

Report Thirty-One

Winter 2012-13

Published by RTO/ERO District 31 Wellington

No. 53



President's Message



Happy 2013! I hope that this year will be a happy, healthy one for all of us.

Speaking of healthy, we are very pleased to have organized our first of what we hope will be many "Wellness" mornings. On April 18th, at Centre Wellington Community Sportsplex in Fergus, a presenter from Provincial RTO will discuss "**Aging Successfully Through Wellness**". This presentation is full of ideas on how to live healthier, happier lives. It will be followed by a variety of optional "break-out" groups that will promote physical, mental, emotional and social wellness. Please check out the flyer about this event in this newsletter and seriously consider joining us for a morning of helpful suggestions, healthy snacks, social interaction, and fun!

As always, we are looking for your input and ideas. Please take a few minutes and complete the **survey** in this newsletter and mail it back to us. While you are at it, also use the same envelope to mail in your registration and cheque for the Wellness Workshop to Mike Curtis whose address is on the Wellness flyer at the end of this newsletter.

I found the following information interesting and thought you might too. As of January, 2013, **District 31** has 1,092 Full Members and 104 Associate Members, for a total of 1196 members. We have 231 members who are over 80. The majority of our members live in Guelph (625), followed by Fergus (103), Elora (84), Mt. Forest (38), Rockwood (32), Cambridge (24), Palmerston (20). There is a tie among Arthur, Harriston, and Belwood (19 members each). We have 13 members living in Erin and 9 members living in both Puslinch and Moorefield. There are 7 members living in each of Hillsburgh, Clifford, Kitchener and British Columbia. We have members living in another 86 different towns, cities and villages which include places in Nova Scotia, Quebec, the UK, and the USA.

Since our last newsletter and fall luncheon, I had the

pleasure of attending the RTO Senate which is always very enjoyable, well-organized and informative. At this Senate, our delegation (Carol, Anne, Rick and I) were extremely impressed by the presentations made to us by two very young doctors who addressed the topic "Why I Want to be a Geriatrician". These speeches were very moving and touched all of us deeply. Those of us present at the Senate became even more committed to contributing to the **RTO Foundation** which is trying to establish a Chair in Geriatric Medicine. Part of Dr. Rosenberg's speech may be found on p. 9 in the current *Renaissance*. As noted in *Renaissance*, "Our mission is to improve the lives of senior citizens. There are only 230 Geriatricians in Canada. Creating a Chair in Geriatric Medicine is urgently needed to train, educate and mentor young doctors like Dr. Rosenberg. It takes \$3 million to do this. Please help." I strongly encourage you to donate to this project that is designed to make our lives better. Every little bit helps.

Looking forward a little, I draw your attention to our **upcoming trips** – thank you, Lynn, for organizing such interesting trips! – and to our Spring Banquet. We are very happy that "Two of a Kind" – an oldies but goodies act will be performing at our banquet. If you enjoy – and who doesn't? – music from the fifties and sixties, you will appreciate this group very much. As good luck would have it too, the son and daughter-in-law of one of the performers are teachers and, again, we are getting an excellent rate for this performance because the group loves teachers! Once more, I think we'll have an entertaining spring banquet so please plan to join us on May 8th. More details will be in the next newsletter but circle the date on your calendar.

Have a happy, healthy winter and hope to see you on a trip and/or at the Western Ontario Drama League Festival at Guelph Little Theatre and/or at the Wellness Workshop and/or at the Spring Banquet.

Brenda McGinnis



Political Advocacy

As always, a great deal is happening on the political landscape and at the Provincial Political Advocacy Committee. The following are a few highlights.

As directed by the senate, the provincial executive sent a letter to the Premier and Opposition Party Leaders, copied to OTF, Affiliates, OPSEU and CUPE, in support of active teachers and publicly-funded education, OTF and the Affiliates, and the right to strike.

RTO/ERO has advised districts that any participation in teacher strike activities be on an individual basis and that there be no official RTO/ERO District representation at this time.

