

# The Northumberland Applepress

Fall, 2007

[www.rto-eronorthumberland.org](http://www.rto-eronorthumberland.org)

Issue No. 27

RTO District 30 Executive	Executive Committees
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Past President– Sharron McMann.....905-372-3567	Membership & Goodwill
Vice Pres.– Lorraine Oliver.....905-372-5741	Anne Tryon.....905-372-9635
Secretary- David Staples.....905-983-5750	Political Action– Jim Sterling.....905-372-5201
Treasurer- David Randall.....905-372-3193	Social Committee- Mary Bird.....705-876-9777
Health Services– Bob Moorcroft.....905-885-4895	Betty Morris.....905-377-0446
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Recruitment– Barbara Moorcroft.....905-885-4895	Pension– Sharron McMann.....905-885-3567
Morris Tait.....905-372-6700	Archives- Connie Poole.....905-372-2802
	Member at Large– Ian Leckie.....905-885-1912

## President's Message



What a fantastic summer I have had, great weather, great travel and great times visiting family and friends. I know many of you did travel during the summer and hope you had a safe and enjoyable experience.

Your RTO executive has planned some great events for our District 30. Events included opportunities to attend a Blue Jays ball game. To Hell With The Bell plans are now set, as are the fall senate delegates, our fall lunch and the Retirement Planning Workshop scheduled for active teachers. I hope you have been able to be involved in many of these events.

Our fall luncheon meeting will take place on October 30 at the Lion's Centre in Cobourg. The theme for this lunch event will be "Hobbies I Enjoy in Retirement". If you are a retired teacher or know a retired teacher who has developed

*President's Message continued on page 2.....*

*President's Message continued from page 1*

an interesting hobby during retirement and would love to share it's benefits, please notify a member of the executive so we can prepare a place for you. There will be at least eight to ten retired teachers demonstrating and displaying their hobbies. **Sharon Murphy** from **Timelines Genealogical Research** will also set up a display and be there. Other features of our meeting will include a visit from our Provincial President, **Ron Poste**, who will bring us greetings and information from the provincial office.

**James Bartleman**, the former Lieutenant Governor of Ontario, has spoken twice to our Senate about his project of donating books to native and aboriginal children on reserves throughout Ontario. In support of this project each RTO member attending the lunch is encouraged to bring a children's picture book. All books will be collected and forwarded to Mr. Bartleman.

Be sure to attend the fall luncheon to reconnect with old friends and associates, enjoy lunch and view the many hobbies teachers enjoy during their retirement. The hobbies on display will range from birding to genealogy to scrap booking and as usual we will have great entertainment for everyone to enjoy. See you at the lunch!

**Morris Tait**



### Membership Report

We now have **627** full and **50** associate members = **677** in total.

We welcome **12** new members to District 30: **Elizabeth Cochrane, Beatrice Connelly, Margo Davis, Heather Griffin, George Grimes, Norma Haraldson, David P. Haynes, Denis Kent, Catherine Kingsley, W. Joan Serson, Margaret E. J. Van Duzer, Mary E. Willick.**

Sadly missed are: **Norah J Ellis, S. Elinor Gourley, Sybil Love, William (Bill) Pettingill .**

**Anne Tryon**

## Fay Farmer's Travels - The Waterways of Russia -

What a memorable experience was cruising the waterways of Russia from St. Petersburg to Moscow on the M S Tolstoy and exploring several towns/villages along the way! The M S Tolstoy, a ship once used to transport high-ranking Kremlin officials and to host foreign dignitaries, accommodates 160 guests and has an efficient, knowledgeable staff who provide guests with many opportunities to learn about Russian language, geography, history, art and cuisine through lectures, tasting parties, dance classes, concerts and fully escorted land excursions.

