



**RTO  
ERO**

A better future,  
together  
Ensemble pour  
un avenir meilleur

District 37  
Oxford

Our Website

<https://district37.rtoero.ca/>

Our Facebook Page

<https://www.facebook.com/>



## AGEISM IS EVERYWHERE

1 IN 2 PEOPLE  
WORLDWIDE ARE  
AGEIST AGAINST  
OLDER PEOPLE

and, in Europe, there is  
more ageism against  
younger than older  
people



Ageism affects us  
THROUGHOUT LIFE  
and exists in our  
institutions, our  
relationships  
and ourselves



#AWorld4AllAges



GLOBAL  
CAMPAIGN  
TO COMBAT  
AGEISM

## Everyday ageism: Examples of ageism in our day-to-day lives

Ageism, like other forms of oppression, plays out on different levels. Ageism exists within institutions and communities, within interpersonal relationships, and can be self-directed. It's possible to be both a victim of ageism and be perpetuating it—likely without even realizing it. Here are some examples of everyday ageism to reflect on:

**Expressing surprise at a person's age** - You may believe expressing surprise is a compliment. Pause and consider that the implication is there's something wrong with looking "old."

**Expressing surprise at someone's skills/hobbies** - We might think that as we get older, we're supposed to slow down or be physically or mentally unable to do certain things—like this is some universal truth. It's not.

**Staying 39 forever** - Why would you want to stay 39 forever unless you thought getting older was negative? Please don't feel bad if you've said this. You're not alone.

**"Can't teach an old dog new tricks"** implies that older people can't change or learn new things. It reflects the ageism in workplaces where training or advancement opportunities may not be offered to older workers. We don't lose our ability to learn and change as we age.

**Elderspeak** - Elderspeak describes the tendency to speak louder and slower and sometimes change the words used when talking to an older adult. This relates to infantilizing, which is treating someone as a child.

**"you're so old" or "I'm so old"** - The phrases are so common that most don't pause to consider what we're saying. The word 'old' is often used to mean something negative. When people say, "you're so old," they don't usually mean, "you're so wise, valuable, strong and adaptable".

These examples are from an article on the RTOERO website. Read the full article at [rtoero.ca/everyday-ageism-examples-of-ageism-in-our-day-to-day-lives](https://rtoero.ca/everyday-ageism-examples-of-ageism-in-our-day-to-day-lives).



## Helen Reid President, Editor

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519-914-8788

**"Without reflection, we go blindly on our way, creating more unintended consequences, and failing to achieve anything useful."** - Margaret J. Wheatley

The beginning of a New Year is a good time to look back, to gain insights from the past and to incorporate these into the present for future change.

Many of us are familiar with the Charles Dicken’s play, *The Christmas Carol*, and no doubt have watched it for the umpteenth time this past Christmas. My favourite version is the one with Alastair Sim starring as Scrooge and my favourite ghost is the Ghost of Christmas Future. I recall vividly the scene where Scrooge asks, “Are these the shadows of things that **Will** be, or are they shadows of things that **May** be?”

It took ghosts to frighten Ebenezer into change. Although not as dramatic, Margaret Wheatley’s quote has the same message of why we need to reflect and do things differently. Your executive obtains feedback from all committees on events at each monthly meeting. There are reflection, discussion and recommendations.

Upon looking back over the 2022 year District 37 Executive is congratulated for the successful events offered through Zoom and in the gradual transition to face-to-face events. The high attendance at the *Bellringer Breakfast*, the *Welcome Back Gathering* and the *Book Break Christmas Social* showed the Executive that members

### Highlights

*Ageism*—p. 1

*President Message*—p.2

*In Memoriam*—p.4

*Scams*—p.3, 11

*Upcoming Events*—p. 6

*Actively Employed*—p. 7,8

*Estate Planning Seminar*—p. 10

*Bridge Tournament*—p. 12

*Book Break*—p.13-15

*Columbia Shop*—p.16

*Invitation to Research Study*—p.17

are excited to be together in person.

