

EROT 34th STORY

District 34 - York Region Vol. 30 No. 3 - September 2018

Meet District 34 Member
Shelagh Harris



Photo Provided By OPLA - Cover Preparation by Rhonda Starr

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

For Your Calendar

Play Bridge

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

Best Brothers

Wed. Sept. 19, 2018

Hava Java

Thurs. Sept. 20, 2018

Join Us For A Walk

Wed. Sept. 19, 2018

Open House

Tues. Sept. 25, 2018

Walking Tour

Wed. Sept. 26, 2018 and
Thurs. Sept. 27, 2018

Forest Nature's Classroom

Wed. Oct. 10, 2018

Hava Java

Tues. Oct. 16, 2018

Varley Art Gallery Tour

Mon. Oct. 22, 2018

Estate Planning Part 2

Wed. Oct. 24, 2018

Fall Luncheon

Thurs. Oct. 25, 2018

Join Us For A Walk

Tues. Oct. 30, 2018

We Will Rock You

Sun. Nov. 11, 2018

Calendar Girls

Wed. Nov. 14, 2018

Dining And Horse Racing

Wed. Nov. 14, 2018

Hava Java

Thurs. Nov. 15, 2018

Join Us For A Walk

Wed. Nov. 21, 2018

The Drowsy Chaperone

Fri. Nov. 30, 2018 and
Sun. Dec. 2, 2018

Les Miserables

Thurs. Dec. 6, 2018

Hava Java

Fri. Dec. 14, 2018 and
Fri. Jan. 18, 2019

Join Us For A Walk

Wed. Dec. 19, 2018

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Region Executive
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Chairpersons
2018- 2019**

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Lynn Hitsman, President

President's Message

There is a leap year, a fiscal year and a calendar year, but for me the year has always begun in September. Once again it is a New Year.

I am pleased to write to you again in The 34th Story. This year we have several goals. First of all we want to honour Volunteers. Statistics from RTO/ERO state that 72% of our members do volunteer work in their communities. How would food banks, churches, driving of cancer patients to appointments, reading programs in schools and other outreach programs exist without volunteers?

Retired teachers provide many of these services willingly, timelessly and cheerfully. We want your help this year to

honour retired teachers in District 34 who volunteer in many capacities and situations. Look for upcoming information from the Awards Committee.

RTO/ERO Member Volunteerism by the Numbers



This year, we also want to encourage more people to consider working on the executive. You can join a committee or run for office, but find a place where you are comfortable to start. Ask any of us who are presently serving, how you might be involved in the organization. New faces bring new ideas.

I want to remind members that all of the programs – seminars, trips to the theatre, golfing, and luncheons - are organized and hosted by executive members who also volunteer their time for your enjoyment, information and socializing. District 34 has

a membership of over 3,600 people retired from education-related activities. Please keep in touch with colleagues who are considering retirement and suggest that they participate in the Retirement Planning Workshop to be offered in 2019. It will provide good information on planning, calculating pension income and tips on expenses that will change over time.

I look forward to a very interesting 2018-2019 year for District 34.



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.

We look forward to seeing many of you there.



Dates:

Thursday, Sept. 20, 2018

Tuesday, Oct. 16, 2018

Thursday, Nov. 15, 2018

Friday, Dec. 14, 2018

Friday, Jan. 18, 2019

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

Locations:

The Old Curiosity Tea Shop

91 Main Street, Markham (parking is on Main Street, behind the tea shop or in the lot on the corner of Robinson and Main.)

Coffee Culture Café & Eatery

10037 Keele Street, Maple (east side, north of Major Mackenzie Drive; parking is in the front and back)

Longos, upstairs in The Loft

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



Join Us For A Walk

By Ann Evans

Please join us this year as we again wind our way around the paths and trails of York Region. We welcome new members to come out to meet new people and enjoy the company and fun conversations. In the fall and winter months walks will revert to a 10 a.m. start.

Wednesday, Sept. 19, 2018
Boardwalk
St. John's Sideroad
Aurora

If we are lucky we may see some interesting wild life in the surrounding marshy reeds as we travel the board walk.

Directions: Parking is just east of Yonge Street on the north side of St. John's Sideroad.

Tuesday, Oct. 30, 2018
Bender and Graves Tract
East Gwillimbury

This is a lovely, circular, wooded walk with some inclines and sandy paths. It is part of the York Regional Forest.

Directions: Go east on Davis Drive from Highway 404 to

Kennedy Road. Turn north onto Kennedy (no exit sign) to parking area – about one kilometre.

Wednesday, Nov. 21, 2018
Roger's Reservoir
East Gwillimbury

We need to check to see if they have finished the construction on this trail. It was looking interesting last year. The paths are wider, flatter and run beside the Holland River.

Directions: Park in the Green Lane parking lot, east of Main Street North. The entrance is opposite the East Gwillimbury Go Terminal.

Wednesday, Dec. 19, 2018
Pine Orchard Farm
2700 16th Sideroad
King City

Several times now we have enjoyed a walk through the snowy trails near Pine Orchard Farms. **Directions:** The farm is located on 16th Sideroad off of Keele Street, north of Bloomington. The farm is clearly marked, whether coming from the north or south on Keele. We will begin the walk along a designated Oak Ridges Moraine Trail.

Maybe bring your good singing voice as we have been known to break into song with a few carols!! The path is a little hilly in places so be sure to wear good walking shoes.

Set aside Wednesday, January 23, 2019 for our first walk of the new year.

In the winter months, we will return to walk the north and south bound paths of Fairy Lake as they are well maintained by the town and therefore safer.



Bridge Club News

By Joan Burrows

The RTO/ERO District 34 bridge club will be meeting for another year of friendly bridge games every Monday from 1 p.m. to 4 p.m. at the McConachy Centre (Dining Room #103) 10100 Yonge St. in Richmond Hill - free parking is at the rear of the building and the cost is only \$2 for the afternoon of bridge.

New retired members are most welcome.

Congratulations to the following for their well played bridge games in our spring session:

Joan Burrows / Tim Paterson (6C)

Marilyn Johnson/Tim Paterson (6NT)

Betty Tobin/Peggy Paterson (bid 6NT - made 7!)

Kathy Bunker/Bob Bell (6H)

Barney Matisko/Marilyn Johnson (6N)

Betty Tobin/Elaine Pallister (6S)

Kay Valentine/Mary Conte (6S)

Marg Lawlor/Linda Karan (6S)

Margo Procyk/Kay Valentine (6NT)

Bob Bell/Kay Valentine (bid 6S - made 7!)

Susan Richard/Peggy Paterson (6S)

Shanghai Rummy

By Chris Prefontaine

Members of the Shanghai Rummy club met for the first time in May and had fun learning this interesting and easy form of contract rummy.

We play six hands with multiple decks of cards and the jokers are

wild. Each of the hands has a different requirement and it takes roughly 1.5 to 2.5 hours to play a round.

So far, we are a small group and we meet on the first Thursday of the month. The game is easy to learn and we start out with a practice hand to refresh our memories. If you enjoy playing cards and meeting new people, please join us. Our next game will be held on Thursday, September 6, at 1 p.m. in Markham.

