



# The Slate



On February 14th many folks will celebrate Saint Valentine's Day by giving flowers, cards, and candy, not to mention having intimate dinners, spending time with loved ones, going to parties, and giving other special gifts to friends. Who was the real Valentine and

why is this most romantic of holidays named after him?

## Oh Claudius!

The legend of Valentine's Day is said to have originated during the third century in Rome, under the reign of Emperor Claudius II. During his reign, Claudius decided that single men made better soldiers, so he outlawed marriage for young men to keep them focused and away from potential familial distractions. A young priest named Valentine decided the law was unjust and began defying the Emperor's decree by continuing to perform marriages for young lovers in secret.

## First Valentine Card

Claudius eventually discovered Valentine's actions, had him arrested and soon after sentenced to death. During his time in jail, Valentine fell in love with his jailer's daughter, who visited him in prison. Before he was put to death, Valentine sent a letter to the girl signed "from Your Valentine", the basic expression we still use every year during this holiday. Valentine was executed on February 14, 270 AD.

## Chaucer & The King

The medieval English poet, Geoffrey Chaucer, often took liberties with history, placing his poetic characters into fictitious historical contexts that he represented as real. No record exists of romantic celebrations on Valentine's Day, Feb 14th, prior to a poem Chaucer wrote around 1380. In his work "Parliament of Fowls," he links a tradition of courtly love with the celebration of St. Valentine's feast day—an association that didn't exist until after his poem received widespread attention. The poem refers to February 14 as the day birds (and humans) come together to find a mate. Pardon the middle English but when Chaucer wrote, "For this was sent on Seynt Valentyne's day / Whan every foul cometh ther to choose his mate," he may have invented the holiday we know today. Of course, history also tells us that 150+ years later, the 14th of February was finally and officially designated St. Valentine's Day in 1537 by King Henry VII of England.

## Why All the Flowers

For centuries, flowers have long symbolized fertility, love, marriage, and romance, but the romantic history of giving your loved one Valentine's Day flowers comes from the old-fashioned custom of sending floral bouquets to pass on non-verbal messages. Introduced in the 18th century by Charles II of Sweden, each flower had a specific meaning attached to it, making it possible to have an entire conversation using only flowers. Today, people continue to send flowers on special occasions or to express sentiments of love and admiration. You may also express your love with food treats. Enjoy!



Make Valentine's Day special this year. Serve your favourite sweetheart heart-shaped french toast that has a fried egg in its centre.



Chocolate peanut clusters are the ideal combination of salty and sweet, and crunchy and smooth. They're also effortless to make.

Slowly melt your chocolate for about 15 minutes, then stir in the nuts. Then, scoop them out and refrigerate them until they are hard. That's all it takes!

## We continue to work for you!

**Happy New Year** to all our Bruce, Grey and Dufferin RTOERO members! With the exception of an early December snowstorm we've really had a quiet start to winter but over the past few weeks winter weather has truly arrived – blustery winds, cold temperatures and yes, snow. But would we really have it any other way?

As you will recall, I took over the President's position for District 10 in late summer 2021 from Malcolm Beddoe following three years in Vice President positions for the District. I also have continued as the President of Bruce-Grey Unit within District 10. I am fortunate to have executive members who bring both experience and enthusiasm to the table when meeting to discuss issues, activities and opportunities for our 1600 members.

An advantage for me as a District President is in the access I have to RTOERO staff, communiqués, workshops, and sharing opportunities with other Districts, all of which allow me to better understand our organization and serve each of you.

The **Covid-19 pandemic** with its ever changing variants has put restrictions on us all. Virtual meetings via Zoom have become the norm and social events have had to be postponed or have taken on a new format. We all look forward to returning to the planning and participation of in-person meetings, events and social activities but until then, we press on.

I am very proud of the connections that RTOERO District 10 have made in 2021 with community organizations. You will read about them in this issue of The Slate. Our plan is to continue this initiative in 2022.

