



# Elginnews



NOVEMBER 2011

VOLUME 19 NUMBER 3

The Newsletter of District 41

<http://www.elginrto.org/>



Chris Rainsforth  
ertochristine.rainsforth@gmail.com  
EDITOR

## Elgin RTO District 41



Ron Ellsworth  
519- 765-4328  
WEBMASTER

### November is Diabetes Month



This is a link to valuable information and resources for anyone interested.

<http://www.diabetes.ca/files/CommunityDirectory-Elgin.pdf>

Someone told me they just had a "little Diabetes"  
I said, "That is like being a little pregnant !!!

**ONE OF A KIND SHOW**  
sign up by Nov 11th  
info on Page 6

**Christmas Dinner Tickets by  
November 25th -Catering Deadline.  
Bring Food for Caring Cupboard  
Info on page 7**

### Ready to Go Green

All Members who choose to receive the Newsletter by e-mail will be entered to win a Gift Certificate. Deadline to be eligible for draw. March 5th 2012.

Draw will take place @ the  
**Spring Fling and AGM**  
More details about the Spring Fling and AGM in the next newsletter.

Stay tuned.

e-mail info to  
[ertochristine.rainsforth@gmail.com](mailto:ertochristine.rainsforth@gmail.com)

### President's Message

As I write this newsletter, we are finishing up the warmest Thanksgiving weekend in twenty years. Walks along the beach seemed to be the consensus as everyone soaked up that vitamin D. There were even a few hearty people who attempted the water. It was a weekend to be thankful for.

For a moment I thought it was summer but was brought back to reality as I saw homes decorated with pumpkins and corn stalks. Realization came that cold weather would be upon us and my mind shifted to winter holidays in a warmer atmosphere.

I am sure some of you are already planning your winter escape. If you do like to travel I suggest you check the Ministry of Foreign Affairs website <http://www.international.gc.ca> . You will find much needed information to travel safely.

As you read through the newsletter please note that we are planning another trip to the One of a Kind Show at the end of November. However, we will only run the trip if our numbers are met. So get out there and ask your aunt, neighbour and cousin Ted to join us on one of a kind outing!

There will be another trip to Stratford next year. We have twenty eight unsold tickets left from our September trip and have a voucher to put towards tickets for the 2012 productions. So if you planning to attend a play next year please do it with us. Information will be coming in the spring newsletter.

Finally, a reminder to send a cheque to secure your spot for our annual Christmas Dinner on Wednesday, December 7th, 2011 at the Saxonian Hall in Aylmer. Check out the ad inside the newsletter. It is a great meal and a time to visit with old friends and get you in the festive mood.

Have a great fall and see you in December.

President

Rosemary Moreau  
519-775-2633



# Diabetes Update

With **November** being 'Diabetes Awareness Month', I'm happy to share a little more of my story. It serves as a reminder to me to be more diligent in monitoring this disease. I had planned to make more use of my little kit, but I let life get in the way. Summer days, with fishing, entertaining and enjoying company some how left little time and less desire to monitor my health, but I know how important it is. Tomorrow I'll be better!

The first hint of my type 2 diabetes came about ten years ago, when I mentioned to the doctor that I seemed to be losing a little sensation in my toes. He mentioned something about the effects of getting older and we let it go at that. Only later when blood tests showed increased sugar levels did I learn that this loss of sensation is a common side effect of diabetes. Diabetes affects the circulation and immune system, which in turn impairs the body's ability to heal itself. Over time it can damage sensory nerves, especially in the hands and feet (neuropathy). As a result, people with diabetes are less likely to feel a foot injury such as a blister or cut. Unnoticed, even small injuries can become infected leading to complications.

Good foot care helps in preventing this, including:

Wash your feet in warm soapy water, but don't soak as this dries your skin.

Use a pumice stone to keep calluses under control.

Thoroughly check your feet for ingrown toenails, cuts, cracks, or blisters.

Trim nails straight across and file sharp edges. Don't cut them too short.

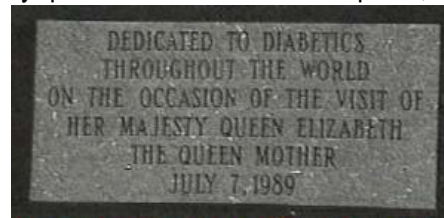
Apply an unscented lotion, but not between your toes as this leaves too much moisture, which can promote infection.

