

# THIRTEENTH WORLD

## President's Message

On June 16, 2022, we celebrated our 50th Anniversary Celebration Luncheon. It was a wonderful occasion together in-person after two years of not being able to be with our members and friends.



Back in 1972, District 13 was formally endorsed as a "district." Over the years, District 13 membership has grown into an inclusive non-profit organization for all active and retired educational workers. Throughout the years we have contributed to the Hamilton-Wentworth and Haldimand communities by giving donations, Community Grants and Scholarships and much more.

The commitment of our volunteer members allows us to reach out and keep in touch with our members by our Goodwill Committee, Tours Committee, Java Time, Curling Bonspiel, Golf Tournaments, Political Advocacy, RTOERO Foundation, Social Events and the Welcome Reception for new members and new retirees. Thank you to all our members both past and present for their continued support and enthusiasm. Looking ahead, District 13's goal is to be more eco-friendly, engage with each other over social media to continue to grow our expanding membership and to provide goodwill to our community. Since 1972 our communities and world have changed in many ways. It is my hope that RTOERO District 13 will continue to evolve and grow, working towards a better future for all.

I encourage you to stay in touch with District 13's current news, information and events by visiting our new website at <https://district13.rtoero.ca>

**Sincerely,**  
**Catherine Maclsaac, President**

## UPCOMING EVENTS 2022

- Welcome Reception - September 8<sup>th</sup>
- Golf Tournament - September 14<sup>th</sup>
- Java Time - September 28<sup>th</sup>
- Health Plan Workshop - October 5<sup>th</sup>
- Fall Luncheon  
Annual Meeting - October 13<sup>th</sup>
- Java Time - October 26<sup>th</sup>
- Curling Bonspiel - November 2<sup>nd</sup>
- Java Time – November 30<sup>th</sup>

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## Past Presidents of District 13

|                      |         |                     |         |
|----------------------|---------|---------------------|---------|
| *Murray McDiarmid    | '72-'73 | Jacqueline Carson   | '96-'97 |
| *Madeline Warren     | '73-'74 | *Norm Walpole       | '97-'98 |
| *David Bridge        | '74-'75 | *Rita Mauro         | '98-'99 |
| *Edith Filsinger     | '75-'76 | Carl Ouellette      | '99-'00 |
| *Keith Watson        | '76-'77 | Bruce Evenden       | '00-'01 |
| *Reg Chapman         | '77-'78 | Marvin Sheppard     | '01-'02 |
| *Gwen Day            | '78-'79 | Alexandra Gall      | '02-'03 |
| *Sister Maria Cordis | '79-'80 | Sylvia Kajjura      | '03-'04 |
| *Tom McGuffin        | '80-'81 | *Ralph Edwards      | '04-'05 |
| *Ken Hunt            | '81-'82 | Jim Wilson          | '05-'06 |
| *Hazel Kerr          | '82-'83 | Leo Normandeau      | '06-'07 |
| *Alan Meiklejohn     | '83-'84 | Helen Szydowski     | '07-'08 |
| *Jim Carey           | '84-'85 | Gordon Near         | '08-'09 |
| *Colin Crozier       | '85-'86 | Joanne Weeks        | '09-'10 |
| *Florence Irvine     | '86-'87 | Jackie Aird         | '10-'11 |
| *Art Sweeney         | '87-'88 | Lee Hondronicols    | '11-'12 |
| *Charles Forbeck     | '88-'89 | Robert D'Alessandro | '12-'13 |
| *Joan Rapsavage      | '89-'90 | Rick Clark          | '13-'14 |
| *Douglas Copeland    | '90-'91 | Aldona Hubbard      | '14-'15 |
| *Sidney Hawker       | '91-'92 | Gemma Monaco        | '15-'16 |
| *Audrey Beeler       | '92-'93 | Mary Tice           | '16-'17 |
| *Gordon McLennan     | '93-'94 | Paul Freeman        | '17-'18 |
| *John Guenther       | '94-'96 | Joanne Weeks        | '18-'19 |
| *Deceased            |         | Lee Hondronicols    | '19-'21 |



**Leo Normandeau, Past President  
& Jackie Aird, Past President  
Attended the 50<sup>th</sup> Anniversary  
Celebration Luncheon**



## PAST PRESIDENTS OF DISTRICT 13



**Paul Freeman (left), Gemma Monaco, Gordon Near, Lee Hondronicols,  
Catherine MacIsaac, (Present) Joanne Weeks, Alex Gall,  
Bruce Evenden, & Jackie Carson**

## RTOERO DISTINGUISHED MEMBER AWARD



**Archie McQueen  
& Lindy Millen**

Archie McQueen received the Distinguished Member Award at the Luncheon on June 16, 2022. It was presented by Lindy Millen, the former principal of Bennetto School, who has been Archie's friend for fifty years. Their friendship began on a pool deck when they were both swim coaches, remained strong when they both worked at Bennetto and is still important to both of them.

Archie's contribution to education in Hamilton has been remarkable. After retirement, he continued an active role at Bennetto as a volunteer and also as a supply teacher. Throughout the pandemic when many teachers found the protocols and restrictions overwhelming, Archie continued to show up and be there for the students. He has donated his supply teaching salary to Bennetto to help purchase a scoreboard as well as reading and writing materials. The open gym times run smoothly overseen by Archie before and after the regular school day. Archie has now been at the school long enough to see several generations pass through the school and is well respected in the classroom, in the gym and in the community. Bennetto is fortunate that when Archie retired, he really didn't stay out of the school for long.

There has been a donation made to St. Paul's Presbyterian Church in Archie's name. This is the first time this award has been given to an RTOERO member for giving back to the community. We thank Archie and Lindy for coming to the luncheon and demonstrating how to make a difference and the benefits of a long friendship.



**Bob Aitchison  
1938 - 2020**

Bob Aitchison joined RTOERO District 13 Executive as a District Representative in 1999 and continued to be an advocate for our local members and the RTOERO organization for twenty years. He was well known and respected in the community and attended as many meetings and activities as possible. He came to a meeting soon after a stay in the hospital. His commitment to whatever role he agreed to do was remarkable. When Bob volunteered, he made an effort to connect with people and help in any possible way. His quiet manner and helpfulness was appreciated and noticed by everyone. Bob never waited to be asked to help; when he saw a need, he stepped forward and made every task, large or small, easier.

