

# FORWARD



**Santa  
says ...  
GOOD  
WORK!**

At the December Luncheon Meeting a draw for a gift basket was held with the proceeds going to the North Bay Santa Fund. Thanks to the generosity of District 43 members and friends, a record amount of \$572 was raised.

The District Executive felt that nice round numbers were more in keeping with the Christmas spirit so they added a few more dollars to round the donation up to \$600 !

**Well done, District 43!**

North Bay's  
**Santa Fund**



**District 43  
facebook Page**

**...just "google"  
these search terms:**

**RTOERO 43 facebook**



## FROM THE PRESIDENT'S PERSPECTIVE



I'm back as District 43 president! A bit reluctantly I have to admit; as with all of we retired folk, I have plenty to fill my days. So please don't expect the Doug Bolger work ethic and I shall not disappoint.

We have, however, a lovely mix of new and experienced executive members so, as long as I get an agenda together and show up for meetings, things will be great, as always. Our treasurer, Anne, is happy to be able to refer to herself The First Lady (TFL) once again, so I guess that's something.

While COVID-19 and its current and future variants is definitely still very much out there, I feel that most of us have decided to just live with it, get vaccinated as necessary and try our best to resume more comfortable routines. The wonderful turnout for our Christmas luncheon was a good indicator that this is the case. It seems that almost wherever we go these days, there are crowds.

Other signs of a return to "normal", whatever that actually means, is that a pent-up desire to travel has been unleashed. High hotel room rates and airport chaos have been among the less desirable consequences.

Not that TFL and I eschewed travel during the time of troubles. We followed government guidelines and kept our peregrinations within Canada. It happens that In February 2020, just before the first lockdown, we drove to the Florida panhandle for a couple of weeks, completely oblivious to what was about to transpire. We got home just before the onset of border restrictions. Just luck, not planning, on our part. From then until this past fall, we stayed in country.

Among other short trips, we went on a tour of the Bruce Peninsula in October 2020, staying in an old stagecoach inn in Chepstow, a formerly important town bypassed by the railway, but very interesting in that old Upper Canada sense.

We spent a few days in the Niagara region (never get tired of looking at those falls!), visiting friends and enjoying a matinee at Shaw Theatre in Niagara-on-the-Lake, followed by high tea at the Prince

... continued from page 1

of Wales hotel. We also spent another few days in the Waterloo/ London region and caught a play at Stratford.

In September and October, 2021, we loaded the car and drove across the country to visit our son and his family in Terrace, northern BC, thence down to visit TFL's family in the Vancouver area. We drove home with a brief stop in our long-time former town, Logan Lake, near Kamloops. Our children spent their early years in Logan Lake, so it has special meaning for us.

Shortly after our return from the west, we decided to burn some about-to-expire Porter points and flew from Ottawa to St John's for a week, our first time in Newfoundland. Admittedly, going to Newfoundland during winter is tempting fate, but once again, we lucked out.

We rented a car at the St John's airport, stayed in a nice hotel (huge Newfoundland breakfast included) down by the iconic harbour and took little day trips in all directions within about 100 km of the city. Given the time of year, we had the place to ourselves. A photo of TFL in front of the DILDO sign is a highlight of course.

So, as it turns out, between September 12 and December 10 we can say we went coast to coast!

We had booked a holiday in Ireland for May of 2020. Flights, hotels, cottage rental in the Waterford area and car rental were all organized. Then everything went COVIDly pear-shaped and we had to cancel. We did leave a small deposit on the cottage.

Finally, just this September and October, 2022, we decided enough of COVID running the show and rebooked the whole Ireland trip. Irish luck must have been with us. Flights out and back left on time and arrived early. The hotels were excellent. The cottage was in a lovely area out in the country but close enough to both Waterford and Wexford for day trips. There was a small town nearby, New Ross, where we could buy groceries and other necessities. Just by chance, as we did not know beforehand, the Kennedy homestead was just down the country road from our cottage, so one afternoon, we dropped by. There is a small visitors' centre where we were welcomed with typical Irish hospitality. We actually met and spoke with Patrick Kennedy, current owner of the still working farm and cousin of JFK. John F. Kennedy had visited twice, once just after World War Two and again, in 1963, just a few months before his untimely passing. You can still see the red phone that was set up in the farmhouse in case of international emergency during the President's visit.

