

# Vision 20/20

**RTO  
ERO** A better future,  
together  
Ensemble pour  
un avenir meilleur  
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 XII Issue i  
Spring 2022**



**Our Annual General Meeting**  
is set for ~~Thursday~~, May 26, 2022!  
Streamed and in person  
with pre-ordered baguette!  
See page 4 for more!

**1000 Island Playhouse bus trip has  
returned! Join us June 8 to see  
♪ BACK IN '59! ♪  
Hop over to page 4 for the scoop!**

**NEW! The Les Forkes Memorial  
Intergenerational Leadership Scholarship for  
secondary students interested in post-  
secondary studies related to the  
well-being of seniors.  
Details on page 10.**

## IN THIS ISSUE

EXECUTIVE BOARD	2
PRESIDENT'S MESSAGE	3
FOUNDATION UPDATES	4
TRAVEL REPORT	4
JUST ONE THING	5
MEMBERSHIP REPORT	6-7
FOUNDATION	8
ADVOCACY	9
WALKING CLUB SCHOLARSHIP	10
BENEFIT MATTERS	11
AWARDS AND GRANTS	12

## 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  
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:** Lorraine Kenney  
**POLITICAL ADVOCACY:** David Kendall  
**RTOERO FOUNDATION:** Ted Whiteland  
**TRAVEL:** Dennis Quinn

**HELP  
WANTED**

**TREASURER AND SECOND VICE-PRESIDENT NEEDED!**  
**SHADOW TRAINING. COME AND JOIN OUR FRIENDLY  
TEAM OF RETIREES!**  
**WEBMASTER FOR NEW SITE AT DISTRICT20.RTOERO.CA**  
**HANDS-ON TRAINING FOR INTERESTED MEMBER.**

Give us a try! Contact [president20@districts.rtoero.ca](mailto:president20@districts.rtoero.ca)

### **ENVIRONMENTAL STEWARDSHIP**

**Environmental Stewardship** is a newly established leadership position with the responsibility of apprising members on environmental issues and possible actions that can be implemented to address environmental concerns.

**Cindy Dunning** has recently been appointed as our Environmental Steward. Watch for her articles under the section "Just One Thing".



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

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.



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

14 Davey Crescent  
Amherstview, Ontario K7N 1X6

Remember to update your personal info with RTOERO.

President's Message

Juanita Everett president20@districts.rtoero.ca



Spring has arrived and with it new optimism about a return to normal, even while parts of the world are in even greater turmoil. Each

of us will adjust our plans and behaviour to our new circumstances and risk aversion. To mask or to travel or to rejoin activities and groups — all are decisions that will need to be made with the same care that has seen us through the worst of COVID.

Our Executive and membership are looking forward to gathering at an in-person and streamed **Annual General Meeting** on May 26th at the Kingston Unitarian Fellowship Church at 206 Concession Street, Kingston. Watch for details in an email blast. We hope to secure new executive members, including a new Treasurer and Second Vice-President. Contact me if you are interested in joining our team. The AGM will be the first of many gatherings as we prepare celebrations for our **District 20's 50<sup>th</sup> Anniversary in 2023**.

Enjoy live theatre? Consider signing up for the June 8th bus trip to see **Back in '59 at the 1000 Islands Playhouse** in Gananoque! Lunch will be included and lots of musical fun! Check out the Travel Page for more!

Ready to embrace the spring fresh air? Love to walk with friends? Join the **Walking Club** for a rejuvenating walk through Lemoinés Point with **Cindy Dunning** as your leader on **April 29th**. Her poster for the event is on page 10.

District 20 is also pleased to announce the **Les Forkes Memorial Intergenerational Leadership Scholarship**. This is a big name for a big award in honour of Past President

Les Forkes. Each year up to two one thousand dollar (\$1000) scholarships will be awarded to secondary students who have demonstrated an interest and commitment to enhancing the quality of life for the senior population. The scope of their post-secondary studies is wide and RTOERO members are encouraged to channel interested students to the website for further information and the application form. Applications must be received by the first of June. See page 10 for additional details.

Finally, as we watch the humanitarian crisis unfold in **Ukraine** and the displacement of its citizens, I know that many of us wish to support relief efforts. Please be aware that unscrupulous actors are always ready to take advantage of such situations. If you plan to donate, please rely on respected Canadian organizations or global ones with Canadian partners. This will ensure the security of donations and the issuing of tax receipts. Remember no authentic organization is going to ask for gift cards.

Enjoy the spring weather, blossoms and birds! I look forward to seeing our members in May!