Sightseeing in St. Petersburg, the "Venice of The North", included the Hermitage museum with its magnificent collection of over 3 million art treasures; the opulent Catherine Palace with its spectacular amber room; the Imperial Estate, Peterhof, with its world-famous fountains and golden statues; Yussupov Palace where Rasputin is believed to have been murdered; several resplendent cathedrals and city landmarks as viewed from small canal boats. A ballet performance and a Cossack show were excellent evening entertainment.

On the waterway between St. Petersburg and Moscow the ship navigated many locks and stopped for land tours at Mondrogi Theme Park with its

craftsmen's workshops and Pushkin fairytale forest; Kizhi Island Outdoor Museum of fascinating wooden architecture (churches, houses, chapels, bath houses, windmills) dating back to the 18th and 19th centuries; Goritsy with the Monastery of White Lake(1397) and Resurrection Convent which once imprisoned women of disgraced noble families; Yaroslavl with its world-heritage Church of Elijah the Prophet; Kostromo, home of Ipatiev Monastery with its amazing fresco-and-icon covered walls and Uglich where guests enjoyed a traditional breakfast with a Russian family in their home. Stops in all these centres provided many opportunities to walk about and purchase Russian crafts such as lacquer boxes, amber jewelry, linens, Faberge eggs, and nested wooden dolls. While in transit, passengers enjoyed the amenities of the ship and great views of thick forests, rural life, cathedrals with multiple onion-shaped golden domes and colourful sunsets.

Moscow is a living monument to over 800 years of Russian history and culture. Guests explored the Kremlin with its golden domes, lustrous cathedrals and Armory Museum which houses priceless treasures of the czars; the Tretyakov Gallery which houses Russian art from the 11th century

to today; Red Square, site of the colourful St. Basil's Cathedral and the famous Gum store. Guests also walked in the footsteps of the czars along Tverskaya Street; rode the subway with its beautifully decorated stations; traversed Victory Park with its Niki obelisk, blood-red fountains and statues commemorating Russian troops lost in World War 2 ; viewed famous landmarks while cruising the Moscow Canal and attended evening performances of the renowned Moscow Circus or the spectacular National Dance Company.

No summary can do justice to this fabulous trip. It must be experienced!

For this tour and info on all their offerings, contact Travel Guild, who continue to provide service for retired teachers, at tgimail@idirect or 1-800-268-4284.

Merit Travel, now RTO's official travel company, provides information in Renaissance and at [www.rtotravel.ca](http://www.rtotravel.ca) or 1-877-872-3826. John and Dixie Winkworth, members of District 30 and experienced tour leaders, are escorting a Masterpiece tour of Wales, Live The Dream, from 29 April to 14 May 2008. For information contact John or Dixie at [jwinkworth1@cogeco.ca](mailto:jwinkworth1@cogeco.ca) or 905-372-4595.

## HEALTH PLANS - QUESTIONS AND ANSWERS

Question 1: If my dentist or pharmacist submits a claim electronically to Johnson Inc., should I send a paper copy of the claim to Johnson Inc. as well?

Answer: No. If your dentist is submitting your claim electronically to Johnson Inc., they do not require a paper claim form. When your dental office submits an electronic claim, they will receive a "claim acknowledgement" which tells them that Johnson Inc. successfully received your dental claim, which will be processed within three business days. Please note that payments will be remitted to you. The settlement of your account with your dentist remains your responsibility.

Question 2: I'm turning 65 this year, so I'll be eligible for the provincial drug program. Do I need to maintain my Extended Health Care coverage?

Answer: Yes! While the Ontario Drug Benefit (ODB) Program provides coverage for certain drugs, more than half of the drugs available in the Canadian market today are not covered by ODB. In addition, the RTO/ERO Extended Health Care Plan covers much more than prescription drugs. For example: vision care, 15 different paramedical practitioners, private duty nursing, and travel coverage (including trip cancellation and interruption/delay), just to name a few.