The Provincial Executive discussed three issues that members have indicated concerns about – GMOs (Genetically Modified Foods), TPP (Trans Pacific Partnership) and ELA (Experimental Lakes Area). The chair of the Provincial Advocacy Committee (PAC) has undertaken a study of GMOs and has assumed the watching brief on TPP – the PAC will keep on file reliable, relevant, primary sources material re: TPP. The Provincial Executive will monitor GMOs and ELA closely and welcomes District input.

In preparation for a possible Provincial election, the Political Advocacy Committee has undertaken to research the policies of the four provincial parties as they relate to seniors, education, environment, pensions, and health care. This work, which has already begun, will be shared with Districts as it develops. We will post this information on our website as it becomes available.

The PAC is also investigating how to influence the policies of each of the parties and is reviewing strategies for Member/District involvement in possible provincial election.

If you are 65 years old or older or living with a family member who is a senior, you could qualify for a tax credit to help with the cost of making your home safer and more accessible. The tax credit is worth up to \$1,500 each year, or 15 per cent of up to \$10,000 in eligible home renovation expenses. The list of renovations eligible for the tax credit include grab bars, walk-in bathtubs, wheelchair ramps, elevators, non-slip bathroom flooring, and hands-free taps. More information can be found at <http://www.fin.gov.on.ca/en/credit/hhrtc/index.html> or by calling 1-866-668-8297.

As I write this, the Provincial Leadership Convention is less than two weeks away. This could be a very significant moment in Ontario's history if a woman is elected premier of the province. It will be very interesting to see what happens at the convention and what follows in the days to come.

Brenda McGinnis, Political Advocacy Chair, District 31

Pension Concerns



Last September 2012, I had the opportunity to attend a provincial workshop hosted by RTO/ERO. This workshop is conducted every two years to provide an opportunity for district representatives to share ideas and receive information to better serve members in their respective Districts.

Tracy Abel, Vice-President, Client Services from the Ontario Teachers' Pension Plan, provided an overview of the pension plan and gave an update about plan revisions which were implemented in September 1, 2012. (Complete details were provided in Pension News - Autumn 2009 and Summer 2012 and in the RTO/ERO District 31 Newsletter - Spring 2012 Issue 51.)

Another segment of the workshop focussed on RTO/ERO's health and wellness seminars in local communities. Districts have been encouraged to present these seminars for their members. District 31 will host "Aging Successfully through Wellness" in Fergus, Ontario on Thursday, April 18, 2013. More details are provided on the enclosed flyer.

The last portion of the workshop highlighted the work of the provincial RTO/ERO Pension Committee. This committee has produced and/or revised approximately 60 Fact Sheets and Resource Documents which provide extensive information for retired educators and seniors. These Fact Sheets include financial, health, long-term care, insurance, government programs (CPP, OAS, etc.), legal (estate planning, wills, power of attorney) and other relevant retirement issues. The Fact Sheets are available on the RTO/ERO website in the Members Section at www.rto-ero.org or by telephoning 1-800-361-9888. The most recent document, "Caregiving", is now available. It covers 1) a summary of diseases normally associated with aging, 2) homecare and possible resources and 3) institutional care.

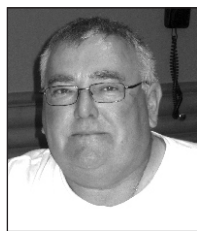
RTO/ERO District 31 has a manual which includes all of the above information.

For further details, contact Marina Howlett at 519-836-8585 or marina.howlett@sympatico.ca.





Health Matters



In December 2012 you received your notice from the OTPP about your **1.9%** pension raise for **2013**. It is only 2/3 of your raise for 2012. You didn't need to negotiate it or work full time to receive it. The average retired teacher in Ontario received from \$1,000 to \$1,400 gross and the average take-home increase is around

\$80. In addition to your increased income, you were also informed about your increased benefit costs.

