



SPRING HAPPENINGS IN SOUTHAMPTON

Wednesday, May 10, 2023 – 11:00 a.m.

Luncheon and Guest Speaker – Judy Suke
The Walker House, Southampton

Cost \$30.00 (meal being subsidized by Bruce Grey RTO)

Judy Suke presents “**Aging Isn’t For Sissies**”, an extremely humorous presentation on helpful tips to control and lower the stress of aging. A retired professor, she believes in living life to the fullest. Your laughter during the presentation will immediately heal the body, soothe the soul, lift the spirits and give you energy.

In order to expedite meal preparation and delivery by the Walker House staff, we are offering only three menu selections that day. Please indicate which meal you would like to have when you **contact Marg Manners to RSVP**. Choices include:

- 1) Tofu stir fry on rice served with garlic bread
- 2) Lasagna and Caesar salad served with garlic bread
- 3) Garden salad with balsamic vinaigrette and blackened chicken

Coffee, tea and water are included Dessert: Crème Brûlée

Wine Bar available

Agenda:

- 1) 11:00 – Arrival, Coffee, tea and water available
- 2) 11:30 – Brief Bruce Grey AGM
- 3) 12:30 – Luncheon
- 4) 1:15 – Dessert and guest speaker, Judy Suke
- 5) 2:00 – Stay to take in the sights of Southampton including the beach boardwalk, the Bruce County Museum and Culture Centre, the Southampton Arts Centre and Gallery, or the unique shops found along High Street.



RSVP: manners1556@gmail.com or 519-371-1556

If planning to attend, please send your cheque to Marg Manners by May 3, 2023 at 540 11th St. 'A' West, Owen Sound, ON N4K 3T7. Don't forget to let Marg know which meal option you have chosen.

Look who joined our team!

As I currently hold both Bruce Grey Unit and District 10 Presidents' positions, Fairly frequently, I receive emails from members asking for information or assistance. With a short turnover in time, I attempt to respond or point the individual in the right direction.

Such an email arrived in my mailbox from a member "somewhat new to District 10". She was hoping to find out about "becoming a little more involved" and know more about the workings of RTOERO. Here was someone reaching out to us! We are pleased to share that Laurie Bell has joined the Bruce Grey Unit Executive as a Member-at-Large. **Welcome aboard Laurie!** Laurie has already jumped in to assist with three ongoing projects or needs. A Member-at-Large is encouraged to attend and participate fully in the monthly Executive meetings, with the one exception of voting.

You will recall in previous issues of The Slate, we reached out to you! The Bruce Grey Unit Treasurer of many, many years, Marg Manners, was planning on retiring from the Executive, and did so early in the Year. We wished her a fond farewell at the Bruce Grey Christmas Luncheon. We are happy to know though, that she will assist us with the "Spring Happenings in Southampton" on May 6th.

In response to our call to fill the vacant treasurer's position, RTOERO Bruce Grey Executive wish to extend a warm welcome to Elizabeth Dunning as our new Unit Treasurer. **Welcome aboard Elizabeth!** Our financial records will be in excellent hands with Elizabeth and the treasurers' experience she brings to us.

An Annual General Meeting (AGM) is an opportunity for you too, to consider lending a hand and/or learn more about your local RTOERO. Bruce Grey is planning such a gathering in early May. Consider checking us out. I will, on the broader scale, have the opportunity to join other District Presidents from all across the country, from British Columbia to the Atlantic Region, in Toronto in mid-May. We are a national organization, welcoming ALL who have ties to education. If you know of anyone thinking of retiring either this year or in the near future, you'll know it is a big step and some planning is definitely in order. Let them know about **District 10's Retirement Planning Workshop on May 6th**. Have them check out RTOERO on the website for information and registration.

May is going to be a very busy month! Thank you for your continued support.

Lynda Monck - District 10 President and Bruce Grey President

What activities would you like?

