

**Retired Teachers of Ontario
District 13
Hamilton, Wentworth, Haldimand**

www.rto-district13.org

September 2009



Volume 25 Number 1

Thirteenth World

President's Message



What a pleasure and honour it is for me to serve as President of RTO/ERO District 13 (Hamilton-Wentworth, Haldimand). My gratitude is extended to the District 13 Executive and various committees for the excellent planning for upcoming activities. Congratulations to Gordon Near, our Past President, on being selected to serve on the RTO/ERO Health Services and Insurance Provincial Committee. Gordon has much expertise to share at the provincial level.

Health and wellness will be a strong ongoing focus this year. Thank you to the Wellness Day Committee for organizing our first Wellness Day that is scheduled for Saturday, October 3rd, 2009.

Along with just 10 other districts,

District 13 was chosen by RTO/ERO Provincial to present its position on the Harmonized Sales Tax to our local MPPs. Members of the District 13 Political Action Committee are meeting through September with a number of MPPs and reporting back to the Provincial Office about the discussions that are taking place. The District 13 Political Action Committee will also focus on the workings of the LHINs (Local Health Integration Networks) and on health issues.

Attending RTO/ERO Provincial Fall Senate and representing District 13 are Executive members Leo Normandeau and Joanne Weeks as Senators and Jackie Aird and Gordon Near as Observers. District 13 is hosting the Pre-Senate meeting for surrounding districts at the new Ancaster Fairgrounds on October 23rd, 2009.

Please take advantage of opportunities to reconnect with former colleagues or connect with new ones. Join us on a tour, at a workshop or participate in an RTO-sponsored sports event. Don't forget the Fall Luncheon on Thursday, October 29th, at Liuna Station.

If you know of any retired educators
(Continued on page 2)

If undeliverable return to:
RTO District 13
c/o 199 Ravenbury Dr.
Hamilton, ON L8W 2J2

Publication Mail Agreement
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President's Message (Continued from page 1)

who are not already RTO/ERO members encourage them to join. RTO also welcomes retirees from university and college faculties and non-teaching support staff. They can contact RTO/ERO at **1-800-361-9888** for an information kit or visit the website at **www.rto-ero.org** for enrolment information. Please share this information with any newly-retired school personnel.

How to Have a Happy Life: Studies have found that a person's outlook on life may not only improve longevity but

quality of life. People who perceive themselves to be happy are less likely to become ill, researchers say. In his book, John Izzo outlines 'The Five Secrets You Must Discover Before You Die'. They are: Be true to yourself, Leave no regrets, Become Loving, Live the moment and Give more than you take. From News and Views (Alberta Retired Teachers' Association) Summer 2009 edition.

Take care, everyone. Hope to see you at an upcoming District 13 event.
Joanne Weeks, President District 13

RTO District 13 Contacts

President: Joanne Weeks 905 692 5754
1st Vice President/Health Services: Jackie Aird 905 643 2521
2nd Vice President/Goodwill: Lee Hondronicols 905 527 0632
Secretary: Alexandra Gall 905 628 6861
Treasurer: Doug French 905 389 4313
Archives/Social: Nancy Chiarot 905 389 2076
Goodwill: Barbara Jarrett 905 522 0381
Membership: Joanne Weeks 905 692 5754
Newsletter: Helen Szydlowski 905 388 0146
Past President/Nominating: Gordon Near 905 385 6656
Pension Concerns: Estelle Baxter 905 643 3732
Political Action: Leo Normandeau 905 689 9198
Recreation: Jutta Busch 905 529 5197
Service to Others: Tom Pettigrew 905 774 4503
Social/Tours: Phyllis Doyle 905 632 8302
Website/Tours Newsletter: Jim Wilson 905 522 2569

The Thirteenth World is published five times a year by District 13 of the Retired Teachers of Ontario for members of the District.

Publication times are as follows:

January
February Tours Edition Series A
March
June Tours Edition Series B
September

Editor and Layout:

Helen Szydlowski
E-mail: hszydlowski@sympatico.ca

Editorial Committee:

Jacqueline Carson, Chuck Forbeck,
Alexandra Gall, Gordon McLennan,
Gordon Near, Joanne Weeks
Jim Wilson, Pat Zettel

The Committee reserves the right to edit material when necessary.

Dates to Remember

- September 29**, Retirement Reception for newly retired educators and school personnel
- October 3**, District 13 Wellness Day, YWCA Hamilton Downtown, 8:30 a.m.-3:00 p.m.
- October 6**, Political Action Meeting, Blessed Sacrament School, 9:30 a.m.
- October 6**, Stratford Festival Tour, "Cyrano de Bergerac".
- October 16**, Aldershot Players' Dinner Theatre
- October 19**, Tours Meeting
- October 21**, Walking to Wellness Workshop, Blessed Sacrament School, 9:30 a.m.—11:30 a.m.
- October 23**, Pre-Senate Meeting
- October 26-28**, Provincial Fall Senate
- October 29**, District 13 Fall Luncheon, Liuna Station, 11:30 a.m.
- October 30**, Shaw Festival Tour, 'Born Yesterday'.
- November 6**, Table Officers' Meeting
- November 9**, RTO 13 Executive Meeting, Blessed Sacrament School, 9:30 a.m.
- November 11**, Curling Bonspiel
- November 17**, Origami Workshop
- December 1**, Political Action Meeting, Blessed Sacrament School, 9:30 a.m.
- December 14**, Tour, 'A Christmas with Michael Burgess'.
- January 8**, Table Officers' Meeting
- January 11**, District 13 Executive Meeting, Blessed Sacrament School, 9:30 a.m.

