



LIAISON

News and knowledge for RTO/ERO members



2015 fall Senate highlights

The 2015 fall Senate, RTO/ERO's annual meeting, was held October 20-21, 2015.

New Provincial Executive

Position	Member	District
President	Martin Higgs	36, Peterborough
Past-President	June Szeman	40, Brant
First Vice-President	Martha Foster	41, Elgin
Second Vice-President	David Kendall	20, Frontenac, Lennox & Addington
Executive Member	Judy Bowden	7, Windsor-Essex
Executive Member	Rich Prophet	3, Algoma

Major Senate decisions

- Approved the 2016 operating budget in the amount of \$7.6 million.
- Referred a motion to the Project – Service to Others Committee to increase the annual scholarship awards from \$1,000 to \$2,000.
- Asked the Provincial Executive to send a letter to Prime Minister Justin Trudeau, urging the immediate return to the previous age of eligibility for Old Age Security (OAS).

FEATURES

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2015 fall Senate highlights

Address from OTF President

Senate welcomed Francine LeBlanc-Label, president of the Ontario Teachers' Federation who shared its latest initiatives.

"As OTF president, my goal is to represent the 160,000 teachers of this province and speak on behalf of our publicly funded schools, where, as we all remember, wonderful things happen every year. My primary role is advocating for the teaching profession and its members."

LeBlanc-Label spoke about the new group of teacher candidates and naming [Autism Ontario](#) as its featured charity for 2015-16.

"I chose this charity since most of our schools have children with autism integrated within our classrooms. It is imperative to increase public awareness about autism and the day-to-day issues faced by their families, and the professionals with whom they interact. I encourage you to take part in this public awareness in any way you can."

LeBlanc-Label thanked RTO/ERO for providing valuable programs and services to members. "I would like to thank you for your continued commitment to education and your commitment to ensuring a healthy retirement for your members."



Lionel Brathwaite and Walt Duncan, District 42, Mainland BC and Deborah Rosebrugh, District 41, Elgin listen intently.



Raymond and Diane Colbourne, District 44, Région du ciel bleu and Leo Normandeau, District, 13, Hamilton - Wentworth & Haldimand.



Distinguished Member Awards

Three members were recognized with the presentation of Distinguished Member Awards.

Daisie Gregory, District 17, Simcoe

For more than 15 years, Daisie has provided exemplary service at the local and provincial RTO/ERO levels. Since 2001, Daisie has served on her district and unit's Executive as President, Vice-President, District Health Representative, Pension and Retirement and Membership Chairs. At the provincial level, Daisie served on the Health Services & Insurance Committee, including three years as its chair. A great RTO/ERO advocate, Daisie presents Retirement Planning Workshops to eligible members.

Roger Lalonde, District 27, Ottawa-Carleton

An integral part of District 27, Roger has been a member of its executive since 2002. He has served in many capacities including: newsletter editor, first vice-president, president and past-president. Working tirelessly on behalf of members, Roger has organized several information sessions on the RTO/ERO group insurance plans at the local level and served on the provincial Pension & Retirement Concerns Committee.

Irwin Ruttle, District 20, Frontenac, Lennox and Addington

Irwin has had a profound impact on the lives of members, particularly in his role as secretary-treasurer, which he held for 25 years! During that time, he managed the general secretariat, newsletter preparation, membership records and financial records. His computer and organizational skills provided a long-term benefit to members in a very large geographical district that included Leeds-Grenville at the time.

Louise Guerin, president, District 44, Région du ciel bleu and Mathilde Gravelle Bazinet, Chair, Board of Directors, Nipissing Serenity Hospice hold the cheque representing the \$10,000 donated by RTO/ERO to the Hospice.

Photos: Susannah Maxcy.

New Director of Marketing and Communications

We are excited to announce that Sylvia Link has been hired as RTO/ERO's Director of Marketing and Communications.

Sylvia conducted the Communications Audit for RTO/ERO and is an internationally-recognized marketing and communications professional with more than 30 years' experience in strategic public relations.

Prior to RTO/ERO, she managed the Marketing and Communication team for PLASP Child Care Services and was the Manager of Communications for the Peel District School Board.

