



# The Slate



## Dufferin celebrates 50 years with magic!

In October, Dufferin had a celebration of the 50<sup>th</sup> Anniversary of District 10. Everyone there enjoyed the treats and the magic show. The magician went from table to table performing tricks and then put on a program that used volunteers from the group. Everyone enjoyed the afternoon. We all enjoyed the step back to the past, to laugh and wonder how tricks can be done. Members are still talking about that afternoon.



To greet our members during the Christmas season, Pat Kalapaca, our Goodwill coordinator, sent out cards. Hand written messages were sent to those members who did not have active email addresses. To email recipients, she sent a "Jackie Lawson" virtual card. Many who received that email card thought this was a "great" idea.

As is our custom, the unit executive had a lunch at the Black Birch Restaurant in Hockley Valley just before Christmas. Several members brought their spouses, who are becoming regulars at our events. The executive had a brief meeting before lunch. We replaced our secretary because of poor health. We are wishing Marion Webb good

health and a big thank you for keeping our meeting reports. Thank you to Marion Lawrence for stepping forward into the secretarial position. Marion Lawrence has been a strong supporter of our unit. At that meeting, it was decided and voted on, that Dufferin Unit would make \$400 donations to the three food banks in our area. Orangeville Food Bank, Shelburne Food Bank and Grand Valley Food Banks were presented after the luncheon with cheques for \$400 each. We left the Christmas luncheon filled with Christmas Spirit and good food.

**Donna Henderson - Dufferin President**

## President's Message

The New Year can be both a chance to reflect and to look forward.

The restrictions and losses from the Covid pandemic are still fresh in our minds, but by staying vigilant, we are now able to return to in-person gatherings. Both Bruce/Grey Unit and Dufferin Unit held spring luncheons. Both events were welcome reprieves as members had the opportunity to be together again after two years of isolation.

District 10's 50<sup>th</sup> Anniversary luncheon was a wonderful celebration with many of us grooving to the sounds of "Frankie D & the Dreamers". Milestone certificates (reaching 25, 30, 35, or 40 years as members of RTOERO) and anniversary pins were mailed or presented to over 100 RTOERO members.

Our RTOERO Community Grant application was successful, making it possible for OSHaRE to provide comfort and fellowship with the preparation and serving of two holiday meals to those in need.

I look forward to continuing as District 10 President, searching out new ways to involve, connect and serve YOU.

On behalf of your District 10 Executive, I would like to wish members, their families and friends, a VERY HAPPY & HEALTHY 2023!

Lynda Monck - District 10 President

### DISTRICT 10 EXECUTIVE

**Past President, Pension & Retirement**

**Malcolm Beddoe** [jbm.ux76@yahoo.ca](mailto:jbm.ux76@yahoo.ca) 519-369-2012

**President and Bruce Grey President**

**Lynda Monck** [lynda.monck@gmail.com](mailto:lynda.monck@gmail.com) 519-376-8031

**First Vice President, Charitable Foundation & Political Advocacy, Dufferin President**

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

**Second Vice President**

**Sharon Colter** [dshcolter@eastlink.ca](mailto:dshcolter@eastlink.ca) 519-793-3473

**Secretary & Travel Coordinator**

**Jan Chamberlain** [shop\\_a\\_holic@rogers.com](mailto:shop_a_holic@rogers.com) 519-371-3559

**Treasurer, Dufferin Goodwill**

**Pat Kalapaca** [patmikekal@gmail.com](mailto:patmikekal@gmail.com) 519-928-5396

**Health & Insurance**

**Brigita Jogi** [meo.krkn@gmail.com](mailto:meo.krkn@gmail.com) 519-986-2805

**Membership**

**Sheila Mudge** [smudged@brucetelecom.com](mailto:smudged@brucetelecom.com) 519-363-5556

**Newsletter Editor**

**Laurie James** [lauriejames@bmts.com](mailto:lauriejames@bmts.com) 519-371-0063

**Website**

**Cindy Matthews** [cindymatthews1957@gmail.com](mailto:cindymatthews1957@gmail.com) 519-635-3764

**Goodwill**

**Mary Jane MacArthur** [maryjanequinn50@gmail.com](mailto:maryjanequinn50@gmail.com) 226-664-0673



## Two common RTOERO myths you can help debunk

RTOERO indeed used to be called Retired Teachers of Ontario. It is not surprising that some think RTOERO is only for teachers in Ontario. Many RTOERO members ARE teachers and DO live in Ontario.

