



**RTO
ERO**

DISTRICT 8 LONDON / MIDDLESEX
News at 8

THE RETIRED TEACHERS OF ONTARIO / LES ENSEIGNANTES ET ENSEIGNANTS RETRAITÉS DE L'ONTARIO

SUMMER ISSUE

AUGUST 2022



Together again! At the Spring Lunch & AGM

IMPORTANT DATES

Tuesday, September 6

“To Hell with the Bell” Lunch

Mandarin Restaurant
1790 Hyde Park Road
at 11:30

Wednesday, October 12

Fall Luncheon

Best Western Lamplighter Inn
at 11:00am



1Photo Credit: Bernarda Norwood

NEWS AT 8

Date of Issue: August 2022

News at 8 is the official newsletter of the Retired Teachers of Ontario / les Enseignantes et Enseignants Retraités de l'Ontario, District 8 London-Middlesex, published for distribution to its members and provides content on topics of interest to its membership.

The views expressed in submitted articles are those of the authors and do not necessarily reflect the official position of the District Executive.

Publication of an advertisement or a request for volunteers from an organization does not constitute an endorsement of any product, service, or organization.

Photographs taken at any of our meetings or other activities may be included in our Newsletter or on our website.

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Bernarda Norwood – Photographer



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OUR WEBSITE IS OUR MOST UP-TO-DATE LINE OF COMMUNICATION

rto-ero-londonmiddlesex.ca

President's Message



Happy late summer! I trust that your summer months have been more settled than the weather patterns, providing you and your loved ones with time to spend together sharing good food and happy times together. Each year that I have been retired, I have been amazed at how time flies, even though

the anticipation of Labour Day weekend has become less significant since the school bells have stopped ringing us in. I hope that you are looking forward to those cooling autumn months and the changing colours of September and October.

The fall also brings the start-up of those activities put on hiatus during the hot summer. Our organization is home to a number of activities that you can enjoy to fill your days as summer wanes and cooler temperatures take over. You can use our webpage, our Facebook page or our newsletters for all of that information. Our wonderful webmaster Cliff Kraeker does a great job, along with Bill George, our information expert, keeping us up-to-date. Make sure you bookmark our resources on your iPad or computer.

In the spring, I had the opportunity to speak to our membership about how important it is for each of you to get involved in our organization. We have approximately 3000 members in District 8 London-Middlesex; and although not all want to be active in our activities, we trust you are getting what you are looking for from District 8. Our two years of the COVID pandemic are slowly grinding down, and life is getting back to a new normal. As those on the upper end of the age scale, we are warned to be

careful about returning to “normal”; becoming infected can be very detrimental to our lives. At the same time, we need to be careful that we do not over-isolate ourselves from our friends and family. Our environment is getting safer, the vaccinations have added to our growing level of well-being and we are all being more careful than ever before. Perhaps now is the time for you to take the next step. Get together with former colleagues and reintegrate into life. Our many activities, such as our book club, would be an excellent opportunity to rejoin life in RTOERO.

Take the time to read our wonderful newsletter, put together by Dale McEwen and Dianne Rumney, our editors. Gather the information that you can use to plan your activities and maybe even find something that you can help out with--bingo, bowling, hiking, sports, Facebook, Twitter, Instagram--all activities of interest to our members. Either as a participant or a volunteer helper, you will discover that our activities offer great opportunities for having fun.

As I used as a refrain at our Spring banquet, imagine what we could accomplish if each of our 3000 members donated one hour once per month to our organization. How much better would things be! You are invited to be involved however you want.

I would like to congratulate our member and friend Tom Hennessy. **WHAT AN ACCOMPLISHMENT! 100 years, 100 miles.** Tom, you inspire us all to make the world a better place. Thank you for showing us the way to be involved and make a difference. Each journey begins with one step.

Yours in retirement,
Stephen Harvey
president08@districts.rtoero.ca

Retirement planning resource bundle now available

Do you have friends, family or colleagues planning to retire from education in the next few years? Let them know that RTOERO has a free retirement planning resource bundle they can download. They don't need to be a member yet to get it. The bundle includes a practical checklist to track the various things they need to do to get ready. It also has a template retirement letter in Word that's easily updated – takes the guesswork out of writing their letter. Send a quick note to your friend or post about the bundle on your social media. No sense in having our friends navigate the road to retirement alone – there's a lot to do!