RWTO Hamilton-Wentworth Events

- October 28, Halloween Luncheon, Michelangelo's
November 18, Film: A Crude Awakening
December 10, Christmas at the Station
February 10, Friendship Luncheon

For more information contact: Linda Monteith, 905 383 9381
djmonteith@mountaincable.net

Memorandum from the Provincial Executive regarding the H1N1 virus - Swine Flu pandemic

On Thursday, June 11, 2009, the World Health Organization (WHO) declared an H1N1 swine flu pandemic. It is prudent that we do not treat this lightly nor should we over-react. RTO/ERO has been monitoring advisories from the World Health Organization, as well as from the Federal and Provincial governments. The declaration of a pandemic does not speak to its severity, but to the spread of the virus which has now been identified in 74 countries. We would advise all of our Districts, members and staff to do the following:

1. Track, on a daily basis, information from the Ontario government website and from the RTO/ERO website.
2. Please do not attend RTO/ERO meetings if you have symptoms of the flu; you are urged to see your doctor or visit a clinic as soon as possible.
3. You are urged to use the hand sanitizers wherever available. Hand washing is the best prevention.

Check your record

Although you are now retired, your 'teacher' status is still shown by the Ontario College of Teachers. Your teacher status, including your qualifications, continues to show after retirement.

If you have retired and have notified the College of your retirement your status should show as 'Retired'. If you have not notified the College (even though you retired some years before the College existed) your teacher records at the College may show you have been 'suspended for non-payment of fees'.

Anyone with access to the internet can view your status at the website www.oct.ca

You may wish to check that your status shows correctly. If your status needs to be corrected, contact the Ontario College of Teachers:

Regular mail: 121 Bloor Street East, Toronto, ON M4W 3M5

Phone: 1 888 534 2222



(Continued from page 8)

* Last night I had a typical cholesterol-free dinner: baked squash, skimmed milk and gelatin. I'm sure this will not make me live any longer, but I know it's going to seem longer. Groucho Marx

*I'm having a glorious old age. One of my greatest delights is that I have outlived the opposition. Maggie Kuhn

*Go out on a limb. That's where the fruit is. Jimmy Carter

Taken from "Age doesn't matter unless you're a cheese". Workman Publishing

REGENERATE-REJUVENATE-REVITALIZE RTO DISTRICT 13 WELLNESS DAY Saturday October 3rd, 2009

YWCA Hamilton/Senior Active Living Centre
75 MacNab Street South, Hamilton
9:00 a.m.—3:00 p.m.

Our very first District 13 Wellness Day is set to take place on Saturday, October 3rd, 2009 at the YWCA Downtown Hamilton. Confirmed workshops include the following: Container Gardening, Line Dancing, Eat Well to Stay Well, Financial Wellness, Tai Chi, Healthy Travelling, Natural Way to Better Health, Your Brain and Good Health, Dance Workout and Brain Health: Use it or Lose it. The Walking to Wellness workshop is rescheduled for October 21st. Please see the separate notice in this newsletter. Other workshops that were on the original listing have been cancelled but may reappear in a different format at a later date. Thank you for your understanding in this matter. Wear comfortable clothes.

FOR REGISTRANTS:

Thanks so much for joining us on this fun day!

If you registered using the March newsletter and have not signed the RTO Event waiver please be prepared to do so at the Registration desk located in the lobby when you arrive for the day. Your registration package will include the following: your name badge, confirmation of your workshop choices, the event brochure, a map of the room locations and your draw prize ticket. Registration begins at 8:30 a.m. with the program to commence in the Main Auditorium at 9:00 a.m.

Please carpool or use public transit. Some free street parking is available. Check spaces along MacNab toward the escarpment. Parking at Hamilton City Hall is limited because of construction.

The District 13 Wellness Day Committee is looking forward to seeing you on October 3rd.

RTO/ERO Provincial Emergency Assistance Program

RTO/ERO has an Emergency Assistance Program available to RTO/ERO members. Assistance is not always monetary. A member may be directed toward a financial planning/counseling service or other appropriate community program, depending on the circumstance.

Grants are made on the basis of need and are related to the total income of the member or household and are non-taxable. The program is designed to provide assistance in an emergency situation and not intended to provide long-term solutions to financial difficulties. RTO/ERO does not grant loans. There is a confidential application form to complete that can be found on the RTO/ERO website but is also available by contacting Pauline Duquette-Newman at RTO/ERO Provincial office at 1-800-361-9888 Ext. 226.

The entire process is held in strict confidence and every effort is made to ensure the anonymity of the member.

Aldershot Players' Dinner Theatre

Another block of tickets has been set aside but there are only 9 (nine) left. If you are interested phone Jutta ASAP at 905 529 5197 to reserve your place as the tickets will be returned for sale to the general public in early October.

Back by popular demand! The spring dinner theatre event was enthusiastically received and a number of people asked that we offer an outing to the fall performance of 'The Mousetrap' by Agatha Christie. "Another superb intrigue from the world's foremost mystery writer."

The evening begins with a three-course-dinner: juice, salad, entrée and 'famous' dessert buffet prepared by Maitre D' Catering of Burlington.

Date: **Friday, October 16, 2009**

Location: West Plains United Church at 549 Plains Rd. West, Burlington.

Time: Dinner at 6:30 p.m., Show at 8:00 p.m.

