

THIRTEENTH WORLD

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TALES OF HAPPINESS: Celebrating Our Pets!

In the last issue we asked readers to send in pet-related photos, stories, etc. Thank-you to everyone who responded—and we hope you enjoy them in this issue as much as the Editorial Team did reviewing them.

Didn't get a chance to tell us about your pet? It's not too late!

Consider sharing your pet-related photos and stories on our District 13 Facebook page, or at an upcoming coffee get-together, Fall Luncheon, or at one of our other events.

Details about these opportunities can be found inside this edition as well.



"Bear" Stringer

Starting with this issue, *Thirteenth World* will be moving to FOUR issues a year (September, December, March & June) making it even easier to provide you with up-to-date information. If you have any suggestions of other changes or things you'd like to see in upcoming issues feel free to contact the Managing Editor, Rob Stringer, at rob.stringer.editor@gmail.com.

NEXT ISSUE: "Remember When: Looking Back at Our First Years on the Job" Do you have photos or stories about those first few years on the job? We'd love to showcase "Then & Now" photos and hear stories of what you remember or learned over your careers. (Submission details are on the back page.)

Need to Change Your Subscription?

Check out the back page for information on updating your address or changing your newsletter format.

President's Message

By Inta Aldridge

Your team of Executive members have been busy during the summer of 2023 working on your behalf to bring to you coming events, luncheons, tours, member contacts and more. I want to thank them all for their dedication over the busy summer months and let them know that their efforts are greatly appreciated.

At the June Annual Meeting members voted on the slate of Executive members and I want to welcome the following members to their new positions:

Lee Hondronicols	Past President
Janet Kilganon	Second Vice President
Robert D'Alessandro	Citizenship Celebration
Rob Stringer	Marketing & Outreach Coordinator
	Retirement Planning Workshop
Anne Mageran	District Representative

(A complete listing of the District Executive can be found on page 23.)

This great team of members will continue to work for your benefit. Please do not hesitate to reach out to us if you have any questions.

We also had members who left their positions and I want to thank and recognize them:

Catherine MacIsaac has left the position of Past President
Graham Boyce is taking a leave from First Vice President
Danielle Chouinard from Citizenship Celebration
Linda Sargent from District Representatives

They all are still involved and ready to support all that our District does.

I want to encourage more members to join the many committees of District 13. If you go to the RTORTO website there is a *Volunteer Guide for RTOERO District Executives* that outlines what various committees do and I am sure that you would find something of interest to you.

Going forward into the Fall there will be our Fall Luncheon on October 26 and I hope to see you at the Waterfront. The menu and order form is in this newsletter.

On your behalf I will be attending meetings in Toronto and will be ready to communicate to you reports on what is happening.

We are indeed a vibrant community that initiates and accepts change for the benefit of our members.



District 13 President, Inta Aldridge
(on the Grand River Tour)

Dates to Remember:

- Sept. 6:** Welcome Reception for New Retirees and New Members from the Past Year
- Sept. 13:** Fall Golf Scramble
- Sept. 22:** "Coffee in Dunnville" Travelling Coffee Social Event
- Sept. 25:** Bob MacDonald Webinar: *The Future is Now!*
- Sept. 26:** *Les Belles-Soeurs* Tour
- Sept. 27:** Java Time (Lime Ridge Mall)
- Oct. 2:** Know Your Health Plan Workshop
- Oct. 3:** *Tastes of Toronto* Tour
- Oct. 12:** Goodwill Committee Meeting
- Oct. 25:** Java Time (Lime Ridge Mall)
- Oct. 26:** District Fall Luncheon
- Oct. 30:** *The Rocky Horror Picture Show* Tour
- Nov. 29:** Java Time (Lime Ridge Mall)
- Dec. 10:** *Pollyanna: The Musical* Tour

Details about these events can be found on the pages of this newsletter.
Enjoy!



RTO ERO

HAMILTON-WENTWORTH, HALDIMAND
DISTRICT 13

KNOW YOUR HEALTH PLAN WORKSHOP



MONDAY, OCTOBER 2, 2023

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**. Please include the name(s) of who will be attending and specify dietary/allergy requests to:

Jackie Aird
508 Fifty Road
Stoney Creek, ON
L8E 5T4

Another option to pay is by credit card on-line. Go to our website: <https://district13.rtoero.ca>
Scroll down to the bottom of the page and click on: **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
Phone: (905) 630-7132

REGISTRATION DEADLINE: SEPTEMBER 22, 2023

OUR PETS: A LIFETIME OF LOVE!

Members celebrate their family pets—past and present

Pets of my Youth

Submitted by Sheila MacLeod

I have a few wonderful memories, photos, and fun with pets over many years—horses and German Shepherds. Here I am at 80 with Rivergreen Shepherds and at ten years old on my first horse, Prince.



Caesar

Submitted by Sharon Derkach

My grandpup Caesar is a valued member of our family. He turned eight on June 15 and is sweet, loving, happy and just a very sociable boy. He loves to sit on the window sill at his home and observe the neighbourhood. We adore him.



Charlie

Submitted by Kevin Jones

This is Charlie. She's 18 months old now and definitely a "Mommy's girl". She follows my wife around everywhere. Charlie likes going for walks, sunning on the deck and chilling on the couch at night when we watch the Blue Jays.



Bear

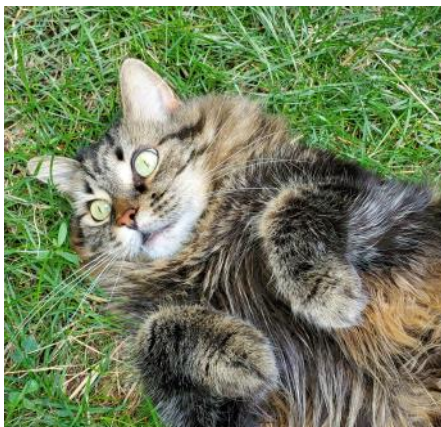
Submitted by Rob Stringer

Bear is our third rescue. Now 15, Bear should be slowing down, but no one told him. He loves his multiple daily walks, tummy rubs and cuddles, and is a constant source of joy in our lives.