Wear well-fitting shoes and good socks. There are special diabetic socks that are looser and kinder to your feet. They suggest white socks (hurray—back to the sixties!), because if you have a cut it will be easier to detect.

As always, see your doctor if you have any swelling, warmth, redness or pain in your legs or feet and see a podiatrist or chiropractor annually—it is covered by our health plan! If you have any questions about our health plans, let me know.



Wayne Grosvenor  
Health  
Services/Insurance  
519 631-0446



Following the birth of an idea, nine months of experimentation, and through the combined efforts of four men at the University of Toronto, insulin was discovered and later purified for human use. The first successful test on a human patient with diabetes occurred on January 23, 1922. The death sentence for diabetes sufferers around the world had finally been lifted.



Dr. F.G. Banting, c. 1921

Conceived the idea of extracting insulin from the pancreas -London, Ontario, October 31, 1920

C.H. Best, c. 1921

Assisted Banting during the summer of 1921 in preparing pancreatic extracts that prolonged the lives of diabetic dogs.

The Banting House National Historic Site is located at 442 Adelaide St. N.  
London, Ontario, Canada  
at the corner of Queens Avenue and Adelaide Street.  
Public parking is accessible from either thoroughfare.

Hours  
Tuesday to Saturday:  
12:00 Noon to 4:00 p.m.

This site is worthy of a visit. Most informative.

### **PENSION ISSUES:**

This will be the final year that a retiree may teach up to 95 days. Commencing Sept 1 2012, all retirees will be limited to 50 days – without pension being affected.

Some retirees will be affected by new Cost of Living rules.

Any retiree who retired after June 2009, will have conditional indexing imposed on service credits earned after 2009. Rate will be 60% of cost-of-living on the portion of their pension earned after 2009 - 100% on portion earned prior to 2010.

### **Other PENSION CHANGES for active members:**

Active members will contribute an additional 1.1% (phased in over 3 yrs) commencing January 2012. (Current rate of contribution 10.4% up to CPP contribution limits and 12.0% over this amount)

### **INFORMATION FOR SNOWBIRDERS:**

Anyone staying long term in the US should become familiar with US visa rules.

Generally one is permitted to remain in the US for a maximum of 180 days. This is usually calculated by 6 months minus 1 day. Example: Enter June 15 – must leave December 14th. Depending on months this may equate to 180 – 183 days.

However, visits to the US during January and June technically are included in the 180 day rule.

Overstaying your limit may result in severe penalties – ie band from entering the US for 5 – 10 years.

Know the rules and keep track of your stay!

**Dave Giles**



## **Celebrating 20 Years Of Providing Wheelchairs " Save those POP TABS"**



**Christian Picard**, 17 years old, of Chatham is going into grade twelve at John McGregor High School. Christian has Cerebral Palsy and requires a Twilight manual wheelchair for extra mobility and independence. He is thtyoungest of three boys and the only one living at home. His parent encouraged him to attend acting school for two weeks this past summer, which he enjoyed very much. This has helped him to develop his talent to public speaking at local venues. TV and video games are also some of his favourite pastime.



Aurilla Ripley reports that

**Christian Picard is the 33 person**  
to receive a wheelchair.

Please continue to support this wonderful program.

Call Aurilla at 519-269-3153 or an RTO Executive Member for more information and to offer your support.

**Save your aluminum tabs and help  
Christian acquire his new wheelchair!**

**BRING YOUR TABS TO ANY  
ELGIN RTO EVENT**



## **PENSION & OTHER ISSUES**

Bill 133 recently passed in the Ontario Legislation requires, commencing January 1, 2012, regulated pension plan administrators to provide value of pensions for marriage breakdown purposes. The new law will allow an immediate lump sum transfer (LIRA or LIF) from the pension plan to the former spouse. Before January 1, 2012, a division of the pension by the plan administrator could only happen when the member actually terminated / died/ retired at some point in the future. The value of the pension will be based during the time the couple were together.

