

# ERT 34th STORY

District 34 - York Region

Vol. 31 No. 2 - April 2019

## *Meet District 34 Member Ann Evans*



*Photos by Chris Prefontaine - Cover by Rhonda Starr*

Join us on the Internet at [www.34thstory.com](http://www.34thstory.com)

## For Your Calendar

**Play Bridge**

Mondays

1 p.m. to 4 p.m.

McConaghy Senior  
Centre - Rm. 103**Join Us For A Walk**

Thurs. April 11, 2019

**Hava Java**

Thurs. April 18, 2019

**Pub Lunch**

Tues. April 30, 2019

**Skin Flick**

Wed. May 1, 2019

**Mamma Mia**

Sun. May 5, 2019

**Wild Edible Walk**

Wed. May 8, 2019

**David Dunlap****Observatory**

Wed. May 15, 2019

**Join Us For A Walk**

Thurs. May 16, 2019

**Feeding Your Brain**

Wed. May 22, 2019

**AGM And Luncheon**

Thurs. May 23, 2019

**Hava Java**

Tues. May 28, 2019

**The Odd Couple**

Sat. June 1, 2019

**Guys And Dolls**

Thurs. June 6, 2019

**RTO Golf Day**

Tues. June 11, 2019

**Lucy Maud Montgomery  
Manse Tour**

Wed. June 12, 2019

**Hava Java**

Thurs. June 13, 2019

**Join Us For A Walk**

Thurs. June 20, 2019

## Contents

For Your Calendar .....	2
District 34 York Region Executive and Committee Chairpersons .....	4
President's Message .....	5
Hava Java on Us .....	6
Join Us for a Walk .....	7
Be Sure to Sign Up For Event Reminders <i>and</i> Bridge Club News .....	8
25 Years of Membership .....	9
Lunch and Trivia at Villa Risi <i>and</i> Half Price Pub Lunch .....	10
Eating For Brain Health - Part Two .....	11
Date and Walnut Baked Oatmeal <i>and</i> Discounted Tickets to Skin Flick.....	14
Mamma Mia.....	15
Social Isolation in Seniors .....	16
Wild Edible Walk.....	17
Membership in RTO/ERO .....	18
Registration for RTO District 34 York Region Events.....	19
Political Advocacy Update.....	20
Les Miserables: A Review .....	21
December Walk.....	22
Cannabis - Don't Leave Home WITH It! <i>and</i> Cheque Writing.....	24
District 34 Consolidated Financial Statement.....	25
District 34 2019 Budget.....	26
Meet District 34 Member: Ann Evans .....	27
David Dunlap Observatory .....	32
Registration Changes for District 34 Events.....	33
Foundation News .....	34
Feeding Your Brain.....	35
Spring Luncheon and AGM.....	36
Protect Yourself Against Fraud .....	38
In Memoriam .....	40
Welcome New Members.....	41
The Odd Couple: Female Version <i>and</i> Guys And Dolls .....	42
Golf Day.....	44
Lucy Maud Montgomery Manse Tour <i>and</i> Logo Quiz.....	46
Acknowledgement, Waiver and Release.....	48
Registration for RTO District 34 York Region Events.....	49
Find Us on The Web .....	50
Classified Advertising and Changing Your Information.....	51

**District 34 York  
Region Executive  
and Committee  
Chairpersons  
2018- 2019**

**PRESIDENT, CONSTITUTION CHAIR  
AND ARCHIVIST**

Lynn Hitsman .....905-294-6717  
lynn.hitsman@sympatico.ca

**PAST PRESIDENT**

Susan Phillips..... 905-859-4583  
susancphillips@gmail.com

**FIRST VICE-PRESIDENT**

Jose Fernandes.....905-989-1377  
jose.fernandes@rogers.com

**SECOND VICE-PRESIDENT AND  
PROJECT SERVICE TO OTHERS REP**

Regine Baker..... 416-293-3514  
reginebaker@rogers.com

**SECRETARY AND  
EMAIL COMMUNICATION REP**

Angela Stewart.....905-471-3706  
34thstoryreminders@gmail.com

**TREASURER**

George McKelvey.....905-294-1935  
mckelvey@rogers.com

**MEMBERSHIP COORDINATOR**

Evelyn Lawrence.....905-642-5435  
eplawrence@sympatico.ca

**EXECUTIVE MEMBER**

Ann Evans.....905-830-0407  
annlesleyevans1945@gmail.com

**EXECUTIVE MEMBER**

Craig Lee..... 905-884-4957  
c.m.lee@sympatico.ca

**BENEFITS REPRESENTATIVE**

Susan Leppington .....905-235-4225  
susanleppington@rogers.com

**GOODWILL REPRESENTATIVE**

Betty Tobin..... 905-884-8958  
bettytobin75@hotmail.com

**MEMBERSHIP RECRUITMENT**

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

**NEWSLETTER EDITOR**

Chris Prefontaine.....905-471-4624  
7chris.prefontaine@gmail.com

**PENSION AND RETIREMENT REP.**

Pat MacMillan..... 905-773-0916  
patmacmillan@sympatico.ca

**POLITICAL ADVOCACY AND  
FOUNDATION REP.**

Elaine Adam.....905-898-6050  
feats@rogers.com

**SOCIAL CONVENOR**

Ernie Polsoni .....905-773-5814  
ernpol@yahoo.ca

**WEBMASTER**

Grant Dale.....905-508-8164  
gdale@sympatico.ca





*Lynn Hitsman, President*  
**President's Message**

---

Once again we will be honouring District 34 Members who have been retired for 25 years. Upon first retiring, the number in mind is how many years of pension credits had been accumulated, but after a while, the years of retirement become a significant accomplishment.

In District 34, our membership is just over 3,700. We have two members who are aged over 100 and 14 who are under age 54. The largest group, 945, is between ages 70 and 74.

It is significant to know this information about our members. It enables us locally to plan events, to lobby for health plan adjustments and provincially

to advocate for senior citizens' challenges and needs.

I invite our 25 Year Members to join us for the Spring Luncheon. Information is in this newsletter. It would be an honour to congratulate each of you in person.

This year, RTO/ERO has been concerned about the Social Isolation of Seniors. Many older people live alone on their own or in a retirement facility or nursing home. (Living in a community does not necessarily mean there is real social interaction.)

If you know someone who is alone, send them a cheery note in the mail. Make a quick phone call, just to let them know you are thinking of them. If practical ask one out for coffee or take it to them.

Little gestures mean a lot.

Drop off magazines or books that you have read to someone alone, or go and read to someone who can no longer see. Offer to pick up a few groceries if there is bad weather. This is particularly important to those who no longer

have a driver's license. Please consider older friends or relatives who might appreciate your call.

As this year comes to a close, I issue an annual plea to members who would be interested in joining our executive or committees to contact me or another executive member to discuss how you might become a leader.

This is not a scary word!

It means volunteering some of your time to assist in planning events, greeting members at these events or using your artistic, organizational or communication skills to assist District 34 serve its membership. You are never alone. There are very experienced executive members who will assist you. On a light note, there is always someone to tell you what to do! Done with respect and collegiality, it is a fine group of people who all volunteer for the betterment of District 34 members.



## Hava Java on Us

*By Regine Baker*

Members are invited to come out once a month to meet with each other and shoot the breeze while enjoying a cup of coffee or tea, along with a donut, muffin, danish, scone, etc. compliments of District 34. Spouses and partners are also 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.

### Dates:

**Thursday, April 18, 2019**

**Tuesday, May 28, 2019**

**Thursday, June 13, 2019**

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



**Locations:****The Old Curiosity Tea Shop**

91 Main St., Markham  
(Parking on Main St., behind  
the tea shop or in the lot on the  
corner of Robinson and Main St.)

