



# RTOERO

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Michael Oddy

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Assistant Treasurer  
Jim Sparrow

Website Address:  
<http://district7.rtoero.ca>

Facebook:  
<https://www.facebook.com/RTOEROdistrict7>

For contact information  
go to the "About" page  
on our Website.



## President's Message

Welcome to 2023! How are those New Year's resolutions coming? That's why I do not make any because I know they won't last very long.

The spirit may be willing but the flesh is so weak. What is not a waste of time is reading District 7's Newsletter and discovering so many opportunities for our members. RTO/ERO's primary task is to service our members. That is why I consider our Goodwill Committee so important. Theatre activities, trips, luncheons, golf tournaments, breakfast club, entertainment and social gatherings of all kinds are available to you our members. Just check out this edition for a few of the 2023 events. I am

personally looking forward to another great year.

How do you like that cost of living increase for 23 of 6.3%. Yes I know it could always be better because of inflation etc. I buy lettuce and gas too. However 6.3% isn't bad.

For those of you who are members of our Benefits plan, what do you think of the Communique you received with your Renaissance magazine? We have over 100,000 members in our plan.

Please. If you know anyone who is retiring this year or even in the near future you might want to inform them about our Retirement Planning workshop coming up at the Serbian Centre on April 22. More information may be found in this issue. Thank you.

Have you tried our Breakfast Club yet. Every month at city and county restaurants we meet to socialize and enjoy breakfast. We had record numbers in December in Essex. Please join us and give it a try. Our schedule is in this issue.

Our plans for trips are almost complete and they are also inside this issue. There

*President's message continued on page 2*

RETURN TO:

Art Dubé  
27 Normandy Ave  
Kingsville, ON  
N9Y 4B4

Publication Mail Agreement

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President's message continued from page 1

are more to be added in our Spring newsletter. We purchase 40 tickets on a first come basis at our cost (which can't be beat). Book early and take advantage, if you like, of the multiple shows discount.

While on the topic I would like to thank our Secretary, Michael Oddy for securing that fabulous offer from the Windsor Symphony Orchestra for their Christmas concert. Tickets went in record time. We look for further business with this fine Windsor group. Thanks again Michael and WSO.

Also I should mention the outstanding work of our Goodwill committee headed by Chair Glenna Hemphill.

900 Christmas cards and 144 Christmas bags were sent out by Glenna and her merry gang of volunteer members. Thanks to all!

Awards! May I mention that two of our members were recipients of prestigious provincial and national awards at RTO/ERO Fall Forum in Toronto in October.

*Distinguished District Member*-Glenna Hemphill and *Outstanding Leadership Award*- Jim Sparrow. These are two outstanding people receiving well deserved recognition. Congratulations!

**Finally, my wish for you and yours is for a healthy, peaceful and fulfilling 2023.  
"Let's be safe out there".**

*Bill*

P. S. No joke in this issue but you could win a prize. Two prizes to print readers and two prizes to online readers. What question did Cliff answer incorrectly and what was his answer? (who is Cliff anyway?) Send your answer to me at: [billben9999@yahoo.ca](mailto:billben9999@yahoo.ca) Good Luck!

# Political Advocacy Committee

Each District of RTOERO has a Political Advocacy Committee, overseen by a Provincial Committee. RTOERO provides political advocacy on a variety of political and social issues on behalf of its members and seniors in general. We want to ensure that all seniors can age with dignity and with the services needed to ensure this. Positive changes affecting seniors and retirees are often the result of political advocacy. We have partnerships with like-minded organizations. As PAC Chair, my role is to see that political leaders and officials in our District are aware of RTOERO concerns on an ongoing basis. Although RTOERO does not support political parties, it does support policies and positions.

Keeping the above in mind, I want to share some issues/ideas/ thoughts that came out of a recent Zoom meeting that involved PAC reps from two regions. We were asked what advocacy should be focused on. The consensus was " the physical and mental health of older adults." That is, the long term care, social isolation and most important, the health care crisis of seniors that has reached every single part of Canada. Some interesting facts when comparing Ontario to the rest of Canada: Ontario spends 12% less on peoples' health care needs, placing it last for hospital beds per capita and last place for Registered Nurse to patient ratio, The Ontario Superior Court struck down Bill 124 that limited public sector wage increases, which would have created a health crisis.

Many at the Zoom meeting felt and believe that the present government is pushing plans for privatization in many areas. Another issue that is forefront in many minds is the possibility of creating a voucher system in education.

I mention all of the above because, with the political flavour as it is, I raised the question that with the many issues Canada wide and particularly in Ontario is it time that RTOERO examine its non-partisan position. Presently, we can only support a position, not a party. I was somewhat surprised with the support that our position be examined. One Provincial Committee member said he would bring the issue up at the next Provincial meeting. I would welcome any thoughts you might have on this.

On another issue, I have had some calls and emails regarding our Pension Plan, and the loss from the FTL investment. Rest assured that the loss has limited impact, representing 0.05% of the pension fund's total net assets. Many members believe RTOERO controls the Pension Plan. We monitor legislation affecting CPP and OTPP. We are the only group who sits on the OTPP Board besides the two partners- OTF and the Ontario Government. We represent your interests on the Benefits Adjudications Committee.

**Jim Sparrow, Chair of the Political Advocacy Committee,**

## Goodwill Report

Happy New Year!

Our busy fall is over and we can look forward to welcoming back our Fun and Fellowship afternoon at Seasons in Amherstburg. (See the poster on page 12 in the newsletter). This is an afternoon to get together with colleagues and friends and to have a few laughs. Take a trip in the county and come join the fun.

During the months of November and December, almost 900 Christmas cards were prepared and mailed out. Thanks to Jessie Klein-Lebbink and Liz Antal for your help. Liz and I also put together 144 gift bags for 152 members. Thank you to my elves – Liz Antal, Helen Biales, Bill and Judy Bowden, Jan Countess, Audrey Magri and Hilda Watkins – for helping with the deliveries.