It was our first time in Ireland since 1976 when, in those days of relative poverty, both ours and Ireland's, Anne and I hitchhiked around the country. Ireland has changed a lot. It seems much more affluent, likely a result of joining the European Union and having billions of Euros poured in to upgrade infrastructure. The excellent Motorways are one highly visible example.

Dublin has become quite multicultural, the result of free movement of labour within the EU. As our Dublin hotel was literally fifty

metres away, we took in a matinée at the famous Abbey Theater. The play was *Joyce's Women* and very entertaining. We also went to a variety night in Tralee, at their beautiful theatre, Siamsa Tíre. We were not able to take in a performance at the famous Wexford Opera House, as there was nothing on during our visit. We were permitted to go into the building for a peek and heard a bit of rehearsal. I could easily go on, but suffice to say that we had a great trip to the Emerald Isle and are eager to return.

It has become quite apparent that the essentials to aging well include healthy eating, regular exercise and keeping up that life-long learning attitude. I would also include travel, as it encompasses all three of these elements, and more.

Travel doesn't have to be flying off great distances or even driving a long way. There are always plenty of new things to see around our own small city. The country roads in our area are replete with many very interesting places to explore and a variety of farms where incredible local foods can be had. Some of these follow the honour system, where you choose your produce and leave the money in a box. Make a promise to yourself to go to that place in the area that you've always meant to visit, but haven't yet gotten around to.

In closing, I would like to thank Doug Bolger for his dedicated leadership to District 43. I am grateful to have his counsel as Past President.

I am looking forward to seeing everyone at the February luncheon.

*Paul Brazeau*  
President

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[rtoero.ca/services/venngo-memberperks](http://rtoero.ca/services/venngo-memberperks).

# In Memoriam

*It is with deep sadness that we acknowledge the passing of the following District 43 members :*

WILLIAM BEERS      LYNDA SMITS  
JENNIFER WATSON      LOIS WISHAK

*We are grateful for their friendship, their service, and their memory. Our sincere condolences are extended to their family and friends.*



## HAITI

I saw poverty in its purest form, poverty at its best.

Poverty choked my heart as tightly as the dust clogged my nostrils. A week spent in Haiti has given a new dimension to my life. Its impact cannot be easily measured. It is almost impossible to see Haiti and remain insensitive to its problems, its extreme poverty, its human misery.

For purpose of clarity, I must explain the circumstances of this stay in Haiti. I had the privilege to be part of a team which traveled there to conduct an eyeglass clinic. We brought with us from Canada over 900 pairs of used glasses that had been cleaned, repaired, restored, measured, catalogued and printed into a computer list. We also had a good supply of reading glasses, safety glasses and sunglasses to distribute according to the needs of those who visited our clinic.

My role within the team was to translate French for my English-speaking teammates. I must admit that the translator often needed an interpreter when the patients spoke Creole only. Because of the common language, I was in the perfect position to discover the human dimension hidden behind those sick eyes.

*Teachers are well-known for being people who make service-to-others an important part of their lives.*

*District 43 member **Thérèse St-Jules** is a native of Hearst, Ontario and taught French there for over 20 years before moving to North Bay. Thérèse completed 21 trips to Haiti where her group worked with the **Rayjon Share Care** - a Sarnia, Ontario based humanitarian organization helping communities in Haiti and the Dominican Republic reach their goals in sustainable development and social justice.*

*We sincerely thank Thérèse for sharing this account of a trip that she took to Haiti in February, 2000.*



**Thérèse St-Jules**

Let me first mention Roméus, an old Grandpa.. His face had more lines in it than a storybook. Now that he cannot work anymore, his greatest pleasure is to watch his grandchildren. He was proud to introduce his 12 -year- old grandson, Elvius. But he had tears in his eyes when he told me the story of how the young boy's eye was damaged. Elvius was riding on the back of a donkey with a huge load of sugarcane when the animal was startled by a loud noise. The poor boy fell off and was struck in the eye by a piece of sugarcane. Oh! how I wish I could perform miracles on site. ...or on sight!

