

# Report Thirty-One



## PRESIDENT'S MESSAGE

*M. Anne Smith*

It is hard to believe we've made it to spring! I know we are all looking forward to warmer weather and opportunities to enjoy our great outdoors. It will be so nice to be able to soak in the warmth and sun. It has felt like a very long, cold and wet spring but we are getting there. The flowers are beginning to leaf and bloom – great news for our gardeners – and that means golf season, or maybe you prefer biking season, is just around the corner!

Since the last newsletter, RTOERO, both nationally and locally, has been very busy working on your behalf. The decisions District 31 has made are outlined below and throughout the newsletter. I'd like to draw your attention to a few of the articles that follow: the OTPP report by Marina Howlett with all the current figures and details related to our pension plan, the Political Advocacy report by Brenda McGinnis which is especially relevant as we gear up for the provincial election, the Health Benefits Report by Shirley Goodbrand with good news for travellers among other things and, of course, our great Something to Shout About articles with the latest updates on our members' activities. At Head Office, our Board is preparing for our Annual Meeting/Forum, which, like many meetings, will continue to be virtual, and for the upcoming election for the Board of Directors. Our 2nd Vice, Richard Goodrand, is running for one of four positions on the Board. He is also vying for a position on the Governance and Nomination Committee. We are wishing him success.

Here are other things you need to know:

### Fall Luncheon

We know that everyone is anticipating the time when we can resume in-person meetings and luncheons. Our District 31 Executive, which

continues to meet virtually, feels the same but, with COVID cases on the rise again, we are still in uncertain times.

After much discussion, the executive has decided to postpone our first get-together, after two years of restrictions, to the fall and then have a great celebration! Plans in the works include a delicious meal at the Italian Canadian Club and entertainment by one of our very musical favourite groups from past luncheons – Cruisin'! This five-man group combines great vocals, comedy, humour, audience participation and instrumentals, featuring music from our past.

We are looking forward to seeing you there. We'll keep you updated on the arrangements as the date approaches.

### Ukraine Donation

I know we are all concerned about what is happening in Ukraine as Russia continues to pummel the country with attacks on both military and civilian targets. Our executive voted to make a \$1 000 donation to Samaritan's Purse, a non-profit organization that is operating multiple medical facilities in various parts of Ukraine and providing food and non-food relief items in both Ukraine and Moldova. We chose this organization because of the high percentage of the donation that goes directly to these projects. You can learn more about their organization at [samaritanspurse.ca/ukraine-response-2](https://samaritanspurse.ca/ukraine-response-2).

### RTOERO Member Volunteers

April 24 to 30, 2022 was National Volunteer Week in Canada, and this year's theme was Empathy in Action. About 65% of RTOERO members are active volunteers—with RTOERO and beyond. We thank you for all that you do. It makes a difference. Through these acts of volunteerism, we're collectively helping to build community, strengthen bonds and build understanding.

## District 31 Volunteer Recognition

District 31 is very fortunate to have an incredible group of such volunteers on our local Executive. I couldn't do my job without their input, dedication and support. In this newsletter, I would like to highlight one of those amazing members who truly does exemplify 'Empathy in Action' – Joyce Barnes.



Joyce has served as our Goodwill Chair since October 2010. She has a unique talent to share laughter, joy and special thoughts with all of our members.

Joyce is very organized and is diligent in communicating with the members of her committee, keeping them supplied with up-to-date birthday and Christmas card lists, which enables them to get the cards mailed out in a timely manner. Her care, compassion and willingness to connect with members who are celebrating special occasions and milestone birthdays has been an inspiration to her team. In addition to these cards, she also encourages her committee to send congratulations to those members celebrating special occasions and achievements. Each month, Joyce arranges for the roses that are sent to those members celebrating special birthdays - 90, 95, 100 years old.

Joyce keeps her team informed about members who are experiencing illness or the loss of loved ones or who just need a little positive contact through cards, emails or phone calls.

Joyce's committee enjoys working with her because she is so approachable, supportive and accommodating. She is ideally suited for this job and we appreciate everything she does for our district!

## **Know someone retiring soon?**

If you know someone retiring soon, why not reach out to offer your support? Here are six ways you can help them.