For the last five years, Sylvia served as lead of strategic communications, stakeholder outreach and engagement for the roll-out of full-day kindergarten and child care modernization at the Ministry of Education.

The success of these high profile initiatives and high level of stakeholder buy-in is due in large part to her intensive stakeholder outreach and engagement.

While at the Ministry of Education, Sylvia attended on-site French language classes, offered through the auspices of Collège Boréal, up to the intermediate level. She is committed to continuing her French language studies.

Sylvia has taught internal communication at Sheridan College in the post-grad Corporate Communication program. She currently teaches Communication Management in the School Board Administration Diploma Program offered through University of Guelph.

She holds two public relations accreditations — APR (Accredited Public Relations) and ABC (Accredited Business Communications). Through the International Association of Business Communicators (IABC), Sylvia received the Master Communicator award from IABC Canada — the highest national recognition and lifetime professional designation. Welcome, Sylvia!



Sylvia is an award-winning communicator with over 30 years' experience in strategic public relations. **Photo:** Paul Orenstein.



Photo: [Survey Human](#).

Membership survey

Since 2006, and on a three-year successive basis, RTO/ERO has surveyed its members on a random basis to ascertain their opinions and thoughts on a variety of issues related to their needs as members. In addition, for those members who receive the survey and have our group insurance plans, they are asked for their opinions on the benefits program.

As we have in the past, RTO/ERO once again has engaged Goldfarb Marketing to develop and disseminate the survey, and then analyze and present the results to the Provincial Executive and senior staff.

If you do receive the survey, we encourage you to take the time to share your thoughts with us. Your input is valuable and most welcome. With past surveys, we have enjoyed an excellent response rate from our members, much higher than industry standards. We look forward to a similar response rate this year!

Questions about the survey? Contact **Simon Leibovitz**, Director of Administrative and Member Services, sleibovitz@rto-ero.org

Does wearable technology help with weight loss and other health goals?

From the McMaster Optimal Aging Portal

Tools and toys, gizmos and gadgets — no matter how old we are, we can't resist the lure of those devices designed to make our lives easier, happier or better in some way.

From simple pedometers that count steps to state-of-the-art digital or electronic devices and applications that track activity, heart rate, eating and sleeping patterns and more, mobile/wearable technologies continue to be popular. People buy them to lose weight, increase strength and endurance, eat well — in short, live better and longer. But while they may not be frivolous, do they really help?

That's important to know, particularly as wearable technologies are now being used in healthcare to help people manage chronic diseases and conditions that put them at increased health risk.

So far, much of the research has explored the benefits of these tools for specific populations such as older adults, or people who are overweight and at a higher risk of diabetes, cardiovascular disease, cancer and osteoarthritis.

What the research tells us

At least in the short term, mobile or wearable digital devices appear to help people exercise more and lose weight. More research is needed to find out if people stick to their goals in the long term.

Counselling, goal setting, motivation and support were central to both sets of studies — an activity monitor/device appears to be a useful part of a weight loss and fitness plan once people understand the importance of exercise, and are clear about what they want to achieve.

The bottom line

- From simple pedometers to multi-function devices, portable/wearable technology is popular among people trying to lose weight, become fit and improve overall health.
- Wearable technology can be used to increase physical activity and improve health among at-risk populations, such as people who are overweight or obese, sedentary older adults and those with chronic diseases.



Photo: [Fitbit](#).

- Wearable technology appears to encourage people to be more active (at least in the short term) which can lead to weight loss and other health benefits.

Learn more

Visit bit.ly/1PEw73P

Watch "[Wearable technologies and optimal aging](#)"

Read "[The Well guide to activity trackers](#)"

Tell us what you think

Do you use wearable technology, like FitBit or Nike Fuelband? Let us know how they impact your health and fitness.

Email liaison@rto-ero.org

Tweet [@rto_ero](https://twitter.com/rto_ero)

Leave a comment on Jim Grieve's "[Walk with me](#)" blog

Source: "Does wearable technology help with weight loss and other health goals?"; *McMaster Optimal Aging Portal*, accessed November 12, 2015. www.mcmasteroptimalaging.org/citizens/blogs/detail/blog/2015/06/10/does-wearable-technology-help-with-weight-loss-and-other-health-goals.

