



IMPORTANT DATES

Thursday, May 7

RTOERO Spring Luncheon
See invitation on page 5

March 20 – April 13

Columbia Sportswear
See invitation on page 15

Tuesday, September 8

To Hell with the Bell Lunch
Mandarin Restaurant
Hyde Park
See invitation on page 11

The Poinsettia Lunch is a great opportunity for former colleagues to gather and catch up on news

Our busy **Goodwill Committee** met in October to finalize our plans for 2019/2020. We have 13 dedicated members who take on different tasks.

First on our list was the annual Poinsettia Lunch held in November. It is a huge organizational and physical undertaking admired by other RTOERO Districts. Co-ordinating with the Social Committee, the Hellenic Centre was set up for the delivery of over 350 poinsettias by 90 volunteers (the most ever) to our members 85 years and older after the lunch or in the following days. This year, a letter with the names of the Goodwill Committee members and the person(s) making the poinsettia delivery was given to the recipients, along with Ingrid's address to which they could send a thank-you note if they wished. She received 56 handwritten notes and cards from members who were grateful for the poinsettia and, even more so, the visit and chat that often accompanied the delivery, and especially to be remembered by friends and colleagues.

(continued on page 4)

NEWS AT 8

Date of Issue: March 2020

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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Bill George Deborah Lefebvre

Dale McEwen & Dianne Rumney – Co-Editors

Tom & Pat Telfer – Facebook

Bernarda Norwood – Photographer

À votre service...pour le soin de votre avenir. Depuis 1968.



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

Here for you now ... Here for your future. Since 1968.

Send Address Changes to:

RTOERO
18 Spadina Road,
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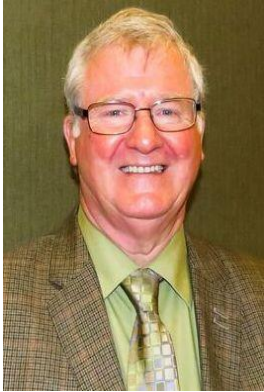
RTOERO DISTRICT 8 ELECTED CORE EXECUTIVE 2017-2018

RESPONSIBILITY	NAME	EMAIL
President	Ian Hardie	ian.hardie@rogers.com
Past President	Joe Murray	jmurray001@sympatico.ca
1 st Vice President	Rosemarie Szalich	ramblingrose@outlook.com
2 nd Vice President	Stephen Harvey	stejanharv@gmail.com
Executive Member at Large	Annette Marentette	amaren623@rogers.com
Corresponding Secretary	Pat Groumpos	spartaspark@hotmail.com
Recording Secretary	Debra Scott	midescott@rogers.com
Treasurer	Alan Marentette	Treasurer8@districts.rto-ero.org
Membership Co-Chair	Lorna Wilson	wdoonie@rogers.com
Membership Co-Chair	Rosemarie Szalich	ramblingrose2019@outlook.com
Social Committee Co-Chair	Linda Longstaffe	llongstaffe9@gmail.com
Social Committee Co-Chair	Charlene Kivell	charlenekivell@hotmail.com

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

rto-ero-londonmiddlesex.ca

President's Message



As we pass the halfway point of a very mild winter, I have not missed the snow shovelling. With the warmer weather, there has been a lot of flu and colds happening. I hope you and your loved ones have escaped them.

As we move towards spring, RTOERO is planning its Annual Retirement Workshop on April 4th at the Hellenic Centre. If you know someone who is thinking of retirement in the next five years, please encourage them to attend (it's free). It is never too early to start planning for retirement. They can register on-line at the RTOERO provincial website.

I hope all of you are planning to attend our Spring Luncheon on May 7th at the Best Western Lamplighter Inn. It is a wonderful opportunity to meet old friends, enjoy the entertainment from our young students, and have a wonderful meal. More details can be found in this copy of *News at 8*.

As I write this article, in the last week of January, our teachers and other educational workers are locked in a major dispute with the Provincial Government over its proposed cuts to education. These cuts are ripping away many of the gains that we negotiated. Many of us remember walking the picket line to resist government cuts. If these rotating strikes continue or if a province-wide strike happens, I urge you to support the teachers and others on the picket line in whatever way you can: honk in support as you drive by, bring some food or snacks to the picket line or join in walking the picket line. Let them know that they have our support. Remember, in a few years, they may also be members of RTOERO.

