great topic of conversation; that, in addition to offering the best health insurance coverage available anywhere, membership in RTO/ERO is open to anyone who is retiring from a position providing a wage while working in any and every aspect of education and that our organization not only offers health insurance but also a wide range of benefits and services designed to meet the changing needs of the membership as we age and our needs change.

Please note as well, until March 31, 2018 there is an "open window" whereby anyone receiving an OTTP or OMERS pension is eligible to transfer to our RTO/ERO insurance plans without having to pass a medical.

Therefore, either for yourself or to share with others, or if your health insurance coverage is with any other company, take a few minutes to review your medical coverage relative to your age and needs and compare it to the RTO/ERO Plan. Here are just a few of the essential questions to ask yourself as you make your comparisons: If your plan is with a spouse or partner, does it cease or is it reduced if something happens to that person? Do your payments increase incrementally as you age? What coverage for a health support provider does your semi-private coverage offer after you have been hospitalized for 24 hours or more? What is covered should you have a medical crisis when travelling outside of the Province of Ontario? How much is your current plan costing you relative to the RTO/ERO plan? Does your covering company own the plan as we do who belong to RTO/ERO and do you

have opportunities to have input into changes needed to the coverage given the speed of changes happening in health care and with changing availability of drugs, as we do with RTO/ERO?

A comparison chart is now available on the Provincial RTO/ERO website at www.rto-ero.org. Do check it out and make your own evaluation and comparisons.

As well, our Toronto Districts Council, which represents all four Districts within the City of Toronto, has prepared an excellent and detailed flyer, which includes the comparison chart for the RTIP Plus 4000 Plan to the RTO/ERO plans. It is available from <https://toronto.rto-ero.org>. or call me at 416-223-4969 and I will arrange to get a copy to you.

As you read this document you will note as well the plethora of suggestions for outreach and supports available from the myriad of services and benefits that membership in RTO/ERO offers us as we age and our needs change.

And then there is our District 23 STONY Bridges newsletter with a range of activities such that there is something for everyone. So, remember to talk up RTO/ERO every chance you get and be ready to celebrate our Golden Anniversary... as the "original and only organization dedicated to the continued health and well-being of retired employees from every sector" of employment in the educational community of Ontario.

Tell your friends who are thinking about retiring to consider registering for the workshop scheduled for Thurs. April. 19th at Estate Banquet Centre in Scarborough. For details, go to rto-ero.torontorpw@hotmail.com

Finally, when you recruit a potential member remind them to select District 23, North York on the application form. And keep recruiting!

Your Foundation at Work... Continued

The RTO/ERO Foundation shares the belief that seniors are valuable and contributing members of society. All are worthy of respect and deserve to age successfully and with dignity. Staff, volunteers, and donors are excited about the ongoing work of the RTO/ERO Foundation.

We hope you will join us in making our goal a reality!



The McMaster Optimal Aging Portal is a free website dedicated to increasing public accessibility to the best available scientific evidence about healthy aging and common health conditions. RTO/ERO is a partner with McMaster and we are pleased to share this information on behalf of McMaster, as we work towards improving the lives of members and seniors and becoming a trusted voice for the broader education community. Try it out: <https://www.mcmasteroptimalaging.org>



Annual General Meeting and Spring Luncheon

by Mildred Frank - Convener ~ speakingfrankly@rogers.com 416-221-5328



Cost:

- Member & 1 guest: \$26.00 each Additional Guest(s): \$45.00
- Cut Off Date: Friday, June 1, 2018
- 70 year olds: Members born in 1948 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 and mail the form below.