For more information or if interested in learning, please email Chris Prefontaine at 7chris.prefontaine@gmail.com



All Aboard - Not Anymore

By Craig Lee

Our Scenic Credit Valley Train Tour was so popular last fall that arrangements were being made to offer this trip again. Unfortunately even though very popular, the company has gone out of business. Their web site is not available and their phone line is no longer in service.



Best Brothers - A Clever Comedy

By Craig Lee

A Curtain Club Production

What do you get when you mix two brothers, their late mother and her Italian greyhound dog named Enzo?

A crowd pleasing comedy about sibling rivalry complete with witty commentary and touching moments. In the non-stop bustle of obituary-writing, eulogy-giving and dog-sitting, we find out who really is the “Best” brother.

Date: Wednesday, Sept. 19, 2018

Time: 8 p.m.

Location:

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



Cost: \$20

Please place your order by September 7, 2018. Make your cheque out to **RTO/ERO District 34** and send with your registration form (pp. 21 or 49) to:

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

Tickets may be picked up on the night of the performance at the RTO table in the lobby after 7:15 p.m. Acknowledgements will be emailed upon receiving the registration form.



Historic Walking Tour

By Ann Evans

Due to the response for the June historic walk of Newmarket when not everyone could be accommodated, I again invite you to join me on a historic tour of old Newmarket in September.

Our guide will be Beth Hart, curator of the Newmarket Museum. Beth is very knowledgeable of the area and has many interesting stories to

tell of the buildings and events associated with the various structures.

Come and see where MacKenzie's 1837 rebellion found its roots; where Robert Simpson began his illustrious mercantile career; and where Canada's first female pharmacist began her career.

Walk through over two hundred years of history and bring your camera – a lot of it is still there for you to capture. Two dates are available with some spots already taken.

Dates:

Wednesday, Sept. 26, 2018

OR

Thursday, Sept. 27, 2018

Time: We should gather at 10 a.m. inside the museum as there is much to peruse before we start our tour at 10:30 a.m.

Location:

134 Main Street South
Newmarket, ON

Cost: a \$5 donation to the museum.

Please complete the registration form (pp. 21 or 49) and indicate **your choice of date** on the second line where it says “Date of Event”. Send it along with a cheque made out to **RTO/ERO District 34** to:

Ann Evans
285 Eagle Street
Newmarket, ON L3Y 1J9

Deadline for registration is
Wednesday, September 12, 2018.

After the tour there are many interesting places for us to stop to have coffee like the old bowling alley at 208 Main Street. 

Be Sure To Sign Up For Event Reminders

By Angela Stewart

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

If you would like reminders of these events, in the form of a monthly email, please contact Angela at:
34thstoryreminders@gmail.com



*Members of District 34's Richmond Hill Monday Conversational French Group celebrated summer with a lovely luncheon in June.
Photo by Grant Dale*



**Welcome/Bienvenue
RTO/ERO District 34
would like to invite you to our Open House**

**Tuesday, September 25th
2 p.m. – 4 p.m.**

**Meadowbrook Golf Club
11939 Warden Avenue
Gormley, ON L0H 1G0**

(south of Stouffville Road, on the east side of Warden)

Snacks, slide show, door prizes, cash bar

Come find out about the numerous and varied activities we have planned for the upcoming year! We look forward to seeing you!

In order to help us plan a successful party, please register by email to Jose Fernandes by Monday, September 10, 2018.
Email: jose.fernandes@rogers.com

Please write “OPEN HOUSE” in the subject line.



More Is Not Always Better When It Comes To Healthcare

By Susan Leppington

Recent research finds that almost one third of medical care in Canada may be unnecessary and that over-treatment and over-testing are common and on the rise. Health care professionals across the country are sounding the alarm on potential risks.

In Canada, unnecessary care wastes health system resources, increases wait time for patients and can lead to patient harm.

As a patient, you want to know if medical tests and treatments are necessary and whether they expose you to undue risks. Do you remember when patients used to get their tonsils out if they had recurring sore throats? That doesn't happen anymore because the medical evidence showed that this was overkill.

Many within the medical community believe we are now facing an epidemic of over-diagnosis and over-treatment. The

conversation that is becoming pervasive in the medical community, both here and abroad, is called Choosing Wisely. Part of the goal of this campaign, started in 2014 in Canada, is to empower patients with information enabling them to speak to their doctor about what's right for them and what's the best decision. Choosing Wisely Canada is about improving care and doing tests and treatments that help, not harm, patients. It is not about containing cost. While the cost of care is important for our overall health, doctors' first and foremost concern is the health of their patients. The medical community realizes that both patients and doctors need to change.

Patients sometimes ask for tests and treatments that are not necessarily in their best interest. And doctors often struggle with decisions about prescribing tests and procedures as a way of covering all possible bases.

For example, the overuse of powerful radiation scans such as CT and x-ray exposes patients to unnecessary radiation and increases cancer risk. People would be surprised to know how

many patients ask their doctor for a CT or MRI scan because they have a headache or low back pain. And doctors often feel pressured to order the tests their patients' request.

In addition, some patients are demanding and being overprescribed antibiotics. The overuse and/or misuse of antibiotics in Canada need to be talked about as real and potentially posing serious consequences. This includes more instances of antibiotic resistant superbugs like C.diff being seen in hospitals across Canada.

Doctor practice must change to align with best practice by stopping various interventions not supported by evidence. And patients must consider that tests and treatments may sometimes not be necessary and may have potential risks and side-effects. Too often both sides feel that a prescription or an ordered test should be the end result. But many times, less is more, and no treatment is the best treatment. The Choosing Wisely campaign encourages working together to combat a culture of “more is better,” where the onus is on

doctors to “do something” at each consultation.

Neither the patient nor the doctor is completely at fault. Patients often go to Dr. Google to self-diagnose, get worried and rush to their doctor looking for some invasive test. Doctors often want to ensure they have left no stone unturned so they order more tests or procedures than are unnecessary.

The patient/doctor relationship must change in order to eliminate unnecessary medicine. Patients need not be afraid to ask their doctors about the risks versus benefits of a test or procedure. And, doctors need to feel more comfortable explaining to patients why they might not be necessary. That sort of relationship will be a healthy one.

Source: Dr. Wendy Levinson, Chair of Choosing Wisely Canada www.choosingwisely.ca .



Welcome To The York Regional Forest Nature's Classroom

By Ann Evans

We have been invited by Forest Education Specialist, Aileen Barclay to participate in The York Regional Forest Nature's Classroom Program.

The region is launching a fun and informative outdoor education program designed to engage retirees in active, nature-based activities. The pilot program will offer the Nature's Classroom hike which is designed to teach participants about the forests and their importance to our community.

As well, a guest speaker from Oak Ridge's Trail Association will talk about their hikes and how to participate with their group. They will give safe hiking tips, and also provide information about healthy eating and recipes for quick, healthy meals.

The morning activities will culminate with a complementary lunch at the centre.

