

**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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Dale McEwen & Dianne Rumney – Co-Editors

Tom & Pat Telfer – Facebook

Bernarda Norwood – Photographer



District 8  
London,  
Middlesex

**Send all changes in your contact information to:**

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**18 Spadina Road,  
Toronto, ON M5R 2S7**

E-Mail: [membership@rtoero.ca](mailto:membership@rtoero.ca)

Phone: **1-800-361-9888**

## DISTRICT 8 EXECUTIVE BOARD 2022-2023

| District Core Executive        | Name              | Email                           |
|--------------------------------|-------------------|---------------------------------|
| President                      | Stephen Harvey    | president08@districts.rtoero.ca |
| 1 <sup>st</sup> Vice-President | Joy Antoniuk      | joy.antoniuk@gmail.com          |
| 2 <sup>nd</sup> Vice-President | Mark Baines       | mbaines@rogers.com              |
| Past President                 | Rosemarie Szalich | szalich@outlook.com             |
| Recording Secretary            | Scott Armstrong   | dscott.armstrong62@gmail.com    |
| Corresponding Secretary        | Pat Groumpos      | spartaspark@hotmail.com         |
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| Communications                 | Bill George       | wgeorge1@sympatico.ca           |
| Membership Committee           | Rosemarie Szalich | szalich@outlook.com             |
| Membership Committee           | Lorna Wilson      | wdoonie@rogers.com              |
| Social Committee Co-Chair      | Linda Longstaffe  | llongstaffe9@gmail.com          |
| Social Committee Co-Chair      | Joy Antoniuk      | joy.antoniuk@gmail.com          |

**OUR WEBSITE IS OUR MOST UP-TO-DATE LINE OF COMMUNICATION**  
[rto-ero-londonmiddlesex.ca](http://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](mailto:president08@districts.rtoero.ca)

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### 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](https://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](mailto: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, 1<sup>st</sup> Vice-President, welcomed the members and special guests including Dr. Alan Shephard, President of Western University. Joy Antoniuk, 2<sup>nd</sup> 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 2<sup>nd</sup> 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](https://rtoero.ca/2022-future-retirees-report-retirement-planning-in-a-pandemic)

# **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 \_\_\_\_\_

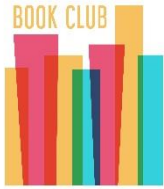
Number of Persons Attending \_\_\_\_\_ x \$25.00 = \$ \_\_\_\_\_

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](mailto:president08@districts.rtoero.ca).



## **Book Clubs**    Terri Lyons    [bookclubsrto@gmail.com](mailto: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](mailto:k.gellatly@rogers.com) Doug Scott    [kjatwork@rogers.com](mailto: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](mailto: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](mailto: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 HuffN'Puff Senior Fitness Association and the North London Optimist Club.

### **Thames Valley Trail Association**

[activities@tvta.ca](mailto:activities@tvta.ca)

[membership@tvta.ca](mailto: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 8<sup>th</sup> 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](mailto: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](mailto:londonemployeestore@columbia.com)



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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.

Columbia Sportswear limits the number of items purchased to no more than 10 of the same style. For team and company purchases, please speak to a member of our store management team.

Offer may not be combined with any other offer or discount. Valid from dates listed above. ©2022 Columbia Brands USA, LLC.

## ☞ In Memoriam ☞

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

Ivey Allen  
William Cahill  
Edwin Campbell  
Dorothy Chisholm  
Robert Cooper  
Malcolm Dick  
Carol Ellison  
Barbara Faulkner  
Jack Garwell  
Kathleen Granger  
Ann Gregory  
Ruth Griffin  
William Hauch  
Mary Howe

Dennis Irwin  
Roland Joselyn  
Gerald Lindsay  
Joseph Lohonyay  
Marion Lord  
Paul Lord  
Julie Lynde  
Bertha McGregor  
Elizabeth McKillican  
Irene Megyesi  
Bonnie Meuleman  
Marilyn O'Flynn  
John Palmer  
Alan Pauli

John Pedersen  
Barry Perkins  
Robert Reed  
Shirley Ribout  
John Ryan  
Nancy Ryan  
Helen Schwartz  
Ruth Sells  
Gore Shepley  
Patrick F Smith  
William Vandongen  
Jane Veenhof  
Sofia Walker  
Marstan (Marty) Woollings

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

9-500 Cranbrook Road  
London, ON N6K 4T3

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