

# THIRTEENTH WORLD

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## THRIVING TOGETHER: Members share wellness strategies and resources!

Thank-you to everyone who sent in health & wellness related strategies to share in this issue.



Whether 28 or 108 (or somewhere in between) taking care of our physical and mental health is important. The

ideas shared in this issue are an invitation for each of us to get curious about what we are doing and any changes we might like to make moving forward. The first step often involves setting a goal—seeing the change you'd like to make and believing it possible. Next comes taking small steps each day towards that goal. Focusing on effort rather than results can also be more motivating, as results can be inconsistent and take time.

As always, seeking the advice of a medical professional may also be advisable when making changes. Enjoy the issue!

**NEXT ISSUE: "Summer Fun & Travel!"** What do you like to do in the summer? Tell us your best summer fun or travel ideas. Submit your suggestions, stories and photos for possible inclusion in the Summer (June) issue. Submission details on the back cover.

**Moving or have moved recently? Not receiving your print copy of the newsletter?**

Contact Member Services to update your address and/or preferred newsletter format.  
 Call the RTOERO Office at 1-800-361-9888 Ext. 223 or send an email to [membership@rtoero.ca](mailto:membership@rtoero.ca).

# President's message

By Inta Aldridge

The spring season is fast approaching and there is so much to look forward to. Along with the joys of the spring season there is so much that is happening in our District and RTOERO.

To keep you informed you may want to look at the discounted phones and rate plans for members from the Telus Exclusive Partner program that offers exclusive savings on cellphones, high speed internet, SmartHome security, health solutions and more. Visit [rtoero.ca/telus](http://rtoero.ca/telus) and complete the form to access your offers.

The Canadian Foundation for Economic Education, has released a new resource to support the financial well-being of older Canadians "Money and you: Seniors edition" includes fourteen downloadable modules covering a range of topics to help you make wise decisions about your money, maintain good financial health and build your financial knowledge. Access it at: [moneyandyouseniorsedition.com](http://moneyandyouseniorsedition.com)

Do look after your health. Our oral health impacts your general health and if you are not a Dental Plan member you can add the coverage with guaranteed acceptance. Details about RTOERO's dental plan are available at [rtoero.ca/insurance/dental-plan/](http://rtoero.ca/insurance/dental-plan/) or contact the RTOERO benefits team to discuss your needs: 1-800-361-9888.

Spring is filled with new growth and hope and together we in District 13 can move forward with all that we do and have. Do go to our website to keep informed, including our new events calendar, [district13.rtoero.ca/events](http://district13.rtoero.ca/events)



District 13 President, Inta Aldridge

## Dates to remember

- Mar. 20:** Canadian Warplane Museum Trip
- Mar. 27:** Java Time (Lime Ridge Mall)
- Apr. 13** Retirement Planning Workshop
- Apr. 18:** Goodwill Meeting
- Apr. 24:** Java Time (Lime Ridge Mall)
- Apr. 25:** Celebration Breakfast
- Apr. 28:** Tour: Motown
- May 1:** Tour: Blue Jays
- May 3:** Newsletter Submission Deadline
- May 29:** Java Time (Lime Ridge Mall)
- June 6:** Annual General Meeting
- June 12:** Spring Golf Scramble
- June 27:** Tour: St. Jacobs

## Nominations now open for the election of Elected Officers

Elections for Elected Officer positions will be held at the Annual General Meeting on June 6, 2024. These positions include: President, First Vice-President, Second Vice-President, Treasurer and Secretary. Terms of Office 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, Lee Hondronicols, ([100nickels@gmail.com](mailto:100nickels@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 two minute speech. Voting will be done by ballot by members in attendance.

# District 13 needs *YOU!*

District 13 is run by volunteers. Activities we organize for our members happen because people like you are willing to come together and plan interesting events. Here are a few of the positions currently open (or open in June).

(NOTE: Coordinator activities that can be done by one person or as part of a committee or team of people.)



## **District Secretary (Elected position)**

Are you someone, or know someone, who has computer skills and is willing to work with the President to set agendas for meetings and prepare minutes? We are looking for a person with excellent organizational and communication skills who is willing to take on the role of District 13 Secretary.