Find it here: rtoero.ca/category/rtoero-news/retirement-planning

**You are invited
to attend our annual**

**“To Hell with the Bell” Lunch
at the
Mandarin Restaurant North
1790 Hyde Park Rd., London**

Tuesday, September 6, 2022

**11:30 a.m. – Meet & greet your friends!
Registration not required**

**Let’s celebrate our retirement and toast all
who are going “Back to School” today**

See you there!



BECK SPARTANS, HAIL
for a High School Reunion, Sept. 30 – Oct. 2, 2022

As the fall season approaches, come celebrate the Sir Adam Beck Secondary School Reunion in London. The organizing committee is offering a menu of events to choose from.

Don't miss out on this historical event. For more information, contact beckreunion2022@gmail.com.

Spring Luncheon and Annual General Meeting

On Wednesday, May 11, 2022, District 8 of RTOERO hosted the Spring Luncheon and AGM at The Best Western Lamplighter Inn. 90 new members and their guests enjoyed piano music by Neil Eadie as they mingled with 65 current members. All were very interested in the displays by five travel companies, as many members are considering travelling again after two years of COVID restrictions, and from Amica Retirement Home. All the vendors provided wonderful door prizes given to our lucky award members in attendance.



Photo Credit: Bernarda Norwood

Stephen Harvey, 1st Vice-President, welcomed the members and special guests including Dr. Alan Shephard, President of Western University. Joy Antoniuk, 2nd Vice-President, introduced Dr. Shephard to our members; and Joe Murray, Past President, thanked him afterwards. Dr. Shephard, in his address, told us how the students and the university had been affected by COVID-19 and the major impact it had on everyone. He spoke about how all had learned to cope and that both the students and the university are returning to a normal academic routine. In addition, Dr. Shephard spoke about the contributions of Western University to the academic community locally, provincially and internationally. Western is known as one of the largest research-intensive universities in which leaders in their fields of expertise conduct research initiatives in some of the world's most exciting and emerging areas of interest and need. We were all very pleased that Dr. Shephard could join our spring luncheon and AGM to address our members.



Photo Credit: Bernard Norwood

In the business portion of the AGM, the budget for 2022 and the *Revised Governance Document* (Constitution) were approved. The District Core Executive was elected for the 2022-23 year with Stephen Harvey becoming our new President, Mark Baines accepting the position of 2nd Vice-President and Scott Armstrong agreeing to be the Recording Secretary. The full new District Core Executive is listed on page 2 of this newsletter.





NEW MEMBERS

Erinne Acciaroli
Ingrid Agar
Elizabeth Akano
Jennifer Arndt
Nicola Bankes
Janice Banting
Mark Bateman
Helen Bobyk
Vince Bonduro
Julia Bujouves
Elizabeth Burtwistle
Mary Cameron-Baker
Lorna Campbell
Linda Carswell
Barclay Clifford
Betty Clifford
Pamela Coulstring
Mark Drabick
Karen Dutton
Guy Ellison
Paul Evans
Susan Ferrara
Darby Garton

Anne Gignac
Sharon Gillies
Marjan Glavac
Julia Goodman
Stephen Hills
Tom Jory
Sarah Khan
Sonia Kilpatrick
Darlene Laine
Robert Lazure
Lorraine Lewis
Christina Lohonyay
Terri Lyons
Catherine McIntyre
Ann McKay
Jennifer Metcalfe
Kelly Millard
Lisa Mills-Friyia
William Meuleman
Fermina Morgan
Margaret Murphy
Colleen Murray
Carmen Norman

Grzegorz Nowak
Paul O'Donnell
Patricia Pauli
Anne Pearson
Sheila Pinder
Ruth Rachar
Leonard
Charleen Reed
Janet Risler
Sebastian Scala
Adrian Schalk
Joseph Sheik
Tena Smithson
Michele Specht
Janinne Stanley
Joanne Sutherland
Paul Tufts
Peggy Vere
Tracey Ward
Brian Westelaken
Lynda Wiegiersma
Reginald Wiltshire
Halina Zurowski

[2022 Retirement Trends in Canada's Education Sector](#)

RTOERO's 2022 *Future Retirees* report is now available. It provides a snapshot of how people feel about their readiness for retirement, the information they need and how the pandemic influenced their plans.