Your **Extended Health Care Plan** increased by 3%; however, your **Semi-Private Hospital Plan** will reflect a 5% decrease. When you look at these two areas, it brings the average increase to around 2%, which is close to the same rate increase as your pension. Don't forget that in Ontario we continue to pay **8% tax** on our premiums. In your "Update" from RTO/ERO sent to you in late December, you will notice that there is an increase in your benefits e.g. Prescriptions now \$2,800 - ODA rates to the 2013 rate guide for General Practitioners - Eyewear to \$325 every two years etc. Please read your Summary of Benefits that was sent to you as there is a great deal of information.

Old Issues: We continue to have misunderstandings about "Proof of Departure." You only have 62 continuous days of out of Province/Country medical coverage. On the 63rd day, without additional coverage, you pay the difference. OHIP pays approximately 1/20 of your medical costs for out of Province/Country medical expenses.

Healthmatters: For the past 4 years, I have complained that every member should receive the issues of Healthmatters. It only is sent to your unit president, vice-president and health rep. It is excellent and is far better than anything I have read concerning your health. The reason for not sending it out was because it was too expensive. At the Fall Senate, \$48,000 was approved for 2013 in order to send every member a copy. I believe there are 3 issues each year. If you like it, please send me your positive comments and I will again forward them to our Health Chair Mark Tinkess. I strongly suggest that this practice continue. Possibly the "Partnerships" with Shoppers Drug Mart, Johnson Inc., Merit Travel, etc. could pay the bill as this way we all benefit from these partnerships. When you look at all the ads in Renaissance and the direct marketing from these companies to a select group, it makes you stop and wonder.

Shingles: What is it? Why should I get the vaccine? How much does it cost? **Is it covered under my EHCP?** If you

have had the chicken pox, possibly you should visit the Wellington-Dufferin-Guelph Public Health site at www.publichealth.ca for all the answers. Yes, your drug plan pays for 85% of the cost of the vaccine which is \$195.00.

Prescription Dispensing Fees: Pharmacies keep juggling their fees. If you are 65 years of age and have a combined gross family income of less than \$25,000 (means test), you pay nothing; however, the vast majority of retired teachers don't fit into that category. Remember that if you are in the hospital, most medications are covered; however, if you need these meds and you are not in the hospital you then are considered an "Out Patient" and your meds and dispensing costs are not covered. Here are just a few examples of current dispensing fees for each prescription with 1 to 3 month limits. If your doctor gives you more than a 3 month supply, some pharmacies have been known to charge more; however, you know the rule from Johnson. You need to fill out a form.

Zehrs

under 65	\$ 9.49
over 65	\$ 4.11

Shopper's Drug Mart

under 65	\$11.99
over 65	\$ 4.11 (must pay first \$100)



Wal-Mart

under 65	\$10.00
over 65	\$ 6.11 (income less than \$17,000)

Costco

under 65	\$ 3.89
over 65	\$ 3.89

Definition of a "Senior": Florida - age 55 New York - age 60 Canada - age 65 Australia - age 67 as of 2013

Did you know that:

- the average teacher retirement age is 57.4 years?
- the approved budget for RTO/ERO for 2013 is \$6.8 million?
- approximately 69,000 people are part of our health plans?
- RTO/ERO's Project - Service to Others contributes \$100,000 annually and has donated over \$1 million since its inception?
- 70% of our members volunteer with community

organizations?

- new benefit booklets will be distributed in early 2014?

As always, health concerns/issues keep evolving and changing. Hopefully this column will help you be better informed.

Be Safe! Be Happy!
Patrick Bruder

JOHNSON INC.

Service 1-800-461-4597 or 905-764-4884
Claims 1-800-461-4597 or 905-764-4888
Website <http://www.johnson.ca>



Goodwill



2013... another year is upon us. May we all be happy!

Our Goodwill Committee endeavours to make our members happy by acts of caring, compassion and kindness. Last year many, many cards were sent to our members over 80 to celebrate birthdays and Christmas. Cards, phone calls and

visits were shared for members who were ill, had lost a loved one or were celebrating a special event in their lives. This year we look forward to recognizing 8 members who will be celebrating their 90th Birthday and 2 members who will be celebrating their 100th Birthday, as well as continuing other acts of kindness and goodwill.