As noted in previous editions of Elginews, Canada Pension Plan rules are about to change. If you are between the age of 60 and 65, you may be interested in reading an article in the next edition of Renaissance. The new rules increase the penalty for commencing CPP before age 65, but also require mandatory contributions to CPP if one works between 60 and 65 years of age. Watch for further details in the next RTO Renaissance publication.

A new free Canadian website [www.mint.com/canada](http://www.mint.com/canada) allows one to keep track of all your financial information with the click of a button. This is a very useful site for anyone concerned about identity theft. Once your financial information is registered, the mint.com site tracks everything that occurs with your bank accounts and credit cards. Thus, a simple check of this one site allows for an instantaneous view of all your credit card purchases and bank transactions. The site has been operational in the United States for a couple of years, and now has a Canadian link. Worth checking out, in my view.

Finally, for anyone who has followed my writings over the years (when I was an active teacher in Elgin) may recall my promotion of David Chilton's book *The Wealthy Barber*. A Chilton notes, much has changed in the financial field over the past couple of decades. So *The Wealthy Barber Returns*, has been published. Still a very easy reading book, it is something worth reading and certainly would make a great Christmas gift for any children or grandchildren. Available at Chapters and also Costco.

Dave Giles

RTO Pension & Retirement Concerns



## **SENIOR EMERGENCY KIT:**

A newspaper article regarding this company outlined the fact that many people eventually are thrust into caregiving situations, but very few are knowledgeable regarding the patient's medical conditions.

This company has developed an extensive Emergency Kit which organizes everything you'll need to know in case of an emergency involving an elderly loved-one.

**Kit is available on-line at [www.homeinstead.com](http://www.homeinstead.com)**

## Political Advocacy Report

Thanks to all who put up posters and encouraged seniors to get out and vote on October 6th. Thousands voted for change at Queens Park. Hopefully with a minority government we will see some change. Our voter turnout at 49% in Elgin was lower than 2007 (52%). Guelph has implemented online voting since 2003 and voter turnout is near 85%. Possibly we will have online voting in the future. Security is still a problem in this area.

Hopefully you heard our radio ads on CFPL 980, 101 and 107FM. These ads from RTO/ERO were encouraging young voters and long time voters to get involved and take an interest. Both All Candidates meetings in St. Thomas and Aylmer were packed. Thanks again to the Aylmer Express and the Weekly Newspaper in St. Thomas who organized these informative meetings.

We'll continue to work with the LHINS in 2011-2012 and try to advocate for improvements in wait times for seniors.

John Taylor  
Political Advocacy Chair



## Travel Report

By the time you read this the "California Surfers" will have returned to Elgin County. The trip to San Diego L. A. and San Francisco was wonderful.

Coming up on May 30th to June 10th 2012 is the Legendary Danube river cruise from Prague {3 days} to Budapest Hungary with guided side trips in Germany and Austria. We are sailing on Avalon's newest vessel The Avalon Vista. If anyone wishes to register it may still be possible; call Marion at Advantage Travel.

We are looking for suggestion for a summer trip 2013 or future trips if you have any ideas please email me or contract Marion. At this point several people have indicated a desire to return to Newfoundland- Labrador at the end of July early August for a 12 day trip as the weather seems to be better at that time. Details and final cost are not finalized as yet but a ballpark figure seems to be around \$3500.00 per person. For now happy travels



John McIntyre  
519 762-3631

Assemble a group of friends  
or make new friends  
this a journey to remember

Join us

On the Legendary Danube River Cruise

# ONE OF A KIND SHOW



**Date-Monday, November 28, 2011**

**Time- 8:30am**

**Leave St Thomas from the Zellers' mall at the east end of Wellington  
from between Zellers and the new restaurant**

**3:00 pm Leave Toronto**

**5:30 pm Arrive in St Thomas**

**Cost Includes Transportation and Entrance to Show**

**\$35 District 41 ElginRTO Members**

**\$40 Non-District 41 ElginRTO Members**

**To reserve a spot contact Martha Foster**

**NO LATER THAN November 11, 2011**

**By phone-519 762 3609**

**or**

**By email at marthafos@gmail.com**

# ONE OF A KIND SHOW

Contact Information:

Name \_\_\_\_\_ Phone \_\_\_\_\_ e-mail \_\_\_\_\_

District 41 Elgin RTO Member \$35.00

Non-District 41 Elgin RTO Member \$40.00

1.		
2.		
3.		
4.		