1. Share a ready-made **to-do list and other resources** to help with practical tasks they can do to prepare for retirement at [rtoero.ca/refer-a-friend](http://rtoero.ca/refer-a-friend).
2. Invite them to attend **RTOERO's free**

**retirement planning workshops/webinars** by going to [rtoero.ca/rpw](http://rtoero.ca/rpw) to see the schedule and register.

3. Send an **email to tell a friend about RTOERO** directly from [rtoero.ca/refer-a-friend](http://rtoero.ca/refer-a-friend) where you will find a letter that you can use as is or personalize it to mention insurance, RTOERO's advocacy work, opportunities for giving back, and social interaction with the District 31 community. You can also point to a list of member benefits found at [rtoero.ca/member-benefits](http://rtoero.ca/member-benefits).
4. Ask them to stop by the **RTOERO virtual booth** at [rtoero.ca/visit-our-booth](http://rtoero.ca/visit-our-booth) to explore what we offer, test their retirement planning knowledge with our interactive quiz and play the "spin to win" game for great prizes.
5. Encourage them to use our **comparison shopping checklist**, so they make a decision based on all the facts: [rtoero.ca/what-to-compare-when-looking-at-insurance-options-for-retirement-printable-checklist](http://rtoero.ca/what-to-compare-when-looking-at-insurance-options-for-retirement-printable-checklist).
6. **Reach out** and ask how things are going. The transition to retirement can bring up all kinds of emotions. Share this article: [rtoero.ca/how-to-prepare-for-retirement-emotionally](http://rtoero.ca/how-to-prepare-for-retirement-emotionally).

## **Membership Contact Information**

Please remember to update any changes to your address, email or phone number by contacting [membership@rtoero.ca](mailto:membership@rtoero.ca) or calling 1-800-361-9888. The RTOERO office needs your current information to update the membership lists. District 31 uses those lists to make sure you receive your newsletters and eBlasts, and the Goodwill Committee uses them to send cards.

## **Legal Considerations as we Age**

As we age, it's important to be familiar with legal issues related to wills, powers of attorney, financial planning, what to do when a loved one dies and bereavement assistance.

### Key questions to consider:

- Do I need a will?
- What is a power of attorney?
- What is the cost of a certified estate planner?
- Do I need a lawyer when a loved one dies?

What services does a funeral director provide?

### Resources

The federal government and each province/territory have websites with a variety of resources to assist with the legal consideration as you age.

Chartered public accountants and certified financial planners can provide advice on various aspects of estate planning. In Ontario, for example, chartered public accountants are listed by individual and by firms in this directory – [cpaontario.ca/stewardship-of-the-profession/directories](http://cpaontario.ca/stewardship-of-the-profession/directories)

Learn about working with a financial planner, including questions to ask and links to help you find a planner: [rtoero.ca/how-to-choose-a-financial-planner](http://rtoero.ca/how-to-choose-a-financial-planner)

Law societies across Canada provide contact information for lawyers who specialize in areas such as wills, powers of attorney and estate planning. RTOERO has an article on the website about creating an estate plan. Find it here: [rtoero.ca/six-qualities-of-a-solid-estate-plan](http://rtoero.ca/six-qualities-of-a-solid-estate-plan)

Many groups, including clergy, provide assistance and comfort when a bereavement occurs. Visit [211.ca](http://211.ca), indicate the province and then search for “bereavement,” and options for counselling will be provided.

Other federal government resources include:

- [canada.ca/en/revenue-agency/services/tax/individuals/life-events/what-when-someone-died.html](http://canada.ca/en/revenue-agency/services/tax/individuals/life-events/what-when-someone-died.html)
- [ontario.ca/page/what-do-when-someone-dies](http://ontario.ca/page/what-do-when-someone-dies)
- [canada.ca/en/employment-social-development/corporate/seniors/forum.html](http://canada.ca/en/employment-social-development/corporate/seniors/forum.html)

### Legal Documents

An inventory of essential documents is valuable and helpful for your families. The RTOERO website has a template that can be filled in and printed to be kept in a safe location - [rtoero.ca/how-to-create-an-inventory-of-important-documents-and-contacts/](http://rtoero.ca/how-to-create-an-inventory-of-important-documents-and-contacts/).

