

ERT 34th STORY

District 34 - York Region Vol. 31 No. 3 - September 2019

Meet District 34 Member Ernie Polsoni



*Your excellent leadership
and dedication to the
goals of our district are
appreciated.*



*Photos by Joanne Witt with snapd Richmond Hill
Cover by Chris Prefontaine*

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

Join Us For A Walk

Wed. Sept. 11, 2019

Hava Java

Thurs. Sept. 19, 2019

Open House

Tues. Sept. 24, 2019

A Romantic Comedy

Wed. Sept 25, 2019

Mindful Eating

Wed. Sept 25, 2019

Honey Bee Farm Trip

Thurs. Oct. 3, 2019

McMichael Art Gallery

Tues. Oct. 8, 2019

Blood Relations

Fri. Oct 18, 2019 and
Sun. Oct. 20, 2019

Join Us For A Walk

Tues. Oct. 22, 2019

Hava Java

Wed. Oct. 16, 2019

Fall Luncheon

Thurs. Oct. 24, 2019

Horse Racing

Wed. Nov. 13, 2019

Hava Java

Thurs. Nov. 14, 2019

Matilda

Sun. Nov. 17, 2019

Join Us For A Walk

Thurs. Nov. 21, 2019

Holiday Inn

Thurs. Nov. 28, 2019

Elmer and Elora Concert

Fri. Nov. 29, 2019

Wizard of Oz

Thurs. Dec. 12, 2019

Join Us For A Walk

Wed. Dec. 12, 2019

Hava Java

Tues. Dec. 17, 2019

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2019- 2020**

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Toronto, April 2, 2019

The Honourable Doug Ford
Premier of Ontario
Suite 281 - Legislative Building
Queen's Park
Toronto, ON M7A 1A1

Dear Premier Ford:

Re: Proposed changes to the Ontario education system announced by Minister of Education, Lisa Thompson

RTO/ERO is a voluntary organization providing health benefits and other important services primarily to retired education staff in every capacity in our K-12 system and staff in all roles who worked in the post-secondary system. These individuals represent millions of hours of experience working with students in our educational systems.

On behalf of almost 80,000 members of RTO/ERO we want to express our deep concern with the proposed changes to an Ontario education system that is viewed internationally as one of the top performing systems in the world. Our students outperform almost all other countries in the Program for International Student Assessment (PISA) tests and Ontario enjoys one of the highest post-secondary completion rates among most OECD nations.

Based upon the extensive experience and commitment of our members to improving the lives of Ontario's children in publically funded education in Ontario and Canada, the changes you are proposing, if implemented, will have a profoundly negative impact on all students and especially on our most fragile ones.

We are strong advocates in ensuring young learners have the very best programs and connections with their educators. To that end we appreciate your government's ongoing support for the educator teams in the full day kindergarten and the primary classes.

However, we are deeply concerned about the proposed changes to Ontario's secondary system as announced by Minister of Education, Lisa Thompson.

Specifically, we are deeply opposed to the proposed funding cuts to the Grants for Student Needs in the following areas:

- special programs;
- average class size from 22 to 28 for secondary classes;
- the requirement that students take at least 1 e-learning course per year.

Each of these actions will negatively impact all students and especially those who are at risk of not graduating. While the Minister suggests that larger classes will result in more "resiliency" in the students, experience does not support that claim. The students who will be most negatively impacted are those who have a lack of support at home; social or physical difficulties or special needs. Most if not all of these students require

additional supports if they are going to succeed academically and in life. There is a fine line between building resilience and creating unsurpassable obstacles and we believe the proposed changes cross that line.

The requirement of four credits to be taken through e-learning prior to graduation will also be a significant challenge for many students. E-learning courses are already a challenge for most high school students to complete since study habits and maturity play such an important role in determining success in these courses. Your own Ministry of Education has the unequivocal data showing that students who require and deserve support in their learning are singularly unsuccessful in coping with and graduating from e-learning courses.

Your proposed actions will undoubtedly increase the number of students who fail their courses. Failing to pass required credits is one of the highest predictors of students failing to graduate. Failing to graduate has massive negative consequences both to the individual and to the province and our country. Negative education reductions that result in a decrease in the graduation rate can be neither economically sound nor ethically acceptable. It is the opinion of the members of our organization that your proposals will harm Ontario's preeminent global standing in successful student outcomes. We believe in improvement and change that is accomplished through planning and purposeful implementation and authentic consultation with all parties.

We urge you to consult and deliver more balanced proposed changes that do no harm to our Ontario students. We need to improve the population of Ontario by ensuring our students have the very best opportunities possible and that they are not just ready for school but ready for a productive and contributing life in Ontario.

We support well researched, data based and well planned change. What has been announced by your Minister of Education may, in a short-sighted way, seem to save the government precious dollars while negatively impacting the future lives of so many of our students. In the longer term it will cost Ontario in lost productivity, costly remediation, social services as well as mental and physical health costs.

Mr. Premier, we respectfully request a meeting with you, at your earliest convenience, to lend our deep experience and expertise in helping your government find education change strategies that are fiscally sound while remaining focused on Ontario's graduates being among the best in the world.

Sincerely,



Martha Foster
Chair of the Board



Jim Grieve
Executive Director

C.C: Lisa Thompson, Minister of Education, Progressive Conservative Party of Ontario
Andrea Horwath, Leader, Official Opposition, New Democratic Party of Ontario
John Fraser, Interim Leader, Liberal Party of Ontario
Mike Schreiner, Leader, Green Party of Ontario

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Lynn Hitsman, President

President's Message

W elcome to the fall edition of the 34th Story. Our Executive has planned many activities for this season and I hope you will find one or many in which you can participate. Please remember that you can always bring a spouse, partner, friend or caregiver. We do not want anyone to feel you cannot participate because you don't want to go alone and you think that you won't know anybody.

I want to draw your attention to some of the new information about RTO/ERO. According to a recent publication, the Strategic Goal is to broaden the membership base. "Our beloved brand has been clarified, our messaging is clear and we have a

new integrated marketing plan." There are over 78 000 members in the organization, divided into 48 districts and operating on an \$8 million budget.

Our membership in District 34, York Region is just over 3 800. 900 new members joined RTO/ERO in 2018.

The RTO/ERO leadership has campaigned in Saskatchewan, Quebec and Nova Scotia to attract members who are retired from Ontario, but do not live here. These areas along with the two in British Columbia are part of the expansion program envisioned by the Board of Directors.

Some further interesting information about RTO/ERO:

- 80% of membership participates in one or more of the Health Benefit Plans
- 86% of members receive Ontario Pension Plan Pensions

RTO/ERO has continued to support members and their families and efforts in the community:

- \$340 thousand awarded in Post-Secondary Scholarships

since the inception of that plan

- \$1.6 million donated to Community-based Projects since the inception of Project Service to Others
- \$2.8 million in grants from the RTO/ERO Foundation since 2011—funds are not from RTO/ERO Budget. Funds come from donations by members and other organizations.

It is of further interest, that surveys of membership reveal that

- 72% of members are active volunteers in their community
- 20 hours is the monthly amount of time spent in volunteer activities

Consider engaging with RTO/ERO on social media:

- [Twitter@rto_ero](#)
- search Facebook RTO/ERO District 34

Locally you can contact us through the directory at the front of this publication. I look forward to seeing you at the Fall Luncheon, Hava Java or the Open House.

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, September 19, 2019
Wednesday, October 16, 2019 *
Thursday, November 14, 2019
Tuesday, December 17, 2019
Thursday, January 16, 2020
(central and south only)
Thursday, January 23, 2020
(north only)

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

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

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

Central - Coffee Culture Café & Eatery

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

North - Longos, upstairs in The Loft (September, November, December, January only)*

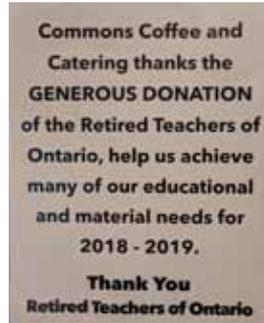
650 Wellington St. East
Aurora (west of Bayview Ave.
- parking in front; elevator available)

*For October the location for the north will be: **Commons Coffee**

at St. Andrews Presbyterian Church Parish Hall
32 Mosley St.