Find the full report on the website here: rtoero.ca/2022-future-retirees-report-retirement-planning-in-a-pandemic



District 8
**London,
Middlesex**

FALL LUNCH

Wednesday, October 12, 2022 at 11:00 a.m.

The Best Western Lamplighter Inn
591 Wellington Rd. South, London

11:00 a.m. Meet & Greet Cash Bar

PIANO MUSIC BY TOM HART

Welcome New Members!

Travel Displays & Door Prizes

12:00 Noon: Welcome & Lunch

Guest Speaker

DR. DONNA KOTSOPOULOS

Dean & Professor of the Faculty of Education
Western University

_____ cut here
October 12 Lunch Registration Form \$25. per person (subsidized)

Name(s) of Member(s) _____ Telephone _____

Name(s) of Guest(s) _____

Dietary Needs _____

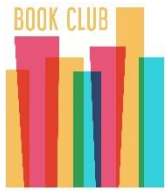
Number of Persons Attending _____ x \$25.00 = \$ _____

Make cheque payable to **District 8 RTO.** Send registration cheque to:

Mary DeKay, 11191 Lamont Dr., R.R. #4, Komoka ON N0L 1R0

Time to Have Fun!

Due to COVID, many of our RTO/ERO district activities that had been successful were put on hold. Some of them lost their leadership and will hopefully start up again with new organizers. Currently the following activities are available. If you are interested in organizing a group activity, such as bowling, please contact president08@districts.rtoero.ca.



Book Clubs Terri Lyons bookclubsrto@gmail.com

Are you interested in joining a book club that meets once a month? Email Terri for more information.

Bridge Kathryn Gellatly k.gellatly@rogers.com Doug Scott kjatwork@rogers.com

Are you a bridge player or would like to become a bridge player? Beginners and experienced players welcome. Email Kathryn and/or Doug to reserve your spot on the bridge club.



RTO/ERO Culinary Dinners from Around the World

Pam Coulstring Mary Roes Terri Lyons Vicki Hammond

Introducing a new opportunity to socialize with your RTO/ERO friends and guests and to explore foods and drinks from around the world! We are planning to host these special dinner experiences three or four times a year at Michael's on the Thames restaurant where we will enjoy specially prepared cuisine from different regions around the world.



Our inaugural dinner will take place on **Monday, October 3rd** with the theme "A CULINARY DISCOVERY OF SPAIN". More information about the purchasing of tickets and the menu will be shared soon. Please contact Mary Roes at roesmh@gmail.com if you have any questions.

Here are a few other ideas for keeping active and engaged:

Kiwanis Seniors Centre, 78 Riverside Dr., London

recreation@london.ca

Offers a diverse array of programs including exercise classes for people with osteoporosis, yoga, cards, craft programs, ceramics, choir, ballroom dancing, darts, shuffleboard and pool and billiards as well as seminars on complementary therapies, nutrition and other aspects of wellness.

North London Optimist Centre, 1345 Cheapside, London

519-661-5198

The North London Optimist Community Centre is a **multi-use sports and recreation centre** offering many of London's unique indoor sports facilities and activities, including the City of London's only roller skating program, indoor tennis courts and squash courts.

Besides offering exceptional indoor racquet facilities (which are available to be rented by both members and non-members), NLOCC is proud to offer a large arena-style gymnasium ideal for indoor soccer, roller skating, ball hockey, inline hockey and more. NLOCC offers a variety of programs including drop-in roller skating sessions. NLOCC is proud to be home to the Huff'N'Puff Senior Fitness Association and the North London Optimist Club.

Thames Valley Trail Association

activities@tvta.ca

membership@tvta.ca

The Thames Valley Trail Association offers **recreational hiking and cross-country skiing** inside and outside the Thames Valley Region, as well as related social gatherings. They also maintain and develop walking and hiking trails in the London area, maintain over 130 kilometers of hiking trails and promote hikes of varying difficulty from a one-hour stroll to a demanding three-day hike. Send inquiries to the above email addresses.



If you have an interest in other activities, we would be happy to consider them



Bingo Party Update

A very special event was held on Wed. June 1, 2022 at Amica Retirement Home, 517 Fanshawe Park Road West, London in the beautiful Sky Lounge on the 8th Floor. A small group of RTOERO members met from 2:00 to 4:00 p.m. to play multiple games of Bingo using slider cards. Joy Antoniuk, First Vice-President, was the game caller; and members chose from sixty-five different Bingo card patterns to determine the game pattern. Participating game winners chose from a variety of prizes from the prize table. District 8 would like to offer more Bingo Party opportunities during the 2022-23 school year as one of several social events.



