



34th STORY

District 34 - York Region Vol. 35 No. 3 - September 2023

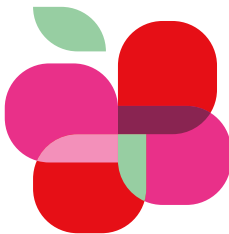


Late Summer Nectar, Lake Ontario
A Watercolour by Kate Greenway

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For Your 2023 Calendar

Zoom Yoga

Tuesday, September 5
 Tuesday, October 3
 Tuesday, November 7
 Tuesday, December 5
 Tuesday, January 9, 2024

Join Us For a Walk

Tuesday, September 19
 Wednesday, October 18
 Thursday, November 23
 Tuesday, December 19

Hava Java

Wednesday, September 6
 Wednesday, October 11
 Thursday, November 16
 Wednesday, December 13

Holocaust Museum Tour

Wednesday, September 13

Art Group Meeting

Wednesday, September 13

Milk Bag Project

Tuesday, September 12
 Tuesday, October 10
 Tuesday, November 7
 Tuesday, December 5
 Wednesday, January 10

District 34 Open House

Thursday, September 14

Curling

Monday, September 25

Olive Oil Tasting

Monday, September 25

Drinking Alone

September 20 to 23 and 27 to 30

The Fly Fisher's Companion

Wednesday, September 27

Drinking Habits

Saturday, September 30

Chocolate Tasting

Wednesday, October 4

Fall Luncheon

Thursday, October 19

Healthy Eating

Wednesday, November 15

Joseph

Saturday, November 18

The Game's Afoot

November 15-18

Peter Pan

Thursday, November 23

Anne of Green Gables

Friday, November 24 or
 Saturday, November 25

39 Steps

Wednesday, November 29

Alex Mac Musical

Friday, December 8

Richmond Hill Orchestra

Saturday, December 9



Bob Sandiford, President
President's Message

I hope everyone is enjoying the many outside activities which our summer weather provides.

I would like to welcome our newly retired members to RTOERO District 34. You have all worked hard throughout your careers and now it's time to relax and kick back or try new things and enjoy your life. Please read through our magazine so you can join other members in activities organized and offered to you throughout the year. We also try to provide interesting and current articles pertaining to full enjoyment of your retirement years.

I would like to once again take this opportunity to thank our

Executive of 2022-2023 for all their efforts on your behalf over the last few months. Their work has led to many successful events and activities. They continue to represent your concerns to RTOERO for better insurance coverage and general interests.

As we take the summer off, they are planning even more activities for the up coming fall months and throughout 2023-2024.

Occasionally if we find information that we think you would be interested in we will send that out through an email to all 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.

The National office does have your email address, however for monthly District 34 reminders we need you to give us permission to send you event reminders. If you aren't already receiving email reminders and you wish to start getting them, please contact Angela Stewart at 34thstoryreminders@gmail.com to let her know.

I would like to take this opportunity to thank two of our executive members who will not be returning in the fall, Elaine Adam and Susan Leppington.

Elaine has been a dedicated member of the executive for 14 years and most recently was our Foundation and Political action representative, a job which she handled with great skill and enthusiasm. She has been active in supporting many committees and events every year. Her trivia events were especially appreciated and most recently our first participation in the York Region Pride Parade.

Susan was on the executive for 18 years and most recently was our benefits representative. Her perspective of where we were and where we are going was a huge asset to the executive. Her understanding and participation in discussions around our benefits through Johnson Insurance has made sure we had the best group benefits package. Both of their voices will be missed on future year's executive.

Our current executive will continue to look for activities

that will appeal to the wide interests of our members. We enjoy organizing events and representing your interests with the RTOERO insurance plan at the national table. If you have ideas, please share them with us through emails.

On behalf of the executive, I wish you a safe, healthy and enjoyable fall. And please, enjoy this month's 34th Story.

Don't Forget to Sign Up For Event Reminders

By Angela Stewart

Welcome to our new retirees!

RTOERO – District 34 publishes a newsletter three times a year and it is full of many fun and interesting events.

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

Free Zoom Yoga

By Angela Stewart



Let yoga be a part of your healthy lifestyle with classes that will focus on deep breathing, stretching, and creating a sense of calm. You will be able to practice a gentle yoga class from the comfort of your home. The cost of these classes are covered by District 34.

Our instructor, Christina DeFranco, has extensive training in anatomy and is skilled at modifying moves to either a more gentle option or a more advanced option. She enjoys teaching to our mature population, and her understanding of our potential limitations is very helpful. Her class will be for all levels and all abilities. For more information, feel free to visit her website at rootedtrewellnessstudio.com

The sessions will take place on the first Tuesday of the month, running from September to January and all classes will begin at 7 p.m. Please login five to ten

minutes early, if you are trying Zoom Yoga for the first time, to make sure everything is working.

Dates:

Tuesday, September 5, 2023

Tuesday, October 3, 2023

Tuesday, November 7, 2023

Tuesday, December 5, 2023

Tuesday, January 9, 2024

Time: 7 p.m.

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

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

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

If you have any questions, please feel free to contact Christina directly at: hello@rootedtrewellnessstudio.com.

Hava Java on Us

By Regine Baker

According to a trivia question at the Spring Luncheon last May, Hava Java is District 34's most popular event as measured by annual attendance.

Members are invited to come to any of the four locations listed below for a coffee or tea and a sweet treat compliments of District 34. Come alone or bring one non-member friend. Relax and catch up with former colleagues and friends. Try out a different location each month or stick with the same one. It's up to you.

Since this is one of our costliest activities, we ask that members limit themselves to coffee or tea plus one treat. Those who want more treats or breakfast are asked to pay for these items themselves. We look forward to seeing you there.

Dates:

Wednesday, September 6, 2023

Wednesday, October 11, 2023

Thursday, November 16, 2023

Wednesday, December 13, 2023

Wednesday, January 17, 2024

Times:

10 a.m. to noon at the North, Farther North and South locations.

10 to 11 a.m. and 11 a.m. to noon at the Central location. Please contact Grant Dale at gdale@sympatico.ca to reserve a time.

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:

Longos - The Loft

650 Wellington St. East

Aurora. (corner of Bayview Ave. and Wellington St.; parking in front; elevator available)

Farther North:

Black River Coffee

126 High Street

Sutton, ON (parking on street)

Holocaust Museum Tour

By Craig Lee

Officially opened last June, the Toronto Holocaust Museum is a space for education and dialogue about the Holocaust and its ongoing relevance. This new museum serves as a powerful and growing force against anti-Semitism, bigotry and hatred in all its forms.

This state-of-the-art facility uses cutting edge technology. Interactive Holocaust survivor testimony stations are at the core of each gallery.

The Toronto Holocaust Museum's core exhibition is divided into four central galleries: Persecution, Atrocity & Devastation, Liberation & Aftermath and Life in Canada.

The museum is located on the fourth floor of the Lipa Green Building. Following our tour, refreshments/lunch may be purchased from the cafe on the third floor.

