



# Vision 20/20

**RTO** District 20  
**ERO** Frontenac, Lennox  
& Addington

Volume X Issue ii, December 2020

## Seasons Greetings!

### TIPS AND TALES



What's been cooking in your COVID-19 world these past months? How will you manage your time and sense of engagement as the colder months of the year move in? See what our Executive members have been up to on pages 7 to 8. Share your insights with our members! Send us your "tips and tales" for the next issues of Vision 20/20!



**Salvation Army Community Ministries in Napanee received a \$500 donation from our District 20 for their food drives. Find out more on pages 10 to 11!**

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**DID YOU KNOW?** District 20 has contributed \$6500 this year to area food banks and approximately \$3500 to local initiatives in the form of the Service-to-Others grants. Read more on page 9.

## RTOERO District 20 Executive and Committees 2019-2021

### EXECUTIVE

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Remember to update your personal info with RTOERO.



**PRESIDENT'S MESSAGE**  
**Les Forkes les.forkes@gmail.com**

Hello Fellow RTOERO Members!  
It has been awhile since District 20 has been in contact with you so I have a few items to share. First of all I hope that you and yours

have been safe from COVID-19 and all other serious illnesses. My family has managed to stay healthy, but as with many people, we are feeling the strain of limited contact with others and lost travel opportunities.

The District 20 Executive has been meeting virtually through Zoom meetings. The RTOERO Board of Directors (the Board) has set up a system for all districts to arrange their own meetings whenever they choose which enables us to meet and make decisions for actions to be taken.

Earlier this fall District 20 sent \$500 each to four different food banks in the area stretching from Napanee to the Sharbot Lake to Kingston. In November we again provided support to food banks that address seniors' needs. Overall, District 20 has contributed \$6500 this year to food banks and \$3500 towards Service-to-Others grants. Note the detailed reports on pages 9 to 11.

Elections for our District 20 have traditionally been held in November. This year the Executive decided to move the elections to **May 2021** with anticipation of better weather than in November and hopefully a larger number of RTOERO members present and taking part. Our 2021 elections will be held virtually. Past President **Dennis Quinn** is currently contacting Executive members to determine if they wish to continue on in their current role, switch to a different role or leave the Executive. Once that survey is complete Dennis will generate a suggested list of candidates and vacancies. This list will be sent out in late January. The next step will be for all District members to consider the Executive positions and decide if you would like to run for a position or put your name forward for a vacant position. If no one decides to challenge for a position then the slate will be acclaimed. Should an election be required

we will have the support of the Board to arrange for voting to take place. We are always looking for additional Executive members and hope that you will seriously consider volunteering for a position. The work does not require a great deal of time but is interesting and rewarding.

On October 20 at a virtual RTOERO Annual General Meeting, an election was conducted for 3 positions to the Board. **Bill Huzar, Louise Guerin** and **Jackie Aird** were chosen to serve for the next 3-year term. A new chair of the Board was selected to replace **Martha Foster** who has actively held the position for the past 4 years. Congratulations to Rich Prophet who has assumed the role of chair and Bill Huzar who was chosen as the vice-chair. Many thanks to Martha Foster for her dedicated and enthusiastic contributions to RTOERO!

First Vice-President, **Juanita Everett**, and I participated as Corporate members in a Zoom Forum on October 27<sup>th</sup> with the budget and reports from committees being the main focus. **Dennis Quinn** and **Ted Whiteland** attended as observers. Highlights of the budget included: increasing minimum grants to districts to \$14,500; designating geriatric training scholarship grants of \$22,000 to fund two research scholarships and two senior resident awards for advocacy and policy work on health care for seniors; and adding a \$25,000 increase for Project Service-to-Others funds to support grant increases to \$5,000.

If you have any questions or suggestions please don't hesitate to contact an Executive member. Remember to spread the word about all the positive things done by RTOERO that go beyond health benefits and encourage your friends who are about to retire to examine what we have to offer before they make a decision on who will provide their benefits in retirement.

Take care and stay safe and Happy Holidays!