You can also use it to create your own personal inventory.



“In the Spring, I have counted 136 different kinds of weather inside of 24 hours.” *Mark Twain*

I am writing this article in April with the ground covered in snow and more snow falling from the sky, so this quote seems most appropriate. I do hope sunshine and warmer weather will soon arrive and stay.

RTOERO District 31 Goodwill Committee supports our members through all kinds of weather in our lives. Sending birthday cards to our members who are aged 80 plus, sympathy cards and cards to celebrate life's special moments are some of the ways we reach out to our members. Please help us to do this by contacting any of the members of the District 31 Goodwill Committee listed below. We may also be contacted through the District 31 website, [rto31.org](http://rto31.org)

#### **North Wellington**

Joyce Barnes 519-848-2351  
[joyce.barnes@sympatico.ca](mailto:joyce.barnes@sympatico.ca)

#### **Centre Wellington**

Linda May Bell 519-843-3351  
[linda\\_may\\_bell@hotmail.com](mailto:linda_may_bell@hotmail.com)

#### **Alma, Salem, Elora**

Marg Hall 519-846-5235  
[margcarl.hall@gmail.com](mailto:margcarl.hall@gmail.com)

#### **Rockwood, Hillsburgh, Erin**

Marina Howlett 519-836-8585  
[howlettmarina@gmail.com](mailto:howlettmarina@gmail.com)

#### **Guelph**

Brenda McGinnis 519-824-5263  
[dmcginc602@rogers.com](mailto:dmcginc602@rogers.com)

Nancy Baker 519-822-6653  
[nancyida@sympatico.ca](mailto:nancyida@sympatico.ca)

Mary Hermann 519-821-3892  
[maryhermann@rogers.com](mailto:maryhermann@rogers.com)

Apologies are extended to any member's needs of which we have not been made aware. Monthly reports are received from the RTOERO Head

Office to assist us with our work. Please contact RTOERO Head Office at 1-800-361-9888 if there are any changes in your personal information so our Goodwill records are up to date.

Be happy!



## HEALTH BENEFITS

*Shirley Goodbrand*

### Trip Cancellation Insurance Change

Exciting news for travellers who are covered with our travel plan!

As of May 1, 2022, the travel plan will provide coverage to the insured for trip cancellation, interruption or delay due to COVID-19. This includes coverage for additional expenses if a member must quarantine at a destination or is refused boarding due to a positive COVID-19 test.

For more information and detailed questions and answers, go to [rtoero.ca/prepared](https://rtoero.ca/prepared)

### McMaster Optimal Aging Portal

If you have not signed up to receive the McMaster Optimal Aging Report on the RTOERO website, scroll down to Our Partners and click on McMaster Optimal Aging Portal to sign up for their newsletters.

The topic for the most recent one was on 'Technology Fatigue: What it means and how to reduce it'.

Each mailing offers E-Learning activities, COVID - 19 content, video posts, blog posts, headlines and evidence summaries. You can also search for specific information, as well as learn what professionals are reading.

A brief summary from the Technology Fatigue article:

- Technology can keep us connected, reducing feelings of loneliness and social isolation, but its overuse can also pose a challenge. The good news is there are things you can do to reduce overall fatigue.

- Researchers looked at the main causes of technology fatigue and found it can be attributed to four main factors:
  - Excessive eye contact
  - Cognitive overload
  - Loss of mobility
  - The mirror effect

If you like video posts, the topics this month were "Aphasia after Stroke: Regaining communication skills with speech language therapy" and "Deep Vein Thrombosis: Symptoms, causes and treatments".



## FINANCIAL REPORT

*Mike Curtis*

### RTOERO District 31 April 20, 2022

<b>Income</b>	
Annual Rebate	11 161.10
<b>Total</b>	<b>11 161.10</b>
<b>Expenses</b>	
Goodwill	295.55
District (deposit for I.C.C. Fall Luncheon)	500.00
Newsletter	1497.59
Office Expenses	12.00
G/W Com. for Social Justice	50.00
Samaritan's Purse (Ukraine donation)	1 000.00
Guelph Humane Society (In Memoriam)	50.00
<b>Total</b>	<b>3 405.14</b>
<b>Surplus</b>	<b>7 755.96</b>
<b>Bank Balance</b>	<b>36 221.11</b>



## POLITICAL ADVOCACY REPORT

*Brenda McGinnis*

As you are aware, there is an Ontario Provincial Election on June 2, 2022.