The program is run from the Hollidge Tract (AKA Forest Headquarters and the Bill Fisch Forest and Stewardship Centre). We will gather there at 10:30 a.m., experience the walk and then return to the centre for the talk and lunch.

Numbers for this pilot program are strictly limited to 25, so I ask that you be sure of your commitment so the centre may plan the meal accordingly.

A list of participants will be generated according to the date your application is received by email. Please send it by September 18, 2018

Submit your request to participate via email to annlesleyevans1945@gmail.com Type *Nature's Classroom* in the subject heading.

Successful registration will be confirmed by phone or email.

Date: Wednesday, Oct. 10, 2018

Time: 10:30 a.m. – 12:30 p.m.

Cost: None

Location:

16389 Highway 48
Whitchurch-Stouffville
(North of Aurora Road - The
entrance is directly across from
Cherry Street.)

The fall colours should be
beautiful then so I encourage you
to join in and enjoy the morning.



Guided Tour Of The Varley Art Gallery

By Jean Stewart

The art exhibit *Witness - Canadian Art of the First World War* examines how Canadians used art to communicate and commemorate their First World War experiences at home and overseas. Some, like future Group of Seven members A. Y. Jackson, Arthur Lismer and Frederick Varley, were official war artists commissioned by Lord Beaverbrook's Canadian War Memorials Fund to document the conflict. Others, like Frederick

Clemesha, Thurston Topham and Vivian Cummings, were ordinary soldiers who made small drawings to send home to loved ones, or whose works were acquired by the Fund after the war.

The Museum's Beaverbrook Collection of War Art, one of the largest such collections in the world, contains about 2,500 paintings, drawings, sketches, prints and posters from the First World War. The exhibition features over 50 works of art by both official artists and ordinary soldiers. Most of the art by ordinary soldiers has never been seen before.

Date: Monday, Oct. 22, 2018

Time: 10:45 - Noon

Location:

Varley Art Gallery of Markham
216 Main St.
Unionville, ON L3R 2H1
Parking is available behind the
Varley Gallery and directly across
Carlton Rd. at the Skating Arena
and also at the Curling Rink.

Cost: \$5

Make your cheque out to **RTO/ERO District 34** and send with your registration form (pp. 21 or 49) to:

Jean Stewart
74 Knightsbridge Way
Markham, ON L3P 3W5
Please register by Oct. 12

Witness – Canadian Art of the First World War is a travelling exhibition developed by the Canadian War Museum. It is on display at the Varley Art Gallery of Markham from September 15, 2018 to January 6, 2019.



Estate Planning Part 2 - Paperwork Organization

By Lynn Hitsman

Join us to learn how to organize the important paperwork that you need to prepare your estate for your family and/or Power of Attorney.

Date: Wednesday, Oct. 24, 2018

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

Location:

The Boardroom at Markham
Fairgrounds
McCowan Rd., north of 19th Ave.
Markham

Parking is adjacent to the building (enter by front door – main floor, washrooms accessible)

Cost: \$10

Limited Spaces: 25 participants
Please register by September 24, 2018. You will need to bring a pen to the event.

You will receive organizational material, a binder and plastic pages. Light refreshments will be served

NOTE: It is important that I receive your registration by the due date - Sept. 24. I can not guarantee registration after that date.

Successful registrants will be confirmed by email. Others will be contacted by email to let them know that the event is full. Perhaps a second seminar can be planned if interest warrants.

Make your cheque out to **RTO/ERO District 34** and send along with your registration form (pp. 21 or 49) to:

Lynn Hitsman
410 – 30 Wilson Street,
Markham, ON L3P 1N1



Sadness In The Spotlight

By Paul Devlin

It's okay to feel sad. In fact, everyone feels sad from time to time. It's a normal human reaction to challenging, disappointing or distressing experiences. Sadness not only makes you feel miserable, irritable and tearful, it can also have physical symptoms such as stomach aches, headaches and insomnia.

While no one likes to be sad, it is an important part of the human experience.

The importance of sadness

All our emotions, including happiness, joy, fear and anger drive our thoughts, actions and give our lives meaning. Sadness is especially important because it helps develop emotional resilience – the ability to learn from our mistakes, change behaviours and bounce back from adversity. When we're sad, we're more likely to analyze the things that are causing us to feel blue, what we may be doing wrong and how we can change the situation.

Sadness may also foster creativity. Happiness feels great, but it can distract us or make us less likely to contemplate life, examine our feelings or focus and persevere on a task.

Everyone experiences life differently. Upbringing, culture and life experiences all play roles in how we react to situations, but some of us are simply genetically programmed to be more sensitive – we cry and laugh easily and feel great empathy for others. While we can't alter our DNA or our past, or prevent stressful or upsetting events from happening, we can find ways to better cope with sadness.

Coping with sadness

Unfortunately, many people try to numb negative emotions with alcohol, legal or illegal drugs (including nicotine) or other unhealthy behaviours. However, it's more productive to acknowledge our feelings and give ourselves time to deal with problems. The next time you feel sad, try some of these tips:

- **Don't retreat into self-pity.**

Instead remember that sadness

is a valid emotion and part of life.

- **Talk to people you trust.** They can help provide perspective, advice and encouragement during difficult times.
- **Maintain a healthy lifestyle.** When we're feeling sad we can overeat or indulge in sugary, fatty or highly processed "comfort" foods. Stay focused on a healthy diet, staying active, getting plenty of sleep and watching your alcohol and caffeine intake.
- **Help others.** Supporting and caring for others will make you feel better about life.
- **Laugh.** The best cure for sadness is happiness. Do things that bring you joy: getting together with family and friends, watching your favourite sport, playing an instrument, taking the kids to the park or just going to a funny movie.
- **Tackle one problem at a time.** It doesn't matter if you start with the biggest or smallest problem, just make a list and begin.

Finally, remember that sadness passes, and you'll feel better soon.

The difference between sadness and depression

Sadness is very different from depression. Sadness is a temporary feeling about something. Depression is a lasting, intense unhappiness about everything. Unlike sadness, depression is a mental illness that can occur without reason or warning and often worsens without treatment.

Depression is:

- Intense sadness that lasts all day, every day, for more than two weeks.
- Loss of interest or enjoyment in favourite activities.
- Feelings of worthlessness.
- Excessive or inappropriate feelings of guilt.
- Thoughts of death or suicide
- Trouble concentrating and making decisions.
- Feelings of restlessness or being slowed down.
- Often life altering.

Life is full of ups and downs, highs and lows. Without sadness we wouldn't appreciate happy

moments, want to change negative behaviours or situations or work to improve our lives.



Thank You Susan Phillips and Paul Devlin

By Lynn Hitsman



Susan Phillips

Thank you Susan for your service as Vice-President and two years as President for District 34. There have been the celebrations of 50 Years of RTO/ERO both at the Birthday Party and the \$19.68 Spring Luncheon. The activities related to the provincial office and changes in governance have been immense. With patience and solid research, you have kept the executive and membership informed and encouraged to keep moving on.

Best wishes for the activities and travel that you pursue in the future.