## **Membership Coordinator**

This person takes the lead on welcoming new members (both actively employed and retired), creating the *In Memoriam* list for the newsletter, and receiving returned newsletters and trying to track down new addresses for those members.

## **Events Coordinator**

Are you someone, or know someone, who can plan fun and memorable events without missing a beat and is the person who smiles and talks to everyone at parties? That person could be our next Events Coordinator.

## **Marketing & Outreach Coordinator**

This person connects with prospective members from across the education community in the district—early years, public and private schools, school boards, post-secondary—and welcomes new “pre-retiree” members.

## **Assistant Newsletter Editor**

Interested in learning how to put together our district newsletter? Work with the existing Editor and learn all aspects of the newsletter writing, editing, production and distribution process.

## **Website Coordinator**

Are you tech-savvy, with a keen interest in digital communications? This could be for YOU! Individualized orientation and ongoing training will be provided. The time commitment is 1-2 hours/week at most. You will be part of District 13’s dynamic Communication Team.

If you are interested in any of these positions, contact Inta Aldridge, District 13 President at [president13@districts.rtoero.ca](mailto:president13@districts.rtoero.ca)

## **Other opportunities to get involved in the District ...**

- Join a committee (see page 19 for a complete listing of existing committees)
- Offer to run or co-host a local workshop, event or get-together (funding is available)
- Share your thoughts, ideas and suggestions with the District Executive (see page 19)
- Offer to volunteer at a local event

# Thriving together: Members share wellness tips & strategies

## Consider a personal trainer

Submitted by Irene Hornich

I never managed to stick with gym memberships even though I tried several times. When my husband suggested that I work out with a former football player turned trainer, I was intimidated, but agreed. I was assessed and asked what I hoped to accomplish, and I said strength and balance. In my late sixties at that time it was all I could hope for. I attended weekly, rather reluctantly, as he guided me through strength training, weight training and stretching exercises. Then Covid hit.



In the spring, we worked outdoors out at a local park, and as winter approached we switched to FaceTime to work out. He also took the additional step to get the phone number of a trusted family member in the event I hurt myself so he could call someone for help. With time and perseverance I started enjoying the workouts. I also walk as often as possible outdoors. We have an elliptical in the basement I can use when the weather is too cold or slippery outside to walk safely. I also signed up to be part of a mobility study of seniors over 65 years through Mc Master University. It's a two year commitment to allow researchers assess and follow the progress of my speed, balance, and changes in cognitive abilities. I was re-assessed at the one year mark and will be assessed again at the end of two years. I am curious to see results of any changes as I age. I now look forward to my workouts and my walks. It lifts my spirits and improves my agility. Perseverance has paid off.

## Don't worry about dying, worry about not living!

Submitted by Michael Creaghan

I am 83 and I keep hearing the same thing, "People your age should ..."

- *limit activities because you might fall and get injured*
- *stop doing activities that cause you pain*
- *find a home where you don't have stairs*
- *careful where you walk, ride a bike or hike because it is dangerous*
- *move into a retirement home where your health and safety is their main concern*



**I say, *forget that!*** I walk down stairs every morning and my knees hurt like hell. That's how I know I am still alive. I golf and insist on walking while most others take a cart. It hurts and I'm often exhausted after 18 holes but the beer tastes all the better. Recently I was swimming and body surfing in the Pacific Ocean with my children and grandchildren. For the whole week there was a red flag indicating danger, big waves and undercurrent. Every day I got tossed and banged about, lots of bumps and scratches. I had the time of my life! One of my sons informed me that I am probably the oldest person out here by many years. Pain is a part of life. I am not going to worry about dying, but I am worrying about not living.



(Continued from page 4)



## Make use of programs

Submitted by **Mardie Panabaker**

Several RTOERO District 13 friends use these programs:

**Silver Services** is an on-line program for seniors - \$60 a YEAR - offering live exercise classes for all fitness levels, workshops, entertainment and discussions, and education through tutorials and guest speakers. The cost of \$60 a YEAR is phenomenal. I particularly like working out with excellent instructors, from my home, in nasty weather. Call (647) 849-1500 ext. 209 or visit [silverservices.ca](http://silverservices.ca) for more information.

