

Report Thirty-One

Winter 2016-17

Published by RTO/ERO District 31 Wellington



President's Message



Happy New Year and Happy Birthday Canada! I hope that 2017 has started well for everyone and that you are enjoying the temperatures and precipitation wherever you are.

This, unfortunately, will be the second last newsletter edited and produced by our amazing editor of twelve (12) years, Anne Smith. We are looking for interested candidates to produce and edit our District 31 – Wellington – Newsletter commencing in September 2017. If interested, please contact me at rdgoodb@gmail.com as soon as possible with an email of interest. It is our hope that we will have a list of candidates for the District Executive meeting on March 6, 2017 and be able to select a new editor no later than our June 5, 2017 District Executive.

Anne Smith and Stephen O'Connell will be attending the Provincial District Presidents' Workshop on March 19th and 20th to hear presentations and provide input, on your behalf, on the proposed new Governance model. I will also be attending as a member of the Ad Hoc Committee on Governance and am looking forward to receiving the input of Districts. There will be more information coming in this newsletter and at our Spring (May 4th at the Italian Canadian Club) and Fall (October 26th at the Centre Wellington Sportsplex) Luncheons as Senate makes decisions on your behalf. Anne (m.anne.smith@gmail.com), Stephen (soconnellguelph@gmail.com), and I (rdgoodb@gmail.com) welcome any input or questions you might have.

Elsewhere in the Newsletter you will find information on our Health Plan (Pat Bruder) and our first 2017 RPW (Carol Christie) on March 9th from 6 to 9 PM at the Victoria Park East Golf Club, as well as articles from Marina Howlett on our Pension Plan and Brenda McGinnis on plans for Canada's 150th Anniversary, RTO/ERO's 50th Anniversary, Political Advocacy, and Social Action Committee.

Mary Hermann is planning a District Wellness Workshop

for the fall and information on this will be coming soon.

As we start the New Year, I thank each of the District Executive for their continued work on your behalf and for their support of RTO/ERO as well as their caring guidance of me.

Richard Goodbrand



Political Advocacy



Most of us who follow politics are worried about what 2017 will bring. I think it is safe to say that last year at this time no one predicted, or expected, some of the events that have taken place in the world and that these events are cause for concern. In any case, all we can do is try to be positive and do our little bit to make our country a better place in which to live.

One very positive and hopeful thing we can do is to celebrate Canada's 150th birthday. Provincial RTO/ERO is not planning any special events to recognize Canada's 150th birthday. They may, as appropriate, participate in locally-organized events in Toronto. The Provincial executive is also encouraging districts to participate in, and be aware of, the myriad of Canada 150 activities occurring within their communities.

With this in mind, District 31 is planning some special touches for our Spring luncheon to celebrate Canada's 150th birthday. We are trying to have a truly "Canadian content" luncheon and have discussed some ideas to help us celebrate Canada's birthday. For example, our annual book collection for the Literacy Council could focus on books by Canadian authors or books about Canada. We also welcome your thoughts and suggestions. Like Provincial RTO/ERO, we are also interested in participating in some of the Canada 150 activities occurring in our Guelph-Wellington Community. If you know of some of these activities, please let us know too so we can publicize them and participate in them.

One event, for example, that is taking place is the Western Ontario Drama League (WODL) Festival which is being hosted by Guelph Little Theatre from March 13th to 18th. The Festival will promote awareness of Canada's rich theatrical heritage and will encourage the production of Canadian plays. Many WODL companies are planning to perform a series of several Canadian plays during 2017 at their home theatres and many community theatres in Western Ontario are mounting a Canadian-written play as their Festival entry.

Provincial RTO/ERO also suggested two websites that we might want to check out. One website provides a compilation of activities - <https://150alliance.ca/projects> and <http://canada.pch.gc.ca/eng/1468262573081>.

Another very positive project that is being promoted by one of our Guelph Wellington Coalition for Social Justice members, Laurie Garbutt, is "Say No to Food Waste". On her petition website, Laurie states: "One councillor, one vision, one petition: that's all it took to engage the parliamentarians and citizens of Paris, France to take action to end hunger. Now, throughout France, it is illegal to dispose of food that is suitable for human consumption. Grocery stores and restaurants work with community partners to see that food is not wasted. It is, instead, distributed to food banks and groups that feed the needy". To learn more about this project and to sign the petition and become involved in this initiative, please go to <https://www.change.org/p/guelph-city-council-say-no-to-food-waste-in-grocery-stores-feed-guelph-s-hungry>.