Total \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_

Check made out to Elgin RTO and mailed to

Martha Foster  
Box 343  
Dutton, ON N0L 1J0



# CHRISTMAS GATHERING AND LUNCH

Where: Saxonia Hall In Aylmer

Date: Wed Dec 7, 2011

Time: Doors Open at 11

Meal served @ 12:30



Cost: District 41 Elgin RTO Member \$ 19.00

Non-District 41 Elgin RTO Member \$ 24.00

Submit Funds by November 25th

Send your Cheque to Dennis Collins

Due to Catering Deadline Sorry NO last minute additions.

Thinking of others Please Bring Food Donation for The Caring Cupboard

*Wishing you all a safe and Happy Holiday Season and  
a Healthy and Prosperous New Year.*



## Yes I would like to join you at the CHRISTMAS GATHERING AND LUNCH



Please fill in Names

ElginRTO District 41 Members @ \$19.00/Person	Guests & Non-Members of District 41 ElginRTO @ \$24.00/Person



**TOTAL** \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_

**Make Cheque payable to Elgin RTO and mail it to**



**Dennis Collins  
7 Primrose Court  
St. Thomas ON N5P 0B3**

**Golf Tournament  
@ Dutton Meadows on  
Wednesday September 14, 2011**

Warm sunny skies greeted 27 enthusiastic golfers at Dutton Meadows. A fantastic display of "talent" and friendship were the mode of the afternoon.

A bountiful steak dinner with all the trimmings rounded out a great day. We welcomed 8 new golfers to the tournament but we missed a number of regulars who had other engagements. We hope to see more golfers next year as this years participants want the tournament to continue.

Team winners of the Texas scramble format were Allister and Carolyn Cameron, Jack Empey and Don Lucas who hadn't golfed for over 22 years scoring a37.

B flight winners were Lindsay Sleightholm, Barb Campbell, Alice Plain and John Morrow with a 42.

Closest to the pin was won by Mary MacVicar and Ron Daykin  
Longest drives to Chery black man and Ron Daykin and Ed Montieth.

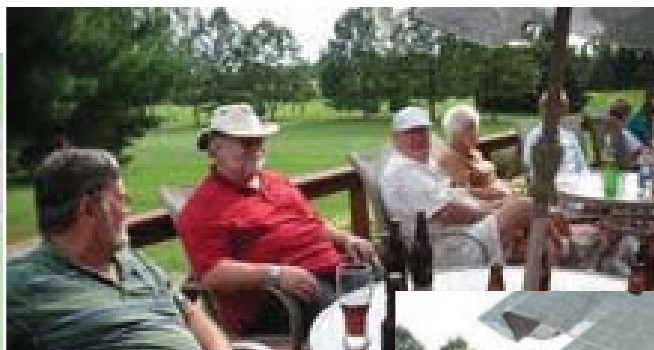
Birthday closest to today Patricia Empey

All participants received prizes ending a wonderful day

Thank you to Carolyn Cameron for getting the prizes and to the staff at Dutton Meadows.



**John McIntyre  
Convener**



## From the Editors Desk

As I sit here working on my computer trying valiantly and with great patience and perseverance to print in booklet form and on ledger size paper. I have this little blank area to fill. I had a little too much news to try and compile into 12 pages so I have decided to print an extra 8 1/2 x 11 page. This is going to be a page that gives you a quick reference to your District 41 Elgin RTO Executive with important Elgin RTO event dates, and the report on the Wellness Day with photos will be on the back page.

This will be my first Wellness Day and I am looking forward to the sessions that my husband and I have signed up for. I am hoping to find out that the Brass Lincoln Bookends, my collection of Women's Day from 1952 and a small water painting are worth a small fortune. :D Kevin and I are signed up to learn how to play poker and then we are going to clean up at the Mini tournament. By now you have all figured out that I have a sense of humour.