**The Gina Livy Program** is an on-line, 12 week, \$75 program for weight loss. It is based on science and includes daily live videos with guest speakers from across the medical spectrum. There is no measuring, counting or weighing while one learns to tune into body needs. Gina Livy is a professional in fitness and weight loss and lives north of Toronto. The University of Ottawa is currently researching the program. A health professional recommended the program to me. Visit [ginalivy.com](http://ginalivy.com) for more information.

## Small consistent actions

Submitted by **Filomena Sarno**

It's all about small consistent actions:

- Walk ten minutes a day, if possible.
- Weight lift two times daily.



## Weekly happiness schedule:

### MINDFULNESS MONDAY

Be kind to your wandering mind. Don't judge yourself or obsess over thoughts. Stop. Breathe. Turn every-day tasks into mindful moments.

### TASTY TUESDAY

Running out of meal ideas? Avoid overwhelm by trying several new dishes at a time. Or, try one new tasty meal a week.

### WORTHY WEDNESDAY

Take time to practice self-care. Cleanse your mind, body, and soul. Avoid comparison with others. Appreciate others' achievements and stop criticizing yourself.

### THANKFUL THURSDAY

Start a gratitude journal and write down ten things you are thankful for each day. Phone three people each week and tell them why you are grateful for them.

### FITNESS FRIDAY

Success begins with self-discipline. From yoga to dancing, there is something for everyone. Find out which activity is right for you.

### SOCIAL SATURDAY

Take time to connect with family and friends. Organize a walk or bike ride. Schedule a call. Visit your neighbour to say hello. Practise random acts of kindness.

### SPIRITUAL SUNDAY

As you wake, before your feet touch the ground take time to thank God or the Universe. Listen to or attend a church service or inspiring speaker. Listen to spiritual or uplifting music.

Submitted by **Luisa Posca**

# The role of dental care in overall health

Submitted by RTOERO

Our oral health both impacts and is impacted by overall health. Good oral hygiene is an essential part of maintaining your wellness. Regular dental checkups can help ensure any issues are caught or treated early.



Ways oral health interacts with overall health:

- Evidence has connected mouth bacteria to endocarditis, pneumonia, cardiovascular disease and Alzheimer's.
- Gum disease, a common condition, can become periodontitis if left untreated.
- Medications can impact saliva flow. Saliva is important for oral health. It helps neutralize acid, support digestion and prevent tooth decay and gum disease.
- Oral health issues can impact mental health and quality of life. Evidence shows that people with periodontal disease may avoid social contact. You may not be able to enjoy food in the same way. Bad breath or missing teeth can cause feelings of embarrassment or shame.

If you're not a Dental Plan member, you can add the coverage with guaranteed acceptance.

- The spouse or dependent of an RTOERO member with extended health insurance can join the dental plan, even if the primary member doesn't.
- New dental applicants must stay in the plan for at least 24 months.

Details about RTOERO's dental plan are available at [rtoero.ca/insurance/dental-plan/](https://rtoero.ca/insurance/dental-plan/) or contact the RTOERO benefits team to discuss your needs at 1-800-361-9888.

## Future of Aging Summit

Submitted by RTOERO

RTOERO is hosting its first *Future of Aging Summit* from May 15 to 17, 2024, in Toronto. This conference brings together experts and thinkers from various sectors, all with a common focus: improving later life. The three-day event features a diverse lineup of international speakers, including a screening of the documentary, *Your 100-year life*.

### Who is the summit for?

The audience for the summit is elected government officials, policymakers, advocates, and anyone else focused on supporting healthy aging, ending ageism and building age-friendly societies.

### Can RTOERO members attend the summit in person or virtually?

All members will receive a code to access the virtual keynote presentations at no cost. If members wish to attend the event in person, they are welcome to register for the event at the non-profit rate.

Contact Danielle Norris at [dnorris@rtoero.ca](mailto:dnorris@rtoero.ca) for more information.



# District 13 website

## Helping you stay “in the know”

By **Toni Nanne-Little**

Did you know that District 13 has its own website?

Find out what’s coming up and keep informed of topics of interest to you by visiting it regularly.

You can access both recent and past newsletters, find registration forms for events and tours, and learn what your fellow members have been working on, on your behalf.

Check out the new calendar feature under the “EVENTS” tab. You can click on the date and it will link you to information about that event.

