

THIRTEENTH WORLD

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Hobbies: The Secret to a Happier, Healthier You!

How much time do you spend on your hobbies? If you're like most people, likely not as much as you'd like—especially if you're still working. When life gets busy, it's often our leisure activities that pay the price as they are seen as less important. But research studies show that people with hobbies (activities done regularly during spare or leisure time for pleasure) receive many health benefits including reduced stress, enhanced well-being, improved social connection, mental health and more!



In the last issue we asked readers to share their hobbies with us. We thank everyone who responded, and have shared the responses inside this edition—and it's quite varied. While the Arts played a major role, other activities included volunteering, cooking and even astronomy and astrophotography!

Do you have a hobby you'd like to share? Consider sharing your stories at an upcoming Java Time get-together, the Spring Luncheon/AGM, or on one of our organized tours. Details about all of these opportunities can be found inside this edition as well.

NEXT ISSUE: "PETS" (See the back page for more information.)

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

As we move into the season of Spring, District 13 is looking at many events to come including our Spring Annual meeting in June, upcoming Tours and a Benefits workshop. We have had great turnouts and I am sure that even more members will be attending these great social events.

Your Executive is working on **three major goals** in this year:

The first is to have a two year plan that directs funds for the benefit of all members. We have a hard working Ad Hoc Committee that is looking at ways to use funds for our wide spectrum of members. Already, members have asked about setting up programs and workshops for special interest groups such as Horticulture, Art and Adventure Groups that would engage in activities such as hikes, exercise programs and presentations by local speakers. The call for members to share their hobbies was well answered and perhaps a group can also be formed out of a shared interest. There has also been interest expressed in the organization of some Pub Nights around the District.



District 13 President, Inta Aldridge

We all need to work on the second goal which is to recruit and grow the numbers of members in District 13. "Word of mouth" is the best way to let others know about RTOERO and the benefits of belonging. The more members that we have the more events and benefits we can offer. We want to show others that we are a vibrant, inclusive and appealing group of which they would enjoy being part.

Our third goal is to establish a mentorship program. We need members to take on roles to replace team members as they move on and we have vacancies. Our committees such as Political Advocacy are looking for additional new members. Do look at all of the committees that we have established (listed on page 19) and think about joining. We will welcome and guide you as you contribute your skills, knowledge and experience.

As always, please continue to contact any of the Chairs or Executive Members with your thoughts and ideas that you would like to share.

Nominations Now Open for Election of Table Officers

Elections for Table Officer positions will be held at the Annual General Meeting on June 1, 2023. These positions include: President, First Vice-President, Second Vice-President, Treasurer and Secretary. Office terms are for a period of one year.

Individuals requiring information about the protocol or requirements to run for office, or who are interested in being considered for nomination may email their interest in a position to the Chair of the Nomination Committee, Catherine MacIsaac (macisaac.catherine1@gmail.com) by April 15th. The Chair shall submit a proposed slate of nominees for elected office to members in attendance at the annual meeting.

Additional nominations for elected office may be made from the floor by District 13 members who are in attendance. In the event that more than one person is running for a position, each candidate will be given the opportunity to give a speech. Voting will be done by ballot by members in attendance.



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 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 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 Email: rtojackieaird@cogeco.net
Benefits Committee Phone: (905) 630-7132

REGISTRATION DEADLINE: SEPTEMBER 22, 2023

A Virtual event is also being held June 27. To receive details (via eBlast at the end of May) and have your name added to the list, contact Jackie Aird using the contact information above.

HOBBIES: Getting More Out of Life!

Ways Members Are Keeping Busy Before & After Retirement

Curated by Rob Stringer

When I was younger, I used to think retirement was a time to slow down and put your feet up. But when I ask retirees how they fill their days, many share they are *busier than when they were working!* The main difference is that they are now free to pick and choose their activities, and select the ones they love and/or bring them a sense of meaning. These three members are no exception ...