Various member groups of the Coalition for Social Justice are planning town halls and forums on a variety of topics which include water stewardship, climate change, electoral reform, and hydro costs. We will publicize these events on our website.

The high cost of energy, hydro in particular, is a major concern of many RTO/ERO members and seniors in general. As a result, the Provincial Political Advocacy Committee (PAC), at its September 8, 2016 meeting, has taken it on as a primary issue. Since that meeting, there has been some movement on the part of the Provincial government but, nevertheless, hydro costs will remain on the Committee's watch list. There is almost daily media reporting on this evolving issue.

PAC has also identified the Patients First concept and Age Friendly Cities as its focal points for 2017. After extensively reviewing the Guide to Advanced Health Links Model and the Patients First discussion paper, the Committee completed a detailed response, with recommendations aimed at assisting the Ministry of Health and Long Term Care in providing excellent

services for Ontario seniors, including RTO/ERO's 74,000 members. The resulting advisory document was sent to the Provincial Executive for its use in future advocacy efforts with the Provincial Government.

Districts are also looking forward to receiving PAC's action plan in support of age-friendly communities.

While there is much to worry about this year, there is also much to celebrate and, as always, a lot of advocacy work to be done. Happy 2017!

Brenda McGinnis

RTO/ERO 50th Anniversary in 2018

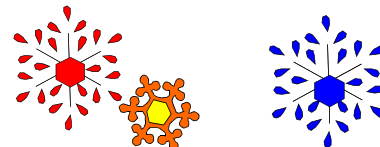
In 2018, RTO/ERO will celebrate its 50th Anniversary. Our planning committee has met and has some ideas to make this event a special one. Our main objectives are to celebrate our past, showcase our present, and look ahead to our future.

We have begun to research our history. It is interesting to note that, in the minutes of the early years of our history, terms such as "mimeographed" "stenographer", and "superannuation" appear along with spellings such as "tomorrow" and "to-day". Every name included in the minutes archive from 1966 to 1969 is prefaced by "Mr.", "Mrs.", or "Miss". We hope to include many historical facts like these in a special booklet we are preparing.

In addition, one of the things we would like to do is to implement a special project that would showcase RTO/ERO District 31 and would reach out to our wider communities. We haven't quite settled on one that really appeals to all of us yet and we welcome your ideas.

We also welcome any suggestions that you might have for making our luncheons special. Do you have suggestions, for example, for entertainment or door prizes? Please share your ideas with us. You can send them to anyone on the executive or to me at 32 Gazer Cres Guelph ON N1E 5Z7 or to dcmginnis602@rogers.com.

Brenda McGinnis





Health Matters



Your Blood Pressure: A Reality Check

Confused about how low your blood pressure should really be? That's understandable, considering the many headlines that a major study has generated. The study, dubbed the Systolic Blood Pressure Intervention Trial or SPRINT, suggests that a blood pressure lower than what is currently recommended by the OMA can cut the risk of heart failure. High blood pressure in the US leads to more heart attacks and strokes than any other causes. If you have received a hypertension diagnosis, it's important to keep your blood pressure at a healthy rate. The ideal systolic pressure (top number) of 120 millimeters and diastolic pressure (bottom number) of 80 millimeters is ideal. If your systolic is over 140 and your diastolic over 90, you are diagnosed with hypertension. You are then given medication. Over 60% of retired Canadians use medication for high blood pressure.

The US five-year study (9,300 participants) was stopped after three years because, of 100 participants with a systolic pressure of over 140, 65 died and many developed heart failure. A major reason cited was that seniors did not take their blood pressure medications consistently. Many just stopped taking it. **This should be a lesson for all of us.**

The AMA suggests blood pressure numbers 150/90 as a reasonable goal if you are between the ages of 60 and 75 and 140/90 if you are under 60 years of age. My own physician partially agrees with these numbers; however, everyone is different. Ask your doctor what numbers are best for you.

RTO/ERO Group Benefits Program Changes for 2017

In November, you received and hopefully read the changes to our benefit plans. You noticed the increase in your December pension cheque. For a couple with a complete benefit package, you were paying \$342.24 per month in 2016 and now you are paying \$348.28. Your increase of \$6 per month or \$0.20 per day, gives you value:

- Prescription Drugs up to \$3,300 per calendar year
- Paramedical Practitioners to \$1,300
- Incontinence supplies up to \$750
- Dental Plan – 2017 Fee Guide

- A switch from Manulife Financial to Sun Life Financial in 2017

We definitely have improved value in our Benefit Plan.

