

ERT 34th STORY

District 34 - York Region

Vol. 31 No. 1 - January 2019

Meet District 34 Member Bonnie Irwin



Photo of Ms. Irwin by Chris Prefontaine - Cover by Rhonda Starr

Join us on the Internet at www.34thstory.com

For Your Calendar

Play Bridge

Mondays
1 p.m. to 4 p.m.
McConaghy Senior
Centre - Rm. 103

Hava Java

Wed. Jan. 16, 2019
Fri. Jan. 18, 2019

Join Us For A Walk

Wed. Jan. 23, 2019

Lunch and Trivia

Tues. Jan. 29, 2019

Nature's Classroom Walk

Wed. Feb. 6, 2019

The Mousetrap

Wed. Feb. 13, 2019

Hava Java

Thurs. Feb. 14, 2019

Join Us For A Walk

Wed. Feb. 20, 2019

Beauty And The Beast

Sun. Feb. 24, 2019

Kiss Of The Spider Woman

Fri. March 1, 2019 and
Sun. March 3, 2019

RTO Art Show

March 5 to 23, 2019

Gondoliers

Sat. March 16, 2019 and
Sat. March 23, 2019

Join Us For A Walk

Wed. March 20, 2019

Hava Java

Thurs. March 21, 2019

Retirement Planning

Tues. March 26, 2019

Mending Fences

Wed. April 10, 2019

York Symphony

Sun. April 14, 2019

Hava Java

Wed. April 17, 2019

Skin Flick

Wed. May 1, 2019

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2018- 2019**

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Lynn Hitsman, President

President's Message

This past October, I attended the RTO/ERO Senate meeting. Many interesting points were raised. I wish to share a few with you.

RTO/ERO has set three strategic goals for this year:

- recognition of RTO/ERO as trusted voice of senior citizens;
- improving the lives of seniors; and
- broadening the membership base of RTO/ERO.

Each of these three goals is aimed at our current membership, but realizes that we are only part of the retired population in Ontario and in Canada.

There was a great deal of discussion and sharing of ideas on how to “brand” RTO/ERO.

Branding is seen as a promise of what to expect from a business, organization or corporation or the ideals for which the business stands. It is often makes a company recognizable by its tag line: “Just Do It”. The provision of quality, affordable health insurance will always be the primary goal of the organization, but in order to gain more members from retirees who have been involved in education, we must build a brand that is reliable, clear and understood.

There was discussion of Federal Bill C 27 – Pension Reform. Although it is sitting on a shelf at the moment, after an election next fall, it might get dusted off. While this bill is related to federal employees’ pensions, it is significant because changes made federally could be considered provincially which would affect our pensions. We have defined benefit pensions from OTPP, but a provincial version of Bill C27 would change that. More will be published in a later newsletter.

There were several presentations on the topic of Age Friendliness. The principles need to be understood, funded and

implemented at municipal, provincial and federal levels of government. They include making park benches with armrests for each seat so that elderly people can stand up with support; changing the timing of crossing lights to enable people using assistive devices to cross the street safely or having social worker/paramedics who investigate senior citizens' repeated calls to 911 to help organize medication, social interaction or perhaps other housing arrangements. There is a whole world of situations that needs consideration for our society as the 65 year plus age group moves forward. "We are the Silver Triumph", said one presenter. I agree.

Best wishes for health and happiness in 2019.



Hava Java On Us

By Regine Baker

What a great way to spend a morning, chatting with friends and former colleagues while enjoying a cup of coffee or tea along with a donut, muffin, or danish, etc. What makes it even better is that it is all compliments

of District 34. Members, spouses and partners are all welcome.

Check the dates and locations listed below and put them on your calendar. Since this is one of our costliest activities, we ask that members limit themselves to regular coffee or tea plus one treat. Those who want specialty coffees, more treats or breakfast are asked to pay for these items themselves.

We look forward to seeing many of you there.

Dates:

Wednesday, Jan. 16, 2019 for the Aurora location only (Note: This is a change from what was previously advertised)

Friday, Jan. 18, 2019 for the Maple and Markham locations

The remaining dates are for all locations:

Thursday, Feb. 14, 2019

Thursday, March 21, 2019

Wednesday, April 17, 2019

Time: 10 a.m. to Noon at all locations

Locations:

The Old Curiosity Tea Shop
91 Main Street, Markham

(Parking on Main Street, behind the tea shop or in the lot on the corner of Robinson and Main St.
Coffee Culture Café & Eatery
 10037 Keele Street, Maple (east side, north of Major Mackenzie Drive, parking in front or back)

Longos, upstairs in The Loft

650 Wellington Street East,
 Aurora (west of Bayview Ave.; parking in front; elevator available)



Don't Miss Out

By Angela Stewart

RTO – District 34 publishes a newsletter three times a year and it is full of many fun and interesting events.

We know that retirement is a busy time and it's hard to keep track of everything, so don't miss out on reminders, and special notices.

If you would like to keep informed of all the wonderful events that District 34 offer, in the form of a monthly email, please contact Angela at:
34thstoryreminders@gmail.com



Join Us For A Walk

By Ann Evans

Winter is here! This should not deter us from enjoying our monthly walks and lively chats. Dress warmly and join us.

To avoid unfavourable walking conditions in the winter, we will confine ourselves to the north and south trails of Fairy Lake, in Newmarket as they are always well maintained.



Dates:

Wednesday, Jan. 23, 2019

Wednesday, Feb. 20, 2019

Wednesday, March 20, 2019

Parking is at the main entrance of Fairy Lake, 500 Water Street, Newmarket. (just east of the south end of Main Street.

The days may vary but we will always start at 10 a.m. As usual, afterwards we will warm up with a cup of steaming coffee.



Bridge Club News

By Joan Burrows

The RTO/ERO bridge group has begun its fall season. Members and guests are invited to come on a drop in basis and play social bridge for just \$2. We meet every Monday from 1 to 4 p.m. at the McConachy Centre (Dining Room #103) 10100 Yonge St. in Richmond Hill. There is free parking at the rear of the building.

Here are some of the great games and players since September:

Margo Procyk & Peggy Paterson (6S)

Marg Lawlor & Joan Burrows bid 6 D made 7!

Bob Bell & Linda Karan bid 6H made 7!

Joan Burrows & Lorraine Oyama (6H)

Darlene McCowan & Marg Lawlor (6H)

Doreen Bell & Marilyn Johnson bid 6NT made 7!

Darlene McCowan & Linda Karan (6D)

Marg Lawlor & Kathy Bunker (6S)

Barney Matisko & Bev Suzuki (6NT)

Mary Conte & Doreen Bell (6NT)

Please come out and join the fun for the next winter round of bridge playing!



Old Age Security Clawback

By The Pension and Retirement Concerns Committee

In the September 2018 Liaison Report, the Pension and Retirement Concerns Committee informed us that under Canada's public pension plan system, OAS pension recipients with an expected net income of more than \$75,910 in the current tax year have to pay back part or all of the OAS pensions through an automated monthly recovery. This amount is based on the net amount you have reported when filing your income tax in the previous year. The claw back is 15% or any amount over \$79,910.

The net amount also includes CPP, OAS, the cashing of RSPs and any other income. It can also

be influenced if you income split your pension with your spouse. The full OAS is clawed back when your net income is greater than \$122 843.

As of 2019 the basic OAS is \$586.66 a month.