Robert “Bob” Morrow



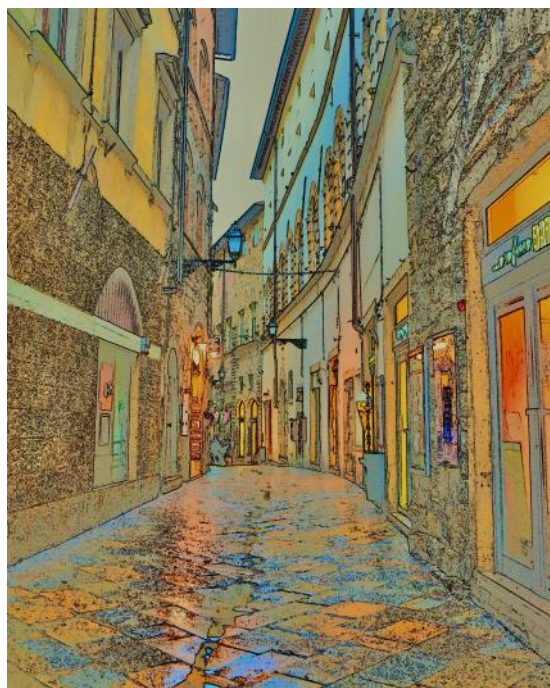
Following a great career of 32.8 years in education, I retired and took on a job with Ontario Agri-Food Education. From there I was approached to take on the leadership role in a project to send tomato seeds into space (research for the Mars journey) and to use them to educate students about space exploration. The project reached almost 3 million students before I “retired” again.

However, one of the areas that was still a “blank” for me was the creative side. As RTOERO member Rob Roi would tell you, this was not my strong suit! Even his print-making class at night school was a challenge for that side of my brain. However, I have been experimenting with the camera and recently had my third “show” of photography.

I happily share with you some of this “creative” work with the camera. Note that none of these photographs involved the use of Photoshop—they are photographs right off the camera using a variety of different settings. I mount them on canvas and on metal for different effects.

For example, the one of the church is absolutely stunning on high-definition metal.

Enjoy! Some of the areas you might even be able to recognize.



Inta Aldridge

I have a multitude of hobbies including cat breeding, art (all media), photography, crafts, knitting, crocheting, jewelry making, beading, floral arrangements, weaving and now I am trying macrame.



To hone my skills, I took classes from Mohawk College on drawing. Here is a landscape and a lady wearing a Latvian costume that I just finished.

This is Corry, our latest addition. Breeding registered Siamese and doing cat shows at times has been both a hobby and a mission to produce beautiful companion pets for people .

Finally, it amazes me how just with a few strokes suddenly a chick appears, when practising my Chinese brush painting.



Rob Stringer

If you ask my wife about my hobbies, she'll likely roll her eyes. All my life, my mantra has been, *"So many things to learn, so little time!"* Since my 20's, I've enjoyed wood working, watercolour painting, canoeing, gardening, photography, programming, travel and the list goes on. However, the activities that have remained constant during my working life and into retirement have been cooking, reading and professional coaching.

At one time, I wanted to be a chef, so did my culinary training at George Brown College. Although my career path changed directions, the skills and training have been a blessing, and allow me to explore and cook cuisines from around the world for family and friends—bringing me great joy (and a few extra pounds). LOL.

Years ago, a good friend of mine squealed with delight when I showed her a photo of my home library—complete with spine labels (like a regular library). When you love reading and own as many books as I do, you need to keep them organized. (Ok, maybe I'm a bit of a geek.)

My other passion (turned second career) is life coaching—completing a year and a half long course and certifying through the International Coach Federation (ICF). In addition to teaching for 30 years, supporting youth & families through my professional coaching practice for almost 20 years has been extremely rewarding. With clients around the world, I meet so many interesting people. I also run workshops, and speak at schools and organizations.

Oh, did I mention, that I recently added astronomy & astrophotography to the list?

"So many things to learn, so little time!"



When History & Hobbies Unite

Helping to Bring History Alive Through Volunteering

by Rob Stringer

One of the activities I loved while teaching was *field trips*—a chance to bring learning alive, especially when visiting historical sites and conservation areas. Although I never found the time to volunteer while working full-time, retirement brings new opportunities to still bring learning alive for students and visitors as a volunteer! Below are a few venues within a short drive of Hamilton you might consider checking out.

Haldimand County

Haldimand County Heritage and Culture offers many volunteer opportunities for youth & adults alike. Contact venues via phone numbers below or email museums@haldimandcounty.on.ca

Heritage Centre (Cayuga)

Phone: 905-318-5932 ext. 6613

Wilson MacDonald Memorial School Museum

Phone: 905-776-3319

Ruthven Park National Historical Site (Cayuga) offers a wide array of volunteer opportunities including gardening, research, educational programs and special events. Visit <https://www.ruthvenpark.ca/volunteer> for details.

Cottonwood Mansion Museum (Cayuga) is a 19th century mansion rich in heritage and culture with many different volunteer opportunities to choose from depending on your level of interest and skill set. These include tour guide, historical garden, education & camps, interior and exterior maintenance, housekeeping and special events. Visit <https://cottonwoodmansionmuseum.com/volunteer-cottonwood> for details.

