



34th STORY

District 34 - York Region

Vol. 36 No. 2 - April 2024



Tranquility

An 11" x 14" Acrylic Painting By Becky Cheung

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Gerber Daisies in a Vase

Photography By Mai-Britt Edgar

**District 34 York Region
Executive and
Committee Chair
Persons
2023 - 2024**

PRESIDENT

Bob Sandiford.....289-231-7300
bob.sandiford@sympatico.ca

**PAST PRESIDENT AND BENEFITS
CO-REP.**

Jose Fernandes.....416-818-8869
jose.fernandes@rogers.com

**FIRST VICE-PRESIDENT AND
POLITICAL ADVOCACY REP.**

Dave Szollosy.....905-722-1088
daveszol@rogers.com

SECOND VICE-PRESIDENT

Paul Devlin.....416-949-6810
11pdevlin@gmail.com

PROJECT SERVICE TO OTHERS REP.

Regine Baker.....416-293-3514
reginebaker@rogers.com

**SECRETARY AND
COMMUNICATIONS REP.**

Angela Stewart
34thstoryreminders@gmail.com

TREASURER

Dan Reynolds
treasurer34@districts.rtoero.ca

**MEMBERSHIP COORDINATOR AND
NEWSLETTER EDITOR**

Chris Prefontaine.....905-471-4624
7chris.prefontaine@gmail.com

EXECUTIVE MEMBER

Ann Evans.....905-830-0407
annlesleyevans1945@gmail.com

EXECUTIVE MEMBER

Craig Lee.....905-884-4957
CANDMLEE3@GMAIL.COM

GOODWILL REP.

Betty Tobin.....905-884-8958
bettytobin75@hotmail.com

HEALTH BENEFITS CO-REP.

John Pickett.....647-273-0790
john.pickett@rogers.com

RECRUITMENT CONVENOR

Cindy Ranieri.....905-889-7305
cindy_ranieri@hotmail.com

FOUNDATION REP.

Richard Maurice
(.maurice@teksavvy.com

SOCIAL CO-CONVENOR

Ernie Polsoni.....905-773-5814
ernpol@yahoo.ca

SOCIAL CO-CONVENOR

Susan Phillips..... 647-270-0471
susancphillips@gmail.com

EVENT PHOTOGRAPHER

Grant Dale.....905-508-8164
gdale@sympatico.ca

For Your 2024 Calendar

Zoom Yoga

Wednesday, April 3
Wednesday, May 1
Wednesday, June 5
Wednesday, September 4

Join Us For a Walk

Wednesday, April 24
Tuesday, May 21
Wednesday, June 19

Hava Java

Thursday, April 18
Wednesday, May 15
Thursday, June 13

Retirement Planning Workshops

Saturday, April 6
Saturday, May 4

On Golden Pond

Saturday, April 20 or
Sunday, April 21

Bienvenue Oh Trout Lake
April 24 to 27

AGM and Spring Luncheon
Thursday, May 23

Lawn Bowling
Wednesday, May 29

Rock of Ages
Thursday, May 30

Let's Play Ball
Tuesday, June 4

Gibson and Son
Wednesday, June 5



Bob Sandiford, President
President's Message

It's funny how time flies faster the older you get. It's hard to believe we just passed the 60th anniversary of the Beatles coming to America when I can clearly remember them appearing on the Ed Sullivan show. However, we continue down our own "long and winding road" working toward new goals, reaching exciting milestones in our retirement such as traveling abroad, catching up with old friends, volunteering, learning new skills and spending more time with family... experiences that were put on hold while we worked.

I encourage you to go on a Magical Mystery Tour of our website to see all the privileges you have through

your membership in RTO at district34.rtoero.ca

One of the activities I have personally explored in retirement is riding bikes. There are many interesting trails in York Region where you can ride or hike, enjoy the beauty of nature and get great exercise.

The Nokiidaa Trail in Newmarket is a great ride for all skill levels, following along the East Holland River going north to Bradford and south past Fairy Lake into Richmond Hill.

Rouge Valley National Park in Markham also has beautiful trails that take you through some of Ontario's finest farmland. Other trails to be enjoyed throughout Ontario include Tottenham Rail Trail (make sure to stop at Four Corners Bakery for cappuccino & a pastry), the Uxbridge to Lindsay Rail Trail (peddle through vast marshlands), the Saugeen Rail Trail (with incredible views of Lake Huron between Port Elgin and Southhampton), and the Old Railway Bike Trail in Algonquin Park where you may even see a moose or two!

Most of the trails mentioned require a moderate skill level, rail trails tend to be flat.

Our past president Jose Fernandes has started the process of gathering names for the new executive. Please consider putting your name forward for the 2024/2025 year. If you want to participate in other ways like starting a new activity, such as an interesting trip, or if you have any other thoughts, please feel free to contact our executive.

On behalf of the executive, and all individuals who organize the many activities offered to members, we hope you have a safe, active, and enjoyable spring. We hope to see you at one of our events!

“And in the end the love you take is equal to the love you make.”

Bob



Be Sure To Sign Up For Event Reminders

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

Free Zoom Yoga

By Angela Stewart



Are 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 continu.life or email her at contact@continu.life.

The sessions will take place the

first Wednesday of the month in April, May, June and September at 6:30 p.m.

Dates:

Wednesday, April 3, 2024

Wednesday, May 1, 2024

Wednesday, June 5, 2024

Wednesday, September 4, 2024

Time: 6:30 p.m.

Use the following link to sign up for one or more classes:

calendly.com/christinadefranco/rto-yoga

Hava Java on Us

By Regine Baker

District 34 members are invited each month to come out and enjoy a complimentary coffee or tea and a muffin, donut or other bakery treat. The agenda is simple – just relax and have a chin-wag or catch-up with former colleagues and new friends. Come alone or bring a non-member guest. Dates, times and locations are listed below.

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.

Dates:

Thursday, April 18, 2024
Wednesday, May 15, 2024
Thursday, June 13, 2024

Times:

10 a.m. to noon at all locations.
You are no longer required to contact Grant Dale to reserve a time for the central location.