Wellness Workshops

A special thank you to all the participants in our Fall Wellness Workshops. It was great. Your executive members again did a fantastic job! I would encourage you to attend the next one.

Best wishes for a healthy and happy New Year.
Be safe and stay healthy!

Patrick Bruder

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Claims 1-800-638-4753 or 905-764-4888



Wellness Workshop

The District 31 Wellness Workshop held on November 2, 2016 at the Royal Distributing Athletic Performance Centre was well attended. The morning was divided into three segments.

Healthy Aging

Nancy Revie, a certified senior fitness instructor, got everyone moving with her motivational talk and introduction to the indoor walking track. We learned that:

- physical and mental health go together;
- the #1 fear is falling and that it's all about balance;
- you shouldn't get hung up on numbers – if you feel great, you are great;
- the Canadian Physical Activity Guidelines recommend that seniors:
 - accumulate at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week, in bouts of at least 10 minutes;
 - add muscle and bone strengthening activities using major muscle groups at least 2 days per week;
 - perform physical activities to enhance balance and prevent falls.

Guiding Stars: Nancy also told us that Loblaw's grocery stores (Zehrs, No Frills) uses a proprietary algorithm to rate some of their foods for nutritional value. They are individually rated, not by brand. At present there are 30,000 rated products in produce, dairy, bakery and meat. The *Guiding Stars®* program is designed to complement existing nutritional data such as the nutrition facts table, on-package product labels, and Canada's Food Guide to Healthy Eating. The program scores food based on nutrient density using an objective scientific algorithm grounded in the most current dietary guidelines and recommendations of national regulatory and health organizations.

Products are scored on a credit and debit system where foods acquire stars for containing more vitamins, minerals, dietary fibre, whole grains, and Omega-3 fats and are debited for containing saturated fat, trans fat, added sodium, or added sugars. Products can earn up to three stars and these ratings are displayed on easily identifiable shelf tags for products in store. Foods with fewer than five calories per serving like bottled water, tea, and spices, are not rated. If a food has been rated and has no stars, it did not meet the criteria for a Guiding Star. Check <https://guidingstars.ca/blog/loblaw-introduces-an-innovative-program-to-help-shoppers-make-healthier-choices/>.

Best Doctors

Annette Ulc represented Best Doctors which offers the services of the best medical minds in obtaining the right diagnosis, best treatment and high quality care. RTO/ERO members who participate in the Extended Health Care Plan can tap into this resource at no cost. Best Doctors has been funded in Canada since 1998. It can be accessed at 1-877-419-2378 or customer.ca@bestdoctors.com to initiate the process. Annette informed us that:

- 10 – 15 % of patients are misdiagnosed;
- second opinions are valuable and often differ from the first opinion – 50% result in major changes in therapy or prognosis;
- more than 10 million on-line health-related searches are conducted globally each day on more than 70,000 websites;
- it has 53,000 specialities;
- the service is voluntary and confidential;
- when you call in, you are assigned a member advocate;
- every 18 months they conduct a physician survey in the medical industry to identify the best doctors;
- their services complement those of the family physician;

- the final report provides actionable information that helps members and their doctors;
- they can't give a second opinion on mental issues but they can provide resources and the names of psychiatrists.

BestDoctors350 helps you navigate the health care system, helps to understand your medical condition and customizes solutions to meet those needs.

FindBestDoctors conducts a customized search to find qualified doctors, giving you two or three names, their qualifications and availability. Then your family doctor must make the referral.

FindBestCare helps when medical care is needed outside Canada.

Interconsultation Service, which takes 6-8 weeks, offers expert opinions on your medical condition through an analysis of your condition. There is no fee. When you provide your general history and sign a release form, the information is sent to a team in Boston for analysis. This is then sent to an expert who creates a report and recommendations which are sent back to Best Doctors and then to the member who takes it to the family doctor. It results in a changed or modified diagnosis 27% of the time and changed/modified treatment 60% of the time.

Why do members call?

- Symptoms are not getting better – 35%
- They're trying to decide on treatment – 24%
- They're questioning the need for surgery – 20%
- There's no diagnosis – 4%
- They don't understand the diagnosis – 7%

Ontario 211

A representative from Ontario 211 outlined the services available to seniors on their 24/7 hotline. You would call 211 when you don't know who to call, what to do or where to start. You can ask for community information such as the ongoing handling of a disaster. It is a free service.