Aurora

(the corner of Victoria and Mosley - 1 block south of Wellington St. and 1 block east of Yonge St. Enter off of Victoria St.) This enterprise was our 2018 winner of RTO's Service to Others Award.

**Join Us for a Walk**

By Ann Evans

Another season for us to enjoy! Fall colours are often particularly spectacular and our conversations are always fun and often lively.

Walks in the fall will begin at 10 a.m.

Dates and Locations**Wednesday, September 11, 2019
Shepherd's Bush**

Once again we are able to park in the lot at the south end of Industry St. which is off Industrial Parkway, just south of Wellington in Aurora.

The foliage should be gaining their autumn colours now. Paths

are mostly gravel and easy to walk. There is a short hill toward the end of the walk.

Tuesday, October 22, 2019
Roger's Reservoir – The
Notiidaa Trail

Park in the lot on Green Lane, east of Main Street North and almost opposite the East Gwillimbury Go Terminal. This is part of the Tom Taylor Trail. “Nokiidaa” is an Ojibwa term meaning walking together which seems perfect for our group. We have enjoyed this walk many times because of its wider, pathways.

Thursday, November 21, 2019
Hollidge Tract
16389 Highway 48

Located a half kilometer south of Vivian Road (Mulock Drive). It is the on the east side of the road across from Cherry Street.

This is a great walk through flat, wide, well trodden trails. There are many interesting trees and shrubs to observe.

Thursday, December 12, 2019
Pine Farms

It is located on 16th side road off of Keele Street, north of Bloomington Side Road. It is clearly signed in both the north and south directions of Keele Street

Walking this trail has become something of a tradition. There is the option of walking along the designated Oak Ridges Moraine Trail which, while beautiful, has some inclines and some rooted paths. As an alternative, we are able to walk among the apple trees in the orchard. This path also has some inclines but is easier to walk. Afterwards, we may enjoy some refreshments and gift browsing in their eatery/store/winery.

After all our walks, we visit a coffee shop. Come alone or bring a friend.

Set aside Thursday, January 22, 2020 for the first walk of the New Year. In the winter months, we will return to walking the north and south bound paths of Fairy Lake, Newmarket as they are well maintained by the town and therefore safer.

From Desk of the Editor

By Chris Prefontaine



Farewell to the Maple Leaf! It has been our habit to place a small red maple leaf at the end of every article. Since articles always flow from one page to the next and are never continued several pages later, this custom will no longer continue.

Be Sure to Sign Up For 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. New members will be automatically added to the reminders list.

If you are a current member, not receiving reminder emails, and would like reminders of our events, in the form of a monthly email, please contact Angela at: 34thstoryreminders@gmail.com

Retirement Homes: What to Know Before You Move

By Susan Leppington

Any life change can be daunting, and moving to a new home is often near the top of the list. This is especially true if you're transitioning from the place where you've lived for many years to a retirement home.

Whether it's you or a loved one taking this next step, consider these points before making the big move:

- Understand care options. Retirement homes offer a variety of care and assistance options for their residents, ranging from independent living to assistance for those who require more care.
- Retirement homes are different than long-term care homes, which require residents to meet admission criteria and are regulated by the Ministry of Health and Long-Term Care and the publicly funded health care

system covers care costs.

Investigate whether the home you're looking into can support you in the event your health changes and what arrangements can be made in the home to coordinate care with private or publicly funded care providers.

- Check the reputation. Review the home's inspection reports. One way to check the status of licensed retirement homes is through the public register offered by the Retirement Homes Regulatory Authority, which is responsible for inspecting and regulating retirement homes in Ontario. www.rhra.ca
- Know your rights. The Retirement Homes Act (2010) sets out a Residents' Bill of Rights. This includes the right for residents to live in a safe and clean environment, the right to know what care services are provided and how much they cost, the right to fully participate in care planning and decisions, etc. Licensed retirement homes are required to display their license, as well as a copy of

the Residents' Bill of Rights and information on how residents can file a complaint.

- Know where to turn to for help. Retirement home residents are protected by the RHRA, which is responsible for informing and protecting seniors living in retirement homes or those looking for a home. This organization will respond to complaints or concerns (e.g. risk of harm, abuse, neglect, misuse of a resident's money, etc.) relating to a licensed retirement home in Ontario and take appropriate action.

Source: www.newscanada.com





**Welcome/Bienvenue
to RTO/ERO District 34 York Region**



We would like to invite you to our Open House

Tuesday, September 24th

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)

~ refreshments ~ slide show ~ door prizes ~

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 Regine Baker by Monday, September 9, 2019.

Email reginebaker@rogers.com

Please write "OPEN HOUSE" in the subject line.

To get monthly reminders of all District 34's events,
please send your email address to:

34thstoryreminders@gmail.com

RHCPA Speaker Series

By Craig Lee

Immerse yourself in knowledge during the Speaker Series at the Richmond Hill Centre for the Performing Arts in the intimate Plaza Suite. In the spring of this year a highly successful Speaker Series was initiated. A new set of speakers has been assembled for the fall. Details and the topics of the talks are listed below

Dates, Times and Topics:

All events are held on Thursday mornings - 10 a.m. to Noon

September 26

James Lockyer: Wrongful Convictions in Canada

October 3

Helena Moncrieff: Discovering the Urban Orchard

October 10

John Lorinc: The Ward

October 17

Dr. Aurel Braun: Assessing the Middle East Chessboard

October 24

Carolyn Harris: Royal Parenting from Medieval to Modern Times

November 7

Ted Barris: The Great Escape: A Canadian Story

Location: Richmond Hill Centre for the Performing Arts

Cost: \$70 for the series

A special evening presentation is also scheduled for September 12, at 7:30 p.m.

Bernie Farber : A Canadian Genocide: Canada's Historical Treatment of its Indigenous People

Cost \$20

For tickets - call the RHCPA box office- 905-787-8771 or www.rhcentre.ca (tickets under Packages) For a more detailed description of each presentation, log on to the box office web site.



District 34 Executive Visits Commons Coffee

Photos By Linda Shea-Carter



CO



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A Weekend Comedy

By Craig Lee

A Curtain Club Production - a Romantic Comedy

Middle-aged couple Peggy and Frank have booked a romantic weekend away at a cabin. Just as things are starting to cook, in walk Jill and Tony, a couple in their twenties who cannot keep their hands off each other.

A comedic clash of generations ensues as the sparring begins on who will stay and who will go.

Date:

Wednesday, September 25, 2019

Time: 8 p.m..

Location:

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

Cost: \$20

Please place your order by September 16, 2019.

Make your cheque out to **RTO/ERO District 34** and send with your registration form (pp. 23 or 61) to:

Craig Lee

21 Lippincott Court

Richmond Hill, ON L4C 7M5

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

Foundation News: The Side Effects of Medication

By Elaine Adam

Dr. Paula Rochon hosted a webinar on June 13 that dealt with the effects of medications.

Cascading Medications or Polypharmacy occurs when medication is improperly taken. It may be due to a higher dosage or the result of two medicines interacting with each other.

The result may be an incorrect diagnosis which can mean prescription of yet another

medication. Side effects are often not recognized.

Pharmaceutical companies need to test the effectiveness of their dosages on older women, who often need a lesser amount than the male population that has been tested. Compounding pharmacies are able to adjust the amount to suit the individual patient.

Pharmaceuticals will manufacture pills with a designated line down the middle but this is not reliable enough. Sitting at the kitchen counter to cut a pill in half is not safe, the patient may receive too much or too little this way.

