



**RTO
ERO**

A better future,
together
Ensemble pour
un avenir meilleur

District 36
Peterborough

Fall 2023 Newsletter

<https://district36.rtoero.ca>

In this issue:



Coming Events	1
President's Message	2
Did you know???	3
Visit our District Website	3
We say goodbye	4
Support better sleep	5
Hole-in-one!	5
Meet your Executive	6
Meet your Executive (Cont'd)	7
Beyond the Bell Luncheon	8
Beware of Porch Pirates	9
Before you retire	9
Goodwill Report	10
District 36 Newsletter	10
Cost of functions	10
Christmas Luncheon	11
RTOERO Foundation	12
Reduce Plastic Waste	12
Fall Forum	13
Bumper Stickers	13
Entente Group Insurance	14
Merit Awards	15
Merit Award Winners	16
RTOERO Foundation Grant	17
Membership Changes	18
Indigenous healing: My journey	18
Monthly Events	19
District 36 Executive	20
Contact Information	20

Coming Events:



- Nov. 15th **Smitty's Brunch**
- Nov. 22nd **Christmas Luncheon** Form due
- Nov. 28th **Pub Night** at the Black Horse
- Dec. 7th **Christmas Luncheon**
- Dec. 20th **Smitty's Brunch**
- Dec. 25th **Christmas Day**



Message from your President...



INDOOR / OUTDOOR IS NOT JUST CARPETS

Autumn is now in full swing and Thanksgiving is behind us. I hope all our members enjoyed these two events. As we move into November, it is time to think about the upcoming winter season when we will be spending a great deal of our time indoors. And we need to think about how we treat our feet.

Those members who taught in the elementary system know that most elementary students had outdoor and indoor shoes. This a concept that we need to practise at home. I recently read an article by a podiatrist in Lindsay who said that since the pandemic, he is treating many more people who have developed foot issues. One of the biggest problems, he said, was that during the pandemic, many folks worked from home. And did not practise the Indoor/Outdoor shoe concept. Outside, not a problem. We all wear shoes when we go outside. But inside, he explained, many people were walking around in bare feet, sock feet or slippers. None of these provide the proper support for the foot.

As we age our feet change. We may develop more calluses on the sole of the foot, bunions or falling arches. That is why it is very important to follow the elementary rule of wearing indoor shoes when inside our homes. The podiatrist said that proper footwear in the house helps our feet. His comment was to treat our homes like our place of work. Put your shoes on in the morning and don't take them off until late at night. Many of us wear orthotics in our shoes and this helps to maintain not just good foot

health but good posture. Those of you who have the Entente (RTOERO) extended health care plan have orthotics coverage so this could be of benefit to you.

In addition to everything I learned, I learned in kindergarten; having indoor and outdoor shoes can be added to the list.

Another area of concern are falls. They can be devastating as we grow older. A broken bone will take longer to heal and depending which bone is broken, can be quite debilitating. I know this first-hand as my husband fell in August and broke his pelvis. His recovery is coming along but it is a slow process. He still needs to use a walker and will for a while longer. To help prevent falls in the house, please tack down or remove any loose carpets, turn on lights, use nightlights, install grab bars in the bathtub/shower, and hold the handrail when using the stairs.

Finally, one of our big events is coming! Our Christmas/Holiday Luncheon will be Thursday, December 7th at the Peterborough Curling Club. Further details about this lovely event will be further in the newsletter. I hope many of you are able to attend.

As this will be the final newsletter of 2023, I want to take this opportunity in advance to wish everyone Merry Christmas, Happy Hanukkah, Seasons Greetings and Happy Holidays.

Lorraine Knowles

president36@districts.rtoero.ca

705-930-7582



Did you know???



RTOERO has 3 strategic plans that we focus on as an organization. They are Physical and Mental Health for Older Adults, Seniors Strategy, and Environmental Stewardship.

Environmental sustainability is important, and we believe in the responsible use of resources, conservation and protecting our air, land, and water. One of the areas District 36 Peterborough is working on is to reduce the amount of paper we generate. As an executive, we do not print agendas or minutes. **In keeping with this strategy, beginning with the next issue of our newsletter, all members who have an email on file will only receive the bright, colourful newsletter electronically.** We believe this is a huge improvement over the black and white printed edition. By doing this we will be able to reduce 4000 sheets of paper and well as reduce the cost of printing and mailing. The monies saved will be put right back into activities for the membership.

Those members who have no email address will continue to receive their newsletters in print format.

Not receiving the newsletter? Please contact *Lorna Izzard, Newsletter Editor* by phone or by email:

rto36communications@gmail.com

TIP: Check your Junk mailbox if you have not received your newsletter in your Inbox.



