



# 34th STORY

District 34 - York Region

Vol. 35 No. 2 - April 2023



## *Georgian Bay Pines*

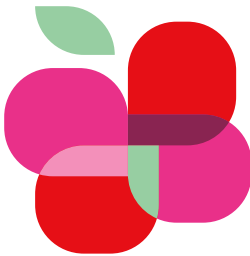
*A 30" X 40" Oil Painting By George Keltika*

Join us on the Internet at [district34.rtoero.ca](http://district34.rtoero.ca)

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## For Your 2023 Calendar

### **Zoom Yoga**

Tuesday, April, 4  
Tuesday, May 2  
Tuesday, June 13  
Tuesday, September 5

### **Join Us For a Walk**

Thursday, April 20  
Tuesday, May 23  
Wednesday, June 21

### **Have Java**

Thursday, April 13  
Tuesday, May 16  
Wednesday, June 14

### **Estate Planning**

Wednesday, April 26

### **Twist**

April 26 to 29

### **Glorious**

Friday, April 28

### **The Savannah Sipping Society**

Thursday, May 11

### **AGM and Spring Luncheon**

Thursday, May 25

### **Gypsy**

Wednesday, May 31

### **Lawn Bowling**

Wednesday, May 31

### **Blue Jay Game**

Tuesday, June 6

### **Jonas and Barry**

Wednesday, June 7

### **Golf**

Tuesday, June 13

### **Cultural Promenade**

Saturday, June 24

### **Markham Garden Tour**

Sunday, June 25



*Bob Sandiford, President*

### **President's Message**

**T**he days are finally getting longer; it seems like it has been a long cold winter.

Thankfully, the promise of spring is in the air. A sure sign is when my wife brings home a little primula flower or pot of tulips from the grocery store. I know through conversations with members many of you have chosen to head south to warm up for a few weeks during the depth of winter. For those who choose to stay, District 34 continues to offer numerous events and activities to keep these long chilly days both interesting and stimulating. Our executive is working hard at restarting all the things that we have missed over the last 3 years of COVID isolation.

We continue having monthly Hava Java meetings, now in 4 different locations across York Region. Call another RTO member you know and set a date to catch up. We will pay for the coffee and a treat for each member who attends.

We also have organized walks; spending time outdoors is a great way to enjoy winter. Please check our magazine for dates, times, and places to find out how you can get involved.

The first Tuesday of the month is Yoga night online, and we still have a large number of discounted plays in the upcoming month. So lots to do as the weather starts to improve. Occasionally, if we find information we think you would be interested in, we will send that out through an email to all of our 4,200 members. These email blasts are to keep you informed about activities, useful data we may have gathered, or enjoyable workshops being offered by RTOERO and other outside agencies.

Before Christmas, on your behalf, our executive members hand delivered \$500 cheques to each of the nine food banks in the District 34 boundaries, which includes all of York Region. We hope it made some peoples' burden a little easier over the holidays.

Our past president, Jose Fernandes, has initiated the process of gathering names for the new executive. Please consider putting your name forward for the 2023-2024 year.

In addition, if you are thinking of a new activity you wish to pilot please drop us a line and let us know how we can assist in its creation.

I would like, once again, to thank all of our hard working executive members and those individuals who are running the many activities we offer each month. On behalf of the executive, I wish you a safe, healthy and enjoyable spring. And please enjoy this month's The 34th Story.



## Achieving Pharmacare For All

*By Paul Devlin*

Imagine walking into a pharmacy and filling your prescription with nothing more than your Medicare card and a small co-payment. Just \$3 for essential medicines, \$5 for everything else, with annual payments capped at \$100 and no co-payments at all for low-income individuals.

In the midst of an ongoing cost-of-living crisis, it must sound more like something out of a utopian science fiction novel than a serious policy proposal.

Canada has just such a plan. In June 2019, Dr. Eric Hoskins, Ontario's former Minister of Health, presented an expert panel report (Hoskins Report) that lays out in detail how the federal government could extend Medicare to cover prescription drugs and eliminate the excessive out-of-pocket costs that many Canadians experience.

Dr. Hoskins led the Advisory Council on the Implementation

of National Pharmacare, and the recommendations were to be implemented in 2022. However, the report was ferociously opposed by the pharmaceutical industry and the lobbyists they employ. Big Pharma insists that pharmacare is “too radical.” Rather than a public, single-payer insurance plan that would cover everyone and restrict excessive drug prices, as outlined in the Hoskins Report, they propose minor changes. They warn that “nationalizing” drug insurance is a “radical change” with uncertain outcomes. In fact, Sean Speer, from the pharmaceutical-funded Macdonald-Laurier Institute, stated, “we shouldn’t so incautiously discard the status quo in an elusive search for technocratic utopianism.”

If the Hoskins Report had been implemented, we could expect to be making headway towards ensuring affordable access to medicines for all and bringing an end to the shameful reality of “cost-related non-adherence” in Canada. The phenomenon of patients who can’t afford their medication is two to five times more prevalent in Canada than in most of the other 38 Organization

for Economic Cooperation and Development (OECD) countries. Instead, we are seeing disturbing signs that as inflation persists, growing numbers of Canadians are losing access to their medicines. Elected representatives report constituents urging them to do something about drug costs not currently covered by inadequate provincial plans. Pharmacists have seen a growing number of low-income seniors that have resorted to skipping doses and deferring prescriptions because their fixed incomes have been eaten away by inflation. Anti-poverty groups have witnessed more and more families making impossible trade-offs between paying rent, buying groceries, and taking medications!

The Hoskins Report documented, millions of patients across Canada who are suffering from the high drug prices and large gaps in insurance coverage that characterize our current system. It found that one in ten Canadians are, at any given time, skipping taking their medications because of the cost, and more than one in five could easily find themselves unable to fill their prescriptions because of inadequate coverage.



That is 7.5 million people across the country who are either uninsured or underinsured, and don't have the drug coverage they need.

In poll after poll, nine out of ten Canadians say that prescription drugs should be covered by Medicare. Canadians overwhelmingly support universal pharmacare. The problem is that the executives of Big Pharma have more political influence in Ottawa than the majority of Canadian citizens.

Given how badly served Canadians are by the current status quo, a comprehensive, single-payer pharmacare program would indeed mark a radical departure – one that would change things radically for the better, for millions of Canadians. As the Hoskins report made clear, this is both eminently doable and well past time we did it!

“A Prescription for Canada: Achieving Pharmacare for All”  
Final Report of the Advisory Council on the Implementation of National Pharmacare (184 pages – Government of Canada Website.)

## The RTOERO Community Grant

*By Regine Baker*

The Community Grant program offered by RTOERO allows each district to choose one local charitable project to receive up to \$2,500. Rather than just a simple donation, this money is for a specific use or project that the charity or community group is pursuing or would like to pursue (e.g. purchasing books or electronics, building an access ramp, cooking lessons for teenaged parents, etc.).

District 34 York Region is inviting any member who is involved with a local community group or charity project to submit the name and location of the group and a brief summary (100 words or so) of the specific project or use. Include timelines for completion and estimated costs. Submissions will be assessed on viability and practicality as well as merit.

Submissions should be sent to Regine Baker, Project Service to Others Rep at [reginebaker@rogers.com](mailto:reginebaker@rogers.com) by Friday, April 21, 2023.

At our May meeting, the District 34 Executive Board will consider all submissions, select one and notify all applicants. The selected applicant will then complete the official RTOERO online Community Grant Application Form to be forwarded to the RTOERO Community Grant Committee for consideration.