Hence, our membership can look forward to the following being offered in 2023:

- Spring Banquet AGM at South Gate Centre
- Spring Invitational Bridge Tournament
- Summer Golf Invitational
- Bellringer Breakfast at Louie’s Ingersoll
- Fall Invitational Bridge
- Fall Banquet at South Gate Centre

The Wellness Committee will continue to offer a combination of Zoom and face-to-face seminars. However, the committee needs to hear from you with respect to the topics that you would like addressed. On page 10, a link is provided to a survey for you to complete. Please take time to help us plan.

The Executive invites you to join our monthly zoom meetings. This is a good way to become familiar with how we work and how you can lend a helping hand to a planning committee.

On behalf of the Executive I thank you for your support in all events. In the words of Tiny Tim, **“God bless us, everyone.”**

Reprinted with permission from a friend's Facebook page.



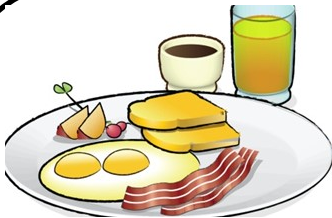
Last week I was expecting a package and got a text saying that it was Canada Post and they had been unable to deliver a package, and to click on this link to update your information. **Red flag #1.** Normally I NEVER would do such a thing but I was expecting something so I wasn't being on alert. The website was beautiful. I could not at all tell the difference.

They said I needed to pay to get it delivered again. Eventually they asked me for a code and then I got a message from BMO warning: **this gives access to your accounts.** At this point I stopped.

**Red flag #2.** Today I got a phone call from a guy who said he was Alex from BMO and they had a suspicious charge to my account and wanted to know if it was me. I said, no, it wasn't and not to pay it. He said okay, but I have to verify that I spoke with you so I'm going to send you a code. I got a code with a warning from BMO like the first time. So I just said let me call you back. He gave me a number but kept insisting that he only needed to verify that he talked to me. I said no problem, I will call you back, do you have an extension? He hung up.

The point is, stay alert. I would never have clicked on a link like that and have ignored these, and yet, because I **WAS** expecting a package, it seemed reasonable. I'm an intelligent person and aware of these things and I **STILL** almost fell for it. When you think about it, if they sent out 100 of those emails I bet 30% or more are expecting a package from Canada Post.

See Cliff's article on page 11



Monthly breakfast/  
lunch clubs are  
back

Ingersoll Club - Feb. 15th 9:00 a.m.

Louie's Restaurant (3rd Wed of Month)

Tillsonburg Club—Feb. 15th 8:30 a.m

Korner Perk (3rd Wed of month)

Woodstock Club —Feb. 3rd Noon

Jesse's Restaurant ( 1st Friday of month)

North Oxford Club—Jan. 27 9:30 a.m.

Quehl's Restaurant



Members, New Members, Actively Em-  
ployed 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](#)

[TikTok](#)   [OUR REC 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.*



*Click on the name to read the obituary.*

**Paul Smith July 2022**

[John Coy July 2022](#)

[Katrine de Beer July 2022](#)

[Isabel Ward July 2022](#)

[Roxanna Nakonechny July 2022](#)

[Irv Horton August 2022](#)

[Gwendolyn Parker August 2022](#)

[Jack Neale September 2022](#)

[Terry Hobin October 2022](#)

[Inez Fishwick November 2022](#)

[Robert Miller. November 2022](#)

[Gerald Parsons. December 2022](#)

[Gail MacKay December 2022](#)

[Terence Ellwood November 2022](#)

[Margaret Bulford January 2023](#)

*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.*



## Calling for nominations for the Recognized Member Award



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

The member must be nominated by another member in good standing with RTOERO. A written submission must be provided stating how the nominated member meets the criteria. The submission should provide a background of the nominee and the reasons for the nomination.

These nominations must be **submitted to the 2<sup>nd</sup> Vice President by March 15<sup>th</sup>**. The 2<sup>nd</sup> Vice President will form an ad hoc committee of 3 executive members (2<sup>nd</sup> Vice President, 2 other executive members) to make the final selection. The award will be presented at the Spring Banquet.

