



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

**THE ISLAND  
CONNECTION  
DISTRICT 47  
VANCOUVER ISLAND**

**Summer 2014**



Darrell Grande  
District President

## **RTO District 47 President's Message**

The strength of District 47 rests with the involvement and commitment of its members. Since our formation in 2007, we have been fortunate to have had a succession of District and Unit Executive members who have made a conscientious effort to serve our membership.

I would like to extend my sincere appreciation to my colleagues on the District Executive for their support over the past year that I've served as District President, and for their commitment to serving our members. I particularly want to extend my thanks to Margot Lods, who left the Executive this past year, for her years of invaluable work as District Treasurer. At the same time, we welcome the appointment of Rex Sharman to the position.

There have been a number of initiatives and events, at both the District and Unit levels, this year:

- ⊙ Under the leadership of Bill Huzar and the Victoria Unit, District 47 successfully completed its 2013 Service to Others project: "Peace Builders".
- ⊙ The Social Committees of both the Victoria and Mid/Upper Island Units organize well-attended "THWTB" (in September), Christmas luncheons, and a variety of other stimulating social events throughout the year. I hope that each of you will take the opportunity to attend them.
- ⊙ In an effort to make RTO/ERO members more aware that two thriving districts exist in British Columbia, District 47 placed an advertisement in *Renaissance* magazine.
- ⊙ The Provincial Executive and Provincial committees organize a variety of workshops and meetings in Toronto, to inservice members of local executives, so that they

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can better meet the needs of our members. Once again, since the beginning of the year, members of the District and Unit Executives attended: the Presidents' Workshop in April (Bill Huzar); the Spring Senate in May (Gloria Humphrey, Bill Huzar); the HSIC Reps'. Meeting in June (Barbara Strachan, Penny Stowell-Smith and Val Alcock-Carter).

Communication with our members is important. We attempt to keep in touch in a variety of ways: the District 47 web site (<http://district47.erorto.org>) has contact and other important information for your interest; twice a year, this District Newsletter, with articles and notices of social events, is sent to our members; from time to time, we remind the membership of upcoming social events, either through our Unit "telephone trees" or e-mail lists.

I urge each of our members to become involved in District 47, by attending our social events or even by joining our Unit and District Executives.

**Darrell Grande**  
**President, District 47**

### **Recent Outing to Ross Bay Villa and Ross Bay Cemetery**

Many well-known British Columbians are buried in this cemetery, but probably the best-known is artist and author Emily Carr, also known as Small by her family and Klee Wyck by First Nations friends in Ucluelet. Ross Bay Cemetery is well worth a visit. Tours are offered most Sunday afternoons at 2:00 pm. Visit [www.oldcem.bc.ca](http://www.oldcem.bc.ca) for their schedule.

**Photo of Emily Carr gravestone in Ross Bay Cemetery (photo by Barb Strachan)**



## **District Executive 2013-2015**

President:

Darrell Grande  
(250-760-0201)

Past President:

Barbara Strachan  
(250-383-3195)

Vice-President:

Gloria Humphrey  
(250-658-0725)

Secretary:

Penny Stowell-Smith  
(250-760-0095)

Treasurer:

Rex Sharman  
(250-294-6304)

Victoria Unit President's Designate:

Bill Huzar  
(250-995-3154)

Mid/Upper Island President:

Willie Odendaal  
(250-752-4350)

Mid/Upper Island Unit Rep:

Jim Ross  
(250-756-4794)

Victoria Unit Rep:

Irene McDonald  
(250-477-0009)

## **Social Events Calender**

- 1. Sun. July 27: Lunch at Muse Winery + Peninsula Players performance of Cirque du Chablis**
- 2. Wed. Aug. 13: Guided Tour of gardens at Royal Roads University + tour of first floor of Hatley Castle**
- 3. Tues. Sept. 2: To Hell with the Bell Luncheon + Guest Speaker, Brian Richardson "Are You Ready?" at Eaglecrest Golf Club in Qualicum Beach**
- 4. Wed. Sept. 3: To Hell with the Bell Luncheon at Royal Victoria Yacht Club**
- 5. Wed. Oct. 8: Walking Tour of Victoria's Chinatown with John Adams**
- 6. Tues. Oct. 28: Drop in Lunch at Longwood Brew Pub in Nanaimo**
- 7. Wed. Nov. 12: Guest Speaker Irene Barnes on topic: "Maintaining Our Brains" Location TBA**
- 8. Thurs. Nov. 27: Annual Christmas Party at Tigh-Na-Mara Resort, Parksville**
- 9. Wed. Dec. 3: Christmas Luncheon at the Beach House, Victoria**
- 10. Wed. Feb. 4: Drop in Lunch at the Black Goose Pub, Parksville**

Before a trip to an 'unusual' part of the world, consider calling Allianz Assistance to confirm emergency services

Contact: Allianz Global Assistance

Canada/U.S. @1-800-2496556

Mexico @00-1-800-5143702

Dominican @1-888-7514403

Other Countries: Toll Free @800-92219221

## RTO/ERO

The Retired Teachers of Ontario is a provincial organization of retired teachers, administrators and others receiving pensions and allowances under the Ontario Teachers' Pension Plan Board.

