

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 iii
Winter 2022/2023



Congratulations



District 20's very special member, Sister Anne Hudec, celebrated her 100th birthday in October! Born and raised on a farm in Saskatchewan with 10 siblings, Sister knew the meaning of work... read the whole story on page 16!


**Happy
Holidays**





Introducing your 2022/2023 RTOERO District 20 Executive!



L-R: David Kendall, Dennis Quinn, Lorraine Kenney, Madeleine Wotherspoon, President Juanita Everett, Patricia Bland, Lorraine Tank, Cindy Dunning, Francine Leblanc, Doug Helliwell, Liz Carson, Ted Whiteland.

PRESIDENT:
Juanita Everett

president20@districts.rtoero.ca 613.900.8147

FIRST VICE-PRESIDENT: Dennis Quinn

SECOND VICE-PRESIDENT: Lorraine Kenney

SECRETARY: Ted Whiteland

TREASURER: Doug Helliwell

MEMBERSHIP SECRETARY: Liz Carson

CHAIRS OF STANDING COMMITTEES

AWARDS: Lorraine Kenney

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: Francine Leblanc

COUNCILLORS

Patricia Bland

David Kendall

Lorraine Tank

Environmental Steward: Cindy Dunning

IN THIS ISSUE

EXECUTIVE BOARD	2
PRESIDENT'S MESSAGE	3
MEMBERSHIP REPORT	5-7
JUST ONE THING	8
ADVOCACY	9-12
BENEFIT MATTERS	13-14
FOUNDATION	15
COMMUNITY	16
LEARNING PORTAL	17
GOLDEN YEAR	18
AWARDS AND GRANTS	19

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 printing is managed by DigiGraphics in Kingston.



President's Message **Juanita Everett**
president20@districts.rtoero.ca

Seasons' Greetings District 20 Members!

Over the past few, warmer than usual, weeks I have managed to put away the lawn furniture, plant a few bulbs, give the lawn a last cut, mulch the leaves and get the snow tires on. All this activity is in preparation for the coming winter and its snowy blast. I have come to realize that during the summer months, whether you are retired or not, the work never ends and freedom is a phantom. I am now looking forward to those chilly days ahead when I can cocoon in my house, catch up on hobbies, read books and visit with friends and family. Simple pleasures are often the best.

RTOERO District 20 has had a very active Fall. Members of the executive participated in PD activities to improve their knowledge and enhance their skills in order to provide members with the best, local service possible. Some attended the Fall Forum where they learned more about the governance of our national organization and its budgeting requirements and listened to amazing young speakers who are dedicated to improving the lives of seniors through RTOERO funded research projects. District 20 held a rousing To 'ell with the Bell in September and an in-person AGM in November where a new executive was elected. (See page 2 for the updated

list.) We continue to support local community initiatives like the SALT group in north Frontenac and look forward to providing funding to other worthy projects through our Service-to-Others grants.



As members of this great organization, you too can get involved and I would urge you to consider some of the upcoming opportunities. 2023 is our 50th Anniversary, "The Golden Year", with loads of fun activities being planned. Help us prepare and celebrate! District 20 is also looking to support activities within our communities that benefit seniors. Grant applications are available on our website and the process is quite simple and your recommendations are so valuable.

Enjoy the coming season and the frosty festivities!

Juanita Everett

President

RTOERO District 20

President20@districts.rtoero.ca

613.900.8147



The new 2022/2023 District 20 Executive trying to get ready for a photo op following the November 3, 2022 Annual General Meeting!

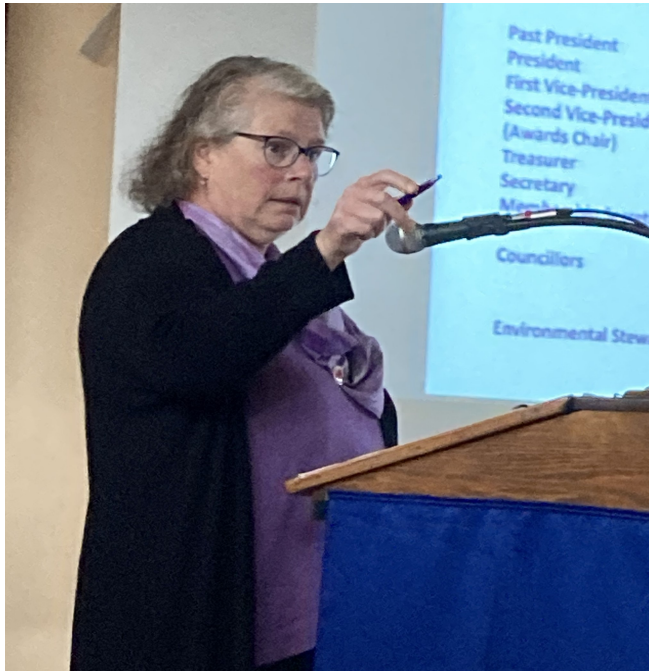


RTOERO District 20 Neenah, Leaven & Ashlingham Nominations – David Kendall Presiding

