

# Vision 20/20

**RTO  
ERO** A better future,  
together  
Ensemble pour  
un avenir meilleur  
District 20  
Frontenac, Lennox  
& Addington

*District 20 acknowledges that we are on the traditional homeland of the Anishinaabe, Haudenosaunee and the Huron-Wendat, and thank these nations for their care and stewardship over this shared land.*

Volume XII Issue ii  
Fall 2022

## “TO ‘ELL WITH THE BELL” IS BACK!

**TUESDAY  
SEPT. 6  
@ 9:00 AM**

**Celebrate your freedom in retirement!  
Meet and eat a relaxed breakfast without the BELL!  
@ The EGGSQUIS Restaurant  
2774 Princess Street, Kingston’s West End  
Reservations not necessary but encouraged.  
Email [rtoero20@gmail.com](mailto:rtoero20@gmail.com) with your plans.  
Order à la carte!**

**SPECIAL \$10  
DISCOUNT FOR  
NEW MEMBERS  
SINCE 2020!**

### THE FIRST LES FORKES MEMORIAL SCHOLARSHIPS AWARDED!

**Hailey Shaver** (left), a Frontenac High School graduate, is honored to receive one of the two 2022 **Les Forkes Intergenerational Leadership Scholarships**. The award was presented by RTOERO District 20’s Second Vice-President, **Madeleine Wotherspoon** (centre) and District 20 member, **Martha Forkes** (right). Having been accepted in the two year programme at St. Lawrence College, Hailey plans to continue working with seniors as she furthers her education. The second award was presented to **Nora Ayling** from Napanee Secondary. Read the details on page 10.



## RTOERO District 20 Executive and Committees 2021–2022

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

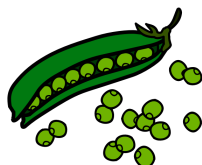
**FIRST VICE-PRESIDENT:**  
Dennis Quinn

**SECOND VICE-PRESIDENT:**  
Madeleine Wotherspoon

**SECRETARY:** Ted Whiteland

**TREASURER:**  
Vacant

**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

**TREASURER AND SECOND VICE-PRESIDENT NEEDED!**  
**SHADOW TRAINING PROVIDED.**  
**COME AND JOIN OUR FRIENDLY TEAM OF RETIREES!**

Contact

president20@districts.rtoero.ca

HELP  
WANTED

### 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**".

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## President's Message

Juanita Everett [president20@districts.rtoero.ca](mailto:president20@districts.rtoero.ca)

### Hello District 20 Members!

The inspiration for this "Letter from the President" comes from my recent "Girls Camping Weekend" with my three daughters and two

granddaughters (aged 4 and 9). The theme is all about celebration and finding joy. Just imagine - the six of us hardy campers packed into a tent during a torrential downpour, up to our ankles in muddy water because we chose a low-lying site just to be close to the outhouse for grandma's nightly sorties. Sounds dire, but actually it was joyful - all together laughing hysterically, playing card games, eating junk food and waiting for the rain to cease and just enjoying being together. Even the most intrepid among us agreed to pack it in and continue our adventures in a drier spot (back home), content that we prevailed over nature in having a great time. It's time for all of us who have prevailed over COVID to begin to find joy and celebrate life going forward.



Over the coming year RTOERO District 20 is committed to having a great time together in fellowship and celebration of our 50<sup>th</sup> Anniversary. Our executive is excited about planning monthly activities and we are kicking it off with the return of our annual "To 'ell With the Bell" breakfast gathering. We hope that many of you will join us in welcoming all the retirees from the COVID years who missed the opportunity to be recognized during the bleak years of remote activities. Put **Tuesday, September 6<sup>th</sup>** on your calendar and join us at Eggquis on Princess Street in Kingston.

First Vice-President **Dennis Quinn**, who has been tasked with arranging a few travel activities, will provide more information in the near future. **Cindy Dunning**, our Environmental Steward, will continue monthly hikes for August and September and is planning activities which highlight our natural

world, including a possible presentation on wildlife habitats in our district and the efforts to preserve them. We hope that you will find something of interest during the coming year and join us in celebrating 50 years of our wonderful district and the members that built and sustain it. Watch for updates in the near future!

