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**RTO**  
**E** THE RETIRED TEACHERS OF ONTARIO  
LES ENSEIGNANTES ET ENSEIGNANTS  
RETRAITÉS DE L'ONTARIO

Here for you now ... Here for your future. Since 1968.

# Vision 20/20

RTO/ERO District 20  
Frontenac, Lennox and Addington,  
Leeds and Grenville  
On the web: [www.rtoero20.com](http://www.rtoero20.com)

Vol. 36 Number 3 September 2010

## President's Message – Mary Lou Smitheram

*Summer afternoon - summer afternoon; to me those have always been the two most beautiful words in the English language* -- Henry James.

I'm with Henry: Although people keep telling me it is a blessing to live in Canada with its distinct seasons, nothing beats summer! I hope yours is going well.

The District Executive has not devoted its entire summer to leisure. Several members have been examining alternative structures to see if there is one that will encourage more members to become involved in the local activities of RTO/ERO. Thank you to Harry Murphy, Nina Jenkins, Bud Acton, Meikle Turner, Gord Hough and Norma Thompson for taking this on. Thanks too to those who continue their regular committee work and to those who have planned the fall social events.

A separate committee of District 20 members has polled members in Leeds and Grenville about their interest in forming a separate district. Results of this poll will be available by the end of August.

Elsewhere in this newsletter, you will find information about several social events: There is another tour to Wolfe Island in early September, retiree get-togethers in Kingston and Brockville to celebrate the beginning of another school year we will be able to enjoy from the sidelines, our annual golf tournament at Smuggler's Glen, and our Annual General Meeting coming in October. Everyone is welcome to attend any of these events, as well as our monthly breakfasts in Napanee, Kingston, Westport, Gananoque, Brockville and Merrickville, and regular luncheons in north Frontenac. We hope to see lots of you often!

(Continued on page 2)



Gary Flick (Prov. Exec.) and President Mary Lou present our STO grant to Terry Cavanaugh, Ontario Director, Canadian Diabetes Association. Photo by Bill Leroux

### 7<sup>th</sup> Annual RTO/ERO District 20 Golf Tournament

**Monday, September 20, 2010 - 12:30 p.m.**

**Smuggler's Glen Golf Course**

(Opposite the Glen House Resort on the 1000 Islands Parkway)

**\$75.00 includes green fee, ½ cart and meal.**

*All welcome, members, spouses, friends.*

**Register by September 13, 2010**

Register through the pro shop, **613-659-4999**.

Payment by credit card is preferred

If this is not possible, contact: **Randy Frith**

**613-659-2323 or [etfoucl@1000island.net](mailto:etfoucl@1000island.net)**

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**(President's message continued.)**

The District 20 executive has accepted with regret the resignation of Brian Woods as secretary. Brian has worked tirelessly at this job, and previously as Vice President and President of District 20, as well as councillor for Leeds-Grenville and member of the Provincial Nominations committee. Thank you, Brian. God bless.

Many of us read with sadness in June about the tragic tour bus accident in Switzerland that claimed the life of David and Joan Johnston. Although their teaching careers were enjoyed elsewhere, they retired to their childhood community of South Grenville and were members of District 20. An editorial in the *Brockville Recorder and Times* made a very good point, I think, about the way the Johnstons lived their lives, and the lesson we should learn from this accident:

*The lesson here isn't to call into question, or cause people to second-guess, whether travelling and exploration of the world around us is a risk worth taking. Experiences we can only gain by taking a chance allow us to discover new things, bringing richness and, often, meaning into our lives. What should shine through in this story is that the Johnstons weren't timid people, sitting back and allowing the world to pass by. They went out and embraced it, together. We should all be so bold.*

Mary Lou Smitheram - [msmitheram@cogeco.ca](mailto:msmitheram@cogeco.ca) or 613-342-3135

**Health and Insurance Report - Bill Leroux**

On April 16, 2010 we held a very successful question and answer period for members of the Health Plan. Many questions were cleared up for participants of the plan. It was a most informative afternoon spent with Melanie Johnston from Johnsons INC. If there is enough interest this event can be repeated next year.

In June I attended a District Health Representative's meeting in Toronto. RTO continues to review the existing plan and are always looking at how to improve the plan and serve the majority of members. At this meeting there was an interesting presentation from the staff at Mondial. These are the folks who look after you when you travel and are suddenly in need of medical assistance.

Did you know?

Mondial offers pre-trip advice. They are happy to talk to you about hospitals and medical services in the area where you are travelling. This might be useful pre-planning information. You can also verify dialing codes and easy access to Mondial if it becomes a necessity.

