

Report Thirty-One



PRESIDENT'S REPORT

Nancy Baker

I sincerely hope that everyone had a great start to 2024. Although it is currently mid-January and there is a blizzard raging outside, by the time you read this newsletter it will almost be spring. We will be expecting warmer weather and the start of the gardening season. We can also look forward to seeing old friends and enjoying our Annual Spring Luncheon at the Italian Canadian Club.

Also in the spring, the RTOERO Foundation will again be running an online auction with many fabulous prizes available. Please watch for an email from RTOERO for information related to the bidding process.

As part of the RTOERO's Vibrant Voices focus there will be a Future of Aging Summit held in Toronto May 15 to 17th. It is for any professional focused on supporting healthy aging, ending ageism, and building age-friendly societies. Closer to the event, RTOERO members will receive information about how to watch the keynote presentations online.

In January RTOERO partnered with Telus to bring exclusive savings to members on cell phones, rate plans, high-speed internet, etc.

Visit www.rtoero.ca/telus to see the offers.

I recently received some interesting information about AI-powered scams. It seems that new generative artificial intelligence can imitate anyone's voice or appearance and is widely available to the public. To avoid being tricked, if you receive a call and it sounds like someone you know, ask a question only that person will know. Or prepare in

advance by having a special word or phrase for family members to confirm identity. Always be alert if you receive a call, text, or email that is rushing you into taking an action or asking you to share information. Stay safe.

I am looking forward to seeing you at our spring luncheon or at some of the up coming travel opportunities.

SAVE THE DATE

April 9, 2024

RSVP to Spring Annual Luncheon invitation

April 19, 2024

Drayton Theatre trip payment due

April 27, 2024 9am

Retirement Planning workshop
Victoria Park East Golf Club

May 2, 2024 - 11am

Spring Annual Luncheon meeting - Bring A Book
Italian Canadian Club, Guelph

May 15-17, 2024

RTOERO Future of Aging Summit, Toronto

June 6th, 2024 - 2 p.m.

Beehive - the 60's Musical, Drayton Theatre,
Drayton



BRING A BOOK

Nancy Baker

We are continuing our Bring a Book campaign, so please bring a new or gently used book for a child, a teen, or an adult to our Annual Spring Luncheon meeting. The books will be donated to the Action Read Literacy Centre.

Action Read is a community literacy centre that is dedicated to changing the lives of adults and families by helping them to improve their literacy, numeracy, computer, and other essential skills, through using their one-to-one tutoring and group learning programs.

In 2020, Action Read presented RTOERO District 31 Wellington with their Community Award. At that time, they stated, “The day the books are delivered feels like Christmas, and as staff go through them, we start linking them up to various interests and reading levels of the individual learners we support, both adults and children.”



POLITICAL ADVOCACY REPORT

Brenda McGinnis

RTOERO continues to be a very active advocate for improving the lives of its members and Canadian seniors.

Recently, RTOERO responded to the Ontario Government’s Convenient Care at Home Act, 2023 (Bill 135) Consultation. This report can be found on the RTOERO website and is very well worth reading. In a very attractive, concise, and clear way, the report summarizes RTOERO’s position on seniors issues. Here are a few key points:

“The backdrop to our response to Bill 135 is our belief all Canadians should have a right to aging in place. Ensuring that - and providing the supports that make it possible - is of prime importance to RTOERO’s 84,000 + members across Canada.”

Canada spends significantly less on home and community care than the Organization for Economic Cooperation and Development average. Across the country, almost 9 out of 10 health care dollars go towards institutional care. The equation is out of whack.”

“With proper teams skilled in physical and mental health, support for home accommodation and the right framework for care, Canada’s older adult population may live in their own homes and communities. That’s where they want to live.” The report also outlines how RTOERO has been advocating for change in the following priority areas : national seniors strategy, health care standards, long-term care, healthy aging, geriatrics training, elder abuse prevention, social isolation, universal Pharmacare, and ageism. Copies of this report are being sent to our local MPPs and MPs.

Every few months, RTOERO arranges for Zoom regional meetings of Political Advocacy Reps. I recently attended one of these meetings and learned of a new organization called Men’s Sheds. (www.mensshedsontario.ca)

If you google this organization, you will find that Men’s Sheds is “based on a simple concept, Improve our members physical and mental health through activities men will actually join.”

