Best wishes for a Healthy and Happy 2012. What an exciting year this will be for District 24! On February 16th, we celebrate the first RTO meeting that was held in our district forty years ago. To celebrate this Anniversary, District 24, has plans to commemorate our 40th Anniversary with a big cake at the AGM in May. We will also be acknowledging our 90 and 100 year-old members at that time. Please plan to attend, renew old acquaintances, make new friends and have a good time.

At this time I would like to comment about a couple of people on the Executive. Since the last AGM, Bonnie Clarke has been our Treasurer and has done a wonderful job. This job is very time-consuming and Bonnie is on top of all the rules and regulations that must be followed. Hal McCullough spends a lot of time coordinating the information for our Beyond the Blackboard. He also collects the information for the Toronto Districts web site, as well as our E-NEWS that is published once a month. On behalf of the members and the executive of District 24, I would like to congratulate these two people on jobs well done. I do not have the space to comment on the other members of the executive individually, but each, equally, is deserving of praise for providing varied and interesting programs for the members.

RTO is not all about meetings. We have a lot of fun as well. In the fall, we have a Champagne Brunch for prospective new members at the Cathedral Bluffs Yacht Club at the Scarborough Bluffs. If you know a person retiring in June, please give his/her name to any member of the Executive.

If you are interested in going on a trip or just learning more about new places, we have a Travelogue and Luncheon that has been presented each year for over 20 years. Now that is success! I would like to note here that Anne-Marie Ellis-Taylor has been doing this Travelogue for all those years and I would like to give her a special Thank-you. Our hearts have flown to many places with you, Anne-Marie.

Our trips are exciting with the bus taking us through the traffic - it’s so nice to go somewhere and not have to concentrate on driving in the traffic during the trip!

"Reminder: Clocks move ahead an hour March 11."
DISTRICT 24 EXECUTIVE 2011 – 2012

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RTO/ERO

The Retired teachers of Ontario/les enseignantes et enseignants retraités de l’Ontario — commonly referred to as RTO/ERO — is a provincial organization of retired teachers, administrators and others receiving pensions and allowances under the Ontario Teachers’ Pension Plan Board. RTO/ERO is the best organizational friend a retired teacher can have. Formed in 1968, RTO/ERO is dedicated to the needs of Ontario’s retired educators and is their official voice, promoting and protecting their interests, particularly in the area of pensions, health care and insurance. RTO/ERO has maintained this unwavering commitment for 44 years.

www.rto-ero.org
Health Report

January was Alzheimer Awareness Month. Perhaps you heard the Alzheimer Society's radio ads about the expected rise in dementia in the next two decades due to aging baby boomers. The Society's October 2011 survey determined that seniors are waiting too long after experiencing symptoms, most notably memory loss, before seeking medical help; almost half of those surveyed waited a year, with 16% waiting more than 2 years. Making a medical diagnosis can be like peeling an onion. There could be other, not dementia related, causes for memory problems such as heart or lung conditions. Why do people delay then in seeking medical help? Confusion exists as to whether symptoms are a matter of normal aging or of Alzheimer's disease, so here's a short list of indicators:

- asking repeatedly and not remembering (both the response and that they have already asked)
- finding lost keys and not knowing what they are for
- disorientation of time or place, for example being in the car and not knowing why or how you got there
- difficulty performing familiar tasks such as cooking meals or using a cell phone
- personality changes such as mood swings or in sociability
- loss of interest in previously enjoyed activities

Another reason for delaying medical advice is that a societal stigma exists concerning this disease, thus many older adults are fearful of a diagnosis of Alzheimer's disease. Early diagnosis is very beneficial for many reasons, and most people lack an understanding of the benefits: patients will have access to medications that have been proven to work better when taken in the early stages of the disease; such drugs may slow the progression of the disease; and knowledge allows the patient to be actively involved in future plans (e.g. - learning coping skills, financial and legal needs for the future).

Can you delay the onset of Alzheimer's?

You should not be surprised to read that a diet rich in Vitamins B, C, D, E and fish as well as Omega 3 fatty acids, preferably from food vs. supplements, helps protect the brain. A study of late 80 year olds demonstrated that those with healthy diets had less brain shrinkage; these nutrients help build bigger brains with better cognitive function. (Blood tests were conducted since people may think they eat well, but absorption of nutrients varies.)

You've heard it over and over again - for optimum health, eat well, maintain a healthy weight, exercise, socialize and stay active.

You may test your knowledge of this disease by taking the Society's online quiz at: www.alzheimerletsfaceit.ca Your 2011 Renaissance 'HealthWise' article provided further information about healthier brains. Try the memory test at: www.onmemory.ca if you haven't already. If you experience any of the symptoms of Alzheimer's, don't delay. See your family physician. For some brain games online, check out some of these sites:

www.sharpbrains.com
www.50+.com
www.cognifit.com
www.positscience.com
www.luminosity.com

In our last newsletter I promised you more about Osteoporosis...

Healthy Eating for Healthy Bones!

A well balanced diet, made up of all the four food groups in Canada's Food Guide, is the secret to healthy bones. There is no doubt of the importance of calcium and vitamin D, but adequate protein also contributes to bone health. Protein gives bone its strength and flexibility. Protein is also the big component of muscles, which are, of course, crucial for mobility and in preventing falls.

Are you getting enough calcium? It is found throughout the body... in the cells, blood, teeth and skeleton. The body stores calcium in the bones but carefully regulates the supply to ensure that there is enough calcium available for the body to function properly. If we do not consume enough calcium, it will be taken from our bones leaving them more fragile. Osteoporosis Canada strongly recommends that everyone obtains their calcium through nutrition whenever possible. However, some individuals just can't seem to get enough calcium in their diet. These people may need to take a calcium supplement, but this should be discussed with a physician as calcium supplements can have some side effects and have been associated with some risks. Calculate your calcium intake by visiting Osteoporosis Canada's Website.

The importance of vitamin D!

Vitamin D is very important for bone health. It helps build stronger bones, partly by increasing the absorption of calcium. Vitamin D also improves the function of muscles, which in turn improves your balance and decreases the likelihood of falling. Vitamin D is therefore doubly essential in helping to protect you against fractures! While vitamin D is produced on our skin from the sun, our northern climate limits our ability to get as much sun as we need to produce the vitamin D that we require. Along with this, there are very few food sources of vitamin D. It is almost impossible for adults to get sufficient vitamin D from diet alone, so Osteoporosis Canada recommends routine vitamin D supplementation for all Canadian adults year round.

Get Physical!

In conjunction with a healthy diet, physical activity helps to build strong bones and improve coordination and balance. In turn, this helps to reduce the
risk of falling and, most important, reduce the risk of fracturing! The best type of activity for building bone mass is a weight-bearing activity - one where our feet and legs carry our weight. Activities like walking, running and dancing are good examples of weight-bearing activities. Resistance training uses your own body weight or tools such as freeweights, bands or exercise machines to build muscle mass. Did you know that such resistance activities also help to build bone mass at the same time? Physical activity needs to be appropriate to one's general health and bone health status. If you have health complications or have been diagnosed with low bone mass or osteoporosis, consult an expert before starting any exercise program. Remember to choose an activity you enjoy. Bring along a friend to increase the fun!

Osteoporosis Canada, a registered charity, is the only national organization serving people who have, or are at risk for, osteoporosis. For more information on improving your bone health and reducing your risk of fractures, falls and osteoporosis, contact Osteoporosis Canada at: 1.800.463.6842; or visit their website at: www.osteoporosis.ca

Our RTO health plans are unique and quite remarkable. They are the standard to which other retirement benefit plans are measured, and because the plans are member-owned and operated, and not a share-holder and profit-oriented business, ours is a member-focused venture. The HSIC (Health Services and Insurance Committee) endeavours to offer plans which will benefit the majority of our members in a cost-efficient manner. The committee looks ahead and anticipates the long term impact of future benefits, (hence additional premium costs to members) and various trends within the industry. Plan members received notice last November concerning plan and premium changes for 2012.

If you have home insurance coverage with Johnson Inc., you may not be aware that effective January 2010 it included a Personal Identity Theft rider provided by Unifund Assurance Company. The rider includes up to $30,000 coverage for you or your spouse (residing in your residence) who suffers from ID Theft towards the costs incurred to reinstate your identity. To confirm that you have PS-Home Plus, see your home insurance certificate. For more information or to review your current coverage, you may visit Johnson Inc.’s Members Only website, or contact your service supervisor.

You asked us...

Q: How does a member know that the information they were given is correct for an out of country/out of province claim? One snowbird was told he had to pay 20% of the cost of dental work since he did not have dental coverage.

A: The above situation relates to an accidental dental claim that occurred outside of Canada, where treatment was sought upon return to Canada, and the client was misinformed. The Out-of-Province/Canada travel coverage provides for accidental dental coverage at 100%, whereas the in-province coverage is reimbursed at 80%.