Date:

Wednesday, September 13, 2023

Time: 11 a.m. to noon

Location:

4588 Bathurst Street
Sherman Campus
North York, ON M2R 1W6

Cost: \$5

Make your cheque out to *RTOERO District 34* and send it along with your completed registration form (pp. 13 and 57) to:

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

Please place your registration by Wednesday, September 6, 2023



The Journey of Learning a New Technique

By Chris Prefontaine

District 34 artist Nancy Banks has been working with fellow D34 artist Dawn Stanojev to learn a new technique of producing fine art: Oil/Wax Painting. In this medium, they use a variety of tools such as pallet knives and spatulas etc. to apply the paint - not brushes. To give us an idea of how things went, Nancy took pictures along the way. She is enjoying the technique and is excited to start a third painting. Here are the fruits of her first efforts.

Turning the page will reveal the finished product! Amazing!



Early Snow

An 11" x 13" Cold Wax and Oil Painting By Nancy Banks



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 Richmond Hill Location

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.



**Welcome/Bienvenue
to RTOERO District 34 York Region**



**We would like to invite you to our
Open House**

**Thursday, September 14, 2023
2 to 4 p.m.**

**Meadowbrook Golf Club
11939 Warden Avenue, Gormley, ON L0H 1G0
(south of Stouffville Road, on the east side of Warden)**

~ free event~ refreshments ~ door prizes ~

Find out about the numerous and varied activities
we have planned for the upcoming year.

We look forward to seeing you!

To help us plan a successful party, please register by sending an
email to Dave Szollosy by Thursday, August 31, 2023.

Email daveszol@rogers.com

Please write "OPEN HOUSE" in the subject line.



Anne and Steven

By Craig Lee

Kudos to Theatre Aurora and The Curtain Club for their play selections last spring. Theatre Aurora chose “The Diary of Anne Frank”.



Two Jewish families went into hiding in 1942 in Amsterdam during the Nazi occupation. While in hiding, Anne, who was 13 years of age, wrote about her experiences. Of the eight people who went into hiding, 7 died in the death camps. Only Anne’s father survived.

This play puts a face on the six million Jews who died in the Holocaust. Anne’s diary reflected a positive and optimistic outlook on human nature. “In spite of everything, I still believe that people are really good at heart.”

The diary ends after the secret annex was discovered. Anne was arrested in August 1944 and in February of 1945 she died of

disease and starvation at Berghel-Belson concentration camp. She was 15 years old.

The Curtain Club in Richmond Hill presented “Innocence Lost”.



“Innocence Lost” is set in 1959. Steven Truscott, a 14 year old boy, was found guilty of rape and murder of his classmate Lynne Harper who was 12 years of age. Steven was tried in adult court. The police department had little experience investigating such a heinous crime. They had only one suspect and ignored any leads which may have lead to other potential suspects.

The investigation lasted only two days and the trial lasted less than two weeks. Steven was the son of an NCO (non-commissioned officer) while Lynne was the daughter of an officer at a local military base.

Although a sensational trial, there was no change of venue. Steven’s lawyer offered a weak defence

and Steven was found guilty and sentenced to be hung shortly after the end of the trial. Only the federal cabinet saved his life by commuting the verdict.

Steven spent ten years in prison but in 2007, the Ontario Court of Appeal acquitted him, calling his murder conviction a “miscarriage of justice.” It wasn’t until 2016, 50 years later that Steven was exonerated.

Confidence in the police service and the justice system was seriously eroded by this trial.

We must remain vigilant, critical and supportive (when merited) of our police, judicial system and governments in order to ensure that justice is best served.

D34 Art Group

By Ann Evans

Members of the art group have met a couple of times. Once for a discussion of our current endeavors and once for a *plein aire* activity on historical Main Street in Newmarket.

We do have some very talented members!! This group is open to anyone who is already established in their artistic pursuits as well as someone who is interested in getting started.

For our first activity this fall, I would like to invite you to a gathering in my home to share what we have accomplished during the summer months. We can also discuss further *plein aire* times or visits to art galleries or whatever the group suggests.

Date:

Wednesday, September 13, 2023

Time: 10:30 a.m.

Location:

285 Eagle Street,
Newmarket, L3Y1J9

Please let me know if you are able to attend.



Join Us For a Walk

By Ann Evans

Another season is about to begin hopefully affording us some nice weather to enjoy. So get out your warmer clothes and let us reconnect with nature.

We welcome new members to come out and meet new people enjoying each other's company and fun conversations. May the fall colours may be as spectacular as our conversations!!!!

As usual, after our stroll, we will also enjoy a coffee at a local coffee shop. If you have a favourite walk that would be appropriate for us, please share the information.

Fall walks will start at 10 a.m.

Dates and Locations:

Tuesday, September 19, 2023
Rogers Reservoir - The Nokiidaa Trail which is part of the Tom Taylor trail.

We have enjoyed the flatter, wider pathways of this walk many times over the past few years and for me, it never loses its appeal.

Nokiidaa is an Ojibwa term meaning walking together which seems perfect for our group. Park in the lot on Green Lane, east of Main Street North and almost opposite the East Gwillimbury Go Terminal.

Wednesday, October 18, 2023 **Shepherd's Bush**

It will start getting a little colder in October but don't let that stop you from joining us on the walk. Hopefully we will see the foliage decked out in beautiful autumn colours.

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

Thursday, November 23, 2023 **Tom's Park** 52 Lanewood Drive, Aurora

We have walked this area before but we are going to try a new part of the trail. This path is mostly flat through a wooded area, so there will be many interesting shrubs and trees to see.

Directions:

From Yonge Street, turn West onto Orchard Heights Blvd. and then right onto Lanewood Drive. Park on the side of the road when you see the sign Tom's Park.

Tuesday, December 19, 2023

Hollidge Tract

16389 Highway 48

This is a great walk through flat well trodden trails and again with many interesting things of nature to observe. It is located half a kilometre South of Vivian Road and Mulock Drive. It is on the east side of the road across from Cherry Street.

Wednesday, January 10, 2024

Will be our first walk of the new year.

During the winter months, we will return to walking the north and south bound paths of Fairy Lake, Newmarket. These paths are well maintained by the town and therefore safer.

**Pride Parade**

By Angela Stewart

RTOERO District 34 was represented at the York Pride Parade in Newmarket by members of the District 34 executive board on Saturday, June 17th.

We met at our staging area and were pleasantly surprised to see that all educator groups were in the same location. It was like homecoming week with so many areas represented from unions to high schools to school boards, etc. We all saw people we knew either in the parade, or in the crowds watching the parade.

For some unknown reason, the marshals had put Doug Ford and Stephen Lecce right beside us during the staging, but were wise enough to separate us with a school bus during the march. I think the boys had received enough feedback from the education community by the time the parade started.

Overall, the weather was perfect, the atmosphere was welcoming and supportive, and a good time was had by all.

Many thanks to Paul Devlin for organizing our participation in the parade. It was fun. We look forward to participating on an annual basis and encourage our members to join us.



Raising the Pride Flag at YRDSB on June 1, 2023

Calling all Retired Teachers and families!

York Curling Club in Newmarket is looking for you!