Introducing the New Executive for 2022 – 2023

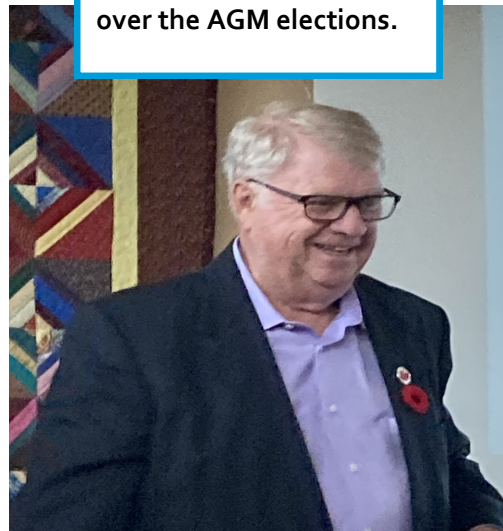
Past President:	Juanita Everett
President:	Dennis Quinn
First Vice-President:	Lorraine Keaney
Second Vice-President (Awards Chair):	Malcolm Stalard
Treasurer:	Donna
Secretary:	David Kendall
Member at Large:	Lee Task

President Juanita Everett hosting the 2022 AGM at the Kingston Unitarian Fellowship



Past President
 President
 First Vice-President
 Second Vice-President (Awards Chair)
 Treasurer
 Secretary
 Member at Large
 Councillors
 Environmental Stewards

David Kendall presiding over the AGM elections.





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. Our list is current as of November 1, 2022.



IN MEMORIAM

Wallace Allen

Mildred Kay

Wilda H Andriesky

Laura Kenny

Mary Barr

Lois Lyle

Nancy Binks

Anne Rolston

Ingeborg Hough

Diane Spoljaric

Edrie Joule

Linda Whitmore

Donna Kay



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 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 November 1, 2022 we are comprised of 1391 registered members in Frontenac, Lennox and Addington. Our executive team is always ready to accept new volunteers.

Contact: Email President20@districts.rtoero.ca or call 613.900.8147.

