



## Gift giving for grandparents: Go beyond plastic toys

**Have** you ever considered that much of the toys kids end up with will outlive the kids themselves in landfills and oceans? Cheap, plastic toys are pervasive. Walk through a dollar store with a child, and their eyes will light up at all the bright plastic items that are sure to bring a *moment* of joy. But kids may not yet recognize that that moment of pleasure is not worth the long-term impact of purchasing that item—but as grownups, we can. But gift-giving is fun! We like to see that moment of joy. Here are some tips to help you make gift-giving to kids mean something more.



- **Instead** of going to a dollar store or toy store, take children to a secondhand store. There's still a toy section and it's a great chance to teach about the importance of reusing and keeping items out of landfill.
- **Give** handmade gifts. Often these items become cherished keepsakes.
- **Be cautious** of craft items. Craft kits tend to come with a lot of packaging. And kids will quickly churn through small plastic tubs of paint and tubes of glitter glue. Speaking of glitter—it's a micro-plastic—yikes—although biodegradable options are available, for a price. Try to

buy refillable items – like big jugs of glue or paint to refill small containers. If children are young and unlikely to put caps on markers consistently, stick to crayons or pencils. Markers dry out quickly.

- **Try** giving the gift of time and attention rather than material things. Children move on from toys very quickly, and so while there may be that moment of excitement and few days of play, pretty soon items get shelved or stuffed under a bed. But, when you spend time playing with children or doing an activity together, you're letting the child know they matter, they're worthy of your time, and you're helping to make memories that will stick around.
- **Give** books (but not just any book). When looking for children's books, be conscious of the content. Most children's books feature white lead characters or animals. But books are an excellent way for children to learn that our communities are very diverse and that there's value in everyone. Read more about the power of books to support equity in this RTOERO blog post: [rtoero.ca/equity-through-childrens-books/](https://rtoero.ca/equity-through-childrens-books/)
- **It** can be tricky to change habits, yes, but by now it's pretty clear we can't continue consuming at the rate we do. Spend some time reflecting on the impact you want to have on both the planet and the kids in your life. If we get this right, adult children and grandchildren will look back, grateful that they were taught not to contribute to the environmental problem they are now having to solve, rather than resentful that the earlier generation—today's grownups—kicked the climate crisis can down the road.

## Join the RTOERO District 10 Team.

Contact any of the Executive members, including myself, to learn more about how you can participate in adding your voice to discussions around social events, environmental stewardship, reaching out to our local communities, advocating for issues that matter to you, and promoting RTOERO goals.

Being a part of the team is an opportunity to renew or build new friendships, to connect with other retired educators, and to share your talents or interests.

Please accept this invitation from me, **Lynda Monck**, your RTOERO District 10 President, to attend either a Unit (Bruce-Grey or Dufferin) or District meeting. Meetings are open to all members, no strings attached, just come.



## DISTRICT 10 EXECUTIVE

### Past President, Pension & Retirement

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### President and Bruce Grey President

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**Donna Henderson** [donmayhen@hotmail.com](mailto:donmayhen@hotmail.com) 519-942-0917

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### Secretary & Travel Coordinator

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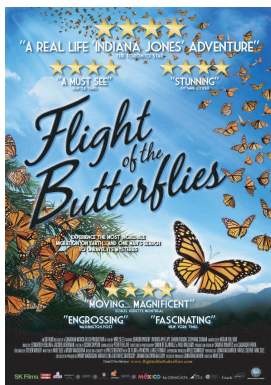
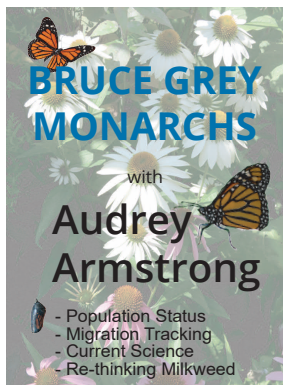
## Earth Film Festival



Thursday May 19, 2022  
at the Roxy Theatre, 7:00 pm  
Silent Auction starts at 6:00 pm



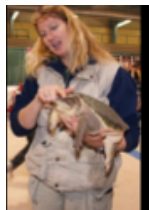
One night, two featured events!



Tickets are \$25 at the Roxy: 519-371-2833, [roxytheatre@roxytheatre.ca](mailto:roxytheatre@roxytheatre.ca), [www.roxytheatre.ca](http://www.roxytheatre.ca)



**Jenny Pearce** is the lady that is coming to the family event with her snakes, turtles, etc.



## A Summer Event Just for YOU

by Krista McKee

**Sunday, August 7, 2022 10:00 am to 3:00 pm**

Set this day aside to bring your family to Hibou Conservation Area for a **Free Family Fun Day.**

The Friends of Hibou Committee and Grey Sauble Conservation staff have been busy planning a fun day for you to learn about Hibou and what it offers in outdoor fun and education.