RTO/ERO Foundation: working together for Ontarians

By Dr. Paula Rochon

Vice-President of Research, Women's College Hospital, RTO/ERO Chair in Geriatric Medicine, University of Toronto, Professor, Department of Medicine and Institute of Health Policy, Management & Evaluation, University of Toronto

As a geriatrician and health services researcher for more than 20 years, I have dedicated my work to understanding the complexities that arise through aging and how we can optimize care for older adults, particularly women. This knowledge helps develop practical strategies for improving the long-term health and quality of life of all Canadians.

To see RTO/ERO put their focus on geriatric medicine research is commendable. Aging is a lifelong process, and aging well is about making informed, evidence-based health decisions. Evidence comes from doing research. And with our population living longer, geriatric research couldn't be more important.

Being selected as the inaugural RTO/ERO Chair in Geriatric Medicine is a prestigious honour for me. In the academic world, chair positions provide researchers with an opportunity to focus even more on their area of research.

In my case, this means I will be able to further develop my research at Women's College Hospital and the University of Toronto in the area of aging, with a special focus on women and to mentor the next generation of clinicians and scientists.

It's exciting to be supported by RTO/ERO, because the organization's values are closely aligned with my advocacy work for healthy aging and achieving the highest quality of life for older adults. This chair would not be possible without the hard work of many individuals, and I extend my warmest gratitude to RTO/ERO and its members for making this position a reality. Thank you for your efforts and for recognizing the importance of aging.

I see my chair position as a partnership with RTO/ERO's members, and I hope you do too. During the next year, I look forward to meeting you and learning what is important for you in geriatric medicine research and what your aging priorities are.

I would also like to learn how you would like to be engaged in research. This is so important because, by being engaged, you can help form the research questions and ensure that the results from the studies are relevant to you and your community.

Together, we can ask the questions that really matter when it comes to aging and have healthier lives as we grow older.

2015 grant announcement

The Foundation Board is excited to share 2015 grant news. With our first-ever call for proposals, we were delighted by the strong response from Ontario medical schools. Following a thorough review process, which included a panel of experts, the Foundation Board approved full-funding support to the University of Ottawa for its project *Interprofessional education in undergraduate medical education – a simulation project*, valued at \$32,300.

The pilot project addresses an enormous void — currently there is no inter-professional training available about how to interview a geriatric patient or how to interview a patient who may have cognition impairment.

Funding this pilot project — in which medical and nursing students will learn from each other — has the advantage of supporting an idea at its earliest stage with modest investment. If successful, the model can be introduced more broadly at the university and potentially adapted to other medical schools across Canada. The grant will be finalized pending external approval from the Research Ethics Board.

Donate to the Foundation

Visit www.rto-ero.org/support-the-foundation/ways-to-give

Phone 1-800-361-9888, 416-962-9463

Email ybronstein@rto-ero.org

Mail cheques payable to

RTO/ERO Foundation, 300-18, Spadina Road, Toronto ON M5R 2S7

RTO/ERO Foundation — Seeking to improve the quality of life for seniors across Canada

Federal election political advocacy activities



District 3, Algoma's all candidates meeting drew over 70 attendees and focussed on seniors' issues like healthcare, pensions and affordable housing.

Photo: [courtesy of Lynne Brown](#).

Districts play important advocacy role in federal election

During the recent federal election, RTO/ERO districts organized and participated in a number of advocacy initiatives that reflected positions adopted by both RTO/ERO and ACER-CART (The Canadian Association of Retired Teachers). Fuelled by financial support from the Provincial Office for reimbursement of up to \$3,000 per district, RTO/ERO continued its long history of advocacy on behalf of its members.

Many districts arranged to have the provincially-produced advertisement, outlining RTO/ERO's two main priorities as it related to the federal election — pensions and healthcare — reproduced in local weekly and bi-weekly newspapers. Others reprinted information prepared by ACER-CART and distributed by the Provincial Office, outlining several election issues.

Several districts organized and/or co-sponsored local candidates' meetings and debates, while some supported forums dealing with various election topics with community experts, mainly related to health care. At least one district worked with its local university to encourage students to vote. Well done, districts and local political advocacy committees.

