

# Report Thirty-One

Winter 2019

Published by RTO/ERO District 31 Wellington



## PRESIDENT'S MESSAGE

*Stephen O'Connell*

Happy New Year! You may recall that I served as your president from 2008 – 2011. It has become increasingly difficult to find volunteers willing to join our local executive. We have been fortunate to have hard-working members who have served in this capacity for many years. I thank them for their work on behalf of our 1 370 members in Wellington County.

The fall was particularly busy for me as I represented District 31 at meetings and workshops in Toronto. One issue important to our 48 districts is social isolation. Loneliness among seniors is widespread. Reach out and make a difference in someone's life.

Please consider joining us at our Spring Luncheon. Where Have All the Folk Songs Gone, our entertainment, promises to bring back fond memories of times from our past.



## PAST PRESIDENT'S REPORT

*Richard Goodbrand*

I'm pleased to have completed my three years as your District President and have passed the mantle of office to Stephen O'Connell. I look forward to continuing to work with our District Executive over the next year.

With the new RTO/ERO Governance structure in place provincially, most Districts including ours are reviewing their governance document. A District committee, whose chair is Marina Howlett, has been established to review our governance structure and ensure that it fits the Provincial structure and continues to serve our members.

On May 28 - 29, 2019 there will be an RTO/ERO Annual Meeting and Senate in Toronto. During the Annual Meeting there will be reports from the Board Chair, the

Executive Director, and Committees as well as presentation of the Audited Financial Statements. There will also be an election for three Directors to serve a three-year term.

The Board is also reviewing our brand, name, and logo to ensure that these reflect our membership and mission, vision and strategic plan. We are also discussing with Districts a new membership fee structure.

In the fall the Board of Directors had the pleasure of meeting with some of our MPPs and their staff at Queen's Park after observing the question period and some debate in the legislature. We are also, with some of our partner organizations, meeting with our MPs in Ottawa in February. This is, of course, part of Political Advocacy to ensure that our MPPs and MPs are fully aware of our organization and our concern with senior issues such as:

- Seniors Strategy
- Pharmacare
- Pension and Income Security.



## Scholarship Opportunities



Do you have a daughter or son, grandson or grand-daughter, niece/nephew, or other family member who is entering their last year of a post secondary program at an educational institute whose credentials are recognized in Canada? Would a scholarship of \$1500 help?

Check out The Retired Teachers of Ontario website [rto-ero.org](http://rto-ero.org), click Programs & Services and select Scholarship Program from the menu on the left.





I hope that 2019 will be a happy and healthy year for you and your family. As always, RTO/ERO wishes to make 2019 a happy and healthy one for our members and all seniors by being strong political advocates.

### **Queen's Park Advocacy Day - October 24**

For the second year, RTO/ERO held an advocacy day at Queen's Park. Board members attended and were recognized during Question Period. The Board also hosted a networking lunch with MPPs and were delighted to meet 60 MPPs at this event - doubling the attendance from last year.

### **Agenda-setting for the next federal election**

On November 16, the RTO/ERO board members held a one-day meeting with nine other national organizations who are leading advocates on senior issues. The purpose of this meeting was to converge on three key advocacy issues to highlight in the lead-up to the 2019 federal election campaign.

The meeting was highly successful, and a consensus emerged around the following three issues :

- national seniors strategy
- pharmacare
- pension and income security.

### **Pharmacare**

The federal government has created a discussion paper on pharmacare and has invited feedback. To share members' views on this issue, Provincial RTO-ERO has invited members to complete a brief survey. Provincial office will then share the responses and submit them to the government. They will also share the response document with our members and other interested organizations. If you wish a copy of the discussion paper and the survey, you can request it from [info@rto-ero.org](mailto:info@rto-ero.org).

Briefly, pharmacare is a system of health insurance that gives people access to necessary prescription drugs. In most industrialized countries, pharmacare is part of a universal health care system. Prescription drugs are part of the basket of insured health services along with hospital care, medical care and other services.

That's not the case in Canada, where prescription drugs aren't covered in a consistent way. Even those with drug coverage can face deductibles, co-payments and annual maximums that make affording drugs a challenge.

Health care is a priority for RTO/ERO members. We want to promote a dialogue on pharmacare and share our members' voices.

