



**RTO**  
**ERO** District 33  
Chatham-Kent

Spring 2023



## DISTRICT 33 CHATHAM KENT EXECUTIVE 2023

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## CALENDAR OF EVENTS

*Stratford*  
May 17 - Cancelled  
*Annual Meeting*  
May 31, 2023

*Golf*  
TBA

*Fall Meeting*  
October 25, 2023

*Columbia*  
*Store Hours*  
April 28 - May 21

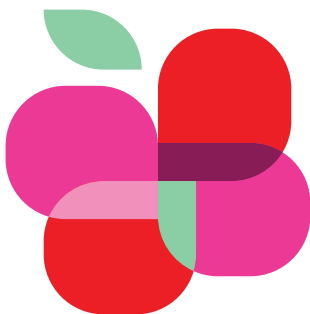
## OUR WEBSITE

<https://district33.rtoero.ca>

## PHOTOGRAPHS

Courtesy of  
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*unless  
otherwise  
noted*



## *Martin Forster presenting a cheque at the Granite Club*



The Bonspiel was very successful this year. Martin Forster, the convener of the event, was pleased that it was a full house. A good time was had by all.

## PRESIDENT'S MESSAGE

Recently, I was listening to the Eric Clapton Song "Tears in Heaven". The words were so poignant that I realized there must be a story behind this song.

So, I did some research and found that he wrote this song along with songwriter Will Jennings.

This was a time of great loss for Eric and was a way for him to express his feelings. Eric's four year old son had passed away very tragically when he fell from a 53 story window. The words of the song begin with "Would you know my name, if I saw you in heaven?" I suspect that composing this song must have provided some solace for Eric.

If you have not heard this song, please take a few minutes to find it on YouTube.

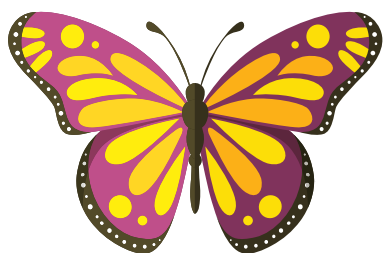


## A WORD ABOUT STRATFORD

Our Stratford Trip to see "Rent" was cancelled. We did not sell enough tickets to fill the bus so we were forced to cancel. Joan Fitzpatrick did a lot of work for this trip. Fortunately, she told everyone who registered that if the trip was cancelled, the cheques would be destroyed.

*We delight in the beauty of the butterfly,  
but rarely admit the changes it has gone  
through to achieve that beauty.*

by Maya Angelou



## IN MEMORIAM

We offer our sympathy to the families and friends of our members who have lost loved ones. Only time will help to soothe the pain of loss.

Robert Johnston  
Mary Murchland  
Elizabeth Wicken  
Irene Braunstein

John Ford Taylor  
George Bryant  
Helen McPhee  
Ruth Shillington

*There is no night without a dawning,  
no winter without a spring.  
Our hearts will once more sing.  
For those who leave us for a while,  
have only gone away  
Out of a restless, care worn world  
Into a brighter day.*

Helen Steiner Rice

## ONLINE AUCTION

The RTOERO Foundation is thrilled to announce its first-ever online auction, coming soon!

Don't miss this exciting chance to walk away with an amazing gift and support an important cause. Open to participation from all 83,000 RTOERO members across the country, bidding starts Saturday, May 6, 2023, at 8:00 am EST and will close on Friday, May 12, 2023, at 8:00 pm EST.

Items include:

- 10-day all-inclusive vacation package at a 5-star luxury resort in Cancun, Mexico
- Stratford Festival getaway package
- Toronto Maple Leafs getaway package
- Art
- A unique presentation by Quirks and Quarks host Bob McDonald
- And much more!

More details to follow shortly! The auction is open to all RTOERO members, staff, board members, partners, family and friends.

## RETIREMENT PLANNING

**Tell a friend:** in-person retirement planning workshops are back!

RTOERO has scheduled many in-person retirement planning workshops this spring, in addition to continuing to offer virtual sessions. If you know someone planning to retire in the next three years, suggest they join one! All retirement planning workshops are free, and participants consistently give the sessions glowing reviews. To see all upcoming workshops, go to [rtoero.ca/events](https://rtoero.ca/events).

