

Vision 20/20

 **RTOERO** District 20
Frontenac, Lennox
& Addington

District 20 acknowledges that this land on which our members reside is situated on traditional Anishinaabe and Haudenosaunee Territory.

Volume XI Issue iii
Winter 2021/2022



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**'TIS THE SEASON FOR
SHARING AND CARING FOR
ALL CREATURES
GREAT AND SMALL!**

RTOERO District 20 breakfast gatherings are back at the Kingston Travelodge Hotel Cavalier restaurant at 2360 Princess St.! Join your friends every second Wednesday of the month from 9:00 AM until June 8, 2022. Safety precautions remain in place!



RTOERO District 20 Executive and Committees 2021–2022

PRESIDENT:
Juanita Everett
president20@districts.rtoero.ca
613.900.8147

FIRST VICE-PRESIDENT:
Dennis Quinn

SECOND VICE-PRESIDENT:
Madeleine Wotherspoon

SECRETARY: Ted Whiteland

TREASURER:
Dave McLatchie

MEMBERSHIP SECRETARY:
Liz Carson

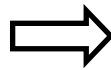


COUNCILLORS

Patricia Bland
David Kendall
Lorraine Kenney
Lorraine Tank
New: Environmental Steward
Cindy Dunning*

CHAIRS OF STANDING COMMITTEES

AWARDS: Madeleine Wotherspoon
BENEFITS: Lorraine Tank
COMMUNICATIONS (VISION 20/20): Patricia Bland
rtoero20@gmail.com
GOVERNANCE COMMITTEE: Dennis Quinn
GOODWILL AND MEMBERSHIP SERVICES: Ann Botros
POLITICAL ADVOCACY: David Kendall
RTOERO FOUNDATION: Ted Whiteland
TRAVEL: Dennis Quinn



WEBMASTER: Ted Carson
District 20 is looking for a new webmaster!
See page 9 for details!

***NEW DISTRICT 20 EXECUTIVE POSITION**

ENVIRONMENTAL STEWARDSHIP

In concert with provincial plans and VibrantVoices.ca our District 20 Executive has created a new Councillor position for **Environmental Stewardship**. This Executive member's focus is on keeping the Executive and membership apprised on environmental issues and possible actions that can be implemented to address environmental concerns. We welcome **Cindy Dunning** to her new role as our Environmental Steward and ask that you watch for her articles under the section "Just One Thing".



Vision 20/20 is published three times a year: Winter, Spring and Fall. The colour e-copy is emailed to all members with an email address. The printed copy is sent via Canada Post to those without electronic contact information. All materials and editing are completed by District 20 volunteers and all printing is managed by DigiGraphics in Kingston.



14 Davey Crescent
Amherstview, Ontario K7N 1X6
Remember to update your personal info with RTOERO.



President's Message

Juanita Everett president20@districts.rtoero.ca

As I write this message signs of the festive season are going up all around us – lights, trees, music, and unfortunately COVID-19 numbers in the KFL&A catchment area. It reminds us that we still need to be vigilant and follow all the health protocols. Despite this, we should feel more hopeful as our vaccine status is strong with boosters now available and the paediatric vaccinations available for 5 to 11 year olds. This will keep us all safer and more confident in gathering together safely in the coming weeks.

This is also a time to reflect on the past year. We have been able to reunite with friends and family and return to some of our favourite activities in person, rather than virtually. Personally, if I never have another ZOOM meeting I will be very happy. Many of us have begun to look forward to a more normal future. For the travelers this means planning trips; for the epicureans it translates to dining out at favourite restaurants; for grandparents it ensures hugs and kisses. And for those who enjoy the social activities at local recreation centres, safe gatherings encourage a return to facilities, friends and activities. These steps will be most helpful in

relieving social isolation and improving the health and mental well-being of many of our members.

Unfortunately, we have also had our share of losses and sadness. Family and friends have passed and far too often we have been unable to share our grief and memories in person. Virtual gatherings lack the intimacy and comfort that we require during mourning. Our own District 20 executive suffered the loss of two outstanding members, Past Presidents Les Forkes and George Lamacraft. These gentlemen served District 20 members and our larger community throughout retirement with generosity and distinction. I will miss the guidance and humour of my dear friend Les. Our heartfelt sympathies go out to their families.