Visit our District Website



Our District 36 website continues to be a source of information for our members. It is updated regularly so that members can easily access information about upcoming events, news and contact information.

Along with the newsletter, e-blasts and Facebook page, the website is part of the communication efforts with our members. By clicking on the tabs at the top, you can easily access the most current "News" and "Events" items.

Be sure to visit the site to stay-up-to-date with the good work and highlights of District 36 Peterborough :





We say goodbye....

...by Hilda Jolley

In late July, Martin and Ceris Higgs began a new chapter in their lives. They sold up in Peterborough, bought a new home in New Brunswick to become "Downeasterns"(maybe not a real term, but I like it). Exciting times indeed!

After some initial "What was District 36 going to do without them?" queries we all settled down to our new reality and realized what a huge difference they both had made to the RTOERO organization.

Martin joined RTOERO in January 1999 and by 2005 Ceris had joined up too. By 2001, Martin was our webmaster- a job he held until 2017. In 2004, Martin became District 36 President for one year. He was editor of the newsletter from 2008 to 2023. We will fondly remember the "dad" jokes and cartoons.

As time went on, Martin took his skills to the provincial office as a member and chair of the Communications Committee. In 2015-16, he chaired the RTOERO Board of Directors and then remained on the board as past-president for two more years. Martin will remain as a board director until 2024 when he finishes his term.

Ceris became District 36 president in 2008 and continued in that role until 2012. She reprised the role in 2016-17 and was extremely helpful as rookie retirees joined the board. In the years 2011-2014, Ceris was also on the Provincial Members Services committee.

When Ceris and Martin were asked to tell me about something they are proud of or happy about since getting involved with RTOERO- here's what they said, in their own words.

Ceris: "During Presidency felt District became revitalized with more events such as cruises, Christmas Parties, trips, 80+ Parties. Successful efforts to increase attendance at events and recruit new members to the Executive who have carried on making District 36 thrive."

Martin: "During Presidency of RTOERO initiated the process of transforming the structure of the organization. Through our advocacy events had the chance to talk to politicians at provincial and federal levels and through the work of our Foundation hopefully make a positive difference. During my time with RTOERO I have had the opportunity to visit, meet and work with great people from across Canada."

As a thank you gift from Peterborough District 36, Ceris and Martin were presented with an original oil painting created by RTOERO member, Fred Sutherland.

Enjoy your new chapter "Downeast" by being happy and healthy.

We will miss you!



Non-medical interventions to support better sleep

Sleep is foundational to health, but according to the Cleveland Clinic, about one in three adults globally have insomnia symptoms. These symptoms may include trouble falling asleep, staying asleep or waking up too early.

Insomnia isn't fully understood, but research suggests many factors can contribute to or cause insomnia symptoms, including genetics, brain differences, medical conditions, life circumstances or changes, and habits or routines.

While medications are available to support sleep, you can also try non-medical interventions. Here are some suggestions to get a better night's rest:

During the day:

- Spend time outside, especially during the morning.
- Be physically active – exercise, even walking, supports better sleep. But avoid strenuous exercise within a few hours of bedtime.
- Talk to your doctor about whether medications you take may disrupt sleep and if taking them earlier in the day is an option.

At bedtime:

- Avoid screens.
- Don't eat or drink much close to bedtime—drinking anything may cause you to wake up to use the washroom.
- Keep your bedroom cool to support your body's need to drop its temperature to fall asleep.

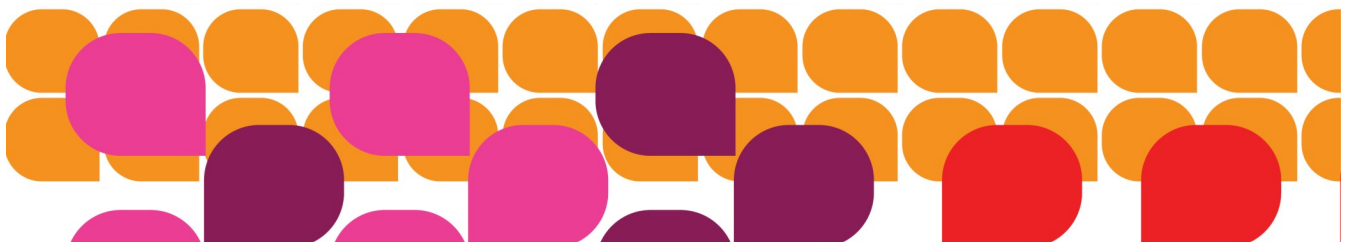
- Have a sleep schedule and routine. Go to sleep and wake up at the same time every day. Create a wind-down routine for yourself. Ideas include reading, a bath, meditation or writing in a journal.