Please help us to share acts of kindness by contacting any of the members of the District 31 Goodwill Committee listed below. We may also be contacted by going to the District 31 website www.rto.31.org.

Please contact RTO Provincial Office at 800-361-9888 if you change your address so our Goodwill records are up to date.

Arthur, Mount Forest, Harriston

Joyce Barnes 519-848-2351

Joyce.barnes@sympatico.ca

Drayton, Moorefield, Palmerston

Jean Brodhaecker 519-638-2291

Darje@bell.net

Elora, Fergus, Salem, Alma

Marg Hall 519-846-5235

marg.carl@sympatico.ca

Rockwood, Hillsburgh, Erin

Marina Howlett 519-836-8585

marina.howlett@sympatico.ca

Guelph

Brenda McGinnis 519-824-5263

dmcgin602@rogers.com

Rosa Lugosi 519-763-1358

vinros@sympatico.ca

Nancy Baker 519-822-6653

nancyida@sympatico.ca

Mary Hermann 519-821-3892

maryhermann@rogers.com

Marie-Claire Recurt

Mert@sympatico.ca



Be Healthy
Don't Miss The
RTO Health & Wellness Day.

Thursday, April 18, 2013
Centre Wellington Sportsplex, Fergus
8:30 am – 12:00 pm only \$10.00

Theme: Aging Successfully Through
Wellness

Workshops on - Stress Management
- Tai Chi - Nutrition - Genealogy

Fill in the registration form and send it
with your payment (cheque made out to
RTO Wellington).

Only the first 60 paid applicants accepted.
Include it in the envelope
when you send in your survey.



WELLINGTON COUNTY DISTRICT 31

Here for you now . . . Here for your future. Since 1968.

À votre service . . . pour le soin de votre avenir. Depuis 1968.

How Can We Better Serve You?

We are looking for ways to better provide experiences for you as a member of RTO District 31.

By filling out this survey, you will be helping us help you!
(Many Minds Yield Great Results)

NOTE: This survey is also available online. Type the following address into the address line in your browser:

<https://www.surveymonkey.com/s/GDK82KV>

OR visit our website www.rto31.org and click on the link in the “What’s New” section on the home page.

TRAVEL

1. We have arranged travel opportunities in the past and would like to continue to do so. Would you prefer :

Day Excursions

Day Excursion Destination
Suggestions:

Overnight Trips (more than 1 night away)

Overnight Trip Destination Suggestions:

YEARLY MEALS/MEETINGS

We have two Annual meals/meetings.

1. Do you have any suggestions about entertainers that we should be engaging for these events?

2. Which would you prefer for our Spring meal/meeting?

Dinner

Luncheon

COMMUNICATIONS

1. Would you be willing to provide RTO District 31 with your email address?

This would allow us to inform you of events as they are finalized and you would get an electronic (PDF) newsletter (thus saving postage & paper).

Yes No If you answered "yes", please print your email address here:

It is easier for our email manager if you provide your First & Last Name which is associated with your email address.

2. What information would you like to see added to our website (www.rto31.org)?

3. What information would you like to see added to our newsletter?

INTEREST GROUPS

1. Are you interested in RTO 31 forming any of these interest groups?

Health & Wellness

Book Group (a reading club)

Walking

Movie Group (a movie watching club)

Crafts

Other: (please specify)

2. As we age, Health Issues become of greater interest.

Do you have any suggestions for topics and/or speakers that we could arrange for workshops?

EXECUTIVE

The executive meets 3 or 4 times a year. We plan and implement events to serve our members. New faces are always welcome.

1. Would you be interested in joining the RTO District 31 Executive?

Yes No

If "yes" please provide the following contact information:

Name, Phone Number & Email Address (if available)

--

Please use the enclosed prepaid envelope to return this survey.

Thank you very much for helping us better serve you!

Your RTO District 31 Executive



RTO Foundation

Why Donate to the RTO/ERO Foundation?