Then there was Antonia, a blind lady, who had to be led by the hand to the clinic. They had walked miles through a tortuous trail in the mountains. She had high hopes that somehow we would be able to help

her to see again: to see the banana tree, the tiny hummingbird, the face of her loved ones. This scene was repeated a few times through the week with slight variations. The most difficult part of our mission was to explain to a patient that there was nothing we could do about blindness.

Of course, there were success stories during those trips. I remember Dieudonne, the tailor, who could not see enough to thread his needle. He was so pleased with his new glasses that he sent his wife to the clinic a couple of days later. Along with their sight problems, patients also often talked about life problems. There was Clara, 35-years-old, who told me the story of the accident which claimed the life of her husband last November. He had climbed on a high piece of equipment (the interpreter was not available at the

moment, so I never found out what kind of equipment it was, - maybe a ladder). He fell, hit his head on a rock and died instantly. Now, she is the sole provider for her five children.

Let's not forget Virgila, a stunningly beautiful 28 -year- old with a smile that exuded health and vitality. Her problem? She had not met Mr. Right yet and was getting discouraged. She wanted to get married and have children. Maybe her new glasses would help her in the matter. Any volunteers among my readers?

I will always remember Franscesca. At 39 years-old, she was obviously pregnant, expecting her eleventh child. Her house was so crowded that members of that family had to take turns sleeping because there was not enough room (not in beds but on the floor.) She had to handwash the clothes at the nearby creek. There was no electricity, no running water, no indoor plumbing. She did all her cooking on a small charcoal burner. These stoves were outside because of the smoke.

How can I forget Maxiana, the worried mother, who brought her 3 -year-old daughter to the clinic? The mother was very concerned about a little dot that had appeared in the little girl's eye a few months before. What was wrong? Could it be the work of the Voodoo?

The list of what we witnessed during those clinics goes on and on. I could tell you about the school bus driver who was found to be legally blind, (his new glasses made a great difference in the lives of many), the young boy who, for the first time, could see his mother's face clearly ,or the lady who "discovered" the papayas in the tree. I remember this young lady who had to quit school because of poor eyesight. She was very excited by the fact that her

new glasses would allow her to resume her studies and perhaps reach her dream of becoming a schoolteacher.

It is extremely rewarding to be able to fit someone with new glasses and have that person tell you that now he or she could see the leaves at the top of the tree or read the words in their Bible.

I came back with a totally revamped concept of bad roads and poor living conditions. The average annual salary is \$300 per family. It has given my life a new dimension. Human nature being what it is, maybe I should consider repeating this experience on an annual basis...

I saw poverty in its purest form, poverty at its best.

*Thérèse St-Jules*



Do you have a story that you would like to tell? Perhaps it might be about a person you have met - or a trip that you have taken - or a hobby that you enjoy -or something (or someone) that has truly inspired you! If you have a story to share, please contact the *Forward 43* Editor—contact information on page 11.

## ABB Interest Group

... ANYTHING BUT BRIDGE!

Do you enjoy board games or cards games?

If you do, consider yourself invited to join other like-minded retired teachers once a month for an afternoon of fun.

No experience necessary. We welcome any new interested members.

Free lessons are given for whatever game we play.

Interested? For details, please contact Anne Delaney

at 705-495-1418 or e-mail her at [a\\_delaney@hotmail.com](mailto:a_delaney@hotmail.com)

**LET THE GAMES BEGIN!**



## NEWS FROM THE RTOERO FOUNDATION

submitted by Joan Hambley, District 43 1st V. Pres. & RTOERO Foundation Champion

“Social Purpose”, “Philanthropy”, “Social Isolation to Inclusion” and “Healthy Living” are all topics the Foundation continues to examine, including through their annual grant programs.