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 Horton's
Corner of Yonge and Millard Streets, Newmarket, ON

Farther North:

Black River Coffee
126 High Street
Sutton, ON (parking on street)



*Black River Coffee
January 24, 2024*



To Hell With The Bell

By Angela Stewart

How do you celebrate the first day of school, knowing that you don't have to be there?

Each year the group pictured below go for a morning hike and head to a pub for lunch. Yes, they ring their bells to celebrate. The group gets bigger each year. In this year's photo, five of these seven retired teachers are former YRDSB educators.

How do you celebrate? We'd love to share your first day of school tradition in an upcoming *34th Story*. Please email me at 34thstoryreminders@gmail.com. If you have a photo to share, be sure to have permission from everyone allowing us to publish it.



Join Us For a Walk

By Ann Evans

Spring is sprung and the grass is riz - well at least it's trying to anyway! Hopefully, this pleasant weather continues, so we may get outside and enjoy it. Not only do our walks provide us with some exercise but we also get the chance to enjoy the friendship and camaraderie that they provide.

As warm weather is here our walks will begin at 9:30 a.m. As usual after our walk, we will enjoy a coffee in a nearby coffee shop.

Dates and Locations:

Wednesday, April 24, 2024

Field of Gold

Aurora Arboretum

This is a new walk that we have not done before and about which I have just learned. I am told that in April, we will see thousands of daffodils growing in fields which are adjacent to level walking paths which are mostly gravel and flat.

The field of gold is quite

spectacular and every year now, it just gets better and better as they keep planting more bulbs every year.



Aurora Arboretum,
76 Woodroof Cres. (which is off
of Hollandview Trail.)
Parking is on the street.

Tuesday, May 21, 2024
Shepherd's Bush

Sometimes, in the past, we have been fortunate enough to see the trilliums blooming in the woodland. Maybe we will be lucky again this year. Let's meet in the parking lot at the south end of Industry Street in Aurora.

Wednesday, June 19, 2024
Fairy Lake, Newmarket

The bugs are often very troublesome at this time of year so the openness of this walk

seems like a good idea. Even though we have done this walk many times the conversations will likely be new and interesting. We can meet in the car park on the southside of Water Street.

I hope that you can join in!



PHARMACARE Update

Information Shared By Paul Devlin

The federal government committed to passing the Canada Pharmacare Act by the end of 2023. This did not happen, but Canadians have been promised that a plan will be introduced in the House of Commons by March first 2024.

We need to ensure that the government implements the full recommendation of the Advisory Council on the Implementation of National Pharmacare, which was headed up by former Ontario health minister Dr. Eric Hoskins. By the time you read this article, we will have seen what the

federal government Pharmacare plan entails.

The Advisory Council's report published in June 2019 and made it clear that Canada needs a universal, single payer, pharmacare program. Today the only place where all Canadians are covered is in the hospital. The federal government also covers the cost of prescription drugs for members of the Armed Forces and the RCMP, veterans, and Indigenous people.

At the non-federal level, the provinces and territories all provide different coverage. Most subsidize the cost of medications for vulnerable Canadians like those over 65 and recipients of social assistance and disability benefits. Many also provide catastrophic coverage for those with astronomical medical costs. At this time, private drug coverage is tied to employment. The less you earn at work, the less likely you are to have prescription drug coverage.

It is not right that in 2024, one in five or almost eight million Canadians reported not having prescription insurance to cover

medication costs. Women, young workers, racialized people, immigration and seniors are less likely to have the coverage they need.

Finally, after months of negotiations – and tireless campaigning by patients, advocates, health care providers, and people like you – the Liberals and the NDP have reached a deal on pharmacare.

We won't know the full details until the draft legislation is introduced. But there are strong indications that our movement for public pharmacare has scored a significant victory!

The two parties have agreed to provide universal coverage for birth control and diabetes medication through a single-payer system as a first step towards a national pharmacare program. There are reports that the upcoming bill will task the government with expanding the list of covered medicines and developing a bulk buying plan.

This represents one of the biggest advances in Canadian health care in decades. The pilot program

would be life-changing for people who rely on birth control and diabetes medications. And solid framework legislation rooted in the principles of Canadian Medicare would be a huge blow to the pharmaceutical and insurance industries which have been working around the clock to gum up any progress on public pharmacare.

For more information visit Canadian Labour Congress at pharmacare.canadianlabour.ca/why-pharmacare or The Council of Canadians at canadians.org/analysis/what-we-know-about-the-liberal-ndp-pharmacare-deal-so-far/

Retirement Planning Workshop

By Cindy Ranieri

If you know a friend or family member who is considering retirement, please suggest that they attend an RTOERO retirement workshop. These events are available virtually or in-person.

There will be one *in-person* session offered in York Region on Saturday, April 6, 2024.

But your friends/relatives can attend sessions in other areas if they are more convenient.

On Saturday, May 4, 2024, there will be a session in Etobicoke. If you go to the RTOERO website scroll over Events at the top; and then move down to View All Events and you will be taken to a calendar. Use the arrows at the sides to change the months.

I think that you will find that it is very easy to sign up. Participants will receive information that is needed for retirement. Information such as planning for their financial future, pension, health benefits and the advantages of group insurance.

On Golden Pond

By Craig Lee

Theatre Aurora

Come experience the heartwarming tale of family and love in Ernest Thompson's "On Golden Pond." Experience the poignant story of an elderly couple, their estranged daughter, and the unforgettable summer that brings them together

as they rediscover the power of love and family.

Dates:

Saturday, April 20, 2024 or
Sunday, April 21, 2024

Time: 2 p.m.