Cost: \$35.00 per person

Registration deadline: October 7, 2009

Make cheques payable to Aldershot Players and mail with forms on pages 17,18 to Jutta Busch, 701-1964 Main Street West, Hamilton, L8S 1J5



Teachers Credit Union

RTO District 13

Mixed Curling Bonspiel

Wednesday, November 11, 2009

At

Dundas Valley Golf and Curling Club

Details

There will be two games, one eight-end and one six-end.

At least one curler on the team must be a member of RTO. Applications will be accepted from rinks or individuals. Women are encouraged to enter a team or play on a mixed team.

Lunch is included in the fee and there are prizes for all players.

Refreshments will be available at 9:00 a.m. and we go on the ice at 9:30 a.m.

Application deadline is Friday, October 30, 2009. The last two years we have had teams disappointed because they did not get their application in early enough.

Note that the waiver included in this publication should accompany the application. Where this is inconvenient, the skip will have to have it completed at the curling rink before the team goes out on the ice.

The Curling fee is \$108.00 per rink or \$27.00 per individual and should accompany the application form and Waiver found on pages 19, 20.

For more information contact John Moyer at 905-679-5494.

Application for RTO District 13 Fall Luncheon, Thursday, October 29, 2009, Liuna Station

Name as it should appear on your name tag _____

Make cheques (\$ 28.00 pp) payable to RTO District 13.

Mail cheques and application form to:

Ms Phyllis Doyle, 857 Condor Drive, Burlington, ON L7T 3A8

Application for AGO ART Trip

Just a reminder that this is not an RTO sponsored event.

Wednesday, October 28, 2009

Cost: \$45.00 pp

Make cheque out to Argia Cowle and submit application and cheque to:

Argia Cowle, 15 Watershore Drive, Stoney Creek, ON L8E 0C1

Name _____

Address _____ Postal Code _____

Phone _____

E-mail _____

Shen Yun Performing Arts

Canon Theatre, Toronto

October 9th, 10th, 11th

This Thanksgiving weekend, Shen Yun Performing Arts is offering RTO/ERO members the opportunity to view a world class performance of Chinese classical dance and music while also helping "at risk" students involved in art education attend the show with their families.

The performance features masterful choreography, colourful costumes, spectacular backdrops and a live orchestra. The Toronto performance of Shen Yun has joined with DAREarts, a Canadian organization that fosters arts education for youth in difficult socioeconomic situations. For every RTO/ERO member, as well as family and friends who buy a Shen Yun ticket, 20% will allow DAREarts children and their families to see the performance.

To take advantage of this opportunity to experience the richness of Chinese culture, help children and promote RTO/ERO call Ticket King at 1 800 461-3333 or www.TicketKing.com, "code RTO". When ordering please mention being a member of RTO/ERO. For more information contact Madelina Hubert at the RTO/ERO Provincial office at 1 800 361-9888. The deadline is September 30th.

Acknowledgement, Waiver & Release

The participant in the Walking to Wellness Workshop (the "Event") acknowledges and agrees that RTO/ERO, including District 13 will not be responsible for any loss, injury or damage of any nature, including death, howsoever arising in connection with this excursion. Participants in the Event are therefore hereby advised to carry their own insurance in connection therewith.

By signing below and in consideration of the participant's attendance at the Event, the participant hereby releases and forever discharges RTO/ERO, District 13, and their respective directors, officers, members, agents, employees and volunteers (collectively, the "Releasees") from any and all actions, causes of action, claims, and demands (collectively, the "Claims") from any loss, injury or damage of any nature, including death which has arisen or may arise from the participant's attendance at the Event, unless such loss, injury or damage has arisen as a result of the sole negligence of one or more of the Releasees.

Any Claims arising out of the participant's attendance at the Event will be governed by the laws of Ontario, Canada, and the participant consents to the exclusive jurisdiction of the Courts in Ontario, Canada in any such action.

_____ X _____
 Printed Name of Participant Signature

_____ X _____
 Printed Name of Participant Signature

_____ Date



Acknowledgement, Waiver & Release

The participant in the District 13 Curling Bonspiel (the "Event") acknowledges and agrees that RTO/ERO, including District 13 will not be responsible for any loss, injury or damage of any nature, including death, howsoever arising in connection with this excursion. Participants in the Event are therefore hereby advised to carry their own insurance in connection therewith.

By signing below and in consideration of the participant's attendance at the Event, the participant hereby releases and forever discharges RTO/ERO, District 13, and their respective directors, officers, members, agents, employees and volunteers (collectively, the "Releasees") from any and all actions, causes of action, claims, and demands (collectively, the "Claims") from any loss, injury or damage of any nature, including death which has arisen or may arise from the participant's attendance at the Event, unless such loss, injury or damage has arisen as a result of the sole negligence of one or more of the Releasees.

Any Claims arising out of the participant's attendance at the Event will be governed by the laws of Ontario, Canada, and the participant consents to the exclusive jurisdiction of the Courts in Ontario, Canada in any such action.

_____ X _____
 Printed Name of Participant Signature

_____ X _____
 Printed Name of Participant Signature

_____ X _____
 Printed Name of Participant Signature

_____ X _____
 Printed Name of Participant Signature

_____ Date

Fall Luncheon

Thursday, October 29

Liuna Station
 360 James Street North
 Hamilton

MENU

Butternut Squash Soup
 Chicken Kiev
 Green & Yellow Beans & Carrots
 Roasted Potatoes
 Rolls and Butter
 French Vanilla Ice Cream in a Wafer
 Bowl
 Tea, Coffee

Social Hour 11:30 a.m.
 Lunch 12:30 p.m.

