

FORWARD



A DISTRICT 43 CONTACT TEAM “THANK YOU!”



A big “Thank You!” to our RTO volunteers on the **District 43 Contact Team** who willingly phone members who do not have email;

Anne L Bell, Joyce Boston, Hugh Owen, Claudette Stickle, Toivo Saari, Sydney Ouellette, Marg Green, Linda Shillington, Marg Smith-Frayle, Peter Hill, Anne Delaney, Cheryl Nidd, Cliff Riopelle, Barb Williamson, Anne McIntyre and Sue Rhoads.



Also a **BIG “Thank You!”** to **Peter and Joey Hill**. Peter has been a phoner for us for over 10 years. Both he and Joey have greeted you at the registration desk for our luncheon for at least 10 years.

Thank you both for all the volunteer work you have done for Nipissing 43, We have really appreciated it. All the best in your new home in southern Ontario.

Stephanie Roy
Contact Team Leader



FROM THE PRESIDENT’S PERSPECTIVE

Leading up to the recent RTO/ERO Fall Forum, Simon Leibovitz, our highly esteemed and soon to retire Chief Administrative Officer asked me if I would be willing to facilitate a group session on Environmental Stewardship. Simon told me that he was asking me based on environmental work that our District 43 has done. I assumed that Simon was referring to our tree planting initiative that we did

in 2017 in conjunction with the RTO/ERO fiftieth anniversary.

I was naturally pleased that our little initiative was actually remembered at the Provincial (now National) level six years later, so agreed to lead the discussion. Simon made the task easier for me by promising that a senior staff member would be in attendance to be the note taker. That turned out to be Ewa Romanski, our Chief Financial Officer.

I needed to recall what we at District 43 had done back in 2017 in order to use that bit of history to kick off the discussion. So, to refresh:

Henri Menard was guest speaker at one of our luncheons in late 2016 or early 2017. He described how he and volunteers, mostly students, had created what is now known as “the Black Forest” on Highway 11 North. Henri later informed me that, on his personal property, he still had a nursery of small trees that needed forever homes and that there was a large clear cut, the result of a former asphalt operation up by Sand Dam Road on the east side of the highway, about 20 kilometers north of the City proper.

At a District Executive meeting, we hatched a plan to do some tree planting at the site, using Henri’s trees, being various types of conifers native to our area. We had a little bit of 50th anniversary grant money available and were able to hire a bus to take our volunteer planters to the site and provide lunch. Mike, the bus driver, volunteered his time and skill. A couple of us dug up trees from Henri’s nursery and loaded them onto his flatbed trailer. The weather cooperated and our group of hardy volunteers managed to plant about 250 trees.

(Continued on page 2)

(Continued from page 1)

Before heading to Fall Forum, Anne and I combined a trip to the landfill (to divest ourselves of a dead refrigerator), with a visit to our tree planting site. I am delighted to report that “our” trees have done exceedingly well and are on their way to performing the intended reclamation.

Thanks to Ewa’s notes, I have examples of environmental activities undertaken by other RTO/ERO districts. At least one district has actually created an Environmental Stewardship position on their executive. Part of that work is to include in the district’s newsletter simple, effective actions that members can do in the home, community and beyond to protect, restore and enhance the environment. Another district takes part in roadside clean-ups while an Ottawa Valley district partners with *River Keepers*, an organization dedicated to clean-up along the Ottawa River and its tributaries.

It is probably inevitable that Political Advocacy and Environmental Stewardship are sometimes linked together. For example, Nova Scotia RTO/ERO members joined other activist groups to change the provincial government’s mind about a likely unviable golf course development that would have had a devastating impact on Owls Head, a spit of environmentally sensitive land that needed protection. As of last year, Owls Head is Nova Scotia’s newest provincial park.

While I readily acknowledge that political advocacy must often help to drive environmental stewardship, I also believe that the latter should be a stand-alone committee at both the district and national levels of RTO/ERO. That is why I propose we initiate a new committee and chair at the executive level of District 43. I further ask that our district executive consider authoring



May 2017 - Henri Menard (*far left*) gives last-minute instructions to the District 43 tree-planting crew near the Sand Dam Road on north Highway 11. The planting project was carried out to commemorate the 50th Anniversary of RTO.

and forwarding a motion for the next national meeting that, if passed, would create a new advisory committee, Environmental Stewardship, at the national level. It is the goal of RTO/ERO to be the trusted voice of seniors and it is the duty of seniors to lead the charge against the terrible environmental problems that the country and the world are facing. We owe it to our grandchildren.