Cost: \$18

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

Please place your order by
Wednesday, April 10, 2024

Make your cheque out to *RTOERO District 34* and send it along with your completed registration form (pp. 15 and 49) to:

Barb Jones
36 Deer Run Crescent
Bradford, ON L3Z 1N2

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



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): _____

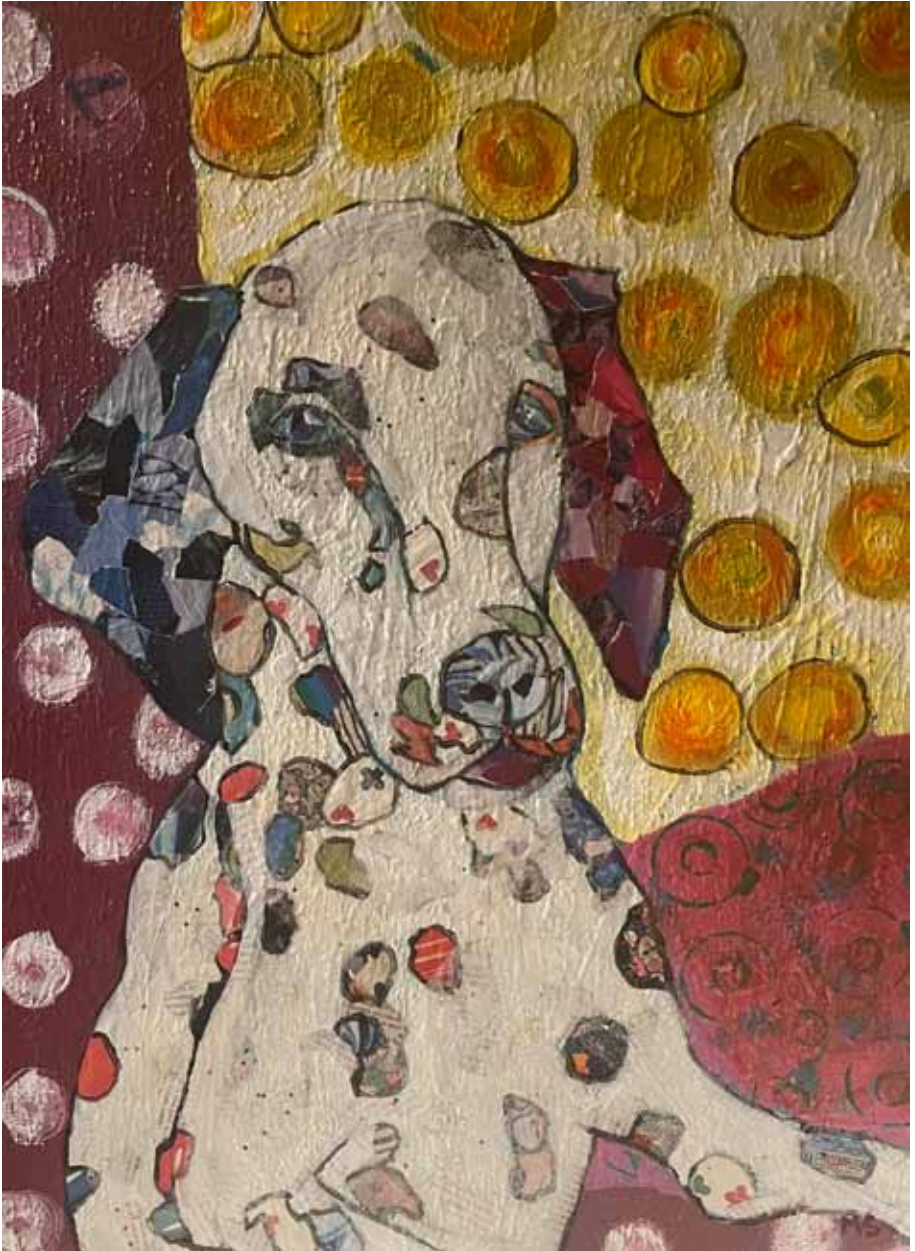
Enclosed is a cheque made out to **RTOERO District 34** for
\$_____ for _____ person/people at \$_____ each.

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.**

Polka Dot Pup

A Mixed Media Piece By Melissa Sherman



“Service to Others”

Co-Leading an Educational Institute in Kathmandu Nepal

By Stephen Helston (Retired YRDSB Principal)

In November of 2023, I had the distinct pleasure of participating in a teacher and administrator leadership conference in Kathmandu, Nepal. Known as the Educator and Leadership Institute, or ELI, this program is run through Wilfrid Laurier University via the wonderful guidance and direction of Faculty of Education Instructor Judy Halpern. Seven retired principals and superintendents from various boards across Ontario travelled together to deliver an array of different workshops to interested teachers and school leaders in the greater Kathmandu area. The Institute was hosted by PABSON (Private and Boarding Schools of Nepal) and Janapremi World School and took place on November 24th and 25th, 2023.

The ELI model, which has been used in other countries since 2016, is to build teaching and leadership capacity in

communities globally through professional courses and workshops. Our team worked as mentors to our Nepalese colleagues and together designed workshops in five areas: Effective Teaching and Learning Strategies for Primary Grades, as well as for Late Elementary and Secondary Grades, Social and Emotional Learning, Assessment for Improved Student Learning, and School Leadership, which was run by another retired YRDSB principal, Arnis Pukitis.



*Educator and Leadership Institute
Facilitators Steve Helston
and Arnis Pukitis*

Each Canadian mentor worked virtually every week for four months with our counterparts in Nepal. We designed and collaborated in the creation of three, three hour interactive workshops.

The conference began with an active plenary session, which then broke off into the separate workshops. The Nepalese facilitators all had a range of experiences, some more comfortable leading the workshops than others. We were very happy to reach our intended capacity of 150 participants!



ELI Teacher Participants

The Nepali slogan for this ELI was, ‘If we are not updated, we are outdated.’ Their desire to experience and learn about new ideas in pedagogy, teaching and learning strategies, theories and practices were appreciatively received by everyone. There was a clear and palatable enthusiasm for being exposed to new ways of thinking about our wonderful profession, as well as a keen interest in how to implement effective educational practices.

Each participating candidate was tasked in creating a SMART goal based on what they learned in their respective workshops, and then have one month to put this goal into practice in their own schools and reflect on their experiences.

To say that the Institute was well-received would be an understatement. It was an incredible pleasure to have this unique opportunity and to share our expertise and experiences with such a keen and eager group of Nepalese educators.