Liliane

Submitted by Carolyn Taylor

My cat, Liliane, is 9 years old. I found her outside in March 2015. She was 5lbs and emaciated. Eight years later she is 18lbs and spoiled. I've also included a couple of coloured pencil drawings I did of Lili's eyes. (One shown)



The Visitor (Poem)

Submitted by Gloria Estabrooks

It's five o'clock in the morning, not even witching hour, but I feel the soft thud of her body as she jumps on the foot of the bed and I feel the slight sway, tiny indentations of the mattress, as each paw pads its way forward, till she finally sinks down beside my hip, her small black length pressed close against me like a second skin. But I don't open my eyes. Tentatively, always aware of her sharpened claws, I slide my hand down her back but under the comforter - a barrier- to protect unwary skin from the temperamental hiss that can come but doesn't this time and I am emboldened. But I don't open my eyes. I creep my fingers forward, out from their hiding, and stroke the soft thick fur my hand sinking into its velvet a good half inch deep and a liquid purr fills the air. But I don't open my eyes. I can see through my eyelids the sun's rays shining my bedroom walls to a brighter yellow, the corn flower blue stripes gaining power in contrast and -
I'm afraid to open my eyes
to see she isn't here
except in memory.



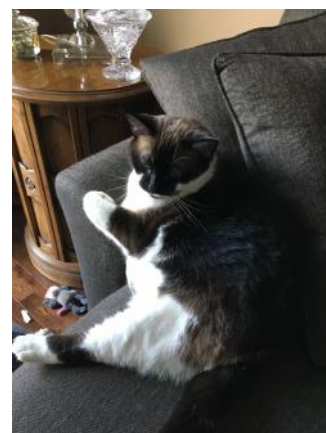
Bici

Submitted by Margaret (Peg) Dixon

This is my loving and very lovable companion. Her name is Bici and she was rescued about 8 years ago. She is very vocal and she likes to stay close. She is not rambunctious which suits my retirement life just perfectly.

Meet Our Afghan Hounds: Willow Victoria & Dimitrius Nikolai

Submitted by Derk Steenblik



Our Farm Dog Laddie

Hero of the Farm

Written by Jim Love



Photos of Laddie taken about 77 years ago, when Jim was just a boy.

Our farm dog died. He was old and we needed a new one. Mom checked the ads in our farm paper and wrote for a little collie pup. It came by train and we went to the station at Atwood to get it. He was beautiful and so small. He was mainly black with two white paws and a white spot on his face. We always wanted to get a collie dog because we thought they were the best cattle dogs and our farm dogs were always working dogs. We were going to train this one too.

I was a young boy at the time in the 1940's and this was going to be my favourite pet. The pup couldn't spend much time in the house. He lived in the barn or slept on an old sack in the woodshed. He was always ready to greet you when he heard the door from the house open. He would stay with you all the time. He would follow you to the barn and watch you work. When he was small I would take him for rides in my wagon. He would sleep with me in the hammock which was strung between two large maple trees on our front lawn.

Laddie learned quickly and was always ready to play too. He loved to run after the ball and return it to you so that you would throw it again. He learned to sit, stay and catch the ball in his mouth when you threw it. You could have a good tug of war with him. He held onto the rope with his teeth, growled and tugged, dug in with his paws and pulled the rope away from you.



One trick he learned that was exciting was when we pulled him up to the granary on a rope. The granary was below the hay mow on the barn floor. There was a door from it looking outside. We would drop a rope out it 15 or 20 feet to the ground call Laddie and get him to hold onto it with his teeth then we would pull him up the wall to the granary. Laddie seemed pretty pleased with himself when he got there and was pretty excited. Laddie liked to catch rats and mice in the barn. If we saw one running and would call him he would come quickly, sniff around, we would move a bag of grain, some hay or straw and the dog would soon catch the rat in his jaws, give it a couple of shakes and that would be the end of the rat.

Laddie's main job every day night and morning was going and getting the cows from the field and bringing them up to the barn for milking. I loved this job too. I could get on my horse and ride back the long dusty

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lane, through the ditch to the back field where the cows were, I would call Laddie “Let’s go get the cows,” and if the dog wasn’t with me he would come running from around the barn or house all excited to do his work. We would gallop full lilt back the lane as fast as could go. When we got to the cows Laddie knew it was time to be serious, he might bark once or twice then walk behind all the cows, nipping the slowest one if necessary and following them slowly to the barn.

Every spring the water in our ditch would rise to the top of the banks. We would have to have our horse swim across. Another trick we taught Laddie was to grab onto a rope with his mouth, the other end was tied to the saddle and the horse would pull the dog across the swollen ditch. When the dog reached the bank he would let go of the rope shake himself vigorously and run about happy with his achievement.

One year we got a dozen pheasant eggs and put them under an old clucking hen to hatch. She raised them as her own. When they grew mature we would sic Laddie after them. He would chase them and they would take off running and fly right over the barn roof.

Laddie became a hero the day he saved our hired man Charlie. About 5:30 on a dark and misty morning Dad called Laddie to go get the cows with him. The dog would walk along beside him but suddenly he ran away in the mist and headed for the barn. Dad wondered why, then he heard faint cries of, “Help! Help!” Dad started running to the barn.

Every morning it was our hired man’s job to water the bull. Charlie lived with us. He walked with a limp from some accident he had had. There was a water trough in the shed in the barn where the young cattle were kept in the winter. The bull was tied in a stall in the cow stable. Charlie hooked a wooden pole onto the ring in the bull’s nose to lead him to this watering trough. He had to pass through the horse stable to get there. This morning as he was leading the bull through the horse stable the bull bunted him up against the cement wall and Charlie fell down. He started calling for help and the dog heard him and raced for the barn.

Dad heard the calls and was running to the barn following Laddie. When he opened the stable door there was Charlie lying on the floor all bloody, the bull ramming him against the wall, butting him, the dog barking and biting the bull in the heels. The bull would swing his head and try and butt the dog, then swing back and butt Charlie again. Dad picked up a pitchfork and started jabbing the bull. Charlie was saved. The bull was tied back up in his stall. When all the blood was wiped from Charlie things looked better—he was scraped and bruised but the dog had saved the day. Our dog Laddie was a big hero. ♥



My Pet

A Metaphor for Life

Submitted by Ken Watson

My pet doesn't bring my slippers or the newspaper. She hasn't even learned to carry a stick.

My pet doesn't curl up in my lap and purr. She's never chased a laser dot around the floor.

My pet doesn't fill our space with chirps or songs. She is trying hard to learn though. After lessons we just watch TV.