I am still sending out cards for birthdays, illness, sympathy and celebrations. Please let me know if YOU know of someone who is ill, having an anniversary, has suffered a bereavement or has something to celebrate.

**Glenna Hemphill, Your Goodwill Chair**

# Benefits Report - Fall 2022

Bernie Sistek, Benefits Chair



By now you should have received information about our insurance coverage for 2023. There has been a slight increase in our premiums for 2023. Rational for the increase can be found in the recent issue of the **RTOERO**

**Communique**. There have been some changes and improvement to our plan. Changes are in effect as of January 1, 2023.

## **Dental plan**

Reimbursements are updated to the 2023 fee guide

## **CloudMD**

Our Extended Health Care Plan provides a second opinion service. It has been changed from Teladoc to the Canadian-based company **CloudMD**. What this benefit provides is:

- A second opinion diagnosis and treatment
- Answers questions about a medical condition
- Assistance understanding prescribed care and treatment options
- Support finding a specialist or treatment facility in Canada
- an help navigate the healthcare system
- provide relevant information about a medical issue

**For more information call 1-800 661 8193.**

(On a personal note I have used the system and found it quite valuable.)

## **Travel insurance improvements**

Improvements include enhancements to:

- Emergency treatment for dental accidents
- Increases in evacuation coverage
- Baggage return
- Natural disaster coverage

Complete details about travel insurance coverage can be found in the 2023 insurance plans booklet

[rtoero.ca/resources/communiqué-insurance-plan-updates](https://rtoero.ca/resources/communiqué-insurance-plan-updates) for plan updates. Please read the booklet carefully to understand the terms, conditions, limitations and exclusions. (Any plan updates can also be accessed on line at [https://rtoero.ca/wp-content/uploads/2022/02/RTOERO\\_Insurance\\_Plans\\_Booklet\\_EN.pdf](https://rtoero.ca/wp-content/uploads/2022/02/RTOERO_Insurance_Plans_Booklet_EN.pdf))

Planning a trip? Be aware of the 90 day Rule and how it may affect your plans. The insurance plan booklet is your main resource to help determine eligibility requirements. If you need extra guidance call the RTOERO plan administrator, **Johnson Insurance 1-877-406-9007 or email at [healthbenefits@johnson.ca](mailto:healthbenefits@johnson.ca)**. *It's important to know that the plan administrator can help you interpret the RTOERO travel plan, but it is your medical records that will determine if stability requirements were met, should you need a claim.*

Global Excel Management Inc. Is the travel assistance provider for the RTOERO travel plan. *Contact global Excel immediately before starting emergency medical treatment while travelling:*

- In Canada or the USA call 877-346-1467
- While travelling in Mexico call 800-062-4728 toll free
- While travelling elsewhere in the world call collect +819-780-0647

## **Staying Healthy**

Retirement often brings the loss of daily structure and routine. After many years of eating breakfast on the run and packing a bagged lunch for work, you may find you're skipping breakfast, eating fewer sit-down lunches and snacking during the day, all of which play havoc with managing a healthy diet.

Committing to mealtimes can help you recapture that structure and routine. Eating three times daily, even if it's not at exactly the same moment, is a good start. You have time now, so toss together a tuna-salad lunch, make hearty soups, cut up fruit to keep in the fridge or bake an apple crisp with a crunchy oatmeal topping. And if you're on your own, plan to share meals with family and friends — live and in person if you can, or virtually if you can't. It's the conversation that counts.

Contrary to popular belief, gaining weight after age 50 is not inevitable. It's easy to lose sight of what

you're eating over the course of a day, so keep a food journal for a week or two — including what, where and when you eat — to help unpack where any empty calories are coming from. Look for opportunities to make healthy food swaps, such as eating fewer processed, fried or fatty foods in favour of more whole, natural foods, like fruits and vegetables.

Managing your weight helps lower your risk of developing prediabetes. This condition occurs when you become insulin resistant (meaning your cells can't use insulin effectively) or your pancreas produces insufficient insulin to keep your blood sugar in the normal range. Being overweight is one of the big risk factors for prediabetes, and carrying extra weight around your middle increases your chances of developing insulin resistance. Left unchecked, prediabetes can develop into Type 2 diabetes.

Upping your activity level counts too, and can help prevent or delay prediabetes and its progression. Magnesium also plays a role in insulin action and sensitivity, so include magnesium-rich foods, such as nuts, seeds, black beans, lentils, edamame (immature soybeans in the pod), leafy greens and whole grains, in your diet.

Keeping your bones strong is equally important during this time of life. Exercising and eating well can help minimize muscle loss and maintain healthy bones. Consuming adequate calcium in dairy products, fortified plant beverages, black beans, tofu, canned salmon (with bones), sardines and green vegetables in combination with a source of vitamin D, which helps increase calcium absorption, is essential for good bone health. There are few food sources of vitamin D, and the skin's ability to make it decreases after age 50, so follow Osteoporosis Canada's guidance and take an 800 to 2,000 international unit (IU) vitamin D supplement daily.

As you transition to this new phase, it's a good time to talk to your doctor about booking yearly blood tests to monitor your blood glucose and vitamin D levels. It's always good to know where you stand.