We also had the pleasure of visiting three urban schools in Kathmandu, as well as a rural school in the Helambu Valley.



Primary Classroom - Kathmandu

These visits to local schools were one of the highlights of the trip; we were able to speak with

fellow administrators, teachers, students and support staff, all of whom were happy to discuss their practices. At each school, we were honoured with a khata, a Tibetan ceremonial scarf given as a gift when welcoming or departing to respected guests. We listened to children sing, and sang to them as well!



Bamboo Swing

We were entertained with student performances, including dances and the sharing of traditional clothing of various ethnic groups, school assemblies, delicious lunches, in-depth conversations with administrators, and even the chance to try a homemade bamboo swing at one school!

Following the institute, we were able to trek into the foothills of the Himalayas in the Langtang Range to experience another

side of incredible Nepal, the hospitality of local villages in the Helambu region.



*Co-Leader Rob Spackman
with Arnis and Steve atop the
Ama Yangri Summit*

I will forever remember the kindness, purity and sincere hospitality of the Nepalese people who hosted us for this powerful ELI opportunity. Many wonderful and enriching experiences are forever etched in my memory from this journey of discovery and exploring. Namaste, Nepal.

If you would like to learn more about The Educator and Leadership Institute, please contact the author at stephen.helston@bell.net

Pink Hibiscus

A Watercolour Painting By Kate Greenway



The Three Sisters - Canmore

Photography By Grant Dale



Sounds of Our Country

A Song By Paul Francis

From the hills, and from the valleys

From the mountains, topped with snow
Come the sounds, of our country
Sounds we love, and sounds we know

1) Sounds of rivers, they are flowing
And in trees, wherever we go
Sounds of birds, they are singing
Happy songs, heard high and low

2) Animals seen, but seldom heard
Some are heard, but seldom seen
In the morning, in the light
Are signs, where they have been

3) In the city, sounds of traffic
People rushing, here and there
In the country, sounds of silence
Cattle grazing, over there

4) People here, from many countries
Different sounds, you may hear
As we all, work together
In this land, we hold dear

From the hills, and from the valleys
From the mountains, topped with snow
Come the sounds, of our country
Sounds we love, and sounds we know

Different sounds - wherever we go

District 34 member Paul Francis has written over 120 songs, videos and e-Card clips. He gets inspiration for his songs from reading something, while snoozing, awake at night, walking along the street and any number of ways doing daily activities.

Sometimes a word or a line will come to him (the muse) and he writes that down. Sometimes playing with the guitar a tune will come to him. Other times, he writes the lyrics first, followed by the melody and other times he writes the melody first.

If Paul gets an inspiration while sleeping or starts writing a song before going to bed he might wake up five or six times with a word or a whole line to add to a song. If he doesn't get up and write it down immediately, it is gone in the morning.

To hear Paul sing Sounds of Our Country go to bit.ly/3UQHInP and select either the blue play button or select one of the other options. You can also hear his other creations on franmanmusic.com and franman.org.

Bienvenue Oh Trout Lake

By Angela Stewart

**A Markham Little Theatre
Production - A mid-life crisis
comedy by Neil Marr**

Max, Keith, and Stan decide to celebrate their fiftieth birthdays up at the lake. They hope for a little golf, a little music, and a lot of reminiscing. But when Stan brings his new wife along for the weekend, their plans don't go quite as expected. Pull up a deck chair and join the group of friends in this entertaining comedy.

Dates: April 24 to 27, 2024

Time: 8 p.m.

Cost: \$15 each

Location:

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

Please note that District 34 is partially subsidizing this event. In order to get your discounted price, email Angela Stewart at 34thstoryreminders@gmail.com.

D34 Annual General Meeting and Luncheon

By Regine Baker

ANNUAL GENERAL MEETING

At this meeting members help make decisions for our local RTOERO district and vote on such items as policies, finances and the executive.

The meeting will take place at the Meadowbrook Golf Club on Thursday, May 23, 2024 at 11:30 a.m.

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, or Executive Member (2). All former presidents may stand for Past President. The list of responsibilities for each position may be found online at district34.rtoero.ca.

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

the members at the meeting, or if you have any questions about the process, contact Past President, Jose Fernandes at jose.fernandes@rogers.com. Nominations will also be accepted from the floor at the meeting.

All other positions on the Executive Board are appointed. If you are interested in such a position please contact the District 34 President, Bob Sandiford.

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 (partially subsidized by District 34).

We are pleased that this event will again be held at the beautiful Meadowbrook Golf Club in Gormley. Members are invited to bring one non-member guest if they wish. Space is limited so register early.

Menu:

Fresh baked rolls and butter

Strawberry Mango Salad – mixed salad greens, cranberries, onions,

almonds, fresh citrus vinaigrette
Two choices of Entrée:

1. Italian herbed crusted Orange Roughy (a mild fish) with Salmoriglio sauce (olive oil, lemon, garlic, oregano), saffron rice and seasonal vegetables

OR

2. Grilled 8 oz. California Steak with mashed potatoes, seasonal vegetables and Bordelaise sauce

Key Lime Tart

Tea and Coffee

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

Date: Thursday, May 23, 2024

Times:

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

Registration

11:30 a.m. to Noon - Annual General Meeting

Noon to 12:30 p.m.- Cash bar and socializing

12:30 to 12:45 p.m. – Welcome and announcements

12:45 p.m. – Lunch

Cost: \$25 (*partially subsidized by D34*)

Location:

Meadowbrook Golf Club
11939 Warden Avenue
Gormley (on the east side of
Warden Avenue, midway between
19th Avenue and Stouffville
Road)

Make your cheque out to
RTOERO District 34 and send
it along with your completed
registration form (pp. 15 and 49)
to:

Regine Baker
15 Groomsport Crescent
Scarborough, ON M1T 2K8

Sorry, no electronic payments can
be accepted at this time.

The deadline for receipt of your
payment is
Tuesday, May 14, 2024.