Burlington Historical Society

The Burlington Historical Society (BHS) is a registered charity, founded in 1899 and has been serving the community for over 50 years as an affiliated member of the Ontario Historical Society. BHS will provide full training and the opportunity of meeting like-minded people interested in the history of Burlington and serving our community. Want to be part of the action? They are always looking for speakers, presenters, interviewers, help with archives and research, writers and editors, committee members and leaders. Visit <https://burlingtonhistorical.ca/get-involved/volunteer/> or email info@burlingtonhistorical.ca for more information.

To find additional opportunities, simply search “volunteer opportunities” and the name of the desired town/city in your favourite search engine.



The HWDSB Archives

Another Great Place to Volunteer

By Hal Hillgren, Manager HWDSB Educational Archives

The Hamilton-Wentworth District School Board Educational Archive & Heritage Centre acts as a resource and museum for school memorabilia, artifacts, photographs, documents and other items for Hamilton and Wentworth County Public Schools dating back to the mid-1800s. It began in 1988 and has grown exponentially since. With holdings in the many thousands, it's one of the largest repositories of its kind, and a testament to the dedication of staff, students and members of the public towards maintaining and preserving the heritage and history of education in Hamilton and surrounding areas. The Archive is also responsible for maintaining the historic Mohawk Trail Schoolhouse, located in back of the HWDSB Board Office.



Archives Volunteer, Miriam

Although it's easy to think of us as simply a repository, one of our greatest efforts is fulfilling the deluge of research requests we receive on a near-daily basis. While we do assist directly with school requests for reunion events, closings and other occasions, most of our research is undertaken for the public. Individuals contact us by phone or by submitting a request form available on our website. Miriam Oda is one of our many volunteers, and is currently responsible for handling these requests. She will utilize the many resources that we have at hand, such as attendance records, yearbooks, class photos and other memorabilia. After a thorough search is done and all sources have been utilized, Oda will write up a final report to be emailed or mailed to the recipient.

"Over the years, we've had a lot of really interesting requests," said Oda. "On one occasion, we received a letter from a woman in England who had lived in Hamilton for nine months circa 1950, but couldn't remember the school she attended. After some deep digging, we were able to find her attendance records from the Mohawk Trail Schoolhouse and provide her with a link back to her childhood."

Research is just one of the many aspects of the Archives, and there is always something new to discover and explore. We are always looking for new volunteers, and welcome contact by phone or email from any interested parties: 905-527-5092 ext. 4585, or archives@hwdsb.on.ca.

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.

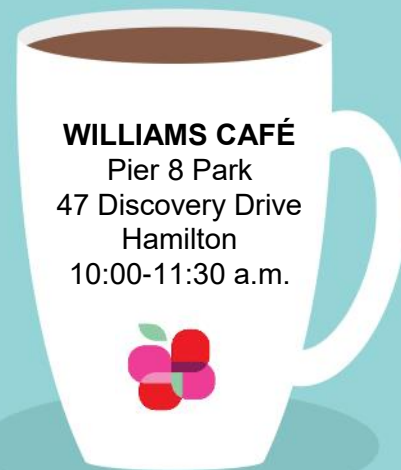
District 13 Classifieds:

<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 ~



WILLIAMS CAFÉ
Pier 8 Park
47 Discovery Drive
Hamilton
10:00-11:30 a.m.

Last Wednesday of every month:

April 26, May 31,
September 27

(Hosted by Gemma Monaco)

Ready, Set, BAKE!

Homemade Flaky Buttermilk Biscuits

By Rob Stringer

I have always enjoyed cooking, but baking seemed too precise for my liking. However, I've learned that there are many recipes that taste amazing and are very forgiving—especially for novice bakers. These buttermilk biscuits are one of those recipes! You only require 6 ingredients and is ready in about 35 minutes!

Ingredients

2 and 1/2 cups **all-purpose flour**, plus extra for work surface
2 tablespoons **baking powder** (it seems like a lot but it's right)
1 teaspoon **salt**
1/2 cup **unsalted butter**, grated (with a coarse cheese grater)
1 cup + 2 tablespoons cold **buttermilk**, divided
2 teaspoons **honey**

