



Special Points of Interest:

- Join Us For the Annual General Meeting on November 15
- What is Nordixx Walking? Find out inside and join our free clinic.
- Meandering With Mike: "Things for Retirees to do in a Vineyard"
- Calling All Curlers! Sign up for the Funspiel!

We're on the Web!
WWW.RTOERO-DISTRICT14.ORG

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Our President's Message



It sure has been a hot, dry summer. Hope everyone was able to find a cool spot to enjoy! Again, we near the time for school to begin, and we can continue to enjoy the fact that we no longer need to prepare classes and start the new school year. The joys of retirement! I am always amazed when I hear the stories of the many retired teachers who are so busy in this new phase of their lives doing volunteer work in our communities. I had the opportunity to visit a support group, BET (Brain Empowering Team) run by one of our RTO members, Charlene Heckman. What an inspirational group of survivors! You can read more about the group in this newsletter.

I know how busy everyone is but try to make time to attend some of our RTO Activities or Luncheons. As always, we need members to assist your Executive and Table Officers. Call me if you could volunteer some time for RTO. We'd love to see you. In September we have Farewell to the Bell luncheon at Peninsula Lakes Golf Club to welcome new retirees and our Annual General Meeting and luncheon will be at Hernder Estate Winery in November. We are also planning a Nordixx Walking Clinic in October. Hope to see you there.

Anne Dean





RTO/ERO District 14

Niagara Peninsula

District Executive

Anne Dean	President	905-685-7826
Joe McDonald	Past President	905-732-4073
Bill Doyle	1st Vice President	905-894-8004
Marilyn Malton	2nd Vice President	905-354-1831
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Kathy Smith	Treasurer	289-820-7615
	Archives	
Chereen Osborne	Communications	905-646-2640
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Fred Sullivan	Membership	905-735-7746
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	Pension Concerns	
Larry Rendall	Political Advocacy	905-945-5241
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Bonnie Bryan	Grapevine Editor	905-562-7773
John Carruthers	Webmaster	905-356-9620
Robert Halfyard	Data Base	905-935-2197

Area Representatives

Fort Erie, Ridgeway, Stevensville, Crystal Beach, Sherkston

Bill Szollosy 905-991-9779

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Frank Pascuzzi 905-356-8859

Bill Houston 905-356-6524

Niagara-on-the-Lake, Virgil, Queenston, St. David's

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Welland, Port Robinson

Mary Ann Stocco 905-835-5709

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Kathy Main 905-688-0702

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Wainfleet, Wellandport, Lowbanks, St. Ann's, Smithville,

Caistor Center

Lois Tobias 905-774-6604

Grimsby, Beamsville, Lincoln, Jordan Station,

Jordan/Vineland Station, Vineland

Phyllis Dowd 905-563-3242

Mary Jane Tanner 905-562-7667

Fonthill, Fenwick, Ridgeville, North Pelham

Margot Smith 905-892-1891

David Whitehead 905-892-9793

NOTE: Additional Reps are needed for Niagara Falls, Niagara-on-the-Lake, and St. Catharines. If you are interested, please call Margot Fraser at 905-892-2408.

RTO DISTRICT 14 NEEDS YOU!

We are still in need of interested volunteers to fill four Executive positions. The role of Archivist is still open. We now have a secure storage facility for our records, but need someone to continue to add to them, and hopefully transfer them to an electronic Archive. We are also in need of a new Pension Concerns Chair and another Membership Chair. Finally, with the passage of Constitutional Changes, we need people to serve on our new Public Relations Committee, one of whom will take on the role of Chair, temporarily held by Stan Connor. Of course, at the upcoming AGM, ALL Executive positions are open for election. If you are interested in any of these positions, please contact Anne Dean, or any other member of the Table Officers for further information.

The B.E.T. Project

The Grapevine would like to acknowledge the volunteer work of one of our members, Charlene Heckman, who was inspired to give back to her community by creating the "Brain Empowering Team". In her own words, here is her story:



