



The Slate



Unit 1 was pleased with the number of members who attended this year's AGM in Southampton. The presentation by Judy Suke was extremely enjoyable and the meal was excellent!



Wednesday, December 6, 2023

**Christmas Luncheon
Turkey Dinner**

**Inn on the Bay,
Best Western in Owen Sound**





Milestones, those significant moments or important events in our lives deserve recognition.

RTOERO wishes to acknowledge its long-time members, and is annually providing *Milestone Membership Recognition Certificates* for individual districts, such as our own District 10, to distribute to our members who may be celebrating a milestone of between 25 and 50 years (in 5 year increments) of membership!

In 2023, your District 10 Bruce Grey & Dufferin Executive, wish to applaud those 143 members who are receiving/or have received these certificates. Your continued support of RTOERO programs and services is very much appreciated. *Congratulations!*

Lynda Monck - District 10 President



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Dufferin Unit. Thank you, to those of you who had the idea to go to a wine tasting for lunch. Inquiring into it the price would have been very prohibitive.

Bill O'Sullivan is presenting his trip to Iceland and Norway in Westminster Church for our luncheon on Tuesday October 11. Many of us have seen Bill and Marilyn's trips. There will be a short meeting and then lunch followed by Bill's trip. Try to bring someone new. Cost will be \$20. We will need to know if you wish to attend by October 6. Call Donna at 519-942-0917

Donna Henderson - Dufferin Unit President

Tell a friend:

In-person retirement planning workshops are back!

RTOERO has scheduled many in-person retirement planning workshops, in addition to continuing to offer virtual sessions. If you know someone planning to retire in the next three years, suggest they join one! All retirement planning workshops are free, and participants consistently give the sessions glowing reviews. To see all upcoming workshops, go to rtoero.ca/events.



Membership Concerns



As we approach the beginning of a new school year, I am concerned that I did not receive a single name of an educator who has recently retired or who will be retiring before the end of the year. My contact people at each of the Bluewater District School Board and the Bruce Grey Catholic District School Board have moved on and I no longer can count on receiving the list of new retirees. I also am concerned that some schools have teachers, office staff, and custodians who are "Actively Employed" members of RTOERO and some schools have staff who are retiring without ever knowing that we exist. It is to the benefit of all of us that we remain a vibrant and busy district and that our units are able to flourish. We cannot avoid losing aging members who

pass away and it is inevitable that some members will move out of the district and transfer to one that is closer to home. However, we cannot let our numbers continually dwindle. We need new members who are young and eager to embrace retirement and all that it promises.



Please do not hesitate to contact me or any member of the executive if someone you know has recently retired or is planning to retire soon. We need new blood!

Sheila Mudge
Membership Services
smudged@brucetelecom.com
519-363-5556

September Hike! Thanks to RTOERO member Kevin Fisher, Bruce Grey Unit of District 10 was able to plan a guided two-part hike near Sauble Falls Provincial Park followed by a social time at Kevin's cottage. Registration for the hike was great but the weather did not cooperate and unfortunately the event needed to be cancelled.



The Slate is published 3 times each year. You will receive one in the winter, spring and late summer. The **Bruce Grey News** is published once a year in the fall. Submissions are always welcome. If you have something that you feel might be of interest to our members please send it to lauriejames@bmts.com



Hard copies of the newsletter are mailed to you but you may also receive it by email. **You must notify the office if you would prefer to receive the newsletter by email only.** membership@rto-ero.org

We receive a few return newsletters after every mailing. If you have changed your address or your email please notify the office to have your records updated. We want to be able to reach you and keep you informed.

Laurie James - Newsletter Editor

Some things to think about.

There are currently many situations for our members to think about. The ongoing controversy regarding the Greenbelt and the acquisition of valuable farmland by developers in order to build housing is causing great concern. This area has some of the most productive farmland in Ontario. No matter which side you may favour, truthfulness and caring for others have always been important attributes.

The housing crisis and the cost of living are on everyone's minds at the moment. The weight put on local food banks continues to grow astronomically. Even with the donation of perishable goods to the local food banks in Dufferin County while Metro employees were on strike, there is still a need for more supplies. Many school breakfast programs will also need support for those students who come to school without breakfast.

Beginning in September and continuing throughout the school year, presentations will be delivered to all students in Grades 7 to 12, engaging them in realistic conversations about what is at stake when someone drives while impaired. They will be equipped with the knowledge and resources to aid in their decision to never drive impaired or to ride with an impaired driver.

