



## News and Notes Continued

**To 'ell With the Bell:** At the February Board meeting, a decision was taken to make the To 'ell With the Bell luncheon an annual September event. As a consequence, the luncheon scheduled for March 23 was cancelled.

We continue to recognize that it is important to celebrate our retirement and to touch base with friends. We will hold our luncheon as usual on the Tuesday after Labor Day, that being September 8 this year. Time and place will be announced in the August newsletter. We hope to see you there.

**Retirement Planning Workshop:** District 20 is offering a third workshop for potential retirees in April. Once again, we are using the fine services of these Gananoque establishments: Linklater Public School, Robeson's Country General Store, Tim Hortons, and 1000 Islands Printing. It's a pleasure doing business with you all.

**Changes to the Executive Board:** With regret, the Executive Board accepted the resignation of Bill Miller as Health Services and Insurance contact. He has been replaced for the remainder of year by Bill Leroux. Bill can be reached at 613-342-2512, or [william.leroux@sympatico.ca](mailto:william.leroux@sympatico.ca).

Chris Seeley has resigned as Councillor for Lennox and Addington. Dave Fisher has taken his place, joining Harry Murphy.

**Project Service to Others:** The Executive approved the following local grants:

- \$1,000 grants: Tales and Tunes for Tots (Lennox and Addington)  
Bags Plus (Frontenac)
- \$ 500 grants: Linklater Public School Breakfast Program (Leeds and Grenville)  
Pajama Bags for Kids (Leeds and Grenville)

Local grants of up to \$1,000 per county are available by application. The application form is available from any member of the executive, or may be downloaded from the website. It must be submitted by October 31 each year. The most successful applications are those that demonstrate specifically that teachers and RTO members are active in community causes.

The Executive also forwarded the application of the Fun with Books Association (Leeds and Grenville) to the provincial office for consideration for a grant of up to \$4,000.

## Six Ways to Weed the Garden Without Using Chemicals

Hints to combat *Kill-Ex* Addiction in Pesticide/Herbicide-Free Ontario

1. Twist – works well for young dandelions, plantain, tree seedlings and other tenacious weeds. Grasp the plant below the leaves at ground level and twist as you slowly pull upward.
2. Dig It – add a long, skinny "dandelion digger" with a forked tip to your hand tool collection. Use it to pop out the taproots of dock, sorrel, burdock and, of course, dandelions. The sharp tip of a triangular hoe makes short work of plants with fibrous roots like chickweed. Swing the hoe toward you so that the blade slices and lifts the weed. Watch your toes!
3. Smother 'em – lay two or three sheets of newspaper around the base of your perennials, and cover with a disguising layer of grass clippings or mulch. Rain will soak down and worms will work up through the paper, and you'll have looser, better soil in the bargain.
4. Mulch – a two inch layer of grass clippings or a six inch layer of fallen leaves that you have chopped up with the lawn mower spread an inch or so away from the crown of a plant will suffocate growing weeds and make new ones easier to pull.
5. Flame throwing – a portable torch will quickly burn off weeds growing around patio stones and in walkways. If you keep scorching new growth, the weeds will eventually give up and die.
6. Hoe – slicing the tops off young weeds without disturbing the soil surface works well on shallow-rooted weeds prone to self-sowing.



### In Memoriam

We express our sympathy to the families and friends of these deceased members.

Mary Carrothers, Prescott  
Vera Folkard, Kemptville  
Lionel Hodder, Kingston  
William Rowsome, Cloyne



I am writing this item at our apartment in the Colina Sol Hotel in Carvoeiro, Portugal. We have 30 participants celebrating 10 years of our very successful Portugal "Long-Stay". In all probability, we will be back again in 2010 for the eleventh time.

Our summer program includes two day trips sponsored by the District – a day at the Art Gallery of Ontario, and a day at the Glengarry Highland Games. Also open to District 20 members are summer trips sponsored by our neighbors District 19, Hastings-Prince Edward and District 29, Lanark. See page 5 for a complete list.

We also have a Fall Colours tour to the Finger Lakes developed. See page 4 for details.

