



Inside

Two common RTOERO myths you can help debunk.....p 2

Eco-anxiety: a newer term that's worth noting.....p2

Self-Care.....p 2

RTOERO Foundation p 3

Community Grant Reports from Unit 2.....p 3

Communication... p 4

Goodwill.....p 4-5

Membership.....p 5

Financial Report.....p 6

Health and Insurance.....p 6-7

Fun Activities for Seniors.....p 7

Executive Information.....p 8

WHO ARE WE

Our roots go back to October 1966, when the Ontario Teacher's Federation set up an interim committee of 10 superannuated teachers. Their mandate was to look into the possibility of forming an organization for all superannuated teachers and to seek improvements in their pensions and allowances.

In December 1966, the interim STO/ERO committee presented a brief to the Ontario Minister of Education William Davis, requesting a recalculation of teacher pensions. Two days later Davis announced that minimum pensions would be raised to \$1,200.

As of 2020 we are now a Canada-wide organization with members from various education sector roles. RTOERO is a bilingual voice on healthy active living in the retirement journey. It is delivering world class programs, social engagement and political advocacy.

Our group is District 6 Parry Sound. One of four Ontario Near North Districts. Our district is divided into two units. Unit 1 is East Parry Sound. Unit 2 is West Parry Sound. Our district president is Judy Arai, president06@districts.rtoero

Our president would be delighted to talk to any member who may wish to take a more active role in the organization.

"The best way to find yourself is to lose yourself in the service of others"

For further information, please visit the District 6, Unit 6.1 <http://www.rtoparrysound.ca>

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Editing and publishing coordinated by Sheila Johnson

Comments welcome to rto.unit1.sj@gmail.com or mail 105 Chain of Lakes Road, Seguin, ON P2A 0B6.

Two common RTOERO myths you can help debunk

RTOERO indeed used to be called Retired Teachers of Ontario. So, it's unsurprising that some think RTOERO is only for teachers in Ontario. Plus, many RTOERO members ARE teachers and DO live in Ontario.

But RTOERO's membership base is much broader. RTOERO is for anyone who has worked or works in any role in education, including daycares, private schools and post-secondary. And RTOERO is nationwide.

Our members include university administrative staff in Alberta, early childhood educators in Quebec, and various other roles, including custodians and ministry education staff, in all the other provinces.

Here's the real kicker: you only need to have worked in the education sector for five years to be a member of RTOERO.

So, as you're thinking about whom you might invite to join the RTOERO community, remember all the roles you may not automatically associate with the organization.

You can use the refer a friend form on the website to tell someone about RTOERO. Our membership is our strength, so we all benefit when we gain more members. Find it here: rtoero.ca/membership/refer-a-friend

Eco-anxiety: a newer term that's worth noting

While eco-anxiety isn't currently listed in the Diagnostic and Statistical Manual of Mental Disorders, it's something many people are experiencing. It refers to a persistent concern about climate change and environmental destruction—worries over the future of our planet.

In a 10-country survey of 10,000 young people ages 16 to 25, 45 percent of respondents said their feelings about climate change have "negatively affected their daily life and functioning."

These feelings can contribute to generational resentment, something Britt Wray, author of *Generation Dread*, says isn't helpful. In an interview for the CBC Ideas Podcast, Wray talks about eco-anxiety and explains that we need intergenerational collaboration more than ever. Listen to her episode on Ideas from May 26, 2022: Britt Wray on *Generation Dread: Finding Purpose in an Age of Climate Crisis*.

If you wish to learn more about how RTOERO is advocating for environmental stewardship, go to rtoero.ca/giving-back/advocacy.

Do you need more self-care?

Retirement is an ideal time to design and implement or update your self-care system—it's a time in life when your ultimate goal can be to take care of yourself.



What is self-care?

Self-care is taking ownership of your wellness and doing what you can to maintain and optimize your health and well-being. According to the World Health Organization, self-care is the ability of individuals, families and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a health worker. It means different things to different people, and there's no single right way to do self-care.

Your self-care activities have a cumulative impact. As you develop and sustain a self-care practice, you will start to notice changes in how you feel. You will be more resilient and better able to cope with life's inevitable ups and downs.

How to tell you could use more self-care

Watch for these red flags to help you decide whether you'd benefit from more self-care in your life:

Loss of pleasure and enjoyment/ Depression and anxiety

Concentration problems/ Increased errors

Loss of objectivity/ Isolation/ Emotional reactivity

Relationship issues/ Insomnia/ Fatigue

For more on this topic, including tips about how to design a self-care practice, read the blog post on the RTOERO website: rtoero.ca/self-care-for-retiring-education-workers.