For many years, he laid the RTOERO wreath at the Remembrance Day ceremony in Caledonia. He earned the respect of his family, his community and RTOERO District 13. We are forever grateful for his help and dedication.

There has been a donation made to The Caledonia Agricultural Society in Bob's name and we thank his wife, Helen, and family for accepting this award and honouring Bob's contribution to District 13. We are sorry that this presentation was not able to happen before Bob passed away.



## MEMBERS LEAVING THE EXECUTIVE COMMITTEE 2019 - 2022



**Tom Pettigrew (left), Doreen Horbach, Gordon Near, Paul Freeman, & Doug French**

### Paul Freeman

Paul joined RTOERO when he retired as a Head Caretaker and was the first associate member to become District 13 President. He also co-chaired the Political Advocacy Committee and worked on organizing Retirement Planning Workshops. It was a highlight for him when the distinction between "full" and "associate" members was removed.

### Doug French

Doug joined the Executive in 2005 as the Goodwill Chair and served as Treasurer from 2007-2021. He organized Retirement Planning Workshops when materials had to be ordered and venues had to be booked. We are fortunate he is continuing to serve District 13 as a volunteer on the Goodwill Committee. His patient and steady approach to each role has been very much appreciated.

### Doreen Horbach

Doreen started out on the Executive as the Chair of Pension and Retirement Concerns. When the committee was discontinued in 2015, she moved to the Social Committee and organized refreshments for Executive Meetings. She left the Executive when the in-person meetings were discontinued due to COVID-19.

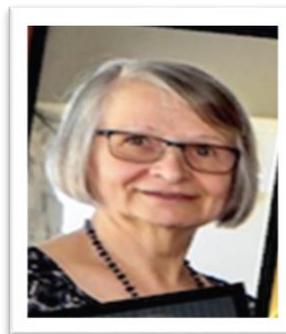
### Gordon Near

Gordon became Membership Chair in 1999 and served as District President in 2008. He was on the Advisory Committee for Provincial Benefits and used his analytical skills to decipher Robert's Rules of Order and clarify the Constitution whenever that was needed. The last role he mastered was recording secretary, but he is famous for his precise timing at the "Meet the Candidate Meetings" held in September 2019 prior to the federal election.

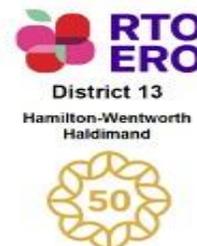
### Tom Pettigrew

Tom joined the Executive in 1997 as a District Representative. From 2000 to 2021 he chaired Project Service to Others for District 13. Thanks to his efforts grants were given to eighteen community projects that improved the lives of children and adults by supporting their needs. Some focussed on learning and some on nutrition; some were local and some were international; some were short-term and some continue to thrive. These projects show us how to serve our community throughout our retirement.

### Helen Szydowski



Helen became the editor of the newsletter in 2005 and was District 13 President in 2007. In 2012 she compiled a book, The First Forty Years 1972-2012, from the archives of District 13. Prior to the 50<sup>th</sup> Anniversary of RTOERO in 2018, she painstakingly organized and went through the archives to compile their history. She has been actively involved on the Tours and Political Advocacy Committees and chaired the Committee for the Fortieth Anniversary Celebration in 2012.



## ACKNOWLEDGING RTOERO MEMBERS LEAVING THE GOODWILL COMMITTEE 2019 – 2022



**Lynne Smith (left), Diane Keesmaat, & Vicky Zivanic**



**Jan Lukas' (above) display of Congratulation Certificates to commemorate District 13 50<sup>th</sup> Anniversary from the offices of:**

**Fred Eisenberger**, Mayor, City of Hamilton

**Hon. Filomena Tassi P.C.**, M.P. Member of Parliament for Hamilton West-Ancaster – Dundas

**Donna Skelly**, MPP, Flamborough-Glanbrook, Province of Ontario

**Pat Daly**, Chairperson of the Board  
**David Hansen**, Director of Education  
Hamilton-Wentworth Catholic District School Board

**Sue Dunlop**, Interim Director of Education  
Hamilton-Wentworth District School Board

**Gayle Manley**, Director, RTOERO Board

*Thank you!*

**Thanks to the Special Celebration Committee for a successful event!**

### Diane Keesmaat

Diane was on the Goodwill Committee for more than ten years. She started this volunteer job when there were only two committee members connecting with the members over 80 in Ancaster. Thanks to her efforts, that work is now done by three volunteers.

### Lynne Smith

Lynne was persuaded by Diane to join the Ancaster part of the Goodwill Committee. They belonged to the same hiking group and continued their camaraderie by doing Christmas cards together and making each task a way to grow their friendship.

### Vicky Zivanic

Vicky was on the Goodwill Committee for more than 10 years. She worked with Barb Jarrett sending cards and staying in touch with members living between the 403 and James Street. Thanks to her background in Family Studies, she provided great snacks for the meetings.

**RTOERO District 13  
Celebrating 50 Years  
Together!**



# ANNUAL COMMITTEE REPORTS

## Citizenship Celebration

There is no report as Canadian Citizenship continues to be a virtual experience.

**Danielle Chouinard, Chair**

## Community Grants & Scholarships

Tom Pettigrew resigned as Chair of this committee in the fall of 2021. He began as the Chair in 2000 when it was called Project Service to Others and successfully supported applications from 19 community organizations.

In the fall of 2021, Hamilton Health Sciences received \$2,500 from RTOERO in support of the Art Therapy Program at St. Peter's Hospital. This program supports the mental health of patients recovering from strokes. The pandemic severely restricted visitors and the facilitators will begin the program when the hospital allows visitors.

On June 1, 2022, an application was submitted by Patricia Hickey, a District 13 member, for New Hope Community Bikes to support the Cycling without Age. This project uses motorized bikes (called trishaws) operated by volunteer pilots to provide rides for seniors in the community. The RTOERO committee meets in the fall to determine which districts will receive the \$4000 grants. Information will be posted on the website and be included in upcoming newsletters.