The Recognized Member will be presented with a The Recognized Member Pin and a donation of fifty dollars (\$50.00) made in their name to the charity of her or his choice.

**Please submit name to Heather Wilson-Boast 519-485-1542 or [hwb@rogers.com](mailto:hwb@rogers.com)**



## Your executive needs help

Dear Members

All 51 districts are struggling to find people to share in the responsibilities of serving on the executive and providing services to their members. Our district is no different. People are aging and are also taking on additional tasks. We are desperately in need of your help. The more people we have to assist lessens the workload. The math is simple. Either 5 people do the work of 10 or 10 people do the work of 5. The former is not sustainable. Perhaps there is a better model out there that I am not aware of that may work. But right now we need people. Here is a link to a sign-up of all the activities we offer in Oxford. Sign up for one or more. Maybe you just want to be a member-at-large and sit in on our zoom executive to see where you can help. That would be wonderful.

If you wish to talk this over with a cup of coffee and muffin, then it is my treat. I can travel to the Tim Hortons of your choice or whatever venue you choose. Please help. *Helen*

<https://tinyurl.com/rtoerohelpinghand>

# Upcoming Events



## Spring Banquet

Southgate Centre Woodstock

*Wednesday, June 7th Noon*



## Bellringer Breakfast

Louie's Restaurant Ingersoll

*Tuesday, September 5th 8:30 a.m.*



## Fall Banquet

Southgate Centre Woodstock

*Wednesday, October 11th Noon*

### The process for registering and paying for future events

More information will follow regarding the menu, cost to members and the programme. Members must pre-register and pay before the banquet. There is limited seating at the above functions and we **cannot have "walk-ins"**. A maximum will be set. Everyone needs to reserve.

- Those with email addresses may register and pay online.
- Those without email may complete a mail-in registration and cheque and send to our Treasurer, Janet Thomson.
- Those without email may have another member register for them online. You can pay the member.

Our Goodwill Callers will check in with those without an email to ensure everyone has a chance to register. More information will follow in future E-Blasts as planning gets finalized.



# “Did you know” for our Actively Employed Members



The question many actively employed members ask



by Helen Reid

## Is the membership fee worth it?

*I remember asking this question 10 years ago. I did not need the insurance and the membership cost for me at that time was well above the \$73. So why join?*

*Well...my membership fee actually costs me nothing. Zero. Zilch. How can that be? The answer is in the math. Here is an accounting of subsidies and discounts I received in one year.*

	Cost	Receipt
My Membership Cost	73	
3 Venngo Enterprise Car Rentals		45
1 Bellringer Breakfast		15
2 Luncheons (Spring, Fall)		40
Book Club Social		10
Bridge Club Tournament		10
Venngo Restaurant Discount		20
6 chair yoga sessions		48
<b>Total</b>	<b>73</b>	<b>188</b>

## Is the membership fee worth it? YES

In addition to the above, I now have excellent benefits and savings from my RTOERO Health and Travel Insurance. And there is more on page 8!



4 ways to think about retirement... and money isn't one of them

About 5000 Canadians will retire this week alone. We all want people to have their best life in retirement. But what defines a meaningful retirement? Here are four ways to think about retirement.

**There's no one size fits all retirement.** Try not to be swayed by what you see around you. Do some reflection about what you want.

**Value emotional preparedness.** There's no way to know what the transition to retirement will be like emotionally until you go through it. You can take steps to support your mental health. Read [rtoero.ca/how-to-prepare-for-retirement-emotionally/](http://rtoero.ca/how-to-prepare-for-retirement-emotionally/) for tips.

**Retirement life comes in stages.** Retirement changes as you do. However you define retirement, it's a journey – yours to plot.

**A successful retirement hinges on a strong sense of purpose and belonging.** It's easy to fill hours in retirement. The question is whether these activities are aligned with the person you are and how you want to spend your time. Fulfilment is all about relationships, community and meaning.

These ideas come from the RTOERO retirement planning whitepaper titled *Five ways to think about retirement planning...and money isn't one of them.* Find it online here: [rtoero.ca/5-ways-to-think-about-retirement-planning](http://rtoero.ca/5-ways-to-think-about-retirement-planning).