Like many things, small changes can make a difference. If better sleep is one of your goals, implement some of these suggestions – try them for a while and see what happens!

Georgina's hole-in-one!!!

Every Friday throughout the summer a group of retired teachers get together and play golf. One of them, **Georgina Eldridge**, was rewarded with a hole-in-one on the par 3 eighth hole at Heron Landing on Friday, August 11th. Her hole-in-one was witnessed by Lynn Self and Lorraine Knowles.





Meet your Executive and see what they do for you...

Name: Lorraine Knowles
Title: President



How long have you been on the Executive at RTOERO Peterborough? 7 Years

As your President there are many tasks that I complete on the district's behalf. I act as the main liaison with RTOERO Head Office staff and the Board.

My responsibilities include overseeing all activities of our executive, lead all executive meetings and the District 36 Annual Meeting, attend monthly Zoom meetings with District Presidents from across Canada and attend the annual District Presidents' Workshop. I attend the national meetings and forums, and am one of 2 corporate voting members. I lead and ensure our activities align with the RTOERO's strategic plan and I am one of 3 signing officers. I am very committed to RTOERO as I am in my 5th year as your president, I am completing my 3rd year being on the RTOERO Benefits Committee and I am beginning a 3 year term on the RTOERO Political Advocacy Committee (PAC).

In my personal and spare time, I am an active basketball and soccer referee and play golf. My husband and I and enjoy spending time with our 4 children and their partners and our granddaughter.

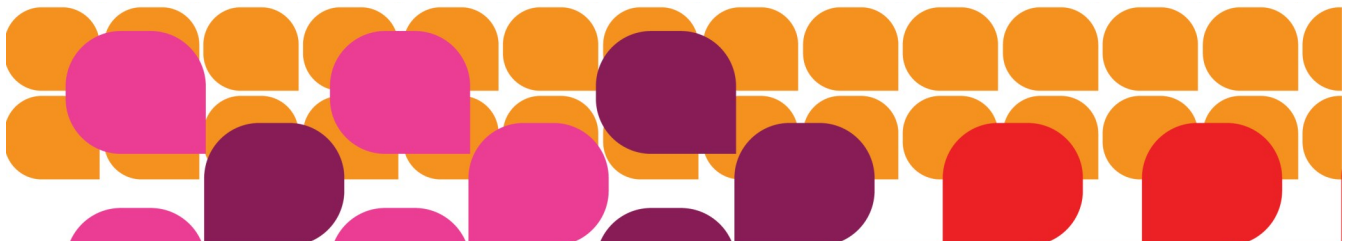
Name: Georgina Eldridge
Title: Social Convenor



How long have you been on the Executive at RTOERO Peterborough? 10 Years

In my role as social convenor, here is a list of the things I do for our district;

- The first of each month I receive a list of all new members and I personally phone them to welcome them and encourage them to socially engage with our local executive, attend meetings and activities.
- I attend monthly executive meetings and may attend head office workshops or seminars, as needed.
- I collaborate with the local executive to develop all social events in the district for the year, setting dates for luncheons, 80th birthday party, etc.
- Once events have been set, I coordinate all the logistics of selecting and booking the venue, menu planning, and select and purchase décor e.g. Centrepieces, lucky draw prizes, table favours.
- I provide info for the newsletter regarding social events and arrange for eblast reminders
- Event registrations and payments are forwarded to me in order for me to send names for lanyards to be printed for attendees and money sent to our treasurer.
- Personal placecards are prepared for all attendees indicating menu choices, special dietary needs and coordinate final numbers of attendance with venue.



Meet your Executive (Cont'd)

Name: Hilda Jolley
Title: Secretary, Social Media & Membership



How long have you been on the Executive at RTOERO Peterborough? 8 Years

As Secretary I prepare and present the minutes of any meetings called by the president. This includes monthly executive meetings and the Annual General Meeting.

As part of the Communication team for District 36, maintaining our social media platforms on Facebook or Twitter is my responsibility. I create, share and manage content (images, videos, written posts) with current and future RTOERO members. I attend occasional training and sharing sessions either in person or online with RTOERO staff and other district Communication reps.

I am part of our Membership Services team. Working with Georgina Eldridge, I send welcome letters and RTOERO swag gifts to our new members. I assist in the planning and carrying out of activities for current members and some to attract future members. Our team attends the annual retirement functions for local School boards to share information about RTOERO.

