



RTOERO -THE VOICE FOR ALL SENIORS

**NEW FACES AND IDEAS ARE NEEDED AND
MOST WELCOME**

**GET INVOLVED VOLUNTEER TO TAKE A POSITION ON OUR
EXECUTIVE
CONTACT THE DISTRICT PRESIDENT**

DISTINGUISHED SERVICE AWARD HONOURS A LONG SERVING MEMBER



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DISTRICT 21 PRESIDENT

Rosemary Cammaert

Who can become a member of RTOERO?

RTOERO was established in 1968 by a group of retired teachers in Ontario in order to protect their pensions. RTOERO members came from the public education systems across Ontario.

Today, RTOERO has 51 Districts, 5 of which are located outside of Ontario, one in Quebec, one representing the Atlantic provinces, one representing members in the Prairies, one for Vancouver Island and one for mainland B.C. There are also two French language districts in Ontario (Estario and Region du ciel blue).

RTOERO membership is open to all involved in education from Early Childhood Education through to Colleges and Universities. Membership is open to those who greet us at the door, those working in the classroom (including EAs), and those who keep our schools clean.

An employed educator, who is nearing or considering retirement, may apply to become a RTOERO member.

What does RTOERO do for members?

I am sure many answered with: A great Insurance Benefits package; health, travel, home and car options available.

We also have available to us a program called Best Doctors. It provides 5 types of services: Expert medical opinion, FindBest Doc, FindBest Care, Best Doctors 360 and the Medical Records eSummary.

Venngo is a service offered which provides discounts in many retail sectors across Canada. It has been noted that this service is used by those who travel or live/work/shop in our larger urban areas.

What does RTOERO do for our communities?

RTOERO's Strategic Plan-Vibrant Voices has established 3 areas of concern-**Seniors Strategy, Geriatric Health Care and Environmental Stewardship**. Each District asked to choose one area to advocate in their District. To that end District 21's Political Advocacy Committee is working on ideas to support those of us *aging at home*. They have had a couple of meetings (via zoom) and I am sure we will be receiving ideas from them on how each of us can help out in this initiative.

Several years ago the **RTOERO Foundation** was established. It continues to support the research & training in the field of geriatric medicine. Throughout the last year it has supported us with suggestions to help us get through this pandemic while encouraging support for all seniors, whether they live alone in their own homes or in a LTC community.

RTOERO assists Districts in supporting not for profit community organizations which help older adults. Until last year it gave out **Service To Others (STO)** grants to districts who applied and met the criteria established.

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MINUTES OF THE 2019 AGM, Oct. 23, 2019

Susan Larkin - Secretary

- 10:15 Registration
- 10:30 Displays/Social Time
- 11:15 Unit AGM
 - 21-1 (North)
 - 21-2 (South)

President Rosemary Cammaert introduced Shirley Kohoko from Pikwakanagan who welcomed us into this territory of Algonquin people. Wallace Eady thanked Shirley and presented her with a bottle of Ammoo (something that flies) Sizibakwad (something sweet)/honey.

Joyce Layman said grace.

- 11:45 Lunch
- 12:30 District AGM

- Call to Order by Rosemary Cammaert at 11:15
- Canada
- Introduction of 2019 District Executive
- Introduction of 2019 District Executive Board
- Recognition of Guy Jamieson who will be presented with a framed certificate, pin, and card at a future event as he is currently in hospital.
- (Need for Committee Members)
- Branding & Strategic Planning 2020, Bill Huzar, Board of Governors' Liaison
- Introduced by -Rosemary C, Thank You - Anne Guest

Business Agenda

Approval of Business Agenda, moved by Jacqueline, seconded by Myrtle Carroll; carried
 Approval of Minutes of 2018 AGM as printed in Livewires Oct 2019, moved by Gus Cammaert, seconded by Margaret Maloney; carried
 Financial Report as printed in Livewires Oct 2019: motion to accept made by Luella Heideman, seconded by Myrtle; carried
 Committee Reports as printed in Livewires Oct 2019: motion to accept made by Bruce Munro, seconded by Kathy Kasprzyk; carried
 District Executive Elections led by Carol Sulpher

- President: Rosemary Cammaert acclaimed
- 1st Vice President: Anne Guest acclaimed
- 2nd Vice President: Megan McGrath acclaimed
- Treasurer: L.J. Helferty acclaimed
- Secretary: Sue Larkin acclaimed
- Past President: Carol Sulpher

The 2 Unit Presidents are also members of the executive. Committee Chairs will be appointed.