Stay up to date! Bookmark <https://district13.rtoero.ca/>

You can also use this QR code to visit the website. Simply open your smartphone camera, point it at the QR code, then click on the link that appears.



## Would you like to co-host a coffee social in your area?

In addition to our regular *Java Time* at Lime Ridge Mall, several travelling coffee socials were hosted around the District last Spring and Summer: Cayuga, Stoney Creek, Ancaster, Burlington and Dunnville. Members have been asking when they’re coming back, but we could use some help.

If you’d like to learn more about hosting or co-hosting a coffee social (or any other event) in your part of the District, simply email: [events.district13@gmail.com](mailto:events.district13@gmail.com) or [president13@districts.rtoero.ca](mailto:president13@districts.rtoero.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 ~



Last Wednesday of the month:

March 27, April 24,

May 29

(Hosted by Gemma Monaco)



# Growing ... growing ... growing!

## Goodwill Committee update

By Sharon Derkach & Toni Nanne-Little

Did you know that District 13 has almost 1100 members who are 80+ years old?

Our 80+ year old members receive cards and messages on birthdays, Christmas and sometimes in-between. They recently completed a survey (hear about the results on the next page) and we were overwhelmed by the positive comments. Many expressed how they appreciated the contact including get-well and bereavement messages of support. Thank you to our Goodwill Committee for their dedication and efforts to support so many members.



As the number keeps growing, so does the need for members to volunteer on our Goodwill Committee. If you enjoy making someone's day brighter and can spare a couple of hours every month to write and mail cards or make phone calls, please contact Sharon Derkach ([sejdkach@yahoo.com](mailto:sejdkach@yahoo.com) or 905.679.6655) or Toni Nanne-Little ([toni.nannelittle@gmail.com](mailto:toni.nannelittle@gmail.com) or 705.946.9993) Goodwill Co-Chairs. Orientation and supplies are provided.

## Hitting the links!

### District 13 Spring Golf Scramble

By Erv Hildebrandt & Joan Millard

**Please join us June 12 for our SPRING SCRAMBLE!**

This Spring Texas Scramble Shootout Golf Tournament will be held at the Oak Gables Golf Club in Ancaster. Here are a few more details:

- Wednesday June 12, 2024
- 8:30am "shotgun" start
- 12:30 lunch & prizes
- \$70 per player includes golf, lunch and cart
- Individual entries are welcome (we will find a group for you)
- To have an eligible foursome *at least one player must be a member of RTOERO District 13*

**Questions?** Send your inquires to [ehildebrandt2@cogeco.ca](mailto:ehildebrandt2@cogeco.ca).

Otherwise, send your team of four names and a cheque made out to "OAK GABLES GOLF CLUB" to:  
Erv Hildebrandt, 249 Amberly Blvd., Ancaster, Ontario L9G 3Y4

Hope to see you there!





# Members share their thoughts

## Goodwill Committee survey results

By Sharon Derkach & Toni Nanne-Little

District 13 members 80 years and older were recently invited to complete a survey to provide feedback on current and future possible supports from the Goodwill Committee.

The Goodwill Committee was extremely pleased with the response! Over 160 members took the time to tell us what they felt and where we could improve. We thank everyone who responded with their ideas! Overwhelmingly, feedback was positive, with members appreciating the birthday and holiday cards, tokens to recognize milestone birthdays and visits.

Some members suggested phone calls to inform and remind them of events taking place. A few indicated that cards were not necessary, but appreciated.

The Goodwill Committee will be discussing the results at its spring meeting and determining any changes that might be possible.

We thought you would enjoy reading just a sampling of the comments received.

