

Report Thirty-One

Spring 2020

Published by RTO/ERO District 31 Wellington



President's Message *Stephen O'Connell*



As expressed in the Volunteer Toolkit, "Our volunteers at RTO/ERO are an important element in the fabric of our organization. They selflessly choose to dedicate their time, resources, caring and talent by undertaking various roles to enrich the lives of other RTO/ERO

members."

District 31 has been blessed with an executive who have served members in Wellington for many years. I encourage you to consider joining our team. We need new faces and fresh ideas.

Please consider attending our Spring Luncheon on May 7, 2020 at the Italian Canadian Club and our Wellness Workshop on May 14, 2020 at the Guelph Country Club.

In the event of a cancellation, we will contact members who have registered and cheques will be refunded. At the time of print, these events are scheduled to take place.

Political Advocacy *Brenda McGinnis*



In October 1997, for two weeks, teachers staged the largest political protest ever in North American history. Among the many issues that teachers were protesting was the Tory government's agenda to cut \$1 billion from the system and lay off 10,000 teachers. In addition to increasing class sizes and cutting many courses and

programs in the areas of the arts, library, guidance, special education, environment, and media literacy, the Mike Harris government wanted to allow non-certified

teachers to instruct students.

We were all there and we all have strong memories of that time.

One of the most vivid memories I have of that protest was how few friends we had. We did not have a lot of support from the public or in the media. The attacks on teachers were vicious and relentless. I remember some teachers saying that they didn't want to admit that they were teachers when they attended social events because of the negative reactions of other guests. A number of teachers I knew took early retirement or developed stress-related health issues. We did, however, have some notable support. The wonderful organization, People For Education led by Annie Kidder, was born out of that protest. They remain friends of public education and continue their good work. Linwood Barclay, a columnist for *The Toronto Star*, was a great friend to teachers. To this day, as a very small token of my thanks and support, I always buy his books, as opposed to borrowing them from the library. Some other great supporters locally were the retired members of District 31. These wonderful retired teachers walked with us on picket lines, wrote letters of support to us and to the government, donated treats, and attended rallies.

Fast forward to 2020. And here we are again. Only now, it is our turn to show our support to our working friends and colleagues in the education system which we worked so hard to build and to preserve.

This time, the protest includes all educational workers, not just teachers, but the basic issue seems to be the same. The Tory government wants to cut programs and teachers and other educational staff to save money. I have the sense that the public and media are a little more sympathetic but I could be wrong and I also know how quickly public opinion can change especially if it is fed misinformation.

In any case, our friends and colleagues in the education system need our support and friendship now.

How can we help, especially since RTO/ERO is non-partisan? As individual members of RTO/ERO, we can

still walk with protesting teachers and educational workers on the picket lines. We can write letters of support to the local union leadership and members. We can write letters or send emails to the Premier and the Education Minister to let them know that we are supporting our teachers and educational workers. We can bring treats to our friends on the picket lines.

RTO/ERO has allocated funds to each district to provide refreshments for our Unions. Our executive has sent cheques of \$200 to each of the Unions to help them provide refreshments for picketing members and we have received gracious letters of thanks from each of them.

Let us be the friends in solidarity to the current union members that previous District 31 members were to us when we really needed them.

*Brenda
Political Advocacy Chair*

Health Matters Patrick Bruder



Tax Time

The sun is shining, the buds are appearing on trees and yes, it is tax season. Members who take any of our benefit plans (Dental, Extended Health or Hospital Benefits)

usually have a difference between what was paid for in their premiums and the actual cost. The total difference is a medical deduction on your taxes. Another under-used deduction is the mileage, meal deduction, accommodation and parking that can be claimed. In January 2020, the CRA website stated that people could claim 0.57 per km. and \$57.00/day per individual for accommodations and parking fee for medical expenditures. The great feature is that you do not need receipts for meals and mileage. The only stipulation is that, to receive these deductions, your treatment or doctor's visit is over 40 km from your registered address.

Don't forget to read the tax tips you received from Johnson Insurance.