Many of our current and previous executive members are pausing to remember one of our previous District 20 Presidents, **Harry Murphy**, a delightful and generous educator, who recently passed in the Sarnia area, where his extended family lives. We share our sincere condolences and concerns to all who knew him. Details are found at: [smithfuneralhome.ca/memorial/harry-murphy-0](http://smithfuneralhome.ca/memorial/harry-murphy-0)

Finally, as our members will see, District 20 has celebrated the life and contributions of Past President Les Forkes with a new scholarship based on intergenerational leadership. Our first recipients are **Nora Ayling** from Napanee District Secondary School and **Hailey Shaver** from Frontenac Secondary School. These exemplary young women are planning on continuing their service to seniors in the post-secondary areas of nursing and recreational therapy respectively. Congratulations to these highly recommended and well deserving young women and good luck to them in their future studies.

Don't forget that your executive is hard at work for our membership and we are looking actively for volunteers interested in joining us in planning the activities. At this time, we are in urgent need of a Treasurer, (training and support is provided), so step forward - not back - and be part of the exciting year ahead!

Yours in joy and celebration,

*Juanita Everett*  
**President**  
**RTOERO District 20**  
**[President20@districts.rtoero.ca](mailto:President20@districts.rtoero.ca)**  
**613.900.8147**



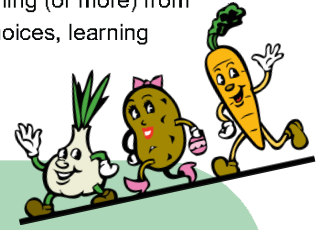
# JUST ONE THING

Cindy Dunning  
RTO District #20  
Environmental Steward

August 2022

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.



## EVERYDAY CHOICES

- **Rain barrels** really help
  - Using rain barrels help you reduce your water costs while protecting your property from excess run off or becoming a supply of water for indoor and outdoor plants during dry spells. Read this article from Random Acts of Green (based in Peterborough). <https://raog.ca/benefits-of-rain-barrels/#> Don't have space or a roof for a rain barrel? Then put out a pot or two to collect the rain!
- **World Clean Up Day**
  - September 17<sup>th</sup> is a day for the world to join together to pickup litter and waste BUT everyday is a day that you can help by reducing your waste. Have you eliminated single use plastics? What about switching to "green" cleaning products, making sure they really are green and not greenwashing (an advertising move to convince consumers to buy but not really being environmentally friendly).
- **Just go outside**
  - Challenge yourself to get outside each day. It is amazing how great you can feel when connecting to nature. Walk. Sit. Swim. Bike. Even looking at nature pictures can boost your mood! Hugging a tree can make you happier.

## JUST ONE THING - LEARNING MORE

- **Online research**
  - Ever considered the firefly? [shorturl.at/bfux9](http://shorturl.at/bfux9)
  - Read about what L&A stewardship council are doing <https://www.lastewardship.ca/what-we-do/>
- **Read A Kids Nature Book**
  - Forest in the City – picture book – by Andrea Curtis & Pierre Pratt - nonfiction
- **Explore a local group**
  - Little Forests with the Rideau 1000 Islands Master Gardeners [shorturl.at/OSTZ4](http://shorturl.at/OSTZ4)

## JUST ONE THING - COMMUNITY ACTIVITIES

- **Visit a community garden**
  - Most towns have community gardens. Find out how you can help by visiting. For example, check out Gardens-to-go in Napanee [shorturl.at/dlQT3](http://shorturl.at/dlQT3)
- **Pick up litter**
  - Although this has been here each newsletter, it is such a simple action that has huge effects. Help clean up a local park or conservation area.
- **Talk to your neighbours about their gardens**
  - Engaging in conversation about nature is environmental stewardship



**MEMBERSHIP UPDATES Liz Carson Membership Secretary**

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 August 1, 2022.

**IN MEMORIAM**

**Margaret Allen**

**Evelyn Inwood**

**Susan Bambrick**

**Harry Murphy**  
(Past-President District 20 2011-2013)

**Shirley Dickeson**

**Shirley Pratt**

**Janet Gollan**

**Edith Thornton**

**Edward Gow**

**John Remington**

**Mary Halligan**

**Floyd Switzer**

**Frederick Holmes**

**George Edwin White**

**IS YOUR CONTACT INFORMATION UP TO DATE?**

There are several District 20 members with emails that bounce. Either the servers send the emails to Junk or the email is out of service. Please check your personal profile through the **Membership Portal at <https://rtoero.ca/welcome-to-the-membership-portal/>**

**Or you can email [membership@rtoero.ca](mailto:membership@rtoero.ca) or phone 1-800-361-9888.**

**Healthy living is a priority for us at RTOERO. Find support resources at <https://rtoero.ca/coping-with-grief-resources-that-can-help/>**

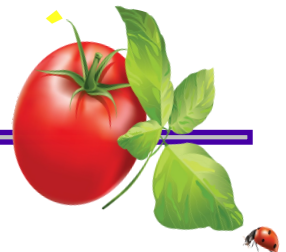
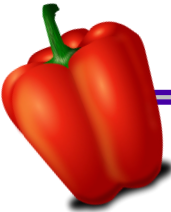
# Welcome New Members!