RTOERO's membership base is much broader. RTOERO is for anyone who has worked or currently works in any role in the education sector - daycare, private schools and post-secondary. RTOERO is nationwide.

Our members include university administrative staff in Alberta, early childhood educators in Quebec, and other roles, including custodians and ministry education staff, in other provinces.

You only need to have worked in the education sector for five years to be a member of RTOERO.

As you're thinking about whom you might invite to join the RTOERO community, remember all the roles you may not automatically associate with the organization.

You may use the "refer a friend form" on the website to tell someone about RTOERO. Our membership is our strength, so we all benefit when we gain more members. Find it here: [rtoero.ca/membership/refer-a-friend](http://rtoero.ca/membership/refer-a-friend)



## Grey Bruce Celebrates 50 Years!



At District 10's (Bruce/Grey & Dufferin) 50<sup>th</sup> Anniversary Luncheon held on October 12, 2022, at the Owen Sound Legion, it was a pleasure to present an RTOERO Community Grant cheque on the district's behalf for \$4000 to Thom McDonough, Board Chair of OSHaRE. .

The RTOERO Community Grants are designed to encourage Districts to support and partner with local organizations to promote projects that will help our RTOERO organization meet our strategic goals. District 10 submitted a Community Grant application last year and was once again successful in receiving the \$4000 maximum amount which was donated to OSHaRE for the preparation and presentation of 500 Christmas dinners to those in need in the Owen Sound Community.

From left to right in the photo: Donna Henderson, District 10 1st Vice-President; Thom McDonough, OSHaRE Board Chair; Lynda Monck, District 10 President; Sharron Colter, District 10 2nd Vice-President.



## Out with the old, In with the new!

It's a new year and that brings new hopes, plans, resolutions, and new habits to hopefully form.

**Firstly**, did you review the Communiqué sent to you last November? The Health Benefits Update lets you know what's new and what has changed or improved. (For example: Teledoc is now CloudMD.)

**Have** you submitted all your health-related receipts for reimbursement? If not, now is the time to do so. With holiday season bills coming due, it's nice to anticipate a little something extra in your bank account.

**One** of the changes for 2023 is all claims for reimbursement must be submitted to Johnson Inc within six (6) months of being paid.

**With** tax season (so depressing) fast approaching, having all your medical claims in one report makes your life easier too. With a view to going green, the income tax letter is accessible after Feb 14, 2023, through the RTOERO website or through the MyInsurance portal.

**Do** you wonder about how the benefits work, who decides what to add, alter, remove? The short answer is YOU do! The plan is OURS, administered by Johnson Inc. In consultation with the underwriters, we can affect change! Do you have any ideas in order to improve your coverage? Do you think new or different insurance coverages should be considered? Your ideas can be presented to the Benefits Committee for consideration via email, phone or snail mail.



And you thought there would be nothing to do this year!

**Brigita Jogi - Health & Insurance Rep**

## What is happening to the Greenbelt?

**Our** Premier and Provincial government make promises that seem to have been forgotten! The attack on the *Greenbelt* is one of those broken promises.

**The** *Greenbelt* is a general term, which refers to natural, undeveloped, and/or agricultural lands that surround urban areas. It is a protected area of green space, farmland, forests, wetlands, and watersheds, which provide Ontarians with clean air and water, local food, and recreation. It was created in 2005 to prevent further loss of farmland and natural heritage, to restrict urban sprawl, and to develop vibrant communities where people can live, work, and play.

**This** rich, lush, valuable land will be lost forever. It is the richest agricultural farming area in the province that will now be turned over to developers. Our water table, food producing areas, and natural forest areas and habitats will be lost forever. The area is slated for new housing. It is not slated for low income housing but for mega sized houses.