About Medical Cannabis

Medical cannabis has been available to Canadians for many years. Health Canada has not yet given it a formal Drug Identification Number (CNID). RTO/ERO does not

cover payment for medical cannabis. I am sure that, at our Provincial Health Workshop on May 10th and 11th, it will again give the same answer as previously – no coverage.

Make Leftovers Last Longer – and Safer

(taken from CR Consumer Reports on Health – April 2020)

1. Refrigerator Temperature – set to 37 degrees
2. Refrigerate food promptly – bacteria grows rapidly between 40 and 140 degrees; cooked foods should sit out no longer than 2 hours.
3. Store in small batches – refrigerate cooked food in several small containers because a large container takes longer to cool.
4. Use food within 3 to 4 days – after that, food will not taste good and bacteria can grow.
5. Don't defrost – food thaws unevenly when left on the counter; cook from frozen.
6. Protect the flavour – use airtight containers.
7. **When in doubt, throw it out** – don't assume your senses can tell you whether a food is safe to eat.

Handwashing

(from CDC - Centers for Disease Control and Prevention)

We all know these things, however, many of us don't practice them.



Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy:

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before and after** caring for someone at home who is sick
- **Before and after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage

Follow Five Steps to Wash Your Hands
the Right Way
Washing your hands is easy and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community.
Follow these five steps every time.

1. **Wet** your hands with running water (warm or cold) and soap.
2. **Lather** the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds (Happy Birthday song hummed 2X).
4. **Rinse** your hands well under clean, running water and dry with a clean towel.

Stay healthy. Be safe.

*Patrick
Health Chair*

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www.johnson.ca

Pension and Retirement Concerns

Marina Howlett



Both OTTP and OMERS will be filing their 2019 Annual Reports in the next few weeks. OTTP's Annual Meeting is scheduled on Thursday, April 16, 2020, 7 – 9 pm, and OMER's on April 8, 2020, 9 am. Members are invited to attend and hear the presentation and participate in the question and answer discussions or listen to the podcasts at home. Further information is available on the websites:

- Ontario Teachers' Pension Plan - www.otpp.com
- Ontario Municipal Employees Retirement System – www.omers.com

OMER'S 2019 Annual Report is already posted on their website and the OTTP Annual Report will be posted a week in advance of the April 16, 2020 meeting.

Highlights of the OMERS Annual Report

- The Plan is 97% funded and plans are underway to have the Plan completely funded in the near future;
- OMERS is reporting \$109 billion in Net Assets;
- The Net Rate of Return is 11.9% for 2019 and 8.5% - 5-Year Average Net Rate of Return. The Benchmark was 7.5%;
- There are over 500,00 members in the Plan;
- Active members and Employers each contribute 10.6% into the Plan;
- The average pension for members retiring in 2019 was \$32,491;
- OMERS is committed to making its Plan sustainable, affordable and meaningful now and into the future while managing the challenges across the pension landscape.

These challenges include:

- plan maturity
- more members receiving retirement benefits than active members making yearly contributions;
- members living longer and receiving retirement pensions longer;
- the impact of automation and technology on the active members; and
- changing conditions in the investment market. Changing conditions include the COVID-19 pandemic, plunging oil prices, green energy initiatives and environmental disasters resulting from climate change. A possible global recession has a serious impact on all investment portfolios.

The OTTP Annual Report for 2019 was unavailable at the date of publication for this newsletter. The mid-year report, June 30, 2019 reported the net assets reached \$201.4 billion, a \$103 billion increase from December 31, 2018. The total fund net return was 6.3% for the first six months of 2019. Year-end results for 2019 will be available on the website (www.otpp.com) and more details will be shared in the next newsletter.

*Marina
Pension Chair*



Travel News Lynn Morrison



As of yet, I don't have a date or price for a day cruise in Collingwood, but I hope to have it available soon.

The fall trip to Port Dover will be on September 8, 2020 and will include a play at the Lighthouse Playhouse and sightseeing. There is no price quote at this time.