*Reprint from RTOERO Renaissance fall 2021*

**Let thy food be thy medicine and thy medicine be thy food." – Hippocrates**

## *A Note from Glenna*

*When I retired in 1998, I was invited to become a member of the Goodwill Committee. My first responsibility as a member of the committee was to visit a few people and to take them gifts at Christmas. At that time, Mary Mason and Ethel Allison were co-chairs - city and county. As the years passed, I gradually took on more duties until, about 5 years ago, I became chair of Windsor and Essex County.*

*Now, as I am in my 80<sup>th</sup> year, I need to find a "Glenna of 1998". I believe strongly in the work of the Goodwill Committee and there is outstanding support from the executive of District 7. I have no intention of retiring from this position, but would like to know that when I do (in 10 or 15 years) there is someone able to carry on. I am willing to start working with someone as Mary worked with me. I am always willing to try something new and would be happy to have input.*

*If you would like the opportunity to meet some of our outstanding members, to experience the tremendous rewards that come from bringing joy to these special members, please let me know. I am not ready to turn the reins over yet; however, I am looking for someone(s) who, when the time comes, will be ready to ensure that the important work of this committee continues.*

*Looking forward to hearing from you.  
Glenna, Chair of the Goodwill Committee*

# CORNWELL'S TURKEYVILLE

Marshall, Michigan



An amazing meal – Soup, Salad, Turkey dinner with all the trimmings followed by an amazing dessert AND a full-scale Broadway Production

## Now Playing “Sex Please We are Sixty”



Mrs. Stancliffe's guests return year after year to her B&B, and her neighbor, the elderly, silver-tongued Bud “The Stud” Davis, believes they come to spend time with him. Her would-be suitor is a retired chemist who has developed a pill to increase the libido of menopausal women. When the women mix up Bud's Viagra pills with the “Venusia,” we discover that it has a strange effect on men: it gives them all the symptoms of menopausal women, complete with hot flashes, mood swings, and irritability!

*By Michael Parker and Susan Parker*

(Turkeyville Web-site)

**DATE: MAY 9, 2023**

**TIME: 11:30 A.M. - 4:00 P.M.**

**COST: \$110.00 -Canadian Funds** (Transportation - Full Turkey Lunch - a Great Show)

**Bus departs from:** Essex (Arner & Hwy#3 Car Park) at 8:00 A.M. &  
Windsor (Devonshire Mall in front of former Sears) at 8:30 A.M

**Returns:** Windsor at 8:00 P.M. (approx.)

**BACK TOGETHER AT 4:30 P.M. FOR SOME TIME FOR RETAIL THERAPY**

For information contact Bill at:  
519-948-5214 or [billben9999@yahoo.ca](mailto:billben9999@yahoo.ca)

**OR:**

To reserve your spot on the bus – send your cheque  
made payable to: **RTO-ERO District 7**

To: **Bill Bowden,**  
1104-8325 Riverside Drive, East Windsor, ON N8S 1E8



As we are non-profit and reservations and some deposits/payments are required in advance, there are no refunds. However, should it be necessary for you to cancel you may sell your reservation to another member.

# SHARE your expertise! LEARN something new! MEET new friends!



**District 7** would like to expand its services and opportunities to its members.

We are looking for members who would like to share their interests and skills in order to establish a establish and lead a new club or hobby interest.

We are also looking for members who would like to participate in such clubs.



## Possible suggestions:

Book Club

Craft Group - Quilting, Knitting,  
Needlework

Card Club - Euchre, Bridge

Sport Club - Walking, Curling

Movie/Film Group



There are many other ideas of which I have not even thought. ***The possibilities are endless.*** If you are at interested I would love to hear from you. Call me, email me! Let us know if you are interested. Let's talk! Let's keep in touch!



[billben9999@yahoo.ca](mailto:billben9999@yahoo.ca) or 519-948-5214

**"IN THE SPOTLIGHT" IS LOOKING FOR ARTICLES:** Are you, or is someone you know, someone we should all get to know? This page is for you! Looking for biographies or auto biographies to feature in the Spotlight. Please don't be shy. Submit to: [judithcbowden@hotmail.com](mailto:judithcbowden@hotmail.com)

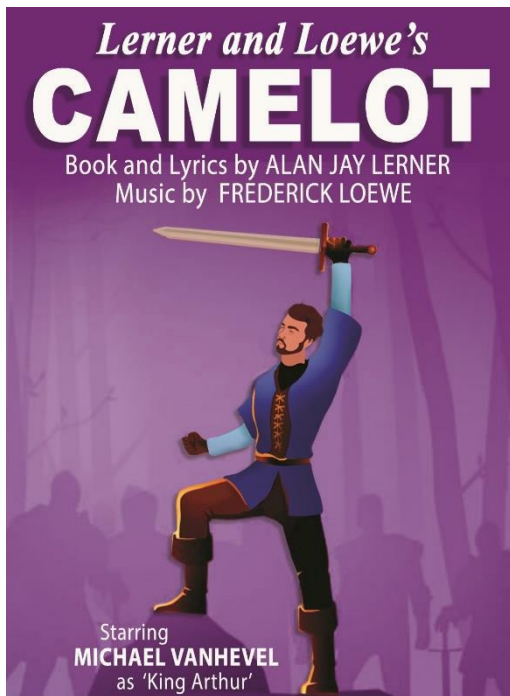
# Petrolia's Victoria Playhouse Presents

Lerner and Loewe's

# "Camelot"

*A Sparkling New Telling of a Classic Tale*

Starring MICHAEL VANHEVEL as 'King Arthur'



Enter the magical world of King Arthur, Queen Guinevere and Sir Lancelot and re-discover this powerful, enchanting tale of the struggle between passion and aspiration. A fresh and exciting new take on Lerner and Loewe's legendary Camelot, featuring the beloved and glorious score including *If Ever I Would Leave You*, *What Do the Simple Folk Do?* and of course, Camelot.