*First Vice-President
Dave Szollosy
presenting the D34 Food
Bank donation to the
Georgina Food Pantry*

New Resource

By *RTOERO*

Money and You Seniors Edition

RTOERO's partner, the Canadian Foundation for Economic Education, has released a new resource to support the financial well-being of older Canadians. *Money and You: Seniors Edition* includes 14 downloadable modules covering a range of topics to help you:

- Establish or build your base of financial knowledge;
- Make wise financial decisions;
- Set and achieve goal; and
- Maintain good financial health, supporting your overall health

Access it here:

moneyandyouseniorsedition.com



Life At The Lake Is Good For The Soul

- *Unknown*

A Watercolour Painting By Ann Evans



Spring Bouquet

A 16" x 20" Watercolour On Canvas By Brigit Kochlett



Give Lawn Bowling a Try

By Terry Knight

The Richmond Hill Lawn Bowling Club (RHLBC) is once again hosting a free introduction to lawn bowling for RTO members and friends on Wednesday May 29, from 1 to 3 p.m. Come and learn about lawn bowling, roll some bowls, play a game, and enjoy some refreshments afterwards.

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 with RTO in the subject line, and the first and last names of those attending. Hope you can join us!

RHLBC is located behind Elgin Barrow Arena, 43 Church St.. S in Richmond Hill, near Yonge & Major Mackenzie. To find out more about our Club, please visit our website at rhlawnbowling.com.



Rock of Ages

By Susan Leppington

St. Jacob's Country Playhouse and St.. Jacobs Market

It's 1987 and aspiring rocker Drew Boley meets and falls madly in love with Sherrie, a fresh-faced Midwesterner who has recently moved to Los Angeles to chase her movie star dreams. Will their stars rise? Will their love last?

This musical comedy is a campy homage to the rock era in all its glory complete with big hair, big chords, big dreams, big laughs and an even bigger heart.

Date: May 30, 2024

Pickup Locations and Times:

Upper Canada Mall (parking lot in front of Winners)
17600 Yonge St., Newmarket
9 a.m.

Hillcrest Mall (parking lot in front of Marshalls)
9350 Yonge Street, Richmond Hill
9:30 a.m.

Travel both ways on Highway 407

Cost: \$105 (partially subsidized by D34)

Itinerary:

11 a.m. to 1 p.m.

Free time to wander, shop & have lunch (not included, so bring your own or have a delicious speciality of the area at St. Jacobs Market.)

1:30 p.m. to 4:30 p.m.

Rock of Ages at St. Jacobs Country Playhouse Theatre

4:45 p.m. Depart for Home.

Arrival at Hillcrest Mall at approximately 6:15 p.m.

Arrival at Upper Canada Mall at approximately 6:45 p.m.

Make your cheque out to *RTOERO District 34* and send it along with your completed registration form (pp. 15 and 49) **AND** the waiver found on page 48 to:

Susan Leppington
162 Crossland Gate
Newmarket, ON L3X 1A5

Deadline for registration is April 17, 2024

Acknowledgements will be emailed upon receiving the registration form.

Welcome New Members

By Chris Prefontaine

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:

Margaret Buckworth
 Suelyn Cheong
 Susan Clubine
 Tracey Davies
 Richard Fedy
 Mariann Frappambino
 Stephanie Gilbert
 Donna Gorber
 Carol Hacker
 Emanuela Jackson
 Anna Maria Jurgeneit
 Dulcie Linton
 Sandra Linton
 Paul McMahon

Gayle Mercurio
 Mary Miraglia
 Leona Pawlin
 Zelia Roberto
 Stephen Schwartz
 Heather Sears
 Elisa Shiffman
 Margaret Spence
 Georgina Tassopoulos



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 Beatty
 Carol Beecroft
 Browyn Bogle
 Joy Burger
 Victoria Carli
 Linda Caskie
 Marie Casson-Hannah
 Robert Clarke
 Patricia A Daley
 William Dies
 Margaret Dummitt
 Mary Fedy
 Janet Garden
 Margriet Haarsma
 Shelagh Harris
 Jay Hooper
 Werner Jurgeneit
 Florence Lewis
 Beverly Long
 Shirley Mason
 Margaret Masterson
 Barney Matisko
 Patricia McDonald
 Linda McKinney
 Stanley Myers
 Mary Neundorf
 William Oliver

Bettyanne Pajot
 Russell Pawlin
 Shirley Pike
 Geraldine Riddell
 Sandra Rose
 Rosalie Schwartz
 Betty Stanley
 Mary Vautour
 Cynthia Wheeler
 Barbara Wideman
 Mylena Woloszczuk



Dining Delights, Literary Lights, and Cinematic Sights (In D34)

By Cindy Ranieri

This column will be a new feature in our *34th Story* newsletter. It is a place where District 34 members can make suggestions and recommendations - about eating out, good books and even the latest in movies. It is not designed to be advertising and there is no guarantee that your suggestion will show up in the next issue, but let's see if we can share some thinking and have some fun doing so.

When I retired, I could hardly wait to read books - ones that were not about education. In my first year I read 20 books.....I don't think I've read that many in total since then! So here I go with some proposals for books, D34 dining and movies; let's see which ones "We" have seen and like!



Twisted Fork

62 Main Street, Mt. Albert
Extensive menu, brunch menu every day until 3 p.m., daily specials 7 days a week, moderate prices, happy hour every day, 11-5 (beer only) and great ambience.

Centre Street Diner

1136 Centre Street, Thornhill.
Known for its massive smoked meat sandwiches, open at 7 a.m., not open late, call for hours 905-731-8037, always busy.

Literary Lights



In My Sister's Shoes by Sinead Moriarty (came to know of her by someone leaving one of her books on a lounge chair in Bali)

Kate has an older sister Fiona who has a husband, kids, a dog (and probably a garbage can). Fiona's "perfect" life is changed by a problem that means Kate has to go back to Dublin. I find this author a tad funny at times.

The Alice Network by Kate Quinn
A bestseller based on the World War I spy ring called the Alice Network. It takes place in France and Belgium which was occupied by the Germans at the time. It is based on a true story.

Cinematic Sights



Air

The true story about Nike and the signing of basketball rookie Michael Jordan. Stars Ben Affleck and Matt Damon. Michael's Mom plays a pivotal role in negotiating Michael's contract and percentage. Let's hear it for Mom's!