As you have read in the Winter 2012 Renaissance Magazine, the Foundation's purpose is to create a Chair in Geriatric Medicine. Creating a Chair in Geriatric Medicine will highlight the increasing need for specialized training, educating, and mentoring of Geriatricians. From the article on page 9 of the magazine quoting Dr. Jarred Rosenberg: "Geriatricians fight ageism within the medical profession and in society at large ..."; "I want to take care of older people, not just their diseases."

As much as I appreciate the care that my parents have received in the past, I wonder when I visit my mother whether her quality of life might be improved by a focus, such as Geriatricians, could provide if there were more than 230 in Canada. For your parents, my parents, your future, my future I would ask that each of you donate something to the Foundation.

You can phone Alanna at 416-962-9463 ext. 245 or email foundation@rto-ero.org or visit online www.ero-rto.org/rtoero-charitable-foundation for help in making your donation.

Richard Goodbrand
Vice-President



Spring Dinner

SPRING BANQUET BRING A BOOK

Bring a new book (child or adult)
to our Spring Dinner

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 or
Mary Hermann 519-821-3892.



Community Theatre

Weather the Winter Storms with an Afternoon or Evening of Fun by Roxanne Thornton

As the weather storms outside and we are all looking for something to do,, why not consider seeing a live show, or getting involved with a local community theatre group. Many of them have been sharing their passion, their talent and devotion to providing quality, inexpensive entertainment to their communities for fifty years or more.

As these groups celebrate their anniversaries with wonderful displays, events, reunions and even the remounting of older shows, let's get involved. Buy a ticket or better yet, share your carpentry skills, your dressmaking talent or just come out to socialize and have fun.

Frozen Dreams is Georgetown Little Theatre's Act-Co Festival Entry and is being performed in the beautifully restored ACTON TOWN CENTRE at 19 Willow St. in Acton. It runs February 8, 9, 14, 15, 16, 21, 22, 23 evenings at 8 pm with 2 pm matinees on February 10 and 17. It is a heart warming story of three homeless people. The developmentally handicapped youth is given a frozen turkey. Now just what does he do with it.....come out and enjoy the comedy and antics.

The second show is called *Sylvia* and it is about a stray dog...or rather an actress who plays the dog. Trouble arises with two females in the same household, both vying for the husband's attention, and stupid him, seems to prefer the dog...April 12, 18, 19, 20, 25, 26, 27 with matinees 14 & 21. Tickets are \$17.00 (Thursdays/Sunday) and \$20.00 (Friday/Saturday).

Please phone the JET Box Office 905-877-3700; or on-line at <http://www.haltonhills.ca/theatre/> or (cash/cheque) at the door, or pick up at Acton Home Hardware; Sports Unlimited or the Georgetown Library at 9 Church St.

For additional information see our website www.georgetownlittletheatre.ca. OR if you want to get a group of 10 or more together we can certainly give you a great rate. 905-877-3422. Both are worth the drive to ACTON. So why not overcome the winter blahs by seeing a show or becoming part of a theatre community. Together, we can make it happen. Get Involved.

Pam Niesiobedzki
RTO District 31 Counsellor



Travel News



Hi Folks,

Winter is flying by and soon it will be spring and travel time again. We have planned a trip to Deerhurst Resort for June 11th. It will include a stop at the Muskoka Store, a buffet lunch in the Eclipse Dining Room where the world leaders were served during the 2010 G8 Summit. Following that we see a live show called Decades 2013. It features music you love from the 1950's pop to the 21st century chart-stoppers-- everything from Buddy Holly, Elton John, Whitney Houston to Cee Lo Green. All this for \$96. There will also be a snack stop on the way home.

Our other day tour is planned for October 18th and is to Stratford to see Fiddler on the Roof. Our buffet lunch will be in the Paul D Fleck Marquee at the Festival Theatre. Once again it will be \$99 and subsidized by the RTO.

Lastly we are still booking for our Fall Colour Tour to the Agawa Canyon Train and Mackinac Island, September 23 to 27th. It also includes a visit to the Canadian Bush Plane Museum in Sault Ste Marie.

For more information or to book any of these tours call Lynn at 813-780-8083 (Florida) or 519-323-2419 (after April 15) or email at lynnmorrison@wightman.ca. Looks like a fun season ahead. Book early! Don't miss out!!!