**Coffee Culture Café & Eatery**

10037 Keele St., Maple  
(east side, north of Major  
Mackenzie Dr., parking in front  
or back)

**Longos, upstairs in The Loft**

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

We look forward to seeing many  
of you there.

**Join Us for a Walk**

*By Ann Evans*

**A**fter this hard winter it is  
time to welcome spring  
with lovely walks and  
beautiful trails. Let's continue to  
enjoy the friendship and laughter  
that our walks provide.

Note: Hopefully warmer weather  
is now here. Our walks will begin  
at 9:30 a.m. regardless of the day.

**Dates and Locations:**

**Thursday, April 11, 2019**

**Roger's Reservoir  
East Gwillimbury**

Always a lovely walk with  
its wider, flatter paths! We'll  
have to check out if any further  
improvements have been made.  
It is part of the Nokiidaa Trail  
System linking the Towns of  
Aurora, Newmarket and East  
Gwillimbury.

Park in the lot on Green Lane,  
east of Main St. North, opposite  
the East Gwillimbury Go  
Terminal.

**Thursday, May 16, 2019**

**Bender and Graves Tract  
East Gwillimbury**

Put on your good walking shoes  
and be ready for sandy paths and  
some inclines.

**Directions:**

Drive east on Davis Dr. from  
Highway 404 to Kennedy Rd.  
Turn north onto Kennedy (note  
the 'no exit' sign to parking area).

**Thursday, June 20, 2019**  
**Willow Farm Valley**  
**Aurora**

We have not walked this path for some time. There are some hilly inclines.

### **Directions:**

The walk is on Willow Farm Lane, south of Saint John's Sideroad between Bathurst and Yonge St. (closer to Yonge St.).

Hopefully, after this final walk of the season the weather will allow us to enjoy our coffee sitting outside at a local café.



## **Be Sure to Sign Up For Event Reminders**

*By Angela Stewart*

Once a month a reminder goes out to the members who are on our distribution list. Notices may include regular reminders from the latest newsletter, special event reminders, "save the date" notes, and sometimes a cancellation or change of venue.

Sign up for monthly reminders by emailing Angela at [34thstoryreminders@gmail.com](mailto:34thstoryreminders@gmail.com)



## **Bridge Club News**

*By Joan Burrows*

TO District 34 members and their friends are invited to participate in our social bridge games every Monday afternoon on a drop in basis for only \$2 at the McConachy Centre (Dining Room #103), 10100 Yonge St. in Richmond Hill from 1 to 4 p.m. There is free parking at the rear of the building.



Here are some of the great games bid and won since November 2018:

Kathy Bunker & Bob Bell (6NT)  
 Joan Burrows & Kay Valentine (6H)  
 Darlene McCowan & Mary Conte (6S)

Tony Conte & Bev Maister (6C made 7!)

Vic Suzuki & Bev Suzuki (6S)

Margo Procyk & Kay Valentine (6H)

Kay Valentine & Joan Burrows (6D)

Doreen Bell and Lorraine Oyama (7S)

Darlene McCowan & Tony Conte (6NT made 7!)

Tony Conte & Marg Lawlor (6NT)

Linda Karan & Kathy Bunker (6NT)

Shari Selves & Vic Suzuki (6NT)

Congratulations to:

Jean Alty-Duran

Robert Banks

Tony Centa

Dianne Dehmel

Jerry Diakiw

Olwen Dixon

Lawrence Ellis

Audrey Fiederlein

Ross Gammage

Edward Griffith

John M. Little

Dan McCaw

George McCulloch

George McKelvey

Eleanor McLaughlin

Edith McPherson

Barbara Murley

William Perratt

Marilyn Pierce

Jean Platt

Bob Richardson

William Ryder

Anne Van Dyk

Rodney West

Joan Wright



## 25 Years of Membership

*By Evelyn Lawrence*

**C**ongratulations to the following who have been members of RTO/ERO for 25 years. Certificates of recognition will be presented to those who are present at the Spring Luncheon on Thursday, May 23, 2019.

Certificates will be mailed to those who are unable to attend.



## Lunch and Trivia at Villa Risi

*By Elaine Adam*

**O**ur sixth annual Lunch and Trivia was held on Tuesday, January 29, at Villa Risi in Newmarket.

Forty members and friends signed up for a great way to exercise their grey matter, eat, quaff a beverage, and get caught up with friends. Some came as a team of four, others were teams of two and two, and many came on their own, to meet and play with new friends.

Fred Stoneman was our distinguished quizmeister and challenged all of us to discuss and decide on the correct answers. The top two teams were awarded much coveted prizes at the end.

We hope to see you again in 2020.



## Half Price Pub Lunch

*By Ernie Polsoni*

**Q**uite some time has elapsed since we last had a 'pub lunch' and a lot has happened since that time. From 2004 to 2008 District 34 held eight Half Price Pub Lunches. It's time to experience that pub feeling again!

We have worked out the following five, half price lunch menus:

1. Taco Roll: taco roll with the choice of side salad, soup, or fries (\$5.50 for you!).
2. Salad: mixed green salad topped with chicken, mandarin oranges, almond and goat cheese (\$5.50 for you!).
3. Tuna Melt: tuna with a side - the choice of salad, soup, or fries (\$6.00 for you!).
4. Sandwich: peameal bacon with Swiss cheese on a kaiser bun with a choice of salad, soup, or fries (\$5.50 for you!).
5. Burger: homemade burger and fries (\$4.00 for you!).

**Date:** Tuesday, April 30, 2019

**Time:** 11 a.m. to 3 p.m.

**Location:**

Father's Mustache Grill and Bar  
15570 Yonge St.  
Aurora  
(between Bloomington and  
St. John's Sideroad)  
905-727-4414

You don't have to send in any money and there is no form to fill out; however, I do need your cooperation to make it easier for the Pub to prepare and serve you better.

Please select a number from above and send it to me (you can change it on the day of) via email (ernpol@yahoo.ca), phone (905.773.5814), or Canada Post (75 Bond Cres, Richmond Hill, ON L4E 3K6).

Please respond by April 18. Your friends are welcome to join in!



**T**he 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 - Part Two

*By Christina Iaboni, MHSc, RD,*

**H**ave you ever felt like you had butterflies in your stomach before giving a big speech? Or felt nauseous before an important event? These are examples of the gut-brain connection which has become a very popular area of research in recent years.

Although popular now, the idea of the gut-brain connection is not new - in fact over 2,000 years ago, Hippocrates, the father of modern medicine, said "all disease begins in the gut." While this may not be completely true (for example, some diseases are genetic), there is growing evidence that many chronic

diseases do in fact begin in the gut and this has a lot to do with the type of bacteria that live in our digestive tract. Obesity, irritable bowel syndrome, Alzheimer's disease, anxiety and depression have all been associated with changes in what is known as our gut microbiome.

Our gut microbiome is made up of trillions of microorganisms, mainly bacteria. These bacteria play a role in digesting food and absorbing nutrients as well as metabolism, immune regulation and brain functions and mood. It is believed that 90% of our serotonin, the neurotransmitter that contributes to feelings of well-being and happiness, is produced in our gut.

### **How does the Gut Microbiome develop?**

The type of bacteria we have develops very early in life and many of the factors that influence it are beyond our control. The health and genetics of our parents, if you were born by Caesarean section or vaginally, and if you were breastfed or formula fed all influence our gut bacteria.

Additionally, stressful events and illness, antibiotic use, not getting enough sleep, and the type of food we eat all influence our gut health.

### **What is a healthy gut?**

There is still a lot about the gut microbiome that we do not know but in general, it is thought that a diverse range of bacteria is a good thing. We all have good and bad bacteria in us and having enough of the good bacteria can help keep the bad bacteria "in check" to help ward off illness.