For those of you who have travelled south or those of you who are tolerating winter, keep healthy knowing that spring is just around the corner.

Ian Hardie

President

WELCOME NEW MEMBERS

Denise Abbott
Terrance Allen
Michelle Beaulac
Marie-Antoinette Bigaignon
Margaret Burk
Christine Callaghan
Elizabeth Campbell
Vilma Caxaj
Margaret Chipchase
Betty Cornish
Nancy Davis
Marlene Demko
David DeSerran

Jocelyn Farrar
Theresa Flanagan
Ruth Fric
Lorraine Gabriel
Marlene Gilbert
Gerald Girouard
Dan Howard
Karen Hutchison
Patricia Irwin
Heather Ivins
Gerald Killan
Linda Knowles

Christine Lozon
Cynthia McDowell
Cheryl McIsaac
Nancy McWebb
Marilyn Moir
Sue Morrison
Joann Newman
Helen Palmer
Barbara Parsons
Joanne Pentecost
Renee Perry-Watson
Lisa Pirocchi

Heather Poulin
Judy Prince
Judith Rausa
Brenda Seaton
Liba Silvert
Karin Stapleford
Junaid Tanveer
Nancy Taylor
Maureen Topping
Dorothy Van Bommel
Wilhelmina Verbeem
Mary Ellen Zabehaylo

Poinsettia Lunch Pics



Goodwill Committee Report by Co-Chairs Ingrid Clark and Bonnie Griffiths (continued)

All year, we send birthday cards to members who turn 90, 95, 100 and each year after. Sympathy cards are sent to members who have lost a loved one.

In March, our Spring Card writing group will meet to gather materials needed to send almost 400 originally-designed District 8 cards which contain a hand-written personal note of best wishes to our members 86 years and older.

We would like to thank Shirley Aerts, Ilene Bamford, Judy Carradus, Janet Fisher, Maureen Graham, Cathy Harrison, Pat Malone, Dale McEwen, Carmela Palcich, Joy Squire-Smith and Lorna Wilson for all of their hard work.

The Retired Teachers of Ontario - District 8: London Middlesex

Spring Lunch

Thursday, May 7, 2020

**Best Western Lamplighter Inn
591 Wellington Rd S, London**

**Welcome New Members!
Happy Birthday 85-year-olds!**

11:00 am Meet and Greet – Cash Bar

12:00 Noon: Welcome & Lunch

Entertainment

Piano music by Neal Eadie
Featuring St. Mary's Choir

Travel Displays & Door Prizes by

Ellison Travel, Merit Travel, Journeys by Van Dyke & Expedia Cruise Ship Centre

Travel Presentation

"By Wind, Water and Land"

Rosemarie Szalich, Travel Consultant



_____ cut here

May 7 Lunch Registration Form \$25. per person (subsidized)

Name of Member (s) _____ Tel. _____

Name(s) of Guest(s) _____

Dietary Needs: _____

Number of persons attending _____ x \$25.00 = _____

Make cheque payable to District 8 RTO OR

Pay direct to www.rto-ero.org/payment-d8

Send registration information (and cheque if that is your method of payment)

to: Linda McNeil, 318 Ensign Cres., London, ON N6J 4V1

Our Members Volunteer...



Volunteer Tutoring for Childhood Cancer Survivors By Jackie Kinder

I became involved in a number of volunteer activities after retirement. Today, most of my volunteer work is with Childcan because it is a grassroots organization that gives direct support financially and emotionally to children with cancer and their families and that funds lifesaving research and clinical trials at the London Children's Hospital. Childcan does all this with no government support and a staff of four. www.childcan.com

I have been able to meet some wonderful, brave kids who have truly become my heroes. You have an opportunity to meet one of these children by volunteering with the Volunteer Tutoring Program (VTP). Volunteer Teacher Tutors are needed for JK - gr. 10 childhood cancer survivors returning to school after treatment. This program helps students to catch up on what they missed during treatment and focuses on language, math and homework assistance. Our Early Years Program (EYP) helps younger children prepare for school.