District 20 welcomes our new members! As of August 1, 2022 we are comprised of 1401 registered members in Frontenac, Lennox and Addington.

**Robert Bambrick**  
**Daniel Bart**  
**Nancy Berga**  
**Marion Bot**  
**Catherine Carson**  
**Caroline Dowling**  
**Karen Handley**  
**Cynthia Hiebert**  
**Jana Jackson**  
**Susan Kirby**  
**Francine Leblanc**

**Faith Maas**  
**Theresa Marquez**  
**Wilma Pettingill**  
**Carolyn Rose**  
**Sandra Smith**  
**Sharon Sommier-Mulligan**  
**June Spooner**  
**Lynn Wallace**  
**Robin Watts**  
**Angela Wilson**



## Machine Mavericks Sponsorship Update

Madeleine Wotherspoon, Second Vice-President RTOERO District 20

RTOERO District 20 is proud to continue our sponsorship of **Machine Mavericks** and support them in their mission:

"To provide high school students with a big picture view of a STEM enterprise by having industry-experienced mentors teach them, hands-on, a broad range of hard and soft practical skills in an environment focused on gender equity".

Quite successful in their 2021-2022 season having placed 6<sup>th</sup> in the Ontario Division, winning the **Woodie Flowers Award** and the **Innovation Award**, the team is now preparing to accept new challenges.

During their 2022-2023 robotics season, FIRST teams across the world will reimagine the future of sustainable energy and power their ideas forward.

To empower young people to be leaders and innovators, this year's energy theme addresses global challenges related to **United Nations Sustainable Development Goal #7** -- focused on ensuring access to affordable, reliable, sustainable, and modern energy for all.

We look forward to seeing their projects and supporting their efforts!



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



**PAC COMMITTEE REPORT**  
**PROVINCIAL ELECTION, June 2, 2022**

In 2012, the federal government in a boundaries redistribution exercise, created the new riding of **Hastings-Lennox & Addington**. This new riding fell within the boundaries of RTOERO District 19-Hastings Prince Edward and RTOERO District 20-Frontenac Lennox & Addington. Beginning with the first election following that decision, these two Districts have worked collaboratively with other education unions to sponsor All Candidates' Meetings.

On December 9, 2021, RTOERO District 19 and RTOERO District 20 restarted this collaborative approach to provide a program during the 2022 Ontario Provincial Election. The two Districts forwarded a proposal to the Teacher and CUPE unions within the following school boards to enter into an agreement to work together on a program during the election:

- Limestone District School Board
- Hastings Prince Edward District School Board
- Algonquin and Lakeshore Catholic District School Board

The targeted political ridings that fall inside the three identified school boards are:

- Lanark, Frontenac, Kingston
- Kingston & The Islands
- Hastings, Lennox & Addington
- Bay of Quinty



The PAC Committee consisted of the following Unions / Associations:

- ETFO Limestone Teachers
- ETFO Limestone Occasional Teachers
- OSSTF District 27 Limestone
- CUPE 1480 Limestone
- RTOERO District 20 Frontenac, Lennox & Addington
- OECTA Algonquin Lakeshore
- CUPE 1479 Algonquin Lakeshore
- OSSTF District 29 Hastings Prince Edward
- OSSTF Hastings Prince Edward PSSP
- ETFO Hastings Prince Edward
- CUPE 1022 Hastings Prince Edward
- RTOERO District 19 Hastings Prince Edward

The PAC Committee settled on the sponsorship of six (6) All Candidates' Meetings:

- Sharbot Lake – Lanark, Frontenac, Kingston Riding
- Verona - Lanark, Frontenac, Kingston Riding
- Kingston - Kingston and The Islands Riding
- Napanee - Hastings, Lennox & Addington Riding
- Bancroft - Hastings, Lennox & Addington Riding
- Picton - Bay of Quinte Riding

**ELECTION RESULTS:**

- Lanark, Frontenac, Kingston: John Jordan, Progressive Conservative
- Kingston and the Islands: Ted Hsu, Liberal
- Hastings, Lennox & Addington: Ric Bresee, Progressive Conservative
- Bay of Quinty: Todd Smith, Progressive Conservative





## RTOERO FOUNDATION UPDATES

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



It has been an enjoyable and very hot summer as I write this article and even more exciting as I assume the Chair of our RTOERO

Foundation. The Foundation staff doesn't take a summer break and it seems there are many irons in the fire. I talk with our Executive Director Mike Prentice at least weekly and am pleased to send some updates to keep you in the loop.