# RTOERO

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

RTOERO

OTHER\*

Extended Health Care + Hospital + Dental					
SINGLE	COUPLE	FAMILY	SINGLE	COUPLE	FAMILY
\$190.38/mo	\$378.94/mo	\$459.97/mo	\$202.71/mo	\$399.50/mo	\$479.00/mo
ANNUAL COST SAVINGS WITH RTOERO					
SINGLE \$147.93/year		COUPLE \$246.72/year		FAMILY \$228.34/year	
Prescription Drugs					
<b>\$3,400</b> ANNUALLY – 85% REIMBURSED <input checked="" type="checkbox"/> covers ALL prescription drugs			<b>\$4,000</b> ANNUALLY – 85% REIMBURSED <input type="checkbox"/> NOT ALL prescription drugs covered		
Paramedicals					
<b>\$1,300</b> ALL PRACTITIONERS COMBINED – 80% REIMBURSED <input checked="" type="checkbox"/> No doctor's authorization needed			<b>\$1,250</b> ALL PRACTITIONERS COMBINED – 80% REIMBURSED <input type="checkbox"/> Doctor's authorization required for some practitioners <input type="checkbox"/> LIMITED reimbursement – per-visit max		
Vision					
<b>\$400</b> VISION CORRECTION <input checked="" type="checkbox"/> 80% – Every 2 years		<b>\$150</b> EYE EXAMS <input checked="" type="checkbox"/> 80% – Every 2 years		<b>\$375</b> VISION CORRECTION <b>\$125</b> EYE EXAMS <input type="checkbox"/> 80% – Every 2 years <input type="checkbox"/> 80% – Every 2 years	
Travel					
<b>\$10 MILLION</b> PER INSURED UP TO 93 DAYS PER TRIP <input checked="" type="checkbox"/> \$6,000 trip cancellation/interruption <input checked="" type="checkbox"/> accommodation, up to \$5,000 per trip <input checked="" type="checkbox"/> Private hospital room <input checked="" type="checkbox"/> \$10,000 vehicle return <input checked="" type="checkbox"/> \$1,000 lost luggage per trip <input checked="" type="checkbox"/> Guaranteed acceptance for trips longer than 93 days <input checked="" type="checkbox"/> \$250/day for meals and			<b>\$2 MILLION</b> PER PERSON UP TO 95 DAYS PER TRIP <input type="checkbox"/> \$6,000 trip cancellation/interruption <input type="checkbox"/> accommodation, up to \$1,500 per trip <input type="checkbox"/> Semi-private hospital room <input type="checkbox"/> \$2,000 vehicle return <input type="checkbox"/> No coverage for lost luggage <input type="checkbox"/> Medical questionnaire for trips longer than 95 days <input type="checkbox"/> \$150/day for meals and		
Dental					
<b>BASIC &amp; PREVENTATIVE</b> 85% UNLIMITED REIMBURSEMENT			<b>BASIC &amp; PREVENTATIVE</b> 80% UNLIMITED REIMBURSEMENT		
<b>MINOR RESTORATIVE</b> \$800 – 80% REIMBURSED			<b>MINOR RESTORATIVE</b> \$800 – 80% REIMBURSED		
<b>MAJOR RESTORATIVE</b> \$800 CROWNS + \$800 BRIDGES, PARTIAL DENTURES – 50% REIMBURSED			<b>MAJOR RESTORATIVE</b> \$700 – 50% REIMBURSED		

### But we are more than insurance

**The Scholarship Program**—we fund scholarships for students whose studies focus on seniors health & well-being, education or environmental stewardship

**The Community Grants Program**—we fund grants to support local charities

**Research**—through the RTOERO Foundation we fund research on geriatric medicine.

**Political Advocacy**—with 82000 membership we now have voice at the political tables providing input on policy making such as the national seniors strategy, geriatric medicine, environmental stewardship, ageism, etc,

**Goodwill Member Services**—we nurture and support local membership community by providing funds for events and activities. In addition, we have access to the services and discounts: Teledoc, Iris Eyecare, Venngo