**Lee Hondronicols, Chair**



## Goodwill

The Goodwill Committee continued its focus to be flexible and creative in connecting with our retirees who are 80 years of age and older. Representatives sent cards, made phone calls and dropped off small gifts for milestone birthdays, performed gestures of kindness and expressions of condolences. These actions of caring, compassion and celebration helped support our members and increased RTOERO's positive profile with members. As pandemic restrictions were lifted, we resumed face to face events and visits, always respecting our Committee volunteers' and RTO members' circumstances and preferences. In Spring 2022

we resumed in person Goodwill Meetings and the next meeting is scheduled for October 6, 2022. Please feel free to contact our committee if you would like to attend the fall meeting or become a volunteer.

A donation was made to RTOERO Foundation in memory of our members who have passed away. We recently interviewed an 85-year-old retiree who graduated from Brock University with a Bachelor of Education (B.Ed.) Specialist degree with a focus on special education. You will see this interview in this newsletter.

Currently, the Committee is Co-chaired by Sharon Derkach and Toni Nanne-Little and we have 31 wonderful and dedicated reps. We are actively recruiting new Committee members as we are supporting almost 1000 members 80 years and older.

**Sharon Derkach, Chair**

**Toni Nanne-Little Co-Chair**



## Governance

The District 13 Governance Committee met regularly over Zoom for over 16 months to review and revise our District 13 Governance document (formerly the Constitution). The last Constitution was completed in 2017. The committee added an Appendix with definitions and links to other relevant important RTOERO documents.

Our last meeting occurred mid-July to review questions that arose when the document was presented to the District Executive in May. Further revisions were made and the document will come back to the District 13 Executive in September for final approval. A presentation of the approved document will be made to the membership at the Fall General Meeting and Luncheon. It will also be posted on the District 13 website.

Thank you to the members of the Governance Committee: President Catherine Maclsaac,

Lee Hondronicols, Inta Aldridge, Linda Sargeant, Doug French, & Joanne Weeks

**Joanne Weeks, Chair**

## Java Time

The 2021-2022 year has seen a remarkable growth in Java Time attendance. We started by gathering in-person at Williams' Cafe on Pier 8 for the months of September, October and November. The resurgence of Covid 19, brought us together on Zoom from January to April. Then, on June 1st, we were able to once again get together in-person at Williams'.

I would like to invite our District 13 members to join us this coming year on the last Wednesday of every month (except December); this year being, September 28th, October 26th and November 30th at Williams' Cafe on Pier 8 at 47 Discovery Drive. Complimentary coffee and muffins will be provided. All we look for is your attendance and your wonderful self.

Please note: Williams' Cafe has been chosen because the site provides us with outdoor and indoor facilities; a great asset for fighting Covid-19.

**Your Java Time Hostess,  
Gemma Monaco, Chair**

COME AND JOIN US TO SOCIALIZE WITH MEMBERS

WILLIAMS CAFE  
Pier 8 Park 47 Discovery Drive 10:00 – 11:30 a.m.

**JAVA TIME**

**District 13**

*Something for Everyone*

*The last Wednesday of every month (except December)*

September 28<sup>th</sup> - October 26<sup>th</sup> - November 30<sup>th</sup>  
Hosted By: Gemma Monaco

## Membership

RTOERO District 13 Hamilton-Wentworth, Haldimand had a membership total of 3,857 as of June 30, 2022.

The D13 Executive decided to recognize the 2022 Milestone birthdays with a certificate and a pin available from the RTOERO e-Store. Milestones are 25, 30, 35, 40, 45 and 50 years. RTOERO office provides printed certificates and District 13 purchases the accompanying pins. Those members who reached a milestone this year will be presented with their certificate and pin in person at the Fall luncheon. For those members unable to attend the luncheon the certificates and pins will be mailed out. This will be an ongoing yearly recognition and presentation.



**Joanne Weeks, Chair**

## Political Advocacy

The District 13 Political Advocacy Committee has continued to work on your behalf to ensure that the RTOERO Seniors Strategy key points to meet the needs of the membership are addressed. During the Provincial Elections local politicians were approached and made aware of our support of programs that included allowing seniors to age in place in their own homes by improving publicly supported Home Care, more improvements to Long Term Care, support for universal public pharma care with seniors getting the medications and treatments that they need with expense barriers removed for them and the support of programs to provide more senior health care experts such as geriatricians. We supported the Ontario Health Coalition in their campaign "No more seniors suffering CARE CAN'T WAIT Fix Long Term Care X I'm voting on it" by donating to the cost of the posters that were displayed throughout the city.

We made connections with like-minded groups in the city that included the Hamilton Council of Aging, United Way, City of Hamilton and were able to connect with local politicians on Zoom to discuss our concerns. Above all we knew that our members would vote for the candidates in their area that had heard our concerns and offered support.

In the Fall we will be working on presentations for the “International Day of Older Persons”. We will continue to use our established networks in the community for the municipal elections. We will be asking politicians what they will be doing to establish programs to curb elder abuse, provide instruction in the use of technology along with the provision of computers to seniors and promoting the rights of older persons to lead dignified, secure lives as equal members of society.

As a member of the RTOERO Advocacy Committee, I have been on numerous zoom meetings with politicians at every level promoting the RTOERO Seniors’ strategy, environmental stewardship and geriatric health care policies. Politicians are very aware of the shortfalls of Long-Term Care, needs of seniors for health care supports, alternative care such as Home Care and the barriers for seniors in our society. We are encouraging them to take action and give them our support with suggestions on how to make the daily lives of our members better.

**Inta Aldridge, Chair**



## **RTOERO Foundation**

The RTOERO Foundation has been in existence since 2011 and has supported many grants for geriatric projects and research.

Regular communication comes in the form of the “Embrace Aging” newsletter, webinars, Facebook posts under the title “End Isolation” and in “Liaison” and the “Renaissance” magazine.

District 13 is looking for a member who would like to share RTOERO Foundation information three times a year for our own Thirteenth World newsletter. Information is sent from the

RTOERO office with suggestions of articles to include.