RTO District 34 Distinguished Member Award

By Regine Baker

This award is given to District 34 members, not currently serving on the District 34 executive, in recognition of their outstanding or long-term contributions to the work of RTO/ERO at the District level.

Each year up to two winners of this award will be invited to attend the District 34 May Luncheon at District 34's expense to receive a plaque and be recognized by their colleagues.

To be eligible for this award a candidate must be nominated by a fellow member. The nominator will submit an outline of the candidate's contributions and other relevant information to the

District 34 Second Vice President by the end of March.

The Executive will examine all submissions and determine the winner(s). For 2019, submissions may be sent to reginebaker@rogers.com



Last Call For Artists

By Ann Evans

Share your artistic talents - you got 'em; flaunt 'em.

Artists: We know you are out there! This is your last call to indicate your intention to participate in the Spring Art Show.

Dates:

March 5 through March 23, 2019

Location:

Old Town Hall
460 Botsford St.
Newmarket, ON



Please contact Ann Evans at annlesleyevans1945@gmail.com if you are interested. The deadline to apply is January 15, 2019. More details will be sent to you once you submit your name.



Annual Open House Fun

Photography By Grant Dale

District 34 members shared in good food, fun prizes and great conversations on Tuesday, September 25 at our annual Open House!





Acceptance Guaranteed

Members of the RTIP 4000 plan can now join our health plans with guaranteed acceptance.

Those insured in the RTIP Gold 750 or 2500 plans are also invited to make the switch, but will need to complete a health questionnaire to qualify.

In 2016, many RTIP policyholders contacted us for help because their premiums had increased dramatically or they had lost benefits. In keeping with our mission of improving the lives of our members and seniors, we took the extraordinary step of temporarily allowing RTIP policyholders to switch with guaranteed acceptance.

We continue to receive numerous calls from concerned education retirees, asking to switch from RTIP 4000 to our plan. Many of these calls are prompted by a noticeable decline in the RTIP customer service and increased costs, despite decreases to coverage.

In response, we are offering a permanent opportunity for RTIP 4000 policyholders to switch to our plan, with guaranteed acceptance.

It's also important to note that new members who join RTO/ERO now will enjoy free membership until Dec. 31, 2019. If you have friends who have opted to join RTIP 4000 and want to switch to RTO/ERO, please encourage them to phone: 1-800-361-9888 or 416-962-9463



Lunch and Trivia at Villa Risi

By Elaine Adam

Join us for our seventh annual Lunch and Trivia, again at Villa Risi Ristorante in Newmarket. Please choose from these two luncheon choices:

Chicken with mushroom and onions in white wine sauce and a side dish of pasta

OR

Eggplant Parmigiana with a side dish of pasta.

Coffee and tea will be provided and the restaurant has a fully

licensed bar; juice and pop may also be purchased. (You may want to circle your order selection and keep this page for your records.) Be aware that the orders are given at the end of the day on Thursday, January 24 so you will not be reimbursed after that date if you are not able to attend. You are welcome to send someone in your place.

There will be a Trivia contest après lunch, with teams of up to four members each. You are welcome to organize your own team or we can place you on one.

Date: Tuesday, Jan. 29, 2019

Time: Noon

Location: Villa Risi Ristorante
16995 Yonge Street
Newmarket

It is on the east side of Yonge, south of Eagle. There is construction right in front of the entrance to the parking lot. Parking is in front and you may park from the Midas shop to the north to the gas station to the south.

Cost: \$22 includes lunch, taxes, tip and money for prizes.

Make your cheque out to **RTO/ERO District 34** and send with your registration form (pp. 22 or 49) to:

Elaine Adam
183 Park Avenue
Newmarket, ON L3Y 1T9

Please register before January 24; remembering to indicate your choice of meal on the registration form. Also, indicate whether you have a team or wish to be placed on one. Come out and try your gray matter!



RTO/ERO Scholarships

By Regine Baker

Each year RTO/ERO offers up to 25 scholarships of \$1,500 each to relatives of RTO/ERO members who are currently enrolled in their final year or semester of a post-secondary school programme at a university, college or training school. Applications for this, available on the RTO/ERO website, must be completed by the student and submitted to RTO/ERO by the February 5, 2019 deadline.



Important Documents

By Chris Prefontaine

If something unexpected happened would your family members know where to find your important papers? Important documents should be kept in a safe place, in case of fire or theft. These include: a list of house, cottage and other property contents, receipts of proof of purchase/ownership, and photographs of each room.

RTO recommends you ensure that a copy of your important documents, including a record of your important data and itemized information, are readily available to your lawyer and to your executor. Some banks and insurance companies publish booklets, which help to keep records of important papers and their location. Some booklets are available which help to keep household inventories by listing items usually found in various rooms of the house.

Your spouse/family should know the location of:

a) Power of Attorney (Personal care & Property);

- b) Will;
- c) Birth Certificate;
- d) Marriage Certificate;
- e) Adoption Papers (if applicable);
- f) Citizenship Papers (if applicable);
- g) Prenuptial Agreement (if applicable);
- h) Social Insurance Card;
- i) Government Health Card;
- j) Bank Accounts;
- k) Safety Deposit Box & Key;
- l) Credit Cards & Numbers;
- m) Investments Information / Certificates;
- n) Pension Information;
- o) Health Insurance Information;
- p) Home and Vehicle ownership(s);
- q) Jewelry, valuables, heirlooms;
- r) Pre-arranged funeral agreement;
- s) Ownership of cemetery plot;
- t) Memorial receipt & description; and
- u) Organ Donation Information.

For more information or to download the fillable *Important Documents Fact Sheet* visit the RTO website:

<https://www.rto-ero.org/> publications and click on *Important Documents*.



Pension Update

Your 2019 Inflation Adjustment

The annual cost-of-living adjustment for 2019 is 2.2%. and will take effect in January 2019.

The adjustment is based on 100% of the adjustment in the Consumer Price Index (CPI), a weighted basket of goods and services typically purchased by Canadian households each month.

The method used to calculate the adjustment is prescribed by the terms of the plan and is the same method used by most other major Ontario pension plans, as well as the Canada Pension Plan.

What does this means to you? In January 2019, you'll receive a pension increase of 2.2% more than in 2018!



Nature's Classroom Winter Walk

By Ann Evans

We have been invited by Aileen Barclay to enjoy a winter walk in the beautiful scenic trails of the Hollidge Tract.

It will be fun to explore the forest on snowshoes and learn about their origin and cultural significance. Snowshoes have become smaller and therefore less cumbersome, so easier to use! If snowshoeing does not appeal then a winter walk would also be very invigorating. York Region does not charge for these outings. However, please register with me using my email address, annlesleyevans1945@gmail.com, so that we may have an accurate number of participants.

Registration is important as the number of snow shoeing participants is limited to a maximum of 25.

Date: Wednesday, Feb. 6, 2019

Time: 10:30 a.m.

Location:

Hollidge Tract
16389 Highway 48,
half a kilometer south of Vivian Road (Mulock Drive). It is on the east side of the road, across from Cherry Street.



Project Service To Others Grant Recipients

By Regine Baker

Congratulations to District 34 member Linda Shear-Carter along with Susan Popper, Valerie Hume, Martha Sheppard, Simon Hubers and Cindy Heavener on receiving a \$3,085.90 grant through the RTO/ERO Project Service to Others programme.

Their project, *Employable Math Skills and Social Skills Development*, provides mentally challenged and autistic adults in York Region with the training and support needed to get work in their community. First they are taught simple math skills and money handling in a classroom setting.