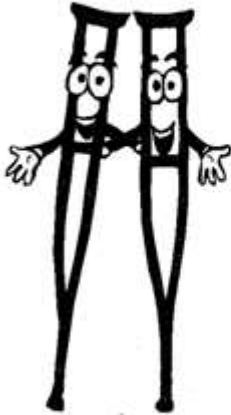
Mondial has 16 emergency RN's who staff the phones 24/7. They are there for you when you need them.

Mondial should be called as soon as you possibly can. This will relieve the stress of you being asked for money or payment. They are there to look after this and they are trained to handle these situations. Mondial monitors hospitals all over the world with visits and assessments. The sooner you call the sooner they can get you to or moved to the best facility.

Mondial nurses will dialogue with the hospitals to monitor treatment and patient condition to get you home as soon as possible. They are also trained to know what treatment is absolutely required and what treatment is being offered merely to increase hospital revenue.

Before leaving, always check exactly the country codes, numbers that need to be dialed to get you through.

When under stress, it is sometimes difficult to start looking for information. It is sometimes a difficult call but the sooner you get to Mondial, the sooner they can begin to work for you! (Continued on page 3)



**(Health and Insurance Report continued)**

On the health front, there is now a vaccination for shingles! Check with your doctor.

Finally, a recent RTO/ERO "Health Matters" booklet lists four wellness websites. We need to focus on maintaining our health and wellness while we enjoy these retirement years. There are two websites about the benefits of increasing your activity level:

"Canada's Physical Activity Guide to Healthy Active Living for Older Adults" at [www.phac-aspc.gc.ca/hp-ps/hl-mvs/pag-gap/pdf/guide-handbook-older-eng.pdf](http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pag-gap/pdf/guide-handbook-older-eng.pdf) and "Active Living Coalition for Older Adults" (ALCOA) at [www.alcoa.ca](http://www.alcoa.ca).

There are also two websites about changing your lifestyle and eating well: "Eating Well with Canada's Food Guide" at [www.hc-sc.gc.ca/index-eng.php](http://www.hc-sc.gc.ca/index-eng.php) and "Eat Right Ontario" at [www.ontario.ca/eatright](http://www.ontario.ca/eatright).

Until next time  
Bill Leroux

**2010 Retirement Planning Workshop Report – Madeleine Wotherspoon**

District 20 held a very successful Retirement Planning workshop on April 17, 2010. Nearly 80 prospective retirees and spouses came to hear Ron Poste, Richard Arbic and Lori MacDonald-Blundon from Provincial Office present an excellent workshop. The day was spent learning about pensions, financial considerations, health insurance and other topics that need to be considered as retirement approaches. District 20 will continue to provide this service to participants from both teacher federations and support staff unions across the district (Lennox and Addington, Frontenac and Leeds and Grenville).

**Two newsletters going to one address?**

If you are currently getting two newsletters at your address and only need one please contact me so changes can be made to our mailing labels for future newsletters.

**Liz Carson - 613 389-5419 or [carsonl@hotmail.com](mailto:carsonl@hotmail.com)**

**Wolfe Island Tour  
Thursday, September 2, 2010**



Ken Keyes is again our very capable guide for the latest version of the popular RTO tour. 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, P.O. Box 166, Wolfe Island, ON, KOH 2Y0.** There are only 45 spaces. Ken will keep a waiting list if necessary.  
**Register by August 20, 2010.**

I \_\_\_\_\_, wish to reserve \_\_\_\_\_ tickets for the Wolfe Island Tour, September 2, 2010, 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.

**RTO DISTRICT 20 TRAVEL NEWS**

District 20 closed out our 2009/2010-travel season with a very successful Circuit of Ireland Tour. The weather was great, a little cool at times, but no rain at all for most of our time, with great visibility as we travelled south to north along the western shores that are so often very wet and windy. We had a full house, 45 in all, but by all accounts this was a very positive experience for all participants.

Looking forward to October *now is the time* to register for our Fall Colours Tour, which features the Cranberry Festival at BALA, Ontario, with a two-night stay in ORILLIA. The dates are Oct. 15<sup>th</sup> -17<sup>th</sup>. Contact Bill Leroux at 613-342-2512 for details.

This year we are presenting our annual TRAVEL SHOWCASE at TWO LOCATIONS, BROCKVILLE and KINGSTON. Full details are set out in this Newsletter.