Learn more

Contact your District Political Advocacy Representative
Email **Simon Leibovitz**, sleibovitz@rto-ero.org

ACER-CART federal election activities By JoAnn Lauber, President, ACER-CART

It's been a few weeks since the Liberal Party swept into power. ACER-CART thanks all its members and retired teachers who involved themselves in the democratic process, who became informed, shared materials and joined the discussion and who then exercised the great privilege and civic responsibility of voting.

ACER-CART congratulates all candidates who served our country by putting their names forward, engaging in a long campaign that surely took its toll on family and friends. We appreciate their courage and sense of duty to better our society.

ACER-CART looks forward to meeting with the members of the new Parliament. We pledge to work with them as they address the needs of seniors across the land, to share the insights and the vision we have of dignity and compassion for all of our fellow Canadians as they age in this country.

In the months leading to the election, we had the opportunity to link with many like-minded organizations, which gave us the opportunity to put forward our priorities as significant items to be discussed with all of the candidates. We intend to pursue collaborating with organizations of similar aims so that together we can assist and influence the new government to adopt policies that are in the best interest of seniors and of all Canadians.

We have hope that circumstances will align themselves so that the new government may fulfill its mandate to address the needs of all citizens in accordance with the values we hold as Canadians and the future we want for our children and our grandchildren.

Sex, lies and money: what you need to know about scams

By Joan Hambley, District 43, Nipissing

Somewhere, there is a senior drinking a solitary cup of tea, wondering how to fill up the long hours of the day. His or her family lives out-of-town, but even their regular phone calls don't quite make up for having them at home.

This senior is vulnerable, and organized crime knows it. Through scams as creative and numerous as the criminals who devise them, scammers will take advantage of seniors like this, because they know that seniors are often trusting, lonely and too polite to hang up on callers.

There are many types of scams, including lotteries, pyramid schemes, emergency, internet, phone and romance scams, to name a few.¹

In other words, sex, lies and money. Consider the following:

- A housebound woman finds the days so lonely that she joins a dating site to help pass the time. Eventually, she connects with a man she finds charming. No longer depressed, she eventually sends him money to visit. She never sees him or her money again.
- An elderly female receives notice that she is eligible for a \$5,000 income tax refund. To receive her money, she just needs to confirm her name, birthdate and social insurance number, which she gives them. She receives the cheque, but now the scammers can use her personal information for identity theft.
- A senior is selling his car online. The responder sends a cheque for the price listed. The senior agrees to pay the shipping costs of the vehicle. He deposits the cheque he received for his car and waits for it to clear, having sent the money to cover shipping costs in the meantime and sends money to cover the shipping costs. The cheque never clears and even though he still has the car, he's out the shipping costs.
- A senior gets a call from her "grandson" travelling overseas. It's a bad connection, but the caller is upset, because he has been robbed. The grandmother immediately sends \$1,500 to an overseas bank account. It's not until after talking to her daughter that she discovers her grandson hasn't travelled anywhere.



Image: [Aleutie](#).

Senior Support Unit help

To address the huge volume of older adults victimized by scams, the Canadian Anti-Fraud Centre (CAFC) created the Senior Support Unit (SSU). Run by volunteers, the SSU aims to educate and provide support to seniors.

Launched in 1997, the SSU is currently run by the RCMP with help from the Ontario Provincial Police. Today, there are over 50 volunteers who help victims — as many as 400 each month.

These volunteers provide moral support, education and outreach, agency referrals and help older adults regain personal dignity.

Whether it's loneliness, excitement or compassion, seniors fall prey to criminals every day.

Learn more

- For tips and resources, visit www.antifraudcentre-centreantifraude.ca/index-eng.htm
- To report a possible scam, call 1-888-495-8501
- Get a copy of *The Little Black Book of Scams*, www.competitionbureau.gc.ca/eic/site/cb-bc.nsf/eng/h_00176.html

1. www.competitionbureau.gc.ca/eic/site/cb-bc.nsf/eng/h_00176.html

Discounted Courtyard Marriott rates for members

Get more with your membership with discounted rates at the Courtyard Marriott hotel in downtown Toronto.

We are happy to announce that our agreement with the Courtyard Marriott hotel in downtown Toronto has been renewed for 2016 to provide discounted rates for RTO/ERO members. The hotel is located at 475 Yonge St. one block north of College/Carlton Avenue (College subway station).