Then, in conjunction with Commons Coffee and Catering, a not-for-profit organization, they are trained in how to set up, manage and dismantle a catering booth. They learn how to order, store and prepare beverages for sale and how to deal with customers. The booths are set up at several community fairs and

events. There is also one open every Wednesday from 10 a.m. to 2 p.m. at St. Andrews Presbyterian Church in Aurora.

If you see one of these booths or are in Aurora, stop and buy a drink and help keep this project viable.



Proposed Event Registration Amendments

By George McKelvey

The executive is exploring proposed amendments to the registration process to events sponsored by RTO District 34 for the spring issue of *The 34th Story*.

PROPOSED AMENDMENT ONE:

Each member will have the option of mail-in registration and payment or the option of electronic registration and payment.

Method 1. Mail Registration:

Fill out the registration form (and waiver form, if applicable) and mail it to the event organizer

along with the cheque. **Cheque/ Payment Must Accompany Registration.**

This is the same process that we currently use.

Method 2. Electronic Registration:

- a) Fill out the registration form (and waiver form, if applicable) and eMail it as an attachment to the event organizer. Do NOT send payment.
- b) The event organizer will reply to the applicant to confirm the registration.
- c) The member will make an Interac eTransfer to a yet to be named RTO 34 eMail address. The money will go directly into the RTO District 34 bank account. No question or answer required. The registration is complete.

NOTE: Why payment is not to accompany electronic registration? Since RTO District 34 bank accounts require two signatures, refunds can not be made electronically. If a person sent payment with the registration and the event was sold out or cancelled, the treasurer would be required to refund with a cheque.

This reduces the need for most refunds.

PROPOSED AMENDMENT TWO:

Sometimes our very popular events fill up very quickly. Although, all thirty seven hundred *34th Story* newsletters are delivered to the post office at one time, some of our members do not receive their copies for several days. We are proposing that the event organizer will not process the registrations until a number of days after the newsletters are mailed.

For example, the newsletter goes out on the 10th. The event organizer would not process the registrations before the 20th. If the organizer has received fifty four combined (electronic and posted) registrations for an event with a forty-eight limit, he/she would randomly select forty eight applicants.

This appears to be a fair way for all members, who apply within a day or two of receiving the *34th Story*, to have an equal opportunity to be granted a spot at the event.



District 34 Fall Luncheon

Photography By Grant Dale

The District 34 fall luncheon was held on October 25, 2019 at the Cardinal Golf Club in Newmarket. The 140 attendees got to enjoy great food and good company - some even got to do some of their holiday shopping. Once again, thank you to Grant Dale for all the outstanding photos!





RTO/ERO's Health And Wellness Website

By Susan Leppington

Launched in September, the Health & Wellness Website is part of RTO/ERO's ongoing commitment to promoting a healthy lifestyle. The website is designed to encourage members to improve their physical and mental health.

There are three main elements: a website of wellness strategies and resources, webinars of pre-recorded health presentations and a lifestyle questionnaire.

The lifestyle questionnaire is designed to assess an individual's health through a series of questions aimed at their demographic, medical measurements, nutritional habits, physical activity and life balance. Upon completion of the questionnaire, members immediately receive a personalized health profile, summarizing their health status. It helps members better understand how everyday habits and family history impact their health. Tools, resources and information

that promote wellness are also provided. The information is confidential and personal information is never shared.

On January 7, 2019 a *Total Health Challenge* is set to begin. The online health challenge allows participating individuals and teams to experience daily activities and health bonuses which let participants earn points as they enjoy better health. All activity counts.

Explore the website at www.mywellness.com and click on the various tabs at the top. Only members who hold an RTO/ERO health insurance policy (extended health, semi-private hospital or dental) including their covered spouses can log in to take advantage of additional features, such as health questionnaires and the Health Challenge.



Boost Your Well-Being

By Susan Leppington

Research has found that engagement in artistic activities such as singing, music, dance, painting, drawing,

photography, etc. can help to reduce loneliness and social isolation.

Participation in this type of activity has a positive effect on the health and well-being of older adults including improving their memory, creativity, problem solving, ability to carry out daily activities and reaction time. (Source: McMaster Optimal Aging Portal)

Although not a cure-all, it may be time - which hopefully you have more of - to reawaken your artistic passions. Find the camera, buy some paints and artists' canvas or tune up the piano. Get out and be a participant rather than a spectator in arts and crafts activities offered by clubs, museums and libraries in your community.



The Mousetrap

By Angela Stewart

Markham Little Theatre is pleased to offer discounted tickets for RTO/ERO members to their production of Agatha Christie's, *The Mousetrap*.

Mollie and Giles Ralston are expecting their first paying guests

at Monskwel Manor. In spite of poor weather, their rooms are soon filled with an interesting array of eccentric characters. When the group is trapped by a raging blizzard, they discover to their horror that there is a murderer in their midst. That's all the information you'll get here, but this classic "whodunit" is sure to be a crowd-pleaser!

Date: Wednesday, Feb. 13, 2019

Time: 8 p.m.

Location:

Flato Markham Theatre
171 Town Centre Boulevard
Markham, ON (corner of
Hwy. 7 and Warden Ave.)

Cost: \$16 per person

Make your cheque out to **RTO/ERO District 34** and send with your registration form (pp. 22 or 49) to:

Angela Stewart
42 Schouten Crescent
Markham, ON L3P 7W7
Please place your order by
January 23, 2019.



Visit the RTO table to pick up your tickets the night of the play.

Registration for RTO District 34 York Region Events

Please print.

Name of Event: _____

Date of Event: _____ Cost per person: _____

Registration Deadline Date: _____

Name(s): _____

Telephone: _____

Email: _____

Bus Pick-up: (if included in the price of the event); (check only one):

Newmarket Location Richmond Hill Location

Meal choice (if applicable): _____

Enclosed is a cheque made out to **RTO/ERO District 34** for

\$ _____ for _____ person/people at \$ _____ each.

Send your completed registration form with your payment to the address given in the event description. Please use a separate registration form and cheque for each event request.

NOTE: If bus transportation is included in the price of the event, the signed waiver found on page 48 must be included with your registration.

Disney's Beauty And The Beast

By Craig Lee

An arrogant young prince and his castle's servants fall under the spell of a wicked enchantress, who turns him into the hideous Beast until he learns to love and be loved in return. The spirited, headstrong village girl Belle enters the Beast's castle after he imprisons her father Maurice. With the help of his enchanted servants, including the matronly Mrs. Potts, Belle begins to draw the cold-hearted Beast out of his isolation.

The Unionville Theatre Company invites you to be "our guest" for an enchanting theatrical experience. Featuring iconic songs such as 'Belle', 'Beauty and the Beast', 'Home', and 'Something There', this classic story of love, magic and acceptance will delight all ages. Your grandchildren will love this musical.

Date: Sunday, Feb. 24, 2019

Time: 1 p.m.

Location:

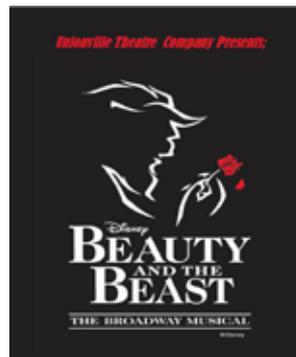
Flato Markham Theatre
171 Town Centre Blvd.
Markham, ON
(North-West corner of Hwy. 7
and Warden Ave. The theatre
is attached to Unionville High
School)

Cost: \$25

Please place your order by
February 4, 2019

Make your cheque out to **RTO/
ERO District 34** and send with
your registration form (pp. 22 or
49) to:

Craig Lee
21 Lippincott Court
Richmond Hill, ON L4C 7M5
Tickets may be picked up at
the box office on the day of the
performance.