**The** creation of Highway 413 that will extend from Highway 400 in the east to the Highway 401/407 ETR interchange area in the west, connecting the regions of York, Peel, and Halton, will be 59 km long and will pave over 400 acres of the *Greenbelt* and over 2,000 acres of Class 1 and Class 2 farmland - among Ontario's most productive farmland. Soon Southern Ontario will be one big metropolis for contractors, traffic and with NO *Greenbelt*.

**In** other matters of concern, there does not seem to be enough consideration being given for our public health system and the need for a reduction in wait times to receive medical care. It is true that there is a shortage of medical personnel in all fields, but working with staff shortages, challenging working conditions and wage freezes, has created a lack of experienced staff. Those still there are burning out. Then what?

**Now** is the time to let our MPPs in the Provincial Legislature know that, as seniors, we are not content with the state of affairs in Ontario.

**Donna Henderson - PA Rep District 10**

**“The best and most beautiful things in the world cannot be seen or even touched.**

**They must be felt with the heart.” Helen Keller**

**Wishing you a Happy Valentine's Day from your District 10 Executive!**

# Guide to FLU VACCINATION in Canada

Older adults benefit the most from influenza vaccination as they are most at risk for poor outcomes following influenza infection. In May 2022, the International Federation on Ageing (IFA) gathered 17 civil society organizations in Canada to better understand good practices in influenza vaccination and its advocacy strategies.

Follow our chart to find out your options for influenza vaccination for the 2022-2023 flu season

**V4L** Vaccines 4 Life vaccines4life.com

Should you get vaccinated for the flu?

YES

Are you between the ages of 18 and 59?

YES

Do you suffer from trypanophobia (extreme fear of needles)?

YES

Being afraid of needles doesn't prevent you from being vaccinated against the flu - ask your doctor or pharmacist for an intranasal spray vaccination (FluMist® Quadrivalent), available free of charge in most provinces.

Are you between the ages of 60 and 64?

YES

There are seven vaccines that can protect you against influenza. Ask your doctor or pharmacist if your province provides an enhanced influenza vaccine (Fluzone® High-Dose Quadrivalent or Fludac®) to have the highest protection. Enhanced vaccines are free in most provinces.

There are six free standard dose vaccines which will protect you against influenza:

- Afluria® Tetra
- Flulaval® Tetra
- Fluzone® Quadrivalent
- Inluvac® Tetra
- Flucelvax® Quad
- Supemtek™

Are you over the age of 65?

YES

Chart informed by the recommendations of the National Advisory Committee on Immunization (NACI) Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine for 2022-2023



There will not be an RTOERO Teachers' Curling Bonspiel this year.



By now you are familiar with our District 10 website. <https://district10.rtoero.ca/>

It's on the District 10 website, also known as a microsite, that members can locate local event and trip notifications, grant approvals, newsletters, as well as many other items relevant to district members.

But did you know that RTOERO Office (Toronto) has been working on updating their website, too? <https://rtoero.ca/>

Cheers, Cindy Matthews - Website Rep

Did you know that you may receive your copy of The Slate by email only if you request it? Contact The Office at [membership@rto-ero.org](mailto:membership@rto-ero.org) and let them know you want an e-copy of The Slate.

## Are you good with numbers?

Bruce/Grey Unit continues to actively search for a new treasurer following the retirement of Marg Manners. At our Christmas luncheon, the Bruce/Grey Executive presented Marg with a parting gift from Westside Nursery to enhance the garden at either her home or cottage, as we thanked her for the sixteen years that she devoted to the treasurer's position.

As posted in the Fall 2022 edition of The Slate, our treasurer's retirement presents an opportunity for YOU to brush off those hidden, or perhaps not-so-hidden, talents of keeping track of money to become Bruce/Grey's new treasurer. The position is a 2 year term, not a life sentence!

A Chromebook laptop and a Quickbooks program to track transactions are provided with support from RTOERO Office. Some treasurers prefer to work with a hard copy; this too can be accommodated and merged on the computer as needed.

To inquire about filling Bruce/Grey Unit's Treasurer's position, please contact Lynda Monck a.s.a.p. [lynda.monck@gmail.com](mailto:lynda.monck@gmail.com).

Thank you in advance for your interest.