**Joanne Weeks, Chair**



## **Recruitment**

All education employees are eligible to join RTOERO. Packages that included an Esprit booklet from RTOERO explaining about our programs, a flyer about who is eligible to join, political advocacy issues and a comparison of benefits programs were mailed to all school sites and board buildings in the Hamilton-Wentworth District School Board, all schools and board buildings in the Hamilton-Wentworth Catholic District School Board, all schools in the Haldimand part of the Grand Erie District School Board and the Brant, Haldimand, Norfolk Catholic District School Board, CUPE 4153 plus all of our private schools. They were also delivered to Mohawk College Academic Faculty Union and the Human Resources Department of Mohawk College. The Presidents of Mohawk College and McMaster University were also sent packages. Packages were also mailed to the Hamilton and Haldimand EarlyON Centres.

A Welcome Reception is being held on September 8th for all new retirees and new D13 members at the Dundurn Castle pavilion. Invitations were placed in the packages of the OECTA retirees at their retirement social. The Hamilton Elementary Teachers, OSSTF, CUPE 4153 and COPE all mailed the invitation out to their retirees for us. We just prepared the stamped envelopes. A total of over 200 altogether. An Email invitation will go out to new members of D13 in the middle of August.

**Joanne Weeks, Chair**



## Tours

All trips and tours were suspended in District 13 during the COVID-19 pandemic. Theatres cancelled performances beginning March 2020 and refunded all prior ticket sales. Indoor gatherings were most susceptible for spreading the virus. Even when performances resumed late in 2021, there were many cancellations and rescheduled performances.

The Tours Committee met on November 30, 2021, at the Rose Garden Restaurant to talk about what we could offer for our members. The biggest challenge for planning trips was the absence of a local charter bus company. The committee agreed to purchase tickets for Theatre Aquarius in the spring and offer them to our members at a significantly reduced price. The offer did not include a meal or transportation.



As a result of newsletter publication delays, information was posted on our new website and sent to all our members who have an email address. Less than half the tickets purchased were sold. The Tours Committee was aware that not only were we

providing half-price tickets but taking a risk to try to get our members back in a theatre. Despite the disappointing numbers, our committee is proud we supported a local theatre endeavour.

Joanne Weeks has resigned as the co-chair of Tours. We thank her for all her contributions to this committee.

The Committee will meet again in the fall of 2022 to talk about what we could offer in the spring of 2023. If you are interested in joining this committee or have some suggestions for next year, please contact me.

**Lee Hondronicols, Chair**  
**905-379-2614 100nickels@gmail.com**

## Communications: Website

District 13 Website – Refreshed!

Our District 13 website had a “makeover” in April!

RTOERO office has supported local districts in refreshing their websites to have an improved online experience and brand consistency.

The “new” website provides a better user experience, whether using a phone, laptop, or tablet. All district websites utilize a consistent template that provides improved security and AODA accessibility. In addition, it’s now easier for district “webmasters” to keep local sites up to date.

Check out (and bookmark!) our District 13 site:

<https://district13.rtoero.ca>

By clicking on the tabs at the top, you can easily access the most current “News”, “Events “Giving Back” items. In addition, there are several helpful links to other topics you may find interesting and informative.

Our local unit is committed to keeping the site updated with accurate and current news, events and photos.

This is just one more way to stay in touch with our members (in addition to our Facebook page, newsletters and emails).

**Toni Nanne-Little, Webmaster**



## Communications: Social Media

District 13 Hamilton-Wentworth, Haldimand has an active Facebook page. Over the course of this last year articles have been posted from the following sources: RTOERO, the RTOERO Foundation, Haldimand Norfolk Women's Services, Hamilton Council on Aging, McMaster Optimal Aging Portal plus locally created posts. More of our members are accessing our Facebook page.



We are looking for a D13 member to take over the Social Media position. The time involved is as you choose but less than half an hour a week.

**Joanne Weeks, Chair**



In January of 2022, there were over 17,000 members who are actively using the Member Perks program. During that month, members spent over \$18,000 on products advertised through the Member Perks program and saved \$7,000 due to discounts.

- During the last quarter of 2021, members spent \$216,000 on products and saved \$72,000.
- For 2021, as whole, our members spent \$853,000 on programs and services offered through the Venngo Member Perks program and saved \$243,000.

## There's Never Been a Better Time to Tackle Food Waste

Food waste accounts for about a third of greenhouse gas emissions and in developed countries, 40% of food waste happens in retail or our homes, so there's money being wasted too!

Making it your mission to tackle your food waste woes can help you save money and impact the environment.

### **Here are some tips:**

- Shop with a grocery list – purchase what you need for what you plan to eat.
- Avoid bulk buying if you don't need it – it's more likely something will go bad before you consume it.
- Split with friends! If you are bulk buying, divide among friends.
- Use all edible parts of the food – for example, the leaves of some root vegetables are edible, like beets.
- Keep veggie scraps to make broth. You can store them in a bag in your freezer.
- Bring older foods to the front of your fridge or the top of the crisper – use them first!







## RETIREMENT PLANNING WORKSHOP

### Sign up for a free workshop

Join us at a free retirement planning workshop to learn what you need to know about preparing for retirement. We'll help you get clear on your next steps.

Our popular and comprehensive session covers:

- Benefits of activating your free RTOERO membership while you're still employed
- Planning for your financial future
- Your pension
- Health benefits for retirees, including the advantages of group insurance
- Retirement insights from your peers

Our session is for everyone from the education community - whether you're retiring this year or considering retirement in the next few years

- Staff from private school, First Nations, public/Catholic schools, and school boards
- Early years staff
- Post-secondary faculty and staff
- Staff from Ministries of Education, education associations, student transportation



Visit [rtoero.ca/events](https://rtoero.ca/events) to sign up

In 2022 our sessions are being offered online. We will reintroduce in-person events when it's safe to do so.