Betty-Anne Howard, Certified Financial Planner specializing in Philanthropy, presented a webinar on; “what it means to have purpose in our lives, why this is so important for all of us and the basics of planned giving”.

*Moving from Social Isolation to Inclusion* is being examined by The RTO/ERO Foundation in various ways. In November it presented a panel discussion featuring strategies to reduce social isolation and promote social inclusion. Also, a webinar with Dr. Gail Low & Dr. Gloria Gutman discussed Mentally Healthy Living After Social Distancing. Laura Tamblyn-Watts from CanAge! shared practical tips for how you can support intergenerational relationships and support social inclusion.



On the topic of healthy living Dr. Paula Rochon, RTOERO Chair in Geriatric Medicine tells us

**"Walking is one of the simplest and most accessible ways to effectively increase our level of physical activity, though it is too often ignored,"**

Arya Borhani, student trainee under the leadership of Dr. Paula Rochon from Women's College Research Institute, is continuing the topic of healthy living by exploring the role of implicit gender bias among physicians in prescribing cascades in older adults.

The Foundation's annual grant programs related to aging are funded through three key areas. They are:

- ◆ Research to better understand and address the complex needs of older adults
- ◆ Post-secondary training in the field of geriatrics and gerontology
- ◆ Innovative projects that promote social engagement

The grants fall into two funding streams that are connected to the goals of their strategic plan:

- Geriatric healthcare
- Social isolation

For more information on these topics and more go to the RTO/ERO Facebook page or their website at

<https://rtoero.ca/rtoero-foundation/>

## Zumba on ZOOM



### Zumba on Zoom - Still Going STRONG!

**Tuesdays at 10:00 am**

Contact **Anne Delaney** (see Executive list on page 11) for all the details that you will need to participate - or if you have any questions about the Zumba sessions.

Note: You will need an internet connection and a desktop, laptop, tablet or phone to be part of this amazing activity which is conducted via Zoom.



# WINTER 2023 POLITICAL ADVOCACY REPORT

submitted by Sharon Walker, District 43 Political Advocacy Committee Chair

*Que sera, sera  
Whatever will be, will be  
The future is not mine to see  
Que sera, sera.*

Jay Livingston

I had hoped that I would be able to discuss the Health Standards Organization (HSO) final draft on the Long-Term Care Homes Standards in Canada, that was due in December of 2022. Since it has not yet been released, I have decided to do an interim report card on climate change efforts by our federal government in light of recent elections.

In November 2021 at the United Nations CO26 climate change conference, Canada committed to net zero emissions by 2050 to be done in 5-year increments. I have discovered a new website run by independent operatives that updates countries plans and accomplishments in achieving net zero emissions. The **Climate Action Tracker (CAT)** is an independent scientific analysis that ranks government climate action and measures it against the globally agreed Paris Agreement aim of “holding warming well below 2 degrees Celsius and pursuing efforts to limit warming to 1.5 degrees Celsius.”

A collaboration of two organizations, Climate Analytics and NewClimate Institute, the CAT has been providing this independent analysis to policymakers since 2009. It tracks 39 countries and the EU covering around 85 of the global emissions and approximately 70% of the global population.

CAT quantifies and evaluates climate change mitigation targets, policies and action. It also

aggregates country action to the global level, determining likely temperature increases during the 21st century.



Check out [climateactiontracker.org](https://climateactiontracker.org) where you can subscribe to their newsletter.

We are doing some things but we need to do a lot more a lot faster if we are to meet our commitments.