*I love receiving mail. I appreciate receiving these cards. I think it is a kind gesture that keeps me in a sort of contact with my teaching colleagues*

*Condolences on my partner's death were very much appreciated.*

*I love receiving the Christmas card and birthday cards in the past and displaying them in my living room.*

*I am so impressed with the personal, warm comments in the card. It showed that someone cared.*

*The business card is a nice gesture and just knowing contact info if in need is great.*

*Thank you to all of the "buddies" at District 13 for all you do for us. We retired teachers are fortunate to have so many people who continue to care for us.*

*The magnifier was greatly appreciated. No longer will I have to borrow my wife's glasses to try and read a menu. Many thanks.*

# AND THE SURVEY SAYS...



# Spring tours

By Lee Hondronicols & Catherine MacIsaac

We have three tours this spring, with registration beginning **Monday March 4, 2024**. Here's how to register:

1. Call or email either Catherine or Lee to register for the trip you want. Contact information is listed below.
2. Payment can be made by cheque, credit card or cash.
  - Cheques made payable to **RTOERO District 13**. Please mail with your registration form(s).
  - Credit card payments can be made via the District 13 website (<https://district13.rtoero.ca/>). Scroll to the bottom of the first page and click "Pay for a District 13 event". You will receive a receipt. Send a copy to either one of us along with your registration form(s).
  - Cash payments can only be made in person and you will be given a receipt.
3. Payment for each tour is due on the following dates:
  - Tour 3 (Motown) on or before **March 28 2024**
  - Tour 4 (Blue Jays) on or before **April 2 2024**
  - Tour 5 (St. Jacob's) on or before **May 27 2024 (Send to Lee only)**
4. All taxes and gratuities are included. Refunds for a cancellation will be considered on an individual basis.
5. Tickets will be distributed on the day of the tour and all participants will sign a waiver.

**Looking forward to seeing you on a tour!**

**Lee Hondronicols**  
181 Sterling St. Hamilton ON L8S 4J7  
(905) 379-2614  
[100nickels@gmail.com](mailto:100nickels@gmail.com)

**Catherine MacIsaac**  
14 Selway Crt. Hamilton ON L8K 6M1  
(905) 317-5802  
[macisaac.catherine1@gmail.com](mailto:macisaac.catherine1@gmail.com)

## Tour Order Forms (to be mailed in):

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**TOUR # 3 The Music of Motown** # of tickets: \_\_\_ @ \$40pp Total Amount: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Any accommodations?: \_\_\_\_\_

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**TOUR # 4 Toronto Blue Jays** # of tickets: \_\_\_ @ \$140pp Total Amount: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Lunch Choice: \_\_\_\_\_ Any accommodations?: \_\_\_\_\_

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**TOUR # 5 St. Jacobs** # of tickets: \_\_\_ @ \$125pp Total Amount: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

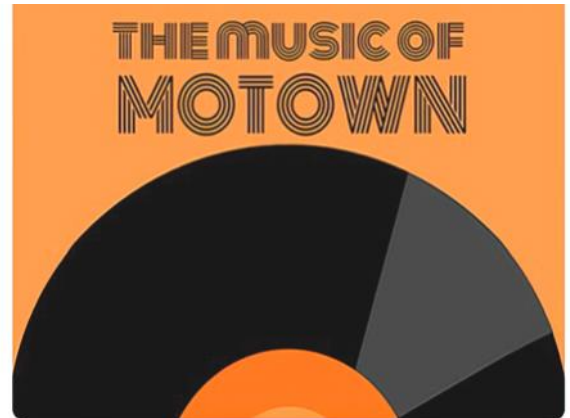
Dinner Choice: \_\_\_\_\_ Any accommodations?: \_\_\_\_\_

## Tour 3: The Music of Motown | Sun. Apr. 28, 2024

357 Wilson St. E., Ancaster

- Theatre Ancaster's Spring Concert
- A tribute to the iconic music and artists of Motown
- Features their own very talented performers and band
- You'll be dancing in the aisles and singing along to hit after hit!
- Show Advisory: Haze, flashing lights
- Plenty of parking available
- 2pm matinee
- Cost: \$40.00pp

**Reservation form & payment deadline:  
March 28, 2024**



## Tour 4: The Toronto Blue Jays | Wed. May. 1, 2024

Rogers Centre, Toronto

Board a luxury motor coach for an exciting day in Toronto! Enjoy an included lunch at the Old Spaghetti Factory and catch a Blue Jays game at the Rogers Centre.