## Free Zoom Yoga

By Angela Stewart

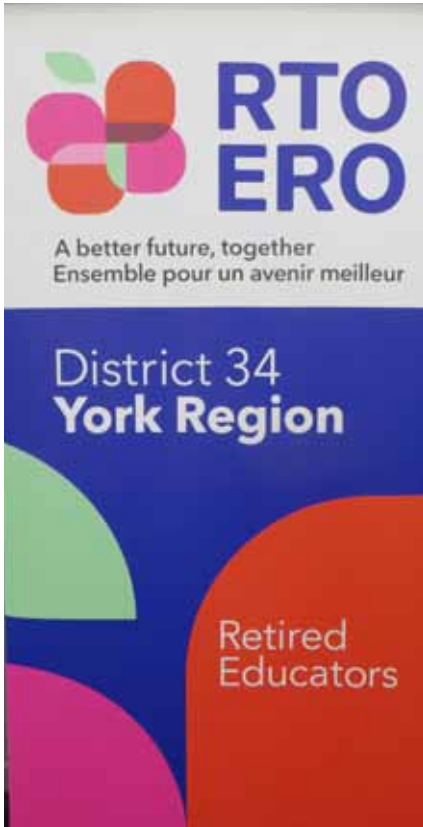


**A**re you not sure if you can handle a yoga class? You probably can. Read what was said after a recent RTOERO session.

“Thank you for a relaxing yoga class. I had a rough ear treatment appointment at Mount Sinai. I did the yoga sitting in a chair. It was very good for my body and I feel relaxed.” and “My rheumatoid arthritis was acting up today and I wasn’t sure I could follow the class tonight. But I tried, I used the modifications, and I felt better afterwards.”

Enjoy a free yoga class in the comfort of your home. Our instructor offers a class for all levels and all abilities. For more information, feel free to visit her website at [rootedtreewellnessstudio.com](http://rootedtreewellnessstudio.com)

The sessions will take place the **first Tuesday of the month in April, May and September at 7 p.m.**



The date of the June class has been changed.

**Dates:**

Tuesday, April 4, 2023

Tuesday, May 2, 2023

Tuesday, June 13, 2023 (note, this is the second Tuesday of the month)

Tuesday, September 5, 2023

**Time:** 7 p.m.

Use the following link to sign up for one or more classes:  
[calendly.com/christinadefranco/rto-yoga](https://calendly.com/christinadefranco/rto-yoga)

## Tales of an EV Rookie

*By Noel Cooper*

I've been a member of RTOERO District 34 York Region for 24 years, and am a pleasantly healthy 83-year-old grandfather. I'd like to promote the cause of electric vehicles by telling of my adventures during the past year.

In November 2021, I ordered a 100% electric Kia Niro Electric Vehicle, hoping to start driving it in the spring. The dealer said it would take four to six months to

arrive, but it came in February, so I had to ask for it to be equipped with snow tires, and I learned my first lessons about using an EV under winter conditions. At this writing, I've had it for almost a year, and I've learned a lot.



It's been great fun to drive. When I want to get up to highway speed quickly, the noiseless pick-up pins the driver to the back of the seat. There are no pauses for gear changes because there is no transmission; just zooooom. Steering is stable. Almost no service is needed: no oil changes; no radiator coolant or thermostat; no catalytic converter, no muffler, no tail pipe. The tires will need replacing like other cars but the brakes will last longer because there's a "regenerative system" that charges the battery by slowing down the car without touching them. Otherwise, all you have to replenish is windshield washer fluid.

Unless you're as old as I am, you will likely be driving an EV

someday. I'm hoping that this narrative will help you make a well-informed decision. The most important issue for most buyers is range and charging opportunities. I'm going to deal with those issues last in this essay; a couple of other matters come first.

### Why Now?

My old car, a 2013 Dodge Journey, was running very well and had reasonably new tires, so it might have kept going for another few years. But I'm old. Who knows whether I will even be able to drive a car at the age of 85? As a result, I decided to join the EV parade early and act now, rather than just watch the last years of my life dwindle away into oblivion. Ya gotta keep living as fully as you can, until you're not living any more. I see this as a tiny but real contribution to a moderate climate and cleaner air for my grandchildren.

### Cost

This car cost more than twice as much as the most expensive car I've ever owned, and I've bought new cars for the past few decades. Base price for the Kia Niro is about \$45,000. You can find cheaper EVs (including the Bolt),

and lots of more expensive ones.

Driving about 500 km/week (25000/year), I was paying close to \$300 for gas every month (and it would probably be \$400+ with the increased gas prices today); the reduction in gas expense is paying for well over half of my car payments. It's a fairly inexpensive way to drive a very elegant and powerful new car and I feel that I'm helping the environment. And it's a lot of fun driving past gas stations and watching the prices rise and fall and rise again!

### Environmental Factors

If you've ever carried 25 L of gasoline in a jerry can, you know how heavy it is. Eighty-seven percent of the weight of gasoline is carbon. In combustion, the carbon in the gas combines with oxygen and comes out of the exhaust pipe as CO<sub>2</sub>. Driving my old car (with a fairly small 2.4 L engine using less than 10 L/100 km) from Orillia to Toronto and back took about 25 L of gas (that jerry can full). The internet estimates that an average car puts 4,600 kilograms (more than four tonnes) of carbon into the air every year. That's a lot of smoke when multiplied by millions, and

every year we're experiencing the increasing effects of worldwide greenhouse gas emissions in wild fires and violent weather. Everyone has to think about how to make the air cleaner, or else our grandchildren will be living in dreadful conditions in a few decades.

I've seen a few articles complaining about the environmental damage done by EVs because of mining and manufacturing batteries. I prefer to accept statements such as the following, printed in the Toronto Star on March 16: "As provinces work to decarbonize their electricity grid, which more are doing, electric vehicles get cleaner over time... (Granted), the battery is more mineral intensive, requiring more copper, lithium and cobalt. Mining those materials does have an environmental impact..."

Over the life of an electric car, though, far less pollution is spewed into the atmosphere. Higher environmental standards can be met "by ramping up battery recycling to reduce the amount of minerals that need to be mined. But when looking at carbon emissions on a life cycle basis, electric cars are much better."

Others have pointed out that our electricity system couldn't possibly serve the needs of millions of EVs, especially not with electricity from clean sources. Ontario's electricity grid is over 90% clean (if you consider nuclear to be clean). I'm confident that technology will evolve to provide renewable electricity to meet the needs of millions of EV drivers in the future.

Another friend said that he feared getting stuck in a traffic jam and not being able to re-charge. That is a reasonable worry for gas-powered cars when they idle. Except for heating and air conditioning, EVs don't use any power while they're sitting still. Also, to relieve that worry, the 24-hour roadside assistance package that comes with the car includes riding a flatbed to the nearest charging station if it ever runs out of charge on the road.

The real worry for an EV owner, which I've experienced a few times, comes when you're driving on the highway 20 km from home, and the dashboard says you have 25 km of juice left in the battery. So far, it hasn't been wrong.

## Range and Charging

Range is the issue that is preventing most people from buying an EV right now.

We live in Orillia, and my grandchildren live in Toronto. It's about 145 km door to door, so I can make the return trip on one charge.

When my car arrived in February, its range when fully charged was 380 km. Winter driving reduces the real range, because cold weather, the car's heater, and winter tires all drain the car's battery. As a result, when the range tracker on the dashboard in February says that I have enough juice for 200 km, I find I'm running low after 160 km on the odometer.

In the summer, full range is 445 km, and the car delivers all those kilometers. Too bad we don't live in California, but I'm still glad to be driving my EV in Ontario.

I've learned when you travel at 100 km/h on the highway instead of 120, your range is extended. It may take a few extra minutes to get where you're going, but you can go farther without needing a charge.

For most daily driving needs, you will rarely use a commercial charging station. Generally, an EV gets charged in its own garage or driveway, overnight, at off-peak rates.

My son Paul, who drives a Tesla and usually charges it in his driveway, says that his electricity bill rose by \$440 (less than \$40/month) in the first year that he owned his EV. (He drove 19,000 km.) That's a lot cheaper than \$300/month for gas.

My annual 25,000 km is a lot of mileage, and a lot of charging. For the first few months, I was using the level 1 charger that came with the car, which plugs into an ordinary 120-volt outlet. It took as long as two days to go from low to fully charged.

Last June 28, an electrician installed a "level 2" 240-volt charger in our garage. It works from an outlet similar to your laundry dryer, and is five times as fast as the Level 1. It can easily charge the battery from low to high overnight. Total cost of the device, wiring and installation was about \$2000; I understand there will be some government help to be claimed next year at income tax time. After four

months of very slow charging, the Level 2 charger makes the car seem to charge like lightning now.