## Travel News

I would like to emphasize that early registration is required to confirm all tours. Running any tour is conditional upon adequate numbers. Essentially, Odyssey Travel pays required deposits to service providers (hotel, coach, airline, etc.) on our behalf. A shortfall of numbers will trigger cancellation before penalties are incurred.

**Future Plans:** We are seriously considering offering St. Vincent and the Grenadines #3 in January and Portugal #11 in February/March, 2010. We will defer a decision on Australia-New Zealand until the economy improves. However, we are planning Ireland for late May into June, 2010. Full details will be featured in our August newsletter. If you would like to register your interest and receive a folio for any of these tours, contact Anna or Brian at Odyssey Group Tours, 613-549-3342.

PS: Don't miss our slide show travelogue in Verona on April 30. See page 4.

Meikle Turner, District 20 Travel Chair

## Summer Day Trips by District 20

### AGO Transformation Thursday, June 25

Visit the stunning new Art Gallery of Ontario, which combines the architectural genius of Canadian Frank Geary with the magnificent collected art and artifacts of the late Ken Thompson.

Coach pickup from Brockville to Trenton. Free time to explore the gallery. Lunch on your own. \$125.00 per person, includes transportation, admission, guided tour and dinner on our way home at the Oasis restaurant in Coburg.

### The Glengarry Highland Games Saturday, August 1

Hear the bagpipes calling? The Glengarry Highland Games feature the largest gathering of the clans in Canada, with over 100 pipe bands in the opening and closing ceremonies.

\$95.00 per person, includes transportation, admission and pre-booked grandstand seating. Coach pickup from Belleville through Kingston, Brockville, Prescott and Kemptville. No meals are included but there are many food concessions on site, and we expect to be seated for both the opening and closing ceremonies.

### Back By Popular Demand... Wolfe Island, Wednesday, Sept. 2.

Ken Keyes is our very capable guide for the popular **RTO tour of Wolfe Island**. Park your car in Kingston and board the 9:30 a.m. ferry for the island. A school bus will pick you up at the dockside to begin the tour. Lunch is served at 1:00 p.m. by the United Church Women at the church hall. You can choose your own time to return, as the ferries run on the hour. **Cost for the tour and lunch is \$25.00.**

**You MUST reserve this tour. Complete the tear-off form below, and mail it to Ken Keyes,**



I \_\_\_\_\_, wish to reserve \_\_\_\_\_ tickets for the Wolfe Island Tour, Sept. 2, 2009, at \$25.00 each. My cheque for \$\_\_\_\_\_, made out to Ken Keyes, is enclosed. My telephone number is \_\_\_\_\_ in case Ken needs to contact me.

**Fabulous Fall Colours Tour to the Finger Lakes Of New York State  
Monday, October 5-Thursday, October 8, 2009**



You are invited to join our enhanced tour to this scenic, historical and agricultural region of New York State known as the Finger Lakes Region.

We will stay three nights at the Canandaigua-Inn-on-the-Lake, located on the shores of the lake that shares its name, and once the Seneca Indian Village of Kan-an-dar-gua. The lake is 17 miles long and about a mile wide, and is considered to be the most beautiful of the Finger Lakes.

Our tour will include a visit to Geneva and the historic 1839 Rose Hill Mansion, set on 35 acres overlooking Seneca Lake. The house is one of America's finest examples of Greek Revival architecture. Many furnishings are original to the Swan family, who occupied the mansion from 1850-1890.

We will visit Letchworth State Park, the stunning Grand Canyon of N.Y State. The Genesee River Gorge is 17 miles long and 600 feet deep and includes 3 waterfalls; the middle falls present a 107 foot cascade.

Included in our tour will be visits to the wineries of the Hammondsport area of Keuka Lake and adjacent Seneca Lake.

Not all dinners will be at our hotel. There are excellent restaurants in the area associated with castles and old stage coach inns, and we plan to dine out at two of these.

In Canandaigua itself we will visit the 50 acre Sonnenburg Gardens and the Grange Homestead and Carriage House, which houses 44 horse-drawn vehicles used in the region from 1810 to 1920.

