

Vision 20/20

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.



It's our 50th so we'll
feed double that!
100 free breakfasts.

"To 'ell With the Bell!" is back!
**Tuesday, Sept. 5, 2023 at the
Travelodge Hotel on Princess St. Kingston**
Reserve by Sunday, Aug.27 for your

***FREE* Birthday Breakfast**

at the

9:00AM BUFFET!!

Email rtoero20@gmail.com

Or call 613-900-8147



Serving the famous
COMBINATION
Breakfast Buffet!



Join us for more **Golden Year** activities*!
All events are **FREE!**

Happy 50th Birthday from Your District 20!

- ⇒ **Thurs. Aug.10 - BBQ at Kingston Seniors Centre!**
Just come and enjoy! Choice of burgers, hotdogs, chicken, sausage!
 - ⇒ **Tues. Sept. 5 - To 'ell With the Bell! @TheTravelodge**
 - ⇒ **Thurs. Oct. 19 - Sock Hop Social! 2 - 5 pm**
 - ⇒ **November - Craft, Games & Chat (date to be decided)**
 - ⇒ **December - Caroling (date to be decided)**
- Watch for District20 e-blasts and district20.rtoero.ca**

***Events may be subject to change!**



Your 2023/2024 RTOERO District 20 Executive!

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

COUNCILLORS

Patricia Bland

David Kendall

Lorraine Tank

Environmental Steward: **VACANT**

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



IN THIS ISSUE	
EXECUTIVE BOARD	2
PRESIDENT'S MESSAGE	3
MEMBERSHIP REPORT	4
ADVOCACY	5
BENEFITS MATTER	6
COMPARISON CHART	7
FOUNDATION	8
TRAVEL	9
GOODWILL AND GOOD NEWS	10
JUST ONE THING	11
AWARDS AND GRANTS	12

VACANCY: DISTRICT 20 ENVIRONMENTAL STEWARDSHIP POSITION

*"Climate change. Air quality. Water quality. Bio-diversity loss. CO2 emissions. Plastic pollution. Simple words. Intimidating concepts. We can make a difference and motivate others to be part of the solution and encourage others to be part of the solution."**



Our District 20 Executive has a vacancy for the Councillor position for **Environmental Stewardship**. As an Executive member this individual would 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, Juanita Everett, by email at president20@districts.rtoero.ca or call 613.900.8147.

*https://rtoero.ca/wp-content/uploads/2020/09/Environmental_Stewardship_WP-Web_EN.pdf



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

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.



The President's Message

gives me the opportunity to share news about District 20 activities and events, but I would like to begin this one by expressing my gratitude to our RTOERO District 20

Executive who have gone above and beyond to make this 50th Anniversary year such an outstanding one. From organization and communication to representation at events this executive has exceeded all expectations. A special thank you to **Dennis Quinn** for spearheading the committee, to **Pat Bland** for getting all those e-blasts out, and to **Cindy Dunning** and **Doug Helliwell** for keeping the numbers straight. The initiatives undertaken have been planned to benefit our members directly.

This spring and summer have been fun-filled for any District 20 members who participated in our 50th Anniversary events. Things got off to a frosty start in January with our walking challenge "50 km for 50", but warmed up at the Golden Tea at Selby United Church with many delicious treats and a great opportunity to catch up with old friends. Our AGM in May was an outstanding success. Held at the **Renaissance Event Venue** in Kingston, it was filled to capacity and we all enjoyed a delicious meal and excellent entertainment and guest speakers. As a result our follow-up activities - the Playhouse bus trip and the ****Napanee River Cruise** - were also

fully subscribed! *(See Update below.)*

With summer slipping by and September just around the corner with its mix of nostalgia and relief, we will keep the 50th Anniversary momentum going into the fall with special golden birthday version of the annual **"To 'ell With the Bell"** Breakfast. It will be held at the Travelodge on Princess St. in Kingston on Tuesday, September 5 with Dennis Quinn hosting - as I will be enjoying a cruise of the Greek Islands!

We are replacing the cancelled snowy 50th Tea from February with a nostalgia-filled **Sock Hop** at the Millwood Drive Clubhouse on Thursday afternoon, October 19th. Look for even more fun to come as we wind down our golden anniversary year with Crafts and Carols in November and December.



