



**RTO
ERO**

A better future,
together
Ensemble pour
un avenir meilleur

District 21
Renfrew

Fall 2025

LIVEWIRES

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HAVE YOU MOVED?

Be sure to let us know if you have moved, changed your email address, or changed your phone number. We want to be sure you don't miss any important communications. Email barbasselin@yahoo.ca with your changes.

STAYING SOCIAL THIS FALL: COZY WAYS TO CONNECT

As the leaves change and the air turns crisp, autumn invites us to slow down, but not to stop connecting.

Cooler weather doesn't have to mean hibernation! In fact, fall can be one of the best times to rekindle friendships and enjoy the warmth of community.

Invite a few friends for a "Soup Swap," where everyone brings a small container of their favourite homemade soup to exchange. Host a cozy "tea and tunes" afternoon with music from your teaching days, or join one of our monthly District 21 lunches to share stories and laughter.

If you're looking for something new, local libraries often host guest speakers, genealogy workshops, or craft afternoons. These are all wonderful ways to learn and meet others.

Social connection is one of the most important predictors of happiness and longevity. A simple conversation, shared meal, or group outing can lift your mood and help others feel seen and valued too.

So as the days get shorter, make a plan to reach out. Staying social isn't just good company, it's good health.

PRESIDENT'S MESSAGE

Hello District 21 members,

As autumn arrives and the days turn crisp and colourful, I find myself reflecting on what makes our district so special, and it always comes back to connection. Whether we meet over lunch, at the movies, or during one of our book club discussions, these moments of shared laughter and conversation remind us that retirement doesn't mean slowing down - it means showing up for each other in new and meaningful ways.

This fall, our community has continued to shine. Our luncheons have been well attended, and our Book Club continues to spark wonderful discussions (and occasionally, friendly debates!). The movie outings have also become a highlight for many members, giving them a chance to enjoy good company and a good story on the big screen. And of course, we're already looking forward to our annual Christmas Luncheon in December, where we'll once again gather to celebrate the season together.

The spirit of RTOERO has always been about belonging: about staying active, staying informed, and supporting one another through the many seasons of life. Each of you contributes to that spirit in your own way, whether by volunteering, sharing a story, or simply showing up and saying hello. I want to thank you for continuing to make District 21 such a warm and welcoming community.

As we move toward the close of another year, I encourage you to take a moment to reflect on what you're grateful for. Maybe a friend, a neighbour, a memory, or even a quiet morning with a cup of coffee. Gratitude, like autumn's colours, reminds us to appreciate life's simple beauty.

I look forward to seeing many of you at our upcoming gatherings, and as always, I welcome your ideas, your stories, and your energy as we continue to grow together.

Warm regards,
Trish Turner
President, RTOERO District 21



UPCOMING LUNCH DATES

Looking for a fun outing with your fellow RTOERO District 21 members? Consider joining us for lunch at one of the following locations:

ARNPRIOR/RENFREW/COBDEN

Join us on the following dates at 11:30 a.m. (usually the second Tuesday of each month):

November 6 - Cobden: Country Kitchen at 11:30 a.m.
December 4 - Arnprior: Jim's Restaurant at 11:30 a.m.

PEMBROKE

Join us on the first Wednesday of each month at 11:30 a.m. at the following locations (note September is a breakfast at 9:00 a.m. on the first day of school):

November 5 - Pembroke: Boston Pizza at 11:30 a.m.
December 3 - Pembroke: Boston Pizza at 11:30 a.m.

QUEBEC

Join us on the third Thursday of each month at 12:00 noon at The Waltham Station:

November 20 - The Waltham Station at 12:00 noon
December 18 - The Waltham Station at 12:00 noon

WE COULD USE YOUR HELP

When we want to get the word out, we count on our callers. Some of our callers have volunteered for a number of years and are now ready to hang up the phone.

The District is now looking for replacement volunteers. It's an easy and enjoyable where you get to talk to nice people 2 or 3 times a year.

If you're interested, please contact Myrtle Carroll at:
Phone: 613-732-3066
Email: myrtlecarroll4@gmail.com

FALL 2025

MEET YOUR DISTRICT 21 COMMITTEE MEMBERS

President: Trish Turner

Treasurer: Guy Regimbal

Goodwill: Myrtle Carroll

Events: Trish Turner

Membership, Social Media,
Chimp Chatter:
Gus Cammaert

Newsletter, Website:
Barb Asselin

Community Grants, Political
Advocacy:
Carol Sulpher

Health: Linda Steeves

Governance - Jackie Asselin

RPW - Anne Guest and
Sue Larkin

SAVE THE DATE

Our Annual
Christmas Luncheon
will be held at
Rankin Hall on
Sunday, December
7th from 2:00-
4:00 p.m.

POLITICAL ADVOCACY NEWS

The members of the Political Advocacy Committee (PAC) chaired by Jacqueline Asselin of our District had their first orientation and training in Toronto on September 24 and 25, 2025. Roger Régimbal was appointed as our new board liaison in June. The mandate of the PAC includes:

- providing recommendations to the CEO on resources and supports needed for district advocacy initiatives, including election-related campaigns.
- Gathering and sharing information on environmental stewardship.
- Acting as a strategic monitor for pension plans, legislation, and trends affecting defined benefit pensions, keeping the CEO informed.



District 21 and other representatives of the Kitchissippi Ottawa Valley chapter of the Council of Canadians in Ottawa on Sept. 20.