### The comprehensive session covers what you need to know to prepare for retirement

- Benefits of activating your free RTOERO membership while you're still employed
- Planning for your financial future
- Your pension
- Health benefit for retirees, including the advantages of group insurance
- How RTOERO benefit plans can help secure your future
- Retirement insights from your peers

### Our session is for everyone from the education community - whether you're retiring this year or considering retirement in the next few years

- Private schools, First Nations, public/Catholic schools and school boards
- Early years of staff
- Post-secondary faculty and staff
- Ministries of Education, education associations, student transportation



## NEW MEMBERS

We welcome several new members to the retirees of District 33. We look forward to meeting you at one of our functions.

**Sheri Thompson**  
**Tracy Childs**

**Linda Watson**  
**Sandy Black**



## CULTIVATE YOUR CULTURAL HUMILITY: ONE WAY TO 'START WITH SELF'

In January 2023, hundreds of RTOERO members and guests heard from Nobel Peace Prize nominee and author Sheila Watt-Cloutier, during RTOERO's first Vibrant Voices webinar of the year.

One of the key messages Sheila shared was the importance of starting with self in our efforts to create a sustainable and just future.

*"Once you know this information about the north, Inuit and how we all connect, don't be on a mission to save us. That is the root cause of the problems that we face is that we were given no sense of our wisdom to deal with the issues at hand, and that we were not given the voice to be able to address these issues from our perspectives. That we were overly control and oppressed and suppressed...what I say is start with self."*

- Sheila Watt-Cloutier when speaking to RTOERO members on January 31, 2023

Developing cultural humility is a lifelong process of self reflection and learning. We learn about others' cultures and examine our own beliefs, knowledge and skills.

## TIPS TO AVOID INVESTMENT FRAUD

Investment scams are one type of fraud that you can protect against. You may get invited to an investment seminar or be introduced to a so-called opportunity through an existing group you're part of. These situations can be enticing—often, presenters are skilled motivational speakers and will use high-pressure tactics. Here are some general tips to help you avoid investment scams:

- Before you invest, get a second opinion from a registered, qualified advisor, a lawyer or an accountant.
- Generally, anyone selling securities or offering investment advice must be registered with their provincial securities regulator. You can check through the Ontario Securities Commission or Canadian Securities Administrators.
- Be suspicious of time-limited offers and high-pressure salespeople. You should not have to invest on the spot if the investment is legitimate.
- Before investing, understand how it works, the risks and any fees. Make sure it fits with your financial goals and your other investments. Working with a qualified advisor can help.

These tips are adapted from [GetSmarterAboutMoney.ca](http://GetSmarterAboutMoney.ca) by the Ontario Securities Commission.

You can report fraud to local law enforcement and contact the Anti-Fraud Centre at [antifraudcentre-centreantifraude.ca](http://antifraudcentre-centreantifraude.ca) or call toll-free at 1-888-495-8501.

## ANNUAL MEETING

Wednesday, May 31, 2023

*Aristo's Banquet Hall*

(separate entrance behind Smitty's Restaurant)

9:45 Registration and Coffee

10:00 Welcome and Business

10:30 Jonathon Bullock, Brock IT

Cybersecurity Presentation

Scams and Phishing

Jonathon will be around after

lunch for individual questions

11:30 Buffet Lunch

**Cost: \$15.00 - No Coin Please**  
**(Actual Cost Subsidized by District 33- \$25.20)**

Note: You are welcome to bring a guest for the same price as your ticket.

**REGISTER NO LATER THAN MAY 21, 2023**

## RECYCLING

A province-wide recycling system is set to roll out in Ontario starting this year. Previously, municipalities and First Nation Communities have designed their waste management programs, creating confusion for residents who move between municipalities for work or recreation. Now, all areas will follow the same recycling standards, and more materials are expected to be accepted, including everyday single-use products. The new system results from the Blue Box regulation under the Resource Recovery and Circular Economy Act, 2016.

The program will follow an extended producer responsibility, which means the costs of the program shift from municipal taxpayers to the producers of products and packaging. The previous program's costs were split between producers and municipalities. The program will be implemented over two years, from 2023 to 2025. To learn more and access the transition schedule for communities, visit: [rpra.ca/programs/blue-box/regulation/](http://rpra.ca/programs/blue-box/regulation/)

# RTOERO FOUNDATION ANNOUNCES FUNDING FOR SIX NEW PROJECTS

The RTOERO Foundation is thrilled to announce we are awarding grants to six new projects, for a total funding amount of \$213,000. These projects, which were reviewed and scored by our Peer Review Panel, cover a range of important priority issues including geriatrics research, social engagement and seniors' health and wellbeing.