*Les Forkes*

District 20 President





## **NEW DISTRICT 20 EXECUTIVE POSITION COUNCILLOR – ENVIRONMENTAL STEWARDSHIP**

BACKGROUND: The RTOERO Provincial Board of Directors has approved its Vibrant Voices Political Advocacy campaign to include three major focus issues:

- \* **Seniors Strategy**
- \* **Geriatric Health Care**
- \* **Environmental Stewardship**

In concert with the provincial plan, your District 20 Executive has created the new Councillor position on the Executive for **Environmental Stewardship**.

As an Executive member, this individual will focus attention on keeping the Executive and membership apprised on environmental issues and possible actions that can be implemented to address environmental concerns.

Members who have an interest in filling this important position on the local District 20 Executive are encouraged to contact District President, Les Forkes, by email at [president20@districts.rtoero.ca](mailto:president20@districts.rtoero.ca) or by phone at 613-389-1015.

### **ARE YOU READY TO PARTICIPATE WITH YOUR COMMUNITY? VOLUNTEER WITH DISTRICT 20!**

Your talents are valued and your strengths are needed with the District 20 Executive team. There are several Executive members ready to retire from their volunteer positions after at least a decade of participation. Now is a great time to join the team and learn how the RTOERO community works. Our meetings are held on a monthly basis. We (normally) host an Annual General Meeting as well as a variety of gatherings throughout a year.

Consider being a guest attendee at one of our upcoming meetings online where you can decide if you would like to become an active member of our Board. Any role you play is appreciated and any contributions you make build the quality of your team.

Our Treasurer would welcome with open arms anyone who feels that spreadsheets are familiar territory. Madeleine Wotherspoon is ready to train an eager learner to fill her position in the future! If you favour political activities, public relations or goodwill, we have space for you! Our District 20 Councillors invite you to add your talents to our roster.

INTERESTED? Contact District President, Les Forkes, by email at [president20@districts.rtoero.ca](mailto:president20@districts.rtoero.ca) or by phone at 613-389-1015.





MEMBERSHIP UPDATES Liz Carson, Membership Secretary arsonl@hotmail.com

# Welcome New Members!

District 20 welcomes our new members and new District 20 members! As of December 2020 we are comprised of 1410 registered members.

**Thomas Connolly  
Tora Garrett  
Andrea Glover  
Karen Harman  
Susan Hamberger  
Janet Hiebert  
Elvira Horvath  
Leslie Jolliffe**

**Julia L'Heureux  
Ann-Marie Lacoursiere  
Jim McCarey  
Delores Parsons  
Edith Thornton  
Lorna Watling  
Carol White**



## *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 2020.

**Yolanda Belisle  
Mary Boyle  
Rita Evans  
Walter Garrett  
Ruth Gosling Duff  
Stephen Glover  
Hennie Marsh  
Marta McCarey  
Rita Ohlman  
Mary Lynn O'Shea**



**Stephanie Patterson  
Cyril Power  
Geneva Sands  
Robert St.Pierre  
Jeanne Stoness  
Donald Thornton  
Reginald Watling  
Joan Webster  
Guy White  
Anne Wringe**





**RTOERO Foundation Rep Ted Whiteland**  
 ted.whiteland@me.com  
<https://rtoero.ca/rtoero-foundation/>



**RTOERO FOUNDATION UPDATES**

**October's Social Isolation Awareness Month (SIAM)**

We had a great level of participation in this year's third annual SIAM. The weekly Tuesday challenges were very well received and many took advantage of the opportunity to make their special donation to our Foundation. With a goal in mind to raise \$100,000 to support the RTOERO annual 2021 Social Isolation Research grant program, over \$85,313 has been raised through the kind generosity of our RTOERO colleagues from across Canada. For this support, we are eternally grateful. If you want to help us reach our fundraising goal by the end of the year, please contact Deanna at 1-800-361-9888 ext.271.