Wednesday, June 6, 2018

Thornhill Golf and Country Club

7994 Yonge Street, Thornhill

9:30 a.m. Registration and Coffee

10:00 a.m. AGM – Briar Lounge

11:00 a.m. Cocktails

11:15 a.m. Lunch served

Times are approximate based on AGM

Menu:

- Garden Salad, baby mixed greens with sprouts, thin slices of radish, heirloom cherry tomatoes in apple cider vinaigrette
Choice Of Entrée
- Chicken Supreme, plump chicken breast with wild mushrooms, served in mushroom velouté with herb roasted new potatoes, seasonal vegetables
- or Grilled “Jail Island” Atlantic Salmon Filet, served in lemon-chive beurre blanc with herb roasted new potatoes, seasonal vegetables
- or Chef’s choice Vegetarian entrée
- House-made vanilla ice cream, served in a chocolate tulip cup with fresh berries
- Freshly baked breads & whipped butter

AGM & Spring Luncheon – Wednesday, June 6, 2018 – 9:30 a.m.

Cost: \$26.00 | Cut-off Date: Friday, June 1, 2018

Name: _____ **Email:** _____

Telephone: _____ **Guest:** _____

of tickets _____ @ \$26.00 # of tickets _____ @ \$45.00 Cheque enclosed for \$ _____.00

Please circle entrée dish: **Chicken Salmon Vegetarian** Please circle entrée dish: **Chicken Salmon Vegetarian**

Born in 1948 (70 years old this year), Name: _____

dine free. Please circle entrée dish: **Chicken Salmon Vegetarian**

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](tel:416-221-5328)

I have read the Acknowledgement, Waiver & Release Form printed on [page 23](#).



Champagne Breakfast 2018

by Mildred Frank - Convener ~ speakingfrankly@rogers.com

[416-221-5328](tel:416-221-5328)



Thursday, September 27, 2018

Come and celebrate our colleagues who have newly retired at the District 23 North York Champagne Breakfast at Parkview Manor Banquet and Conference Centre

55 Barber Greene Road (North of Eglinton Avenue)

Free Parking

9:00 a.m. Coffee/Tea

10:00 a.m. Program

Menu:

- One glass of champagne and orange juice per guest
- American breakfast (low salt in food)
- Chilled orange juice and cranberry juice
- Sliced fresh seasonal fruit
- Farm fresh scrambled eggs
- Crispy bacon and country sausages
- Home-fried potatoes
- Bakery basket of Danish pastries, croissants, muffins and toast
- Fruit preserves, marmalade and butter
- Brewed coffee, decaffeinated coffee and tea

Cost:

- For the newly retired and prospective members: Free
- Member & 1 guest: \$18.00 each Additional Guest(s): \$24.00
- Cut Off Date: Monday, September 24, 2018

The Needlework and Craft group will offer 5 items for a draw. A \$5.00 donation for 5 chances to win! Proceeds will go to support our Service to Others project.

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

If you wish to attend please fill and mail the form below.

The Champagne Breakfast 2018 – Thursday, September 27, 2018 – 9:30 a.m.

Cost: See above for details | Cut-off Date: Monday, September 24, 2018

Name: _____ Email: _____

Telephone: _____ Guest(s): _____

of tickets _____ @ \$18.00

of tickets _____ @ \$24.00

Cheque enclosed for \$____.00

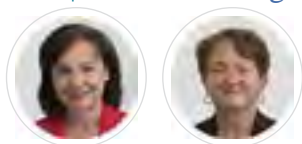
Newly Retired/Prospective Member ~ # of free Tickets

Name(s) of newly retired: _____

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](tel:416-221-5328)

I have read the Acknowledgement, Waiver & Release Form printed on [page 23](#).



District 23 Trips & Events

by Mary Valtellini ~ mary.valtellini@rogers.com & Mary Denise Venditti ~ mary.venditti@sympatico.ca 416-245-3749 – Conveners

Annie

Wednesday, May 23, 2018 at 1:30 p.m.

Ed Mirvish Theatre, 244 Victoria St. Toronto, Ontario

The world's favourite family musical ANNIE makes its long-awaited return to Toronto this spring, starring television and stage star LESLEY NICOL. Best known as the beloved Mrs. Patmore in the hit television series *Downton Abbey*, Lesley makes her Canadian debut as the tyrannical Miss Hannigan in this stunning new production direct from London's West End. ALEX BOURNE (*Mamma Mia!*, *Chicago*) co-stars as Daddy Warbucks.