Entertainment: Hamilton Police
 Female Choir

Price \$ 28.00 per person
Free Parking

Special menus may be requested.
Contact: Phyllis Doyle 905 632 8302

Transportation: If you need assistance, please contact Phyllis Doyle who will do her best to accommodate you.

Reservations: To facilitate the correct ordering of meals, please complete the application form on page 21 and mail it to: Phyllis Doyle, 875 Condor Drive, Burlington, Ontario, L7T 3A8
 Phone 905 632 8302

Please make cheques payable to RTO District 13.

Pick up your pre-printed name tag at the door. This is your admission to the dining room.

Celebrating Poets over 70: Call for Poems

Tower Poetry Society and the McMaster Centre for Gerontological Studies are soliciting poems written after the age of 70. Selected poems will be published in a jointly-sponsored anthology. "Celebrating Poets over 70" will be the tenth volume in the Writing Down Our Years series published by MCGS.

A maximum of four typed poems may be submitted. Send poems and a 50-word biography by email to Ellen Ryan (ryaneb@mcmaster.ca) or by mail to: "Celebrating Poets over 70", Tower Poetry Society, c/o McMaster University, 1280 Main St. W., Box 1021, Hamilton, Ontario L8S 1C0.

Individuals with poems selected will receive a free copy of the anthology.
DUE DATE: November 15, 2009

Introduction to Origami

Instructor Kathy Johnson is an accomplished calligrapher, book maker and paper artist.

Origami is the oriental art of folding paper into fun, interesting and practical shapes and items. Learn the basics: paper types, mountain and valley folds, how to follow patterns and then get creative! You'll make envelopes, cards, mini-designs for use on your cards, money folds, gift bags and folders. You'll make at least 5-7 finished items depending on your skill level. A selection of origami books will be available for you to peruse (not purchase). ALL paper supplies will be provided.

You will need to bring: Sharp pencil, good ruler, bone folder or credit card (and a desire to learn).

Date: **Tuesday, November 17, 2009**

Time: 9:30-3:00 (bring a lunch)

Cost: \$20.00 pp (Cheque payable to Kathy Johnson)

Location: Room 22, Blessed Sacrament School, 315 East 37th St. (just west of Upper Gage and Fennell)

Maximum : 10 participants.

Mail cheque and application form on pages 17, 18 to Jutta Busch, 701-1964 Main Street West, Hamilton, ON L8S 1J5

AGO Art Gallery Trip

This is not an RTO sponsored trip. For information contact the Women's Art Association of Hamilton.

Art Gallery of Ontario, Toronto
Wednesday, October 28, 2009

Departure: Holiday Inn at QEW & Hwy 20 at 9 a.m.

Return: Approximately 6 p.m.

Cost per person is \$45.00 which includes transportation and guided tour of the Gallery.

Please make cheques payable to: Argia Cowle and mail with application form on page 21 to:

Argia Cowle,
15 Watershore Drive, Stoney Creek,
ON L8E 0C1

Deadline for mail-in is October 12, 2009.

For more information call
905 643 6193 or e-mail
argia@hotmail.com



Application for 'Walking to Wellness' Workshop

Wednesday, October 21, 2009. (Rain date October 22, 2009)

Make cheque (\$20 pp) payable to RTO District 13 and mail to:
Jackie Aird, 508 Fifty Rd, Stoney Creek, ON L8E 5T4

Name _____

Phone _____

Address _____

E-mail _____

The waiver on the back of this form must be signed for you to participate in this event.

Application for Retired Teachers' Mixed Bonspiel

Wednesday, November 11, 2009

Make cheque out to John Moyer and send to:
John Moyer, 99 Sandollar Dr., Mount Hope, ON, L0R 1W0

Sender's Name _____

Phone _____

Address _____ Postal Code _____

Cost: \$108.00 per rink, \$27.00 per individual. Amount enclosed \$ _____

Names of Team Members:

Skip _____ Vice _____

Second _____ Lead _____

The waiver on the back of this form must be signed for you to participate in this event.

Acknowledgement, Waiver & Release

The participant in the Aldershot Players (the "Event") acknowledges and agrees that RTO/ERO, including District 13 will not be responsible for any loss, injury or damage of any nature, including death, howsoever arising in connection with this excursion. Participants in the Event are therefore hereby advised to carry their own insurance in connection therewith.

By signing below and in consideration of the participant's attendance at the Event, the participant hereby releases and forever discharges RTO/ERO, District 13, and their respective directors, officers, members, agents, employees and volunteers (collectively, the "Releasees") from any and all actions, causes of action, claims, and demands (collectively, the "Claims") from any loss, injury or damage of any nature, including death which has arisen or may arise from the participant's attendance at the Event, unless such loss, injury or damage has arisen as a result of the sole negligence of one or more of the Releasees.

Any Claims arising out of the participant's attendance at the Event will be governed by the laws of Ontario, Canada, and the participant consents to the exclusive jurisdiction of the Courts in Ontario, Canada in any such action.

_____ X _____
Printed Name of Participant Signature

_____ X _____
Printed Name of Participant Signature

Date



Acknowledgement, Waiver & Release

The participant in the Origami Workshop (the "Event") acknowledges and agrees that RTO/ERO, including District 13 will not be responsible for any loss, injury or damage of any nature, including death, howsoever arising in connection with this excursion. Participants in the Event are therefore hereby advised to carry their own insurance in connection therewith.