In conclusion, I would like to wish all members good health, peace of mind and a more joyful New Year.

Sincerely,

Juanita Everett

*Seasons
greetings*



RTOERO FOUNDATION UPDATES



Ted Whiteland Vice-Chair RTOERO Foundation
<https://rtoero.ca/rtoero-foundation/>

Greetings District 20 Members!

As District Chair of the RTOERO Foundation, it is my pleasure to offer the following information about your Foundation. Many of our District Members are familiar with the Foundation Newsletter “*Embrace Aging*” and have just received a copy of the Fall 2021 edition. I trust each of you will enjoy this edition and will learn more about the work of your Foundation.

Even as the economy is opening up and there is a sense that things are returning to “normal”, I am pleased to report that your Foundation staff has continued to be very active despite the fact that all Provincial work is via Zoom!



We have enjoyed a unique Social Isolation Awareness Month (SIAM) with the introduction of a new approach titled “**Chime In**” that encouraged a greater level of communication amongst Members. By all reports, those who took part enjoyed the interaction. We also had the opportunity to enjoy additional Webinars hosted by your Foundation. If you missed them – no problem. Once the final translations of the Webinars are completed, Members will be able to access other earlier Webinars on the Foundation website at www.rtoero.ca.

At this time, on behalf of your Foundation, I wish you a wonderful holiday season with all the excitement, good will and family time that everyone looks forward to enjoying.

Ted Whiteland

District Foundation Rep



We are saddened to report the passing of a former colleague and District RTOERO President, **Mr. George Lamacraft**. I had the pleasure both of being a History student of George in Brockville in the early sixties and then as a Principal colleague later in my career. I know that George brought the same love of education and the betterment of others to all of his roles and particularly as President of the former amalgamated RTOERO District from 2001-2002. George was predeceased by his wife Anna and is survived by his daughter Marcia, son Kevin and several grandchildren. May he rest in peace.
Ted Whiteland





TRAVEL MATTERS REPORT
Dennis Quinn KARTTC Chair



Kingston Area Retired Teachers Travel Committee (KARTTC)

Call for Committee Members!

If you want to organize travel related ventures for District 20 Members when the pandemic settles down, please contact Dennis Quinn, Chair of KARTTC, at expos09@hotmail.com. Merit Travel still maintains a presence in the area for District 20 members. Although the Princess Street office is closed, **Gayle Outhwaite** represents Merit and welcomes RTOERO members at gouthwaite@MeritTravel.com.



On October 19, 2021, **Les Forkes** passed away after a short but courageous battle with cancer. He was 71. Les has left an indelible mark on our RTOERO District 20. As a member of our Executive, most recently as President from 2018 to May 2021, Les will be remembered for many significant contributions.

Perhaps the most memorable for the entire District 20 was bringing Jay Honeycutt, former Director of the Kennedy Space Centre, to our annual "To 'Ell With the Bell" Breakfast in September 2018. Attendees will never forget that very entertaining and informative presentation. However, to the District 20 Executive, Les's most significant accomplishment was shepherding us safely through the first 15 months of the COVID-19 pandemic. His passion to make sure RTOERO messages and information were available to all our members during this critical time will never be forgotten.



At the Honeycutt Breakfast in 2018, (l-r) Dennis Quinn, Les Forkes, Jay Honeycutt, Ted Whiteland.

Les will be sorely missed by his RTOERO colleagues but not as much as those to whom we offer our most sincere condolences – his wife Martha, his sons Matt (Haza) and Kyle (Lisa) and granddaughters Isabella and Winnie. The measure of Les Forkes as a person comes out of a conversation with Martha concerning charitable donations in his memory. He requested donations not be connected to his suffering but to the Canadian Institute for the Blind (CNIB) thus addressing the afflictions of others including those who have been blind for life.

Rest well dear friend.
Dennis Quinn



JUST ONE THING

Column by
Cindy Dunning
RTOERO District 20
Environmental Steward

Environmental stewardship is defined as the responsible use (including conservation) of natural resources in a way that takes full and balanced account of the interests of society, future generations, and other species (Worrell & Appleby, 2000).

In other words, environmental stewardship is how we take care of our natural world so that all living things can be happy and healthy, now and into the future.