During election periods, RTOERO works hard to inform our members and other citizens of the many important issues that impact all of us. At all times, but especially during election periods, RTOERO is a strong advocate for better living conditions for all seniors.

RTOERO continues to promote, discuss and question MPPs and party candidates on the three RTOERO Advocacy Issues:

- Environmental Stewardship
- Geriatric Healthcare
- Seniors Strategy

With these in mind, RTOERO organized three important virtual town hall events. These town halls were taped so, if you missed them, you will be able to watch them at your convenience. These sessions are well worth watching!

- **Seniors strategy townhall with Ontario Political Leaders** - April 14, 2022
- **Geriatric healthcare town hall with Ontario political leaders** - April 21, 2022
- **Environmental stewardship townhall with Ontario Political leaders** - April 27, 2022

Each event follows a similar format. The panelists from the major parties provide a brief overview of their party's position on the issue, and then it is opened up to questions from the RTOERO members. All three sessions were absolutely excellent and covered the issues and our members' questions very well.

It is very disappointing though that the Conservative Party, after extensive outreach, did not send a representative for any of these sessions. The Liberal, NDP and Green Party members gave very clear statements on their parties' positions on these issues.

In the first session, Liberal MP John Fraser also made an interesting point to which the other panelists agreed. He said that it was his experience that senior citizens advocated for a wide range of issues as well as "senior" issues. Most of us are still very concerned with issues pertaining to education, general health care, mental health, housing, basic income, poverty issues, etc., etc. We are the most engaged age group and the group most likely to vote. Candidates are well-advised to

listen to our concerns.

If there was ever a time though to get attention for our issues, especially Long Term Care and Senior Home Care, it is now while the horror of what happened to seniors in the pandemic is still fresh in everyone's mind.

Locally, the Guelph Wellington Coalition for Social Justice (GWCSJ), of which we are a member, hosted a series of "Informed Democracy Sessions". On April 20th, they hosted "Environment and Climate Change".

Rich Prophet, RTOERO Chair was one of the four panelists. I was so glad that I attended this Zoom presentation. It was a very motivating discussion of the topic and provided a great deal of useful and new information. Rich gave an overview of RTOERO's position and emphasized what individuals could do to help the environment.

Dr Rene Van Acker, University of Guelph, gave hope as he described how innovations in agriculture could help in reducing carbon.

Thomas McIlwraith, JFRCVI student, gave us insight into how young people are feeling about climate change - scared, depressed, angry, hopeless.

More needs to be done to engage these young people in the political process. This was one of the best sessions on the Environment and climate Change that I have had the opportunity to attend. I might add that two other excellent sessions were ones sponsored by RTOERO. One featured an amazing 90 minutes with David Suzuki and the other was the town hall on environmental stewardship.

On May 12, from 7:00 to 8:30 pm, there will be a Town Hall, hosted by GWCSJ at the Italian Canadian Club. The Coalition is still debating whether this will be a hybrid or strictly virtual event. Rick Goodbrand will be posting updates on our Facebook page and on our website. The four major parties have indicated that their Guelph candidates will be present.

Once again, we hope to join a group that is interested in organizing a Town Hall for candidates in Wellington - Halton Hills or Wellington-Perth. If

you know of any groups organizing town halls in these ridings, let us know.

It is important to note that RTOERO does not support specific political parties and never endorses specific candidates.

As individuals, RTOERO members are encouraged to participate in the political process by working for a candidate who best articulates your values and ideas, by attending Meet the Candidates events, by informing yourself of the issues, and by, it goes without saying, voting for the candidate of your choice.

"Imagine a collective outcry so bold, so determined, and so sustained that governments and businesses have no choice but to take real action to reverse our climate crisis. Close your eyes and imagine it."