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Any Claims arising out of the participant's attendance at the Event will be governed by the laws of Ontario, Canada, and the participant consents to the exclusive jurisdiction of the Courts in Ontario, Canada in any such action.

_____ X _____
Printed Name of Participant Signature

_____ X _____
Printed Name of Participant Signature

Date

Political Action Report

As you know, the provincial government is planning to introduce legislation to Harmonize Sales Tax (HST). Provincial RTO/ERO has made this a priority and is asking selected District PAC's to hold meetings with their local MPP's re: RTO/ERO and other senior groups' concerns. Our District is one of those selected. Thanks to Gordon Near, we've identified 6 ridings that fall within District 13's influence. Our PAC is in the process of setting up meetings with the various MPP's. We need some help. If you can help set up a meeting with your MPP, please let me or a PAC member know. We want to have these meetings ASAP since the legislature reconvenes in mid- September. As of this date, we have met with Hon. Ted McMeekin, Andrea Horwath, and Toby Barrett.

Leo Normandeau, PAC Chair

Local Provincial Politicians

Hamilton Mountain

Sophia Aggelonitis MPP

Party: Ontario Liberal Party

Address: Unit 2 - 952 Concession St. Hamilton, ON L8V 1G2

Ph: 905 388 9734 Fax: 905 388 7862

E-mail: saggelonitis.mpp.co@liberal.ola.org

Haldimand-Norfolk

Toby Barrett MPP

Party: Progressive Conservative Party of Ontario

Address: 39 Norfolk St. N., Simcoe ON N3Y 3N6

Ph: 519 428 0446 Fax: 519 428 0835

E-mail: toby.barrettco@pc.ola.org

Hamilton Centre

Andrea Horwath MPP (NDP Party Leader)

Party: New Democratic Party of Ontario

Address: 200-20 Hughson St. S., Hamilton, ON L8N 2A1

Ph: 905 544 9644 Fax: 905 544 5152

E-mail: ahorwath-co@ndp.on.ca

Niagara West-Glanbrook

Tim Hudak MPP (PC Party Leader)

Party: Progressive Conservative Party of Ontario

Address: Unit M1 4961 King St. E., Beamsville, ON L0R 1B0

Ph: 905 563 1755 Fax: 905 563 1317

E-mail: tim.hudakco@pc.ola.org

Continued on page 8)

Local Provincial Politicians (Continued from page 7)

Ancaster-Dundas-Flamborough-Westdale

Ted McMeekin MPP (Minister of Consumer Services)

Party: Ontario Liberal Party

Address: 299 Dundas St. E. PO Box 1240, Waterdown, ON L0R 2H0

Ph: 905 690 6552

Fax: 905 690 6562

E-mail: tmcmeekin.mpp.co@liberal.ola.org

Hamilton East Stoney Creek

Paul Miller MPP

Party: New Democratic Party of Ontario

Address: 289 Queenston Road, Hamilton, ON L8K 1H2

Ph: 905 545 0114

Fax: 905 545 9024

E-mail: pmiller-co@ndp.on.ca

Project - Service to Others

Each calendar year grants of up to \$4 000 are made available to the RTO districts. Districts have the opportunity to approve a project and submit it to the provincial office for consideration. District 13 has had a number of successful projects receiving various amounts of money over the years. These include assistance given to the Hamilton Public Library, Haldimand Senior Support Services, Dr. Bob Kemp Hospice, Wesley Urban Ministries, Educational Archives of the Hamilton Wentworth District School Board, Xi Yuan Middle School Library in Jiangsu Province of China and The Original Griffin Literacy Project in Hamilton Wentworth Schools.

Application forms for the 2010 year are available now on the RTO website - www.rto-ero.org

Completed applications for project funding must be received by myself no later than December 1st, 2009. A committee will select one to be presented to the District 13 executive at its January 2010 meeting. I would be pleased to assist in the completion of an application form. My phone number is 905 774 4503.

Tom Pettigrew, Chair, District 13 Project to Others



*Age is nothing but experience, and some of us are more experienced than others. Andy Rooney

* No matter how old a mother is, she watches her middle-aged children for signs of improvement. Florida Scott-Maxwell

* How old would you be if you didn't know how old you was? Satchell Paige

Application for Aldershot Players' Dinner Theatre

Friday, October 16, 2009.

Cost \$35.00 per person

Make cheques out to Aldershot Players and mail to Jutta Busch, 701-1964 Main Street West, Hamilton, L8S 1J5

Name _____

Phone _____

Address _____

E-mail _____

The Waiver on the back of this page must be signed in order to participate in this event.

Application for Origami

Tuesday, November 17, 2009

Cost: \$20.00 pp

Make cheque payable to Kathy Johnson and mail to Jutta Busch, 701- 1964 Main Street West, Hamilton, ON L8S 1J5

Name _____

Address _____

Postal Code _____

Phone _____

E-mail _____

The Waiver on the back of this page must be signed in order to participate in this event.



King of the Board *(Continued from page 15)*

1975. The H-W Separate Schools were invited to enter. Mayor Copps again opened the tournament and Alderman Reg Wheeler presented the winner trophies.

1976. A big year. 1) Three separate schools participated. 2) Top players from the tournament participated in the Canadian Checker Championships. 3) the Local OPSMTF donated money for crests for the top three winning teams. 4) Three ENOC (Education Needs of the Older City) schools staged their own tournament.