A Men’s Shed provides a safe and friendly environment where men can work on meaningful projects. Men work at their own pace, in their own time, in the company of other men. A Shed offers men an alternate way to reach out to avoid “isolation while giving back to society.” This might be exactly what some of our male members would find interesting and helpful. The website lists where these Sheds are operating and how men can start one in their own home area.

Once again, let's end on a positive note. While we can all agree that a lot more work and effort needs to be done on Climate change, there have been a few encouraging trends lately.

A recent article in The Toronto Star- "It's easy to miss the good news about the battle against global warming" - highlighted a few positive items. Among these good news items was: "An independent assessment for the Canadian Climate Institute models existing climate policies against a no-climate-policy scenario and finds that emissions today would be 7 per cent higher, and 41 per cent higher in 2030, without legislated, developing and announced policies."

RTOERO will continue to advocate for better lives for our members and seniors and future generations.



RTOERO District 31 hosted a Wellness Workshop for members at the Guelph Country Club on November 9, 2023. The focus of this workshop was "Maintaining Good Mental Health". Donna McFarlane, a member of District 31, presented a very insightful workshop that described the current state of mental health in Canada and the support that "Recovery Canada/Recovery International" can provide.

More than five million people in Canada experience a mood or anxiety disorder and/or a substance abuse disorder. Seventy percent of people living with mental illness report symptoms developing before age 18. Many of these people also reported they needed mental health care but were unable to get the support they needed. If you or someone you know is struggling with mental health issues, "Recovery Canada" can help.

You are not alone!

Recovery Canada is a program based on cognitive behaviour techniques. These techniques teach self-control, self-confidence and peer support to increase one's determination to act and cope with everyday problems. The mission of "Recovery Canada/Recovery International" is to use the cognitive behavioural, peer to peer, self-training system to help individuals gain skills that can lead to more peaceful and productive lives. Group sessions provide participants with support, acceptance, and reassurance. "Recovery Canada" is a safe, confidential place to talk about life's challenges and receive support for self-help efforts. For more information, contact Recovery Canada at www.recoverycanada.org and www.recoveryinternational.org

Thank you to Donna McFarlane and her team for a very informative presentation! If you have a topic or speaker suggestion for a Wellness Workshop, please let us know!



"Until you're retired, you'll never know just how much you can get done in one day in your pajamas."

Thanks to the members of the RTOERO District 31 Goodwill Committee, consisting of Brenda, Marina, Mary, Nancy, Sherry, Irene, and Joyce, who sent over 375 Birthday and Christmas cards to our members who were 80 plus in 2023. Eighteen floral arrangements were sent to members who were 90, 95 and 100+ in 2023. Many get well, sympathy and congratulatory cards were also sent.

In 2024 the Goodwill Committee members look forward to add happiness and caring to improve the quality of our member's lives. Please help us to do this by contacting any of the members of the District 31 Goodwill Committee listed below.

Joyce Barnes joyce.barnes@sympatico.ca	519-848-2351
Brenda McGinnis dmcginc602@rogers.com	519-824-5263
Marina Howlett howlettmarina@gmail.com	519-836-8585
Nancy Baker nancyida@sympatico.ca	519-822-6653
Mary Hermann maryhermann@rogers.com	519-821-3892
Irene Simmons irene@isimmons.ca	519-836-8646
Sherry Fleming sherryf3@gmail.com	519-831-6639

We may also be contacted by the District 31 website www.rto31.org

Apologies are extended to any member's needs of which we have not been made aware.

Monthly reports are received from the RTO/ERO Provincial Office to assist us with our work. Please contact RTO/ERO Provincial Office at 800-361-9888 if there are any changes in your personal information so our Goodwill records are up to date.

Enjoy pajama days and retirement!



The new year has arrived! The small amount of snowfall and the cloudy days have many of our members looking forward to planting gardens and planning trips. We know it is important to keep connected with family and friends when the outdoor weather is so grey.

If you would like to volunteer to assist with the membership committee please contact:
scottmontgomeryrto@gmail.com

Our most recent membership numbers include:

- 1395 retired educators
- 47 actively working RTOERO members.
- 61 members are over the age of 90
- 11 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. The next RTOERO Retirement Planning Workshop will be held at Victoria Park East Golf Club on Saturday April 27th starting at 9am.

