



Save the date!

## Muskoka EV Show

*Bracebridge Fairgrounds*

**Saturday, May 27**

10 a.m. - 1 p.m.

Attention! Volunteers and anyone with any kind of EV interested in participating in the show – car, boat, bike, scooter, or skateboard – please email Lesley Hastie for info: [hastielesley@gmail.com](mailto:hastielesley@gmail.com)

### District 46 member Sue McKenzie continues to inspire with CAM / RTOERO Bookmark Project update

Climate Action Muskoka presents the first **Muskoka EV Show** in partnership with Muskoka Conservancy to educate folks on electric vehicles (EVs). Visitors will have an opportunity to view a variety of electric cars, trucks, boats and e-bikes, and to speak with owners about their experiences owning one.

This is not a trade show, although some dealers will have samples of their vehicles on site, including a *Ford 150 Lightning* pick-up truck. Retired mechanical engineer and teacher Steve Lapp is scheduled to speak about his continuing enjoyment of education through presentations to community and government groups on societal decarbonization and electric vehicles. Booths and food trucks are planned; bring your own water bottle.

**Muskoka EV Show webpage:** <https://www.climateactionmuskoka.org/welcome/muskoka-ev-show/>

CAM has received great feedback and enthusiasm for the bookmarks and curriculum materials developed in collaboration with RTOERO Muskoka for junior classes. The **9-lesson Climate Change package** is available for

download here: <https://www.climateactionmuskoka.org/climate-change-curriculum/>

We will be distributing CAM / RTOERO bookmarks at the Muskoka EV Show. CAM is so thankful to RTOERO Muskoka for allowing us to develop this great resource and we look forward to being able to use it into the future. We encourage readers to check out the **Community Carbon Challenge**: <https://www.climateactionmuskoka.org/community-carbon-challenge/>

Sue McKenzie, District 46 Member



CLIMATE ACTION MUSKOKA & MUSKOKA CONSERVANCY PRESENT  
**MUSKOKA EV SHOW**  
 Saturday, May 27, 10am to 1pm — Bracebridge Fairgrounds

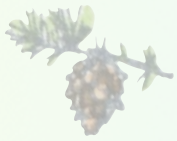
**ELECTRIC VEHICLE SHOW**  
 Test Drive an EV  
 Electric Cars & Trucks  
 Electric Boats & Bikes  
 Owners & Dealers  
 Presentations  
 Your Qs Answered  
 By Donation

#MuskokaEVShow  
 Details: [www.climateactionmuskoka.org/muskoka-ev-show](https://www.climateactionmuskoka.org/muskoka-ev-show)

MUSKOKA CONSERVANCY | enVgo | TESLA | CAVALCADE | PLUG 'N DRIVE | Muskoka NISSAN | Hyundai of Muskoka | CLIMATE ACTION MUSKOKA

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# Gravenhurst Against Poverty Celebrates 5 Years

by Beth Houston



Five years ago a group of concerned citizens, along with various organizations in the community, gathered to create a united front in the battle to reduce homelessness, hunger, and hurt: Gravenhurst Against Poverty (G.A.P.) was born. While we are helping our neighbours, G.A.P. has never been about the *haves* giving to the *have-nots*; it is about everybody in Gravenhurst coming together to make our community a safe space where everybody has a chance to prosper.

In the summer we run vegetable gardens around the town that not only serve to supplement our meals, but also provide the opportunity for the neighbours to learn about healthy foods and gardening. We are in the process of collaborating with our local High School to create a monthly in-person dinner.



To facilitate the pursuit of employment, attend appointments, or simply engage in activities of daily living, we provide free transportation for our neighbours in the form of taxi cards, gas cards, and volunteer drivers.



Humans tend to be social beings and connections are significant for healthy lives, regardless of income..

G.A.P. has created a large safe space devoted to, and decorated by, young adults in our community. Our young adult centre (YAC) is open every Friday from 6-8 p.m. for drop-in socials and to learn practical skills or crafts from local community members. We are currently working with young people aged 12-18 but our dream is to eventually open up to 19-29 year olds.



In the beginning we had 10 volunteers serving sit-down lunches to 40 people. Although it was great having people come together to socialize and enjoy some food, the pandemic rapidly

increased the need and we are now a registered charitable not-for-profit organization, entirely volunteer-run, with over 300 volunteers.



G.A.P. has three main pillars: food, transportation and overall wellness.

Every Thursday we deliver over 600 meals including not only food for the

evening but fresh fruit and vegetables, fresh bread, and non-perishable items. We regularly include grocery gift cards, often doubling up on that at holiday time.



Also on a weekly basis we give out over 80 hot lunches and provide healthy snacks to the library for people who come in hungry.

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## POLITICAL ADVOCACY



We run weekly drop-in coffee and art socials providing opportunities for much needed social interactions. It is amazing what you learn about people when you share a coffee and some cookies.