Instructions

1. Preheat oven to 425°F.
2. Place the flour, baking powder, and salt together in a large bowl. Whisk until combined. Add the grated butter and blend with the flour mixture using a spoon or your hands.
3. Make a well in the center of the mixture. Pour in 1 cup buttermilk and drizzle honey on top. Gently mix everything together with a large spoon or rubber spatula until it just begins to come together. Do not overwork the dough.
4. Dump everything in the bowl onto a lightly floured work surface and gently bring together. The dough might get sticky, so have extra flour nearby for your hands and work surface.
5. Using your fingers or a floured rolling pin, flatten into a 3/4 inch thick rectangle. Then fold one side (1/3) into the center, and repeat with the other side. Turn the dough a quarter turn. Repeat gently flattening into a 3/4 inch thick rectangle and folding two more times. Then flatten one last time into a 3/4 inch thick rectangle. (Don't worry if it's not perfect.)
6. You can cut these out with a round 2.5" biscuit cutter, but I recommend keeping it simple—just use a large knife to cut into 12 approximately equally-sized pieces. (I divide the long side of the rectangle in four (half, then half again), and then the short side in three making a 4x3 grid with my cuts.)
7. Arrange on a cookie sheet (line with parchment paper if worried about sticking) or use a 10-inch cast iron pan. I space my biscuits out, but some people prefer them touching.
8. Brush the tops with remaining buttermilk.
9. Bake for 15-20 minutes or until tops are golden brown.
10. Remove from the oven and enjoy warm.

You can store these in a container at room temperature or in the refrigerator for up to 5 days ... if they last that long!

Want to share a favourite recipe with members? Send it in!

A Few Tips:

Cold Butter. Butter directly from the fridge (or freezer for a few minutes) is easy to grate and holds its shape until it melts during baking. The result is biscuits that are airy and flaky on the inside while crisp on the outside. Unsalted is best, but if you only have salted, simply reduce the amount of salt you add to the recipe.

Buttermilk. Buttermilk helps create a tender biscuit! If you don't have buttermilk on hand, simply add a couple teaspoons of white vinegar to regular milk, stir and let stand for 5 minutes.

Be Gentle. Over-mixing biscuit dough results in tough, hard, and flat biscuits. Mix the ingredients together just until combined. Somewhat crumbly dough is ok.

Folding. Folding creates additional layers of butter in the dough. Folding in half is fine, but thirds is faster at building layers. Careful not to add too much flour as you roll / flatten.

Clean Cuts. If using a biscuit cutter, don't twist the cutter, as it seals the edges and can prevent a good rise. Simply press down firmly then lift up. Same with a knife—avoid a sawing motion, just press straight down.



Caring, Compassion, Celebration!

Goodwill Committee Update

By Sharon Derkach & Toni Nanne-Little

The Goodwill Committee continues to do its best to reach out to the over 1000 District 13 members who are 80+ years young!

The 31 volunteers on the committee send birthday cards throughout the year and holiday cards in December to send best wishes on behalf of all our members. Milestone birthdays – 80, 85, 90, 95 and beyond – are also recognized in a special way with a card, phone call, visit or a little something delivered to their door.

Goodwill members also provide a caring note of support when a member is seriously ill, as long as someone on the committee has been made aware. A donation is made to the RTOERO Foundation and a sympathy card sent in recognition of bereavement.

Deepest gratitude goes out to the committed and enthusiastic members of the Goodwill Committee who, as volunteers, truly show caring, compassion and celebration in the work that they do.

Is it making a difference? Yes! Here are some recent notes received:

“I was just lying around recuperating from Covid when you arrived at the door. Thank you so much for the cookies—that was a real treat and it sure picked me up! I guess being 85 isn’t so bad after all.”
(From B. R., recently celebrated 85th birthday)

“Now that I have your email address (from the Newsletter), I just wanted to thank you for my Christmas and Birthday cards. Although with the latter, I’m hoping to forget the years flying by! Thank you again for your thoughtfulness in sending out these cards.” (From J. W., 80+ member)

“I recently called one of my people on the actual day of her birthday and dropped in, expecting to just wish her well and hand her the goodies and card...but she invited me in. Almost 1½ hours later, a glass of sherry and exchanging life stories, I left. It was a most positive experience for me and her ... and I may soon be a spare in her bridge group! We may not hear from all those on our list, but just that one person helped me feel that all we do is worthwhile.” (From S. C. Goodwill Committee volunteer)

As a District, we try our best to reach out to our members experiencing serious health issues/medical challenges and depend on you to keep us informed. Please don’t hesitate to reach out to Goodwill Committee Co-Chairs Sharon Derkach (sederkach@yahoo.com) or Toni Nanne-Little (toni.nannelittle@gmail.com) if you know of an RTOERO members facing such challenges. All information is always kept confidential.