When you arrive on Sunday, August 7, you will be greeted by a volunteer that will hand you your passport. This will be your guide in visiting many activities in the park. Each activity you visit, you will receive a stamp to fill your passport. Some of the activities we are planning are: live snakes, turtles, reptiles and fish to learn about their needs to survive; how to measure a tree, what lives in a forest ecosystem; species at risk; species invading our area; how to prevent pollution problems - how to keep our water supplies safe from contamination and explore fossils learning about the animals that once lived here. You can also go for a walk on the wild side and hike with a guide and experience nature through the Hibou forest on the interpretive trail. Hibou offers a sand beach, pavilions and so much more - join us to learn about all the secrets Hibou has been hiding from you. We look forward to meeting your family at the Free Family Fun Day Sunday, August 7 from 10:00 am until 3:00.

## IT'S ELECTION SEASON IN ONTARIO

### Election day is Thursday, June 2, 2022.

#### How to vote?

If you registered to vote, your voting card will be mailed to you before election day, and it will tell you the location of your assigned voting station.

Ontarians will have to bring one piece of ID with their name. If you didn't get your voter card in the mail, then be sure to have a government issue ID with you that also has your address listed. Examples of ID include your driver's licence, health card, passport or birth certificate.

Voting hours are between 9 a.m. and 9 p.m.

There are other ways to fulfil your civic duty:

- Vote at an advance voting location, open from 10 a.m. to 8 p.m. Advance polling stations can be open ten days before the elections.
- You can apply to vote by mail beginning May 4, 2022. Submit an application to vote by mail at or before 6 p.m. on May 27. For mail-in ballots to be counted, Elections Ontario has to have your vote by 6 p.m. on June 2.

If you choose to vote by mail you need to fill out an Elections Ontario's Vote By Mail application online, or by downloading and printing an application or by picking up an application at your local election returning office.

#### Where to vote?

During election season, you can find out where you need to vote through Elections Ontario's Voter Information Service.

#### How to register to vote?

Ontarians can register to vote through Elections Ontario's eRegistration Website. Here you can add all your information to the voter's list before the election.

Election Ontario's hours are Monday to Friday from 8:30 AM to 4:30 PM (Eastern Time). They are closed weekends and statutory holidays.

Phone: 1-888-668-8683. TTY: 1-888-292-2312 Fax: 1-866-714-280

Email: [info@elections.on.ca](mailto:info@elections.on.ca)

Mailing address: Elections Ontario 51 Rolark Drive, Toronto Ontario, M1R 3B1

Sources: [elections.on.ca](http://elections.on.ca)

<https://www.narcity.com/toronto/next-ontario-election-2022-what-you-need-to-know>

### Add Your Vibrant Voice

#### Older adults are the fastest growing age group in Canada.

#### Advocate for age friendly communities that support aging in place.

Helping people stay in their homes and communities is good public policy. Health care costs increase on the continuum from home care to long-term care to acute care. A 2021 study\* by the Canadian Medical Association estimates eldercare costs will double by 2031—to \$58.5 billion annually. The study found that better home care options could save \$794 million per year by 2031, and moving older adults waiting in hospital to more appropriate settings could save another 1.4 billion annually. That's why aging in place is deeply embedded in the political advocacy we do at RTOERO.

Older adults are the fastest growing age group in Canada. Do what you can as an individual to support yourself and your family members. Also, consider supporting candidates in the June 2, 2022 Ontario Provincial Election who champion this view. There is a Inuktitut word, ajuinata, roughly pronounced aye-yoo-ee-nah-tah. On Gov. Gen. Mary Simon's recent visit to Windsor Castle, she reportedly used this old word when speaking to Queen Elizabeth. "Ajuinata means that if you're confronted with adversity or things that are difficult, you keep going, you don't give up, and you need to make a commitment to continue to make changes," explained Simon.\* Ajuinata seems a powerful affirmation, as RTOERO members, to find our Voice in this important election.

\*Canada's Elder Care Crisis:

Addressing the Doubling Demand CMA 2021

\*Alistair Steele, CBC News April 16, 2022

### RTOERO Key ADVOCACY Issues:

- A coordinated **seniors strategy**, including income security, addressing social isolation, support for friend and family caregivers, options for aging at home and rights for seniors
- Availability of **geriatric health care**, including geriatric training for medical students, coordinated strategies to address the complex health needs of older adults, and action to prevent and address elder abuse
- Ongoing **environmental stewardship** for the survival of current and future generations, including the responsible use of resources, conservation and protection of air, land and water

Check out these at [vibrantvoices.ca](http://vibrantvoices.ca).