### **Bill 66, the Restoring Ontario's Competitiveness Act**

Locally, a number of our members are very concerned about Bill 66. Its 12 schedules amend many different existing pieces of legislation relating to everything from farm regulation to labour law. While there are many alarming parts to this Bill, one aspect of the Bill has especially captured the attention of some District 31 members. It deals with the development of the Greenbelt, a 7,200-square-kilometre parcel of land that during the election the Tories promised to protect.

Bill 66 would allow municipalities to bypass significant pieces of legislation such as major water-protection acts and solid-waste-management law. The goal is to attract major employers to the province and allow them to bypass environmental and planning laws in order to build factories and office parks. Moreover, municipalities will not be required to notify the public or hold public hearings about "open for business" zoning by-laws. A by-law could be changed in a meeting and not be subject to appeal and could come into force 20 days later.

At this point, Bill 66 has just been introduced in the legislature. Debate won't begin until the house resumes on February 19, 2019. Citizens had until January 20th to respond online to parts of Bill 66. While many of us did respond, many more of us were not aware of this opportunity. However, members can always make their views known to their local MPPs. We will follow the debate and committee hearings and try to keep our members informed about ways to respond to this Bill.

### **A Glimmer of Hope**

During his eulogy for President George Bush, Former Prime Minister Brian Mulroney noted : "President Bush's decision to go forward with strong environmental legislation, including the Clean Air Act, that resulted in the Acid Rain Accord with Canada, is a splendid gift to future generations of Americans and Canadians to savour in the air they breathe and the water they drink."

The fact that the acid rain threat has been mostly eliminated testifies to how effective Canada and the U.S. once were in responding together to a complex, shared environmental problem.

While we all know that climate change is a bigger challenge, the acid rain issue indicates that cooperation can work. There is a glimmer of hope.



## HEALTH MATTERS

*Patrick Bruder*

With another year upon us, it is sometimes interesting to look back, remember to live for today, and possibly plan for the future. In North America, we have certainly had many changes in politics, various weather changes, and of course different trading agreements. The cold and flu season is always present and does not discriminate.

A University of Guelph study forecasts higher costs in 2019 for fruits and vegetables, but lower costs for meat. The report says that the average Canadian family will spend an additional \$411 on groceries. This would bring the average Canadian family's grocery costs to \$12,157 per year.

In late November, all members received their "Communique" booklet, which informs you about your Health Benefits Update for 2019. PLEASE READ IT. The bottom line is that for a couple who participate in all three plans, your monthly premiums increased by under \$12 or \$0.39 per day. The overall increase was 3.2% and the Extended Health was 4.5%. As I predicted, medications increased the most, then dental, and finally the OMA. The four main factors that influence your premiums are:

- cost of healthcare
- cost of claims paid out
- impact of currency fluctuation
- a low Canadian dollar, compared to US and global currency
- changes we decide to make.

Our Benefit Committee was frugal with your money.

Imagine, if we had a true PHARMACARE system in Canada similar to the one in Australia. All medications would decrease because an independent committee of the government regulates drug prices and dictates where they are manufactured. I guess that will take some time.

## Refrigeration

Seniors continue to top the list for food poisoning and visits to the hospital. The refrigerator is set at 4° C, which causes foods to spoil rapidly as compared to 3°C. The new standard in 2020 will be 3°C. We continue to keep food too long and buy in large economy sizes. Remember to freeze what you don't need. Salted butter lasts up to 18 months, while unsalted lasts only 4 months in the freezer. The warmest part of your fridge is in the door. Why do we put our milk cartons there?

## Confused by Food Expiration Dates?

Here is a quick review. There are no federal regulations on date labeling in the US or Canada, with the exception of those on infant formula.

### USE BY

- This is the last date the manufacturer recommends for the use of the product at peak quality.

### SELL BY

- A manufacturer tells retailers when to take a product off the shelf.

### BEST IF USED BY/BEFORE

- A product is at the best quality or flavour.
- It's not about safety.

## Medical Cannabis Usage

Many retirees have asked about Extended Health Coverage for the use of Medical Cannabis. Further details are available on the RTO/ERO website. Stay tuned for RTO/ERO's position.

You can find information at [spectrumcannabis.com](http://spectrumcannabis.com), by clicking on A Patient's Resources, then A Guide for Patients." They also have an office located in the Old Quebec Street Mall. Many of your questions will be answered after you visit the site. At the least, you will know the difference between CBD and THC.

As usual, there are lots of health topics on which to report. If you have an interest, I strongly suggest that you join the weekly reports from McMaster University or subscribe to the monthly newsletter from *Consumers Report on Health*.