Paul Devlin

Although, your time with us was short, what a wealth of information and organization you brought to the executive, Paul. Your commitment to the Provincial Health Insurance Committee, for three years, has been greatly appreciated. None of us will attend or conduct a “lucky draw” again without recalling your good humour and sense of fun shown at the 50th Birthday Party!

Thank you, Paul. Our best wishes in your future activities.



Thank you

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.

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.

Fall Luncheon

By Susan Phillips

We are pleased to announce that the District 34 Fall Luncheon will be held again at the Cardinal Golf Club. Come out and enjoy a delicious lunch at this lovely venue with friends and former colleagues.

Date: Thursday, Oct. 25, 2018

Time:

11:30 a.m. - registration and the bar will be open

Noon - seating for luncheon

Cost: \$25

Location:

Cardinal Golf Club
2740 Davis Drive
King, ON L7B 0G7

Menu:

Rolls and butter
Butternut Squash Soup
Roasted chicken breast in mushroom Marsala wine sauce
Potatoes and vegetables
Triple Chocolate Gateau
Coffee and tea

Make your cheque out to **RTO/ERO District 34** and send along with your registration form (pp. 21 or 49) to:

Susan Phillips
26 Sheardown Dr.
Nobleton, ON L0G 1N0

Please register by:

Friday, October 19, 2018 and indicate any dietary restrictions on the registration form.

For the first time at our fall luncheon, we are having an **Artisans' Marketplace** where you can purchase a variety of items created by our talented RTO/ERO members.

We have 16 tables of vendors including artwork, pottery, photography, woodworking, needlework, books, jewelry, pyrography and more.

The sale will begin at 11 a.m., before the luncheon and carry on after lunch until 2:30 p.m.

Bring your cash, chequebook and shopping list. We hope to see you there!



We Will Rock You

By Craig Lee

Marquee Theatrical Productions

We Will Rock You is a musical based on the songs of British rock band Queen with a book by Ben Elton.

The musical tells the story of a group of Bohemians who struggle to restore the free exchange of thought, fashion, and live music in a distant future where everyone dresses, thinks and acts the same. Musical instruments and composers are forbidden, and rock music is all but unknown. This musical features the songs: "Another One Bites the Dust", "Bohemian Rhapsody", "Killer Queen", "We Will Rock You", "Somebody To Love", "We Are the Champions", "Don't Stop Me Now," and many more.

Date: Sunday, Nov. 11, 2018

Time: 2 p.m.

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

Cost: \$25

Please place your order by Friday, October 26, 2018

Make your cheque out to **RTO/ERO District 34** and send along with your registration form (pp. 21 or 49) to:

Craig Lee

21 Lippincott Court

Richmond Hill, ON L4C 7M5

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



Submitting Claims To Johnson's Inc.

By Susan Leppington

The deadline for RTO-ERO Health Plan participants to submit the claims is the end of the calendar year following the year in which the expenses were incurred.

This means that you have until December 31, 2018 to submit claims incurred during 2017. Similarly you have until December 31, 2019 to submit claims incurred in 2018.

However, there are a number of advantages to submitting health claims regularly throughout the year rather than accumulating and sending them in a batch to Johnson Inc. at year-end.

1. You get your money quicker. By sending claims in more frequently you'll receive a reimbursement regularly rather than a lump sum toward the end of the year. The money is in your pocket sooner and so you get to spend it sooner!

2. You don't miss or forget anything. Participants who accumulate receipts and then submit them in one claim may misplace some receipts or forget about those expenses altogether. By submitting the claims as they are incurred, the risk of doing this is minimized.

3. You don't get any unwelcome surprises. There are times when members, without realizing

it, exceed the plan maximums or continue with expenses not covered by the plan. By submitting claims regularly this can be minimized or prevented.

4. Avoid the longer wait time towards the end of the year when both of Canada Post and Johnson Inc. experience an increase in volume. When RTO members submit the claims earlier and more regularly the load is distributed throughout the year and so reduces the wait time sometimes experienced at year-end.

5. Your tax document is inclusive of all health expenses for that taxation year. Expenses that are submitted at the end of the year but are not processed until the beginning of the following year will not appear on the income tax document sent to you by Johnson's. Submitting your expenses regularly helps to ensure that your income tax document is complete and up-to-date for all expenses incurred through your Health Plan. Submit claims regularly. It just makes sense to get repaid sooner.



The Milk Bag Project

By Angela Stewart

The milk bag weaving group of retired educators and friends, led by RTO/ERO member Sharon Gusz, continues to be very active. There are currently 85 members, with new volunteers joining every month. Great friendships are being formed and renewed as the group gathers to weave these much needed mats from used or misprinted milk bags.

About 30 members come together on the first Tuesday of each month, at Our Lady Queen of the World Church in Richmond Hill. The mats are shared locally for homeless people, as well as shipped overseas to countries in need. The District 34 group was responsible for making 50 mats this year! For more information on the project, please visit www.milkbagsunlimited.ca.

If you would like to help out, please email Sharon at sharongusz@gmail.com.

Dates for 2018 – 2019

Tuesday, Oct. 2
9:30 – 11:30 a.m.
Tuesday, Nov. 6
9:30 – 11:30 a.m.
Tuesday, Dec. 4
9:30 – 11:30 a.m.
Tuesday, Jan. 8
1:00 – 3:00 p.m.
Tuesday, Feb. 5
1:00 – 3:00 p.m.
Tuesday, Mar. 5
1:00 – 3:00 p.m.
Tuesday, Apr. 2
9:30 – 11:30 a.m.
Tuesday, May 7
9:30 – 11:30 a.m.
Tuesday, Jun. 4
9:30 – 11:30 a.m.



Artisans' Marketplace

By Susan Leppington

Join us at the Fall Luncheon for District 34's first **Artisans' Market Place.**

There will be 16 tables showcasing the talents of our members with photography, artwork, jewelry, needlework and more.

Sale starts at 11:00 a.m. Bring your cash and cheque-books - you just might find a gift or two for your favourite people.

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

Meet District 34 Member: Shelagh Harris

By Chris Prefontaine

If you've been a member of RTO's District 34 for a while, you might have already "met" Shelagh Harris. She may have phoned you once or twice to tell you about an event or activity; or maybe she sent you an email as our Communications Rep. You may also have seen her at an Open House or luncheon – always working behind the scenes or signing up new members – always smiling.

We did a 50th anniversary member tribute to this Honorary Life Member in the April 2018

edition of *The 34th Story* to honour her volunteer activities for District 34 but it seems that Shelagh's volunteering doesn't stop with us. In February, Shelagh was honoured by the Ontario Public Library Association (OPLA) with the James Bain Medallion which is presented to a library board member who has demonstrated outstanding leadership in governing a public library in Ontario.



Photo provided by OPLA

Shelagh's story in education began after she arrived here with her husband and the first two of her three daughters. She read a story in the *Richmond Hill Liberal* about a young woman who had four sons and was planning to attend teachers' college in the fall. Shelagh phoned her up and asked if she could car pool down to OISE with her and her friends. The answer was yes; they had room for one

more and so the journey began. Following graduation, Shelagh got a job teaching English and Math in the elementary panel for YRBE. After three years with that assignment, she found her way into the library at Crosby Heights Public School.