Funding of these projects is made possible through the generosity of the RTOERO Foundation's donors, most of whom are RTOERO members. Thank you for your continued support.

Here is a list of the projects made possible through funding from the RTOERO Foundation in 2023:

## **Ageism, intergenerational learning, and age-conscious student development**

- Organization: Trent University
- Funding amount: \$50,000

## **Community connectors: Seniors helping seniors**

- Organization: Compassionate Communities Kingston Canada
- Funding amount: \$43,000

## **Stronger together: Making Canada dementia inclusive**

- Organization: The Dementia Society of Ottawa and Renfrew County
- Funding amount: \$50,000

## **Using visual arts to address social isolation in older adults**

- Organization: Sheridan College
- Funding amount: \$50,000

## **Planting the roots of wellness**

- Organization: Canadian Organic Growers-Senior Organic Gardeners
- Funding amount: \$15,000

## **Friendship circle**

- Organization: Société Alzheimer Society Sudbury-Manitoulin North Bay
- Funding amount: \$5,000



## FRAUDSTERS ARE CLEVER

It's not a fun topic to talk about, but one we shouldn't avoid—financial fraud and identity theft. The website [GetSmarterAboutMoney.ca](http://GetSmarterAboutMoney.ca) by the Ontario Securities Commission offers tips and advice to help you recognize fraud and protect yourself. Knowing how a fraudster may approach you is important. Here are some of the ways:

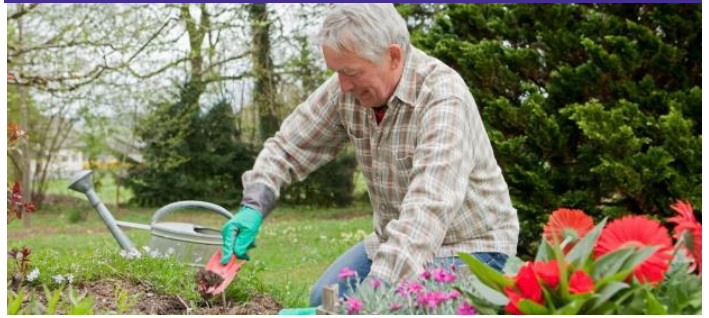
**Emails or text messages** – a fraudster may pose as someone trustworthy to try to get private information. They may also encourage you to open a link or attachment. If an email seems suspicious, delete it. Don't reply.

**Social media** – Scammers create fake accounts or take over another person's account. They may also try to form an online relationship with you. Delete connection requests from people you don't know. Review the privacy settings on your accounts.

**Phone** – Phone scammers may change their caller ID to appear legitimate. They may claim to be from a business or government agency. Avoid doing business over the phone unless you've made the call yourself. If you're not sure, hang up, then call the company back.

For more information about protecting yourself from fraud, visit: [getsmarteraboutmoney.ca/protect-your-money/fraud/](http://getsmarteraboutmoney.ca/protect-your-money/fraud/)

## SELF CARE : WHAT IS IT AND HOW TO DO IT



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 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.

Signs you may need more self-care:

- Loss of pleasure and enjoyment
- Depression and anxiety
- Concentration problems
- Increased errors
- Fatigue
- Loss of objectivity
- Isolation
- Emotional reactivity
- Relationship issues
- Insomnia

## HOW TO DO SELF CARE

Consider the small things that give you a feeling of joy, comfort, soothing or support – it might help to make a list.

Accept that self-care is an investment and indulge in it daily—look for micro- moments to give yourself care.

Try something new or return to an old interest – trying new activities is a great way to form new connections and find activities to get lost in. Schedule time for activities you enjoy.

Explore and practice – as you try new activities, recognize that you need to do them more than once to start to see benefits.

Remind yourself why you're doing self-care. It supports your overall longevity and helps you enjoy life. It also enables you to show up better for others.

These tips are adapted from an RTOERO article.

Read the full post here: [rtoero.ca/self-care-for-retiring-education-workers](http://rtoero.ca/self-care-for-retiring-education-workers)



# RTOERO MEMBERS ATTEND FLAG RAISING OF THE KIWANIS MUSIC FESTIVAL

*They will be a part of the contingent who volunteer during the Music Festival.*



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