Volunteer tutors work one-on-one with a child in the family home at a mutually convenient time, typically meeting once a week. You and the family will develop a flexible schedule that can work around vacations, school breaks, etc. Get involved in this most rewarding volunteer activity and contact me:

Jackie Kinder, volunteer coordinator, VTP/EYP jackie@childcan.com 519-680-7182





FOR THE BIRDS

By Debra Lefebre

For me, retirement really did turn out to be "for the birds". Even before I retired from being a TVDSB principal, I had been volunteering and sitting on the board of a wildlife rehabilitation centre. In 2010, I saw my first Chimney Swifts and became obsessed with them.

These are highly endangered aerial insectivores that few people ever see up close because, unlike other songbirds, they never perch in trees or walk on the ground. They spend all their time in flight very high in the sky and come down only at dusk to roost inside chimneys for the night.

When 4 rescued nestlings were brought in, I found them fascinating, fell in love with them and was heartbroken when they did not survive. I spent the next year researching and seeking guidance from Chimney Swift experts all over North America. A friend and I then became licensed to work with endangered species and opened our own centre, Swift Care Ontario.

For 8 weeks each summer, my life goes on hold. Rescued Swift nestlings are transported to me from all over Ontario and from as far afield as Quebec, Nova Scotia and Manitoba. By the end of the summer when the last of my tiny "foster kids" has been released in time to join a wild flock, I am utterly spent. But, exhausted as I might be, I still feel so privileged to have had the chance to follow my passion and spend time with these remarkable, endlessly fascinating little creatures.



As a child growing up in Africa, my dream was to work with animals. While I loved my 42-year career as an educator, I view this rather odd second career of mine as a marvelous "do over". I have come full cycle to realize my childhood dream.

**Do you volunteer for a charity that you would like see highlighted in *News at 8*?
Please submit your ideas to Dale McEwen at newsat8dm@gmail.com**

Hmm... what could I be doing in retirement?



LET'S MAKE MUSIC!

Have you ever thought about picking up a band instrument you haven't played since high school or even learning to play an instrument for the first time? Hundreds of adults, including many RTO members, are doing just that in the New Horizon Band program at Western University's Don

Wright Faculty of Music.

Initiated by Dr. Roy Ernst at the Eastman School of Music in Rochester, this program that encourages adults to play music has expanded across the US and Canada. Beginning in 1999 with only about 20 members, Western's New Horizon program recently celebrated its 20th anniversary with over 200 active participants. Nine of the original group are still in the program!

All skill levels are accommodated in bands from Beginner I, where most participants are just learning to read music and play an instrument, through 5 levels to Advanced II. Instruction is given in small groups by music faculty students.



RTO members Shirley Berez and Carol Head are French horn buddies in the band. Shirley says, "I decided to get back and try out some of my musical knowledge and skills at playing the French horn in high school. I love being a part of the New Horizon Band. I have come to know wonderfully talented and beautiful people. It is an excellent mental exercise to play an instrument, and it is a lot of fun!"

For more information about joining the New Horizon Band program:

Leave a message at 519-661-2111, ext. 82974, and someone will get back to you as soon as possible. Or visit the Don Wright Faculty of Music Building on a Saturday morning.

On the Entertainment Circuit

THEATRE

**Interested in seeing a theatrical performance?
There are lots of venues to choose from in the London area!**

GRAND THEATRE LONDON - <https://grandtheatre.com/1920season>

The Grand has shows on until June and then some summer options as well.

For 2020: "Every Brilliant Thing", "Honour Beat", "Between Breaths", "Room", "Juno's Reward", "Grow" and "Jeans and Classics"

PORT STANLEY FESTIVAL THEATRE - <https://psft.ca/schedule/summer-season/>

A small venue in picturesque Port Stanley, geared to the retired set. Tickets around the \$35.00 mark.