In Dufferin County, the winter months brought lots of snow to keep us busy, along with some planning for the year ahead. Sadly, some of your executive have had health issues, and we wish them well as spring approaches. Once Mother Nature settles down, your Dufferin Unit Executive is hoping to meet and plan a gathering for its members sometime in May.

DISTRICT 10 EXECUTIVE

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President and Bruce Grey President

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Jan Chamberlain shop_a_holic@rogers.com 519-371-3559

Treasurer, Dufferin Goodwill

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This is where we would like to have your input. Please call me with ideas for activities or get-togethers that can bring us, in the Dufferin Unit, all together.

Donna Henderson - Dufferin Unit President

Judy Suke, DTM

Motivational Humorist, Manuscript Developer, and Author

Bringing humour and hope to the world.

Judy Suke has a reputation for being informative, entertaining, and memorable. In addition to roles in management in the corporate world, she served in executive positions on various volunteer boards and throughout the years has earned many awards of achievement and certificates of appreciation, including:

- The Apprenticeship Board's "Employer of the Year",
- Mississauga "Woman of the Year" for volunteer efforts
- Ontario Government Certificate for "Excellence in Human Resources",
- The "Pinnacle Business Woman of Distinction" for excellence in education and training,
- Distinguished Toastmaster Award,
- District 60 Toastmaster of the Year, for leadership
- She won both the District 60 Humorous Speech Contest, and the Stand-up Comedy Contest in Niagara Falls.

She is a Past-President of the Hamilton Chapter of the Canadian Association of Professional Speakers. Judy recently retired after teaching Business Communication for 11 years at Sheridan College. She now dedicates her time as a Manuscript Developer to help people tell their stories and get their books to print.



By now many of you know that District 10 RTOERO has a Facebook page. The URL is:

<https://www.facebook.com/RTOERODistrict10/>

Not on Facebook but still interested in what is posted? An easy way to get to the District 10 Facebook page is by typing **RTOERO District 10 Facebook** into your web browser.

Why should you look at the District 10 Facebook page? Here are three reasons:

- Information about District 10 and unit events are posted there
- Follow-up images from events are often uploaded to the page
- Information about online events and webinars hosted by RTOERO are posted there

Hope that you find the District 10 Facebook page relevant.

Cindy Matthews

Website / Social Media District Volunteer



Retired teachers have been the backbone of many local organizations, clubs, museums and community groups. There is a strong concern that volunteerism is dwindling. As many of us retire from volunteering, there is a need to replace us.

Newly retired educators should consider some form of volunteering. Our local community, museums, service groups and clubs need support.

Don Sankey - Public Relations Rep

Hiking, Huron, History . . . and Lunch!

Join RTOERO Sauble Falls Hike

Save the Date - Thursday, September 7, 2023
(Rain date – Friday, September 8th)



Enjoy a late summer hike exploring the Sauble area. Kevin Fisher, an RTOERO member and a member of the Bruce Trail Association, will host a two-part, easy-to-moderate hike followed by a sandwich luncheon at Kevin's cottage, compliments of Bruce Grey Unit. The hike is designed to be inclusive – non-hikers, newbies and seasoned outdoor enthusiasts alike will enjoy this late summer outing. Maximum of 25 hikers.

Part One of the hike is short, roughly 30 minutes, and includes Sauble's spectacular beach, the point, the boardwalk and a walk along the roadside past some of the oldest cottages in the area. At this point, if you're tired or wish to explore on your own, you can leave and rejoin the group for the luncheon at noon.