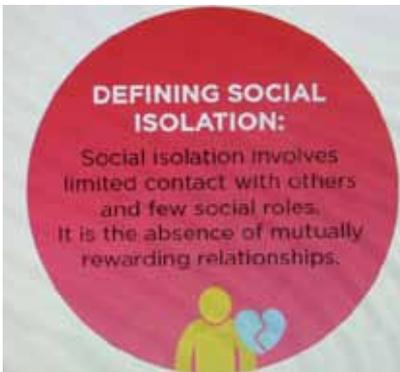


The Negative Effects Of Social Isolation

By Chris Prefontaine

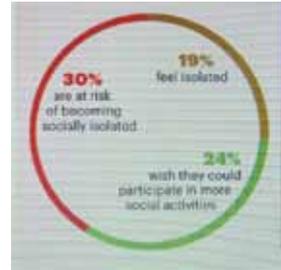
The objective of the RTO/ERO Research Foundation is to “enhance the quality of life for aging adults” by funding “age-related research and training” and “innovative community initiatives that promote social connections and engagement among older adults.”

Humans are social beings who thrive through meaningful relationships with others. Connections with family, friends, neighbours and colleagues “keep us engaged and socially active, contributing to happiness and better emotional and physical health.”



Older, retired individuals are often subject to feelings of isolation after the loss of a spouse, or having experienced a decrease in mobility or cognitive decline.

Social isolation is the number one emerging issue facing seniors in Canada.



The Foundation selected last October to be “Social Awareness Month.” Their goal was to raise awareness through information, facts, tips and action ideas; empower people to recognize and help those who are socially frail; and support programs and research on social isolation.

INCREASES RISK OF DEMENTIA BY

64%



“Social connectedness has proven to be vital to seniors’ health and well-being. Those with close connections and relationships tend to cope better with health conditions and experience fewer mental health issues, like depression. Social isolation can cause physical risk and put seniors at increased risk of elder abuse.”

We can’t end social isolation through activities that take place over just one month.

The campaign is over, but don’t let that stop you. Join the challenge now! Reach out and connect with aging adults in your area.

ENGAGE “to raise awareness and take action to bring Canada’s seniors from isolation to inclusion.” Let’s end social isolation!

Visit <https://www.rto-ero.org/endisolation> for more information.



On October 10, 2018, RTO members experienced an enjoyable morning hike as part of their participation in The York Regional Forest Nature’s Classroom Program.

The Meet District 34 Member section of *The 34th Story* will contain a series of articles designed to introduce local members of RTO/ERO who have made significant contributions of artistic merit, service to others or any achievement which may be of interest to our group. If you know of someone who you think might be included, please email Chris Prefontaine at 7chris.prefontaine@gmail.com

Meet District 34 Member: Bonnie Irwin

By Chris Prefontaine

When is the best time to retire? We have all asked ourselves that question at some point. Is it when you are at the top of your career and want to go out on a high note? There are still one or two new things that you'd like to try? Maybe you are hoping to discover a new talent or two.

For District 34 member Bonnie Irwin, we might say, "all of the above"! Even though Bonnie retired from teaching in 1997, she has never really stopped working. And, with a passion for

volunteering, Bonnie has a few projects on the go; all of which relate to her life's philosophy of helping others.

Born in Kitchener to a Baptist Minister, Bonnie and her family moved to the Markham area in 1955. She even remembers when Highway 48 was just a dirt road! Bonnie attended elementary school in Whitevale (at that time, a small rural area just to the east of Markham), then Markham High and because she skipped two grades early on, she graduated from York University at the age of 19.

It was a "seller's market" in the early days after she graduated and you could get a job by just going down to the Royal York. "Can you type?" asked one gentleman of Bonnie when she arrived there looking for a job. When she responded, "Yes," he said, "Good, you're a typing teacher at Birchmount Park." After teaching for two years in Scarborough where some of her students were actually older than she was, Bonnie returned to her alma mater, Markham High where she taught for another 29 years.

Arriving at Markham High, Bonnie found that she would be working under Mr. Herbert who was head of the business department and her former accounting teacher – the one who made her write the lines: “I must not chew gum in Mr. Herbert’s class.” The first time, she only had to write 100 lines, but it went up by 50 every time she got caught – and unfortunately, Bonnie liked to chew gum.

Initially, Bonnie was worried that she would not be able to live up to Mr. Herbert’s standards; but she did well, spending the rest of her career teaching a variety of classes in the business department, including typing, and accounting.

In 1983 when computers had just come in to the schools, Bonnie asked the board if she could take a sabbatical to study the use of computers in Europe. Her request was granted and with her young sons, Bonnie toured England, Scotland, Wales, Ireland and France just to see how they were using computers in their schools. Upon returning, Bonnie had to make a presentation to the board to let them know what she had learned. Her message was that

“keyboarding was going to be always essential and that progress wasn’t as far ahead in Europe as they might have thought it was, and that computers were here to stay.”

The next year, Bonnie got a computer lab at the back of her classroom – 20 “Pet Computers” and she was to teach “word processing”; a term that was just starting to be used in ’83.

To help her with this endeavor, the board sent Bonnie to take a course on the Wang Word Processor and she learned the intricacies of the skill herself – an expertise that had applications outside of the classroom. Bonnie knew from her mother who had been a legal secretary how difficult it was to type wills and how perfect they had to be. Any mistake and a page had to be retyped.

Bonnie saw the potential for word processing to change this so she took her new skill to lawyers in North York who saw the advantages and potential for incredible time saving. Bonnie was hired to type wills for that firm and since then, Bonnie has probably done thousands of wills

working nights and weekends until 2014 when she moved to Ballantrae.

19 years after she started teaching business at Markham High, Bonnie followed in Mr. Herbert's footsteps and became head of the department. She liked the management aspect of the job and would teach whatever anybody else didn't want. She especially enjoyed teaching a two year course with 23 boys who were taking a lot of tech subjects – “a handful” but she just loved them. Bonnie told this group of boys, “You will either be an entrepreneur or you will work for one. So, make up your minds.” To help them with this, Bonnie took the group downtown to visit Ed Mirvish to talk about free enterprise; which probably gave her the idea to create a course on entrepreneurship in York Region with her assistant head.

After 10 years as department head, Bonnie decided that it was time to leave education. Mr. Herbert attended her retirement party – arriving with a “huge” pack of gum!

“I didn't really have a plan,” at that time, said Bonnie, but

she knew she would be doing something. After 31 years of teaching, Bonnie wanted to embark in a different kind of challenge so she decided to work as an executive assistant for a Toronto city councillor; a job which required her to drive downtown every day. She looks on these years fondly, as a “great learning experience,” organizing a variety of events and meetings to help bring the Scarborough Malvern community together. It was in her ninth year, that Bonnie decided to run for office herself, and although she lost the election, she says, “even just running for an election was a fantastic experience.”

Bonnie moved from Markham to Ballantrae four years ago and says, “I'm so glad that I'm not working, because I don't know where I would find the time to do all the things that I do. Every day is full!” Bonnie loves being able to do whatever she wants, whenever she wants. She plays golf, swims, loves cooking and recently, Bonnie has begun quilting and loves that too! She finds it “absorbing” so everyone in the family got table runners this past year Christmas.