Shelagh had worked in England as a cartographer before coming to Canada. She researched and created 3D topographical maps for *Readers' Digest World Atlas* so that fact combined with her strong love of books and reading made her position in the library a good fit.

Shelagh enjoyed her 7 years of teaching in the library – it was her favourite job – that is until her library funding was cut. It was then that she realized that if she was really going to make a difference in the school library, she needed to control the funds and in order to do that she needed to be the principal.

In those days, in order to become a principal, you needed to have high school teaching experience; “OK fine”, she said, “find me a job, and I’ll teach in high school.” After one year of teaching at Bayview Secondary School,

Shelagh became the York Region Board’s third female principal.

Shelagh worked 16 years as an administrator in Markham, Woodbridge and Richmond Hill and that allowed her to make sure that the libraries in her schools always got their money - to buy books and whenever possible to have a full time librarian. She ended her career at Walter Scott Public School in 1996. Shelagh had no retirement plan when she decided to leave education but she felt that she wanted to do something to help others. “Life doesn’t stop when you retire. There’s lots to do.”

In '97, she found her way back into helping libraries by taking a position on the Richmond Hill Public Library Board where she was chair from 1999 to 2007. During that time the library experienced exceptional growth that included the opening of the Richmond Green Branch of the public library which is a facility shared with Richmond Green Secondary School. This collaboration is particularly special for Shelagh as she firmly believes that libraries should be the hub of a community.

According to Richmond Hill Public Library CEO Louise Procter Maio: “Shelagh is an inspiration to her fellow board members; setting a fine example of commitment, engagement and responsibility... She encourages her fellow trustees to support the OLBA, (Ontario Library Board Association) and promotes the Super Conference offerings annually. She is unfailingly eloquent when called upon to advocate for libraries as community hubs, as well as their role in cultural development, and has advanced partnerships with service groups that have enhanced library offerings. She truly deserves recognition as an exceptional board member.”

It is this commitment and dedication that made Shelagh the perfect candidate for the OPLA James Bain Medallion award (2018) – recognition for which she is very proud.



Other awards that Shelagh has received for her volunteering are: Citizens of Character – Adult,

2013; and numerous Certificates of Appreciation for “outstanding service and contributions as a volunteer”, three of which are from Canada’s House of Commons.

In 2013, Richmond Hill MP Costas Menegakis recommended Shelagh for an Outstanding Volunteer Achievement Award for her “exceptional volunteer contributions.” He wrote, “Your selfless efforts have enriched the lives of your fellow citizens and contributed to a higher quality of life for all.” In 2016, she received a Leading Women: Building Communities Award in Richmond Hill.

Along with her work advocating for libraries, Shelagh enjoys spending time with her three daughters and 13 grand-children. Her youngest daughter and husband own “Fair N Just” a successful harness racing horse that she enjoys watching run. Shelagh also enjoys gardening on her $\frac{3}{4}$ acre lot in Richmond Hill. Her well manicured garden is like an oasis in the middle of the city.





Photos by Chris Prefontaine

The giant black walnut tree at the left of the picture was only a 12 foot sapling in the early 80's when she and her husband relocated it to that spot in the yard. They didn't realize at the time that it would grow into such a "mammoth tree".

According to Shelagh, a different part of your life begins after retirement, "You have made good friends as you went along the way... and I have very good friends who were teachers and I value their friendship."

Her advice to fellow retirees is, "You've got to make new ways to keep yourself interested and vital." A proponent of "Fitbits" because they keep you walking, Shelagh keeps a log of her steps, trying to walk three to five miles a day. She believes that staying physically active helps keep your mind going too.



Project Service To Others

By Regine Baker

What it is:

Project Service to Others is a Provincial RTO/ERO grant programme that provides \$100,000.00 annually to the 48 Districts who support the concept of "service to others". Through Project, STO Districts may apply for up to \$4,000 to support individual projects that support local, national or international programmes that often involve children or disadvantaged groups.

Many types of projects may be considered such as:

- local heritage and culture projects;
- support for initiatives from First Nations' communities;
- school day care for the children of single adolescent parents;
- special arts and education programmers for children;
- support for the disadvantaged, shut-ins or for crisis centres; support for initiatives in developing countries;

(continued on next page)

- support for medical and social programmes for the needy;
- ESL, literacy and numeracy programmes; and,
- school dropout programmes.

These are examples only and do not preclude other types of projects.

How it operates:

Every year each District Executive may select one project from those submitted by individual members to be forwarded to a provincial RTO/ERO committee. That committee assesses each submission according to established criteria including the level of member and District involvement in the project.

How to apply:

The application forms that need to be completed are available for downloading at www.rto.org or by phoning 1-800-3619888 until the end of February. An RTO/ERO District 34 member who is a participant in the group must complete and sign the forms.

Completed applications must be received by the District 34 Executive by Friday, April 12, 2019.

They may be emailed to Regine Baker, Project Service to Others
Convenor:

reginebaker@rogers.com

Or

Lynn Hitsman,

District 34 President:

lynn.hitsman@sympatico.ca

They may also be mailed to:

Regine Baker

15 Groomsport Cres.

Scarborough, ON M1T 2K8

At a meeting of the District 34 executive one submission will be selected to go forward for consideration at the provincial level. All applicants will be notified of the decision.



Calendar Girls

By Angela Stewart

This popular play is based on the true story of eleven women from the Yorkshire County chapter of the Women's Institute. When Annie's husband dies of cancer, she decides to raise money for a new settee in the local hospital's waiting room. She manages to persuade her female neighbours, including best friend Chris, to pose nude

in a fund-raising calendar. Their newfound fame puts their friendship to the test in this funny, heart-warming comedy.

Date: Wednesday, Nov. 14, 2018

Time: 8 p.m.

Location:

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

Cost: \$16



Please place your order by October 24, 2018.

Make your cheque out to **RTO/ERO District 34** and send along with your registration form

(pp. 21 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.



Surplus Funds In OTPP To Be Held In Reserve

Ontario Teachers' Plan Bulletin

The Ontario Teachers' Federation (OTF) and the Ontario Government, as co-sponsors of the plan, have decided to file the January 1, 2018 funding valuation with the regulators and to allocate the surplus to a contingency reserve.

The purpose of the contingency reserve is to reduce volatility in the funded position of the plan and to facilitate stability in plan members' contributions and benefits. "The surplus that was in the plan a year ago was used to fully restore inflation protection for pensioners and to lower contribution rates by 1.1% for active plan members.

Retaining the present surplus in a contingency reserve will facilitate greater stability of contribution rates and benefit levels (including inflation protection) in the event that future valuations show a decline in plan assets and/or an increase in plan liabilities," stated Chris Cowley, OTF President.



