



RTO
ERO A better future,
together
Ensemble pour
un avenir meilleur

District 37
Oxford

<http://district37.rto-ero.org>

<https://rtoero.ca/>



Terms we should know: 2SLGBTQIA+

How we view and interact in the world is informed by our own experiences and socialization. Many of us were raised and educated in a heteronormative system. We were taught a default – and anything outside that default was seen as wrong or unnatural. If we felt we didn't fit that default, we may have struggled with shame.

To shift our thinking, we need to explore beyond our lived experience. It's never too late to learn and make new relationships.

RTOERO is committed to fostering an organizational culture that values diversity, equity and inclusion (DEI). This involves striving for equity and embracing, respecting, including and valuing differences. Ongoing learning and humble reflection are essential parts of this work.

2SLGBTQIA+ is a long acronym that represents a lot of terms. Let us break it down for you. Remember, individuals get to decide how they identify, don't assume that just because something is true for one person, that it's true for others too (including assuming folks are heterosexual).

2S – Two-spirit – a term used by some Indigenous people and cultures to describe a person with both a feminine and a masculine spirit living in the same body.

L – Lesbian – a person who identifies as a woman attracted to women.

G – Gay – a person who identifies as a man attracted to men. Gay is also used as a general term to describe people attracted to someone of the same gender.

B – Bisexual (bi) – a person attracted to people of their own and other genders.

T – Transgender (trans) – a person whose gender identity differs from the sex they were assigned at birth.

Continued on page 3



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President, Editor
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“No one has ever become poor by giving.”

Anne Frank

When we think of freedom, we think about choice—to choose when and where we want to eat, the play we want to attend, the people we want to visit. The pandemic is declared to be over and freedoms to choose, previously curtailed by Covid, are now available to us. However, many are finding it difficult to make the transition back to normal times.

Isolation, apprehension, fear, change in life style, etc. contribute to this reluctance. Our Executive is aware that some of our members are concerned about face to face events. Hence for the planning of our 2022-23 calendar we are providing a hybrid model of face to face meetings and zoom meetings.

A fall **Welcome Back Gathering** will be held at Southside Centre, October 19th. This event is free to our members and \$10.00 cost to guests. It is a sit down social which will feature a catered lunch, award presentations, acknowledgements, In Memoriam and a guest speaker. This event will also be available through Zoom. We are hoping for a good turnout. Please register through your Goodwill Caller or electronically by clicking the link in the newsletter. Everyone must register to attend.

Our Executive Board meetings will continue to be

Highlights Inside

- In Memoriam—page 3
- Recognized Member Award—page 5
- Welcome Back Gathering—page 6
- Bellringer Breakfast—page 10
- The House that Cliff Built—page 11
- Wellness Sessions - page 14
- Ukulele Registration —page 15
- Chair Yoga Registration—page 15
- And much, much more.

held on Zoom but we will come together once a month for breakfast. The Wellness Committee will be offering a combination of face-to-face events and zoom sessions.

The Goodwill Callers Luncheon and the Bellringer Breakfast are back. Bridge Tournaments are being planned. Book Break will continue in person meetings at the Ingersoll Library.

Our four Breakfast Clubs are beginning to meet again after two years. Tavistock, Woodstock, Ingersoll and Tillsonburg are hoping you will join them.

New this year, to our events calendar, is **The New Retiree Luncheon** to be held at CASS. This is **free** and we hope all our new retirees will attend. The Executive wishes to welcome you officially to Oxford District 37. You will learn that we are more than just insurance. We are about giving back to our members and our community. We are about advocacy and we would like you to be involved.

It feels great to get back to normal. I hope many of you feel comfortable to join us in person.

Continued from page 1



Q – Queer – a broad term that includes all sexual orientations and gender identities. Q also stands for questioning because some people may feel unsure about their sexual orientation or gender identity.

I – Intersex – a person born with both male and female sex organs or other sexual characteristics. There are about as many intersex people as people with red hair.

A – Asexual – a person who doesn't or rarely experiences physical attraction to other people.