Rosemary thanked all present. She also spoke about the District Social Committee to address the need for more social activities.

Door Prizes

Adjournment by Monica Harrington

FINANCIAL REPORT for Jan. 2021 to April 7, 2021
L.J. Helferty - Treasurer

FUNDS AVAILABLE	Budgeted Amounts 2021	Totals April 07, 2021
Grant-Annual	15000.00	15000.00
Grant – Renfrew North	-2000.00	-2000.00
Grant-Renfrew South	-1000.00	-1000.00
Social Events		
District-Unit AGM	500.00	
Bank Balance January 1, 2021	1500.00	2298.58
TOTAL FUNDS AVAILABLE	14000.00	14298.58

EXPENSES	Budgeted Amounts 2021	Total Spent April 07 2021	Balance Remaining April 07 2021
District Executive			
Meetings - Executive	700.00	0.00	700.00
Meetings - AGM	1500.00	0.00	1500.00
Office Expenses	350.00	0.00	350.00
Meetings - Transportation	1100.00	0.00	1100.00
Member Services			
Goodwill - Renfrew North	1500.00	0.00	1500.00
Goodwill – Renfrew South	500.00	500.00	0.00
Goodwill - Meetings	250.00	0.00	250.00
Health Benefits	300.00	0.00	300.00
Social Events	500.00	0.00	500.00
Communications – Newsletter/Email	5550.00	1708.49	3841.51
Political Advocacy	100.00	0.00	100.00
Service to Others	350.00	0.00	350.00
Workshops			
National/Provincial Workshops	0.00	0.00	0.00
Retirement Workshop	0.00	0.00	0.00
Recruitment	500.00	0.00	500.00
Bank Fees	150.00	24.00	126.00
President's Expenses	500.00	164.32	335.68
Transportation – Budget Committee	150.00	0.00	150.00
TOTALS	14000.00	2396.81	11603.19

District President's Report - continued from Pg.2

At last year's AGM the STO grants, which were available to only a few districts, were changed (for a trial period) to a *Community Grants* for each District. These grants must still meet criteria set out by RTOERO and need to be chosen and applied for by the District Executive.

RTOERO also grants \$1,500 **Student Scholarships**. Until recently these went to students involved in studying for a career in education. Presently they are open to students studying for a career in geriatric care.

I encourage all District 21 members to consider stepping up to help us carry out our work in Renfrew County. We need new faces on our Executives and Executive Boards.

Contact me email president21@districts.rto.ca
Phone 613-628-3072

HEALTH BENEFITS REPORT

Elaine Turner

It gives me great pleasure to inform members that our RTOERO elected board of directors used the surplus from 2020 to reduce the 2021 premiums by 3% in each of the 3 plans namely, Hospital and Convalescent Care, Extended Health Care and Dental Care. This reduction was based on recommendations from the Benefits Committee. The Health Benefits book which is published but every 3 years is always available on line at <https://rtoero.ca>

A week ago, I received notice that Vengo Member Perks is now available to all RTOERO members. Up until now, the savings program was included for members who also had RTOERO extended health coverage. Please note that new participants will need their RTOERO membership ID to activate membership. Then members can visit the Vengo Member Perks and start browsing for savings. One can also download the Vengo app from the app store on their phone. If you have friends who are not retired yet and who work in education, they can join now for free.

I would like to suggest that our members connect and engage with RTOERO on social media. Members can connect with RTOERO by following RTOERO on Facebook, Twitter, LinkedIn, You Tube as well as District #21 Mail Chimp by contacting Gus Cammaert at cammaert@nrtco.net. With 81,000+ members in 51 districts across Canada, we are the largest national provider of non-profit group health benefits for education retirees.

The 2021 Spring edition of our RTOERO Magazine "RENAISSANCE" has some interesting articles. Lots of memories returned to me with reading James Franklin McDonald's transformation in the golden age of the teaching profession with his beginning in Petawawa. Other great reads are Cybersecurity 101, 20 tech trends for 2021, Advocacy in Action, Is downsizing right for you? And the list goes on.