Foundation News: Embrace Aging

By Elaine Adam

In recognition of our fiftieth anniversary, the Foundation announced a \$50 000 grant to be awarded to Sunnybrook Health Sciences' Regional Geriatric Program of Toronto. It will focus on developing a "Senior Friendly 7" Practice Toolkit for Personal Support Workers. These tools will guide personal support workers and care coordinators. The seven elements of the strategy are the following: Mobility, Cognition, including Delirium, Nutrition, Pain management, Polypharmacy, Contenance, and Social engagement.

Five doctors who are training under Dr. Paula Rochon, RTO Chair in Geriatric Medicine and vice president of research at Women's College Hospital, are taking their research across Canada. This gives other health care practitioners an opportunity to learn about the research being conducted and stimulate an interest in the medical community to pursue geriatric medicine. To learn more, go to www.embrace-aging.ca

Please consider giving to our very worthwhile foundation. You can donate online at www.rto-ero.org/support-the-foundation/donate-now.

You can also donate by mail by sending a cheque, payable to RTO/ERO Foundation, 200-18 Spadina Road Toronto, ON M5R 2S7.



How Inflation Affects Your Pension

*By Paul Devlin from the 2018
OTPP Funding Update*

Your Ontario Teachers' Pension includes annual cost-of-living adjustments to support your buying power throughout retirement. These adjustments are determined each year after you retire and are reflected in your pension every January.

Cost-of-living adjustments apply to retirement pensions, deferred pensions, disability pensions and survivor pensions. Here are the three key factors on which your annual inflation adjustment will depend:

1. The changes in the cost of living in a given year, as measured by CPI

The OTPP uses the Consumer Price Index (CPI) because it's prescribed by the terms of the plan and is the most widely-used indicator of price changes in Canada. The CPI represents a weighted basket of goods and services typically purchased by Canadian households each month.

2. The plan's funding status

The OTPP uses inflation protection as a lever to keep the plan sustainable. When the plan has a funding shortfall, smaller cost-of-living adjustments help to bring the plan back into balance.

When there's a funding surplus, inflation levels may be partially or fully restored.

3. When you earned your pension credit

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

The bottom line

- Your annual cost-of-living increase is determined each year after you retire.
- You don't bank or accumulate a particular level of inflation protection while you work.
- You'll receive 100% inflation protection for pension credit you earned before 2010.
- You'll receive a variable amount of inflation protection for pension credit you earned after 2009, depending on the plan's ability to pay for it.

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



District 34's 50th Anniversary Party

Reprinted with permission from "snapd". Photos by Attila Demjen

March 22nd marked the 50th Anniversary of the Retired Teachers' of Ontario. A huge birthday party was held at Meadowbrook Golf and Country Club to celebrate the milestone. Over 200 RTO/ERO District 34 members had a fabulous afternoon playing party games, enjoying snacks and a massive birthday cake.

A number of door prizes were distributed. Four members: Evelyn Lawrence, Regine Baker, Ernie Polsoni & Lynn Hitsman were recognized for their outstanding contributions with special provincial awards.





And a great time was had by all!!!



Dining And Horse Racing

By *Ernie Polsoni*

Once again we will enjoy an evening at Woodbine Racing and Slots on Wednesday, November 14, 2018.

After many years, we are saying goodbye to ‘Harness Racing’ and hopping on to ‘Thoroughbred Racing’. And, as we get closer to the end of the 50th anniversary of RTO/ERO, we are offering a small discount. This once-a-year Woodbine event is one not to miss! So, if you want some entertainment, an experience, an outing...then come to our night at the races at Woodbine – win or lose money, you will have a great time!

The traditional racing buffet, in brief, included in our price is as follows:

Salad Selection

Selection of Cold Platters

Chef’s Featured Carved Item of the Day

Horsemen’s Hot Selection of the Day

Dessert Buffet

Tea, coffee

Complementary Royal Blush

All applicable taxes and gratuities

included (excluding charges for optional extras).

A race program for each guest.

The Post Parade Dining Room and buffet opens at 5:45 p.m. (one hour prior to post time of 6:45 p.m.). The buffet service will continue for approximately 3 hours.

Date: Wednesday, Nov. 14, 2018

Time: 5:45 p.m.

Location:

Woodbine Racetrack

555 Rexdale Boulevard

Toronto, ON M9W 5L2

It is located 5 minutes from Pearson International Airport. (Intersection of Hwy. #427 and Derry Road/Rexdale Blvd.) Your best bet is to park in lot A entering through the west entrance. It is also possible to get to Woodbine with Public Transit. (416) 675 -7223 or 1-888-675-7223.

Cost: \$50

A number of seats have been reserved to accommodate us in the Post Parade Dining Room.

All seats must be paid in advance and are non-refundable.

In order for us to properly process everything and meet the required pay date, we ask that you make sure your registration is in by November 2. If somehow you miss the deadline, call me (905-773-5814). I may have tickets from those who may have cancelled – I'll try to accommodate all!

Because of the system Woodbine uses for reservations, and because we don't want to lose any money, I ask that you to please reserve as soon as you can – it will be much appreciated and thank you!

Please complete all parts of the registration form (pp. 21 or 49) and mail it in with your cheque made payable to **RTO/ERO, District 34** A.S.A.P. but not later than Friday, November 2 to:
Ernie Polsoni
75 Bond Cres.
Richmond Hill, ON L4E 3K6



The Drowsy Chaperone - A Musical

By Craig Lee

Theatre Aurora

Winner of five Tony Awards, including Best Book and Best Original Score, *The Drowsy Chaperone* is a loving send-up of the Jazz Age musical, featuring one show-stopping song and dance number after another.

With the houselights down, a man in a chair appears on stage and puts on his favorite record: the cast recording of a fictitious 1928 musical. The recording comes to life and *The Drowsy Chaperone* begins as the man in the chair looks on.

Mix in two lovers on the eve of their wedding, a bumbling best man, a desperate theatre producer, a not-so-bright hostess, two gangsters posing as pastry chefs, a misguided Don Juan and an intoxicated chaperone, and you have the ingredients for an evening of madcap delight.

Dates and Times:

Friday, Nov. 30, 2018 at 8 p.m.

OR

Sunday, Dec. 2, 2018 at 2 p.m.

Location:

Theatre Aurora

150 Henderson Drive

Aurora, ON

(south end of Aurora west off
Yonge St.)**Cost:** \$20

Please place your order by

November 2, 2018.

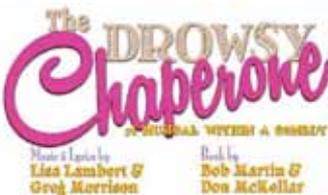
Make your cheque out to **RTO/
ERO District 34** and send along
with your registration form
(pp. 21 or 49) to:

Craig Lee

21 Lippincott Court

Richmond Hill, ON L4C 7M5

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



Message From The Editor

By Chris Prefontaine

Ever since I joined RTO/ERO District 34 in 2015, I have been impressed with the great number of activities that are offered to our members. I would like to say thank you to the wonderful volunteers who not only arrange these events but then continue to organize us, collect our money, make payments and write up the descriptions to be included in the latest edition of *The 34th Story*.