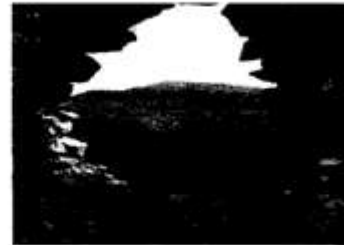
Time moves on, and Margaret and I are now in the process of passing the torch to younger leaders, who will enhance our travel programme with new destinations and renewed energy. You will see Bill & Lisa Leroux, John & Karen Kitney and Nadene Strange moving to the forefront of tour leadership.

Time has brought change to our professional partners, Odyssey Travel and Odyssey Group Tours. When our association with Odyssey began it was a local agency with strictly local leadership. A few years ago it became a division of Travel Cuts, a conglomerate of agencies operated by the Canadian University Students Federation. This change had little impact upon our partnership, it was really the same Odyssey Travel and the same team. Now over the last year a new merger has developed. MERIT TRAVEL bought the Travel Cuts Franchise, and as a result ODYSSEY TRAVEL will be "RE-BRANDED" as a MERIT TRAVEL office in September.

Happily for us Anna Kovachis and Brian Cruickshank will still be looking after the RTO District 20 travel file!

To obtain information packages on any of our tours contact me at [meikle\\_irish@yahoo.com](mailto:meikle_irish@yahoo.com) or call 613-542-7744.

**Happy travelling,**  
Meikle Turner, District 20 Travel Chair.



*Photos* – taken by Norma Thompson  
**Top** – view from Dunuce Castle, Glens of Antrim, Ireland  
**Middle** – Margaret & Meikle at the "LadiesView", Lakes near Kilmaley, Ireland  
**Bottom** – Garnish Island, Bantry Bay, Ireland  
**Ed. note** – Sorry about the black and white. To see the beautiful blues and greens of Ireland, you'll have to book this tour next year.

**3 Future Tours**    **The Cultural and Scenic Tapestries of Trinidad & Tobago - January 15 to 30, 2011**

Although new to RTO D20, this is a very familiar tour for your leaders, John and Karen Kitney since John was born in Port of Spain and grew up in **Trinidad**. The island is ideal for travelers with more than just fun-in-the-sun on their agenda. Although its largely unpublicized beaches are considered one of the islands' best-kept secrets, Trinidad's identity is sophisticated, exciting and very cosmopolitan. Trinidad offers eco-tours that are well supported and unique and especially attractive to birders. Special day trips will include the Scarlet Ibis at the Caroni Bird Sanctuary, the Asa Wright Nature Centre and the Nariva wetlands. **Tobago** is a quiet piece of tropical paradise, where the sun caresses the beaches and the green hills tumble toward turquoise seas. Said to be the inspiration for Daniel Defoe's classic, Robinson Crusoe, this exotic island at the southern tip of the Caribbean chain offers tranquil vistas, simplicity and unpretentious charm.

Our package includes all flights and tours, all transfers and gratuities and almost all meals. Our first base will be in Port of Spain (Trinidad) for the first week with daily tours by land and by sea. For the second week we will be in Tobago. This is a much smaller island and there will be short trips for snorkelling, sailing and exploring. At the time of publication, the costing of this tour was about to be finalized. Please call for this information as well as the full itinerary.

Contact John and Karen Kitney at 613-546-6378 or email: [kitnevi@kingston.net](mailto:kitnevi@kingston.net)

(Continued on page 5)

**PORTUGAL #12** Departing Feb 22, stay for 3, 4 or 6 weeks  
**PRICE FREEZE --- 2010 prices in effect - NO increase for 2011 departures!**

3 weeks -- \$ 3,700.00 or 4 weeks -- \$ 4,000.00 per person based on double occupancy

After rave reviews last year about our new property, we will again be returning to the beautiful Villas d'Agua in Ohlas d'Agua, east of Albufeira. This townhouse apartment complex is small and intimate by Algarve standards, and overlooks the ocean. The ultra modern units feature magnificent kitchens with all appliances including a dishwasher and a washing machine, microwave ovens and large European style fridges/freezers.

There is a large central pool (unheated), reception desk, bar and restaurant. WiFi is available for a fee. The grounds are spacious and professionally landscaped. There is direct access to a small beach below the sandstone cliffs, but the village beach, boardwalk and restaurants are a mere ten-minute walk away.

Our long stay package includes all transfers, return airfare, a fully equipped 1-bedroom apartment (2 bedroom available upon request), a rental car for the duration of your stay (including full insurance coverage), lunch upon arrival and dinner before departure.

Our Portugal long stay has become famous for the numerous activities such as car convoys, pot luck dinners, restaurants with music, cuche nights, nature walks, cliff walks etc. Side trips to Lisbon, Fatima, Spain, Gibraltar & Morocco can be arranged locally.