**Stay safe! Stay healthy! Stay strong!**

Respectfully submitted, Lynda Monck, President

**Groundhog Day** has its roots in the ancient Christian tradition of **Candlemas**, when clergy would bless and distribute candles needed for winter. The candles represented how long and cold the winter would be. Germans expanded on this concept by selecting an animal—the hedgehog—as a means of predicting weather. Once they came to America, German settlers in Pennsylvania continued the tradition, although they switched from hedgehogs to groundhogs, which were plentiful in the Keystone State.

In Ontario we have our own weather predictor **Warton Willie**. Every February 2, on Groundhog Day, Willie takes part in the local *Warton Willie Festival*. His role is to predict whether there will be an early spring. Although the original Warton Willie died in 1999, the Warton Groundhog Day celebrations continue each year with a successor of the original Willie.



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**RTOERO**

# We are making a difference in our communities.

**RTOERO District 10** would like to thank its members for their continued support of worthy organizations in Bruce, Grey & Dufferin Counties. As RTOERO members, we are challenged, through our Strategic Plan, to develop community connections and make a difference by giving back to the community, to our aging population as well as young people. Your executive, on your behalf, made donations of \$1000 to each of the following recipients.

**OSHaRE** is a hunger and relief effort, a registered charity organization in Owen Sound. Hot lunches and suppers are being provided at this time as take out, due to Covid-19. Over 500 meals each day are prepared.

**Safe 'n' Sound Residence** is a not-for-profit charitable community based organization that provides safe emergency shelter, as well as support, advocacy and referral for the homeless and those at risk of homelessness, where basic needs can be addressed.

**Women's Centre Grey Bruce** provides support services to women and their children in crisis, including crisis phone lines, safe shelter, transportation, counselling, and advocacy in public education to end violence against women.

**Women's House Serving Bruce & Grey** is a 10-bed shelter near Kincardine for women and children seeking a safe and

supportive environment due to violence or abuse in their lives.

**Big Brother and Big Sister Dufferin In-School Mentoring Programme** provides youth with a role model and a friend to talk to and share the experiences of growing up. It is held school grounds for one hour each week.

**Dufferin County Alzheimer's Society** creates and provides Montessori Tactile Kits for individuals dealing with dementia.

**Family Transition Place in Orangeville** provides critical services to women and their children who have experienced abuse and unhealthy relationships. Upgrading to more efficient, energy saving thermostats in their emergency housing is underway.

**Dufferin County Community Support Services** (Adult Programming) provides a variety of services to assist seniors and disabled adults to remain in the familiar surroundings of their own homes.

**Lynda Monck, President, RTOERO District 10**



District 10 President, Lynda Monck presents Colleen Trask Seaman, Executive Director of OSHaRE, with a cheque for \$1000.



The general store at Moreston Village will soon be completed. The donation earlier this year from RTOERO Bruce/Grey Unit 1 is helping to make this project a success.

Photo by Don Sankey

## New RTOERO webinar recordings are now available

Missed some of RTOERO's live webinars in 2021? Don't worry! The recordings are now available on the website.

Go to [rtoero.ca/resources/videos](https://rtoero.ca/resources/videos).

Recent additions include:

- The Women's Age Lab and gendered ageism with a focus on older women, presented by the RTOERO Foundation
- Paths to wellness for older persons: mind, body, spirit
- Saving the forest ... saving us





## Travel in the Time of COVID - 19

We've been stuck at home for almost two years, isolated, masked and just itching to see other humans. With all the variants floating around we're certainly getting familiar with the Greek alphabet!

Did you, in a fit of optimism ( or foolishness?), when the surges abated last spring, book a trip for this year to celebrate the end of the pandemic? Perhaps a cruise? Or a safari? Or just a jaunt to the local winery?

Check it out, now! Should the omicron and other Greek letters still be threatening, you may lose your deposit or even the whole price of your trip. Many cruise lines stipulate that trip cancellation is not an option, even though you may have cancellation insurance. The only way to get your money back is if the cruise line cancels the trip or the government forbids travel to your intended destination.

