



District 32 Newsletter
Fall 2023



Dear District 32 RTO-ERO Members

As I am sitting here writing this message, it certainly looks like Fall with the cool mornings, warm afternoon sunshine and the leaves beginning to turn. I hope everyone has had a pleasant summer. Our Fall luncheon is later this month. Please check out the date in this Newsletter and mark it on your calendars.

A representative from Hearing Life will be at our Fall luncheon to give a short 15 minute presentation and will answer questions about when it is a good time to get your hearing checked, and any other questions you may have.

If you know of a student who would like to receive a scholarship, any RTOERO member can recommend them. The information on eligibility, the application form and how to apply is now on the RTOERO website at:

<https://rtoero.ca/giving-back/scholarships/>

I am pleased to be your President for the next 2 years. I am very fortunate to have a great team of our district executive members to work with.

We are looking forward to welcoming our new and returning members.

Hope to see you there,

Patricia Rogers

District President,

613 234 0900

Let's get together for the fall Luncheon and Annual meeting

When Thursday, October 26, 2023

10:30 – Meet and Greet, 11:00 General Meeting, 12:15 Lunch

Where: Le Vieux Chateau Restaurant,

797 McGill St. Hawkesbury, ON

Menu Choices: 1) Soup or salad, chicken breast, rice, potatoes, veggies, dessert

2) soup or salad, salmon, rice, potatoes, veggies, dessert

3) soup or salad, lasagna, dessert

Cost: \$25 (remainder will be subsidized by RTE/ERO District 32)

Send cheque made out to District 32 RTO by October 17th to

Sandy Rainey – 788 Pattee Road E, Hawkesbury, ON K6A 0G1

OR e-transfer to treasurer32@districts.rtoero.ca



Let us know if you are coming - by emailing Sandy at esrainey@sympatico.ca or by phone 613-678 - 9108 along with your meal choice **by October 17th**

There will be no option to pay at the door.

Hope to See you all there

Health Update

On Tuesday, November 14 at 10:00 am, a webinar for health plan members in Districts 27, 32 and 45 will be provided by RTOERO in English.

You must register to attend. Questions can be submitted in advance to insurance@rtoero.ca

Submitted by:

Ruth Barton Dempster

Greeting our members

July:

Birthdays: 4 birthday cards were sent

Condolences: to the family of Helen McCormick



August:

Birthdays: 3 cards were sent

Flowers were sent to Elizabeth Stewart for a special birthday

Condolences: To the family of Michael Whetstone. A donation to the RTOERO Foundation will be made in his memory as he was on the executive of District 32
And to Jill Cass on the passing of her father

September:

Birthdays: 3 cards were sent

Flowers were sent to Shirley Folkard for a special birthday

Condolences: flowers were sent to the family of Eric McCrae – a donation will be made to the RTOERO Foundation in his memory as he taught for our board

To Eileen Rainey on the sudden passing of her husband John – a donation to the RTOERO Foundation will be made in his memory as he taught for the Upper Canada board

To Sandy Rainey and Eric on the passing of her brother-in-law/ his brother

To Kathy Findlay on the passing of her sister-in-law, Shirley Bishop

Get Well: Get well wishes sent to Shari Baldwin and Gary Barton

October:

Birthdays: A card was sent to Alfred Theberge

Submitted by:

Melanie Beaupre



Eva Levesque (in the photo) requested a donation towards this project and our District supported it with a \$500.00 donation . This is an invite to the show being held in Van Kleek Hill Nov. 30 to Dec. 17



Francine Larocque , Caroll Carkner, Linda MacKinnon in front of our sign . It means our District 32 sponsored a hole for this Tournament. Our other player and friend Mitzi Dandy , took the photo.

Keeping in Touch

Our Facebook page is where you will find our district’s activities and information about any upcoming events. If you have not had a chance to visit our Facebook page, please do so.



Our website tells everyone who we are as a District 32 . You can find us on:

Facebook- Rtoero District 32 Prescott Russell
 Website - district32.rto-ero.org Our Facebook page and Twitter can also to access directly though our website by clicking on the their symbols on the right hand corner

Submitted by:
 John Healey

RTO District 32- Membership Summary

Extending a warm welcome to new members who joined our district between October 2022 and September 2023.

Danielle Wackid- Rockland
Lise Théorêt- Cornwall
Richard Jennings- L'Original
George Tomas- Rockland
Scott Hepburn- Alfred
Kelly Canning- Alfred
Charlene Debransky- L'Original
Kathleen Mannion- Fournier
Denise Gauthier- Current
Carolle Rose- Alfred

In Memoriam

Marion Christie- L'Original
Barbara Rutherford-
Hawkesbury
Helen McCormick- Rockland
Marguerite McCrank-
Orleans
P. Whetstone- Hawkesbury
John Rainey- Vankleek Hill



District 32 has 173 retired members and 26 actively employed members as of September 30, 2023.

If you know someone in education (ie; teacher, administrator, EA, custodian or office worker) who is contemplating retirement or is already retired but has not yet joined, have them contact RTO at rtoero.ca/membership or call 1-800-361-9888 and ask for “membership”.

Submitted by
Pauline Sarrazin and Bill Young

Treasurers Report

At our last district meeting the executive passed a motion to continue to support the Meals on Wheels programs in Prescott-Russell. An amount of \$200 each was given to the fifteen community organisations for a total of \$3000. One of RTOERO's strategic plans is to improve the lives of members and seniors. Meals on Wheels is a worthwhile cause that helps older persons who don't have the means to shop and prepare meals.