We welcome the following members to our District:

August - Karen Baird, Stuart Hood, Ann Lankin, Dorothy Lowry, Laurence Smith, Derek Webster, Shirley Jean Clarke.

September - Dianne Downey, Melody Elvidge.

October - Rachele Campbell, George B Lamont, Leann Reynolds, Robin Todd.

November - Carla Anderson, Mary Peleschak, Terje Refling.

December - Dianne Ballantyne, Gundi Barbour, Marla Cook, Christine Kay, Karen O'Rourke.

January - Lou Bellini, Barbara Caunter, Patricia Collins, Linda Cotnam, David Freer, Ann Hernandez, Tiago Laranjeiro, Joey Stafford, Adam Thomson, John Jarvis.

We endeavour to acknowledge the passing of our members when we are notified by RTOERO Membership Services or via personal correspondence. Please let us know if we have missed a member's passing.

Memoriam

“ We remember those who filled us with warmth, ideas, and many stories. While we remain they are not forgotten”

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

Jean Alexander	Fergus
Wesley Anderson	Guelph
Marie Andrews	Mount Forest
Bette-Ann Branch	Rosseau
Anne Break Jarvis	Guelph
Rick Charlton	Guelph
Catherine Chornoboy	Rockwood
George P Clarke	Mount Forest
Joan Cornfield	Georgetown
Kenneth Graham	Fergus
Betty Green	Guelph
Ronald Hayes	Guelph
Patricia Healy	Guelph
Iris Hunter	Cambridge
Ruth Kaufman	Guelph
Lloyd Kruschenske	Guelph
Helen Mambourg	Guelph
Roger Manning	Guelph
Jack Marentette	Guelph
Patricia Martin	Midland
Alvina McCabe	Chatham
Isobel Muir	Guelph
Doug Murray	Kitchener
Michael Peleschak	Guelph
Doreen Pellin	Guelph
E M Mae Potton	Guelph
Charlotte Robinson	Guelph
Ann Smith	Guelph
Bonnie Tkac-Freetham	Annan
Mary Waind	Fergus
Elise Watts	Guelph

SOMETHING TO SHOUT ABOUT



Brenda McGinnis

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, celebrate and support the accomplishments and endeavours of our members.

Hilary Appleton, Nancy Baker, Cathy Collins, Elaine Ferdinandi, Barb Heagy, James Lafferty, Lynda McLeod, Lenore Ralph, Patti Rooney, Anne Smith, Joan Hug Valeriote, Dale Vardy, and June Wagg participated in our Arts and Crafts Show at our October Luncheon. It was inspiring to see the amazing talent and skills of so many of our members. We thank them very much for sharing their beautiful artistic creations with us.

Diane Ballantyne was a recipient of the Prime Minister's Awards for Teaching Excellence. The award noted that Diane is "an exceptional teacher who upholds the fundamental values of multiculturalism, equity and equality." Diane is also a Wellington County Councillor.

Bob Brown and Stephen O'Connell performed in RCMPPI's magical production of Cinderella last fall.

Julia Burns, Ken Schmidt, Beryl Kruschenske, Doug Long, Audrey Lowe, and Christa Howson won door prizes at our 2023 Fall Luncheon.

Deborah Dryden was one of the participating artists in Guelph's Studio Tour last fall.

Simon Leibovitz has retired from RTOERO after 22 years of service. Simon has always had a special connection to District 31 and even though he has moved to Toronto, he will remain a member of District 31 for at least the next few years. We were pleased that Simon was honoured at the annual fall meeting of members in October and that a number of his Guelph friends could be there. Simon was the tenth full-time employee in 2001 and now there are almost 30 full time employees and the organization has grown from just over 40,000 members to currently over 84,000 members.

Gail Root and **Anne Smith** are part of the Octarine Artists who had a show at the Wellington County Museum from October 6 to December 30, 2023. Their art work in this show was inspired by A.J. Casson.

Doug Taylor was featured in an article in Guelph Today entitled : “Retired Guelph Teacher Looking to Complete Golf Quest”. Doug plans to golf a couple of courses in the Montreal area next year and if he does, he’ll complete a challenge which he set for himself about 20 years ago. According to the article in 2004, Doug was reading ScoreGolf magazine’s top 100 courses and started noting the ones at which he had golfed and he decided he would do them all. Doug recounts many funny stories in this article which can be found on-line at Guelph Today. Also, for many years, Doug has organized a golf tournament in June which raises money for prostate cancer research.