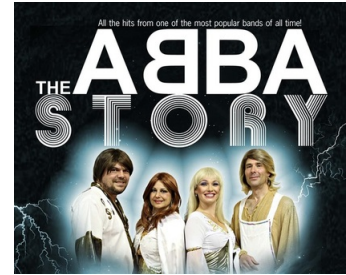
It pays to check the fine print! Stay up to date on all the government, both federal and provincial, news where restrictions are concerned. They seem to change hourly.

Also, review your Communiqué booklet (sent to you in November) regarding travel questions in the "time of COVID". A conversation with your travel agent may be in order too.

We've all (I hope!) received the jabs for which we are eligible. Keep safe and keep your community safe by doing the right thing.

This too shall pass, albeit not necessarily as quickly as we would wish!

**Brigita Jogi Health & Insurance Rep**



**May 25, 2022**

We are hoping to return to our theatre outings on Wednesday, May 25, 2022, (depending on the Covid situation) with a trip to Bingeman's Matinee for a buffet luncheon and musical production featuring the ABBA Story. Dance in your seats to the wonderful songs that made ABBA the "supergroup" of the '70's. Enjoy such favourites as *The Dancing Queen*, *Fernando*, *Mama Mia*, *Knowing Me Knowing You*, *Waterloo* and *Money, Money*.

**Proof** of double vaccination will be required before boarding the bus.

**Lunch** includes bread, buns, salads, 2 hot entrees, potatoes, vegetables, desserts, coffee & tea. Cost TBA

**If** you are double vaccinated and interested in attending this event please contact Jan Chamberlain at:

[shop\\_a\\_holic@rogers.com](mailto:shop_a_holic@rogers.com)



**The Bruce Grey RTOERO Goodwill Committee** had a pre Christmas luncheon on November 24th at the Walker House in Southampton. Eight of the ten Goodwill captains attended and much camaraderie was shared by all. We appreciate the efforts of our captains throughout Bruce and Grey Counties who remember our older members during the year with cards on special occasions.

**Those** pictured from left to right include: Roberta Davidson, Sheila Mudge, Jan Kerr, Lynda Monck, Marilyn Emke, Beth Hotchkiss, Brigita Jogi and Mary Jane MacArthur.



## Dufferin RTOERO, Unit 102, Gives

Dufferin continues to support its five year pledge of supporting the **Dufferin County Community Foundation grants**. We have one more year to complete our \$350 annual pledge.

In place of a memento to each member it was decided to give each of the **three Food Banks** in Dufferin County (Shelburne, Orangeville and Grand Valley) a donation of \$100 each from the Unit 102 membership.



### District 10, Bruce, Grey, Dufferin Executive

decided to disburse some of the accumulated balance in its account by making donations to various local community organizations. Dufferin Unit 102 Executive chose the following four organizations to receive \$1000 each and these are the causes the Unit 102 Executive selected:

- **Family Transition Place**, Orangeville-(**Energy efficiency**) Thermostat in every room individually controlled.
- **Alzheimer's Program** in Dufferin County – Making **sensory kits** for each client.
- **Dufferin County Community Support Services** - Adult program which gives **caregivers' respite** by taking the clients and instructing them in cooking, self-care and hobbies.
- **Big Brothers and Big Sisters, Dufferin-In-School Mentoring Program** - Children who could benefit from time spent one-on-one with a caring adult mentor are chosen. Throughout the school year the hope is to serve 40 children through this program.

We wish everyone in District 10 a safe and healthy 2022.

**DONNA Henderson, President Unit 102, DUFFERIN**



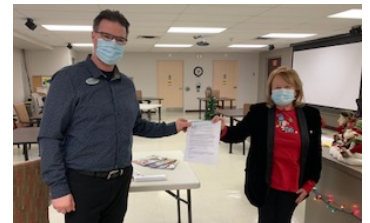
Family Transition Place Donation



Alzheimer's Program Donation



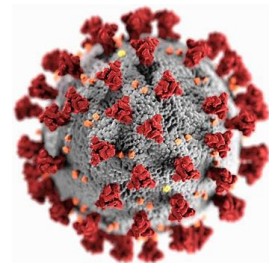
Big Brothers and Big Sisters Donation



Community Support Services Donation

**We** are all living through this pandemic called Covid - 19. Many of us have found it challenging. Some of us have learned new skills. Our lives have been changed. Do you have an interesting antidote that you would like to share with our members? We would like to hear from you.