Be Safe! Be Healthy!



## WELLNESS WORKSHOP UPDATE

### Save the Date

The next Wellness Workshop will be held on May 14, 2019 at Marden Community Centre from 9 to 12 noon.

The committee is exploring three possible topics. We hope to have back, by popular demand, a presentation by the OPP on recent scams. Wellington County has been especially plagued by these telephone and computer scams in the past year. It seems that there is a new one appearing almost on a weekly basis and many of these scams are aimed at seniors. We are also hoping to have a presentation on the new RTO/ERO Wellness website. This website provides excellent information and resources to our members on a whole host of Wellness Topics. Rounding out our workshop, we hope will be a presentation by the Downsizing Divas on "The Art of De-cluttering and Downsizing Your Stuff". So many of us are "hoarders" and we want to discover ways of downsizing or, at least, organizing our "Stuff".

There will be refreshments and door prizes and good information and stimulating discussion.

Firm plans and information will be in our next newsletter but, at this point, please save the date!

If you have ideas for this workshop (in case one of the presentations can not commit) or for future Wellness workshops, please let one of the committee members know.

### Wellness Committee :

- Nancy Baker,
- Joan Berry,
- Marina Howlett,
- Brenda McGinnis,
- Stephen O'Connell,
- Anne Smith



## 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.

Margaret Stinson and Mae Potton were honoured at Paisley Road Public School's recent celebration. When Paisley Road opened in 1948, Margaret and Mae were the school's first teachers. In fact, they were the only two teachers at the school! Margaret recalled the first day of school in 1948. "There was no toilet paper, soap or paper towels on hand. It was a great day though!"



Simon Leibovitz was recently awarded a Lifetime Membership to the Canadian Association of Communicators in Education. (CACE)

Nancy Baker is performing in the Fergus Grand Theatre production of The Dining Room.

**Congratulations!**



During 2018, over 500 Birthday and Christmas cards were sent to our members who were 80 plus years of age. A floral bouquet was delivered to one member who celebrated a 101st birthday. Fifteen members received a rose in recognition of their 90<sup>th</sup> and 95th birthdays. Numerous get well, sympathy, special anniversary and other special occasion cards were sent to various members.

In 2019 the Goodwill Committee members look forward to continuing these acts of kindness and caring to improve the quality of our member's 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](http://www.rto31.org).

**Arthur, Mount Forest, Harriston**

- Joyce Barnes 519-848-2351  
[joyce.barnes@sympatico.ca](mailto:joyce.barnes@sympatico.ca)

**Drayton, Moorefield, Palmerston**

- Jean Brodhaecker 519-638-2291  
[darje@bell.net](mailto:darje@bell.net)

**Elora, Fergus, Salem, Alma**

- Marg Hall 519-846-5235  
[margcarl.hall@gmail.com](mailto:margcarl.hall@gmail.com)

**Rockwood, Hillsburgh, Erin**

- Marina Howlett 519-836-8585  
[marina.howlett@sympatico.ca](mailto:marina.howlett@sympatico.ca)

**Guelph**

- Brenda McGinnis 519-824-5263  
[dmcginc602@rogers.com](mailto:dmcginc602@rogers.com)
- Nancy Baker 519-822-6653  
[nancyida@sympatico.ca](mailto:nancyida@sympatico.ca)
- Mary Hermann 519-821-3892  
[maryhermann@rogers.com](mailto:maryhermann@rogers.com)

Apologies are extended to any member's needs of which 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 our Goodwill records are up to date.

**Information for Seniors**

**Transportation Programs**

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

**Medical Expenses you can claim on Your Income Tax Return**

Travel expenses including mileage, meals and parking to obtain medical services, not available locally, can be claimed where you travelled over 40 km one way for care. Many other medical deductions are listed on the Canada Revenue Agency website at: [www.cra-arc.gc.ca/medical](http://www.cra-arc.gc.ca/medical) or at 1-800-959-8281.

**The N11 Numbering System**

- 9-1-1 Emergency Services
- 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
- 3-1-1 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



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

"It's hard to forget those who gave us much to remember."

- Lynda Franchetto
- Stella (Terri) MacLean
- Grant McRae
- Vince Lugosi
- Florence Bridge
- John Beggs
- Mary Hazlett
- Vera (Marilyn) Streeter
- Letitia Yerex
- Ardale Ellis
- Don McKenzie
- Ken Milne
- Elizabeth (Betty) Post
- A. (Joan) Richardson.