Updated on December 20, 2022 Canada’s overall rating on climate change action is “highly insufficient”. Also “highly insufficient” is its policies and actions and its climate finance. The domestic target for carbon emissions is “almost sufficient”. The federal government’s own environmental commissioner released a damning report in November 2021 outlining 30 years of the government’s failure to meet its targets and reduce greenhouse gas emissions. Canada has a history of policy incoherence whereby targets are set such as no new subsidies of gas and oil projects and then the purchase of Trans Mountain Pipeline happens.

We can not afford a fourth decade of failure on climate action. No matter what plans Canada makes to reduce carbon emissions Canada will still produce oil and gas in 2050.

## PHARMACIES TO THE RESCUE! No-cost Prescriptions now available

Did you know that as of January 1<sup>st</sup>, your Ontario pharmacist can now prescribe medication for 13 conditions of common ailments – at no cost to you!

This new service is intended to make access to care more convenient by eliminating a doctor’s visit. It is free for all Ontario residents with a health card. This is good news for us in the North as it can help us get the care we need sooner and perhaps even closer to home. The thirteen conditions/ailments are:

- Allergic rhinitis;
- Candidal stomatitis (oral thrush);
- Conjunctivitis (bacterial, allergic and viral);
- Dermatitis (atopic, eczema, allergic and contact);
- Dysmenorrhea;
- Gastroesophageal reflux disease;
- Hemorrhoids;
- Herpes labialis (cold sores);
- Impetigo;
- Insect bites and urticaria (hives);
- Tick bites, post-exposure prophylaxis to prevent Lyme disease;
- Musculoskeletal sprains and strains;
- Urinary tract infections.

# HEALTH BENEFITS REPORT

*submitted by Connie Vander Wall, District 43 District Health Representative*

Winter may make Members enrolled in the Extended Health Care Plan want to travel to some place warm! Accordingly, you may be pleased with some new improvements to our travel insurance effective January 1, 2023.



- The benefit maximum for emergency treatment for dental accidents is now \$5,000 per insured;
- The emergency dental pain relief benefit maximum is now \$600 per insured;
- If there is a medical emergency and you are transported back home, coverage for your baggage to be returned to Ontario will now be covered up to \$500;
- If you opt for teleconsultation for the diagnosis of a medical condition, telemedicine is now an acceptable method to diagnose an emergency medical condition while on a trip for trip interruption benefits
- If your checked luggage is delayed for more than 12 hours after your arrival a new benefit will provide coverage up to \$400 per insured person, to a maximum of \$1,000 per family. Please note: The purchases must be made within 36 hours of arrival at your destination and prior to receipt of your luggage;
- You are now covered for trip cancellation & trip interruption if your destination is affected by a natural disaster;
- If you lose your passport or if it is stolen while travelling coverage has been added for trip interruption or delay. Please note: You must report your passport lost or stolen within 24 hours of discovery as well as have a police report or something in writing (empirical evidence) from the appropriate local authority; and
- Should your therapy, service or emotional support dog become ill, injured or passes away when travel arrangements have been made for your dog to accompany you on your covered trip, you will now be covered for trip cancellation and trip interruption.

**IMPORTANT CHANGE** to Claim Submission Period (Timeline) as of **JANUARY 1, 2023**

- ◆ You must submit your claims **within six (6) months** from the date the expense was incurred;
- ◆ The incurred date for items such as orthotics or eyeglasses IS the date the item was paid in full;
- ◆ The incurred date for services for physiotherapy or massage IS the date the service was rendered;

**Note: expenses incurred on/or before December 31, 2022 must be received by June 30, 2023 to be reimbursed**



**CHANGE OF PLAN CARRIER:** The medical second-opinion service for our Extended Health Care Plan has changed!

**CloudMD** has replaced Teladoc as the medical second-opinion service provider as of **January 1, 2023**;

To access (or find out more about) CloudMD go to [rtoero.ca/services/CloudMD](https://rtoero.ca/services/CloudMD) or call – **1-800-661-8193**



**AN IMPORTANT REMINDER TO ALL TRAVELLERS:** If you have an emergency while travelling, you must call GLOBAL Excel immediately before seeking treatment.