For longer trips, the charging network for EVs like mine simply isn't good enough yet. At present, it takes more than an hour at a charging station to move the batteries from less than half full to full (cost is minimal, often less than \$2; it has cost as much as \$11.50). Tesla's "super-charger" 480-volt network is good enough to support a long trip with 20-minute charges. (My son drove his Tesla, with four people and their camping equipment, from Toronto to Lake Superior and back, with no problems.) It is reported that Tesla is going to make its super-charger network available to EVs like mine in the near future, and that will be a big step forward for taking long trips.

When real inconvenience is foreseen, we're a "hybrid household": my wife has a gasoline-powered car, so we can use hers if we're heading into the wilds of northern Ontario, or planning a long trip where we want to make the best time possible.

## Summary

I bought this vehicle recognizing that there may be some inconvenience. I wanted to try to make a difference, even a tiny one, as soon as possible. And, though it takes some planning, I haven't had a serious problem yet.

I can hear many of our readers saying that all this information confirms their intention to stay with their gas-powered vehicle for another few years. I agree that owning an EV adds a level of complication, and frequent calculation regarding charging and range. Still, I'm quite happy that I decided to get an EV now. I didn't do it for convenience, but to try to make a real, though small, contribution to a healthier environment for my grandchildren. The planet needs millions of people to take similar actions soon to achieve a sustainable future. And so I invite you to consider seriously and give a specific answer to the traditional question:

"If not now, when?"





## Solitary Pine

*An 18" X 24" Acrylic Painting by Linda Shea-Carter*





## Hava Java on Us

By Regine Baker

**M**embers 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 below and put them on your calendar.

Since this is one of our costliest activities, we ask that members limit themselves to one regular or speciality coffee or tea plus one treat. Those who want to have a second coffee, more treats or breakfast are asked to pay for these items themselves.

We look forward to seeing many of you there.

### Dates:

Thursday, April 13, 2023

Tuesday, May 16, 2023

Wednesday, June 14, 2023

**Time:** 10 a.m. to Noon at the North, Farther North and South locations.

Due to Covid restrictions the **Central location's times** are 10 to 11 a.m. and 11 a.m. to noon.

### Locations:

#### South:

The Old Curiosity Tea Shop  
91 Main Street

Markham, ON (Parking on Main Street, behind the tea shop or in the lot on the corner of Robinson and Main Street)

#### Central:

Cream and Sugar Café  
8910 Yonge Street

Richmond Hill, ON (west side of Yonge Street at Beresford Drive, (parking in front))

#### North:

Tim Hortons

Corner of Yonge and Millard Streets, Newmarket, ON

#### Farther North:

Black River Coffee

126 High Street

Sutton, ON (parking on street)



## Join Us For a Walk

By Ann Evans

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

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

### Dates and Locations:

#### Thursday, April 20, 2023

Roger's Reservoir  
East Gwillimbury

This is always a lovely walk with wider, flatter paths! It is part of the Nokiidaa Trail System linking the towns of Aurora, Newmarket and East Gwillimbury. Nokiidaa is an Ojibwa term meaning 'walking together' which seems perfect for our group!

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

#### Tuesday, May 23, 2023

Shepherds Bush

If we are lucky, we will get to see the trilliums in full bloom; as

this has been the case in the past. This walk has mostly wider paths but a short hill at the end of the walk.

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

#### Wednesday June 21, 2023

Willow Farm Valley, Aurora

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

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

As usual, the members **who attended the walk** may continue their visit at a nearby coffee shop where they can enjoy a coffee or tea on District 34. Come alone or bring a friend.

## Estate Planning Workshop

By Susan Phillips

Please come out and join us for a free, estate planning workshop where a complimentary hot breakfast will be provided followed by the presentation.

**Date:** Wednesday, April 26, 2023

**Time:** 10 a.m.

**Location:**

Meadowbrook Golf Club  
11939 Warden Avenue  
Gormley, ON

The workshop will include topics such as: considerations when selecting your executor; common estate planning pitfalls; the real power of your Power of Attorney and more.

The guest speakers will include Catherine Belo, investment advisor RBC Dominion Securities and Lesley Donsky, senior trust advisor RBC Royal Trust.

The number of guests will be limited to 50. Registration is required by April 15, 2023.

Please register for this event by emailing Susan Phillips at [susanphillips@gmail.com](mailto:susanphillips@gmail.com) or by phoning her at 905-859-4583.



## Be Sure to Sign Up

By Angela Stewart

Once a month a reminder email goes out to the members who are on our distribution list. Notices may include regular reminders from the latest newsletter, special event reminders, “save the date” notes, and sometimes a cancellation or change of venue. Once in a while an event comes up that didn’t make it into the newsletter, and you won’t miss out if you have signed up to get the reminder emails.

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

## Twist

By Angela Stewart

### A Markham Little Theatre Production

A mild-mannered accountant finds a sensational way to make a fortune. He plans to write a kiss-and-tell biography about his venomous wife, the nation's favourite soap opera actress. He soon realizes that his book will sell even better if she is murdered before it's published!

Twist is a hilarious spoof on the thriller genre, sure to take audiences on a wide ride of suspense and excitement.

**Dates:** April 26 - 29, 2023

**Time:** 8 p.m.

### Location:

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

**Cost:** \$15

Please note that District 34 is subsidizing this event. In order to get your discounted price, email Angela Stewart at [34thstoryreminders@gmail.com](mailto:34thstoryreminders@gmail.com).

## Bridge Club News

By Joan Burrows

The Bridge group has been attempting to meet regularly on Mondays at the McConachy Center when it opened post COVID. Unfortunately our numbers have dwindled with our retirees either not returning or choosing to social distance and play bridge online.

We have since moved from the main dining room on the first floor to a small room on the second with only 3 tables and we are financially viable until the end of June. However, we will need more bridge players to continue next year.

Our group plays "social" bridge, no partner needed, on Monday from 12:30 to 3:30 p.m. at the McConachy Centre, 10100 Yonge St, Richmond Hill (free parking in rear). The cost is \$3 a session.

If you are interested in joining the group, please email Kay Valentine at [kaytb1941@gmail.com](mailto:kaytb1941@gmail.com) or phone at 905-713-6481.



## Your Town Photos

*By Angela Stewart*

**H**ave you been on our new website? Have you seen the gorgeous photos that our members have submitted? Since our district is made up of nine different municipalities, we would like to see each area represented throughout the year. The sunset photo in December/January by Lauretta Amundsen represented Georgina.



The winter photos in January/February by Rhonda Starr represented Whitchurch-Stouffville (the barn) and Oak Ridges/Richmond Hill (Bond Lake).



If you are interested in submitting an original photograph, please send it to Angela at [34thstoryreminders@gmail.com](mailto:34thstoryreminders@gmail.com). We would need a note in the body of the email stating the name of the municipality, the name of the photographer, and a quick statement giving us permission to publish the photo on our website. The photo should be in high resolution (at least 1440 x 577 pixels).

## Glorious

By Craig Lee

### Theatre Aurora

The true story of Florence Foster Jenkins, the worst singer in the world by Peter Quilter.

In 1940's New York, the performer who everyone wanted to see live was Florence Foster Jenkins, an enthusiastic soprano whose pitch was far from perfect.

**Date:** Friday, April 28, 2023

**Time:** 8 p.m.

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

Cost: \$15

Make your cheque out to *RTOERO District 34* and send it along with your completed registration form (pp. 28 and 61) to:

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

Please place your order by Friday April 14, 2023.

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



## New Webinar Recordings

*RTOERO News*

If you missed some of last year's webinars, you can now find the recordings at [rtoero.ca](http://rtoero.ca). The following sessions were recently added:

- Diabetes prevention and management – What you should know;
- Auto and home insurance 101;
- Social purpose and philanthropy with the RTOERO Foundation; and
- Strengthening your financial capability.

Find all RTOERO videos at [rtoero.ca/resources/videos](http://rtoero.ca/resources/videos).