Anthropologist and primatologist Jane Goodall, who at 89 definitely qualifies as a senior, believes that the planet can still be saved. In a recent interview on CBC television, Dr. Goodall said that “each one of us can do our bit to protect the environment”. She also stressed that we must work with young people and that we “have a window of time”, meaning that she sees hope. She gave Sudbury as an example saying that thirty years ago it was deemed an impossible task to remediate the human made moonscape, but “low and behold, it’s (now) a lush green place”. While in Sud-

bury, Dr. Goodall was invited to plant the ten-millionth tree of the reclamation project.

I moved to Sudbury in 1966 to begin my undergraduate studies and lived in the city for around eight years in total, having returned with Anne in the 1970s to take further courses and work there as a teacher. Therefore, I have a very clear recollection of how it was. As our daughter and her family now reside in Sudbury, Anne and I visit often and we are constantly amazed at the positive environmental changes.

I’d like to think that our little tree planting outing in 2017 is a small example of what is happening in Sudbury and that we should consider an encore.

Henri Menard passed away in September and I would like to acknowledge his contribution. Henri was my teacher when I was in grade five.

Paul Brazeau

In Memoriam

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

JACK FERRIS JOHN LUNN JAMES MALLORY
DON MITCHELL MARGARET SMITH-FRAYLE

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

RTOERO 2024 SCHOLARSHIPS INVEST IN THE HEALTH OF SENIORS AND COMMUNITIES



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.

Over the past 18 years, RTOERO has awarded scholarships totaling over \$550,000

Eligibility

- The applicant must be studying in a college or university program that leads to a career in either seniors health and wellbeing; education; or environmental stewardship; or that reflects a strong commitment to diversity, equity and/or inclusion.

- This includes fields such as: Health sciences; medicine; nursing; personal care; geriatric health care; research into healthy active living for seniors; architects, designers of age-friendly spaces, critical race studies and teaching or careers in education.
- Students must be enrolled in their programs at the time of the application deadline. i.e. students must be taking part in their program at the time of the application deadline,
- Students still in high-school at the time of the application deadline are ineligible.
- In addition to the completed application, the applicant must provide official Confirmation of Enrollment from their post-secondary institution, in PDF format.
- **This must be an official document issued by the college or university's registrar which demonstrates that the student is enrolled in their program at the time of submitting their application.**
- PLEASE NOTE: Letters of acceptance to a program or unofficial documents such as a copy of a timetable, student account or transcript will not suffice.
- The applicant must be recommended by an RTOERO member.
- Successful applicants may be awarded the RTOERO scholarship only once.
- RTOERO members are not themselves eligible to be awarded the scholarship.
- Students are to fill out the application themselves, not the RTOERO member.

How to apply

Applications are submitted online.

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

Please read thoroughly the full [application instructions](#) before completing your application.

Applications are due by midnight, January 12, 2024

If you have any questions please contact: Jessica Martin (martin@rtoero.ca).



Note: Johnson Inc. has its own Johnson Scholarship Program that is open to children and grandchildren of all Johnson Inc. health plan members. The application deadline is usually at the end of August. Application information is available in the spring of each year by contacting Johnson. Inc. or online at: <https://www.johnson.ca/>

RTOERO DISTRICT 43 COMMUNITY GRANTS GIVING BACK TO OUR COMMUNITY

Submitted by Sue Rhoads, District 43 Community Grants Chair



QUILTING GROUP RECEIVES A DISTRICT 43 COMMUNITY GRANT

The Quilting Friends is a group of dedicated crafters who enjoy the hobby of quilt-making. This group is made up of approximately 12 quilters (most are retired) who meet about twice a month at St. Peter's Church off Airport Road. Using their own material or donated fabric, they work at the church and at home to stitch the small squares of coloured cloth together to make a quilt. Needless to say, there is a collective rejoicing with each quilt that is completed!

Many hours of personal time go into the creation of between 35 and 50 beautiful quilts each year. The quilts are then donated to the North Bay Regional Health Centre to distribute to patients to brighten their stay. These gifts are sincerely appreciated. The members of the group benefit too, not only by developing their sewing and design skills, but they also enjoy the companionship of others by meeting in a social context outside of the home. District 43 member Louise Green, a member of *The Quilting Friends*, sponsored the grant application.

The Local District 43 grant of \$1,200 will be used for *liability insurance* (to use the church hall), *fabric* (mostly flannel for the backing) and *batting*, which is getting very expensive.



