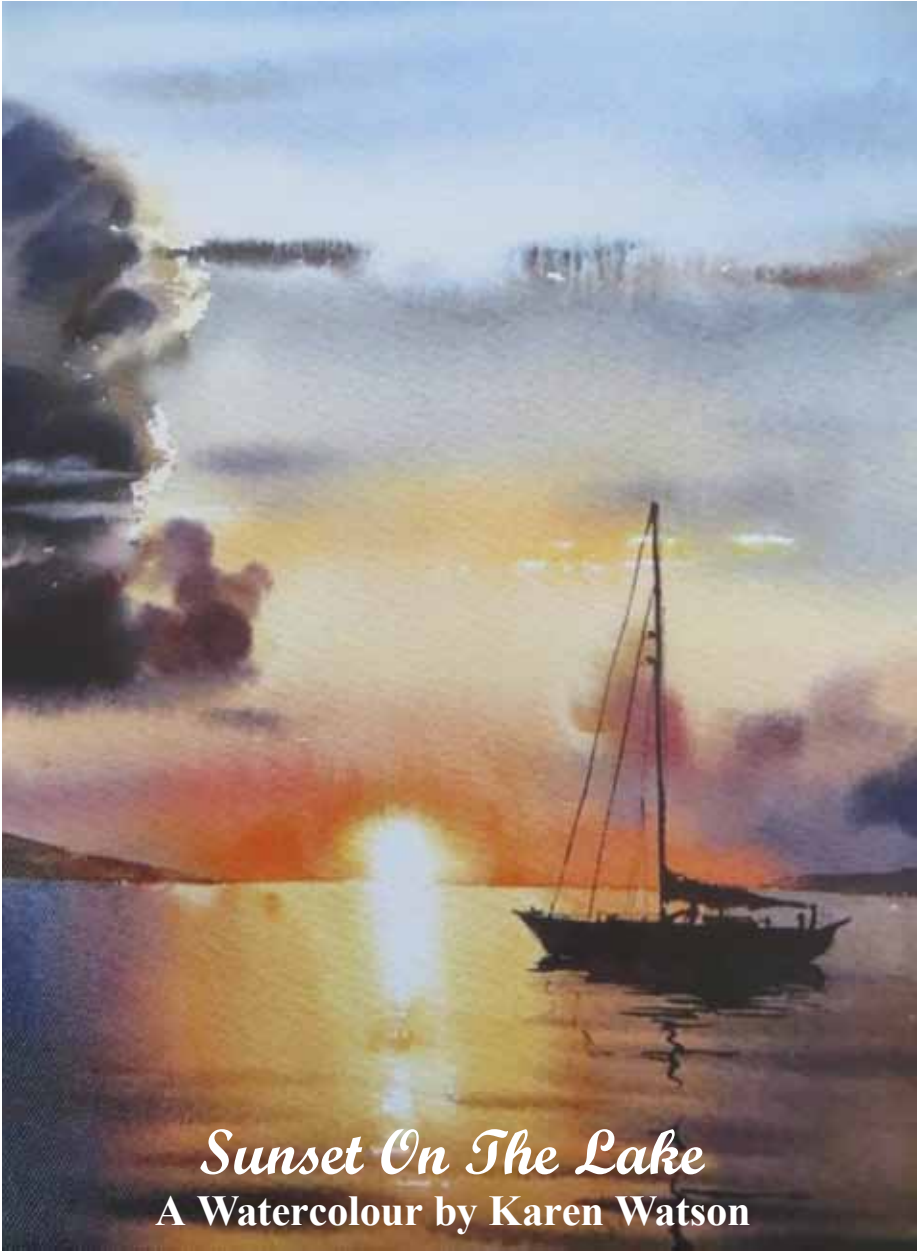




34th STORY

District 34 - York Region

Vol. 34 No. 2 - April 2022



Sunset On The Lake

A Watercolour by Karen Watson

Join us on the Internet at www.our34thstory.com

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For Your 2022 Calendar

Zoom Yoga

Tuesday, May 3
Tuesday, June 7
Tuesday, September 6

Join Us For a Walk

Thursday, April 21
Wednesday, May 18
Wednesday, June 22

Discovering Happiness

Monday, May 2,
Wednesday, May 4
Friday, May 6
Monday, May 9 and
Wednesday, May 11

Enhancing Your Spirit of Gratitude

Tuesday, May 3
Thursday, May 5 and
Tuesday, May 10

Chocolate Tasting

Wednesday, May 11

AGM and Luncheon

Thursday, May 26

Heart Healthy Eating and

Cooking Demo

Wednesday, June 1

No Exit

by Jean-Paul Sartre

Friday, June 3 or
Sunday, June 5

Know Your Health Plan Webinar

Wednesday, June 8

District 34 Golf Day

Tuesday, June 14



Jose Fernandes, President

President's Message

As I write this message, we are barely into the new year of 2022. It has been two long years of the pandemic which has curtailed much of our lives. I don't know what the new year will bring but I do know that we will have to live with the virus for a while. I also know that we don't have a choice. Our lives will have to go on, and we will just have to learn to adapt ourselves to this new reality.

In District 34, it means that we have to start the process of normalizing our activities, within the parameters, protocols and guidelines of York Region Public Health. We have decided to hold our annual meeting and elections this May.

We have initiated planning for an in-person meeting and luncheon. It has been two long years since we shared a meal together.

Your executive board has not met in person for the last two years. It is possibly the time to turn the corner. Inevitably, we can't tell the future but let's hope that our plans come to fruition.

Our past president, Susan Phillips has initiated the process of gathering names for the new executive. Please consider putting your name forward.

On a personal note, I have informed the executive that I have no intention of continuing as President. It has been a challenging two year term - all of it during the pandemic. It has not been easy for any of us, but I am comforted by the fact that I received full support from my colleagues.

I look forward to seeing some of you at future meetings and to a new leadership team that takes us into the future. I am confident that, with your help, RTOERO District 34 will be in good hands.

Food Pantry Thank You Letter

December 17, 2021

Dear Retired Teachers of Ontario,

“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.” ~Melody Beattie

Thank you so much for your extremely generous donation in support of the Newmarket Food Pantry. Your dedication speaks volumes about your commitment to our shared community. Through your generosity we were able to purchase more nutritious perishable food options for our neighbours in need.

Your support enables us to provide emergency food relief to those in our community who are currently facing food insecurity. On average we have over 1300 visits to the Food Bank each month, with 37% being children under the age of 18. Because of community champions like you we will continue to play a pivotal role in helping to guide our clients on the path to self-sufficiency, and achieve our vision of a community free from hunger.