Dr. Rochon recommends an annual review with your pharmacist, a follow up when there has been a recent hospital stay or a major change in therapy. This review is free and is covered by OHIP.

Dr. Rochon also recommends other ways to combat health issues, such as diet, exercise, and social interactions, and to stop taking medications when they are no longer needed. Keep an updated list of all medications, vitamins and supplements and always have them ready.

The complete study may be found on the RTO-ERO website.

Bridge Club News

By Joan Burrows

A busy spring of bidding and making slams for the Bridge group. Congrats to the following:

Vic & Bev Suzuki (6H)
 Vic Suzuki & Shari Selves (Bid 6C/made 7!)
 Margo Procyk & Linda Karan (6H)
 Kathy Bunker & Bev Suzuki (Bid 6H/made 7!)
 Linda Karans & Joan Burrows (6D)
 Marg Lawlor & Betty Tobin (6NT)
 Linda Karan & Kay Valentine (6C)
 Kathy Bunker & Shari Selves (Bid 6C/made 7!)
 Bev & Vic Suzuki (Bid 6S/made 7!)
 Joan Burrows & Cathy Bunker (6NT)
 Cathy Bunker & Linda Karans (7H)
 Shari Selves & Peggy Paterson (6H)
 Bob Bell & Vic Suzuki (6S)

Bev Maister & Marilyn Johnson
(6S)
 Darlene McCowan & Lorraine
 Oyama (Bid 6S/made 7!)
 Margo Procyk & Cathy Bunker
(7D)
 Shari Selves & Lorraine Oyama
(7S)
 Bev Maister & Doreen Bell (Bid
 6S/made 7!)
 Kay Valentine & Bev Maister
(Bid 6H/made 7!)
 Marg Lawlor & Margo Procyk
(6NT)
 Marg Lawlor & Tony Conte
(6Diamonds-doubled!)
 Wilma Inkpen & Tim Paterson
(6NT)

RTO District 34 members and their friends will meet again on Monday, September 9, 2019 at the McConaghy Centre (Dining Room #103), 10100 Yonge St. in Richmond Hill from 1 to 4 p.m.

There is free parking at the rear of the building and cost is only \$2 for an afternoon of social bridge. We hope to see some new members in the fall!



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

Healthy Eating - Part Three

By Christina Iaboni, MHSc, RD,



The Importance of Protein

Protein is an essential nutrient that we need to keep our body functioning well. It is part of every cell in our body and helps build and repair muscle tissue, skin, nails and hair. Protein also helps build hormones and enzymes and is part of

hemoglobin, which carries oxygen in our blood. Not getting enough protein over a long period of time can result in a loss of muscle mass, decreased immune function, poor wound healing and decreased brain function.

In the latest version of Canada's Food Guide which was released earlier this year, Health Canada recommends that $\frac{1}{4}$ of our plate consists of protein foods. Protein foods from animal sources include meat, poultry, fish and shellfish, eggs, and dairy products.

One of the recommendations from the Food Guide is to include plant-based proteins such as, beans, peas and lentils, tofu and soy products, and nuts and seeds into our diets more often as they provide more fibre and less saturated fat.

Protein-rich foods also include a variety of other essential nutrients, for example, fatty fish such as salmon and trout are also good sources of omega-3 fatty acids which are important for our heart and brain. Meat, dried cooked beans and lentils, and seeds are good sources of zinc which is important for immunity.

Beef and chicken are good sources of iron.

Our bodies absorb iron from animal sources better than plant sources. If you don't eat meat, beans and lentils are also good sources of iron, to increase the absorption of iron from plant sources, eat a food rich in Vitamin C along with them such as oranges or red bell peppers.

Most North Americans get enough protein in our diets, but this can sometimes be difficult for older adults. Difficulty chewing or swallowing, loss of appetite, decreased cognition, limited income, loss of physical function that makes going to the grocery store and preparing meals difficult, and relying on packaged foods can all contribute to low intake of protein.

Eating protein throughout the day is also important. Muscle is constantly being built up and broken down and eating good quality protein throughout the day may help promote muscle synthesis.

In North America, many people only get a small amount of protein at breakfast and lunch and most of their protein is eaten at

dinner. Here are some strategies to help you get enough protein throughout the day:

- Instead of toast with butter or jam for breakfast, try having Greek Yogurt with berries and granola or toast with scrambled eggs
- Drink milk or fortified soy beverages instead of water, coffee, tea, or juice (note: several milk alternatives such as almond, rice, or oat beverages are very low in protein)
- If you are eating a sandwich for lunch, include some good quality protein such as tuna, egg, chicken, or cheese in the filling
- If you often eat vegetable soup and toast for lunch, try a lentil, bean or chicken soup instead
- Add beans, lentils, or chickpeas to casseroles - make a big batch and freeze individual portions in containers so you have some for another day
- Add ground meat or lentils to tomato sauce

- Snack on roasted nuts and seeds or add them to salads, yogurt, muffins or baked goods
- Snack on cheese and crackers, cottage cheese, or boiled eggs a few times a week

Note: This article is for general information purposes only. Some chronic health conditions, such as kidney disease, require modified amounts of protein. Speak to your doctor or a dietitian if you are concerned about your protein intake.

- Christina Iaboni has been a registered dietitian since 2011 and has worked in a mental health and addiction facility since 2012. She is the owner of Cucina di Christina, a nutrition communications company. She has a passion for helping people improve their health by eating nutritious food and empowering them to cook simple but delicious food. She is also the niece of RTO member Theresa Zavaglia.

Mediterranean Frittata

By Christina Iaboni

Eggs are a good source of protein and also contain choline, a nutrient that helps make the neurotransmitter acetylcholine which plays a role in memory, mood, and brain and nervous system function.



Ingredients:

- 1 tbsp. olive oil
- ½ red onion, sliced thinly
- 2-3 cups of spinach, chopped (a few handfuls)
- 6 eggs
- ½ cup of marinated artichokes, chopped
- 1 roasted red pepper, diced and seeds removed (you can buy these already done or do it yourself in the oven)
- ½ cup crumbled goat cheese

Directions:

1. Preheat the broiler of your oven.
2. In a medium sized oven-safe frying pan, heat olive oil over medium heat. Add the onion and sauté for 3 to 5 minutes, until it softens. Add spinach and cook until softened, another 3 minutes or so.
3. Meanwhile, beat the eggs in a bowl and then pour over the softened veggies.
4. Wait a couple of minutes for the eggs to start to set on the bottom and top with the artichokes, roasted pepper, and crumbled goat cheese.
5. Place under the broiler and cook until the eggs are set, about 5 to 6 minutes but this may vary based on your broiler. Keep a close eye on it.
6. Serve and enjoy with your favourite whole grain bread.

Medical Cannabis and the RTO Health Plan

By Susan Leppington

For over 30 years, the Health Benefits Committee of RTO/ERO has surveyed the benefits landscape in Canada to ensure the plan is one of the largest, most successful, voluntary group programs in Canada.

Providing plans that are “here for you now, here for your future” is particularly relevant following the extensive media coverage and promotion of medical cannabis.

The Benefits Committee welcomes input from members on plan changes, and a few members have suggested the inclusion of medical cannabis within our extended health plan.

After a thorough review of the evidence, the committee has concluded that for the time being we will not include medical cannabis within our plan due to various considerations:

- expected cost;
- the ability of the plan to absorb this cost;
- differences in treatment, and

- most importantly, the lack of Health Canada’s recognition of the product (no Drug Identification Number).

However, the Health Committee will continue to monitor all changes in the scientific research, legal and regulatory issues surrounding medical cannabis and indeed all new treatments and technologies.

Note For a more detailed article on the background behind this decision please go to www.34thstory.com

Contest Winner

By Chris Prefontaine

Thank you to all of the 34th Story readers who entered the Match the Logo Contest in the April 2019 edition.