**The Old Spaghetti Factory:** Visit the Old Spaghetti Factory for an included lunch. This Italian-American-style restaurant offers a fun atmosphere, vintage decor, and a delicious dining experience. The menu features your choice of entrée, along with fresh bread and butter, house or caesar salad, ice cream, and a beverage (coffee, tea or soft drink). Select an entrée upon booking:

- Spaghetti with choice of sauce (Marinara, Meat, Spicy Meat, Mushroom Tarragon, Browned Butter & Mizithra)
- Impossible Spaghetti with Meatballs (Vegan/Vegetarian)
- Chicken Parmigiana
- Manicotti
- Lasagna
- Grilled Chicken Caesar Salad
- Chicken Fettuccine Alfredo
- Spaghetti with Meatballs



**Toronto Blue Jays:** Take me out to the ball game! See the Toronto Blue Jays take on the Kansas City Royals. Sit back, relax, and we'll drop you off right at the Rogers Centre gates. Enjoy the view from our field level seats (3rd base side).

**Departing from:** Dave Andreychuk Mountain Arena & Skating Centre, 25 Hester St, Hamilton at 10:45am

**Approximate return:** 8:00pm

**Cost:** \$140pp

**Reservation form & payment deadline:  
April 2, 2024**

*Tours continued on next page ...*



# Spring tours continued ...

## Tour 5: St. Jacobs | Thurs. June 27, 2024

### St. Jacobs

Board a luxury motor coach for an exciting day in St. Jacobs! Browse and shop the popular farmers' market, catch a heartwarming play and enjoy dinner with friends!

**St Jacobs Farmers' Market:** Choose from hundreds of vendors with a wonderful selection of Ontario's farm-fresh foods, crafts, imported goods and most things imaginable! There's plenty of space beneath the coach, feel free to pack a cooler.

**St. Jacobs Country Playhouse:**

Travel to St. Jacobs Country Playhouse for a matinee performance of *Doris and Ivy in the Home*, a comedy about love and friendship among those in their twilight years.

**Anna Mae's Bakery & Restaurant:** Enjoy a fantastic included dinner at Anna Mae's Restaurant. This quaint diner is famous for delicious homestyle comfort foods. The menu of the day includes your choice of entrée (Roast Beef or Broasted Chicken), mashed potatoes, carrots, dinner rolls, dessert, and your choice of beverage (coffee or tea). Please make your selection at the time of booking. Vegetarian option available upon request.

**Departing from:** Dave Andreychuk Mountain Arena & Skating Centre, 25 Hester St, Hamilton at 10:00am

**Approximate return:** 8:00pm

**Cost:** \$125pp

**Reservation form & payment deadline:  
May 27, 2024**



# Retirement planning workshop (RPW)

Know someone who works in education or training and is thinking of retiring within the next five years? This *free* workshop could be very valuable! This flyer can also be shared and/or printed out via our RTOERO District 13 website ([district13.rtoero.ca/](http://district13.rtoero.ca/)) and Facebook page ([facebook.com/RTOERODistrict13](https://facebook.com/RTOERODistrict13)).

## Thinking about retirement?

### Retirement planning workshop



### For anyone who

- Works in schools and school boards, early years, post-secondary
- Wishes to learn about retirement planning
- Wants a workshop tailored to the education community

### Learn about

- Financial planning
- Health benefits in retirement
- Retirement and lifestyle planning

### Attendees receive

- Retirement planning booklet
- Chance to win exciting prizes
- Free RTOERO membership until retirement

### REGISTER

[rtoero.ca/rpw](http://rtoero.ca/rpw)

### QUESTIONS

1-800-361-9888

### PRESENTED BY



### WHEN

Saturday April 13, 2024  
Check-in & Breakfast: 9:00am  
Workshop: 9:30 - 11:30am

### WHERE

Courtyard by Marriott Hamilton  
1224 Upper James St.,  
Hamilton, ON

## SPRING LUNCHEON & ANNUAL GENERAL MEETING THURSDAY JUNE 6, 2024

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

**Time:** **10:30am** Social (Cash bar will be available, along with one complimentary ticket)  
**11:00am** General Membership Meeting  
**11:50am** Luncheon welcome  
**12:00pm** Lunch is served

**1:00pm** **Derek Elliot**

Derek Elliott was born in Northern Ireland, came to Canada in 1976, eventually moving to Hamilton in 2013. Derek taught part-time at Sheridan College and recently retired from his Engineering career to dedicate himself to his music. Derek's songs include those of Paul Simon, James Taylor, Billy Joel, the Beatles and more.