You might call my pet a Service Pet. She brings calm to frazzled days. She thrills me with her casual elegance. I never enter the room that she doesn't come over to greet me. But her highest virtue is that she defends me and all my visitors, from summertime mosquito bites.

My pet doesn't wait for the bloodsuckers to whine into formation to interrupt our parties or musing with a book. She attacks them before they even get airborne. She gobbles them up in our garden pond. My pet is a goldfish! Actually, she had babies last summer; we have a whole family now.

They have to live indoors during the winter. But as soon as the ice melts in their summer home, they are anxious to get out on patrol. Long days make them fidgety, so I have to get the summer pad ready. The problem is that other neighbours like them too - but not the way I do. They want to eat them!

Racoons like Goldfish - the real ones, as well as the biscuits. As soon as I set my protectors in their guard house, the furry neighbours come calling. I've had to chase away a mother and her whole family that she was training to fish without a pole. We covered the pond with netting last past year. It went brittle and was broken by persistent attacks by the four-footed visitors. A house of straw. This year, I decided to try the other three-little-pig solution.

The idea was to provide hiding beneath a couple patio slabs. - they're cheaper than bricks. If a racoon knocks on the front door, they can hide under them or go out the back. Pots of water plants on the slab should hold it down if its own weight isn't enough. The building people have thin blocks to hold the slabs up a little more than the top-bottom dimensions of our gold fish and I've built desensitizing tunnels in the aquarium that they are using to cruise about the winter tank. So I've trained the smart ones for their summer digs. The trick was to get the slabs into place. You do know how much they weigh ... eh?



When the athletic helper at the Building Supply store boosted them into the car, I asked him. He underestimated, based on a Google search, but both were intimidating - About 80 lb, or 40 kg. But who counts? Once you pass 10, it doesn't matter. I hoped that this was sufficiently discouraging to the racoons, but it verged on being the same to me. Hmnnnnn.

I had gravity to assist in getting the slabs out of the car - it was crossing the patio and into place in the pond

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that was the challenge. Well you walk them, of course. Remember that? No. Not the pick up and stagger thing - the other way.

Yes I did recall the trick from a distant day in my yard and from the way that the Easter Island statues were moved, without wheels or rollers, from the quarry to the display site. Tip the slab vertically, lift one edge a bit and pivot the piece on the corner on the ground. Repeat by raising the side over the first pivot point and swing it forward. Clump! Clump! Clump! A kid could march it to the water's edge. But if that corner pokes a hole in the rubber liner in the bottom of the pond - Oops. Well if the blocks that will support the slabs are properly positioned, the slab corner could rest on them to walk into place. Ha! As it was written - so it was done!

Rainwater has filled the fish park now and we look forward to sharing time in the sun with our patient and vigilant friends. It is yet another reason for our grandchildren to visit - to share snacks with them - fish and family. After getting used to their new digs, our piscine pets readily come when called. Somebody in the tank is always watching and its flashes of reflected light quickly call the others to entertain. The kids only come in the daytime; the predators in the dark.

We do have to be mindful of the menu for barbecues on the patio. Hot dogs or maybe veggie burgers, perhaps a steak on a special day. Definitely not ... you know ... and chips. It's one of those intercultural gaffs to which we've learned to be sensitive. Our goldfish are a metaphor for the many-faceted life about us. Be sensitive to the needs and support of others. And my pet and her progeny respond, unconscious of the beauty they were born with and the bright spot they add to the tapestry within which we live. ♥

Java Time Moving Location!

Java Time, hosted by Gemma Monaco, previously held at Williams' Café, is moving! It will be going back to **Tim Hortons in the Lime Ridge Mall food court area** (999 Upper Wentworth St, Hamilton, ON).

Come join Gemma for coffee & Timbits on the last Wednesday of the month. Reception for Java Time will be held in the lower level of the food court—just look for the sign!

District 13 Online Resources:

District 13 Website:

<https://district13.rtoero.ca/>

Check out upcoming events, access the newsletter, subscribe to receive email updates, find email addresses for the Executive and more.

District 13 Facebook Page:

<https://www.facebook.com/RTOERODistrict13>

Another way to access current event information, photos, articles, and share your thoughts.

District 13 Classifieds:

<https://district13.rtoero.ca/classified/>

See opportunities, services, and items for sale, or post your own (free).

COME AND JOIN US TO
SOCIALIZE WITH MEMBERS!

~ JAVA TIME ~



Last Wednesday of the month:

September 27, October 25,

November 29

(Hosted by Gemma Monaco)

The Joys of Pet Rescue and Adoption

By Janet Kilgannon

There are plenty of ways to find a pet these days, whether through seeking out a particular breed or breeder, or giving a home to a shelter pet. The most important thing is the commitment to caring for and enriching that pet's life, just as they do for their people. My son, Brendan, his partner Nicole, and my two granddaughters Abigail and Paisley, have chosen to add two lovely dogs to our family.

Tatertot is a chihuahua mix, once found on the streets of rural Louisiana, and who was brought up here to Ontario as a rescued dog. He has always been sweet, timid, and endlessly tolerant. He has been dressed up, drawn on and danced with. This little rescue, otherwise unhoused and unwanted, fits into our family with ease. It took some slow introductions and a lot of learning about boundaries and care, but he quickly became a comfort to our little girls when they are upset. He is also a wonderful (though occasionally reluctant) playmate to our youngest.

Their second dog, recently adopted, was bred as a police and military dog, but was small and gently natured. He was felt to be best suited as a pet. Breeds like our Belgian Mallinois thrive with challenge and work. There was a conscious decision made, before he was brought home as a puppy, to devote the time and energy he needs to thrive. This would mean that his training sessions would have to include the kids, and all the other adults in regular contact with him (like grandma). An excellent trainer was involved, and agility sessions were added as success continued.

Our family discovered dock diving, a dog sport wherein the distance of a jump is measured from the dock to the dog, while they are tasked with retrieving a toy. The best part (for us) about this sport was how welcoming it was to the youngest handlers, and the confidence it gave them. Our often shy eight year old competed with Sig against adults of all ages - standing on a platform, her name blaring over a loudspeaker - as she focused on the task and handled the dog with poise and authority. Awards and medals soon came their way. And, our six year old jumped into a pool, without someone to catch her, for the very first time with the dog by her side.