## 2022 Retirement Trends in Canada's Education Sector

RTOERO's 2022 *future retirees* report is now available. It provides a snapshot of how people feel about their readiness for retirement, the information they need and how the pandemic influenced their plans. Highlights include:

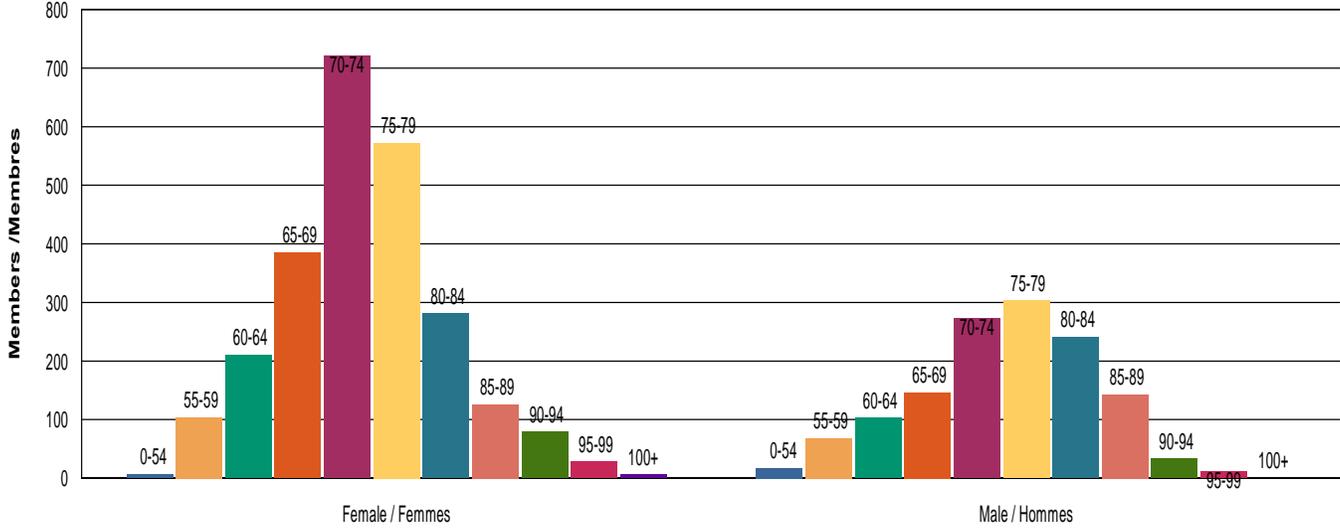
- The pandemic has accelerated retirement plans for some from the education sector. 30% of respondents told us they're either considering retiring sooner or have decided to retire sooner.
- Respondents said that practical to-do information is their top need for retirement planning.
- Most people feel they're emotionally ready for retirement.
- Learning remains a priority as people approach retirement. Wellbeing at work and personal growth top the list of topics of interest for pre-retirees.

The *future retirees* report captures input from more than 900 future retirees from Canada's education sector. 92% of respondents are retiring in the next five years. Find the full report on the website here: [rtoero.ca/2022-future-retirees-report-retirement-planning-in-a-pandemic](https://rtoero.ca/2022-future-retirees-report-retirement-planning-in-a-pandemic)

## Age Banding Report for Hamilton-Wentworth & Haldimand

### Membership by Age/Gender

Membres par catégories d'âge/de sexe pour



@Gender & @Categories

|              | Female / Femmes | Male / Hommes | Total        |
|--------------|-----------------|---------------|--------------|
| <b>0-54</b>  | 7               | 17            | <b>24</b>    |
| <b>55-59</b> | 104             | 68            | <b>172</b>   |
| <b>60-64</b> | 210             | 103           | <b>313</b>   |
| <b>65-69</b> | 385             | 146           | <b>531</b>   |
| <b>70-74</b> | 721             | 273           | <b>994</b>   |
| <b>75-79</b> | 572             | 303           | <b>875</b>   |
| <b>80-84</b> | 281             | 241           | <b>522</b>   |
| <b>85-89</b> | 126             | 143           | <b>269</b>   |
| <b>90-94</b> | 79              | 33            | <b>112</b>   |
| <b>95-99</b> | 28              | 11            | <b>39</b>    |
| <b>100+</b>  | 6               | 0             | <b>6</b>     |
| <b>Total</b> | <b>2,519</b>    | <b>1,338</b>  | <b>3,857</b> |



## IN MEMORIAM 2022 HAMILTON-WENTWORTH, HALDIMAND DISTRICT 13

RTOERO District 13 Hamilton-Wentworth, Haldimand wishes to honour and celebrate the lives of those members that we lost during the time period of January 2022 to June 2022.

Our thoughts and sincere sympathy go out to family, friends and colleagues.

Beverly Ann Allan  
Deborah Allan  
Dorothy Arnold  
Susan Barnard  
Lillian Bastarache  
Gary Birch  
Mary Jo Buist  
Donna Bujnowski  
Thelma Caffery  
Lois Chamberlain  
Margaret Cook  
Charlene Corsini  
Edna Cudmore  
Janice Davidson  
Dorothy Dent  
Paul DeRoo  
Dorothy Dorey  
Dorothy Elliott  
Frank Farley  
Donald Ferries  
Patricia Forsey  
Lorne Funnell

Margaret Glassgo  
Lynda Hill  
James Hobbs  
Lydia Holmes  
Barbara Jean Howard  
Lynne Hubbard  
Marguerite "Peggy" Hunter  
Victor Kadonaga  
Ellen Knapp  
Helen Knight  
Bernice Lezon  
Linda Lowrey  
Frances Lovett  
Thomas "Tom" Mackan  
Rose Mielko  
Valerie Millen  
Loverna Mills  
Walter Mulkewich  
Jeffrey Nichol  
Penny Nijse

Robert Root  
Arthur Sebastian  
Winnifred Sleep  
Raymond Smith  
Maria "Mary" Sobota  
Diane Stampfler  
Mary Ann Stechey  
Betty Steele  
Dr. Catherine Betty Stidsen  
Tony Strabac  
Jacqueline "Jackie" Tait  
Toshika Jean Tokiwa  
Hilda Turner  
Joseph Ward  
Moira Watson  
Martin Weddum  
Albert Willms  
Donald Bruce Young



We also mourn the loss of other members of our educational community who may not have been members of RTOERO. Our thoughts and sincere condolences go out to family, friends and colleagues.