Come out and Try Curling on **Monday, September 25 from 1-3pm!**

Only \$20 per person

CURLING COACHES WILL TEACH YOU THE BASICS OF CURLING AND PLAY A SHORT GAME! Sticks and brooms are provided.

STAY AFTER AND SOCIALIZE IN OUR BAR/LOUNGE.

Registration is online- space is limited!

Go to www.yorkcurlingclub.ca and click on **Calendar/events**

For more information call 905 898-2155

Come out and try something new and have a great time!



The Milk Bag Project

By Angela Stewart

The milk bag-weaving group of retired educators and friends, led by RTOERO member Sharon Gusz, is back!

Many friendships have been made as the group gathers to weave these much-needed mats crafted from used or misprinted milk bags. The photo shows the group at their end of year potluck luncheon.

About 30 members come together once a month, at Our Lady Queen of the World church in Richmond Hill. The mats are shared locally with homeless people, as well as shipped overseas to countries in need.

For more information on the project, please visit milkbagsunlimited.ca. If you would like to help out, please email Sharon at sharongusz@gmail.com. Email reminders will be sent out monthly to interested individuals.

Dates: for 2023 – 2024

Tuesday, September 12, 2023

Tuesday, October 10, 2023

Tuesday, November 7, 2023

Tuesday, December 5, 2023

Wednesday, January 10, 2024

Wednesday, February 7, 2024

Wednesday, March 6, 2024

Tuesday, April 2, 2024

Tuesday, May 7, 2024

Tuesday, June 4, 2024



Times:

Tuesdays 9:30 to 11:30 a.m.

Wednesdays 1 to 3 p.m.

You are welcome to drop by for any amount of time and to come and go as you wish.

Rocky Shore

An Acrylic Painting By Joan Natoli



Olive Oil Tasting

By Ann Evans



You are invited to participate in a morning of olive oil and vinegar tasting, where we will be guided through this tasting experience of olive oils by Denise Tucker. There will also be a balsamic vinegar tutorial.

Following the tasting we may enjoy a salad, fruit and dessert to discover pairings and flavour layers. This event is limited to 20 people so book early and please be sure of your commitment.

Date:

Monday, September 25, 2023

Time: 10:30 a.m.

Location:

The Olive Oil Co.
190 Main Street South
Newmarket, ON L3Y 3Z2
Parking lots are behind both sides of Main Street. Sometimes parking can be an issue so car sharing may be a good idea.

Cost: \$10

(This event has been partially subsidized by District 34.)

Make your cheque out to *RTOERO District 34* and send it along with your completed registration form (pp. 13 and 57 61) to:

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

There are many restaurants on Main Street if you like the idea of lunch after the event.

Drinking Alone

By Angela Stewart

**A Markham Little Theatre
Production**

Joe has few friends, no social life, an irritating sister, and an impending visit with his estranged father. Desperate to impress, Joe hires an escort to play the role of his fiancée in this romantic comedy. A dysfunctional family reunion... what could possibly go wrong?.

Dates:

September 20 to 23, 2023 and
September 27 to 30, 2023

Time: 8 p.m. (with a 2 p.m. matinee on the 30th)

Location:

BackStage
(located on the grounds of the Markham Museum)
9350 Markham Road, just north of 16th Avenue.

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.

Want a Wardrobe Refresh?

*RTOERO News and
Chris Prefontaine*

It's no secret that the fashion industry and consumers' addiction to buying the latest trends are taking a significant toll on the environment.

In 2020, France passed laws banning companies from disposing of unsold or returned clothing and cosmetics and just recently passed legislation to pay people to repair their shoes

and clothing rather than throw items away.

Italy has also adopted similar practices with regard to unsold merchandise - a definite bonus that I discovered when travelling in Venice and found a store that sold great clothing all for under \$10 Euros!

In Canada, we have yet to adopt similar laws and according to experts in British Columbia, "textile waste is a growing problem". So what might we do on a personal level to recycle parts of our wardrobe that either do not fit or we just don't want to wear them anymore?

Well, it's possible to adjust our shopping ways and still change over your closet.

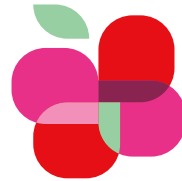
Host a clothing swap!

- You could host an event with friends or plan it as a community event. You could even tie in a fundraising component by asking for a donation to participate.
- Guests bring gently worn fashion items (can be more than clothing) and swap with each other. Everyone goes home with new-to-them items.

District 34 AGM and Spring Luncheon

Photography By Cindy Ranieri and Chris Prefontaine

The RTOERO District 34 Spring Luncheon was held at the Meadowbrook Golf and Country Club on May 25, 2023. As usual, it was great to see old and new friends mingle and enjoy a great meal together. There were a couple of hiccups with the food but we hope that everyone enjoyed their meal and had a good time!









The Fly Fisher's Companion

By *Craig Lee*

**A Curtain Club Production
By playwright Michael Melski**



A heartwarming, funny and yet poignant journey into the lives of two lifelong friends on their last fishing trip together.

It's a trip through decades and into a relationship that has all the turbulent beauty and gentle grace of a highland stream. This is a moving and comedic story about male friendship.

Date:
Wednesday, September 27, 2023

Time: 8 p.m.

Location:
Curtain Club Theatre
400 Newkirk Rd.
Richmond Hill, ON
(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. 13 and 57) to:

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

Please place your order by
September 13, 2023

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

Drinking Habits

By *Craig Lee*

**Newmarket Stage Company by
Playwright Tom Smith**

Accusations, mistaken identities and romances run wild in this traditional, laugh-out-loud farce. Two nuns at the Sisters of Perpetual Sewing have been secretly making wine to keep the convent's doors open.

Paul and Sally, reporters and former fiancée, are hot on their trail. They go underground as a nun and priest, but their presence, combined with the addition of a new nun, spurs paranoia throughout the convent that spies have been sent from Rome to shut them down.

Wine and secrets are inevitably spilled as everyone tries to preserve the convent and reconnect with lost loves.

Date:
Saturday, September 30, 2023

Time: 2 p.m.

“NEW” Location:
Old Town Hall
460 Botsford St., Newmarket
(near Main St. S.)

Cost: \$15

Please place your order by September 14, 2023. Make your cheque out to *RTOERO District 34* and send it along with your completed registration form (pp. 13 and 57) to:
Craig Lee
21 Lippincott Court
Richmond Hill, ON L4C 7M5

Acknowledgements will be emailed upon receiving the registration form. Tickets may be picked up on the day of the performance at the box office or a week prior to the performance from the OTH box office (905-953-5122).

Single-use Plastics

By *RTOERO*

For several years, we’ve heard about the single-use plastic ban coming in Canada. Last year in June, the government published the Single-use Plastics Prohibition Regulations. The manufacture, import, export and sale of the following six categories of single-use plastics will be banned by the end of 2025:

- checkout bags
- cutlery
- food service ware made from or containing “problematic plastics” (expanded or extruded polystyrene, polyvinyl chloride, oxodegradeable plastic or black plastic made with carbon black)

- ring carriers (for 6-packs of cans for example)
- stir sticks
- straws

The sale of checkout bags, cutlery, straws, food service ware and stir sticks is prohibited in Canada as of Dec. 20, 2023.