As I get set to do some shovelling, I know that the pleasant weather is coming (if not here as you're reading this!). The internet told me spring arrives this year on March 20th. If you have been too sedentary over the last few months, now is the time to make a resolution to get active outdoors while enjoying the new season. I'll have more for you in our Summer edition, but until then, be sure to read District 24’s monthly E-NEWS for more health news. ♦

~ Marilyn Tregwin - District Health Rep

Aging and Mental Health

Growing older is an experience we all share and many of us worry about. As we age, we face many changes and many sources of stress - we are not as strong as we used to be, illness is more of a problem, children move away from home, people we love die, we may become lonely, and eventually we must give up our jobs and retire.

Coping with all these changes is difficult, but it can be done. The keys to coping include your long-term lifestyle, your ability to expect and plan for change, the strength of your relationships with surviving family and friends, and your willingness to stay interested in and involved with life.

It is, therefore, very important to think carefully about what will happen to you as you age and how you are going to deal with the changes that will happen.

Dealing with physical changes:

As you grow older, your body will naturally change. You may tire more easily than you used to. You may become ill more often. You may not see or hear as well as you did when you were younger.

Here are some things you can do to cope with these physical changes:

♦ Accept reality. Denying these changes will only make life less enjoyable for you and the people around you. Get the things that will help you - eyeglasses or hearing aids for example.

♦ Keep a positive attitude. Remember that slowing down does not mean you have to come to a complete stop. Chances are you will still be able to do almost all the things you used to; you may just need to take a little more time and learn to pace yourself.

♦ See your family doctor regularly. He/she can, then, deal with any changes or symptoms that require medical attention.

♦ Be careful about your medications. As you get older, they may begin to interact differently with other drugs.
and to affect you differently than before. Make sure your doctor knows about all your medications, even those prescribed by another doctor.

**Take responsibility for your own health.** Do not hesitate to ask your doctor questions; some do not offer explanations unless asked.

**Change your eating habits.** Adopt a balanced diet with fewer fatty foods, and try not to over-eat.

**Drink less alcohol.** Your body will have more difficulty coping with it as you grow older.

### Dealing with bereavement:

As you get older, you will likely experience the loss of loved ones more often. It is important to remember the following ways of coping with your grief:

**Do not deny your feelings.** Losing someone to death is like being wounded, and you need to heal. If you do not allow yourself to go through the grieving process, you are only storing up problems for a delayed reaction later on.

**Accept the range of emotions you will feel.** Tears, anger and guilt are all normal reactions.

**Remember and talk about the deceased person.** He/she was an important part of your life. Although your grief will pass, your memories will always stay with you.

**Look to your family and friends for support.** They can help you through the grieving period and help you establish a new life afterwards.

**Be supportive of those you know who have suffered a loss.** They need the warmth and caring that friendship can bring, just as you will when it happens to you.

### Dealing with loneliness:

Everyone needs some time alone, but being alone against your will is very painful. You risk losing your sense of purpose and self-worth, and becoming depressed. As family members and friends die and children become more involved in their own lives, it is important for you to find ways to cope with loneliness. You may want to consider some of the following suggestions:

**Stay active, and look for new social contacts.** Most communities have a number of programs which can help replace the support that used to be provided by family and life-long friends. These programs provide older people with the chance to try new activities and make new friends.

**Very young children can brighten up your life.** Try to make friends with people of different ages. You may be pleasantly surprised to find how much you have in common with someone 15 or 20 years younger than you.

**Spend time with grandchildren and great-nieces and nephews.** Volunteer to help part-time in a local school or day-care centre. Very young children can brighten up your life with their enthusiasm and energy.

**Learn to recognize and deal with the signs of depression.** Loss of appetite and weight, inability to sleep, loss of energy and motivation, and thoughts of suicide are all signs of depression. Your family doctor can refer you to a mental health professional for treatment.

### Dealing with retirement:

Your retirement can be a major source of stress because your job is usually a very important part of your life. This stress may be even greater if you have been forced to retire because of your employer’s retirement policies. You may lose your sense of identity and feel less worthwhile. You will probably miss the daily contact with friends from work.

However, retirement can be one of the best times of your life, and there are things you can do to meet the challenges facing you, such as:

**Make a list of your abilities and skills.** The skills and experience you have gained from a lifetime of work may help you succeed in a small business or do valuable volunteer work for a favourite charity.

**Enrich your life by renewing contacts with neglected family members and old friends.** All too often, our work gets in the way of our relationships and those we care about.

**Renew your interest in the hobbies and activities you enjoy.** You now have time to play - enjoy!

**If you can afford it, travel.** There are probably places you have wanted to see all your life. The early years of your retirement can be the ideal time to become a nomad for a while.

### Do you need more information?

If you or someone you know is concerned about growing older, check your local library or bookstores for some helpful books that can give you more information. There are also professional counsellors who specialize in the problems of aging. If you need more information about resources in your area, contact a community organization, such as the Canadian Mental Health Association, which can help you find additional support.

*Source: cmha.ca*
George Denny
1st Vice-President, D24

George grew up in Highland Creek (east Scarborough) which was extremely rural in the 1950s. His street had only four houses on it. Ellesmere Road dead-ended at Little’s Road (later to become Morningside). There was a bailey bridge on Morningside just below West Hill Collegiate. Scarborough itself was a township; later to become a borough, and finally a city. In order to get to “downtown” Highland Creek (where Ted’s Restaurant still is), one could walk along Danforth Road (later to become Military Trail) or take a “short cut” through the bush which went right over to Morrish Road. In the winter, he used to toboggan down a hill where U of T’s Scarborough Campus is today. North of the 401 from east of Kennedy to as far as the eye could see were corn fields.

After finishing his schooling at Highland Creek PS, West Hill CI, and Scarborough College (now known as Scarborough Campus), George wasn’t sure what to do next. He thought an MA might be nice so he applied to Western Michigan University, well known for its excellent clinical psychology programs (and, yes, there really is a Kalamazoo). After the first semester, he realized this wasn’t for him so he returned home and again wondered what to do. He went to Canada Manpower to apply for a job. The interviewer told him that it was unusual for a university grad to come to Manpower. (How times have changed!) But wait. He remembered something that recently came across his desk. Yes... a certain “Bud Dilling” from the Scarborough Board needed a research assistant for a contract study on kindergarten teachers funded by the Ministry of Education. He applied for the job and was hired.

After the study was finished, George decided that a year of visiting eight kindergarten classes every week really spoke to him so he applied to Toronto Teachers’ College in the Primary Specialist Program. He was hired the following year by Bruce Benton at Wm G Miller Jr PS and became Scarborough’s first full-time male kindergarten teacher.

His thirty-three-year career in Scarborough, and later in the “North East Quadrant”, had him teaching kindergarten at St Margaret’s PS (Dick Hannaford); posted for a four-year stint in the board office with Frank Plue (JP McLaughlin); off on a year’s sabbatical leave to work on a doctoral degree at OISE; a grade one teacher at Alexander Stirling PS (Don Stinson); a grade 1/2 and chairperson at Bellmere Jr. PS (Bob Annis); a VP and junior division teacher at Wm G Miller (Carol Smith); a VP and intermediate teacher at Macklin PS (Judy Jiminez); a VP and ESL teacher at Port Royal PS (Carol Burke); and finally a principal at Timberbank Jr. PS. During his time as a teacher, George enjoyed coaching volleyball teams. As a VP and principal (and he still do the occasional fill-in for absent principals), he often went outside during recess and lunch to see the children in the yard.

Along the way, George married a Scarborough lady whom he met while working part-time at Eaton’s (Scarborough Town Centre) during his Teacher’s College year. He and his wife were blessed with two boys. They also acquired two beautiful Siamese cats. They purchased a cottage in Wilberforce (Haliburton County) very close to Algonquin Park and enjoyed a few summers there until his wife became ill with cancer. She passed away in 1994. Ten years later, George met another wonderful lady at a church in Pickering and they were married in 2006. George retired from the TDSB in January, 2007.

While he was still single and a principal at Timberbank, he received a brochure describing a long term care program offered by an organization called the Retired Teachers of Ontario. In order to enroll in this program, George joined RTO as an associate member. Upon retirement, he became a full-time member of RTO and designated District 24, Scarborough and East York, as my district of choice. He joined the D24 executive following a wonderful Champagne Brunch in September after my retirement.