Sincerely,

*Juanita Everett*

**President  
RTOERO District 20  
president20@districts.rtoero.ca  
613.900.8147**





TRAVEL MATTERS Dennis Quinn KARTTC Chair



### Kingston Area Retired Teachers Travel Committee (KARTTC)

If you enjoy organizing travel related ventures, District 20 Members invite you to lead us to wonderful places. Please contact Dennis Quinn, Chair of KARTTC, at [expos09@hotmail.com](mailto:expos09@hotmail.com). Merit Travel does not have an active office in Kingston, but you can still rely on their agent, **Gayle Outhwaite**, to represent RTOERO members at [gouthwaite@MeritTravel.com](mailto:gouthwaite@MeritTravel.com).



### BUS TOUR

TO SEE

## 'BACK IN '59!

AT THE 1000 ISLANDS PLAYHOUSE

WEDNESDAY, JUNE 8, 2022

LUNCH ON THE DECK INCLUDED!

Take a musical nostalgic trip with four high school friends as they reminisce about the 50's and 60's through famous hit songs!



**Mark your calendars! Watch for details in your email and on our website [district20.rtoero.ca](http://district20.rtoero.ca)!**

**Reserve your seats in advance by emailing Dennis Quinn [expos09@hotmail.com](mailto:expos09@hotmail.com)**

ATTENTION DISTRICT 20 MEMBERS!

YOU ARE WELCOME TO

The 2022 Annual General Meeting!  
Streamed and in Person

Thursday, May 26, 2022  
11:30 AM - 12:00 PM

- \* Guest Speakers
  - \* Social Time
  - \* Bag Lunch
- Advanced Order

Kingston Unit  
Fellowship Church  
206 Concession Street  
Kingston

Contact:  
[president20@districts.rtoero.ca](mailto:president20@districts.rtoero.ca)  
613.900.8147

*\*\*Note: an email blast will be sent with additional details in the weeks ahead.*

## JUST ONE THING

Column by  
Cindy Dunning  
RTO District #20  
Environmental Steward

Spring 2022

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, focusing on everyday choices, learning more, and community activities.

### JUST ONE THING – EVERYDAY CHOICES

- Support **pollinators** like native bees
  - Have you heard that bees only need dandelions in the spring? Not quite true. Dandelions are like junk food for bees. Plant flowering shrubs and trees to fully support our native pollinators.
- Visit a Refillery in your area, make your own, or purchase items with **reduce packaging**
  - Refilleries, like Harlow Green and Keep Refillery in Kingston, allow you to bring your own containers or use theirs to top up on household supplies by reusing packaging OR shop items that have zero, minimal, or food based packaging
- **No Buy** Month Challenge
  - Challenge yourself to a No Buy Month! Don't buy any extras, like take out coffee, extra clothes, or anything you don't need to survive for that month. Bonus, enjoy more money in your pocket.

### JUST ONE THING - LEARNING MORE

#### Online research

- How to feed 10 billion people by 2050  
<https://ourworldindata.org/food-choice-vs-eating-local>
- Read about how what you eat is important  
<https://ourworldindata.org/food-choice-vs-eating-local>

#### Read A Book

- Nature's Best Hope: A New Approach to Conservation That Starts in Your Yard by DW Tallamy
- Explore a local group
- Loving Spoonful – Connecting People with Good Food  
[www.loving Spoonful.org](http://www.loving Spoonful.org)

### JUST ONE THING - COMMUNITY ACTIVITIES

- Grow A Row
  - As you plan your garden, consider growing an extra row of vegetables to donate to Loving Spoonful - challenge your neighbours
- Pick up litter
  - It is more than a matter of aesthetics, litter can harm the planet. Trash gives off harmful gases, arsenic from cigarettes can taint soil and water, plastics harm animals that ingest them, and more.
- Support your local conservation areas
  - Conservation areas safeguard biodiversity and local natural areas. Bonus, enjoy the health benefits of being outside.





**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 April 1, 2022.

**Susan Baker**

**John Noble**

**Elizabeth Ball**

**Shirley Ovens**

**Shirley Card**

**Dorothy Pearson**

**Lois Grifferty**

**Earl Ryan**

**Roger Harris**

**Elizabeth Salsbury**

**Mildred Hawkins-Walton**

**Robina Singers**

**A Jean MacLean**

**Rose Switzer**

**David McLaren**

**M Louise Wills**



**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](mailto:membership@rtoero.ca) or phone 1-800-361-9888.



# Welcome New Members!



District 20 welcomes our new members! As of April 1, 2022 we are comprised of 1404 registered members in Frontenac, Lennox and Addington.



Shari Batson

Terry McLaren

Judy Bertrim

Stephen Ottenhof

Anna Camazzola

Valerie Ryan

David Chamberlain

Connie Taylor

John Evans

Lori Wallace

Anne Godlewska



## 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.

Be informed! Be prepared!