**COVID-19 Update**

Back in June we shared a story of a very thoughtful and generous donor who planned to donate her COVID-19 assistance federal government cheque to the RTOERO Foundation. Since that time and in response to an appeal to 1831 people, we have received 339 gifts for a total of \$51,570 to date. The impact of social isolation has been especially exacerbated during the COVID-19 pandemic and as our Chair has stated, "We extend our sincere thanks and gratitude for the selfless generosity of all the RTOERO members who supported the campaign in many different ways. Because of you, we are one step closer to better and healthier futures for all of us as we age."

**2020 Research Grant Update**

Due to the arrival of the COVID-19 pandemic and because many of our researchers were compelled to focus their energies on attacking the virus and assisting their colleagues in their communities, the 2020 grant program was put on hold. We are pleased to announce that we have reconnected with those who planned to go forward with their Grant applications and we look forward to announcing the successful grant recipients later in December.

*Ted Whiteland*

RTOERO District Chair and Foundation Vice-Chair

**Support Kingston Seniors**  
 this *Gift Giving Season*

- Donate** in someone's name
- Give** the Gift of Membership
- Purchase** an Association Gift Card



[www.SeniorsKingston.ca](http://www.SeniorsKingston.ca)  Seniors Association  
 56 Francis Street  
 613.548.7810



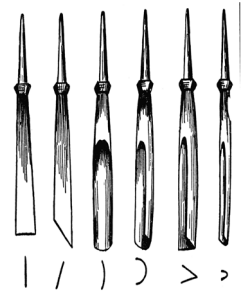
TIPS AND TALES! What's Cooking during COVID-19 in District 20?



**David Kendall:** When not involved with RTOERO activities, I have been fortunate to be able to interact with 3 of my 4 grandchildren in-person. My wife, Darlene, and I are now celebrating the birth of a granddaughter on October 27th (# 5)!

As a member of the provincial RTOERO Board of Directors, I've been working with the group to support members during this COVID-19 crisis. In fact, we have had twice as many Zoom meetings than we normally have during non-COVID times. Our Board has met more than monthly where I have connected with our 51 District Presidents regularly through Zoom and where I have continued to liaise with provincial committees and provide support to the Greenbelt Region (6 Districts).

**Madeleine Wotherspoon:** COVID restrictions have had some positive and definitely negative impacts. I have had time to get caught up in sorting and purging the stuff in my apartment, continuing on my genealogy research and continuing on a woodcarving project that I had started. (I wish I knew how to consistently sharpen my knives!) But I also miss going to my aquafit classes at Providence Care in the therapy pool (hmm...95 degrees), no travelling, and limited family contact. We Skype regularly but it's not the same. Hopefully 2021 will see a reduction of COVID. Until then we can only do what is needed to stay safe.

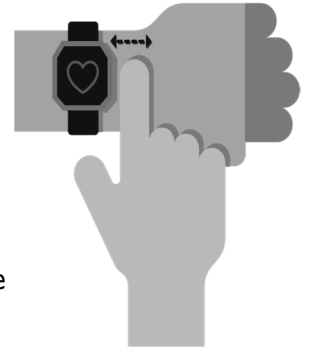


**Pat Bland:** During these COVID months I've had a chance to enjoy being a first time Grandma with my granddaughter when the "bubbles" are aligned - which is not often enough! I have been baking all sorts of bread with all sorts of results. The garden season entertained my return to skillful canning of jams, pickles, and relishes that will fill holiday gift bags. Along with some other fanatics, I've managed to keep a stream of new jigsaw puzzles going as a peaceful distraction. Another kind of puzzle keeps me going as I dig deep into family mysteries via the Ancestry.com rabbit holes. I continue to instruct AQ courses online a few semesters a year and am most grateful for quality reads, the distanced BlueJays games and for the magic of facetime and zoom like meetings with family and friends. My husband and I have officially ended our RV Snowbird days but in the post COVID life, it'll be all about traveling in our beautiful Canada!