A motion was also passed to change the donations at the passing of district members. As of September, at the death of a district member, a donation of \$50 will be made. If a member served on the executive, the donation will be increased from \$50 to \$100. Preference will be given to The RTOERO Foundation.



Payments for luncheons can now be done through e-transfer to our district account. Please send your payment to treasurer32@districts.rtoero.ca.

Submitted by:
Anne Marie Farnworth

Foundation Report September 28, 2023

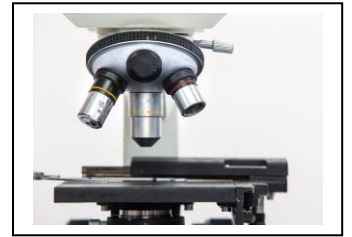
The Foundation has approved six new grants for a total of \$213,000. These grants will be awarded in 2023. The goal of the grant program is to identify and partner with creative and results-based organizations in order to address the most critical issues faced by our aging population.

The RTOERO Foundation invests strategically in three critical activities through the grant program. Geriatric research initiatives take a scientific approach to an examination of healthy aging health services and the quality of life for older adults. Seniors health and well-being have as their primary focus improved physical, mental, and social health. Social engagement initiatives have as their focus improved social engagement for older adults.

All three of these focus areas are represented in the following grants to be awarded Trent University, Sheriden College, Compassionate Communities, Dementia Society of Ottawa, and Societe Alzheimer Society of Sudbury-Manitoulin North Bay.

With the support of the RTOERO Foundation Dr. Elizabeth Russell will be piloting an Intergenerational classroom model within her Psychology of Aging course at Trent University. It is anticipated to reduce ageist beliefs among students.

Former RTOERO Chair Joanne Murphy is leaving the Foundation as Past Chair after serving since 2014. Marg Werkhoeven a past Chair is also leaving the Foundation Board. She was an effective and impactful board member.



Submitted by:
Dorothy Kinkaid

Scholarships and Community Grants

Grace Gong of Mississauga was a recipient of an RTO scholarship. She was sponsored by District 32 member Richard James.

Grace was extremely grateful for our RTO financial support and sent a summary of her studies along with her thank you to our group. Unfortunately, she was unable to attend our spring luncheon so that she could be recognized locally, and thank our group for their support in person. Below please read about her impressive activities to date .

"Grace is a 3rd-year computer science student at Western with an interest in software development. In the future, she hopes to utilize her software development to develop tools to support climate action and help the community. This summer she is a software development engineer intern at GoDaddy, a domains registrar site.

At Western she is the president and founder of the google developer student club, and western women in computer science club, where she facilitated and organized various workshops on the topic of technology and career development, including how to prepare for technical and behavioral interviews, project management, intro to Machine learning and APIs and intro to google cloud platform workshops.

In her free time, she volunteers for AnitaB, a global nonprofit that supports women in tech, and Codepath, a nonprofit that advocates for diversity in tech. She is also a Women techmakers ambassador and speaks at events to local students to help them prepare for their careers.

The funds from the scholarship will support her learning through taking additional computer science courses and support with learning materials. She would like to take RTOERO for their generosity in running this program and she hopes to give back to the future generation of students through her mentorship and nonprofit, youth180, where she shares youth across Canada career development, and leadership opportunities and shares her experiences.'

District 32 passed a motion to add an additional \$200.00 to support her studies.

Submitted by Mary Leduc









This year, RTOERO is awarding 20 scholarships valued at \$3000 each to post-secondary (college or university) students enrolled in programs that lead to careers in either seniors health and wellbeing; education; environmental stewardship; or that reflect a strong commitment to diversity, equity and/or inclusion.

RTOERO members are encouraged to recommend students in their lives, including family members, who meet the criteria. Application forms and eligibility rules are available at rtoero.ca/givingback/scholarships

Just for Fun

Did you know?

 <p>There are at least 6 people in the world that look exactly like you. There's a 9 % chance you will meet one of them in your lifetime.</p>	 <p>A human brain has the capacity to store 5 times as much information as</p> <p>wikipedia</p>	 <p>There are so many kinds of apples, that if you ate a new one every day it would take over 20 years to try them all</p>
 <p>You can survive without eating for weeks but only 11 days without sleeping</p>	 <p>Our body gives enough heat in 30 minutes to boil 1.5 litres of water</p>	 <p>SMILE. It is the ultimate antidepressant.</p>

S.O.S explained

An Airbus 380 is on its way across the Atlantic. It flies consistently at 800 km/h at 30,000 feet, when suddenly a Eurofighter with Tempo Mach 2 appears. The pilot of the fighter jet slows down, flies alongside the Airbus and greets the pilot of the passenger plane by radio: "Airbus, boring flight isn't it? Now have a look here!" He rolls his jet on its back, accelerates, breaks through the sound barrier, rises rapidly to a dizzying height, and then swoops down almost to sea level in a breathtaking dive. He loops back next to the Airbus and asks, "Well, how was that?"

The Airbus pilot answers: "Very impressive, but now you look!" The jet pilot watches the Airbus, but nothing happens. It continues to fly stubbornly straight, with the same speed. After 15 minutes, the Airbus pilot radios, "Well, how was that?"

Confused, the jet pilot asks, "What did you do?"

The AirBus pilot laughs and says, "I got up, stretched my legs, walked to the back of the aircraft to use the washroom, then got a cup of coffee and a chocolate fudge pastry.

The moral of the story is: When you are young, speed and adrenaline seems to be great. But as you get older and wiser, you learn that comfort and peace are more important. This is called S.O.S.: Slower, Older, but Smarter.

Dedicated to all my friends who are like me, now realizing that it is time to slow down and enjoy the rest of the trip.
Dedicated to all seniors.