We are busy getting things gathered up to take with us to Florida. We are going to avoid the cold weather and hopefully Florida is nice and warm. We have been fortunate to meet a few people and to show you what a small world it is, much to our surprise, a couple of our RTO members are in the park we are hoping to purchase in, this fall. One is Lynn Mickle, ( a retiree from Auther Voaden ). We served on the Old Elgin District of OSSTF. We also became friends with Nancy Baker a retiree from Parkside. It sure is a small world. It is always nice to see familiar faces. My children and grandchildren are joining us down south for Christmas. We will be spending Christmas with Mickey Mouse and friends. On that note I would like to wish you all a Happy Holiday and a Wonderful 2012. Take care and stay safe. Christine Rainsforth

### Service to Others

It is that time of the year again when we look to our members for ideas for our District application to Project Service to Others. The criterion for submission includes:

active participation by members of RTO/ERO, District 41, the support and approval of District 41, pertinent information from any local community agency involved in the project, a list of educational, community and or social benefits that will accrue as the result of the project and several other eligibility requirements. We are very impressed with the Adventure Camp project currently in place at the Talbot Teen Centre.

If you have a suggestion for 2012 please speak to one of our executive members prior to our Christmas dinner. The deadline date is the close of business on March 1st.

Many of our members try to make a positive difference in the community through their dedicated volunteering. You are the unsung heroes who add so much to the lives of children and adults. As Gandhi once said, "The best way to find yourself is to lose yourself in the service of others". What wonderful role models you are as you serve in municipal government, deliver Meals on Wheels, transport patients to hospitals, appointments, tutor students, serve on local boards etc.!

It would be interesting to tally all the ways our members give of themselves with passion and dedication.

Respectfully submitted by:

Service to Others

Fran Wren

519 631-6515



### Retirement Seminar: Employees in Education

Did you know that RTO/ERO now has over 65,000 members, from age 45 to 108? We are organized into 46 Districts in Ontario and two in British Columbia. If you are a teacher, school or board administrator receiving a pension from the Ontario Teachers' Pension Plan you will be a full member. If you are a college and university faculty, and educational support staff from schools and school boards, you will be an associate member. However you must make application to "RTO/ERO" at 18 Spadina Rd., Toronto Ontario to inform them of your intention to become a member.

District 41 is hosting an excellent seminar on Saturday, Nov. 19th at the Knights of Columbus Hall in St. Thomas for those about to retire and those considering retirement.

Please help us to inform our colleagues and friends about this wonderful opportunity.

The contact is Rosemary Moreau (519.775-2633) or Dennis Collins (519.631-0932).

Local and provincial experts will lead this informative timely seminar.

We ask that interested parties contact Rosemary or Dennis by Nov. 02.

Respectfully submitted by Fran Wren

Recruitment Contact

Fran Wren

519 631-6515



Assets at January 1

General Ledger Balance	\$ 6,807.43
Investments	\$ 4,646.00
Other assets:Uncashed cheque	
<u>Total Assets</u>	<u>\$11,453.43</u>



Treasurer's  
Report  
Dennis Collins  
519 631-0932

Revenue

<u>Grants</u>	\$12,478.00
Annual	
Bilingual Services	\$ 2,500.00
Project - Service to Others	
Retirement Planning Workshops	
Interest on Bank Balance and Investments	\$ 1.10
Other	\$ 6,340.50
<u>Total Revenue:</u>	<u>\$21,319.60</u>



Total Assets and Revenue: \$32,773.03

Expenses

District Goodwill	\$ 63.90
Bilingual Services	
Project - Service to Others	\$ 2,500.00
Recruitment	
Meetings	
Executive	\$ 773.13
District	\$ 624.15
Senate	\$ 333.57
Provincial Workshops	
Newsletter (mailings, printing, postage)	\$ 5,045.61
Office expenses	\$ 172.80
Retiree Receptions	\$ 1,045.86
Retirement Planning Workshops	
Website	
Donations	\$ 823.52
Political Advocacy	\$ 430.00
<u>Other Expenses</u>	
Dinners	\$ 990.00
Member Activities	\$ 5,086.96
Event travel	
Investment Certificate	\$

Total Expenses \$ 17,889.50

Assets at December 31

General Ledger balance	\$ 10,237.53
Investments	\$ 4,646.00
Other assets:	
<u>Total Assets</u>	<u>\$ 14,883.53</u>



Carla Kuijpers "SUPER MOM"



Carla & son, Michael Kuijpers, 22, Easter Seal Advocate, who used to be an "Easter Seals child"



In the words of the Friendly Giant  
"LOOK UP - LOOK WAY UP"!!!!!!