The 2020 season features:

"The Crooner Show", "A Legal Alien", "Jonas and Barry in the Home", "Our House", "Hurry Hard" and "The Perils of Persephone"

HURON COUNTRY PLAY HOUSE - <https://www.draytonentertainment.com/online/article/huron-country-playhouse>

A bigger venue with bigger shows and close by. Prices \$29-\$40. The 2020 season: "Fiddler on the Loose", "42nd Street", "Rock of Ages", "Kinky Boots", "Sleeping Beauty", "The Divine Swim Club" and "A Closer Walk with Patsy Cline"

STRATFORD FESTIVAL - <https://www.stratfordfestival.ca/WhatsOn/NextSeason>

World-class theatre with classical Shakespeare, musicals and world premiere offerings. Lots of special price offerings for early bookings, late season, etc. For the 2020 season:

"Much Ado About Nothing", "Chicago", "Hamlet", "Hamlet 911", "The Miser", "Wendy and Peter Pan", "Wolf Hall", "Spamalot", "Richard III", "All's Well that Ends Well", "What It Takes", "Frankenstein Revived", "Three Tall Women", "The Rez Sisters" and "Undiscovered Shakespeare"

VICTORIA PLAY HOUSE Petrolia - <http://thevpp.ca/>

Lots of options. Tickets around \$50 range. 2020 season offerings:

"Mudmen", "Sandy Toes and Salty Kisses", "The Roaring 20s", "On Golden Pond", "Dynamic Duos", "The Power of Song 2- Divine Women", "Wingfield Lost and Found"

MIRVISH - <https://www.mirvish.com>

Big Broadway shows in Toronto. Check the list on this website. Mirvish Express offers bus service from London (Ramada Inn at 401) to Matinee shows for \$50.

Bridge & Bowling Groups Invite New Members

This long-time group of (35 +) committed **bridge** players have whittled down to about 20 engaging participants. Be it attrition, holidaying, illness or other situations, our numbers have diminished to a point that makes for an unstable number showing up at our once-a-month, 1st Tuesday bridge meetings. The special part of our club is the fact that the level of competitiveness is kept to a social level and not an ambitious one. Our players come with partners or come to find a partner who can share a few hours of cordial bridge, inviting snacks and friendly interplay.

We have recently "revamped" our players' line-up to 5 tables but are sending out this special invitation to any retired teacher who likes the game of bridge and/or to any retired teacher who has a non-teacher friend who

might like to join us on the first Tuesday of each month at our designated bridge location. If you enjoy the game of bridge, the chance to visit with a friendly group of eager "gamers," and an opportunity to socialize with some mighty fine people, then please email Rosemary Szalich (ramblingrose@outlook.com) or call Doug Scott (519-472-0653) to ask about this invitation to join us.

We'd love to have you come out and be part of the re-building process, the receptive, social interactions and the enjoyment of the wonderful game of bridge on the first Tuesday of each month.

Doug Scott
Bridge Communications

The Retired Teachers' **Bowling Group** meets on Thursday mornings at 10:00 at Fleetway on Oxford Street near Wonderland. You need bowling shoes but can rent them. We bowl 2 games at a cost of \$7.90 total. We have a draw of one loonie for a specific category each week – high score, low score, most consistent bowler, most improved or closest to 100. We would love to see new recruits – men and women. You do not have to bowl off if you miss a week. Please consider spending your Thursday mornings with us. You won't be sorry!

Jean Willadsen 519-657-0255 willadsen@rogers.com



You are invited to attend the Annual
“To Hell with the Bell” Lunch



at the
Mandarin Restaurant

1790 Hyde Park Rd.,
London, Ontario

Tuesday, September 8, 2020

11:30 a.m. – Meet & greet your friends!

Hot & Cold Buffet Lunch

See you there!

In Memoriam

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

Maxine Allison
Jim Angood
George Barich
Mary Boyer
Helen Budd
Elsie Bruce
Patricia Chapman
Carman Cornish
Mildred Davidson
Kathleen Dickson
Muriel Duckhorn
Joyce Edwards

Ken Fleet
Lawrence Fric
Ted Froud
Eli Gilbert
Harry Haynes
Muriel Hill
Anne Irwin
Anna Jones
Catherine Kearney
Linda Killan
Patricia Kirk
Alma LeClair

Arthur Lee
Lucille Leyland
Rejeanne Liabotis
Frances Anna Lunick
Lynda McColl
Audrey McKaig
William Mero
Phyllis Mitchell
Cauleen Palmer
Janet Patterson
Constance Petepiece
Florence Poole

Sydney Read
Robert Repa
Elizabeth Revington
Doreen Riggs
Mary Rusbridge
William Sheeler
Ludo Slahor
Helen Thompson
Stew Toll
Peter Verbeem
Madelon West