If you have **lost your benefits card**, you can request a replacement card by calling Johnson Inc., the Plan Administrator at **1-877-406-9007 or 1-416-920-7248**

**BE WELL!**



RTOERO DISTRICT 43 (NIPISSING)

## February Meeting & Valentine Luncheon Tuesday, February 14, 2023



THE DAVEDI CLUB, 313 Airport Rd., North Bay  
10:45 A.M. REGISTRATION 11:30 A.M. GENERAL MEETING  
12 NOON –LUNCH

### LUNCH BUFFET

PROVOLONE AND PROSCIUTTO CHICKEN, MASHED POTATOES,  
MIXED VEGETABLES (CARROTS, BROCCOLI, ONION, ZUCCHINI), SALAD, BUNS & BUTTER  
DESSERT: CHERRY CHEESECAKE, COFFEE & TEA

**COST - \$15 (MEMBERS) ~ \$20 (NON-MEMBERS)**

**TWO  
FREE  
DRAWS**



Entertainment will be provided by members of *The North Bay Ukulele Club* - a happy band of strummers and singers who will play some Valentine tunes!

*NOTE: the wearing of masks is not required—but encouraged*

If a member of the Contact Team has not reached you via phone or e-mail by **Monday, January 30th** please phone Stephanie Roy at 705 495 0891 or [rtomembers43@gmail.com](mailto:rtomembers43@gmail.com) to reserve your meal.

Also, please advise Stephanie **directly two weeks in advance** if you have any food allergies or other dietary concerns (including vegetarian).

**OUR NEXT LUNCHEON - MAY 11TH AT THE DAVEDI CLUB**



### DO YOU NEED ASSISTANCE WITH THE BUFFET?

It is great to see so many people out at our buffet-style luncheons... but we are aware that some of our mobility-challenged members might find it difficult to navigate back to their seat carrying a full plate. If you wish to have someone else go through the buffet line for you, please let your Contact Team caller know, or contact Stephanie Roy. We can easily arrange for a "Buffet Buddy" to bring your lunch to you!

If you are planning to attend our luncheon meeting, please mark the date of the event on your calendar and honour your commitment. If you have indicated that you were attending - but for some reason can not, please call Stephanie Roy at (705) 495 0891 or e-mail her at

### AN IMPORTANT REMINDER TO ALL MEMBERS ABOUT OUR LUNCHEONS

[rtomembers43@gmail.com](mailto:rtomembers43@gmail.com) at least 24 hours prior to the luncheon if you need to cancel your reserved luncheon spot.

If an emergency on the morning of the luncheon meeting leaves you unable to attend, phone the Davedi Club (705- 474-4190 ) and leave a cancellation message to be forwarded to Stephanie.

Your co-operation in this matter is sincerely appreciated!

### As of January 1, 2023

Retired Members: 702  
Actively Employed Members: 38

**Total District 43 membership is 740**



RTOERO has over 80,000 members in 50 districts all across Canada and is a bilingual trusted voice on healthy active living in the retirement journey. This organization delivers world-class programs, social engagement and political advocacy.

## EVERYDAY AGEISM: Examples of ageism in our day-to-day lives

**Ageism**, like other forms of oppression, plays out on different levels. Ageism exists within institutions and communities, within interpersonal relationships, and can be self-directed. It's possible to be both a victim of ageism and be perpetuating it—likely without even realizing it. Here are some examples of everyday ageism to reflect on:



**Expressing surprise at a person's age** - You may believe expressing surprise is a compliment. Pause and consider that the implication is there's something wrong with looking "old."

**Expressing surprise at someone's skills/hobbies** - We might think that as we get older, we're supposed to slow down or be physically or mentally unable to do certain things—like this is some universal truth. It's not.