Yorkland Green Hub celebrated 10 years of conservation advocacy last November. Thank you to our District 31 members who have actively supported and advocated for this worthwhile cause. Initiated by the Yorklands Green Hub, a new local advocacy group Urban Park Guelph is urging the Federal government to turn the provincially owned former reformatory lands into an urban park.

Posthumous Recognition

Nita Daly is featured in a beautiful article in Hospice Wellington’s Bi-Annual Newsletter. The article is entitled “A Feisty Woman”. The article begins with the paragraph: “Feisty is the perfect word to describe our Aunt Nita, a free spirit who lived life on her own terms. But more than that, Nita was a devoted teacher, a talented athlete and a gifted artist. She was the cool aunt; the one you loved to spend weekends with. She made every interaction fun. Life with Nita was an adventure.” The article is a loving tribute to a special woman.



TRAVEL REPORT

Pam Niesiobedzki & Lenore Ralph

Drayton Theatre

We have booked a block of 30 tickets for Thursday, June 6th, 2024 at 2 p.m. for **Beehive - the 60’s Musical**.

This play, described as “an uplifting and upbeat tribute to female empowerment” features 40 classic chart-toppers from the 1960’s.

If you are interested, please email Lenore Ralph at LRSIDEBYSIDE@hotmail.com. The cost is \$53.39 (\$59.33 if under 20 tickets are sold). You will have to drive yourself to the theatre for this event.

We have reserved 8 tickets on the main floor for those members who use walkers. We have also reserved 22 seats in the balcony. It is imperative that you notify us in advance if you require main floor seats. We ask that these seats be booked for only those who need them. If there are seats left over in the block we will seat companions there too. There is an elevator to the balcony but, once there, patrons will have to walk up a few steps to reach the rows of seats.

It is a first come first serve scenario. At our last performance at Drayton, we had disappointed members who were not able to get tickets.

Don't miss out, Book Early!

Process:

1. Email Lenore to indicate your interest, number of tickets required and if you need special seating.
2. You will receive an email indicating your request has been received.
3. After the cutoff date, April 19, 2024, you will be emailed again and asked to send your cheque. ALL cheques must be received by April 26, 2024.

We hope to see you there!



Inflation Adjustments Effective January 1, 2024

- Ontario Teachers' Pension Plan (OTPP) 4.8%
- Ontario Municipal Employees Retirement System (OMERS) 4.42%
- Canada Pension Plan 4.8%
- Ontario Pension Plan 4.8%
- Old Age Security (OAS) Quarterly Inflation Adjustment (January, April, July, October)

Old Age Security (OAS)

Effective January 2, 2024, the monthly payment will be:

\$784.67 if you are 75 years or older; and
\$713.34 if you are between 60 to 74.

The OAS will be clawed back when the net income from all sources exceeds \$86,012.

If your net income exceeds \$141,917 (ages 64-74) and \$147,418 (ages 75 and older), there will be no monthly OAS payment.

The clawback is determined each year after the Notice of Assessment has been completed for the previous year.

The clawback will start July 2, 2024 and end June 30, 2025.

Each person has to apply for the OAS prior to age 65.

Reminders

Your OTPP will be reduced when you reach age 65 to reflect the deduction for the CPP offset.

The deduction for the CPP offset starts in the month you reach age 65.

For further information about the CPP offset, please contact Marina Howlett at 519-836-8585 or by email at howlettmarina@gmail.com.

The end of year surplus/deficit of each plan will be released in the OTPP and OMERS annual reports. These reports will be available later this year.

 <h1 style="margin: 0;">TREASURER'S REPORT</h1> <p style="margin: 0;"><i>Mike Curtis</i></p>

RTO District 31
Financial Report
December 31, 2023

Income

Annual Rebate	24 007.61
Spring Luncheons	1 290.00
Drayton outing	1 271.25
Grand River outing	5 920.00
Fall Luncheons	1 630.00
Community Grant (One World Schoolhouse Found)	4 000.00
Wellness Workshop	210.00
Total	38 328.86