Both dogs, with their unique personalities and strengths, came into our lives through different means. They continue to play an important role in making the girls who they are today (compassionate, brave, steady), and surely will continue to help develop their leadership and relationship skills in the future. And they daily teach us about loyalty, responsibility and love. ♥



Tilly's Tale

A Story of Finding a “Forever Home”

Submitted by Toni Nanne-Little

Let me introduce myself – I'm Tilly, and although I am not an RTOERO member, my human's Grammie is and she thought it would be a good idea to tell my story of how I came to live in the Hamilton area.

You see, my own mother was rescued from northern Manitoba but I came into this world as the cutest little puppy in my foster home. I'm a German Shepherd-Rhodesian Ridgeback mix (no one knew that at the time). I then was fostered by another human who lived in downtown Toronto near the Rogers Centre. They taught me how to sit, stay and “do my business” outside. My favourite time was when I went on car rides—my foster human did deliveries on the side and I got to see so many places in Toronto!

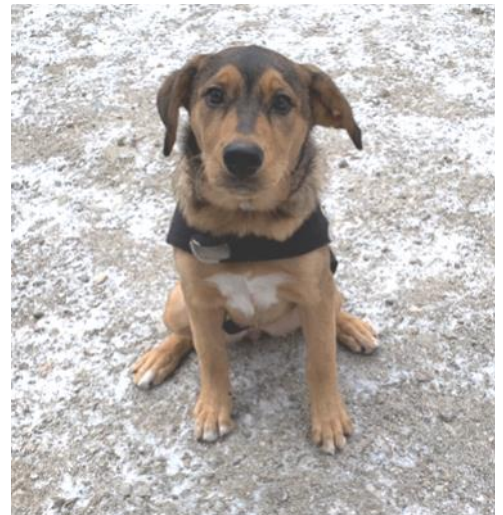
Just when I thought life couldn't get any better, my foster human took me for a walk to a dog park where I met another human family. I wasn't quite sure what to make of them. There was a little boy and a little girl (a bit older than the boy) and an adult mom and dad. We cautiously looked each other over, but then the little girl held out her hand and my amazing sniffing abilities told me that there was a treat in that hand. I quickly bounded over, knocked her down and gobbled up that treat! I'm not sure those humans were very happy with me at that moment as they seemed more concerned with the little girl rather than how cute, adorable and agile I was. But they stayed, did a lot of talking with my foster human, took me for a walk around the park ... but then left.

Imagine my surprise a week later when that human family came back to see me AND more treats!!! And, a new leash, a fancy pink collar and a chance to ride in a different car. Wow! I knew this was going to be a great day! My foster human kept rubbing my ears, talking to me and telling me that I was going to a new home with a bigger yard. My foster human put my favourite blanket in their car and waved good-bye! Road trip!!!

When the car stopped, there was a big house with a big yard, and so much grass. The little girl held on tightly to my leash but I kept pulling and bounding – there were so many new smells and things to look at. Finally, I made it to the front door and when I got inside, there were lots of toys, just for me. They soon led me to the backyard where I got to run around and “do my business”. They kept saying “good girl”. But that night, and for a few nights after that, I had a hard time sleeping. It was so quiet; I was used to the noise of the city. I kept getting up and wanting to go outside. I'm not so sure that my new humans were very happy with me. They seemed really grumpy in the mornings and sure drank a lot of coffee!

Anyway, life has been pretty good since those first few days. I get to go on walks three or four times a day and I meet so many other dog friends. I used to jump up on humans when I first met them, but I have learned that that's not a good thing. They don't realize that I am just so happy to see them. So now I just wag my tail and nuzzle up. That's working so much better – I get a lot more ear rubs now!

I hear humans say “it's a dog's life”. Yes, I have it made with my human family. I try to bring them giggles and joy every day and to show them how smart I am by learning new tricks (which gets me more treats!). I sure can feel the love of my humans. Life is good! ♥



RTOERO DISTRICT 13 FALL LUNCHEON THURSDAY OCTOBER 26, 2023

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

Time: **10:45am** Social (Cash bar will be available, along with one complimentary ticket)
11:15am Welcome, Introductions and Awards
12:00pm Lunch is served

1:00pm The Nashville Niagara Band

The popular Nashville Niagara Band will be presenting their joyful repertoire of 50's and 60's style Rock and Roll, Bluegrass, and both New and Classic Country music.

Daniel Flannigan and Tami Gosden are the charming vocalists leading a band that has performed for over 40 years in Hamilton, Stoney Creek, Grimsby, Port Colborne, St. Catherines, and throughout the Niagara Region.

Their visits to local performance halls, and to seniors living residences, are renowned and always well-received. All band members are from the Niagara area, each one hand-picked for their stellar talents, professional attitudes, and commitment to this wonderful music.

Get ready for this musical stroll down Memory Lane ... then door prizes!



Price: **\$15.00 per person** (includes all taxes and gratuities)
(RTOERO District 13 is subsidizing the price of each ticket.)

Menu

Rolls and butter
Carrot Ginger Soup
California mixed greens

Choice of ONE Entree:

Chicken Parmigiana
Poached Atlantic Salmon with Honey Mustard Sauce
Organic Roasted Portobello Lasagne

Chef's dessert (Roasted Pear), Tea or Coffee

***** Please submit the registration form on the next page when ordering *****

RTOERO DISTRICT 13 FALL LUNCHEON REGISTRATION FORM

Please complete the form on the bottom of this page, cut on the dotted line and send it with your cheque (\$15.00 per person) payable to RTOERO DISTRICT 13 to:

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

Cut on the dotted line and send to the above address before October 20, 2023

Upon Arriving at the Event:

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

Print Name: _____
Print name as you would like it to appear on your name tag

Phone: _____ **Email:** _____

Method of Payment (Select one): Cheque sent in mail ... or Cash at the door

Please circle ONE choice of entrée:

Chicken Parmigiana,
Seasonal Vegetables & Rosemary Roasted Potatoes
... or ...

Poached Atlantic Salmon with Honey Mustard Sauce,
Seasonal Vegetables & Rosemary Roasted Potatoes
... or ...

Organic Roasted Portobello Lasagne
(Layers of semolina pasta, zucchini, squash, spinach,
goat ricotta, red pepper coulis and fennel tomato fondue)

(NOTE: If no choice is indicated, you will be served Chicken Parmigiana)

If for medical reasons, specify dietary/allergy requests below:

Have Coffee, Will Travel

Traveling Coffee Socials a Success!