+ (plus) – stands for the other ways people may express their gender and sexuality, and some think of the + as standing for love and acceptance.

More terms to know:

Cisgender - a person whose gender identity and expression match the gender they were assigned at birth.

Non-binary – People who are non-binary may identify as having no gender, feel in between genders or have a gender that's not always the same.



Canada Day

July 1st is Canada 's birthday
The day she got her name,
One hundred fifty-five years later,
She has gained a lot of fame!

So raise our flag
And give a cheer,
Thank the Lord
Your home is HERE!!!

GOD BLESS CANADA!
Happy Canada Day!

Inez Fishwick
"Our Poet Laureate"



Members, New Members, and Actively
Employed Members

Please stay in touch

Please contact Linda Dilanni if you need
help with making changes to your address,
email or phone number with RTOERO. Call
Linda: 519-421-2303

RTOERO District 37 is a click away.

[Facebook](#)

[Website](#)

[Twitter](#)

[Instagram](#)

[The Living Room](#)



In Memoriam

*Those we love don't go away,
They walk beside us every day,
Unseen, unheard, but always near,
Still loved, still missed and very dear.*



[Patricia McGillis January 2022](#)

[Wanda Kelner March 2022](#)

[Helen Stover February 2022](#)

[Larry Sales May 2022](#)

[Kathleen Berry December 2021](#)

[Isabel Ward June 2022](#)

[Donald Sykes March 2022](#)

*Thank you for the contribution you
made to education. Your legacy lives
on through the lives of the students
whom you served in your role.*

Click on the name to read the obituary.



New RTOERO webinar recordings are now available

Missed some of RTOERO's live webinars in 2021? Don't worry! The recordings are now available on the website. Go to <https://rtoero.ca/resources/videos/>

Recent additions include:

- Ageism and intersectionality
- Building an eldercare system that actually cares
- Practical ways to address the growing epidemic of loneliness and isolation in older adults
- Self-care throughout the retirement journey
- Sustaining your finances throughout your retirement
- Why you need a benefits plan after age 65

Congratulations!



**Roslyn
McLagan**

The Recognized Member Award is presented to a member in good standing with RTOERO. The member has gone above and beyond in their volunteer commitments and has demonstrated exemplary service to RTOERO District 37, and to the Community at large.

Roslyn McLagan was awarded the RTOERO Recognized Member Award for District 37 for 2022. To know Roslyn is to know kindness, warmth, devotion and grace. She has demonstrated outstanding volunteer service to our district, her faith community, and the wider community of Ingersoll.

District 37- Days for Girls

Roslyn has been a member of the Days for Girls Team almost since its inception in 2018. Roslyn's role has been to wash and iron all our fabric in preparation for cutting and sewing. When she found it difficult to continue in that role due to some physical limitations, Roslyn continued to be an honorary member of the team as an enthusiastic supporter.

District 37- Goodwill Caller

As a Goodwill Caller of several years, Roslyn has shown herself to be a stellar member of the team. During the pandemic, the Goodwill callers had been asked to touch base on a personal level with those members on their list. Once again Roslyn not only complied with this request but went beyond. Roslyn continues to make these personal calls on her own initiative. To email someone is fast, efficient and easy but it takes more effort to telephone them. Roslyn made this extra effort to touch base on a more personal level. She has shared that she received as much pleasure from these conversations as did those whom she called. If you are the recipient of a thank you note from Roslyn, the tone of that note is absolutely uplifting and once again reflects her affirming and positive attitude that has the same effect on the recipient.

Church Community - If there is a task to be done Roslyn will be there. Preparing food for others for church suppers and teas, tidying up, and showing care and concern for all in her faith family. Roslyn always demonstrates "do unto others as you would have them do unto you".

Community of Ingersoll - Roslyn has spent MANY years as a volunteer for the local school breakfast program and was a founding member of the lunch bunch program. Her warm smile and cheery nature were appreciated by children, staff and her coworkers. In addition, she volunteered at Alexandra Hospital and drove for the Canadian Cancer Society for 32 years.