Daniel Bart

Janet Hiebert

Shari Batson

Barbara Holmes

Hugh Box

Jeanette Law

Pamela Brooks

Nancy Mercier

Leslie Farquharson

Anne Rodrigues

Bernard Gelineau

Sandra Smith

Karen Handley

Milan Spoljaric

Cynthia Hatfield

Morris Whitmore

Kim Heaslip





MEMBERSHIP UPDATES Liz Carson Membership Secretary

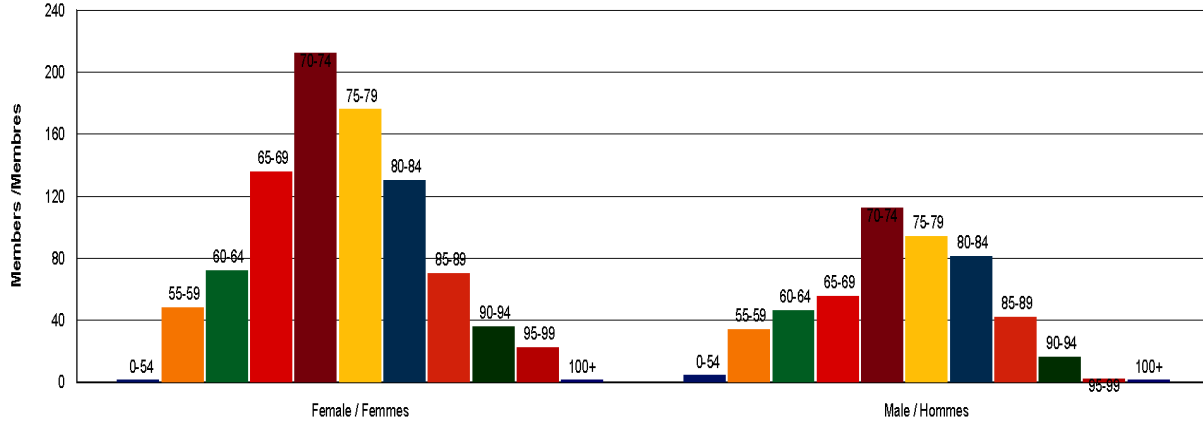


11/1/2022

Age Banding Report for Frontenac Lennox & Addington

Membership by Age/Gender

Membres par catégories d'âge/de sexe pour



@Gender & @Categories

	Female / Femmes	Male / Hommes	Total
0-54	1	4	5
55-59	48	34	82
60-64	72	46	118
65-69	136	55	191
70-74	212	112	324
75-79	176	94	270
80-84	130	81	211
85-89	70	42	112
90-94	36	16	52
95-99	22	2	24
100+	1	1	2
Total	904	487	1,391





JUST ONE THING

Column by
Cindy Dunning
RTOERO District 20
Environmental Steward

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

- Winter cracked hands? Make your own hand cream
 - In a double boiler slowly melt ½ cup each of bees wax, shea butter, coconut oil (solid version). Pour into molds or greased small containers (want to free them when set). To use, rub them over your dry winter hands and enjoy rejuvenated skin.
- Eat what you can read
 - Have you ever tried to read an ingredient list and didn't know what half the items were or even had trouble reading them? Maybe you should put that item back on the shelf and look for something that is closer to natural products. Your body will thank you!
- Clothing Challenge
 - Challenge yourself to not buying any new clothes for a time period, like a whole year. You can find amazing items at second hand places or make do with what you have already.

JUST ONE THING - LEARNING MORE

- Research – Fashion industry
 - Check out fashion revolution at www.fashionrevolution.org where they value people over growth and profit through action oriented solutions. Do you know who made your clothes?
- Read A Book
 - The Sixth Extinction: An Unnatural History by Elizabeth Kolbert . Scientist believe we are in the 6th extinction by our own making. Can we learn from the past five events?
- Watch
 - Frozen Planet II launched in September. Have you seen Frozen Planet I?

JUST ONE THING - COMMUNITY ACTIVITIES

- De-icing environmentally
 - De-icing drives and walkways without using salt is possible. You could try sand, kitty litter, vinegar, sugar beet water, pickle juice, coffee grinds, or calcium chloride
- Neighbourhood snow sculpture challenge
 - Don't fight the snow – be creative with it. Try sculpting a giant beaver or a family of monkeys. See if you can get the whole neighbourhood involved.
- Support your local businesses during the holidays for food, activities, and gift giving
 - Shopping locally is not just good for the economy, but the environment as well – less travel with less packaging



Political Advocacy Report
David Kendall Committee Chair and Councillor



June 2022 Provincial Election

The June 2022 provincial election turned out to be a disappointing event for the groups sponsoring All Candidates Meetings in terms of the six (6) events held. In past elections, we have always had more than 200 audience members and this election didn't come close.

RTOERO District 20 joined with our colleagues in RTOERO District 19, Hastings-Prince Edward along with 11 other educational unions in the Limestone District School Board, the Hastings-Prince Edward District School Board and the Algonquin-Lakeshore Catholic District School Board to sponsor these meetings.

All Candidates Meetings were held in Sharbot Lake, Verona, Kingston, Napanee, Bancroft and Picton.

Ontario Electoral Boundary Commission

The Constitution Act of 1867 mandated that each province conduct a census of their population each ten (10) years in order to track population movement.

In 1985 the federal government passed the **Electoral Boundaries Readjustment Act** to mandate that

electoral riding boundaries be reviewed and where necessary be adjusted following every ten (10) year census.

This review would be conducted by a non-partisan Electoral Boundary Commission of **three** individuals based upon a mathematical formula dividing the total provincial population number by the number of seats assigned to the province to provide a guiding quotient (quota).

The 2022 formula used was 14,223,942 divided by 122 = 116,590. Under this quota, the Commission could deviate by 25% one way or the other.

The Commission chose to use a deviant of 10%.

The Commission has proposed the following boundary changes to the three political ridings within the District 20 jurisdiction:

Moving the 8308 Kingston residents living north of Highway 401 currently attached to the Lanark-Frontenac Riding to a new riding of Gananoque, Brockville and Prescott. ***District 20 has made a presentation to the Commission (see page 11)*** along with other groups to return these residents to their rightful designation of Kingston and the Islands. We are awaiting a decision.