On behalf of all the individuals and families who depend on the Newmarket Food Pantry for a little extra help, thank you for your generous gift. Your kindness is truly appreciated.

With gratitude,

Adrian Bain

Executive Director
Newmarket Food Pantry



*District 34
Benefits
Representative,
Susan
Leppington
presenting
our cheque to
Adrian Bain of
the Newmarket
Food Pantry.*



District 34 Secretary, Angela Stewart presenting our cheque to AJ Carlick at the Markham Food Bank.



District 34 Treasurer, Dan Reynolds presenting our cheque to the Aurora Food Bank.



District 34 Foundation Representative, Elaine Adam presenting our cheque to Stephanie Clare of the Holland Landing Food Pantry.



District 34 First Vice-President, Bob Sandiford presenting our cheque to the Whitchurch-Stouffville Food Bank.

Zoom Yoga

By Angela Stewart



Let yoga be a part of your healthy lifestyle with classes that will focus on deep breathing, stretching, and creating a sense of calm. You will be able to practice a gentle yoga class from the comfort of your home. No need to travel to a studio, no need to wear a mask, and no need to make payments as District 34 will be covering the cost.

Our instructor, Christina DeFranco, is a 200-hour certified yoga instructor who is currently enrolled in an advanced 300-hour yoga course. She has extensive training in anatomy and is skilled at modifying moves to either a more gentle option or a more advanced option.

Christina enjoys teaching to our mature population, and her understanding of our potential limitations is very helpful.

Her class will be for all levels and all abilities. For more information, feel free to visit her website at rootedtrewellnesstudio.com

The sessions will take place the first Tuesday of May, June and September. Please login five to ten minutes early if you are trying Zoom Yoga for the first time, to make sure everything is working.

Dates:

Tuesday, May 3, 2022

Tuesday, June 7, 2022

Tuesday, September 6, 2022

Time: 7 p.m.

Type in the following link to sign up for one or more classes: calendly.com/christinadefranco/rto-yoga.

Here is a quick tutorial on how to register in case you have trouble figuring out the booking system: bit.ly/3HzXRod

If you have any questions, or need help registering, please contact Christina at hello@rootedtrewellnesstudio.com.

You will receive an initial email upon registration, and a reminder email one hour prior to the class.

I look forward to “seeing” you in class.

From the Editor’s Desk

By Chris Prefontaine

Remember back to January and April of 2020? At that time, we were looking forward to luncheons and other fun activities. In those two *34th Story* editions, we offered you the opportunity to win tickets to our fall luncheon. (In the January 2022 issue, I erroneously mentioned that they were for the spring luncheon.) Well, we did receive 25 contest entries in total but since there was no luncheon, I saved them.

Executive Member Craig Lee and I met on FaceTime six weeks ago to conduct the draw. We are very pleased to tell you that our two winners are: Angela Stewart and Patricia Duke.

Each winner will receive two tickets to our 2022 fall luncheon.

The previous winner from the spring 2019 luncheon, Jane Reynolds will also receive two tickets to the next fall luncheon.

The 34th Story continues to showcase the art work of our talented members. Thank you to everyone who has contributed. If you have any original paintings or other art work that you would like to share, please send HIGH RESOLUTION pictures of them to me at 7chris.prefontaine@gmail.com.

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.

Quilting with Photos

By Eileen Zahakos

My love for nature comes from my father; he worked as a farmer all his life and cared for fields, grasses and prairie scapes. My love for quilting comes from my mother; she was a master quilter, a maker of many hand-quilted blankets for our family, and a teacher and mentor to quilters in her community.

I am a beginning quilter; as well, I am a photographer, and I've created what I call "quilt photos". These include my own photos of flowers, often from my childhood farming area. I incorporate my photos, using a computer program, into designs from quilt patterns that inspire me.



Our York Region

By Dave Szollosy

“Our York Region Coalition” is a new group of progressive organizations and residents from across the York region who are joining forces to demand positive and progressive change for all our communities and families. They are calling on the Government of Ontario to take action on the following issues that are critical to the health and wellbeing of York Region residents:

1. having safe schools,
2. affordable housing,
3. health care including safe and equitable long term care, and
4. climate change - environmental protection.

Join the fight for an equitable, fair, and just future for residents of York Region.

Follow @ouryorkregion on: Facebook Instagram and Twitter.



Express Scripts Canada, Pharmacy

By Susan Leppington

A new feature of the RTOERO Extended Health Care plan is an online pharmacy, Express Scripts. This optional service offers a convenient way to fill your maintenance prescriptions (i.e. those you use on a regular basis for blood pressure, thyroid, diabetes, etc.). The medications are mailed free of charge, directly to your home within seven business days. The dispensing fee is competitive, plus there's an automatic renewal service which you may wish to set up. A Canadian pharmacist is readily available for consultation.

For more information, call 1-855-550-6337 or go to rtoero.ca/express-scripts-canada-pharmacy.



Join Us For a Walk

By Ann Evans

Let us welcome spring and be active by walking some well known, interesting trails and engaging in fun conversations.

Note: As the weather is warmer now our walks will begin at 9:30 a.m.

Dates and Locations

Thursday, April 21, 2022

Roger's Reservoir
East Gwillimbury

This is always a lovely walk with wider, flatter paths! It is part of the Nokiidaa Trail System linking the towns of Aurora, Newmarket and East Gwillimbury.

Nokiidaa is an Ojibwa term meaning 'walking together' which seems perfect for our group!

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

Wednesday, May 18, 2022

Sheppard's Bush

In the past, we have seen many trilliums in full bloom on this trail. One can only hope for a repeat display. This walk has mostly wider paths but a short hill at the end of the walk.

Meet in the parking lot at Sheppard's Bush at the south end of Industry Street which is off Industrial Parkway, just south of Wellington Street in Aurora.

Wednesday, June 22, 2022

Willow Farm Valley, Aurora

We have enjoyed this walk several times. There are some hilly inclines. It may be a good idea to use bug spray on this walk

Willow Farm Lane is south off Saint John's Side Road between Bathurst and Yonge Street. Park on the road. Look for my car, a blue Nissan Juke.

As usual, we will visit a nearby coffee shop. Come alone or bring a friend.



“A Horse Is Worth More Than Riches” - Spanish Proverb

A Watercolour Painting by Ann Evans



Calling All Motorcycle Riders

By Dave Szollosy

It's More Fun to Ride in a Group!

Let's get together this spring to plan some rides and participate as a group in local charity rides.

Contact Dave Szollosy for more information and add you name for follow up at daveszol@rogers.com.