MAKING AIRPLANE TRAVEL MORE COMFORTABLE AND HEALTHIER: 10 Tips for Travellers

The Coronavirus is doing a bang-up job of making us aware of the perils of modern transport and the spread of disease. With this in mind, I have posted some suggestions on how to make flights (anything longer than London to Toronto) more comfortable and safer. **Nancy Irons-Murray**

1. **Sanitized wet wipes** – wipe down tray tables, arm rests, seat buckles, the basket holding safety material and one of the dirtiest areas, the seat head rest.
2. **Wear layers** – bring a long scarf to wrap with for warmth. For long or late flights, you can put it over your head and face like mosquito netting; it cuts out some of the noise and airborne germs.
3. **Bring a water bottle** – empty through security, of course, and fill it at the secure side of the airport and/or on the plane. This way you can get your recommended 1 cup per hour to keep hydrated without having to wait for service.
4. **Avoid ordering ice** -- you get more drink in your glass, and the ice usually comes from a water tank which is cleaned very infrequently.
5. **Bring snacks** -- eat a decent but not too heavy meal before you board. Domestic and discount flights may include drinks (but not always offered) but no food except what you pay for.
6. **Leg room and choosing your seat**--if you plan to get a bulkhead or exit row, book ahead because it is not going to be available the day of the flight. Some travel gurus recommend booking a window seat and an aisle seat if travelling as a couple, hoping the flight isn't fully booked and no one wants to sit in the middle.
7. **Carry-on luggage** -- you can give yourself more room if you don't have luggage under your legs. The airlines usually allow two pieces of carry-on; discount travel lines may tag bags that go in the overhead bins (usually you must pay to bring those on), and any other item is under your seat. Carry medications, documents, electronics, basic clothing items in case luggage goes astray.
8. **Ear plugs/ earphones** -- these block out noise and can help with cabin pressure changes. If you have a working TV set, you can start a movie or music as soon as you get seated.
9. **Dress comfortably and take time to stretch** -- wear stretchy, breathable layers. You can stand up and stretch from time to time near the washrooms or do some stretching in your seat.
10. **Use your cell phone** -- take pictures of your passport, flight itinerary, luggage (before it goes on the exciting adventure that is airport roulette). You can download google maps of your location ahead of time. And there are all those APPS (Paris metro, language translation, etc.).

Walking the Camino

With Katy Farrow

Sitting in a staff meeting in March 2019, I decided that I did not want to experience the Harris years again with the Ford government, so I made the decision to retire. This decision allowed me to join a friend and walk the last 115 kilometers of the Camino de Santiago in Spain from Sarria to Santiago.

The Camino de Santiago is a 1,000 year-old pilgrimage that leads to the cathedral of Santiago de Compostela in northwestern Spain where the remains of the apostle Saint James are said to be enshrined. The popularity of the Camino experienced a resurgence in 2011 with the movie "The Way" starring Martin Sheen. There were over 2,500 pilgrims each day going through Santiago the week that we were walking.

Since this trip was organized by Metropolitan United Church, there was actually a group of about 22 of us heading to Spain to walk the Camino. We arrived in Madrid, Spain on September 16th and then had a six-hour bus trip to our starting point, Sarria.



The next day started with a long walk up a vertical hill in a heavy mist. Towns appear frequently along the Camino, and there are many places that you can stop for refreshments or lunch.

The following day, we walked over 25 kilometers to Palas do Rei and once again had an uphill walk through oak woods and meadows as the sun was rising. The views were outstanding all day as we looked out over the beautiful countryside and the distant hills.

On Day 3, we walked over 32 kilometers to Arzua--our longest day but one of the most scenic with many beautiful stone houses, bridges and eucalyptus forests. We ended the day with a 2-kilometer uphill climb to Arzua and a lovely double rainbow.

Day 4 was a 28-kilometer walk. Another long day, but fewer hills made it seem much easier than the previous day. On the last day, we walked only 10 kilometers to get to Santiago. We arrived at the cathedral in the pouring rain and were able to tour the cathedral.



The Camino is a pilgrimage that involves taking time to stop your own life and "step out of the familiar world so that you can look and listen, reflect and change" (from: <https://www.ncronline.org/blogs/parish-diary/walking-camino-de-santiago-will-change-you>). My transition into retirement was made far easier because I took the time to walk and think about the future on a path filled with hundreds of other people calling "Buen Camino" as they passed.