The contract and occasional teachers of Ontario are currently negotiating with a provincial government that does not follow the standards of negotiations and has created new programs without consultation with the teachers' unions during a time of "no new programs". There will be strike votes held before the end of October if negotiations do not proceed in a favourable direction. Please be aware of what is happening in your area and continue to ask questions. We all need to support one another!

Donna Henderson
District 10 Political Advocacy Chair

RTOERO Unit 1 helped sponsor the Student Art Show held during May at the Owen Sound Artists' Co-op. There were 105 entries from the secondary schools in the Bluewater District. The art display was beautiful to view and enjoy.

Photos by Don Sankey



This past June, District 10 RTOERO presented 8 awards to graduating students in our Bruce Grey Unit. We presented a cheque for \$150 to deserving students who were nominated by their school's guidance counsellors. These students were nominated for their volunteerism and personal efforts in their local communities.

The award winners were:
Bruce Peninsula - Mackenzie Zevenberger
Peninsula Shores - Cory Wattenburg
Georgian Bay - Gracie Tedford
Grey Highlands - Grace Mullin
St.Mary's - Andrea Martin
John Diefenbaker - Faith McCarroll
Scared Heart - Claire Marcotte
Saint-Dominique-Savio - Kate Tremiatt

Don Sankey - Public Relations Rep



On June 24, we celebrated the 50 years of Hibou. This conservation area was saved by so many Grey County teachers in 1973. We acknowledge Bob Knapp and Fred Gerbert for their efforts. The evening event was well attended. Our local unit has supported the Friends of Hibou for the past few years.

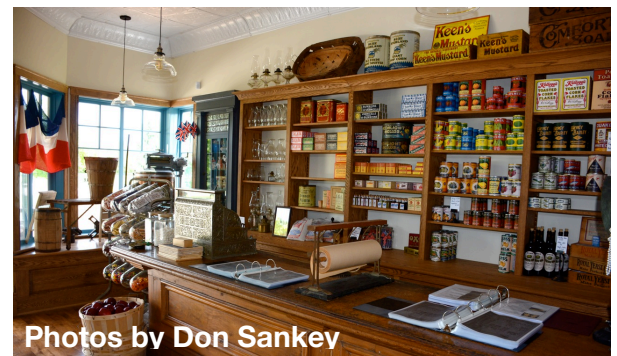
Don Sankey - Public Relations Rep

Top 10 Threats to Childhood in Canada

In a recent report, **Raising Canada 2022 Top 10 Threats to Childhood in Canada Inequity and the Impacts of COVID 19,*** Children First Canada stated that the pandemic period will be a generation defining experience for children. For example, during the pandemic, average learning losses were about one half years of learning suggesting long term impacts on students long term earnings and the national economy. The 10 threats are:

1. **Unintentional and Preventable Injuries:** Unintentional injuries are the leading cause of death for children and youth.
2. **Poor Mental Health** such as substance abuse, suicide attempts, eating disorders, stress and anxiety: A quarter of young people (aged 2-17) in Canada experience mental health challenges.
3. **Systemic Racism and Discrimination:** The COVID 19 pandemic disproportionately impacts children from marginalized groups.
4. **Child Abuse:** Approximately 1 in 3 Canadians report some kind of child abuse by the age of 15.
5. **Vaccine Preventable Illness:** Approximately 1 in 4 Canadian children are behind in their routine vaccinations.

On June 30th, the Moreston Village opened the new Arnott General Store. RTOERO Unit 1 has supported the Friends of Moreston who assisted in the fund raising for the store.
Don Sankey - Public Relations Rep



Photos by Don Sankey

6. **Poverty and Food and Nutritional Security:** Over 1.3 million Canadian children (1 in 5) live in poverty.
7. **Infant Mortality:** In 2021 the infant mortality rate in Canada was particularly high with a rate of 4 deaths per 1,000 births.
8. **Bullying:** In Canada approximately 1 in 3 youth experience bullying.
9. **Limited Physical Activity and Play:** Opportunities for exercise and play decreased related to school and child care closures.
10. **Climate Change:** Child acute bronchitis episodes related to wildfires have increased.

In addition to educational disruptions access to health care and social services were limited during the pandemic. Wait times for accessing paediatric surgical services are up to 2.5 years beyond the clinically accepted timelines. The voices of our children demand action. It is imperative that significant investments in health care and education are made.

The decisions we make on every level, from national assemblies to the dinner table, must account for these threats if we are to improve the lives of our children.

Anil Arora
Chief Statistician of Canada
Statistics Canada
[*childrenfirstcanada.org](http://childrenfirstcanada.org)



Frank Emptage
Political Advocacy Representative
RTOERO Grey Bruce

New School Year, New Plan

Summer's almost over. Time to look forward to the changing colours and changing wardrobe. Also, review your **Entente**, RTOERO Group Insurance Program.

