



The Slate

Annual District 10 General Meeting Wednesday, June 5, 2024 at the Agricultural Hall in Shelburne

- 10:30 Social Time
11:00 Annual Meeting - Memorial for passed members
- Election
12:15 Lunch Cost: \$30.00
1:00 Musical Entertainment - Frosted Patterns
RSVP **before May 25** to Pat Kalapaca 519-928-5396
Please forward cheques to Pat Kalapaca
15 Bielby St., Grand Valley, ON, L9W 5M3

You are invited to get involved!

Hello all, we can see that spring is arriving. I hope you had a good winter. I see the daffodils in full bloom, the calves beside their mothers and the robins on the front lawns.

Your executive has continued to have meetings at Grey Roots Museum as we plan activities for the fall. We look forward to an AGM in September where we will have elections for the unit. Think about where you might volunteer to keep your Bruce Grey Unit strong for meeting the needs of our members and community.

We will have an opportunity to meet in June in Shelburne at the District 10 AGM for Bruce Grey Dufferin as explained in this newsletter.

Remember to contact a member of the executive if you have any questions or suggestions for events that could take place in the future. Consider attending a meeting at Grey Roots Museum and Archives with the executive. Next meeting is May 14, 2024 at 10:00 a.m. Phone me at 519-793-3473 to confirm attendance.

Recently, I read this saying from Emily Dickinson, an American poet, "We turn not older with years, but newer every day." Be open to the sunshine. Be open to new ideas. Be open for new experiences to be newer every day.

Sharron Colter - Bruce Grey Unit President

Realistic ways to reduce your carbon footprint

While we continue to advocate for regulatory changes to reduce climate change, we can also make lifestyle changes ourselves. While seemingly insignificant, changing our habits helps to shift the culture and future generations towards more sustainable ways of living.

Here are some suggestions for reducing your carbon footprint from the Columbia Climate School.

- Eat lower on the food chain – this means primarily fruits, vegetables, grains and beans
- Don't buy fast fashion – check out thrift shops, clothing swaps or even rentals if you need an outfit for a special event
- Wash clothing in cold water
- Choose products with better packaging
- Drive less and maintain your car
- Avoid idling – if you know you'll be waiting in your car, dress for the outside temperature
- Lower your thermostat in winter and raise it in summer – even changing a degree or two could make a difference



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New: discounted phones and rate plans for RTOERO members

RTOERO has partnered with the TELUS Exclusive Partner Program to bring you exclusive savings on cellphones, rate plans, high-speed internet, SmartHome Security, health solutions and more.

Visit rtoero.ca/telus and complete the form to access your offers.

Our Foundation is working for us all.

Here is some information that you might find interesting about the RTOERO Foundation and the services that it can provide for our membership. WEBINARS are presented online that feature a variety of topics from geriatric research, healthy communities, social engagements, senior health care, to volunteering and charitable giving. Watch for a notice of these topics that may interest you. All members are welcome to participate. In 2023 there were four webinars. Also watch for articles from the Foundation that might be useful for you or for your community.

District 10 is one of 15 RTOERO Districts which publishes articles and information quarterly in our newsletter about the Foundation. We try to provide better solutions to aging for our membership as well as future generations.

Do you donate to the Foundation? You can demonstrate your commitment to a cause that produces immediate results via grants for community improvements for seniors in our communities. Some of that good work is ongoing for future generations. Your children and grandchildren will hopefully develop an awareness and willingness to advocate for seniors rights and needs. With the education, services and resources provided by the Foundation, young and old can all benefit.

Donna Henderson - Foundation Rep



Shake, Rattle & Roll



June 12, 2024

Showplace Entertainment Kitchener

It's a 50's Rock 'n Roll Party. A rock and roll flashback to the 50's and 60's with the most memorable songs from the most exciting era. From Elvis and Jerry Lee Lewis to Connie Francis, Fats Domino and Bill Hailey. Featuring a special guest appearance by the great Jeff Scott as Buddy Holly.

Price \$150 based on 30 attendees

***Bus costs** have gone way up. If we don't have enough participants to charter the bus we could still purchase group tickets and perhaps car pool. Includes: coach, show, buffet lunch, tip for driver and lunch.