Oppenheimer

Slow to start. Three hours long.....maybe that's why it was so slow to start??? Follows the development of the atomic bomb. A biographical drama. His relationship with Einstein is outlined.

Send your suggestions to:
cindy_ranieri@hotmail.com

Let's Play Ball

By Paul Devlin

Come out to the "old ball game", and join us for our annual RTOERO District 34 'Night at the Ball Park'.

The young and surging Blue Jays will be playing host to last year's pennant winning and powerful Baltimore Orioles on **Tuesday, June 4, 2024**. You, your family and friends are invited to enjoy a beautiful spring night out at the newly renovated Rogers Centre cheering on the Jays in their hot pursuit of the AL East Pennant and enjoy "Loonie Night" - \$1.00 hot dogs!

This is a great opportunity to catch Bo Bichette, Vladimir Guerrero Jr., Justin Turner, Kevin Kiermaier, and Markham's own Jordan Romano as they power their way to glory on the diamond.

Date: Tuesday, June 4, 2024
(Loonie Dog Night)

Time: 7:05 p.m.

Cost: \$35

Location:

Rogers Centre
1 Blue Jays Way
Toronto, ON

Make your cheque out to RTOERO District 34 and send it along with your completed registration form (pp. 15 and 49) to:

Paul Devlin
23 Copland Trail
Aurora, Ontario L4G 4S6

or

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

Deadline for registration is
Wednesday, May 15, 2024.

Tickets will be electronically transferred to your mobile device, so please make sure that your email address and cell phone number is included.



The Role of Dental Care in Overall Health

By RTOERO,

Our 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 any issues are caught or treated early.

Ways oral health interacts with overall health:

- evidence has connected mouth bacteria to endocarditis, pneumonia, cardiovascular disease and Alzheimer's;
- gum disease, a common condition, can become periodontitis if left untreated;
- medications can impact saliva flow. Saliva is important for oral health. It helps neutralize acid, support digestion and prevent tooth decay and gum disease; and
- 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.

If you're not a Dental Plan member, you can add the coverage with guaranteed acceptance.

The spouse or dependent of an RTOERO member with extended health insurance can join the dental plan, even if the primary member doesn't. And new dental applicants must stay in the plan for at least 24 months.

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



Foundation Announces Funding For Four New Projects

By RTOERO



The RTOERO Foundation is thrilled to announce its grant recipients for 2024. After careful consideration, the Foundation's Peer Review Panel awarded \$127,100 in grants to organizations that support healthy aging for older adults.

Funding for these projects is made possible through the generosity of RTOERO Foundation donors, most of whom are RTOERO members. The following projects address priority issues that affect older adults including geriatric research, social engagement and seniors' health and well-being:

Co-Designing Patient Education Materials for Older Adults Living with HIV
 Organization: Sinai Health and University Health Network (UHN)
 Funding amount: \$49,900

*Intergenerational Nature
Challenge Activities*

Organization: Heartland
Forest Nature Experience
Funding amount: \$17,500

*MixAbilities: Seniors
Module Outreach*

Organization: H'art Centre
Funding amount: \$25,160

*Cultivating Young Dementia
Advocates: A Toolkit
for Youth Engagement*

Organization: Alzheimer
Society of Ontario
Funding amount: \$34,540

For more information on donor-
funded grants, visit [rtoero.ca/
rtoero-foundation/our-work/
projects-we-fund/](http://rtoero.ca/rtoero-foundation/our-work/projects-we-fund/)

Gibson and Sons

By Craig Lee

A Curtain Club Production

Helping his father run the family business, a struggling small-town funeral home, has gotten in the way of Harry Gibson's love life. Hungry for companionship, he secretly turns to an unconventional method of

meeting a woman: a mail-order bride service! This is a touching comedy about family, love and making all kinds of relationships work.

Date:

Wednesday, June 5, 2024

Time: 8 p.m.

Cost: \$22

Location:

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

Please place your order by
Wednesday May 22, 2024.

Make your cheque out to:
RTOERO District 34 and send
it along with your completed
registration form (pp. 15 and 49)
to:

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

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

Cefalu Sicily

A 22" x 22" Acrylic Painting By Joan Natoli



Moraine Lake, Alberta

Photography By Grant Dale



District 34 Places Another Bench in York Region

By Bob Sandiford

Here are photos of our Bench in King City off of Hogan; nice location overlooking a pond..



Telus

By RTOERO

New: discounted phones and rate plans for RTOERO members

RTOERO has partnered with the TELUS Exclusive Partner Program to bring you exclusive savings on cellphones, rate plans, high-speed internet, SmartHome Security, health solutions and more. Visit rtoero.ca/telus and complete the form to access your offers.



Save The Date

By Susan Leppington

White Christmas. December 10, 2024 in Cambridge, Ontario.

Coach, lunch and play. Details will be in the September issue of *The 34th Story*.



*Chocolate Tasting
February 8, 2024*

What is the Secret to Happiness?

*Reprinted With Permission From
The Cognicii Team*



When you think about dementia prevention and improving longevity, you may think about risk factors like lack of proper nutrition and exercise playing major roles. One key aspect to also consider is your level of happiness! But what is it that makes us happy?

Harvard University researchers have been conducting a study on happiness since 1938, making it the longest ongoing study of its kind. The findings provide valuable insights for those who care about their health and want to live life to the fullest.

The key takeaway from over 80 years of data collection was that while good genetics play a role in

long-term health, social factors are even more predictive of sustained health and happiness.

The study initially involved several hundred Harvard sophomores during the Great Depression, and throughout the years, expanded to include their spouses, their offspring and inner-city Boston residents, with thousands of participants to date.

This on-going study examines participants' health trajectories and their overall life experiences, aiming to understand how and why people age differently and the role happiness plays in a long life. The results of the research were compiled and published in a book titled "The Good Life: Lessons From the World's Longest Scientific Study of Happiness."

The findings highlight the importance of positive relationships as a form of self-care, showing that close ties contribute more to happiness than money, fame, social class, IQ, or genetics.