Self Discovery and Newness

By Linda Shea-Carter

A year after deciding to officially retire and becoming a member of RTOERO, I began teaching in the Educational Support Program at Kingston College, where students become EA's, or move into another year of study to enter the Youth Worker program. It was during these eight years that I discovered my love for teaching adults; expanding my interests into teaching them how to live healthy and happy lives.

Furthering my own journey into learning about these topics, I became certified as a Mindfulness and Meditation Teacher, a Personal Life Coach and a Family Facilitator. I have also pursued studies in the areas of Mindfulness and Self Compassion, Positive Psychology, Mindfulness Based Stress Reduction, Developing and Enhancing Gratitude and How to Develop and Practise Self-Care.

In 2018, I began running group sessions on these topics and would like to offer two courses at a reduced rate to the members

of District 34: *Enhancing Your Spirit of Gratitude* and *Discovering Happiness*. Dates and times can be found directly below each course description.

Enhancing Your Spirit of Gratitude will be presented via Zoom in three sessions of roughly one hour plus each. The information for this course will be shared with participants in a mindful and visually appealing way via a beautiful power point and short meditations. We will also focus on how to develop this practice in your everyday lives.

There is extensive research done in the areas of Neurobiology, Psychology, Sociology and Spirituality confirming that people who practise gratitude and thankfulness daily, irrespective of their life circumstances, enjoy a much happier and fulfilled life in many domains. This course will aim to expose you to some of this information and give you skills to start practicing gratitude in your lives or enhancing your already current practice, so that your lives can be meaningful and fulfilled.

Dates:

Tuesday, May 3, 2022
 Thursday, May 5, 2022
 Tuesday, May 10, 2022

Time: 10 to 11 a.m.

Cost: \$40 to be paid directly to Linda.

Discovering Happiness: This mini course consists of 10 short modules each of about 20 minutes in length. Modules will be grouped together.

Module 1: Permission to be and become happy.

Module 2: Choosing your responses in each moment of life.

Module 3: Self-Acceptance and Self Love is the Key to Happiness.

Module 4: Hunt the Good.

Module 5: Practice Feeling Happy.

Module 6: Focus on Your Strengths.

Module 7: Happiness Mindset.

Module 8: Kindness is Your Superpower.

Module 9: Being Joyful for Others.

Module 10: How Do I Want to be Remembered.

Dates:

Monday, May 2, 2022
 Module 1 and 2
 Wednesday, May 4, 2022
 Modules 3 and 4
 Friday, May 6, 2022
 Modules 5 and 6
 Monday, May 9, 2022
 Modules 7 and 8
 Wednesday, May 11, 2022
 Modules 9 and 10

Time: 10 to 11 a.m.

Finally, there has been much written about the various impacts the pandemic has had on all of us and millions of others around the globe. While we are all trying to deal with these realities in our own ways, many have sought help from other sources.

Kindly regard these two courses as examples which can further add to your repertoire of skills to help you through life. Please do not hesitate to contact me with any questions, concern or points of interest. To register, email me at lsheacarter@rogers.com and I will guide you through the enrollment process and send you the links to the workshops.

For the Love of Chocolate

By Oliver Woodburn

My name is Oliver Woodburn, but I'm also known as "The Tasting Tutor". That's because I host an online chocolate tasting event called "*For the LOVE of Chocolate*".

This "Tasting Experience" is a fun and interactive chocolate education and tasting event hosted live on ZOOM where every participant receives a curated chocolate tasting kit delivered to their door in advance, so that participants can experience the tutored tasting along with the host.

During the LIVE 60-90 minute online event you'll learn:

- about the key ingredients in chocolate,
- a brief history of chocolate,
- how chocolate is made,
- how to taste and evaluate chocolate with all your senses, and finally,
- you'll be guided through a structured tasting of six different chocolates; both milk and dark.

In the end you'll have a smile on your face and feel-good endorphins coursing through your veins.

Oliver Woodburn has 20+ years in the chocolate business both in North America and in Europe. He has firsthand experience in the development of chocolate recipes, chocolate production and the global chocolate industry. Additionally, he has wine sommelier training and is a certified baker which he applies to his chocolate training classes.

The kit includes three milk and three dark chocolates, plus a couple other items to enhance the experience, such as some cocoa beans. There are over 200 grams of chocolate in the kit; plenty for two people in the same household to participate in the tasting if desired.

Date:

Wednesday, May 11, 2022

Time: 7 p.m.

Cost: \$50

This event has been partially subsidized by District 34 and

there needs to be a minimum of 10 participants.

Make your cheque out to **RTOERO District 34** and send it along with your registration form (p. 49) to:

David Szollosy
857 Fairbank Ave.
Willow Beach, ON L0E 1S0

Registrations need to be received by April 27, 2022. After Dave receives your form, he will share your contact information with Oliver who will send out the chocolate tasting kits and provide you with the information you will need to be able to connect on the 11th.

Golf and Gardening Workshop

By Angela Stewart

Our wonderful yoga instructor, Christina DeFranco, has developed another workshop for our members. You may remember her Fall Prevention workshop in January.

This spring, Christina will be teaching a “Golf and Gardening”

workshop. We are still working out details, but essentially it will be about the biomechanics of how to move our bodies in a safe and effective way while doing outdoor activities, with a focus on playing golf and working in the garden. She does a lot of research and presents a well planned, hands on class.

The workshop will include what we can do prior to and after these activities to minimize pain and soreness and ensure a quick recovery time. This will be a Zoom presentation.

Christina has kindly offered to run this workshop free of charge. Please plan to attend. Details will be in an upcoming Event Reminders email. Please make sure you are subscribed to the distribution list by emailing Angela at 34thstoryreminders@gmail.com.

If you have any questions about the workshop, feel free to contact Christina directly at hello@rootedtrewellnessstudio.com.