I hope to see many of you there!

Juanita Everett

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

⇒ ****News Update:** The Napanee River Cruise scheduled for Thursday, July 13th, had to be suddenly cancelled due to a broken motor on the boat. Rescheduling was not a secure option. We are so sorry for this unexpected and disappointing situation! Thank you to all who registered. Do join us at the BBQ on August 10th and at our big breakfast on Sept. 5th!





Welcome New Members!

Donna Abbink
 Elva Lee Ball
 Barbara Booth
 Charlene Bright
 Susan Carrington
 Gaynor Chomitz
 Stephanie Gerics
 Mike Hicks
 Rosalind Johnston
 Christine LeClair
 Tiffany Mountenay
 Stacey Murphy
 Wendy Procter

Trish Rance Michielin
 Janet Revell
 Kenton Rich
 Jo-Anne Riley
 Christine Robertson
 Martha Runte
 Mary Saunders
 Daryl Sheffield
 Elisabeth Sorensen
 Cynthia St-Jacques
 Lori Raybould Sweet
 Douglas Walker



District 20 welcomes our new members! As of July 1, 2023 we are comprised of 1387 registered members in Frontenac, Lennox and Addington. There are currently 53 Actively Employed members who have not fully retired, but are receiving RTOERO information in preparation for their retirement plans.

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. Our list is current as of July 1, 2023.

Vernon Bright

Ellen Pajur

Ruth Brown

Barbara Parrott

Judith Elliott

Wayne Rice

Deborah Gibson

Gwendolyn Scott

Allan Glenn

Sheila Way

James Horan

John Whalen

Elaine O'Grady





Political Advocacy Report (PAC)
David Kendall Committee Chair and Councillor



INTERNATIONAL SENIORS SUMMIT

RTOERO will sponsor **The Future of Aging Summit in Toronto at the Marriott Downtown Eaton Centre Hotel on May 16-17, 2024.** The targeted audience includes elected officials, policy makers, academics, community advocates and thought leaders from around the world. This event will focus on sharing ideas, building competency and contributing to the improvement of the later years for the current and future generations in Canada.

MEMBERSHIP GROWTH

We all recognize the need for continued growth in membership in our benefits program to ensure stability and enhancement in plan provisions. Since 2002 RTOERO has offered support to our education community partners. During past years, we have opened opportunities to those in the active education community to join our family prior to retirement to learn more about the many benefits of membership. Our **Retirement Planning Workshops** (RPW's) have reached thousands within the education community and membership has provided important information as they plan for their retirement years. Current membership in RTOERO stands at 83,546.

MEMBERSHIP FEE VOTE

Over the years The RTOERO membership fee has been developed in conjunction with growth in program and benefit provisions. Currently the maximum membership fee is \$73.00. RTOERO recognizes that setting a membership fee has been a detractor from attracting new membership.

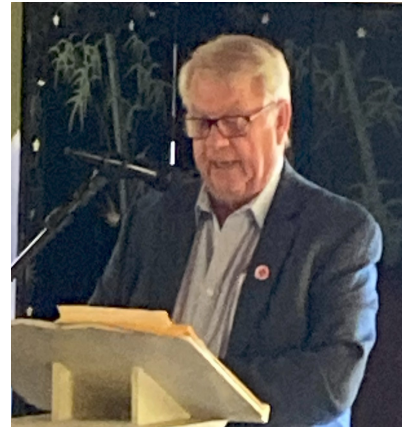
At the Fall Forum in October 2023, Corporate Members representing our 51 Districts will meet in a special session to review, discuss and vote on the following resolution being presented by the Board of Directors:

"That RTOERO membership fees for members enrolled in the Entente Group Insurance Program be financed through income earned on long-term investments, subject to annual inflationary and membership growth adjustments."

Should the Corporate Members choose to adopt this position, Members *will not be required to pay a membership fee each year.*

BENEFIT PLAN CONFUSION

RTOERO has provided a health insurance program for members since 1981. Our plan has continued to grow and mature since its inception. One of the confusing aspects of the plan has always been ownership. Members have referred to the plan as the Johnson plan, the RTIP plan, the OTIP plan, and other titles. To be clear, **the Benefits Program is fully owned by RTOERO.** Johnson Inc. acts as the claims and service administrator of the plan *on behalf of* RTOERO.