### **What promotes a healthy gut?**

Diet has a big influence on our gut bacteria and getting enough fibre is a key factor in helping our bacteria thrive. Only about half of Canadians are getting enough fibre; men and women over the age of 51 years need 30 and 21 grams respectively.

Fibre is only found in plant foods so focusing on eating whole grains, fruits and vegetables, and beans and lentils will help you meet your daily fibre needs. Additionally, some foods contain prebiotics which help feed the friendly bacteria. Bananas, onions, garlic, asparagus, oats,

barley and apples are a few foods that contain prebiotics.

### What about probiotics?

Probiotics are live organisms, such as bacteria, that when consumed, can have a positive effect on us. Some are also found naturally in the colon of our digestive system.

Despite popular belief, taking a probiotic supplement isn't necessary to have a healthy digestive system. There is research that shows that certain probiotics may be helpful in specific circumstances, for example to lessen diarrhea associated with antibiotic use and to improve symptoms of irritable bowel disease.

Some foods also contain probiotics such as Kefir, Kimchi, sauerkraut and yogurt. In Canada, not all yogurt is probiotic so be sure to look for the term "contains live active cultures" on the label.

Other foods may also have probiotics added to them. However, foods with added probiotics are not regulated in Canada so there are no standards around how much probiotics

there should be in a food. More research is needed to fully understand the health benefits of probiotics and the quantities and types that are most effective.

Aside from a healthy diet, other factors that contribute to a healthy gut include getting enough sleep, managing stress, exercising, quitting smoking, and only taking antibiotics when necessary.

We still have a lot to learn about this area of research and how it affects our overall health. One thing we do know though is that consuming a diet of whole foods with plenty of fibre from vegetables, fruits, and whole grains will do our body good.

*- 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.*



## Date and Walnut Baked Oatmeal

*By Christina Iaboni*

Here is the recipe for one of my favourite fibre-rich breakfasts.

### Ingredients:

- 2 cups large flake oats
- ½ cup chopped dates
- ½ cup chopped walnuts
- 1 tsp. cinnamon
- 2 tbsp. maple syrup
- 2 cups milk (dairy or non-dairy)
- 2 tbsp. hemp seeds, chia seeds, or ground flax (optional)

### Directions:

1. Preheat oven to 400°F. Lightly grease an 8x8 baking dish.
2. Mix all of the ingredients together in a bowl. Stir to combine. Pour into a baking dish.
3. Bake for 30-40 minutes or until set. Serve topped with additional milk. Enjoy!



## Discounted Tickets to Skin Flick

*By Angela Stewart*

A Markham Little Theatre Production

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  
Markham, ON  
(corner of Hwy. 7 and Warden Ave.)

**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. 19 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.



## Mamma Mia

*By Craig Lee*

A Marquee Theatrical Production

**M**amma Mia features many of ABBA's hit songs telling the hilarious story of a young woman's search for her birth father.

This sunny and funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago. Featuring the songs "Dancing Queen", "Knowing Me Knowing You", "Super Trouper" and many more.

**Date:** Sunday, May 5, 2019

**Time:** 2 p.m.

**Location:**

Newmarket Theatre  
The theatre is attached to Newmarket High School on the north side of Mulock Dr. between Bayview and Leslie.

**Cost:** \$25

Please place your order by April 10, 2019

Make your cheque out to **RTO/ERO District 34** and send with your registration form (pp. 19 or 49) to:

Craig Lee  
21 Lippincott Court  
Richmond Hill, ON L4C 7M5

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



## Social Isolation in Seniors

By Pat MacMillan

**F**ew people believe they will ever be socially isolated in their senior years of life. Becoming socially isolated can happen slowly over time or very quickly depending on the circumstances in your life. Most seniors want to remain independent and stay in their own homes, if they are physically able.

While you are living independently in your own home or condo or apartment there are a few things that you can do to help remain connected to your community.

Volunteering where you live will introduce you to other people who might be in the same situation as yourself. Often times, churches provide meals for seniors so you can meet and you can make new friends. Sometimes they are held in community centres. These are places to volunteer your cooking and baking skills for food preparation and a way to make friends in the community.

Senior centres in most towns or cities also provide activities to keep seniors involved in life. You can join their card groups, go on travel trips locally or do other activities depending on your physical ability. Try to make friends and volunteer before you end up isolated. Isolation is not loneliness; it is just being at home without being able to join these groups because of some problems.

We can't imagine what can happen to us as we age. One of the more difficult things to get through is the sickness and death of a spouse; leaving you as a widow or widower. Living alone is a very difficult adjustment to make. Joining activities will help you cope.

Driving is very important to seniors giving them the independence they need to shop, go to church or their community centre, do their banking, make doctor's appointments or visit friends or family.

If you find yourself without a licence, you can call *Chats* in Aurora and they will pick you up and deliver you home for

appointments, grocery shopping etc. Taxis are also a good way to travel. Seniors can take a lot of taxi rides for the price of keeping up a car plus car insurance.

Another way we become isolated is due to declining health. *Meals on Wheels* is a very good service to help seniors stay healthy and nourished. When maintaining our homes is no longer an option, we need to consider moving to a retirement or nursing home.

Try to get information about your local retirement and nursing homes before you must leave your home. If you move to an establishment which is close to where you live now, friends will likely visit you at your new residence.

Some people have family around to help but having friends and activities is very important too. Try to be as independent as possible in your senior years. We never know what will happen to our health, friends, family or your finances down the road.

For more information visit <https://www.rto-ero.org/endisolation>.



## Wild Edible Walk

By Ann Evans

I would like to invite you to join Karen Stephenson on a wild edible food walk. Karen is a wild food educator, professional writer and a Chartered Herbalist who embraces the nutritional aspect of wild edibles.

Foraging for food used to be a way of life. Edible wild food can be found everywhere and has long been available.

Nutrition finally deserves its place in medical science and Karen believes getting nutrients from the foods we eat is preferable over supplements. She will teach that “weeds” are a great food source for use in smoothies and you can make your own green powder mix.

Karen will share a handout and will also bring a wild tea (or two) for you to sample, but please bring your own cup.

**Date:** Wednesday, May 8, 2019

**Time:** 9:30 a.m. to Noon

**Location:**

Rogers Reservoir  
Green Lane  
Park in the lot on Green Lane,  
east of Main St. North, opposite  
the East Gwillimbury Go  
Terminal

**Cost:** \$15

Please register by April 30, 2019

Make your cheque out to **RTO/  
ERO District 34** and send with  
your registration form (pp. 19 or  
49) to:

Ann Evans,  
285 Eagle Street,  
Newmarket, ON L3Y 1J9



## Membership in RTO/ERO

*By Lynn Hitsman*

**I**n an effort to attract more members to RTO/ERO, the board of RTO/ERO recently passed a motion that allows all people working in the educational community e.g. childcare workers, caretakers, educational assistants, teaching assistance, secretaries, administrators in elementary, secondary,

community colleges, universities and private school who are aged 50 or more to join RTO/ERO.

These new members will not pay membership fees, but will receive copies of Renaissance magazine and be eligible to buy health insurance from our plans.

These new members do not have to be retired, but may not have additional health insurance benefits available within their workplace. Our plans are affordable and accessible.

These new members may continue to belong to RTO/ERO until they do retire from their current jobs. They will not have voting rights at the provincial or local level.

If you see the names of people you know listed as New Members in *The 34th Story* who are still working, this means they have joined for the plans, but are not yet retired.



## 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.

If registering for the AGM electronically, please follow the instructions in the event description on page 37.