The GOODWILL COMMITTEE is currently seeking additional volunteers as the number of our members 80+ years young increases. 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. Contact Sharon Derkach (sederkach@yahoo.com) or Toni Nanne-Little (toni.nannelittle@gmail.com). Orientation and support is provided!





Powwows: How to Find One Near You and Participate

Written by **Shaneeka Forrester**

(Cree artist, mother and advocate from Brunswick House First Nation, planting roots in Simcoe County, Ontario.)

Many events across Turtle Island celebrate and highlight Indigenous culture. You may wish to participate to learn, observe and support the communities putting these events together. One major event that you may find yourself wanting to attend is a powwow. With its powerful drumming and beautifully intricate outfits, a powwow is a popular event drawing in attendees from across Turtle Island. However, it's important when attending a powwow to be mindful of your position as a guest and respect the event.

Powwow season usually starts in March and goes until September. There are exceptions and powwows that happen outside of these months, but the majority will take place during that time frame. There are two types of powwows: competition and traditional. People travel from across North America to attend competition powwows. Some families spend the winter brushing up their skills and rejuvenating their outfits, then travel along the powwow trail all season. Dancers and drummers are eager to showcase their skills and win a coveted position while representing their community. Traditional powwows tend to have a calmer pace to them. They still bring out a large crowd and many participants, but no one competes. There is usually a feast partway through the powwow and a giveaway at the end where everyone receives a small item. After the giveaway, there is an intertribal dance where everyone is welcome to participate and give thanks for their item.

A powwow is an exciting and immersive event to attend. There are many ways to find a powwow. They are usually listed on community boards at friendship centres. Many communities across Turtle Island have social media accounts that they use to connect with band members, this is another place to find powwow listings. They can also be found on some websites like *canadianpowwows.ca* and *powwows.com*. Another popular way to find out about these gatherings is word of mouth, by connecting to communities and the people that live within them.



Things to keep in mind when attending ...

DO:

- Remove your hat and stand for Grand Entry.
- Participate in dancing when invited to do so (Intertribal).
- Politely ask questions.
- Ask before taking pictures of dancers and drummers.
- Shop Indigenous vendors and try Indigenous foods.
- Offer tobacco to dancers or drummers if healing is needed for yourself, your family or a community member.

DO NOT:

- Call dancers' outfits costumes; use "outfit" or "regalia."
- Attend a powwow under the influence of drugs or alcohol.
- Touch a dancer's outfit/regalia.
- Touch or sit around the drum unless invited to do so.
- Walk through the dance arena.
- Mock or imitate dancers or drummers.

Remember to have fun! A powwow is a celebration of Indigenous resistance, strength and culture. It is a wonderful event to experience and be welcomed into.



Words to Know ...

Powwow: Indigenous community event with many components but highlights Indigenous drumming and dancing.

Drummers: Individuals that drum and chant songs.

Dancers: Individuals in outfits/regalia dancing around the drums

Intertribal: A dance that welcomes all people at the powwow to join.

Sacred fire: A fire that will burn for the duration of a powwow and be tended to by individuals known as "firekeepers." Individuals are welcome to go to the sacred fire and make an offering of tobacco, cedar, sage or sweetgrass. The firekeeper will be able to assist if and when needed.

MC: Master of ceremony will use a sound system to announce dances, specials and introduce drum groups. They are the ones that share knowledge, traditions, stories and jokes with attendees.

Elders: Older individuals appointed by their community to share wisdom and knowledge.

Grand entry: The main entrance of dancers into the circle to start the powwow. Grand entry usually starts at noon, and there will be another one after the dinner break. Individuals must stand for grand entry and remove any hats or headgear that do not have an eagle feather attached.

Outfit/Regalia: These are the clothing worn by dancers when they dance. There are many different styles of dance, and each outfit has different components. We must not refer to these as costumes because that is disrespectful to the dancers. Using the words outfit and regalia is acceptable.

Eastern doorway: The entrance to the powwow grounds is set in the eastern direction. This is where dancers enter and exit the powwow.

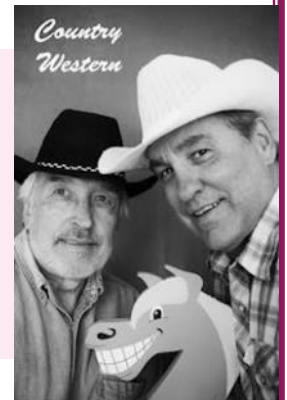
SPRING LUNCHEON & ANNUAL GENERAL MEETING THURSDAY JUNE 1, 2023

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)
 11:00am General Meeting
 11:45am Welcome
 12:00pm Lunch is served

1:00pm The Jack Daniels' Country and Western Hour.