### RTOERO Foundation Webinars

The RTOERO Foundation's annual webinar series is well underway with three informative presentations that have already taken place this year. There are three additional webinars scheduled for the remainder of the year which will feature a variety of topics, and subject matter experts, related to healthy, active aging. Registration emails will be sent to all RTOERO members two weeks before the webinar date. The webinars are not exclusive to members and may be attended by anyone. Visit the RTOERO Foundation's website to watch a recording of our first webinar, in which Former Board Chair Joanne Murphy, and Tara Seney from the Alzheimer Society of Chatham Kent, discussed the connections between dementia and elder abuse. Go to <https://rtoero.ca/webinar-initiating-a-dialogue-on-dementia-elder-abuse-idea/>

Also available is our second webinar presented by Dr. Paula Rochon, RTOERO Chair in Geriatric Medicine, who discusses the need for optimizing medication safety and how to discuss medications with your family doctor. Go to <https://rtoero.ca/webinar-optimizing-medication-safety/>

The videos are available with English and French captions.

### Coming Soon:

**Mentally Healthy Living after Social Distancing – A study of Older Canadians** presented by Dr. Gail Low, Associate Professor at the University of Alberta and Dr. Gail Gutman, Professor Emeritus at Simon Fraser University.

For archived webinars visit <https://rtoero.ca/rtoero-foundation/get-involved/webinar-series/>

### RTOERO Foundation's Donor-funded Report highlights the growing numbers of socially isolated and lonely seniors in Canada

In 2018, the National Institute on Ageing (NIA) from Toronto Metropolitan University (formerly Ryerson University) was awarded a grant of \$50,000 from the RTOERO Foundation for its project titled *Establishing Best Policies and Practices for Understanding and Addressing Social Isolation in Older Canadians*. The report has been completed! It not only builds on the knowledge about the devastating effects of social isolation and loneliness in seniors but provides the outline for a national strategy to reduce their impacts. To read the report, please visit <https://www.nia-ryerson.ca/reports>.

### The RTOERO Foundation Values All of Our Donors

The RTOERO Foundation extends a very special thanks to all our donors. It is your generosity that makes our annual grant program successful. We also encourage all RTOERO members to support the Foundation so we can continue to fund projects which advance our vision of a society in which all seniors live with dignity and respect. To learn more about the RTOERO Foundation, and to donate, please visit our website at <https://rtoero.ca/rtoero-foundation/>.



### Chime in Program

In order to address the challenges of social isolation, the RTOERO Foundation sponsors a program titled, **Chime In**, a regularly scheduled, weekly chat for RTOERO members to engage in open discussion and social connection with one another. Visit <https://rtoero.ca/rtoero-foundation/get-involved/chime-in/> for details.

I look forward to sharing other timely Foundation information in subsequent District 20 **Vision 20/20** publications. Feel free to contact me if you have any questions about the RTOERO Foundation.

**Ted Whiteland, Foundation Chair**





COMMUNITY INVOLVEMENT

# Walking Club

## When

Last Friday of each month at 10:00 am

**September 30 is final walk until Spring!**



## Where



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

## Guide

Cindy Dunning,  
RTO Environmental  
Steward



## Weather

Walking all weather  
except thunderstorms

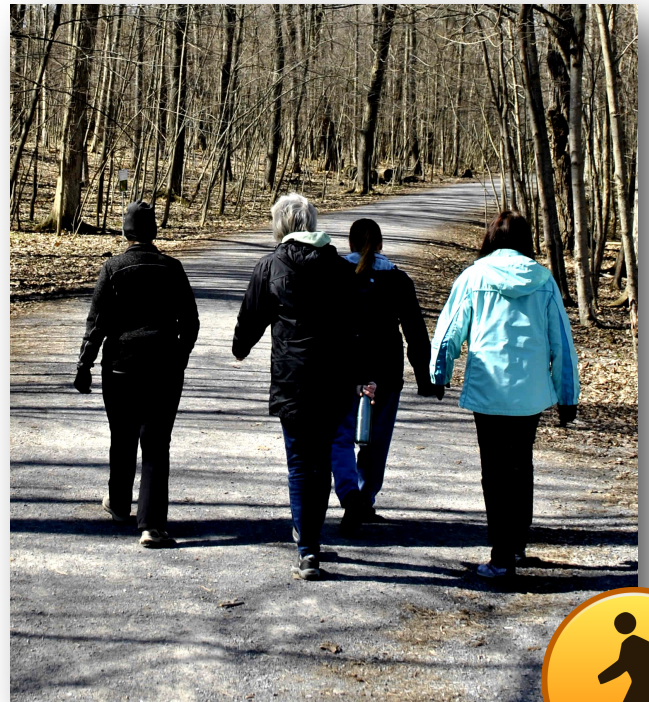


## Contact

dunningc64@gmail.com  
for more details



Here are some of our dedicated members out walking in Lemoine Point just before the leaves came out: Liz Carson (left), Cindy Dunning (middle) and Lorraine Tank (right). Plan to join us and bring your friends!