We can expect to see some other changes in packaging over the next couple of years, and maybe you've already noticed it, as other local jurisdictions and companies implement their own bans.

It's important to know that plastic straws for accessibility needs are excluded from the ban.



Chocolate Tasting

By *Ann Evans*

Let's explore the world of yummy chocolates at Cocoa 40 where they make handcrafted chocolates, confections and gelato from all natural ingredients and no preservatives.

Stefania P. the business owner first began by shipping her handmade chocolate creations across the country in 2019. Now she has a successful business in Newmarket, creating and selling beautifully decorated chocolates that not only look fantastic but taste awesome too.

Their chocolate items are made from the finest French chocolate available and flavoured with real fruits, herbs, spices and nuts. Their products are all made on site by hand by skilled pastry chefs. They have plenty of dairy-free, gluten-free, vegan, nut-safe and soy-free options from which to choose.

Date:

Wednesday, October 4, 2023

Time: 10:30 a.m.

Location:

184 Main Street South
Newmarket, ON L3Y 3Z2

Cost: \$25

(This event has been partially subsidized by District 34.)

Make your cheque out to *RTOERO District 34* and send it along with your completed registration form (pp. 13 and 57) to:

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

Please register by
September 27, 2023.

Eighty One Year Old Volunteer

*By Riley Barsanti /
NewmarketToday*

RTOERO District 34 member Eileen Pickard is a dedicated volunteer who ensures the safety of numerous seniors in her building.



*L-R: Kelly-Pickard-Leftery, Eileen's daughter, Eileen Pickard, and David Robertson, another volunteer.
-NewmarketToday photo*

At 81 years old, Eileen Pickard is the driving force behind the We Care volunteer program at 40 William Roe Blvd., ensuring the well-being of elderly, vulnerable residents through daily wellness checks.

Her tireless coordination of this vital initiative has earned immense appreciation from the building's board, management, residents and their families.

We Care was established several decades ago, but it was 15 years ago when Eileen, already a dedicated volunteer in the program, was entrusted with its leadership. The program consists of a group of volunteers who gather at the building's library each day to receive 'check-in' phone calls from residents between 8:45 a.m. and a little after 9 a.m.

"Some people are lucky enough to have someone checking in on them every day," Eileen told *NewmarketToday*. "But not everyone does, so this is to make sure they are okay."

If a resident fails to make their call, the assigned volunteer

promptly reaches out to ensure their well-being. In cases of no response, Eileen contacts the superintendent, and together they conduct a wellness check-in on the resident.

“It is a wonderful thing,” Eileen said, “I hope to do it as long as I am living at home.”

Outside of the We Care program, Eileen has spent most of her life giving back. She volunteered at the hospital in the arthritis program, helped with funeral lunches at her church and assisted in preparing meals for those in need.

Throughout her retirement, she stayed busy volunteering with Meals on Wheels with Community and Homes Assistance To Seniors.

Now, as she grows older and less mobile, she is grateful that she can still give back through We Care. Eileen’s selfless efforts have brought peace of mind to countless individuals and their loved ones.

To let her know that her good deeds have not gone unnoticed,

NewmarketToday surprised Eileen with gifts to show their thanks for her kindness.

“Eileen’s dedication, compassion and commitment to We Care for so many years are very well worth NewmarketToday’s Random Act of Kindness,” said Zelda Davidson, Eileen’s nominator.

Thank you to the programme’s generous co-sponsors, Boston Pizza, Dawson Manor Spa, FairyPatch Flower Farm and The Little Red Bake Shop, for helping us make this Random Act of Kindness possible.

Their nomination form is always open for nominating someone in the community who selflessly gives of themselves despite challenges or hardships, is positive in the face of adversity, or is just plain extraordinary and deserves a special surprise.

If you would like to support the Random Acts of Kindness program, please email randomacts@newmarkettoday.ca.

-Reprinted with Permission

A Night at the Ball Park

By Angela Stewart

On a very warm June 6th, 51 RTOERO District 34 members attended a Blue Jays game.

Many of us were wondering if the roof would be open because we'd had poor air quality warnings due to the wildfires. Sure enough the roof was closed, and it was pretty stuffy in there. But, much to our pleasant surprise, the roof started opening and we were treated to some fresh air and some outstanding views of the city buildings.

The Toronto Blue Jays had suffered an embarrassing loss to the powerful Houston Astros the night before so we were looking for a win. Sadly, the first batter up for the Astros got a home run. Happily the Jays got three home runs that night and won the game!

Many thanks to Paul Devlin for organizing the event, and for timing it with Loonie Hotdog night. Hopefully this becomes an annual event.



Fall Luncheon

By Susan Phillips

We are pleased to once again offer our members the opportunity to enjoy a lovely meal at a very reasonable price (partially subsidized by District 34). It will be held at the beautiful Meadowbrook Golf Club in Gormley. Mark your calendars for Thursday, October 19, 2023.

Menu:

- Fresh baked rolls and butter
- Autumn salad: arugula, roasted squash, onion, tomato, asiago cheese, apple cider vinaigrette

Two Choices of Entrée:

1. 8 oz. Peppercorn Steak served with mashed potatoes and seasonal vegetables

OR

2. Mediterranean Sea Bass served with rice pilaf, seasonal vegetables, finished with a mango and pineapple salsa

- Dessert: Chocolate Raspberry Mousse
- Coffee and Tea

Date: Thursday, October 19, 2023

Times:

11 a.m. - cash bar and socializing
Noon. - welcome and lunch.

Location:

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

Cost: \$20 per person

Please remember to state your choice of entrée and any dietary needs or restrictions on the registration form. Make your cheque out to *RTOERO District 34* and send it along with your registration form (pp. 13 and 57) to:

Susan Phillips
209-50 Ann St.
Bolton, ON L7M 4M3

The deadline for registration and payment is Monday, October 9, 2023.

Five Benefits of Having Friends of Different Ages

By RTOERO,

A perk of our RTOERO community is the chance to meet new people—including people of different ages. There's value in maintaining intergenerational relationships. Here are some benefits:

- perspective and mentorship. Your life experiences can remind younger people that they can survive and thrive after challenging situations. Interacting with younger people can help you keep perspective on the challenges of various life phases.
- your support system expands. Having friends of diverse ages is a great way to broaden your support system and to be there for others.
- Your health may improve. Evidence has linked intergenerational friendships with improved overall health.

- You may discover new activities and purpose. New friends can introduce you to different activities and hobbies.
- You can help reduce ageism. Having friends of various ages has been shown to impact ageist beliefs and attitudes about older adults.

How do you broaden your friend group? Volunteering, joining classes or activities not specifically targeted to your age group, joining interest-based clubs and getting to know your neighbours can help.

Read the full article:
rtoero.ca/the-value-of-intergenerational-friendships.