Everyone can do **just one thing** and become an environmental steward! Choose one thing (or more) from the following, which focus on everyday choices, learning more, and community activities.

JUST ONE THING – EVERYDAY CHOICES

- Follow the 7 Rs – Rethink, Refuse, Reduce, Reuse, Repurpose, Recycle, Rot
 - One easy way to avoid negatively affecting our world is to not have stuff in the first place
- Plant or grow only native plants
 - Did you know that a place can be 'green' and yet not be good for the web of life? If an area is planted with ornamental plants (non-native), it will not adequately support local insects, birds, reptiles, and other animals, and hence won't support humans into the future.
- Group your errands together
 - Wise use of transportation or even walking when possible reduces energy needs and pollution, which allows for cleaner air, safer roads for animals, and more time to enjoy nature.

JUST ONE THING - LEARNING MORE

- Research what your city or township is doing for environmental stewardship
 - The City of Kingston is upgrading their Climate Leadership Plan
<https://www.cityofkingston.ca/residents/environment-sustainability>
- Read A Book
 - A Good War: Mobilizing Canada for the Climate Emergency by Seth Klein
- Explore a local group
 - Support Sandy Pines Wildlife Centre
<https://sandypineswildlife.org/>

JUST ONE THING - COMMUNITY ACTIVITIES

- Clean up litter wherever you go
 - Picking up just one item on your daily walk can have an impact - you may have just saved one bird from getting injured or sick from eating it
- Encourage everyone you know to grow a square meter of native flowering plants
 - If every yard, balcony, door step, or windowsill had native flowering plants, the butterflies, moths, and birds would find more migration routes
- Support your local farmers and gardeners
 - Eating locally grown food not only supports our local economy but the food tastes so much better!



MEMBERSHIP UPDATES Liz Carson Membership Secretary

IN MEMORIAM

On behalf of the members of District 20, the Executive expresses its sincere condolences to the families, friends and colleagues of those recently deceased. We share in the mourning of their loss and celebrate the services they rendered. During this time of COVID-19 and social distancing, we extend our thoughts to those who are affected by these additional difficulties. Our list is current as of December 2021.



John Allan

George Lamacraft



Jack Brown

Murray McNeely

Leslie Forkes

Courtney Parcher

John Gazdig

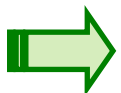
George Pringle

Robert Hill

Stanley Taylor

Allan Kay

Carley Wallace



IS YOUR CONTACT INFORMATION UP TO DATE? Have you moved? Changed phone numbers? Are you in a different RTOERO District? Do you have a language preference? Are you the primary contact in your household?

Contact RTOERO by email membership@rtoero.ca or phone 1-800-361-9888.



Welcome New Members!



District 20 welcomes our new members! As of December 2021 we are comprised of 1416 registered members in Frontenac, Lennox and Addington.



**Donna Abbink
Linda Adams
Glenda Bauder
Shannon Brooks
Allan Chadwick
Gail Davie
Martha Forkes
Kimberly Grady**

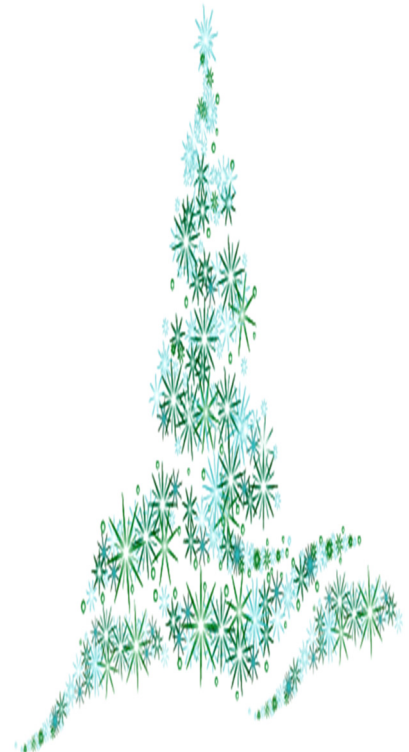
**Pamela Hart
Mildred Hill
David MacPherson
Heather Main
Leanne McNeely
Michael Muise
M Murphy
Wendy Procter**

Did you know? Certificates for members who turn 100 years old will be sent from the RTOERO office, along with birthday greetings. Members over 100 years also receive free membership.