In an effort to end or at least reduce this confusion, RTOERO believes that it is time to provide a proper identification to the program. The RTOERO health benefits plan will be officially referred to as the **Entente Group Insurance Program** on a go forward basis.

ONTARIO TEACHERS' PENSION PLAN (OTPP)

- Update as of December 31, 2022:
- Membership: 183,000
- Active Members: 153,000 Retired Members
- There are 1.2 Active Members for every 1.0 Retired Members.
- 7923 new OTPP Members in 2022
- Over 5500 new retirees in 2022. Typical years of credit at retirement is 26 years and average number of years in retirement is 32.
- Age range of members in OTPP is 5 years old to 110 years old. (A pensioner who passed away had a dependent 5 years old.) Pensioners over 100 years of age: 148
- 34 OTPP members have been retired for more than 50 years.
- OTPP assets as of December 31, 2022 stood at \$ 247.2 Billion.
- Targeted assets by 2030:\$ 300 Billion



I recently attended RTOERO's District Health Representatives Workshop in Toronto. There were many interesting guest speakers, including Patricia Wendy, whose talk examined the need for us to recognize that when we are caring for a spouse, family member or friend, we need to be aware and take care of ourselves first.

She gave an interesting airplane analogy. When travelling in an airplane and tragedy strikes, you need to put your oxygen mask on first before helping your travelling partner with theirs. In caregiving as well, you need to be well and healthy to be effective as a caregiver.

Addressing Caregiver Burnout and Burden

Many caregivers disregard their own health and well-being to care for someone else. This, in turn, will have an impact on the person receiving the care. Causes for burnout can stem from fatigue, frustration and becoming uninterested in things they used to enjoy. Under extreme circumstances, caregiver burnout can result in elder abuse.

Caregivers need to be aware and watch for predictive factors that could lead to problems. These factors include depression, poor problem-solving skills, financial difficulties, social isolation, lowering self esteem or the quality and/or history of the relationship between the caregiver and the care recipient.

Caregivers need to use coping strategies. Some of these strategies include exercise, self care, planning, delegating some jobs to others, prioritizing, or making reasonable expectations (everything does not need to be perfect).

Caregivers need to establish and stick to routines. They must make time for themselves and keep up with their own hobbies and friends.

***Patricia Wendy** is the Manager of Social Work at the Hospital and Bereavement Program of Circle of Care, Sinai Health System, Toronto, Ontario.



Rob Plumley, Community Development Officer for Lennox and Addington County (r) recently was presented a cheque from District 20 President **Juanita Everett** for the addition of a picnic table and benches for the **Flinton** hiking and mountain bike trail within the Quinte Conservation Area.