(Continued on Page 10)



Political Advocacy Report
David Kendall Committee Chair and Councillor



Ontario Electoral Boundary Commission
(Continued from Page 9)

The current Lanark-Frontenac Riding would assume a part of the Leeds and Grenville Riding, parts of the Ottawa Riding and parts of the Renfrew Riding.

And, the Hastings-Lennox & Addington Riding would assume a part of the Peterborough Riding.

Under the 1985 legislation, the Commission has flexibility to make exceptions to boundary changes under:

- Extraordinary Circumstances
- Communities of Interest
- Communities of Identity
- Historical Patterns

We hopefully await a positive decision from the Commission to move the Kingston residents living north of Highway

401 back into their legitimate Riding of Kingston and the Islands. In doing so, we recognize that **this adjustment will move the Kingston and the Islands from the third largest riding in Ontario to being the largest riding in the province.**

The Commission has held both in-person and virtual meetings in the latter part of October and **District 20 made a presentation to the virtual meeting. (See page 11.)**

The Commission recommendations will be forwarded to Members of Parliament for response but the final decision on changes remains with the Commission.

The final decisions of the Commission will come into effect at the next federal election followed by the next provincial election.



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



Political Advocacy Report
With Cindy Dunning



Hello Members

On October 26, 2022, I spoke at the **Electoral Boundary Commission online public hearing** on behalf of our RTOERO District 20 members and the residents living north of the 401 requesting the commission reconsider their proposed changes for those living in the City of Kingston north of the 401, where I reside.

After pointing out that our boundaries only changed following the last review in 2012, I requested that the commission correct this issue, using their stated consideration for historical purposes and for the communities of interest, and not just move us to the Brockville boundaries because of numbers.

In fact the Act allows for 25% variation, but this commission is using a derivation of only 10%. If the commission were to return us to our natural and legitimate riding of Kingston and the Islands, it would only be a variation of 15%.

Pointing out that we are residents of Kingston, pay city taxes, use city services of fire, police, road works, plus our cultural and recreational time is in Kingston, as well that we mostly work and spend our income in Kingston, there is no reason for us not to return to our historic boundaries. And as **MPP Ted Hsu** also pointed out, *we have been part of Kingston and the Islands since confederation.*

I concluded my 4 minute presentation by stating people want to and have the right to be part of our rightful home of Kingston and the Islands riding where we can exercise our full rights to communicate and elect officials that have the best opportunity to represent our individual concerns.

I hope that the commission truly heard the other politicians and individuals, as well as RTOERO District 20. On the following page (p.12) is a copy of the text I presented to the Commission.



Dear Members of the Ontario Commission

I am speaking to you on behalf of RTOERO (previously the Retired Teachers of Ontario) District 20 – Frontenac, Lennox & Addington of which I am part of the board of directors.

We represent over 1400 retired and active members from the education community spread across Frontenac and Lennox and Addington, including many who reside in the city of Kingston north of the 401 – often referred to as rural Kingston. I am one of these members as I live in this area.

In the 2012 readjustment process, those of us living in the city of Kingston north of the 401 were severed from our natural and legitimate riding of Kingston and the Islands. You have the chance to set this right. The current proposed boundaries would shift us to the Gananoque-Brockville-Prescott riding.

We are separated from our natural and historical relationship with the Kingston and Islands riding –

We are

- City of Kingston residents
- We pay city taxes
- We have connections in Kingston
- Our cultural, social, recreational interests are in and from Kingston
- Our spending and income are in Kingston
- We have Kingston waste collection and road works
- We have Kingston police services
- We have Kingston fire services

This process and existing separation from our base disenfranchises us from our full democratic rights.

The Commission confirmed that it strives to respect urban and rural communities of interest and historical patterns.

We understand that voter parity is important but so too is engagement of the citizens of each riding boundary area.

This Commission has the direction from the Readjustment Act to make every effort to ensure that the population of each electoral district in the province remains within 25 per cent more or 25 per cent less of the established quota. This Commission has decided to use a deviation factor of 10 per cent in its process.

The Commission's report on proposed district electoral boundaries recognizes that approximately 57 per cent of the proposed districts are larger than the established quota and that there are eight proposed districts of a significant size above the established quota including the riding of Kingston and the Islands. **By adding the residents of the City of Kingston living north of Highway 401 to the Kingston and the Islands riding adds additional electorate of 8,308 within the riding which exceeds the Commission's decision to set a quotient of 10 per cent but is fully within the 25 per cent quota set by the Act at 15.3 per cent.**

We commend the commission for incorporating public input into the process.