A name was drawn from all of the entries at the AGM and Spring Luncheon held on May 23, 2019. And the winner was...

Congratulations to Jane Reynolds who won two tickets to our Fall Luncheon on October 24. And thank you to Craig Lee for coming up with the idea!

Registration for RTO District 34 York Region Events

Please print.

Name of Event: _____

Date of Event: _____ Cost per person: _____

Registration Deadline Date: _____

Name(s): _____

Telephone: _____

Email: _____

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

Newmarket Location Richmond Hill Location

Meal choice (if applicable): _____

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

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

If registering for your event electronically, please follow the instructions in the event description.

NOTE: If bus transportation is included in the price of the event, the signed waiver found on page 60 must be included with your registration.

Mindful Eating

By Chris Prefontaine

We all love to eat but over-eating and mindless eating are very common and can impact how much we truly enjoy our food. In this workshop, registered dietitian Christina Iaboni will review the reasons why we overeat and teach us how to start eating more mindfully. She will also incorporate a practice mindful eating exercise.

Christina will introduce a concept called “intuitive eating” which is about rejecting the diet mentality that many people live with (sometimes without even realizing it). She will talk about how to get more joy and satisfaction out of eating by eating the food you want and desire without feeling guilty.

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

Date:

Wednesday, September 25, 2019

Time: 1 p.m. to 2:30 p.m.

Location:

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

Cost: \$30

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

Deadline for registrations is September 17, 2019.

There are two possible payment methods:

1. Complete the Event Registration Form found on pages 23 or 61 of this booklet and send it, along with your cheque made out to **RTO/ERO District 34** to:
Chris Prefontaine
194 Fincham Ave.
Markham, ON L3P 4B5
2. E-mail the Event Registration Form found on www.34thstory.com or found on pages 23 and 57 of this booklet to 7chris.prefontaine@gmail.com

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

On the transfer state the name of the event and the event organizer.

Payment must include the full payment for all names on the registration form. (only one payment for each registration form).

Political Advocacy Update

From the RTO Political Action Committee

RTTO/ERO was one of three lead organizations and one of nine participating in a federal advocacy day on February 20, 2019. Last November these groups met to determine the key issues in a coordinated approach to advocate for all seniors, in dealing with candidates running for office in the general election this coming October.

The nine organizations, under the banner of “Vibrant Voices”,

are the Canadian Association of Retired Teachers (ACER/CART), Canadian Federation of Pensioners, Canadian Health Coalition, CARP, College and University Retirees Association of Canada, International Longevity Centre Canada, National Association of Federal Retirees, National Pensioners Federation, and RTO/ERO.

Position papers were developed and presented to the MPs and will form the basis for our advocacy for the federal elections. The three issues are development of a National Seniors Strategy, Income Security and Pharmacare.

All Canadians should have access to the medications they need. A universal, public, comprehensive, accessible and portable national pharmacare program would cut costs and lead to a healthier population, create a system of better monitoring of medications and reduce the burden on other parts of the health care system.

On Income Security, Canadians deserve a secure and dignified retirement, with a guaranteed and sufficient source of income. A National Seniors Strategy would

optimize health, financial security and social inclusion, and ensure that all Canadians age with dignity.

Familiarize yourself with the issues, attend all candidates meetings, ask questions, drive people to the polls who might not otherwise be able to vote, work on a campaign, and make sure that you vote.

Visit Dickey Bee Honey Inc.

By Ann Evans



We have heard how important honey bees are to promoting a healthy environment. I invite you to join me on a tour of Dickey's Honey Bee House to learn more about these fascinating pollinators. Our group will have a

complete tour of their new honey house visiting all of the different areas that make up this interesting and important venue.

In the museum we will learn about the tools and equipment that have been used and passed on through three previous generations. The extraction of honey in the extracting room is an amazing sight to watch through a viewing window. In the packaging room we will be able to watch the process of making creamed honey or, prepare honey butter, or pour and fill jars from the barrels of extracted honey.

We will also gather in the classroom and be educated on the importance of the honey bee, pollination and our food chain. We will have time to ask any questions we might have. There is also opportunity to purchase products made on the premises.

It will certainly be an interesting day and after our visit I am sure we will leave with a renewed sense of the value of the honey bee and information as to what we all can do to protect and nurture these creatures.

Date: October 3, 2019

Time: 10 a.m. – Noon

Location:

4031 3rd Line
Cookstown, ON L0L 1L0

Directions: Drive North on 27, past 89. Turn east on the 3rd line and continue for 2 kms. Dickey Bees Honey is clearly signed on Highway 27.

Cost: \$7:00

Make your cheque out to **RTO/ERO District 34** and send with your registration form (pp. 23 or 61) to:

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

Please register by 26th September
There are several restaurants in Cookstown where you might want to enjoy lunch.



McMichael Art Gallery Tour and Kleinburg Outing

By Norma Tenaglia

The McMichael Canadian Art Collection is an art gallery in the Village of Kleinburg. It houses an extensive collection of paintings by Tom Thomson, the Group of Seven and their contemporaries, and First Nations and Inuit artists.

A private tour has been arranged for our members. The tour lasts an hour. After the tour, you are free to view the gallery at your leisure. You may also want a snack or lunch at the McMichael Cafe, browse the gift shop, walk on the accessible trails surrounding the art gallery, and see the bronze statues and the cemetery where the founders (Robert and Signe McMichael) and the Group of Seven are buried.

The Village of Kleinburg

You may also want to eat in the village at restaurants, cafes, an ice cream/chocolate shop and a pub. There are also lovely stores to browse or shop.

Date: Tuesday October 8, 2019

Time: 10:15 a.m.

Location:

10365 Islington Ave.
Kleinburg, ON L0J 1C0
one kilometre north of Major
Mackenzie or exit from Hwy 27

Cost: \$12

Note that there will be \$7 parking fee.

Please register by September 12.

Make your cheque out to **RTO/ERO District 34** and send with your registration form (pp. 23 or 61) to:

Norma Tenaglia
11421 Albion Vaughan Road
Kleinburg, ON L0J 1C0

Acknowledgements will be emailed upon receiving the registration form. Tour tickets will be handed out in the front lobby of the museum.



From Manse to Mausoleum

By Craig Lee

On June 12 a group of RTO members met in Leaskdale, which is north of Uxbridge, for a tour of Lucy Maud Montgomery's manse.

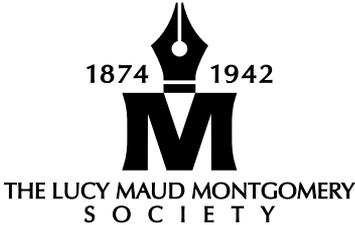


In 1911, as a successful author at the age of 37, Lucy married a Presbyterian minister, Evan Macdonald, and moved from P.E.I. into a newly built church manse. The Presbyterian Church and manse are now museums.

It was in the church that our tour began. But first we enjoyed freshly made scones, jam and cream and a cuppa tea.

Montgomery lived in Leaskdale for 15 years and while raising her two sons and fulfilling the duties of a minister's wife she wrote 11 of her 22 novels including "Anne

of the Island” and “Anne’s House of Dreams”. From Leaskdale the family moved to Norval and nine years later to Toronto where Lucy died in 1942.



At the completion of this tour, we drove south to the Thomas Foster Memorial. This mausoleum was built by Thomas Foster. Foster served over 25 years in politics, primarily at the municipal level with the City of Toronto. He was mayor during the 1925 – 1927 term and served one term as an MP in 1920.

Retired and a man of some wealth, he embarked on a world tour. His tour took him to the Middle and Far East and it was on a visit to the Taj Mahal where he was overwhelmed by the beauty of the building. Using the influence of the Taj Mahal, Foster had this memorial built for his wife, daughter (who died when she was 10 years old), and himself. Construction began in 1935.