Our overnight trip to Severn Lodge will be October 7 – 9, 2020. It includes 2 buffet breakfasts, 2 lunches, 2 dinners, a cruise, live entertainment, and a bonfire (weather permitting). Prices start at \$745 twin. This is booked directly with Great Canadian Holidays at 1-800-461-8687.

I will be in contact with you as soon as I have further information about the day trips.

Lynn
Travel Chair

Retirement Planning Workshop - Frank Tersigni



RPW Planning Workshop

Victoria Park East Golf Club
Thursday April 2, 2020
5:00 - 8:00 pm
Registration: www.rto-ero.org

Flyers have been distributed to all Wellington County and Guelph schools advertising this event.

Please invite anyone you know who is involved in education in this area and who might be thinking about retiring in the next few years to join us for an informative evening.

RTO/ERO will notify all registered participants if this event is cancelled or postponed.

District 31 Survey Arriving this May

In order to serve you better, the executive of District 31 will be inviting members to complete a survey during the month of May.

In order to be cost effective,

- ✓ the survey will be sent to members who have e-mail addresses and.
- ✓ we will also have printed copies available for members to complete at our Spring luncheon and the Wellness workshop.

We are looking for feedback about the:
**luncheons,
trips and
workshops.**

You don't have to complete a survey, however, to express your views.

Please pass on your ideas about:
**luncheons, venues,
entertainment,
trips,
wellness topics,
newsletter articles and
other events**
to any of our executive members.



Membership Carol Christie



Some interesting facts about District 31 Wellington's Membership:

We have 1,377 members: 941 female and 436 male.

We have 9 members below the age of 54.
Our youngest members are 20 - 25 years old.

We have 9 members over the age of 95.

The bulk of our members, 888 people, are between the ages of 65 and 79.

In Memoriam

“Those we love don't go away,
They walk beside us every day
Unseen, unheard, but always near,
Still loved, still missed, and very dear.”

RTO/ERO District 31 extends sympathy to all the families and friends of our departed loved ones.

Elsie Dandy

Judy Jones

Nancy Schoeberle

Alan Taylor



Goodwill Joyce Barnes



“That is one good thing about this world ...
there are always sure to be more
springs.”

L.M. Montgomery

There are many good things about this world. The Spring Season spreads its sunshine and beauty so we may appreciate life's goodness. District 31 RTOERO Goodwill Committee spreads goodness to members by sending birthday cards, sympathy cards, get well wishes and celebrations of special life events.

Please help us to share some goodness to our members by contacting the District 31 Goodwill Committee listed below. We may also be contacted through the District 31 website rto31.org.

A reminder that birthday cards for our members who are 80 plus will be sent at the beginning of the birthday month due to Provincial RTO/ERO policy associated with the Privacy Act.

Please contact RTO/ERO Provincial Office at 1-800-361-9888 if you change your address so our Goodwill records are up to date. If your mailing address is a Rural Route, Please contact RTO/ERO to provide your Fire Number and Road to ensure delivery of mailings.

Arthur, Mount Forest, Harriston
Joyce Barnes 519-848-2351
joyce.barnes@sympatico.ca

Drayton, Moorefield, Palmerston
Jean Brodhacker 519-638-2291

Elora, Fergus, Salem, Alma
Marg Hall 519-846-5235
margcarl.hall@gmail.com

Rockwood, Hillsburgh, Erin
Marina Howlett 519-836-8585
howlettmarina@gmail.com

Guelph
Brenda McGinnis 519-824-5263
dmcginc602@rogers.com
Nancy Baker 519-822-6653
nancyida@sympatico.ca
Mary Hermann 519-821-3892
maryhermann@rogers.com

Keep smiling,
Joyce
Goodwill Chair

Annual BRING A BOOK Campaign

Bring a new book (child or adult)
to our **Spring Luncheon**.

Last spring the books were donated to
Action Read Community Literacy
Centre
and were greatly appreciated.

For further information, call
Nancy Baker 519-822-6653.



Website / Email Manager John Ritchie



Visit our District website at rto31.org for up-to-date information about RTO/ERO events in Wellington County and for photos of past events.