Photo by Chris Prefontaine

Bonnie's biggest surprise, however, was learning that she has a talent for painting. Not realizing that she could paint anything more than a "stick figure," Bonnie enrolled in a course at Varley Art Gallery in Unionville. Her instructor, Judy Livingston, helped Bonnie "open her eyes" as to her capabilities. The art work on the cover has all been painted by Bonnie and decorates the walls of her home and her basement "art gallery."



Photo provided by Bonnie Irwin

Bonnie does a lot of volunteer work: she drives neighbors to doctor's appointments and physio; she has a variety of "medical devices" (seniors' seats, walkers and chairs) from her mom that she lends out to people in need; she fund raises for North York General, where her son is an anesthesiologist; and she is on one of the condo boards in her subdivision – but perhaps Bonnie's biggest contribution to society is her work with seniors!

RTO/ERO made last October their End Isolation Month and sent out emails with suggestions of how members could make a difference. Bonnie accepted the challenge and embraced the activities, but really they just fit in with her existing efforts. Bonnie reflects on the times in life when she thinks seniors might feel isolated - when "becoming an empty nester," moving into a new area, and definitely after the loss of a child or partner (by death or divorce) you might "tend to withdraw into yourself." She thinks that eating meals alone is also isolating and discouraging.

Bonnie tries to encourage seniors who live in her neighbourhood with "excuses to get together."

Many of her ideas for these “parties” coincide with established holidays: A Thanks for Girlfriends’ Dinner, Robbie Burns Night progressive dinner parties, Halloween Shell Out for seniors who live on their own (dressing up as witches and delivering home baked goods), Valentine’s Lunch, Easter Brunch for Neighbours, Welcome Spring Breakfast and a Remembrance Afternoon. “We get together for any dumb excuse at all! You just need somebody to come up with an idea.”



*Bonnie at Robbie Burns Night
Photo provided by Bonnie Irwin*

Bonnie’s Seniors Helping Youth (SHY) project arose out of her desire to create a Canada 150 project while watching a program on indigenous youth. “Why not help our own people who live up north!” she thought. Starting out as a “group” of two, SHY has

now grown to include 10 knitters who created about 180 scarves, 90 hats, 90 pairs of slippers and 50 pairs of mittens last year.



Photo provided by Bonnie Irwin

In short, they created and sent 400 pounds of knitted goods to the East Three Secondary School in Inuvik, NWT. Minister of Indigenous Services, Jane Philpott, was delighted to see what they had created at their Canada 150 Open House.



Photo provided by Bonnie Irwin

Bonnie would like to encourage other RTO members who knit and crochet to join them. There are no

requirements to join other than you need to know how to knit basic stitches. You are welcome to knit in the group or on your own - members live in Atlanta Georgia, Scarborough, North York, Markham and Ballantrae. Please contact Bonnie by email if interested. blirwin@rogers.com



Photo provided by Bonnie Irwin

Bonnie's advice to others is to "reach out." We have the skills – we've been reaching out to kids all our lives." She recommends taking isolated seniors out for coffee, helping non-English speaking seniors write letters, helping them with their technology, getting together with others to eat meals, planning easy activities for friends, and keeping up to date on local activities such as Studio Tours and Home Tours.

Bonnie also recommends forming KIT (Keep in Touch) clubs with former colleagues. Many

staffs are tight knit when they are together working – so reach out to former colleagues to get together every six months or so to sit down and enjoy each other's company.

Bonnie Irwin has a very positive philosophy that helps her through from day to day. "There are so many people that are less fortunate. So whenever you have a bad day, or I think, oh my back is hurting, I think, you know what, I'm OK. I can do this and I can help somebody else."



Kiss Of The Spider Woman

By Craig Lee

Theatre Aurora

Plot Summary: Two prisoners, Molina and Valentín, share a cell in a Buenos Aires prison. Molina, an effeminate gay window-dresser, is in jail for "corruption of a minor," while Valentín is a political prisoner who is part of a revolutionary group trying to overthrow the government. The two men, seemingly opposites in every way, form an intimate bond in their cell, and their relationship changes both of them in profound

ways. Molina recounts various films he has seen to Valentín in order to help them forget their situation. “It comes as near to being about pure undiluted love as any play I’ve ever seen.” - *The Sunday Times*

Dates:

Choice # 1 Friday, March 1, 2019

Time: 8 p.m.

Choice # 2 Sunday, March 3, 2019

Time: 2 p.m.

Location: 150 Henderson Drive, Aurora (south end of Aurora west off Yonge St.)

Cost: \$20

Please place your order by February 8, 2019. Make your cheque out to **RTO/ERO District 34** and send with your registration form (pp. 22 or 49) to:

Craig Lee

21 Lippincott Court

Richmond Hill, ON L4C 7M5

Tickets may be picked up at the box office on the day of the performance. Acknowledgements will be emailed upon receiving the registration form.



The **Healthy Eating** section of *The 34th Story* will be a three part series supporting RTO/ERO’s focus on the health and welfare of aging Canadians. Food is an important part of our day-to-day existence. Registered Dietitian Christina Iaboni will give us some tips and pointers to help us improve our nutritional well-being.

Eating For Brain Health

By Christina Iaboni, MHSc, RD, CDE

The human brain is a powerful, complicated organ which controls everything we do. As we get older, we all want to keep our brain healthy, so we can enjoy life to its fullest. Unfortunately, many Canadians suffer from dementia and the rates are rising.

According to the Alzheimer’s Society of Canada, 564 000 Canadians are currently living with dementia and that number is expected to rise to 937 000 people in 15 years. Of those over 65 years old being diagnosed, 65% are women. Alzheimer’s disease is the most common form of dementia and symptoms

include memory loss, difficulty performing daily activities, and changes in judgement, reasoning, behaviour, and emotions.

While there is no guaranteed way to prevent dementia, having a healthy lifestyle will help keep your brain as healthy as possible, and that includes eating a healthy diet. The food we eat affects the structure and function of the brain and plays an important role in keeping it healthy.

In recent years, a new diet has emerged called the *MIND Diet* with promising research that it can help reduce risk of Alzheimer's disease and slow the loss of brain function over time. The *MIND Diet* is a combination of the *Mediterranean Diet* and the *DASH Diet*. This diet is high in nutrients and antioxidants that can help reduce the plaque formation in the brain that is thought to cause to Alzheimer's disease.

What foods are a part of the *MIND Diet*?

Whole grains: eat at least three servings per day of whole grains; this includes oatmeal, whole grain breads and pastas and barley. To get more whole grains into your diet,

switch your white pasta for a whole grain variety. Oatmeal is a great whole grain choice for breakfast but if you want to try something new, reheat leftover barley with some milk, cinnamon, walnuts and fruit.

Dark leafy green vegetables: eat at least one serving daily of dark leafy green veggies such as spinach, kale, or swiss chard. Use them in a salad or soup or just sauté them in some olive oil and garlic.

Other non-starchy vegetables: eat at least one serving per day. Aim for a variety of colours, such as orange, purple, red and white as they each have different antioxidants which can protect the brain from cell damage.

Nuts: aim for at least 5 servings per week. Snack on almonds or walnuts or add them to oatmeal, salads, and homemade muffins.

Berries: eat at least two servings a week. Berries are the only specific fruit included in the *MIND Diet*. Berries are full of antioxidants which can help reduce inflammation and improve blood flow to the brain. Some studies have shown that blueberries can enhance memory and prevent age related decline in cognition. Add them to oatmeal, yogurt, or homemade muffins.