By Rob Stringer

If you recently noticed a large group of happy people smiling, chatting and enjoying coffee and Timbits, they just might have been members of District 13.

Starting with “Coffee in Cayuga” (May), then Stoney Creek (June), Ancaster (July) and Burlington (August), members gathered from all around to come out and socialize. For many this was the first RTOERO event they had ever attended. It was a successful outreach project that averaged over twenty members attending each event. Dunnville is scheduled for September 22 (watch for details). Interested in hosting a local RTOERO coffee social? Email Gemma Monaco at gemmaonaco@gmail.com.



Hitting the Links!

District 13 Spring & Fall Golf Scrambles

By Erv Hildebrandt & Joan Millard

The 2023 golf season began with our annual RTOERO District 13 Spring Scramble on June 14 at Oak Gables Golf Club in Ancaster. Under some clouds, sunshine and windy conditions approximately 50 golfers enjoyed a game of golf followed by a tasty luncheon and the awarding of prizes. We were very lucky to get the tournament, the lunch and the distribution of prizes concluded before the torrential rain started in the late afternoon!



With support from RTOERO District 13 everyone went home with something from our prize table. The skill prize winners were awarded to:

Lady's closest to the pin -Louise Takala
Lady's longest drive -Louise Takala

Men's closest to the pin – John Pyett
Men's Longest drive -John Susi

Team winners were:

Women's Division – with a score of +5

Bev Hamilton, Joanne Baguely, Judy Lees and Judy Popov

Men's Division - overall champions with a score of -7

Mike Sampson, Peter Ciegnar and Kevin MacLean.

Mixed Division – with a score of -5

Elaine Pilgrim-Susi, Louise Takala, John Susi and John Williamson

Congratulations to all our winners and thanks to RTOERO District 13. **Please join us September 13th for our Fall Scramble.** Once again RTOERO District 13 will be donating money for prizes but as an added bonus they will also be covering the cost of the luncheon for members!

Interested? Send your team entries to Erv Hildebrandt 249 Amberly Blvd Ancaster L9G 3Y4 (Note at least one person on your team must be an RTO member.)

Caring, Compassion, Celebration!

Goodwill Committee Update

By Sharon Derkach & Toni Nanne-Little

Our deepest gratitude goes out to the over 30 volunteers on our Goodwill Committee, who truly show caring, compassion and celebration in the work that they do. Supporting over 1000 members who are 80+ years young, this group of dedicated and caring volunteers send birthday cards, thinking of you cards, sympathy/ bereavement cards and holiday cards throughout the year. Some members bring small tokens for milestone birthdays, make a friendly visit or touch base with a telephone call.



The Goodwill Committee is always seeking more volunteers as the numbers grow on our 80+ years young lists. Not sure if volunteering is for you? A recent publication (RTOERO Volunteer Guide) listed six monumental benefits of volunteering:

- **Healthy body** ... *volunteering will keep you physically healthier, with fewer stress-related illnesses and help you live longer.*
- **Emotional health** ... *you will enjoy higher self-esteem and better mental health as a result of volunteering.*
- **New friends** ... *social interaction is key to a healthy lifestyle at any age and volunteering connect you with like-minded people.*
- **Sharp brain** ... *volunteering helps you learn new skills and maintain brain activity.*
- **Time affluence** ... *ironically giving away your time actually makes you feel less busy.*
- **Happiness** ... *those who volunteer are happier than those who don't because they are sharing their passions and feel they're making a difference.*

Please consider joining – your time and talents are welcomed and the experience is enjoyable, rewarding and makes a positive difference in the lives of the members we support...not to mention all of the benefits you will reap by volunteering! Orientation and support is provided. Want to learn more? Reach out to Sharon Derkach (sederkach@yahoo.com) or Toni Nanne-Little (toni.nannelittle@gmail.com) for more information or for answers to any questions you may have. **The next Goodwill Meeting is Thursday, October 12, 2023 at 10:00 a.m.** at 1St. Demetrios Greek Orthodox Church Hall – 27 Head Street, Hamilton, ON.

Note: We try our best to reach out to our members experiencing serious health issues/medical challenges and depend on you to keep us informed. All information is always kept confidential.



Roots of Empathy
Racines de l'empathie

rootsofempathy.org

Volunteer Opportunity:

Roots of Empathy is an award-winning charitable organization that offers empathy-based programming for children.

The Hamilton-Wentworth DSB requires volunteer instructors. Training is provided for this classroom-based program.

To learn more, contact Linda Kiriakopoulos, Early Years Manager (HWDSB) at 905-527-5092 ext 2234 or lkiriako@hwdsb.on.ca

2023 TOURS: We're On The Road Again!

Tours Committee Update

By Lee Hondronicols & Catherine Maclsaac

Thanks to District 13 members for making our first 3 tours so successful! Tickets for both Shaw and Stratford were completely sold out and we were able to support a private cruise on the Grand River. After three years without any District 13 Tours, everyone on the Tours Committee is energized and excited by the enthusiasm of all our members who participated this year.



Anyone interested in going to Stratford on September 26 to see "Les Belles-Soeurs", please contact Lee Hondronicols at 905-379-2614 to be added to a waiting list if there are any cancellations.

All our tours have been generously subsidized by District 13 funds to cover transportation costs and ensure our members are being offered the best possible prices. When you are ready to choose a tour, contact the Tour organizer by phone or email to ensure your name is added to the list. You will be contacted when the Organizer has received your cheque and your request is confirmed.

Looking forward to seeing more happy faces on these upcoming trips!
(Tour information / flyers are also available on the District website.)

Tour Organizer: Lee Hondronicols
181 Sterling St
Hamilton ON L8S 4J7

Phone: 905-379-2614
Email: 100nickels@gmail.com

Tour Order Forms

Tour 4: Tastes of Toronto | Tues. Oct. 3, 2023

Bus Tour to Cheese Boutique, St. Lawrence Market & Distillery District

- Nibble your way through Toronto and stock up on unique foods and delicious treats
- Our private coach stops at the one-of-a-kind Cheese Boutique and the St. Lawrence Market
- In the afternoon browse the unique shops and restaurants in the Distillery District
- Bring a cooler to keep your purchases cold – there is lots of room under the coach
- Approximate return time: 4:15pm
- Cost per person: \$20 (Includes bus / shopping time)

Reservation Deadline for Tour 4: September 14, 2023

Tour 4: Tastes of Toronto

Bus Departure: 9:00 a.m. (Andreychuk Arena), 25 Hester St., Hamilton)

Name: _____ Phone: _____ Email: _____

Seats @ \$20.00 _____ Amount: _____ (cheque payable to RTO District 13 Tours)
(RTOERO District 13 is subsidizing the price of each ticket.)