SAVE WITH RTOERO

Compare 2023 health benefits for education retirees

RTOERO

OTHER*

Extended Health Care + Hospital + Dental					
SINGLE	COUPLE	FAMILY	SINGLE	COUPLE	FAMILY
\$192.15/mo	\$382.44/mo	\$464.23/mo	\$202.71/mo	\$399.50/mo	\$479.00/mo
ANNUAL COST SAVINGS WITH RTOERO					
SINGLE		COUPLE		FAMILY	
\$147.93/year		\$246.72/year		\$228.34/year	
Prescription Drugs					
\$3,400 ANNUALLY – 85% REIMBURSED			\$4,000 ANNUALLY – 85% REIMBURSED		
covers ALL prescription drugs			NOT ALL prescription drugs covered		
Paramedicals					
\$1,300 ALL PRACTITIONERS COMBINED – 80% REIMBURSED			\$1,350 ALL PRACTITIONERS COMBINED – 80% REIMBURSED		
No doctor's authorization needed			Doctor's authorization required for some practitioners LIMITED reimbursement – per-visit max		
Vision					
\$400 VISION CORRECTION		\$150 EYE EXAMS		\$375 VISION CORRECTION	
80% – Every 2 years		80% – Every 2 years		80% – Every 2 years	
80% – Every 2 years		80% – Every 2 years		80% – Every 2 years	
Travel					
\$10 MILLION PER INSURED UP TO 93 DAYS PER TRIP			\$2 MILLION PER PERSON UP TO 95 DAYS PER TRIP		
<ul style="list-style-type: none"> \$6,000 trip cancellation/interruption Private hospital room \$1,000 lost luggage per trip \$250/day for meals and 			<ul style="list-style-type: none"> accommodation, up to \$5,000 per trip \$10,000 vehicle return Guaranteed acceptance for trips longer than 93 days 		
<ul style="list-style-type: none"> \$6,000 trip cancellation/interruption Semi-private hospital room No coverage for lost luggage \$150/day for meals and 			<ul style="list-style-type: none"> accommodation, up to \$1,500 per trip \$2,000 vehicle return Medical questionnaire for trips longer than 95 days 		
Dental					
BASIC & PREVENTATIVE 85% UNLIMITED REIMBURSEMENT			BASIC & PREVENTATIVE 80% UNLIMITED REIMBURSEMENT		
MINOR RESTORATIVE \$800 – 80% REIMBURSED			MINOR RESTORATIVE \$850 – 80% REIMBURSED		
MAJOR RESTORATIVE \$800 CROWNS + \$800 BRIDGES, PARTIAL DENTURES – 50% REIMBURSED			MAJOR RESTORATIVE \$750 – 50% REIMBURSED		

*RTIP Plus 4000 Plan



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



2023 has been a very busy year for the RTOERO Foundation. Working with a Board of ten Directors, much has been accomplished over the past year.

We continue to follow our five-year Strategic Plan. We welcomed two new Board members: Micki Clemens (District 15 Halton) and Suzanne Poudrette-Gagnon (District 45 EstarIO).

After a COVID hiatus, we identified six successful projects which shared \$213,000 in grants. I am most pleased to acknowledge our local recipient: **Compassionate Communities Kingston Canada which was awarded \$43,000 for a project called Community Connectors: Seniors Helping Seniors.** (See the photo below right.)

Our fundraising continues to evolve. We want to thank our corporate sponsors: Johnson Inc., Securian Canada, Hearing Life, Venngo, Iris, Fiera Capital, RPIA, Canadian Premier and SmartSimple. Through individual donors' thoughtful generosity, we have been able to fund innovative and impactful grants.

We have introduced three new fundraising events:

1. Two **50/50 raffles** have had resounding successes. In each, the lucky winners took home over \$33,000 each plus two early bird winnings of \$1000 each. **STAY TUNED FOR THE NEXT 50/50 DRAW!**
2. Our first ever **Silent Auction** was a great success in early May.
3. Our first **In-Person Auction** took place during the opening reception at the RTOERO Annual Meeting/Forum.

District 20 and three other Districts proudly lead all RTOERO Districts in contributions representing \$1 per member from existing District reserves as we continue to meet our 2023 target goal of raising \$83,000.

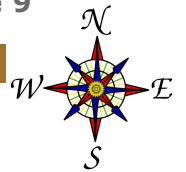
Respectfully Submitted
Ted Whiteland
 RTOERO Foundation Chair



(l-r) **Ted Whiteland** RTOERO, District 20 Secretary and RTOERO Foundation Chair, **Florence Campbell** Compassionate Communities Kingston; **Lorraine Kenney**, RTOERO D20 2nd Vice-President, Awards Chair; **Juanita Everett**, District 20 President.

Receiving strange phone calls, texts or emails? Someone asking for a "favour" or "help" or chance to win? Unknown email or phone number? If you have any doubts at all, remember: Hang Up. Delete. Block. Report. Do not reply! Be safe and not sorry! If it was a real friend, they will try again.