1977. Controller Bob Morrow, later to become Hamilton mayor, presented the tournament trophies.

1979. Alderman Jim MacDonald, after whom James MacDonald School is named, presented trophies donated by the local OPSMTF.

1980. The Local FWTAO donated crests for winners in the new Junior A category for K-5 schools.

1988. A report on the tournament that year noted that it now took three days to complete the tournament - two Saturdays and one school day afternoon that had been approved by the Board.

1992. In this, his retirement year, Ken gave a workshop on checker skills to teacher coaches.

2008. The tournament's 40th year drew 89 teams to its venue in halls of the historic Ancaster Agricultural Society.

Ken gives full credit to others. Certainly the phenomenal growth and longevity would have been impossible without the many teachers, principals (active and retired), volunteers and a supportive Board of Education. Ken says, "The credit for it goes to all the many teachers, willing to give up their time to supervise pupils. Their devotion to their children is not equaled in any system anywhere. I have tried to get programs like ours going in other centres in Ontario and the USA, and have failed because of Board disinterest and/or teachers not willing to give their time." But other places didn't have Ken Shoesmith.

The Tournament is just a part of the checker scene. Play begins in January and earlier in some schools. There have been up to 90 pupils join clubs hoping for a spot on the school's team. Competition in schools most often centres on sport, but Ken says, "We hear reports of timid children, threatened by sports requiring aggressive physical activity, coming out of their shells and excelling when they discover that superior handling of the little discs can defeat the biggest and most formidable foe. Some with physical disabilities and the scars of infant accidents find themselves accepted 'across the board'." Ken remembers a tournament game when spectators crowded around to watch the drama as a wheelchair-bound player took on a big strapping opponent and won.

Next move? Maybe a local TV show 'So You Think You Can Play Checkers, Hamilton?' Yes, we can!

Ken Shoesmith began as a teacher in Hamilton's east end. (Woodward, Hillcrest), spent his whole career here and finished back in the east end. He retired as principal from Lake Avenue in 1992.

Iris Berryman
iberryman@sympatico.ca 905-383-4109

Goodwill Representatives

Barbara Jarrett 905 522 0381 doug.jarrett@sympatico.ca	Lee Hondronicols 905 527 0632 lee.hondron@hotmail.com
--------------------------------------------------------------	-------------------------------------------------------------

Hamilton East End to Ottawa St.	Deris Giavedoni 1005 Bruce Dale Ave. E. Hamilton L8T 1M6	905 385 0882		
Ottawa St. to James St	Marilyn Hill 197 Stirton St. Hamilton L8L 6G7	mr.hill@sympatico.ca 905 528 3191		
James St. to Hwy 403	Barbara Jarrett 113 Hyde Park Ave. Hamilton L8P 4M8	doug.jarrett@sympatico.ca 905-522-0381	Lee Hondronicols 181 Sterling St. Hamilton L8S 4J7	905 527 0632 lee.hondron@hotmail.com
Hwy 403 to West End	Sylvia Kajjura 152 Cline Ave. N. Hamilton L8S 3Z8	905-529 4572	Gerri Staples 174 Haddon Ave. N. Hamilton L8S 4A6	905 527 1346 d_staples@sympatico.ca
Hamilton Mountain East of Upper James	Chuck Forbeck 31 Critzia Dr. Mount Hope LOR 1W0	905-679-9681 ceforbeck@gmail.com	Doug French 191 David Ave. Hamilton L9A 3V8	dougfrench@mountaincable.net 905-389-4313
Hamilton Mountain West of Upper James	Penny Nijse 327 East 14th St. Hamilton, L9A 4C1	nijse@mountaincable.net 905 387 4584	Sheila Bryant 3045 Miles Road RR#2 Mount Hope LOR 1W0	sbryant@295.ca 905 679 3124
Mountain South Binbrook, Mount Hope	Joanne Weeks 700 Trinity Church Rd. R.R.2 Hannon LOR 1P0	weeksj@sourcecable.net 905-692 5754	Lyle Beaudoin 33 Audubon St. S. Stoney Creek L8J 1J6	lylebeau@eno.netscape.ca 905 560 0475
Haldimand, Caledonia	Karen Walton 204 Caithness St. E. Caledonia N3W 1C2	jim.walton@sympatico.ca 905-765-6034		
Dunnville, Low-banks	Marianne Allemang 618 Pine St., Dunnville N1A 2M2	905-774-6098		
Jarvis, Nanticoke. Port Dover, Simcoe	Joyce Siefker 23 Craddock Blvd, Jarvis N0A 1J0	519-587-4459		
Hagersville, Townsend, Selkirk	Marlene Burger 5 Carrick St. Box 841 Hagersville N0A 1H0	905-768-5687		
Cayuga	Jane Murray 3900 River Road Caledonia N3W 1T6	islandview@sympatico.ca 905-765-2345		

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Goodwill Representatives (Continued from page 9)

Wentworth, Ancaster	Mary McCormack 90 Field Road Jerseyville L0R 1R0	905-648- 3691	Help Needed	
Dundas	Elvira Peterson 7 Grandview Court Dundas L9H 5C8	905 627 5125	Jo Ivey 4-78 Pirie Drive Dundas, L9H 3V2	905 627 5166
Stoney Creek, Winona	Elizabeth Kelly 103 London St. S. Hamilton L8K 2G4	905-548 0162	Barb Stanley 235 Kirkwood Dr. Dundas L9H 7A5	905 627 7967 stanleymb@ cogeco.ca
Waterdown, Flamborough	Kathy Mills 180 George St. Apt. 708 Hamilton L8P 1E8	905-540- 3957		
Burlington	Anne Luxon 111 Lynn Court Burlington, L7T 1B3	anneluxon@ hotmail.com 905 634 8310	Suzanne Eden 4359 4Side Road RR #6 Milton L9T 2Y1	905 335 5676 suekae@ primus.ca
Member in areas Outside of Hamilton Wentworth Haldimand	Jean Murray 1573 Princeton Cres. Oakville L6H 4H7	905 844 4786	Barb Bentham 180 Lloyminn Ave., Ancaster L9G 1H9	bentpig@ hotmail.com 905 648 0335