Tour Order Forms (Continued)

Tour 5: *The Rocky Horror Picture Show* | Mon. Oct. 30, 2023

The Westdale Theatre, Hamilton

- Based on a Broadway Musical of the same name
- A macabre musical comedy about a young couple who find themselves stranded, approach a castle to phone for help, but find themselves at the mercy of a cast of outrageous characters.
- Dress up is encouraged, but water guns, toast, rice, etc. are prohibited.
- Prize for Best Costume, door prizes, and complimentary refreshments!
- Cost per person: \$5.00 (paid at the box office on the day of the event)



Reservation Deadline for Tour 5: October 19, 2023

Tour 5: *The Rocky Horror Picture Show*, October 30, The Westdale Theatre

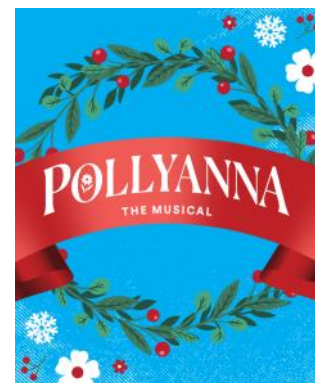
Name: _____ Phone: _____
Email: _____

Seats @ \$5.00 _____ (paid at the box office on the day of the event)
(RTOERO District 13 is subsidizing the price of each ticket.)

Tour 6: *Pollyanna: The Musical* | Sun. Dec. 10, 2023

Theatre Aquarius, 190 King Street, Hamilton

- Matinee performance: Sunday December 10, 2023 at 1:30pm
- Based on the classic 1913 novel by Eleanor Porter
- An uplifting tale of hope triumphing over adversity, and how the power of one young girl's positivity can, and does, change the people around her.
- Showcased at the 2016 "From Page to Stage" Festival in London, England
- Shortlisted for the Playwrights Guild of Canada – Best Musical
- The World Premiere of *Pollyanna The Musical* is not to be missed!



Reservation Deadline for Tour 5: November 10, 2023

Tour 5: *Pollyanna: The Musical*, December 10 at Theatre Aquarius in Hamilton

Name: _____ Phone: _____ Email: _____

Seats @ \$30.00 _____ (cheque payable to RTOERO District 13 Tours)
(RTOERO District 13 is subsidizing the price of each ticket.)

Notes From the Road ...

Tour 1 to Queenston Heights & Shaw's Musical "Gypsy"

By Janet Kilgannon



After three years of pandemic restrictions, District 13 members could once again board a bus and head off for an adventure. This inaugural return featured a Niagara trip on May 24, 2023. We boarded our luxury coach at the Hester Street Arena lot, and driver Steve took us to our first stop at Queenston Heights Park, with its impressive Brock monument and great view of the Niagara River. Lunch at the Queenston Heights restaurant was lovely, with its choice of steak, trout, chicken or nasi goreng (for the non-meat eaters). Then it was off to the Shaw Festival, where we were treated to a brilliant performance of the musical 'Gypsy', followed by a safe and happy return to Hamilton.

Many thanks to Lee Hondronicols and Catherine Maclsaac and their team for their great planning skills.



... and From the Water:

A Few Photos from Tour 2's Grand River Cruise

Submitted by Catherine Maclsaac



Our District 13 Website

A Great Way to Stay Up-to-Date

By Toni Nanne-Little

Our District 13 website continues to be a source of information for our members. It is updated regularly so that members can easily access information about upcoming events, meetings, and contact information.

New features this year include a monthly message from the District 13 President, Thought for the Month, a calendar of upcoming meetings and events as well as forms for registering for local events such as the AGM, Retirement Planning Workshops, Benefits Workshops, Tours Events, etc.

Along with the newsletter, e-blasts and Facebook page, the website is part of the communication efforts with our members. Be sure to visit the site to stay up-to-date with the good work and highlights of District 13 Hamilton-Wentworth, Haldimand: <https://district13.rtoero.ca/>



Access to All District 13 Committee Reports

A printed summary of District 13 Committee reports was made available at the recent AGM & Spring Luncheon in June. A digital copy (PDF) can also be found on the District website. Members without email can request a printed copy be mailed to them by contacting any member of the District 13 Executive.

Know Your Health Plan

Benefits Committee Update

By Jackie Aird

The virtual “Know Your Plan” held on June 27th had 121 registrants, and 63 attend. There were many great questions. The staff responded to 28 submitted questions.

Members never need to wait for workshops to speak with RTOERO Staff (1-800-361-9888) or our administrator (Johnson: 1-877-406-9007) to have their questions answered. If you have questions for the workshop October 2nd, please send them to me at jaid@rtoero.ca and I will forward them to the presenters.

The District 13 Benefits Committee looks forward to seeing you at the October 2 workshop.

ATTENTION! ATTENTION!

Le comité pour les enseignants retraités District 13 aimerait promouvoir des activités/rencontres pour nos membres francophones. Nous allons débiter avec un petit-déjeuner pour en discuter. S'il vous plaît, veuillez contacter Danielle Chouinard au 905-635-9051 ou daniellechouinard3@cogeco.ca pour plus de détails.

COLLECTING STAMPS

One of our District 13 members, Wuchow Than, is collecting used stamps in order to work with students in Stamp Clubs at several schools in our area.

We would ask you to consider saving them and mailing them to Wuchow at the following address:

Wuchow Than
123 Watson's Lane
Dundas, Ontario
L9H 6K9



District 13's First Complimentary Breakfast

An "80 and Over" Breakfast Celebration

By Liviana Sluga

On May 2, 2023 at 9:30 a.m. approximately 90 RTOERO senior members aged 80 years plus gathered at The Waterfront Banquet and Conference Centre for a delicious complimentary breakfast.

For seniors who needed and requested transportation, taxis were provided. In addition, volunteers who were called Angels helped those who needed assistance at the buffet table. Upon arrival everyone was offered a ticket for a free drink of mimosa. The atmosphere was very joyous!