A small group of women are gathered together to read a book and share their thoughts. This is not your typical book club however. It includes stroke survivors and volunteers who read

aloud for the benefit of those who can no longer read. The book is about a Harvard trained brain scientist who experienced a massive stroke at age 37. In the book she shares her 8 year journey to recovery. Dr. Jill Bolte Taylor's book is aptly titled "My Stroke of Insight". This book was an inspiration for the members of our group. Many of them are dealing with memory loss, paralysis, Aphasia and problems with vision, as a result of having a stroke. Fast forward 3 years. We have grown to 17 members including men and women who have Parkinsons, suffered brain injuries or have heart problems. Our name BET ("Brain Empowering Team") was the inspiration of one of our members. In addition to reading books about the brain, we try to educate ourselves by hosting speakers on topics including Schizophrenia, Autism, Epilepsy, Bi-Polar Disorder etc. Those in Bet who are able bodied continue to be amazed and empowered by the remarkable stories of our members who are "alternately- abled". We have Barb, blind and in a wheelchair who is studying Braille; Lloyd, a professional country/western singer who has Aphasia, who is learning to speak again. He is being tutored by Terri, a BET member. Andrea is writing poetry and has become an inspirational speaker; Adriana went back to university and got her degree. We are so proud of all our BET family. We have erased words like "can't, don't and shouldn't" from our vocabularies. Instead we focus on words like courage, empowerment and pushing limits. The positive energy in our group is contagious. We have weathered the storm and are learning to dance in the rain.

Come and join us. We welcome new members. Charlene Heckman 905-871-7510

Thank you, Charlene! If any of you know of one of our members who, like Charlene, are volunteering their time to help others we would like to know. Just call the Editor, Bonnie Bryan, or email bonjim@wirelessworks.ca.

New Identification Cards

RTO/ERO is pleased to announce that the Ontario government has released a new ID card for seniors, the disabled, and people who don't have a driver's license. Announced in early June, the new ID card is available to the public starting today. Like a driver's license, the ID card allow holders to open a bank account, make travel arrangements or perform other activities that require official government ID. The new ID card brings independence to RTO members who do not have any official piece of identification. RTO/ERO would like to thank you and your District members for your tireless efforts on this campaign. Your advocacy of seniors' rights are greatly appreciated. To read the full story, visit the [Toronto Sun](#) (English) or [Salle de Presse](#) (French).

IN MEMORIAM

It is with sadness that we share with you the passing of the following members.

Murray Crosby
 Beverlee Denstedt
 Louis Lasovich
 Archibald Logan
 Diane Sebeslav
 Norah Shaw
 Dorothy Shriner
 Mary Szilagyi
 Alma Thompson
 William Toews
 Linda Tonini
 Thomas Whamond

May they live forever in our memories.

CALLING ALL FORMER D.S.B.N. STAFF

Come and Renew Old Friendships
 on
 Thursday, September 29
 at
 Henley Island
 for

The 2nd Annual DSBN Staff Reunion
 2 p.m. to 8 p.m.

For more details contact Dara Goulet at
 905-641-1550 Ext. 54103



Meals on Wheels Thorold - St. Catharines Needs You!!

Last year Meals on Wheels Thorold-St. Catharines served over 50,000 meals to the seniors in our community who were at nutritional risk due to disabilities or declining health. It is already obvious that the number of meals to individuals residing in Thorold and St. Catharines will exceed the number of volunteers needed.

Meals on Wheels urgently needs volunteer drivers and delivery assistants. We need people who are able to contribute once a week or twice a month, for two hours during the lunch hour period. We can also accommodate volunteers who take lengthy holidays, at your request. This could make a real difference in someone's quality of life, while you enjoy the fellowship of a delivery team. Your community NEEDS YOU! Flat rate mileage reimbursement offered.

For more information, please call 905-682-0333.

Changes to the Pension Plan

The Ontario Teachers' Federation (OTF) and the Ontario government are using conditional inflation protection as part of a tentative plan to address a projected \$17.2 billion funding shortfall in the Ontario Teachers' Pension Plan. The agreement is subject to final approval by the OTF and the government.

- If you retired before 2010, the change does not affect you. You will continue to receive 100% inflation protection every year.
- If you retired after 2009, the change will result in annual pension increases for the next three years that are slightly smaller than they would be with 100% inflation protection. For example, a typical retiree will forgo about \$2 a month in inflationary increases for three years.

The 2011 shortfall solution also includes a 1.1% contribution rate increase for working members and recognizes the current contribution rate as the permanent base rate.

For more information, please visit:

<http://www.otpp.com/funding>

<http://www.FundingYourPension.com>

Join Us For A Nordixx Walking Clinic Thursday October 20 at 1 pm At The Welland Historical Museum 140 Kings St., Welland

You are invited to come out and try this amazing new activity. Why just walk when you can Nordic walk! The use of poles helps to burn 20-46% more calories, reduces stress to your hips, knees, ankles and promotes greater stability, balance and posture. It is a complete workout involving all the major muscles of your body, especially the abdominal region and upper body. The technique is easy to learn, fun and suitable for people of all ages and most fitness levels.