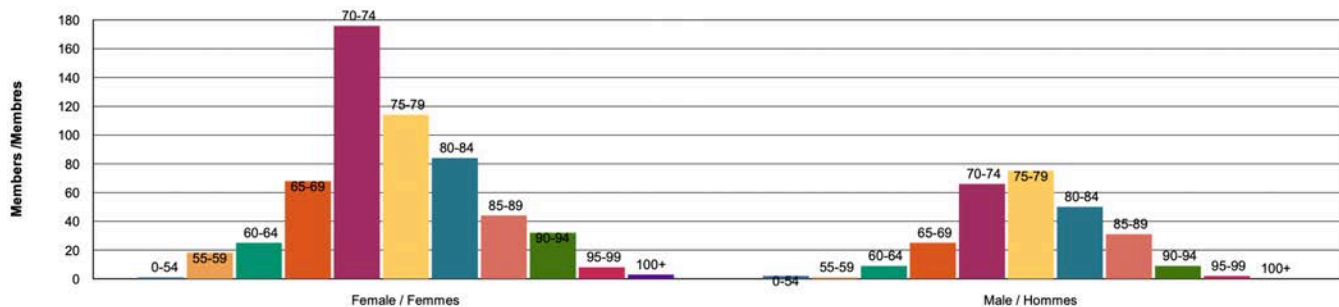
MEMBERSHIP REPORT

Gus Cammaert

Each month the Membership Chair is sent an up to date list of all members in the district. From the April 1 update the following are the stats for District 21:

- Retired members in the North Unit: 539
- Retired members in the South Unit: 315
- Total members of District 21: 844
- Of the 844 members, 16 members are still actively employed.

Some more interesting information: Distribution by Age and Gender



CONGRATULATIONS

Brennan Trainor, Principal of Bishop Smith Catholic High School in Pembroke, is the recipient of the Catholic Principal's Council Ontario (CPCO) Principal of the Year award, presented at the April 23, 2021 Virtual Gala Awards.

CPCO is a voluntary, professional association for principals and vice principals in Ontario's 29 publicly funded Catholic school boards. The award is presented annually to a principal or vice-principal who is a Practicing Associate of CPCO, for outstanding school and community leadership. The selection process is determined by the local Principal and Vice-Principal Association.

Brennan is planning to retire at the end of this school year and we wish him a happy retirement.

Congratulation also to Jacqueline Asselin on her appointment to the RTOERO Board of Governance Political Advocacy Committee for a 3 year term. She is presently Chair of the District 21 Political Advisory Committee.



TEACHERS DESERVE MORE OF OUR RESPECT!

My thanks to Joyce Layman for this submission.

The dinner guests were sitting around the table, discussing life. One man, a CEO, decided to explain the problem with education. He argued, "What's a kid going to learn from someone who decided his best option in life was to become a teacher?" To stress his point he said to another guest; "You're a teacher, Linda. Be honest. What do you make?" Linda, who had a reputation for honesty and frankness replied, "You want to know what I make? (She paused for a second, then began...)" "Well, I make kids work harder than they ever thought they could.

I make a C+ feel like the Congressional Medal of Honour winner. I make kids sit through 40 minutes of class time when their parents can't make them sit for 5 without an iPod, Game Cube or movie rental. Do you want to know what I make? (She paused again and looked at each and every person at the table)

I make kids wonder, I make them question.

I make them apologize and mean it, I make them have respect and take responsibility for their actions.

I teach them to write and then I make them write. Keyboarding isn't everything.

I make them read, read, read.

I make them show all their work in math. They use their God-given brain, not the man-made calculator.

I make my students from other countries learn everything they need to know about English while preserving their unique cultural identity. I make my classroom a place where all my students feel safe.

Finally, I make them understand that if they use the gifts they were given, work hard, and follow their hearts, they can succeed in life. (Linda paused one last time and then continued.)

Then, when people try to judge me by what I make, with me knowing money isn't everything, I can hold my head up high and pay no attention because they are ignorant.



You want to know what I make?

I MAKE A DIFFERENCE.

What do you make Mr. CEO?

His jaw dropped; he went silent.

THIS IS WORTH SENDING TO EVERY TEACHER, EVERY CEO, even all your personal teachers like mothers, fathers, brothers, sisters, coaches and your spiritual leaders/teachers.

A truly profound answer!!!

Teaching is...the profession that makes all other professions possible!