For further details please contact:  
**Nadene Strange 613-542-5796 nadenest@yahoo.ca or Meikle Turner 613-542-7744 meikle\_irish@yahoo.com**



**Scandinavia  
 &  
 St. Petersburg**

*May 25- June 15, 2011*



Visit the Northern Capitals of Copenhagen, Oslo, Stockholm, and Helsinki—plus magnificent St. Petersburg. Enjoy sightseeing in each city with highlights and special features, such as the Christiansborg Palace, the famous Little Mermaid, and Tivoli Gardens in Copenhagen. In Oslo visit the Viking Ship Museum and Vigeland Sculpture Park. The highlights of Stockholm will include the Royal Palace and the 24,000 islands of the archipelago. See the Uspensky Cathedral and Suomenlinna Fortress in Helsinki, and Catherine Palace and the Hermitage Museum in St. Petersburg. In addition to these amazing capitals we will see famous fjords such as Hardanger, Geiranger and Sognefjord, travel on The Flam Train and get up close to glaciers. For a detailed itinerary please contact **Nadene Strange 613-542-5796 or nadenest@yahoo.ca**

**RTO DISTRICT 20 PRESENTS - Two September Travel Showcase Events**

**BROCKVILLE** - Wall Street United Church Hall  
**Thursday, September 9<sup>th</sup> 2010 - 2-4pm & 7-8:30 pm**

**KINGSTON** - Crossroads United Church Hall, 690 Sir John A. Macdonald Blvd.  
**Wednesday, September 15<sup>th</sup> 2010 - 2-4 pm. & 7-8:30 pm**

There will be general information, photographic displays and registration packages pertaining to our 2011 overseas tour offerings as well as for our 2010 Fall Colours Tour to the CRANBERRY FESTIVAL at BALA, Ontario.

1. **New Winter Destination:** The Cultural and Scenic Tapestry of Trinidad and Tobago with John & Karen Kitney.  
 January 15<sup>th</sup> - 30<sup>th</sup> 2011
2. **St. Vincent and The Grenadines # 4:** The Unspoiled Islands of the Caribbean. Unique itinerary, up close & personal!  
 February 5<sup>th</sup> - 20<sup>th</sup> 2011
3. **Portugal - LONG STAY # 12** - Featuring 3 - and 4- week stays, with options to stay even longer, at The Villas d'Agua, Olos d'Agua, East of Albufeira. Departing Canada on February 22<sup>nd</sup> - PRICE FREEZE - 2011 Long Stay at 2010 prices!  
 Leadership: Nadene Strange with Meikle & Margaret Turner. (Continued on page 6)

4. **Scandinavia** with Nadene Strange: Scenes of the North – Breathtaking Norwegian Fjords Including Bergen and the Flam Train – Viking Capitals- Copenhagen, Oslo, Stockholm and Helsinki - plus the enchanting palaces of St Petersburg, Russia. May 25<sup>th</sup> - June 13<sup>th</sup>
5. **SOUTH-EAST ASIA** – Thailand, Vietnam and Cambodia with Bill & Lisa Leroux will be offered in the Fall of 2011
6. Watch for information on future destinations including **PATAGONIA** (Southern part of South America), **INDIA** and **CENTRAL AFRICA** (Tanzania & Zanzibar).

**NOTE: KINGSTON SHOWCASE** is at the same location with a new name – Crossroads United Church was formerly St. Margaret's United. Directions: From the 401 exit south on Sir John A. MacDonald Blvd. The Church is located between Princess Street and Bath Road on the west side of Sir John A. across from Loblaws (Kingston Centre). The church hall is behind the church, with ample parking.

The **BROCKVILLE SHOWCASE** is at Wall Street United Church, opposite the Brockville Jail!

**Regular Breakfasts & Lunches (GreenEats) for 2010** – New members, retired non-members, spouses and friends are all welcome.

**Lennox and Addington:** Breakfast at the Smiling Wilderness Restaurant, Napanee at Palace Road and the 401 on the 3<sup>rd</sup> Thursday. **September 16** is our next date starting at 9:30. Contact **Harry Murphy**, 613-384-3413, [m2514@kingston.net](mailto:m2514@kingston.net) for more info.

**Kingston** - 9:30 on the 2<sup>nd</sup> Wednesday at the Lasalle Travelodge. Contact **Jack Kippen**, 613-389-1674 for more info.