Finally, I am the Community Grants coordinator for District 36. I take the lead in organizing the district's annual submission as well as ongoing communication with current grant recipient groups.

When I'm not involved with RTOERO activities, I'm busy with board work for the Peterborough Children's Chorus. I very much enjoy golfing in the nice weather and just "hanging out" with my friends year round.

Name: Kathryn Reynolds
Title: Vice President & District Health Representative



How long have you been on the Executive at RTOERO Peterborough? 7 Years

As Vice President, I, in concert with the President, act as a main liaison with RTOERO and our Board. I support the President in making sure that the district activities align with RTOERO's strategic plan. I attend the President's workshops and all other workshops pertaining to requests from RTOERO board of directors, committees and staff on behalf of the district, as requested. I also act as a signing officer for the district and assist the President in preparing the districts annual report. When required, I stand in for the President in all the above areas.

As your District Health Representative: I am sure by now you are all familiar with the change in the name of our health plan but just in case, our new name moving forward is Entente. In my role as you DHR (District Health Representative) I am fully briefed with the content of all our booklets including the Insurance Plan Booklet, Communique Benefit Committee meeting highlights and I can direct members to these resources as needed, including information about the RTOERO group insurance program. Please take a few moments to review your ENTENTE Group Insurance Program booklet. In it you will find everything you need to know about our services, how to submit a claim, Hospital and Convalescent Care Plan, Extended Health Care Plan, Dental Plan, individual Insurance Plans, Home and Car insurance and most important our Travel Plan which includes all the information you need to know about Emergency Medical Travel Plan, trip cancellation, trip interruption etc. If you have any questions I can be reached through my email kreynolds99@cogeco.ca

Beyond the Bell Luncheon

There is life Beyond the Bell. So on Thursday, September 7, forty-three of our members got together at Baxter Creek Golf Course to celebrate the fact that we do not go back to school.

There was a continental breakfast, a guest speaker and a luncheon.

Linsey Kampf from Five Counties Children's Centre spoke to the group about all the wonderful things that they do to help children overcome difficulties and be the best they can be.



We also welcomed 4 new RTO members that day. Together we celebrated the start of another school year that we did not need to be there for. A great morning!

Draw winners; *Karen Brown, Patricia Rattenbury, Lorraine Taylor, Stephanie MacDonald, Don Steele, Diane Graham and Marcia Johnston.*

Beware of “porch pirates” this holiday season

You're not alone if you've had a package stolen off your porch.

According to a 2022 survey by FedEx Canada, one in four Canadians have. And 69 per cent are worried about package theft. The holiday season is a prime time for porch theft because of increased online ordering. If shopping online, try to be home to receive your packages or have them sent to a secure pickup location. It may be less convenient, but it'll save you the worry.



5 conversations to have before you retire

It's helpful to speak with family members, friends and professionals who support you about your ideas and expectations before you retire. Getting on the same page can help prevent disappointment or even conflict. Here are some conversations to have. Here are five conversations to consider having:

- Expectations for you and your partner
- Time with grandkids or other family members
- Financial readiness and spending
- Work plans or ideas
- Emotional preparedness

For tips on each of the conversations, find the original article on RTOERO's site: <https://rtoero.ca/5-conversations-to-have-before-you-retire>



Goodwill Report



...by **Trish Terryberry**
Goodwill Coordinator

Happy Fall! It's been a busy year sending out birthday cards and it's such a fulfilling job. So far this year I have sent out 385 birthday cards to our members 80 years and older.

We have five members reaching a huge milestone of 100 years young!



Congratulations!

If you know of any member who is seriously ill or shut-in, please notify us. Also let us know of the passing of any of our members so we can make a charitable donation in their memory.

District 36 Newsletter



Our District 36 newsletter is looking a little different. With a new editor, we have made some changes; incorporated RTOERO brand colours, icons, logos and banner images.

Beginning with the Winter newsletter, all members who have an email on file will only receive the bright, **colourful** newsletter electronically. Those members who have no email address will continue to receive their newsletters in print format.

The newsletter is published four times a year (Spring, Summer, Fall and Winter) and we welcome contributions from District members and/or suggestions for articles you would like to see in our newsletter. Contact *Lorna Izzard, Newsletter Editor*, or by email: rto36communications@gmail.com with your contribution and/or suggestions.

Cost of functions

We have had to continue to **slightly** raise the cost of our luncheons. We are sure you are well aware of the increase cost of groceries, wages, transportation/shipping, etc. Everywhere we go to book our events, they have increased their prices. We thought we would give you an outline of our costs to help you understand the value of our luncheons.