*The Quilting
Friends
(North Bay, Ontario)*

HOW TO APPLY FOR A LOCAL DISTRICT 43 COMMUNITY GRANT

District 43 has established a local Community Grant funding framework at the **local District level**. Any RTO District member may become a sponsor and submit an application .

March 1st, 2024 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 Community Grant once every two years.

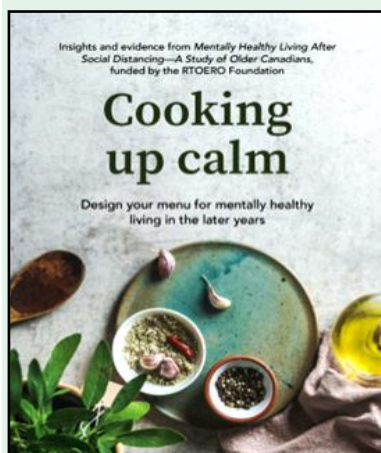
This local application may be downloaded from the District website
(<https://district43.rtoero.ca/local-and-national-community-grants/>)

NEWS FROM THE RTOERO FOUNDATION - FALL 2023

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

Not many people know that the RTOERO Foundation is one of the only charitable foundations in Canada to focus exclusively on the health and well-being of older generations. This is done through research webinars and grants.

One such research project they support is the *Psychology of Aging* course at Trent University in Peterborough, which is anticipated to reduce ageist beliefs among students. Research data assists the Foundation which is why November was designated as Fall Prevention Month. Injuries from falls on stairs for seniors age 65+ cost \$485 million a year.



During the pandemic 1,327 Canadians 60 years of age and older were surveyed about their mentally healthy living strategies. The learnings are captured in a new electronic booklet called *Cooking up calm*. A pdf copy of this book is free at: rtoero.ca/mentally-healthy-living.

Funded solely by the RTOERO Foundation, *Cooking up calm* was designed to promote mentally healthy living in the later years. The booklet highlights findings from the team's research study and pairs the results with easy-to-make, nutritional recipes to support good physical and mental health.

Included in the [cookbook](#):

- Benefits of cooking beyond nutrition
- Five easy-to-make recipes
- Actionable tips based on the six most effective mentally healthy living strategies to emerge from the study
- Quotations from study participants
- Guidance for accessing more help when needed

As part of a follow-up research study, the Living Well Research Team will be surveying RTOERO members to gather their feedback on the booklet. So, make sure to download and share the cookbook with family and friends today at: rtoero.ca/mentally-healthy-living

With the goal of improving health care and promoting social engagement the Foundation presents webinars such as:

- ◆ Mentally healthy living after social distancing
- ◆ Tips for how to support intergenerational relationships and support social inclusion.
- ◆ *Aging in Place*. For seniors who choose to stay in their homes and live independently as they get older.
- ◆ *Healthy Aging 101* webinar series such as *Delirium and Older Adults*
- ◆ *Social Purpose and Philanthropy: Imagine YOUR Legacy* to be presented November 22.

<https://rtoero.ca/rtoero-foundation/get-involved/webinar-series/>



To continue with these goals for seniors the Foundation initialized *Chime In*, a weekly online chat for older adults across Canada to make a social connection with one another. People are invited to register at rtoerofoundation.ca/chimein

Finally, with these goals in mind, the Foundation raises funds to support academic and medical research as well as grassroots community projects. In 2023 The Foundation grants amounted to \$213,000. For instance, an event called *Sip & Sonder* took place at the North Bay Museum in November. A portion of this Nipissing University project was funded by the RTOERO Foundation. The event featured 'eco-maps' created by people living with dementia and/or their family supporters to explore their risk and their resilience through the lens of connection.

All this takes money of course! The RTOERO Foundation does not receive any government funding nor is it supported through membership fees. The Foundation relies primarily on the generosity of individual donors. Health care for seniors is an expensive but worthwhile endeavour.

Further information on the RTOERO Foundation can be found on their website:

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

and Foundation facebook page:

<https://www.facebook.com/groups/rtoerofoundation/>





PLAY READINGS WITH AND FOR SENIORS

Reading Dates

Let's read a play together ...
no experience necessary!