**1:50pm** Door prizes & adjournment

**Price:** **\$20.00 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 (\$20.00 per person) payable to RTOERO DISTRICT 13 to:

RTOERO District 13 Event Organizer  
27 Barclay Street  
Hamilton, ON L8S1P1

Cut on the dotted line and send to the above address before May 24, 2024.  
**Questions?** Email [janet\\_kilgannon@hotmail.com](mailto:janet_kilgannon@hotmail.com) or call 905-977-7702

### 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:** \_\_\_\_\_

Dietary accommodations (specify dietary/allergy requests):  
\_\_\_\_\_



# Steps, smiles and self-discovery

## Salsa dancing recreational workshop

By Janet Kilgannon

District 13 members were recently treated to our first Salsa Dancing Event. We were hosted and organized by SalsaSoul Productions. Leader/teacher, Vlad Aranda, introduced us to this Cuban cultural art form, which differs from other Latin American versions of Salsa in that you can dance as an individual, with a partner, and even in a line or a circle.



In our two hours together, we mastered four different steps, and ended the afternoon dancing to Salsa music. We smoothly changed partners while in a 'rosetta' formation, showing off our new-found skills.

RTOERO encourages its members to take part in healthy recreational events - and dancing is an excellent one. Why? It promotes physical fitness, anyone can do it, your brain also is engaged learning steps and formations, it is social and fun, you wear comfortable clothes, it is a de-stressor, and it also takes you on a journey of self-discovery.



### Did you know???

RTOERO is for anyone who has worked for at least five years in the education community in Canada:

- Staff of public and Catholic schools and school boards, First Nations schools and education organizations
- Staff from daycare and early years centres
- Staff from private schools
- Staff and faculty of colleges and universities, including contract staff
- Staff from education associations
- Trustees
- Crossing guards
- School transportation staff, including bus drivers

Consider inviting a friend, family member or former colleague to join today, even if they haven't retired yet—membership is free until retirement!



# It's a CELEBRATION BREAKFAST!

Thursday, April 25, 2024

**WHO?** Are you 80 years old or older?

...or ...

Have you been a member of RTOERO for 25 years or longer?

We want to celebrate with a **complimentary breakfast**. Milestone membership certificates will also be presented to those members who have been with RTOERO exactly 25, 30, 35, 40 and 45 years as of April 2024.

**WHEN?** Thursday, April 25, 2024 9:30 am – 11:00 am

**WHERE?** Waterfront Banquet & Conference Centre, 555 Bay Street N., Hamilton, ON L8L 1H1



## CELEBRATION BREAKFAST REGISTRATION FORM

(DEADLINE: APRIL 10, 2024)



**Fill out this form and mail to:**

RTOERO District 13  
85 Provident Way  
Mount Hope, ON L0R 1W0

Print name: \_\_\_\_\_

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

Special dietary/allergy request: \_\_\_\_\_

Please indicate if you need transportation provided: \_\_\_\_\_ NO \_\_\_\_\_ YES

**Transportation will be gladly arranged for those who contact RTOERO District 13 by phone or email no later than Wednesday, April 10. Call or email Joanne Weeks at 289-442-5730 or [weeksj13jrw33@gmail.com](mailto:weeksj13jrw33@gmail.com)**



# In Memoriam

## October 2023 - January 2024

By Joanne Weeks

RTOERO District 13 wishes to honour and celebrate the lives of those members that we lost during the time period of October 2023 and the end of January 2024.

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

|                            |                             |                     |                   |
|----------------------------|-----------------------------|---------------------|-------------------|
| Herbert Allen              | John Baker                  | John Baxter         | Warren Beck       |
| Gerald "Gerry" Buckle      | Dorothy Brennan             | Frank Callaghan     | Karen Cosier      |
| Patricia "Pat" Davidson    | Ross Davidson               | Mary Davies         | Judith Dell       |
| Patricia Dolan             | William Ferrier             | Bonnie Field        | Dorothy Gallant   |
| Diane Garden               | Alexander "Alex" Golakovich | Robert Gombos       | Ada Hall          |
| Joan Hall                  | Dianne Hollick              | Judith Hopkin       | Sylvia Kajiura    |
| Paul Knox                  | Philip Landry               | Edward "Ted" Lowrey | Carolyn Macleod   |
| Inissina "Sina" Marchesano | Muriel McCrury              | Jeff Moore          | Mary Nilsson      |
| Douglas Paddon             | Carol Phillip               | Ross Potter         | Richard Reble     |
| M. Francis Rossignoli      | James "Jim" Smith           | Madelaine Supyk     | Doris Wakabayashi |
| Kenneth Watson             | Lena Winniski               |                     |                   |



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.