RTOERO will award 20 scholarships valued at \$3,000 each to students recommended by RTOERO members who are enrolled in college or university programs that lead to careers either in education, environmental stewardship, or seniors health and wellbeing. The upcoming scholarship deadline is **January 14, 2022**. For more information please visit rtoero.ca/giving-back/scholarships.

Attention District 20 Members: Does your not-for-profit group have a connection to education in the community? Consider applying for a **Service-To-Others Grant** from your District 20. See page 12 for more!





OUR DISTRICT 20 COMMUNITY

Service to Others Update: Machine Mavericks

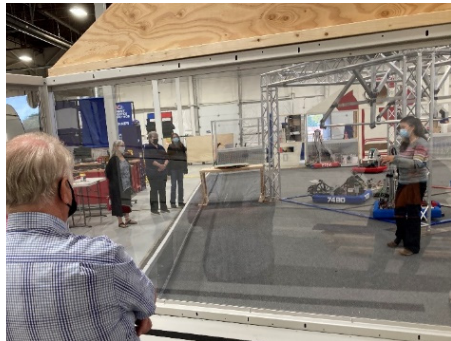
RTOERO District 20 recently held their executive meeting as guests of **Machine Mavericks** recipients of a 2020 RTOERO District 20 Service to Others grant.

As you can see in the photos, this incredible 10,000 square foot Kingston Robotics Lab is dedicated to supporting this youth organization that houses a full-size FRC (First Robotics Competition) field, an FTC (First Tech Challenge) field, FLL (First LEGO League) tables and a state-of-the-art machine shop. It also provides meeting and presentation spaces and computer programming stations.

Head coach, **Niall O'Donnell**, and volunteer mentor, **Melanie Glassford**, described and led us through the site; we were amazed!!

Have a look!! Machine Mavericks <https://www.youtube.com/watch?v=D46nMcdYSxU&t=43s>

The Mavericks are currently competing in the 2021-2022 season.



If you want to support an education based local group through a **Service to Others** grant from our RTOERO District 20, please apply:
<https://district20.rto-ero.org/grants-donations-awards>



WANTED!! DISTRICT 20 WEBMASTER FOR [HTTPS://DISTRICT20.RTO-ERO.ORG/](https://district20.rto-ero.org/)

- Website software is preformatted and online
- Technical skills required are straight-forward
- Easy update process from comfort of home (with wi-fi)
- Instruction and tutoring available through RTOERO head office
- See other districts' sites at <https://rtoero.ca/about/rtoero-districts/>
- Volunteer with our District 20 by contacting President Juanita Everett by email president20@districts.rtoero.ca or by calling 613.900.8147



Political Advocacy Report
David Kendall Committee Chair and Councillor



EVERYTHING YOU WANTED TO KNOW ABOUT YOUR ANNUAL OTPP INFLATION ADJUSTMENT

The OTPP has established our annual inflation rate for January 2022 at 2.4 %. The OTPP uses three (3) factors in determining this rate:

Factor # 1: Consumer Price Index (CPI)

Changes in the cost of living in the year measured by the Consumer Price Index (CPI). The CPI represents a weighted basket of goods and services typically purchased by Canadian households each month.

Factor # 2: Plan Funding Status

The OTPP uses inflation protection as a lever to keep the plan sustainable. When there is a funding shortfall, smaller cost of living adjustments help to bring the plan back into balance. In a situation where there is a funding surplus, inflation levels may be partially or fully restored.

Factor # 3: Earned Pension Credit

There are three levels of inflation protection that members fall into:

- Prior to 2010.....100 % protection
- 2010 – 2013.....50 – 100 % protection
- After 2013.....0 – 100 % protection



MAY 2021 RTOERO ANNUAL MEETING ESTABLISHES ADVOCACY DIRECTION FOR 2022

At the May 2021 Annual Meeting our 115 Corporate Members representing over 82,000 members in 51 Districts across Canada determined that the focus for our *political advocacy program* for 2022 will target the following three areas:

- Seniors Strategy** – rights for seniors, income security, universal public pharmacare, social isolation, aging in place
- Geriatric Health Care** – geriatric training, healthy aging, long-term care elder abuse
- Environmental Stewardship** – ban on single-use plastics, common recycling standards, environmentally sustainable transportation, safeguarding our water supply and drinking water

Calculating the Annual Adjustment

Step 1: Calculate the Inflation Factor

Compare the average monthly CPI for the 12 months ending in September to the 12-month average a year earlier. By dividing the two averages, you reach the inflation factor.