### Retirement Planning

<https://tinyurl.com/rtoeroretirementplanning>





## Our New Members

**Lisa Graham**

**Margaret Horton**

**Lillian Neale**

**Allyson Otten**

**Michael Parsons**

**Upcoming orientation sessions on Member Perks for new members and those needing a refresher. More info in E-Blasts.**

IRIS



**Linda Dilanni**  
**Past President**



The local Days for Girls team continues to be very active in the District, meeting on the 2nd and 4th Monday of the month at the Women's Employment Resource Centre. We are always open to donation of materials for use in our program, be it fabric and grosgrain ribbon, and notions such as thread, scissors, etc.

We also include panties (any size) and washcloths in our kits and would accept new packages of those as well. We recently celebrated our 4th anniversary as a team and in that time, our group of 12 or so has produced almost 500 kits for use in areas of need.

Any inquiries can be directed to

[woodstockon@daysforgirls.org](mailto:woodstockon@daysforgirls.org)



### Goodwill Callers

Many thanks to Pat Lester and Barry Tate for their many years of dedicated service to the Goodwill program as Callers for the district.

A welcome on board to Marian Hughes, Mary Anne Silverthorn and Deb Muck and thanks for volunteering to perform this valuable service to members.

Just a reminder that if you have a question and don't know who to contact, your Goodwill Caller is a good first start!



## Financial Considerations for Estate Planning

Matt Stiller, financial planner, returns to provide an informative seminar on estate planning and the financial implications.

**Wednesday, February 22nd 7:30 p.m. via Zoom.**

Seminar is free to members, their guests and actively employed. Link will be sent closer to date.

Please register at: <https://tinyurl.com/rtoeroestateplanning>



## Wellness programs a success in the pandemic—now what?

Linda Dilanni

Wellness programs continued to be offered through Zoom in the Fall.

Chair Yoga was popular and additional sessions were added . The remaining sessions are February 8, March 1, April 5 and May 3 at 10 a.m.

Matt Stiller, a financial planner, presented a session on preparing for retirement and optimizing retirement finances for better returns. He is returning to do a session on estate planning and the financial implications. See above for more details.

Janet Thomson made a video on making Christmas goodies which is posted in our virtual REC ROOM.

In the Spring we are hoping to have a session on the topic of Probate and Wills offered by a lawyer.

We look forward to offering more seminars

which meet the needs of our members. We need your input. Please complete the survey.

It should be noted that the sessions offered by our local district are also supplemented on a regular basis by the Webinars offered by the RTOERO office in Toronto.

<https://rtoero.ca/category/webinar/>



***We need your help in planning future seminars. We will follow up with your suggestions.***

***Please take a minute to complete the survey.***

<https://tinyurl.com/RTOEROWellnessSurvey>



## What Should We Be Watching For?

Cliff Kraeker  
Information Technology Manager

It is very important for everyone, but particularly us seniors, who often aren't as tech savvy as our younger colleagues, to be vigilant and take steps to protect ourselves. This include (but are not limited to) never giving out personal information over the phone or online, being skeptical of unsolicited emails or phone calls and being cautious about clicking on links or attachments in emails.

### Where to find more information?

There are several organizations in Ontario who can provide support to seniors who have been targeted by scams, either through emails or phone calls.

Some examples include:

**[The Canadian Anti-Fraud Centre](#):** This organization is a partnership between the Royal Canadian Mounted Police, the Ontario Provincial Police, and the Competition Bureau. They provide information and resources to help seniors protect themselves from scams, and also accept reports of fraud. Visit their website and read about the most recent scams they have detected and how to protect yourself and your loved ones. Who knows when this information will come in handy? You might even help your grandkids be safer online.

The **[Ontario Seniors' Secretariat](#):** This government agency provides information and resources to help seniors stay safe from scams, including a "[Seniors Fraud Prevention Kit](#)" that provides tips and information on how to avoid common scams.