## Midnight Sun

*Lofoten Island, Norway, Photography By Rhonda Starr*



## Art Group

*By Ann Evans*

**T**he RTOERO District 34 Art Group has gathered together a few times and plan to do so again! We meet for a beverage and chat about our endeavours and current projects. I would like to invite you to join us at a local café during the spring and summer months from April to September when we can again discuss our current pursuits and future artistic plans. It will be a great opportunity for us to bounce our ideas off of one another and maybe even find some new inspiration!

I will send out an email to interested parties with a proposed place, date, and time. To ensure you are included in the get-together, please let me know by email ([annlesleyevans1945@gmail.com](mailto:annlesleyevans1945@gmail.com)) if you would like to join us. Our dates so far this spring, will be Tuesday, April 18 and Thursday, June 1. After that, the summer dates to be decided by the group.



## The Role of Dental Care in Overall Health

*RTOERO News*

**O**ur oral health both impacts and is impacted by overall health. Good oral hygiene is an essential part of maintaining your wellness. Regular dental checkups can help ensure that any issues are caught or treated early.



### Six ways oral health interacts with overall health

- Bacteria from your mouth can enter the body and lead to medical concerns. Evidence has connected mouth bacteria to endocarditis, pneumonia, cardiovascular disease and Alzheimer's.
- Bacteria in the mouth can cause gum disease. Gum disease is common – about seven in 10 Canadians will develop it. Left untreated, it can become periodontitis, which comes with various unpleasant symptoms. Since the risk for gum disease increases with age, having dental insurance can provide the peace of mind that you'll be covered if you need specialized treatment.
- Medications can impact saliva flow. Saliva is important for oral health. It helps to neutralize acids and support digestion. It can also help prevent tooth decay and gum disease by coating the teeth, eliminating harmful bacteria with its antimicrobial agents, and washing away bits of food that can feed bacteria.
- Some health conditions can impact oral health. For example, gum disease occurs more frequently among people with diabetes. And if you're receiving chemotherapy, you may not be able to have dental treatment done until your blood counts have recovered.



- Oral health issues can impact mental health and quality of life. Evidence shows that people with periodontal disease may avoid social contact. You may not be able to enjoy food in the same way. Bad breath or missing teeth can cause feelings of embarrassment or shame.
- Good nutrition supports oral health. Perhaps unsurprisingly, what you eat and drink impacts your oral health. Avoiding too many sugars is a good idea. Foods high in acid should be eaten as part of a larger meal as much as possible, including citrus and tomatoes.

Did you know that the spouse or dependent of an RTOERO member with extended health insurance can join the dental plan, even if the primary member doesn't?

Details about RTOERO's dental plan are available at [rtoero.ca/insurance/dental-plan](http://rtoero.ca/insurance/dental-plan) or contact the RTOERO benefits team to discuss your needs: 1-800-361-9888.

## The Savannah Sipping Society

*By Craig Lee*

**Newmarket Stage Company**

While written as a delightful laugh-a-minute comedy, *The Savannah Sipping Society* has depth and poignancy that touches on the true meaning of friendship and what it means when circumstances force us to adjust to the uncomfortable changes and twists and turns that life brings.

Over the course of six months, which are filled with laughter, hilarious misadventures, and the occasional liquid refreshment, four middle-aged women successfully bond and find the confidence to jumpstart their new lives. Together, they discover lasting friendships and a renewed determination to live in the moment. Most importantly, they realize it's never too late to make "old friends" new.

So, raise your glass to these strong women and their fierce embrace of life.

**Date:** Thursday, May 11, 2023

**Time:** 2 p.m.

**Location:**

Newmarket Royal Canadian  
Legion  
707 Srigley Street  
Newmarket, ON

**Cost:** \$15

Make your cheque out to  
*RTOERO District 34* and send  
it along with your completed  
registration form (pp. 28 and 61)  
to:

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

Please place your order by  
April 27, 2023.

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



## Know Someone Retiring Soon?

*RTOERO News*

If you know someone retiring soon, why not reach out to offer your support? Here are six ways you can help them.

### Share a ready-made to-do list and other resources.

All the steps involved with preparing for retirement can seem a bit daunting, even if you feel the time is right! RTOERO recently surveyed future retirees – they said “help with practical tasks to prepare” was at the top of their needs. RTOERO has ready-to-use resources that you can share with your friend: [rtoero.ca/retirement-planning](http://rtoero.ca/retirement-planning).

### Invite them to a retirement planning webinar.

RTOERO’s free retirement planning workshops receive rave reviews from participants. Why not send a quick email to your friend with the link to the website page where they can see the schedule and register – [rtoero.ca/rpw](http://rtoero.ca/rpw). Sometimes we assume others already know about opportunities like these, but that’s not always the case!

**Tell them about RTOERO.**

You can send an email to tell a friend about RTOERO directly from our website. Go to [rtoero.ca/refer-a-friend](http://rtoero.ca/refer-a-friend). You can use the letter as is – or add your special touch. It's a good idea to mention insurance, but don't forget to tell folks about the advocacy work, opportunities for giving back, social interaction through local districts, or any other benefits of membership with the RTOERO community that you appreciate. You can point to a list of member benefits on the website – [rtoero.ca/member-benefits](http://rtoero.ca/member-benefits).

**Ask them to stop by the virtual booth.**

The RTOERO virtual booth is always open! Invite folks to visit the booth to explore what we offer, test their retirement planning knowledge with our interactive quiz and play the “spin to win” game for great prizes. Find it at [rtoero.ca/visit-our-booth](http://rtoero.ca/visit-our-booth).

**Help them be informed consumers.**

“Shopping” for health insurance is a new experience for most folks. Of course, as Canada's largest provider of retiree health

insurance for the education community, we believe the RTOERO plan is the best choice. And we urge people to find out for themselves. Encourage your friends to use our comparison shopping checklist, so they make a decision based on all the facts: [rtoero.ca/what-to-compare-when-looking-at-insurance-options-for-retirement-printable-checklist](http://rtoero.ca/what-to-compare-when-looking-at-insurance-options-for-retirement-printable-checklist).

**Just listen!**

Sometimes people don't need more advice. They need a friend to be there and listen to their fears and challenges. You can be that person. Reach out and ask how things are going. The transition to retirement can bring up all kinds of emotions. Share this article: [rtoero.ca/how-to-prepare-for-retirement-emotionally](http://rtoero.ca/how-to-prepare-for-retirement-emotionally).



# Registration for RTOERO District 34 York Region Events

Please print this form. Note that your picture may be taken at this event and used in *The 34th Story* newsletter.

Name of Event: \_\_\_\_\_

Date of Event: \_\_\_\_\_ Cost per person: \_\_\_\_\_

Registration Deadline Date: \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

Telephone of Primary Contact: \_\_\_\_\_

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

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

Meal choice (if applicable): \_\_\_\_\_

Enclosed is a cheque made out to **RTOERO District 34** for \$ \_\_\_\_\_  
for \_\_\_\_\_ person/people at \$ \_\_\_\_\_ each.

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

**Please use a separate registration form and cheque for each event request.**

## Foothills in Spring

*An 8" X 18" Glass Sculpture on a Mahogany Stand By Kate Greenway*



## Flowerful Colours

*An 8" X 10" Acrylic Painting By Chris Prefontaine*



## AGM and Spring Luncheon

By Regine Baker

### Annual General Meeting

**A**t this meeting members will help make decisions for our local RTOERO District 34 and vote on such items as policies, finances and the executive.

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

If you would like to nominate a District 34 member to be included on the slate of candidates to be presented and voted on by the members at this meeting, or if you have any questions about the process, contact Past President, Jose Fernandes at [jose.fernandes@rogers.com](mailto:jose.fernandes@rogers.com).

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

### Spring Luncheon

This is a great opportunity to reconnect with former colleagues, relax with a cool drink and enjoy a lovely meal at a very reasonable cost (subsidized by District 34). We are pleased that this event will again be held at the beautiful Meadowbrook Golf Club. Mark your calendars for Thursday, May 25 at noon following the Annual General Meeting. Members are invited to bring one non-member guest if they wish. Space is limited so register early.