POLITICAL ADVOCACY COMMITTEE (PAC)

Jacqueline Asselin - Chair

This committee is currently chaired by Jacqueline Asselin and three members, Elaine Turner, Anne Guest, and Gus Cammaert. The Committee is focused on aging in place and has currently set two priorities:

- I. SHSM (Specialist High Skills Major) – This is a program offered in colleges and high schools to develop Personal Support Workers to fill the needs of seniors in long-term care homes and support seniors aging at home. The program allows students to gain credits toward their Ontario Secondary School Diploma and focus their learning on a specific economic sector at the same time.
Letters were sent to the two Renfrew school boards to obtain information about the possibilities of offering courses at the high school level to help meet the present shortage of workers PSW field.
- I. Transportation – For seniors residing in rural communities, transportation becomes an issue for those who wish to continue to reside in their home but can no longer drive or don't have affordable access to transportation. We are currently investigating which services are available in Renfrew County and the cost of these services so the information can be passed on to our members.

The committee is also investigating what process is needed to get services in the home when needed. There is a lack of readily available information on how to access many of the services offered.

GOVERNANCE COMMITTEE

Carol Sulpher, Chair, Past President

The governance committee met twice early in 2020 to complete its revision of the Governance Document (formerly called our Constitution) for Renfrew District 21, a task which it had begun in 2019. This work was done in order to align our district governance with the Canada Not for Profit Act. In March 2020, the Renfrew District 21 Executive passed a motion to forward the revised document to provincial office for its inspection. In May 2020 provincial office approved the revised District 21 governance document with only minor wording changes suggested. This made our new governance document our official mechanism for operating in our district. We look forward to more formally presenting our District Governance Document at a future District AGM in a post-COVID era.

One task remains for the governance committee, that being to rewrite our policies and procedures manual to align it with our revised governance document. This will have to wait until we are able to meet again in person.

Sincere thanks to members of the committee for their work to date: District 21 President Rosemary Cammaert, Communications Chair Gus Cammaert, President Unit 21-1 Myrtle Carroll, and Pension and Political Advocacy Chair Jacqueline Asselin.

SOUTH UNIT REPORT

Rosemary Flood, President, Treasurer

Jackie Asselin offered to fulfil the Political Advocacy role for our Unit as well as continuing to remain our Treasurer. Many are taking on double roles as it is difficult to draw from our membership

Elaine Turner was nominated for District Member Recognition.

Jackie Asselin submitted a Community Grant for Arnprior Area, for the building of Memory Boxes for the Long Term Care Residents of Groves Park Lodge. I registered for both the March and April RTOERO Vibrant Voices webinars and I have forwarded the information and registration to our Unit executive.

Treasurer's Report Summary

2020

Bank Balance \$2348.16
Total Assets: \$1500.00
Total Expenses: \$1726.69

2021

Bank Balance: \$1820.61
District Grant: \$1500.00
Expenses: to date: \$51.62

NORTH UNIT REPORT

Myrtle Carrol, President

Happy greetings to everyone!

My AGM general report is short this year. I need to plea to the membership for volunteers to fill positions in the unit. Without your assistance we may not be able to carry out the work of the unit and the possibility to dissolve may occur. The present volunteers have been doing the work for a long time, actually many years, and would appreciate new ideas coming into the unit. All positions do not take up much time, a maximum of three hours a year. The following positions are available: CALLERS, COMMITTEE, and EXECUTIVE.

The following executive members are willing to stay on but welcome new members to let their name stand for ANY position. Past President : Joyce Layman, President: Myrtle Carroll, First VP _____, Second VP _____, Treasurer: Heather Grant, Committee Chairs: Luella Heideman is presently the Member Services chair. Positions are for a year (May 31st to June 1st 2022). Please help the unit to continue on.

Heather Grant submitted the following Treasurer's Report for the North Unit:

- Expenses to end of 2020 ... \$1003.39
- Bank balance to end of 2020 ... \$2595.00

This is stupid. I just tried to make my own
hand sanitizer and it came out as a
rum & coke!



After a few days of not going out, I saw someone I knew walking by on the sidewalk outside. I immediately ran to the window and started yelling to them. Now I understand dogs.



MEMBER SERVICES REPORT

Megan McGrath - Chair

Our thanks to Luella Heideman and Rosemary Flood, Goodwill chairs for Unit 211 and Unit 212 for the recognition of important events in the lives of our members.