*from Imagine It! A Handbook for a Happier Planet by Laurie David and Heather Reisman*



On April 28<sup>th</sup>, I attended a webinar, **Optimizing Medication Safety**, sponsored by the RTOERO Foundation, the second in the 2022 series. This webinar was particularly important for seniors who may use multiple medications. A lot of useful information was presented by Dr. Paula Rochon, RTOERO Chair in Geriatric Medicine, University of Toronto.

Some tips she shared for discussing medications with your family doctor are:

- You need to check with your Healthcare professionals about ALL your medications – prescription and non-prescription.
- Always bring all your medications (including over the counter) to your doctor appointment.
- For each drug, know when it was prescribed, why it was prescribed, and by whom it was prescribed.
- Questions for you to ask the doctor are:
  - Could I take a lower dose?
  - Are there any side effects or drug interaction?

- Do I really need these drugs?
- Are any of these drugs creating a new medical condition?

This webinar was recorded and will be available soon. Please check out the RTOERO website for the replay.



## 2022 OTPP Annual Report

April 14, 2022

### Highlights

- Net Assets as of December 2021 - \$241.6B (up \$20.4B from 2020)
- Net Investment Income - \$24.7B
- Total Fund Net Return for 2021 – 11.1%
- Value Added above the Benchmark - \$5.5B
- The Pension Plan is fully funded for the ninth consecutive year (107%)
- Pension surplus as of January 1, 2022 - \$17.2B
- Funding Sources for OTPP since 1993:
  - 79.9% - Net Investment Income
  - 10.5% - Government/Designated Employer Contributions
  - 9.6% - Member Contributions

### Facts About our Members

- Total number of members – 333 000
  - 182 000 - working members
  - 151 000 - pensioners
  - 5 000+ - new retirees in 2021
- Ratio of working members to retired members – 1.2 to 1.0
- Average retirement age (2021) – 59
- Average starting pension - \$49 400
- Average number of years retirees can expect to collect a pension – 32
- Average number of years a member contributes to the plan – 26
- Number of pensioners aged 100 and older – 146
- Number of pensioners who have collected a pension for more than 50 years – 31

- Member Satisfaction Rating (Member Inquiries and Services) – 8.7/10

### Goals for 2030 and Beyond

Bigger, bolder investments to reach \$300B net assets by 2030  
 Achieve Net Zero Greenhouse Gas Emissions by 2050  
 Invest sustainably to create a more equitable future  
 Maintain a fully-funded status of the pension plan  
 Be a truly diverse organization

**For further information, review the full report at [www.otpp.com](http://www.otpp.com)**



District 31 is blessed with many talented and creative members who are engaged in many interesting and exciting activities. We continue to feature some of these achievements in our newsletters. Please let our executive know about any of our members who are involved in interesting adventures or who have received awards or special recognition for their work. We would like to acknowledge and celebrate and support the accomplishments and endeavours of our members.

**Nancy Baker** will be playing the role of the mean housekeeper in the play *The Secret Garden*, that Elora Community Centre is performing outdoors at the end of June.

**Helen Boyles, Pauline Brown, Elizabeth Ecclestone, Joan Hall, Jean Jackson, Shirley Lyle, and Annie Tone** all taught in one room schoolhouses in Wellington County. Recently a book entitled [The Nine Public Schools of Guelph Township](#) was published. This coffee table book contains class photos, reminiscences and charming stories about the small country public schools where teachers effectively taught grades 1 through 8 in one room. If you are interested in purchasing a copy of this book, you can contact Anne at [agrinwis@in.on.ca](mailto:agrinwis@in.on.ca) or at 519-822-2789. Books cost \$25 (local pick up in Guelph area) or \$35 (mailing costs included).



**Nellie Hanuta** worked hard and inspired others to do the same on behalf of the people of Ukraine at the Holy Protection Ukrainian Church on York Road in Guelph. Volunteers sorted and packed donations for shipment to the Ukraine. Nellie inspired both RTOERO District 31 and GWRWT to donate \$1,000 each to help people in the Ukraine. As Nellie wrote: "The Guelph and surrounding area community came together so quickly to **"Stand with Ukraine"** - rallies, Sacred Fire Ceremonies, walks, fundraisers, donations and volunteer efforts. I retired to Guelph but taught my entire career in Timmins, the city with the Heart of Gold, and found that my new community has a heart of gold as well. The Ukrainian Community and I thank you, dear friends and colleagues, for your generosity, support, friendship and prayers."