Book and Lyrics by ALAN JAY LERNER - Music by FREDERICK LOEWE  
Original Production Directed and Staged by Moss Hart  
Based on The Once and Future King by T.H. White  
Book Adapted by David Lee  
New Orchestration by Steve Orich

*Information taken from the Victoria Playhouse website.*

**Date - October 12, 2023**

**Cost - \$110.00 (includes tickets and transportation)**

Great Seats -The BEST – Front 3 Rows - Main Floor

**Departure** -Essex – 9:30 A.M. (Sharp) -Essex Car Park -Hwy #3 and Arner Town Line  
-Windsor – 10:00 A.M. (Sharp) - Devonshire Mall Parking Lot – in front of former Sears Store

**Return** -Windsor - Approximately 6:00P.M.

For information contact Bill  
@ 519-948-5214 or @ billben9999@yahoo.ca

As we are non-profit and reservations and some deposits/payments are required in advance, there are no refunds. However, should it be necessary for you to cancel you may sell your reservation to another member.



# Petrolia's Victoria Playhouse Presents

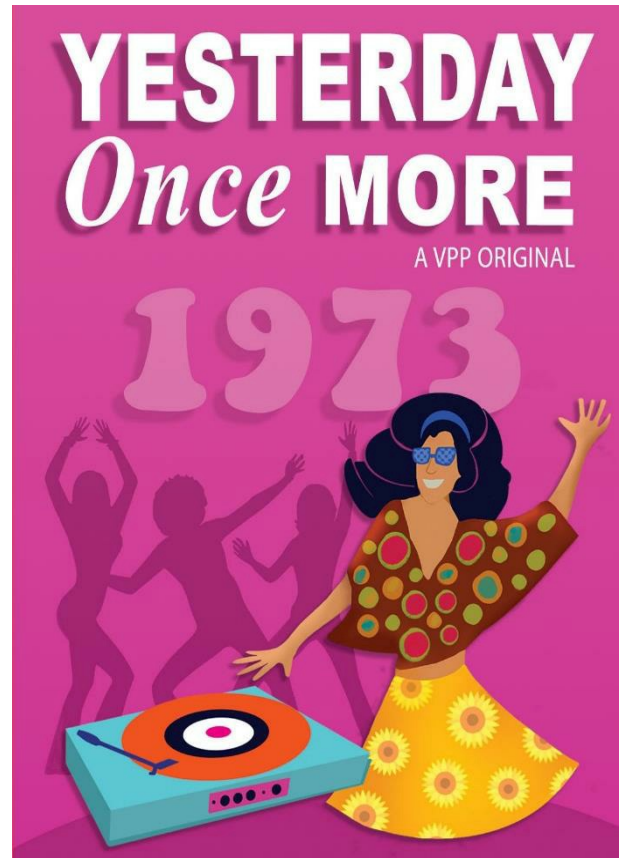
# "YESTERDAY ONCE MORE"

## A Joyful Journey Back Fifty Years

The year 1973 was considered one of the best in the history of pop music. It was also the first year the Victoria Playhouse opened to live performances! So ...let's party like it's 1973! We're getting nostalgic with ground-breaking hits from *Elton John*, *The Rolling Stones*, *Gladys Knight*, *The Carpenters*, *Stevie Wonder* and so many more. It's 'Yesterday Once More' here at the VPP with stellar singing, memorable music and groovy fun!!

Created by D2 Entertainment - Musical Arrangements by Mark Payne

*Information taken from the Victoria Playhouse website.*



***Date* - July 18, 2023**

***Cost* - \$110.00 (includes tickets and transportation)**

Great Seats -The BEST – Front 3 Rows - Main Floor

***Departure*** -Essex – 9:30 A.M. (Sharp) -Essex Car Park -Hwy #3 and Arner Town Line  
-Windsor – 10:00 A.M. (Sharp) - Devonshire Mall Parking Lot – in front of former Sears Store

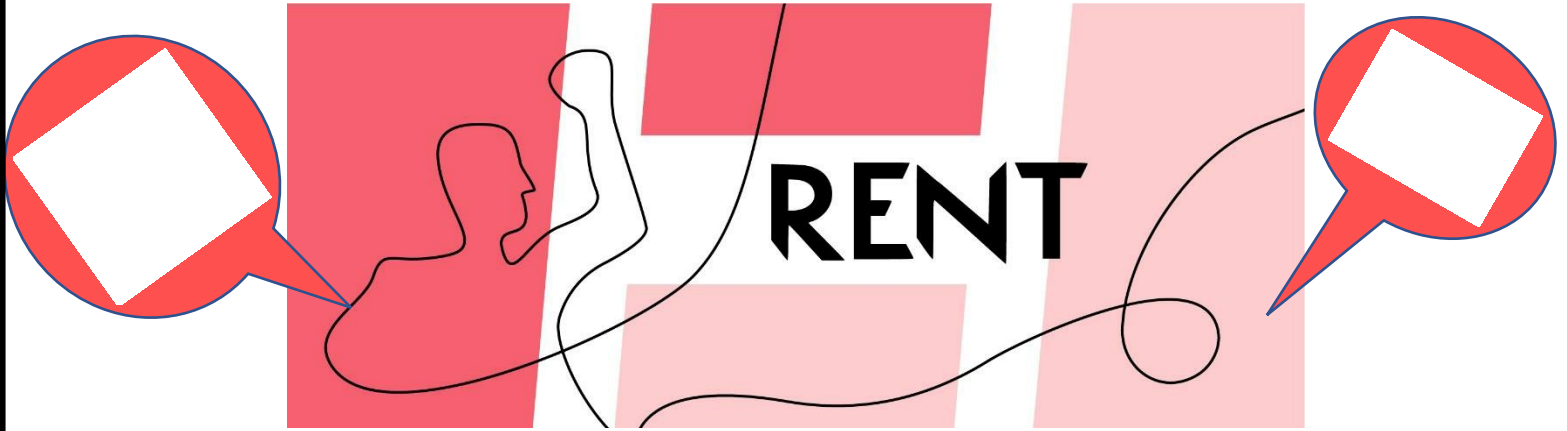
***Return*** -Windsor - Approximately 6:00P.M.