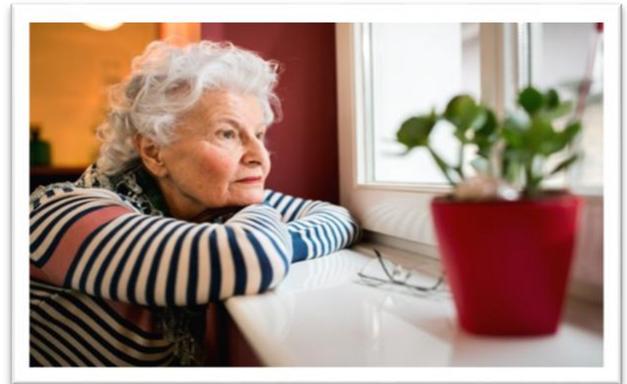
## COPING WITH GRIEF – RESOURCES THAT CAN HELP

More than 6.3 million Canadians are grieving a death because of COVID-19—that’s a lot of us. Add to that those of us who have lost loved ones from other causes, the compounding impact of saying goodbye amid gathering restrictions, the collective heartache we feel because of local and global tragedies, and the non-death-related losses we’ve experience- job loss, the end of relationships, the cancellation of valued programs, or closure of favourite local businesses. It’s a lot.

The good news is it’s possible to heal. Learning about grief, sharing our stories in supportive environments, and practising self-compassion and care are essential parts of the journey. Thankfully, there are many resources available to help.

### Grief support resources to check out

**Hospices provide support** for the entire end-of-life experience, from life-affirming care for palliative individuals to supporting their loved ones through the process of death and dying and the grief that follows. Often hospices will offer workshops, support groups, wellness therapies for bereaved people—and you don’t always need to have a prior connection to the hospice to join. It’s worth seeing what’s available at your local hospice.



**Healing with David Kessler, a new Spotify podcast** – David Kessler is a well-known grief expert. He’s behind [grief.com](https://www.grief.com) and the author of [Finding Meaning: The Sixth Stage of Grief](#). His podcast covers grief, trauma and perseverance. Most importantly, it will help you feel you’re not alone.

**Your local library** has many books available on grief, so if you’re a reader or audiobook listener, consider checking one out. Read reviews to find a book that sounds of most interest to you.

**Therapy** – one-on-one therapy is always a good idea—especially during tough times, like coping with grief and loss. You may be able to access a counsellor through your local hospice or faith centre.

If you are a member of [RTOERO’s extended healthcare plan](#), you have coverage for social work and psychology services.

This article was adapted from a recent RTOERO blog post. Find the full post here: [rtoero.ca/coping-with-grief-resources-that-can-help](https://rtoero.ca/coping-with-grief-resources-that-can-help)

## SINGLE-USE PLASTIC BAN BEGINS STAGGERED ROLLOUT



The sale of checkout bags, cutlery, straws, food service ware and stir sticks is prohibited in Canada as of December 20, 2023.

For several years, we've heard about the single-use plastic ban in Canada. Consultations have been ongoing and in June 2022 the government published the *Single-use Plastics Prohibition Regulations*.

We can expect to see some changes in packaging over the next year, and maybe you've already noticed it, as other local jurisdictions and companies implement their own bans. It's important to know that plastic straws for accessibility needs are excluded from the ban.

The manufacture, import, export and sale of the following six categories of single-use plastics will be banned by the end of 2025:

- checkout bags
- cutlery
- food service ware made from or containing “problematic plastics” (expanded or extruded polystyrene, polyvinyl chloride, oxodegradable plastic or black plastic made with carbon black)
- ring carriers (for 6-packs of cans for example)
- stir sticks
- straws

## A D V O C A C Y

Whether you're involved in RTOERO's collective advocacy efforts or not, you may be comforted to know that folks are advocating on your behalf and on behalf of older Canadians and Canadians of any age. Seniors strategy, geriatric healthcare and environmental sustainability remain RTOERO's key priority areas. Here's how to stay informed:

Visit the advocacy page of [rtoero.ca](https://rtoero.ca) – There you'll find copies of the summaries and positions for each of the priority areas, as well as the latest blog posts related to advocacy – go to [rtoero.ca/giving-back/advocacy](https://rtoero.ca/giving-back/advocacy)



**Volunteers for Communications Needed...**

**RTOERO District 13 Social Media**

Volunteers to help with District 13 posts for Facebook, Instagram and/or Twitter.

We are looking for a member to share information via The Thirteenth World about the **RTOERO Foundation**.

**RTOERO District 13 Newsletter – Editor**

There are three editions of the Newsletter. The editor needs a working knowledge of the Microsoft Word program for PC or Mac.

**RTOERO District 13 Political Advocacy Committee**

**RTOERO District 13 Goodwill Committee**

**RTOERO District 13 Newsletter Preferences**

Has your mailing address, phone number or Email changed since you joined RTOERO?

Please notify RTOERO Office 1-800-361-9888 or by email at: [membership@rtoero.ca](mailto:membership@rtoero.ca)

Those who do not have an email address on file receive their newsletter by **Canada Post**. **If you are already receiving the newsletter by Canada Post, you do not need to contact us about it, unless you wish to switch to an emailed edition.**

For more information, contact: District 13 President at [president13@districts.rtoero.ca](mailto:president13@districts.rtoero.ca) 905-317-5802

**Thirteenth World Publications:**  
**Next Submission Date:**  
**Monday, November 14<sup>th</sup>, 2022**

**This edition’s Editorial Committee includes:**  
**Lee Hondronicols, Catherine Maclsaac, Janet Kilgannon & Joanne Weeks**



**This edition’s editor, design and layout:**  
**Catherine Maclsaac**  
[president13@districts.rtoero.ca](mailto:president13@districts.rtoero.ca)  
**905-317-5802**



## DREAMS DO COME TRUE!



June 13, 2022 was a special day for RTOERO member Jackie Wilson. She walked across the stage to receive her Bachelor of Education (B.Ed.) Specialist degree with a focus on Special Education ... accompanied by a standing ovation.