**"Phishing Scams"** Sending an email to someone falsely claiming to be a legitimate company or organization in an attempt to scam that person is known as "phishing". It is an attempt to persuade consumers to disclose personal information, like usernames, passwords or credit card details. "Phishers" often send messages with exciting or up-

setting news and tell you to act immediately. These scammer emails often direct people to fraudulent websites that appear to represent trusted organizations, such as banks. The websites ask visitors to provide personal information, such as credit card or social insurance numbers, bank account information or passwords. Criminals then use this information to commit fraud.

**"Grandparent or emergency scams "** In this scam, a con-artist phones a person claiming to be his or her grandchild, old neighbour or friend. The caller claims to be in some kind of trouble and needs money to be wired to them right away. The scammers may say they are in hospital, stuck in a foreign airport or have somehow landed in jail. The caller often asks victims to not tell anyone in the family about the call. They may claim that other family members will blame or punish them for the accident or emergency.

***Don't ever wire money without verifying there is an emergency and the whereabouts of a grandchild.***

***Be aware that scammers may try to disguise their voices by faking a bad phone connection.***

***Be cautious; ask callers about personal details your grandchild would know – like his or her middle name.***

***Do not disclose any personal information before you verify that you are indeed speaking with your grandchild.***

***When in doubt, contact your local police department or the Canadian Anti-Fraud Centre before sending any money.***



# Our Spring Bridge Invitational



**Wednesday May 24<sup>th</sup> 1:00 p.m.**

**Welcoming long-time players and those new to the game**

**Cost: \$8.00 per person for Members & Guests (You do not need to be a member to play.)**

**Includes:** Coffee, Tea, Pie, Ice cream, Prizes, Draws and Fun

**Where:** Ingersoll 50+ Activity Centre – 250 Ingersoll St. South, Ingersoll ON N5C3J7

**Game:**

- Social Bridge – Standard American 5 Card Major Opening or Better Minor
- 20 hands – 7 minutes a hand. Unfinished hands are not scored.
- Scoring: Game 500, Part Game 300
- **Note:** Not all players are aware of conventions such as Stayman, Pre-empt openings (2,3,4), Strong 2C, Michaels, Jacoby transfers, Jacoby 2NT, Unusual 2NT, etc. Please announce if you are using a convention as players are coming from a variety of playing experiences and need to understand your bid. The goal is to have fun.
- Play with partner for the afternoon using directional rotation.

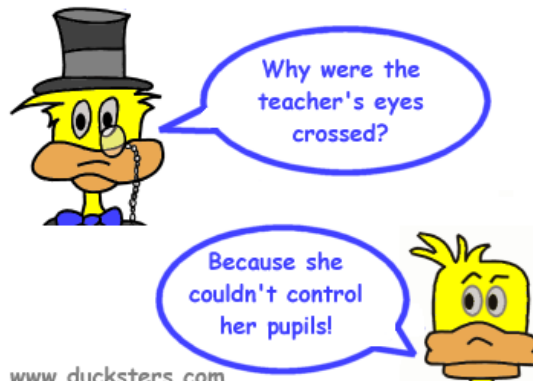
**Deadline to register:** Friday, May 12<sup>th</sup>.

Three ways to register and pay:

1. **By Online** <https://tinyurl.com/Invitationalbridge>
2. **At Ingersoll 50+ Activity Centre registration desk**
3. **By contacting Ellaine Davies at 515-485-4590**

For more information or help in registering contact:

Helen Reid – RTOERO President District 37 Oxford (519-914-8788) [rtoerooxford@gmail.com](mailto:rtoerooxford@gmail.com)





## Santa delivers the 2023 books to RTOERO Book Break Members

The Books are featured on the next two pages. Meetings take place at the Ingersoll library on last Tuesday of the Month 1:30 p.m.

Members rotate the lead in facilitating the discussion. If you wish to join contact Joyce Tonner at:

For [learningmore@rogers.com](mailto:learningmore@rogers.com)

Thank you to Karen Miller for hosting the Christmas Social and in convincing Santa to attend.