RTO/ERO is the best organizational friend a retired teacher can have. Formed in 1968, RTO/ERO is dedicated to the needs of Ontario's retired educators and is their official voice, promoting and protecting their interests, particularly in the area of pensions, health care and insurance.

RTO/ERO has maintained this unwavering commitment for over 30 years.

**HERE FOR YOU NOW...**

**HERE FOR YOUR FUTURE**

## New Vocabulary-Not in the dictionary!

- 1. Cashtration:** the act of buying a house, which renders the subject financially impotent for an indefinite period of time
- 2. Intaxication:** euphoria of getting a tax refund, which lasts until you realize it was your money to start with
- 3. Bozone:** the substance surrounding stupid people that stops bright ideas from penetrating. The bozone layer, unfortunately, shows little sign of breaking down in the near future
- 4. Giraffiti:** vandalism spray-painted very, very high
- 5. Sarchasm:** the gulf between the author of sarcastic wit and the person who doesn't get it
- 6. Inoculatte:** to take coffee intravenously when you are running late
- 7. Dopeler Effect:** the tendency of stupid ideas to seem smarter when they come at you rapidly
- 8. Arachnoleptic Fit:** the frantic dance performed just after you've accidentally walked through a spider web
- 9. Caterpallor:** the colour you turn after finding half a worm in the fruit you're eating

The WashingtonPost has published the winning submissions to its yearly contest, in which readers are asked to supply alternate meanings for common words. And the winners are:

- 1. Coffee, n.** The person upon whom one coughs.
- 2. Flabbergasted, adj.** Appalled by discovering how much weight one has gained.
- 3. Abdicate, v.** To give up all hope of ever having a flat stomach.

## **Political Advocacy Report**

**May 7, 2014**

The Retired Teachers of Ontario (RTO/ERO) is a non-partisan organization. When it advocates for its members on issues that impact on their well-being, it does so collaboratively and respectfully, rather than confrontationally. It avoids aligning itself with any one political party.

On Vancouver Island and the Gulf Islands we face special challenges when it comes to "Political Advocacy". District 47's large geographical area includes 14 provincial and 6 federal ridings. Given that, at both the District and Unit levels, there is a "Committee of One" to deal with Political Advocacy issues, it becomes a challenge to effectively communicate with the various levels of government. This is why it's important for our individual members to become involved locally, and to let us know, at the District and Unit levels, what issues are important.

Here in British Columbia, the issue of driver re-testing for seniors seems to be gathering some interest. There are two components to this issue: whether or not we should be re-testing senior drivers at all; and, if testing is considered essential, whether the testing instruments being used are valid forms of assessment—particularly for cognitive functioning.

Of on-going concern for us are the issues surrounding quality health care: wait times, access, long-term and hospice care, patient care at home, and funding/care levels/supervision of standards in resident homes.

As well, we continue to value those programmes and services that ensure that seniors enjoy a quality of life that allows them to age with dignity.

Approximately a year and a half from now, Canadians will be going to the polls to elect a new Federal Government. It's not too early for our members to become involved in the events that lead up to the election—especially the selection of candidates and the establishment of the various party platforms. As we have in the past, we encourage our members to let us know what issues they consider important. We welcome and encourage your input.