Jackie graduated at 85 years of age and finally completed the degree she began in 1982. Just one more course was all she needed but it wasn't offered. Then the challenges in her life became more difficult. When her husband Pat had significant health issues, caring for him became her main focus. After 60 years of marriage, Pat passed away in 2019. Jackie had not lost sight of her goal to finish her degree. Just as she was ready to start, the COVID-19 pandemic presented a big obstacle.

The anxiety and stress she felt returning to school reminded her of the challenges many of her students faced. She was able to navigate new technology as well as her own significant health challenges with the support of family and Brock staff. Jackie is legally blind, experiences post-concussion syndrome and ambulatory challenges. She worked with Brock University Student Accessibility to access the accommodations needed to complete her degree.

*"Words are just so inadequate to express my sincerest gratitude."*

Anyone who knows Jackie knows that her love of teaching and learning is an inspiration. Pat Wilson (former Trustee and Chair of HWCDSB) and Jackie were presented with the Award of Merit for Distinguished Service to Catholic Education.

Jackie began her career in education in 1954 when she was 17. In her second year of teaching, there were 52 students in her grade 2/3 class. With a strong belief that all children can learn with support, love and encouragement, she helped many students develop and grow. Jackie was also a general learning disabilities teacher, a special education resource teacher, a speech correction teacher and an assessment remediation teacher before she ended a successful 24 years in education.

In 1985 Jackie was one of two teachers chosen to work with exceptional children. The goal was to fully integrate these students with their peers in their "home community schools". This became a model for educators and supported parents of children with special needs. Her brightest moment was seeing children with multiple exceptionalities and learning differences being accepted, parents involved and visitors seeing the magic happen in the classroom.

Jackie credits her husband and their four daughters (three have careers in education) for their unending support of her learning journey. In addition to her B.Ed. degree, she has a B.A. in Anthropology and received an award for the highest standing of all extension students in Social Sciences.

She continues to mentor both educators and those at the beginning of their career. "Teaching is my love and I wish I could still be teaching today." So, she continues to advocate for early identification, intervention, and implementation to champion special education. "Have empathy and compassion for the kids who are struggling. They can do so much." Jackie has combined her love of teaching with her love of learning. She has made a difference. "My bucket list is now complete," Jackie says.

*"Dreams really do come true!"*



Interviewed By: Sharon Derkach & Toni Nanne-Little

## It's Never Been Easier to Submit Insurance Claims!

Starting **Jan. 1, 2023**, the RTOERO policy will require you to submit your claims within **six months** from the date the expense was incurred.



- For example, if you had a massage on Jan. 7, 2023, you have until July 6, 2023, to submit your claim. Or, if you had a dentist appointment on March 1, you have until Aug.31.
- Expenses incurred on and before **Dec. 31, 2022**, must be received by **June 30, 2023**.
- For items such as eyeglasses or orthotics, the incurred date is the date the item was paid in full.
- For services such as massage or physiotherapy, the incurred date is the date the service was rendered.

Learn more about ways to [submit claims](#).

## Ways to Save on Your Fixed Income

With rising inflation, finding ways to save while still enjoying life is on many of our minds, especially those of us on a fixed income. We went into the RTOERO archives for some budget-friendly tips to help:

### **1) Make the most of your insurance plan**

Exploring your health coverage and ensuring it's serving you best is one of the ways to make sure you make the most of your retirement insurance.

You can read the other six tips in this blog post:

[rtoero.ca/how-to-get-the-most-out-of-your-retirement-health-insurance-plan](https://rtoero.ca/how-to-get-the-most-out-of-your-retirement-health-insurance-plan)

### **2) Explore discounts available to you through Venngo**

All RTOERO members have access to Venngo Memberperks. And so, be sure to set up your account and check out the app or website. You can save on purchases you make anyway.



Learn more here: [rtoero.ca/services/venngo-memberperks](https://rtoero.ca/services/venngo-memberperks)

### **3) Start a side-hustle**

Many RTOERO members start small businesses to supplement their income. You might sell items you make or offer services that others need—like BBQ cleaning; who likes to do that? Read tips for starting a successful side hustle in this Renaissance article:

[renaissance.rtoero.ca/starting-a-successful-side-hustle](https://renaissance.rtoero.ca/starting-a-successful-side-hustle)

### **4) Dive deeper with ongoing learning**

Check out the upcoming RTOERO webinar on Aug. 25, *Strengthening your financial capability throughout the retirement journey*. Go to [rtoero.ca/events](https://rtoero.ca/events) to read more and register.

**ATTENTION  
TO ALL NEW MEMBERS SINCE  
SEPTEMBER 2021**

You are cordially invited to attend a special  
**Welcome Reception**  
on Thursday, September 8, 2022  
at 10:30am at the Dundurn Castle Pavilion  
on York Boulevard in Hamilton.

*Please bring your lawn chair.*

Complementary lunch will be provided.  
We will be in touch by email  
about menu choices.

**All new retirees have also been invited.**

You may be on both of those list - new retirees  
and new members!

Looking forward to seeing you  
on September 8th.

**Joanne Weeks**  
Recruitment Chair



**WEDNESDAY SEPTEMBER 14, 2022**  
**Shotgun start: 8:30 a.m.**

Oak Gables Golf Course  
**COST:** \$ 70.00 per golfer  
includes shared cart & lunch

**Contact:** Erv Hildebrandt  
[ehildebrandt2@cogeco.ca](mailto:ehildebrandt2@cogeco.ca)  
905 – 869 - 0127

**DEADLINE FOR ENTRY:**  
**SEPTEMBER 7, 2022**

**An E-blast was sent out in August to all  
members and posted on the RTOERO  
District 13 website.**

## SPECIAL MILESTONE MEMBERS

At our RTOERO District 13 Fall Luncheon and Annual General Meeting, we will honour the RTOERO members who are celebrating a **Membership Milestone** this year. Those milestones are the following: **25, 30, 35, 40 and 45 years**. We do have members in all of those categories and we would love to see as many as possible at the luncheon. This will be an ongoing recognition of milestone membership.

Hope to see you there.