Lynda Monck - District 10 President



## Community Service Awards

In 2022 we gave out eleven awards. It was great to see secondary schools hold in person graduations again.

The Community Award winners are:

- 1) Bruce Peninsula - Laura Naves
- 2) Peninsula Shores - Erik Norton
- 3) St. Mary's - Sydney Wade
- 4) Georgian Bay - Autumn O'Donnell
- 5) Grey Highlands - Benjamin Freeland
- 6) Sacred Heart - Alyssa Trepanier
- 7) John Diefenbaker - Chas Nuhn
- 8) Saugeen District - Ryan Marlow
- 9) Walkerton - Lainie Barrie
- 10) Kincardine - Lydia Ritche
- 11) Owen Sound District- Zach Martin

## Does someone you know need a phone call?

**Did** you as an RTOERO member donate to the RTOERO Foundation in 2022? The Foundation helps to improve the lives of members and seniors by supporting research in geriatrics and makes a difference in the lives of all seniors. There are ways to donate that can be accessed by contacting Mike Prentice, (416-962-9463) the executive director of the Foundation.

**Get** out and meet people and keep active. Look for opportunities for social activities, teleconferences and interactions especially sponsored in the northern part of the District. Remember District 10 received the RTOERO Community Grant to reach out to the community.

**We** are entering the loneliest season of the year. The weather is cold, the days are shorter and the nights are longer. Please keep in contact with anyone who might need a call. That will make them feel better and it will also bring you friendly satisfaction.



**Donna Henderson - Foundation Rep**

**RTOERO** districts are eligible to receive grants to support local community-based projects. Districts serve as the project sponsor, in partnership with a community organization. District 10 is very proud of the projects we have been able to support.

### District 10 Bruce Grey & Dufferin Projects

2022	Owen Sound Hunger and Relief Effort OSHaRE	\$4,000
2021	Bruce Grey Seniors' Centre Without Walls	\$2,500
2020	72 Hour Family Emergency Kit	\$4,000
2015	Intergenerational Writing "Bridging the Gap"	\$3,000
2014	Friends of Moreston Village	\$4,000
2011	The Grey County Kiwanis Festival of Music	\$2,000
2010	In-School Mentoring Program	\$2,180
2009	Camp Quality: Lifting the spirits of children with cancer	\$4,000
2008	Early Childhood Education Program for Maasai Children	\$3,500
2007	The Schoolhouse Project	\$4,000



**On** November 30, 2022, the Bruce Grey Goodwill Committee met for a Christmas luncheon at the Walker House in Southampton. Eight of the ten Goodwill Captains were able to attend. They included, in the back row: Brigita Jogi, Roberta Davidson, Sheila Mudge, Mary Jane MacArthur and Marilyn Emke. In the front row are Beth Hotchkiss, Lynda Monck and Jan Kerr. Missing were Audrey MacDonald and Rosemary McCann. These conscientious volunteers are greatly appreciated for the work they do, in remembering our older members with cards and phone calls throughout the year. Poinsettias were presented to those in attendance as well.