Before heading home on October 8, we will visit Auburn, on the shores of Owasco Lake. We will visit the Willard Memorial Chapel, the interior design being the work of Louis Comfort Tiffany and the Tiffany Decorating and Glass Company. The 1892 Romanesque Revival chapel has carved wooden pews, stained glass windows, lead glass chandeliers, mosaic floors and oak wainscoting.

Our tour of Auburn will also include a visit to the Harriett Tubman home, where we will learn more about the life of the former slave who delivered more than 300 slaves from the south via the Underground Railroad. During the Civil War, Tubman rendered invaluable service to the Union Army as a nurse, a scout and a spy.

For our complete day by day itinerary and registration forms, contact Anna Kovachis or Brian Cruickshank at Odyssey Group Tours, 613-549-3342, or 1-800-263-0053 or e-mail [akovachis@odyssey-travel.com](mailto:akovachis@odyssey-travel.com).

This is an RTO District 20 custom designed tour. Our price of \$1,150 per person, double occupancy (\$300 single supplement) includes transportation, accommodation, meals, admissions with guides as appropriate, taxes and gratuities, but not room service.

*Travelogue Number 7*

*Ecuador and the Galapagos Islands: In the Steps of Charles Darwin*

A Slide Presentation by Meikle and Margaret Turner

Thursday, April 30, 2009  
2 p.m.  
Trinity United Church Hall  
Main Street, Verona, ON

Admission \$3:00, in support of the  
Central Frontenac Heritage Association

Refreshments Available.



## Summer Excursions

Once again, our local Districts are running a variety of bus trips to local and regional attractions. We welcome the participation of District 29, Lanark as well as District 19, Hastings-Prince Edward. Please note the specific booking information for each trip. *Odyssey Group Tours* books only those we run from District 20.

District 29 trip <b>May 1-4</b> <b>New York City</b> \$599 twin/\$939 single/\$509 quad	It may be too late, but if this trip to the Big Apple (including transportation, accommodation, breakfasts, one lunch, guided tour and ride on the Staten Island Ferry) appeals, contact Queensway Tours, 1-800-267-3483 to see if there is room.
District 19 Trip <b>June 23, 24</b> <b>Stratford</b> \$365 double/\$390 single	See <i>A Funny Thing Happened on the Way to the Forum</i> and <i>West Side Story</i> . Included in the price are accommodations at the River Garden Inn, meals, tickets and transportation. To book, mail a \$100 deposit to Eleanor Stewart, 8 Lee Ave. Belleville, K8N 1Y2. For more information, call 613-962-1194. Registration closes May 1.
District 29 Trip <b>June 24</b> <b>1000 Is. Boat Tour,</b> <b>Kingston</b> \$89 per person	To take part in this 3-hour tour, with buffet lunch and live music, contact Queensway Tours. 1-800-267-3483, or Anne Graham, 613-829-4679 or <a href="mailto:grahamanne@rogers.com">grahamanne@rogers.com</a> . Registration closes May 22. <i>Check with Anne to find out the "boat cruise only" availability and price.</i>
District 20 Trip <b>June 25</b> <b>The Art Gallery of</b> <b>Ontario, Toronto</b> \$125 per person	See the architecturally stunning Art Gallery of Ontario, including many items from the collection of the late Ken Thompson. Included in the price is transportation, admission, guided tour and dinner on the way home. Register with Odyssey Group Tours, 613-549-3342, or 1-800-263-0053. More details on page 3.
District 20 Trip <b>August 1</b> <b>Glengarry Highland</b> <b>Games</b> \$95 per person	Over 100 pipe bands, men in skirts, sheaf tossing and more! Price includes transportation, admission and grandstand seating. Food is not included but can be purchased inexpensively on the grounds. Register with Odyssey Group Tours, 613-549-3342, or 1-800-263-0053. More details on page 3.
District 19 Trip <b>August 12, 13</b> <b>Orillia</b> \$200 double/\$220 single	All inclusive trip including transportation, accommodation at the Stone Gate Inn, meals, a performance of <i>The King and I</i> and a cruise on the Island Princess. A shuttle to Casino Rama is available. To book, contact Eleanor Stewart, 8 Lee Ave. Belleville, K8N 1Y2. For more information, call 613-962-1194. Registration closes July 10.
District 19 Trip <b>August 22</b> <b>RTO's Blue Jays</b> <b>Game, Toronto</b> Tickets: \$39 each	The Blue Jays will be victorious over the LA Angels in this afternoon game. Tickets on the Field Level, 3 <sup>rd</sup> base side. A portion of the cost of each ticket cost will be donated to a charity to be chosen by RTO Senators in May. <i>District 19 has not provided a price for the bus transport. Contact Eleanor Stewart, 8 Lee Ave. Belleville, K8N 1Y2, 613-962-1194, to book your game ticket and seat.</i>
District 20 Trip <b>September 2</b> <b>Ken Keyes' Tour of</b> <b>Wolfe Island</b> \$25 per person	You'd be amazed how much there is to see on this tour! Ken knows it all, and once again is happy to escort RTO members around the island. Board the 9:30 a.m. free ferry in Kingston. Price includes the tour and lunch on the island. Registration is required. See page 3 for the tear-off form, which is to be returned to Ken Keyes, Box 166, Wolfe Island, ON, K0H 2Y0. Only 45 spots are available.
District 19 Trip <b>September 24, 25</b> <b>Stratford.</b> \$365 double/\$390 single	A repeat of June's trip: See <i>A Funny Thing Happened on the Way to the Forum</i> and <i>West Side Story</i> . Included in the price are accommodations at the River Garden Inn, meals, tickets and transportation. To book, mail a \$100 deposit to Eleanor Stewart, 8 Lee Ave. Belleville, K8N 1Y2. For more information, call 613-962-1194. Registration closes August 10.