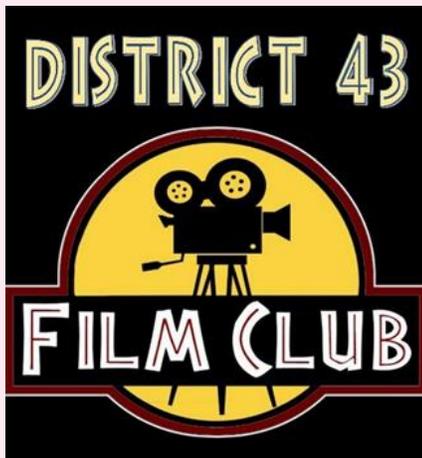
**Staying 39 forever** - Why would you want to stay 39 forever unless you thought getting older was negative? Please don't feel bad if you've said this. You're not alone.

**"Can't teach an old dog new tricks"** implies that older people can't change or learn new things. It reflects the ageism in workplaces where training or advancement opportunities may not be offered to older workers. We don't lose our ability to learn and change as we age.

**Elderspeak** - Elderspeak describes the tendency to speak louder and slower and sometimes change the words used when talking to an older adult. This relates to infantilizing, which is treating someone as a child.

**"you're so old" or "I'm so old"** - The phrases are so common that most don't pause to consider what we're saying. The word 'old' is often used to mean something negative. When people say, "you're so old," they don't usually mean, "you're so wise, valuable, strong and adaptable".

These examples are from an article on the RTOERO website. Read the full article at [rtoero.ca/everyday-ageism-examples-of-ageism-in-our-day-to-day-](https://rtoero.ca/everyday-ageism-examples-of-ageism-in-our-day-to-day-)



### Welcome All District 43 Film Buffs!

Recently we have seen *I Wanna Dance* (Whitney Houston Bio) and *A Man Called Otto* (Tom Hanks) at the Galaxy Theatre ... and *She Said* and *Tar* (Cate Blanchett) at the Capitol Centre

If you are interested in seeing a movie with the film Club, let **Anne Delaney** know (see contact info - page 11). She will give you all the details about how the Film Club works.



**SEE YOU AT THE MOVIES!**



### **RTOERO District 43 (Nipissing) Executive—2023/2024**

*Back row (l-r):* Derek Stott, Murray Neil, May Seguin, Susan Shoppoff, Kathy Hallett, Sue Rhodes, Sue Priebe, Sigrid Clarke, Connie Vander Wall, Mary-Lynne Santary

*Front row (l-r):* Doug Bolger, Cheryl Nidd, Anne Delaney, Paul Delaney, Joan Hambley, Stephanie Roy

*Absent:* Sharon Walker, Olive Ridler, Margaret Surtees, Dorothy Lemieux

## **RTOERO COMMUNITY GRANTS GIVING BACK TO OUR COMMUNITIES**

*Submitted by Sue Rhoads, District 43 Community Grants Chair*



### **A: PROVINCIAL RTOERO COMMUNITY GRANTS**

RTOERO Community Grants are designed to encourage all RTOERO Districts to support and partner with local organizations to promote projects that will help our organization to meet our strategic goals of:

- to improve the lives of members and seniors;
- be the trusted voice for the broader education communities;
- and broaden our membership base.

Application information and criteria are available at the RTOERO website:

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

Applications must be submitted to Sue Rhoads (see contact info on page 11) by **April 1st, 2023**).

### **B: LOCAL DISTRICT 43 COMMUNITY GRANTS**

District 43 has also established a local Community Grant funding framework at the **local District level**. Any District 43 member may submit a request for funds

**March 1st, 2023** is the deadline to submit applications for the local *District 43 Community Grants* funding. The request can be for up to \$1000. It must be written or signed by an RTO member, and the funds must be used to benefit children, students or seniors and aid as many people as possible. A group may only be the recipient of a Local STO grant once every two years.

This local application may be downloaded from the District website ( <https://district43.rtoero.ca/local-and-national-community-grants/> ) and submitted to Sue Rhoads.