211 is an access point with no direct service. The trained operatives assess the callers' true needs, not necessarily what they ask for. They ask only what's relevant to the callers' needs, no names or ages or addresses. They are not specialists but refer the caller to government and not-for-profit sources.



The service:

- was newly launched in November;
- serves central south Ontario with 7 service providers;
- has 3 components: phone call-in service, online service and reporting service (tracking gender and reason/s for calls);
- is available 24/7 for calls;
- is non-judgmental, impartial;
- is multilingual – have access to translators;
- is confidential (have call display for emergencies only).

From all accounts, the morning session was well received. Look for another workshop next year.

Travel News



Hello Folks and Happy New Year!

It's time to think about your travels in 2017. I hope you will consider travelling with RTO/ERO this year. We have a day tour planned for September 13th for the Niagara Belle Cruise out of Niagara-on-the-Lake. It includes a meal onboard and, in the afternoon, a visit to Konzelmann

Estate Winery. All this for \$97.

Our overnight tour this year is a four-day trip to Lancaster, Pennsylvania visiting the amazing Sight and Sound Theater to see the show Jonah on October 2nd. We also include Chocolate World in Hershey, dinner and a show at the Dutch Apple Dinner Theater and a dinner and tour of an Amish farm. Prices are yet to be set for our group, probably between \$850 to \$900 double occupancy. We need 35 people, but let's fill the bus for a fun time.

For more information, you can contact me at 813-780-8083 until mid April then at 519-323-2419, or email anytime at lynnmorrison@wightman.ca.

For the Lancaster trip, you book directly with Great Canadian at 1-800-461-8687. If you are a first-time traveller with Great Canadian, you can get a coupon for two worth \$50 off your tour. Also, if you as a previous traveller bring a new person, you will also get the \$50 coupon. Call me to get the coupon before you book.

Hope to hear from many of you this year!

Lynn Morrison

Goodwill



“To improve the quality of life of seniors” is stated in the RTO/ERO Provincial vision statement. This statement well describes the goal of RTO/ERO District 31 Goodwill Committee.

During 2016, over 500 Birthday and Christmas cards were sent to our members who are 80 plus. Floral bouquets were sent to one member who celebrated a 100th birthday and to two members who celebrated a 103rd birthday. Six members received a rose in recognition of their 90th birthday. Get well, sympathy, special anniversary and other special occasion cards were sent to various members.

In 2017, the Goodwill Committee members look forward to continuing these acts of kindness and caring to improve the quality of our members' lives. Please help us to do this by contacting any of the members of the District 31 Goodwill Committee listed below. We may also be contacted by the District 31 website, www.rto31.org.

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
margcarl.hall@gmail.com

Rockwood, Hillsburgh, Erin

Marina Howlett 519-836-8585
marina.howlett@sympatico.ca

Guelph

Brenda McGinnis 519-824-5263
dcmginnis602@rogers.com

Nancy Baker 519-822-6653
nancyida@sympatico.ca

Mary Hermann 519-821-38-92
maryhermann@rogers.com



Apologies are extended to any member of whose needs we have not been made aware. Monthly reports are received from the RTO/ERO Provincial Office to assist us with our work. Please contact RTO/ERO Provincial Office at 800-

361-9888 if there are any changes in your personal information so that our Goodwill records are up to date.

Joyce Barnes



Some information to improve life quality...

Transportation Programs

VON 1-888-506-6353
Wheels of Hope Canadian Cancer Society 1-888-939-3333

Medical Expenses you can claim on Income Tax Return

Travel expenses including mileage, meals and parking to obtain medical services, not available locally, can be claimed where you travelled over 40km one way for care.

Many other medical deductions are listed on the Canada Revenue Agency Website at www.cra-arc.gc.ca/medical or at 1-800-959-8281.

The N11 Numbering System

- 9-1-1 Emergency Services (fire/police/ambulance)
- 8-1-1 Non-Urgent Health Care Telephone Service
- 7-1-1 Message Relay Service (MRS) for the deaf
- 6-1-1 Telephone Repair & Customer Service
- 5-1-1 Ministry of Transportation Road & Highway
- 4-1-1 Directory Assistance (\$3-5 per call; free if you tell them you are over 65 - no cellphone numbers)
- 3-1-1 Municipal Government Services
- 2-1-1 Social and Community Services a telephone helpline and online database that provides a gateway to community, social, health and government services



Members are urged to visit our District website www.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 web usually before you receive your copy in the mail.