**Frank Emptage & Donna Henderson - Political Advocacy Reps**



## UKRAINE

This morning I grieve

A family heritage

the treasured cabinet of shared memories  
has been desecrated,  
shattered,  
splintered,  
strewn

collapsing into the midnight darkness  
a winter's storm.

A cabinet

exquisite and intricate in beauty,  
lies broken,

dishonoured  
desecrated,  
destroyed,

by the flailing fury  
of a madman's fantasies



A legacy of burnished grain

cherished touchstone with generations past,  
now gone,  
lying  
littered  
lost

the shards of brittle bellicose tantrums  
of one who knew not, and cared not, for

history.

A nation's destiny at risk;

as neighbours stood by,  
the country waited

anguished  
angered  
alone



bewildered as to why no one  
could help them stop the madman.

A fragment found

amid the snows of desolation,  
clutched close to the heart,  
a child in a mother's arms:  
pathos - nascent hope  
promise - devotion  
peace - prayer

faith that what has gone, is never truly lost,  
despite the depths of darkness

This morning, I pray for Ukraine

Written by: Peter Middleton on March 5, 2022

## GOING VIRTUAL!



**How** diligent are we at reading all the information provided by RTOERO? Even the new items that are added to our already comprehensive health coverage get missed.

**For instance**, were you aware that we have **not** gone to Green Shield? Our OTIP colleagues have; this I know, because not only my dentist but also the registration desk at the hospital asked if I had Green Shield coverage, only because they thought all teachers have the same coverage. Make sure your health care providers know that you are covered by Johnson Inc. It could make a difference in your claims if they forward them to the wrong place!

**Old** news could be good news! The world has gone virtual in many respects over the course of this pandemic. Are we still reluctant to go out-and-about for necessities, especially with the price of driving so high?

**We** have groceries ready for pick-up at the store, meal kits delivered to your door, and virtual (or telephone) appointments with your health care provider. And now . . . the virtual pharmacy! Available to you who have our Extended Health Care plan! Yes! All your maintenance medications (for diabetes, heart disease, asthma, high blood pressure and more) delivered to you, for free!

**Check** it out in your "Communique" from last November or go to our website, [rtoero.ca](http://rtoero.ca) and look for Express Scripts Canada Pharmacy®. All the information you need is there, including how to join, lists of available medications and more. If you are a rural dweller, not to worry, they deliver in the 'boonies' too!

**Prices** and dispensing fees are competitive (\$6.99) and as we are not getting any younger, this may be an option you want to investigate. Virtual pharmacies are able to fill prescriptions online, set up automated refills, deliver to your door, and set up appointments with a registered Canadian pharmacist. You can have it all at your fingertips without leaving your home.

**One** less thing to worry about and more time available to focus on the important things like family, friends and hobbies.

**Brigita Jogi - Health & Insurance Rep**

## Time to Like & Share

**District 10** has had a Facebook page for a number of years now.

**RTOERO** encourages districts to have a social media presence, specifically a Facebook page as an outreach tool to district members.

**What** are the advantages and benefits of Facebook to RTOERO members?

**Facebook** is interactive. Unlike a webpage where you can seek information, the design of Facebook encourages participants to 'like' and 'comment' about things posted. They can also post questions and share with others who might be interested.

**Facebook** can be accessed even if you do not have a Facebook account. Let's take fictional member Juan. He doesn't like the idea of Facebook and has never wanted to set up an account. But he knows that District 10 has an account and has heard that he can view upcoming district events there. All Juan has to do is type *District 10 RTOERO Facebook* in his web browser and he'll arrive at this page:



**Juan** will be asked to login or create a new account but he can press X and just keep reading posts on the district's Facebook page. In order for Juan to be able to 'like' or 'comment,' he would have to create an account or log into an existing account.

**The District 10 Facebook** page is a place where members can connect and be social with other like-minded members. They can learn about upcoming events and stay connected by viewing photos/images from district meetings and outings that

they had not been able to attend. They can find current information about some local events at museums, theatres, and other venues in the district. It's an interface where followers of the page can chat and participate in discussions.

**Action item:** Consider 'liking' District 10's Facebook page. Simply type *District 10 RTOERO Facebook* into your web browser where you'll be able to follow the prompts to log in or create an account. Looking forward to meeting you there.