**Please** send your submissions to Laurie James [lauriejames@bmts.com](mailto:lauriejames@bmts.com)  
The deadline for the next newsletter is April 22, 2022.



## You could help in a number of ways.

As of January 1, 2022, District 10 has 1619 members, 1296 in Bruce Grey and 323 in Dufferin. These numbers are down from 1649, 1319, and 330 when I last reported in November 2020. We continue to lose some members each year as our elderly members pass away, although some of them are replaced by a surviving spouse. In 2021, Bruce Grey lost 34 members and Dufferin lost 6. Some members move away and choose to transfer to another district. RTOERO has been encouraging those still working in education to become members before retiring and has created a new category entitled, "Actively Employed". This group is not assigned to either unit, but now numbers 28.

After every mailing we receive a handful of newsletters that cannot be delivered. Following up requires a great deal of time and energy. You could help in a number of ways.

1. If you live in a rural area fire numbers are now essential.
2. If you have no phone number or email on file, I have no way of ensuring that your mail reaches you. Please contact the office in Toronto to add these vital pieces of contact information.
3. No one on the executive can change your contact information for you. If you have moved, changed your phone number, changed your email address, or if your postal code is wrong, YOU must make the changes yourself by contacting the office at 1-800-361-9888 ext.223 or at [membership@rtoero.ca](mailto:membership@rtoero.ca)

**Sheila Mudge**  
Member Services Volunteer



**Volunteers** are at the heart of many an organization and RTOERO is no exception. In the case of our newsletter mailers, affectionately known as The Lick & Stick group, (although no licking is required as all labels are self-adhesive) ten members gather four times a year to prepare our newsletters for mailing.

**Prior** to Christmas an appreciation luncheon was held for our newsletter mailers. It was a chance to meet socially and to relax over lunch with old and new friends at a festive venue, Harrison Park Inn.

**At** the luncheon, District 10 RTOERO had the opportunity to thank Marj Casselman who has

volunteered for the past 25 years, as the coordinator of the newsletter mailers. An anthurium planter was presented to Marg as a token of our appreciation.

**Marg** plans on continuing to work with the other volunteers each time an edition of The Slate or Bruce-Grey News is ready for distribution. A new coordinator is presently being sought and new volunteers are always welcome.

**Lynda Monck,**  
President District 10 & Bruce-Grey Unit President





## The RTOERO 2021 Community Grant

An RTOERO community grant for 2021 was approved and awarded to RTOERO District 10 - Bruce, Grey and Dufferin - to support the Seniors' Centre Without Walls (SCWW). This is a program that brings speakers, presentations and fitness activities to community members via telephone or Zoom video in the safety and comfort of their homes. This program has been successful for homebound adults, people challenged by mobility issues, those who no longer drive and lifelong learners.

A monthly calendar outlines topics such as FunTrivia, Laugh Yourself Healthier, Fun Seated Fitness, and a wealth of speakers, webinars and recordings which are available on the RTOERO website. Some programs available on the RTOERO website are Vibrant Voices and Advocacy related to Environmental Stewardship, Isolation and Loneliness, Health and Wellness and Long Term Care Issues. For more information check out [www.rtoero.ca/vibrant-voices/](http://www.rtoero.ca/vibrant-voices/) or <https://rtoero.ca/giving-back/advocacy/>

The monthly SCWW activity calendar is available for potential participants to share with family, friends and neighbours on social media at [www.nbpcsaac.ca](http://www.nbpcsaac.ca) Many of the presenters and volunteers are RTOERO members. Participants do not have to belong to RTOERO to take part in these activities.

If you wish to learn more about the SCWW program, email [nbpcsaac@eastlink.ca](mailto:nbpcsaac@eastlink.ca).