# The Drop Zone

After putting on my gear and signing a waiver not to hold anyone liable in case of dropping too fast, I am to participate in a second training session. No, I haven't forgotten how to use the harness. An innocent-looking, wooden scaffold-type of contraption, only a few meters high, serves as training ground. Pull the lever and feed the rope. Anyone can do this! Piece of cake!

Up to the 23rd floor. As the elevator stops I am greeted by 6 more staircases to get to the roof. The immense view at the top "takes my breath away"! Don't look straight down! I can handle this! Piece of cake!

Super Woman, my partner in rappelling, is next on rope #2. Three pairs of hands are busy tying her in. She looks nervous. Now it's my turn. Rope #1. One is a lucky number, right? What can possibly happen to me? Why is it getting so hot all of a sudden? It's hard to imagine it can be so warm at a height of 113.4 meters.

A small stepladder stands waiting for me in front of a meter-high railing, built to keep roofers from falling over the edge. No kidding! Two big fellas are busy attaching rope #1 to my gear and I am now completely "safe" in case I slip off ... Don't think about it. Don't look down. A feeding rope is pressed into my right hand and the lever into my left. I step on the small ladder. One more step to go onto the railing....

My hands start to sweat. My legs freeze. I am holding my breath as I visualize what I would look like if I were to slip from that nasty railing: A big red splash with hot-pink hair, surrounded by a black cape. How strong are these ropes anyway? How often are they tested? I am not exactly as light as a feather.

My body refuses to step onto the railing.

I have lost all courage, if I had any before. "Can I SIT on the edge first?" is my request. "My legs won't move. Can you push them over the railing?" The answer makes me cringe: "Yes, but it will make you swing and turn!" I can handle facing up, but not facing down. What if I start swinging, hit a window and end up in someone's office! No, no turning at any cost! No looking down! My acute fear of heights would stop my heart instantly.

I realize there is no way out! I have committed myself to my family, friends, and sponsors. Everyone has seen me in the news. What will they think of me if I were to give up?

Holding my breath and tightly closing my eyes, I step on the railing and lean down. Somewhere far away I hear a voice, "Shall we lower her down a bit?" as I fall into space.....

Glass! My feet are touching glass! I'm still alive!

With renewed hope I grab the lever with my left hand, pull, and try to feed the rope with my right. It's not moving! I try again and again, but the rope doesn't budge. I am stuck on a 26-storey glass giant, hanging from the top, not going anywhere. My heart is jumping in my chest surrounded by a strange tightness. How long are they going to leave me hanging here?

Breathe in, breathe out. Breathe in, breathe out.

I start singing to give myself courage. "I've got to leave old Durham Town and that leaving's gonna get me down." Down. Down. Don't look down! My voice sounds thin.

Suddenly I remember my strength-training son's advice: "You have more power when you breathe out, Mom!" Of course! The rope hanging from the top is "top"-heavy but will get lighter as I climb down. That's 113 m. of rope and a lot of weight. All I need is more strength.

I breathe out as I pull the rope harder this time. A miracle happens.

I am actually rappelling down "One London Place"! Eyes shut.

Breathe in, breathe out. Breathe in, breathe out.

All of a sudden I hear some voices coming closer.

I must have reached the small platform, about one fourth of the way, where assistants push rappellers "over the edge".

But this edge does not come with a railing one meter high.

This edge is easy. "Hey!" a voice calls out to me.

"Open your eyes so you can see how handsome I am!"

I sneak a quick look through my eyelashes. No, handsome he is not, but his joke gives me just enough encouragement to quickly peek up at the building and count how many windows I have covered.

Feeding the rope is becoming easy, very easy. My feet stay glued in their position on the glass, just like Spiderman, and I start to zoom down, much too fast for any great picture-taking to the chagrin of my family and friends with cameras. I start to feel like a superhero. I am Super Mom and I am fulfilling a promise. After leaving all other rappellers way behind, or should I say "above", I almost hit the ground too hard. Thank you, Mother Earth! Thank you, all sponsors, for helping me raise more than \$3,700 here in St.. Thomas. Thank you from the bottom of my heart! Thank you to all the other superhero rappellers who raised a total of \$153,000 to help kids with physical disabilities enjoy camp just like "other kids" Will I do it again next year? Of course! Piece of cake!