## COMMUNITY INVOLVEMENT

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

<https://district20.rtoero.ca/rtoero-district-20-memorial-scholarship/>



Recipients of the leadership scholarships have demonstrated a high degree of interest in and interaction with the senior community.

**Nora Ayling** (centre), a graduate of Napanee Secondary, receives one of the two \$1000 **Leadership Scholarships** from **Juanita Everett** (right), President of District 20. On the left, **Melanie Bramburger**

represents the Client Care and Volunteer Services for **Hospice Lennox and Addington**, where Nora displayed her conscientious interest in health care. Nora is planning to attend the four year Bachelor of Nursing programme at St. Lawrence College.

As noted on page 1, **Hailey Shaver** from Frontenac Secondary also received one of the awards. **Congratulations to both Nora and Hailey!!**

### SERVICE-TO-OTHERS GRANT

**Christianne Wojcik** (right), Executive Director of **Kingston Literacy & Skills** (klsread.ca) recently accepted a Service-to-Others grant from RTOERO District 20 for \$1200 to support their programs through the purchase of 2 standing desks for their Literacy and Basic Skills classrooms. Presenting the grant are Madeleine Wotherspoon (left) and Juanita Everett (centre). Christianne explained that the desks are both accessible and ergonomic, providing flexible accommodation for learners to study in a safe and comfortable position (standing or seated). Congratulations!





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



Change to the Process of Submitting Insurance Claims

Currently, members can submit claims until the end of the **next** calendar year after the date the expense was incurred. For example, 2021 receipts can be submitted until December 2022. Most members submit claims almost immediately and this change will not affect them.

However, as of January 2023, *claims must be submitted within six months* of the date of the expense. For example, if you have a dental appointment on May 1, 2023, you have until October 31, 2023 to submit the claim.

Addition to Travel Insurance Coverage

As of May 1, 2022, members will be covered if they need to cancel, interrupt or delay a trip because they or their travelling companion have a positive COVID 19 test result. This will also include additional expenses if they need to quarantine at their destination or are refused boarding due to a positive COVID 19 test.

If you have questions about this improvement to our travel insurance, please go to [rtoero.ca/prepared](https://rtoero.ca/prepared). If your questions are not answered there or if you have a specific personal situation, call RTOERO at 1-877-406-9007 or email [healthbenefits@johnson.ca](mailto:healthbenefits@johnson.ca).

Enjoy your usual summertime activities!

Stay healthy!

**EXPRESS SCRIPTS CANADA** [pharmacy.express-scripts.ca/rtoero](https://pharmacy.express-scripts.ca/rtoero)  
**PHARMACY.** You can also call 855-550-6337

 **TELADOC**® [teladoc.ca/rtoero](https://teladoc.ca/rtoero)  
Medical Experts 877-419-2378 or  
email [customer.ca@bestdoctors.com](mailto:customer.ca@bestdoctors.com)

**On the role of older adults and retired people in Canada**

"You and I as retirees no longer need to worry about a raise or a job, so we can speak from our hearts. If we offend people by sharing what we've learned over our lifetime, that's their problem, not ours. And if we have grandchildren, then we have no choice but to speak out and tell the truth."  
– David Suzuki

*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](https://www.SeniorsKingston.ca)

Award/Grant	Deadline	Criteria
RTOERO Post-secondary Scholarships	January 14, 2023	rtoero.ca/giving-back/scholarships
RTOERO Charitable Donation	February 1, 2023	Nominations from Districts
RTOERO Distinguished Member Award	Nominations in 2023	3 per year Nominations from Districts
RTOERO Provincial Founding Member Award	Nominations in 2023	1 per year Nominations from Districts
Provincial Service-to-Others	Nominations in 2023	Local, national or international programs often involving children, disadvantaged groups, culture and heritage
District 20 Project Service-To-Others Grants	October 1, 2022 & April 1, 2023	Focused on local groups with an education related theme, connection, goal or component
District 20 Irwin Ruttle Award District Award	April 1, 2023	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, 2023	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.



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