RTO District 31 Financial Report Dec. 31, 2016 (approximate)

Income	
Annual Rebate	17 937.84
RPW	1 151.44
Spring luncheons	1 450.00
Donation Wellington Learning Foundation	500.00
Fall Luncheons and tables	1 480.00
Wellness workshop	175.00
Executive lunch	80.00
Total	22 774.28
Expenses	
Goodwill	1 633.12
Retirement Planning Workshop (deposit)	1 180.62
Executive	298.17
District	6 055.13
Senate	2 075.43
Newsletter	6 326.90
Office Expenses	433.82
Travel	1 151.72
Website	360.00
Advertisement	50.00
S. Gomes (scholarship)	400.00
Canadian Red Cross (Ft. McMurray)	200.00
RTO Charitable Foundation (in memoriam District 31)	100.00
Com. Living Guelph Well (Norm Jary golf tour)	300.00
J. Nelson (scholarship)	400.00
A. Denoon (scholarship)	400.00
Nancy Revie (Wellness)	300.00
Wellness	93.64
Centre Wellington Food Bank	100.00
Centre Wellington Women in Crisis	200.00
East Wellington Advisory Group	100.00
Palmerston Food Bank	100.00
Guelph Wellington Coalition for Social Justice	50.00
Total	22 308.55
Surplus	465.73
Bank Balance	2 235.11



Retirement Planning Workshop (RPW)

If you have a friend, working in education, who is within 5 years of retirement, remind them of the Retirement Planning Workshop.



Learn more about OTPP and OMERS pension information; Planning your financial future; Insurance options and RTO/ERO Group Insurance Plans; Insights into retirement.

When:

Thursday, March 9, 2017
Registration and refreshments: 5:30 p.m.
Workshop: 6:00 - 9:00 p.m.

Where:

Victoria Park East Golf Club, 1096 Victoria Rd. S,
Guelph, ON N0B 2J0

Cost / Cheque:

\$10.00 (includes light refreshments)
Send a cheque made payable to District 31 RTO/ERO **before March 6, 2017** to Carol Christie, 34-255 Summerfield Dr., Guelph, ON N1L 0E1.

Register:

Register online **before March 1, 2017** at <http://rto-ero.hs-sites.com/rpw-31-2017>.

Questions:

If you have any questions, please contact:
Carol Christie: carolchristie2@hotmail.com or 519-822-6307 or
Pat Bruder: patrickbruder@gmail.com or 519-823-2399



Project Service To Others (PSO)

We are inviting your ideas for a District submission to the Province for a Project Service to Others grant of up to \$4000.

RTO/ERO proudly operates a grant program for its 48 Districts, providing \$100,000 to sponsor local community

projects. Through Project – Service to Others (STO), Districts apply for individual projects that support local, national and international programs that often involve children and/or disadvantaged groups, to a maximum of \$4,000 per project.

Program Aims and Objectives:

- To provide financial assistance (to a maximum of \$4,000.00) to education-related and/or other community projects.
- To contribute to a variety of projects and thereby raise the profile of RTO/ERO by demonstrating to active teachers, other educators, and to the public that RTO/ERO and its members care about their communities and about public education, and are willing to help others who need assistance.
- To provide a means by which RTO/ERO members can participate in education, social and/or community projects.
- To promote District/Unit participation in local, provincial and overseas educational/community projects. To raise the profile of RTO/ERO and its members, including retired teachers, other educators, and educational support staff.
- To demonstrate to the general public that RTO/ERO members continue to serve after retirement.
- To demonstrate to potential RTO/ERO members that RTO/ERO is a dynamic organization to which they should consider belonging when they retire from active teaching.

Examples of types of projects receiving funding include:

- Local Heritage and cultural projects.
- Support for initiatives from First Nations' communities.
- School day care for the children of single teenage mothers.
- Special arts and education programs for children.
- Physical activity/sport.
- Support for the disadvantaged.
- Visitation/support programs for shut-ins.
- Support for group homes.
- Support for initiatives in developing countries.
- Crisis centres.
- Medical and social programs for the needy.
- ESL, literacy and numeracy programs.
- School dropout programs.

If you think you have a project that might fit the objectives stated above, please contact Richard Goodbrand (rdgoodb@gmail.com).