For information contact Bill  
@ 519-948-5214 or @ billben9999@yahoo.ca



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# STRATFORD FESTIVAL THEATRE PRESENTS



BOOK, MUSIC AND LYRICS BY JONATHAN LARSON  
DIRECTED BY THOM ALLISON  
CHOREOGRAPHED BY MARC KIMELMAN

"FORGET REGRET, OR LIFE IS YOURS TO MISS.."

Set in Manhattan' East Village in the 1990s and inspired by Puccini's opera *La Bohème*, this rock musical by Jonathan Larson follows a group of young East Village artists, performers and philosophers as they struggle through the hardships of poverty, societal discord and the AIDS epidemic in the search for life, love and art. With a song list that includes the iconic "*Seasons of Love*," *Rent* tells a story as relevant today as when it took Broadway by storm more than 25 years ago.

Audience Advisory

This production contains references to drug addiction, suicide and death that some people may find distressing. Recommended for ages 14 and up.

BECAME A ONCE IN A GENERATION SENSATION WITH ITS DEPICTION OF YOUTHFUL, HOPEFUL CHARACTERS FACING ENORMOUS LOSS. RAN ON BROADWAY FOR 12 YEARS. MANY TOURING PRODUCTIONS IN THE US AND AROUND THE WORLD

Cost - \$170.00  
(includes tickets and transportation by Highway Coach)  
Great Seats -The BEST **ONLY 40 TICKETS AVAILABLE**  
**Front Row Balcony Centre & Main Floor Centre**

Date -June 27, 2023  
Leaving -Essex -8:00 A.M. (sharp) (Arner & Hwy#3 Car Park)  
-Windsor 8:30 A.M. (sharp) Devonshire Mall Parking Lot –  
in front of former Sears Store  
Returning -Windsor - Approximately 6:00 P.M.

For information contact Bill  
@ 519-948-5214 or @ billben9999@yahoo.ca

As we are non-profit and reservations and some deposits/payments are required in advance, there are no refunds. However, should it be necessary for you to cancel you may sell your reservation to another member.

# RTO/ERO

## Breakfast Club



### JANUARY - 9:30 A.M.

Thursday, January 12, 2023

**Jerry and Jenny's**

11258 Tecumseh Road, E.,  
Windsor

### FEBRUARY - 9:30 A.M.

Thursday, February 2, 2023

**Route 42 Diner**

2825 County Rd 42,  
Essex

### MARCH - 9:30 A.M.

Thursday, March 9, 2023

**Mealtime Express**

421 Sandwich Street, S  
Amherstburg

### APRIL - 9:30 A.M.

Thursday, April 13, 2023

**Lumberjack**

Tecuseh Rd, at Howard  
Windsor

*FOR THE LATEST  
BREAKFAST CLUB  
AND TRAVEL NEWS  
BE SURE TO CHECK  
OUR DISTRICT  
WEBSITE*

*COME OUT AND  
JOIN OUR GROWING  
CROWD FOR GOOD  
FOOD AND GREAT  
CONVERSATION  
AND FELLOWSHIP*



If you have any suggestions to add to our list of Breakfast Diner/Restaurants please let me know.

We are always looking for new venues.

**For information contact Bill**

**@519-948-5214 Or @  
billben9999@yahoo.ca**





MARK YOUR CALENDAR

# FUN AND FELLOWSHIP

HOSTED BY DISTRICT 7's GOODWILL COMMITTEE

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**THURSDAY JUNE 1, 2023**

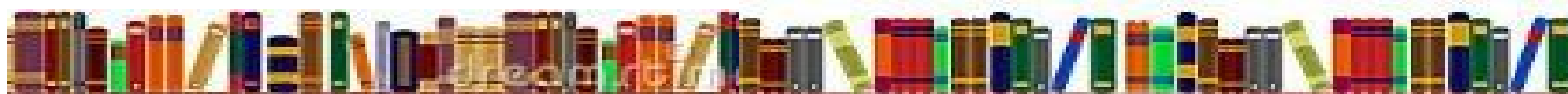
**1:30 P.M. – 3:33 P.M.**

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**SEASONS AMHERSTBURG  
681 FRONT ROAD, SOUTH**

**JOIN YOUR HOST GLENNA HEMPHILL FOR AN  
AFTERNOON OF:  
FUN \* GAMES \* LIGHT SNACKS \* LAUGHS  
COME WITH A FRIEND AND MEET NEW FRIENDS!!**

**FOR MORE INFORMATION CONTACT GLENNA AT  
[rhemphill@sympatico.ca](mailto:rhemphill@sympatico.ca)**



**ANNOUNCING AN OPPORTUNITY** for you and your friends to come out and meet new friends, enjoy a coffee or tea and share an interest.

**WE ARE STARTING A BOOK CLUB**

We are looking at hosting it on a Wednesday afternoon, frequency to be determined by you. A variety of books will be shared as each person will share a book of their choice.

Please let Bill know if you are interested. A half dozen responses will get this venture up and running. Details regarding date, location and time will follow.

HERE'S HOPING! Contact Bill at [billben9999@yahoo.ca](mailto:billben9999@yahoo.ca) or 519-948-5214

# ANOTHER ANNOUNCEMENT



District 7 will be hosting an in-person Retirement Planning Workshop (RPW) on April 22, 2023. Details have yet to be finalized and will be posted/forwarded as available. This Workshop is recommended for

all school boards, college and university employees, especially those within 5 years of retirement. Comprehensive session covers what you need to know to prepare for retirement – planning for your financial future; your pension; health benefits for retirees including the benefits of group insurance; retirement insights from your peers.



# RTOERO News 4 You

## Future-proofing formula for social inclusion

Loneliness is terrible for our health. We also know that systemic issues, like ageism, are marginalizing older adults. So what can we do as individuals to push back against these societal forces? Working to be part of the change is one. We can also be proactive in taking care of ourselves.