**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.**

## Political Advocacy Update

In November 2018, RTO/ERO distributed a survey to members, inviting us to share our input as a response to a federal government discussion paper on pharmacare. A tremendous response was received demonstrating that improving the affordability and accessibility to prescription drugs is very important to our members.

The RTO/ERO position is that “Pharmacare would cut costs, allow for better monitoring of medications, lead to a healthier population, and reduce the burden on other treatments.”

RTO and the National Association of Federal Retirees (NAFR) have partnered to present Vibrant Voices, a community-based advocacy campaign, to influence political action for Canada’s Seniors. The three key issues are: Age-friendly Communities, Geriatric Training and Elder Abuse. Visit our website for more information: [www.rto-ero.org](http://www.rto-ero.org)

As we continue to build our reputation as a trusted voice on behalf of our members and

seniors, RTO/ERO joined with NAFR, ACER-CART and other national organizations on February 20, to hold an advocacy day with the federal government and MPs. We focused on a National Seniors Strategy, Pension and Income Security, and Pharmacare.

A listening tour across Canada is planned to meet members in various provinces to hear what programs and services are most important, to learn how to improve communications, services and programs, and to gauge members’ interest in forming new districts in unrepresented regions.

Our new wellness portal encourages members to improve physical and mental health, while offering preventative health strategies through webinars and wellness resources. You can find more information at [www.rto-ero.org/mywellness](http://www.rto-ero.org/mywellness)

Please note: the Federal Election will be held on or before October 21, 2019.



## Les Miserables: A Review

By Craig Lee

Last December, some RTO members and I had the pleasure of attending Alexander Mackenzie High School's production of Les Miserables (School Edition).

My kudos to their Musical Director, Megan Alexander-Lui and Shauna Furois, and their Director, Catherine Clarke as well as the numerous staff, students, admin and parents who collaborated to make this such wonderful musical.

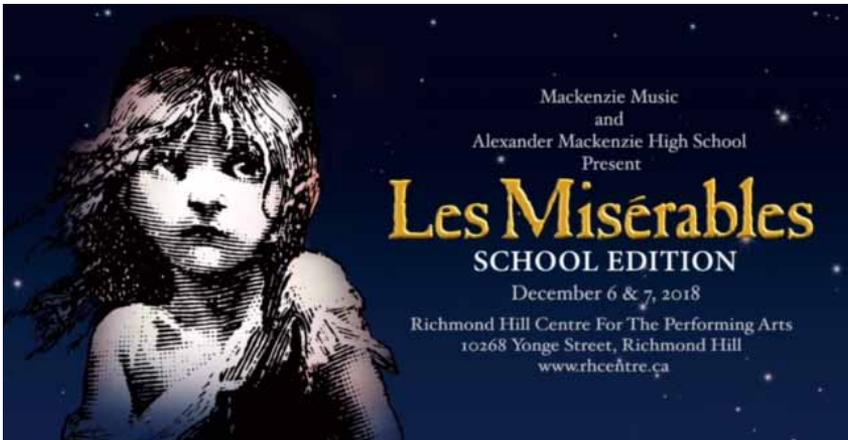
The leads were superb and were supported by a huge cast and a forty piece pit orchestra made up

of students from the high school as well. This production used the Richmond Hill Performing Arts Centre to its advantage.

The sets were beautiful and some scenery was flown in from the fly tower. The sound system complimented the action and the actors were easy to hear.

Fog wafted in to create a somber mood. The lighting was amazing and the scrim was used to great effect. Even the programme was professionally done.

Live theatre is alive and thriving in York Region. If you missed attending this musical, save December 12 or 13, 2019 when their next production is planned!



# December Walk

*Photos by Mark Cannata*

**O**n December 19, 2018, District 34 members experienced an enjoyable morning hike at Pine Orchard Farms and the Oakridge's Trail.





## Cannabis - Don't Leave Home WITH It!

By Susan Leppington

### Cannabis and Travel

**C**annabis aka marijuana, became legal in Canada last October. However, the legalization of cannabis does not change Canada's border rules.

Bringing cannabis or any product containing cannabis into Canada is illegal and can result in serious criminal penalties both at home and abroad.

This is the case even if you are travelling from places that have legalized or decriminalized cannabis. It also applies to transporting cannabis used for medical purposes.

Although the possession of cannabis is legal in some U.S. states, it remains illegal under U.S. federal laws in any form and quantity, making it illegal to bring across the Canada-U.S. border. Transporting cannabis used for medical purposes is also illegal.

In a nutshell:

- Don't travel internationally with cannabis, including that used for medical purposes.
- Don't take it out of Canada.
- Don't bring it into Canada.

Source:

<https://travel.gc.ca/travelling/cannabis-and-international-travel>



## Cheque Writing

Have you recently deposited 50 cheques at once? Bank cheque readers read, accurately, only those cheques whose amounts have full digits written on them. ex. 23.45 or 37.01. Please use full digits on cheques for RTO/ERO.





# District 34 Consolidated Financial Statement

District No. 34 - York Region  
Consolidated Financial Statement for the Period January 1-December 31, 2018

	2018	2017
<b>Assets at January 1</b>		
General Ledger Balance	\$ 19,612.96	\$ 13,237.24
Investments		
Other assets:		
<b>Total Assets</b>	<b>\$ 19,612.96</b>	<b>\$ 13,237.24</b>
<b>Revenue</b>		
Grants		
Annual	\$ 51,842.74	\$ 49,589.42
Bilingual Services	-	
Project - Service to Others	4,140.90	
Retirement Planning Workshops	5,322.18	1,654.58
Interest on Bank Balance and Investments		
Other	39,833.82	23,431.40
<b>Total Revenue:</b>	<b>\$ 101,139.64</b>	<b>\$ 74,675.40</b>
<b>Expenses</b>		
District Goodwill	\$ 521.99	\$ 268.03
Bilingual Services	-	
Project - Service to Others	4,770.90	
Recruitment	324.25	
Meetings		
Executive	4,057.14	3,053.68
District/Seminars		
Senate	1,428.36	2,368.34
Provincial Workshops		
Newsletter (mailings, printing, postage)	24,154.44	20,745.38
Office expenses (bank charges, fares, photocopies, stamps, stationery, telephone etc.)	792.14	809.93
Retiree Receptions	2,853.93	1,069.03
Retirement Planning Workshops	4,857.78	1,557.90
Transportation	389.50	
Website	621.44	621.44
Donations		
Political Advocacy		
Other Expenses		
Hava Jao	5,871.41	5,194.94
Social	33,895.01	22,565.07
Fall Luncheon	4,742.04	5,961.44
50th Anniversary	3,097.30	2,497.80
Annual Meeting	3,968.06	1,457.70
<b>Total Expenses</b>	<b>\$ 96,345.69</b>	<b>\$ 68,299.58</b>
<b>A) Assets + Revenue - Expenses:</b>	<b>\$ 24,406.91</b>	<b>\$ 19,612.96</b>
<b>Assets at December 31</b>		
General Ledger balance	14,406.91	19,612.96
Investments	10000	
G. I. C		
TD Bank		
Other assets:		
<b>B) Total Assets</b>	<b>\$ 24,406.91</b>	<b>\$ 19,612.96</b>

Note: line A has to equal line B. If not, check your entries

Reviewed by: (1) Angela Stewart (print name)  
(Position)  
Secretary  
(Signature)  
signature

(2) Lynn Hitsman (print name)  
(Position)  
President  
(Signature)  
signature

Date submitted: 16/01/19 (ddmmyyyy) Treasurer: George McKelvey (print name)  
(Signature)