Winter –Spring Theatre Opportunities for Our New Entertainment Group

Matinees are a wonderful way to enjoy those snowy winter days. Here are some listings of shows being presented inexpensively by your local community theatre groups.

For Guelph residents:

- **Guelph Little Theatre** at 176 Morris Street (519) 821-0270 www.guelphlittletheatre.com
- World premiere of Anthony Deciantis's, "The Perfect Murder" Jan. 27 – Feb. 11, 2017 - "Steve Arden has the perfect life: a successful writing career, legions of fans, money and a beautiful trophy wife. But in 1950's Galt, Ontario, his wife feels trapped and she and her lover must commit the perfect murder!"
- WODL festival Mar, 13-17, 2017 - a different show each night. Usual GLT on-line, but WODL telephone orders: (519) 763-3000.
- Paul Rudnick's *I Hate Hamlet* April 20-30 - A successful actor struggles with taking the dream role of Hamlet. It does not help that he is being haunted by the ghost of Barrymore who used to own his apartment.

For Musical Theatre lovers:

RCMPI at the River Run Centre (519) 763-3000

- *Nine to Five* April 27-30, 2017 - Set in the late 1970's, this hilarious story of friendship and revenge in the rolodex era is outrageous, thought-provoking, and even a little romantic.

Globe Productions –Musical in Georgetown

- *The 25th Annual Putnam County Spelling Bee* - play runs Mar 31-Apr. 9, 2017 - Six awkward spelling champions learn that winning (and losing) isn't everything. Tickets contact info@globeproductions.ca (905) 877-8707

For Drama:

Kitchener Area:

Kitchener Waterloo Little Theatre

- *Lion in the Streets* Jan. 26 - February 11, 2017 (519) 886-0660 - It is a nightmare of surrealistic images following a young girl Isobel. She is trying to tackle the miseries of the world and figure out her own life. This discovery gives her

the passion and determination to move forward.

Northern residents:

Elora Community Theatre -244 St Andrew St W, Fergus (519) 787-1981 or www.fergusgrandtheatre.ca.

- *The Sting* - Feb. 24-26, March 3-5, 2017 - This show takes place in Chicago many years ago in a world of small-time hustlers and their girls—their money nonexistent but their ingenuity abundant. www.eloracommunitytheatre.com

Elmira Theatre Company 76 Howard Ave. Elmira tickets@elmiratheatre.com (519) 669-3230

- Norm Foster's "Outlaw" - Feb 3-18, 2017.
- **And especially** relevant for the teachers, "Staff Room" - Apr 28 - May 13, 2017. As a special treat the three Saturday performances of Staff Room Apr 29, May 6, May 13, 2017 are Dinner Theatre \$60, catered by "Never Enough Thyme". All other shows are \$20, plus Box Office fees.

Erin and Eastern areas:

Georgetown Little Theatre's John Elliot Theatre, 9 Church Street Georgetown - Tickets may be purchased through the JET box office (905) 877-3700 or on-line at www.haltonhills.ca/theatre.

- *Expecting the Worst* Feb 10-18, 2017 - A wonderful Canadian farce. The hysterics start when Steve's mother visits her son and his non-existent wife. How do the guys get away with it?
- Norm Foster's *Kiss the Moon, Kiss the Sun* Apr. 21 -29, 2017 - A heartwarming story looking at the issue of just who does look after your handicapped children when you die.

Caledon Townhall Players, at the corner of Charleston Sideroad and Hurontario, (519) 927-5460 or on-line at www.caledontownhallplayers.com.

- "Things My Mother Taught Me" Feb 16-25, 2017 with a dinner theatre evening Feb 18, 2017

Century Church 72 Trafalgar Road in Hillsburgh, (519) 855-4586

- *The Murder Room* March 17-26, 2017 - A wonderful British farce- All sorts of madness and mayhem when the new wife and boy friend hide the murdered husband in the murder room.

Community theatre provides an opportunity for individuals from all walks of life to develop confidence, skills and artistic sensibilities. If you think you may want to get involved in a production, please contact me, pniesiobedzki@hotmail.com.





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.

Simon Leibovitz is co-directing "The Sting" for the Elora Community Theatre. The performance runs Feb. 24-26 and March 3-5, 2017.

Nancy Baker has a role in "The Sting" (based on the popular 1973 movie starring Paul Newman and Robert Redford).

Anne Smith has her textile art on display at the Rockwood Library until the end of February.

Karen Rathwell continues to work tirelessly to promote water stewardship in Guelph and Wellington County.