Please make cheque out to:

District 10 RTO Travel

Send to Jan Chamberlain

189 Somers St., Owen Sound, ON, N4K 6V5

Email: shop_a_holic@rogers.com

Owen Sound pick up at Staples, other pick ups TBD once we have a list of participants.

Cheques will not be cashed until I see if we have enough people to charter the bus. Please include your name, email address, home address and phone number in the envelope.

Vibrant Voices Fighting Back

In my role as advocacy representative for the Bruce Grey Unit, I have become aware and appalled at how broken our Ontario health system has become. All too frequently I have been worried and saddened by newspaper headlines like these:

MRI wait times among the longest in the province for London Ontario area patients;

'StolenTime' document shows grim reality in some long-term care homes;

Nearly 300 Ontario patients moved to LTC homes they didn't choose;

Durham Emergency to close overnight indefinitely beginning March 10 due to staff shortage;

Private American companies supplying HHS with staff for cardiac surgery.

Yet, as the Ontario Health Coalition proclaims; "The Fightback is On!" as they marshal a giant march and protest at Queen's Park Thursday May 30, at 12 pm.

Picture the scene. Thousands gathering at high noon on the south side of Nathan Phillips Square with the Sheraton, at 123 Queen St West as background. All marching united, with purpose and resolve, to the Ontario Legislature at Queen's Park. The Legislature is in session. Local members of Parliament from across Ontario are a witness to their cry; " Save our public Medicare now or lose it!".

What a wonderful gesture to be there in person. But if not, the voice of the protest can be magnified in other ways. I advocate that we all use our vibrant voices to demand our Provincial government to invest in the hard won promise of a fully funded, well equipped and well staffed public health system. If not now, when?

For more information go to:
<https://www.ontariohealthcoalition.ca>



Frank Emptage, PAC rep. Unit 1

Volunteers in Canada dedicate about 5 billion hours to volunteer activities—equivalent to over 2.5 million full-time jobs. It's easy to see that our communities would not be what they are without volunteers. So whether you're volunteering with RTOERO or elsewhere, either formally or informally, THANK YOU. It's one more way we can help create a better future together.

Check your "to do list" for better health.

Spring is well on its way. All your spring household and garden chores are up to date and we are just waiting for the growing season to kick in.



How is the rest of your to-do list faring?

Immunizations up to date? Covid booster? Measles? Shingles? Have you had your pharmacist review your medications? As we get on in years that list of meds seems to get longer and longer. Your pharmacist can check your list for meds that may be conflicting with each other, weakened or enhanced, without you being aware, especially if you have several specialists prescribing for you! Worth an appointment!

All the hype about the government's new dental plan brings to mind: are you and/or your family eligible? Some queries are receiving vague responses from government sources. Some dentists are opting to not participate. Your Entente dental plan is there for you, but is worth reviewing, should your income warrant enrolling in the government plan.

Planning travels this summer? Global Excel can help with pre-trip inquiries into visa needs, immunization requirements for your destination, trip cancellation questions and much more.

As we age, we may need some stay-at-home help such as falls detection or other emergency. Telus has partnered with RTOERO for special mobile phone rates and other services that may be worth investigating. Check on the rtoero.ca site under "services".

And remember - all claims, be they meds, massages, dietician or others, must be submitted within six (6) months of the date they are incurred in order to be reimbursed.

Now that some of your potential needs have been addressed, have a lovely summer. See you in September.

Brigita Jogi - Health & Insurance Rep

Surviving spouse benefits: RTOERO will be there

There are few life situations as challenging as the death of a spouse or, for dependent children, the death of their parents/caregivers. Be assured that RTOERO will be there. If the primary member of the RTOERO Entente Group Insurance Plan dies, surviving spouses or dependent(s) can become members and enjoy the same benefits.

What to expect:

- Johnson Insurance needs to receive the death certificate. The spouse doesn't need to call or email themselves—a call or email can come from a friend, family member, district goodwill coordinator or funeral home. Johnson can be reached at 416-920-7248 or 1-877-406-9007, or by email at healthbenefits@johnson.ca.