December 31, 2018  
Income

Annual Rebate	19 225.97
RPW	2 684.16
Refund 2017 Fall meeting	150.00
Spring Luncheon	1 500.00
Bank Error	.30
Fall luncheons, tables, quilt raffle	2 195.00
Prov. 50 <sup>th</sup> rebate	2 038.84
Refund hall deposit	150.00
<b>Total</b>	<b>27 944.27</b>

Expenses

Goodwill	2 036.62
Service to Others	2 751.00
RPW	2 796.55
Executive	372.17
District	7 781.12
Senate	1 036.57
Newsletter	6 503.18
Office Expenses	555.92
Transportation	1 176.70
Website	300.00
RTO Foundation	100.00
Scholarships - 3	1 200.00
Special Olympics	250.00
Canadian Mental Health Assc.	1 000.00
Wellness (play)	1 013.84
50 <sup>th</sup> (guests at spring luncheon)	249.44
Election Campaign	166.06
50 <sup>th</sup> celebration	934.13
Community Living G/W (golf tournament)	300.00
Engraving (June Szeman Award)	80.39
Christmas donations	400.00

**Totals** 31 003.69

**Deficit** 3 059.42

**Bank Balance** 1 944.46



Hi Folks:  
2019 is here and plans are underway for some exciting Canadian trips.

- The first week of October has been set for the Pelee Island tour. Pelee Island is booked with Great Canadian at 1-800-461-8687.

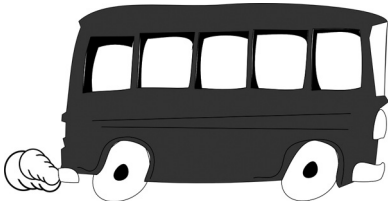


- We are awaiting final dates and prices for the Dear Evan Hansen show in June and Brigadoon in September.

As soon as I have the information for these trips finalized, I will send it out on email so you can book them with me online at :

lynnmorrison@wightman.ca  
or by phone at 519-323-2419  
or 813-780-8083 in Florida.

I have put in both phone numbers because I have been ill for awhile and may not make it to Florida if I am not ready to travel fairly soon. Hope I have news for you soon.





As the new year 2019 begins, I want to wish everyone a Happy New Year; a year filled with good health, leisure activities, travelling opportunities and time to spend with family and friends. It is also the time to review one's personal health and financial well-being.

Many of the following areas should be re-evaluated as we begin 2019.

- Age 60:
  - Check to see if you wish to start receiving CPP at age 60 or age 65.
- Age 65:
  - Old Age Security is available but you must apply to receive your entitlement. An automatic enrolment letter will be sent to all Canadian citizens the month after you turn 64. Registration details are provided in this letter.
- All Ages:
  - Re-evaluate life insurance, car insurance, household insurance requirements, etc.
  - Up-date existing wills and any other estate planning.
  - Health Insurance – Contact Johnson Insurance 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 that 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 Insurance coverage with Johnson Insurance.

### ***2018 Inflation Increase -effective January 1, 2019***

#### **Ontario Teachers' Pension Plan**

The OTPP inflation rate is 2.2%. OTPP determines the pension increase for each pensioner by using three factors:

- Statistics Canada's Consumer Price Index;
- The funding status of the Plan;
- The dates of employment.

Retired teachers who joined the plan in July 2018 will have their pension increased by 1.1% to reflect six months membership in the plan.

#### **Canada Pension Plan**

The CPP inflation rate is 2.3%. The new CPP rate will be in effect from January 1, 2019. CPP benefits are revised once a year, in January, based on changes over the previous 12-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 (adjusted quarterly)**

OAS benefits, which consist of the basic OAS pension, the Guaranteed Income Supplement (GIS) and Special Allowances, will increase by 0.1% for the first quarter of 2019 (January to March). As of January 1, 2019, the basic OAS pension will be \$601.45.

OAS benefits are also based on the CPI, but are reviewed quarterly (in January, April, July and October) and revised as required to reflect increases in the cost of living as measured by the CPI. Although OAS and CPP benefits are not indexed at the same time, they are both adjusted with the cost of living over a given year.

OAS benefits are reduced if your net income exceeds \$75 910 and are completely eliminated for high income earners over \$123 386. The benchmark for the threshold (\$75 910 –\$123 386) is adjusted each year based on the inflation rate.