Without your efforts, well... we just wouldn't have so much fun!!! Unfortunately though, some of our events have restrictions on the number of members who can attend. I certainly understand your disappointment if your registration and cheque are rejected, and would like to make members aware of the process of getting *The 34th Story* into your hands.

As you know, there are dates printed in the blue box on the very back cover of each edition. These are the dates by which your articles must be submitted

to the editor for inclusion in the latest magazine. I create and edit the electronic version of the magazine and send this first draft to be proof-read by the contributors and all members of the District 34 executive. Once the formatting and other errors have been corrected (hopefully we get them all), the publication is sent to the printer who delivers the finished product to a mailing house in Stouffville and all of the magazines are delivered to Canada Post at the exact same time.

The process is now out of our hands and up to our letter carriers to get them to you in a timely manner; which I understand does not always happen and those who receive their copies early get a jump on event registration.

Unfortunately, we have no control over this. Members should also be aware that the magazine is placed in the mail one to two weeks before it is uploaded to our website at <http://www.34thstory.com/>, so there is no advantage provided to the online reader over those who wait for the mail.

Thank you to everyone who takes the time to read *The 34th Story*. Please consider contributing an article for consideration, or a high quality picture of members enjoying an event. We are a very diverse group of retired educational professionals so there is a good chance something that you find interesting will also appeal to others.



Les Miserables - School Edition

By Craig Lee

Alexander Mackenzie High School invites you to see the Tony Award-winning musical that first ran on Broadway for 16 years!

The action begins in 1815 as Jean Valjean, a man condemned to 19 years of hard labor for stealing a loaf of bread to feed his family, finds only hatred and suspicion when he is released on parole.

Meeting one man who believes in him, Valjean breaks his parole to begin a new life. The story truly begins as Jean Valjean crosses the landscape of early 19th century France, always pursued by the righteous police inspector Javert.

From his adoption and love of the orphan Cosette, to the darkly funny plots of the thieving Thenardiens, from the soaring revolutionary fire of the student rebels who fight on the barricade in the streets of Paris to the final confrontation between Jean Valjean and Javert, the story of *Les Miserables* is one of love, courage and redemption.

Date: Thursday, Dec. 6, 2018

Time: 10 a.m.

Location:

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

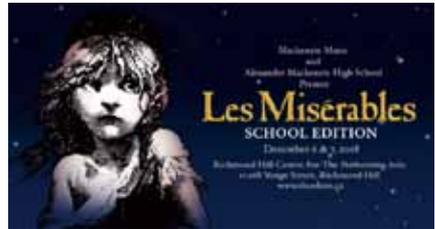
Cost: \$15.00

Please place your order by
Thursday, November 2, 2018

Make your cheque out to **RTO/ERO District 34** and send along with your registration form (pp. 21 or 49) to:

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

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



Life After Retirement

By Paul Devlin

Retirement isn't what it used to be. North Americans can now expect to live 20, 30 or more years past the age of 65 and they have every intention of living those years to the fullest. They're volunteering, mentoring, travelling, returning to school – and working.

Studies show that 53 percent of Canadians will keep working in some capacity and many of those plan to start their own businesses when they “retire.”

What will your retirement look like? Our newest members might appreciate some ideas, as they plan the latest phase of their lives.

Having the means

Perhaps the most important aspect of retirement is being financially ready. Most financial experts agree that your retirement will be comfortable if:

- You’re mortgage free. Money previously allocated for home payments can be used to continue investing for the years to come, fund travel and activities, and even start a business. Owning your own home also offers a financial safety net.
- You have multiple sources of income such as government pensions, investments, savings, rental income, a workplace pension or part-time work not only provides peace of mind but will also help you weather any economic downturn.
- You have a realistic retirement budget. The average Canadian retiree spends approximately \$2,400 a month (including health insurance). To see if this is realistic for you, try living on that amount for six months before you retire.

Having a purpose

While financial security is great, it’s no guarantee you’ll be happy. It’s what you do with your time. Here are some tips on planning for your purpose:

- Define your life after retirement. For 30 or 40 years, what you did for a living was probably a big part of your identity. Leaving that part of yourself behind can be unexpectedly traumatic. You may be ready to give up the stress, commuting, and long hours but not the mental stimulation and the satisfaction of knowing you’re making a valuable contribution. How will you define yourself?
- Talk to your partner or spouse. You may have different ideas about retirement and need to discuss

- what the future will look like for both of you as you move forward.
- Set goals. Staying excited about what's to come means setting goals. Retirement is the perfect time to finally write that novel, take a cross-country road trip, become a full-time artist, start your own business or even change careers. Get involved in the community or learn a new language in preparation for planned travels.
 - Consider your social ties. Start expanding your social circle (joining professional associations and clubs or volunteering are some ideas) and plan ways to stay connected with former colleagues.
 - Stay active. Good health is perhaps the most important part of a happy, rewarding retirement. Remaining physically active is more important as we age to help maintain strength, endurance, flexibility and balance, as well as a healthy weight and good mental health.

- Keep your mind sharp. Whether you're two or 92, your brain needs stimulation. Enrolling in classes – whether to learn a new language or new hobby – keeps the mind sharp and is also a great way to meet new people. Open the newspaper and do the daily crossword or go online and choose from a wide variety of puzzles and games to keep mentally fit. Don't stop learning.

Today, retirement is not an end of a career but the beginning of new possibilities, opportunities and adventures.



*Don't miss our
first ever Artisans'
Marketplace on
Oct. 25th!
Get a jump on your
holiday shopping!*



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.

Welcome!



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:

Judith Addison

Albert Allman

Paula Antinucci

Philip Azzopardi

Susan Barr

Margaret Bassel

Robert Braj

Brenda Bulfon

Lorna Cerar Holland

Thomas Cheng

Antonia Chiumminto-

Amatangelo

Nancy Coschi

Eulite Davy

Judith Deutsch

Sarah Donnelly

Linda Elliott

Erin Fennell-Lumley

Janet Fobert

Gary Forsyth

Zuzana Fox

Sandra Fraleigh

Angela Galka

Tedeusz Galka

France Gautier

Robin Giles

Wendy Grandin

Tim Henry

Michael Kelly

Sandra Kraitberg

Anne Kriisa

Patricia Lawrence

Joanne Ledlow

Marina Lee

Lori Leonardelli

Diana Lipton

Carole Litwin

Maria Lucic

Susan MacDonald

Shelley MacDougall

Karen MacMartin

Iona Mascarenhas
 Kathryn Mason
 Heather Mathews
 Mary McDonald
 Julie McDonald
 Katherine McKee
 Ellanna Mckendry-Whitaker
 Lesley McNeil
 Joyce Milner
 Marylou Miner
 Victor Mio
 Joan Miyata
 Duane Myers
 Louise Ng
 Michael O'Reilly
 Rosanne Perreault
 Tracy Perryman
 James Pickering
 Frank Pignataro
 Charleen Pinos
 Elizabeth Pocsai
 Mary Puopolo
 Katherine Ransom
 Vivian Raud
 David Rehill
 Gayle Robinson
 Patricia Saint
 Katherine Sametz
 Robert Sandiford
 Lucia Scarmato
 Bernadette Schmidt
 Nicole Schwartz
 Christine Scott
 Lori Sexton
 Kenneth Shigeishi
 Donna Smith