For the North Unit (211):

Recognized Birthdays	- 58
Sympathy Cards	- 27
Memorial Donations	-26
Thinking of You & Get Well Cards	- 9
Flowers	- 3

For the South Unit (212):

Milestone Birthdays Cards:	40
Sympathy Cards:	4
Memorial Cards:	11
Get Well Cards:	4

IN MEMORIAM

On behalf of the members of District 21, the Executive expresses its sincere condolences to the families, friends and colleagues of those recently deceased. We share in the mourning of their loss and celebrate the services they rendered. During this time of COVID-19 and social distancing, we extend our thoughts to those who are affected by these additional difficulties. Our list is current as of April 2021.

Audrey Poole
Beverly Logan
Carmel Tallon
Colette Baxter
Constance Lacroix
Delmer Royce
Donald Clements
Doreen Dunne-Scully
Edward Mallon
Eric Olsen
Frank Holroyd
Harley McDowell
Irene Wagner

Iva Thacker
JA Lorente
James Hegney
Janet Wilson
Joan Chapeskie
John Stunt
Julia Davidson
Kenneth Eamer
Lois Reinert
Lowell Hawkins
Lucille Dupuis
Lydia Jardin
Margaret McLeish

Mary E Plaunt
Mary Miller
Morna McEwen
Neale Dalton
Richard Smith
Ronald Hoffman
Rudi Goring
Suzanne Mullins
Teresa Todd
Vera MacIntyre
Gordon Holroyd

rest in peace

MARKETING AND COMMUNICATION REPORT

Gus Cammaert

Livewires:

Livewires continues to be an important communication vehicle for our members. Since January 2020, 6 issues were published with an average cost of \$1350 per issue. We accommodate those who do not have internet by printing and mailing out 382 copies at a cost of \$3.77 per copy. If you wish to receive it electronically please send me a note to change the delivery method. It is always a challenge to find interesting and informative articles so if you have an idea or story please send it to me. (cammaert@nrtco.net)

Chimp Chatter:

Chimp Chatter has 321 subscribers and is published on an as needed basis to keep members informed of important or timely issues. Since January 2020, 19 Chimp Chatters have been published. Unfortunately, these are only available to those who have internet but can be printed to share with those members who do not have this technology.

Facebook:

My thanks to those who post and leave comments. If you are on Facebook you can search for our district page by typing in the following in the search bar: Retired Teachers of Ontario, District 21. From the number of 'likes' it is obvious that these are well read. Any member of the district can post.

Website:

My thanks to Guy Regimbal for maintaining our website. To visit our website:

<https://district21.rto-ero.org/>

Please share with your working colleagues:

Retirement Planning Workshops go online

Due to the Covid 19 Pandemic, the RTOERO Retirement Planning Workshops which had been scheduled across the province have been moved online. This has allowed us to increase the number of virtual workshops. Each online workshop takes about two hours and RTOERO staff are available to chat online during the workshop to answer questions.

These workshops are designed for those in the education sector, early years, K-12, post-secondary and more.

You learn more about:

- Planning for your financial future
- Your pension
- Health benefits in retirement
- RTOERO benefit plans
- Retirement insights from your peers

To see the full list of these valuable workshops go to

<https://www.rto-ero.org/join-us/retirement-planning-workshops>



COMMUNITY GRANT COMMITTEE

Carol Sulpher, Chair, Past President

The Community Grant is a new initiative from provincial office whereby each district in RTOERO may recommend one community grant application to head office to receive \$2500 for its use. This grant replaces the Project Service to Others initiative where applications were always examined and approved by a provincial committee.

On March 15, 2021, the new District Community Grant Committee met by zoom to examine the two community grant applications received by the district executive. One application asked for \$2500 for the construction of memory boxes for the new long term care home being built in Arnprior. The second application requested a similar amount of money for the Killaloe Seniors' Centre.

Committee members agreed that both applications were highly deserving of being awarded the grant, since they were both congruent with the goals and values of RTOERO. It was a difficult decision to make. With that said, they made a recommendation to the District Executive that the application regarding the construction of memory boxes be the application that is forwarded to Toronto. At its April zoom meeting, the District executive approved this recommendation. The application has been forwarded to head office.

Sincere thanks to district membership chair Megan McGrath and member-at-large Elaine Metzger for sitting on this committee.



District 21
% 34177 Hwy. 41
Eganville, ON
KoJiTo