#### **Ontario Municipal Employees Retirement System (OMERS)**

OMERS pensions will increase by 2.29% using the same factor as OTPP. Pension increases are pro-rated to reflect the date when a member joined the pension plan.

#### **Understanding Inflation Protection**

OTPP, OMERS and CPP show slightly different inflation rates (2.2%, 2.29%, and 2.3%) because the twelve-month period for calculation is slightly different. The adjustment is based on 100% of the increase in the Consumer Price Index, a weighted basket of goods and services typically purchased by a Canadian household each month. The plans use the same method of calculation but use different time frames – OTPP (October 2017 – September 2018); CPP (November 2017 – October 2018); OMERS (October 2017 - September 2018 - rounded up).





## MEMBERSHIP REPORT

*Carol Christie*

A warm welcome to the many education workers who have joined RTO since our Fall Newsletter. District 31 includes members of the broader public and separate education community: teachers, administrators, educational support staff, and early childhood educators. We also welcome education staff from colleges and universities. Although some of these members continue to work in education and receive their benefits from their employer, many are happily retired and are enrolled in the medical/travel insurance plan provided by Johnson Inc.

The following are important changes for new members in RTO/ERO:

- Members of the RTIP 4000 plan can now join our health plans with guaranteed acceptance.
- Those insured in the RTIP Gold 750 or 2500 plans are also invited to make the switch, but will need to complete a health questionnaire to qualify.

In 2016, many RTIP policyholders contacted us for help because their premiums had increased dramatically or they had lost benefits. In keeping with our mission of improving the lives of our members and seniors, we took the extraordinary step of temporarily allowing RTIP policyholders to switch with guaranteed acceptance.

We continue to receive numerous calls from concerned education retirees, asking to switch from RTIP 4000 to our plan. Many of these calls are prompted by a noticeable decline in the RTIP customer service and increased costs, despite decreases to coverage.

In response, we are offering a permanent opportunity for RTIP 4000 policyholders to switch to our plan, with guaranteed acceptance.

It's also important to note that new members who join RTO/ERO now will enjoy free membership until Dec. 31, 2019.

If you have friends who have opted to join RTIP 4000 and want to switch to RTO/ERO, please encourage them to call 1-800-361-9888/416-962-9463.

## RETIREMENT PLANNING WORKSHOP

District 31 is holding a FREE retirement planning workshop in Guelph, hosted by RTO/ERO. If you know of anyone who is within 5 years of expected retirement and wants to learn about:

- future financial security
- your pension plan
- healthy, active retirement lifestyles
- health benefits in retirement

please pass along these details: The workshop will be held at Victoria Park East Golf Club, 1096 Victoria Rd S in Guelph in the morning of March 30, 2019.

To register, go to [www.rto-ero.org/rpw-schedule-list](http://www.rto-ero.org/rpw-schedule-list).



## WEBSITE

*John Ritchie*

Members are urged to visit our District website at [www.rto31.org](http://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.





## MAY LUNCHEON

### *Italian Canadian Club*

Thursday, May 2, 2019

Italian Canadian Club  
135 Ferguson St.  
Guelph, ON

11:00 - 11:30 Social and Collection of Books

11:30 - 12:00 Business Meeting

12:00 - 1:00 Luncheon Buffet

- Garden salad
- Penne with tomato sauce
- Chicken Parmigiana
- Pan-roasted potatoes
- Hot vegetables
- Dessert buffet of fruit, assorted cakes, pies, squares

1:00 - 1:45 Entertainment

- Where Have All the Folksongs Gone  
Where Have All The Folk Songs Gone is a tribute to the timeless songs of the 1960's folk revival. In re-creating the atmosphere of the coffeehouses and college hootenannies, the band's sing-along renditions bring the era's music to life once again.

Take a trip back to the 1960's coffeehouses of Greenwich Village and Yorkville to relive and sing the songs of Pete Seeger, Bob Dylan, Joan Baez, Peter Paul and Mary, and all the great artists of the 1960 Folk Revival.

*PLEASE REMEMBER to bring a book to the luncheon.*  
Please register by April 24, 2019 by sending a cheque  
( \$25/ person ) made payable to:

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

Please note any food restrictions.