## RTO Book Break 2023 Schedule

	<p><b>Date:</b> Jan 31, 2023</p>
	<p><b>Title:</b> Wish You Were Here <b>Author:</b> Jodi Picoult</p>
	<p><b>Date:</b> Feb 23, 2023</p>
	<p><b>Title:</b> The Theory of Crows <b>Author:</b> David A. Robertson</p>
	<p><b>Date:</b> Mar 28, 2023</p>
	<p><b>Title:</b> Five Little Indians <b>Author:</b> Michelle Good</p> <p><b>Book Club Kit Available - 9 Copies</b></p>
	<p><b>Date:</b> Apr 25, 2023</p>
	<p><b>Title:</b> Albatross <b>Author:</b> Terry Fallis</p>
	<p><b>Date:</b> May 30, 2023</p>
	<p><b>Title:</b> The Light We Carry <b>Author:</b> Michelle Obama</p>
	<p><b>Date:</b> Jun 27, 2023</p>
	<p><b>Title:</b> The Henna Artist <b>Author:</b> Alka Joshi</p>

	<p>Date: Jul 25, 2023</p>
	<p>Title: Women Rowing North Author: Mary Pipher</p>
	<p>Date: Aug 29, 2023</p>
	<p>Title: Deman Copperhead Author: Barbara Kingsolver</p>
	<p>Date: Sep 26, 2023</p>
	<p>Title: The Spoon Stealer Author: Lesley Crewe</p>
	<p>Date: Oct 31, 2023</p>
	<p>Title: The Strangers Author: Katherena Vermette</p>
	<p>Date: Nov 28, 2023</p>
	<p>Title: The Paris Library Author: Janet Skeslien Charles</p>
	<p>Date: Dec 22, 2023</p>
	<p>Title: Writers and Lovers Author: Lily King</p>



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**EXCLUSIVELY FOR:**

**Retired Teachers of Ontario - District 37 Members (Oxford)**

**VALID DATES**

**02/10/2023 - 03/05/2023**

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

**YEAR-ROUND ACCESS**

MILITARY PERSONNEL: EVERY DAY

SENIORS (65+): FIRST TUESDAY OF EACH MONTH

Questions? Please email: [londonemployeestore@columbia.com](mailto:londonemployeestore@columbia.com)



5000051373

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# Participants Needed

University of Waterloo,  
Department of History

**Canadian High School  
Students and the Women's  
Liberation Movement,  
1968-1980**

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We are looking for volunteers to take part in a research project that examines the involvement of Canadian high school students in feminism and the women's liberation movement between 1968-1980. Participants must have attended high school in Ontario between 1968 and 1980, or were born between 1950 and 1967. You do not need to have been part of a women's liberation group to participate. We are interested in learning about a broad array of people's experiences in high school.

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Your participation will consist of one interview over the phone, video call, or in-person that will last approximately 1 hour.

This study has been reviewed by, and received ethics clearance, through a University of Waterloo Research Ethics Board.

## Contact

Megan Blair  
PhD Candidate  
Department of History  
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## The Executive Board Directory 2022-2023