Get ready to skip boogie and line dance to classic tunes from Hank Williams, Johnny Cash, Marty Robbins, Tammy Wynette, Billy Ray Cyrus, Randy Travis, Garth Brooks and more! Yeeeeeeeeehaw!



2:00pm 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

Choice of ONE Entree:

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)

Chef's dessert, Tea & Coffee

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

SPRING 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 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 May 26, 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.

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)

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

Phone: _____ **Email:** _____

If for medical reasons, specify dietary/allergy requests:



2023 TOURS: We're On The Road Again!

Tours Committee Update

By Lee Hondronicols

After more than three years with no tours, the District 13 Tours Committee is very excited to have plans in place for four tours this year – two in the Spring and two in the Fall. Both theatre trips have excellent seats at discounted prices. Stratford and Shaw have exceptional offers and our Tours group used reserve funds to further reduce costs for our members.



Transportation costs have soared and we have had to search for reliable and well priced coach rentals. We will be using two different companies this year and want to hear your opinions about both. District 13 is subsidizing coach rental fees to make our tours affordable for our members for tours in 2023 and 2024.

The Tours Committee will continue to look for economical options that interest our members. There is a survey on our District 13 website to help us plan future trips. Contact Lee or Catherine if you are interested in receiving a paper copy of the survey.

We will have some local options that will not include transportation for you to consider as we move past Thanksgiving – look for them in the Fall newsletter. Possibilities include a Theatre Aquarius holiday performance, tickets for the new Ancaster Memorial Arts Centre, opera (taped performance) and private event at the restored vintage Westdale theatre.

Tours Committee:

Lee Hondronicols Co-Chair (905-379-2614)
Catherine Maclsaac Co-Chair (905-317-5802)
Nancy Chiarot
Chriss Filip
Ann Louise Gloyn
Linda Sargeant
Jim Wilson

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.

1. Complete the order form for each tour you select. The cost includes all taxes and gratuities and is a per person charge. Indicate any dietary and/or accommodation needs.
2. Make note of the departure time. All coach trips will depart from Andreychuk Arena (25 Hester St.)
3. Cheques for each tour are to be made payable to "RTO District 13 – Tours" and must be received on or before the Reservation Deadline.
4. You will be contacted if the tour is full and can request to be on a waiting list.

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

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

Tour Order Forms

Spring Tours

Tour 1: "Gypsy" | Wednesday May 24, 2023

Festival Theatre – Niagara-on-the-Lake

- Gypsy Rose Lee was the world's most famous striptease artist and Momma Rose the ultimate stage mother
- Follow their extraordinary story in Stephen Sondheim's timeless musical about sex, power and longing
- Includes legendary songs – "Let Me Entertain You" and "Everything is Coming Up Roses"
- Lunch at the scenic Queenston Heights Restaurant on the Niagara Parkway
- Cost per person: \$110.00 (Includes bus/lunch/theatre)

Reservation Deadline for Tour 1: May 1, 2023

Tour 1: "Gypsy" May 24, 2023 at Festival Theatre Niagara-on-the-Lake

Bus Departure: 9:30 a.m. (Andreychuk Arena)

Name: _____ Phone: _____ Email: _____

Dietary/Accommodations: _____

Seats @ \$110.00 _____ Amount: _____ (cheque payable to RTO District 13 Tours)

Tour 2: Grand River Cruise | Wednesday June 7, 2023

Caledonia

- Arrive early to browse through the Dockside Marketplace and enjoy a complimentary coffee and muffin
- Live music show featuring "Blazing Fiddles" in the auditorium prior to cruise
- Cruise the Grand River for 2 ½ hours while dining on a 3 course lunch
- Participants will be given detailed directions to the dock in Caledonia. There is no coach for this trip.
- Cost per person: \$60.00 (Includes entertainment/lunch/cruise)

Reservation Deadline for Tour 2: May 17 2023

Tour 2: Grand River Cruise June 7, 2023 in Caledonia

Name: _____ Phone: _____ Email: _____

Dietary/Accommodations: _____

Seats @ \$60.00 _____ Amount: _____ (cheque payable to RTO District 13 Tours)

Tour Order Forms

Fall Tours

Tour 3: “Les Belles-Soeurs” | Tuesday September 26 2023

Festival Theatre – Stratford

- Savour the epic gossip as Germaine and her friends glue a million gold stamps won from a Montreal grocery store into books
- Captures the life of the Quebecois before the Quiet Revolution
- Brought the Quebec dialogue joul to audiences in 1968 and has been translated into over 30 languages
- Lunch at the Parlour Inn Restaurant in Stratford
- Cost per person: \$100 (Includes bus/lunch/theatre)