## District 43 Executive - 2023-2024

**President - Paul Brazeau**

705 495 1418... paulbrazeau@sympatico.ca

**1st VP & RTOERO Foundation – Joan Hambley**

705 478 8751... joanhambley2008@hotmail.com

**2nd VP - Stephanie Roy**

705 495 0891 .. roys@fibreop.ca

**Past President - Doug Bolger**

705-493-2277... douglasbolger@icloud.com

**Secretary - Cheryl Nidd**

705 474 5473 ... cnidd@cogeco.ca

**Treasurer - Anne Delaney**

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**Goodwill - May Seguin**

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**Health - Connie Vander Wall**

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**Dist. 43 Grants & Scholarship Chair - Sue Rhoads**

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**Contact Team - Stephanie Roy**

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**Member-at-Large - Kathy Hallett**

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**Member-at-Large - Dorothy Lemieux**

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**Member-at-Large - Mary-Lynne Santary**

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**Member-at-Large - Susan Shoppoff**

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**Member-at-Large - Margaret Surtees**

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**FORWARD 43** is published 4 times a year (February, April, August and November). If you received this letter by “snail mail” but wish to get future editions online, please send your address to:

**stottd47@gmail.com**

Comments, suggestions, and articles of general interest to the membership may be submitted to the address above or mailed to

*Derek Stott, Newsletter Editor  
117 Nottingham Dr.,*



# DISTRICT 43 BOOK CLUB



The **District 43 Book Club** members usually meet monthly to discuss a recommended book, or to share their most favourite “must read” with other club members.

Book Club meetings are held on the fourth Thursday of each month. Restaurant location to be decided closer to that time. Contact **Anne Delaney** for all the details –and the date and place of the next meeting ( see contact info - page left).

January's date— changed to:

**Thursday, February 2.**

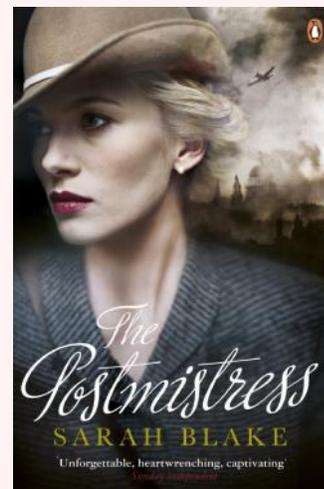
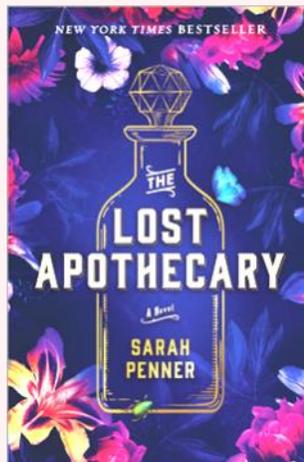
*The Post Mistress* - Sarah Blake

100 Elements at Canadore College  
(Parking Lot 7 is free) 11:30 a.m.

**Thursday, February 23**

*The Lost Apothecary* - S. Penner

100 Elements - 11:30 a.m.



**Thursday, March 23**

**Book to be decided**

100 Elements - 11:30 a.m.

If you have already indicated that you are attending the February 2nd meeting, I have your name on my list. If you'd like to join us, please let me know soon so that I can adjust the reservation.

*Anne Delaney*

*The more that you read,  
the more things you will know.  
The more that you learn,  
the more places you'll go.  
Dr. Seuss*



**Return undeliverable items to:**  
 District 43 Newsletter  
 c/o 117 Nottingham Drive  
 North Bay, ON P1C 1K4



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**ARE YOU ON THE MOVE ?**

**PLEASE UPDATE YOUR CONTACT INFORMATION**

**IF YOU CHANGE YOUR**

- street address
- E-mail address
- telephone number
- RTO/ERO district

The RTOERO National Office maintains the main address database for each district. They need to know any changes so that you will continue to receive all RTOERO mailings!

Please email your name and RTOERO membership number (same as your RTO-ERO Health Benefits card number if you have RTOERO group insurance), with your new information to: [membership@rto-ero.org](mailto:membership@rto-ero.org). Thank you!