Features

- Complimentary high speed wireless internet
- 24 hour fitness centre
- Indoor lap pool
- Valet parking

The Preferred Corporate rate applies to a standard guestroom, single/double occupancy. Any group bookings (10+) will be negotiated on a request basis.

2016 rates

- \$139 January, February, March, December
- \$149 April
- \$159 July, August, November
- \$165 May, June, September, October

NOTE: Rates are quoted in Canadian dollars per room, per night and are subject to applicable taxes. The rates are applicable only for individual travel, not groups. If necessary, please cancel any room at least one day prior to the reservation date to avoid penalty.

Please note that these rates are **NOT** available on the following 2016 dates:

- February 10-16, February 28-March 2, June 20-26, July 7-14, July 29-31, August 10-13, September 10-13 and December 31. These dates are subject to change without notice.

All reservations can be made by calling the reservation office at 1-800-847-5075. You must mention that you are an RTO/ERO member when booking and provide some form of member identification (e.g. membership card) upon arrival.



Image: [Riccardo Cuppini](#).

RTO/ERO and Johnson Inc. holiday hours

Provincial Office

To mark the holidays, the Provincial Office will be closed from **December 21, 2015 - January 4, 2016.**

Johnson Inc.

To mark the holidays, Johnson Inc. will have reduced hours.

- **Closed: December 24 - 26, 2015, and January 1, 2016.**
- **Open: December 29th, 30th, and 31st, 2015 until 3:30 p.m.**

Provincial Executive update



The 2015-16 Provincial Executive. From left: Judy Bowden, David Kendall, Martin Higgs, Martha Foster, Richard Prophet and June Szeman. **Photo:** Vanessa Paxton for RTO/ERO.

During its November meeting, the [Provincial Executive](#):

- Received third-quarter investment reports from RBC Phillips, Hager & North, TD Asset Management and Addenda Inc., as well as investment manager update reports from Bruce Friesen, Global Investment Solutions and John Crouse, Vice-President and National Director, Johnson Inc. Investment managers are performing well.
- Received a presentation on risk management from two representatives of Miller Thompson LLP. They outlined guidelines of current and new legislation. The PE's Ad Hoc Committee on Governance will review these guidelines.
- Received the October 31 financial statements for RTO/ERO and 1316342 Ontario Inc.
- Conducted an annual meeting of the RTO/ERO Corporation and appointed its directors and signing officers.
- Conducted an annual meeting of the 1316342 Ontario Inc. Corporation, appointed its directors and signing officers and approved its 2016 budget.
- Received an environmental scan which provided an overview of the current status of all aspects of the business of the organization. This scan, together with the results of the Communications Audit and Membership Survey will form the basis for the development of a Strategic Plan.

Resolutions passed

- THAT monies required to initiate plans for the 2018 RTO/ERO 50th anniversary be met from the 2016 Contingency Fund.
- THAT the Provincial Executive ratify the appointment of Bill Doyle, District 14, Niagara, to the Member Services Committee, for a three-year term to October 31, 2018.

2016 advertising information: new rates and opportunities

New! Combined print and web classified advertising

Two for the price of one! To give you bang for your buck, starting in 2016 we will be combining print and web classified advertising. For the price of a *Renaissance* ad, your ad will also be posted on our newly revamped website in a dedicated section clickable throughout the site.

New! Web-only display and classified ad opportunities

Maximize your reach with our influential digital audience by placing a display or classified ad on our website! With an average of 8,000+ visitors a month, RTO/ERO's website has a rich audience. Plus, unlike print ads, web ads are visible throughout the site. As a bonus, we'll be offering a 50% discount for web-only ads (display and classified) in 2016.

New classified advertising rates

To account for the classified section's ever-increasing popularity and web integration (see above), we will be increasing the member rate from \$2.80/word to \$3.25/word, plus HST and the non-member rate from \$3.55/word to \$3.75/word, plus HST.

Save 10% by making a full-year classified ad reservation

Back by popular demand, save 10% off the rate price when you make a full-year ad reservation for all four 2016 issues of *Renaissance*. Full-year reservations will only be accepted from **Dec. 1, 2015 to Jan. 15, 2016**.