RTO District 8 - 2020 Proposed Budget – February 2020

Current Assets Bank Balance December 31, 2019			\$12,811.43
GIC			2840.18
TD Business Investor Account			2509.54
Total Current Assets			18161.15
RTO Provincial Grant 2020 (Estimated)			44952.86
Bank Interest (Estimated)			\$40.00
TOTAL ASSETS			\$63154.01
Expenses	2019 Budget	2019 Actual	2020 Proposed Budget
Executive Expenses President	1800	183.63	1000
Past President	200	117.00	200
1st Vice President	200	0	200
2nd Vice President	200	0	200
Other Executive	1000	0	600
Total Executive	3400	300.63	2200
Communications Newsletter/Website	9000	3729.62	6000
Total Communications	9000	3729.62	6000
Total Goodwill	5000	5050.92	6000
Meetings AGM May	6000	8099.79	9000
October Meeting	5000	7056.51	8000
Senate Meetings	3500	2037.13	3000
Executive Meetings	1500	828.30	1500
Committee Meetings	1200	973.36	1550
Recreation/Activities	1800	288.15	1800
Total Meetings and Activities	19000	19283.24	24850
Membership and Recruitment	3000	111.55	2000
Mileage and Transportation	2500	0	2000
Office	2000	2671.52	3500
Total Office and Other Expenses	7500	2783.07	7500
Special Events Poinsettia Lunch	5000	4253.28	6000
Retirement Planning Workshop	5000	0	5000
Other	1000	0	1000
Total Special Events	11000	4253.28	12000
Total Awards, Charities, & Contingency	5000	3200	4500
TOTAL EXPENSES	59900	38600.76	63050



 **Columbia**
Sportswear Company
EMPLOYEE STORE

EXCLUSIVELY FOR:

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

ITEMS ARE MARKED WITH EMPLOYEE PRICING (40 - 50% OFF REGULAR RETAIL PRICING)

VALID DATES

3/20/2020 - 4/12/2020

7/24/2020 - 8/16/2020

12/4/2020 - 12/27/2020

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 |
uniform piece | other form of affiliation*

LOCATION

1425 MAX BROSE DRIVE
LONDON, ON N6N 0A2
PHONE: 519-644-4900

STORE HOURS

MON - FRI: 10A - 7P
SAT: 10A - 6P
SUN: 11A - 5P

Check website for Holiday closures



Questions? Please email: londonemployeeestore@columbia.com

Valid for you and up to 4 guests for multiple visits during your invite period. Columbia reserves the right to modify or cancel this offer at any time. Please present this original invitation to the receptionist for entry and again at checkout. This invitation is non transferable. You must be present during shopping. The products purchased are intended solely for the buyer's own personal use, including gifts to others. Resale of products is strictly prohibited. Offer may not be combined with any other offer or discount. Valid from dates listed above. ©2020 Columbia Brands USA, LLC.

GETTING TO KNOW OUR CO-EDITORS



Dale McEwen was an English teacher in another life, first at Glencoe D.H.S., then at Medway H.S. She has always loved literature and composition, and had been editor of the former Middlesex County Board of Education's newsletter *What's New in Middlesex* for a number of years. It's fitting, then, that she has now accepted the position of co-editor of *News at 8*. Aside from the enjoyment of playing with words, Dale also likes to spend time in the summer golfing and gardening; while in the winter, she skis and swims. She is also an active member on the board of the Women's Canadian Club of London and volunteers with a number of charities. Retirement for Dale is a very pleasant second career!



The answer you get when asking **Dianne Rumney** where she taught is, "It's complicated". She became a teacher "by accident" in Newfoundland in 1971. After several moves around northern Ontario, the Rumney family landed in London in 1984. For most of her teaching career, Dianne worked in Adult Education. She taught with the Adult Literacy/Numeracy program in Strathroy, taught secondary credit courses at a Wheable satellite in Tillsonburg and retired as Coordinator of Adult Literacy/Numeracy for TVDSB. These days, she keeps busy tutoring, playing her clarinet and bassoon, volunteering at Wilton Grove PS, doing aquafit and walking. She's also a snowbird so is probably in Florida as you read this!