Laura Tamblyn Watts, CEO of CanAge, an RTOERO partner organization, joined the RTOERO Foundation for its September Webinar. Laura shared her future-proofing formula for social inclusion. It's a simple exercise to help you reflect on the relationships in your life.

$$(3 + 5 + 15) \times 2$$

### Part 1:

Have **3** close relationships – these are being you can share your feelings and be vulnerable with.

Have **5** people you can chat to – these are people you see regularly. Could be at a group you attend or staff you see and chat with at the grocery store or coffee shop.

Have **15** people you know – these are people you could reach out to or contact.

### Part 2:

Connect across **3** generations – Laura talked about an individual in his 90's who didn't have many friends his age but did have connections in different generations. Intergeneration connections are powerful for everyone involved.

Do **5** things to do weekly – These activities can be almost anything, doing groceries, attending a faith group or class, reading a book, and walking the dog. Mark activities on your calendar and aim for five a week.

**15** outings a year – this can be tougher, especially during pandemic times. It amounts to once a month, plus a few extra excursions. Schedule them. It could be a picnic at the park, a movie or theatre trip, or a BBQ at a family or friend's home.

If you missed the Webinar with Laura Tamblyn Watts, find it as part of the RTOERO Foundation Webinar

series here: [rtoero.ca/rtoero-foundation/get-involved/webinar-series/](https://rtoero.ca/rtoero-foundation/get-involved/webinar-series/)



## Two common RTOERO myths you can help debunk

RTOERO indeed used to be called Retired Teachers of Ontario. So, it's unsurprising that some think RTOERO is only for teachers in Ontario. Plus, many RTOERO members *ARE* teachers and *DO* live in Ontario.

But RTOERO's membership base is much broader. RTOERO is for anyone who has worked or works in any role in education, including daycares, private schools and post-secondary. And RTOERO is nationwide.

Our members include university administrative staff in Alberta, early childhood educators in Quebec, and various other roles, including custodians and ministry education staff, in all the other provinces.

Here's the real kicker: you only need to have worked in the education sector for five years to be a member of RTOERO.

So, as you're thinking about whom you might invite to join the RTOERO community, remember all the roles you may not automatically associate with the organization.

You can use the refer a friend form on the website to tell someone about RTOERO. Our membership is our strength, so we all benefit when we gain more members. Find it here: [rtoero.ca/membership/refer-a-friend](https://rtoero.ca/membership/refer-a-friend)

# Potpourri

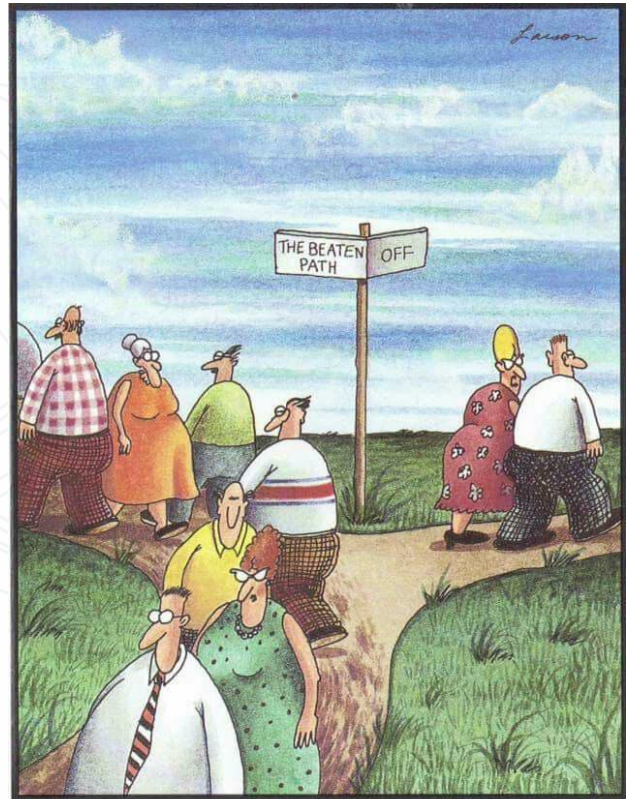
If you can't think of a word say "I forget the English word for it." That way people will think you're bilingual instead of an idiot.

"My middle school science teacher stuck Post-It notes on the ceiling that said, 'The answer is not up here' because he was tired of students looking up to avoid answering questions."

"I had a math teacher who — on the first day of class — handed out little pieces of paper and asked everyone to sign them. When we asked why, he said, 'In case one of you become famous one day!'"

"How do you spell toad?" one of my first-grade students asked. "We just read a story about a toad," I said, then helped him spell it out: "T-O-A-D." Satisfied, he finished writing the story he'd begun, then read it aloud: "I toad my mother I wanted a dog for my birthday."

After a day of listening to my eighth graders exchange gossip, I decided to quote Mark Twain to them: "It is better to keep your mouth closed and let people think you are a fool than to open it and remove all doubt." After considering my words, one of my students asked, "What does it mean to remove all doubt?"



"I don't know if this is such a wise thing to do, George."



# IGNITE ACADEMY



## Supporting Kids from Cradle to Career with Your Donation

Growing evidence shows that literacy and numeracy are strong predictors of a child's long-term achievement. Ignite Academy, a new locally designed solution, is initially supporting 360 students this fall at six program sites starting in September.

Ignite Academy is being delivered within neighbourhood school communities in Downtown Windsor, West Windsor and Leamington at General Brock, Begley, Immaculate Conception, St. James, St. Louis and Queen Elizabeth elementary schools.

Ignite Academy will offer out-of-school programming four days a week to help kids succeed academically, while wrapping other supports around kids and their families. This solution was co-designed by neighbourhood residents with lived experience, front-line service providers, researchers and other content experts.