## District 34 2019 Budget

<b>RTO/ERO</b>	<b>.2018.</b>	<b>.2018.</b>	<b>.2019.</b>
<b>District 34 Budget</b>	<b>Budget</b>	<b>Expenses</b>	<b>Budget</b>
	<b>Approved</b>	<b>Actual</b>	<b>Approved</b>
<b>Assets Jan 01</b>			
General Ledger	\$19,612.96	\$19,612.96	14,406.91
<b>Investments</b>			10,000.00
<b>Other Assests</b>			
<b>Total Assets</b>	<b>\$19,612.96</b>	<b>\$19,612.96</b>	<b>24,406.91</b>
<b>Revenue 2015</b>			
Grants			
Annual	\$52,500.00	\$51,842.74	55,441.00
Bilingual Services	\$0.00	\$0.00	0.00
Projects-Service to Others	\$0.00	\$4,140.90	4,500.00
Retirement Planning	\$2,000.00	\$5,322.18	5,700.00
Interest	\$0.00	\$0.00	190.00
50th Ann. + Social Events	\$40,000.00	\$39,833.82	40,000.00
<b>Total Revenue</b>	<b>\$94,500.00</b>	<b>\$101,139.64</b>	<b>105,831.00</b>
<b>total revenue + Assets Jan 01</b>	<b>\$110,112.96</b>	<b>\$120,752.60</b>	<b>130,237.71</b>
<b>Expenses</b>			
District Goodwill	\$1,000.00	\$521.99	1,500.00
Bilingual Services	\$0.00	\$0.00	0.00
Projects-Service to Others	\$5,000.00	\$4,770.90	5,000.00
Recruitment	\$0.00	\$324.25	0.00
Meetings - Executive	\$4,000.00	\$4,057.14	4,200.00
District Seminars	\$0.00	\$0.00	1,000.00
Senate	\$3,200.00	\$1,428.36	3,300.00
Provincial Workshops	\$300.00	\$0.00	0.00
Newsletters	\$26,000.00	\$24,154.44	27,000.00
Office	\$900.00	\$792.14	1,500.00
Retiree Receptions	\$3,500.00	\$2,853.93	5,000.00
Retirement Planning Workshops	\$2,000.00	\$4,857.78	5,000.00
Transportation	\$0.00	\$389.50	400.00
Website	\$725.00	\$621.44	625.00
Donations	\$0.00	\$0.00	0.00
Political Action	\$3,000.00	\$0.00	0.00
Other Expense- Hava Java	\$6,000.00	\$5,871.41	6,000.00
Social	\$25,000.00	\$33,895.01	35,000.00
Annual & Fall Meetings	\$9,000.00	\$8,710.10	9,000.00
Reserve for 50th Anniversary	\$7,945.00	\$3,097.30	0.00
<b>Total Expenses</b>	<b>\$97,570.00</b>	<b>\$96,345.69</b>	<b>104,525.00</b>
<b>Assets + Revenue - Expenses</b>	<b>\$10,487.96</b>	<b>\$24,406.91</b>	<b>25,712.91</b>
<b>Assets</b>	\$110,112.96		
<b>General ledger Balance</b>	( <b>\$97,570.00</b> )	\$14,406.91	15,712.91
Investments		\$10,000.00	10,000.00
Other Assets		\$0.00	0.00
<b>Total Assets</b>	<b>\$12,542.96</b>	<b>\$24,406.91</b>	<b>25,712.91</b>



**T**he 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. Please consider nominating someone you know. Email Chris Prefontaine at [7chris.prefontaine@gmail.com](mailto:7chris.prefontaine@gmail.com)

## Meet District 34 Member: Ann Evans

*By Chris Prefontaine*

**I**f you have been a member of RTO/ERO for a while, have you ever enjoyed one of the organized walks advertised in *The 34th Story*? Or maybe attended a Hava Java in Newmarket? Well if you have, then I am sure that you have met Ann Evans. Ann sits on the RTO District 34 York Region Executive filling one of the two elected positions known as “Executive Member”. If not traveling, she can be found planning and leading walks and coffees or greeting members

at our luncheons and AGM’s with a warm welcome and her contagious smile.

Ann Evans was born to Welsh parents in Cheshire, England. A very talented artist, she began drawing as far back as she can remember; she even still has some of her pictures that her father kept from the time she was five years old. As a teen, Ann attended art school where she studied a variety of art forms including life drawing and pottery. After that, she attended the Manchester School of Art to learn fashion design, but returned home to Cheshire after deciding that she did not like it there.



Ann is someone who lives by quotes. “Say ‘no’ to nothing” is the mantra which has served her well, as she feels that it has placed her in the right place at the right time on many an occasion. Returning home from college,

Ann got a job as a veterinary field assistant – a job which she really loved because she found it fun to travel around with the vet, treating animals on the nearby farms. But when Hoof and Mouth disease became prevalent, they could not go out into the fields because it was so very contagious. This situation left Ann with a lot of time on her hands, and this is where being in the right place came into play because just up the road from the veterinarian was a teachers' college.

Ann hadn't planned to be a teacher but with this time on her hands, she decided to give it a try. It really was kind of "accidental". After graduation, Ann did not have a job, but on the first day of school, she happened to get a call from a school board director who asked her to come in for an interview. After the meeting, he sent her over to meet a head master of an elementary school where just by chance one of the teachers had not shown up for work. Right place, right time... Ann was taken down to the teacher-less class and started her career in education right then and there.

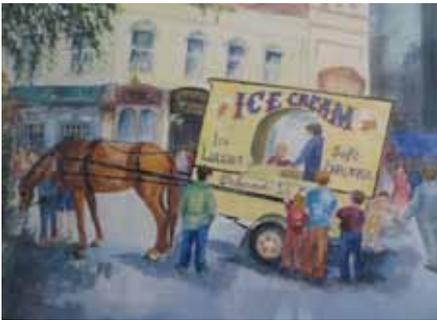
Ann stayed in that first school a couple of years until she decided to get married and come to Canada. They were only going to stay here for 18 months – that was over 40 years ago. After living in North Bay for a while, Ann and her family returned to the Toronto area where she started out as a supply teacher in North York. Ann says that she learned a lot while supply teaching and landed her own class with a behavioural group at Rockford Road Public School.



In 1980, Ann moved up to the York Region Board of Ed., where she continued to teach in behavioural classrooms and absolutely loved it. She speaks of those kids with great fondness. "Those children absolutely should have been behavioural because many had such horrible, horrible lives." One of the best compliments she ever had was

from one of her behavioural students who had a terrible home life. He said one day, “Ya know what, our class is just like family”. At first, Ann was a bit horrified because she knew exactly what kind of a family he was from. Then she realized that what he meant was what he thought a good family would be like.

Ann really treated her students like they would have been treated in a loving family. She started their mornings with discussions about what was going on with them or what they thought their day would be like. She always had lunch with them. Ann’s hope was to get her students out of the behavioural class.



She wanted to try to get them feeling OK about themselves, to help improve their skills so they could feel confident. And while

Ann mainly taught language and math she would always try to find time to work art into her program. Ann had not really given any thought to retiring until she learned that her cousin back in Wales had fallen ill. When her dear friend went into remission, Ann tendered her resignation to the board. “What are we doing”, she thought. “We want to do things; **we want to travel and do things!**” The only plan Ann had for retirement had been to travel with her dear friend. Unfortunately, her cousin did not make it. That was about 11 years ago.



Now, more than ever, Ann “says no to nothing”. She has warned her friends saying, “Don’t invite me to do something or go somewhere if you really don’t want me to, because I’ll be saying yes.” She hates not having something to do, and seizes every

opportunity to make the most of life, keeping busy with her friends and many hobbies. Ann feels that she is “very, very lucky with her friendships. I’ve got a lot of really wonderful friends.” Up until 2 years ago, Ann downhill skied 2 or 3 times a week or did yoga, but she stays active now by walking.