District 34 Accounting

Report by Dan Reynolds (Treasurer)



RTO/ERO District 34 York Region

Budget vs. Actuals: 2022 Budget - FY22 P&L

January - December 2022

	TOTAL		
	ACTUAL	BUDGET	REMAINING
Income			
400 Grant - Annual	64,826.78	65,000.00	173.22
440 Trips	7,270.00		-7,270.00
450 Social Events		10,000.00	10,000.00
452 Social Events - Fall Luncheon	1,530.00		-1,530.00
454 Social events - Other	2,190.00		-2,190.00
Total 450 Social Events	3,720.00	10,000.00	6,280.00
480 Interest on Bank Bal & Invest's		300.00	300.00
490 Miscellaneous Revenue	40.00		-40.00
491 Transfer From Reserves		15,000.00	15,000.00
Total Income	\$75,856.78	\$90,300.00	\$14,443.22
GROSS PROFIT	\$75,856.78	\$90,300.00	\$14,443.22
Expenses			
500 District Executive			
501 Meetings - Executive	3,077.52	4,000.00	922.48
502 RTOERO Annual mtgs. / Forum		2,300.00	2,300.00
503 DE Office expenses	2,892.39		-2,892.39
504 Transportation	1,941.46		-1,941.46
Total 500 District Executive	7,911.37	6,300.00	-1,611.37
550 Communications/Social Media			
551 Newsletter	34,597.50	33,000.00	-1,597.50
552 Website/Facebook/email	233.62	1,000.00	766.38
Total 550 Communications/Social Media	34,831.12	34,000.00	-831.12
600 Member Services			
601 Goodwill	6,468.97	2,000.00	-4,468.97
602 Member Engagement	1,917.37		-1,917.37
603 Recruitment		2,000.00	2,000.00
604 Meetings/luncheons	4,751.59		-4,751.59
605 Social Events	3,820.03		-3,820.03
605-1 Hava Java	2,047.24	3,500.00	1,452.76
605-2 Spring / Fall Luncheon	4,329.78	15,000.00	10,670.22
605-3 Retiree Receptions		2,000.00	2,000.00
605-5 Social Events-Other	154.70	20,000.00	19,845.30
Total 605 Social Events	10,351.75	40,500.00	30,148.25
606 Trips	10,358.19		-10,358.19
Total 600 Member Services	33,847.87	44,500.00	10,652.13
650 Political Advocacy	1,113.45	4,000.00	2,886.55
750 Workshops			
751 District	1,836.00	1,000.00	-836.00
752 National	828.56		-828.56
Total 750 Workshops	2,664.56	1,000.00	-1,664.56
800 Office expenses			



RTO/ERO District 34 York Region

Budget vs. Actuals: 2022 Budget - FY22 P&L

January - December 2022

	ACTUAL	TOTAL	
		BUDGET	REMAINING
801 Stationery and Printing		500.00	500.00
803 Equipment	890.02		-890.02
804 Bank Fees	24.64		-24.64
Total 800 Office expenses	914.66	500.00	-414.66
Total Expenses	\$81,283.03	\$90,300.00	\$9,016.97
NET OPERATING INCOME	\$ -5,426.25	\$0.00	\$5,426.25
NET INCOME	\$ -5,426.25	\$0.00	\$5,426.25

Falling Light

An 8" x 10" Plein Air Oil Sketch on a Wood Panel

By George Keltika



Healthy Eating and Grocery Shopping

By Chris Prefontaine

She's back! Once again, registered dietitian, Christina Iaboni will be joining us on Zoom for an informative session on grocery shopping with a focus on health. (This topic was chosen by a majority of members who attended the workshop on February 22, 2023.)

With endless options in every aisle, picking out healthy options at the grocery store has become challenging. Stocking your kitchen with nutritious food will make healthy eating so much easier. Join us in November as Christina discusses healthy grocery shopping and gives you strategies on how to save money at the store while eating better. In this one hour virtual session, we will cover:

- the different sections of the grocery store and provide you with tips and strategies on how to make healthy choices in each section;
- discuss seasonal produce and how seasonal eating helps promote healthy choices;

- how to save money when shopping for healthy options;
- healthy grocery list staples; and
- review plant-based alternatives to meat and dairy options to help you make informed choices.

Date:

Wednesday, November 15, 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, email address and phone number to Chris Prefontaine at 7chris.prefontaine@gmail.com by Sunday, November 12, 2023. A minimum of 20 participants will be required. The link to the Zoom event will be sent to you after the 12th.

-Christina specializes in digestive health, plant-based eating and wellness. She works to facilitate wellness workshops where she can share her passion of helping others improve their health by eating nutritious food. Check out her website: christinaiaboni.com.

Isolation vs. Loneliness

By RTOERO

What's the difference between social isolation and loneliness? RTOERO Foundation's donor-funded report highlights growing numbers of isolated and lonely seniors in Canada.

The terms social isolation and loneliness are often used interchangeably. But they're not exactly the same thing. The difference, implications and solutions are broken down in a new report from the National Institute on Ageing, the result of a 2018 grant from the RTOERO Foundation.

Social isolation refers to measurable deficiency in the number of social relationships that a person has. So, it's about the frequency of social interaction and the number of

relationships you have.

Loneliness is related, but different – it's more subjective. It's an unpleasant sensation felt when your social relationships are lacking in quality and/or quantity compared to what you want. Someone might be surrounded by many people (so not appear socially isolated), but still feel lonely. Similarly, someone might have few contacts, but enough high-quality ones that they don't feel lonely.

There is a relationship between social isolation and loneliness. A 2019 study from Angus Reid showed that those that reported being socially isolated were also more likely to report feeling lonely.

Curious if what you're feeling is loneliness? The report shares a three-item scale commonly used to measure loneliness.

Hughes' 3-item loneliness scale

Questions	hardly ever	some of the time	often
1. How often do you feel that you lack companionship?	1	2	3
2. How often do you feel left out?	1	2	3
3. How often do you feel isolated from others?	1	2	3

Scoring: Add your score, to a max of 9. Higher scores indicate greater loneliness.

If you're experiencing loneliness, taking some steps to introduce more social interaction can help. Simple things can help – like trying a new activity or making a regular phone call to a family member. You can join one of our district activities. You may also be interested in some counselling to help you create a plan and keep you accountable. If you're a member of RTOERO's extended health care plan, psychological and social work services are covered.

The fact that so many people are isolated and lonely is a societal issue and systemic change is needed. That's why it's so important for RTOERO to continue its advocacy work, and for the RTOERO Foundation to fund research like this report.

To read the full report, please visit the NIA's website at nia-ryerson.ca/reports. The RTOERO Foundation would like to extend a very special thanks to all our donors. The generosity of donors makes the annual grant program successful – and reports like this one possible.

Joseph and the Amazing Technicolor Dreamcoat

By Craig Lee

Marquee Theatrical Productions

Plot Summary:

Joseph is sold as a slave by his brothers because of his ability to explain people's dreams. When the pharaoh calls on him to breakdown a dream, Joseph predicts a famine and is made the pharaoh's secondhand man. When the famine hits, Joseph's brothers come to him for relief and have to pass a test to prove they've changed before he'll forgive them. This musical contains songs using many musical genre.