Participants will learn proper pole set up, proper form and technique with a certified Nordic Walking Instructor. Poles will be provided for you to try or you can bring your own. If you purchase poles, a donation will be made to the RTO Foundation. If you plan to attend, please call Anne Dean at 905-685-7826.



VOTE! Vote! VOTE!

Concerned about?

- Niagara Health Care System
- Home Care
- Long Term Care
- Affordable Prescription Drugs
- Jobs



LEARN MORE AT THESE "ALL-CANDIDATES MEETINGS"

Niagara West-Glanbrook

Grimsby Senior Centre
18 Livingston Avenue
Grimsby
September 19, 7 p.m.

St. Catharines

Port Dalhousie Legion
57 Lakeport Road
St. Catharines
September 20, 7 p.m.

Niagara Falls

Niagara Falls Gale Centre
4171 Fourth Avenue
Niagara Falls
September 22, 7 p.m.

Welland

Welland Lions Club
414 River Road
Welland
September 27, 7 p.m.

Jointly Sponsored by:

The Niagara Health Coalition

&

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

District #14, Niagara

RTO/ERO & the Niagara Health Coalition are non-partisan organizations

Come Join Us For A Curling Funspiel!

Jan. 20, 2012
Registration 9:30 a.m.

Two six-end games
Lunch included
Cost: \$25.00

Niagara Falls Curling Club
5801 Morrison St.
Niagara Falls

Contact: Diane Bradley - 905-354-5464

Deadline Jan. 6, 2012

REGISTER NOW AND MARK YOU CALENDAR!



Registration Information:

Name _____

Address _____

Phone _____

Preferred Position:

Skip _____ Vice _____ Second _____ Lead _____

Please send this registration form along with a cheque (made payable to **RTO/ERO District 14**) to:

Diane Bradley
7-3241 Montrose Rd.
Niagara Falls, ON, L2H 3L3

Things for Retirees to Do in a Vineyard!

© by Mike Keenan

In Niagara with lots of space and not many people (less than a half million) and with the upsurge of new wineries growing faster than mushrooms appearing in my lawn, we may have the largest number per capita of any region, but I will defer to politicians to investigate that statistic. With these myriad wineries, we do have interesting choices for recreational activities beyond the established biking and sipping, the latter, a worthwhile activity in itself. Fellow retirees, I suggest that you consider adopting the frugal "staycation" philosophy. Save your gas money and take advantage of these delightful activities right here in Niagara:

First recommended is Henry of Pelham's Shakespeare in the Vineyard. This year's production was *Midsummer Night's Dream*, produced by Laura Moffat of the Niagara Falls Music Theatre Society (Firehall Theatre) and directed by Michael Madden. It was frivolous and readily accessible, and the St. Catharines' setting is accommodating. We arrived with friends early and set up a picnic style supper on nearby tables. The winery is rural and straightforward, aka user-friendly, just off Pelham Rd., past Camp Wetaskawin by the Short Hills. Tickets are \$25 and well worth the evening of merriment; this marks their 16th year. For ex-NOTL Lord Mayor, Jim Marino and his Niagara Peninsula Children's Centre (recipients of the gate) volunteers, as well as Henry of Pelham and the unpaid actors, it's a win-win scenario, a great way to give back to the community. Mark it into next year's calendar: performances are at 7 p.m. in the middle of July. More information: <http://www.shakespeareinthevineyard.com/>



Besides Shakespeare, you may also absorb soulful jazz, sipping wine and dancing on the grass at Niagara on the Lake's *Hillebrand Jazz & Blues at the Winery*. Hillebrand has offered Canadian jazz talent to Niagara wine country for 22 years. The events run throughout summer, the next one scheduled for Saturday, August 13, 2011. Gates open at 2 p.m., with artists performing from 4 p.m. to 8 p.m. We sat in the Trius Red Lounge area, front and center of the stage with great views. For \$70 per person, we were provided with an assigned seat and umbrella. Lounge hosts attended all day for wine selections. A glass of wine was reasonably priced at \$6. \$150 provides Wine Club Members with both lunch and Lounge seating. The Backstage Pass at \$160 per person begins with a sparkling wine reception, then a four-course dinner created by winery chef Frank Dodd, 2010 Toronto Gold Medal Plates winner. The menu is paired with wines selected by winemaker Craig McDonald. You feel like a groupie as each performer dutifully visits in the Vineyard Pavilion after their set. I suggest you bring your own lawn chair or blanket for lawn seating tickets left and right of the stage at a modest \$35 per person. Also, bring your own refreshments and a cooler. Lily Frost and The Debonairs sparked ad hoc dancing upon the lawn in front of the mammoth stage. All ages gleefully participated as she crooned a Billie Holiday tribute and encouraged those endowed with "particularly good moves" to join her on stage, while musicians riffed on clarinet, electric guitar, keyboard and drums, swelling the lawn. Concerts proceed rain or shine. More information is available at: <http://www.hillebrand.com/jazz-&-Blues-at-the-Winery.php>