Community Grant Reports from District 6 Unit/2

End-of-year giving and the RTOERO Foundation

Did you know that 31% of annual charitable giving occurs in December, and 12% of all charitable donations are made in the last three days of the year. It's hard to believe we are already thinking about the end of 2022, but if you have considered donating this year and haven't yet done so, now is the time to think about your year-end giving plans.

This Giving Tuesday, the RTOERO Foundation is once again partnering with HearingLife to maximize your donation. All gifts up to a total of \$5,000 will be generously matched by HearingLife. When you receive the year's Giving Tuesday email from the Foundation, please consider donating.

If you'd like to learn more about navigating planned giving with your financial planner, please join the webinar on Tuesday, Nov. 22 at 2 pm ET. The webinar is hosted by the Foundation, and features Betty-Anne Howard, master financial advisor-philanthropy from Assante Financial Management. She will discuss the basics of planned giving, how to have difficult conversations with your financial planner and how to know if you're getting the right advice. Registration will open at the beginning of November.

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Donations are accepted online at rtoero.ca/donate or can be made by phone by calling 1-800-361-9888 ext. 271. Remember that donations to the Foundation must be received or postmarked by Dec. 31 to qualify for a 2022 tax receipt.

The RTOERO Foundation is a registered Canadian charity. The charitable registration number is 848662110RR0001, and tax receipts are issued for all gifts of \$20 or more.



Deanna Jackson from our district sent me this photo of the Whitestone School Garden Project. She wrote that this project, Project Hug - (Help Us Grow) began in 2019. This Project Service to Others was approved to be collaboration between the students at Whitestone Central School and community groups, Grammas on Loan and the Dunchurch Sunflower Club. A butterfly garden was planned, a garden shed erected and plants and equipment were purchased. Due to Covid 19 regulations they were not able to collaborate with their seniors groups but they did proceed with the outdoor planting and a butterfly garden continues to be established in the backyard of the school.



Laura Thompson from our district wrote that the oven project was started at the beginning of Covid and because of supply shortages and shortages of professional stone masons the completion was severely delayed. The metal doors are being crafted by a local volunteer and the finishing brick work will be completed this fall once the volunteer mason is available. It is in working order now and has been tested. Hopefully it will soon be totally done and the local food collaborative and community will be using it. Along with RTOERO , Georgian Bay Biosphere, Harvest Share, St.James United Church, the Mary Street Centre, Food Share, Community Living, several stone masons and local architects have all been involved. The oven located on James Street in Parry Sound.

COMMUNICATION

from Sheila Johnson

Well, it looks like we may be getting back to some semblance of normal. I truly hope this newsletter finds you in good health and enjoying the beauty of fall. This newsletter is coming to you in October as oppose to September. I felt waiting longer would provide me with more to report to our members.

The executive of District 6 has had several zoom meetings since our last newsletter. We have been reviewing what some of our executive members have participated in and looking to the future. The executive agreed that Judy, seek out, price and purchase RTO branded items to support actively working members and to order 4 special recognition pins (last purchased @\$45 + tx+ shipping) Funds to come from the District. Cost not to exceed \$500. Any surplus items will be offered to members at future events or shared with RTO promotional info at local schools. I am hopeful that we will soon be able to plan an in person event for our district.

Unit 1 donated three hundred dollars to Sundridge Centennial Public School for their Outdoor Learning Centre. The grand opening was June 23rd. Before the spring provincial election, Unit 1 held an all candidates meeting for the local community. We are now in the midst of a municipal election, so please take the time to vote.

In this newsletter I have included some things that have happened in Unit 2. I feel it is a good idea to share all the positive things happening in our district and I hope you enjoy reading everything I have put together in this issue.



Just A Reminder

RTOERO and presenter Dr. Alanna Weisman are presenting a free webinar:

Diabetes Prevention and Management: What You Should Know -Thursday, November 10 from 1:00pm to 2:15pm ET

GOODWILL REPORT

from Elva Taggart

We have all heard the saying "I don't know where the time goes" and that is how I am feeling as it doesn't seem possible that we are mid-October. The fall is a favorite season of the year and this year the leaves were beautiful, but for a very short time before the wind and rain hit in full force. However, we live in one of the most beautiful areas of the province and can be so thankful.