After spending time with Roslyn one feels surrounded by care, concern and love. She is an extremely positive individual and enjoys each and every minute of life. During the pandemic she helped many others find joy in a day when there was little to be cheerful about.

Roslyn McLagan is most deserving of the Recognized Member Award.

Congratulations Roslyn!



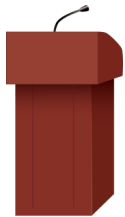
Welcome Back Gathering

Southgate Centre Woodstock

October 19th 2:30-5:30

Come and celebrate getting back together. This is a served luncheon and not banquet style.

Free to members. Guest \$10.00 at door.



FUN!

Our Program

- Guest Speaker
- In Memoriam
- Special Presentation
- Awards
- Lunch
- Social
- Fun

You must pre-register for this event by Oct 1. This must be a firm commitment as we pay for no-shows. Please click on the link below and fill in the information. Good will callers will also be following up to confirm.

<https://forms.gle/x7rmw4Jkj7cfZWMx7>



***“Did you know”* for our Actively Employed Members**

Insurance plans for retirement – consider these 5 things



Insurance for retirement tops the list of topics of interest for future retirees, according to our research with employees from Canada’s education sector. And it’s no surprise—it’s an important topic. Here are five things to think about to help you decide about insurance for retirement:

Whether your spouse’s plan can cover you

One of the first things to investigate as your retirement approaches is whether you can maintain coverage under your spouse’s plan if they’re not retiring.

Your comfort level with risk

Taking no insurance for retirement is an option that some folks explore. Consider your risk tolerance to determine if this is an option for you. If you or your spouse become ill or is injured, consider if you could handle the financial stress if you weren’t insured?

Whether a group plan and having access to a community matter to you

As you look into insurance plans for retirement, you’ll see that they’re not equal. Unlike RTOERO, which is a group plan, most plans are individual insurance between you and the insurance company—you pay a fee, you get coverage and that’s it. Consider if being part of something more matters to you—one decision could help you accomplish multiple priorities for your retirement.

Whether you might want to move to another part of Canada

Some plans, like RTOERO’s, are national coverage, meaning you can relocate to another province or territory and still be covered.

How much do you plan to travel?

If you’re considering not getting retirement insurance, it’s worth looking at how much you plan to travel. Travel insurance is included in many plans, like ours, and so the plan value may increase for you depending on your retirement activities.

Find them all here: <https://rtoero.ca/resources>



Welcome to our Actively Employed Members

Lisa Brown

Jody Casement

Shelly Duben

Laurie DaCosta-Tavares

Patricia Elcombe

Kathryn Ellis

Shannon Finamore

Lisa Graham

Ngeleka Kazadi

Susan Lake

Cheryl Scruton

Lisa McPherson

Jeffery Robinson

Wanda Whittal

Pam Sutherland

Our “Actively” employed members are still working and are within 5 years of retirement. The free membership from RTOERO provides access to all digital resources from Corporate and informs members on what is happening in the local district. We look forward to when we can welcome them as permanent members! Each newsletter will feature information directed to our actively employed.

“Did you know”

Belonging is essential throughout life, and especially when you’re getting ready for one of life’s major transitions—retirement. So, whether your retirement is now, soon, or years off, our membership brings perks, peace-of-mind and that oh-so-good feeling of being part of something more.

We have health benefits and group insurance options

[Comprehensive health coverage](#) for members 50+. Access insurance coverage when you retire or if you don’t have benefits through work

We have discounts

Save up to 40% on car/home insurance
3000+ discounts with Venngo MemberPerks
Exclusive travel discounts

We have unique programs and services

- Support as you prepare for retirement and to help you through the transition
- Social events and volunteer activities in your community
- Day trips, excursions

We give back

- Apply for \$4000 grant for a charity you volunteer with
- Apply for Scholarships for family members

We have Award-winning publications

- Quarterly lifestyle magazine Renaissance
- Monthly e-newsletter
- Tax Tips – comprehensive resource to help you at tax season
- Pocket Planner calendar

We do Political advocacy

[Vibrant Voices](#) – political advocacy campaign
Sharing the views of members with federal, provincial and municipal governments across Canada