Reservation Deadline for Tour 3: September 5, 2023

Tour 3: “Les Belles-Soeurs” at Festival Theatre in Stratford

Bus Departure: 9:30 a.m. (Andreychuk Arena)

Name: _____ Phone: _____ Email: _____

Dietary/Accommodations: _____

Seats @ \$100.00 _____ Amount: _____ (cheque payable to RTO District 13 Tours)

Tour 4: Tastes of Toronto | TBD

Toronto

- 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
- Cost per person: \$TBD

~ Details will be shared in the Fall newsletter ~

In Memoriam

December 2022 - February 2023

By Joanne Weeks

We wish to honour and celebrate the lives of those RTOERO District 13 members we have lost during the time period of December 2022 until the end of February 2023.

Sincere condolences are sent to family, friends and former colleagues.

| | | | |
|-----------------------|----------------------------|---------------------------|-------------------------|
| William Arnot | William "Bill" Blake | Douglas Brown | Beverley Burr |
| Jane Charney | Lynda Clark | June Cliffe | Leslie Cordero |
| Alan "Al" Cousins | Christopher "Chris" D'Arcy | Cornelia "Connie" de Haan | Cheryl Dignan |
| Closson "Ducky" Drake | Elizabeth Duern | Eugene Austin Fitzpatrick | Clarke Groleau |
| Patricia Hansen | Edith Houison | Donald Kirby | Margaret Kulchycky |
| Grace Lawrence | Jennette Lukasik | Sheila Marshall | Michael "Mike" Smykaluk |
| John Stewart | Margaret "Elaine" Twigg | Kenneth Wallace | Dale Watson |

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.

I do wish to apologize to Barbara Jean Howard for having her name included in our Fall 2022 In Memoriam list. We know that our RTOERO District 13 Barbara is alive and well. In reading the obituaries there was a different Barbara Jean Howard who was also a local teacher. I sent copies of missed D13 newsletters and Renaissance magazines as well as restitution for my mistake.

RTOERO Foundation First Silent Auction Announced!

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

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

The silent auction items will include the following:

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



Membership Spotlight

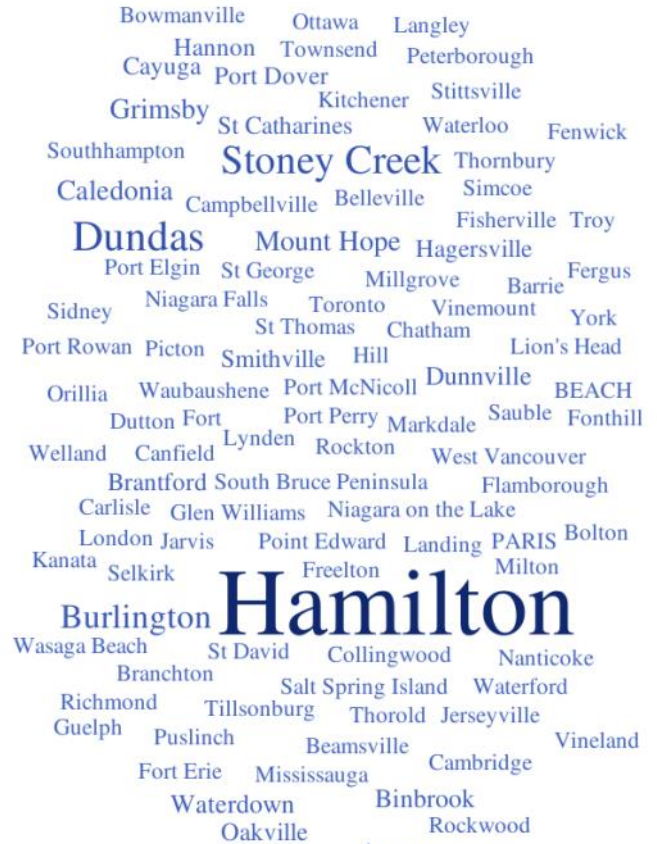
March 2023

Ever wondered about the other members in RTOERO District 13?

Our members live in over 200 different cities & towns. The word cloud shows locations with two or more members living there—the more members, the larger the name. Can you find your location?

Ages range from 23 to 104!