### Menu:

Fresh baked rolls and butter  
Pickled beet salad with Mandarin oranges, baby arugula and champagne vinaigrette

#### *Two Choices of Entrée:*

Almond crusted Orange Roughy with rice pilaf, vegetables and citrus beurre blanc

### OR

Boneless Short Rib with mashed potatoes and vegetables

Tiramisu, Tea and Coffee

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

**Date:** Thursday, May 25, 2023

**Times:**

*Registration*

11 a.m. to 12:30 p.m.

*Annual General Meeting*

11:30 a.m. to noon

*Cash bar and socializing*

noon to 12:30 p.m.

*Welcome and announcements*

12:30 to 12:45 p.m.

*Lunch*

12:45 p.m.

**Location:**

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

**Cost:** \$20

Make your cheque out to  
*RTOERO District 34* and  
send it along with your  
completed registration  
form (pp. 28 and 61) to:  
Regine Baker  
15 Groomsport Crescent  
Scarborough, ON M1T 2K8

Deadline for receipt of payment:  
Tuesday, May 16, 2023. Sorry,  
we cannot accept electronic  
payments at this time.

## Donations to Area Food Banks

*By Chris Prefontaine*

Once again your District 34 executive board voted to make donations to the nine food banks in York Region. Here is an excerpt from a letter from Scott Allan of the Aurora Food Bank:

“I have received your cheque to the Aurora Food Pantry and want to extend our thanks and gratitude for the generous donation. These funds will help to assist those in need in food in the Aurora/Oak Ridges area over what appears to be a very difficult winter ahead. It will make a difference to many individuals at a time when their need is great.”

And in *his* thank you letter to District 34, Raymond Bach of the Holland Landing Food Pantry (which is housed in the Public Library) wrote, “... we believe that nourishing minds and nourishing bodies go hand-in-hand. When our basic needs are met, we are better able to create, play, grow and learn.”



# Food Bank Donations



*Treasurer, Dan Reynolds presenting at the Aurora Food Bank .*



*Executive Member, Craig Lee presenting to Lee Reynolds at the Richmond Hill Community Food Bank. The money will be used to buy fresh produce.*



*Benefits Rep., Susan Leppington presenting at the East Gwillimbury Food Bank.*



*Recruitment Co-convenor, John Pickett presenting at the King Township Food Bank.*





*First Vice-President, Dave Szollosy presenting to Cesar Caneo, Executive Director of the Georgina Food Pantry.*



*Secretary, Angela Stewart presenting at the Markham Food Bank.*



*Foundation Rep., Elaine Adam presenting to Adrian Bain of the Newmarket Food Pantry.*

## Gypsy

By Susan Leppington

### Shaw Festival Niagara on the Lake

**G**ypsy Rose Lee was the world's most famous striptease artist; Momma Rose the ultimate stage mother. Follow their extraordinary story in Stephen Sondheim's timeless musical about sex, power and longing. With legendary songs, including "Let Me Entertain You" and "Everything's Coming up Roses" the play is one of the greatest productions of the American stage.

**Date:** Wednesday May 31, 2023

#### Departure Times:

8:30 a.m. Upper Canada Mall

9 a.m. Hillcrest Mall

#### Arrival and Lunch:

11:30 a.m. to 1 p.m.

Enjoy a delicious lunch at the Queenston Heights Restaurant. Meal selection will be made upon arrival at the restaurant. You will have the following choices:

- 1) Grilled Breast of Chicken
- 2) Baked Rainbow Trout
- 3) Angus Striploin au Jus

4) Pan Seared Polenta

**Play Time:** 2 to 4:30 p.m.

Reserved orchestra seating for Gypsy at the Festival Theatre

#### Return Times:

Richmond Hill approximately 7 p.m.

Newmarket approximately 7:30 p.m.

**Cost:** \$160

This event has been subsidized by District 34. The cost includes return transportation via deluxe coach, travelling on the 407, lunch at Queenston Heights Restaurant, reserved orchestra seats, and all gratuities and taxes.

Please register by May 1, 2023

Make your cheque out to *RTOERO District 34* and send it along with your completed registration form (pp. 28 and 61) to:  
Susan Leppington  
162 Crossland Gate  
Newmarket, ON L3X 1A5

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

## RTOERO Foundation Update

By Elaine Adam

**O**ur Foundation is currently funding four worthwhile projects by partners across Canada.

### **Mentally Healthy Living after Social Isolation**

A collaborative study by Simon Fraser University, the University of Alberta and Memorial University is collecting information on mental health support strategies, conducting interviews with seniors, including our members, as to how they have coped with social isolation, loneliness and stress. The researchers will produce a “recipe book” of healthy living for older Canadians based on their findings. It will even contain a cookbook!

### **Recognizing the Signs of Social Isolation**

The Schlegel-UW Research Institute for Aging (IRA) at the University of Waterloo is training frontline workers and community members to recognize isolated

caregivers and seniors so they can be provided with strategies and practical assistance. A guide that was created and used locally will be widely distributed.

### **Isolation and Loneliness Pathways in Family Centred Dementia Care in NE Ontario**

Nipissing University is researching what causes social isolation and loneliness for those in northeastern Ontario who are suffering from dementia. The researchers are developing educational resources for professionals and families so they can recognize social isolation and loneliness and provide coping strategies for them.

### **Peel Seniors Connectors**

Family Services of Peel and Peel Elder Abuse Prevention Network (PEAPN), which includes 50 community support organizations, have teamed up to address social isolation issues among immigrant seniors and their families. The team is providing seniors and families with information on resources and services that are available in many languages.

The RTO Foundation is a registered charity that was founded in 2011 and whose mandate is to provide grants to organizations across Canada that concentrate on quality of life for aging Canadians, and to programs that promote healthy, active aging and improve health care for seniors.

For more information, go to the website: [rtoero.ca/rtoero-foundation/](http://rtoero.ca/rtoero-foundation/)

Please consider donating to the Foundation, by calling 1-800-361-9888 ext.271 or mailing a cheque to The RTO Foundation 18 Spadina Rd. Toronto, ON M5R 2S7

## Give Lawn Bowling a Try

*By Terry Knight*

**T**he Richmond Hill Lawn Bowling Club (RHLBC) is once again hosting a free introduction to lawn bowling for RTO members and friends. Come and learn about lawn bowling, roll some bowls, play a game, and enjoy some refreshments afterwards.

**Date:** Wednesday, May 31, 2023

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

**Location:**

Richmond Hill Lawn Bowling Club  
43 Church Street  
Richmond Hill  
(Behind Elgin Barrow Arena, near Yonge & Major Mackenzie)

**Cost:** Free

Lawn Bowling is a low cost, social, fun, outdoor activity suitable for all ages. Comfortable clothing and flat-soled (eg. running) shoes are all that is required.

To register for this event, please send an email to [rh.lawnbowling@gmail.com](mailto:rh.lawnbowling@gmail.com) with RTO in the subject line, and the first and last names of those attending. Hope you can join us! To find out more about our Club, please visit our website at [rhlawnbowling.com](http://rhlawnbowling.com).



## Let's Play Ball!

By Paul Devlin

**C**ome out to the “old ball game” and join us for our first RTOERO District 34 “Night At the Ball Park”.

The young and surging Blue Jays will be playing host to the powerful Houston Astros on Tuesday, June 6, 2023. You, your family and friends are invited to enjoy a beautiful spring night out at the Rogers Centre cheering on the Jays in their hot pursuit of the AL East Pennant.



This is a great opportunity to catch Bo Bichette, Vladimir Guerrero Jr., Alek Manoah, George Springer, and Markham’s own Jordan Romano as they power their way to glory on the diamond.

**Date:** Tuesday, June 6, 2023

**Time:** 7:05 p.m.

### Location:

Rogers Centre  
Blue Jays Way  
Toronto, Ontario

**Cost:** \$35

Make your cheque out to *RTOERO District 34* and send it along with your completed registration form (pp. 28 and 61) to:

Paul Devlin  
23 Copland Trail  
Aurora, ON L4G 4S6

**or**

Send an e-transfer to:  
11pdevlin@gmail.com or  
416-949-6810

Deadline for registration is Wednesday, May 17, 2023. Tickets will be electronically transferred to your mobile device, so please make sure that your email address and/or cell phone number is included.