Expenses

Goodwill	2 697.31
Executive	817.64
District	10 385.00
Forum	972.97
Newsletter	5 199.65
Office	338.05
Transportation	1 113.74
Website	386.38
Scholarships	600.00
RTO Foundation	200.00
Christmas donations (10 recipients X 200)	2 000.00
Community Grant (One World Schoolhouse Foundation)	4 000.00
Wellness (Recovery Canada +Guelph Country Club)	1 076.50
Travel members (Grand River+Drayton)	6 101.40
Travel Committee	430.60
Recruitment	261.12
Council of Canadians	150.00
Total	36 730.36

Surplus **1 598.50**

Bank Balance **37 491.55**



**RTO DISTRICT 31
EXECUTIVE
2022-2024**

Executive Position	Name	Email Address	Phone Number
Past President	M. Anne Smith	m.anne.smith@gmail.com	519-820-6471
President	Nancy Baker	president31@districts.rtoero.ca	519-822-6653
1st Vice Pres	Richard Goodbrand	rdgoodb@gmail.com	519-291-2015
2nd Vice Pres	Tim Cunningham	timcunningham@rogers.com	416-574-6110
Secretary	Joan Miller	joan.miller5@gmail.com	519-746-4218
Treasurer	Mike Curtis	mikecurtiserin@yahoo.ca	905-877-4134
Foundation	Joan Berry	joanmarieberry50@gmail.com	519-843-6754
Goodwill	Joyce Barnes	joyce.barnes@sympatico.ca	519-848-2351
Governance	Marina Howlett	howlettmarina@gmail.com	519-836-8585
Health/Benefits	Shirley Goodbrand	shirleygoodbrand661@gmail.com	519-291-2015
Membership/Recruitment	Scott Montgomery	scottmontgomeryrto@gmail.com	519-993-1286
Newsletter Editor	Scott Montgomery	scottmontgomeryrto@gmail.com	519-993-1286
Pension/Retirement Concerns	Marina Howlett	howlettmarina@gmail.com	519-836-8585
Political Advocacy	Brenda McGinnis	dmcginc602@rogers.com	519-824-5263
Social Media	Richard Goodbrand	rdgoodb@gmail.com	519-291-2015
Travel	Pam Niesiobedzki	pniesiobedzki@hotmail.com	905-877-4134
	Lenore Ralph	lrsidebyside@hotmail.com	519-822-1596
Webmaster/Email Manager	John Ritchie	mistercanoehead@yahoo.com	519-821-5894
Counsellors	Patrick Bruder	patrickbruder@gmail.com	519-823-2399
	Mary Hermann	maryhermann@rogers.com	519-821-3892
	Amanda Leathem	aleathem4@gmail.com	519-787-1286



You and your spouse/guest are cordially invited to attend the

Spring Annual Luncheon Meeting

OF RTOERO DISTRICT 31

Italian Canadian Club, Guelph

Thursday, May 2, 2024

11:00 -11:30 Social; J.O.E. will serve coffee and jokes; **collection of new books for Action Read** (suitable for children, teens, adults)

11:30 - 12:00 Business Meeting

12:00 - 1:00 Luncheon Buffet; Door Prizes during dessert

1:00 - 1:45 Entertainment: Blazing Fiddles

Buffet Menu:
Garden salad
Penne with tomato sauce
Chicken Parmigiana
Pan-roasted potatoes
Hot vegetables
Dessert buffet of fruit, assorted cakes, pies, squares

Accommodation for members with special dietary needs



Detach and send before April 9, 2024 to:
Mike Curtis, Treasurer
9450 Copeland Path, RR#2 Erin, ON N0B 1T0 905-877-4134

Cost: \$25.00 per person
Subsidized by District 31

Spring Annual Luncheon Meeting and Elections OF RTO/ERO DISTRICT 31

Thursday, May 2, 2024

PLEASE RSVP before April 9, 2024.

Please make reservations for: _____ and
Name

Special Dietary Requirements: Name of Guest
 Vegetarian Gluten Free Lactose Intolerant
 Other: _____

Enclosed is a cheque payable to RTOERO District 31 in the amount of \$_____ (\$25 per person).
This meal is subsidized by RTOERO District 31.

RTOERO District 31
c/o Mike Curtis, Treasurer
9450 Copeland Path, RR#2
Erin, ON
N0B 1T0

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:

OTPP (5650 Yonge St., Toronto M2M 4H5
or 1-800-361-0105)

RTOERO (rtoero.ca or 1-800-361-9888) -

Ask for Membership, or email
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. If you are receiving this newsletter by post, we encourage you to consider changing to the emailed version to save paper and Canada Post charges.

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