We support Research and education

[RTOERO Foundation](#), funded by member donations, supports research on healthy aging.
The Foundation offers education and awareness about the issue of social isolation



Our New Members

Stewart Adams

Nicola Bankes

Sheri Burn

Isobel Cosyn

Donald Crandall

Shirley Elliott

Jane Fleming

Donald Hewey

Michael Hughes

Samantha Hutton-Walker

Janice Jones

Dave LeConte

Douglas MacDonald

Sheri Pinter

Kimberly Roddick

Sylvia Sales

Jacquie van Klaveren

Announcement

A fall luncheon is being planned for our new retirees at CASS. Information to following in Eblast. This is a new event for our district and we hope to offer this annually to future new retirees.



Linda Dilanni Past President

“Busy hands is one thing however productivity is the real gem.” (anonymous)



The Days for Girls group consisting mainly of RTO-ERO members continues to be busy with its important work of making quality, reusable menstrual kits. In fact, we have made 350 kits to date and these were sent to countries where such supplies are not available. These kits are shipped off by World Vision and are free to the recipients. Days for Girls is a registered non-profit charity and any donations will receive an income tax receipt. **If you have useable fabric (flannel, cotton or cotton/poly) or would like to donate to the Woodstock team of DFG, contact Linda Dilanni at woodstockon@daysforgirls.org for information on how to do so. If you feel you might be interested in joining our group, in a sewing or non sewing capacity, please feel free to contact us as well.**



Goodwill Callers save this date

We have planned a luncheon at College Avenue Secondary School for **October 12** for our 30 Goodwill Callers. After 2 years of missing this get together, we are excited to finally be able to meet and discuss the important role of Goodwill Caller in District 37.



**Calling all members.
It's time for breakfast!
The Bellringer is back.**

Bellringer Breakfast

Louie's Restaurant Ingersoll

September 6 9:00 a.m.

Sit down serving at booth or table—no buffet style

The Louie's Breakfast Special

2 Eggs any style

Sausage, Bacon, Ham

Homefries or tomato substitute

Toast

Coffee, Tea or Juice



The Cost

**\$5.00 to members. Guest
pays their own. \$15.00
(includes tax and tip)**

Note: Only one guest per member

*You **must** pre-register for this event by August 1 as there is a maximum capacity of 50. Hence, this must be a firm commitment as we pay for no-shows. Please click on the link below and fill in the information. Do not wait to register as the first 50 will be guaranteed seating. We will have a waiting list should we have cancellations.*

<https://forms.gle/s8nPssZ3TDAXuTuE8>



The Oxford District 37 house that Cliff Kraeker built

Two years ago when the pandemic hit and forced many of our face to face meetings to end, we very quickly transitioned to online Zoom meetings. At first they were tenuous and slow but we very quickly became comfortable with getting access and learning to raise our hands (digitally), mute and unmute and share in the discussion online.

Our Livingroom



It was at that point we also realized we needed a place to store documents and links that became a part of our regular meetings.

Our RTOERO website held our newsletters and eBlasts (it still does) but we wanted another venue. Our tech support had helped some teachers create online animated classrooms during the move to virtual learning and so our first RTOERO Oxford Livingroom was born.

It started out small with links to our minutes and agendas, then links to our monthly TechTalks, PaintNight images and the Cooking Sessions were added. Links to travelogues were posted. By the end of the year, the room was full of fun ideas with links and an entire archive of information of what we had done over the past year. Links to our various video presenta-

tions were stored on YouTube and then linked back to our various rooms and appeared like LCD panels on the wall or from a laptop sitting on one of the couches.

As the year came to a close, we then decided to keep our Living Room as our archive link and create another room for the next year's links and ideas.



Our Kitchen

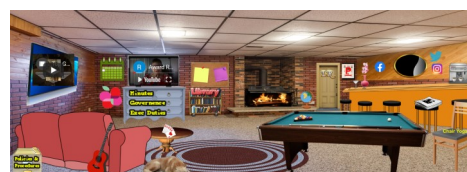
Thus the RTOERO Oxford Kitchen was created. Soon it was filled

with links to our previous activities but we added a Bridge Club Room link and a Library where links to all our Book Chats were listed. The room also included links to recipes from our Cooking Sessions. When we reviewed our governance policies and procedures, links to those documents were made available. The RTOERO calendar was displayed with all events.