## Cooking to Fight Inflammation - Rescheduled

By Chris Prefontaine

One of the most powerful ways to fight inflammation is to get into the kitchen. Join registered dietitian Christina Iaboni, for a one-hour virtual cooking class and education session (on Zoom) where she will review the basics of an anti-inflammatory diet and prepare three recipes that are high in anti-inflammatory foods. Recipes and handouts will be provided before the session.

**Date:**

Wednesday, April 19, 2023

**Time:** 1 p.m.

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

Please register by sending an email of intent with your name and email address to Chris Prefontaine [7chris.prefontaine@gmail.com](mailto:7chris.prefontaine@gmail.com) by Sunday, April 23, 2023. You will receive the link by April 16.

*Christina works to facilitate wellness workshops where she can share her passion of helping others. Check out her website: [christinaiaboni.com](http://christinaiaboni.com).*

## Fraud Warning

By Constable Maniva Armstrong

### Caller ID and Phone Number Spoofing Scams

Investigators with the York Regional Police Financial Crimes Unit are reminding citizens not to trust the information displayed on caller ID or the phone number displayed for incoming calls after reports of fraudulent Amazon calls, with suspects claiming to be from the Newmarket Courts or the Crown Attorney's office.

In recent incidents, fraudsters have made contact with victims by telephone and have identified themselves being a representative from Amazon. The fraudster tells the victim a crime has been committed involving the victim's identity and transfers them to speak with a Crown Attorney. The victim is then told there is an investigation and personal information from the victim is needed in order to clear up the identity issue with Amazon.

Neither the Superior Court of Justice nor the Crown Attorney's office make phone calls demanding money or detailed personal information.

Any call or email of this nature should be considered a scam. If you have concerns about the possibility of being involved in a police or criminal investigation, this should be discussed, and confirmed, directly with your local police service.

A large number of frauds that occur over the phone involve the use of phone number spoofing. This involves the suspects utilizing software programs or other technology to alter the caller ID to display false information. Suspects can make it appear as though a call is coming from any organization or business. In most cases they pose as government agencies, police services, the Canada Revenue Agency and other legal entities. Citizens are encouraged to confirm who they are speaking to through their own research and never trust the information displayed on an incoming call.

York Regional Police is reminding citizens to be cautious and to confirm any suspicious calls or emails they receive before providing any information. If a situation feels suspicious, trust your instincts. Do not be talked into providing personal

information or payments by methods that you are unfamiliar or uncomfortable with and call companies or agencies back to verify information.

If you have been a victim of a fraud, and have lost money, report the incident promptly to York Regional Police either online at [yrp.ca/en/online-reporting/Report-a-Crime.asp](http://yrp.ca/en/online-reporting/Report-a-Crime.asp) or by phoning 1-866-876-5423.

To report frauds where no money has been lost, contact the Canadian Anti-Fraud Centre online or by phoning 1-888-495-8501.

For more information on Fraud from YRP go to: [yrp.ca/en/crime-prevention/Fraud-Prevention.asp](http://yrp.ca/en/crime-prevention/Fraud-Prevention.asp)

Another great source for information is *The Little Black Book of Scams* from the Canadian Government which can be found at: [yrp.ca/en/crime-prevention/resources/Little-Black-Book-Scams-e.pdf](http://yrp.ca/en/crime-prevention/resources/Little-Black-Book-Scams-e.pdf)





## Our Latest Hava Java Location

*By Angela Stewart*

Freezing rain was called for, and the school buses had been cancelled, but the “farther north” Hava Java still went on. The lively group had so many discussions going on at the same time it was hard to keep up. But I did learn the best spot to launch a kayak on the river, the location of the closest Longos, and the proper term for describing the modular home development in town.

Our newest Hava Java spot, at Black River Coffee on High Street in Sutton, is famous for its butter tarts.



The smell of freshly baking muffins was tempting, as was the thought of maybe a cheesy scone with butter, but most members went for the butter tarts and were quite happy. Please remember a napkin if you choose a tart.

The coffee shop is a homey, privately owned café with a comfortable room at the back for RTOERO members to meet. Although it was snow-covered that day we could see a deck area beyond our room that would hold tables and umbrellas and offer a gorgeous view of the Black River. I can't wait to get back there and sip a coffee by the river.

Be sure to check out the latest location on one of our Hava Java days.







The butter tarts were amazing and the conversations engaging!

## “Untitled”

*A 69” X 52” Acrylic Painting on Canvas By Helene van Houten*



## Happy Belated Birthday!

By Betty Tobin

**R**TOERO District 34 member Ida Morin celebrated her 100th birthday in November 2022. Ida taught for North York and Toronto.

**Happy Birthday Ida!**



**“There are always flowers for those who want to see them.” - Henry Matisse**

*A Watercolour Painting By Ann Evans*



“Service to Others”

## Jonas and Barry in the Home

By Craig Lee

A Curtain Club Production by  
Norm Foster

Two retirees search for friendship, love, sex and elusive happiness in an assisted living home. Barry meets new arrival Jonas and together they bicker and bond over women, sports, family values – learning how to open up to each other and how to keep living their lives.

**Date:** Wednesday, June 7, 2023

**Time:** 8 pm.

**Location:**

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

**Cost:** \$15

Make your cheque out to  
*RTOERO District 34* and send  
it along with your completed  
registration form (pp. 28 and 61)  
to:

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

Please place your order by  
May 15, 2023.

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



## Seniors For Social Action

By Patricia Spindel, Ed.D.

SSAO is an incorporated non-profit social advocacy organization comprised of volunteer co-founders, a Board of Directors, and almost one thousand members from across Ontario. It accepts no funding from government, and is an independent voice for older adults.

SSAO was formed in March, 2020 as elders were dying in the thousands in Ontario's

long-term care facilities. The goal was to advocate for in-home and community-based residential alternatives to the mass institutionalization of older adults. It is the belief of SSAO members that human rights do not come with an expiry date, and that the full inclusion and continued citizenship of elders in Ontario society should be maintained throughout our lives irrespective of age, infirmity, or disability.

Some of the alternatives to institutions for which SSAO has advocated are:

- fully funded intensive in-home supports;
- individualized direct funding, including through an expanded and inclusive Family Managed Home Care Program to empower elders to obtain their own supports and services;
- paying family caregivers up to the daily amount paid to facilities to care for loved ones at home;
- warm, respectful, non-profit or municipally operated small community residences located in neighborhoods across Ontario;
- programs of All Inclusive Care for the Elderly (PACE) and Hub and Spoke models which provide care for older adults wherever they live and especially in naturally occurring retirement communities so they do not have to be uprooted to receive care; and
- co-operative and shared accommodations that include eldercare.

SSAO's goal is to mobilize older adults to add their voices in advocating with all levels of government to finally address what we have all been saying – that we want to age in our own homes and communities and never be institutionalized.

If you support our goals please go to our website: [seniorsactionontario.com/](http://seniorsactionontario.com/)



## Gazing

*A 24"x18" Acrylic Painting By Linda Shea-Carter*





## District 34 Golf Day 2023

By Ernie Polsoni

**D**on't take our "Golf Day" too seriously ... it can be dangerous! Our 'Golf Day' is not a tournament. It is a fun day to enjoy the green grass, the blue sky and people! You are cordially invited to be part of this special day whether you are a golfer or not. Don't miss this chance! Read the following for more information.

**Date:** Tuesday, June 13, 2023

**Time:** 8:15 a.m.

**Location:**

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

**Cost:** \$45 (a small subsidy is provided by District 34)

Anyone can participate – no experience necessary. You'll play in a relaxed, non-competitive atmosphere. Shotgun start... scramble scoring will be used.

Your friends are welcome.  
The total cost of \$45 includes:

some prizes, green fees for 18 holes, lunch, tax, gratuities and parking.

The buffet lunch will be outside, under the overhang will include: a regular or veggie hamburger, or sausage, salad, desert, coffee and pop. A cash bar will be available.

If you want, you can use Cardinal's "pull cart" for free; however, you have to pay for a power cart.

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

Make your cheque out to *RTOERO District 34* and send it along with your completed golf registration form on the next page to:

Ernie Polsoni,  
75 Bond Crescent  
Richmond Hill, ON, L4E3K6

Please register by June 3, 2023. Also, make sure to include all the participant(s) name(s), phone numbers, email addresses and if a power cart is required.