Lynn Morrison



Fall Luncheon Winners

RTO Fall 2012 Luncheon Draw Winners

Henry Donafeld	Full Monty tickets
Gerry Barnhill	Cruisin CD
Jim Zaryski	Cruisin CD
Jeannette Anthony	Frozen Dreams tickets
Pauline Brown	Cruisin Christmas
Mary Cunningham	Tea basket
Beth Campbell	Calendar Girls tickets
Marie-Claire Recurt	Italian basket
Joan Jeffery	Preserve basket
Robert Zirk	Maple Syrup Basket



Membership



As we have done over the past few years, District 31 will again be hosting a Retirement Planning Workshop. It will be held at Victoria Park East Golf Club at 1096 Victoria Rd S, Guelph on April 10th, 2013 at 5:30pm. It is open to everyone involved in education: teachers, school and Board administrators, educational support staff, university and college faculty, etc. If you know of anyone who is approaching retirement, please draw their attention to this event. It will deal with any concerns they may have and answer all their questions. They can contact me, carolchristie2@hotmail.com, for registration details.

Since our fall newsletter, we are very happy to welcome the following new members to RTO/ERO District 31 Wellington:

Ian Eastmure	Donna-Marie Foran
Barbara Heagy	Margaret (Peggi) Rieger
Hilary Appleton	Debbie de Avila
Barbara Eley	Mary Gittins
Christine McEwan	Sandra O'Connor
Katherine Shedden	Kevin Sullivan
William Zink	Elizabeth Coulson
Frederick Cousineau	Catherine Dalicandro
Ethel Hindley	Peter Nicholl
Patricia Barry	Dorothy Brown

We bid farewell to two members who have moved to other districts:

Kathryn Chelli	Lynn Irish
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In Memoriam

RTO/ERO District 31 Wellington extends condolences to families, friends and colleagues of our deceased members. We are grateful for their memory, their service and their friendship.

Gordon McNern	Mae Shifflett
Ross Fisher	Wilson Brown
Peter Harris	Edith Bothwell
Helen Brisbin	Muriel Collins
Donald Ewing	Johan Feikema
George Hindley	Mary Vary
Mary Carter	Amy Nicholl
Duncan Barry	



RTO District 31

Financial Report

December 31, 2012

Income

Annual Rebate	16 988.32
Spring and Fall Meals	3 055.00
Retirement Planning Workshop	740.70
STO Grant	4 000.00
Bank error	0.01
Total	24 784.03

Expenses

Goodwill	422.49
Retirement Planning Workshop	1 346.19
STO	4 000.00
Meetings (Exec.)	993.43
(District)	7 971.61
(Senate.)	3 221.75
Newsletter	5 451.23
Office Expenses	336.98
Travel	606.58
Website	400.00
Other (RTO Travel)	500.00
(G.W.C.S.J.)	50.00
(United Way of Guelph Wellington)	500.00
(Community Living of Guelph Wellington)	250.00
(Guelph Little Theatre advertising)	300.00
(RTO Charitable Fund – Paul Thompson)	50.00
(RTO Travel)	300.00
(Centre Wellington Food Bank)	150.00
(East Wellington Community Services)	150.00
(Salvation Army)	250.00
(Guelph Mercury – safe driving)	146.90
Total	27 397.16
Deficit	2 613.13
Bank Balance	7 866.32

Returning **ARTS AND CRAFTS** **Show and Sale**

Register now and start creating for our
Creative Corner
Show and Sale
at our **Fall Luncheon.**

To register or for more information call
Nancy Baker 519 822 6653 or
Mary Hermann 519 821 3892.
















\$5.00 for a table
Set up at 9:00 a.m.

For all others, this will be an opportunity to
start or complete your Christmas shopping
for next year.