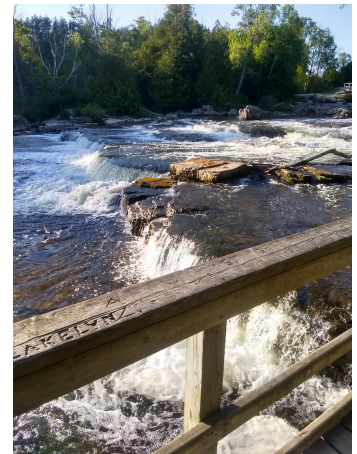
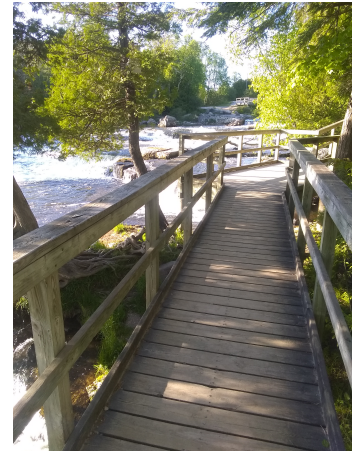
Part Two of the hike, roughly 90 minutes, continues on to forest trails and the Sauble Falls Provincial Park. Kevin will provide historic and geographic information of the area. High points include descending stairs to a boardwalk along the Sauble River rapids to explore the historic ruins of Sauble Falls Mill as well as early businesses. There is a rest station at Sauble Falls Provincial Park.

If you wish to participate in the social only, take advantage of the free parking available after Labour Day at the public boat launch.

Please wear appropriate attire and footwear and bring water, sunscreen, bug spray and a lawn chair. Consider sunglasses, hiking poles, and any needed medications.

- Start & End Location: 1138 King Edward Avenue, North Sauble.
- Hike Begins at 10:00 a.m. Please arrive 20 minutes early.
RTOERO Waiver will be required to be signed on the day of the hike.
- Light Lunch provided by RTOERO Bruce Grey Unit / Social begins at 12:00.

Contact: Laurie Bell at ljbelle@rogers.com



Community Service Awards

District 10 RTOERO continues to support the Community Service Awards. It is great to acknowledge the volunteerism of our secondary students who volunteer in their communities.

During April, our local secondary schools will be informed about this program. Schools will be asked to identify a worthy candidate. District 10 RTOERO provides a certificate and a cheque for \$150. These awards are presented at the commencement exercises at each school.



Student Art Show

The Bruce Grey Unit is pleased to be one of the sponsors of the Owen Sound Artists Co-op Student Art show.

Students are encouraged to enter their artwork. The art show is held during May at the Artist' Co-op in Owen Sound.

Don Sankey - Public Relations

Spring into health!

Spring may finally have arrived! Get outdoors to dig in the gardens or walk in the park. Dress in layers and enjoy the sunshine, which this past winter has been very limited.

New this season in your health benefits: receipts for services provided by your healthcare professionals must be submitted within six (6) months of the service. Did you get that lovely massage in January, after a full day of skiing? Your receipt must arrive at Johnson Inc by July!

Just a reminder: all healthcare providers must be registered members of their respective governing bodies. If you are not sure, ask! The masseur/masseuse in your hair salon may be renting space there, but unless he/she is an RMT, you may not receive a reimbursement of your expenditure.

How will you know what services are available to you? The annual benefits booklet is available on-line at rtoero.ca : select “insurance” to view all benefits available to you. Don't have access to the internet? All members who are part of the RTOERO Health benefits programme would have received a hard copy of the Benefits booklet late last year.

Enjoy the outdoors, do some “forest bathing”, get your hands into the dirt be it in your yard or your indoor garden.



Brigita Jogi - Health & Insurance Rep

We sponsor this event!

Earth Film Festival
Thursday April 20, 2023 at 7:00 pm
Tickets are \$25 at The Roxy Theatre, Owen Sound: www.roxytheatre.ca
One Night, Two Featured Events!

Antarctica from Above
FEATURE FILM
This movie is an interesting and dramatic view of the most southern continent, Antarctica.

Sarah McComb-Turbitt
PRESENTER
Journey with Sarah to a sub-Antarctic island where she shares stories of living amongst penguins.