Join us at 5:30 pm to 8:30 pm in the

North Bay Public Library
271 Worthington St East

(Treats provided by *Opera Bakery*)

2023

Tuesday Sept.26,
Tuesday Oct. 24
Tuesday Nov. 28
Tuesday Dec.19
Tuesday Jan. 30

2024

Tuesday Feb. 27
Tuesday March 26
Tuesday April 30
Tuesday May 28
Tuesday June 25



...for more information please email seniorsgtg@gmail.com

PLAY READINGS FOR SENIORS GET FUNDING HELP FROM RTOERO DISTRICT

A \$4,000 grant from [District 43 Nipissing](#) of RTOERO will help the [Gateway Theatre Guild](#) in North Bay to offer a series of casual play readings with seniors. The events involve gathering to read a play together, entering into the lives of the dramatic characters, and then discussing it afterwards while enjoying refreshments. Readings can take place in a variety of settings, including local churches, libraries and retirement residences.

The mission of RTOERO is to improve the lives of our members and seniors. RTOERO members also share a desire to give back. Each year, districts apply for grants to support community projects. For 2023, RTOERO funded 22 projects for a total of \$85,270.

Gateway Theatre Guild plans to facilitate play readings in both English and French, in a low-key and no-pressure environment. No previous experience is required, and every aspect of the project is designed to promote inclusiveness and enjoyment.

“Play readings are a great way to promote social engagement. For some seniors, it also reduces the isolation they might experience. And for all participants, the intellectual stimulation generates a sense of vitality” says Paul Brazeau, District 43 President.

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, 2024**).

ABB Interest Group

... ANYTHING BUT BRIDGE!

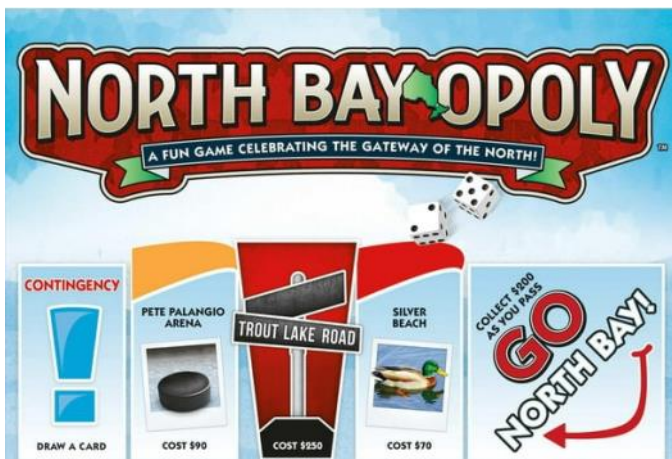
Do you enjoy board games or cards games?

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

LET THE GAMES BEGIN!



OTPP 2024 INFLATION PROTECTION ADJUSTMENT - 4.8 %

The Ontario Teachers Pension Plan annual cost-of-living adjustment for 2024 is 4.8%. The adjustment takes effect with the January pay in 2024. Everyone will receive full inflation protection (100%) unless they retired in 2023 (it's prorated for this year's retirees).

The adjustment is based on 100% of the adjustment in the Consumer Price Index (CPI), a weighted basket of goods and services typically purchased by Canadian households each month. The method used to calculate the adjustment is prescribed by the terms of the plan.



Note: This information pertains to the *Ontario Teacher's Pension Plan*. Those with pensions from OMERS, CUPE, etc. will have similar cost-of-living adjustments. Please consult the appropriate website of your pension provider to find out how the adjustments are calculated and applied.

FACTORS AFFECTING YOUR ADJUSTMENT

1. The changes in the cost of living in a given year, as measured by CPI

The Pension Plan uses the CPI because it's prescribed by the terms of the plan and it's the most widely used indicator of price changes in Canada. The CPI represents a weighted basket of goods and services typically purchased by Canadian households each month. The monthly CPI can be found on the Statistics Canada website: <https://www.statcan.gc.ca/>

2. The plan's funding status

The OTPP uses inflation protection as a lever to keep the plan sustainable. When the plan has a funding shortfall, smaller cost-of-living adjustments help to bring the plan back into balance. When there's a funding surplus, inflation levels may be partially or fully restored.

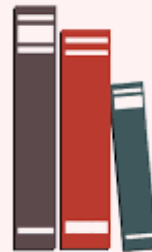
3. When you earned your pension credit

There are three levels of inflation protection and they're based on when you earned pension credit: before 2010, during 2010 to 2013, and after 2013.