2016 reservation deadlines

- Full-year: January 15.
- Per-issue ads: Spring: Jan. 15. Summer: April 15. Fall: July 15. Winter: Oct. 14.

Ads are accepted on a first-come, first-served basis starting one month prior to the deadlines until all spots have been filled in *Renaissance*. Ads received after the submission deadline are subject to a \$10 late fee.

Classified ad word count: Minimum 20 words. Maximum 50 words. Name, email, and phone number are counted as one word each.

Reunions: Free. Maximum 60 words.

How to submit

Send your ad, section preference with your name, membership number (if applicable), phone number, and mailing address to advertising@rto-ero.org or by fax to 416-962-1061.

Display advertising

Read the 2016 Media Kit at www.rto-ero.org/publications/advertise-with-rtoero.

Learn more

Email advertising@rto-ero.org or call 416-962-9463, 1-800-361-9888 ext. 244.



2016 Media Kit.

'Wealth is health' at District 41's Wellness Day

By Simon Leibovitz

On Oct. 26, I had the pleasure of attending District 41, Elgin's annual Wellness Day. In fact, this year's session, "Expanding Your Horizons," was the eighth year in a row such a presentation has been organized by a group of dedicated members for their peers. Committee chair Wayne Grovesnor told me the organizing committee has already started planning next year's wellness day.

Attending with then-provincial president June Szeman, I met many familiar faces upon my arrival that Monday morning. The session began with an hour-long keynote presentation by comedian Steve Brinder. Not only did he entertain District 41 members with his wildly amusing tales from his "other life" as a substitute teacher, but Steve spoke about the importance of humour in achieving wellness, a lifestyle that is of utmost importance to RTO/ERO and our members. As Executive Director Jim Grieve is fond of saying, "At RTO/ERO, we promote wellness not illness!"

Following the keynote presentation, members attended the first of three workshops, with the latter two occurring after lunch. An excellent variety was offered by both local RTO/ERO members and community members. I had the opportunity to attend several of these, even for a few minutes each, and was impressed with the quality and variety of presentations.

Wellness Day participants had the following from which to choose: computer scrapbooking, cooking, two different fitness programs, golfing, social media scams, fashions, benefits of bees, line dancing, water colour painting, android phones, health food supplements, chalk painting, card making, barbecuing techniques and tips, homeopathy, red wines and herb gardens.

From what I picked up in the discussion between sessions and at lunch, the Elgin District members thoroughly enjoyed the information and new skills learned at the Wellness day and are looking forward to next year's presentations.

One participant, an RTO/ERO member from the Toronto area, told me he visits his friend, a District 41 member, each year at the same time so he can attend Elgin's Wellness Day.

Now's that's a tribute to its ongoing success!



Wellness day participants learn how to make cards.



First Vice President Martha Foster, District 41, Elgin participates in a cooking demonstration.
Photos: Simon Leibovitz.

Provincial awards - call for nominations

Volunteer Service Awards

Nominations for the Volunteer Service Awards are being accepted by the Ontario Honours and Awards Secretariat.

Volunteers are a vital resource to our communities. They are critical to the strength and resilience of our province. The Volunteer Service Awards honour Ontario's finest citizens.

Nomination forms and criteria are available on the Ministry of Citizenship and Immigration website: www.citizenship.gov.on.ca/english/citizenship/honours/vsa.shtml.

Deadline: January 25, 2016.



Carole Prévost-Gratton, Suzanne Poudrette-Gagnon and Lorraine Séguin, District 45, EstaRiO with their PSTO project poster at Senate.

Photo: Susannah Maxcy.

Ontario Senior of the Year Award

Nominations for the 2016 Ontario Senior of the Year Award are being accepted by the Ontario Honours and Awards Secretariat.

Each year the Government of Ontario celebrates the accomplishments and contributions seniors make to communities across Ontario.

The Senior Achievement Award highlights the significant voluntary and professional achievements made by individuals 65+.

Nomination forms, requirements and contact information are available at www.citizenship.gov.on.ca/english/citizenship/honours/seniorofyear.shtml.

Deadline: April 30, 2016.

Congratulations to David Brown, District, 17, Collingwood, West Simcoe and Glenna MacKenzie, District 21, Renfrew - North, 2015 Senior Achievement Award recipients!