Please be assured that as members, each and every meal is being subsidized. The price you pay does not cover all the costs for:

- The rental of the hall
- The cost they charge us for linens/décor
- The continental breakfast (coffee/tea/juice/fresh fruit and pastries) upon arrival
- The cost for guest speakers and/or entertainment
- The actual cost per plate, per meal, per person
- The purchasing of all the lucky draw prizes

We hope this helps and know we work very hard to provide you with truly great value for our district's social functions and look forward to seeing you.

Join us for our Annual
Christmas Luncheon

Peterborough Curling Club (PCC)

2195 Lansdowne St. W.

Lots of free parking and everything is on one level = excellent accessibility

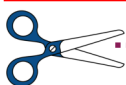


- 10:00 a.m. **Continental Breakfast**
(Tea, coffee, pastries, and fresh fruit)
- 11:00 a.m. **Musical Entertainment** by Rob Phillips and Carling Stephen
- 12:00 p.m. **Lunch**
Rolls & butter, starter salad
Main course: Roast turkey, stuffing & gravy, cranberry sauce, mashed potatoes & vegetable
Dessert: Choose either triple chocolate fudge cake or carrot cake (please indicate on form)

COST: \$40.00 per person

RSVP Deadline: Wednesday, November 22nd

Cheques are to be made payable to **RTO District 36 Peterborough** and mailed to or dropped in the mailbox of: **Georgina Eldridge, 844 Hewitt Drive, Peterborough, ON K9K 1V4**
Phone: 705-743-1629 *Note: We cannot accept credit cards or e-transfers*



Name: _____ Phone: _____ Email: _____

wish to register the following participants (RTOERO members and guest) @ \$40.00 each.



RTOERO Member: _____

Guest Name: _____

Total Payment Enclosed: \$

Triple Chocolate Fudge Cake	Carrot Cake
<i>Please select one dessert</i>	

Please indicate if you are gluten free or advise of any other special dietary requirements:

... by Shirley Hamilton

October was Social Isolation Awareness Month:

Here are ways you can still participate in Social Isolation Awareness Month:

CHIME IN

- Chime In: Connect with other RTO-ERO members for regularly scheduled weekly online chats to engage in open discussion and social connection with one another. There are 3 different Chime In sessions each week and are hosted by Foundation volunteers. Participants can join using Zoom or can call in by phone. To register visit: www.rtoerofoundation.ca/chimein
- Attend a free webinar. November 7, 2023 will focus on how to talk to your children about your legacy plans.

Intergenerational classroom model addresses ageism. With the support of the RTOERO Foundation, Dr. Elizabeth Russell will be piloting an intergenerational classroom model within her Psychology of Aging course at Trent University. It is anticipated to reduce ageist beliefs among students.

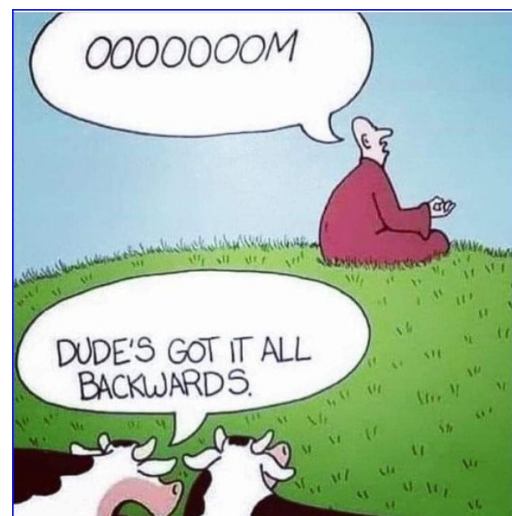
Support the Foundation. Choose to support the campaign by making a donation. Please donate online, call 1-800-361-9888 ext.271 or mail a cheque to:

The RTOERO Foundation
18 Spadina Rd.,
Toronto ON M5R 2S7

5 ideas to reduce plastic waste at home

Plastic pollution is a significant environmental concern. Small actions are part of creating big change. You can start by reducing your plastic waste at home.

- Choose products with plastic-free packaging. Making purchasing decisions based on the type of packaging sends a message to retailers and producers that consumers want more sustainable options.
- Switch from bottled hand soap to bars.
- Don't use plastic produce bags. Bring your own mesh bags (making these can be a great DIY project and gift if you're crafty!). Or, don't bag the produce – you will wash it thoroughly at home.
- Wash and chop your own lettuce, spinach and other greens. Prewashed and packaged greens are convenient but not necessary.
- Use beeswax food wrap and other non-plastic options. Various reusable food storage options exist.



RTOERO Fall Forum 2023



From Monday, October 16 to Wednesday October 18, four members of District 36 Peterborough attended the Annual Fall Forum and Special Meeting.