Question 3: I am now over age 65 and have coverage from the government for my drugs. Why do I have to have an updated note from my doctor each year stating that my medication is not covered under the Ontario Drug Benefit Program? *Continued on page 5.....*

### Goodwill Committee— Clip & Save!

Baltimore		Hastings	
Theresa Ferguson .....	905 372 2839	Jacqueline Beamish .....	705 696 2878
Bowmanville		Orono/Kendal/Newcastle/Newtonville	
Phyllis Price .....	905 623 3280	Sharon Staples .....	905 983 5750
Brighton/Codrington		Oshawa/Whitby/Port Perry/Courtice	
Gladys Bonin.....	613 475 3226	Zelda Armstrong .....	905 576 7266
Campbellford		Port Hope/Hope Twp./Campbellcroft/Bewdley	
Mary Milne .....	705 653 3623	Muriel Bell .....	905 885 2882
Castleton/Colborne		Roseneath	
Bill Pratt .....	905 344 7971	Emily Macklin.....	905 352 2738
Cobourg		Trenton/Frankford/Stirling	
A-C May Anderson .....	905 372 6602	Kathleen Gilpin.....	613 392 0529
D-F Bob Doak .....	905 372 2911	Warkworth	
G-J Katherine Hart .....	905 372 2365	Katherine Stowell .....	705 924 2224
K-M Betty Sterling .....	905 372 5175		
N-S Lorene Pratt .....	905 372 6208		
T-Z Anne Tryon .....	905 372 9635		
Gores Landing/Grafton			
Anne Tryon .....	905 372 9635		
Hampton/Enniskillen			
Ross Metcalfe .....	905 263 2148		
Havelock/Norwood/Peterborough/Millbrook			
Bob Watson .....	705 778 3667		

Other locations and associate members  
and any one who needs assistance call  
**Anne Tryon 905-372-9635**

*Health Report continued from page 4*

Answer: The Ontario Drug Benefit (ODB) Program provided by the Ontario Government currently provides some form of coverage for less than half of the prescription drugs available in the marketplace today. There are an increasing number of drugs that are considered "Limited Use" and are only covered by the ODB Program if specific criteria are met. These specific criteria, as well as the list of approved "Limited Use" drugs, changes throughout the year. Johnson Inc. requires a doctor's note each year confirming that you do not meet the ODB eligibility criteria. The criteria under the ODB Program may have changed; therefore, you may become eligible to have this drug covered under the RTO/ERO Extended Health Care Plan.

Question 4: How do I know if the RTO/ERO Health Plans covers an aid or appliance?

Answer: Contact Johnson Inc. Plan Benefits Claims to determine if the aid or appliance is a covered item under the RTO/ERO Health Plans.

Contact information: Plan Benefits Claims, 1595 16th Avenue, Suite 600, Richmond Hill, ON, L4B 3S5, 1-800-638-4753

**Bob Moorcroft** - District 30 Health Representative

### *News from the Treasurer*

As of Sept. 1, 2007 both of our grants have been received from Provincial office. They totaled \$ 8,877.52.

**Harry Knapper** kindly audited our books and reported that they were in order for 2006. There was a difference of \$ .90 cents between the book balance and our bank balance. Harry could not find the error so I owe the treasury \$ .90. (*Aww, gee whiz! Editor*)



Our current bank balance as of August 31, 2007 is \$ 9,026.27. Anticipated expenses for the fall include one executive meeting and the costs of the two observers for the Fall Senate. The Senate expenses run about \$ 1000.00 for the two members to attend. Our two Senator's expenses are paid by Provincial office.

Anyone is welcome to look at the financial records for 2006 at the membership meeting in October. I will have them there.

Thank you,  
**Dave Randall**, Treasurer District # 30

### RTO/ERO RECRUITMENT COMPETITION

Below are the results for the second quarter of the 2007 Recruitment Competition. These reflect both percentage increase and actual increase in numbers from January to June.