Photo: Vanessa Paxton for RTO/ERO.

Please take this opportunity to nominate deserving members and thank them for their hard work.

Logging into the Members' Centre just got easier



Logging into the Members' Centre is as easy as watching cat videos on YouTube. **Photo:** [Alan](#).

In late September, RTO/ERO launched a revamped provincial website, www.rto-ero.org. It features more vibrant web pages, an easier-to-navigate menu, "Walk with me" Executive Director Jim Grieve's new blog and more user-friendly access to the Members' Centre.

Previously, members had to enter their nine-digit RTO/ERO membership number plus their password. With the relaunch of the site, members have a choice of either entering their membership number or their email address, plus their password.

To use their email address to log in, it must be on file with the Provincial Office. If members have changed their email since applying to RTO/ERO, they should email membership@rto-ero.org with their current one to ensure easy access to the Members' Centre.

Need help logging in?

Contact the **Membership Department**

membership@rto-ero.org

416-962-9463 (Toronto) or 1-800-361-9888 ext. 223 or 243

Renaissance: call for submissions

Send a 300 word maximum article proposal outlining the experiences, opinions, artwork or photography you would like to share to renaissance@rto-ero.org or call **Kim Brathwaite** at 1-800-361-9888, 416-962-9463 ext. 224. Need more information about submitting story ideas? Send a request for our Contributor's Guidelines. Learn about upcoming themes and [read past issues of Renaissance in the Members' Centre](#).

Summer 2016: Travelling by water

Are you an avid traveller who loves to paddle through beautiful lakes, venture on white water rafting trips, or maybe you prefer to explore the world on cruises to Alaska, Antarctica or the Mediterranean and Caribbean seas? Some of you are fans of the coast and enjoy sandy or rocky beaches and swimming or surfing in the ocean. Do you enjoy a fishing excursion or interacting with sea turtles while snorkelling?

If you are fascinated by the wonder of travelling on the water, then we would like to hear your story and see your pictures. Do you have any tips or tricks to share with those who may be going on a cruise or rafting for the first time? Tell us about your favourite vacation by or on the water.

Perspectives to consider: Why is travelling close to the water important to you? What have your water adventures taught you about yourself?

Proposal deadline: Feb. 22, 2016.



Photo: Ursula Lenzen-Butt, District 15, Halton.

Notices

Liaison - call for submissions

Do you have an article, story, photo or piece of information that you would like to share with RTO/ERO's membership?

Is there a topic you would like to learn more about? Send your submissions, ideas and questions to liaison@rto-ero.org.

Sign up for e-Renaissance

Read e-Renaissance from the comfort of your computer or mobile device. Send your **name, District number, District name, membership number** and **current email address** to e-Renaissance@rto-ero.org and register to start receiving e-Renaissance.



To receive the spring 2016 issue, submit your email by **March 1, 2016**.



2016 Pocket Planners

2016 Pocket Planners are available for \$3, including shipping, through Souvenir Canada.

To purchase, contact
Lisa Kendall
Souvenir Canada
scanada@on.aibn.com
1-800-259-9641

Not sure what your membership number is?

Your membership number is nine digits and can be found on your RTO/ERO membership card and, where applicable, is the same as your RTO/ERO insurance certificate number. Please note: your membership number is NOT the number listed on the back cover of your mailed copy of Renaissance. To find out what your membership number is, email membership@rto-ero.org.

RTO/ERO pins available

President's pin

Designed to honour District Past Presidents.
Cost: \$15/each.



Recognition pin

Designed to honour District members.
Available in English and French.
Cost: \$15/each.



To order pins contact,
Susannah Maxcy
smaxcy@rto-ero.org.

District certificate of recognition template

A certificate of recognition template is available in Word format for District use.

To obtain a template, contact:

Kelly MacDonald,
kmacdonald@rto-ero.org, ext. 243.

NOTE: If Districts require assistance to produce these certificates, Kelly requires at least one month's notice and can produce a maximum of 10 certificates for any one District at a time. We will do our best to accommodate special circumstances.

Provincial Office contact information

Not sure who to contact? Here is a list of main contacts based on topic. For the complete list, visit www.rto-ero.org/provincial-office-staff.

Topic	Name	Email
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