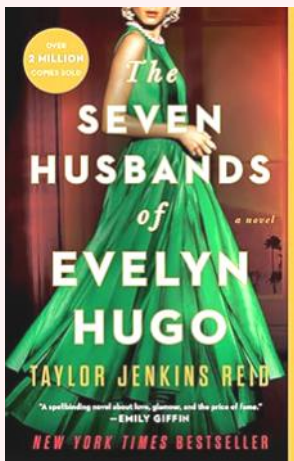
According to the OTPP website, **all pensions** will receive the full 4.8% increase with the January 2024 pay.



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 usually every 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 11)



Fall Reading List

November - *Looking for Jane* - Heather Marshall

December - *The Eight Husbands of Evelyn Hugo* - Taylor Jenkins Reid

Some Suggestions:

Tom Lake - Ann Patchett

Lessons in Chemistry - Bonnie Gamus

Scary Smart - Mo Gawdat

Demon Copperhead - Barbara Kingsolver - maybe for January



RTOERO DISTRICT 43 (NIPissing)
December Meeting & Luncheon
Thursday, December 7, 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 MENU

Roast Turkey - Gravy & Dressing - Mashed Potatoes - Cranberries
 Honey-glazed Carrots - Buns & Butter - Ice Cream Crêpes - Coffee & Tea

COST - \$20 (MEMBERS) ~ \$30 (NON-MEMBERS)

**AFTER-LUNCH ENTERTAINMENT
 PROVIDED BY**

The North Bay Choral Society



**GIFT BASKET RAFFLE
 FOR THE SANTA FUND
 TICKETS - \$2 EACH (3 FOR \$5)**



Note: there will also be a door prize

OUR NEXT MEETING WILL BE AT THE DAVEDI CLUB ON TUESDAY, FEBRUARY 20, 2024

NOTE: the wearing of masks is not required - but left to your own discretion

If a member of the Contact Team has not reached you via phone or e-mail by **Monday, November 20th** please phone Stephanie Roy at **705 495 0891** or 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).



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 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!

HEALTH BENEFITS REPORT

submitted by Connie Vander Wall, District 43 District Health Representative

The Winter Solstice for 2023 is right around the corner! Victor Hugo said, *Laughter is the sun that drives winter from the human face.*

Along with laughter, many of us like to drive winter from our face by travelling to some place warm. For Members enrolled in the Extended Health Care Plan you may be pleased to know that there is new additional coverage for extra days of travel (Supplemental Travel Plan).

As well, Supplemental Trip Cancellation & Trip Interruption is also being offered. Please know, that both of these new extra coverages (top-ups) must be purchased as they are above and beyond our RTOERO extended health care plan.

If you are enrolled in the Extended Health Care Plan you can find the details in our Entente Group Insurance Program booklet that was mailed to you in June 2023.

In particular, please see pages 45 – 87 that delineate the RTOERO Travel Plan. You will find a Summary of Benefits for the RTOERO Travel Plan on pages 46 & 47.

*Supplemental Travel Plan (coverage for extra days beyond the 93 days provided for in our Emergency Medical Travel Plan)

*You can purchase an additional 5 more days of coverage for a trip of up to 98 days OR extend your coverage in 15-day blocks

*Coverage can be added while you are already on vacation

*Supplemental Trip Cancellation & Trip Interruption Plan (additional coverage beyond the \$6,000 per person, per trip for cancellation or interruption expenses)

*Up to \$12,000 for cancellation/interruption insurance for a specific trip can be purchased

To obtain information and details regarding the supplemental plans above you have the following three options:

Visit the RTOERO website at <https://rtoero.ca/insurance/supplemental-travel/>

Call a Johnson Insurance licensed representative at 1-877-406-9007; or

- visit the Insurance Portal at: insurance.johnson.ca/
- once you are in the insurance portal you will need to login with your email and password.
- next click on Group Benefits-Policy Details,
- then click on Available Forms,
- then click on Supplemental Travel Application and complete the application following the instructions that are on the form.

A Japanese proverb: “**One kind word can warm three winter months.**”

**BE KIND! LET THE SUNSHINE IN!
TAKE YOUR VITAMIN D!
BE WELL!**

SEASONAL AFFECTIVE DISORDER (SAD)

Seasonal Affective Disorder (SAD) can be triggered by the change of seasons and most commonly begins in late fall. “Winter Blues” can occur as we may be “stuck” inside as well as it getting dark earlier. A person can experience a mild version of SAD, but some individuals experience full SAD.