In an effort to align all of the RTOERO districts with a consistent brand, RTOERO has been working behind the scenes to build each district a new website. These websites are now called microsites as they are extensions of the RTOERO main site. Check out District 10's. <https://district10.rtoero.ca/>

The microsite talks to our Facebook page and our Facebook page communicates with the microsite. Pretty cool in my humble opinion.

**Cindy Matthews**  
District 10 Website and Social Media Rep

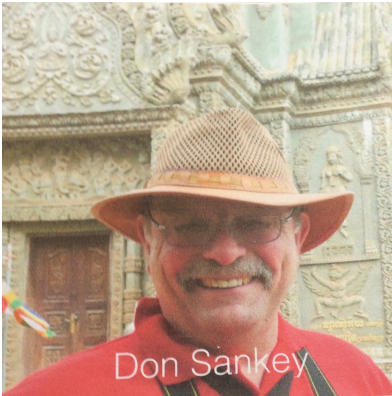
## Dufferin Unit 102

**Hello all!** I miss your faces. We would like to have a reconnecting of our RTOERO Unit.

**Let's** have a "Good to See You" gathering of as many members as can come to Mrs. Mitchell's in Violet Hill on **June 14** for lunch at 12:00. Please bring a friend or spouse or both. We need to have **50** there to close the inside of the restaurant for us only. There will be a menu choice of three entrees and each person is to select and pay for their own. It will be a fixed meal rate. I will select someone to be at the door and take the money. If you wish an alcoholic drink you pay separately for that. Our purpose is to bring life back into our RTOERO Unit.



**Please respond ASAP to Donna Henderson.**  
**519-942-0917 donmavhen@hotmail.com**



Don Sankey

## "Member Profile - Celebrating One of Our Own!"

**Don Sankey** has been a member of RTOERO District 10 Bruce Grey Unit 1 Executive for approximately 18 years. Don is the Public Relations Chair - looking after promoting RTOERO in the Bruce Grey community. He looks after the District 10 Community Service Awards given out yearly to each secondary school in Bruce and Grey Counties.

**Don** is a member of the Friends of Moreston, the fundraising division of Grey Roots Museum located outside of Owen Sound. He also works as a volunteer in the schoolhouse during the summer months. He organizes clean up of the grounds and painting of the buildings in Moreston Village. Don has compiled stories from RTOERO

members who taught in a one-room schoolhouse and published a journal of their stories available at the Grey Roots gift shop. As an ardent photographer, Don has also produced calendars and other photos used in marketing the museum. Friends of Moreston hold an annual Christmas craft show and are currently holding a silent auction to raise money for their next project, the General Store. Don was part of the committee made up of RTOERO members who initiated and completed the construction of the schoolhouse at Grey Roots.

**Don** has been a member and Chair of the Grey Sauble Conservation Foundation for many years. This foundation, established in 1993, raises money to assist the GSCA with programs and projects. Each year the Earth Day Film Festival is held at the Roxy Theatre in Owen Sound and students from across Bruce Grey are invited to attend. RTOERO Unit 1 provides financial assistance for this event. Don also assists with the planting and maintenance of trees in the Memorial Forest which honours loved ones from this area. The Foundation, along with Bruce Grey RTOERO Unit 1, donated money towards an inclusive playground built by the local Optimist Club. Conservation awards are also given

out annually to recipients in six secondary schools in Bruce and Grey Counties. Don spearheads a group of volunteers annually to clean up the conservation areas around Owen Sound.

**Don** is a member of the Artists' Co-op in Owen Sound where he can be found working as a volunteer as local artists showcase their work. Don's stunning photography can be found there as well. Don, with monetary contributions from Bruce Grey RTOERO Unit 1, helps to organize the Legacy Art Show held each spring for art students from each of the secondary schools in Bruce and Grey Counties.

**Don** also canvasses for Heart and Stroke each February. During the pandemic he raised funds online for this worthwhile cause.

**Don** and his wife Susan are part of a hiking group who have walked half of the Bruce Trail during the past and present years and hope to finish it later this year. Don is a first time grandfather as of January 2022. He and Susan are often seen walking around their community with their pug, Nikon. Don is an ardent promoter of RTOERO in Bruce and Grey, always trying to advertise the good work that we do.

**Mary Jane MacArthur - Goodwill**

**The RTOERO Foundation** announces two new weekly **CHIME IN** sessions to provide more opportunity for all members to engage with other RTOERO members in English or in French. There is open discussion and social connection. You can meet people from near and far. It is an opportunity for an hour to share ideas and communication.

The schedule is - **English** - Wednesdays 1 pm - 2 pm EST and Thursdays 11 am - 12 pm EST.