Ann channels her artistic talent toward painting and quilting. Her home is decorated with many beautiful water colour paintings – so much so, that she has run out of wall space and so now has to paint in books. She designs annual calendars with her artwork - each month containing a different quote. Actually there are quotes added all around her rooms; one of her favourites being: “Be kind - kind thoughts, kind words, and kind deeds.”



Regarding her painting, Ann says, “You have to keep being open to the possibility to being better and learning more.” Every scene that she chooses to paint reminds her of something; just as each panel of her quilt does as well.



She has sewn hydrangeas which remind her of her Nana, who had them in her garden, lily of the valley of her Mom and anemones

remind her of her cousin. The rooms in her home are decorated with paintings by theme; her art room which looks out on the garden contains boats and children, the kitchen is Wales and wood and the living room is Europe and Wales - all situations that remind her of something.



Ann tutors children now and always tries to extend her sessions to include some form of art.

Ann organized and put her some of own work in the RTO art show which was held in Newmarket, this past March. The quote which she added this time was, "Use what talents you possess. The woods would be very silent if no bird sang save those that sang the best."- Henry Van Dyke



Besides painting and quilting, Ann also has a talent for organizing trips. She is particularly fond of the Tuscany region in Italy. Watch upcoming issues of *The 34th Story* as Ann usually invites District 34 members to join her. While it probably won't be doable this year, you never know when the time might be right.



## David Dunlap Observatory

*By Craig Lee*

A David Dunlap Observatory  
Administration Building  
Historical Tour

**W**hen the observatory in downtown Toronto could no longer function due to light pollution, the University of Toronto identified a Richmond Hill farmstead as being suitable for a new astronomical facility. As a result, Jessie Donalda Dunlap purchased the property and donated it to the University as a memorial to her husband, David Alexander Dunlap, who was an avid astronomer.

The University constructed the Observatory on the site. It included a dome, housing a 74 inch (1.88 m.) reflector telescope, and an administration building, with three smaller telescope domes.

When construction was complete in 1935, the main telescope was the second largest in the world and the largest in Canada. From 1935 to 2007, the observatory

was at the forefront of Canadian astronomical research.

Achievements at the site included advances in radio astronomy and the first direct evidence that Cygnus X-1 was a black hole. In June 2008, the University sold the property to a developer. In 2012 the Town of Richmond Hill (through an agreement with the Ontario Municipal Board) bought half of the D.D.O. Property. This land was to be used as a public park and cultural heritage site.

This is a Historic Tour of the Administration Building and a visit to the Observatory to see the telescope. You will not be “seeing through” the telescope on this tour.

**Date:** Wednesday, May 15, 2019

**Time:** 10 a.m.

**Location:**

123 Hillsvie Dr.  
Richmond Hill

(Hillsvie Dr. is west off Bayview Ave. and is one street south of Weldrick Rd. E. The observatory is not accessible from Yonge St.)

**Cost:** \$8

Please note that this site is currently not accessible. If you are looking for an opportunity to see the telescope in use and to see through the telescope, visit the town website to see other tours which are offered to the public.

Please place your order by April 10, 2019.

Make your cheque out to **RTO/ERO District 34** and send with your registration form (pp. 19 or 49) to:

Craig Lee  
21 Lippincott Court  
Richmond Hill, ON L4C 7M5

Acknowledgements will be emailed upon receiving the registration form.



## Registration Changes for District 34 Events

*By George McKelvey*

**A**t the December meeting, the District 34 executive approved the following:

### **One:**

Electronic registration and payment were approved for one event beginning in this issue of *The 34th Story*. If this goes well, then electronic registration will be expanded.

The selected event is the Spring Luncheon / Annual General Meeting, being held at Meadowbrook Golf Club on May 23. For those wishing to register electronically, follow the instructions listed in the event description on page 37. Of course, those members wishing to register by cheque may continue to do so by mailing the registration form and their cheque.

### **Two:**

The Executive also dealt with the issue – which is beyond our control - of all members, receiving the newsletter over a number of days, thus preventing some members from having an equal opportunity to apply before an event is full. It was felt that this is only a problem for our high demand events, such as some theatre trips which in that case, the organizer will provide two dates in the description.

The first would be the date when the organizer will open the registrations. If the number of registrations exceeds the number of spaces, a random draw will determine those selected to attend.

If the number of registrations was below the capacity of the event, registration would be open until the deadline date, (the second date on the event description) or until the event was full. Please note, this procedure will only be used when the organizer has a concern about high demand for an event with limited spaces.

Once we go to a fully combined method of registration, both mail in and electronic applications would be merged for the random selection.



## Foundation News

### Bits and Bites

**T**hanks to the support of our members, the Foundation is able to grant \$100,000 to organizations researching and creating programs that deal with social isolation in seniors. Announcements of successful

applicants will be made at the Spring Senate. We are proud to be an influential partner with other organizations, such as HelpAge Canada and their RISE (Reaching Isolated Seniors Everywhere) campaign.

A joint UBC (University of British Columbia) Okanagan-Interior Health research study is focusing on bladder health and will begin testing a way to encourage older adults with urinary leakage to seek help early.

Volunteers are being recruited to take part in this important study. Contact Dr. Kathy Rush at [kathy.rush@ubc.ca](mailto:kathy.rush@ubc.ca) for more information.

First observed twenty years ago, prescribing cascades have now been documented around the globe and continue to gain awareness as healthcare providers work to improve medication safety. Prescribing cascades occur when an adverse drug event is misinterpreted as a new condition, leading to the prescription of an additional, potentially unnecessary medication. It may also be caused

by more than one medication being prescribed due to multiple health issues.

Dr. Paula Rochon, Chair in Geriatric Medicine, and her team are focusing on this pressing problem. They published a scoping review in the *Journal of the American Geriatric Society* that analyzed current resources and identified gaps in knowledge on this emerging concept. Many of the resources included in the review identified strategies to combat prescribing cascades; these strategies are still in the initial phases of implementation.

One such strategy that was highlighted is the need for shared efforts from both clinicians and patients to successfully tackle this issue.

Detailed Foundation updates are regularly posted on the RTO/ERO website. Please consider including a gift in your will to the RTO/ERO Foundation to create a meaningful legacy. Contact Jo-Anne Sobie at [jsobie@rto-ero.org](mailto:jsobie@rto-ero.org) to learn more about how your gift will impact the quality of life for generations of older adults.



## Feeding Your Brain

*By Chris Prefontaine*

**W**e know how important proper eating habits and nutrition are for our physical health. Come to this workshop to learn how nutrition affects the health of one of our most vital organs, the brain. Registered dietitian Christina Iaboni will discuss the nutrients that promote optimal brain health and how they impact our overall mental health and well-being. She will provide practical tips on how to incorporate them into our diets.

Christina will review diet/lifestyle strategies that have been shown to help prevent/reduce the risk of dementia and discuss food and the social connections in relation to aging. There will be handouts containing tips and recipes.

RTO members are welcome to bring friends. A minimum of 15 registrants is required for the workshop to run with a maximum capacity of 25 so please sign-up early!

**Date:** Wednesday, May 22, 2019

**Time:** 1:30 to 3 p.m.

**Location:**

Markham Village Library  
Meeting Room A  
6031 Hwy. 7  
Markham, ON L3P 3A7

**Cost:** \$30

(a receipt will be provided and RTO members can submit to Johnson for consideration to their para-medical benefits. Guests may also submit to their own insurance companies but District 34 cannot guarantee that it will be covered)

Please register by May 8, 2019

Make your cheque out to **RTO/ERO District 34** and send with your registration form (pp. 19 or 49) to:

Chris Prefontaine  
194 Fincham Ave.  
Markham, ON L3P 4B5

Acknowledgements will be emailed upon receiving the registration form.