## New resource: Money and You – Seniors Edition

Submitted by RTOERO

RTOERO's partner, the Canadian Foundation for Economic Education, has released a new resource to support the financial well-being of older Canadians. Money and You: Seniors Edition includes 14 downloadable modules covering a range of topics to help you:

- Establish or build your base of financial knowledge
- Make wise financial decisions
- Set and achieve goals
- Maintain good financial health, supporting your overall health

Access it here:

[moneyandyou seniorsedition.com](http://moneyandyou seniorsedition.com)





# Your District Executive

## 2023-2024 AGM

### ELECTED OFFICERS:

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

### COMMITTEE CHAIRS

|                                 |                     |
|---------------------------------|---------------------|
| Archives                        | Nancy Chiarot       |
| Benefits (Health)               | Jackie Aird         |
| Citizenship Celebration         | Robert D'Alessandro |
| Community Grants & Scholarships | Lee Hondronicols    |
| District Meetings               | Open                |
| Recreation / Workshops          | Open                |
| Goodwill                        | Sharon Derkach      |
| Goodwill                        | Toni Nanne-Little   |
| Java Time                       | Gemma Monaco        |
| Membership                      | Joanne Weeks        |
| Political Advocacy              | Inta Aldridge       |
| RTOERO Foundation               | Janet Kilgannon     |
| Tours (Trips)                   | Lee Hondronicols    |

### MARKETING & COMMUNICATIONS

|                      |                             |
|----------------------|-----------------------------|
| Newsletter           | Rob Stringer                |
| Marketing & Outreach | Rob Stringer (interim)      |
| Social Media         | Sue Crawford                |
| Website              | Toni Nanne-Little (interim) |

### DISTRICT REPRESENTATIVES

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

## There is still time to complete our District Workshop & Activities survey

As a member of RTOERO District 13 (Hamilton-Wentworth, Haldimand), we want to get your ideas and opinions about the activities you would like to see offered around our District over the coming year. To help us, we created a short eight question survey.

This survey should only take a couple minutes to complete.

A link to the survey was emailed (Nov. 17) to members opting to receive District emails. It can also be found on our District website: <https://district13.rtoero.ca/>

To date 158 members have completed the survey providing valuable information to guide the planning of District events.

If you express interest in running events, please ensure you have entered your email address at the beginning of the survey so we can contact you. If you have already expressed interest and have not been contacted please email or contact a member of the Executive.

Yours in support & success,

Rob Stringer  
 RTOERO District 13  
 Marketing & Outreach Coordinator  
 Managing Editor, District Newsletter  
[rob.stringer.editor@gmail.com](mailto:rob.stringer.editor@gmail.com)  
 (905) 515-9822

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

# Thirteenth World Newsletter

VOL. 40 Issue 2

Published by RTOERO District 13 (four times a year)

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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 a current email address on file and who have opted in to receive email from District 13. Print copies are only sent to those who have subscribed.

## Not receiving the newsletter? Want to change your subscription type (print and/or emailed PDF)?

To add, change, or confirm your contact information or subscription type you must contact the RTOERO Office at 1-800-361-9888 Ext. 223 or send an email to [membership@rtoero.ca](mailto:membership@rtoero.ca).

**Next Issue:** Summer (June) 2024

**Issue Theme:** *Summer Fun & Travel*

Tell us your best tips for summer fun / enjoyment and/or places you'd recommend as summer travel destinations. Share your suggestions, stories and photos.

## Submissions:

Please send all written and photographic submissions to:

[submissions.district13@gmail.com](mailto:submissions.district13@gmail.com) by May 3 for possible inclusion.

(High-resolution photos are best to ensure good quality in the print edition.)

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