**Joanne Weeks, Chair**  
**Membership Committee**



**Certificates**

**You will find the Fall Luncheon Annual  
Meeting invitation in this Newsletter (page 25)**

HAMILTON-WENTWORTH, HALDIMAND  
DISTRICT 13



**KNOW YOUR HEALTH PLAN  
WORKSHOP**

**WEDNESDAY, OCTOBER 5, 2022**

**RTOERO District 13 plan members** are invited to attend a Health Plan Workshop which will provide you with the information, resources and tools you need to navigate your health plan with ease.

**WHERE:** St. Naum Church  
1150 Stone Church Rd. E.  
HAMILTON, ON L8W 2C7

**TIME:** 9:30 a.m. – 2:00 p.m.

**REFRESHMENTS & LUNCH PROVIDED**

**COST:** \$ 10.00 per person

To register, send your cheque payable to: **RTOERO DISTRICT 13** and include your name(s) who will be attending and if for medical reasons, specify dietary/allergy request to:

Jackie Aird  
508 Fifty Road  
STONEY CREEK, ON  
L8E 5T4

Another option to pay is by credit card on-line. Go to <https://district13.rtoero.ca> our website Scroll down to the bottom of the page and click on to: **Pay online for District 13 event/activity** You will need to contact Jackie Aird by email or phone with your name(s) and proof of payment.

**CONTACT:** Jackie Aird, Chair  
Benefits Committee

Email: [rtojackieaird@cogeco.net](mailto:rtojackieaird@cogeco.net)  
Phone: 905 630 7132

**REGISTRATION DEADLINE BY: SEPTEMBER 15, 2022**

## FALL LUNCHEON ANNUAL GENERAL MEETING THURSDAY, OCTOBER 13, 2022

**Location:** The Waterfront Banquet and Conference Centre  
555 Bay St. N., Hamilton, ON, L8L 1H1  
(905) 581-8823

**Time:** **10:45 a.m.** Social (Cash bar will be available)  
**11:00 a.m.** Annual General Meeting

- ◆ Presentation of the new Governance Document
- ◆ Membership Milestone Recognition
- ◆ Slate of Officers (Elected Positions)
- ◆ Introduction of New Executive

**11:45 a.m.** Welcome  
**12:00 p.m.** Lunch is served  
**1:00 p.m.** Guest Speaker: Detective Constable Philip Poirier  
Hamilton Police Service  
Information Session: Fraud/Scam  
**1:30 p.m.** Door Prizes

**Price:** \$25.00 per person (includes all taxes and gratuities)  
(RTOERO District 13 is subsidizing the price of each ticket.)

### Menu

*Rolls and butter*  
*Soup*  
*California mixed greens*  
*Apple Crumble & Tea, Coffee*

### ONE Choice of:

1. *Chicken Parmigiana, Seasonal Vegetables & Rosemary Roasted Potatoes*

**OR**

2. *Poached Atlantic salmon with honey mustard sauce, Mixed Seasonal Vegetables, Rosemary Roasted Potatoes*

**OR**

3. *Organic roasted Portobello lasagne layers of semolina pasta and zucchini, squash, spinach, goat ricotta, red pepper coulis and fennel tomato fondue*

*(Please specify your choice of 1, 2 or 3 on the form enclosed otherwise you will be served #1)*

**FALL LUNCHEON ANNUAL GENERAL MEETING REGISTRATION FORM**

Please complete the form on the bottom of this page, cut on the dotted line and send it with your cheque (\$25.00 p.p.) payable to **RTOERO DISTRICT 13** to:

**RTOERO District 13, Event Organizer  
82 Charterhouse Cr.,  
Ancaster, ON, L9G 4E5**

**Tickets:** Please pick up your name tag (ticket) upon arrival at the door. This is your admission to the dining room and will also indicate your menu choice.

**Cut on the dotted line below and send to above address before Oct. 6, 2022**

.....

Print Name: \_\_\_\_\_  
Print Name as it should appear on your name tag

Phone number: \_\_\_\_\_ Email: \_\_\_\_\_

(permission to use your e-mail for RTOERO information only)

Please circle one choice:

|                                  |   |  |
|----------------------------------|---|--|
| <b>#1 CHICKEN<br/>PARMIGIANA</b> | <b>#2 POACHED<br/>ATLANTIC<br/>SALMON</b> | <b>#3 ORGANIC<br/>ROASTED<br/>PORTOBELLO<br/>LASAGNE</b> |
|----------------------------------|---|--|

***(Please specify your choice of 1,2 or 3 on the form enclosed otherwise you will be served #1)***

If for medical reasons, specify dietary/allergy request:

\_\_\_\_\_



**CURLING BONSPIEL**  
**WEDNESDAY, NOVEMBER 2, 2022**  
**Check-in and preliminaries 9:00 a.m.**  
**Rocks crash at 9:30 a.m.**

**LOCATION:** Dundas Granite Curling Club  
24 Head Street  
DUNDAS, ON L9H 3H3

**TEAMS:** 4 players, - male, female or mixed  
At least one player per team must be an RTOERO member  
Top three teams earn major prize money  
Participation coupon for non-winners  
(Sponsored by Tandia Financial Credit Union & Johnson  
Insurance Home-Car)

**COST:** \$45.00 per player; \$180.00 per team  
Snacks and lunch provided

**REGISTRATION LIMITED TO 8 TEAMS**

To enter, send your cheque payable to: **RTOERO DISTRICT 13**  
and a list of your team mates

c/o Les Jarrett  
59 Effort Trail  
HAMILTON, ON L9B 0B7  
**CONTACT:** [1lpj45@gmail.com](mailto:1lpj45@gmail.com) 905 679 2014

**DEADLINE FOR ENTRY: OCTOBER 1, 2022**



## Travel Insurance Now Covers You For COVID

The travel portion of the Extended Health Care Plan now covers you for trip cancellation, interruption or delay benefits if you or your travelling companion have a positive test result, become ill or die due to contracting COVID-19.

Find detailed answers to the questions you may have about this improvement to our travel insurance on our [website](#)



Publication Mail Agreement Number 41871015

If undeliverable please return to:  
RTOERO District 13  
335 Moores Road  
YORK, ON N0A 1R0