One of our volunteers runs a learn to cook program with nutritious, budget-conscious ingredients. The 'students' not only learn to cook, but are also able to take home the nutritious meal to share with their families.

There are few businesses in Gravenhurst who are not involved in assisting G.A.P. Grocery stores and restaurants give us food rescue, stores donate office supplies, furniture, and promotional materials, companies give us gift cards to share with our neighbours, and those who do not have something concrete to give us, donate generously either through the year or as part of our major fundraiser. The work we do requires quite a bit of funding. Our major fundraiser is the Coldest Night of the Year walk involving over 400 participants. This year we raised almost \$145,000 which, although a lot of money, is less than half of our yearly budget. We are now a charitable organization so people can donate online and receive tax receipts at [gravenhurstagainstopoverty.com](http://gravenhurstagainstopoverty.com)

Help our neighbours overcome adversity. 🌻



<https://district46.rtoero.ca/>



### **Central Ontario District PAC reps meet on Zoom to discuss advocacy issues facing seniors**

Recently a Zoom conversation included a conversation of interest among PAC reps from five other central Ontario Districts. This conversation evolved from district reports highlighting helpful advocacy ideas amongst their members to assist their local communities.

The conversation evolved from a discussion on the challenges that are facing our senior demographic and focused on what is perhaps the crucial trend that affects us all... that is, we are experiencing difficulties discerning what is true and what is not. We are challenged by confusing statements and supporting claims that make our understanding of issues difficult to accept as factual.

One of the challenges affecting us is the potential to become victims of scams and fraud. The district reps stressed the importance for RTOERO members to keep informed, maintain communication and assist others.

RTOERO through its *Vibrant Voices* focuses on three issues that set frameworks for discussion. White papers on these issues are available at the RTOERO main site under Giving Back / Advocacy: <https://rtoero.ca/giving-back/advocacy/>.

It is helpful for all of us to be familiar with these issues: Seniors Strategy; Geriatric Health Care; and Environmental Stewardship. At this link you will also find past and current webinars focussing on the challenges we face.

*John Beatty, Political Advocacy*





## Celebrating Our Volunteers

In this report we thank the RTOERO Muskoka volunteers who serve you and our Muskoka community.

Some of our volunteers listed below have indicated that they will not be able to serve in the future. As many of our volunteers who are going forward are serving in more than one role, we will be happy to mentor new volunteers. We know the benefits of volunteering: keeping active and

involved in a common goal, to serve our members. We are looking forward to resuming in-person luncheon meetings as we work out the details, and of course our annual funding from the national RTOERO office reimburses all

volunteers for expenses. **Please consider joining our team!**

Our *Media Volunteer*, Jennifer Lyndon updates our Facebook page and our website. She has received great support from the RTOERO staff, who have provided our new website and Facebook page. You can visit our media sites by clicking on the links below:

RTOERO District 46 website: <https://district46.rtoero.ca/>

Facebook: <https://www.facebook.com/RTOERODistrict46Muskoka>

Our *Newsletter volunteers*, Lorna Walkling and Jennifer Lyndon create the newsletter you are reading. Contact: [muskokarto@gmail.com](mailto:muskokarto@gmail.com)

Our *Goodwill volunteers* send out birthday celebration cards to our more life-experienced members who are 80 plus. They send condolences to those members who have lost their partners and send donations to charities identified in member obituaries.

*Goodwill:* Kathy Allison, Doris MacDonald, Norma Kaye, and Carolyn Dunn Rapson

Our *Bursary volunteers* include Pat Schofield, Lorna Walkling, and Susan Betteridge.

*Political Advocacy:* John Beatty

*Member Services:* Laurie Fountain

*Treasurer:* Joanne Garvey

*Recruitment Contact:* Sharon Mortimer

*Health Plan:* Laurie Fountain

*Telephone Volunteers:* Flo Adams, Catherine Bamford, John Beatty, Marie & Eric Maya, Sigrid & John Purdon. For several years they have contacted members who have no email addresses listed to inform them of upcoming events of interest, such as the summer RTOERO Muskoka picnic. They divide up the list of members and set to work when we send out an email-based notice to members. Unfortunately, these folks cannot continue in 2023.

***If you have not shared your email address, please help us out by doing so; we will not share it with anyone - including the RTOERO national office if that is your wish.***

Contact [president46@districts.rtoero.ca](mailto:president46@districts.rtoero.ca) to share your email address or to volunteer!

*Laurie Fountain,*

*President, District 46 Muskoka*





## Fraud Prevention

### Know how a fraudster may approach you to protect yourself

It's not a fun topic to talk about, but one we shouldn't avoid: financial fraud and identity theft. The website [GetSmarterAboutMoney.ca](https://www.getsmarteraboutmoney.ca) by the Ontario Securities Commission offers tips and advice to help you recognize fraud and protect yourself. Knowing how a fraudster may approach you is important. Here are some of the ways:

**Emails or text messages** – a fraudster may pose as someone trustworthy to try to get private information. They may also encourage you to open a link or attachment. If an email seems suspicious, delete it. Don't reply.