140.0	divided by 136.7	equals 1.024
Average monthly CPI for 12 months ending In September 2021	Average monthly CPI for 12 months ending in September 2020	Inflation Factor

Step 2: Convert the Inflation Factor to a Percentage

Using the 2022 inflation adjustment – (1.024 – 1) X 100 = 2.4 %

Step 3: Convert Percentage to Reflect Conditional Protection for Service after 2009

2.4%	X 100%	= 2.4%
2022 Rate	Conditional Inflation % for post-2009 service	% adjustment in 2022 for post-2009 service

Historical Inflation Rates:

- 2022.....2.4 %
- 2021.....1.0 %
- 2020.....2.0 %



BENEFIT MATTERS REPORT
Lorraine Tank Committee Chair and Councillor



RTOERO is highly successful in balancing Health and Travel Benefits with affordability. This is due to the long-term stability of our plan. Rates are renewed annually. There are some changes coming to our plan on January 1, 2022. Details will be given to members in the RTOERO magazine, Renaissance, which members will be receiving shortly.

Meanwhile, here are a few notes on the changes to our plan.

- ⇒ There will be no changes to the premiums. Costs will remain the same.
- ⇒ Occupational Therapy coverage will be included for certified occupational therapists.
- ⇒ Dental scaling is currently covered at 80% and will be increased to 85%.
- ⇒ Members are reminded to submit claims promptly, and not wait until the end of the calendar year. This will ensure quicker reimbursement and no claims will get lost or misplaced.

As always, questions can be directed to Johnson by email at PDClaimsOntario@Johnson.ca or by telephone at 1-877-406-9007. Please remember to include your name and certificate/ID number in email.

Stay Safe

Be Physically Active

Keep Connected with Loved Ones

Do Something Everyday that Makes You Happy!



Simplify
Your *Gift Giving*

with a Seniors Association
Gift Certificate

S The Seniors Centre
56 Francis Street
613.548.7810

- 🎀 Membership
- 🎀 Events
- 🎀 Programs
- 🎀 Dining
- 🎀 Merchandise

Award/Grant	Deadline	Criteria
RTOERO Post-secondary Scholarships	January 14, 2022	rtoero.ca/giving-back/scholarships
RTOERO Charitable Donation	February 1, 2022	Nominations from Districts
RTOERO Distinguished Member Award	Nominations in 2021	3 per year Nominations from Districts
RTOERO Provincial Founding Member Award	Nominations in 2022	1 per year Nominations from Districts
Provincial Service-to-Others	Nominations in 2022	Local, national or international programs often involving children, disadvantaged groups, culture and heritage
District 20 Project Service-To-Others Grants	April 1 & October 1, 2022	Focused on local groups with an education related theme, connection, goal or component
District 20 Irwin Ruttle Award District Award	April 1 & October 1, 2022	For outstanding voluntary contributions to our RTOERO District 20



Please consider applying!

Send Applications for the **Service-to-Others Grants** to
Madeleine Wotherspoon, Awards Chair, RTOERO District 20,
 204 Queen Mary Road Apt 106, Kingston, ON K7M2A9 Phone: 613-766-4887
 Grant applications are available at www.rtoero20.com or
 requested from madlyn1912@gmail.com

Did you know???

- rtoero.ca/events/retirement-planning-workshops/ You can invite your friends and colleagues to attend a free (virtual) retirement planning workshop
- Membership is FREE until you retire. Then just pay \$70/year.
- RTOERO is awarding 20 scholarships valued at \$3000 each to post-secondary (college or university) students enrolled in programs that lead to a career either in education, environmental stewardship or seniors health and wellbeing.

Thank you for accepting our e-newsletter and for saving trees and postage expenses. You have the pleasure of viewing the issue in colour and if you choose, you can easily print a personal copy.