After a couple of years as a member-at-large, George had the opportunity to become chair of the Political Advocacy Committee. Shortly thereafter, he changed portfolios to become chair of the Pension and Retirement Concerns committee. A few months later, following the secondment of an Executive member to do some work in Africa, he was asked to fill in as Second Vice-president. George soon learned that once one gets to a VP position, one moves through the chairs. So, he will be running for President of District 24 at the Annual General Meeting in May, 2012. If successful, he will continue to support and encourage the excellent outreach programs offered and supported by District 24 members. They are an amazingly hard-working and extremely caring group of retirees. The children in Scarborough and East York schools certainly benefit from their fundraising efforts.

In his retirement, in addition to his duties on the executive of D24, George has kept himself busy by taking Bible study courses, attending a weekly men’s fellowship group, holding a warden’s position at church, reading books (mostly related to my courses), visiting the cottage as much as possible, and cruising the Caribbean with his wife. This April, they plan to make a visit to the Holy Land with a church group.

George’s belief in life-long learning helped him as a teacher and later as an administrator. With this philosophy, he was able to support and encourage his
students, and later, his staff. He said that one of the great things about being a principal was that he could not only make a difference in the lives of young people but could hire and encourage and support teachers as they worked to make a difference in the lives of their pupils. He could also draw on the expertise of the school support staff (office administrator, caretaker, EAs) and include them on their journey of learning. "What a wonderful, rewarding career I had as an educator! If I could do it all over again, I certainly would."

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**Welcome to District 24**

To all our new members, we offer you a warm welcome! Whether you are a new retiree or have moved from another district, we hope that you find District 24 ~ Scarborough and East York a comfortable and happy fit.

Our District motto is: “Where Old and New Friends Meet”. We count you among our friends.

- Pat Barltrop
- Cindy Byron
- Douglas Johnson
- John Kendall
- Audrey M. MacDonald
- Cheryl MacLennan
- Wendy Miller
- Pamela Tumber
- Dave Weatherbee
- Karen Youroukis

As of December 31, 2011 District 24 had **2503** members!

**E-NEWS:** As new members, we would encourage you to participate in our monthly E-Mail Updates. See page 23 for details on how you can subscribe to our service.

We now have **617** members receiving our **E-NEWS**. May we add your name?
For Your Information

From Constable David Gray – Community Relations Officer
TORONTO POLICE SERVICE
43 DIVISION COMMUNITY RELATIONS OFFICE

Buyer be aware...
of door to door sales pressure from marketers
and sales persons wanting to provide natural
gas and utilities to your home.

The Community Relations Office has received
several calls from seniors in our community
reporting they have had gas and utilities sales
persons at their door. These sales persons have used high
pressure sales tactics to convince mostly seniors that they
should sign a contract with their company to receive
natural gas supply or utility service to their residences.
Once the contract is signed, the resident has taken time to
read the “Fine Print”, and realized that a better price on
the goods was only an introductory offer. The regular
pricing may become higher than they were paying with a
previous supplier.

Remember you do have options...
Cancelling a contract with a gas or utilities marketer...
Even after you accept a new contract, the renewal or
extension of an existing contract, you have up to 14 days
to change your mind and cancel these agreements IN WRITING.

- If you have a contract with your existing supplier
  that is automatically renewed, once you receive
  your first bill under the new terms of the renewed
  contract, you have 35 days from the day the bill was
  sent, to contact your marketer and cancel the contract.
- If you end your contract for natural gas or utilities
  they will be automatically supplied by your local
  utilities suppliers.
- Get someone to help you with your bills.
- A Third Party Notice to a service provider may be
  helpful to avoid late payments fees, or possible
  service disconnection.

This type of service allows a senior to choose someone
they trust, such as a relative or close friend, to act on
their behalf. The senior can change or remove the Third
Party contact at any time.

Growing older, getting wiser...
- Keep in touch with friends, neighbours, family and
  the community.
- Develop a buddy system with a friend or neighbour
  where you call each other a couple of times a day to
  “check in.”
- Get involved in activities at your Community Centre,
  Library, or Church.
- Find out what services exist to help you maintain
  your independence and your home.

Recruitment Drive

Just as “Beer is not just a breakfast drink”,
likewise “RTO is not just a medical insurance
plan”.

You do not have to be a member of the Insurance Plan to
be a member of RTO/ERO, and enjoy the many benefits,
such as Luncheons, Excursions, Theatre
trips, Clubs etc.

We are actively recruiting new
Members for our district, and would
appreciate your help in reaching
retired members of the Educational Community who are
not members.

Remember... non-teachers are eligible to join RTO/ERO as
associate members.

Have them contact any member of our District 24
Executive to discuss membership benefits (see page 2).

~ Les Coombs, Membership and Recruitment Chair

If I agreed with you, we’d both be wrong.
ETT Choir

Singers invited to join the ETT Choir... any age! Former high school and university choir members, retired or current teachers, nurses - all welcome... Or just anyone who likes to sing in a group! We sing easy jazz and blues, secular music, once a week on Wednesdays from 4:30 until 6 at Waverley Road Baptist Church (near Woodbine and Queen) Afterward, we have a social gathering at a watering hole on the corner of Queen and Waverley.

There are between a dozen and eighteen of us at any given rehearsal, and about a third of us are men.

If you have questions, e-mail me at sgilx@yahoo.com. Otherwise, just show up and try us out! We'll make you feel welcome.

~ Steve Gilchrist, D24 member

RTO/ERO District 24
Scarborough and East York

Welcomes New Retirees
to our

Champagne Brunch

Wednesday, September 19, 2012
10 AM to 1 PM
Cathedral Bluffs Yacht Club
Bluffers Park Access Road

Do you know someone who is retiring this year?
Or someone who has retired but has not yet joined RTO?
Have him/her contact Elaine Aprile by phone: 416.267.2670 or by e-mail: elaineapriile@sympatico.ca so that he/she will be able to come out and enjoy our brunch.
For e-mail, please use the subject: RTO - CHAMPAGNE BRUNCH

For the retiree, our Champagne Brunch is complimentary!

Where is the Cathedral Bluffs Yacht Club?
Come to the foot of Brimley Road (to the lake at the base of the bluffs) and follow our signs. There will be an executive member on the gate to let the retirees in.

RSVP Elaine Aprile by August 17, 2012
With your name, address and phone number

Breast Cancer Support Group Meeting

The meetings are held the last Wednesday of every month, except December, at 7:30 PM at Kingsway Arms, 2881 Eglinton Avenue East at McCowan Rd. in Scarborough.

There is a bus stop at the corner of Eglinton Ave. and McCowan. Free parking is available on the south side of the building.

Come and share with us your concerns, and gain courage and strength through mutual support of other women who have had breast cancer.

For more information, please call:
Marilyn: 416.284.9984
Peggy: 416.269.7575

Take the Sudoku Challenge

> Every row must contain the numbers from 1 thru’ 9.
> Every column must contain the numbers from 1 thru’ 9.
> Every 3x3 square must contain the numbers from 1 thru’ 9.
> Answer elsewhere in this issue...

Paragraph Puzzle...

This is an unusual paragraph. I’m curious as to just how quickly you can find out what is so unusual about it. It looks so ordinary and plain that you would think nothing was wrong with it. In fact, nothing is wrong with it! It is highly unusual though. Study it and think about it, but you still may not find anything odd. But if you work at it a bit, you might find out. Try to do so without any coaching!

Answer elsewhere in this issue...
If traffic volume is high, the bus driver uses the 407 and then we arrive at a lovely restaurant and have a nice lunch before a show. We usually get back to our cars before 7PM. We have our Fall Luncheon, our AGM/Spring Luncheon, and our Christmas Luncheon all of which are well attended. We have a weekly Bridge Game and attendance continues to increase. We have a Golf Tournament once a year to support Breakfast for Kids and you don’t have to be a great golfer to play - just come and have fun.

Breakfast for Kids and you don’t have to be a golfer to play - just come and have fun. There are always lots of prizes to be won. We have had annual Health Seminars on topics of interest to seniors such as diabetes and arthritis. These programs have been very informative. If you like the "circus atmosphere", there’s a trip to the Cirque du Soleil — this year’s production being Amadula. If you have never attended one of these functions, I urge you to give one a try.

Our upcoming programs are found in the centre of this newsletter. Thanks to Judy-Anne Tumber for coordinating the Social Calendar and to the people who assist her.