2012-2014 R.T.O./E.R.O. Executive District 31

 President/ Political Advocacy	Brenda McGinnis (519-824-5263)
 Past President	Stephen O'Connell (519-265-2125)
 1st Vice President	Richard Goodbrand (519-291-2015)
 Membership	Carol Christie (519-822-6307)
 Secretary	Joan Miller
 Treasurer	Mike Curtis
 Goodwill	Joyce Barnes
 Health	Patrick Bruder
 Newsletter Editor	Anne Smith
 Pension Concerns	Marina Howlett
 Travel	Lynn Morrison
 Website	John Ritchie
 District Counsellors	
OECTA Liaison	Nancy Baker
Social	Pam Niesiobedzki
Shopper	Mary Hermann
	Joan Berry



Website

Members are urged to visit our District website
www.rto31.org

for up-to-date information about RTO/ERO events in
Wellington County. Each edition of Report Thirty-
One is posted on the web usually before you receive
your copy in the mail.



GOING GREEN

**Over 150 members have signed up to receive their
RTO District 31 newsletter by email, saving the
environment, as well as printing and postage costs.**

**If you would like to try this, email me at:
m.anne.smith@gmail.com and request this.**

**Please remember to let me know if your email
address changes so that you don't miss your copy of
the newsletter.**



Dates to Remember

March 10 - 16 - Western Ontario Drama League
Festival at Guelph Little Theatre
(our Project Service to Others)



March 18 - Executive Meeting at Upper Grand District
School Board Office - 9:00 a.m.- 12 p.m.

April 10 - Retirement Planning Workshop

April 18 - Health and Wellness Day - Fergus Sportsplex
8:30 a.m. - 12:00 p.m.

May 8 - Spring Banquet at Victoria East Golf Club -
5:30 p.m.

June 11 - Deerhurst Resort Trip

September 23 - 27 - Fall Colour Tour (Agawa Canyon
Train and Mackinac Island)

October 18 - Fiddler on the Roof Stratford Trip



Reminders

CHANGE OF ADDRESS OR STATUS

**It is imperative that you let the Ontario Teachers'
Pension Plan Board and RTO/ERO know if you
have changed your address, phone number or
status.** Please contact OTPPB (5650 Yonge St.,
Toronto M2M 4H5 or 1-800-668-0105) and RTO/ERO
(1-800-361-9888 ext.223).

The mailing labels for our newsletter are made up in
Toronto at RTO/ERO head office. If the label that
addressed your copy is incorrect or if you are changing
your address, please call Diane Vezeau at Provincial
Office (1-800-361-9888 ext. 223) or e-mail her at
dvezeau@rto-ero.org.



REPORT THIRTY-ONE

published by
Wellington District 31
R.T.O./E.R.O.
Editor - Anne Smith
519-833-9577

RTO HEALTH AND WELLNESS DAY

Thursday, April 18, 2013
Centre Wellington Sportsplex, Fergus, ON
Registration Fee - \$10.00

8:30 a.m.	Registration and Refreshments
9:00 a.m.	Presentation – Aging Successfully Through Wellness
10:30 a.m.	Refreshment Break and Door Prize Draws
10:50 a.m.	Session 1
11:25 a.m.	Session 2

Session Choices:

- A – Stress Management – *Kathy Somers*
Stress Management and High Performance Clinic, U of G
- B – Tai Chi Demonstration - *members of Fung Loy Kok - Taoist Tai Chi*
- C – Nutrition: Can I get enough nutrients and vitamins from healthy eating? *Community Food Advisor, Public Health*
- D – Genealogy: How to trace your family tree

- For each RTO member and/or spouse, please copy or print a separate form.
- Number your choices for the breakout sessions in order of preference from 1 to 4 as indicated on the form below.
- Return **the form with your \$10.00 registration fee to:**



Mike Curtis,
R.R.#2, 9450 Copeland Path,
Erin, ON
N0B 1T0

- Include your **completed survey** with the form and cheque in the same envelope.

Space is limited to the first 60 paid applicants, so please register early.

Name _____ Phone Number _____

Session Choices: Number from 1 (your first choice) to 4 (your last choice):

_____	A. Stress
_____	B. Tai Chi
_____	C. Nutrition
_____	D. Genealogy