## Spring Luncheon and AGM

*By Regine Baker*

**A**gain this year the District 34 Spring Luncheon and Annual General Meeting promises to be fun, informative and delicious. As promised, we are using this event as our “test case” for those members who prefer to submit their payment electronically but the usual Canada Post method of paying will be maintained as well.

The event will be held at the beautiful Meadowbrook Golf Club in Gormley on Thursday, May 23, 2019 and is open to all District 34 members plus one guest. Space is limited so make your reservation early.

**Menu:**

Fresh baked rolls and butter;  
Roasted peach salad, baby arugula, grape tomatoes and goat cheese, in a champagne vinaigrette;

The choice of:

Grilled six oz. striploin steak cooked medium rare, served with mashed potatoes, vegetable

medley, onion straws and  
bordelaise sauce

OR

Grilled Atlantic salmon finished  
with a maple glaze, served with  
rice pilaf and seasonal vegetables;

Double chocolate mousse dome  
with strawberry sauce and fresh  
fruit garnish; Tea and Coffee

Please remember to state your  
choice of entree and any dietary  
needs or restrictions on the  
registration form.

**Date:** Thursday, May 23, 2019

**Time:**

11 to 11:30 a.m. - Registration  
11:30 to Noon - Annual Meeting  
Noon to 12:30 p.m. - Cash bar  
and Socializing  
12:30 p.m. - Welcome and  
announcements  
12:45 p.m. - Lunch

**Location:**

Meadowbrook Golf Club  
11939 Warden Ave.  
Gormley (on the east side of  
Warden midway between Elgin  
Mills Rd. and Stouffville Rd.)

**Cost:** \$20 per person

**The deadline for reservations is  
Monday, May 13, 2019**

Two possible payment methods:

1. Complete the Event  
Registration Form (pp. 19  
and 49) and send it, along  
with your cheque made out to  
**RTO/ERO District 34** to:  
Regine Baker  
15 Groomsport Crescent  
Scarborough, ON M1T 2K8

OR

2. Complete the event  
registration form found at  
**www.34thstory.com**, Click on  
**Events** at the top of the page  
and select **Spring Luncheon**.  
You will see "**To register,  
click here**" at the bottom of  
the page. Once completed,  
click **Submit form** to send to  
reginebaker@rogers.com. (The  
forms on pages 19 and 49 may  
also be scanned or photographed  
and attached to an email to  
Regine.)

Do not pay yet. You will receive  
a reply e-mail stating that your  
registration has been received.  
At that time you will make your  
payment by Interac Transfer to  
**rto34event@rogers.com**

On the transfer state the name of the event and the event organizer. Payment must include the full payment for all names on the registration form. (Only one payment for each registration form.)

**Note: All mail in registrations must be paid by cheque. All electronic registrations must be paid by Interac eTransfer.**

For either method, registration will be confirmed by e-mail or phone once your cheque is received or your e-mail payment has been confirmed.



## Protect Yourself Against Fraud

*Compiled by Chris Prefontaine*

### Know How to Recognize a Scam.

**W**e hear a lot in the news these days about criminals contacting people during tax season and claiming to be from the Canada Revenue Agency (CRA), but these types of scams can happen year-round.

Always be vigilant when you receive a suspicious

communication requesting personal information such as a social insurance number, credit card number, bank account number, or passport number, whether it's by telephone, mail, text message or email. Scammers may insist that the personal information is needed so that you can receive a refund or a benefit payment. You should never respond to these communications or click on any of the links provided.

### How to protect yourself from identity theft.

- Never provide personal information through the Internet or by email. The CRA does not ask you to provide personal information by email.
- Be suspicious if you are ever asked to pay taxes or fees to the CRA on lottery or sweepstakes winnings. You do not have to pay taxes or fees on these types of winnings. These requests are scams.
- Keep your access codes, user ID, passwords, and PINs secret.
- Keep your address current with all government departments and agencies.

- Choose your tax preparer carefully! Make sure you choose someone you trust and check their references. Always review your return, agree with the content before filing, and follow up to make sure you receive your notice of assessment, since it contains important financial and personal information that belongs to you.
- Before supporting any charity, use the CRA website to find out if the charity is registered and get more information on the way it does business.
- Be careful before you click on links in any email you receive. Some criminals may be using a technique known as phishing to steal your personal information when you click on the link.
- Caller ID is a useful function. However, the information displayed can be altered by criminals. Never use only the displayed information to confirm the identity of the caller whether it be an individual, a company or a government entity.
- Protect your social insurance number. Don't use it as a piece of ID and never reveal it to anyone unless you are certain the person asking for it is legally entitled to that information. If an organization asks for your social insurance number, ask if it is legally required to collect it, and if not, offer other forms of ID.
- Pay attention to your billing cycle and ask about any missing account statements or suspicious transactions.
- Shred unwanted documents or store them in a secure place. Make sure that documents with your name and SIN are secure.
- Immediately report lost or stolen credit or debit cards.
- Carry only the ID you need.
- Do not write down any passwords or carry them with you.
- Ask a trusted neighbour to pick up your mail when you are away or ask that a hold be placed on delivery.

### **Have you received suspicious calls?**

If you suspect you may be the victim of fraud or have been tricked into giving personal or financial information, contact your local police service.

You can also report any deceptive telemarketing to the Canadian Anti-Fraud Centre online or by calling 1-888-495-8501.

And if you receive a call from the CRA saying you owe money, feel free to call the CRA directly to confirm 1-800-959-8281.

For more tips on how to spot a scam, visit: [www.canada.ca/taxes-fraud-prevention](http://www.canada.ca/taxes-fraud-prevention).

*Reprinted with permission from Jane Philpott, MP*



**CONFIRM THE CALLER'S IDENTITY**



**CONFIRM THE STATUS OF YOUR ACCOUNT ONLINE**



**WHEN IN DOUBT HANG UP!**

## 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.**

- Charles Frederick Allen
- Albert Carr
- Anne Crinson
- Colin Davison
- Garry Harding
- Elizabeth Latimer
- Ruth Paruszkiewicz
- Barbara Patrick
- Veronica Petersen
- Dale Stringer
- William Stringer
- Lila Vine
- William Zulak



## 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:

Tony Baron  
 Marilyn Benbow  
 Stephen Brown  
 Grace Cantarutti  
 Sharon Chin-Yee  
 Cheryl Daniel  
 Marie Davison  
 Jeffrey Feldman  
 Sylvia Gonsalves  
 Antonia Harding  
 Nicolette Hollander  
 Lu Ann Kolenda  
 Leo Kurz

Christine Legree  
 Diane McWatters  
 David Muir  
 David Murray  
 David Nimmo  
 Michele Notaro-Mallory  
 Dina Orlando  
 Anna Pallikaras  
 Victoria Paul  
 Donald Payne  
 Michael Rogers  
 Carolyn Seetner Kalish  
 Joy Stringer  
 Valerie Swaisland  
 Alba Tello  
 David Webster  
 Susan Zuccaro  
 Carol Ann Zulak

### WELCOME NEW MEMBERS FROM OTHER DISTRICTS

Patricia Naylor



## The Odd Couple: Female Version

By Craig Lee

NEWMARKET



STAGE CO.

**E**asy-going and neurotic - personalities clash when two women become roommates. While Olive is messy, untidy, and unconcerned about the state of her apartment, Florence is obsessively clean, tidy, and obsessed with hygiene. Olive's easy-going outlook on life soon clashes with Florence's highly-strung neurotic tendencies, testing their friendship to the limit. Instead of the poker party that begins the original version, Ms. Madison has invited the girls over for an evening of Trivial Pursuit.