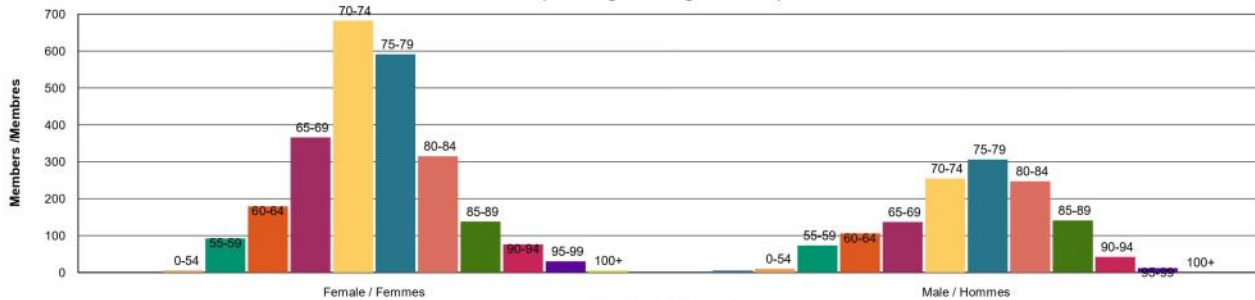
Some of our members are in their first year, while others have been RTOERO members for almost 50 years!



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 |
|--------------|-----------------|---------------|--------------|
| | 0 | 5 | 5 |
| 0-54 | 5 | 10 | 15 |
| 55-59 | 92 | 73 | 165 |
| 60-64 | 179 | 106 | 285 |
| 65-69 | 366 | 137 | 503 |
| 70-74 | 682 | 255 | 937 |
| 75-79 | 591 | 306 | 897 |
| 80-84 | 315 | 247 | 562 |
| 85-89 | 138 | 141 | 279 |
| 90-94 | 76 | 42 | 118 |
| 95-99 | 30 | 12 | 42 |
| 100+ | 5 | 0 | 5 |
| Total | 2,479 | 1,334 | 3,813 |

District Executive Committee

2022-2023

TABLE OFFICERS:

| | |
|----------------------|--------------------|
| Past President | Catherine MacIsaac |
| President | Inta Aldridge |
| First Vice President | Graham Boyce |
| Secretary | Anna DiFazio |
| Treasurer | Liviana Sluga |

COMMITTEE CHAIRS

| | |
|-----------------------------------|--------------------|
| Archives | Nancy Chiarot |
| Benefits | Jackie Aird |
| Citizenship Celebration | Danielle Chouinard |
| 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 |

MARKETING & COMMUNICATIONS

| | |
|--------------------------|--------------------|
| Newsletter | Rob Stringer |
| Social Media / Facebook | Sue Crawford |
| Website | Toni Nanne-Little |
| Recruitment | Vacancy |
| Retirement Plan Workshop | Catherine MacIsaac |

DISTRICT REPRESENTATIVES

| | |
|---------------------|----------------|
| Jackie Bajus | Leo Normandeau |
| Dave Curto | Linda Sargeant |
| Robert D'Alessandro | Karen Walton |
| Ralph LeFevre | |

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



Volunteer Opportunities:

THE GOODWILL COMMITTEE is currently seeking additional volunteers as our members 80+ years young increases. Please consider joining, it is truly rewarding.

Please contact:

Sharon Derkach
(sederkach@yahoo.com)
or
Toni Nanne-Little
(toni.nannelittle@gmail.com)

A **RECRUITMENT VOLUNTEER** is needed—a member to be the liaison with the Unions, private schools, and School Boards' HR Departments to share info about RTOERO.

Please contact:

Catherine MacIsaac
(macisaaccatherine1@gmail.com)
or
Inta Aldridge
(president13@districts.rtoero.ca)

Thirteenth World Newsletter

VOL. 39 Issue 2
Published by RTOERO District 13

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Subscription Information:

Thirteenth World is distributed digitally and in limited print format. Digital copies are automatically emailed out to members with an email address on file. To add/change your email address or contact information, you must call the RTOERO Office at 1-800-361-9888 Ext. 223 or send an email to membership@rtoero.ca. To request a print copy or for more information, contact: Linda Sargeant: rtoero13.sarge@gmail.com 905-575-3831

Next Issue: Fall (September)

Issue Theme: “Pets”

Do you have a pet? Send in photos and/or pet-related stories, artwork, tips or tricks! We'd love to spotlight you and your pets in the next issue!

Submissions:

Please send all written and photographic submissions to:
rob.stringer.editor@gmail.com by July 31 for possible inclusion.
(Please ensure you have the permission of *any humans* photographed.)

Publication Mail Agreement Number 41871015

If undeliverable, please return to:

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