Corey Keeble, a Royal Ontario Museum’s curator said, “In every aspect and in every respect, the Foster Mausoleum is a touchstone for the greatest aspirations and achievements of Canadian art and architecture of its period.”

This is an example of Byzantine Architecture, with solid bronze doors, marble pillars, stain glass windows, and floors rich in terrazzo and mosaics. The acoustics of this building are amazing. Concerts are held in the mausoleum every Friday evening in the summer and it was featured in an episode of *Murdock Mysteries*.



For more information about tours and concerts Google the Lucy Maud Montgomery Museum and the Thomas Foster Memorial.

- *Photos by Denis Beck*

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. Please consider nominating someone you know. Email Chris Prefontaine at 7chris.prefontaine@gmail.com

Meet District 34 Member: Ernie Polsoni

By Chris Prefontaine



If you're a seasoned RTO/ERO member, there is a chance that you have attended one of District 34's Golf Days, a Pub Lunch or the popular Dinner and Horse Racing Event. Those and many more activities have been organized by executive member Ernie Polsoni.



District 34's April Pub Event

Why you could even thank him if you have enjoyed a free coffee and scone at one of District 34's Hava Javas. Ernie is one of the members responsible for introducing our coffee mornings at the three locations in our district.

Ernie immigrated with his family to the Toronto area from Italy when he was 12. As an extrovert, he enjoyed doing things that brought people together. By grade 11, he received a scholarship which took him on a two week

tour of Canada. He was also in the band and on the football team.

Eventually, Ernie brought his organizational skills to the position of president of the student council at Northern Secondary School. With a strong desire to help others, Ernie turned to teaching in 1969.

He started out at Courtice Secondary School in the Northumberland School Board. After one year, he moved to Westview Secondary in North York where he stayed for about 20 years. He began by teaching electrical theory and test but as careers usually go, Ernie moved into related fields such as electronics, drafting, computer technology and introductory computers. As student numbers dwindled at Westview and departments shrunk, Ernie decided to take advantage of his degree in math.

It was at Westview that Ernie worked to create an emergency fund whereby teachers could opt to set aside a certain amount of money as a collective that would be available to anyone in the group who encountered an

emergency. Ernie also greatly enjoyed helping families in the area by teaching a night school electrical class for adults.

In 1981, Ernie even found time to get involved in what he calls his “home town social club” for members of the Toronto community near Westview who came from his home town Fossacesiana in Italy. Not to play cards, however, but to help those in need of help in so many ways.

In 1990, when Cardinal Carter Catholic Secondary opened up in Oak Ridges, they were looking for someone to teach introductory computers and mathematics. Ernie knew he would miss the people at Westview but he had been living in Richmond Hill since 1975 so this move made sense for him.

At Westview and Cardinal Carter, Ernie was on every committee possible including the student council as staff advisor.

While at Cardinal, he coached boy’s soccer, girl’s hockey and slow pitch. And, as you might imagine, from the start of his teaching career to the end, he was

always a convenor of the “School Social Committees”.

In 2000, he decided to retire from teaching. While he didn’t really have a set plan, he knew that retirement would allow him to spend more time working to help others. He started out by taking on the position as parish caretaker; a job which he held for five years. This allowed him the time to do all of the other volunteer work that he wanted to do.

Ernie is still very active in his local church parish – Our Lady of the Annunciation (Oak Ridges). He is a member of the choir and a “Minister of the Word” (reading scripture at Sunday Mass). He has served on and chaired a variety of committees and organized many events including the Share Life Fund-raiser, World Youth Day (2002), the Family Church BBQ and resettlement for the Family Refugee Sponsorship (2013).

Ernie’s current efforts are centered on fund-raising to renovate and expand the existing church building to be able to accommodate more parishioners

(almost double) at Sunday mass.

Ernie was instrumental in the formation of the Oak Ridge’s Knights of Columbus, a fraternal and service organization based on the four principles of Charity, Fraternity, Unity and Patriotism. Within this organization, he has served as Program Director, Deputy Grand Knight and Grand Knight.

His love of sports comes into play as he is the convenor of their Monday night, adult, social volleyball. He is also on, or chairs a number of their charity, fund-raising and social committees.

The year he retired, Ernie joined RTO/ERO District 34 and very soon after, became involved with the executive. He has held positions on the board from First V.P. to Second V.P. and then President from 2004 to 2005.

Now as social convenor, he continues organizing events to bring our members together with fun activities such as Bowling Day, Casino Rama trips, lawn bowling and dinner dances to mention just a few more.

Ernie would like to encourage all of us, as members, to get involved with our organization. New ideas and enthusiasm are always needed and welcome!

Ernie has been acknowledged for his efforts in what he believes “is the enrichment of the social, cultural and civic lives of his fellow citizens.”

In 1997, “in recognition of outstanding and dedicated service to those in need”, he received an Award of Excellence for his efforts with ShareLife (an annual charitable appeal of the Archdiocese of Toronto).



In 2017, Ernie was honoured by RTO/ERO with the June Szeman Memorial Award “in recognition for outstanding service to the district”.

Most recently, Ernie received the Senior Volunteer Achievement Award from the Town of Richmond Hill. “Richmond Hill is proud to recognize the outstanding contributions of residents that have demonstrated a commitment to building a stronger community and have contributed in an extraordinary way to make a meaningful difference for the residents of Richmond Hill.”



Ernie still appreciates playing sports – on Mondays it’s volleyball and on Wednesdays it’s hockey.



He still enjoys bringing people together. But of all his varied activities, social or athletic, what Ernie loves doing more than anything else is visiting and playing with his two grandsons: three and a half year old Jackson and 10 month old August. They are the lights of his life.



Ernie's life philosophy has been to be as "good as you can and to help others as much as you can". As his recent recognitions will confirm, he has done a pretty darn good job so far. Ernie attributes his achievements to the love and support that he has always received from his family.

"God willing, I (Ernie) hope to continue my volunteer work for another 35 years".

Milk Bag Project

By Angela Stewart

Sharon Gusz will continue to host the Milk Bag Project on the first Tuesday of each month at Our Lady Queen of the World Church in Richmond Hill. For more information on the project, please visit www.milkbagsunlimited.ca. Please contact Sharon at sharongusz@gmail.com if you would like to receive email updates about this very worthy activity.

The dates for 2019/2020 are always on a Tuesday:

October 1: 9:30 to 11:30 a.m.

November 5: 9:30 to 11:30 a.m.

December 3: 9:30 to 11:30 a.m.

January 7: 1 to 3 p.m.

February 4: 1 to 3 p.m.

March 3: 1 to 3 p.m.

April 7: 9:30 to 11:30 a.m.

May 5: 9:30 to 11:30 a.m.

June 2: 9:30 to 11:30 a.m.



Members of the Milk Bag Project at Their June Luncheon

Have You Ever Wanted to Throw Rocks at Houses?

By Rosemarie Cseff

For the past 55 years, both retired and working teachers from York Region have participated in a curling league at the Richmond Hill Club on Yonge Street and Elgin Mills. Our season usually begins the week following Thanksgiving and ends by March Break.

All games take place on Thursday beginning at 4:20 p.m. sharp and ending by 6:30. Following

the matches, team members are invited to relive a particularly satisfying shot or strategy or just get caught up on the latest news all while sharing a beverage of a social nature.

Our first evening is an introduction to the game with instruction given to any rookies by one of our seasoned members. All equipment—a broom, slider and stabilizer are available for loan at the curling club.

Participants are asked to wear comfortable pants, a warm sweater or light jacket and most

importantly, very clean running shoes. Leather palmed gloves or mittens would be advised as well.

The cost is \$110 for a total of six games and will be collected on the first evening of play. All interested players are then placed on teams to begin a six week series of games.

Points are awarded based on the outcome of each week's game with a playoff game held at the conclusion of the series. After the six game session, a new set of teams is drawn up and play begins again.