The Bruce Grey Unit of RTOERO is pleased to support the annual Earth Film Festival. This year the Grey Sauble Conservation Foundation is hosting the film festival on Earth Day (April 20) and it is being held at the Roxy Theatre in Owen Sound.

The theme is climate study and penguins. A fabulous presentation from a local graduate student who became a marine biologist. Sarah McComb - Turbitt did her masters study on penguins in the Falkland Islands. In addition to her presentation, the film, *Antarctica from Above* will be featured. Sarah is a world class artist and she will connect her art work to her study on ocean mammals and birds.

Funds raised from this festival will be directed to conservation awards and local conservation projects. The Foundation is the supporter, providing funds to help complete conservation projects. The Foundation provides conservation awards to graduating students who demonstrate environmental ethics and they promote the Malcolm Kirk Scholarship Award, that students apply for, to be considered.

Don Sankey - Public Relations Rep

Grants help our aging population.

The Board of Directors has recently approved the recommendation from the Foundation Peer Review Panel for six new grants for a total of \$213,000 that will be awarded in 2023.

- **Compassionate Communities Kingston Canada** is awarded \$43,000 for a project called "Community connectors": seniors helping seniors
- **The Dementia Society of Ottawa and Renfrew County** is awarded \$50,000 for its project; "Stronger together": making Canada dementia inclusive
- **Sheridan College in Oakville** will receive \$50,000 for an arts-based initiative called 'Using Visual Arts' to address social isolation in older adults
- **The Canadian Organic Growers'** project "Planting the Roots of Wellness" is awarded \$15,000
- **Société Alzheimer Society Sudbury-Manitoulin North Bay** is approved for a small \$5,000 project that they call "Friendship circle"
- **Trent University in Peterborough** will receive \$50,000 for its teaching initiative called "Ageism", intergenerational learning and age-conscious student development

The overarching goal of the annual grant program is to identify and partner with creative, results-based organizations in order to address the most critical issues faced by our aging population. The RTOERO Foundation awards grants to projects that aim to improve seniors' health and wellness, promote social engagement for older adults and pursue innovative research in the field of geriatrics and gerontology.



The RTOERO Foundation will distribute more information about these grants to be shared with all members in the coming months.

Donna Henderson Foundation Rep



In the province of Ontario political unrest did not start, but gained momentum after the 43% voter turnout in the last provincial election with only 18% voting for our current Premier.

In November, when CUPE and many others supported the increase for EAs, childcare workers and caretakers in schools, this disappointment created a new movement of people protesting the rights of the working class. This form of protest, called *Enough is Enough*, had begun in England and has taken root in the Canadian Labour Unions. Those protesting are fed up with the rising cost of living, wage cuts and freezes. There is lots of anger by workers towards the present provincial government for not accepting the court ruling to increase wages.

One of the effects of the ongoing affordable housing crisis in Canada is a growing number of young adults opting to live with their parents. According to the 2021 Census, there are 442000 multigenerational households in Canada. This is an increase of 50% since 2001. There are many family, health and educational benefits to this current living situation but in reality, will young people ever be able to afford their own homes?

Donna Henderson - Political Advocacy Rep

Share this poster with your friends.

Thinking about retirement?

Retirement planning workshop



For anyone who

- Works in schools and school boards, early years, post-secondary
- Wishes to learn about retirement planning
- Wants a workshop tailored to the education community

Learn about

- Financial planning
- Health benefits in retirement
- Retirement and lifestyle planning

Attendees receive

- Retirement planning booklet
- Chance to win exciting prizes
- Free RTOERO membership until retirement

REGISTER

rtoero.ca/events

QUESTIONS

1-800-361-9888

PRESENTED BY



WHEN

Saturday
May 6, 2023
9:30am – 11am

WHERE

Best Western Walkerton
10 Eastridge Rd
Walkerton, ON
N0G 2V0

Retirement planning resource bundle to share with friends

Be sure to share RTOERO's retirement planning resource bundle with education workers in your life who are starting to think about retirement—it could save them time and reduce stress. Find it here: rtoero.ca/retirement-bundle