## TIPS AND TALES! What's Cooking during COVID-19 in District 20?

**Liz Carson:** How am I living with COVID-19? People ask me this all the time and it's one of those questions I think about - but not for too long. We are very lucky to have our three grown children, their spouses and our five grandchildren living within 10 minutes of our house. So needless to say they fill our time and our social bubble. My Fitbit is getting a good workout as I try to get a loong walk in most days, usually about 5 km. Belonging to the Kingston Senior Centre and delivering their newsletters helps with my daily steps once a month.



After retirement I joined Georgette Fry's Shout Sister Choir. While we can no longer get together inside to sing once a week, we have been able to do a couple of get-togethers outside. The last one was held across the road from the old Millhaven Fibres plant on Bath Rd... socially distanced of course!

My gardens never looked so good. I actually had to buy a new Kindle and have read at least 25 books!! Amazon loves me. And of course I continue to sew, including lots of masks, and to knit. My husband and I are still talking to each other so I think we are both doing OK!



**Past President Dennis Quinn** re: pandemic activities to date:

Playing golf - recorded 102 scores May 15 to November 10.

Baking - butter tarts, (peanut butter, oatmeal/raisin, chocolate chip, ginger) cookies, (banana, chocolate/zucchini) loaves and (do-nothing) cakes.

Darned socks!

Reading books, watching Netflix, Crave and Prime.

Watched all of the Stanley Cup playoffs and baseball playoffs and World Series.

**Juanita Everett:** The past 9 months have been challenging and frightening, to say the least, and like most of my fellow RTOERO members I've missed personal contact with loved ones the most. I Skype regularly with the grandkids and I've learned how to ZOOM. From the onset I filled my days with a variety of rewarding activities. I made 30+ masks for family and friends and donated to a few local charities. I expanded my garden this past summer and reaped a bounty of tomatoes and one lonely nectarine. Since my husband and I can no longer travel we adopted Apollo, a 7 year old collie/husky mix, and I now take a daily 3km walk. The latest achievement has been to knit socks, well... one sock. Now I am looking forward to the improvements a vaccine can bring. Stay safe and Season's Greetings!







**COMMUNITY MATTERS**

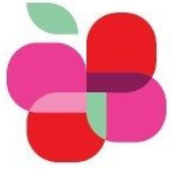
**Project Service-to-Others Grant**

RTOERO District 20 presented a Project Service-to-Others Grant of \$1929 to **Machine Mavericks**, a community-based FIRST Robotics team in Kingston. The COVID-19 pandemic has significantly reduced the ability to learn and practice together within one facility. This grant will enable the team to put their robotic mechanisms online. It will allow members to interact and be able to program and control mechanisms remotely. As expertise develops, access will be extended to other teams providing community youth with online training in robotics software development, machine design and engineering. Congratulations to these fine young engineer-minded members of our community! Visit [www.machinemavericks.com](http://www.machinemavericks.com) to learn more about the FRC Team 7480 from Kingston, Ontario.



**Madeleine Wotherspoon** (above middle), RTOERO District 20 Treasurer, presents a Service-To-Others grant cheque for \$1929.00 to **Mara Klug**, one of the student members of the **Machine Mavericks Robotics** team of Kingston, Ontario.

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 the details on page 12.



## COMMUNITY MATTERS

**Madeleine Wotherspoon**, Treasurer for RTOERO District 20, reports that our district continued providing support and appreciation for all that these community organizations do, especially during these unsettling times. A donation of \$500.00 each was made on behalf of RTOERO District 20 to:

- **Lionhearts (Kingston)**
- **Martha's Table (Kingston)**
- **North Frontenac Food Bank (Sharbot Lake)**
- **Southern Frontenac Food Bank (Sydenham)**
- **The Salvation Army Food Bank (Napanee)**
- **Morningstar Mission (Napanee)**
- **Land O' Lakes Food Bank (Cloyne)**



**Juanita Everett**, First Vice-President of District 20, presented donations to two groups in her Napanee area. She is pictured here (left) presenting a \$500.00 donation to **Kevin Alkenbrack** (right), Executive Director of the **Morningstar Relief Mission**. This volunteer group typically provides hot meals for residents at a small eat-in dining facility in Napanee - but times are not typical and the organization has had to change their delivery model due to COVID-19. According to Kevin, volunteers prep more than 1300 meals weekly for a clientele of 250. These meals are available for delivery or pickup at various locations throughout Lennox and Addington.