We do hope that you will consider joining us this fall.

So, if you feel you'd like to try and throw a 30 pound circle made of granite at a house or sweep ice with a push broom, please contact Rick Harper mrpar6@hotmail.com



Blood Relations

By Craig Lee



The play is based on historical fact: the 1892 double murder of Lizzie Borden's father and stepmother, a crime for which Lizzie herself was charged. The crime shocked the Massachusetts community of Fall River, as well as the whole nation. Citizens read with fascination reports of the trial. Lizzie was acquitted but the crime was never solved, and the public questioned her innocence.

In contemporary times, the figure of Lizzie Borden has achieved iconic status. Many perceive her as an early feminist who did not shy away from acting and thinking as an individual.

It has often been theorized that, if Lizzie did in fact commit the murders, her actions were based on self-preservation, an attempt to escape from an abusive family situation.

Dates and Times:

Choice # 1

Friday, October 18 at 8 p.m.

Choice # 2

Sunday, October 20 at 2 p.m.

Location:

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

Cost: \$20

Please place your order by
September 27, 2019

Make your cheque out to **RTO/
ERO District 34** and send with
your registration form (pp. 23 or
61) 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.

**Art Group***By Ann Evans*

A few of us, who recently participated in the art show at Newmarket Old Town Hall - Serpa Gallery, got together at Hui Hou, Main Street, Newmarket.

It was interesting to see what others were working on. We chatted about our artistic endeavours and possible future activities. Suggestions included meeting up with the Schoolhouse Group of Artists in Stouffville to re-energise our art by sharing friendly critiques and learning new techniques.

If interested check them out at www.theschoolhousegroupofartists.com

Also, it was shared that many events take place at the Georgina Arts Centre & Gallery

For more information visit their web page: <http://www.gacag.com>
Their email is georginaartscentre@gacag.com

There is also an opportunity at the Open Studio at the Georgina Arts Centre and Gallery, 149 High Street, Sutton.

Another suggestion was to take part in non instructional life drawing sessions on Sundays 6 p.m. until 9 p.m. at 314 Mill Street, Mill Pond Gallery, Richmond Hill.

The person to contact is Olga olgasenyk@gmail.com or call 647 393 6586.

There was a consensus that we would like to meet again to have further discussions about techniques, share ideas and projects etc. etc.... a really open format.

I would like to invite other artists to join us. We plan to meet at Hui Hou, 208 Main Street, Newmarket L3Y 3Z3 in September.

Please contact me either by phone or email if you are interested and I will email you future dates.

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.

Warren Atkinson
 Ruth Beckett
 Joan Bentley
 Alberta Booth
 William Campbell
 Bruna Cescolini
 Ramma Chabra
 John Chilvers
 Mary Colvin
 Jonathan Erentzen
 Judith Govis
 Frank Handscomb
 Dorothy Izzard
 Olavi Kokkinen
 Eileen Liasi
 Maureen Maize
 Iona Mascarenhas
 Dawn Muloin
 Marion O'Grady
 Timothy Roebuck
 Marcia Snape
 Donna Stevens
 Merle Swanson
 Ronald Swirsky
 Joan Ure
 Gordon Weisener



David Dunlap Observatory Visit

Photos By Craig Lee



Chorus York

By Chris Prefontaine

Chorus York is an auditioned, mixed voice performance choir that sings a wide range of music “from Bach to Broadway”.



Photo by Rhonda Starr

RTO District 34 member Mary-Lou Montgrain has been with the group since its inception in 2016. This choir is a non-profit registered charity and is open to adults of all ages. Members range in age from mid 20's to mid 80's. Rehearsals are held on Tuesday evenings from September to June at the Richmond Hill Presbyterian Church, 10066 Yonge St.

Artistic Director, Stéphane Potvin, whose career has taken him throughout Canada, the United States and Europe, working with orchestras and choirs of varying levels, will continue to provide the group with top notch musical leadership as they head into their fourth season.

If you have choral ability and are interested in a challenging and fulfilling experience, please consider attending the Chorus York Meet and Greet on September 10, 2019 at the Richmond Hill Presbyterian Church at 7 p.m.

For more information visit www.chorusyork.ca or phone Mary-Lou at 905-884-7922. You may also email mlmontgrain@rogers.com or info@chorusyork.ca

Watch the 34th Story for Chorus York concerts in 2020.





Belonging at any age

Seniors are the fastest-growing age group in Ontario. What does belonging mean for them?

Retirement income security

Canadians deserve a secure retirement, with a guaranteed source of adequate income.

National Seniors Strategy

Canada needs a National Seniors Strategy that optimizes health, financial security and social inclusion.

Pharmacare

All Canadians should have access to the medications they need.

Let's make Canada a safer, healthier and more inclusive environment for seniors and their families.

Support an age-friendly candidate on October 21, and speak up at vibrantvoices.ca today.



Vibrant Voices, a collective of nine seniors-focused organizations, are calling on officials at all levels of government to take legislative action for Canada's seniors.

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. Our guest speaker will be Dan Needles, famous for the Wingfield Farm plays.

Date:

Thursday, October 24, 2019

Time:

11:30 a.m. - registration and bar are open

Noon - seating for luncheon

Cost:

\$20 per person

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

A trio of deserts
Coffee and tea

Deadline for Registrations is October 10, 2019

There are two possible payment methods:

1. Make your cheque out to **RTO/ERO District 34** and send with your registration form (pp. 23 or 61) to:

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

2. Complete the event registration form found at www.34thstory.com by clicking on **Events** at the top of the page and select **Fall Luncheon**.

You will see “to register,click here” at the bottom of the page. Once completed, click Submit form to send it to susanphillips@gmail.com

You may also scan or photocopy the registration form and attach to an e-mail to Susan. Do not pay yet. You will receive a reply e-mail stating that your registration has been received.

At that time you will make your payment by Interact Transfer to rto34event@rogers.com

Dining and Horse Racing

By Ernie Polsoni

Last year, for the first time, our group experienced “Thoroughbred Racing” at Woodbine Racetrack and Slots. I found it very exciting! We can experience that “thrill” again in November!

I hope that some of you checking out this event will participate in this exciting sport. And so you know, in addition to enjoying good food and horse races, you will be sharing a great time with very nice people!

The traditional racing buffet included in our price:

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

Complimentary Royal Blush

All applicable taxes and gratuities are included (excluding consumable charges).

A race program for each guest is also included.

Date:

Wednesday, November 13, 2019

Time:

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

Location:

Woodbine Racetrack
555 Rexdale Blvd. It is located five minutes from Pearson International Airport. (Intersection of Hwy. #427 and Derry Road/Rexdale Blvd.) Parking in lot A and entering through the West Entrance is your best bet. It is 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 Favourites Dining Room. They 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 1.

If somehow you miss the deadline call me at 905-773-5814 in case I have tickets from a cancellation. 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 you to please reserve as soon as you can - much appreciated and thank you.

Make your cheque out to **RTO/ERO District 34** and send with your registration form (pp. 23 or 61) to:

Ernie Polsoni
75 Bond Cres.
Richmond Hill, ON L4E 3K6



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 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 programmes for children;
- support for the disadvantaged, shut-ins or for crisis centres;
- support for initiatives in developing countries;

- 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 1-800-361-9888 until the end of February. An RTO/ERO District 34 member who is a participant in the group must complete and sign the forms.

The 2020 Project – Service to Others Application will be posted

on the website in the Fall of 2019. Completed applications must be received by the District 34 Executive by Friday, April 17, 2020.

They may be sent to the District 34 Project Service to Others

Convenor:

Regine Baker

15 Groomsport Cres.

Scarborough, ON M1T 2K8 or reginebaker@rogers.com

Or to the District 34 president lynn.hitsman@sympatico.ca

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.