**Mary Jane MacArthur - Goodwill Rep**

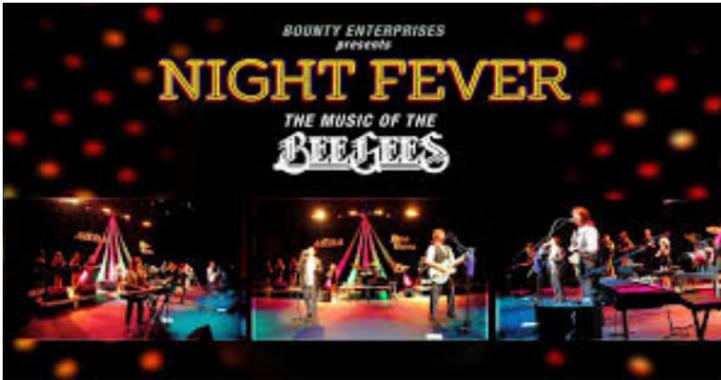


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>Happy New Year!</b> 	2 10:00 – 10:30 a.m. Or 11:00 a.m. – 12:00 p.m. Or 2:00 – 3:00 p.m. Fun Seated Fitness with Carolyn via zoom video or zoom phone in	3	4	5 2:00 - 3:15 p.m. Lion's Head Legion Membership meeting	6 10:00 – 10:30 a.m. Or 11:00 a.m. – 12:00 p.m. Or 2:00 – 3:00 p.m. Fun Seated Fitness with Carolyn via zoom video or zoom phone in	7 11:00 a.n. - 12:00 p.m. Fun Seated Fitness By zoom video or zoom phone in 1:00 p.m. Darts for Meat – Lion's Head Legion Branch 202
<b>Toll free Phone in sessions:</b> <b>1-866-261-6767 Guest Code: 7722700</b> followed by # You will be in the session. <b>Zoom video program</b> Click on join meeting. <b>Input ID 86980849744</b> when prompted. Click join meeting. <b>Input Passcode 987999</b> when prompted. You will be asked to check video and audio. <b>For zoom phone in program dial 1-647-374-4685 (\$0.3 a minute without long distance plan)</b> Listen for the voice. <b>Input ID 86980849744</b> followed by #. Listen to the voice. Then input passcode 987999 followed by #. You will be placed into the session.	9 10:00 – 10:30 a.m. Or 11:00 a.m. – 12:00 p.m. Or 2:00 – 3:00 p.m. Fun Seated Fitness with Carolyn via zoom video or zoom phone in	10 11:15 a.m. - 12:00 p.m. Let's Chat - toll free phone in - Preregister at 519-793-3473	11	12 11:15 a.m. - 12:00 p.m. Mindfulness and Meditation with Nina - toll free phone in - Preregister at 519-793-3473	13 10:00 – 10:30 a.m. Or 11:00 a.m. – 12:00 p.m. Or 2:00 – 3:00 p.m. Fun Seated Fitness with Carolyn via zoom video or zoom phone in	14 11:00 a.n. - 12:00 p.m. Fun Seated Fitness By zoom video or zoom phone in
	16 10:00 – 10:30 a.m. Or 11:00 a.m. – 12:00 p.m. Or 2:00 – 3:00 p.m. Fun Seated Fitness with Carolyn via zoom video or zoom phone in	17 11:15 a.m. - 12:00 p.m. Toll free phone in meet an author for Chicken Soup Series - Preregister at 519-793-3473	18	19 11:15 a.m. - 12:00 p.m. Mindfulness and Meditation with Nina - toll free phone in - Preregister at 519-793-3473	20 10:00 – 10:30 a.m. Or 11:00 a.m. – 12:00 p.m. Or 2:00 – 3:00 p.m. Fun Seated Fitness with Carolyn via zoom video or zoom phone in	21 11:00 a.n. - 12:00 p.m. Fun Seated Fitness By zoom video or zoom phone in 1:00 p.m. Darts for Meat – Lion's Head Legion Branch 202
	23 10:00 – 10:30 a.m. Or 11:00 a.m. – 12:00 p.m. Or 2:00 – 3:00 p.m. Fun Seated Fitness with Carolyn via zoom video or zoom phone in	24 11:15 a.m. - 12:00 p.m. Let's Discuss Wellness - toll free phone in - Preregister at 519-793-3473	25	26 11:15 a.m. - 12:00 p.m. Mindfulness and Meditation with Nina - toll free phone in 1:15 - 2:00 p.m. Trivia with Debbie - toll free phone in	27 10:00 – 10:30 a.m. Or 11:00 a.m. – 12:00 p.m. Or 2:00 – 3:00 p.m. Fun Seated Fitness with Carolyn via zoom video or zoom phone in	28 11:00 a.n. - 12:00 p.m. Fun Seated Fitness By zoom video or zoom phone in 11:00 a.m. - 2:00 p.m. In person Bayshore Alzheimer's Soup's On
	30 10:00 – 10:30 a.m. Or 11:00 a.m. – 12:00 p.m. Or 2:00 – 3:00 p.m. Fun Seated Fitness with Carolyn via zoom video or zoom phone in	31 11:00 a.m. - 12:00 p.m. Book Club - Preregister at 519-793-3473	“We acknowledge with respect, the history, spirituality, and culture of the Anishinaabek and the Haudenosaunee peoples on whose traditional territories we gather and whose ancestors signed Treaties with our ancestors. We recognize also, the Ojibway of Nawash and the Ojibway of Saugeen, whose ancestors shared this land and these waters. May we all live with respect on this land, and live in peace and friendship with all its diverse peoples.”			