We at the RTOERO District 20 and I personally encourage this Commission to remember that there are people behind these numbers. People that want to and have the right to be part of our rightful home of Kingston and the Islands riding where we can exercise our full rights to communicate and elect an MP that has the best opportunity to represent our individual concerns.

Thank you,

Cindy Dunning

Resident of Kingston, Ontario





BENEFIT MATTERS REPORT
Lorraine Tank Committee Chair and Councillor



Practical Technologies
That Can Enable Ageing in the Right Place

Hello District 20 Members

I recently attended the RTOERO District Health Representatives Conference in Toronto.

The three guest speakers were wonderful, but I would like to communicate the research and information given to us by one of the speakers.

Dr. Samir Sinha MD, DPhil, FRCPC, AGSF is the Director of Geriatrics of Sinai Health and University Health Network, Professor of Medicine at University of Toronto, and the Director of Health Policy Research for the National Institute on Ageing. The following statistics come from his research.

It is common knowledge that older Canadians want to maintain their independence and live in their own homes for as long as possible. However ageing means slips and falls and can result in other obstacles. **Falls are the leading cause of injury for older adults.** The risks and impacts of at-home medical emergencies are great. Risk factors that cause falls are:



- age
- vision, hearing, and spatial impairments (glaucoma and cataracts)
- other health conditions (diabetes, obesity, cardiovascular and respiratory diseases, dementia, lack of exercise, making balance and mobility more difficult)
- external factors (clutter, poor lighting, some medications and not using aids, such as a cane)

Here are some surprising Canadian statistics:

- 1 in 3 older Canadians over 65 years fall in any given year
- 4 in 5 hospitalizations for Seniors are due to injuries from a fall
- 4 in 10 falls treated at a hospital are due to fractured bones
- 50% of falls occur at home
- 82% of falls occur when alone
- 80% were unable to get themselves up after at least one fall
- 30% lay on the floor for more than an hour
- 50% of those over the age of 80 who lay on the floor for more than an hour were not alive 6 months later

(Continued on Page 14)





Practical Technologies
That Can Enable Ageing in the Right Place

(Continued from Page 13)

Our population is ageing. Today's **Seniors must be proactive** if living at home is desired. Nearly 100% of Seniors recently surveyed plan to live in their own home. Yet 30% don't feel prepared to deal with an emergency if one were to occur. So, what can be done to prepare yourself?

There are technologies to allow Seniors to age at home.

- Smart phones or a mobile device (Do you know how to face time? Do you use apps on your phone?)
- Virtual Care (devices that take your blood pressure and sends it to your doctor)
- Remote Health monitoring (monitoring such things as COPD)
- Fitness Trackers (Fit Bit or Smart watches)
- Smart Home Devices (that can detect a fall)
- Personal Emergency Response Services (that have GPS tracking to find you)



Another problem is that many Seniors neglect to have very important conversations with their doctors, health care professionals, caregivers, and their family. Seniors need to work together to decide what would be best for you in your own personal situation. Ask yourself, "How can I live safely on my own?" Beyond technologies, there are other things you can do:

- Get an Occupational Therapy Safety Assessment to learn how to minimize your risks.
- Stay active. It is important to spend 150 minutes per week in activity to strengthen muscles and bones and to increase stability.
- Stay connected with loved ones and your community.
- Keep communications open to feel confident and comfortable with solutions when they are in place.

Remember: our population is ageing. Today's Seniors must be proactive if living at home is desired.

EXPRESS SCRIPTS CANADA pharmacy.express-scripts.ca/rtoero
PHARMACY. You can also call 855-550-6337

 **TELADOC** teladoc.ca/rtoero
877-419-2378 or
Medical Experts email customer.ca@bestdoctors.com



RTOERO FOUNDATION UPDATES



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



Season's Greeting District 20 Members!

I am humbled and proud to have been chosen as the Chair of the **RTOERO Foundation**. I believe in the RTOERO Foundation, its Mission and Vision and have the good fortune to be working closely with an exceptional Board of Directors and awesome staff. Feel free to reach out to the RTOERO Foundation with any questions.

Highlights of the recent RTOERO Forum:

During a presentation by three scholars sponsored by the **National Institute on Aging (NIA)**, one speaker made reference to an international program titled **Watch Over Services**. In citing three studies from Japan, France and Canada, he reported on the success of the Canadian program in particular. It originated in Prince Edward County and is a project that was funded 100% by the RTOERO Foundation. A hearty round of applause was shared by the RTOERO participants – a great local example of the RTOERO Foundation's work that has received international recognition!