Some songs include: Any Dream Will Do, One More Angel in Heaven, Close Every Door, Go, Go, Go Joseph, Those Canaan Days, The Brothers Come To Egypt/Grovel, Benjamin Calypso, and Joseph Megamix

Date:

Saturday, November 18, 2023

Time: 1 p.m.

Location:

New Roads Performing Arts
Centre (formerly Newmarket
Theatre)
8505 Pickering Cres. Newmarket
(south off Mulock Drive)

Cost: \$15

Please place your order by
November 1, 2023. Make your
cheque out to:
RTOERO District 34 and send
it along with your completed
registration form (pp. 13 and 57)
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. Or if you wish you
may pick up your tickets at the Old
Town Hall box office from Monday
– Friday
(460 Botsford St. 905-953-5313).



The Game's Afoot

By Angela Stewart

A Markham Little Theatre Production

Broadway star William Gillette, famous for his role as Sherlock Holmes, has invited his fellow cast members to his mansion for a weekend of Christmas revelry. When one of the guests is stabbed to death, the festivities turn dangerous. Gillette is determined to track down the killer in this hilarious whodunit.

Dates: November 15-18, 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.

Meet Dr. Kate Greenway

By Chris Prefontaine and Kate Greenway



District 34 member Kate Greenway was a Drama and English teacher at Holy Trinity School in Richmond Hill. She created most often in watercolours but an introduction to the art of traditional stained glass at the Stouffville Strawberry Festival, gave her a new avenue to employ her creativity. Ten years later, she began experimenting with fused, stained and mosaic glass, frequently combining mixed media and photo-transfer elements.

Kate completed a Masters and Ph.D. in Arts Education with both projects including original glass art: her Holocaust themed Masters work “The Brooch” was acquired by the Holocaust Survivors’ Speakers Bureau in the Bronx, New York. It won an award for top graduating thesis that year and was accompanied by a solo art show. She has also published several journal articles with accompanying glass artwork illustrations.



The Brooch
Traditional Stained Glass

Most recently, Kate created The Sunflower Project which is a series of “Glass on Glass” Mosaics as part of a fundraiser for the Ukraine Humanitarian Appeal.



*A Sunflower For
Ukraine 2
A Glass on Glass
Mosaic*

In her work, light and transparency are key. She is fascinated by the way watercolour and glass can carry literal and metaphoric weight in their ability to be transparent, translucent or opaque, allowing us to consider what we can see through, see beyond to, or not see. In watercolour she plays with additive layers of delicate hues to create form and meaning, whereas cutting, fusing, layering, and juxtaposing glass and the mixed media components of her artwork give her a more tactile method of sharing her ideas.

*Remembering
Fused Glass, Phototransfer*



Kate's favorite subjects to paint are flora, fauna, and landscapes, where she tends to work representationally; in glass, she leans more to abstract expression or thematically linked pieces. Most recently she is experimenting with collage, and adding dimensional pieces to her paintings. Her works range from decorative paintings, glass panels, and pet portraits, to more practical items such as garden stepping stones and fused glass votive candle pieces.



Why, Hello There
A Watercolour

Kate's works most often focus on small moments. Her watercolours guide the viewer to pay attention to the fine brush strokes, the detail, and the layering of subtle washes of colour. She often leaves generous white spaces, to add to the brightness and delicacy of the works, as well as to leave spaces for the viewer's imagination. Similarly, her mixed media and tissue paper collage works combine man-made and natural elements in minute detail, layering small pieces to create a cohesive whole, while still maintaining lightness.



Alaskan Fireweed
A Watercolour

You can see Kate's work in person; in October, she will be at the Richmond Hill Centre for the Performing Arts with a show called "The Delicacy of Beauty," a collection of watercolours, hand-painted tissue collage, and mixed media, of encounters with nature; and in November she will be at the Don Mills Branch of the Toronto Public Library showing "Natural Abstraction" which finds beauty and purpose in familiar shapes, colours, lines and objects. She will also have solo features at the Peter Street gallery in Orillia in November, and Espresso 21 Cafe, Unionville, in December. You contact her by visiting her online: beaglesofballantrae.ca or on Instagram @[beaglesofballantrae.ca](https://www.instagram.com/beaglesofballantrae)

A Summer Bouquet
Fused Glass



Victims Sought

By Constable Laura Nicolle

Investigators with the York Regional Police Financial Crimes Unit are urging any additional victims to come forward after a 20-year-old man was charged in connection with a grandparent scam investigation.

The investigation began on December 12, 2022, after an 85-year-old victim reported losing \$10,000 in a grandparent scam. The victim had received calls requesting money to help a relative who was in jail or in legal trouble. After the victim took out the money, a suspect posing as a courier attended their location to pick it up.

After a lengthy investigation, the suspect courier was identified and has been charged.



York Regional Police has released a photo of the accused and urging any additional victims and anyone with information to come forward.

CHARGED: Jake BOYKO, 20, of Brossard, Quebec

CHARGES INCLUDE: Fraud Over \$5,000, Extortion and Possession of Proceeds of Crime

A list of ongoing scams and tips to avoid becoming a victim are available at yrp.ca/fraud.

To report an incident involving this suspect, please contact the York Regional Police Financial Crimes Unit 1-905-830-0303 ext. 6612, or call Crime Stoppers at 1-800-222-8477.

If you have been a victim of a fraud and have not lost any money, please contact the Canadian Anti-Fraud Centre online or by calling 1-888-495-8501.

-Reprinted with Permission from YRP.

What Does “Land Back” Mean?

By Shaneeka Forrester for RTOERO, Cree artist, mother and advocate from Brunswick House First Nation, planting roots in Simcoe County, Ontario

Many of us have heard the term “Land Back” in recent years but may be left wondering what it means. What can we do to learn more, and how can non-Indigenous individuals support the Land Back movement across Turtle Island?

A common misunderstanding around Land Back is that Indigenous groups across Turtle Island want all of the country returned to them. Although there may be groups that would like to see that, the more common meaning revolves around the re-establishment of Indigenous sovereignty across Turtle Island.

Land Back was initially about raising awareness of broken treaties, land agreements and disputes over unceded territory. Indigenous communities wanted to regain control over their lands in all aspects without political interference.

Over time, Land Back has evolved into a larger movement encapsulating many aspects of reclamation in Indigenous communities. Artist Isaac Murdoch stated, “Land Back is people returning back and finding their place in those systems of life.” Many individuals express a process of reconnecting when using the term.

Land Back has become a powerful phrase being used across North America by Indigenous communities – igniting pride, connection and joy while individuals actively combat the effects of assimilation and colonialism.

Non-Indigenous individuals can support Land Back movements across Turtle Island by taking time to listen to the full interpretation of the term in the context it is being used. The Land Back movement can mean many different things to Indigenous communities, since the movement has become so large and encapsulates many pieces. When listening to and learning from Indigenous communities, it is always important to remain respectful, open and ask questions when it is appropriate to do so.

Fall Grasses

A 14" x 20" Cold Wax and Oil Painting By Phyllis Vernon



Ireland and Scotland

Might you be interest in travelling abroad with other District 34 members? We would like to know if you would like more information. If you think that you might be interested, shoot an email off to Paul Devlin at 11pdevlin@gmail.com to let us know.