## ***The More You Move, the Better You Feel***

**Every Day for Life!**

**Be Active, Your Way,**



**Age is no barrier**

Independent living depends on being able to do the things you want to do when you want to do them. To stay independent, you need to reach, bend, lift, carry, and move around easily. Staying physically active will help you to keep moving, and stay strong.

According to the Public Health Agency of Canada ([www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)), 60 percent of older adults are inactive. The World Health Organization has found that sitting or lying for long periods of time is a serious health risk, leading to declines in bone and muscle strength, heart and lung fitness, and flexibility. Inactivity is as harmful to your health as smoking.

Most people say they gain strength, endurance and flexibility by becoming more active, including those in their nineties. Almost immediately, many people notice they feel better and get around more easily. Even those with physical limitations and chronic

conditions benefit by being more active. And more active people prolong their independence.

Being more active is very safe for most people. Just start slowly and build up – listen to your body. Accumulate 30 to 60 minutes of moderate physical activity most days. Minutes count – add it up 10 minutes at a time. Not sure? Consult your health care professional.

Choose a variety of activities that increase your endurance, flexibility, strength and balance. Endurance activities that make you feel warm and breathe deeply increase your energy and improve your heart, lungs and circulatory system. Gentle reaching, bending and stretching exercises that increase flexibility keep your muscles relaxed and your joints mobile so you can move more easily. Lifting weights and resistance activities improve your balance and posture, keep muscles and bones strong and prevent bone loss.

Science has proved that being active reduces the risk of heart disease, falls and injuries, obesity, high blood pressure, adult -onset diabetes, osteoporosis, stroke, colon cancer, and premature death. Active older adults also are less likely to suffer debilitating depression, and there is evidence that physical activity may slow the progression of Alzheimer's and other dementia.

Don't assume you have to spend big dollars and go to the gym to get the benefits of regular activity. Many people do enjoy the camaraderie of organized exercise, but your routine can be just as effective without the cost. If you are worried about losing your balance or not having much strength, you can exercise effectively sitting down, holding on to something or someone, or being active in a pool.

Adding up 30 minutes of physical activity per day is not that hard. Consider some of the following for your "exercise routine":

- walk the dog, or play with the grandchildren in the park
- strip, wash and remake the bed
- clean the shelves in the kitchen
- wash the kitchen floor
- wash and wax the car
- carry home the groceries
- work in the yard
- vacuum and dust the house
- hang your laundry outside.

The Public Health Agency of Canada has published an interesting brochure: *Physical Activity Guide for Older Adults*. It is available on their website or can be ordered by phone at 1-888-334-9769.