Moreover, relationship satisfaction was found to be a

better indicator of aging than middle-age cholesterol levels, and those with a strong sense of community benefit from better memory function. On the flip side, loneliness can be as detrimental to health as smoking or alcoholism.

The clear message from the research emphasizes that having good relationships with others is one of the best ways to ensure a long and healthy life. Community, in its various forms, was found to be the major determining factor for happiness, making the pursuit of happiness an important act of self-care.

Whether it's spending more time with family and friends, or joining a social group related to your interests or even starting one yourself, taking steps like these can impact your sense of belonging and togetherness.

Additional resources for improving and maintaining your brain health can all be found on their website - including information on brain healthy nutrition and recipes, managing your stress, tracking your brain health, exercise, and Alzheimer's education.

Click here to learn more:
cogniciti.com/Improve-Your-Brain-Health/Resources.

Cogniciti has exciting opportunities for current and up-coming studies that may be happening in our area!

Brain health researchers need volunteers like us to help advance science. Be first in line to connect with new brain health research studies and opportunities in your area! Join the Cogniciti Research Registry. It's free, private, and convenient.

Visit the website to sign up or just for more information:
cogniciti.com/Test-Your-Brain-Health/Brain-Health-Registry



Mother Earth's Heartbeat

By *Shaneeka Forrester* for
RTOERO

Indigenous Community and Drums

For many months, I have felt called to share information about the drum and its significance in our communities. I have gone back and forth about what level of sharing would be appropriate in this context. As I continue on this journey of sharing snippets of who I am and what I have learned as an Indigenous woman on Turtle Island, I try to be mindful of what stories can be shared without formal protocol for teachings.

I have been raised to be respectful towards our knowledge and how we present it to the world. Certain topics teeter on the edge of lessons that would be more appropriately shared by a knowledge keeper or elder within the community. In the information I share, I try to be simplistic and present it in a way that helps us navigate Indigenous spaces and culture more respectfully as allies.

So what is the drum? Who makes them, and why are they the centre of so many of our celebrations/gatherings?

The drum is similar to many other drums used by individuals worldwide. Our drum is created with a wooden frame and rawhide across the top and bottom strung together by cords of the same material. Handheld drums only have one side completely covered.

Many individuals in our communities make large drums for pow wows and community gatherings. There are also individuals who make smaller drums that an individual uses singularly.

When a person comes to create these items, they are typically presented with a teaching about the object's origins and the responsibilities of carrying it. There are specific ways we can interact with our drums and how we must appropriately handle them. These items are sacred to us.

The drum's sound represents Mother Earth's heartbeat and grounds us in our traditional ways of being. We use drums as the center of our gatherings and move clockwise around them as a community. Everything about how we interact with this item is rooted in traditional ways of being and has larger teachings connected to it.

Some drums are brought into ceremonial spaces and used to help connect with ancestors. When I enter a space and hear our drums

in the distance, I feel an immediate sense of connection, cultural pride and grounding. My body instinctively begins to move along to its beat, and eventually, I join my community dancing.

Many friendship centres and Indigenous agencies that serve communities have drumming socials that are open to the public. I encourage you to attend one in your area and feel the heartbeat of Mother Earth for yourself.

Shaneeka Forrester is a Cree artist, mother, and advocate from Brunswick House First Nation, planting roots in Simcoe County, Ontario.



The 34th Story - Paper Copy

By Chris Prefontaine

Did you know that besides receiving a paper copy of

The 34th Story three times a year, that you can also access it and read it on line at any time? To access an electronic copy of the newsletter you just need to visit us at district34.rtoero.ca/category/news.

Here you will find the issues for 2024 in one post and in another post you can find our back issues.

In December 2023, our executive decided to send out an email blast to all members asking if you still wanted to receive a paper copy of the magazine. Many individuals have indicated that they would prefer to read it online. Others in two member households have indicated that they only need one copy to be sent out.

If at any time, you decide that you do not want to receive a paper copy or if you have changed your mind and would like to resume getting a paper copy, please let me know at 7chris.prefontaine@gmail.com.



District 34 Budget VS. Actuals January to December 2023

By Dan Reynolds

INCOME			
400 Grant - Annual	70,428.10	69,000.00	-1,428.10
420 Community Grants	4,000.00		-4,000.00
440 Trips	16,865.00	8,000.00	-8,865.00
450 Social Events		1,000.00	1,000.00
452 Social Events - Fall Luncheon	2,240.00		-2,240.00
453 Social Events - AM/Luncheon	1,900.00		-1,900.00
Total 450 Social Events	4,140.00	1,000.00	-3,140.00
480 Interest on Bank Bal & Invest's	480.00		-480.00
490 Miscellaneous Revenue	515.58	300.00	-215.58
491 Transfer From Reserves		15,000.00	15,000.00
Total Income	96,428.68	93,300.00	-3,128.68
GROSS PROFIT	96,428.68	93,300.00	-3,128.68
EXPENSES			
500 District Executive			
501 Meetings - Executive	4,067.42	4,000.00	-67.42
502 RTOERO Annual mtgs. / Forum		2,300.00	2,300.00
503 DE Office expenses	3,010.80		-3,010.80
504 Transportation	2,525.20	1,000.00	-1,525.20
Total 500 District Executive	9,603.42	7,300.00	-2,303.42
550 Communications/Social Media			
551 Newsletter	28,052.23	36,000.00	7,947.77
Total 550 Communications/Social Media	28,052.23	36,000.00	7,947.77
600 Member Services			
601 Goodwill	4,242.97	5,000.00	757.03
602 Member Engagement	1,160.44	1,500.00	339.56
603 Recruitment	649.75	2,000.00	1,350.25
605 Social Events			
605-1 Hava Java	7,622.40	4,000.00	-3,622.40
605-2 Spring / Fall Luncheon	11,882.10	15,000.00	3,117.90
605-3 Retiree Receptions		2,500.00	2,500.00
605-5 Social Events-Other	4,796.61	15,000.00	10,203.39
Total 605 Social Events	24,301.11	36,500.00	12,198.89
606 Trips	26,880.17		-26,880.17
Total 600 Member Services	57,234.44	45,000.00	-12,234.44
650 Political Advocacy	1,273.19	4,000.00	2,726.81
700 Community Grants Expense	4,000.00		-4,000.00
750 Workshops			
751 District	2,420.24		-2,420.24
Total 750 Workshops	2,420.24		-2,420.24
800 Office expenses			