The members of your executive who attended the Forum and Special Meeting were Lorna Izzard, Lorraine Knowles, Kathryn Reynolds, and Trish Terryberry. Delegates from across Canada were present, which makes us really appreciate the depth and breadth of RTOERO.

Two motions about membership fees were voted on and passed. This is very good news for our members who have the ENTENTE Group Insurance Plan. More information about this is explained further on the following page.



Rtoero District 36 Peterborough

129 likes • 142 followers



Follow us on Facebook

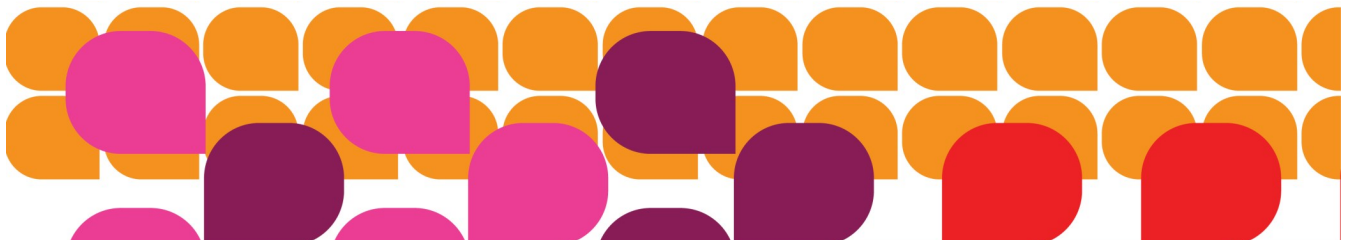
RTOERO District 36

- Events, good news articles, updates, and much, much more!

Bumper Stickers

- He who laughs last, thinks slowest.
- Everyone has a photographic memory. Some don't have film.
- A day without sunshine is like, well, night.
- On the other hand, you have different fingers.
- Change is inevitable, except from a vending machine.
- I just got lost in thought. It was unfamiliar territory.
- Seen it all, done it all, can't remember most of it.
- I feel like I'm diagonally parked in a parallel universe.
- Honk if you love peace and quiet.
- Despite the cost of living, have you noticed how it remains so popular?
- Nothing is foolproof to a sufficiently talented fool.
- The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.
- You can't have everything, where would you put it?
- Latest survey shows that 3 out of 4 people make up 75% of the world's population.
- The things that come to those that wait may be the things left by those who got there first.
- A fine is a tax for doing wrong. A tax is a fine for doing well.
- It was recently discovered that research causes cancer in rats.
- Everybody lies, but it doesn't matter since nobody listens.
- I wished the buck stopped here, as I could use a few.
- I started out with nothing, and I still have most of it.





Merit Awards

Since 2011, RTOERO District 36 Peterborough has presented **Merit Awards** to deserving high school graduating students. The program began with Crestwood Secondary School and now includes all our local high schools and PACE (Peterborough Alternative and Continuing Education) at PCVS. The award recognizes a student who is positive, helpful, demonstrates good citizenship and has made the school a better place by treating others with respect and dignity. *It is meant for a student who has not received multiple graduating awards.*

Since 2021, the executive decided to increase the amount of the cheque to \$200.00 which is given to the recipient. Their name is engraved on the RTOERO District 36 Merit Award plaque that remains in the school display case.

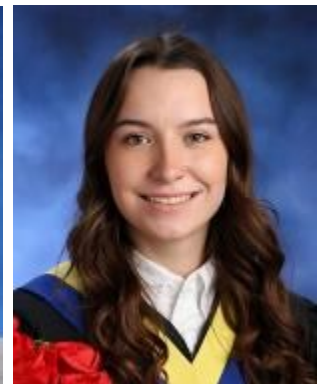
Usually a member of the District 36 executive has attended the graduation ceremony to personally present the Award. During Covid 19 lockdowns and closures, we were unable to attend the graduations for 2020 or 2021 or 2022. This year we again had presenters at all of the graduations. RTOERO District 36 Peterborough executive and members wish all the graduates the best in their futures. We hope the adversity and uncertainty they have experienced during their high school years will make them more resilient and stronger.

We have received thank you notes and letters of appreciation for our continued involvement in education through these Merit Awards from the schools and the students. Some comments from these letters: a wonderful surprise and honour; made my graduation even more special; a lifelong memory; grateful for your generosity; reassuring to know that you recognize student's accomplishments and assist those aspiring to continue their education. Some plan on entering life sciences or education programs at university. Others plan on using their skills and talents to volunteer within the community while continuing their education in the arts, writing or photography.