Contact Sharron Colter at contact nbpcsaac@eastlink.ca or 519-793-3473 for information.

Notes From the NBP CSAAC and Bruce Grey SCWWs' Team for January 2023

- Fun Seated Fitness with laughter**, stretches, bends and clapping with Carolyn continues on Mondays, Fridays and Saturdays to encourage connecting with others and staying active. Zoom ID 86980849744 Passcode 987999 or by phone 1-647-374-4685, free with the Canada long distance plan or \$.03 a minute, (\$1.80 for 60 minutes) Input phone ID 86980849744 followed by # and then input passcode 987999 followed by #.
- For more info about **Walk/Hike Easy Trails on the Bruce** in January contact Marg Glendon at <https://www.pbtc.ca/hikes> See the hike schedule.
- Pre-register for “Art Heart Work”** with Carolyn in January. You do not need to be an artist. Join on zoom with paper and magic markers. Learn more about the meaning of colours, shapes, numbers and spacing related to your designs. Small groups of 3 are recommended. (Same zoom ID and passcode as in number 1.) Upcoming: Tuesday, January 3, 10, 17, 24 at 11am, 2 pm or 7 pm Call Sharron at 519-793-3473 or e-mail dshcolter@eastlink.ca
- Nina will present **Mindfulness and Meditation** in her sessions on Thursdays January 11, 18 and 25 at 11:15 – 12:00 pm Toll free phone in 1-866-261-6767 Listen for the voice. Then input code 7722700 followed by #. You will be placed into the session. Invite a friend to join in with you.
- Tuesday, January 17 at 11:15 am – 12:00 pm welcomes, **Dalia, a published author** with her writing in the Chicken Soup for the Soul series and other publications. Toll free phone in, 1-866-261-6767 and input passcode 7722700 followed by # when prompted.
- Tuesday, January 24th – **Discussion about Wellness** 11:15 a.m. – 1 2:00 pm
- Trivia Fun** on Thursday, January 26 with Debbie at 1:15 – 2:00 pm
- Book Club** Tuesday, January 31 at 11:00 – 12:00 p.m. Pre register with Sharron at 519-793-3473 First book reading and discussion is “Up and Down” by award winning Toronto author, Terry Fallis.
- Frauds and Scams – Protecting Yourself** – Elder Abuse Prevention Ontario – online Active Lifestyle Centre – January 10 at 10:00 – 11:30 am Phone 519-376-8304 Visit [www.alscgb.ca](http://www.alscgb.ca) for more information.



# Night Fever Performance and Buffet Lunch

## May 24, 2023

The trip includes the coach to Bingeman's, a buffet luncheon and musical production of Night Fever. Dance and sing in your seats to the wonderful songs that made the Bee Gees famous. They include: Night Fever, Staying Alive, How Deep Is Your Love, Massachusetts, I Started A Joke, More Than A Woman, and many more. The buffet lunch includes bread, buns, salad, 2 hot entrees, potatoes, veggies, dessert, coffee or tea. Taxes and gratuity included.

Cost is approximately \$120. Please contact Jan Chamberlain:  
[shop\\_a\\_holic@rogers.com](mailto:shop_a_holic@rogers.com)

I will be placing names on a waiting list. I can finalize the price as soon as the bus company gets back to me. The bus will be departing from Staples in Owen Sound for those living there or nearby, with additional pick up points along the route. Get your names in quickly to assure a spot



Want to find our Facebook page?  
Google RTOERODistrict10 Facebook OR  
<https://www.facebook.com/pg/RTOERODistrict10-116644709738674/about/>  
OR click the 'f' in the top right corner of the  
District 10 website: <https://district10.rtoero.ca/>

### 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.

District 10 RTO  
15 Bielby St  
Grand Valley, ON  
L9W 5M3

Publication Mail-Poste Publication  
Agreement Number 40811090  
Postage Paid