## 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.



### *SOME LUNCHEON PICTURES*

Presentation of the June Szeman Award to  
Brenda McGinnis



### *Our Dick and Jane Quilt Raffle*



## LONELINESS & ISOLATION in the ELDERLY

8/4/2016 adapted from <https://www.mcmasteroptimalaging.org/>

“Older adults are at increased risk of being socially isolated or lonely. By the time people reach their 80s, the majority live on their own, mostly because of widowhood. Older people’s social networks often get smaller for other reasons as well – children may have moved away, along with grandchildren, and aging siblings and friends may have died. Living alone, health problems and disability, sensory impairment such as hearing loss, and major life events such as loss of a spouse have all been identified as risk factors for social isolation & loneliness.”

### How Can We Help?

**Promote a Sense of Purpose** - There are many hobbies and volunteer activities available. Encourage them to pursue an interest. Maybe they might like to take a local community course, or go to the senior centre to play cards. Going to an activity with them, especially the first time will help to alleviate some of the anxiety.

**Make Transportation Available** - Offer your help to someone who no longer is able to drive. Or find information for them on transportation available i.e. most communities have a Wheel trans service.

**Invite Them To Get Involved in the Community** - Anything from arranging flowers for the local church, reading with a youngster to handing out pamphlets for the local theatre group- all these things, enable seniors to get out and do something valuable and enable them to meet others in a social setting.

**Encourage Exercise** - Exercise is very beneficial. It increases your strength and flexibility and gets your blood moving. For seniors who are overweight, you could encourage weight loss through healthy eating - maybe sharing some healthy recipes that work for you! But, be positive and sensitive in your efforts to assist. You might check out the y or aqua fit classes or weight watchers. Social interaction is great for meeting this challenge.

**Visit a Senior** - Spending time with someone over a cup of tea, or asking to bring a pet to visit someone, are both good avenues to helping combat loneliness.

## FALL LUNCHEON ARTS & CRAFTS SHOW

The fall luncheon will again be in the Gord Brown Hall at the Fergus Sportsplex Arena on Thursday, October 24, 2019.

If you are interested in finding out more information about this event, please contact Nancy Baker,  
[nancyida@sympatico.ca](mailto:nancyida@sympatico.ca).



## THEATRE OPPORTUNITIES

**For our theatre lovers:**

Five of the best productions of the Western Ontario Drama League will be held in Guelph over the March break. There will be a different show each evening with a reception following the production.

Tickets are \$25/show or \$110 for the series.

WODL Festival Guelph Ontario March 11 - 15, 2019

For further information, check out  
[www.guelphlittletheatre.ca](http://www.guelphlittletheatre.ca).



**It's time to do your part for the environment.**

**Help us to go paperless.**

If you do not already get your newsletter by email, would you please consider opting into this choice? There are many positive benefits. First and foremost, you would be sure to have it in a more timely manner-thus being able to plan to attend events. Secondly, it is not only healthier for the environment, but also for our organization's pocket book. With the costs of postage going up all the time, this is one area we could cut considerable amounts and provide extra funds for other events our members may wish to participate in. Almost sixty percent of our newsletter expense is on postage. Please consider joining the growing list of email newsletter members.

Everyone has their own particular needs and we are more than happy to deliver your newsletter in whatever format you choose.



Please remember to contact provincial office, if your email address, postal address and/or your telephone number changes.

- **Past President** Richard Goodbrand  
519- 291 -2015 rdgoodb@gmail.com
- **President** Stephen O'Connell  
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- **1st Vice-President** Anne Smith  
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  - Joan Miller  
519 - 746 – 4218 joan.miller5@gmail.com
  - Frank Tersigni  
220 - 979 – 7605 natale.tersigni@outlook.com

*If you are interested in being on the executive or helping out on a committee, please contact one of us to discuss opportunities.*



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

## DATES TO REMEMBER

- March 30, 2019 a.m. Retirement Planning Workshop  
Victoria Park East Golf Club, 1096 Victoria Rd S  
in Guelph
- May 2, 2019 Luncheon and Bring a Book Campaign at the Italian Canadian Club
- May 14, 2019 Wellness Workshop at Marden Community Centre from 9 to noon
- October 24, 2019 Fall Luncheon and Arts and Craft Show at the Fergus Sportsplex

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It is imperative that, if you have changed:

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

you contact:

- OMERS (EY Tower, 900-100 Adelaide Street W,  
Toronto, M5H 0E2 or 1-800-387-0813

OR

- OTPPB (5650 Yonge St., Toronto, M2M4H5 or  
1-800-668-0105)

AND

- RTO/ERO (membership@rto-ero.org  
or 1-800-361-9888)

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