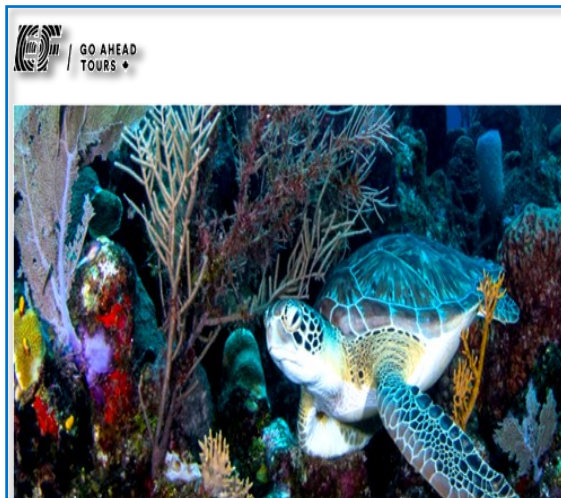


RTOERO District 20 Announces an exciting trip for its RTOERO members!

Ecuador and the Galapagos

May 9-18, 2024

Ecuador puts new meaning behind the saying, "good things come in small packages". In terms of flora, fauna, and opportunities for viewing unique local wildlife, this South American country runs the gamut. Journey to **Quito** for a taste of Ecuadorian culture and Spanish colonial history. Then, island hop through the **Galápagos**, where you'll move from mangrove swamps to lava flows to sunny shorelines, encountering scores of exotic creatures along the way. End in the indigenous city of **Otavallo**, famous for its colorful market.



Your tour package includes:

- * 4 nights in handpicked hotels
- * 4 nights aboard the M/V Galapagos Legend Ship
- * 8 breakfasts, 5 lunches, 5 dinners
- * 10 sightseeing tours
- * Expert Tour Director and local guides
- * Private deluxe motor coach
- * 2 on-tour flights

Included highlights: Cerro Panecillo, Old Town Quito, La Compañía, Rábida Island, Snorkeling with sea turtles, Tagus Cove, Giant Tortoise Nature Reserve, Otavalo market

Tour pace: On this guided tour, you'll walk for about 2 hours daily across moderately uneven terrain, including cobblestone streets, unpaved trails, and sandy paths, with some hills.

Price: includes the above, flights and taxes - \$7,019.00 Canadian, based on double occupancy.

For booking details, please contact:

Francine LeBlanc, OCT

Email: francinelb@cogeco.ca or
call 613-572-0876.



Francine LeBlanc

GOODWILL AND GOOD NEWS

Lorraine Kenney Second Vice-President, Awards Chair, Goodwill Chair



Each year District 20 proudly awards grants to local organizations whose values align with those of RTOERO, including Diversity, Equity and Inclusion, Community Connection, Environmental Sustainability, Commitment to healthy living and Wellbeing, Service and Accountability. This year we were very happy to award a Service to Others Grant to **H'Art Centre (www.hartcentre.ca)** in the amount of \$1000. This not-for profit community arts hub provides opportunities for artists with disabilities to create, learn and collaborate with trained community artists. District 20 is proud to support the work of this vibrant organization! Congratulations!



Service-to-Others cheque presentation for the **H'art Centre** at the District 20 AGM on May 25th, 2023. (L-R) District 20 President **Juanita Everett**, 2nd Vice President and Awards Chair **Lorraine Kenney**, STO grant recipient General Manager **H'art Centre**, **Andrea Fitzgerald**.

THE RTOERO DISTRICT 20 LES FORKES MEMORIAL INTERGENERATIONAL STUDENT LEADERSHIP SCHOLARSHIP

This marks the second year of this award, created in honour of a former District 20 President and long-time educator in the Kingston area, **Les Forkes**.

The scholarships are awarded to graduating students who are pursuing post-secondary programmes with a focus on Seniors. Two awards have been given last year, but since 2023 marks District 20's Golden Year, the Executive decided to grant three scholarships to very deserving applicants.

Jillian Shea, Napanee District Secondary School, volunteered in the Convalescent Unit at the L&A County Hospital after completing the Hospice Care Provider Programme, and will continue her studies at St. Lawrence College in the Practical Nursing Program.

Abbi Woods, North Addington Education Centre, has volunteered at the Pine Meadow Nursing Home and has been accepted into the Practical Nursing Programme at Loyalist College.

Mathilde Ducharme-Gauthier, Ecole Secondaire Mille-Iles, volunteered at Providence Care Hospital and will further her education in the Pre-Health programme at Algonquin College.