**Joan Hug-Valeriote** is featured in an article in *Guelph Today Venture Section*. The article, entitled " 'Scapes, 'Scopes & Abstracts: The Imagery Behind Joan-Hug-Valeriote's Creations" focuses on her work as a quilt artist. Joan had an art exhibit at the end of 2021 at 10C Shared Space. In addition to creating new projects, Joan is currently working on a movie set in Toronto.

**Pam Niesiobedzki - Curtis (Roxanne Thornton)** has one of her own plays, "Can Lightning Strike Twice?", being performed at Guelph Little Theatre May 19th, 20th, 21st, 26th, 27th, 28th evenings at 8:00 pm and Sundays May 22nd, 29th at 2:00 pm. This comedy with a twist is a journey down the path of hopeful retribution. When our immoral golf pro friend, Don "Juan" Defluer, gets himself in a little deeper than he planned with both his current mistress (Charlene) and also his older female benefactor (Molly), all hell breaks loose in Howard's small studio apartment in the heart of downtown Acton. Add to that a gunshot, a lightning storm, a robbery at the elite golf course, *Glenn Acton*, and, of course our dog Howard's body working madly to keep all the balls in the air and still hoping that Don will learn his lesson and become a decent human being, and you get the masterly crafted comedy "Can Lightning Strike Twice"?

**Sandra O'Connor** was recently featured in an article in the Provincial Newsletter of the Retired Women Teachers of Ontario. Since Sandra has retired, she has performed as a clown in parades, birthday parties, fall fairs, and school barbecues. COVID, however, has put a cramp in her style. This spring, Sandra is doing a self-distancing event

called "Sidewalk Sandy". She will sing Happy Birthday with her ukulele, make balloon animals, and do a little drumming. She hopes to do this for donations to the local food bank. As she says: "I retired to a life of constant laughter and it has been a real joy."

**Anne Smith and Gail Root** are part of the art group, the Octarine Women's Collective, which has been presenting their latest work at the Elora Centre for the Arts from April 21st to May 15th. The theme is "Every Thing Connected: Octarine Artists respond to Climate Change."

## GUELPH WELLINGTON COALITION FOR SOCIAL JUSTICE



*Richard Goodbrand*

The Guelph Wellington Coalition for Social Justice (GWCSJ), of which we are one of 20 member organizations, hosted a series of four Informed Democracy zoom sessions.

Attendees heard perspectives on Poverty and Homelessness, Health Care, Education, and Environment/Climate. During the Environment/Climate session we heard from our RTOERO Chair Rich Prophet, as one of four panelists, give an excellent presentation as well as answering questions emphasizing our RTOERO's priorities — Seniors Strategy, Environmental Stewardship, and Geriatric Health Care.

GWCSJ is hosting a Town Hall on May 12. The following parties have confirmed that their candidate will be on the panel to address their Party's priorities and platform for the next four years: Green, Liberal, NDP, and Conservative. Further details and registration information will be posted on our District 31 — Wellington — Facebook page and our website.

GWCSJ also has a table at the Guelph Market each Saturday. Additionally, GWCSJ provides a monthly meal through the Royal City Mission. We are always looking for volunteers to help with these outreach programmes.

If you are interested in helping with these programmes, you may contact Rick at [rdgoodb@gmail.com](mailto:rdgoodb@gmail.com).



## MEMBERSHIP REPORT

*Scott Montgomery*

As the Spring begins, we look forward to new beginnings: walking, gardening, conversing with friends, and many other activities in our communities.

Our April membership numbers include:

- 1374 retired educators, which include 12 new recently retired educators;
- 50 actively working RTOERO members;
- 56 members are over the age of 90;
- 7 of our members are under the age of 54.

If you have friends who are still working in schools, please remind them that they can join RTOERO before they retire without an annual fee. When they retire, the annual membership fee and benefit fees are less than other educational insurance plans.