District 31 Walking Group continues to walk on Tuesday and Friday mornings at 10:00 AM at Royal Distributing Athletic Performance Centre in Marden. All members are welcome to join the group for walking and coffee afterwards.

Fall Luncheon Winners 2016

*Basket:	Dan McGinnis Shelly Sheridan
*Georgetown Theatre Season tickets	Carol Brazil
*Black Bonspiel theatre tickets	Carol Schmidt Marie Andrews
*The Giant's Garden Family tickets	Susan Hubner
*It's a Wonderful Life (Elora) tickets	Susan Kelly,
*Merit Travel Voucher	Pat Bruder

Spring Luncheon 2017

Thursday, May 4, 2017

11:00 a.m.

at the

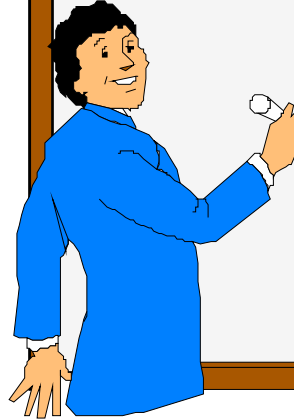
Italian Canadian Club

Cost: \$25

Register with

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

by April 14, 2017.



7th Annual BRING A BOOK Campaign

Bring a new book to our **Spring Luncheon**.

*You might want to think about donating one either
by a Canadian author or about Canada to celebrate
our 150th anniversary.*

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.





Provincial Info

MemberPerks®

Members save big with MemberPerks® starting January 2017. RTO/ERO is excited to announce that Venngo MemberPerks® is being included as a part of the Extended Health Care (EHC) Plan, effective **January 1, 2017**. The MemberPerks program is a world-class group discount program that includes savings on everything from health and wellness to entertainment, restaurants, travel and more.

MemberPerks® include:

- Instant access to a growing list of over 1,200 perks for you and your family
- A broad range of discounts on everything from apparel and computers to shoes and events
- 350+ health and wellness perks
- The Venngo mobile app that gives you access to your discounts no matter where you are
- Discounts that are easy to redeem in-store, online or over the phone
- New and seasonal offers when you sign up for the MemberPerks e-newsletter

What you need to know:

- MemberPerks® is **FREE** for anyone with RTO/ERO's Extended Healthcare Plan starting January 1, 2017
- RTO/ERO members and their families without RTO/ERO's Extended Healthcare Plan can join MemberPerks® for only **\$24.95/year**, plus HST.

Learn more: Read winter *Renaissance*, *Update* newsletter, and check your email for an announcement with instructions in early January.



Pension and Retirement Concerns



As the New Year 2017 begins, I want to wish everyone a Happy New Year; a year filled with good health, leisure activities, travel opportunities and time to spend with family and friends. January is also a popular time to make resolutions and to

review one's personal and financial well-being. Many of the following milestones trigger a time to re-evaluate personal issues.

Age 60 –

- Check to see if you wish to start receiving CPP at age 60 or age 65.
- Apply six months prior to when you wish to start to receive CPP payments.

Age 65 –

- Old Age Security is available but you must apply to receive your entitlement.

All ages –

- Re-evaluate life insurance, car insurance, household insurance requirements, etc.
- Update existing wills, power of attorney designations and any other estate planning.
- Health Insurance – Contact Johnson Inc. and/or other health insurance carriers to determine what benefit entitlements are available to you. Some members have not submitted claims for eye glasses, hearing aids, etc.

Please note:

Travel Insurance and Trip Cancellation Insurance are part of your Benefits entitlement. You do not need to purchase additional insurance from outside agencies if you have Extended Health Insurance coverage with Johnson Inc. Out-of-Province/Canada Travel Insurance covers an unlimited number of trips, each up to 93 days in duration. Supplemental Travel Plan Insurance is available for trips beyond 93 days. The extra cost per day is based on age and trip duration. RTO-ERO members are required to provide proof of the date of departure of any trip outside of the province when an insurance claim is submitted to Johnson Inc.

Cost of Living Inflation Adjustment January 2017

- CPP – 1.4%
- OTPP – 1.3%
- OMERS – 1.45%

Note: There is a slight difference in the percentage adjustment because each plan compares a different twelve-month period to determine the inflation adjustment. CPP benefits are revised once a year, in January, based on inflation changes in the previous twelve-month period (November to October) in the Consumer Price Index (CPI), which is the cost-of-living measure used by Statistics Canada. Old Age Security (OAS) benefits are adjusted on a quarterly basis (January, April, July, October).