Submitted by Audrey Moore



Holy Cross: **Dylan Hough**, Award Recipient



Norwood DHS: **Brooke Pretty**, Award Recipient

Merit Award Winners continued on the following page...

Merit Award Winners...



PACE (L to R): Lorraine Knowles, District President, Jen Knox, PACE Principal, **Heather Kershner**, Award Recipient



Crestwood (L to R): Georgina Eldridge, District Social Convenor, **Justin Hushilt**, Award Recipient



Adam Scott (L to R): Trish Terryberry, District Goodwill Coordinator, **Ian Nukkala**, Award Recipient



TASS (L to R): Diane Lloyd, School Board Trustee, **Abbie Dale**, Award Recipient, Pat Smith, District Executive, Karen Cummings, Vice-Principal



Kenner CVI: Barry Breen, District Executive, **Michael Dunn**, Award Recipient



No image available

St. Peter CSS: **Quinn Starling**, Award Recipient

What is middle age?

When it takes longer to rest than to get tired. When you have stopped growing at both ends and have begun to grow in the middle. When you realize that caution is the only thing you care to exercise. When you have a choice of two temptations and you choose the one that will get you home sooner. When work is a lot less fun and fun is a lot more work!



RTOERO Foundation donor-funded grant focuses on mentally healthy living in the later years

The RTOERO Foundation is thrilled to announce the results of a donor-funded grant, *Mentally Healthy Living After Social Distancing—A Study of Older Canadians*, which are now available as a free download for all RTOERO members. This project was carried out by the Living Well Research Team and led by Dr. Gail Low, associate professor of nursing at the University of Alberta.

Funded solely by the RTOERO Foundation, [Cooking up calm](#) was designed to promote mentally healthy living in the later years. The booklet highlights findings from the team's research study and pairs the results with easy-to-make, nutritional recipes to support good physical and mental health.

Included in the [cookbook](#):

- Overview of the study
- Benefits of cooking beyond nutrition
- Five easy-to-make recipes
- Actionable tips based on the six most effective mentally healthy living strategies to emerge from the study
- Quotations from study participants
- Guidance for accessing more help when needed

As part of a follow-up research study, the Living Well Research Team will be surveying RTOERO members to gather their feedback on the booklet. So, make sure to [download and share the cookbook](#) with family and friends today - rtoero.ca/mentally-healthy-living.

In an effort to achieve our mission of a society in which all seniors live with dignity and respect, the projects the Foundation funds address the complex needs of older adults. Projects supported by the Foundation are made possible by the generosity of our donors, many of whom are RTOERO members. For more information about the RTOERO Foundation's granting program, please visit our website – rtoero-foundation.ca – or email Deanna Byrtus at dbyrtus@rtoero.ca.



Monthly tasks to get ready for retirement

Are you or someone you know planning to retire in the next year? There are many tasks to take care of, and it may feel overwhelming on top of your workload.

RTOERO has compiled the practical tasks into easy-to-follow monthly lists for the last nine months leading up to your retirement date.

Find the resource here: <https://rtoero.ca/retiring-in-june-month-by-month-retirement-planning>

Membership Changes

Information taken from RTOERO updates since our last newsletter.

New Members

Clair Hickey
Carol Ingleton
Barry Craft
Karen Ruth Brown
Brian Carlick
Sharon Daniels-Stanley
Gaynette Friesen
Janina Kraus
Isabel Grace
Diane Graham
Sharon (Kingdon) Slaughter



In Memoriam

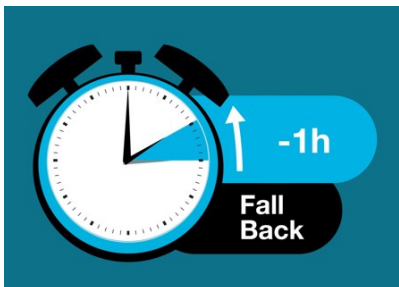
We extend our heartfelt sympathy to their family and friends on the passing of our colleagues.

Paul Fox	David Trotter
Ralph Ingleton	Henriette Waterworth
Janice Vardy	William Andrews
Lois Hickey	Helen Clark
Shirley Lord	Susan Doe
Marilyn McMillan	Grace Garbutt



Daylight Saving Time in Ontario, Canada ends on **Sunday, November 5, 2023, 2:00:00 am.**

At that time, clocks are turned backward by 1 hour to Sunday, November 5, 2023, 1:00:00 am local standard time instead.



Indigenous healing: My journey

Written for RTOERO by Shaneeka Forrester, Cree artist, mother and advocate from Brunswick House First Nation, planting roots in Simcoe County, Ontario.