- Johnson Insurance sends the surviving spouse or dependent a form for continuation of benefits and a postage-paid envelope. The form needs to be completed and sent back.
- The surviving spouse or dependent will then become an RTOERO member if they aren't already. They will be enrolled in the Entente benefits.
- All historical file notes and claims history will transfer to the surviving spouse's record. They'll receive a new benefits package, card, and a welcome package from RTOERO.



The significance of dream catchers



Written by Shaneeka Forrester for RTOERO, Cree artist, mother, and advocate from Brunswick House First Nation, planting roots in Simcoe County, Ontario.

Dream catchers are commonly seen in trading posts along the side of the highway or small gift shops with souvenirs

to remember your trip. It has also become increasingly popular to see them in discount stores or as a “do-it-yourself” kit in crafts stores and toy stores. What do these objects mean? What is the significance of the dream catcher, and how is it intended to be used?

When I was a child, my mother would make countless variations of dream catchers as gifts for friends and family. I remember watching my mom pull golden deer hide through a tool that turned square pieces into long strips of varying widths.

Each of my sisters and I had one hanging in our bedroom windows. We heard my mother's stories about how they came to be. She told us that the dream catcher was created by watching a spider create its web. She told us that you

hang your dream catcher in the window and all the bad dreams will get caught in the web, like how a spider catches flies.

The hole in the centre of the dream catcher is to allow the good dreams to pass through so they can come to us while we sleep. When the sun rises in the morning, the bad dreams that have been caught in the webbing will burn away with the sun's rays.

I have heard many variations of this story throughout my life. I have seen people hang their dream catchers above their beds, and I have heard people share that the dreams travel down the feathers. Like most things, each territory will have its unique understanding of this legend. Whether we wear our dream catchers as jewellery, have them printed on accessories, or hang them from our rearview mirror, above our bed or in a window, it's important for us to reflect on the teachings behind these pieces.

When you purchase a dream catcher, please make sure it's made by an Indigenous individual and, if possible, ask them about the story it carries. This approach shows respect for the dream catcher and its cultural significance as you decorate your home.

DUFFERIN NEWS!

Dufferin Unit would like to invite you to Shelburne on June 5, 2024 for the District 10 Annual Meeting. We are excited to be hosting this meeting since it has been several years since District 10 has had an Annual RTOERO meeting.

We will meet in Shelburne in the Agricultural Hall on William Street. If coming on Highway #10, turn east at William Street beside the Curling Club. Come past the Fire Hall and the next white building is the Agricultural Hall. There is plenty of parking and the building is totally accessible. You are invited to arrive at 10:30 for a social time, followed by the meeting at 11:00. During the meeting there will be a memorial for passed members, an introduction of the Executive, an Election and up to date news.

At 12:15 a catered lunch will be served. The Menu is a Fusion lunch of both hot and cold servings. There will be salad with chicken and haddock as the main meats, served

with baby potatoes and market vegetables. Dessert will be cookies, fruits of the season and tarts. The meal is \$30 and must be ordered by May 25 by calling Pat Kalapaca (519-928-5396). Please understand that if you order the meal you are responsible for paying.

After the meal, at 1:00 there will be musical entertainment from Frosted Patterns. They will play for one hour and you should be on your way home by 2:00. Please plan on coming!

It will be wonderful to see people from our District who have not been out at a District meeting for "YEARS".

Dufferin President Unit 2
Donna Henderson



Is it time to retire from driving?

Canada is one of the most car-dependent countries in the world, so it's no surprise that driving is the top transit choice for many of us. But, despite our attachments to automobiles, there may come a time when it's wiser to give up driving.

With the warmer months ahead, why not try out alternative forms of transportation? You can retire from driving, or reduce your driving, on your own terms! Retiring from driving can save you money and is better for the environment.

Here are some tips if you are considering retiring from driving:

- **Talk to family** or friends about your plan to stop driving— Having people to turn to, while

you work through your plan can be helpful.