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**"When a child's passion is ignited, they believe in themselves. They're curious, they ask questions, and their confidence grows."**  
**Rose, Leamington Resident**



## Kids will have access to:

- Certified teachers to help them meet provincial standards in math and literacy outside of school hours
- Regular, preventative mental wellness sessions
- Social workers to connect families to community resources
- Culturally appropriate and multi-lingual services and information
- Individual and group social mentoring
- Recreational, arts and cultural enrichment
- Engagement opportunities for their parents





A PROSPERUS COMMUNITY SOLUTION

# IGNITE ACADEMY

## Why It Matters:

In West Windsor, Downtown Windsor and Leamington:

- Families are facing higher rates of housing and food insecurity, unemployment and language barriers.
- Only half of the residents in these neighbourhoods have some form of post-secondary education, which impacts access to opportunities for families.
- 36% of children were below the provincial standard in both reading and writing, and 58% of children were behind in math.
- Over 36% of food bank users are children, and food insecurity is shown to negatively impact cognitive development and academic achievement.

Research tells us that children who are proficient in reading in Grade 3 are more likely to graduate from high school, and children who are proficient in math by Grade 6 are more likely to complete a post-secondary program.

By supporting United Way, you're directly investing in the community's Cradle to Career strategy, which includes Ignite Academy. We are proud to be among the 40+ partners who are working together to unlock youth potential in our community – with your help.

## Ignite Academy will:

- Improve math and literacy skills
- Improve school attendance and program participation
- Improve self-esteem, leadership skills and peer relationships
- Encourage kids to become more physically active



Show your local love. Donate today.

There are children in Windsor-Essex County that need your help. In some neighbourhoods, as many as **1 in 3 children are growing up in low-income households**. This makes it much more challenging for children to keep up with their peers academically.

Across neighbourhoods of West Windsor, Downtown Windsor, and Leamington, 36% of children were below the provincial standard in both reading and writing, and 58% of children were behind in math. But here's the good news: **it's not too late to make a difference.**

Our local educators are committed to providing excellent education to students, but due to the many barriers that some children face, they need additional after school supports. And that's precisely why we're working with our partners to deliver **Ignite Academy**, a new out-of-school solution designed to improve math and literacy skills for children between Grades 2 and 7. **Math and literacy are 2 key indicators for future success**, impacting the likelihood to graduate from high school and complete a post-secondary program.

Children are resilient, and with the right supports, they can get on track and achieve their dreams – **with your help**. This solution is just one of the many ways that your gift will **support local children from Cradle to Career**. It will only take a couple clicks to donate quickly and easily at [www.weareunited.com/donate](http://www.weareunited.com/donate) or you can fill out the pledge form below.

Or consider making a donation in a **friend or loved one's name**. It's the perfect gift this holiday season for those on your list with big hearts and a desire to **help local children reach their full potential**.

Warm Regards,



Lorraine Goddard  
CEO, United Way/Centraide Windsor-Essex County



## MY ANNUAL GIFT TO UNITED WAY \$

Consider an annual gift of:  
\$25 or \$50 or \$100 or \$200  
\$500-\$1199 Friend, \$1200+ Leader

Please complete one of the payment options below:

**Name:**

**Email:**

**Address:**

**Phone Number:**   
 Mobile  Work  Home

**GIVE OVER TIME**

I authorize United Way to withdraw

\$  each month.  1st of month  
 15th of month

Monthly (For 12 consecutive months)

Monthly Automatic Renewal  
*(I understand my monthly donation will continue until I notify United Way of any changes.)*

**Select credit card or attach a void cheque**

Visa  MasterCard  American Express

Phone: \_\_\_\_\_

Card #: \_\_\_\_\_ Exp: \_\_\_\_\_

Sign: \_\_\_\_\_

Date: \_\_\_\_\_

**GIVE NOW**

I have enclosed cash or a cheque payable to United Way/Centraide Windsor-Essex County.

I would like to make a one time donation by credit card.

**Select one**

Visa  MasterCard  American Express

Phone: \_\_\_\_\_

Card #: \_\_\_\_\_ Exp: \_\_\_\_\_

Sign: \_\_\_\_\_

Date: \_\_\_\_\_

RETURN TO: A1-300 Giles Blvd. E., Windsor, ON N9A 4C4 | 519-258-0000  
Charitable Registration # 10816 0334 RR001

RTO ORG#11940

**GIVE TODAY**

You can unlock youth potential in Windsor and Essex County



# Award Recipients



*Gina Marcon Chair of the Awards Committee presents Toni Michalczuk with the Lenore Graham Award*

*Gina Marcon Chair of the Awards Committee presents Glenna Hemphill with the Lenore Graham Award*



*Bill Bowden, President and Gina Marcon, Chair of the Awards Committee with our Award Recipients: Glenna Hemphill, Jim Sparrow and Toni Michalczuk.*

*Gina Marcon Chair of the Awards Committee with our Provincial Award Winners -Jim Sparrow. Leadership Award: Glenna Hemphill. Outstanding District Member Award*





*Starbright Christmas  
Victoria Playhouse,  
Petrolia  
December 1,  
2022  
A*



*Great time was  
had by all.  
The Christmas  
Spirit was in the  
air and in our  
hearts!*



*We even tried to bring one of the performers home with us!*



*Fall Luncheon - November 17, 2022  
Entertainment by the Sun Parlour Chorus*

# *In Memoriam*

*October and November 2022*



*Jean Beauchamp*

*Bonnie Botsford*

*Jim Ciuciura*

*Robert Giles*

*Donald Gray*

*Donna Hered*

*Anne Jolie*

*Eugene Lefebvre*

*Jack Medd*

*David Newman*

*Margaret Ross*

*Francine Sala*

*Robert Wade*



REMEMBERING OUR COLLEAGUES  
NOVEMBER 17, 2023

# FOR YOUR CALENDAR – OR YOUR FRIDGE DOOR

## BREAKFAST CLUB

Thursday, January 12, 2023	Jerry and Jenny's
Thursday, February 2, 2023	Route 42 Diner
Thursday, March 9, 2023	Mealtime Express
Thursday, April 13, 2023	Lumberjack