Indigenous healing has been a recurring theme for me in the past few months. I have noticed healing from generational trauma can sometimes present itself in unique or unexpected ways.

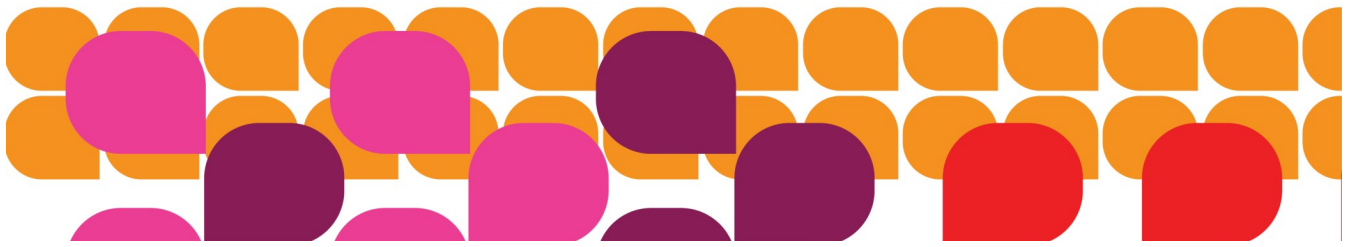
Recently, I had the opportunity to have my children participate in an activity that paid tribute to residential school survivors. I felt weary leading up to it—I worried the event may be triggering to me or other participants.

Initially, when I saw my children come out dressed in clothing that residential school children would have worn, I felt a pit in my stomach. However, as the day progressed and we watched the children play, and the families connect, I felt at peace. I felt connected to the space and event. I felt as though it had become a unique opportunity to connect with my ancestors' stories and strength.

After the event, I began reflecting on what generational healing is and what it can look like. I reflected on the many therapists, counsellors, healing circles, elders and other trained professionals I had seen throughout my life. I tried to quantify their time with my progress and vice versa. If I were to be given a report card on healing from intergenerational trauma, would I receive a passing grade?

Then I thought about the event some more. I thought about how opportunities for healing can sometimes come at the most unexpected times in the most unexpected places. I do not want to dismiss or discredit the work done by the professionals I have seen on this journey. Their efforts have influenced the process as a whole, but I think we often forget how impactful simple acts can be as well.

As I continue on this healing journey, I want to continue to embrace the little moments. We never know what type of growth can happen unless we make space for it.




Join us for our monthly events...



Great turn out on Tuesday, October 24th



Pub Night

THE BLACK HORSE
PUB
 425 George St. N.

Last Tuesday of the Month at 6:30 p.m.

**Join us for an evening of fun,
 music and free appetizers!!!**

Join us for Brunch



**3rd Wednesday of each
 month at 10 a.m.**

Smitty's
 139 George St.



Breakfast at Smitty's was delicious. A small group of regulars with two new guests. Next one is November 15th at 10:00 a.m.



Peterborough District 36 Executive & Board Members

President Political Advocacy	Lorraine Knowles	705-930-7582
Past President	Karen Vandenberg	705-748-3377
Vice President Health Benefits	Kathryn Reynolds	705-743-9620
Treasurer	Annette Thomson	705-991-0712
Secretary Social Media Membership	Hilda Jolley	705-875-7233
Awards	Audrey Moore	705-745-4516
Foundation	Shirley Hamilton	
Goodwill	Trish Terryberry	705-872-1925
Newsletter Editor Website Manager	Lorna Izzard	705-875-1187
Social Convenor	Georgina Eldridge	705-743-1629
Members at Large		
Barry Breen 705-874-0305	Lynn Self 705-749-6532	
Diane Graham 705-696-2660	Pat Smith 705-748-5964	
RTOERO Office		
Political Advocacy Committee	Lorraine Knowles	705-930-7582

Contact Information

Peterborough RTOERO District 36 Website

<https://district36.rtoero.ca>

(Local news, events and links)

Email:

president36@districts.rtoero.ca



RTOERO District 36 Peterborough



RTO/ERO Peterborough or @PtboRTO

RTOERO

www.rtoero.ca

1-800-361-9888

(Provincial news & services)

Johnson Insurance

www.johnson.ca

1-877-406-9007

Ontario Teachers Pension Plan

www.otpp.com

1-800-668-0105

Global Excel Management

1-877-346-1467

Omers

www.omers.com

1-800-387-0813

Cloud MD

1-800-661-8193

Express Scripts

1-855-550-6337



Membership Secretary
2099 Foxfarm Road
Peterborough, ON
K9K 1P7