If interested in future opportunities, please email joy.antoniuk@gmail.com or call and leave a message at 226-973-4505 (Joy). Since we had such positive feedback to date, we hope to offer this activity on several occasions and will keep your name and information on file to contact you about future opportunities. A wonderful afternoon was had by all participants; and beside the opportunity to yell B-I-N-G-O and win great prizes, we enjoyed connecting with our new RTOERO friends. Plan to join us this school year!

Joy Antoniuk and Linda Longstaffe

READY TO FLY?

Aren't we all and some of us have. We would love to hear of your adventures and experiences that would help other retired travellers plan their voyages.



But if you don't want to fly out of Toronto, where do our local airports go?

London Airport is serviced by four airlines: Air Canada with direct flights to Toronto, Swoop which flies direct to Edmonton, West Jet with direct flights to Calgary and Toronto, and newly added Flair with direct flights to Tucson, Arizona. Of course, with all of these regional airports, you can fly indirectly to anywhere the companies serve.

A little farther down the 401 is Kitchener-Waterloo. West Jet can take you directly to Calgary. Flair flies directly to Calgary, Charlottetown, Deer Lake, Edmonton, Winnipeg, Edmonton, Halifax, Kelowna, Montreal and Vancouver. I have no experience with Flair Airlines, but maybe some of you do and could give recommendations.

If you travel on the 403, you will arrive at the largest of the regional airports, Hamilton, with flights direct to Abbotsford, Calgary, Edmonton, Deer Lake, St John's, Charlottetown and Halifax. They also have more international flights to Punta Cana, Puerto Plata, Caya Coco in Cuba, Cancun and Las Vegas. The companies that service Hamilton are Swoop, Air Transit, Kish Air and West Jet.

There are some real advantages to using the local airports. Parking is easily available and often considerably less expensive than Toronto. They are easier to negotiate, and security is faster as is luggage retrieval. Some disadvantages are that flights are occasionally cancelled or delayed, and many of the destinations they service are often seasonal.

Bon Voyage!

Nancy Irons-Murray



YOU'RE INVITED!

ITEMS ARE MARKED UP TO

50% OFF

REGULAR RETAIL PRICING



EXCLUSIVELY FOR:

Retired Teachers of Ontario - District 8 Members (London-Middlesex)

VALID DATES

09/16/2022 - 10/09/2022

12/9/2022 - 1/1/2023

VALID FOR YOU + 4 GUESTS

WHAT TO BRING

**THIS INVITATION
PHOTO I.D.**

PROOF OF AFFILIATION

*business card | membership card |
company email signature | pay stub |
original email | other form of affiliation*

LOCATION & HOURS

1-1425 Max Brose Dr
London ON, N6N 0A2

MON-FRI: 10AM - 8PM

SAT: 9:30AM - 6PM

SUN: 10AM - 5PM

***check online for latest
store hours**

YEAR ROUND ACCESS

MILITARY PERSONNEL: EVERY DAY

SENIORS (65+): FIRST TUESDAY OF EACH MONTH

Questions? Please email: londonemployeestore@columbia.com



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☞ In Memoriam ☞

**RTOERO District 8 is sad to learn
of the passing of these friends and colleagues:**

Ivey Allen	Dennis Irwin	John Pedersen
William Cahill	Roland Joselyn	Barry Perkins
Edwin Campbell	Gerald Lindsay	Robert Reed
Dorothy Chisholm	Joseph Lohonyay	Shirley Ribout
Robert Cooper	Marion Lord	John Ryan
Malcolm Dick	Paul Lord	Nancy Ryan
Carol Ellison	Julie Lynde	Helen Schwartz
Barbara Faulkner	Bertha McGregor	Ruth Sells
Jack Garwell	Elizabeth McKillican	Gore Shepley
Kathleen Granger	Irene Megyesi	Patrick F Smith
Ann Gregory	Bonnie Meuleman	William Vandongen
Ruth Griffin	Marilyn O'Flynn	Jane Veenhof
William Hauch	John Palmer	Sofia Walker
Mary Howe	Alan Pauli	Marstan (Marty) Woollings

HERE FOR YOU NOW....HERE FOR YOUR FUTURE

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