Our Goodwill Committee continues to keep up to date with birthday cards and wishes for our over 80 year members, as well words of encouragement to those members who have been ill or recuperating from surgery. Sadly over the last few months, we have lost a number of members. Donations are made in memory of those to their choice, be it the local library, church or a charity. In early November the committee members start thinking as to what they would like to give the members on their list for a little Christmas treat. It may arrive in the mail or be delivered by hand to their place of residence.

Your Goodwill Committee relies on all members to keep us informed of any illness, hospitalization or someone who just needs a card or phone call.

Your Goodwill Committee Members are:

Liz Bradley - South River and Area 705-386-0839
elizabethbradley2163@gmail.com

Linda Daniels - Burks Falls and Area
linda.24.fd@sympatico.ca Elva Taggart has been covering this area for Linda for the past few months but expects Linda will be starting back in the near future.

Peggy Salisbury - Emsdale, Kearney, Sprucedale, and Area 705-636-5430
fredpeg81@gmail.com

Paul Crawford - Sundridge and Area 705-349-3750
paulcraw-4d@gmail.com

Elva Taggart - Powassan, Trout Creek, Loring, Nipissing and Area 705-732-5564
ejtag@sympatico.ca

The **RTOERO Online Community** is fun, active and engaged. Connect with our growing group for updates on news and events near you. There are exclusive contests, retirement tips and more. Follow us at facebook.com/rto.ero, [twitter @rto_ero](https://twitter.com/rto_ero)

MEMBERSHIP REPORT

from John Furner

- Unit 6-1 total membership as of September 1, 2022 is 230
- Unit 6-2 total membership as of September 1, 2022 is 193
- District 6 total membership is 423

Unit 6-1 welcomes the following new member since 2020

Nomi Drory joined RTO Unit 6-1 On March 23, 2022 - Magnetawan

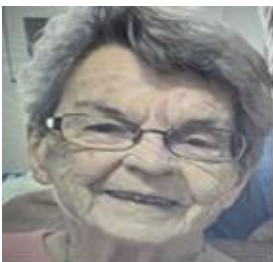
In Memoriam:

'Beatrice' Evelyn Smith – Thursday, May 26, 2022



Evelyn Smith died peacefully after a prolonged period of failing health, on Thursday, May 26, 2022. She was 93 years old. Evelyn (Bruce) was predeceased by her husband James Herbert "Herb". Evelyn was retired from a full elementary teaching career in the East Parry Sound District; was active for many years at Nipissing Knox United Church; and was a lifelong reader and supporter of the Callander Library.

Elaine (Elizabeth) Hall - Tuesday, July 5, 2022



Elaine Hall died peacefully at the age of 86 at Lakeridge Health Hospital in Oshawa on Tuesday, July 5, 2022, following colon cancer surgery. She will be lovingly remembered by her surviving husband (Gerry), sons

(Peter and Jamie) and grandson (Mackenzie). She will be remembered as a loving, inviting, welcoming, and kind soul. After graduating from the North Bay Teacher's College in 1956, she began her childhood dream of being a teacher at the age of 20! She taught full-time until her sons were born and then returned to her teaching career until she retired in 1999 to be closer to her grandson.

Leona Theresa (Mechefske) Lang – September 24, 2022



Leona passed away peacefully on Saturday, September 24, 2022 at Eastholme, Powassan at 92 years old. Leona (Mechefske) was predeceased by her husband Leonard B. Lang (1924-2012). Grandmother of 23 (one predeceased), 30 great-grandchildren and four great-great-grandchildren. Leona was the dear sister of Myrna Schlosser of North Bay. Leona was a dedicated homemaker and active member of Sacred Heart Church and the Catholic Women's League.



Address – Email Reminders - Membership Update Provincial Office

RTO/ERO members with address and/or email changes, must directly contact the Membership Department at the Provincial Office through the Membership Services 1-800-361-9888, email Georgina Eldridge ginaeldy51@gmail.com

FINANCIAL REPORT

Ontario Teachers of Ontario East Parry Sound Unit 6-1

Balance Forward from 2021	5154.04
Petty Cash	85.00
Annual Grant	<u>8449.74</u>
Total	13,688.78

Expenses January 1, 2022 to September 30, 2022

Donations & Other Expenses

Almaguin Highlands Nordic Ski Team	500.00
Almaguin Community Trails	250.00
Sunridge Public School Outdoor Project	300.00
All Candidates Meeting May 11 th	500
(less 249.21 unspent)	-249.21
Goodwill	350.00
Bank Charges	<u>32.00</u>

Total Expenses **1,682.79**

Balance **12,005.99**

HERMAN



"I don't want to worry you, but the guy who delivered the pizza was your financial planner."