Fatty fish: fish such as salmon, trout, and sardines are full of brain

healthy omega-3 fatty acids. Our brain is made up of about 60% fat and the type of fat we eat affects the structure and function of the brain. Getting enough omega-3 helps ensure smooth communication is possible between brain cells (also called neurons). Aim for two servings of fatty fish a week.

Olive oil: use olive oil as a main added fat instead of butter or margarine. Olive oil is rich in monounsaturated fats which are good for the brain as well as the heart.

Beans: aim for four servings per week. Beans are full of fibre and protein and low in fat. Use them in salads, chili, or a replacement for meat in a pasta sauce.

Poultry: two servings per week of chicken or turkey.

Red wine: red wine has compounds that can protect the brain but be sure to limit it to no more than one glass a day. People who consume moderate alcohol have a lower risk for developing dementia but excessive alcohol consumption increases the risk.

The *MIND Diet* suggests limiting red meat, fried foods, butter/margarine, cheese, and sweets due to the high amounts of saturated and trans fats. These

fats can make the cells of our brain less flexible and cause damage.

One of the great things about the research on the *MIND Diet* is that even people who followed the diet moderately had a reduction in their risk for Alzheimer's disease, it was not "all or nothing." The more the diet was followed and the longer the length of time it was followed, resulted in a greater reduction of Alzheimer's disease risk.

Eating well to keep our brain healthy is important but food is also a highly social experience. Taking the time to enjoy a meal with others provides us with a sense of connection which can also help reduce risk of dementia.

Other lifestyle factors that help promote brain health include being physically active, not smoking, reducing stress, and challenging our brain by learning something new.

For more information, visit the Alzheimer's Society of Canada website at www.alzheimers.ca

- *Christina Iaboni has been a registered dietitian since 2011 and has worked in a mental health and*

addiction facility since 2012. She is the owner of *Cucina di Christina*, a nutrition communications company. She has a passion for helping people improve their health by eating nutritious food and empowering them to cook simple but delicious food. She is also the niece of RTO member Theresa Zavaglia.



Tuna And Tomato Pasta

By Christina Iaboni

This recipe is full of flavour; the cherry tomatoes add a nice sweetness to the sauce. You can make the sauce in the amount of time it takes to cook pasta so it makes a great weeknight dinner. The recipe is lightly adapted from the March 2017 issue of *Food Network magazine*. Serves 2 to 3

Ingredients:

2 tbsp. olive oil
 ½ a red onion, sliced
 2 tbsp. capers
 1 x 14oz. can of cherry tomatoes
 198g. can of tuna of packed in oil
 12oz. whole grain spaghetti (just less than half a 454g. bag)

Directions:

Cook pasta according to package directions for al dente pasta.

Reserve ¾ cup of pasta water. To make the sauce, in a large skillet, heat olive oil over medium heat. Add the red onion and cook until softened, about 4 minutes. Add the capers, cook 1 minute. Add the cherry tomatoes; cook, stirring until the tomatoes burst, about 5 minutes. Smash with a spatula, then stir in the tuna, breaking it into chunks. Toss with the cooked pasta. If the sauce is too thick, add some pasta water to loosen.



Tips:

- * Cook your pasta until it is al dente, or a bit firmer to the bite. Pasta is full of carbohydrates and al-dente pasta is digested more slowly than softer cooked pasta, promoting a slower release of carbohydrates into the blood stream.
- * Choosing whole grain pasta over white pasta is a great way to increase your fibre intake. Fibre also helps slow digestion of carbohydrates which is important for people with diabetes.



District 34 Artisans' Marketplace

By Susan Leppington, Photography By Grant Dale

At our fall luncheon, 20 talented RTO members shared the wonderful expressions of their artistic passion with the 140 attendees. Our first Artisans' Marketplace was held amidst a very social atmosphere on a beautiful fall day at Cardinal Country Club. Tickets were sold for the raffle of each vendors' donated piece of work and over \$700 was raised for RTO/ERO's Foundation for geriatric research. We gratefully thank those members who displayed and offered for sale their beautiful work and all the members who attended. It was great day.





Welcome New Members

By Evelyn Lawrence

Since our last newsletter was printed, the provincial office has informed us that the following have become members of RTO/ERO and have indicated their wish to be affiliated with *District 34 – York Region*. Information which is received after we go to print will be included in the next newsletter.



On behalf of the Executive and all of the members of RTO/ERO District 34, I extend a warm welcome to these new Members within our ranks:

Lois Alderson-Wigelius
 Afsaneh Amir-Rahimi
 Pierre Amplemann
 Kevin Anderson
 Naomi Babineau
 Betty Branch
 Alva-Joye Carroll-Allman
 Janice Christen
 Kimberly Cimetta
 Ida D'Addese
 Judith Dickens
 Anne Marie Devine
 Elizabeth Foot

Cynthia Gasner
 Carol Griffiths
 Lenore Greaves
 Teresa Hickey
 Leslie Johnstone
 Janet Jordan-Shagass
 Henriette Landry
 Carol Lang
 Lynda Levenstein
 Donna Lieberman
 Laura Lindover
 Carol Lindsay
 Jean Lyons
 Elaine Maddeaux
 Debra Mancini
 Elazar Morel
 Anna Mueller
 Donna Paskewich
 Linda Patterson
 Paul Quattrociocchi
 Darlene Ramsey-Wu
 Ralph Robertson
 Patricia Rudderham
 Jean Rudman
 Lisa Scherer
 Elizabeth Schilbach

Stephanie Sebben
 Andrea Shapiro
 Michael Sharkey
 Edward Taylor
 Richard Topp
 Gerald Treffer
 William Vansickle
 Santina Vitale
 Reid Wilshire
 Shelley Wister-Smith
 Mary Wynn
 Maria Theresa Zavaglia

WELCOME NEW MEMBERS FROM OTHER DISTRICTS

Marie-Claude Chalifour-Vessio



In Memoriam

With sorrow we have learned of the passing of the following members of District 34. To their families we extend our heartfelt sympathy.

Helen Bradstock
 Edgar Branch
 Earl Brown
 Carmine Buonocore
 Irvine Dean
 Sharon Emerson
 Christopher Foot
 Gail Gardner
 Sybil Garrick
 Jean Gosbee
 William Guy
 Mary Louise Hunt
 Dale Jackson
 George Lester
 Richard Lieberman
 Stanley Lindeblom
 Margaret Murray
 Maryann Quattrociochi
 Helen Shepherd
 Ann Turko
 David Wallace
 Robert Weir
 Gary Wynn



Art Show

By Ann Evans

We are pleased to invite you to attend the first ever RTO/Town of Newmarket art show to be held at the beginning of March 2019. Come and support your friends and former colleagues who will have their many talents on display.

You will surely enjoy and be surprised at the diversity of art work displayed. The exhibit is free of charge and many of the pieces will be available for purchase.



Dates:

March 5 through March 23, 2019

Times:

Tuesday to Friday, 4 to 8 p.m.

Saturday, 11 a.m. to 2 p.m.