The executive looks forward to ‘new blood’ being added to the executive and we invite any member to join us at our executive meetings to bring new energy and creative ideas to our Committees. Our elections are at our upcoming AGM in May and if you would like to self-nominate yourself, please contact Frank Saliani: salianif@gmail.com

My term in office as President will be completed in May, and it has been a privilege and a pleasure to serve District 24. My sincere thanks go to the strong and supportive District 24 executive members for their excellent support and dedicated efforts on behalf of our retired teachers. ✌

Happy 40th Anniversary Wishes to RTO District 24 Members

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### Financial Statement

**As at 19/10/2011**

<table>
<thead>
<tr>
<th></th>
<th>BUDGET 2011</th>
<th>ACTUAL 31/12/11</th>
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<tbody>
<tr>
<td><strong>BANK BALANCE (as of January 2, 2012)</strong></td>
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<td><strong>INVESTMENTS</strong></td>
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<td>Provincial Grant - Service to Others</td>
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<td>GIC Redeemed</td>
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<td><strong>DISBURSEMENTS - ADMINISTRATION:</strong></td>
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<td>Bank Charges</td>
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<td>Senate Meeting</td>
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<td>Archives</td>
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<td>Election expenses (Provincial)</td>
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<td><strong>MEMBER SERVICES - COMMUNICATIONS:</strong></td>
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<td>Goodwill, District 24</td>
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<td>Membership</td>
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<td>Recruitment, District</td>
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<td>Newsletter (printing, mailing, postage)</td>
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<td><strong>MEMBER SERVICES - PROGRAMME:</strong></td>
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<td>Christmas Luncheon</td>
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<td><strong>40TH Anniversary</strong></td>
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<td><strong>SERVICE TO OTHERS:</strong></td>
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<td>Breakfast for Kids</td>
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<td>Provincial Approved Project</td>
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<td><strong>TOTAL DEBITS</strong></td>
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<td><strong>ANTICIPATED/CURRENT BANK BALANCE</strong></td>
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<td>$2,522.44</td>
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</table>

Please direct any questions or concerns to our treasurer, Bonnie Clarke. Contact information for Bonnie can be found on page 2.
**Acknowledgement, Waiver and Release**

The participant in (the "Event") acknowledges and agrees that RTO/ERO, including District 24, 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 the activity coupon and in consideration of the participant's attendance at the Event, the participant hereby releases and forever discharges RTO/ERO, District 24, 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 claims 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 in Ontario, Canada in any such action.

*~ Provincial Executive, January 2010~*

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**The Gold Refinery**

Necklaces, Bracelets, Rings, Earrings, White Gold, Scrap Gold, Gold Watches, Broken Jewellery, Sterling Silver Bracelets, Charms, Cutlery, Platinum, Dental Gold

You can decide to sell or not to sell. There is never any risk or obligation of any kind. It’s a simple and convenient service to help sell your old jewellery at top dollar while we raise money for the Foundation.

You've seen it on TV and read about it in the news. The price of gold is at historic highs. Now is the time to sell your unwanted gold/sterling. Clean out that old jewellery box. If it’s sitting around collecting dust and you’re not wearing it, sell it.

**Where?**: Q-SSIS

**When?**: AGM/Spring Luncheon, May 24, 2012

**Questions?**: Please contact Marilyn Hodge at 416.284.9984

Please indicate on the coupon whether or not you plan to participate. (The AGM coupon is on page 15.)

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War does not determine who is right -- only who is left.

The early bird might get the worm, but the second mouse gets the cheese.
### Descriptions and coupons for our activities through early October are on pages 14 - 18.

Information about our **Front of the Line** service will be found on the next page.

<table>
<thead>
<tr>
<th>Event</th>
<th>Date &amp; Location:</th>
<th>Contact:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BRIDGE CLUB</strong> (W)</td>
<td><strong>EVERY TUESDAY @ 12:30 PM</strong> Ellesmere Recreation Community Centre</td>
<td><strong>DALE &amp; TERRY SMITH</strong> 416.438.0430</td>
</tr>
<tr>
<td><strong>MEN OF THE DEEPS</strong></td>
<td><strong>WEDNESDAY, MARCH 21, 2012</strong> Sanderson Centre, Brantford</td>
<td><strong>JUDY-ANNE TUMBER</strong> 705.295.1995</td>
</tr>
<tr>
<td><strong>42ND STREET (W)</strong></td>
<td><strong>MONDAY, APRIL 23, 2012</strong> Stratford Festival, Festival Theatre</td>
<td><strong>MARILYN TREGWIN</strong> 416.493.3757</td>
</tr>
<tr>
<td><strong>LUNCHEON and TRAVELOGUE</strong></td>
<td><strong>MONDAY, APRIL 30, 2012</strong> Q-SSIS Restaurant, Scarborough</td>
<td><strong>ANNE-MARIE ELLIS-TAYLOR</strong> 416.261.5190</td>
</tr>
<tr>
<td><strong>WAR HORSE (W)</strong></td>
<td><strong>WEDNESDAY, MAY 9, 2012</strong> Princess of Wales Theatre, Toronto</td>
<td><strong>JUDY-ANNE TUMBER</strong> 705.295.1995</td>
</tr>
<tr>
<td><strong>AGM and SPRING LUNCHEON and Charitable Foundation Fund-Raiser</strong></td>
<td><strong>THURSDAY, MAY 24, 2012</strong> Q-SSIS Restaurant, Scarborough</td>
<td><strong>JUDY-ANNE TUMBER</strong> 705.295.1995</td>
</tr>
<tr>
<td><strong>SOUND OF MUSIC (W)</strong></td>
<td><strong>THURSDAY, MAY 31, 2012</strong> St. Jacob’s, Ontario</td>
<td><strong>JUDY-ANNE TUMBER</strong> 705.295.1995</td>
</tr>
<tr>
<td><strong>RAGTIME (W)</strong></td>
<td><strong>TUESDAY, JUNE 26, 2012</strong> Shaw Festival, Niagara-on-the-lake, Ontario</td>
<td><strong>JUDY-ANNE TUMBER</strong> 705.295.1995</td>
</tr>
<tr>
<td><strong>BEAUTY AND THE BEAST (W)</strong></td>
<td><strong>WEDNESDAY, JULY 11, 2012</strong> Four Seasons Centre, Toronto</td>
<td><strong>JUDY-ANNE TUMBER</strong> 705.295.1995</td>
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<tr>
<td><strong>30 000 ISLANDS BOAT CRUISE (W)</strong></td>
<td><strong>THURSDAY, AUGUST 23, 2012</strong> Parry Sound, Ontario</td>
<td><strong>JUDY-ANNE TUMBER</strong> 705.295.1995</td>
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<tr>
<td><strong>15TH BREAKFAST FOR KIDS GOLF TOURNAMENT</strong></td>
<td><strong>TUESDAY, SEPTEMBER 11, 2012</strong> Mill Run Golf Course, Siloam, Ontario</td>
<td><strong>LOTTHAR MAIER</strong> 416.298.4996</td>
</tr>
<tr>
<td><strong>CIRQUE DU SOLEIL</strong></td>
<td><strong>FRIDAY, SEPTEMBER 14, 2012</strong> Portlands, 51 Commissioners Street, Toronto</td>
<td><strong>HAROLYN PANETTA</strong> 416.445.0885</td>
</tr>
<tr>
<td><strong>CHAMPAGNE BRUNCH</strong></td>
<td><strong>SEPTEMBER, 2012</strong></td>
<td><strong>ELAINE APRILE</strong> 416.267.2670</td>
</tr>
<tr>
<td><strong>MISALLIANCE (W)</strong></td>
<td><strong>WEDNESDAY, SEPTEMBER 26, 2012</strong> Shaw Festival, Niagara-on-the-lake, Ontario</td>
<td><strong>MARILYN TREGWIN</strong> 416.493.3757</td>
</tr>
<tr>
<td><strong>PIRATES OF PENZANCE (W)</strong></td>
<td><strong>TUESDAY, OCTOBER 9, 2012</strong> Stratford Festival, Avon Theatre</td>
<td><strong>HAL McCULLOUGH</strong> 905.985.8760</td>
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<tr>
<td><strong>FALL LUNCHEON and Charitable Foundation Fund-Raiser</strong></td>
<td><strong>THURSDAY, OCTOBER 25, 2012</strong> Q-SSIS Banquet Hall, Scarborough</td>
<td><strong>JUDY-ANNE TUMBER</strong> 705.295.1995</td>
</tr>
<tr>
<td><strong>FAMOUS PEOPLE PLAYERS (W)</strong></td>
<td><strong>WEDNESDAY, NOVEMBER 28, 2012</strong> 343 Evans Ave., Toronto</td>
<td><strong>JUDY-ANNE TUMBER</strong> 705.295.1995</td>
</tr>
<tr>
<td><strong>CHRISTMAS LUNCHEON</strong></td>
<td><strong>WEDNESDAY, DECEMBER 5, 2012</strong> Scarboro Golf &amp; Country Club, Scarborough</td>
<td><strong>MARIJAN HODGE</strong> 416.284.9984</td>
</tr>
</tbody>
</table>

*The deadline is coming up VERY quickly. If this is a show for you, please contact the facilitator ASAP!*  
Be sure to see "The Waiver", page 11. **EVERYONE** in your party must sign the coupon to indicate they have read the waiver.  
Programme updates will be found in our "monthly" **E-NEWS**. (See page 23 for more information about our **E-NEWS**.)
**Some Trip Tips:**