Since knowledge is power, please see the following three links below that deal with SAD:

<https://my.clevelandclinic.org/health/diseases/9293-seasonal-depression>

<https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder>

<https://www.everydayhealth.com/depression/treatment/ways-to-ease-seasonal-depression/>



TIME TO RETIRE FROM DRIVING? TIPS TO PREPARE

Driving is tied to independence. Plus, Canada is one of the most car-dependent countries in the world, so it's no surprise that driving is the top transit choice for many of us. Despite our attachments to automobiles, there may come a time when it's wiser to give up driving.

Thinking about giving up driving in advance could save you from added stress should the time come for you. Here are some reasons to consider giving up driving:

- Retiring from driving could save you money
- Less driving is better for the environment
- Health conditions can impact your ability to drive safely

Ideally, you'll have the opportunity to prepare to stop driving on your terms. You can scale back your driving and build your comfort with alternatives to driving. Here are some tips to help:

- ◆ · Talk to family or friends about your plan to stop driving. They may be willing to support your transition by offering to drive you to appointments or a regular activity.

- ◆ · **Make a list** of alternatives to driving. Investigate what exists in your community and ask others what they do. Options can include public transit (look for discounts or free programs based on age), taxis, ride-share companies, private driving services and community shuttles to popular locations.
- ◆ · **Consider** if living closer to transit may be helpful. If you're already considering your housing as part of your healthy aging goals, then it's worth evaluating transit and walkability.
- ◆ · **Gradually change** your driving habits. Start trying out alternatives to driving. You'll become more comfortable the more you do it, and you may even find you like it better!
- ◆ · **Set up a bank account** for your transit costs. Once you no longer have a car, you could divert some of the car costs to this bank account. You can use it to pay for taxis or rideshares or to cover your transit pass.



Read the full article: rtoero.ca/time-to-retire-from-driving-considerations-and-step

Zumba on zoom

Contact **Anne Delaney** (see 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 this amazing activity which is conducted

FUN AND FITNESS FOR EVERYONE!

Day and time of the classes is changeable—consult with Anne!

Dance for your health, dance for fun and dance because it improves coordination and balance, enhances memory and boosts mood.

Learn the basic steps - Cha-cha, cumbia, salsa and merengue all to exhilarating music.



Welcome All District 43 Film Buffs!

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!



District 43 Executive - 2023-2024

President - Paul Brazeau

705 495 1418... paulbrazeau@sympatico.ca

1st VP & RTOERO Foundation – Joan Hambley

705 478 8751... jhambley74@gmail.com

2nd VP - Stephanie Roy

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Past President - Doug Bolger

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Secretary - Cheryl Nidd

705 474 5473 ... cnidd321@gmail.com

Treasurer - Anne Delaney

705 495 1418... a_delaney@hotmail.com

Goodwill - May Seguin

705 752 4937... vms99Fair@gmail.com

Health - Connie Vander Wall

705-358-5876... connievander@gmail.com

Dist. 43 Grants & Scholarship Chair - Sue Rhoads

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Member-at-Large - Sigrid Clarke

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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.,
North Bay ON PIC 1K4*

DISTRICT43 BUS TOURS

submitted by Murray Neil, District 43 Travel Co-ordinator



In September we surveyed the membership about the revival of District 43 Bus Trips. You have spoken and we are pleased to announce that we will be ready to travel again in 2024!

We have arranged a Toronto Theatre Package to see the Tony award musical “SIX” at the Royal Alexandra Theatre on Tuesday, **May 21, 2024.**

Overnight accommodation will be at the Hyatt Regency Hotel followed by lunch and an informative talk on Wednesday, May 22nd at the *Mill Street Brewpub* in the Distillery District.

The cost of the trip including driver, lunch, and local guide gratuities, and applicable taxes is **\$540.00 per person (double occupancy)**. Rates are also available for single, triple, and quadruple occupancy.

Cheques are payable to *Mayne Travel*. The detailed itinerary is posted on District 43 website <https://district43.rtoero.ca>

Please first call Murray Neil **705-472-1547** or email him at murray.neil@hotmail.com to reserve your seat and provide the name of your roommate.

Bookings will be taken on a “first come/ first served” basis. A \$200.00 non-refundable deposit is required at the time of booking.

Looking forward to next Fall we are also planning a *Stratford Getaway*. Details will be posted after the Toronto Trip is “sold out.”

Please note: our trips are open to members and friends.

My thanks to Elaine Kennedy at *Mayne Travel* and Sue Rhoads, Sue Priebe, and Dorothy Lemieux for their assistance in arranging this trip.

On the road again!





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. Thank you!