Set in 1930s New York during The Great Depression, brave young Annie is forced to live a life of misery at Miss Hannigan's orphanage. Her luck soon changes when she's chosen to spend a fairytale Christmas with famous billionaire, Oliver Warbucks. Meanwhile, spiteful Miss Hannigan has other ideas and hatches a plan to spoil Annie's search for her true family...

With its Tony® award-winning book and score, including the unforgettable songs *It's The Hard-Knock Life*, *Easy Street* and *Tomorrow* – this is a show not to be missed!

Cost: \$99.00

Cut-off date: Wednesday, April 4, 2018



Man of La Mancha

Thursday, October 18, 2018 at 9:00 a.m.

Hamilton Family Theatre in Cambridge and Beer tasting at the Grand River Brewery

9:00 a.m. Depart from Blessed Trinity Church – 3220 Bayview Ave. Toronto

10:30 a.m. Enjoy samples and a tour at the Grand River Brewery.

11:30 a.m. Lunch at the Napa Grill – you can make your Entrée choice at the restaurant

2:00 p.m. Show Time: "One of the greatest treasures in musical theatre, *Man of La Mancha* is a breathtaking tale of epic proportions. In a bleak dungeon, the playwright Cervantes is awaiting trial by the Spanish Inquisition. But first he must face court of fellow prisoners eager to relieve him of his precious unfinished manuscript. In order to save himself, Cervantes stages the saga of Don Quixote, casting himself as the deluded knight errant on a magical adventure to defend the noble principles of honour and truth. With its timely message of courage and idealism in the face of despair. *Man of La Mancha* will inspire all of us to keep reaching for the stars with its unforgettable anthem, *The impossible Dream*. This powerful and riveting theatrical experience will touch the heart, stir the soul, and unleash the imagination.

45 seats/tickets available – **Cost:** \$139.00

If you wish to attend please fill out the form on [page 22](#).

The King and I

Wednesday, August 8, 2018 at 1:30 p.m.

Princess of Wales Theatre, 300 King St. W. Toronto, M5V 1J2

Two worlds collide in the Lincoln Center Theater production of this "breathtaking and exquisite" (*The New York Times*) musical, directed by Bartlett Sher. One of Rodgers & Hammerstein's finest works, *THE KING AND I* boasts a score that features such beloved classics as *Getting To Know You*, *I Whistle a Happy Tune*, *Hello Young Lovers*, *Shall We Dance* and *Something Wonderful*.

Set in 1860's Bangkok, the musical tells the story of the unconventional and tempestuous relationship that develops between the King of Siam and Anna Leonowens, a British schoolteacher whom the modernist King, in an imperialistic world, brings to Siam to teach his many wives and children.

Winner of the 2015 Tony Award® for Best Musical Revival, *THE KING AND I* is "too beautiful to miss" (*New York Magazine*).

Cost: \$85.00

Cut-off date: Wednesday, June 20, 2018

If you wish to attend please fill out the form on [page 22](#).





RTO/ERO District 23 Speaker Series 2018

by Sara Di Nallo, 1st VicePresident ~ sdinallo@outlook.com

Spring Speaker Series: Wednesday April 11, 2018

Guest Speaker: Esther Atemo: Public Education Coordinator, Alzheimer Society of Toronto

Presentation Focus: Overview of Alzheimer's disease and Other Dementias

This presentation allows participants to learn about Alzheimer's disease and other dementias, the impact of changes to the brain, the progression of Alzheimer's disease, strategies to reduce risk factors and how the Alzheimer Society of Toronto can help.