Each edition of Report Thirty-One is posted on the website.

If you would prefer to get your newsletter online, email John at mistercanothead@yahoo.com. He will add you to our 'email the newsletter' list.

Something to Shout About...

District 31 is blessed with many talented and creative members who are engaged in many interesting and exciting activities. We continue to feature some of these achievements in our newsletters.

Please let our executive know about any of our members who are involved in interesting adventures or who have received awards or special recognition for their work.

We would like to acknowledge and celebrate and support the accomplishments and endeavours of our members.



Joan Miller is a founding member of the organizing committee for the 3Smiles Fundraiser which, for the past six years, has raised money for the Mental Health Music Therapy Program at Grand River Hospital. This successful program would not exist without the support of this fundraiser which is taking place again this May.

Pam Niesiobedzki-Curtis, along with some theatre colleagues, received a Western Ontario Drama League Festival nomination for Guelph Little Theatre's *Twas* for costumes and an adjudicator's award for making old techniques new again.

Patti Spedaler wrote a very interesting article for the Provincial Retired Women Teachers' newsletter about her favourite comfort food of collard greens flavoured with ham hock. The recipe was passed down from her grandmother who grew up in a family of 12 children, headed by a widowed mother on a skirt of rural land in Mississippi.

RTO/ERO District 31 2019-2020 Executive

Past President	Richard Goodbrand 519-291-2015 rdgoodb@gmail.com
President	Stephen O'Connell 519-265-2125 soconnellguelph@gmail.com
1st Vice-President	Anne Smith 519-820-6471 m.anne.smith@gmail.com
2nd Vice-President	Nancy Baker 519-822-6653 nancyida@sympatico.ca
Secretary	Mary Hermann 519-821-3892 maryhermann@rogers.com
Treasurer	Mike Curtis 905-877-4134 mikecurtiserin@yahoo.ca
Goodwill	Joyce Barnes 519-848-2351 joyce.barnes@sympatico.ca
Health	Patrick Bruder 519-823-2399 patrickbruder@gmail.com
Membership	Carol Christie 519-822-6307 carolchristie2@hotmail.com
Newsletter	Anne Smith 519-820-6471 m.anne.smith@gmail.com
Pension	Marina Howlett 519-836-8585 howlettmarina@gmail.com
Political Advocacy Travel	Brenda McGinnis 519-824-5263 dmcginc602@rogers.com Lynn Morrison 519-323-2419 lynnmorrison@wightman.ca
Webmaster/Email Manager	John Ritchie 519-821-5894 mistercanothead@yahoo.com
District Counsellors	Joan Berry 519-843-6754 berryjoanm@wightman.ca Shirley Goodbrand 519-291-2015 shirleygoodbrand661@gmail.com Joan Miller 519-746-4218 joan.miller5@gmail.com Pam Niesiobedzki-Curtis 905-877-4134 pniesiobedzki@hotmail.com Frank Tersigni 220-979-7605 natale.tersigni@outlook.com



**RTO
ERO** District 31
Wellington

The RTO/ERO District 31 Wellness Committee
present our

7th Annual Wellness Workshop

Guelph Country Club

133 Woodlawn Road East,
Guelph, ON N1E 7H9
(519) 824-2741

Cost: \$10.00 in advance

Light refreshments will be available.
Door Prizes

Tuesday, May 14, 2020

9:00 a.m. to 12:00 noon



Learning to Protect and Improve your:

- Vision
- Hearing

presented by RTO/ERO Partners: Iris and Hearing Life

Detach and send by April 30, 2020 to:

Brenda McGinnis

32 Gazer Cres Guelph ON N1E 5Z7 phone: 519-824-5263 email: dmcginc602@rogers.com

RTO/ERO DISTRICT 31 WELLNESS WORKSHOP

Tuesday, May 14, 2020

PLEASE RSVP by April 30, 2020.

Please make reservations for: _____.

Enclosed is a cheque payable to RTO/ERO District 31 in the amount of \$_____ (\$10 per person).

In the event of a cancellation, members who register will be reimbursed.