Keeping In Touch

The Goodwill Committee tries to keep in touch with members over 80. If you are aware of any member who is celebrating a special event or who is ill, would you let that person's area repre-

sentative know or Barb or Lee. The Goodwill Committee will be in touch with the member.

When you move, RTO would like to find you! Your bank will get you your cheque, but RTO needs your new address for their mailing list.

If being a representative and keeping in touch with your fellow retirees seems interesting to you, let Barb or Lee know and you will be welcomed with open arms. Barbara Jarrett,
Co-Chair Goodwill Committee

☆ A little boy overheard praying: "Lord, if you can't make me a better boy, don't worry about it. I'm having a real good time like I am".

A Sunday school teacher asked her children as they were on the way to church service, "And why is it necessary to be quiet in church?"

One bright little girl replied, "Because people are sleeping."

"Walking to Wellness" Workshop

(Rescheduled from the Wellness Day Workshops) Barb Laughland, Jackie Aird and Joanne Weeks

Wednesday, October 21st, 2009 Rain date: October 22nd, 2009

Blessed Sacrament School, 315 East 37th Street, Hamilton 9:30 a.m. -11:30 a.m.

Cost \$20.00 Includes a pedometer and light refreshments.

Wear running shoes as we will be walking.

Please make your cheque out to RTO District 13. Date the cheque October 1st, 2009. Send forms on pages 19, 20 and cheque to: Jackie Aird, 508 Fifty Rd., Stoney Creek, ON L8E 5T4 Information: jaird@cogeco.ca

OUR PEOPLE



KING OF THE BOARD

One person with a focus, commitment and enthusiasm can make things happen. Such is Ken Shoesmith, founder of the Hamilton Schools Checker Tournament that is still going strong in its 40th year in 2009. Ken continues as Director as the now H-W Tournament readies for 2010 when Ken observes his 20th year of retirement. Childhood games with playmates evolved into making him a young checker champ after he studied a book on winning at checkers from the Kenilworth Library and started winning all the games. Later he joined the Hamilton Checker Club and felt he'd have no problem beating these "old guys". Reality set in fast. He attended four times before he even scored a draw against its members.

As a young teacher at Hamilton's Hillcrest School in 1961, Ken had a checker club when he entered his school players in the Ontario Checker Tournament's Junior Division, which had few, sometimes no entrants. The Hillcrest team surprised the officials with their skill. Ken continued with checker clubs as he changed schools and it has been onward and upward ever since.

1969. The Hamilton Checker Club, which had helped Ken from the start, suggested an interschool competition. The Board backed the idea and Ken attracted interested teachers willing to coach teams. These 1969 pioneer coaches of the seven teams in the first tournament were Tracey Mollon, Ruth Ann Smithson, Laverne Howard, Walter Brown, Doug de Pass, Marion Vail and Ken.

1972. Checkers in schools grew and a one-day team tournament began with 18 teams competing. Ken's request to the Board resulted in a Saturday use of the Sir Winston Churchill school cafeteria. That site was used for 16 years. In the early 70s, secondary schools were invited to participate. As the tournament hit its stride in the 70s, Ken claimed that it was the most successful youth checker tournament in the free world. This statement posted on checker websites has never been challenged.

1974. An individual competition was added and then Mayor Vic Copps opened the tournament.

(Continued on page 16)

Report on the June Golf Tournament *(Continued from page 13)*

The Men's Longest drive on the 14th hole was won by Gordon Richardson and the Ladies' longest drive was won by Jan Ditsch.

Closest to the hole on the 15th was Jack Antolich for the men and Pat Arndt for the ladies.

The longest putt on the 16th was made by Nancy Smith. Congratulations to all these skilled golfers.

Thanks to Bob and Rita Bennett for their contribution of additional prizes used in the draw. Thanks also to RTO District 13 for the \$300 donation to purchase prizes.

The drive for Multiple Sclerosis on the 17th hole raised \$297 and awarded 22 sleeves of golf balls. Thank you to all the golfers who participated in the MS skill contest.

If you have any suggestions to improve the tournament, let me know by sending an email: jwilson002@sympatico.ca

Finally, thank you all for taking part.

Jim Wilson

Dates for the RTO District 13, Golf Tournaments 2010:

Spring Tournament: **Wednesday** June 9, 2010

Fall Tournament: **Wednesday**, September 8, 2010

Golfers!! Please note the change of the day from our usual Thursday to Wednesday. **Mark your calendars now!**

District 13 Collection of Used Eyeglasses

So many of our RTO/ERO District 13 members volunteer in the community. Congratulations and a huge 'thank you' for all that you do. Your efforts are very much appreciated and a service to others.

One such volunteer is Bruce Evenden. The recent Spring 2009 RTO/ERO Renaissance magazine article, "Vacations with a Vocation", focused on the collection of used eyeglasses. Bruce and his wife Penny were among a group of volunteers who travelled to Colombia to assist in supplying dental and eye care to people in need. They worked with an organization called Medical Ministry International (MMI). After the glasses are collected, they are cleaned and checked for prescription.