Stay tuned for a District 34
**GROUP TRIP TO
IRELAND & SCOTLAND**
IN APRIL 2024

RTO
ERO

merit travel

LEARN MORE

Peter Pan, The Pantomime

By Susan Leppington

Drayton Entertainment's production of Peter Pan, the Pantomime, at the King's Wharf Theatre in Midland. Join us for the holiday season's rollicking tale of the boy who never grew up and whose adventures find him awash in swash and buckle. You'll be hooked!

(What is pantomime? Theatrical entertainment which involves lively music, topical jokes and slapstick comedy, usually based (loosely!) on a well-known tale.)

Date:

Thursday, November 23, 2023

Pick up times; (Please note the time for each location.)

9:30 a.m.

Hillcrest Mall, Richmond Hill

10 a.m.

Upper Canada Mall, Newmarket

Times:

11:30 a.m. to 1 p.m. lunch at the Boathouse Eatery on Midland's waterfront.

Menu: Roast Chicken supreme with roasted vegetables and potatoes. Five layer chocolate cake, coffee or tea. A vegetarian option will also be available.

Theatre Time:

1:30 to 4:30 p.m. Kings Wharf Theatre.

Depart From Midland:

4:45 p.m.

Cost: \$135 (subsidized by District 34) includes return transportation via deluxe coach, lunch, reserved seating for Peter Pan, gratuity and taxes.

Deadline for registration is October 20, 2023. Make your cheque out to *RTOERO District 34* and send it along with your completed registration form (pp. 13 and 57) and waiver (p. 56) to:

Susan Leppington

162 Crossland Gate

Newmarket, ON L3X 1A5

Please note: In case this event is oversubscribed, a draw may be necessary to accommodate the varying delivery dates of the newsletter.

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.

Barbara Beale
 Stewart Cole
 Helen Cowie
 Christine Cuthbert Hunt
 Alfred Dancyger
 Fred Davidson
 Rosario DeHenestrosa
 M. M. Domina
 Harvey Ecker
 Marion Ellis
 Mary Frizzell
 Victor Goodman
 Muriel Hackett
 Ellen Halvorsen
 William Higgins
 Dominica Liu
 Terrence Lunau
 Angus MacLennan
 Allan McDermott
 JoAnn McNamara
 Sharon Mein
 Diane Patterson
 Grace Payne
 Frederick J. Philip
 Jose Richter
 Kenneth PaulStanbury
 Dorothy Street
 PeterStuart
 D Joyce Westlake

Anne of Green Gables The Musical

By Craig Lee

Theatre Aurora
Music by Norman Campbell,
Book by Don Harron

Step into the world of Avonlea as we bring L. M. Montgomery's beloved story to life in this enchanting musical adaptation. Follow the adventures of the spirited orphan, Anne Shirley, as she finds her place in the world, surrounded by the beauty of Prince Edward Island and the love of her newfound family.

Dates:

Friday, November 24, 2023 or
 Saturday, November 25, 2023

Time: 8 p.m.

Location:

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

Cost: \$15

Please place your order by Thursday November 9, 2023
Make your cheque out to *RTOERO District 34* and send it along with your completed registration form (pp. 13 and 57) 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.

Tips to Avoid Investment Scams

By *RTOERO*

Investment scams are one type of fraud that you can protect against. You may get invited to an investment seminar or be introduced to a so-called opportunity through an existing group you're part of. These situations can be enticing—often, presenters are skilled motivational speakers and will use high-pressure tactics.

Here are some general tips to help you avoid investment scams:

- before you invest, get a second opinion from a registered, qualified advisor, a lawyer or an accountant;
- generally, anyone selling securities or offering investment advice must be registered with their provincial securities regulator. You can check through the Ontario Securities Commission or Canadian Securities Administrators.
- be suspicious of time-limited offers and high-pressure salespeople. You should not have to invest on the spot if the investment is legitimate; and
- before investing, understand how it works, the risks and any fees. Make sure it fits with your financial goals and your other investments. Working with a qualified advisor can help.

These tips are adapted from GetSmarterAboutMoney.ca by the Ontario Securities Commission.

You can report fraud to local law enforcement and contact the Anti-Fraud Centre at antifraudcentre-centreantifraude.ca or call toll-free at 1-888-495-8501.

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:

Carolyn Anbinder

Rita Angellotti

Cynthia Ashworth

Simone Baumgartner

Wendy Britt-Steiner

Joan Carroll

Jennifer Chiarot

Mary Lynn Clegg

Sheila Cooper

Frances Cormier

Jennie Coutanche

Elizabeth Crew

Doreen Crocker

Spencer Crowder

Leslie Csatory

Joan Davidson

Deanne Dennison

Cristina Dungey

Susan Durfy

Rita Ecker

Odette Fernandes

Stephanie Francis

Rhonda Friedman

Elena Friedmann

Linda Gama

Nick Giannias

Luigi Girardo

Eileen Goodman

Andrea Gray

Mary Ann Holman

Christine Holubowsky

Michele Horton

Laurie Johnson

Daad Karam

Lori Kay

Rodney Kemp

Jennifer Kenwell

Aron Kohn

Wendy Kordez

Joy Lee

Dean Lee

Nancy Lennon

Ildiko Luxemburger

Kim MacDonald

Glenna Mackay-Johnstone

Marianne Maltby

Elizabeth Maw
 Patrick McConvey
 Doris McCullough
 Carol McDermott
 Colleen McKague
 Kathryn McKenzie
 Mary Minicucci
 Gordonna Mondelli
 Laura Negrotto
 Jeffrey J. Pacek
 Anna Paolitto-Primiani
 John Patton
 Marissa Revzen-Ellis
 Susan Richard
 Dwight Robinson
 Christine Salama
 Miranda Scenna Cozzoli
 Walter Shankman
 Joseph Simmons
 Lutchman Singh
 Mary Smardenkas
 Laura Stancati
 Marilyn Stewart
 Sandra Stockall
 Karen Styles
 Adriana Taddeo
 Loreen Teoli
 Derek Totten
 Mary Tsambourlianos
 Harriet Wagner
 Irwin Wales
 Susan Wansbrough
 Rhonda Woolfson
 Maxelle Yablon

District 34 Twenty Five Year Members

By Lori MacDonald-Blundon

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

Certificates of recognition were mailed out to the individuals.