800 Office expenses			
801 Stationery and Printing	978.54	500.00	-478.54
802 Shipping, Delivery	97.28		-97.28
803 Equipment	3,868.22		-3,868.22
804 Bank Fees	196.46		-196.46
805 Other		500.00	500.00
Total 800 Office expenses	5,140.50	1,000.00	-4,140.50
860 Donations	5,000.00		-5,000.00
Total Expenses	112,724.02	93,300.00	-19,424.02
NET OPERATING INCOME	-16,295.34	0.00	16,295.34
NET INCOME	\$ -16,295.34	\$0.00	\$16,295.34

District 34 Balance Sheet As of December 31, 2023

By Dan Reynolds

ASSETS

Current Assets

Cash and Cash Equivalent

100 Chequing	11,281.57
120 Investments	15,819.68

Total Cash and Cash Equivalent	27,101.25
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Total Current Assets	27,101.25
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Total Assets	\$27,101.25
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LIABILITIES AND EQUITY

Liabilities

Total Liabilities

Equity

300 Reserves-carried forward	25,241.62
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Retained Earnings	18,154.97
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Profit for the year	-16,295.34
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Total Equity	27,101.25
---------------------	------------------

Total Liabilities and Equity	\$27,101.25
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District 34 Golf Day 2024

By Ernie Polsoni

Let's swing into action again! Friends and strangers, young and old meet on Golf Day to play for fun. Read the following for more information. Golf Day could set you on a path for years of enjoyment.

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

Total cost: \$55 (*partially subsidized by D34*)

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

This will include: some prizes, green fees for 18 holes, lunch, tax, gratuities and parking. The buffet lunch, outside, under the overhang includes: regular or veggie hamburger, or sausage, mixed greens, dessert, soft drinks.

A cash bar will be available.

You are welcome to bring friends.

Date: Tuesday, June 11, 2024

Time: 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.

Location:

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

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 L4E 3K6

Please register by June 4, 2024. Also, make sure to include all the participant(s) name(s), phone numbers and if a power cart is required.

Hope to see you there!



Registration for Golf Day

Tuesday, June 11, 2024



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 \$55 per person.

Send your cheque to:

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

Please register by Saturday, June 4, 2024

Guidance For Life From Trees

By RTOERO

There's wisdom to gain from the natural world, and trees are a great source. Here is some life guidance to consider inspired by trees:

1. Everything is connected – researchers have identified that trees are linked to neighbouring trees by “an underground network of fungi, which resembles the neural networks in the brain.”
2. You can weather storms – Watch how trees sway and bend in the wind, strong yet adaptable.
3. Move towards what gives you energy – Phototropism causes trees to grow towards light.
4. Give back in different ways – Trees capture carbon from the air, produce oxygen, enrich the soil, and support other life after they fall.
5. Your life experiences shape you – A tree's rings record the journey it's been through over the years.

Red Dress Day

By Shaneeka Forrester for RTOERO

May 5, 2024 is known as ‘Red Dress Day’ across Canada

Red Dress Day is a national day of awareness highlighting the issue of Missing and Murdered Indigenous Women and 2 Spirit individuals across Turtle Island, also known as MMIW2S+. The day began as a project called REDress, created by Indigenous artist Jaime Black. The goal was to focus on the issues of missing and murdered Indigenous women across Canada and the United States in 2010.

Red was chosen for its cultural significance in Indigenous communities as it's said to be the only colour that spirits can see. It also signifies our lifeblood and connection to one another as living beings. On Red Dress Day, people hang red dresses outside. Having the red dresses hanging out is a symbolic gesture of calling back the womens' spirits while showcasing the empty dress that those missing people should wear.

This national day of awareness is important to all Canadians

because it helps bring awareness to some of the issues still being faced by Indigenous populations in Canada. It allows us to see the reality of the lived experience for many Indigenous women and 2 Spirit individuals today.

It gives us an opportunity to learn, grow and unite to combat these atrocities. Red Dress Day is an excellent time to reignite your allyship to Indigenous communities and use your platforms to elevate Indigenous voices about their lived experiences. It's an important time to reflect and listen to the stories being shared.

Now is an excellent time to read *Soeurs volées: Enquête sur un féminicide au Canada/ Stolen Sisters: The Story of Two Missing Girls, Their Families, and How Canada Has Failed Indigenous Women* Par/By: Emmanuelle Walter, Widia Lariviere or any other book about MMIW2S+. It's also a great time to read books by Indigenous women that offer a unique glimpse into the Indigenous experience in North America.

Avoiding AI-powered Scams

By RTOERO

New generative artificial intelligence (AI) can imitate anyone's voice or appearance and is now widely available to the public. Scammers are using the technology to fool people.

How AI-powered voice scams work: You may receive a phone call that sounds like it's from someone you know asking for help, but it's artificial intelligence imitating their voice.

What to do:

Ask a question only that person will know.

- Consider preparing in advance; some families have chosen a special word or phrase to confirm their identity.

AI can also be used to create videos that look like anyone and have their voice. Sadly, we can't trust our eyes and ears anymore! Always be alert if you receive a call, text or email that is rushing you into taking action or asking you to share information.

For more information, visit getsmarteraboutmoney.ca/learning-path/types-of-fraud/ai-voice-cloning-scams.

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
----------------------------	-----------	------

Participant’s printed name	Signature	Date
----------------------------	-----------	------

Participant’s printed name	Signature	Date
----------------------------	-----------	------

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
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

Chris Prefontaine

7chris.prefontaine@gmail.com

Questions regarding membership and newsletter mailings may be directed to Chris 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:
194 Fincham Ave.
Markham, ON L3P 4B5**