**Brockville:** CJ's, at 8:30 on the 3<sup>rd</sup> Thursday. **Special event on Sept. 7.** See ad on page 8.

**Westport:** The 2nd Wednesday at The Station House (9 am).  
**Gananoque** on the 1<sup>st</sup> Thursday at 9:30 at Good Time Charley's.  
**Merrickville** on the 1<sup>st</sup> Friday, 10:00, at the Goose and Gridiron.

Contact **Norma Thompson** for further information on these 3 events. 613-267-1525 or [kthompson21@cogeco.ca](mailto:kthompson21@cogeco.ca)

In **Central and North Frontenac**, a luncheon is usually held during the first week of alternate months, with the next occurring in **early October**. Please contact **Kevin Long** at [kclong@frontenac.net](mailto:kclong@frontenac.net) or at 613-279-2098 for more information.  
 In the **North Addington** area luncheons are now being held every third month. The next will occur on **Thursday, September 2 at 11:30 a.m. at Marble Lake Lodge**. To reserve, please phone 613-479-2837 by the last day of August.

### ***Project Service to Others: Retired Teachers Serving their Community***

Local financial assistance is available for community projects that support the goals of the provincial RTO/ERO program, **Project – Service to Others**.

- To provide financial assistance and to facilitate member participation in education-related and other community projects;
- To help serve the educational and other needs of the community;
- To promote District participation in local educational or community projects;
- To demonstrate to the general public and to potential RTO/ERO members that RTO is a dynamic organization in which retired teachers continue to serve their community.

District 20 will make available \$6,000 annually for local *Service to Others* projects. The District Executive will select projects to a maximum of \$2,000 for each of the counties in District 20: Frontenac, Lennox and Addington, Leeds and Grenville. There is a maximum amount of \$1,000 available for each chosen project.

Individuals or groups may apply for funding by submitting an application form, which can be found on our website, or obtained by calling 613-342-3135. The successful applicants are asked to submit a written report detailing the use of the funds for publication in this newsletter. (Photos and news articles would be an asset.)

**Deadline for applications is October 31.** Successful applicants will be notified after the November Executive meeting. Submit application to: **Nina Jenkins, Box 114, Sharbot Lake ON, K0H 2P0 - email [lornin@frontenac.net](mailto:lornin@frontenac.net)**



**In Memoriam** - We express our sympathy to the families and friends of these deceased members.

**Kingston** – John Alexander Brett, Ronald Davidson, Brian Heyes, Lloyd H. Babcock, G.H. Fresque, Kathleen Grabowski, Beverley A. Morrison, Roy H. Barraclough, Harry C. Hunter, Thomas Nowak.  
**Elginburg** – Francis E. W. Bell  
**Napanee** – Vera M. Dowling. **Arden** – Dorothy J. Kennedy. **Mountain Grove** – Wayne Searle.  
**Brockville** – Mary Clare Lemieux, Jean McCulloch, Edward A. Lowe. **Prescott** – Madeline Hambly.  
**Elizabethtown** – Helen MacKenzie. **Toronto** – E. Marjorie Shaw. **Allison** – William Ramsay

**Goodwill**

Do you know an RTO/ERO member who is ill, has a family member who is ill, needs a friendly ear to listen to them or would appreciate someone dropping in for a short visit? If you do then Goodwill is here to help. Please contact Liz Carson at 613 389-5419 or email carsonl@hotmail.com.

**Change of Address – New Phone Number – New Email Address**

If you have changed your address, got a new phone number or just started using an email account, RTO/ERO Head Office would appreciate hearing from you. Please contact either:

Deanne Vezeau RTO/ERO Toronto - 1 800 361-9888 x 223 or email membership@rto-ero.org  
 or  
 Liz Carson Membership District 20 - 613 389-5419 or email carsonl@hotmail.com



**To Hell with the Bells - Leeds and Grenville Style!**

All District 20 members and their friends are invited on **Tuesday, September 7 at 8:30 a.m.** for a tasty buffet breakfast. **CJ's Banquet Hall**, located on Chelsea St, north of the 401, one block north of Parkedale, west of Stewart Blvd. (401 Exit 696) **Cost: \$10.00**  
**Preregistration is required by Sept. 1.**  
 - To register, email dmqrant@storm.ca or call Peter. 613-342-4361

Tall ship westbound on the St. Lawrence. Just one of the beautiful sights to be found in our area if you are retired and have your camera ready. Photo submitted by Mary Lou

The Fine Print - Thanks to all who submitted photos, reports and updates. I must apologize for the occasional small print and the numerous boxes but it is the only way I can manage to get all of this important information to fit in. There are many interesting events in the coming year and I hope to see you at some or all. I welcome all questions, concerns and suggestions for improvement (colour photos would be nice). Gord

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