**Darrell Grande**

District 47 Political Advocacy Chair

### **REUNION ANNOUNCEMENT**

Medway High School in Arva, Ontario will celebrate it's 65th anniversary with an all decades reunion on October 10 & 11, 2014. There will be a staff reunion on Friday, Oct. 10 at 5 pm, with school tours, decade rooms, events, pub night and dance throughout the weekend. Whether you're a retired teacher who once taught at Medway, or were a student there, we'd like to invite you to join us on this weekend. Our website is [www.medways65th.ca](http://www.medways65th.ca) where you can purchase tickets for various events and obtain more information about the weekend. Direct any inquiries to [medwayhs65threunion@hotmail.com](mailto:medwayhs65threunion@hotmail.com)

### **Words to Live By**

**"There are no shortcuts to any place worth going."**

**"Realize that it's never too late."**

**"A Hug is a great gift, one size fits all."**

## **RTO District 47 ~ Vancouver Island Victoria Unit**

### **SOCIAL ACTIVITIES ~ July - December 2014**

**All members of RTO District 47, their family members and friends are invited to participate in our social activities listed below. Please RSVP by the dates indicated to help us accommodate everyone. Email Barbara Strachan at [barbara.strachan@shaw.ca](mailto:barbara.strachan@shaw.ca) or call 250-383-3195 to reserve.**

#### **Sunday, July 27th**

Lunch at Muse Winery & Bistro (order from the menu) followed by Peninsula Players' hilarious performance of *Cirque du Chablis* at 3:00 pm. Lunch - your choice and your cost. Play = \$25 per person. Address: 11195 Chalet Rd. North Saanich.

Reservations are required for the lunch (1:00 pm suggested) and play. Please call the winery at 250-656-2552 to reserve with your credit card, mentioning you are with RTO, but please contact Barbara, as well, if you plan to attend, so that she is aware of the numbers expected.

#### **Wednesday, August 13th**

Tour the Gardens at Royal Roads University with a guide and also visit the first floor of Hatley Castle. Be ready to tour at 11:00 am from the front of the Castle. For groups of 10 or more the price for seniors is \$13.23. There is a charge for parking of \$1 per hour on the grounds. If there is interest in continuing on to lunch, that will be arranged, as well, possibly at Royal Roads Cafe. Those members and friends who contact Barbara to register (by August 6th) will be informed about the lunch location.

#### **Wednesday, September 3rd**

Unit AGM and To Hell With the Bell Luncheon at the Royal Victoria Yacht Club. Details and the registration form will be in the August District Newsletter, *The Western Connection*. See page 11. Margot Lods is the registrar for this event.

#### **Wednesday, October 8th**

Join our walking tour of Victoria's Chinatown, the oldest Chinatown in Canada, with John Adams, the well-known local guide and story-teller. We will meet at 10:30 am in front of the Starbucks across the corner from the Gate to Chinatown. The cost will be \$13 approximately, depending on our numbers. There is a maximum group number of 20, so first come, first served. Contact Barbara to register by October 1st. There is parking in the parkade on Fisgard, behind Spirit Square and

City Hall. Lunch will follow at one of the nearby Chinese restaurants.

### **Wednesday, November 12th**

Irene Barnes, RN, BSN, GNC(C), CPMHN(C), local authority on dementia care will speak to us about *Maintaining Our Brains*. Details re location and time will be announced by email in the fall. See [www.dementiacare.ca](http://www.dementiacare.ca) for more information about Irene. Register by November 5th with Barbara.

### **Wednesday, December 3rd**

Christmas Luncheon at The Beach House. Registration forms will be mailed to you in your RTO Christmas card. Margot Lods is the registrar for this event.

You are welcome to bring guests with you to any of our events. Please just let Barbara know by deadlines indicated so that the numbers can be accommodated.

## **RTO District 47-Vancouver Island Mid/Upper Island Unit**

### **SOCIAL ACTIVITIES-July 2014-February 2015**

#### **Tuesday, September 2**

Unit AGM and To Hell With the Bell Luncheon at Eaglecrest Golf Club in Qualicum Beach.

Agenda: 10:00 a.m. Registration, Socializing, Tea & Coffee  
10:30 AGM Business Meeting & Election of Executive  
11:00 Guest Speaker: Brian Richardson speaking on Estate Planning, Letter of Representation, Power of Attorney  
"Are You Ready?"  
11:45 Lunch "Mediterranean Buffet"

**Cost: \$15.00/person** (after subsidy paid by RTO/ERO)

Registration Form on page 11. Register by Friday August 22.

#### **Driving Directions: (from the south allow 40 minutes from Nanaimo)**

1. Take BC19 North. 2. Exit 46 toward Parksville. 3. Merge onto Island Hwy E. (19A). 4. Drive about 13 km, turn right onto Country Club Dr. 5. Turn left to stay on Country Club Dr. 6. Look for Eaglecrest Golf Club on your right.

#### **Driving Directions: (from the north allow 60 minutes from Courtenay)**

1. Take BC19 South. 2. Exit 60 for BC4 toward Qualicum Beach/Port Alberni. 3. Keep left at the fork following signs for Qualicum Beach. 4. Turn left onto Memorial Ave. BC4E. 5. At the roundabout take the first exit onto Rupert Rd. E. 6. Continue straight onto Bennett Rd. 7. Turn left onto Island Hwy W. 8. Turn right onto Country Club Dr. and follow same directions 5 & 6 from south above to the Golf Course.