We included other links, such as a click on the dog lying on the carpet to get a list of all the Vets in Oxford County or a click on the sink in the kitchen to get a list of all the plumbers in Oxford. Nothing was really labelled, but viewers had fun searching the rooms for what other links were available.

We always said, “ explore - if the cursor arrow turns into a hand - that's a link, just click.” And they did. The strong visual aspect of the rooms became very popular and it was introduced to the larger RTOERO community and other Districts began creating their own virtual rooms. We supported them whenever they called or requested help and will continue to assist.

And now our new “REC” Room



As we now enter our third year with this model, we

Continued on page 12

will keep the Kitchen as our archive of the past year and create yet another room. Thus the RTOERO Oxford Rec Room is in the process of being created and should be ready to be populated with our new links this coming September. There will always be doors and links to the past rooms, links to our Bridge Club and Chair Yoga activities but new ones will always be created as those presentations happen.

We hope you enjoy the new room and

when it appears, if there are links you'd like to see created, let us know. This really has been a group creation as we endeavor to traverse this journey back to in person meetings and more normal activities. Whatever happens these rooms will be there to give you links

Cliff



This is amazing. Our "house" caught the interest of a number of districts, who wish to duplicate this model. There is no greater compliment then to be modelled.

Thank you, Cliff, on behalf of District 37.



Stay up-to-date on RTOERO Foundation webinars

The RTOERO Foundation's annual webinar series is well underway with three informative presentations that have already taken place this year. There are three additional webinars scheduled for the remainder of the year which will feature a variety of topics,

and subject matter experts, related to healthy, active aging.

RTOERO Foundation webinars are open to members and non-members alike. If you have family or friends who you think may be interested in the topic, please forward the registration email to them.

Visit the RTOERO Foundation's website to watch a recording of our first webinar, in which Joanne Murphy, Foundation Board Chair, and Tara Seney from the Alzheimer Society of Chatham Kent, discussed the connections between dementia and elder abuse. This video is available with English and French captions.

Available to watch

Initiating a Dialogue on Dementia & Elder Abuse (IDDEA)

rtoero.ca/webinar-initiating-a-dialogue-on-dementia-elder-abuse-iddea/

Visit the Foundation's website to view all of our archived webinars:

rtoero.ca/rtoero-foundation/get-involved/webinar-series/

Coming soon

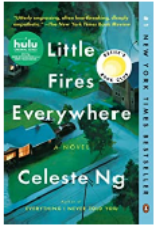

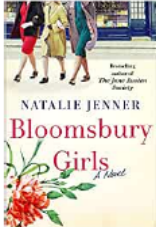


Optimizing Medication Safety presented by Dr. Paula Rochon, RTOERO Chair in Geriatric Medicine

Mentally healthy living after social distancing – A study of older Canadians presented by Dr. Gail Low, Associate Professor at the University of Alberta, and Dr. Gail Gutman, Professor Emeritus at Simon Fraser University

Upcoming books for the RTOERO BOOK BREAK Discussions

Meetings are at Ingersoll Library 1:30 pm

Interested in joining? Contact Joyce Tonner at forlearningmore@rogers.com

	<p>Date: Jul 26 , 2022</p>
	<p>Title: TBD Author: Suggested by</p>
	<p>Date: Aug 30, 2022 Title: Little Fires Everywhere Author: Celeste Ng Suggested by Karen Greenham</p>
	<p>Date: Sep 27, 2022 Title: As Nature Made Him Author: John Colapinto Suggested by Helen Reid</p>
	<p>Date: Oct 25, 2022 Title: Bloomsbury Girls Author: Natalie Jenner Suggested by Janet Thomson</p>
	<p>Date: Nov 29, 2022 Title: Akin Author: Emma Donoghue Suggested by Dianne Older</p>
	<p>Date: Dec 27, 2022 Title: Speak Silence Author: Kim Echlin Suggested by Karen Miller</p>

10 Reasons to learn a musical instrument during your senior years



- Strengthen Memory Retention.
- Develop Greater Concentration.
- Bring a Sense of Accomplishment.
- Exercise
- Stress Relief.
- Establish New Relationships.
- Improve Physical Coordination.
- Express One's Self
- Challenge yourself

<https://www.youtube.com/watch?>

Click on the link and listen to the "Ukuladies".