In The Marsh

A Photo on Canvas by Karen Watson



District 34 - 2021 Accounting

RTOERO District 34 York Region Budget vs. Actuals January - December 2021

	Actual	Total Budget	Remaining
Income			
400 Grant - Annual	62,804.16	63,000.00	195.84
430 Grant - Political Advocacy	1,500.00		-1,500.00
450 Social Events		20,000.00	20,000.00
480 Interest on Bank Bal & Invest's		300.00	300.00
490 Miscellaneous Revenue	80.00		-80.00
N/A7	2,500.00		-2,500.00
Total Income	\$ 66,884.16	\$ 83,300.00	\$ 16,415.84
Gross Profit	\$ 66,884.16	\$ 83,300.00	\$ 16,415.84
Expenses			
500 District Executive			0.00
501 Meetings - Executive		4,000.00	4,000.00
502 Meetings - Annual Mtgs/Forum		2,300.00	2,300.00
503 DE Office expenses	1,637.12		-1,637.12
504 Transportation	163.35		-163.35
Total 500 District Executive	\$ 1,800.47	\$ 6,300.00	\$ 4,499.53
550 Communications/Social Media			0.00
551 Newsletter	27,548.88	33,000.00	5,451.12
552 Website/Facebook/email	408.44	1,000.00	591.56
Total 550 Communications/Social Media	\$ 27,957.32	\$ 34,000.00	\$ 6,042.68
600 Member Services			0.00
601 Goodwill	909.29	2,000.00	1,090.71
603 Recruitment		2,000.00	2,000.00
605 Social Events			0.00
605-1 Hava Java		3,500.00	3,500.00
605-2 Fall Luncheon		10,000.00	10,000.00
605-3 Retiree Receptions		2,000.00	2,000.00
605-5 Social Events-Other	40.00	20,000.00	19,960.00
Total 605 Social Events	\$ 40.00	\$ 35,500.00	\$ 35,460.00
Total 600 Member Services	\$ 949.29	\$ 39,500.00	\$ 38,550.71
650 Political Advocacy	4,401.35	1,000.00	-3,401.35
700 Project Service to Others	5,225.00		-5,225.00
750 Workshops	1,134.39		-1,134.39
800 Office expenses		1,500.00	1,500.00
801 Stationery and Printing	287.02		-287.02
804 Bank Fees	154.00		-154.00
805 Other		1,000.00	1,000.00
Total 800 Office expenses	\$ 441.02	\$ 2,500.00	\$ 2,058.98
860 Donations	9,000.00		-9,000.00
Total Expenses	\$ 50,908.84	\$ 83,300.00	\$ 32,391.16
Net Operating Income	\$ 15,975.32	\$ 0.00	-\$ 15,975.32
Net Income	\$ 15,975.32	\$ 0.00	-\$ 15,975.32

Annual General Meeting and Luncheon

By Regine Baker

ANNUAL GENERAL MEETING

At this meeting, members help make decisions for our local RTOERO district and vote on such items as policies, finances and the executive. The meeting will take place at the Meadowbrook Golf Club, 11939 Warden Ave. in Gormley on Thursday, May 26, 2022 at 11:30 a.m. (All public health regulations current at that time will be followed.)

All RTOERO District 34 York Region members are eligible to stand for election to the positions of President, First Vice President, Second Vice President, Secretary, Treasurer, Membership Coordinator or Executive Member (2). All former presidents may stand for Past President.

If you would like to nominate an RTOERO District 34 member to be included on the slate of candidates to be presented and voted on by the members

at the meeting, or if you have any questions about the process, contact Past President, Susan Phillips at susanphillips@gmail.com.

Nominations will also be accepted from the floor of the meeting.

SPRING LUNCHEON

This is a great opportunity to reconnect with former colleagues, relax with a cool drink and enjoy a lovely meal at a very reasonable cost (subsidized by District 34). We are pleased that this event will again be held at the beautiful Meadowbrook Golf Club in Gormley.

Mark your calendars for Thursday, May 26, 2022 at noon following the Annual General Meeting. Members are invited to bring one non-member guest if they wish. Space is limited so register early.

Menu:

- Fresh baked rolls and butter;
- Roasted Peach and Arugula Salad with goat cheese and a grape tomato and champagne vinaigrette.

Two Choices of Entrée:

Noon to 12:30 p.m.

1. Ricotta and Sage Stuffed Chicken Breast wrapped with prosciutto, Italian mashed potatoes, vegetable medley, and peperonata roasted red pepper sauce. Served with mashed potatoes, haricot vert and carrots.

Cash bar and socializing
12:30 to 12:45 p.m.

Welcome and announcements
12:45 p.m. – Lunch

Location:

OR

2. Baked Atlantic Salmon Fillet, pan seared and drizzled in lemon and thyme beurre blanc sauce. Served with rice pilaf, haricot vert and carrots.

Meadowbrook Golf Club
11939 Warden Avenue
Gormley
(On the east side of Warden Avenue, midway between Elgin Mills Road and Stouffville Road.)

Cost: \$20 per person

Double Chocolate Mousse Dome, in a strawberry sauce with a fresh fruit garnish.

Make your cheque out to
RTOERO District 34 and send it along with your registration form (p. 49) to:

Coffee and Tea

Please remember to state your choice of entrée and any dietary needs or restrictions on the registration form. (p. 49)

Regine Baker
15 Groomsport Crescent
Scarborough, ON MIT 2K8

Sorry, no electronic payments are possible at this time.

Date: Thursday, May 26, 2022.

Time:

11 to 11:30 a.m. - Registration

The deadline for registration and payment is
Tuesday, May 17, 2022.

11:30 to Noon - Annual General Meeting

RTOERO Webinar Report

By Elaine Adam

Women and Aging

On November 16, our Foundation hosted a webinar on a study of women and aging conducted by Dr. Paula Rochon and Dr. Rachel Savage at the National Institute on Aging at Women's College Hospital. Dr. Rochon is our Foundation's funded Geriatric Chair at the U of T Medical School, and Dr. Savage is an epidemiologist and researcher; both are involved in the Women's Age Lab.

The lab was established because women are often invisible, and studies are needed to examine their health needs to support healthy aging. This is the first and only centre to work on the health and well-being of women as they age.

A man with white hair is considered distinguished while a woman is considered old. This type of gender ageism is another concern upon which the centre focuses. Its mission is to transform care and practice and to drive social change.

The focus is four-fold: address gendered ageism, re-imagine aging in place and in congregate care, optimize therapies, and promote social connectedness.

To change the way we feel and act, we need to know the advances in science through inquiry and ideas, and to accelerate this science into action by introducing practicable and scalable solutions. This is done by developing our understanding of self-perceptions of aging and society's attitude to aging. It will allow for the definition of a meaningful health agenda to be created.

Dr. Rochon conducted four focus groups of twenty-seven RTO member participants on preconceptions of aging and how they differed from their personal experiences. They prioritized maintaining health and social connections and felt the current health care model to be disempowering. Priorities were to address gendered ageism - we don't have to age the way our parents did.

They felt that we are breaking stereotypes. Re-imagine aging in place. One comment was that

“I certainly have no intention of ever going into a retirement or nursing home. I have my own house and expect to stay there.”

Optimize therapies. Many are caught in polypharmacies - the prescribing of many medications. Meds need to be reviewed, and alternatives should be introduced.