Matilda

By Craig Lee

Marquee Theatrical Productions brings you a production featuring Matilda, a little girl with astonishing wit, intelligence and psychokinetic powers. She's unloved by her cruel parents but impresses her schoolteacher, the highly loveable Miss Honey.

Over the course of her first term at school, Matilda and Miss Honey have a profound effect on each other's lives, as Miss Honey begins not only to recognize but also appreciate Matilda's extraordinary personality. Matilda's school life isn't completely smooth sailing, however – the school's mean headmistress, Miss Trunchbull, hates children and loves thinking up new punishments for those who don't abide by her rules.

But Matilda has courage and cleverness in equal amounts, and could be the school pupils' saving grace! Packed with high-energy dance numbers, catchy songs and an unforgettable star turn for a young actress, Matilda is a joyous girl power romp.

Children and adults alike will be thrilled and delighted by the story of the special little girl with an extraordinary imagination.

Date:

Sunday November 17, 2019

Time: 2 p.m.

Cost: \$25

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

Please place your order by Friday October 26, 2018. Make your cheque out to **RTO/ERO District 34** and send with your registration form (pp. 23 or 61) 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.



Welcome New Members

By Evelyn Lawrence

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



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

Susan Altwerger
 Susanne Amadeo
 Jean Anderson
 Janet Atkinson
 Joan Atkinson
 Mary Baglieri
 Angela Baker
 Nancy Banks
 Leslie Benson
 Peter Bentley
 Francesca Benvenuto
 Rosetta Bernabei
 Carmine Bianchi
 Enrico Bianco

Linda Binicki
 Terri-Lynn Bohnert
 Theresa Boucher
 Mary Braund
 Joyce Bulgin
 Rhona Caplan
 Lee Cappe
 Lucia Cameiro
 Jatinder Chabra
 Raffaella Champion
 Dorian Collins
 Vincent Colucci
 Bianca Creek
 Elinor Crowe
 Antonio Cuddemi
 Antonio Curtis
 Siena DaCosta
 Frank Dalla Court
 Nurit Danieli
 Joseph Di Giorgio
 Erminia Di Luciano
 Loretta El-Zabet
 Evelyn Eretzen
 Diane Feder
 Dermot FitzPatrick
 Frances Flint
 Marilyn Fox
 Carol Fraser

Maria Garofalo
Vince Garofalo
Heather Garrett
Marguerite Gervan
Lucia Giannotta
Susan Gibson
Karen Gilbert
Marie Gowans
June Graham
Kip C. Graham
Joseph Grech
Gerald Grimes
Sandra Handscomb
Delphine Harrison
Jean Hatch
Dianne Hawkins
June Healey
John Howard
Rickey Hung
Anna Iadipaolo
Susan Johnston
Diane Johnstone
John Keenan
Julia Kiessling
Pauline King-Taylor
Terry Knight
Joanna Kowalski
Elizabeth Martini
William Masters
Tzofia Minda Klein
Michaela Kraus
Susan Lecerf
Mary Lecours
Isabella Lence
Rocchina Leone
Murray Levy
Kathy Lott
Heather Lowry
Jennifer Lundell
Maurene Macaulay
Kevan Malone
Pina Marino
Deirdre Marshall-Pulchinski
Luana Martins
Anetta Mastrangelo
Susan Mathews
Catherine McGinley
Deborah Medeiros
Richard Miraglia
Diane Murgaski
Sylvia Nettie
Louise Ng
Lucy Oren
Rosemary Pavan
Gabriella Pezzutti
Risemary Polak
Marisa Porco
Viviana-Aura Praisler
Rudy Pries
Leslie Rankin-Marchand
Pamela Reiner
Margaret Roebuck
A. Marie Rukavina
Lisa Sapunjis
Robib Schecter
Mary Jane Scott
Sherri Sengupta
Carmine Settino
Laura Simon
Cindy Sisti
Kim Smith
Marie-Lise Souche

Two Pick-up Locations:

9 a.m. Newmarket
17600 Yonge St.
Upper Canada Mall in front of
Urban Planet (former Sears store)
SW corner of Yonge and Davis

OR

9:30 a.m. Richmond Hill
9350 Yonge St.
Hillcrest Mall between Panera
Breads and the Marshalls store.

Itinerary:

11 a.m. to 11:45 a.m.
Washroom break or grab a quick
bite to eat (on your own)

1 p.m. to 3:30 p.m.
Reserved orchestra seating at the
Shaw Festival Theatre

4 p.m. to 4:30 p.m.
Visit to Chocolate F/X

5 p.m. to 7 p.m.
Dinner at the Skylon Tower

7:15 p.m. to 7:45 p.m.
Winter Festival of Lights,
Niagara Falls
at approx. 6:30 p.m.

Departure: Approximate return
to Richmond Hill 10 p.m. and
Newmarket by approximately
10:30 p.m.

Cost: \$135

Includes:

Return transportation via coach,
traveling on the 407ETR,
orchestra seating for performance
of Holiday Inn, dinner including
taxes and gratuities at the Skylon
Tower and a sightseeing tour of
the Winter Festival of Lights.

On the registration form, please
make a dinner selection for each
registrant.

Choices are:

Roast Prime Rib or
New York Steak or
Salmon Filet or
Breast of Chicken or
Vegetarian

Deadline for registration is
October 18, 2019.

Make your cheque out to **RTO/
ERO District 34**. Send it along
with your registration form (pp.
23 or 61) and waiver (p.60) to:
Susan Leppington
162 Crossland Gate
Newmarket, ON L3X 1A5

Note: In the event that this trip is oversubscribed, we will hold a draw of all registrations submitted before the deadline of October 18, 2019.

This seems an equitable way of dealing with the varying delivery dates of The 34th Story newsletter. You will be notified by email of your registration status by late October.

Please contact Susan at susanleppington@rogers.com if you have any questions about this process.

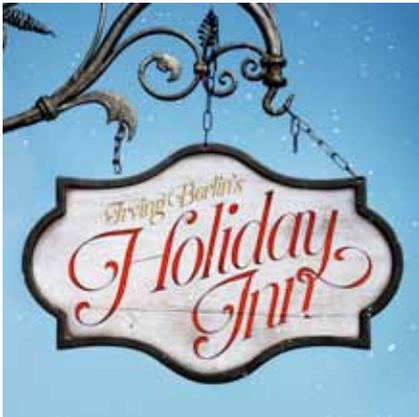
Elmer Iseler Singers and The Elora Singers

By Craig Lee

The Elmer Iseler Singers is a 20-voice fully-professional choral ensemble performing repertoire that spans 500 years, with a focus on Canadian composers.



The Elora Singers, an all-professional Grammy and Juno-nominated chamber choir is renowned for its rich, warm sound, diverse styles and clarity of texture.



Join us for this historic night as both celebrated ensembles take the stage together for the first time ever.

Date: Friday, November 29, 2019

Time: 8 p.m.

Location:

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

Cost: \$25

Please place your order by Friday November 8, 2019

Make your cheque out to **RTO/ERO District 34** and send along with your registration form (pp. 23 or 61) to:
Craig Lee
21 Lippincott Court
Richmond Hill, ON L4C 7M5

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

The Wizard of Oz

By Craig Lee

Alexander Mackenzie High School and Mackenzie Music

The immortal MGM classic *The Wizard of Oz* turns 80 this year! Based on the beloved novel by L. Frank Baum and featuring songs by Harold Arlen and E. Y. Harburg, the technicolor film premiered at Grauman's Chinese Theatre on August 15, 1939.

Faithfully adapted from the MGM film, this full-length stage production features all the classic characters, dialogue, and songs that audiences have cherished for generations such as: *If I Only Had A Brain*, *We're Off To See The Wizard*, *Ding-Dong! The Witch Is Dead*, and of course, *Over The Rainbow*.