Free Ukulele Lessons

Wednesday September 14, 21, 28 and October 5.

15 participants

Bring your own ukulele or rent

Bring music stand if possible

10:00-11:00

Ingersoll -Trinity United Church Parlor



The **Ukulele** is probably the most popular instrument at the moment and is riding on an unprecedented wave of success. 1,706,050 sold in 2021 in U.S.

Did you know?

- The ukulele is not a Hawaiian invention
- The ukulele overtook the guitar several times (almost)
- No Beatles, No Uke
- The ukulele has a high "low" string
- There is a bass and banjo ukulele
- The origin of the name is not clear
- There are now Ukulele Clubs around the globe.

*The principal function of a ukulele club is to **facilitate people playing music together**, especially encouraging those that never thought they would play a musical instrument.*

To register early. Click on link below.

<https://forms.gle/pB6Ct8dEhErT52iEA>



Maybe we could perform at one of events!

Chair yoga returns in the fall

Due to popular demand, we will be offering chair yoga throughout the coming year. John will once again guide us through the motion to energize our spirits and improve our mobility.

You are only required to register once for the following sessions:

- ◆ November 2 2022
- ◆ November 9
- ◆ December 7
- ◆ January 11 2023



If you must miss one of the sessions, please advise hwb@rogers.com

Complete to registration by clicking on: <https://forms.gle/3J4UnwQu4ikAVgaeA>



Thank you to our “Days for Girls” work crew.

Did you know? Roughly one million Kenyan girls miss out on education each month because they are unable to afford menstrual products. Girls and women are unable to work or participate in education for days at a time, placing them at a disadvantage in comparison to their male peers.



Roslyn, Shirley Linda, Lorraine, Karen, Brenda

There's never been a better time to tackle food waste

Food waste accounts for about a third of greenhouse gas emissions, and in developed countries, 40 per cent of food waste happens in retail or our homes, so there's money being wasted too! Making it your mission to tackle your food waste woes can help you save money and impact the environment.



Here are some tips:

Shop with a grocery list – purchase what you need for what you plan to eat.

Avoid bulk buying if you don't need it – it's more likely something will go bad before you consume it.

Split with friends! If you are bulk buying, divide among friends.

Use all edible parts of the food – for example, the leaves of some root vegetables are edible, like beets.

Keep veggie scraps to make broth. You can store them in a bag in your freezer.

Bring older foods to the front of your fridge or the top of the crisper – use them first!

Terms to know: Microaggression

Microaggression is a term to describe indirect or subtle forms of prejudice. The term was coined in 1970 by psychiatrist Chester M. Pierce. "Micro" isn't about the impact but the action itself—it can be as small as a comment or a subtle behaviour. And while overt microaggressions happen—for example, when a person of colour is watched closely while in a shop, many microaggressions are driven by unconscious bias and may even be disguised as compliments—for example, saying, "Wow, you're so well-spoken" to Black woman (as if you didn't expect they would be).

The impact of microaggressions is significant as there's a cumulative effect for people who experience microaggressions regularly. They can affect mental and physical health, employment and more. It might be tempting to think someone is overreacting when they point out a subtle prejudice, but keep the cumulative impact in mind and make a conscious effort to notice yourself committing microaggressions and correct it. Your work to learn about various forms of oppression and understand your privilege is an essential part of the process—no one wants to be a microaggressor!