**NOTE:** The program began on the Northern Bruce Peninsula in partnership with the United Way Bruce Grey and the Northern Bruce Peninsula Community Support Advisory Action Committee (NBPCSAAC). The RTOERO community grant 2021 allows partnerships with community groups that support this program with in-kind honorariums, volunteer hours, and promotion by sharing the monthly activity calendar with their contacts.

Submitted by Lyndal Monck



Sharron Colter, 2nd Vice of RTOERO District 10, Lynda Monck, President of RTOERO District 10, and Marlene (Mazie) Davies, secretary treasurer of the NBPCSAAC receiving the cheque







Bruce Grey  
Seniors' Centre  
Without Walls



Grey Bruce  
Dufferin  
SCWW



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:00 a.m. - 12:00 p.m. 5 week Course - Memory and Aging with Sandra Hong Preregister <b>week 5</b> at 519-376-7230 or 1-800-265-9013	2 1:00 - 1:45 p.m. Groundhog Day Trivia hosted by Sharron 	3	4 11:00 a.m. - 12:00 p.m. & / or 2:00 - 3:00 p.m. Fun Seated Fitness 3:00 - 3:45 p.m. Yoga for Bone Health with Nina <i>Class full.</i>	5
6	7 11:00 a.m. - 12:00 p.m. Fun Seated Fitness 1:00 - 1:45 p.m. Trivia by phone 2:00 - 3:00 p.m. Fun Seated Fitness	8	9 1:00 - 1:45 p.m. History of World Day of Prayer podcast with Sharron	10	11 11:00 a.m. - 12:00 p.m. & / or 2:00 - 3:00 p.m. Fun Seated Fitness 3:00 - 3:45 p.m. Yoga for Bone Health with Nina <i>Class full.</i>	12
13	14  11:00 a.m. - 12:00 p.m. Fun Seated Fitness 1:00 - 1:45 p.m. Trivia by phone 2:00 - 3:00 p.m. Fun Seated Fitness	15 	16 1:00 - 1:45 p.m. Phone in with Sharron - Strategies to Prevent Falls	17	18 11:00 a.m. - 12:00 p.m. & / or 2:00 - 3:00 p.m. Fun Seated Fitness 3:00 - 3:45 p.m. Yoga for Bone Health with Nina <i>Class full.</i>	19
20	21  11:00 a.m. - 12:00 p.m. Fun Seated Fitness 1:00 - 1:45 p.m. Trivia by phone 2:00 - 3:00 p.m.	22	23 1:00 - 1:45 p.m. Phone in with Sharron - First Responder Assist / Fire Team K-9's	24	25 11:00 a.m. - 12:00 p.m. & / or 2:00 - 3:00 p.m. Fun Seated Fitness 3:00 - 3:45 p.m. Yoga for Bone Health with Nina <i>Class full.</i>	26
27	28 11:00 a.m. - 12:00 p.m. Fun Seated Fitness 1:00 - 1:45 p.m. Trivia by phone 2:00 - 3:00 p.m. Fun Seated Fitness	Fun Seated Fitness Phone in 1-647-374-4685 !D 86980849744# Passcode 987999# or www.zoom.us Click on "join meeting". Input ID 86980849744. Click on launch meeting. Input passcode 987999  Monday Trivia phone in 1-877-806-9883. Listen to the voice. Input passcode 772270 followed by # Listen to the voice. Say your name followed by #				



## Dates to remember

Cancelled until further notice

Postponed - date will be announced

April 22, 2022

Coffee Breaks in Bruce/Grey

AGM

The Slate submissions

Local coffee establishments

Varney

Deadline



Want to find our Facebook page?  
Google RTOERODistrict10 Facebook OR

[https://www.facebook.com/pg/  
RTOERODistrict10-116644709738674/about/](https://www.facebook.com/pg/RTOERODistrict10-116644709738674/about/)

OR click the 'f' in the top right corner of the  
District 10 website: <https://district10.rto-ero.org/>



**Changed your address  
or your email?**



**ALWAYS** inform head office of RTO/ERO if you have  
changed your address or email.

Please contact [rtoero.ca](http://rtoero.ca) or 1-800-361-9888 ext. 223

Please include your RTO/ERO membership number  
when requesting a change.

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