So many of the good old coverages, so many new and/or improved coverages!

Look over the Express Scripts Canada Pharmacy™ if you have multiple meds happening. Delivery to your door means you don't have to make multiple trips to your drugstore. (See page 27)

Turn the page to review Kii by CloudMD. We've gone Canadian! You and your family can now get second opinions from Canadian sources. You can get expert advice from your nurse care coordinator who can help you understand your diagnosis. Need a specialist? This, too, can be provided.

Planning some travel over the coming months? Not everyone likes our winters! Get your reading glasses (which are covered up to \$400 every 2 years) and find a comfy chair. RTOERO Travel Plan is only 44 pages long! So much coverage, so no-extra-cost! A fascinating read! Compare with any other plan and you will find "no contest" !

Brigita Jogi - Health & Insurance Rep

This September Cindy Matthews, a member of District 10 executive, is taking part in a two-author event in Dufferin. Check out the details below.

BookLore to present Authors Afternoon

Headwaters Arts is excited to once again partner with Nancy Frater of BookLore, to present Authors Afternoon, an enchanting afternoon of readings and discussion from the following authors:

- Max Wallace, *After the Miracle*, the story of Helen Keller's lifelong fight for social justice across gender, class, race, and ability;
- C.I. Matthews, *Took You So Long*, a collection of short stories that explore complex realities in rural settings.
- Moderated by Wolf Raymer.

Authors Afternoon at Alton Mill Art Centre,

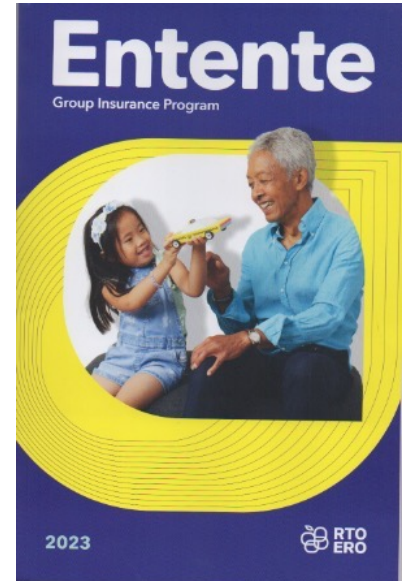
1402 Queen St W, Alton, ON L7K 0C4

Sunday, September 24, 2023, 2-5 pm

Tickets: \$35.00 + HST (includes Meet the Authors Reception)

For tickets, head over to headwatersart.org and click on Fall Festival or use this url:

<https://form.jotform.com/23229409697326511>



Look what we are planning.

It appears to have been a busy summer for everyone.

As the new RTOERO Bruce Grey Unit President this year, I look forward to meeting many members. A day for hiking and lunch has been planned for Wednesday September 7, at Sauble Beach. Thank you to Laurie Bell for organizing the event and Mary Jane and Lynda for the lunch arrangements.

The RTOERO Bruce Grey Unit executive will meet on the second Tuesday of the month at the Grey Roots Museum. Contact any executive

member with any questions or suggestions.

The Christmas Luncheon is planned for Wednesday December 6 at the Inn on the Bay Best Western in Owen Sound. More information will be available after your executive meets in September.

Enjoy the upcoming changing of the colours on the trees as you travel the countryside. Stay safe.