- **Unless indicated otherwise, all of our bus trips depart from Kennedy Commons.** The mall is located on the east side of Kennedy Road, just south of the 401.
- **Please park near the AMC theatres. Look for a Pacific Western or a Mary Morton bus.**
- **Please... plan to arrive 10-15 minutes ahead of the indicated departure time. Traffic can be unpredictable, and we need to leave on time.**
- **For reservations, please send the programme coupon with your cheque made payable to: Retired Teachers of Ontario — District 24.**
- **Be sure you have read and understood the Waiver Agreement on page 11 and that everyone in your party has signed the activity coupon.**
- **Cheques for our events are not usually deposited until the trip is confirmed. Don’t be concerned when we hold your cheque.**
- **Suggestion: Post-date your cheque to the deadline date of the activity.**
- **If both you and the facilitator have e-mail, you may choose to have your confirmation e-mailed to you, saving you time and the cost of an envelope and postage. Check the appropriate line on the coupon.** **Then mail the coupon (signed if/where necessary) along with your cheque.**
- **If you or the facilitator do not have e-mail, you must enclose a stamped, self-addressed envelope.**
- You will receive confirmation for your event: by e-mail, return envelope, or telephone when the facilitator is ready.
- **Unless noted otherwise, our trips are “all inclusive”: lunch, bus transportation, tickets (where applicable), taxes and gratuities.**

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**Facilitator Information For This Issue**

- **Anne-Marie Ellis-Taylor**
  - One Guildcrest Dr.
  - Scarborough, ON M1E 1E2
  - Telephone: 416.261.5190
  - E-mail: h_panetta@hotmail.com
- **Harolyen Panetta**
  - 38 Castlegrove Blvd.
  - Toronto, ON M3A 1L2
  - Telephone: 416.445.0885
  - E-mail: h_panetta@hotmail.com
- **Judy-Anne Tumber**
  - 192 Cambelltown Road, R.R. 8
  - Peterborough, ON K9J 6X9
  - Telephone: 1.705.295.1995
  - E-mail: jatumber@nexicom.net
- **Hal McCullough**
  - 62 Chester Cres.
  - Port Perry, ON L9L 1K8
  - Telephone: 905.985.8760
  - E-mail: hal@powergate.ca
- **Marilyn Tregwin**
  - 41 Ravencliff Cres.
  - Scarborough, ON M1T 1R7
  - Telephone: 416.493.3757
  - E-mail: m.tregwin@rogers.com

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**About Our Front of the Line Service**

For 2012, we are continuing to offer our **Front of the Line** service for all of our day trips.

Please contact Judy-Anne by e-mail and list the day trips that you are planning to attend. Your place will be reserved for you. When the coupon becomes available, send it, along with your payment, to the facilitator.

Please... do not use this service for our Spring, Fall or Christmas Luncheons.

Updates to our programme line-up appear in our monthly E-Mail Update: **RTO 84 E-News**. See page 23 for details on this service.

Phone: 1.705.295.1995
E-mail: jatumber@nexicom.net
Use subject: RTO - Front of the Line

Messages without this subject will not be opened.

~ Judy-Anne Tumber, Programme Chair

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**Reminders**

**Family and Friends**, even if they are not RTO members, are always welcome to join you for any of our RTO trips and activities.

However, if someone is joining you, and a Waiver is required, he/she must read and understand the Provincial Waiver Agreement found on page 11 and they must also sign the activity coupon!

---

Please consider going “Scent Free”. Many of our members who are allergic or sensitive to scented products will appreciate being able to “breathe easily” on the bus or in the theatre.

For trips from Toronto to Stratford, St. Jacob’s, or Niagara-on-the-Lake, we will be using the 407.
Stratford Festival
42nd Street

DATE:        MONDAY, APRIL 23, 2012
DEPART:      9:30 AM
TRAVEL:      DEPART KENNEDY COMMONS. SEE TRIP TIPS, p.13
RETURN:      7:30 PM
COST:        $135.00; NON-MEMBERS: $145.00

PROGRAMME:  42ND STREET FOLLOWS THE JOURNEY OF PEGGY
SAWYER, A CHORUS GIRL WHO BECOMES A STAR WHEN SHE TAKES OVER A
LEADING BROADWAY ROLE ON OPENING NIGHT. REGARDED BY MANY AS
THE QUINTESSENTIAL BACKSTAGE MUSICAL, IT WILL BE DIRECTED BY
GARY GRIFFIN, WHOSE STRATFORD PRODUCTIONS OF WEST SIDE
STORY, EVITA, AND CAMELOT HAVE WON WIDESPREAD POPULAR AND
CRITICAL ACCLAIM.

LUNCH:       WATERLOT RESTAURANT. CHOICE OF ENTRÉE: SOLE
AND SHRIMP OR ROAST CHICKEN BREAST
WAIVER:      YES
FACILITATOR: MARILYN TREGWIN — CONTACT INFO ON p.13

DEADLINE:  FRIDAY, MARCH 23, 2012

Luncheon & Travelogue
Topic: The Many Faces of India

DATE:        MONDAY, APRIL 30, 2012
TIME:        12:00 NOON
VENUE:       SCARBORO GOLF & COUNTRY CLUB
COST:        $20.00
PROGRAMME:  INDIA: THE REAL STORY. PRESENTERS: CATHERINE
AND DON MACODRUM.
LUNCH:       CHICKEN. NOTE: THIS IS NOT A BUFFET LUNCHEON.
WAIVER:      NO
NOTE:        THERE IS A LIMIT OF ONLY 60 PARTICIPANTS!
FACILITATOR: ANNE-MARIE ELLIS-TAYLOR — INFO ON p.13

DEADLINE:  FRIDAY, APRIL 6, 2012

Princess of Wales Theatre
War Horse

DATE:        WEDNESDAY, MAY 9, 2012
DEPART:      10:30 AM
TRAVEL:      DEPART KENNEDY COMMONS. SEE TRIP TIPS, p.13
RETURN:      5:30 PM
COST:        $131.00; NON-MEMBERS: $141.00
PROGRAMME:  AS WORLD WAR I BEGINS, JOEY, YOUNG ALBERT’S
BELOVED HORSE, IS SOLD TO THE CAVALRY AND SHIPPED TO FRANCE.
HE’S SOON CAUGHT UP IN ENEMY FIRE, AND FATE TAKES HIM ON AN
EXTRAORDINARY JOURNEY, SERVING ON BOTH SIDES BEFORE FINDING
HIMSELF ALONE IN NO MAN’S LAND. BUT ALBERT CANNOT FORGET JOEY
AND, THOUGH NOT OLD ENOUGH TO ENLIST, HE EMBARKS ON A
TREACHEROUS MISSION TO FIND HIS HORSE AND BRING HIM HOME.
LUNCH:       CHOOSE YOUR ENTRÉE AT THE HOT HOUSE CAFÉ.
WAIVER:      YES
FACILITATOR: JUDY-ANNE TUMBER — CONTACT INFO ON p.13

DEADLINE:  FRIDAY, APRIL 13, 2012
**AGM and Spring Luncheon**

**DATE:** Thursday, May 24, 2012  
**TIME:** 10:00 — Coffee available  
10:30 — Business Meeting downstairs  
11:45 — Bar opens  
12:15 — Luncheon upstairs  
There is an elevator available for your use.  
**COST:** $20.00  

**PROGRAMME:** ✓ Come out for a great social afternoon! See old friends... make new friends! ✓ Vote for your 2012-2013 executive! ✓ Help celebrate our District’s 40th anniversary in RTO/ERO! ✓ Take part in District 24’s fundraiser for the Charitable Foundation. Details on page 11.

**ENTERTAINMENT:** Hamilton All-Star Jazz Vocalists  
**LOCATION:** Q-SSI S Banquet Hall  
Kingston & Markham Roads (NW corner)  
Plenty of parking behind the Banquet Hall.

**WAIVER:** No  
**CHEQUES:** Members: Your cheque will be returned to you when you arrive for the AGM. If you choose not to attend the AGM and come for the Luncheon only, your cheque for $20.00 will be cashed.

**FACILITATOR:** Judy-Anne Tumber — Contact info on p13  
**DEADLINE:** Friday, May 11, 2012

**St. Jacobs Sound of Music**

**DATE:** Thursday, May 31, 2012  
**DEPART:** 8:30 AM  
**TRAVEL:** Depart Kennedy Commons. See Trip Tips, p13  
**RETURN:** 6:30 PM  
**COST:** Members: $110.00 Non-Members: $120.00

**PROGRAMME:** You’ll have an hour to browse the St. Jacobs market. Then join us for a timeless classic, as our stage becomes alive with the sound of music! In this epic love story, an aspiring nun named Maria leaves the convent to govern the seven mischievous children of Captain von Trapp. The memorable score by Rodgers & Hammerstein features such beloved songs as “My Favourite Things”, “Do Re Mi”, “Edelweiss”, “Climb Every Mountain”, and of course, the glorious title song.