Promote social connectedness. Locate LTC homes in good places for connecting with the community, in the centre of town near facilities such as shopping, parks, schools, libraries. The government needs to focus on this.

Dr. Rochon wants congregate care homes to put the emphasis on women's health and healthy aging. 75% of residents here are women. 80% of this group have chronic conditions, take many medications and have dementia; their stay is longer. Two out of three women are on more than five meds and one in four is on more than ten meds. The highest number is in women over the age of 85.

The research policy environment has to change. Women are not in studies or research. There isn't

enough research on seniors in general. An area of concern is women and loneliness. Of 6.5 million seniors in Canada, two times more women live alone than with someone. 40% living alone are lonely. It impacts health the same way smoking fifteen cigarettes a day does.

Dr. Rochon collaborated with RTO in May of 2020 when they looked at the impact of COVID on daily life where women became two times more lonely, and men were four times more lonely. Virtual connections to family and friends were valuable. COVID caused changes in routine, health suffered, and it impacted on the receiving and giving of care. In general loneliness had an impact on our health care system.

How do we address ageism in health care? We must recognize the gendered ageism that does exist. It is a largely neglected determinant of health. Older women are neglected. Women in LTC care are often poor. The poverty gap is due to less time spent in the work force, lower pay, lack of pension and no chance for advancement.

Digital inequality adds to the problem. Women were less likely to enter the sciences in the past. They have not been exposed to today's technology. Many do not have smart phones, some are not on the internet. Cost can also be a factor. Digital technology must be made accessible. It can be an opportunity to involve young people who can help seniors navigate this area.

Dr. Rochon and Dr. Savage are now focusing on raising the issue of Gendered Ageism with government and to alert society about its existence and implications.

Fall Prevention Workshop

By Angela Stewart

A very successful workshop on how to prevent falls was presented to many of our members in January.

We learned about the causes and risk factors for falls, how to fall safely, how to get up if you do fall, exercises to proactively prevent falls, and proactive lifestyle steps to prevent falls.

The following are two things I took away from the workshop.

Sit to stand:

- practice sitting in a chair and getting up again,
- do it during TV commercials, after each a chapter in a book, or once you've finished reading this article, and
- you will build muscles in your quads and glutes which will help you with balance.

If you fall:

- twist to the side and protect your head, and
- take your time getting up.

Feel free to check out all the exercises that were taught to us by going to the Rooted Tree Wellness Studio website. bit.ly/3gG4rOr.

Many thanks to our Zoom Yoga instructor, Christina DeFranco, who presented this complimentary session. Hopefully we can repeat it next fall.



Activity Trackers

By Susan Leppington

An Activity Tracker is a sophisticated version of the pedometer and has become popular as a means of motivation, providing immediate feedback about your activity level and tracking progress over time.

Activity trackers can determine how far you've traveled and what type of movement you were doing, such as walking, jogging or swimming.

Many activity trackers measure sleep quality and length, compute calorie intake and the number of calories burned, monitor your heart rate and serve as alarm clocks or watches. And many can track your location.

If you are thinking about purchasing an activity tracker, you will need to determine which device may best suit your needs and interests. Ease of use, bonus features, accuracy, price, and readability of the display are some considerations in choosing the one right for you.

How to best use an activity tracker to reach your fitness goals:

- establish a baseline. When you first get your tracker, wear it all day for a week as you go about your routine. At the end of the week, add up the total number of steps for each day and divide that total by 7. This gives you an average number of steps to use as a baseline for setting your step goals,
- set short-term step goals. If you take 2,000 steps a day set a short-term goal of adding 1,000 steps a day for two weeks. You can add the steps all at once, or break your walking into shorter chunks,
- set long-term step goals. A long-term goal may be walking 10,000 steps as part of your new daily routine. Or your goal might be to walk briskly for 30 minutes, five days a week, walking faster as your fitness level improves, and

- track your progress. To see how you're doing, monitor your progress over time. Some trackers have a memory function to track steps on a weekly or monthly basis.

-Information selected from the Mayo Foundation for Medical Education and Research mayoclinic.org/healthy-lifestyle.

Remember when kids would say “You’re not the boss of me”. Say that to your activity tracker if you decide to get one. You’ll stick with exercise only if you enjoy it. The tracker is simply a tool to gather information and perhaps offer motivation to help you reach your fitness goals - one step at a time.



Renewing York Region's Senior Strategy

By Paul Devlin

Recently, I was a participant in a Public Open House, “Renewing Our Plan for Seniors” on January 5, 2022. It was one of a number of similar events held in January. This event was coordinated by the York Region Seniors Strategy Committee and facilitated by the following members:

- Lisa Gonsalves, General Manager, Paramedic and Seniors Services and co-chair of the Seniors Strategy Core Team,
- Julie Casaert, Director, Senior Services,
- Judy Coultres-MacLeod, Senior Policy Analyst, Paramedic and Seniors Services and member of the Seniors Strategy Project Team, and
- Kevin Nugent, Senior Policy Analyst, Paramedic and Seniors Services and member of the Seniors Strategy Project Team.

In November 2016, the York Regional Council approved the York Region Seniors Strategy.

This strategy was to guide corporate collaborative planning activities to better integrate and prepare for the growing and aging York Region population. The vision is to support seniors to age in place, that is, to live in the home or community of their choice for as long as they are able.

The strategy encourages the Region to act where it has responsibility, to advocate and influence decision-making where others have a role to play and to bring together key players across the sector to address issues related to the needs of seniors.

Four areas were identified for action and advocacy to support seniors to age in place:

1. balancing the needs of seniors with all residents,
2. keeping seniors healthier, longer,
3. supporting age friendly, complete communities, and
4. connecting seniors and caregivers to the right program and services at the right time.

The open house was just one form of community engagement/ feedback from seniors,

caregivers and community partners that will shape the Seniors Strategy Refresh and Two-Year Action Plan.

The two other means of engagement were workshops with staff and community organizations and an online survey to hear from seniors and caregivers. This plan is slated to go to York Regional Council for approval in June 2022.

The purpose of the open house was to:

1. share the direction for the Seniors Strategy Refresh,
2. promote an online survey, and
3. answer participants questions.

The committee especially wanted to hear from vulnerable communities; low-income households, people belonging to a racialized community, immigrants and/or individuals for whom English is a second language, people experiencing homelessness and those who identify as having a disability or experience accessibility issues when accessing services.

The committee wants to gain information about programs

and services for seniors and issues around seniors housing and health, especially during this time of the COVID-19 pandemic. Caregivers are also being consulted about their role as a caregiver and barriers to providing care.