Gary Allen
 Michael Andrachuk
 Nancy Andrews
 Carol Beecroft
 Kathleen Bell
 Lois Bickerton
 Marie Blanchard
 Mariette Blouin-Johnson
 Myra Boag
 Donald Bogle
 Christine Bojhra
 Beverley Bone
 Donald Bowles
 Mary A. Brand
 Paul Brand
 Maryann Brazier
 David Brennan
 Elizabeth Campbell-Brown
 Irene Chambers
 Laurel Clinton
 Astrid Condon
 Mary Conte

Noel Cooper
George Cornelius
Kenneth Coulter
Judith Cowan
Mary Croutch
Mary Pamela Deluca
Robert Demisch
Ann Diakiw
Bryan Dimma
Sharon Dixon
Gary Dominick
Raymond Dyer
Donna Earl
June Elliot
Judith Falusi
Spencer Fosbury
Ruth Geddes
Thomas Owen Gibson
Robert Girard
Nancy Given
Ann Gordon
Dorothy Graf
Michael Gray
Maria Donata Grella
Catherine Gross
Sharon Hamilton
Patricia Hamilton
Ildiko Hary-Ugray
Donald Hathway
Gail Henderson
Beverly Hill
Jay Hooper
Alvin Jantzi
Lawrence Johnson
John Johnston
Sandra Kidd
Margaret Kirby
Norman Knisley
Marcella Kovatch
Diane Lalonde
Patricia Leeson
Danny Leung
Wolfgang Luebke
Anthony MacAluso
Agatha MacGregor
Jeannine MacLaren
Pat MacMillan
Myrna Marcus
Joan Matthew
Robin May
Frederick McLaughlin
John McLean
Joseph McMahan
Huguette Merigliano
Ernest Merkley
Arleen Midriak
Kathryn Mifflin
Patricia Miltenburg
Mary Muncy
Peter Murphy
Patricia Naylor
Eldora Nevils
Sharon O'Connell
William Oliver
Denyse O'Rourke-Flynn
Bettyanne Pajot
Dorothy Peirce
Reg Pembleton
Joanne Pickering
Allan Piette
Barbara Powell
Susan Reid

Dennis Richardson
 Peggy Richardson
 Christine Roberts
 Martha Robertson
 Diane Roulston
 Helen Rowan
 Frederick Sadler
 Fe Santos
 Diana Saunders
 Frank Shepherd
 Marcia Sinclair
 Christine Smith
 Marilyn Surti
 Donna Swartz
 Allen Symonds
 Dawn Thomas
 Patricia Thompson
 Janet Thornton
 Frances Wachna
 Brenda Walton
 Peggy Wasley
 Carol Wells
 Lola Ann Wheeler
 Sharon Willan
 Melodye Williams
 Nancy Wilson
 Charlotte Wright
 Ronald Zack
 Claude Zorzi
 Claudius Zujew

39 Steps

By *Craig Lee*

**A Curtain Club Production by
Patrick Barlow**

This Curtain Club play is a hilarious parody adapted from Hitchcock's film of the same name. It is a fast-paced spy-thriller spoof set in the 1930's. Foreign spies, secrets, a murder, mysterious women, goofy police officers and many more colourful characters bring this play to life. Get ready for a fun ride!

Date:

Wednesday, November 29, 2023

Time: 8 p.m.

Location:

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

Cost: \$15

Wednesday November 8, 2023.

Make your cheque out to *RTOERO District 34* and send it along with your completed registration form (pp. 13 and 57) to:

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

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

Mystery Musical?

By Craig Lee

Because of deadlines, it is not possible to provide the name of the annual musical from Alex MacKenzie High School for this magazine.

Previous musicals include: The Sound of Music, The Wizard of Oz, Beauty and the Beast, Les Miserables and Shrek. When the name of the musical will be released in September, notification is be provided through an e-blast. Registrations are not due until late November.

Date: Friday, December 8, 2023

Time: 10 a.m.

Location:

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

Cost: \$10

Please place your order by Thursday November 23, 2023. Make your cheque out to *RTOERO District 34* and send it along with your completed registration form (pp. 13 and 57) to:

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

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



Richmond Hill Philharmonic Orchestra

By Craig Lee

Jolly Holidays

The last month of the year is a “world of holidays”. Traditions vary, but the ingredient that permeates the holiday season is music. Join us for a celebration of Christmas, Hanukkah, and Kwanzaa, with a variety of music that will delight children of all ages. Dress up in your favourite ugly sweater, hat, lights, colours of your celebrated occasion, that sparkly thing you never get to wear anywhere...and there will be plenty of chances to sing along with the orchestra and come together in spirit and song!.

Date:

Saturday, December 9, 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 Thursday, November 23, 2023. Make your cheque out to *RTOERO District 34* and send it along with your completed registration form (pp. 13 and 57) 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 (for box office hours contact 905-787-8811) or on the day of the performance. Ask for your tickets using your surname. Acknowledgements will be emailed upon receiving the registration form.



District 34 Outing

By Susan Leppington

District 34 members participated in a theatre outing to Niagara-on-the-Lake in May, 2023. Lunch was at Queenston Heights Restaurant with a wonderful view overlooking the Niagara gorge.



Cogniciti

By Chris Prefontaine

Have you ever heard of Cogniciti or Baycrest? A few years ago now, I signed up as a member for both.

“Cogniciti is a brain health company that is changing the way the world looks at brain health and aging. Through the provision of innovative, evidence-based brain health solutions, Cogniciti is engaging older adults in important conversations about their brain health, working to improve the quality of life of individuals living with dementia and supporting research efforts to prevent, treat and cure dementia.”

“They are a subsidiary of Baycrest, a global leader in residential living, healthcare, research, innovation and education for older adults, with a special focus on brain health and aging. Baycrest is an academic health sciences centre located in Toronto, Canada and is fully affiliated with the University of Toronto. For more than 100 years, Baycrest has provided exemplary care to older adults. Baycrest is also home to one of the world’s top research institutes in cognitive

neuroscience, the Rotman Research Institute. Through Cogniciti, Baycrest is sharing its sought-after expertise, research and innovations with older adults around the world.”

Concerned about my memory or rather, lack thereof, I signed up for a Memory Course given online with Baycrest. The timeline was flexible and I found it interesting and also very helpful. There were quite a few modules and at the end of each one, there was a kind of test to see how much you had remembered.

To my surprise, at the end of the program, participants even received compensation for their time. Of course that took a bit longer for me as I kept forgetting to take the final test. :-).

Now, now don't judge, it was because at the time of completion, I was working on The 34 Story! Anyway, I have found the various strategies to be very helpful and I use them daily!

As a member of Cogniciti, I receive monthly eNewsletters outlining various studies and

personalized emails when they think that they have found a specific research study which might be a match for my personal profile.

When I wrote to Cogniciti for permission to reprint the information on their website, they suggested that our members may be interested in signing up to their brain health registry to be first in line to connect with research and other opportunities happening in their area:
<https://cogniciti.com/Test-Your-Brain-Health/Brain-Health-Registry>

On their cogniciti.com site, anyone can take their free online brain health assessment: just click

[Take the Assessment >](#)

at the top right corner of the webpage.

And here is a link to sign up for their monthly mailing list that provides free webinars, workshops and the latest in brain health that they thought our members may also find helpful. Use this shortened link to sign up: bit.ly/43vDxi4.

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

Richmond Hill Location

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
johnson.ca



34th Story Website

Check our website at
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
rtoero.ca/

DISTRICT 34 MEMBERSHIP COORDINATOR

Lori MacDonald-Blundon
District34Membership@outlook.com
Questions regarding membership and newsletter mailings may be directed to Lori as well.

DISTRICT 34 EMAIL COMMUNICATIONS COORDINATOR

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

Newsletter Submissions

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

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

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

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

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