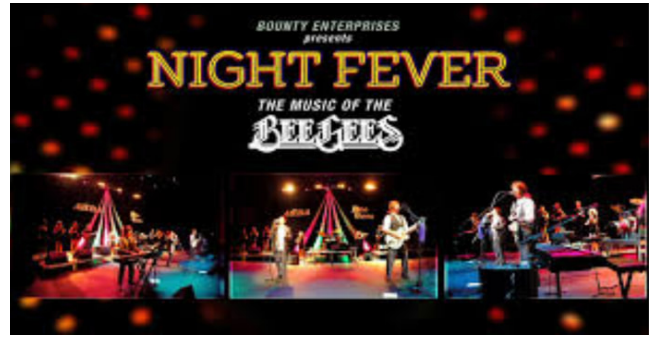
RTOERO Foundation announces first silent auction

The RTOERO Foundation's first silent auction event will take place on May 15 during the wine & cheese reception of the annual meeting in Toronto.

There will be an online component of the auction which will be open to participation from all 82,000 RTOERO members across the country. The online auction will be live from May 6 at 8 a.m. ET and will close on May 12 at 8 p.m. ET. The auction is open to all RTOERO members, staff, board members, partners, family and friends.

The silent auction items will include the following:

- 10-day all-inclusive vacation package at a 5-star luxury resort in Cancun, Mexico
- \$2,000 gift card towards an e-bike & accessories
- Stratford getaway packages including theatre tickets, dinner for two and an overnight hotel stay
- Stained glass window from Manchester, England dated between 1890 and 1900
- 2 tickets to the National Arts Centre
- 2 platinum seats to a Maple Leafs hockey game
- 2 seats for the 2023-24 Toronto Raptors season
- Restaurant gift certificates



Night Fever - Bee Gees Tribute

Wednesday, May 24, 2023

The trip includes the coach to Bingeman's, a buffet luncheon and musical production 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.

Bus costs have risen since our last trip. This price is based on 25 people sharing bus costs and driver tip. If more people attend the price per person for bus costs will be reduced. If more than 25 go on the trip I will be able to reduce costs and issue a small refund. I am hoping this happens as we often get people sign on closer to the date. Please tell family and friends about the trip and help us get others to attend. Thanks.

Please send a cheque made out to District 10 RTO Travel for \$153.00 per person to:

Jan Chamberlain, 189 Somers St., Owen Sound, N4K 6V5

Do you love going to the theatre on an RTOERO trip?

Please consider joining the team that organizes our trips. You organized trips when you were teaching so we know you have the skills required!

Contact Jan Chamberlain and find out how you can be a part of the social committee team.
shop_a_holic@rogers.com

Know how a fraudster may approach you to protect yourself

It's not a fun topic to talk about, but one we shouldn't avoid—financial fraud and identity theft. The website **GetSmarterAboutMoney.ca** by the Ontario Securities Commission offers tips and advice to help you recognize fraud and protect yourself. Knowing how a fraudster may approach you is important. Here are some of the ways:

Emails or text messages – a fraudster may pose as someone trustworthy to try to get private information. They may also encourage you to open a link or attachment. If an email seems suspicious, delete it. Don't reply.

Social media – Scammers create fake accounts or take over another person's account. They may also try to form an online relationship with you. Delete connection requests from people you don't know. Review the privacy settings on your accounts.

Phone – Phone scammers may change their caller ID to appear legitimate. They may claim to be from a business or government agency. Avoid doing business over the phone unless you've made the call yourself. If you're not sure, hang up, then call the company back.

For more information about protecting yourself from fraud,

visit: getsmarteraboutmoney.ca/protect-your-money/fraud/



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
or rtoero.ca or 1-800-361-9888



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

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