## **Tuesday, October 28**

Drop In Lunch at Longwood Brew Pub, 5775 Turner Rd., Nanaimo. A reservation will be made in the name of RTO. Please join us at 11:30, lunch at 12:00.

## **Thursday, November 27**

Annual Christmas Party at Tigh-Na-Mara Resort, 1155 Resort Way, Parksville. We will enjoy our usual Christmas Luncheon. We will meet at 11:30 to socialize and lunch will be served at 12:00. Expect Christmas music and door prizes to help put you in the Christmas mood. If you would like to attend but cannot eat turkey, please contact Penny Stowell-Smith at 250-760-0095. Cost is \$25.00/person. Registration form can be found on page 11 .

## **Wednesday, February 4, 2015**

Drop In Lunch at the Black Goose Pub, 1051 Resort Dr., Parksville. We will meet at the usual time of 11:30 am. Come and enjoy the special ambiance of this lovely pub.

## **Last Monday of the Month**

We will continue with our monthly, "Have a Java" at Serious Coffee on Hammond Bay Rd., next to Piper's Pub. We meet at 10:00 a.m. on the last Monday of every month, except December.

## **Georgia Ave. School**

We will continue to support the breakfast program at Georgia Ave. School. We do this by collecting money donations at our social events.

**We hope to see you at some or all of the above get together. Remember your attendance and input is very encouraging to your social committee.**

### **Some Things to Remember and One Thing Never to Forget**

- 1. Your presence is a present to the world.**
  - 2. You're unique and one of a kind.**
  - 3. Take the days just one at a time.**
  - 4. Count your blessings, not your troubles.**
  - 5. Decisions are too important to leave to chance.**
  - 6. Nothing wastes more energy than worrying.**
  - 7. The longer one carries a problem, the heavier it gets.**
  - 8. Live a life of serenity, not a life of regrets.**
  - 9. Remember that a little love goes a long way.**
  - 10. Remember that friendship is a wise investment.**
  - 11. Life's treasures are people...together.**
  - 12. Do ordinary things in extraordinary ways.**
- And don't ever forget...how very special you are!**

## **REPORT ON HEALTH WORKSHOP**

Barbara Strachan, Val Alcock-Carter, and Penny Stowell-Smith attended the annual Health Workshop in Toronto this past June 8 and 9<sup>th</sup> 2014.

The theme of this year's workshop was "Living Well, Keeping Well."

We were given some very relevant and informative information about oral hygiene and its effect on our general health.

Alzheimer's, dementia, and their issues and possible causes and treatment were also discussed at length.

We enjoyed a very interesting presentation By Dr. Peter Lin who spoke at length about the importance of keeping the brain healthy, and he gave numerous suggestions as to how to maintain its health.

We also were given much information about travel issues and the importance of being symptom free, and stable for 90 days before travelling. It is also very important that we have proof of when we left our home province or country.

Penny Stowell-Smith has further information about any of the above topics for any member who would like further information on the topics covered at the workshop.

Please feel free to contact any of the health reps for any information regarding this report or any information pertaining to our health benefits.

**Penny Stowell-Smith**

### **Helen Cole: Congratulations on Your 100<sup>th</sup> Birthday!**

"I can't believe I'm 100!" Helen Cole said this and sounded like she fully expects to be around for another 100 years. The first 100 just flew by.

Perhaps a life taken up with constant involvement in society, passionate commitment and an unshakeable optimism has this effect. We gathered at the Coombs fairground on July 12 to celebrate Helen's century and to reflect on her amazing life.

Helen grew up in Lowville, Ontario. The idyllic park on the banks of the creek in Lowville has a plaque in honour of Helen's family-the Featherstones-who were founding settlers in the area. Her father was a founding member of the CCF movement and Helen has been true to his values of social justice, equality of opportunity and political involvement throughout her life. Helen is a Lifetime Member of the NDP in British Columbia and was active in every election including our most recent one last May. If Helen phoned you for a donation you had no chance of saying no.

Helen graduated from Toronto Normal School in 1935 and taught in Toronto for the next 30 years. She was trained as an emergency nurse during World War II. She moved to BC with her beloved husband, Carmen, in the early 60's and subsequently to New Zealand before settling into busy retirement in Qualicum Beach where they were a driving force in the NDP locally and provincially.