Early in April, when the number attending was lower than anticipated, the committee put another plan of action in motion. We realized e-mail was not the favoured form of communication, thus phone calling was enacted. This proved to be very successful. The number of registrants went from 25 to 90! All thanks to these ten volunteers who began dialing and recruiting attendees. These volunteers (who were the Angels during the breakfast) did a superb job: Inta Aldridge, Graham Boyce, Anna DiFazio, Joe DiFazio, Lee Hondronicols, Janet Kilgannon, Catherine MacIsaac, Liviana Sluga, Ken Shoesmith and Joanne Weeks.

Surprisingly, when Ken Shoesmith (known to his colleagues as the Shoe) heard about this event, he generously volunteered his time to make phone calls. He described his experience as very rewarding! During his volunteering experience Ken recognized colleagues and in particular a former fellow graduate from teachers' college. Ken plans on continuing his contact with these District 13 members.

During the breakfast Joanne Weeks distributed milestone membership certificates as well as special milestone pins to several attendees.

In addition to a gift of chocolates for each attendee, 30 lucky seniors went home with a door prize. In recognition for being the most experienced member Eileen Brow was surprised with a beautiful bouquet of flowers.

Clearly, given the responses on the evaluation forms, this complimentary breakfast was a huge success!

Milestone Membership Presentation

13 Members Recognized

By Joanne Weeks

It was so exciting to see thirteen Milestone Membership certificates presented in person at the recent "80 and Over" Breakfast celebration. If you celebrated exactly 25, 30, 35, 40 or 45 years of membership in RTOERO this past winter of 2023 there is a certificate, pen and special pin for you.

Certificates and pins will also be presented in person at the upcoming Fall luncheon on October 26th at the Waterfront Centre. Please join us. If you are not able to attend certificates, pins and pens will be mailed out to you.



In Memoriam

February 2023– July 2023

By Joanne Weeks



RTOERO District 13 wishes to honour and celebrate the lives of those members that we lost during the time period of February 2023 and the end of July 2023.

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

James “Jim” Abbey
Steven Belovan
Betsie Butt
Kathryn Curran
Ann Fleming
Vienna Gail Hammond
Paul Hunter
Jacqueline “Jackie” Large
John “Jack” Long
Ian McNaughton
Gerald “Gerry” Padfield
Margaret Suter
Maryann Van Galen

Judith Ayako Allen
Wynette Blair
Jean Campbell
John Daymond
Brenda Gibson
Em Harley
Barbara Jantzi
Patricia Leclair
Diane Lumsden
Susan Nesbitt
Larry Pitz
Jean Symboluk
Mary Wallace

Walter Anderson
Isobel Blyth
Carmela Castellana
Nancy D’Olimpio
Gordon Greb
Shirley Heinbecker
Michael Korobka
Anna Leone
Malcolm MacPhee
Fred Neumann
Marvin Sheppard
Verna Tandan
Patricia Wettlaufer

Helen Barrett
Percy Brown
Donald “Don” Chappel
Beverley Farley
Isabel H. Green
Frances “Fran” Hickerson
Mildred Kozar
Rachael Liston
Anthony Mascarenhas
Adam Oberfrank
Mary Smith
Marjorie Tooke
Mary Wismer

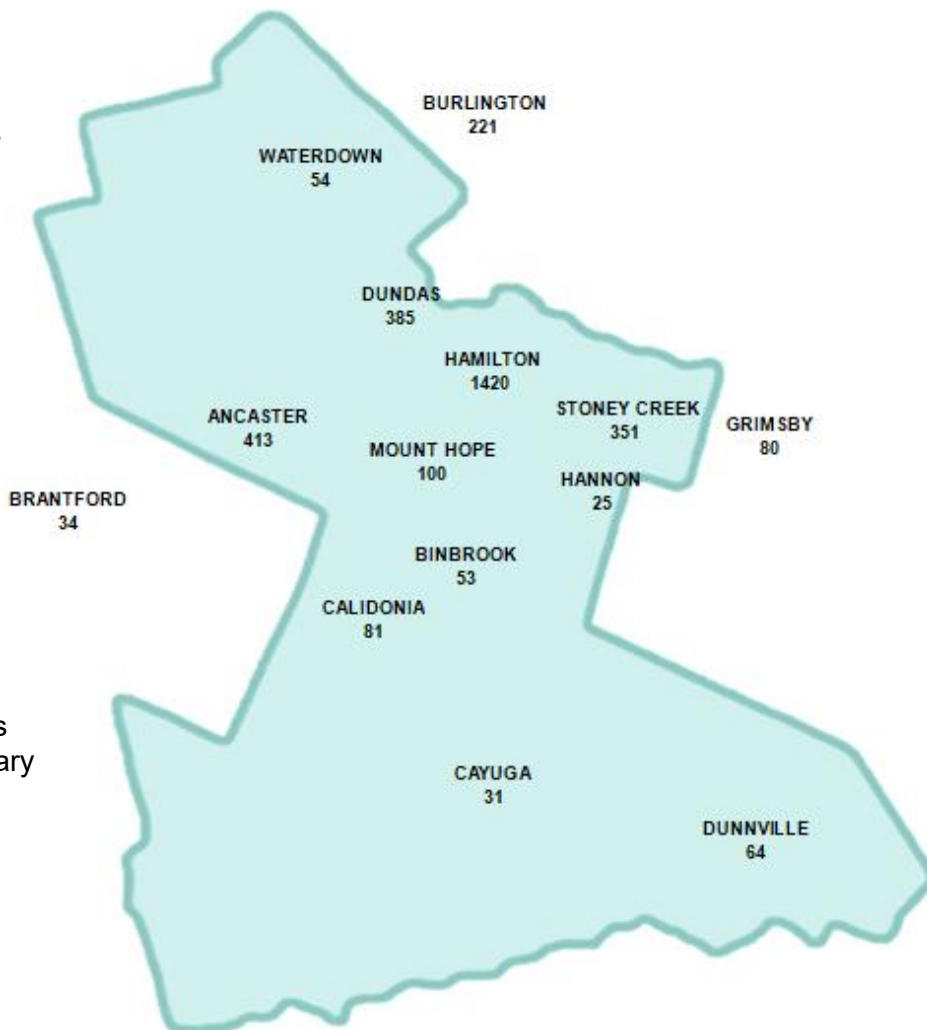
We also mourn the loss of other members of the educational community who may not have been members of RTOERO. Our thoughts and condolences go out to family, friends and colleagues.