Carla Kuijpers  
raised \$3,700.00  
for Easter Seals to  
send Kids  
to camp  
Photo by  
Andrei Calinescu

**1 VERY  
BRAVE  
WOMAN**

# Forget the Bell Breakfast



Ron Daykin VP Elgin RTO presents a \$500.00 cheque to Chalotte McDonald co-ordinator of the Elgin Community Nutrition Partnership. The money will be used to support a breakfast program for children.



Marion and Murray Harries  
60th Anniversary  
Article submitted by Good Will  
Committee Member  
Ginny Barfet

Marion and Murray Harries celebrated their 60th wedding anniversary in July. This congenial M&M team received many guests at the Lawrence Station hall on July 23rd. Marion taught for 35 years mainly in Middlesex County. Her responsibilities were mostly in the Special Education field with ten years spent at the Board office. She has been retired for 27 years and both she and Murray are blessed with remarkably good health.

## The Final Bell Rang for the Following Members in 2011



- Joan Sullivan
- Alice L. Patterson
- John Thibaudeau
- Anna Vermay
- James V. Geiger
- Lloyd George
- Hugh Telford
- H.E. Barker
- Elva M. Bassett
- William F. Haight
- Alice L. Patterson
- Leora Garrett



**We wish to remember these recently departed colleagues. We are grateful for their service, their comradeship and their spirit and we shall honour their memory. To their families and friends we extend our sympathy and our thoughts. May They Rest In Peace**


## Upcoming RTO Events

1. **One Of A Kind Trip to Toronto:** Reserve by calling Martha Foster @ 519 762 3609 or By email at marthafos@gmail.com. Please call no later than November 11th. See page 6 for more details.
2. **Christmas Dinner** purchase your dinner tickets- Call Dennis 519-631-0932  
Where: Saxonia Hall In Aylmer Date: Wed Dec 7, 2011 Doors Open at 11 : Dinner @ 12:30 Time:  
Cost: District 41 ElginRTO Members \$ 19.00 Non-District 41 ElginRTO guests \$24.00  
Checks due by November 25th Due to Catering Deadline no last minute additions. More info On page 7 of the newsletter
3. **Newsletter by e-mail to be eligible for Gift Certificate Draw** deadline information to Chris Rainsforth by March 5th 2012. Please e-mail [ertochristine.rainsforth@gmail.com](mailto:ertochristine.rainsforth@gmail.com) Include your name and e-mail address. If you received this newsletter by e-mail you are included in the draw. (One entry per member.) Winner's name will be drawn at the Spring Fling and AGM. Remember we are all winners when we go green.  
Spring Fling and AGM ~ Plan for May: More information in April Newsletter


Please consider joining us  
2nd VP Elgin RTO  
Good Will  
Phone Committee

Please call Rosemary for more  
Information


## Elgin County RTO Executive 2011-2012




**President**  
Rosemary Moreau  
519-775-2633




**First Vice- President**  
Ron Daykin  
519 773-8109




**Treasurer**  
Dennis Collins  
519 631-0932




**Past President**  
Martha Foster  
519-762-3609



**Secretary**  
Gord Park  
519 769-2300




**Membership  
Co-ordinator**  
Ric Murray  
519 617-1388



**Recruitment  
Contact  
Service to Others**  
Fran Wren  
519 631-6515


Looking for Something to fill the Void.  
Please consider joining us  
2nd VP Elgin RTO  
Good Will  
Phone Committee



**Travel**  
John McIntyre  
519 762-3631




**Political  
Advocacy**  
John Taylor  
519 631-3134




**Pension Benefits**  
Dave Giles  
519 268-7909




**Telephone**  
Judy Upsdell  
519 633-3843



**Health  
Services/Insurance**  
Wayne Grosvenor  
519 631-0446



**Webmaster**  
Ron Ellsworth  
519 765-4328



**Newsletter**  
Chris Rainsforth  
519-631-6602



# 4th Annual Wellness Day



Wellness Day 2011 was a sold out event as retirees gathered to learn how to laugh, relieve stress, golf, play poker, rearrange homes, eat, eat and eat again. Great day, wonderful job Wellness Day Committee. BRAVO  
See District 41 Web Site for more photos.