**LUNCH:** Verses Restaurant. Choice of entrée: Beef Bourguignon or Cornish Hen.

**WAIVER:** Yes  
**FACILITATOR:** Judy-Anne Tumber — Contact info on p13  
**DEADLINE:** Friday, May 4, 2012

**A WORD ABOUT OUR TICKET PRICES...**

You will notice a number of our activities have two different prices indicated. This is because:  
✓ Members of District 24 are being subsidized by District 24 in the amount of $10.00.  
✓ Non-members of District 24 are paying the regular price.

**Websites you may find to be of interest:**  
www.celebrate1812.ca - St. Lawrence Region  
www.discover1812.com - Niagara Region  
www.toronto.ca/1812 - Toronto area  
www.westerncorridor1812.com - south-western Ontario  
www.1812bicentennial.com - southern Georgian Bay
Shaw Festival

Ragtime

DATE:  TUESDAY, JUNE 26, 2012
DEPART:  9:15 AM
TRAVEL:  DEPART KENNEDY COMMONS. See Trip Tips, p13
RETURN:  7:15 PM
COST:  $129.00  Non-Members:  $139.00
PROGRAMME:  In this powerful musical portrait, an era of innovation and unrest is set to the rhythms of Ragtime. A sweeping saga of turn-of-the-century America, seen through the eyes of three very different families, based on novelist E.L. Doctorow’s kaleidoscopic fusion of suburban New Rochelle, Harlem and New York City’s Lower East Side, with surprise appearances from the likes of Houdini, Emma Goldman and J.P. Morgan. A heady tale of love lost and won, lives lost and saved and a country struggling to define itself.

LUNCH:  PRINCE OF WALES RESTAURANT. Choice of entrée: PARMESAN CRUSTED CHICKEN BREAST OR POTATO GNOCCHI
WAIVER:  YES
FACILITATOR:  JUDY-ANNE TUMBER — contact info on p13

DEADLINE:  FRIDAY, MAY 18, 2012

Centre for the Performing Arts

Beauty and the Beast

DATE:  WEDNESDAY, JULY 11, 2012
DEPART:  9:30 AM
TRAVEL:  DEPART KENNEDY COMMONS. See Trip Tips, p13
RETURN:  5:30 PM
COST:  $148.00; Non-Members:  $158.00
PROGRAMME:  Beauty and the Beast is the classic story of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped in a spell placed by an enchantress. If the Beast can learn to love and be loved, the curse will end and he will be transformed to his former self. But time is running out. If the Beast does not learn his lesson soon, he and his household will be doomed for all eternity. Note: You will have time to browse at Harbourfront.

LUNCH:  CHOOSE YOUR ENTRÉE AT THE PIER 4 RESTAURANT.
WAIVER:  YES
FACILITATOR:  JUDY-ANNE TUMBER — contact info on p13

DEADLINE:  FRIDAY, JUNE 1, 2012

FALL Fundraiser for the CHARITABLE FOUNDATION

Bazaar and Craft Show
at the Fall Luncheon
QSSIS Banquet Hall
Thursday, October 25, 2012
Vendor tables will be available for $25.00 each.
Contact Judy-Anne Tumber at: jatumber@nexicom.net 1.705.295.1995 to reserve a table.

Change is inevitable, except from a vending machine.
I used to be indecisive. Now I’m not sure.
Nostalgia isn’t what it used to be.
You’re never too old to learn something stupid.
I didn’t say it was your fault, I said I was blaming you.
I thought I wanted a career; turns out I just wanted paycheques.
Whenever I fill out an application, in the part that says “In an emergency, notify: ___” I put… “A DOCTOR.”
Do not argue with an idiot. He will drag you down to his level and beat you with experience.
A clear conscience is usually the sign of a bad memory.
**Georgian Bay 30,000 Islands Boat Cruise**

**DATE:** Thursday, August 23, 2012  
**DEPART:** 8:30 AM  
**TRAVEL:** Depart Kennedy Commons. See Trip Tips, p13  
**RETURN:** 7:15 PM  
**COST:** $107.00 NON-MEMBERS: $117.00  
**PROGRAMME:** Enjoy a relaxing 3 hour cruise through the beautiful 30,000 Island region of Georgian Bay onboard the Island Queen. Spacious and comfortable inner seating, large viewing windows and outside observation decks provide you with a great view of the passing scenery. Discover the unbelievable beauty of this remote region of Canada!  
**LUNCH:** Buffet Lunch at the Log Cabin  
**WAIVER:** YES  
**FACILITATOR:** Judy-Anne Tumber — contact info on p13  
**DEADLINE:** FRIDAY, JULY 20, 2012

**Portlands, Toronto Cirque du Soleil – Amaluna**

**DATE:** Friday, September 14, 2012  
**START TIME:** 4:00 PM  
**TRAVEL:** Drive yourself. There is ample parking in the area; OR take the 72A bus from Union Station.  
**COST:** $73.50  
**PROGRAMME:** Amaluna centres around a sorceress named Prospera who rules a fantasy island. Inspired by Shakespeare's The Tempest. In the wake of a storm she causes, a group of young men become stranded in her domain and Prospera's daughter falls in love with one of them.  
**WAIVER:** NO  
**NOTE:** The deadline date is coming up right away!! To get the tickets at this price, this deadline is FIRM.  
**FACILITATOR:** Harolyn Panetta — contact info on p13  
**DEADLINE:** THURSDAY, MARCH 15, 2012

**Shaw Festival Misalliance**

**DATE:** Wednesday, September 26, 2012  
**DEPART:** 9:15 AM  
**TRAVEL:** Depart Kennedy Commons. See Trip Tips, p13  
**RETURN:** 7:15 PM  
**COST:** $134.00 NON-MEMBERS: $144.00  
**PROGRAMME:** Hypatia is a bored heiress to an underwear fortune, trapped in an unhappy engagement. But then a plane crashes into the conservatory, bringing a handsome man, a female daretdevil and all kinds of new ideas to shake up the quiet weekend in the country. Who will wind up with whom? And which alliance will be a hit - or a miss?  
**LUNCH:** Ristorante Giardino. Choice of entrée: Baked Atlantic Salmon or Grilled Chicken supreme.  
**WAIVER:** YES  
**FACILITATOR:** Marilyn Tregwin — contact info on p13  
**DEADLINE:** FRIDAY, JULY 20, 2012

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Please: CUT out your coupon. Do not tear it out.
Stratford Festival
The Pirates of Penzance

DATE:  TUESDAY, OCTOBER 9, 2012
DEPART:  9:30 AM
TRAVEL:  DEPART KENNEDY COMMONS. SEE TRIP TIPS, p13
RETURN:  7:30 PM
COST:  $144.00  NON-MEMBERS:  $154.00

PROGRAMME:  GILBERT & SULLIVAN’S THE PIRATES OF PENZANCE

Is the delightfully zany story of the love between Frederic, indentured to a pirate crew made up entirely of orphans, and the lovely Mabel Stanley, whose father is “THE VERY MODEL OF A MODERN MAJOR-GENERAL”.

LUNCH:  PAZZO’S RESTAURANT.  ENTRÉE: ROAST BREAST OF CHICKEN.  CHOCOLATE TRUFFLE TART FOR DESSERT.

WAIVER:  YES
FACILITATOR:  HAL MCCULLOUGH—CONTACT INFO ON p13
DEADLINE:  FRIDAY, AUGUST 31, 2012

Breakfast for Kids
Golf Tournament – 2012 Edition
EAGLE, BIRDIE, PAR AND MORE... PLEASE READ ON

“Golf is the only sport where the most feared opponent is you.”

Building on a solid fourteen year foundation, I would like to invite you and your friends to participate in the Breakfast for Kids 15th Annual District 24 golf tournament. Please reserve Tuesday, September 11th, 2012 and join us at Mill Run Golf Course, just west of Uxbridge. In past years, the involvement and support of members and friends have helped make these tournaments fun and an integral part of helping students. I am once again asking for your support.

Our tournaments have helped thousands of youngsters in our legacy Boards of East York and Scarborough. Each year several schools in our two legacy Boards are selected by the Toronto Partnership for Student Nutrition to receive the proceeds from our tournament. Last year’s thankful recipients were: Thorncliffe Park Jr. P.S. (TDSB – East York), Heron Park Jr. P.S. (TDSB – Scarborough), St. Boniface CS (TCDSB) and the Sunshine Community Birchmount Club (Birchmount and Finch).