# The Thousand Islands...

"Nothing can be imagined more lovely and picturesque than winding your constantly meandering course through this verdant labyrinth."  
- H. Tudor, 1831

"The fairest place on earth." - JNO Haddock, 1895

"My first visit happened totally by chance, a random flight up the St. Lawrence River along the border of Canada and the United States in 1992 in my Challenger floatplane, and I was astounded by what I saw. That flight changed everything. I had the privilege of looking down from above. While beautiful from water level, the next shoreline hides what lies beyond." - Ian Cristine, Aerial Photographer



Three years later Ian Cristine became an island owner, or steward, as he prefers, and he has photographed the Islands ever since. His first book of photography, *The 1000 Islands*, was by far the most successful book about the Islands ever to appear. *Water, Wind and Sky*, his second compilation, was released in mid 2005. *The Thousand Islands* completes a trilogy of photographic books about the islands. Released in June 2006, it has become a best seller.

Ian Cristine has been active in aerial photography for 25 years. He has written extensively for U.S. and Canadian aviation publications and his aviation photography has graced numerous magazine covers, while also serving his former business in aircraft distribution .

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## District 20 Annual Spring Luncheon Meeting

Thursday, May 14, 2009

Social 11:00, Members' Meeting at 11:30, Dinner at 12:00, followed by guest speaker

### At the Glen House Resort

*From Kingston: Hwy. 401 to Interchange 647, 1000 Islands Parkway, then 9 km. east.  
From Brockville: 401 to Interchange 659, Reynolds Road, then south to Parkway and 5 km. west.  
Parking Assistance will be provided.*

### Guest Speaker

**Ian Cristine, Photographer and Author**

### Music by Grant Birtch

**\$20.00 per person for a turkey dinner with all the trimmings.**

To obtain tickets, complete the tear-off form below and send it to

Shirley Foley, Treasurer, RTO/ERO District 20  
209 East Street  
Napanee. ON. K7R 1S9

**RSVP, accompanied by payment, by May 1, 2009**

**There will NOT be tickets available at the door.**

*Your name tag (available at the registration table) will serve as your lunch ticket.*

Name(s) .....

Municipality..... Telephone .....

Please find enclosed a cheque, payable to RTO District 20, for \$\_\_\_\_\_ to pay for \_\_\_\_\_ meals.

## *Let's Get Together and Eat!*

With the arrival of Spring finally, members are getting together to plan their monthly outings surrounding our traditional breakfasts or lunches. Below is the schedule. Note, there are some changes and additions.

**Lennox and Addington:** Just come along for 9:30 and order off the menu on the 3<sup>rd</sup> Thursday of the month at the Smiling Wilderness Restaurant, Palace Road at the 401 in Napanee.



**Central/North Frontenac:** We meet for lunch, usually on the first Wednesday of every other month, at various restaurants in and around Sharbot Lake. Our next luncheon is scheduled for June 3<sup>rd</sup>. For more information, or to be added to our e-mail notification list, please contact Kevin Long at [kclong@netscape.ca](mailto:kclong@netscape.ca) (or 613-279-2098).

**Gananoque:** Due to the fire at Good Time Charly's, the breakfast has moved to the Rapid Valley Restaurant, on County Rd. 2 at Reynolds Road, Lansdowne, on the 1<sup>st</sup> Thursday at 9:30.

**Westport:** Meets for lunch at The Cove, corner of Rideau and Bedford St. at 12 noon on the 2<sup>nd</sup> Thursday.

**Merrickville:** No changes: Meets at the Goose and Gridiron, 317 St. Lawrence St. at 10 a.m. on the 1<sup>st</sup> Friday.

**Brockville Area:** Usual breakfast location: CJ's Banquet Hall, Chelsea St., west off Stewart Blvd., just north of the 401. at 8:30 on the 3<sup>rd</sup> Thursday.

### ***Welcome to our New Members***

Hope to see you at breakfast!

Allen Hamilton  
Diane Provan  
Kevin Long  
Bruce McLeod

David Sigman  
Donna Weaver  
Robert Rennie  
Olive Abeles

Wayne Riley  
Helen Morgan  
Dejneha Ihor  
Suzanne Spearn

Brenda Molloy-Measures  
John Desamba  
Beverley Bennett-Arnold

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