There were several **Distinguished Members Awards** for the years 2020-2022 announced. Each award recipient was given a financial award that they could assign to their favorite charity. There were four recipients who identified the RTOERO Foundation as their recipient of choice. Once again, there was a very respectful applause thanking those recipients for considering the RTOERO Foundation.

RTOERO Foundation 50/50 Draw:

The first ever RTOERO Foundation 50/50 draw was held during the month of October which is **Social Isolation Awareness Month (SIAM)**. Not knowing how successful this draw would be, we were very pleased when we learned that the draw brought in \$66,250. There were three lucky winners: a ticket buyer won a \$500 mid-month draw; a very excited individual from the far western area of Ontario won \$33,125; and the RTOERO Foundation became a recipient of the matching \$33,125 which will be put to good use. We are already hearing that Members can hardly wait until the next 50/50 Draw. Stay Tuned!!



Keep in mind the **Chime In Program** as a means to combat social isolation - stay connected!

Visit <https://rtoero.ca/rtoero-foundation/get-involved/chime-in/> for details.

In summary, I would encourage all our Members and friends to support **your RTOERO Foundation** as we invest in improving senior's healthcare, end social isolation and combat ageism.

Ted Whiteland, Foundation Chair
rtoero.ca/rtoero-foundation/





Happy 100th Birthday Sister Anne Hudec!.



A beautiful bouquet of flowers was delivered to **Sister Anne Hudec** in October to help her celebrate her 100th birthday!

Born and raised on a farm in Saskatchewan with 10 siblings, Sister knew the meaning of work. She joined the Women's Division of the RCAF where again the structure of work prepared her for her religious life.

During her career in education Sister Anne taught for 36 years at several schools – Holy Rosary in Belleville, St. Peter's In Trenton and St. Paul's in Kingston.

Reminiscing about her teaching years Sister shared that her favourite part of the day was the morning – starting a new day with the children! One day as the school was closing for lunch, a grade 7 boy had her in stitches as he remarked "Wouldn't a Dow go good now!" (She reminded us that Dow was a very popular beer at the time.)

She recalled a most cherished event happened many years ago at Mothers' Day. She ran into one of her grade 6 students at a florist shop where the girl was buying a flower for her mom. As Sister was leaving the student gave Sister a carnation – something she will never forget!

Sister lives at the Mother House of the Sisters of Providence of St. Vincent de Paul, where she began her religious life. She now enjoys reading mystery books... and if this is what 100 looks like, I can hardly wait! Here she is with her flowers and the card from District 20 members sending their congratulations and very best wishes.

Happy Birthday Sister Anne!

Lorraine Kenney
Member Services





**Login to RTOERO
Learning/Connectez-vous à
RTOERO Apprentissage**

Welcome to the learning Portal - Bienvenue sur le portail d'apprentissage

<https://rtolearning.rtoero.ca/>

This link takes you to a one-stop virtual learning destination. It is developed for RTOERO members who are volunteer leaders and rely on course materials, webinars, and a wide range of learning resources. Any member can access the site to improve their skills and abilities to participate locally and nationally.

Governance

Technology

Volunteer

Webinars

2023 - District 20's GOLDEN YEAR!



Your RTOERO DISTRICT 20 is celebrating its 50th year of serving the retired educators of Frontenac, Lennox and Addington since 1973! Stay tuned for events and activities planned with you as the special guests! Email President20@districts.rtoero.ca if you would like to pitch in with the celebrations!
MUCH MORE TO COME!

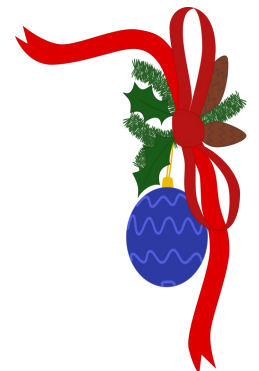
Award/Grant	Deadline	Criteria
RTOERO Post-secondary Scholarships	January 14, 2023	rtoero.ca/giving-back/scholarships
RTOERO Charitable Donation	February 1, 2023	Nominations from Districts
RTOERO Distinguished Member Award	Nominations in 2023	3 per year Nominations from Districts
RTOERO Provincial Founding 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	April 1 and October 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
NEW! THE RTOERO DISTRICT 20 LES FORKES MEMORIAL INTERGENERATIONAL STUDENT LEADERSHIP SCHOLARSHIP	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 https://district20.rtoero.ca/rtoero-district-20-memorial-scholarship/



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



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.