**Date:** Saturday, June 1, 2019

**Time:** 2 p.m.

**Location:**

The Royal Canadian Legion  
707 Srigley St.  
Newmarket, ON

The performance space has cabaret seating, refreshments and there is plenty of parking.

**Cost:** \$12

Please place your order by May 3, 2019. Make your cheque out to **RTO/ERO District 34** and send along with your registration form (pp. 19 or 49) to:

Craig Lee

21 Lippincott Court

Richmond Hill, ON L4C 7M5

Acknowledgements will be emailed upon receiving the registration form. Tickets will be available at the legion on the day of the performance.



## Guys and Dolls

By Susan Leppington

At the Capitol Theatre in Port Hope.

**H**ailed as the perfect musical comedy, this award-winning classic gambles with luck and love under the bright lights of Broadway.

Set in Damon Runyon's mythical New York City, Guys and Dolls is an oddball romantic comedy.

Gambler, Nathan Detroit, tries to find the cash to set up the biggest craps game in town while the authorities breathe down his neck.

Meanwhile, his girlfriend, Adelaide laments that they've been engaged for fourteen years. Guys and Dolls takes us from the heart of Times Square to the cafés of Havana and even into the sewers of New York City, but eventually, everyone ends up right where they belong.

**Date:** Thursday, June 6, 2019

**Itinerary:**

**Two Pick-up Locations:**

9 a.m. Newmarket

17600 Yonge St.

Upper Canada Mall in front of Urban Planet (former Sears store) SW corner of Yonge and Davis

**OR**

9:30 a.m. Richmond Hill

9350 Yonge St.

Hillcrest Mall in front of the Marshalls store.

10:45 to 11:45 a.m.

Exploring Port Hope's historic Main Street. All shops are within 2 blocks of the theatre

Noon

Lunch at the RAILSIDE Restaurant: **Pre-set** lunch plate including entrée (chicken), salad, dessert, and tea or coffee.

**Please indicate any dietary restrictions i.e. vegetarian or allergies on the registration form where it says "meal choice (if applicable)".**

2 p.m.

Guys and Dolls at the Capitol Theatre

4:30 p.m.

Departure. Arriving in Richmond Hill at approx. 6 p.m. and in Newmarket at approx. 6:30 p.m.

**Cost:** \$117

Please date your cheque as May 1, 2019 and make it out to **RTO/ERO District 34**. Send it along with your registration form (pp. 19 or 49) and Waiver (p.48) to:

Susan Leppington

162 Crossland Gate

Newmarket, ON L3X 1A5

Registration will end by May 1, 2019 or before if the event is filled before this date.



## Golf Day

By *Ernie Polsoni*

There is no better sport for bringing people together than golf. This is easy to understand if you simply picture yourself on a beautiful day walking on green grass, socializing and exercising, while pretending to play the game.

I am not a golfer. My goal here is to provide an opportunity for you to experience this recreational sport that perhaps will move you to make it part of your future life. Read the following and see how simple it is to participate.

- Anyone can participate – no experience necessary.
- You'll play in a relaxed, non-competitive atmosphere.
- Shotgun start...scramble scoring will be used.
- If you want, you can use Cardinal's 'pull cart' for free.

Total cost is \$35 (there is a small subsidy by District 34). This will include: some prizes, green fees for 18 holes, lunch, tax, gratuities and parking. The buffet lunch under the overhang includes: regular or veggie hamburger, or sausage, salad, desert, coffee, or

pop. A cash bar will be available. Your friends are welcome to join in on the fun!

**Date:** Tuesday, June 11, 2019

**Time:** 8:15 a.m. Registration  
9 a.m. Play begins at  
assigned holes

Please be on time - thank you.

**Location:**

Cardinal Kettle Creek Short  
Course  
17700 Jane St.  
Newmarket, ON  
(North side of Hwy #9)

**Cost:** \$35

Make your cheque out to **RTO/  
ERO District 34** and send with  
the golf registration form on the  
next page to:

Ernie Polsoni,  
75 Bond Crescent  
Richmond Hill, ON L4E 3K6

Please register by June 2, 2019



# Registration for Golf Day

Tuesday, June 11, 2019



Please Print

Name(s) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

Contact Email: \_\_\_\_\_

Please arrange for a power cart for me.

Enclosed is a cheque made out to **ETO/ERO District 34**  
for \$ \_\_\_\_\_ for \_\_\_\_\_ person/people at \$35 per person.

Send this cheque to:

Ernie Polsoni  
75 Bond Crescent  
Richmond Hill, ON L4E 3K6

**Register by Sunday, June 2, 2019**



## Lucy Maud Montgomery Manse Tour

By Craig Lee

Take a journey back in time to the Leaskdale Manse and Historic Leaskdale Church. Discover, nestled in the scenic garden, the only full-size bronze statue of Canada's beloved author, Lucy Maude Montgomery. Gain insight into Maud's life with an historic guided tour through the church where her husband preached. Then walk to the lovingly restored manse where she lived and wrote.

Our tour starts with a cuppa tea at the church which is "halfway down the hill on the west side of the street as you enter the village".

**Date:** Wednesday, June 12, 2019

**Time:** 11 a.m.

**Cost:** \$10

**Location:** Leaskdale

From the south: go east on Bloomington Rd. to Uxbridge, go north (left) on Main St. in Uxbridge to Leaskdale.

From Newmarket: go east on Davis Dr. to the end. This is Durham Rd. Turn north (left) for Leaskdale.

Please place your order by May 15, 2019. Make your cheque out to **RTO/ERO District 34** and send along with your registration form (pp. 19 or 49) to:

Craig Lee

21 Lippincott Court

Richmond Hill, ON L4C 7M5

Acknowledgements will be emailed upon receiving the registration form.



## Match the Logo Quiz

By Craig Lee

Want to win two tickets to our fall luncheon? Look through this edition of *The 34th Story* and find the events which correspond to each logo on the next page. Write the page number where each activity can be found next to the letters to the left of the image.

The winner's name will be drawn at the Spring Luncheon.

Deadline for entering this contest is May 9.

You may submit your answers in one of two ways:

1. Copy your answers into an email (or scan/snap a photo of this page and attach) and send to: 7chris.prefontaine@gmail.com

OR

2. Write your answers below and mail this page to:

Chris Prefontaine, 194 Fincham Ave. Markham, ON L3P 4B5

RTO Member Name: \_\_\_\_\_

a. \_\_\_\_\_



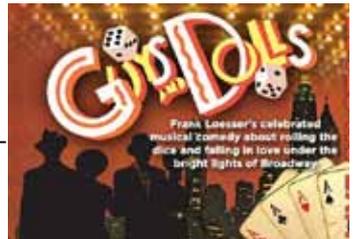
b. \_\_\_\_\_



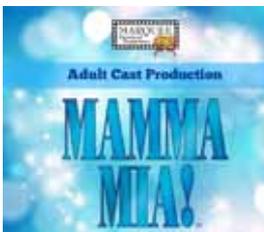
c. \_\_\_\_\_



d. \_\_\_\_\_



e. \_\_\_\_\_



f. \_\_\_\_\_



## 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
----------------------------	-----------	------

Participant’s printed name	Signature	Date
----------------------------	-----------	------

Participant’s printed name	Signature	Date
----------------------------	-----------	------

Participant’s printed name	Signature	Date
----------------------------	-----------	------

**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.

If registering for the AGM electronically, please follow the instructions in the event description on page 37.

**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](http://www.johnson.ca)

*34th Story Website*  
**Check our website at**  
**[www.34thstory.com](http://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](http://www.rto-ero.org)

### DISTRICT 34 MEMBERSHIP COORDINATOR

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

### DISTRICT 34 EMAIL COMMUNICATIONS COORDINATOR

[34thstoryreminders@gmail.com](mailto: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**