**Social media** – Scammers create fake accounts or take over another person's account. They may also try to form an online relationship with you. Delete connection requests from people you don't know. Review the privacy settings on your accounts.

**Phone** – Phone scammers may change their caller ID to appear legitimate. They may claim to be from a business or government agency. Avoid doing business over the phone unless you've made the call yourself. If you're not sure, hang up, then call the company back. For more information about protecting yourself from fraud, visit: [getsmarteraboutmoney.ca/protect-your-money/fraud/](https://www.getsmarteraboutmoney.ca/protect-your-money/fraud/)



## New webinar recordings available

If you missed some of last year's webinars, you can now find the recordings at [rtoero.ca](https://www.rtoero.ca). The following sessions were recently added:

- Diabetes prevention and management - What you should know
- Auto and home insurance 101
- Social purpose and philanthropy with the RTOERO Foundation
- Strengthening your financial capability

Find all RTOERO videos at [rtoero.ca/resources/videos](https://www.rtoero.ca/resources/videos).

## 17 applications received by due date



I had the pleasure of attending parent - teacher interview night at BMLSS on March 29, along with other benefactors, to promote awareness of RTOERO Muskoka's generous bursary. One main award of \$3000 is available again this year and smaller awards to be determined.

*Pat Schofield, Bursary Chair*



## Powwows: How to find one near you

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

Powwow season usually starts in March and goes until September. There are two types of powwows: competition and traditional. People travel from across North America to attend competition powwows. Some families spend the winter brushing up their skills and rejuvenating their outfits, then traveling along the powwow trail all season. Dancers and drummers are eager to showcase their skills and win a coveted position while representing their community. Traditional powwows tend to have a calmer pace to them, with no one competing. There is usually a feast partway through the powwow and an intertribal dance where everyone is welcome to participate.

Powwows are exciting and immersive events to attend. They are usually listed on community boards at friendship centres, on social media and websites like [canadianpowwows.ca](https://www.canadianpowwows.ca) and [powwows.com](https://www.powwows.com), and by word of mouth.



## UPCOMING EVENTS

### **"After 4" Pub Night for retired and still employed members**

*Diamond in the Ruff Golf Course*

1137 Old Parry Sound Road, Utterson

**Wednesday, May 31  
4 - 7 p.m.**

ONE FREE DRINK TICKET PER MEMBER  
and finger food provided by RTO

**RSVP by May 21 to Joanne Garvey** at  
[treasurer46@districts.rtoero.ca](mailto:treasurer46@districts.rtoero.ca) or  
705-385-3112

### **June Barbecue**

*Kerr Park*

130 Beaumont Drive, Bracebridge

**Monday, June 19  
11:30 a.m. - 2:30 p.m.**

Food and a variety of soft drinks  
provided by RTO.

Please bring drinking cup,  
plate, cutlery and lawn chair.

**RSVP** and specify dietary restrictions  
**by June 12 to Joanne Garvey** at  
[treasurer46@districts.rtoero.ca](mailto:treasurer46@districts.rtoero.ca) or  
705-385-3112

## CONTACT INFO

Executive Committee members may be reached  
via the president's email:

[president46@districts.rtoero.ca](mailto:president46@districts.rtoero.ca)

<i>President</i> <b>Laurie Fountain</b>	<i>1st Vice President</i> <b>Position open</b>
<i>Past President</i> <b>Joanne Garvey</b>	<i>2nd Vice President</i> <b>Position open</b>
<i>Secretary</i> <b>Position open</b>	<i>Goodwill Representatives</i> <i>Bala and Port Carling</i> <b>Carolyn Dunn Rapson</b>
<i>Treasurer</i> <b>Joanne Garvey</b>	<i>Bracebridge</i> <b>Norma Kaye</b>
<i>Membership</i> <b>Laurie Fountain</b>	<i>Gravenhurst</i> <b>Kathy Allison</b>
<i>Pension &amp; Retirement</i> <b>Bob Harris</b>	<i>Huntsville</i> <b>Doris Macdonald</b>
<i>Political Advocacy</i> <b>Position open with</b> <b>John Beatty</b>	<i>Benefits Representative</i> <b>Position open</b>
<i>Newsletter</i> <b>Lorna Walkling and</b> <b>Jennifer Lyndon</b>	<i>Bursaries</i> <b>Pat Schofield</b>
	<i>Member at Large</i> <b>Sharon Mortimer</b>

## NEW MEMBERS WELCOME!

RTOERO offers free membership until retirement to anyone actively working in the **education community in Canada**. Please visit <https://rtoero.ca/> for information on pension, insurance and the many benefits of RTOERO membership.