Funds are generated from the players fees, raffles, golf hole sponsors and a silent auction. Cash donations exceeding $10.00 will receive a tax receipt. Donations to our prize table or silent auction are other ways members can show their support. I would be more than glad to pick up items for our tournament. Please contact me at: 416.298.4996 or lothar.maier@yahoo.ca

Let us work together and make this 2012 golf tournament the best one ever. Everyone enjoys the fun, both on and off the course.

“The best wood in most amateurs’ bags is the pencil.”

Lothar Maier
Golf Convener
**Christmas Luncheon**

**The Luncheon...**

On Wednesday, December 7, 2011, the annual RTO Christmas Luncheon was held at the Scarboro Golf and Country Club. Members, spouses, family and friends enjoyed the beautiful surroundings that were festively decorated for the season. The sounds of the voices of old friends meeting again was a joy to hear. The sumptuous buffet was indeed a feast for the palate as well as the eyes! Live music gave us the melodies of Christmas as we enjoyed our lunch. Thank you to all of those who worked to make this luncheon possible. A special thank you to Marilyn Hodge for all her hard work in organizing this most enjoyable experience that many of us look forward to with anticipation each year as December rolls around once again.

And A Thank You...

The success of the Christmas Luncheon is always dependent on the assistance of several members. My sincere thanks are extended to David Tumber, for making up the name tags and to Judy-Anne Tumber, for hand printing the table name cards, Linda Jarvis, for helping to set up the tags and cards and welcoming all of the guests as they arrived, Elaine Apted and Elaine Aprile, for giving everyone directions as they came up the stairs, Bob Cooke for saying Grace, Blaguna Evrovski, the Catering and Beverage Manager, and her staff for always doing such a wonderful job for us every year and to Bonnie Clarke, our treasurer, for paying the bill.

~ Elaine Apted

**Bridge Report**

RTO Bridge group resumed in January, and although a couple of players having gone to games in the South, we still have a good number of players. Our January winners up until entry time for this article are:

**Jan. 3:**
1. Jane Humphries
2. Wayne Carlson
3. Edna Mathews

**Jan. 10:**
1. Elizabeth Scarlett
2. Dale Smith

**Jan. 17:**
1. Jane Humphries
2. Carlton DeRyck

**Jan. 24:**
1. Carlton DeRyck
2. Dorothy Archer

We will not be playing on March 13, during the March Break, due to unavailability of our room. But we are there all other Tuesdays, at the Ellesmere Community Centre, 20 Canadian Rd., near Warden and Ellesmere, starting right at 12:30.

Don’t let the listing of our winners be intimidating; we play friendly bridge, having fun and enjoying making new friends! As well, we help to diminish (or should we say devour?) the overabundance of our members’ Christmas goodies.

If you don’t know how to play, we can recommend beginner lessons. For any information, call Terry or Dale Smith at 416.438.0430.

As part of our 40th Anniversary Celebration, the President of District 24, Donna Hubel, presented decks of cards to the Bridge Club on January 24. One deck is blue and white and the second deck is white and blue with the RTO logo on each card.

Approximately six tables play Bridge each week at the Ellesmere Recreation Community Centre. Terry and Dale Smith and Bryan Dorward accepted these cards on behalf of the Bridge Players.

~ Marilyn Hodge, Goodwill (Cards)
~more photos on the back cover and on our website

Beyond the Blackboard  www.rtoerotorontodistricts.org  19
category. The they are Harold J. (Bud) and Lorraine Dilling. How did two individuals, born in the same year (1929), but with such disparate backgrounds, ever get together?

Bud acquired his early education (Grades 1 to 8) in a one-room country school in Tuckersmith Township of Huron County and his secondary education in what was called a Continuation School (Grades 9 to 12) in Hensall and, courtesy of newly-available bus transportation, in Seaforth Collegiate Institute (Grade 13). By contrast, Lorraine’s education was totally urban: Ingersoll’s Victory Memorial Public School (Kindergarten to Grade 8) and Ingersoll Collegiate Institute (Grades 9-13).

While Bud’s extracurricular activities during those years involved much hard work on the farm and practising his “fiddle,” Lorraine expanded her experiences with tap dancing in the early years, followed by many hours studying piano and accompanying soloists and high school performances.

Their first meeting happened, however, when both Bud and Lorraine decided to enter teacher training at the London Normal School in the same year (1947) for a one-year course right after Grade 13—the common preparatory training for elementary school teaching at the time. After that, they claim that it was hard to keep them apart. For example, experienced square-dancer, Bud, talked Lorraine, who had never square-danced before, into a student contest. The London Free Press published a photo of their winning “square” of eight. When instructors selected Lorraine to direct The Happy Journey by Thornton Wilder, Bud was selected to play the very-young-appearing, 14-year-old Arthur. The most amusing experience for Bud was his “volunteering” to assist Lorraine in a winter-day search among butcher shops and abattoirs for a cow’s stomach, so determined was she to have the best “concrete materials” for her next practice lesson. Bud, with his rural experience, knew what pitfalls were in store, but he tolerated the bemused looks and snide remarks of butchers because the outing was a good excuse to be with Lorraine. The most embarrassing event for Lorraine was when she spilled ink all over Bud’s “practice”. Daily Attendance Register when he was helping solve difficulties she was having with hers. The fact that the instructor made good his threat to make anyone “messing up” his assignment write the final School Management exam meant little to Bud, who at that time treated life quite lightly. Bud claims, however, that eventually Lorraine agreed to marry him to atone for her disastrous part in this calamity.

After graduation, they took on teaching positions near each other: Lorraine with the Sarnia Board of Education and Bud with the S. S. No. 3 Plympton Township Board in a one-room school about 10 miles away. (It was almost unheard of for urban boards to hire males right out of teacher training; if they didn’t turn out to be successful teachers, the board could be stuck with them for much longer than they would be with female teachers who were usually required to resign on marriage.) Indeed, this couple often reflects on the colossal nerve that they had, on graduation from LNS in 1948, to take on such a complicated and responsible task as teaching, with Bud having turned only 19 in April and Lorraine still 18, due to the fact that she was born in November of 1929.

During her tenure in Sarnia, Lorraine distinguished herself as a Primary teacher with her musical ability, her creative talent for producing children’s operettas, her co-operative effort in producing Phonics Workbooks for primary students, and for introducing what was called “New Math” in the primary grades in 1965. During his three years in S. S. No 3, Bud also enjoyed considerable success with music, bringing home to his rural school the first-place Rose Bowl for rural choirs two years in a row in competition with some 36 choirs. This music success continued when Bud was hired by the Sarnia Board of Education where he often brought his students to success with choirs and double- and triple-trios. His career with Sarnia climaxed with his appointment as Principal in two different schools.

While carrying on their teaching duties, they recognized the need to improve their academic qualifications. Through week-end classes carried on by visiting professors from the University of Western Ontario and attendance at summer school, Lorraine completed her B.A. degree with high standing, and Bud achieved his B.A. from U.W.O. and his B. Ed., M.Ed., and Ed.D. degrees from the University of Toronto (as a recipient of the William Pakenham Fellowship, 1962-63, and with a Doctoral Thesis featuring educational achievement and social acceptance of Canadian Indians).

On their move to Scarborough in 1965, Lorraine taught primary grades first and then became a Teacher-Librarian where she developed, with flare and creativity, numerous special programmes (e.g., The Klondike Gold Rush of 1898, The 100th Birthday of Our National Parks, The Canadian Cowboy, and The Arctic: The Last Frontier) involving all students and teachers; she also initiated the first MS Readathon in Canada in 1978, at Jack Miner Sr. Public School. Bud, as Research Director for the Scarborough Board of
Beyond the Blackboard

Education, was involved with several relevant professional associations, completed or supervised many research projects, and was honoured with the awarding of the 1988 CEA Whitworth Award for “distinguished contributions to educational research in Canada.”

On their retirement from the Scarborough Board of Education (Lorraine in 1986, Bud in 1988), they continued to work together in several ventures. In 1988, they set up their own business, Educational Research Services, offering assistance to Ontario Boards in the conduct of research-oriented projects. Both received The Commemorative Medal for the 125th Anniversary of the Confederation of Canada in 1992 for their charitable work, which included fund-raising and the provision of musical performances (fiddle, keyboard, and song) in seniors’ homes. In addition, in 2002, Lorraine was granted The Queen’s Golden Jubilee Gold Medal in recognition of her work with the MS Readathon.

Bud and Lorraine both enjoy writing, so Bud published a book, Bill Hawkins: A Gentleman of Ingersoll, in 2002, and Lorraine published hers, Growing Up Small: Reminiscences About Life in a Small Town in the 1930s in 2011. It goes without saying that there was considerable mutual co-operation during both these enterprises. Likewise, their love of travel resulted in adventures in many countries in all of the continents except Antarctica, and their abiding love of music has kept them tuned to each other, and to society, throughout all their years together.