POSITION	NAME	CONTACT	EMAIL
<b>President</b> Editor, Marketing & Communications, Bridge	Helen Reid	519-914-8788	<a href="mailto:rtoeroxford@gmail.com">rtoeroxford@gmail.com</a>
<b>1st Vice President</b> Resolutions, Governance	Mary Anne Silverthorn	519-421-3241	<a href="mailto:m.silverthorn@sympatico.ca">m.silverthorn@sympatico.ca</a>
<b>2nd Vice President</b> Awards, Foundation Champion	Heather Wilson-Boast	51-485-1542	<a href="mailto:hwb@rogers.com">hwb@rogers.com</a>
<b>Secretary</b> Member Services Chairperson	Sandra Stock	519-462-2643	<a href="mailto:rsstock@exculink.com">rsstock@exculink.com</a>
<b>Treasurer</b>	Janet Thomson	519-421-2782	<a href="mailto:jthomson@oxford.net">jthomson@oxford.net</a>
<b>Past President</b> Goodwill, Nominations, Wellness, Days for Girls	Linda Dilanni	519-421-2303	<a href="mailto:ldianni@outlook.com">ldianni@outlook.com</a>
<b>Archives Website</b>	Perry Hughes	519-539-1047	<a href="mailto:rto37.perry@gmail.com">rto37.perry@gmail.com</a>
<b>Benefits</b>	Bill Miller	519-290-1203	<a href="mailto:wharrisonmiller@gmail.com">wharrisonmiller@gmail.com</a>
<b>Book Break</b>	Joyce Tonner	519-423-6755	<a href="mailto:forlearningmore@rogers.com">forlearningmore@rogers.com</a>
<b>Community Grants &amp; Scholarships</b>	Janet Thomson	519-421-2782	<a href="mailto:jthomson@oxford.net">jthomson@oxford.net</a>
<b>Information Technology Manager</b>	Cliff Kraeker	519-532-9564	<a href="mailto:rtoeroxford@gmail.com">rtoeroxford@gmail.com</a>
<b>Membership</b>	Glen McDonald	519-539-2403	<a href="mailto:sglen.mcdonald@gmail.com">sglen.mcdonald@gmail.com</a>
<b>Members at large</b>	Margaret McCurdy Karen Seguin	519-539-2770 519-688-6364	<a href="mailto:kseguin985@gmail.com">kseguin985@gmail.com</a>
<b>Political Advisory</b>	Lilly Matthys-Good	519-688-6364	<a href="mailto:lilmattster@gmail.com">lilmattster@gmail.com</a>
<b>Social Media Manager</b>	Karen Miller	519-539-2875	<a href="mailto:millerk@rogers.com">millerk@rogers.com</a>
<b>Recruitment</b>			
<b>Travel</b>	Deward Yates	519-539-3530	<a href="mailto:dewardyates@hotmail.com">dewardyates@hotmail.com</a>

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.



District 37  
Oxford

# Budget 2023

<b>Income</b>	<b>2022</b>		<b>2023</b>
Grant - Annual	15500		15500
<b>Expenses</b>			
<b>District Executive</b>			
Meetings - Executive	400		400
Meetings - Annual Mtgs/Forum	850		0
DE Office expenses	215		215
Awards	200		200
Awards - donation	200		100
<b>Communications/Social Media</b>	<b>0</b>		<b>0</b>
Newsletter	2000		2000
<b>Member Services</b>	<b>0</b>		<b>0</b>
Goodwill	4200		4200
Member Engagement	500		1000
Book Break	200		200
Wellness Workshops	1500		1500
Meetings/luncheons	3000		3700
<b>Social Events - Expenses</b>	<b>0</b>		<b>0</b>
Bridge Tournament	200		200
Golf Tournament	200		200
Trips - Expenses	250		100
Political Advocacy	500		500
Community Grants Expenses	100		100
<b>Office expenses</b>	<b>0</b>		<b>0</b>
Equipment	200		200
Bank Fees	100		100
<b>Donations</b>	<b>0</b>		<b>0</b>
Days 4 Girls	300		300
Remembrance Day Wreaths	185		185
Speakers	200		100
<b>Total Expenses</b>	<b>15500</b>		<b>15500</b>



Winter Bellringer 2023

Helen Reid  
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Visit us at:

<http://district37.rto-ero.org> <https://www.facebook.com/RTOEROOxford/> <https://twitter.com/RTOEROOxford>

Website

Facebook

Twitter



## Your Communication Committee

**Newsletter Editor:** Helen Reid

**Web Site Master:** Perry Hughes

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

**Technical Support:** Cliff Kraeker

**Facebook Manager:** Karen Miller

**Twitter Manager:** Heather Wilson-Boast

Your feedback is important to us. Please email us at [rtoerooxford@gmail.com](mailto: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.**



February 22—Estate Planning Seminar  
7:30 p.m.

February 10-Mar 5—Columbia Shop

February 28—Book Break—1:30 p.m.

May 24th—Bridge Tournament

June 7—Spring Banquet & AGM

July—Invitational Golf—TBA

Sept 5—Bellringer Breakfast

October 11—Fall Banquet

***More seminars to be offered—info in monthly***

***E-Blast***