The results of this public engagement will be used to determine the actions York Region will be taking in the next two years to improve program and service delivery; advocacy that York Region will engage in with the provincial and federal government, and timelines and goals to help achieve these objectives.

The Seniors Strategy Refresh will review the current direction, identify what has changed, and where new actions are needed to support seniors to age in place in York Region.

For more information on Renewing York Region's Plan for Seniors go to: york.ca/PlanForSeniors.

To read the entire updated, 44 page York Region Seniors Strategy report go to: <https://bit.ly/3oglxqi>.

Theatre Update

By Craig Lee

The COVID/Omicron virus has been devastating for live theatre. Since our last *34th Story* a number of shows have been postponed or rescheduled.

Here is the sad news.

1. Newmarket Theatre Company: *Opal's Husband* has been postponed and new dates will be chosen for May. The new dates are not available at this time.
2. Curtain Club: *Tempting Providence* has been postponed with no new dates have been chosen.
3. Marquee Theatrical Productions: *The Addams Family* has been postponed and a new date has not yet been chosen.
4. Theatre Aurora: *No Exit* has been rescheduled to June 2022. Details are available in this issue on page 40. The registration form is on page 49.

Hummingbird

An Acrylic Painting By Melissa Sherman



RTOERO White Papers

By RTOERO

New RTOERO white papers shed light on healthy aging.

How can Canadians age the best? That's a critical question for a country where almost 18% of the population is over 65, heading to 20% within a few years and 25% by mid-century. Canadians are living longer, and as they do they also need to live better. To explore how, RTOERO released four white papers to look at different dimensions of healthy aging:

- the health coverage gap: How Canadian retirees can protect themselves against the inevitable,
- five ways to think about retirement planning...and money isn't one of them,
- healthy at any age: Understanding wellness across the lifespan, and
- the nuances of ageism: How intersectionality can impact the experience of aging.

Find them at rtoero.ca/resources.

RTOERO Foundation on Social Media

By RTOERO

Did you know the RTOERO Foundation has its own Facebook group?

The Foundation posts information, news and resources that highlight seniors' issues, with a special focus on geriatric research and social connection. It also provides updates on the work of the Foundation, including the latest news on its granting program.

You are encouraged to join the conversation if you haven't already done so. Just a reminder that our social media accounts are not limited to only RTOERO members.

So, if you know someone who has similar interests, please feel free to share the link below and invite them to join.

Join the Foundation Facebook group: facebook.com/groups/rtoerofoundation.

Summer Garden at Sunrise

A 12" X 16" Acrylic Painting By Dawn Stanojev



After The Storm

A 12" X 16" Watercolour By Ellen Hebert



Retirement Personalities

Reprinted with Permission from RTOERO

When you think of your retired self, what do you imagine? Or, if you're already retired, is your retirement personality what you expected?

If you're wondering what to expect and how to plan your time during retirement, the answers may come from you! Your personality and preferences will likely shape your retirement journey.

Here are some of the most common retirement personalities we've met - think about which one or few most closely describes you.

Eight Personality Types

Globe-trotter

We all started life exploring the world around us, and some never stop. Maybe you've got a list of places you want to visit. Perhaps you plan to throw a dart at a map and see where you land! Regardless of the approach, you plan to indulge your travel bug during retirement.

Athlete

The athlete needs to move and be on the go. You may participate in dance, yoga or sports. And while you don't necessarily shy away from competition, it isn't the main objective. The activity is the objective, and the friendships and comradery are bonus. Your retirement allows you more time for the active lifestyle you love.

Bucket-lister

Checking items off your list of fun experiences will be the priority in retirement. Maybe you've got a mental list, or perhaps you keep a bullet journal. Have you identified what you want to do first? The bucket-lister is a goal setter in disguise. You know the way to create an extraordinary life is to go out and do it.

Artist/Creator

For the artist/creator, joy is found in making things. Painting, pottery, sculpture, woodworking, knitting, sewing, gardening, writing—you get the idea! For you, retirement fulfils the dream of more time to pursue your creative endeavours.

How do you compare?

Here's what future RTOERO members said when we asked them their retirement personality type in our 2020 Future retirees survey.

51% Globe-trotter	38% Athlete	37% Bucket-lister	36% Artist/Creator
34% Philanthropist	27% Scholar	27% Work horse	16% Director

Return From Ice Fishing

Oil Painting By George Keltika



Heart Healthy Eating and Cooking Demo

By Chris Prefontaine

Did you know that up to 80% of premature heart disease and stroke can be prevented through lifestyle habits? A healthy diet is an essential component of cardiovascular health as well as overall health and wellbeing. In this one-hour workshop and virtual cooking class, you will learn the essential components of a heart healthy diet and then watch Christina and Leigh prepare two heart-healthy recipes. Recipes will be provided before the workshop so feel free to cook along with us!

Date: June 1, 2022

Time: 1 p.m.

Cost: This free event has been subsidized by District 34.

There will be a 20 to 30 minute presentation on Zoom to be followed by a 20 to 30 minute cooking demo (2 heart healthy recipes) to be followed up by a 10 to 15 minutes questions/wrap-up period.

Christina and Leigh will also provide some additional resources (recipes, etc).

Please register by sending an email of intent with your name, email address and phone number to Chris Prefontaine at 7chris.prefontaine@gmail.com by Sunday, May 22, 2022. A minimum of 20 participants will be required. The link to the Zoom event will be sent to you after the 22nd.

- Christina and Leigh are Registered Dietitians. Leigh specializes in digestive health, plant-based eating and wellness.

Christina has a nutrition communications business focusing on teaching people how to eat healthy and affordable meals.

They work together to facilitate wellness workshops where they can share their passion of helping others improve their health by eating nutritious food.

Check out their websites:

leighmerotto.com and christinaiaboni.com

CFUW Markham

By Janice Chung

The Canadian Federation of University Women (CFUW) Markham/Unionville is one of many clubs located in every province across Canada. Since its founding in 1919, CFUW has been working to improve the status of women, and to promote human rights, public education, social justice, and peace.

CFUW Markham Unionville is part of an international organization of clubs. They belong to the CFUW Ontario Council and to the CFUW National.

Nationally, CFUW has more than 6,500 members in more than 100 clubs across the country.

CFUW Markham Unionville's first meeting was held on September 18, 1984, at the home of one of the inaugural members. There were 34 women in attendance. From that first gathering, the club has evolved to become a thriving organization which offers over 150 women the opportunity to meet and socialize with others while working together toward the CFUW goals.

Members make new friends, broaden their knowledge and work

to help others through attendance at monthly meetings where there is a short business meeting and a program of monthly speakers and special events.