## THEATRE EVENTS

May 9, 2023	“SEX PLEASE WE ARE SIXTY”	Turkeyville, USA	(\$110.00 Cdn)
June 27, 2023	“RENT”	Stratford	(\$170.00)
October 12, 2023,	“CAMELOT”	Petrolia	(\$110.00)
July 18, 2023,	“YESTRDAY ONCE MORE”	Petrolia	(\$110.00)

### TURKEYVILLE, USA

**Bus Departure:** -Essex – 8:00 A.M. Essex Car Park – Hwy #3 and Arner Town Line  
-Windsor – 8:30 A.M. (sharp)  
Devonshire Mall Parking Lot by former Sears Store and Howard Ave

**Returns:** -Windsor - Approximately 8:00 P.M. (approx.)

### STRATFORD

**Bus Departs:** -Essex – 8:00 A.M. Essex Car Park – Hwy #3 and Arner Town Line  
-Windsor -8:30 A.M. (sharp)  
Devonshire Mall Parking Lot by former Sears Store and Howard Ave

**Return:** -Windsor - 10:00 P.M. (approx.)

### PETROLIA

**Bus Departs:** -Essex – 9:30 A.M. Essex Car Park – Hwy #3 and Arner Town Line  
-Windsor – 10:00 A.M. (sharp)  
Devonshire Mall Parking Lot by former Sears Store and Howard Avenue

**Return:** -Windsor - Approximately 6:00 P.M. (approx.)

*Cheques are to be made payable to: RTOERO District 7 and Mailed to: Bill Bowden  
1104-8325 Riverside Drive East  
Windsor, Ontario  
N8S 1E8*

For information contact Bill @519-948-5214 or @ billben9999@yahoo.ca  
*Travelers: - Please retain this page for future reference*

### LOCAL EVENTS

April 22, 2023	District 7's Retirement Planning Workshop
May (TBA)	Annual Meeting and Spring Luncheon
June 1, 2023	Fun and Fellowship Seasons, Amherstburg
June 26, 2023	District 7 Golf Tournament

Information on these events can be found elsewhere in this Newsletter!

# RTOERO DISTRICT 7 TABLE EXECUTIVE 2022 - 2023

POSITION	NAME	PHONE	E-MAIL
PAST PRESIDENT	Margaret Clarke	519-735-0727	mtclarke@mnsi.net
PRESIDENT	Bill Bowden	519-948-5214	billben9999@yahoo.ca
PRESIDENT-ELECT/FIRST VP	Judy Bowden	519-948-5214	judithbowden@hotmail.com
SECOND VP	Gina Marcon	519-253-9165	ginamarcon2019@gmail.com
SECRETARY	Michael Oddy	519-969-0042	miche4195@gmail.com
TREASURER	Margaret Clarke	519-735-0727	mtclarke@mnsi.net
ASSISTANT TREASURER	Jim Sparrow	519 978-2806	sparrowjm25@gmail.com

## STANDING COMMITTEES

ARCHIVIST	Emy McBride	519-945-1380	emily.mcbride@sympatico.ca
COMMUNICATION			
<i>Data Base Co-ordinator</i>	Paul Barber	519-981-3529	pbarber@myorton.com
Newsletter Editor	Art Dubé	519-712-9480	artdube@live.ca
Newsletter Assistant Editors	Gord /Maggy Miall	519-944-1061	mgmiall@bell.net
Public Relations and Media Rep	Judy Bowden	519- 948-5214	judithcbowden@hotmail.com
Web Manager/Facebook Page	Art Dubé	519-712-9480	artdube@live.ca
<i>Bilingual Committee</i>	Diane Picard	519-564-2763	diapic50@gmail.com

## GOODWILL CHAIR

<i>City &amp; County</i>	Glenna Hemphill	519-967-7102	rhempfill@sympatico.ca
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## BENEFITS COMMITTEE

	Bernie Sistik	519-948-2830	bernwenz@gmail.com
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## MEMBER SERVICES

<i>Member Records</i>	ValLuscott	519-839-5128	luscottvalerie@gmail.com
<i>Member Services</i>			

## PENSION

	Gord Miall	519-944-1061	mgmiall@bell.net
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## POLITICAL ADVOCACY

	Jim Sparrow	519-978-2806	sparrowjm25@gmail.com
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## SOCIAL

<i>Assistant</i>	Toni Michalczuk	519-258-7382	tmichalczuk@cogeco.com
<i>Assistant</i>	Maggy Miall	519-944-1061	mgmiall@bell.net
	Arlene Bryce-Hansen		arlenebh@gmail.com

## TRAVEL

	Bill Bowden	519-948-5214	billben9999@yahoo.ca
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## PROVINCIAL COMMITTEES: Representative

### RTO/ERO PROVINCIAL OFFICE

1-800-361-9888 (TOLL FREE – Canada and United States) FAX (416) 962-1061 Website [www.rto-ero.org](http://www.rto-ero.org)

Office Hours: 8.30 a.m. to 5.30 p.m. Monday to Friday

### ONTARIO TEACHERS PENSION PLAN BOARD

1-800-668-0105 FAX (416) 730-5349 Website [www.otpp.com](http://www.otpp.com) Office Hours: 8.00 a.m. to 5.30 p.m.

### JOHNSON INC. (RTO/ÉRO Health Plan Administrator)

Service: 1-877-406-9007

Claims: 1-800-638-4753