Membership Spotlight A Visual Summary

Our members live in over 200 different cities & towns and multiple provinces. However, we have quite a few groupings of members in local communities.

This map shows the towns and cities that have more than twenty-five members living in them. (Note: The numbers can vary slightly month to month.)

If you’d like help organizing a local RTOERO meet-up or club in your area, contact president13@districts.rtoero.ca



The Future is Now!

Solving the Climate Crisis with Current Technology: A Zoom Event with CBC's, Bob MacDonald!

There is no shortage of energy on Earth. It falls out of the sky, blows on the wind, bubbles out of the ground, it literally grows on trees. And the good news is that the technology to gather it up already exists. This presentation is an update on the latest in clean energy technologies that will bring us into a new green industrial revolution. We will also see how beating the Covid pandemic provided a model of how science, technology, government support and public buy-in can solve an invisible threat to humanity. We can do it again with climate change.

DATE AND TIME: MONDAY, SEPTEMBER 25, 2023 - 1:30 - 2:30 pm.
(The presentation will be about 30 min., then Bob will take questions.)

You have several ways to register for the online presentation:

1. Visit https://rtoero.zoom.us/webinar/register/WN_heisXd7SQx-BAjjZg049HQ
2. Visit the District 13 website and click on the link there.
3. If you have consented to receive District email, watch for a message with information and a link to register.
(To opt-in to receive District emails, call the RTOERO Office at 1-800-361-9888 Ext. 223.)



Political Advocacy Committee Report

By Inta Aldridge

Locally I am on a planning committee to bring to you a presentation at Hamilton City Hall for the United Nations International Day of Older Persons. The theme this year is "The Resilience of Older Persons in a Changing World". Along with representatives that include Hamilton's United Way, the City of Hamilton, the Retired Federal Employees and the Council of Aging we are preparing to have speakers and displays on October 2, 2023 so watch for more news to come your way.



As a committee member on the Provincial advocacy committee I will be attending sessions in the Fall where training will be taking place and I hope to get some ideas on local projects that we can take on. Our goal is to be the trusted voice for seniors and contacts have been made with politicians at all levels of government.

If you have an interest in how politics is affecting you and what you can do please consider joining the Political advocacy Committee for District 13.



Bob McDonald

Bob McDonald has been bringing science to the public for more than 40 years. In addition to hosting Quirks & Quarks, the award-winning science program that is heard by 500,000 people each week, McDonald is also science correspondent for CBC TV's The National and host of the children's series Head's Up. He was also host of the CBC Children's series Wonderstruck. He has written and hosted numerous television documentaries and more than 100 educational videos in Canada and the United States.

As a writer, he has authored six bestselling science books, and contributed to numerous textbooks, magazines, and newspapers (including The Globe and Mail). His latest book, a Canadian bestseller, is The Future is Now: Solving the climate crisis with current technology. McDonald has been honoured for his outstanding contribution to the promotion of science within Canada. He has been awarded the Michael Smith Award from the Natural Sciences and Engineering Research Council, the "Sir Sanford Fleming Medal" from the Royal Canadian Institute, and the "McNeil Medal" from The Royal Society of Canada. He also won a 2008 Gemini Award for "Best Host in a Preschool Children's or Youth Program or Series". Bob lives and sails in Victoria, British Columbia.

District Executive

2023-2024

TABLE OFFICERS:

- | | |
|-----------------------|-------------------------|
| Past President | Lee Hondronicols |
| President | Inta Aldridge |
| First Vice President | Graham Boyce (on leave) |
| Second Vice President | Janet Kilgannon |
| Secretary | Anna DiFazio |
| Treasurer | Liviana Sluga |

COMMITTEE CHAIRS

- | | |
|-----------------------------------|---|
| Archives | Nancy Chiarot |
| Benefits | Jackie Aird |
| Citizenship Celebration | Robert D'Alessandro |
| Community Grants & Scholarships | Lee Hondronicols |
| District Meetings & Social Events | Liviana Sluga |
| Goodwill | Sharon Derkach |
| Goodwill | Toni Nanne-Little |
| Java Time | Gemma Monaco |
| Membership | Joanne Weeks |
| Political Advocacy | Inta Aldridge |
| RTOERO Foundation | Janet Kilgannon |
| Tours | Lee Hondronicols and Catherine MacIsaac |

MARKETING & COMMUNICATIONS

- | | |
|------------------------------|-------------------|
| Newsletter | Rob Stringer |
| Recruitment / Outreach | Rob Stringer |
| Retirement Planning Workshop | Rob Stringer |
| Social Media / Facebook | Sue Crawford |
| Website | Toni Nanne-Little |

DISTRICT REPRESENTATIVES

- | | |
|---------------|----------------|
| Jackie Bajus | Anne Mageran |
| Dave Curto | Leo Normandeau |
| Ralph LeFevre | Karen Walton |

For contact information, please visit the District 13 website at <https://district13.rtoero.ca/> or email questions, requests, etc. to president13@districts.rtoero.ca

Thirteenth World Newsletter

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Contributors

Carolyn Taylor
Catherine MacIsaac
Danielle Chouinard
Derk Steenblik
Gemma Monaco
Gloria Estabrooks
Erv Hildebrandt
Inta Aldridge
Jackie Aird
Janet Kilgannon
Jim Love
Joan Millard

Joanne Weeks
Ken Watson
Kevin Jones
Lee Hondronicols
Liviana Sluga
Margaret (Peg) Dixon
Rob Stringer
Sharon Derkach
Sheila MacLeod
Toni Nanne-Little
Wuchow Than

Layout & Design

Rob Stringer

Editorial Team

Janet Kilgannon
Joanne Weeks
Lee Hondronicols
Linda Sargeant
Rob Stringer
Sharon Derkach

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Not receiving the newsletter? To add, change, or confirm your contact information or subscription type (print / electronic) you must call the RTOERO Office at 1-800-361-9888 Ext. 223 or send an email to membership@rtoero.ca.

Next Issue: Winter (December)

Issue Theme: *“Remember When: Looking Back at Our First Years on the Job”*

Do you have photos or stories about your first few years on the job? We'd love to share your “Then & Now” photos, stories and/or what you learned over your career.

Submissions:

Please send all written and photographic submissions to:
rob.stringer.editor@gmail.com by October 31 for possible inclusion.
(High-resolution photos are best to ensure good quality in the print edition.)

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YORK, ON N0A 1R0