- **Make a list** of alternatives to driving - Investigate the options in your community. Talk to friends who don't drive to see what they do. Reach out to programs for older adults to ask if they know of services you're unaware of.
- **Consider** whether living closer to transit might be helpful - If you're already considering your housing as part of your healthy aging goals, then it's worth evaluating transit and walkability as part of that decision.
- **Gradually change** your driving habits - start trying out alternatives to driving. Try out

your transit system, Uber, or other available ride-share programs. You'll become more comfortable the more you do it, and you may even like it better!

These suggestions are adapted from an RTOERO article. For the full article, including advice for coping with a sudden end to driving, visit:

rtoero.ca/time-to-retire-from-driving-considerations-and-steps/





EARTH FILM FESTIVAL

May 16, 2024 at 7PM

The Roxy Theatre, Owen Sound

Two Films: May 16 at 7PM (doors open at 6PM)

The Water Walker: Speaker Autumn Peltier, the Chief Water Commissioner for the Anishinabek Nation and an Indigenous Rights & Water activist whose journey for justice has made waves around the globe. This presentation will include a panel discussion with local youth about the impacts of water security in our communities.

Becoming Tom Thomson: Steve Belford, Canadian Actor, Director, and Producer of this sustainably produced film was inspired by Canadian wilderness painter Tom Thomson. Steve takes the audience on a journey back in time, exploring some of the locations that inspired the young artist while also gaining first-hand experience into his life and character.

Online Auction: May 9 - 23, 2024

Featuring a variety of hand-crafted products, services and experiences from local businesses and artists. All items will be on display during the evening presentation of the Earth Film Festival.

www.charityauctiontoday.com/bid/earthfilmfestival2024



**Dinner Fundraiser Hosted by Zach Keeshig:
May 16, 2024 from 5PM - 6:30PM**

A creatively cultivated 3-course dining experience at the Owen Sound Farmers Market featuring progressive Indigenous Cuisine with local, fresh, and seasonal ingredients.

Ticket Info:

- Film Presentations: \$30/person
- Film Presentations and Dinner: \$150/person

Tickets can be purchased at The Roxy Theatre:
www.roxytheatre.ca or 519-371-2833

Funds raised support local conservation projects and environmental education!



Student Art Show

During the month of May, the Owen Sound Artists' Co-operative is hosting the annual student art show. Secondary students from the schools in Grey, Bruce, (Bluewater District School Board and the Catholic School Board) enter their great pieces of art work.

The Bruce Grey Unit of District 10 RTOERO helps sponsor this art show. Money donated assists the Co-op with awarding the winning prizes.

We encourage many of you to visit the Owen Sound Artists Co-operative, located in downtown Owen Sound during May to view this excellent art show.

Youths' art on display



Don Sankey - Unit 1 P.R.

The 7th annual Earth Film Festival will be held on Thursday May 16, at 7:00 pm, at the Roxy Theatre in Owen Sound.

The Bruce Grey Unit of District 10 RTOERO is a sponsor of this film and speaker festival. During the day, many schools participate and the students hear the speakers and view the films.

This year we have Autumn Peltier, an Indigenous student speaking about water and we have Steve Belford, an actor, and producer with his film, "Becoming Tom Thomson".

In the evening there is a public viewing. Contact the Roxy Theatre for tickets. **Don Sankey - Unit 1 Public Relations**

We have a lot to contend with in Canada.



There are so many political topics.

***Because** we all live in Ontario or Canada, one of the most difficult concerns to accept is the price of gasoline. We live in an area without a lot of reliable transit so we must rely on our gas vehicles.

***It** seems that the pay up front private clinics are charging huge amounts for surgeries for people that are on the wait list in regular hospitals.

***The** cost of food seems to be constantly rising and food banks have empty shelves because so many families and seniors are using them.



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/>

***The** cost of housing and rent forces many to move into multiple family dwellings and then have to work at many low paying jobs just to make ends meet or choose to live on the streets.

I could go on with the problems in our area. There are many services that can help if you ask but there are people who are not able to ask for help. If you see someone struggling please extend a gentle hand of friendship.

At the end of April I am attending a Political Advocacy Workshop in Toronto. I hope that there will be some directions given as to how we can face the next election and how we can help the more vulnerable ones in our society.

Donna Henderson
Political Advocacy Rep

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.

District 10 RTO
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