To serve others and to assist with this ongoing international project, District 13 is collecting eyeglasses at upcoming events. The first collection will be at the Wellness Day on October 3rd, 2009 at the YWCA Hamilton Downtown. We will also have a donation box available at the Fall Luncheon on October 29th, 2009 at Liuna Station.

Please bring the glasses along with you and leave them at the registration desk. If you are able to help out with the sorting and/or testing please contact Joanne Weeks at 905 692-5754. This will be an ongoing effort.

Thank you for your support.

Membership News

District 13 now has 2646 full members and 250 associate members for a total of 2896 at the end of August 2009.

Please remember -- ALL members are entitled and encouraged to participate in all district activities. If you would like more information about our district activities, please contact one of us (see contact list on page 2) -- we will be pleased to respond.

Address Changes -- All address changes are processed in the Provincial office. If your address has changed, please contact them
by telephone: 1-800-361-9888,
by email: rto-ero.org
or by regular mail: 18 Spadina Road Suite 300, Toronto, ON M5R 2S7.

Gordon Near



Cruising on the Grand River

On a rare sunny summer day, RTO members enjoyed a luncheon cruise on the Grand River. Our day began with a very informative AV presentation tracing the Grand River from its source to Port Maitland where it empties into Lake Erie. This was followed by the Blazing Fiddles who entertained us with some very lively toe-tapping music. We then boarded the Belle for our three-hour luncheon cruise on the Grand River. During lunch we were serenaded by one of the members of the Blazing Fiddles. Enjoying the delicious lunch and viewing the beautiful scenery along the Grand, we spent a most enjoyable day. Special thanks to Jutta Busch for organizing this outing and making sure everything went well.

(Photos courtesy Joseph Bochsler)

RTO Acknowledgement, Waiver and Release Forms

As you read through District 13 Newsletters and the Tours Brochures, you will notice the addition of the "Acknowledgement, Waiver & Release" form. This is now an RTO Provincial requirement for all RTO-sponsored excursions and special events. When you submit your registration form and cheque for any tours, tournaments or special events, please do not forget to sign the release form on the back of the registration. Thank you.

Call for Nominations

District 13 is requesting nominations for positions on the District Executive and various sub-committees. Full or Associate members of District 13 are eligible for nomination to the District Executive and sub-committees.

Positions on the District Executive are normally filled at the District Annual Meeting held in the Spring of each year, or as the need may arise. If you are interested in serving, or know someone who would be a suitable candidate, please complete and submit a nomination form.

If you wish to nominate a candidate, please have the individual sign the permission indicating their willingness to be nominated.

Name of Candidate

Nomination for Position of.....

Address

Telephone

Email

Nominated by
Print using Block Letters Signature

Consent to be nominated .

Name
Print using Block Letters Signature

This is to confirm that I give my consent to being nominated

for on the District Executive of District 13,

The Retired Teachers of Ontario.

Date

When completed, submit this form to Nominations Committee Chair:

Gordon Near, 21 King's Forest Dr., Hamilton, ON L8T 4J4,
or by email to Gordon Near: gnrto13hwh@mountaincable.net,

Your Health

This past June, as your District Health Representative, I attended the RTO Health workshop. The RTO/ERO Health Plan and the operation of the committee were reviewed with the reps. We looked at how each district was trying to promote health and well-being. I was indeed delighted to mention that District 13 was well on its way with the plans for our October 3rd, Wellness Day.

I am pleased that we have one of our own, Gordon Near, on this committee and I must say he will be quite busy. Gordon is well suited for this comprehensive committee.

Did you know?

Prescriptions from a hospital dispensary are not covered by RTO/ERO Extended Health Plan.

RTO/ERO Out of Province Plan does not include coverage for participants traveling to areas where the government of Canada has issued a travel advisory. If the trip was booked prior to the advisory being issued, then you are eligible to claim under the RTO/ERO Trip Cancellation benefit.

RTO/ERO Health Plans Comparison Charts for 2009 are now available on the RTO/ERO website.

Fitness Tax Credit: January 1, 2009, the government of Nova Scotia announced that they were extending their Healthy Living Tax Credit to adults. Residents can claim up to \$500 in registration fees for organized sports and activities. Other provinces such as Alberta, B.C. and Quebec may follow suit with similar legislation.

Some websites you may want to visit:

Understanding Nutrition Labels: http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/label-etiquet/inl-emi-eng.pdf

Seniors Information-A collaborative online Resource www.seniorsinfo.ca

Jackie Aird, Health Rep.

Report on the June 2009 Golf Tournament

The June 11, 2009, Annual Spring Golf Tournament was another successful RTO District 13 event.

Although the course was wet from the spring “monsoon” thunderstorms, we had our usual good weather for our golf tournament. Nineteen foursomes or seventy-six golfers teed-off from the first and tenth tees of the Old Knollwood Course at 7:30 a.m. for the start of our Annual Best-Ball Scramble. Everyone seemed to have a good time. After playing golf, most golfers stayed for lunch and fellowship and also to participate in the awarding of the golf skill prizes and lucky draw prizes.

The team of Neil Panabaker, John Bourrie, Seiji Hirota and Hugh McLeod had the lowest score; they carded a score of 62 (par for the course is 72). Congratulations.

Two other teams also had scores in the low 60s. (Continued on page 14)