Helen had a fall about a year ago and is recovering well in Nanaimo. She will probably move there to be closer to her three children, five grandchildren, ten great grandchildren and one great-great grandchild.

Helen is currently reading Olivia Chow's autobiography and following closely every development in the Toronto Mayoral election.

Helen Cole is a woman of today with her eyes fixed firmly on a bright, just future for society. We can't believe she's 100 either.

**Colm Harty**

## Looking For Your Most Teachable Moment

Upon reflection, I'm sure many of our members have a "Teachable Moment"— that time when the lesson, while not what you may have planned, just happened. It's that opportunity to instill in our students an idea, thought or learning that they will always remember, even years later, that we're looking for.

If you have such an experience we'd love to hear about it and share it with others in future editions of "The Island Connection".

Send your memories to W.J. Ross, 5812 Ralston Dr., Nanaimo, BC, V9T6C5 or email [wjross2001@shaw.ca](mailto:wjross2001@shaw.ca) (in Word document form).

## Contribute to the Connection!

The next issue of the Island Connection will be **March, 2015**. You can:

- Share a line with our readers and let them know what you are up to.
- Send a letter to the Editor on any topic that concerns you.
- Write an article on any topic that may interest your colleagues.
- Share a funny story or a personal experience with our readers.
- Send a photo.

Send your article, photo or correspondence to the Editor, Jim Ross, by email: [wjross2001@shaw.ca](mailto:wjross2001@shaw.ca), by mail to 5812 Ralston Dr. Nanaimo, V9T6C5 or phone 250-756-4794. Deadline for submissions is **February 7, 2015**.

## Leave a Legacy

To leave a legacy behind-Isn't that what we all wish for?

When you actively work on your own happiness and role in this world, people will remember you as one who led a good life and will use you as an example. By fulfilling your own dreams, you have not only taken—you have also given something back.

People remember those who make them feel good. And not only make them feel good—but also teach them how they can make themselves feel good.

## New District Website

Check out our District 47 Website at **District 47.rto-ero.org**.

Thanks to Bill Huzar for setting up our new website. Be sure to check it out.

**Registration Form: AGM & To Hell with the Bell Tues. Sept. 2, 2014**

Eaglecrest Golf Club, Qualicum Beach

**Deadline: Fri. Aug. 22, 2014**

Name(s): \_\_\_\_\_

Phone: \_\_\_\_\_ OR Email: \_\_\_\_\_

Make Cheque payable to **Mid/Upper Island Unit**

Cost \$15.00 X \_\_\_\_\_ = \$ \_\_\_\_\_ (enclosed)

Send to: Rick Clough  
2294 Seabank Rd.  
Comox, BC  
V9J 1Y1

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**Registration Form: AGM & To Hell with the Bell Wed. Sept. 3, 2014**

Royal Victoria Yacht Club, Victoria

**Deadline: Mon. Aug. 25, 2014**

Name(s): \_\_\_\_\_

Phone: \_\_\_\_\_ OR Email: \_\_\_\_\_

Make Cheque payable to **RTO Victoria Unit**

Cost \$25.00 X \_\_\_\_\_ = \$ \_\_\_\_\_ (enclosed)

Send to: Margot Lods  
608-105 Gorge Rd. E.  
Victoria, BC  
V9A 6Z3

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**Registration Form: Annual Christmas Party Thurs. Nov. 27, 2014**

Tigh-Na-Mara Resort, Parksville

**Deadline: Thurs. Nov. 20, 2014**

Name(s): \_\_\_\_\_

Phone: \_\_\_\_\_ OR Email: \_\_\_\_\_

Make Cheque payable to **Mid/Upper Island Unit**

Cost \$25.00 X \_\_\_\_\_ = \$ \_\_\_\_\_ (enclosed)

Send to: Rick Clough  
2294 Seabank Rd.  
Comox, BC  
V9J 1Y1

This Publication is distributed to all members of RTO/ERO District 47 British Columbia.

Editor: Jim Ross

Articles of interest are most welcome. Insertion of articles will be at the discretion of the Editor and/or District Executive.

Submission Standards: Electronic TXT file preferred, (or Word DOC file)  
emailed to the editor at [wjross2001@shaw.ca](mailto:wjross2001@shaw.ca)

Typed or hand-printed submissions are accepted. Send snail mail to:

W. J. Ross, 5812 Ralston Dr., Nanaimo, BC, V9T 6C5

## **Moving?**

**Update your mailing and email address with the membership department at [membership@rto-ero.org](mailto:membership@rto-ero.org) or by calling 1-800-361-9888.**