HEALTH AND INSURANCE

from Garfield Roberston

This year there were 52 plan changes requested, 34 presented to the provincial health committee for further study with plan changes approved sent out with "Communique" in late November. Members may send in a request for plan changes directly to the RTOERO provincial office.

Please note; As of January 1st, 2023 the RTOERO Policy will change to require that you send in all your claims within 6 months from the date the expense was incurred. Expenses incurred on and before Dec. 31, 2022 must be received by June 30, 2023.

The premiums you pay for RTOERO Health Plans are a medical income tax deduction along with your share of prescription costs, etc. Also travel for medical treatment/appointments over 40km can be claimed, check Revenue Canada website for approval rates and meal allowances.

If you are over 65 and diabetes be sure to get a prescription so that the strips can be charged to OBD and not your Health Plan as this saves room in your prescription drug plan.

The travel portion of the Extended Health Care Plan now covers you for trips cancellation, interruption or delay benefits if you or your travelling companion have positive test result, become ill or die due to contacting COVID-19.

Please remember that when you travel outside province of residence and have a medical emergency, to contact Global Excel prior to seeking treatment or have a friend do so. If you fail to notify Global Excel, the insurer reserves the right

to limit our benefits. See, Section 7, Page 58 in your Insurance Plan Booklet, "Failure to Notify".

The Provincial Health Committee expects that when costs of all our Health Plans are combined we will have a deficit this year due in part to inflation, lower Canadian dollar and increased usage.

Plan changes starting January 2023 will be sent out in "Communique ". This will be mailed out in late November.

RTOERO is excited to share that Renaissance Magazine won four awards recently, recognized for editorial excellence by the International Association of Business Communicators! IABC is a global association serving professionals in the field of business communication, bringing together the profession's collective disciplines and setting the standard for excellence since 1970. Gold Quill Awards recognize excellence on an international level; Ovation Awards are recognition within Toronto.

WE WANT TO HEAR FROM YOU!

We welcome your feedback, so please send your letters to renaissance@rtoero.ca. Letters may be edited for length and clarity at the discretion of the editor.

Elder Abuse Resources

Seniors Safety Line
Seven days a week
Toll-free: 1- 866 -299 -1011

Do you have a travel question?

Doug has the answer! Email your questions to renaissance@rtoero.ca

Doug Wallace

Editor & publisher, TravelRight.Today, and your in - the - know friend for travel tips and trends.

RTOERO is divided into 51 districts and has over 81,000 members.

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416-962-9463 Fax 416-962-1061
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Website rtoero.ca

MOVING?

Update your mailing and email addresses by contacting the Membership Department. Email membership@rtoero.ca or call, toll-free, 1-800-361-9888

Fun Activities for Seniors

Whatever your age, interests, or abilities, you can enjoy pastimes that make you laugh, lose track of time, or feel like a goofy kid at heart. And plenty of activities cost little or no money. Activities most commonly cited by seniors as being their favorites are, by their nature, very active. They include walking and jogging, gardening and yard work, playing sports, and other physical pursuits.

As long as the weather is decent, being outside can do wonders for your mood. After all, the natural world is full of pleasurable sights, sounds, smells, and other sensory delights. They let you feel like an explorer or like you're connected to something larger than yourself. Learning is always more fun when it's something you choose to do for its own sake. Whole new avenues of possibility reveal themselves. So follow your curiosity and impulses. Learning something new is beneficial at any age. Many great options exist, especially when you gather a small group of people to share the experiences. You may not be a kid, but that doesn't mean you can't go on field trips for some laughter, excitement, exploration, and social bonding.

Scientific studies continue to show that enjoyable activities can have several major benefits. For example, they have the power to help improve how your brain works. They can heal, establish, or maintain relationships. Enjoyable activities can improve your mental and emotional well-being. Extend your life and improve your physical vitality. Play should be a major part of life for everyone. We can all probably use many more joyful experiences. It's who we are, no matter our age.

Visit rtoero.ca/classified, it has moved online. Get the latest updates and share posts online for free: reunions, classifieds, jobs, volunteering, travel and rentals.

"When you are at the end of your rope...tie a knot and swing."



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UNIT 6-1 EXECUTIVE FOR THE PRESENT TIME

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