Sharron Colter
RTOERO Bruce Grey Unit President

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Toll free Phone in sessions: 1-866-261-6767 Guest Code: 7722700 followed by # You will be in the session. Zoom video program Click on join meeting. Input ID 86980849744 when prompted. Click join meeting. Input Passcode 987999 when prompted. You will be asked to check video and audio. For zoom phone in program dial 1-647-374-4685 (\$0.3 a minute without long distance plan) Listen for the voice. Input ID 86980849744 followed by #. Listen to the voice. Then input passcode 987999 followed by #. You will be placed into the session.</p>			<p>"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."</p>		<p>1 11:00 - 11:30 a.m. or 1:00 - 1:30 p.m. or 2:00 - 3:00 p.m. Laughter with Carolyn via zoom video or zoom phone in</p>	<p>2 Pre-Order LA Chicken, Beef and Hamburger Meat Pies Call Jean at 519-793-3014 or Mo at 519-793-3506</p>
<p>3 Last day to order Ladies Auxiliary Meat Pies September 5 </p>	<p>4 11:00 - 11:30 a.m., 1:00 - 1:30 p.m. or 2:00 - 3:00 p.m. Laughter with Carolyn via zoom video or zoom phone in </p>	<p>5 11:30 a.m. OSHS Luncheon RSVP to Jan Jackson at 519-793-3589 or janjackson260@gmail.com</p>	<p>6 RSVP to Lynda at 519-793-3474 for the OSHS Bus trip</p>	<p>7 1:00 - 2:00 p.m. Falls Prevention PBCC 7:00 p.m. LHL Br. 202 Meeting and speaker, Jane Kramer, Camp X</p>	<p>8 11:00 - 11:30 a.m. or 1:00 - 1:30 p.m. or 2:00 - 3:00 p.m. Laughter with Carolyn via zoom video or zoom phone in 11:00 - 12:00 p.m. Crafts and Chats - PBCC</p>	<p>9 9:00 - 11:00 a.m. Men's Breakfast in Tobermory RSVP to Martin Hogarth at hogarth@auracom.com</p>
<p>10</p>	<p>11 11:00 - 11:30 a.m., 1:00 - 1:30 p.m. or 2:00 - 3:00 p.m. Laughter with Carolyn via zoom video or zoom phone in</p>	<p>12 11:00 a.m. Trivia - Join BVO Dial toll free 1-226-682-0701 Passcode 852340 then #</p>	<p>13 1:00 - 2:00 p.m. Writing with author, Cindy Mathews at the Pike Bay Community Centre</p>	<p>14 11:15 a.m. - 12:00 p.m. Mindfulness/Meditation Dial 1-226-682-0701 Passcode 852340 then #</p>	<p>15 11:00 - 11:30 a.m. or 1:00 - 1:30 p.m. or 2:00 - 3:00 p.m. Laughter with Carolyn via zoom video or zoom phone</p>	<p>16 9:00 - 11:00 a.m. Bruce Men's Shed at the Lion's Head Legion Contact brucemesshed@gmail.com or Gerry at 519-793-3005</p>
<p>BVO = Beaver Valley Outreach SCWW Clarksbuerg LHL = Lion's Head Legion Branch 202 OSHS = Old School House Senior Club</p>	<p>18 11:00 - 11:30 a.m., 1:00 - 1:30 p.m. or 2:00 - 3:00 p.m. Laughter with Carolyn via zoom video or zoom phone in</p>	<p>19 2:30 - 4:30 p.m. Pick up pre-ordered Ladies Auxiliary Meat Pies \$5.00 each at the LH Legion.</p>	<p>20 9:30 a.m. - 2:00 p.m. Bus Trip to Bruce County Museum for OSHS</p>	<p>21 1:00 - 3:00 p.m. Card Making - \$20.00 materials supplied PBCC</p>	<p>22 11:00 - 11:30 a.m. or 1:00 - 1:30 p.m. or 2:00 - 3:00 p.m. Laughter with Carolyn via zoom video or zoom phone</p>	<p>23 8:00 - 10:00 p.m. Bayside Astronomy at Pike Bay Park - bring chairs - view Jupiter, Saturn and the moon</p>
<p>PBCC = Pike Bay Community Centre</p>	<p>25 11:00 - 11:30 a.m., 1:00 - 1:30 p.m. or 2:00 - 3:00 p.m. Laughter with Carolyn via zoom video or zoom phone in</p>	<p>26 11:00 a.m. - 12:00 p.m. Book Club with author, Ross Pennie 5:00 p.m. OSHS Roast Beef RSVP 519-793-9589</p>	<p>27</p>	<p>28 10:00 - 11:00 a.m. Let's Do Coffee - contact Sharon for the link. 11:15 - 12:00 p.m. Mindfulness - See the 14th</p>	<p>29 11:00 - 11:30 a.m. or 1:00 - 1:30 p.m. or 2:00 - 3:00 p.m. Laughter with Carolyn via zoom video or zoom phone</p>	<p>30</p>

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

Getting involved is important!

Staying engaged in activities sustains wellness in seniors and others. As we enter the fall, ask yourself what groups and organizations you are involved with. Are you meeting with friends at least twice a month? Are you attending plays or art shows? There are so many activities geared to individuals or couples that keep our minds and bodies healthy. Social inclusion with friends and family will stimulate your cognitive abilities and aid in mental wellness.

One of RTOERO's recent Foundation webinars suggested a simple formula to avoid loneliness:

- 1) Have 3 close relationships with whom you can share and be vulnerable.

- 2) Have 5 people you can chat with and see regularly.
- 3) Have 15 people you know that you can reach out to or contact.

There are so many valuable resources provided by the RTOERO Foundation. Are you using them?

Donna Henderson
Foundation Rep



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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