The awards winners' names were announced at each of their Graduation ceremonies in June. They will be each be presented with their \$1000 cheques at the sites where they completed their volunteer work. Congratulations to our three very worthy recipients and good luck with your studies!

Lorraine Kenney, Awards Chair

A promotional banner for the Seniors Association. It features a woman in a pink shirt smiling. Text includes: "for today's active adults", "50+", "Pickleball Dome OPEN IN SEPTEMBER!", "SESSION 1 BEGINS SEPTEMBER 5", "Fitness Games Music Arts & Crafts", "Languages Wellness Sports Dance", "Seniors Association 5 convenient locations 613.548.7810 info@SeniorsKingston.ca", and "www.SeniorsKingston.ca".

for today's active adults

50+

SESSION 1 BEGINS SEPTEMBER 5

Fitness Games Music Arts & Crafts

Languages Wellness Sports Dance

Pickleball Dome OPEN IN SEPTEMBER!

Seniors Association
5 convenient locations
613.548.7810
info@SeniorsKingston.ca

www.SeniorsKingston.ca

JUST ONE THING

Column by
Cindy Dunning

Summer 2023

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



- Water deep!
 - Did you know that native plants thrive more partly because they have deep roots. To help encourage deep roots in all plants, water deep (for a longer time) and less often.
- Eat Locally
 - Eating locally has many benefits including getting the freshest and tastiest foods from vegetables to meats. It also helps the local farmers stay vibrant and develops a sustainable food source with less carbon footprint from transportation.
- Clean your teeth
 - Switch to a bamboo toothbrush, which can be used as a garden name plate (break off the bristles) after it is worn out. What about using a glass floss container and just replacing the floss roll when needed. Check out all those ingredients in your toothpaste, then maybe you can find a simpler variety with simple ingredients. Mouthwash – try apple cider vinegar instead or check out a diy recipe or a natural brand commercial mouthwash.

JUST ONE THING - LEARNING MORE

- Research – historical climate data
 - CBC has a historical interactive climate data set that you can explore at <https://newsinteractives.cbc.ca/features/2023/climate-dashboard/>
- Read A Book
 - Learn about a new plant or animal with a reference book, such as Lone Pine's Ontario Wildflowers. This includes 101 wayside flowers. I have seen 76 so far!
- Watch
 - Canada: A Year in the Wild (currently on Prime) is an amazing look at the wild in four seasons.



JUST ONE THING - COMMUNITY ACTIVITIES

- Become a Turtles Kingston Driver
 - Turtles Kingston has a team of coordinators who help lead the way for saving the 5 local turtle species. Become a driver for injured turtles at <https://www.turtleskingston.com/what-can-you-do>
- Visit a local market
 - Before purchasing at a market, ask where the food comes from? Do they answer with a local farm? Then you are really getting fresh food. Some markets though import from a distance, so beware and have a conversation.
- Join a local walk
 - There are multiple local walks available to enjoy a great summer day or just go for a slow walk in your neighbourhood



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 district20.rtoero.ca/servicetoothersgrants/ Or email president20@districts.rtoero.ca

Award/Grant	Deadline	Criteria
RTOERO Post-secondary Scholarships	January 12, 2024	rtoero.ca/giving-back/scholarships
RTOERO Charitable Donation	February 1, 2023	Nominations from Districts
RTOERO Distinguished Member Award	February 2024	https://rtoero.ca/about/awards/ 3 per year
RTOERO Provincial Outstanding Leadership Award	February 2024	1 per year Nominations from Districts
RTOERO Community Grants (Previously Provincial Service-to-Others)	https://rtoero.ca/giving-back/grants/Spring 2024	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
THE RTOERO DISTRICT 20 LES FORKES MEMORIAL INTERGENERATIONAL STUDENT LEADERSHIP SCHOLARSHIP	June 1, 2023 Second Year!	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/



Attending Forum in Toronto: L-R Doug Helliwell, Linda Helliwell, Juanita Everett, Francine LeBlanc

TieOnOne Gathering at craft place. L-R Juanita Everett, Lorraine Tank, Lorraine Kenney, Patricia Bland, Doug Helliwell and new members Stephanie Gerics and Stacey Murphy.