**Abby Mills** (far right), Director of the **Salvation Army Community Ministries**, receives a well appreciated donation of \$500.00 from District 20. She estimates their food bank has had a 40% increase in demand during these difficult times. Despite their location in Napanee, they also service the **Land of Lakes Food Bank** north of Highway 7. With support from the **Community Garden** and **Walmart** they are able to supply a wide variety of food products including fresh vegetables and meats. They continue to look for support for their annual Kettle Drive.







**SUPPORTING OUR DISTRICT 20 COMMUNITY**



Les Forkes (below left), President of District 20, and Madeleine Wotherspoon (middle), Treasurer for RTOERO District 20, presented **Monica Cook** (right) from the **Lionhearts of Kingston Food Bank** with a donation of \$500.00 on November 25, 2020. The warehouse is located in the Kingston Gospel Temple on Princess Street near Sydenham Road.

*In a reply to District 20, **Monica Cook** wrote, "For the past eight months Lionhearts Inc. has been a charity responding to every opportunity to serve that has come our way. As we've become aware of needs, we have modified programs to serve – such is the case with our **Meals to Go** program which was birthed due to COVID-19. As of November 29, 2020 we have served over 160,000 meals as part of our Meals to Go program. We are honoured to serve our community. Thank you for the donation given by your organization."*

Lionhearts has been very connected to the Kingston area community this fall, including providing strong support for the culinary school cafeteria at Loyalist Collegiate & Vocational Institute (LCVI) which was closed due to the COVID-19 pandemic conditions. Their meal services were the key source of income for the threatened program. Through a partnership with LCVI kitchen manager, **Emma Cox**, Lionhearts has been able to provide food and cooking supplies in exchange for student-prepared meals for the community's needs.

Other organizations that partner with Lionhearts include Ongwanada, where their clientele assist in preparing the "Meals to Go" bags. Also, the Stages Night Club offers a safe, indoor accommodation for the Kingston Street Mission meals. Lionhearts gives back to charities by aiding with food distribution and warehouse space for The Good Food Box program, the Loving Spoonful and The United Way.

Award/Grant	Deadline	Criteria
Provincial Scholarship	Closes February 2021	Form on RTOERO web: <a href="http://www.rtoero.org/scholarship/">www.rtoero.org/scholarship/</a>
RTOERO Charitable Donation	February 1, 2021	Nominations from Districts
RTOERO Distinguished Member Award	Nominations in 2021	3 per year Nominations from Districts
RTOERO Provincial Founding Member Award	Nominations in 2021	1 per year Nominations from Districts
Provincial Service-to-Others	Nominations in 2021	Local, national or international programs often involving children, disadvantaged groups, culture and heritage
Project Service-To-Others District Grants	April 1, 2021 AND October 15, 2021	As above - focused on local groups with an education related theme, connection, goal or component
Irwin Ruttle Award District Award	April 1, 2021	For outstanding voluntary contribution to the work of RTOERO at the District level



**Please consider applying in 2021!**  
**Send Applications for the Service-to-Others Grants to**  
**Juanita Everett**, Awards Chair, RTOERO District 20,  
 78 Hambly Road, Napanee, ON K7R 3K8 613.900.8147 Grant applications are available  
 at [www.rtoero20.com](http://www.rtoero20.com) or can be requested from: [everett.jl@gmail.com](mailto:everett.jl@gmail.com)

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- \*You can access the RTOERO **Guide to Retiring Happy** at [https://rtoero.ca/wp-content/uploads/2020/05/RTON059-Retiring-Happy-Booklet\\_INT\\_ENG.pdf](https://rtoero.ca/wp-content/uploads/2020/05/RTON059-Retiring-Happy-Booklet_INT_ENG.pdf)
- \*You can invite your friends and colleagues to attend a **free (virtual) retirement planning workshop**. Visit <https://rtoero.ca/events/retirement-planning-workshops/>

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