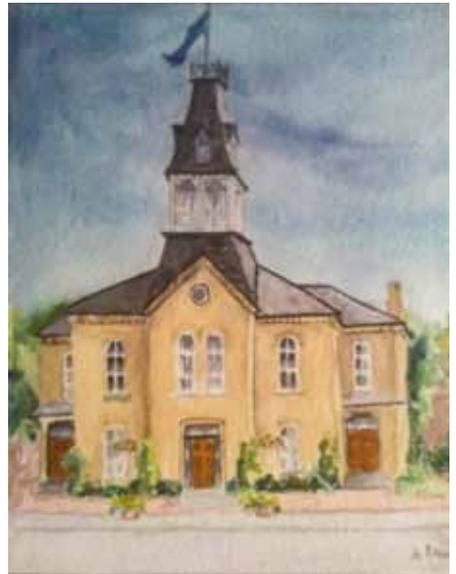
Location:

Newmarket's Old Town Hall
460 Botsford St.

Newmarket

Entrance is at the rear of the building on Timothy St.

You may want to enjoy a coffee or meal at one of the charming cafes and restaurants on Newmarket's historic Main Street. There are so many interesting shops to explore.



Original watercolour painting of Newmarket's Old Town Hall by Ann Evans



Gondoliers

By Jane Reynolds

Or The King of Rock and Roll by
The North Toronto Players

The Gondoliers tells the classic story of boy married to girl in babyhood. Boy, lost in babyhood. Girl, grown up, not sure which of several boys she's actually married to.

This Gondoliers is set in 1977. The search is on for the lost son of Elvis. The action begins in Venice and leads to Las Vegas where all the secrets are revealed.

The North Toronto Players have been performing for over 50 years and are known for their innovative updates. Gilbert and Sullivan's delightful story and music are presented with clever lyric changes and pop culture references.

For photos of past shows and more information on NTP, visit their web page:
www.northtorontoplayers.com

Dates:

Choice #1 Saturday, March 16, 2019 **Time:** 8 p.m.

OR

Choice #2 Saturday, March 23, 2019 **Time:** 2 p.m.

Location:

The Papermill Theatre at
Todmorden Mills
67 Pottery Rd.
Toronto

The theatre includes an art gallery, is wheelchair accessible and has ample free parking. (Exit DVP at Bloor cut-off, veer right on Bayview N. and turning right on to Pottery Rd.)

Cost: \$25 (children under 14 are free) Please place your order by February 16, 2019

Make your cheque out to **RTO/ERO District 34** and send with your registration form (pp. 22 or 49) to:

Jane Reynolds
76 Harrison Avenue
Aurora, ON L4G 1E3

Tickets may be picked up at the box office on the day of the performance. Acknowledgement will be emailed upon receiving the registration form.



Retirement Planning Workshop

By John Pickett

For All Educational Workers



District 34 will host a Retirement Planning Workshop that is open to anyone retiring from a public or Catholic school board or from a university, college or private school who will be receiving a pension from the OTPP, OMERS or other, similar plans.

This includes teachers, administrators, secretaries, caretakers, educational assistants, youth workers, and others. Organized by the provincial body of RTO/ERO, this workshop is presented by experts in both pension and insurance matters. Participants will learn how to calculate and apply for their pensions and hear the benefits offered through RTO health insurance while they enjoy dinner.

Please share this information with anyone you know who is planning to retire in the next few years or who has already retired but not yet joined RTO/ERO.

Date:

Tuesday, March 26, 2019

Time: 5:30 p.m. – registration and dinner;
6:30 p.m. to 8:30 p.m. – presentations

Location:

Sheraton Parkway North
600 Hwy. 7 E.
Richmond Hill, ON L4B 1B2
(West of Hwy. 404, on the North side of Hwy. 7)

There is NO cost to participants.

For more information you can visit:

<https://www.rto-ero.org/rpw-schedule-list>

or contact John Pickett
john.pickett@rogers.com
647-273-0790



Mending Fences

By Craig Lee

A Curtain Club Production by
Norm Foster

Drew Sullivan hasn't seen his father Harry in 13 years. Now as an adult he is coming back home to his dad's Saskatchewan ranch for a visit. This poignant comedy tells the story of two men who have grown apart and are too stubborn to give in to the feelings of the heart.

Date:

Wednesday, April 10, 2019

Time: 8 p.m.

Location:

Curtain Club Theatre
400 Newkirk Rd.
Richmond Hill (corner of
Newkirk Rd. and Elgin Mills Rd.
E.)

Cost: \$20

Please place your order by March 18, 2019. Make your cheque out to **RTO/ERO District 34** and send along with your registration form (pp. 22 or 49) to:

Craig Lee

21 Lippincott Court

Richmond Hill, ON L4C 7M5

Tickets may be picked up on the night of the performance at the RTO table in the lobby from 7:15 on.

Acknowledgements will be emailed upon receiving the registration form.



York Symphony Orchestra - Great Romantics

By Craig Lee

Join the orchestra as they play great Romantic works which include: Tchaikovsky's Finale from Serenade for Strings, Rachmaninoff's Piano Concerto No. 2 and Brahms' Symphony No.4. Guest Artist will be Jianhan Wu, Piano.

The musicians of the orchestra are proud to be part of the fabric of the arts community. They volunteer their time and talent to share in music making and look forward to seeing you as they continue the tradition of

providing symphonic music and the live concert experience in York Region.

Date:

Sunday, April 14, 2019

Time:

7:30 p.m.

Location:

Richmond Hill Centre for the Performing Arts
10268 Yonge St.
Richmond Hill, ON

Cost: \$22.00

Please place your order by March 18, 2019. Make your cheque out to **RTO/ERO District 34** and send along with your registration form (pp. 22 or 49) to:
Craig Lee
21 Lippincott Court
Richmond Hill, ON L4C 7M5

Tickets may be picked up at the box office the night of the performance. Acknowledgements will be emailed upon receiving the registration form.



Discounted Tickets To Skin Flick

By Angela Stewart

Produced by Markham Little Theatre

In this entertaining comedy by Canadian favourite Norm Foster, married couple Daphne and Rollie find themselves out of work and out of luck. When they come across a mistakenly rented X-rated movie, they get the idea to make their own film for some quick cash. They have the camera, they have the vision, and they have the drive. The only problem? Neither of them wants to star in it.

Date:

Wednesday, May 1, 2019

Time: 8 p.m.

Location:

Flato Markham Theatre
171 Town Centre Boulevard
(corner of Hwy. 7 and Warden Ave.)
Markham, ON

Cost: \$16

Please place your order by April 10, 2019. Make your cheque out to **RTO/ERO District 34** and send with your registration form (pp. 22 or 49) to:
 Angela Stewart
 42 Schouten Crescent
 Markham, ON L3P 7W7

Visit the RTO table to pick up your tickets the night of the play.



Social Isolation Grant

By Elaine Adam

On Wednesday, October 24, RTO hosted a webinar with Dr. Amanda Grenier, a recipient of a \$50 000 grant on behalf of the Gilbrea Centre for Ageing in Hamilton. They are connected with the research arm of the Government of Canada's New Horizons for Seniors Program.

There are six partners in Hamilton, all of which are organizations and agencies involved in health care and seniors. Data was collected and findings will be published. A great deal of effort was spent

to find and identify isolated seniors and to link them with programs. In addition, funds were disbursed that were spent directly on transportation, class fees and volunteer expenses so seniors could access their community.

Two hundred people were assisted from January 2017 to March 2018. To read about their findings at the end of the pilot project, go to <http://socialisolation.ca>. In addition, the RTO-ERO website has regular updates on the Foundation and the grants that we support.

P.S. RTO District 34 donated over \$700 to the Foundation, the proceeds coming from artisan table rentals and a wonderful raffle at our fall luncheon.