## Ramblings from Raymond

As I write, it's still April and it snowed a bit this morning in Bracebridge. When will Spring finally come and stay? I hope by the time you read this, you're wearing short sleeves and sitting outside enjoying a lovely warm day.



My travel adventures this winter included two weeks on a heavenly beach in Nuevo Vallarta, Mexico in January and nine days on an island in Lake Temagami in March. My Golden Retriever, Casey, was not at all impressed with her first ride on a snowmobile to

get there, but she was quite happy to ride like a little princess back to the landing at the end of our stay in a snow coach, a very fancy enclosed sled that a woman on a neighbouring island had for her young grandkids to ride in. Both trips reinforced to me the importance of enjoying every moment we can!

In the past, I have invited written submissions from our members to be included in the newsletter, and your articles are always much appreciated. I would like to expand the horizons of this opportunity to include not only your recollections of legendary people who have worked in education, but also your retirement contributions to the community as a volunteer, upcoming local events you are involved in, as well as recipes, puzzles, travel and humour. I look forward to hearing from you!

I'm hoping for a great turnout for our two in-person social events in May and June. It would be wonderful to see our members who are still actively employed at an after school pub night at the Diamond in the Ruff Golf Course on Wednesday, May 31. Our annual June BBQ on June 19 is always lots of fun, too.

Lorna

## In Memoriam

*Although the list may not be complete, we are saddened by the loss of the following members and extend our condolences to family, friends and colleagues:*

- Keith Kunder (January 2022)
- Marjorie Dagilis
- William Werry (April 2022)
- David Palmer (May 2022)
- Mary Tannahill (July 2022)
- M Ann Tanner
- Colin MacLennan (September 2022)
- Robert Hildebrandt (November 2022)
- Grace Melvin (December 2022)
- Anne Thomson
- Joanne Twist (January 2023)
- Edwin Andres
- Gary Wright
- Mervyn Kelly
- Patricia Gardner (February 2023)
- Wilda June Johnston
- Nick Stevens (March 2023)
- Joyanne Paget (April 2023)

*Please be sure to notify a member of the executive if you know of a member who has passed on.*





## Do you need more self-care?

*R*etirement is an ideal time to design and implement or update your self-care system – it's a time in life when your ultimate goal can be to take care of yourself.

### What is self-care?

Self-care is taking ownership of your wellness and doing what you can to maintain and optimize your health and well-being. According to the World Health Organization, self-care is the ability of individuals, families and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a *health worker*. It means different things to different people, and there's no single right way to do self-care. Your self-care activities have a cumulative impact. As you develop and sustain a self-care practice, you will start to notice changes in how you feel. You will be more resilient and better able to cope with life's inevitable ups and downs.

**How to tell you could use more self-care** – watch for these red flags to help you decide whether you'd benefit from more self-care in your life:

- ◆ Loss of pleasure and enjoyment
- ◆ Depression and anxiety
- ◆ Concentration problems
- ◆ Increased errors
- ◆ Loss of objectivity
- ◆ Isolation
- ◆ Emotional reactivity
- ◆ Relationship issues
- ◆ Insomnia
- ◆ Fatigue

For more on this topic, including tips about how to design a self-care practice, read the blog post on the RTOERO website: [rtoero.ca/self-care-for-retiring-education-workers](https://rtoero.ca/self-care-for-retiring-education-workers).

## How often do you talk about climate change?

Is the climate crisis a taboo topic in your social circles, or is it something you openly discuss? Talking to people who don't believe in climate change can be tricky. You may revert to sharing the same facts we've shared for years. Canadian climate scientist Katharine Hayhoe says that's not the best approach. Instead, start from the heart. Begin with shared values like family, community and faith. And then you can help to connect the dots to the changing climate.

Talking about climate change is something we can all do more of, and it's something that could make a difference. Next time you get the chance, just remember not to talk about the science, and you might have a greater impact.

To hear Katharine's advice, go to [ted.com](https://ted.com) and search for *The most important thing you can do to fight climate change: talk about it*.

To learn more about how RTOERO is advocating for environmental stewardship, go to [rtoero.ca/giving-back/advocacy](https://rtoero.ca/giving-back/advocacy).

## Retirement Planning Resource

*B*e sure to share RTOERO's retirement planning resource bundle with education workers in your life who are starting to think about retirement – it could save them time and reduce stress.

Find it here: [rtoero.ca/retirement-bundle](https://rtoero.ca/retirement-bundle)

The bundle was developed in response to feedback from education workers that they want help with practical to-do tasks for retirement.

One of the most common ways new members hear about RTOERO is through a friend or colleague. This speaks to the spirit of RTOERO and its deep roots as a non-profit for education retirees. We want to be there for others.