Hope to see you there!



# Registration for Golf Day

Tuesday, June 13, 2023



Please Print

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

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

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

Please arrange for a power cart for me. \_\_\_\_\_

Enclosed is a cheque made out to **RTOERO District 34** for \$ \_\_\_\_\_  
for \_\_\_\_\_ people at \$45 per person.

Send this cheque to:

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

**Please register by Saturday, June 3, 2023**



## Volunteerism

*RTOERO News*

This year, Canada's National Volunteer Week will be from April 16 to the 22nd. Did you know that about 65% of RTOERO members are volunteers! Thank you for all that you do. It does make a difference.

Through these acts of volunteerism, we're collectively helping to build community, strengthen bonds and build understanding. Some challenges in life can seem too significant to take on. If we step back and consider that all things are connected, then the small details in our day-to-day volunteer interactions are like music notes of a symphony we're composing together.

District 34 has recently heard from Alanna Iammarino who is the manager of Volunteer Experience at Nankind – a not for profit that provides supportive cancer care to families undergoing treatment.

She connected with us to provide an opportunity for District 34 members to be involved in changing the lives of children navigating a turbulent time in their life. They currently have nine parent's with cancer in York Region awaiting respite support from a compassionate volunteer. Nankind believes that help starts from inside the community and who better skilled to work with children than teachers!

Ms. Iammarino hopes that some of our members would be interested in learning about her organization and that we might consider helping out.

Say hello to...



POWERED  
**nankind**  
BY ANGELS

nankind

### Why Volunteer with Nankind

Make a life-long impact on a child who is coping with a parent's cancer

Help kids build resilience and confidence

Receive comprehensive training and support from our Child Life Specialists

Get the hours and experience you need for your professional degree

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### You will:

- Help kids navigate their parent's cancer journey
- Provide 4 hours of in-home support or 2 hours of virtual support each week
- Make meaningful connections with families when they need it the most

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1000 Sheppard Ave,  
Suite - 100, Toronto, ON  
M3H 2T6



416-730-0025 EXT 6  
volunteer@nankind.com

## Markham Garden and Horticultural Society

By *Barbara Evans*

The Markham Garden and Horticultural Society (Markham Garden Club) provides an opportunity through meetings with speakers and events, to bring fellow lovers of gardening together. Whether you have a home, community or balcony garden, all one needs is a passion for plants and a desire to become “involved”.

The Markham Garden and Horticultural Society was established in 1920 with 58 members. In its early years, a trial rose garden was sponsored with bushes from California, Ireland, Great Britain and Canada.

One of the Society’s Honour Roll of Past Presidents includes Roy H. Crosby, who served in 1940. The group disbanded in 1941 due to WWII, only to reorganize 10 years later. At that time, the Society had increased its membership to 114 gardeners. Even with the advent of Covid, our membership is at 85 and climbing.

Meetings are held at 8 p.m. at the Markham Village Arena and Community Centre, 6041 Highway 7 East, (near Hwy 48 and Hwy 7). Nine meetings will take place on the 4th Monday of the month. We do not meet in December, January or July.

Some of the special dates for 2023 include:

### April 24, 2023

Julia Dimakos will be in person to share her knowledge and expertise on. “Vegetable Gardening”, which is growing in interest. You will be amazed as she takes you from the “ground on up”.

### May 27, 2023

Perhaps you are looking for a few perennials to fill a corner of your garden? Whether it is a sun or shade loving variety, you will be sure to find something at our Annual Plant Sale on Saturday, May 27<sup>th</sup>, 9 a.m. until sell-out. Location is in the parking lot of the Markham Village Arena and Community Centre.

**June 25, 2023**

The biennial Markham Garden Tour

**September 25, 2023**

You can also look forward to Marion Jarvie, whose beautiful Thornhill Garden and classes have been enjoyed by many avid gardeners, over the years. She will be discussing “Pruning” and sharing her wealth of knowledge and experiences.

**October 23, 2023**

A talk about “Rare and Unusual Varieties of Violets”, will be presented by Sayeh Beheshti.

**November 27, 2023**

A busy evening begins with our Annual General Meeting, where we traditionally feature a holiday themed floral competition and a floral designer. This year’s creations will be done by Ursula Eley.

The Garden Club’s objective is to provide an assortment of topics to appeal to a variety of members.

All of the above, plus flower design and horticultural shows, and an opportunity to attend our District 5 AGM with 17 societies

are among the many appeals of being a member of the Markham Garden Club.

During all of the meetings and events, you will gain new insights, information and knowledge. You will be able to mingle with other like-minded individuals, who share your passion for gardening.

So how much does all of this cost? Individual membership is \$25 and family membership is \$35 for the year. If the above is not enough of an incentive, how about receiving a 5-10% discount at specified garden retailers with your membership? What a bargain!

We hope we have piqued your interest and you are now thinking about attending a Markham Garden and Horticultural Society meeting or event. We are 103 years “young”! Please come out to a meeting or an event, (garden tour), meet some members and help us celebrate your curiosity and what we have to offer you!



## CloudMD

By Susan Leppington

**C**loudMD is the replacement for Teledoc (before that Best Doctors), the second opinion service of the RTOERO Health Benefits plan. If you've been given a medical diagnosis, you may wish to seek a second opinion to ensure the best outcome for your condition. CloudMD provides that option 365 days a year, online or by phone.

You will first complete an information form, after which a nurse care coordinator will contact you and guide you through the second opinion process, remaining with you throughout.

Once your medical records are retrieved by CloudMD, a team of doctors and specialists from their network of medical experts will review your diagnosis and treatment. A consultation appointment with a specialist will then be made for a second medical opinion or review and a care plan of your next steps.

For more information about this service, visit the website, [rtoero.ca/services/CloudMD](http://rtoero.ca/services/CloudMD) or call 1-800-661-8193.

## In Memoriam

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

June Benson  
 William Cowsls  
 June Dale  
 Joan Davison  
 Erna Gardiner  
 Carole Hant  
 Florence Kemp  
 Kenneth MacEachern  
 Margaret MacQuarrie  
 John MacRae  
 Heather Mathews  
 George McCullough  
 Joseph McDonald  
 Norma McGrath  
 Penny Parmenter  
 Marlene Preiss  
 Doris Rock  
 Carole Rolston  
 Evelyn Rose  
 Robert Sanderson  
 Mel Tsuji  
 Dora Weatherill



## An Invitation

*A 20"x24" Acrylic Painting By June Buick*

This view is from June's backyard deck. The slightly opened shed is beckoning her to come in and begin spring preparations for the garden.



## Retirement Planning Resources

*RTOERO News*

**R**TOERO recently updated the website's resource section to make it easier to find resources and articles on specific topics. The new curated areas highlight popular articles, with related most-recent content featured below. There are six themes to check out:

- \* Retirement planning
- \* Healthy living
- \* Enjoy retirement
- \* Equity and inclusion
- \* Insurance
- \* Money matters

Find them all here: [rtoero.ca/resources](http://rtoero.ca/resources).



## Welcome New Members

By Lori MacDonald-Blundon

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



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

Sylvia Cowls  
 Barry Hant  
 Diane MacEachern  
 Michael Rock  
 Kimiko Tsuji  
 Theresa Wharton

## Cultural Promenade

By Craig Lee

### Richmond Hill Philharmonic Orchestra

This season's final concert is like the RHPO's annual Promenade concerts, but this time the title is actually the format for a big celebration.

As we mark Richmond Hill's 150th Anniversary, this event celebrates the various groups and members of the community who are part of our cultural fabric. Promenade (walking and dancing is permitted) around the foyer and visit the many arts and cultural groups, clubs, and individuals sharing what they are about, filling the RHCPA with art, dance, music, and culture. On the mainstage, the culminating event is a symphonic realization of music aimed at fortifying our community through equality and diversity in the concert hall.

With music from every continent, Promenade is a celebration of the global melting pot of harmonious cultures that make up our wonderful community. Bring your flags, horns, wear what



expresses “you” and get your vocal cords warmed up, to sing with the orchestra!