Date:

Thursday, December 12, 2019

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 21, 2019

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

(pp. 23 or 61) to:

Craig Lee

21 Lippincott Court
Richmond Hill, ON L4C 7M5



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

Classmate Reunion

By Teresa Latchford

How many people can say
they just had lunch with
a teacher they had in the
1960's?

Fifteen Langstaff Elementary
School graduates from the 1960's
can say just that following their
eighth annual class reunion held
in June. Newmarket resident
Nancy Cameron hosted the
former Thornhill students in her
backyard. Their former teacher,

District 34 member Joan Evans,
95, was the guest of honour.

“It started out with about six
people and kept growing each
year to now,” Cameron said.
“Most of us just turned 70 but
we feel we look and act so
much younger.” Some of the
luncheon participants travelled
from London, St. Catharines and
Mississauga.

“It was amazing to have our
teacher this year and she even
remembered us and what we were
like while in her classroom”, said
Cameron. She and a few other
students plan to continue visiting
with Evans on a regular basis.

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Media Group. For the complete
article visit: [http://torstar.co/
Zvuj50uZFBE](http://torstar.co/Zvuj50uZFBE) Photo by Susie
Kockerscheidt/Torstar*



Foundation News

Grants Announcement

The RTO/ERO Foundation has announced the recipients of its annual grant program. The announcement was made by Board Chair Joanne Murphy at the RTO/ERO's annual Spring Senate event.

A total funding pool of \$75,000, made available through the fundraising efforts of the Foundation in 2018, has been awarded to two projects, specifically aimed at addressing the growing problem of social isolation among Canadian seniors.

“We were very pleased this year with the overwhelming number of proposals we received, which is evidence that our program is more well-known within the granting sector” says Joanne. “More importantly however, we were so impressed with the quality of the proposals, the rigor that was applied to methodology and measurement, and the truly exceptional originality and ambition that we saw in a

majority of the proposals we received. The final decision is always difficult and this year was no exception.”

One grant, in the amount of \$50,000, has been awarded to a collaboration between two organizations who will co-manage the project; the National Institute on Ageing, Ryerson University (NIA) and the National Initiative for the Care of the Elderly (NICE).

Establishing Best Policies and Practices for Understanding and Addressing Social Isolation in Older Canadians, aims to synthesize and catalog best policies and practices, nationally and internationally, with respect to social isolation.

The second grant, in the amount of \$25,000 is awarded to Catholic Family Services Peel-Dufferin for a project entitled Peel Senior Connectors. The initiative aims to reach isolated seniors at community outreach locations, through current one-on-one support systems, and at health care facilities.

Congratulations to both grant recipients, and thank you to all our donors who help make the grant program an annual success.

Social Isolation Awareness Month

Did you know:

- Social isolation is the #1 emerging issue among Canadian seniors.
- Recent studies show that 24% of Canadians over 65 report feeling socially isolated.

The negative impact that social isolation has on individuals and communities is well documented. Social isolation can lead to elder abuse, reduced social skills, and poor mental and physical health. Overcoming these barriers requires a coordinated approach from a variety of community organizations and services – to identify vulnerable, isolated seniors and support them to make connections with others in their community.

To help address the issue, the RTO/ERO Foundation named October 2018 the first ever Social Isolation Awareness Month. This included a fundraising campaign,

webinar series, and an awareness raising initiative called Engage: End Isolation.

The campaign asked Canadians to sign up to receive a “challenge email” every Tuesday in October. Weekly challenges included awareness measures and tips for addressing and preventing social isolation such as:

- Scheduling a weekly call with a senior
- Offering to help with seasonal chores
- Helping a senior set up and/or fix tech devices
- Sharing success stories on social media

A total of 650 Canadians signed up for the campaign last year. We are excited to launch it again this Fall and are hoping the campaign continues to grow. Registration will open in August.

Please visit the RTO/ERO Foundation website at www.embrace-aging.ca to learn more about the **Engage: End Isolation campaign**.

Commons Coffee and Catering

By Linda Shea-Carter

What We Do and How You May Be Able to Help

Coffee Commons and Catering is a Not for Profit which trains and provides real life work experiences to individuals who are differently abled in our community, in the areas of Hospitality, Baking, Cooking and Customer Service. We have been training and providing educational opportunities to individuals from early teens to adulthood for 7 years in Newmarket and in Aurora.

Over these years we have helped about 20-25 people in a variety of ways as mentioned above and in helping these people learn to become more confident and capable in an ever changing world and job landscape.

Our primary focus for these many years has been working in the Newmarket Farmers Market. In addition to making and selling organic, free trade, locally roasted coffee and speciality drinks at

the Market, we also provide customers with home made baked goods.

There is much to do in this job that our partners are all involved in to various degrees. There is the preparing of the products to be loaded into our rented weekly U-Haul van every Friday afternoon and early Saturday morning. This in itself is at least a two-three hour operation.

There are all of the baked goods to prepare, taking stock, replenishing supplies that are required for the very busy market clientele. Then, from 7 a.m. onwards, there is the setting up of all of the tents, tables, foods, premade coffees for the early customers, speciality drinks preparation and the continuous making of coffee throughout the day.

Our days at the market are exceptionally busy. All of our partners are assigned special work-related tasks to make our operations run smoothly. There is managing the money and dealing with nice customers-which makes their jobs so much easier. After the market closes, there is

the counting of the money, taking the tents down, loading of all of the products and equipment in the truck. Finally, there is the unloading of the truck contents and then the washing of all of the products. Needless to say, it is a very busy operation.

In addition to the Farmers Market we have been fortunate to have been involved in many other community ventures. Some of these include: Earth Day activities, the Newmarket Jazz Festival, Newmarket Canada Day celebrations, the Mayor's Levee, the Newmarket Home Show, Ted Talks and many others.

As well we have provided our services on a weekly basis to the Aurora Community Café which was the recipient of this past year's RTO Service to Others grant. This Café is a product of Welcoming Arms in Aurora, which provides a variety of services to the elderly, lonely and needy in the community.

Throughout the year, we have had many school groups come to our Wednesday Café to enjoy hot soup, chili, speciality sweets, veggie platters and an in-house

disk jockey! It is in this endeavor that we are reaching out to the good people of RTO District 34. Currently, we are in need of someone who would like to oversee the baking and light lunch preparation of our Café two Wednesdays per month. This person would be responsible for overseeing the workings of one or two people who have cooking skills and food handlers training and who have some special needs.

It is not a demanding volunteer position but an enjoyable one for someone who enjoys cooking in a certified kitchen and helping lovely people develop more skills in many areas.

As well, the Café is a fantastic place to volunteer because there are so many interesting and caring people who frequent the Café on Wednesdays. If you are interested in considering this wonderful opportunity and exploring more of what it would entail, feel free to email me at: lsheacarter@rogers.com.

I hope to hear back from many of you in the near future. Thanks so much!

Spring Luncheon and AGM

Photos by Grant Dale





Acknowledgement, Waiver and Release

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

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

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

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

Registration for RTO District 34 York Region Events

Please print.

Name of Event: _____

Date of Event: _____ Cost per person: _____

Registration Deadline Date: _____

Name(s): _____

Telephone: _____

Email: _____

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

Newmarket Location Richmond Hill Location

Meal choice (if applicable): _____

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

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

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

If registering for the event electronically, please follow the instructions in the event description.

NOTE: If bus transportation is included in the price of the event, the signed waiver found on page 60 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

Allianz Global Assistance
From Canada-US:
1-844-310-1576

From other countries: 519-514-0353 (ask operator to call collect)

Classified Advertising

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



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

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

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

Changing Your Name, Address or Phone

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

RTO/ERO PROVINCIAL OFFICE

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

DISTRICT 34 MEMBERSHIP COORDINATOR

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

DISTRICT 34 EMAIL COMMUNICATIONS COORDINATOR

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

Newsletter Submissions

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

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

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

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

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