Are you or your colleagues planning for the future?  
There are ongoing online

**Retirement Planning Workshops** available at  
<https://rtoero.ca/events/retirement-planning-workshops/>



**RTOERO's**  
Guide to  
Retiring Happy

RTOERO  
1-800-341-4444  
www.rtoero.ca



## RTOERO FOUNDATION UPDATES

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



As District Chair and Vice-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 Spring 2022 edition. I trust each of you will enjoy this edition and will learn more about the following work of your Foundation: A New Grant Focusing on Senior's Mental Health; Technology Helps Bridge the Generation Gaps; Year-End Fundraising Updates; Dr. Rochon Leads the Future of Geriatric Medicine: a four-part series identifying up-and-coming researchers and their projects (a must read); The Foundation Board Revisits Best Practices in Good Governance.

Executive Director **Mike Prentice** recently forwarded his **Impact Report 2021** and I would like to emphasize some key findings from his report that might be of specific interest to the members of District 20.

⇒ Members were asked to **Chime In** which was a successful attempt to address social isolation among older adults in Canada. These weekly



sessions that I had outlined in the December Vision 20/20 have proven to be very useful. Sign up for sessions at [rtoerofoundation.ca/chimein](https://rtoerofoundation.ca/chimein)

⇒ The updated **Strategic Plan to 2025** is now in action and based upon the foundation of both our **Vision** (*We envision a society in which all seniors live with dignity and respect*) and our **Mission** (*We invest in programs, research and training to support*

*healthy, active aging for all Canadians. Our Foundation activities aim to improve seniors' health care, end social isolation and combat ageism.*)

⇒ A new grant focuses on Senior's Mental health, entitled **Mentally Healthy Living After Social Distancing**. This project aims to compile mentally healthy living strategies used by older adults during the pandemic, which can then be used to ease back into society. Ultimately, the researchers will be able to develop and share a Mental Health Cookbook complete with sage advice and accompanying recipes.

**Key findings of Impact Report 2021**  
- **Chime In Session big success**  
- **Strategic Plan in place**

We are very proud to share that through the kind generosity of our Members, we have been able in 2021 to report that the cumulative value of all of our awarded grants has surpassed the half million-dollar mark at \$557,333. District 20 is extremely pleased to report that our District is amongst the provincial leaders of Districts who have stepped up to support our Foundation and its work! Thank you!!

Have a most enjoyable Spring!

*Ted Whiteland*  
**Foundation District 20 Chair**







**Political Advocacy Report**  
**David Kendall Committee Chair and Councillor**



**Provincial Election 2022**  
**Thursday, June 2, 2022**

**Declared Candidates as of March 25:**

**Lanark, Frontenac, Kingston**

- Conservative.....John Jordan
- Liberal.....Amanda Pulker-Mok
- NDP.....Drew Cumpson
- Green.....Dr. Marlene Spruyt

**Kingston and the Islands**

- Conservative.....Gary Bennett
- Liberal.....Ted Hsu
- NDP.....Mary Rita Holland
- Green.....Zachary Typhair

**Hastings-Lennox and Addington**

- Conservative.....Ric Bresee
- Liberal.....Ted Darby
- NDP.....Eric DePoe
- Green.....Not Announced as yet

**District Activity During Election Campaign**

Your local PAC Committee is once again joining forces with the education associations / unions in Limestone, Hastings-Prince Edward and Algonquin-Lakeshore district school boards to sponsor ` All Candidates Meetings ` across our region:

- RTOERO District 20 – Frontenac, Lennox & Addington
- RTOERO District 19 - Hastings, Prince Edward
- ETFO Teacher – Limestone
- ETFO Occasional Teacher – Limestone
- OSSTF District 27 – Limestone
- CUPE 1480 – Limestone
- OECTA – Algonquin Lakeshore
- ETFO Teacher – Hastings, Prince Edward
- ETFO Occasional Teacher – Hastings, Prince Edward
- OSSTF District 29 – Hastings, Prince Edward

- OSSTF District 29 Professional Support Staff Personnel (PSSP) Hastings, Prince Edward
- CUPE 1022 – Hastings, Prince Edward
- CUPE 1479 – Algonquin Lakeshore

Once the All Candidates Meetings are scheduled, notices will be circulated to members announcing dates and locations.

The District 20 PAC Committee will also conduct interviews with candidates in order to determine candidate/Party positions on the issues impacting our members and seniors:

**RTOERO Issues**

**Seniors Strategy**

- Income security
- Universal public Pharmacare – public, universal, comprehensive, accessible, portable
- Social isolation
- Aging at home
- Rights for seniors: RTOERO has joined with the International Longevity Centre to request that the United Nations establish a convention on the rights of older persons.