The competitions run for the calendar year 2007 and the winners will be recognized at the Spring 2008 Senate.

#### Percentage Increase:

1.	District 17	Barrie-Orillia-Alliston-Collingwood	3.6%
2.	District 42	Vancouver Mainland	3.2%
3.	District 2	Thunder Bay	1.7%
4.	District 18	Haliburton and Kawartha Lakes	1.6%
5.	District 12	Norfolk	1.3%
5.	District 28	Region of Durham	1.3%

#### Increase in Numbers:

1.	District 17	Barrie-Orillia-Alliston-Collingwood	67
2.	District 16	Toronto	30
3.	District 39	Peel	25
4.	District 2	Thunder Bay	21
5.	District 14	Niagara Falls	20

### Political Action Report

The summer issue of Renaissance included a political action insert intended to provide all members with RTO/ERO's positions on these issues. Extra copies for sharing with non-members in the community, as well as with election candidates are available by contacting Brigitte Boily, Administrative Assistant, Communications (1-800-231- 9888 ext.231 or [bboily@rto-ero.org](mailto:bboily@rto-ero.org).)

The fall issue of Renaissance will also include a similar political action insert, encouraging members to participate in the provincial election and vote. As well, a detailed explanation of the proposal suggested by the Citizen's Committee on electoral reform to change the way members are elected to Provincial Parliament in future elections will be outlined in this insert.

**Keep up-to-date by visiting our website:  
[www.rto-eronorthumberland.org](http://www.rto-eronorthumberland.org)**

## Changes in Rural Addresses

Canada Post now requires those who live in rural areas to have a fire number (or 911) as part of one's address. This has resulted in changes to street addresses and postal codes of many RTO/ERO members.

**Dianne Vezeau**, Administrative Assistant, Database, would appreciate being informed of these changed addresses, as it would reduce the number of Renaissance magazines returned due to improper or incorrect address labels. We want to ensure that all members receive their magazines on time. (This also affects the delivery of your copy of the Applepress because we use RTO-ERO's database for our mailing lists. - Editor)

If your home area has changed to the 911 addressing system, please report the changes to Dianne at the Provincial Office, by calling her at 416-962-9463/1-800-361-9888, ext. 223, or email [dvezeau@rto-ero.org](mailto:dvezeau@rto-ero.org)

### From the editor



Hi everyone! Once again we've managed to get the District 30 newsletter, *The Applepress*, together on time. Thanks to everyone who has contributed an article on their area of responsibility as well as those who have contributed just because they wanted to! Some of you may have known **Dick Ebbers** as a Tech. Teacher (and colleague of mine at E.N.S.S.) In the years since he retired he has had some major medical problems and has written a compelling article on the history of his trouble and the organization to which he now belongs. It's a must read. Thanks, Dick. We also have a piece which has become a tradition — **Fay Farmer's Travels** — another great read!

A couple of other things that I should mention. Our website, [www.rto-eronorthumberland.org](http://www.rto-eronorthumberland.org), a website for which I am now responsible, is not getting very many "hits". I hope in next few months to be able to make the site into a source of up-to-date information on topics of interest to retired teachers. Please drop by every now and again to have a peek and let me know of any changes you'd like to see. My second suggestion is that every retired teacher who has access to the internet should visit the Provincial RTO/ERO website, [www.rto-ero.org](http://www.rto-ero.org), regularly. There are many, many informative articles on the site which everyone should read. Enjoy the 27th *Applepress*!

**Don Colby**

*"A Different Trip" continued from page 8*

few of the more important pictures. The hundreds of trips (78 in the first year from June to December 1998) to Toronto and many to Oshawa have many 'pictures', and not all pleasant but all with memories. The cancer is gone but the right and left Ostomy are far deeper than a left or right punch. The Ostomy community remains one of the most underserved health-related constituencies in Canada; but the United Ostomy association of Canada has connected ostomates from coast to coast. Find some more important information on the internet.

many parts or missing parts, is but a temporary 'vehicle; let us all take care of it the best we know how. Life is the living 'part' and IT lasts forever.