Does this apply to you? ☺ Moving? ☺ Address information incorrect?

THEN YOU NEED TO CONTACT

DIANNE VEZEAU AT RTO/ERO:

IN WRITING: 18 SPADINA ROAD, TORONTO, ON M5R 2S7
BY PHONE: 416.962.9463 OR 1.800.361.9888 (EXT 223)
BY E-MAIL: dvezeau@rto-ero.org

PLEASE... DO NOT CONTACT YOUR COMMUNICATIONS OR MEMBERSHIP CHAIR

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< ANSWER TO THE SUDOKU PUZZLE ON PAGE 9.

Answer to Paragraph Puzzle on page 9. >

The letter “e”, which is the most common letter used in the English language, does not appear once in the paragraph.
Here we are standing in the center of the forum with its majestic pillars rising all around us. "Imagine being born 2000 years ago and living in the old city of Pompeii," says Giovanni, our guide. And we are taken back to another time as we walk through the cobblestone streets of the old city. The old city of Pompeii and its ruins are so well preserved that it is difficult to imagine that Pompeii was destroyed around 79 AD. Now the city, preserved by volcanic lava, is being excavated for the modern world to see. It feels as though we are trespassers into the past, as we examine the theater, the forum, artifacts, homes, gardens, and even the toilets. The 3-D paintings in the public baths are amazingly preserved, and some of the names and addresses of the original residents are posted over doorways. All the details of their lives are now exposed to the world. Their civilization seems intricately planned and so organized that it really feels modern. Giovanni, a retired teacher and nearly eighty years old, explained every detail with passion and knowledge. He took us back into that world during our long walk in the heat of the noon Mediterranean sun. As he directed us to look at Mount Vesuvius in the distance, we understood the power of what happened here. Here we were walking down the cobblestone streets of history. Such was our Mediterranean trip, filled with culture, history and adventure!

Our adventure began in Spain. We flew into Barcelona filled with anticipation and we were not disappointed. Barcelona is about the people. They are lively and friendly and are happy to share their city with visitors. They stroll, play music, and sell their wares day and night on Las Ramblas, the main street. The older people bring chairs and watch as the others saunter along meeting friends, shopping, and eating. The Sagrada Familia Cathedral is a universal symbol of Barcelona. This cathedral, still unfinished, was begun by Francisco de Paula, and taken over by the Spanish architect, Gaudi, who worked on it until his death in 1926. Work continues today. In Barcelona we visited the Olympic village, the cathedral, and viewed many of Gaudi’s architectural masterpieces. These buildings, complete with fine details and creative lines, are sprinkled throughout the city. Gaudi’s buildings are an interesting contrast to the very modern hotels and unique designs of the modern buildings. After spending 3 days in Barcelona we were ready for some pampering as we boarded the Liberty of the Seas, our floating home for the next week.

After being rocked to sleep by the gentle waves of the Mediterranean, we woke each morning in a new port with a new and exciting place to explore. In France we docked in Toulon and Villefranche. As our tour bus driver made a delicate turn around at the port of Villefranche, my twelve year old granddaughter pointed out that we were actually in an old fort. An avid researcher of castles and forts, she remarked that the parking lot for the buses was the moat, without the water, of course. Then she pointed out the drawbridge above.

From our Italian ports of Livorno, Civitavecchia and Naples, we toured the Italian countryside, were welcomed to a beautiful winery, and visited an inland lake. From the bus, we could see on a distant hillside the Odescalchi Castle, where Tom Cruise is said to have married Katie Holmes. It is said that he paid all the local residents adequately to keep his plan secret from the press, and they did. The leaning tower of Pisa held some mystique for me. As I gazed on it in wonder, I imagined Galileo standing on the top, testing his theory of gravity. Galileo must have been grateful for the thirteen degree lean. Our last excursion took us to the preserved ruins of the old city Pompeii.

We had had an exhausting schedule, and we arrived in the port of Barcelona tired and ready for some seaside relaxation in Spain. To get to our resort at Cala Montjoi, in Costa Brava near the French border, we drove over a mountain and through the Cap de Creus natural park. From the mountain top, the views of the seaside towns on the Mediterranean were breathtaking. Later we enjoyed a boat tour along the mountainous coast and viewed this natural park from below. At one point the tour boat actually squeezed into a cave. What an awesome view looking up to see exactly how high we had been when we travelled on the road to Montjoi!

The Dali museum, situated in the nearby town of Figures, was designed by Salvador Dali himself. It is an amazing mix of art and sculpture, and architecture. Well known as a surrealist, each work is unique and tells its own story. The Girona Cathedral, in the city of Girona, is said to be the
largest in the world after St. Peter’s at the Vatican. We also visited the Jewish quarter and the Jewish museum. The monastery on Montserrat Mountain was on our route back to Barcelona. We felt like pilgrims climbing the mountain and finally arriving at the monastery. From inside, looking way up, I could see each person in the line stop and kneel at the gold statue of St. Maria of Montserrat, the black virgin. I sat in my pew, surrounded by crypts and stained glass windows. Listening to chanting coming from a side altar, I was overcome by the reverence in the faces of the pilgrims.

The Mediterranean is a very special place. The sea and sky seemed to unite and contrasted with the deep grey of the mountains. What a wonderful experience to view the mountainous coast in its natural beauty! Mix this natural beauty with the romantic and historic sites of southern Europe, and the complete vacation unfolds. Each city has its own story to tell, and each day is one of discovery filled with history. We appreciate the history so much more because our own country is still so young.

~ Jean Clarke ~ additional photos on our website

E-NEWS
SEND US YOUR NAME...

We only publish three newsletters a year — that’s a long time between issues to wait for more current information! Give us your e-mail address and we will send you our E-News Updates, RTO 84 E-NEWS, in the months when there is no newsletter.

Please note:
- Providing your e-mail address is voluntary! We could, but do not, take it from the RTO membership list.
- Your e-mail information is held in confidence and is for District 24 use only and is not shared with anyone, or with any organization.
- E-mails are sent to you Bcc (Blind carbon copies). No one gets to see anyone else’s e-mail address.
- Our e-mails are always prefaced with RTO.
- To keep you fully informed, we do, occasionally send out an E-NEWS EXTRA.
- Our E-Mails are sent only as a .PDF ATTACHMENT. There are no hard copies that can be mailed to you.
- If your e-mail address changes, please remember to provide us with your new e-mail address!
- We can no longer send to TEL addresses.

If you wish to participate, and we encourage you to do so, please send your e-mail address and a note to our Communications Chair: hal@powergate.ca

Use subject: RTO — E-Mail Address

Messages without this subject will not be opened!

We currently have 617 members (25%) participating in our monthly updates. I look forward to adding your name to our E-NEWS list. Join us!

Our next E-NEWS will be coming out on April 1. (Really!)

JOIN US IN... GOING GREEN

I'm sure you know by now that we are offering you the opportunity to read your copy of our newsletter on-line and not have the paper copy delivered to your home.

- Save a tree!
- Save a habitat!
- Save the District money on printing and mailing costs! Money that we can put to other uses in our District!

It’s simple! I ask that you send the following pieces of information:

- your name
- your full address, including postal code
- your phone number
- your e-mail address

to: hal@powergate.ca along with a line to say you would like to read the newsletter on-line. I will send you a return e-mail to indicate that your name has been put on our NO Newsletter list.

Please use the Subject: RTO - No Newsletter.

We seem to be asking for a lot of information, but we want to be sure that we are deleting the correct name from our Membership List. (Please don’t panic - we are only removing you from the District copy of the Membership List — you’re still safe at 18 Spadina Road!!)

If both you and your spouse worked for Scarborough and/or East York you have a decision to make. You can continue to get 2 paper copies. Or you can opt to have one paper copy and one on-line copy, or you can opt for both of you to read it on-line. If this applies to you, be sure to let me know which option you prefer.

If, after trying the on-line version you decide reading it this way is “not your thing”, let me know and we’ll put you back on the mailing list!

When the newsletter has gone to the Post Office I will send you an e-mail to let you know that it has been posted and how you can access it. It’s really easy.

Do nothing and you will continue to receive your paper copy of the newsletter!

Remember: the choice is yours.

As of the end of January, 139 members had opted to read our newsletters on-line. These members alone will save District 24 almost $1000.00 on printing and mailing costs this year.

May we add your name to our ever-growing list?

~ Hal McCullough, Communications Chair

Some cause happiness wherever they go. Others, whenever they go.

Behind every successful man is his woman. Behind the fall of a successful man is usually another woman.
**THE DEADLINE FOR SUBMISSIONS FOR SUMMER’S BEYOND THE BLACKBOARD IS:**

**FRIDAY, MAY 25, 2012**