During the pandemic our meetings have been virtual, but normally the monthly meetings are held on the third Wednesday evening of the month at St. Andrew's Presbyterian Church on Main Street Markham.

The Membership Fee is \$120 per year. This amount includes per capita dues paid to CFUW National Office and the Ontario Council of CFUW.

Many of the members participate in interest groups which is an enjoyable way to meet and interact with smaller groups of people. The current list of interest groups includes Book Clubs, Bridge, French Conversation, Wine & Dine, Euchre, Foreign Films, Knit & Nibble, Mah Jongg, Gourmet Cooking, and Flashbacks. During Covid, most of these were taking place on-line.

Many outdoor activities such as walking, hiking, golfing and photography are running with restrictions, as per provincial

guidelines. There are two special events each year – the Sugar Plum Social in December and the May banquet.

The Issues and Advocacy Committee sets CFUW policy through their work and lobby governments on women and girls' rights. CFUW Markham-Unionville Education Fund is a registered charity. It promotes the education of girls and women by providing bursaries for educational purposes. Bursaries are funded by annual donations from the Hayden Family Foundation, in memory of Donna Hayden, as well as CFUW Markham/Unionville member donations plus used book sales and special fundraising activities.

If you are interested in joining this fun, and dynamic group of ladies, please visit the websites for more information.

The active clubs in York Region are CFUW Markham Unionville cfuwmarkham.org and

CFUW Aurora/Newmarket cfuwaورانewmarket.com/

New members are always welcome!

Webinar Recordings

By RTOERO

New RTOERO webinar recordings are now available.

Missed some of RTOERO's live webinars in 2021? Don't worry! The recordings are now available on the website. Go to rtoero.ca/resources/videos.

Recent additions include:

- ageism and intersectionality,
- building an eldercare system that actually cares,
- practical ways to address the growing epidemic of loneliness and isolation in older adults,
- self-care throughout the retirement journey,
- sustaining your finances throughout your retirement, and
- why you need a benefits plan after age 65.



Sugar Maple on Concession 10

An Ink and Watercolour Painting by Donna Greenstein



“Service to Others”

Time For a New Car?

By *RTOERO*

It's no secret that getting a new car has been a challenge with disruptions to the supply chain. We've also seen the cost of used cars creep up. Perhaps you've been thinking it's time for a new car, but are waiting for supply and demand to level out a bit. If so, it's a good time to do a bit of research on switching to an electric vehicle (EV). It might be more feasible than you think!

Here are a few reasons to consider an EV for your next car.

You will save a bundle on fuel and reduce your carbon footprint.

According to Plug 'n Drive, an Ontario-based non-profit that's working to increase the use of electric cars, the average Canadian driver who travels about 20,000 kms. per year can save \$2,000 on fuel alone. You'll also save on maintenance costs. And an EV can reduce your car's greenhouse gas emissions by up to 90%.

You'll be ahead of the game when EVs become mainstream.

Canada has the target of all new light-duty cars and passenger

trucks to be zero emission by 2035. More and more people will choose electric and start installing home charging stations. By making the switch sooner, you'll be ahead of the tipping point. You'll already be adapted to your new way of driving!

You can access incentives to offset the cost of the car.

There is a federal incentive for new electric vehicles, and provinces have their own incentives. In Ontario, you can access an \$1,000 incentive through Plug 'n Drive for a used EV.

You'll inspire others!

Even if you've never been an early adopter, it's not too late to start! When you switch to an EV, you'll help others around you see how realistic is it.

A few more considerations:

- The price of a new electric car is comparable to other new vehicles (falling in the \$35,000 to \$45,000 range), and used electric cars are a good option too.
- If you're travelling consistent distances regularly – to work and home, for errands and home – you'll be able to predict the battery

range your EV will need.

- Having an EV for your second vehicle is a great option if you're a two-car household.
- You'll need to install a charging station in your garage or parking area. A level 2 charging station, which gets you 30 kms. for 1 hour of charging, requires a 240-volt outlet and can be installed by a certified electrician. You'll typically charge overnight during off-peak hours (if you have tiered electrical pricing).

To learn more about EVs, visit plugndrive.ca.

No Exit by Jean-Paul Sartre

By *Craig Lee*

Theatre Aurora

Inez, Estelle and Cradeau are locked up together for eternity in one hideous room in Hell. The windows are bricked up, there are no mirrors, and there is no exit. The torture here is not of the rack and fire, but of the burning humiliation of each soul as it is stripped of its pretenses by

the cruel curiosity of the damned. A witty and biting dark comedy for the ages.

Date 1: Friday, June 3, 2022

Time: 8 p.m.

Date 2: Sunday, June 5, 2022

Time: 2 p.m.

Location:

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

Cost: \$20

Please place your order by May 26, 2022. Make your cheque out to **RTOERO District 34** and send it along with your completed registration form (p. 49) to:

Craig Lee

21 Lippincott Court

Richmond Hill, ON L4C 7M5

All York Region Public Health COVID protocols will be followed. Tickets may be picked up at the box office on the day of the performance. Acknowledgements will be emailed upon receiving the registration form.

Know Your Health Plan Webinar

*By Susan Leppington
District 34 Health Rep*

Know Your Health Plan Webinar

This session is meant to be a refresher on the information, resources and tools you need to navigate your health plans with ease. There will be a 15 minute question & answer (Q&A) period as part of this presentation. Feel free to submit any questions you may have ahead of time in the box provided on the registration form.

You will not need to have your camera and mic on during this presentation. Any feedback you wish to share or questions you may have will be collected in the 'chat box' during the session.

Date: Wednesday, June 8

Time: 1:30 p.m.

Please sign in to the session 10 to 15 minutes in advance of the scheduled time to ensure a good connection. To register for the English session, click on the following link:
bit.ly/3GKqE8m.

“Do Whatever Floats Your Boat. Be Happy” - Unknown

A Watercolour Painting by Ann Evans



Welcome New Members

By Lori MacDonald-Blundon

Since our last newsletter was printed, the national office has informed us that the following have become members of RTOERO 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 RTOERO District 34, I extend a warm welcome to these new Members within our ranks:

Marian Baghel
 Shane Beckman
 Kim Bennett
 Tracey Cox
 Lorraine Doran
 Marlene Ferrante
 Alice Frisby
 Aviva Gabay
 Susan Holtzman
 Joanne Keates

Donna Kelly
 Robert Lightbound
 Jacqueline Linton
 Donna McAdam
 Paul McRae
 Maria Nebesny
 Theresa Panza
 Angela Pun
 Tanu Puri
 Mary Ridgley
 Anne Selvaggi Lacaria
 Judith Steiner
 Mark Suckling
 Frank Wyatt



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.