Finally, there's the Jackson-Triggs *Twilight in the Vineyard* music series staged in Niagara-on-the-Lake for the past 11 seasons. This year's series features many Juno Award winners and a variety of talent with broad overall appeal. We took in Gord Downie, whose fans applauded loudly and screamed all night, "I love you Gord!" Rob Richardson, a Niagara native and Brock grad, has been the producer of this series. The 2011 season features upcoming Serena Ryder (August 6), Spirit of the West (August 13), Joel Plaskett (August 20), Women Fully Clothed (August 27), Hawksley Workman & Kathleen Edwards (September 3), and Johannes Linstead (September 4). Tickets are \$69.

Lots to do in Niagara's vineyards, so take advantage of some wonderful local programming.

Mike Keenan can be reached at his website: www.whattravelwriterssay.com; visit the Niagara Blog at <http://www.whattravelwriterssay.com/wtwsblog2.html> for more suggestions and Mike's St. Catharines Standard humour column at: <http://www.whattravelwriterssay.com/indexseniorhumour.html>

More About the RTO/ERO Charitable Foundation

The RTO/ERO Charitable Foundation intends to leave a lasting legacy by creating opportunities for research and for initiatives that seek to improve the quality of life of seniors across Canada. The RTO/ERO Charitable Foundation is inspired by us, The Retired Teachers of Ontario/ Les enseignants et enseignantes retraités de l'Ontario (RTO/ERO), which was established by active and retired teachers who fought to ensure their present and future peers benefited from pension reforms. Now we continue this legacy of service to others by expanding our reach to support the lives of all senior citizens. Beginning in 2011 and throughout the course of the following three years, The RTO/ERO Charitable Foundation will raise \$3 million to establish, maintain and support The RTO/ERO Endowed Chair in Geriatric Medicine at the University of Toronto. The University of Toronto Department of Medicine houses the largest geriatric medicine specialty training program in Canada. Furthermore, the RTO/ERO Chair will have a national and international impact by generating money to support innovative models of geriatric care and education. Visit The RTO/ERO Charitable Foundation website to learn about the RTO/ERO legacy, find out more about why RTO/ERO is launching a charitable foundation and more details about The RTO/ERO Endowed Chair in Geriatrics or contact us at foundation@rto-ero.org or call 1-800-361-9888.

WELCOME TO OUR NEW MEMBERS!

Patricia Boles
 Jerzy Barchanski
 Penny Bartok
 Bradley Bissonnette
 Beverley Bowers
 Linda Brannon
 Jaqueline Calabretta
 Mary-Frances Ceccato
 Anne Converset
 Janis Cronkwright
 Christine Curran
 Rose Digout
 Randella Dyck
 Joyce Findlay
 Virginia Fontyn
 Ellen Fowler
 Mary Anne Froese
 Mary Gibbons
 Jean Gilliland
 Brian Grant
 Susan Hajdu
 Joanne Hawley
 Elaine Hunter
 Timothy Jones
 Angela Joon
 Eunice Kelly
 William Kislasko
 Marion Klassen



Andrei Komar
 William LaCombe
 Micheline Lemelin Ingrao
 Patricia Loat
 Lina Marchionda
 Josephine Martens
 Bernice McNulty
 John Navaroli
 Shawn Pahl
 Louise Petroff
 Barbara Pickering
 Gail Ragetlie
 Margaret Ricciuto
 Don Rickers
 Debra Sherk
 Catherine Stanson
 Louis Szilagy
 Jeffrey Thistlewaite
 Constance Tiller
 Duane Todd
 Patricia Todd
 Peter Tonini
 Anna Maria Trivieri
 Rebecca Utz
 Mary Ann Venditti
 Lou Vescio
 Werner Weiss
 Werner Wood

We hope you will come out and enjoy the full benefits and camaraderie of being a member of RTO/ERO District 14 Niagara!

Over 800 Email Grapevines!

Now, more than ever, it is imperative that we have your correct email address. Over 800 copies of the Grapevine are received by email. If we do not have your correct email you will be missing out. Send all changes or corrections to chereen@cogeco.ca.