**Date:** Saturday, June 24, 2023

**Time:** 8 p.m.

**Location:**

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

**Cost:** \$15

Please place your order by Friday June 9, 2023. Make your cheque out to *RTOERO District 34* and send it along with your completed registration form (pp. 28 and 61) to:

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

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



## Climate Change

*RTOERO News*

Is the climate crisis a taboo topic in your social circles, or is it something you openly discuss? Talking to people who don't believe in climate change can be tricky. You may revert to sharing the same facts we've shared for years. Canadian climate scientist Katharine Hayhoe says that's not the best approach. Instead, start from the heart. Begin with shared values like family, community and faith. And then you can help to connect the dots to the changing climate.

Talking about climate change is something we can all do more of, and it's something that could make a difference. Next time you get the chance, just remember not to talk about the science, and you might have a greater impact.

To hear Katharine's advice, go to [Ted.com](https://www.ted.com) and search for The most important thing you can do to fight climate change: talk about it

To learn more about how RTOERO is advocating for environmental stewardship, go to [rtoero.ca/giving-back/advocacy](https://rtoero.ca/giving-back/advocacy).

## Markham Garden Tour

By Barbara Evans

We are excited to announce that the biennial Markham Garden Tour, 'The Gardens of Markham' will once again take place; this year in June after a hiatus because of COVID.

It is sure to be a highlight, featuring beautiful and unique Markham Gardens of varied aesthetics. These could include large/small gardens, modern/traditional, hardscaping/softscaping, outdoor kitchens, ponds, espalier, water conservations, native plants, containers, vegetable, formal/cottage and a variety of unique garden decor.

The gardens on the tour are designed by both professional and home gardeners. This is a major fundraiser for the Markham Garden and Horticultural Society and we hope you will attend.

**Date:** Sunday, June 25, 2023

**Time:** 11 a.m. to 4 p.m.

### Location:

To be emailed to purchaser upon receipt of the registration.

**Cost:** \$15 (a discounted rate for RTOERO members.)

Please register by June 15, 2023. Make your cheque out to *RTOERO District 34* and send it along with your completed registration form (pp. 28 and 61) to:

Barbara Evans  
41 Karma Rd.  
Unionville, ON L3R 4S8

Please address any questions to Barbara Evans at [barbiejevans@hotmail.com](mailto:barbiejevans@hotmail.com).



## Self-Care

*RTOERO News*

**D**o you need more self-care? Retirement is an ideal time to design and implement or update your self-care system—it's a time in life when your ultimate goal can be to take care of yourself.

### What is self-care?

Self-care is taking ownership of your wellness and doing what you can to maintain and optimize your health and well-being. According to the World Health Organization, self-care is the ability of individuals, families and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a health worker. It means different things to different people, and there's no single right way to do self-care.

Your self-care activities have a cumulative impact. As you develop and sustain a self-care practice, you will start to notice changes in how you feel. You will be more resilient and better able to cope with life's inevitable ups and downs.



### How to tell you could use more self-care.

Watch for these red flags to help you decide whether you'd benefit from more self-care in your life:

- Loss of pleasure and enjoyment
- Depression and anxiety
- Concentration problems
- Increased errors
- Loss of objectivity
- Isolation
- Emotional reactivity
- Relationship issues
- Insomnia
- Fatigue

For more on this topic, including tips about how to design a self-care practice, read the blog post on the RTOERO website: [rtoero.ca/self-care-for-retiring-education-workers](http://rtoero.ca/self-care-for-retiring-education-workers).

## Tabby in a TuTu

*An Acrylic Painting By Joan Natoli*



### Calling All Artists

*By Chris Prefontaine*

**A**rt is usually associated with a creative activity; one whose product is often visual. It expresses the artist's feeling and emotions and because it is visual, it can express more than words. It is also said to imitate life.

Artistic pursuits come in many forms. We usually receive paintings and photographs to include in *The 34th Story*, but there has been needlework and even a sculpture, as you saw on page 29 by Kate Greenway.

We hope you have enjoyed the talents that our members shared and we hope that you will consider submitting a picture of something that YOU have created. We generally have a theme for each issue: for January it is winter, April is spring and summer and of course September is fall. But anything you would like to share will be welcome!

Please take a high resolution picture of your work and send it to [7chris.prefontaine@gmail.com](mailto:7chris.prefontaine@gmail.com). We would love to see it!

So... how does art mirror your life?

## Ways to Save on Your Fixed Income

*RTOERO News*

**W**ith rising inflation, finding ways to save while still enjoying life is on many of our minds, especially those of us on a fixed income. We went into the RTOERO archives for some budget-friendly tips to help.

### **Make the most of your insurance plan.**

Exploring your health coverage and ensuring it's serving you best is one of the ways to make sure you make the most of your retirement insurance. You can read the other six tips in this blog post: [rtoero.ca/how-to-get-the-most-out-of-your-retirement-health-insurance-plan](https://rtoero.ca/how-to-get-the-most-out-of-your-retirement-health-insurance-plan).

### **Explore discounts available to you through Venngo**

All RTOERO members have access to Venngo Memberperks. And so, be sure to set up your account and check out the app or website. You can save on purchases you make anyway.

Learn more here: [rtoero.ca/services/venngo-memberperks](https://rtoero.ca/services/venngo-memberperks).

### **Start a side-hustle.**

Many RTOERO members start small businesses to supplement their income. You might sell items you make or offer services that others need—like BBQ cleaning; who likes to do that? Read tips for starting a successful side hustle in this Renaissance article: [renaissance.rtoero.ca/starting-a-successful-side-hustle](https://renaissance.rtoero.ca/starting-a-successful-side-hustle).

### **Dive deeper with ongoing learning.**

Check out the upcoming RTOERO webinar on Aug. 25, Strengthening your financial capability throughout the retirement journey. Go to [rtoero.ca/events](https://rtoero.ca/events) to read more and register.



## Acknowledgement/Waiver/Release

This form is only required for bus trips.

The participants in \_\_\_\_\_  
 \_\_\_\_\_ (the “Event”) acknowledge and agree that RTOERO, 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 RTOERO 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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**Please print participants’ names and dates. Send along with the registration form to the event organizer.**

# Registration for RTOERO District 34 York Region Events

Please print this form. Note that your picture may be taken at this event and used in *The 34th Story* newsletter.

Name of Event: \_\_\_\_\_

Date of Event: \_\_\_\_\_ Cost per person: \_\_\_\_\_

Registration Deadline Date: \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

Telephone of Primary Contact: \_\_\_\_\_

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

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

Meal choice (if applicable): \_\_\_\_\_

Enclosed is a cheque made out to **RTOERO District 34** for \$ \_\_\_\_\_  
for \_\_\_\_\_ person/people at \$ \_\_\_\_\_ each.

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

**Please use a separate registration form and cheque for each event request.**



## Find Us on The Web

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



## Advertising Events in The 34th Story

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

## PLANNING A TRIP

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

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

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

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

Worldwide Collect Call:  
819-780-0647

Johnson Inc.  
RTOERO Health Benefit  
Plan Administrator

**Service** 1-877-406-9007  
416-920-7248

**Claims** 1-800-638-4753  
905-764-4888

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



*34th Story Website*

**Check our website at  
[district34.rtoero.ca](http://district34.rtoero.ca)**

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

## Changing Your Name, Address or Phone

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

### **RTOERO NATIONAL OFFICE**

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

### **DISTRICT 34 MEMBERSHIP COORDINATOR**

Lori MacDonald-Blundon  
[District34Membership@outlook.com](mailto:District34Membership@outlook.com)  
Questions regarding membership and newsletter mailings may be directed to Lori as well.

### **DISTRICT 34 EMAIL COMMUNICATIONS COORDINATOR**

[34thstoryreminders@gmail.com](mailto:34thstoryreminders@gmail.com)  
For change of email address only, NOT residence address changes.

# Newsletter Submissions

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

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

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

## NEWSLETTER DEADLINES

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

**RETURN UNDELIVERABLE  
CANADIAN ADDRESSES TO:  
432 Cunningham Dr.  
Maple, ON L6A 2G6**