**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 the water supply and drinking water
- Reduction in CO2 emissions



## COMMUNITY INVOLVEMENT



# Walking Club

**When**  
April 29th at  
10:00 am



### Where

Lemoine Point  
North Parking Lot  
1440 Coverdale Dr, Kingston, ON

### Guide

Cindy Dunning,  
RTO Environmental  
Steward



### Weather

Walking all weather  
except thunderstorms



### Contact

dunningc64@gmail.com  
for more details



## THE RTOERO DISTRICT 20 LES FORKES MEMORIAL INTERGENERATIONAL STUDENT LEADERSHIP SCHOLARSHIP



**Applications Due by June 1**

Available for a graduating  
Secondary School student who

- volunteered with seniors
- will continue his/her involvement into post-secondary studies
- resides and studies in the RTOERO District 20 Frontenac, Lennox and Addington region of Ontario

**Up to 2 awards of  
\$1000 each available!**

Details and applications available at  
<https://district20.rtoero.ca/rtoero-district-20-memorial-scholarship/>



A better future,  
together  
Ensemble pour  
un avenir meilleur

District 20  
Frontenac, Lennox  
& Addington

## Writers Wanted

to write personal memoirs, essays, and poetry for *Vista*, The Seniors Association's membership publication.

Email your story to [vista@seniorskingston.ca](mailto:vista@seniorskingston.ca) or to request our Writer's Guide.

[www.SeniorsKingston.ca](http://www.SeniorsKingston.ca)



**BENEFIT MATTERS REPORT**  
**Lorraine Tank Committee Chair and Councillor**



**Express Scripts**

Express Scripts is a new addition to our Extended Health Care plan. This online pharmacy offers free home delivery of your maintenance medication. The service is completely voluntary and available across Canada. Express Scripts offers lower dispensing fees, 24/7 access to a pharmacist for medication counselling and prescription refill and renewal reminders. Express Scripts allows you to order your prescriptions from the safety and security of your own home.

**EXPRESS SCRIPTS CANADA** More information can be found on the RTOERO website or visit **PHARMACY** [pharmacy.express-scripts.ca/rtoero](https://pharmacy.express-scripts.ca/rtoero).

You can also call 1-855-550-6337, select English or French and then select option 4.

**Teladoc**

Teladoc is a change (but only in name) to a program in our extended health benefits. The database that was once known as Best Doctors is now called Teladoc. Teladoc allows our members to get a second professional opinion about an illness or condition. It can help you make a decision regarding your health. Teladoc is confidential and is available to in-laws and adult children, as well, even if they are not part of the Extended Health Care plan.



The Benefits Committee was pleased to announce at its last meeting that members using the various services of Teladoc continue to be positive about their experience.

More information can be found on the RTOERO website or visit [teladoc.ca/rtoero](https://teladoc.ca/rtoero). You can also call 1-877-419-2378 or email [customer.ca@bestdoctors.com](mailto:customer.ca@bestdoctors.com).

**Retirement Message Topic 1 – Time for you**

It's going to be tricky to refocus your attention on yourself, like how it usually takes a few days to a week to settle into a vacation. But it'll happen. No doubt you'll continue to help others because it's in your nature to make yourself and your well-being a priority.

Know a colleague about to retire from the education sector? What advice can you offer? Read this blog for fresh ideas! <https://rtoero.ca/5-retirement-messages-for-colleagues/>

**"Exploration is not something  
you retire from. It is a part of  
one's life ethic."  
Roberta Bondar**



Award/Grant	Deadline	Criteria
RTOERO Post-secondary Scholarships	January 14, 2022 (closed)	rtoero.ca/giving-back/scholarships
RTOERO Charitable Donation	February 1, 2022 (closed)	Nominations from Districts
RTOERO Distinguished Member Award	Nominations in 2022	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
<b>NEW!</b> THE RTOERO DISTRICT 20 LES FORKES MEMORIAL INTERGENERATIONAL STUDENT LEADERSHIP <b>SCHOLARSHIP</b>	June 1, 2022	Available for a graduating Secondary School student who volunteered with seniors in the District 20 area. Forms at secondary schools and through our website <a href="https://district20.rtoero.ca/rtoero-district-20-memorial-scholarship/">https://district20.rtoero.ca/rtoero-district-20-memorial-scholarship/</a>

**Does your Not-for-Profit group have a connection to education in the community?  
 Consider applying for a Service to Others grant from our RTOERO District 20.  
 Download an application at <https://district20.rtoero.ca/servicetoothersgrants/>  
 Or email [president20@districts.rtoero.ca](mailto:president20@districts.rtoero.ca)**



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



**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.**