Save The Date

By Craig Lee

Save the date: Sunday, May 5, 2019 at 2 p.m.

Marquee Theatrical Productions will be presenting *Mamma Mia* in May at the Newmarket Theatre.

RTO has reserved tickets for this musical. Details will be found in the next *34th Story*.



Tuscany Trip

By Ann Evans

In April 2019 there is another opportunity to enjoy the exploration of Tuscany. At this time, there will be fewer tourists and the weather will be warm and sunny and so perfect for traveling. There is also the possibility of a painting trip in May 2019.

As on previous occasions, with our guide, Jakob, we will visit medieval towns and small villages seldom seen by the average tourist. Earlier groups have enjoyed fun social interactions with plenty of opportunities to sample delicious local food and wine.

We toured Jakob's private olive grove and learned about the growing and harvesting of olives. A true highlight was staying at the Villa Fattoria Gambaro, a working organic farm, dating back to the seventeenth century.

For more information visit Jakob's website: www.jtuscanytours.com

If you decide you are interested in joining me in this experience, please email me at annesleyevans1945@gmail.com

When a group is tentatively formed, I will host a gathering at my home to review the itinerary, get to know each other and perhaps make some decisions.

* The Tuscany trips are organized independently of RTO.



Watch for these great shows in 2019!

Skin Flick

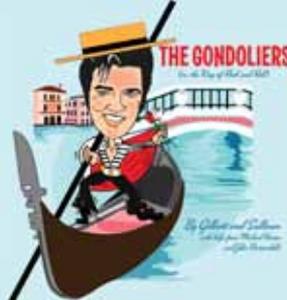
 A comedy by Norm Foster
 May 1 - 4, 2019
 8:00 P.M.
 MARKHAM LIVE THEATRE

Curtain Club Theatre
 Your Community Theatre
 www.curtainclub.org 905-773-3434
 the family comedy
Mending Fences
 by Norm Foster
 Mar 29 to Apr 13, 2019



Delaware Theatre Company Presents

Disney BEAUTY AND THE BEAST
 THE BROADWAY MUSICAL
 At the Markham Theatre - Feb. 28 - 29, 2019
 For tickets, contact the Theatre Box Office at 905-944-9999 or online at www.markhamtheatre.com

THE GONDOLIERS
by the Top of Not Just Hat!

*By Gilbert and Sullivan
 as told from Markham Theatre
 by the Top of Not Just Hat!*

YORK
Symphony
 ORCHESTRA

KISS of the SPIDER WOMAN
 by Michael Pegg
 Feb 28 - Mar 1, 2019


the Mousetrap

 A mystery by Agatha Christie
 February 13 - 16, 2019
 8:00 P.M.
 MARKHAM LIVE THEATRE


Acknowledgement, Waiver and Release

The participants in _____ (the “Event”) acknowledge and agree that RTO/ERO, including District 34, 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 Event are therefore hereby advised to carry their own insurance in connection therewith.

By signing below and in consideration of the participant’s attendance at the Event, the participant hereby releases and forever discharges RTO/ERO, District 34 and their respective directors, officers, members, agents, employees and volunteers (collectively, the “Releasees”) from any and all actions, causes of action, claims and demands (collectively, the “Claims”) from any loss, injury or damage of any nature, including death, which has arisen or may arise from the participant’s attendance at the Event, unless such loss, injury or damage has arisen as a result of the sole negligence of one or more of the Releasees.

Any Claim 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 of Ontario, Canada in any such action.

Participant’s printed name	Signature	Date
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Participant’s printed name	Signature	Date
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Participant’s printed name	Signature	Date
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Participant’s printed name	Signature	Date
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Additional copies of this form may be downloaded from our web site.

Registration for RTO District 34 York Region Events

Please print.

Name of Event: _____

Date of Event: _____ Cost per person: _____

Registration Deadline Date: _____

Name(s): _____

Telephone: _____

Email: _____

Bus Pick-up: (if included in the price of the event); (check only one):

Newmarket Location Richmond Hill Location

Meal choice (if applicable): _____

Enclosed is a cheque made out to **RTO/ERO District 34** for

\$ _____ for _____ person/people at \$ _____ each.

Send your completed registration form with your payment to the address given in the event description. Please use a separate registration form and cheque for each event request.

NOTE: If bus transportation is included in the price of the event, the signed waiver found on page 48 must be included with your registration.

Find Us on The Web

Use the QR Code reader on your smart phone to find our website. Scan the code below to get to our website.



Advertising Events in *The 34th Story*

By Evelyn Lawrence

The only events that are advertised in *The 34th Story* or via email communications are those that have been authorized by the executive. From time to time, our Email Communications Representative, receives a request from a member to advertise an event that has not been sent to the executive for approval. Please do not send these to Angela Stewart as it is not her job to alert the executive of these requests made by other members. Please contact the president or one of the vice-presidents, if you believe that you have an event that would be of general interest to members or would supply some benefit that would be in the best interest of our District 34 members.



PLANNING A TRIP

Before planning a trip out of the province or outside of Canada, it is wise to call Johnson Insurance to check on your RTO/ERO health insurance coverage.

Changes in your health or in your prescriptions may alter your travel coverage. If an emergency should arise while you are away, contact Allianz Global Assistance within 48 hours of the emergency, or before medical attention is administered when the situation is non life-threatening. Contact with Allianz will ensure that your care is top priority and that the medical expenses for this unforeseen health condition are effectively monitored.

Johnson Insurance
1-800-638-4753
905-764-4041 (Fax)

Allianz Global Assistance
1-800-249-6556



Classified Advertising

Classified ads are for the information of our members and do not imply endorsement by RTO/ERO District 34.



Johnson Inc.
RTO/ERO Health Benefit
Plan Administrator
Service 1-877-406-9007
416-920-7248
Claims 1-800-638-4753
905-764-4888
Website
www.johnson.ca

34th Story Website
Check our website at
www.34thstory.com

- for District 34 news,
- for additional photographs of events,
- for links to interesting websites,
- for information about your committees,
- for the District 34 constitution and policies

Changing Your Name, Address or Phone

The District 34 membership information comes from the Provincial Office. Please contact them about any changes.

RTO/ERO PROVINCIAL OFFICE

416-962-9463
1-800-361-9888
FAX 416-962-1061
Office Hours
8:30 a.m. to 4:30 p.m.
Monday to Friday
www.rto-ero.org

DISTRICT 34 MEMBERSHIP COORDINATOR

Evelyn Lawrence
905-642-5435 or
eplawrence@sympatico.ca.
Questions regarding membership and newsletter mailings may be directed to Evelyn as well.

DISTRICT 34 EMAIL COMMUNICATIONS COORDINATOR

34thstoryreminders@gmail.com
For change of email address only, NOT residence address changes.

Newsletter Submissions

Articles are required for consideration for inclusion in future issues. Please keep articles to 500 words or less. A picture is a nice touch.

Do you have:

- a memorable teaching experience,
- special memories of a colleague or student,
- a good book to recommend,
- an account of an unusual holiday,
- an important question,
- suggestions for the editor,
- suggestions for district trips or social activities,
- information you would like to see in the newsletter or
- an issue you would like to raise?

Email the editor -
Chris Prefontaine
7chris.prefontaine@gmail.com

NEWSLETTER DEADLINES

November 10 for January
February 10 for April
July 10 for September

RETURN UNDELIVERABLE
CANADIAN ADDRESSES TO:
34th STORY, 7 Braid Bend
Stouffville, ON L4A 1R7