### In Memoriam

*"The greatest treasures are those invisible to the eye but found by the heart."*

RTO District 31 extends sympathy to all the families and friends of our departed loved ones:

Clarence Comfort	Guelph
Brian Conway	Kingston
Mary Gittins	Elora
Marion Kasha	Guelph
Ralph Lancaster	Guelph
Isobel Orr	Hillsburgh
Marion Perry	Guelph
Dr Martha Rogers	Elora
Patrick Scollard	Guelph
Ann Vossen	Wheatley

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## Gift giving for grandparents: beyond plastic toys

Have you ever considered that many of the toys kids end up with will outlive the kids themselves in landfills and oceans? Cheap, plastic toys are pervasive. Walk through a dollar store with a child, and their eyes will light up at all the bright plastic



items that are sure to bring a *moment* of joy. Kids may not yet recognize that that moment of pleasure is not worth the long-term impact of purchasing that item—but as grownups, we can.

Here are some tips to help you make gift-giving to kids mean something more.

- Instead of going to a toy store, consider taking children to a secondhand store to choose their gift.
- Give handmade gifts.
- When giving craft items, try to buy refillable items rather than kits which tend to come with a lot of packaging.
- Try giving the gift of time and attention rather

than material things. By spending time playing or doing an activity together, you're saying they matter, and you're helping to make memories that will last.

- Give books that show them that our communities are very diverse and that there's value in everyone. Read more about the power of books to support equity in this RTOERO blog post: [rtoero.ca/equity-through-childrens-books/](http://rtoero.ca/equity-through-childrens-books/)

It can be challenging to change habits but it's pretty clear we can't continue consuming at the rate we do. If we get this right, adult children and grandchildren will look back grateful that they were taught not to contribute to the environmental problem they are now having to solve.

## RTO District 31 Executive 2020-2022

Executive Position	Name	Email Address	Phone #
Past President	Stephen O'Connell	<a href="mailto:soconnellguelph@gmail.com">soconnellguelph@gmail.com</a>	519-265-2125
President	M. Anne Smith	<a href="mailto:m.anne.smith@gmail.com">m.anne.smith@gmail.com</a>	519-820-6471
1 <sup>st</sup> Vice Pres	Nancy Baker	<a href="mailto:nancyida@sympatico.ca">nancyida@sympatico.ca</a>	519-822-6653
2 <sup>nd</sup> Vice Pres	Richard Goodbrand	<a href="mailto:rdgoodb@gmail.com">rdgoodb@gmail.com</a>	519-291-2015
Secretary on leave	Joan Miller Mary Hermann	<a href="mailto:joan.miller5@gmail.com">joan.miller5@gmail.com</a> <a href="mailto:maryhermann@rogers.com">maryhermann@rogers.com</a>	519-746-4218 519-821-3892
Treasurer	Mike Curtis	<a href="mailto:mikecurtiserin@yahoo.ca">mikecurtiserin@yahoo.ca</a>	905-877-4134
Foundation	Joan Berry	<a href="mailto:joanmarieberry50@gmail.com">joanmarieberry50@gmail.com</a>	519-843-6754
Goodwill	Joyce Barnes	<a href="mailto:joyce.barnes@sympatico.ca">joyce.barnes@sympatico.ca</a>	519-848-2351
Governance	Marina Howlett	<a href="mailto:howlettmarina@gmail.com">howlettmarina@gmail.com</a>	519-836-8585
Health/Benefits on leave	Shirley Goodbrand Patrick Bruder	<a href="mailto:shirleygoodbrand661@gmail.com">shirleygoodbrand661@gmail.com</a> <a href="mailto:patrickbruder@gmail.com">patrickbruder@gmail.com</a>	519-291-2015 519-823-2399
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### **Change of Address or Status**

It is imperative that, if you have changed:  
your postal address  
your email address  
your phone number or  
your status,

you contact:

OTPPB (5650 Yonge St., Toronto M2M 4H5  
or 1-800-361-0105)  
RTOERO ([rtoero.ca](http://rtoero.ca) or 1-800-361-9888) -  
Ask for Membership, or email  
[membership@rtoero.ca](mailto:membership@rtoero.ca).

### **REPORT THIRTY-ONE**

National Office sends out monthly membership lists which we use to create a database for sending out newsletters. Every attempt is made to ensure that this information is correct and up-to-date.

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