**Richard (Dick) Ebbers**

The body internet and its

**Please note that the Applepress is now available online at  
[www.rto-eronorthumberland.org](http://www.rto-eronorthumberland.org)**

## A Different Trip Traveled

RTO/ERO or UOAC are acronyms that are unknown to most except to the members of these organizations. UOAC'S magazine volume 15, number 1 has 60 pages of articles, picture, advertisements and events directly reflecting the needs and happenings of its members. May I suggest that unless you are a member you most likely are unaware of its "adventures" and excellent magazines?

*Ostomy Canada* is the official magazine for the United Ostomy Association of Canada Inc. (UOAC) and this year it celebrates its tenth year. 1997 marks its beginning and it also was the year in which my family and friends became involved in something that we knew very, very little about. The United Ostomy Association of Canada Inc. is a volunteer-based organization dedicated to assisting all persons facing life with gastrointestinal and/or urinary diversions by providing emotional support, experienced and practical help, instructional and informational services through its membership, to the family unit, associated care givers and the general public. This is a mission statement that was to become a brief introduction to their and my next ten years of travel. This is a trip which should have never happened.

It has become acceptable to talk about heart disease, ulcers and even prostate cancer, but inflammatory bowel disease (IBS) – which includes two chronic conditions known as Crohn's disease and ulcerative colitis as well as colorectal anus cancer has and may still remain for too long the "secret" illness that no one, not even some doctors want to discuss. These are common conditions traveled by many.

It has been a lonely trip. Never lacking in excitement, never lacking in the thrill of what might lie

ahead around the next bend in the road, nor has it been dull. Marilyn (my wife) my children, grandchildren and many friends have always been there—no one dearer or closer than my better half and true guide Marilyn. It has been lonely inwardly because I have always been healthy, still am, except for these parts that the doctors because of cancer and its by-products had, or at least thought they had to remove from my body.

They also added a few pieces. Two new stomas were placed on my 'tummy'; one on each side and just below my 'bellybutton'. A colostomy on the left and a urostomy on the right stoma were added. These ostomies have to be changed and have been changed about every five or six days for the last ten years... quite the adventures. A new right complete hip joint that works extremely well has also been added. Missing parts are colon, bladder, anus, prostate and the plumbing that goes with it. It (the body) works and I can even play golf quite well...just ask some fellow retired teachers. Oh yes this playing came well after the hair loss from chemo and the radiation treatment that were side trips that all should try to avoid.

To avoid warning signs can turn out to be disastrous. I am telling you about this different trip that started in 1997 because it is a trip that should be avoided at all cost. Money is not the cost. Ignorance, avoidance and misdirected directions by many (including myself) turned something that had a chance to be a short trip of ill health into a decade of travel that was far from pleasant for much of the journey. It was not all bad by any stretch of the imagination. Now that it is behind me I can see many areas that were truly exciting and wonderful, but the big picture could even have been much better if we could have planned and

known about signs and things that should be known by all...especially the doctors, but also the patients. As teachers or retired teachers we know there are more unknowns than known things, however, let us make sure that we are not afraid of the known and we act accordingly with value and ethical standards that are the norm in a civilized society. If we need money we create it ... with and for value and health. We act with clear understanding and trust in each other that we all do the best we can in all circumstances. When actions are required we seek advice and we act.... according to the needs of the situations.

In 1997 my health was good but I had what the doctor and I thought were some minor problems with hemorrhoids that were not visible but did cause some occasional slight bleeding. There were eleven visits to the doctors during those twelve months but something was growing....we should have known....the trip should have been interrupted and even cut out altogether, and quickly replaced with a minor detour that would not have lasted more than a month.... The why and why not of the past are like the saying, 'the past is history, the future a mystery, and the present is a present'. Let us make history be our teacher of the present so that the future can be a solved mystery... at least to some extent. It is 2007 now and it did not take me ten years to get better from cancer and all that it may imply but the fact remains that after ten years we still live with ostomies and stomas that are 'pot holes' and more, of a trip that could have been much smoother and different.