The Executive Board Directory 2022-2023

POSITION	NAME	CONTACT	EMAIL
President Editor, Marketing & Communications, Bridge	Helen Reid	519-914-8788	rtoeroxford@gmail.com
1st Vice President Resolutions, Governance	Mary Anne Silverthorn	519-421-3241	m.silverthorn@sympatico.ca
2nd Vice President Awards, Foundation Champion	Heather Wilson-Boast	51-485-1542	hwb@rogers.com
Secretary Member Services Chairperson	Sandra Stock	519-462-2643	rsstock@exculink.com
Treasurer	Janet Thomson	519-421-2782	jthomson@oxford.net
Past President Goodwill, Nominations, Wellness, Days for Girls	Linda Dilanni	519-421-2303	ldianni@outlook.com
Archives Website	Perry Hughes	519-539-1047	rto37.perry@gmail.com
Benefits	Bill Miller	519-290-1203	wharrisonmiller@gmail.com
Book Break	Joyce Tonner	519-423-6755	forlearningmore@rogers.com
Community Grants & Scholarships	Janet Thomson	519-421-2782	jthomson@oxford.net
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Travel	Deward Yates	519-539-3530	dewardyates@hotmail.com

Executive Board meetings are held monthly—1st Friday on the Month. A schedule of meetings and events can be found in our calendar posted on the wall in the Livingroom at <https://tinyurl.com/rtoeroxfordlivingroom>

An E-Blast will be sent out after each meeting to keep you informed with updates and events. If you have a question, please contact the appropriate Executive Member/Chairperson who holds that portfolio.

We operate with committees and are in need of those who are willing to assist. Please say “yes” should an Executive Member ask you to lend a hand.



**INVITE EXCLUSIVELY FOR:
Retired Teachers of Ontario - District 37 Members (Oxford)**

ITEMS ARE MARKED UP TO 50% OFF RETAIL PRICING

VALID DATES

07/29/2022 - 08/21/2022

VALID FOR YOU + 4 GUESTS

WHAT TO BRING

- THIS INVITATION
- PHOTO I.D.
- PROOF OF AFFILIATION
*business card / membership card /
company email signature / pay stub /
original email / other form of affiliation*

LOCATION & HOURS

1-1425 Max Brose Dr
London, ON N6N 0A2

MON-FRI: 10AM - 8PM

SAT: 9:30AM - 6PM

SUN: 10AM - 5PM

Store Open 10AM- 5PM, on
August 1st



500051373

YEAR ROUND ACCESS
MILITARY PERSONNEL: EVERY DAY
SENIORS (65+): FIRST TUESDAY OF EACH MONTH
PROOF OF ELIGIBILITY REQUIRED + 4 GUESTS INCLUDED

Questions? Please email: londonemployee@columbia.com
Valid for you and up to 4 guests for multiple visits during your invite period. Columbia reserves the right to modify or cancel this offer at any time. Please present this original invitation to the receptionist for entry and again at checkout. This invitation is non-transferable. You must be present during shopping. The products purchased are intended solely for the buyer's own personal use, including gifts to others. Resale of products is strictly prohibited. Columbia Sportswear limits the number of items purchased to no more than 10 of the same style. For team and company purchases, please speak to a member of our store management team. Offer may not be combined with any other offer or discount. Valid from dates listed above. ©2022 Columbia Brands USA, LLC.



SUMMER Bellringer 2022

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N5C 3M3

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Your Communication Committee

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Web Site Master: Perry Hughes

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Facebook Manager: Karen Miller

Twitter Manager: Heather Wilson-Boast

Your feedback is important to us. Please email us at rtoerooxford@gmail.com or call Helen at 519-914-8788. Leave a message if no answer.

Inclusion of information in newsletters and e-blasts from other organizations external to RTOERO, is for informational purpose only, and not necessarily endorsement.



DO NOT FORGET TO
REGISTER

Bellringer Breakfast—Sept. 6 9:00 at Louie's
Ingersoll

Ukulele Lessons Begins—Sept. 14 10:00
Trinity Church Ingersoll

Goodwill Callers Luncheon—Oct. 12 at CASS

Welcome Back Gathering - Oct 19 2:30-5:30
Southgate Woodstock

Chair Yoga Resumes Online—Nov. 2 9:00