Learning Objectives

- Define dementia
- Distinguish signs and symptoms of Alzheimer's disease
- Explain that dementia has an impact on how the brain functions
- Appreciate that Alzheimer's disease is a progressive disease that has no cure
- Identify lifestyle factors that may reduce the risk of developing dementia
- Access some of the services offered by the Alzheimer Society of Toronto

Event Information

Location: Edithvale Community Centre, 7 Edithvale Drive, Toronto

Room: Studio B, Second Floor

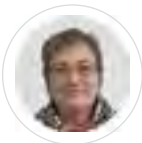
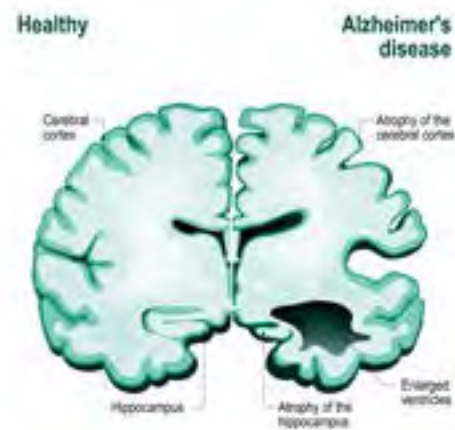
Time: 11:00 a.m. - 12:00 p.m. (following Executive Meeting)

Registration: Starts immediately -- Open to first 35 registrants

Cut off date for registration: Wednesday April 7, 2018

Register via email to: Sara Di Nallo – sdinallo@outlook.com

We hope to see you there on Wednesday, April 11, 2018.



A Holiday Surprise

by Olga McKenzie – Secretary - omckenzie@sympatico.ca

Although it was a busy Christmas week, I decided to attend Have-a-Java on December 20, 2017 and I'm so glad I did! As well as seeing and chatting with many old friends, who had also made the effort, new friends arrived, too.

The nicest surprise was the arrival of Andrew Gaydos, an RTO veteran and he didn't come alone. He brought his saxophone. Andrew didn't realize we had moved to a new location and came upon the group by accident. He and his wife were faithful attendees at Have-a-Java when it was located at the Timothy's location. Unfortunately, a couple of years ago, his wife's health issues put a stop to these monthly coffee mornings. Thankfully, Andrew found us and began to play a few Christmas carols. His playing drew some other admirers, the cutest of whom were two little tots who were clearly enthralled. Andrew was able to play a few carols before the performance was brought to a close by the mall security.

The little tots didn't want the music to end as they stayed glued to their spots. A high school student also stopped and chatted with Andrew about their mutual interest in the saxophone. Kindly, Andrew brought treats for his RTO/ERO friends whom he hadn't seen in some time. Needless to say, a great time was had by all. Even other visitors to the mall stopped by to tell us how disappointed they were that we were shut down as they were enjoying the impromptu performance. Talk about community involvement! I'm so happy that I made the effort to stop and enjoy a coffee and chat with friends. What a great way to enjoy the week before Christmas! I wonder what the next meeting of coffee lovers holds.



ANNIE – Wednesday, May 23, 2018 at 1:30 p.m.

Cost: \$99.00 | Cut-off Date: Wednesday, April 4, 2018

Name: _____ **Email:** _____

Telephone: _____ **Guest:** _____

of tickets _____ **@ \$99.00** **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](#).*

The King and I – Wednesday, August 8, 2018 at 1:30 p.m.

Cost: \$85.00 | Cut-off Date: Wednesday, June 20, 2018

Name: _____ **Email:** _____

Telephone: _____ **Guest:** _____

of tickets _____ **@ \$85.00** **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](#).*

MAN OF LA MANCHA – Thursday, October 18, 2018 at 9:00 a.m.

Cost: \$139.00 | Cut-off Date: Friday, September 14, 2018

Name: _____ **Email:** _____

Telephone: _____ **Guest:** _____

of tickets _____ **@ \$139.00** **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](#).*

Million Dollar Quartet

On Wednesday, December 20, 2017, RTO District 23 members, family and friends attended a tribute to Elvis, Jerry Lee Lewis, Johnny Cash, and Carl Perkins at the CAA Theatre on Yonge St. The audience clapped and sang along to the familiar songs from the days of the birth of Rock and Roll. Some of us even had the opportunity to have pictures taken with members of the cast!



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](tel: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 Forms 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 ...

Can you remember when the gavel was passed?

by *Mary Cairo* – Archivist ~ mcairo@rogers.com




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](tel:416-962-9463) or [1-800-361-9888](tel: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](tel:416-481-7411) or email him at g.macneil@bell.net.

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