Resource list

Ontario Teachers' Pension Plan (OTPP)

Address: 400-5650 Yonge St., Toronto M2M 4H5
 Telephone: (416) 226-2700 or 1-800-668-0105
 Fax: (416) 730-7807 or 1-800-949-8208
 Website: www.otpp.com
 Email: inquiry@otpp.com

Retired Teachers of Ontario (RTO/ERO)

Address: 30-18 Spadina Rd., Toronto M5R 2S7
 Telephone: (416) 962-9463 or 1-800-361-9888
 Website: www.rto-ero.org
 Email: healthbenefits@rto-ero.org

Johnson Inc. Plans Benefits Service

Address: 100-18 Spadina Rd., Toronto M5R 2S7
 Telephone: Service: 1-800-461-4597 or (905) 764-4884
 Claims: 1-800-638-4753 or (905) 764-4888
 Fax: (416) 920-0939
 Website: www.johnson.ca/rto-ero
 Email: healthbenefits@johnson.ca

Ontario Municipal Employees Retirement System (OMERS)

Address: 1 University Ave., Suite 400, Toronto M5J 2P1
 Telephone: Client Services (416) 369-2444 or 1-800-387-0813
 Fax: (416) 369-9764
 Website: www.omers.com
 Email: client@omers.com

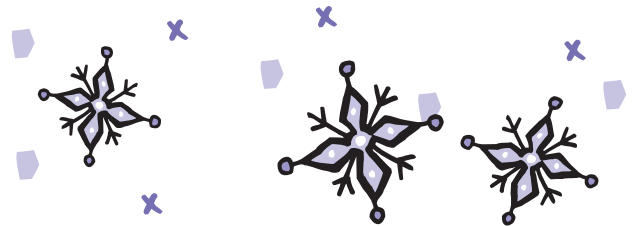
Government of Canada Old Age Security and Canada Pension Plan

Address: Human Resources Development Canada
 Processing Center, PO Box 5100, Postal Station
 "D", Scarborough M1R 5C8
 Telephone: General Inquiries: 1-800-277-9914
 In person: Visit Guelph Service Canada Centre, 259
 Woodlawn Rd. W, Suite C, Guelph



Dates to Remember

Mon., March 6	District 31 Executive Meeting, UGDSB Office
Thurs., March 9	Retirement Planning Workshop Vic East Golf Club, Guelph
Sun., March 19- Mon. March 20	RTO-ERO Presidents' Workshop, Toronto
Thurs., May 4	Spring Luncheon Italian Canadian Club, Guelph
Thurs., May 11	Pre-Senate, Guelph
Mon., May 15- Wed., May 17	Spring Senate, Toronto
Mon., June 5	District 31 Executive Meeting, UGDSB Office
Wed., Sept. 13	Niagara-on-the-Lake.cruise and winery visit
beginning of Oct.	4-day trip to Lancaster, Pennsylvania



RTO DISTRICT 31 NEWSLETTER BY EMAIL

Thank you to those who said that they would like to receive their RTO District 31 newsletter by email. Two hundred ninety-five members have signed up, saving the environment, as well as printing and increased postage costs.

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



Please remember to contact me if your email address changes.

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

District 31 2016-2017 RTO/ERO Executive

Past President/
Political Advocacy
President

Brenda McGinnis
(519-824-5263)
Richard Goodbrand
(519-291-2015)

1st Vice President

Stephen O'Connell
(519-265-2125)

2nd Vice President/
Newsletter Editor
Membership




Anne Smith
(519-833-9577)
Carol Christie
(519-822-6307)

Secretary
Treasurer
Goodwill
Health
Pension Concerns
Travel
Website
District Counsellors




Joan Miller
Mike Curtis
Joyce Barnes
Patrick Bruder
Marina Howlett
Lynn Morrison
John Ritchie
Nancy Baker
Joan Berry
Mary Gittins
Mary Hermann
Pam Niesiobedzki

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 (Diane Vezeau at 1-800-361-9888 ext.223 or dvezeau@rto-ero.org)
-  Anne Smith at m.anne.smith@gmail.com
District 31 for emailed newsletters.

To create the label database for the printer to send out the newsletters, the provincial office sends a monthly change list of member addresses. These changes must be made to that database manually. Every attempt is made to ensure that this information is up-to-date and correct. Please let me know if there are any errors or omissions.

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