RTOERO District 31
c/o Mike Curtis, Treasurer
9450 Copeland Path, RR#2
Erin, ON
N0B 1T0



Dates to Remember

March 30, 2020	District 31 Executive Mtg UGDSB Boardroom 9:00 am - 12:00 noon
April 2, 2020	District 31 RPW Victoria Park East Golf Club 5:00 pm (registration) - 8:00 pm
May 7, 2020	Spring Luncheon and Bring a Book Campaign Victoria Park East Golf Course
May 14, 2020	Wellness Workshop Guelph Country Club 9:00 am - 12:00 noon
May 26 - 27, 2020	RTO/ERO Annual Mtg/Senate Marriott, Toronto
June 1, 2020	District 31 Executive Mtg UGDSB Boardroom 9:00 am - 12:00 noon



CHANGE OF ADDRESS OR STATUS

It is imperative that, if you have changed:

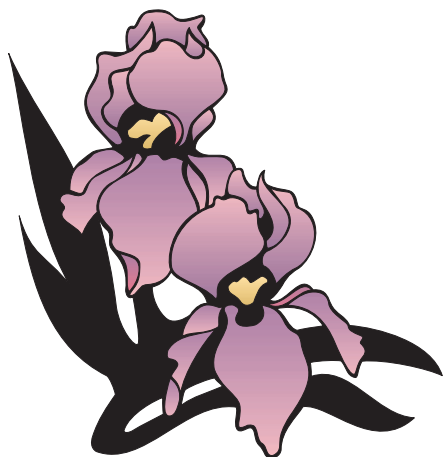
- your address (postal or email),
- phone number or
- your status,

you contact:

- OTPPB (5650 Yonge St., Toronto M2M 4H5 or 1-800-668-0105); and
- RTO/ERO rto-ero.org or 1-800-361-9888.

RTO/ERO Head Office sends out a monthly district membership list and change report which we use to create a label database. This is used to send out the newsletters. Every attempt is made to ensure that this information is up-to-date and correct.

REPORT THIRTY-ONE is published three times a year
by Wellington District 31 RTO/ERO.
Publisher- Anne Smith
519-820-6471 - m.anne.smith@gmail.com



You and your spouse/guest are cordially invited to attend the

Spring Annual Luncheon Meeting

OF RTO/ERO DISTRICT 31

Italian Canadian Club, Guelph

Thursday, May 7, 2020

11:00 - 11:30 Social, Collection of Books and Coffee served by J.O.E.

11:30 - 12:00 Business Meeting

12:00 - 1:00 Luncheon Buffet

Door Prizes during dessert

1:00 - 1:45 Entertainment: Double Impact

Buffet Menu:

Garden salad

Penne with tomato sauce

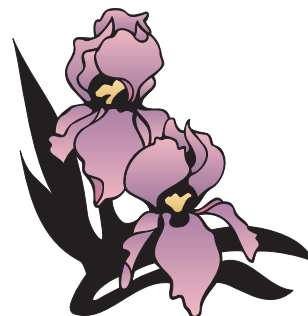
Chicken Parmigiana

Pan-roasted potatoes

Hot vegetables

Dessert buffet of fruit, assorted cakes, pies, squares

Accommodation for members with special dietary needs



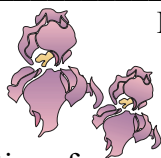
Detach and send before April 23, 2020 to:

Mike Curtis, Treasurer

9450 Copeland Path, RR#2 Erin, ON N0B 1T0 905-877-4134

Cost: \$25.00 per person

Subsidized by District 31



RTO/ERO District 31 Spring Annual Luncheon

Thursday, May 7, 2020

PLEASE RSVP before April 23, 2020.

Please make reservations for: _____ and

Name _____.

Special Dietary Requirements: Name of Guest

☐ Vegetarian

☐ Gluten Free

☐ Lactose Intolerant

☐ Other: _____

Enclosed is a cheque payable to RTO/ERO District 31 for \$_____ (\$25 per person subsidized by District 31.

In the event of a cancellation, members who register will be reimbursed.