Rosalie Brown
 Elizabeth Brubacher
 Douglas Carscallen
 Paul Charters
 Dorothy Del Mistro
 Graham Frisby
 Mary Hodsoll
 Thomas Keates
 Paul Kelly
 Patricia Lawrence
 Helen Marr
 Sharon Martin
 Thomas McCreight
 Pamela E. Ross
 Jennifer Schofield
 Mary Sheardown
 William Vance
 Norma Wall
 Barbara Wyatt



De-streaming in Ontario

By Elaine Adam

On January 25, 2022 York Communities for Public Education hosted a webinar on the research behind de-streaming in Ontario for Grade 9. The Coalition for Alternatives to Streaming Education (CASE) presented research conducted on the impact of streaming.

According to CASE, “academic streaming is the process of grouping students based on perceptions about their ability or post-secondary potential, starting in elementary school.

Streaming most often affects students from low-income and racialized families, limiting their life potential.”

The organization has a number of well-known partners and supporters. To read the research, visit endstreaming.org.

District 34 Golf Day 2022

By *Ernie Polsoni*

Like you, I am waiting to re-embrace our District 34 Golf Day. As many of you know, for over 20 years this event was the last, each year, of the many great activities of District 34. Know that whether you are a newcomer or a seasoned golfer, the opportunity to spend time outdoors and enjoy the fun-filled time with nice people are the main objectives of the day.

For those who are still on the fence about wanting to participate, keep reading to find out more.

Anyone can participate – no experience necessary. You'll play in a relaxed, non-competitive atmosphere.

Shotgun start...scramble scoring will be used. And you are welcome to bring friends.

Date: Tuesday, June 14, 2022

Location:

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

Cost: \$40

The price includes some prizes, green fees for 18 holes, lunch, tax, gratuities and parking. The buffet lunch will be held outside, under the overhang and includes a regular or veggie hamburger, or a sausage, salad, desert, and coffee or pop. A cash bar will be available. The event is partially subsidized by District 34.

You have the choice of using one of Cardinal's 'pull carts' for free or you may choose pay for the rental of a power cart.

We will meet at the Cardinal Kettle Creek Short Course at 8:15 a.m. After registering, we will move to our assigned holes as everyone starts playing at the same time which is 9 a.m. Please try to be on time – thank you.

Make your cheque out to **RTOERO District 34** and send it along with your completed registration form on the next page by June 3rd to:
Ernie Polsoni
75 Bond Crescent
Richmond Hill, ON L4E 3K6

All COVID 19 current public health protocols will be followed.

Registration for Golf Day

Tuesday, June 14, 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 **RTOERO District 34** for \$ _____
for ____ people at \$40 per person.

Send this cheque to:

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

Please register by Friday, June 3, 2022

Life in the Shadows

A Cold Wax and Oil Painting by Dawn Stanojev

Along the hiking trails in Restoule Provincial Park, the trail comes to life with the play of light and shadows on the forest floor.



Webinar on Legacy and Giving

By Elaine Adam

On December 8, 2021, our Foundation hosted a webinar on Legacy and Giving, presented by Paul Nazareth, Vice President of the Canadian Association of Gift Planners and on the Board of Carlton's Circle on Indigenous Philanthropy.

Paul suggested activating a giving plan and outlined the various ways it can be done. It is important to talk to financial advisors and estate lawyers, who understand tax laws and other issues to be considered.

To watch the full presentation, it is available at rtoero.ca/webinar-how-to-create-a-giving-strategy-that-works-for-today-and-the-future/.

District 34 Twenty Five Year Members

By Lori MacDonald-Blundon

We are very pleased to recognize all the folks in the following list who have been members of RTOERO District 34 for the last 25 years.

Certificates of recognition will be presented to those in attendance at our Spring Luncheon on Thursday May 26, 2022.

William Armstrong
Linda Arnott
Richard Baron
Kenneth Beck
Rene Bisnaire
Gerry Blake
Eric Bradley
Joan Bright
Ronald Brownsberger
Bill Burnett
Carole Carlaw
Deanna Cooke
Fred Davidson
Gisele Dayan
Geneva Dupuis
Clarke Edward
Marie Fisher
Faye Galpin
Judith Gibson
Jack Gillham
Dorothy Gillies
Lenore Graham
Larry Halliday

Shelagh Harris
Arthur Holden
Sarah Hoover
Brigitte Kalthoff
Kenneth Lloyd
Valerie Lunau
Glenn MacAlpine
Patricia MacDonald
Margaret Macquarrie
John MacRae
Robert Mallette
Elizabeth Marriott
Margaret Masterson
Barnard Matisko
Ruth Matisko
Robert McCulloch
Marlene Metzger
Geraldine Morrison
James Muir
Doreena Munro
Ann Murphy
Donald Payne
Frances Peake
Barbara Philip
Lois Quarrier
Pamela Roth
Yvonne Sabourin
Bev Stewart
Patricia Stott
Marilyn Sulek
Betty Tobin
Jane Walcroft
Marie Walker
Judith Wood
Douglas Wrigglesworth
Gertrude Wry
Wayne Wynn
Joseph Younder
Donald Young



Homage to Ralphie

An Acrylic Painting by
Melissa Sherman

Ice on Cook's Bay

An Oil Painting by George Keltika



Registration for RTOERO District 34 York Region Events

Please print.

Name of Event: _____

Date of Event: _____ Cost per person: _____

Registration Deadline Date: _____

Name(s): _____

Telephone of Primary Contact: _____

Email: _____

Bus Pick-up: (if included in the price of the event); (check only one):	
Newmarket Location <input type="checkbox"/>	Richmond Hill Location <input type="checkbox"/>

Meal choice (if applicable): _____

Enclosed is a cheque made out to **RTOERO 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.

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*

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 RTOERO 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 Global Excel Management Inc. within 48 hours of the emergency, or before medical attention is administered when the situation is non life-threatening. Contact with GEM will ensure that your care is top priority and that the medical expenses for this unforeseen health condition are effectively monitored.

Toll free in Canada/USA:
1-877-346-1467

Toll free in Mexico:
01-800-062-4728

Worldwide Collect Call:
819-780-0647

Johnson Inc.
RTOERO 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.our34thstory.com**

- For District 34 news,
- For additional photographs of events,
- For links to interesting websites,
- For information about your committees, and
- 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.

RTOERO 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

Lori MacDonald-Blundon
District34Membership@outlook.com
Questions regarding membership and newsletter mailings may be directed to Lori 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:
432 Cunningham Dr.
Maple, ON L6A 2G6**