Many dots... many thoughts. I have shortened the story of this different trip by many thousand pages and have shown only a

See "A Different Trip" continued on page 7

## And Finally: A Photograph ...



### And Always Remember:

1. The nicest thing about the future is that it always starts tomorrow.
2. Money will buy a fine dog, but only kindness will make him wag his tail.
3. If you don't have a sense of humor, you probably don't have any sense at all.
4. Seat belts are not as confining as wheelchairs.
5. A good time to keep your mouth shut is when you're in deep water.
6. The trouble with bucket seats is that not everybody has the same size bucket.
7. After a certain age, if you don't wake up aching in every joint, you are probably dead.
8. Why is it that at class reunions you feel younger than everyone else looks?
9. I've reached the age where the happy hour is a nap.
10. And think about this: No one ever says "It's only a game" when his team is winning.

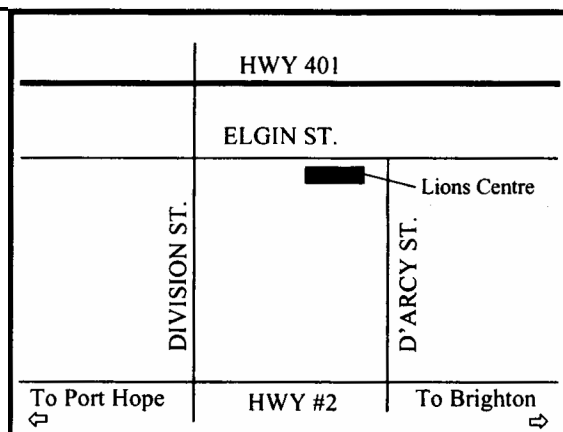
**The Applepress is now on-line at:  
[www.rto-eronorthumberland.org](http://www.rto-eronorthumberland.org)**

# Retired Teachers of Ontario

## District 30, Northumberland

**Fall Meeting & Luncheon**  
**Tuesday, October 30, 2007**  
**Cobourg Lions Centre**

**9:30 Registration, coffee and chit-chat**  
**10:30 Business Meeting**  
**11:15 Social—"Hobbies for Seniors"**  
**12:00 Luncheon**



Please detach and return the following form, including a cheque for \$15.00 made out to The Retired Teachers of Ontario, District 30, to David Randall, 614 MacKechnie Cres., Cobourg, ON, K9A 4X8. All cheques must be received by Oct. 15. No reservations made without payment nor can refunds be made if you cancel. (We must pay for the dinners regardless!) Please bring a book to contribute to Former Ontario Lt. Gov. James Bartleman's book drive for native children. Our speaker will be RTO-ERO's President, Ron Poste and there will be our usual draws of six tickets for a **free** lunch at the Spring, 2008 meeting.

(Tear Here)-----

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Name(s) of any guests @\$15.00 : \_\_\_\_\_

Members who are 85 years of age or older receive complimentary lunches but please let us know if you plan to attend and if you will need a ride or special dietary meal. The luncheon meeting is open to all RTO/ERO members regardless of district affiliation.

### **NOTICE TO SCHOOL STAFF**

The Northumberland Applepress is a publication of RTO/ERO (Retired Teachers of Ontario) District 30, Northumberland. We have about 700 members who receive this newsletter twice a year. In addition to sending it to our members, we mail it to all public and separate schools in District 30 to introduce our organization to **active but soon to be retired teachers**.

**PLEASE PLACE THIS ISSUE IN THE STAFF ROOM**

To obtain more information or inquire about membership in RTO/ERO, please call or e-mail a member of our executive.