Anna Socci
 Glenna Storie
 Margaret Sussmann
 George Tsigaridis
 Marian Varadi
 Brenda Vassallo
 Sonia Vecchio
 Maria Villani-Logiudice
 Pauline Wise
 Dolores Zezima

**WELCOME NEW
ASSOCIATE MEMBERS**

Karen Bennett
 Rhona Bloom
 Joanne Brown
 Marlene Charney
 John D'Onofrio
 Antonietta D'Onofrio
 Elaine Eisen
 Aaron Eisenberger
 Anna Figliano
 Beatrice Fisher
 Florence Lewis
 Angelica Fostaty
 Fiona Gamble
 Marie Hardiment
 Dorothy Hartman
 Leslie Hughes
 Renate Kaskow
 Murray Kinniburgh
 Denyse LeBrun
 Lynn Lockhart-Menzies
 Anselm Lui
 Marilyn MacLean
 Robyn MacLellan

Raymund Mindorff
 Lynn Mitano
 Maria Mitchell
 Marg Mockford
 Gregory Morandi
 Tracy Ohman
 Annette Oliver
 Beth-lee Paraskevacos
 Catherine Pearson
 Denise Pegler
 Vittoria Piccattoli
 Teresa Piedrahita
 Annetta Poteck
 Sandra Rennie
 Sherri Richardson
 Nadia Russielto
 Concetta Sacco
 Anne Shields Williams
 Carla Silver
 Cindy Sisti
 Noreen Starr-Albert
 Deborah Tadros
 Carole Traister
 Linda Valley
 Vincenzo Vardaro
 Jane Wachtmeester
 Kimberly Wagner
 Steven Walter
 Katie Wierenga
 John Yake

**WELCOME NEW MEMBERS
 FROM OTHER DISTRICTS**

Carmela D'Aquila
 Elaine Simkevitz



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.

Margaret Britton
 Duncan Campbell
 Jean Churchill
 Richard Fisher
 Irene (Knapp) Francis
 Barbara Ingratta
 Joan Kinniburgh
 Bill Kinsley
 Neil Laliberte
 Leslie Lavery
 Clifford Lawrence
 Livio Leonardelli
 Joanne Lucyk
 Glenys MacKillop
 Rita McCann
 Marjorie McElhinney
 Donald Mitano
 Constance Pratt
 Vivian Spring
 Patricia Stephenson
 Bernicia Storrod
 Carol Wilkinson
 Mary Wylie
 Sandra Zolis



Spring Art Show 2019

By Ann Evans

Calling All Artists and Artisans

The town of Newmarket and RTO/ERO District 34 plan to partner to showcase our members who are artists and artisans. This exhibit will take place at the Serpa Galleries, 460 Botsford Street, Newmarket, ON L3Y 1T1 in the new cultural centre which is the beautifully renovated Old Town Hall.

We invite our members who are beginners or experienced artists and artisans to participate as the exhibit will not be juried.

All aspects of art and crafts are eligible and may include: pottery, wood, glass, fibre, textiles, photography, sculpture, mixed media or painting. Artists must show only their own original works.

The purpose of this exhibit is to demonstrate the variety of creative activities that District 34 members pursue. At this time we would like to know how many of our members would be interested. Please contact executive member

Ann Evans for more information by Oct. 1. Once we know if there is interest, we will provide further details.



Pension Facts

By Paul Devlin

Canada Pension Plan Offset

Your OTPP or OMERS pension is integrated with the Canada Pension Plan (CPP)

- At age 65 the OTPP pension is reduced to reflect full CPP entitlement and the OMERS bridge benefit ceases. Or, when in receipt of CPP disability pension
- If you take CPP earlier than 65, your OTPP pension or OMERS bridge benefit is unaffected

Ten-Year Guarantee

- OTPP members have the option to guarantee a pension (less the CPP reduction) to their survivor for 10 years from your pension inception date
- If chosen, your pension will be reduced by 1/10 of 1% of pension (after CPP reduction)
- If spouse also dies before 10

years have elapsed, and there are no eligible children, the balance is payable in a lump-sum to the spouse's estate

- If there is no spouse, the 10 year guarantee is automatic and free and payable to your estate

Marrying While On Pension

- Your spouse at pension reception is eligible for your survivor benefit, even if you divorce, separate, and remarry
- If the OTTP member is unmarried at the time of retirement and chooses to marry while on pension
- There is always a reduction to provide pension for new spouse, even a 50% pension
- You must contact OTTP within 90 days of marriage. If later, a medical examination is required that must show you to be in "good health for age" (effective six months from date of receipt)
- If an OMERS member is unmarried at time of retirement, their retirement spouse is eligible for a survivor pension

Working After Retirement

OTTP

- You are able to work in education to a maximum of 50 days per year, after which you will be re-enrolled
- You must be a member in good standing with the Ontario College of Teachers (OCT)
- A re-employed pensioner is defined as: Providing any services for compensation after retirement for an employer who participates in OTTP
- This applies whether you are employed, self-employed or hired by a third party
- You cannot forgo compensation to circumvent the rule

OMERS

- You will be re-enrolled with OMERS if your position requires it, unless you decline to re-enroll
- Contributions cease when you reach 35 years of service or November 30th of the year you reach age 71



Acknowledgement, Waiver and Release

The participants in _____ (the “Event”) acknowledge and agree that RTO/ERO, including District 34, will not be responsible for any loss, injury or damage of any nature, including death, howsoever arising in connection with this trip/excursion/event. Participants in the Event are therefore hereby advised to carry their own insurance in connection therewith.

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

Any Claim arising out of the participant’s attendance at the Event will be governed by the laws of Ontario, Canada and the participant consents to the exclusive jurisdiction of the Courts of Ontario, Canada in any such action.

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

Registration for RTO District 34 York Region Events

Please print.

Name of Event: _____

Date of Event: _____ Cost per person: _____

Registration Deadline Date: _____

Name(s): _____

Telephone: _____

Email: _____

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

Newmarket Location

Richmond Hill Location

Meal choice (if applicable): _____

Enclosed is a cheque for \$_____ for _____ person/people at \$_____ each made out to: **RTO/ERO District 34**

Send your completed registration form with your payment to the address given in the event description.

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

Find Us on The Web

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



Advertising Events in *The 34th Story*

By Evelyn Lawrence

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



PLANNING A TRIP

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

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

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

Allianz Global Assistance
1-800-249-6556



Classified Advertising

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



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

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

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

Changing Your Name, Address or Phone

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

RTO/ERO PROVINCIAL OFFICE

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

DISTRICT 34 MEMBERSHIP COORDINATOR

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

DISTRICT 34 EMAIL COMMUNICATIONS COORDINATOR

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

Newsletter Submissions

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

Do you have:

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

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

NEWSLETTER DEADLINES

November 15 for January

February 15 for April

July 15 for September

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