**French** is offered on Wednesdays 10 am - 11 am EST.

**For more information** or help signing up please email [foundation@rtoero.ca](mailto:foundation@rtoero.ca) or phone 416-942-0963 ext 271.

If you donate to the RTOERO foundation monthly, you are not only supporting planning but saving money as well. The more monthly donors there are, the more operating costs are reduced.

**Donna Henderson - Foundation Rep**

**CHIME IN**



**Editor's  
Note:**



We are trying out a new mailing system. You will have noticed that your newsletter is not folded and your address is put on electronically. This new system will save us many hours. If you would prefer to receive your newsletter by email you may make this request to head office. Please specify that you wish the District newsletter to be sent to you by email. Contact Ruel Navia at [rnavia@rtoero.ca](mailto:rnavia@rtoero.ca)  
Laurie James - Newsletter Editor

**We support students,  
who support senior citizens!**

It is spring time and time for secondary schools to select students who will be nominated for the community service award. Our RTOERO District is a proud sponsor of this award. Award winners are students who have been selected by school staff and have demonstrated volunteering with senior citizens in their local communities.

A Community Service Award is awarded to a deserving student graduating from a secondary school this year. This award recognizes the involvement and contributions of one of your students within his or her community. District 10 will once again offer RTOERO awards which will include a certificate, a letter of congratulations on behalf of District 10 RTOERO and a \$150 cheque payable to the award recipient.

**Student Art Show**

The Owen Sound Artists' Co-op is hosting a beautiful student art show in May. All students in the Grey Bruce area are invited to participate. Bruce Grey Unit 1 has been a strong supporter in order to help with the prizes. Check the Artists' Co-op website. Schools have received the info about entering.

**Volunteering**

As the covid pandemic restrictions are being lifted, many local organizations and public institutions are looking for volunteers to help them carry out their functions. We encourage you to seek out and offer your services to these organizations.



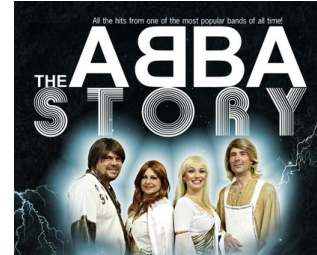
**CHICAGO**

**"Sing, dance and all that jazz"**

RTO has tickets for this musical on Thursday, September 22, 2022, in Stratford at the Festival Theatre. There will be dinner after the show. The final details are being worked out.

**Please** contact Kay Simpson by email to have your names added to the list. You don't have to be a retired teacher to join us. So call your friends and relatives ASAP!

[kay.simpson@hotmail.com](mailto:kay.simpson@hotmail.com)



**Wednesday, May 25, 2022**

**We are returning to our theatre outings!**

The trip includes the coach to Bingeman's, 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 songs as "The Dancing Queen, Fernando, Mama Mia, Knowing Me, Knowing You, Waterloo and Money."

**You will need proof of double vaccination to board the bus.**

**Lunch** includes bread, buns, salads. 2 hot entrees, potatoes, veggies, dessert, and coffee or tea. Taxes and gratuity included.

**Send a cheque** for \$103 made out to:

**District 10 RTO Travel**

**Mail to :** Jan Chamberlain.

189 Somers St

Owen Sound, N4K 6V5.

The trip is almost full so please mail in your cheques promptly. I will be placing names on a waiting list once filled and will contact you by email or phone.

**Please** include your name or names, address, phone number and email.

The bus will be departing from Staples in Owen Sound. I will contact you re: pick up point and itinerary once I have everyone's information.

**Jan Chamberlain - Social Coordinator**

# Bruce/Grey Spring Luncheon "Together Again At Last" Best Western Inn On the Bay Wednesday, June 15, 2022

Gathering & coffee - 12:00 pm

Lunch 12:30 - Chicken Parmesan, chef's choice of potato, vegetable, tossed salad, two salads, vegetable tray, fresh rolls with butter, a light dessert, tea & coffee

Cost: \$30:00 at the door. There will be a cash wine bar.

Please wear your mask.

Register: Marg Manners [manners1556@gmail.com](mailto:manners1556@gmail.com) or  
519-371-1556

It is recommended that you be fully vaccinated.

## We have something to celebrate!



### Were you retired in 1972?

District 10 RTOERO will be celebrating our 50th anniversary in the fall of 2022. What do you remember from 1972 when District 10 started, that you could share with our members? Send your stories to Laurie James, Newsletter Editor.



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 [membership@rto-ero.org](mailto:membership@rto-ero.org)  
or [rtoero.ca](http://rtoero.ca) or 1-800-361-9888



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

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