It was a privilege to join @RTOERO (soon to be Entente Education Canada) on October 5 on Parliament Hill to represent our members from across the country. We had the chance to sit down with elected officials to share why we need stronger health care for older adults, a national seniors strategy and action on environmental issues. Looking forward to continuing these conversations in the months ahead!

by Jacqueline Asselin



KEEPING INFORMED – OUR SOCIAL MEDIA

Back in the early '80s when computers were first introduced in schools and principals were urged to make their staff members use these new-fangled gadgets there was considerable reluctance to get involved. How times change! Over 80% of our members now use their computers and internet services to keep up with family, community news, church services and organizations to which they belong.

Livewires, our district's newsletter, is distributed by mail or electronically to all of our members.

by Gus Cammaert

DISTRICT 21 IS ON FACEBOOK

Eight years ago, Monica Harrington had the foresight to start our own Facebook page. It posts interesting articles which may inform you of upcoming events, articles of interest to the education community or simply items which in the mind of person who posts it are of interest to our members. I maintain by deleting dated items and posting upcoming events.

I encourage you to log on to Facebook and in the top left corner search for [RTOERO District 21 Renfrew](#).

Look for this banner:



Any member of the district can post articles. So, please check it out and add your comments. We presently have 147 members who regularly read from our Facebook page.

The other popular social media vehicle we use in our district is Chimp Chatter. It too, is designed to give our members information about district happenings.

Upcoming social events such as lunches, general meetings and important activities undertaken on your behalf by the executive are advertised on CC. We have over 175 members who have signed up for this service. If you're not one of them and you would like to be send me an email (cammaert@nrtco.net) and I will subscribe you.

I'm sure you will like it but if it isn't what you're looking for, I will take you off the subscription list.

by Gus Cammaert

COOKING FOR ONE OR TWO: SIMPLE AUTUMN COMFORTS

Cooking for a smaller household can feel like a challenge, but it's also an opportunity to experiment and create cozy, healthy meals without a fridge full of leftovers. Here are three small-batch fall favourites that are easy to make, easy to freeze, and perfect for two servings.

HARVEST SOUP FOR TWO

Ingredients:

- 1 Tbsp olive oil
- 1 small onion, chopped
- 1 carrot, diced
- 1 small potato, diced
- ½ cup chopped cabbage or kale
- 2 cups vegetable or chicken broth
- Salt, pepper, and thyme to taste

Directions:

1. Sauté the onion and carrot in oil until soft (about 5 minutes).
2. Add potato, greens, broth, and seasoning.
3. Simmer 20–25 minutes until vegetables are tender.
4. Optional: Blend half the soup for a creamy texture.

Serve with a sprinkle of grated cheese and a slice of multigrain toast.

MINI APPLE CRISP FOR TWO

Ingredients:

- 2 small apples (peeled and sliced)
- 1 Tbsp sugar
- ¼ tsp cinnamon
- ¼ cup rolled oats
- 2 Tbsp flour
- 2 Tbsp brown sugar
- 2 Tbsp butter, softened

Directions:

1. Preheat oven to 350°F.
2. Toss apples with sugar and cinnamon; divide into two small ramekins.
3. Mix oats, flour, brown sugar, and butter until crumbly.
4. Sprinkle topping over apples.
5. Bake 25–30 minutes until golden and bubbly.

Serve warm with vanilla ice cream or a spoonful of Greek yogurt.



COOKING FOR ONE OR TWO: CONTINUED

CREAMY CHICKEN & VEGGIE SKILLET FOR TWO

Ingredients:

- 1 chicken breast (or 2 small thighs), cut into bite-sized pieces
- 1 Tbsp olive oil or butter
- ½ small onion, diced
- 1 small carrot, sliced
- ½ cup frozen peas or mixed vegetables
- ½ cup diced potato (or cooked rice for a shortcut)
- ½ cup milk or light cream
- 1 Tbsp flour
- ½ tsp dried thyme
- Salt and pepper to taste

Directions:

1. Heat oil or butter in a medium skillet over medium heat. Add chicken and cook until lightly browned. Remove and set aside.
2. In the same pan, sauté onion and carrot until soft. Add flour and stir for 1 minute.
3. Slowly pour in milk, stirring constantly until slightly thickened.
4. Add potato, peas, thyme, and chicken back to the pan. Season with salt and pepper.
5. Simmer for 10–15 minutes, stirring occasionally, until vegetables are tender and sauce is creamy.

Serve warm with a side of toast or a green salad.

Tip: This recipe adapts easily. Swap the chicken for leftover turkey, or add mushrooms for an earthier flavour.



SMALL BATCH PUMPKIN MUFFINS

(Makes 6)

Ingredients:

- ¾ cup flour
- ¼ cup brown sugar
- ½ tsp baking soda
- ½ tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp salt
- 1 egg
- ½ cup pumpkin purée
- 2 Tbsp oil
- 1 Tbsp milk

Directions:

1. Preheat oven to 350°F and line a muffin tin with 6 paper liners.
2. Mix dry ingredients in one bowl, wet in another. Combine gently.
3. Fill liners ⅔ full and bake 18–20 minutes.

Enjoy warm with a cup of tea, or freeze for later.

SMALL BATCH TIPS

Plan for leftovers.

Double recipes that freeze well and portion them into single servings.

Buy versatile ingredients.

Choose items that can do double duty such as spinach for salads and omelets, yogurt for breakfast and baking, chicken for dinner and sandwiches.

SPEAKING OF GRATITUDE...

District 21 Receives \$4,000 Community Grant!

Great news - our 2025 RTOERO Community Grant has been approved for the full amount of \$4,000 to support a new youth environmental-stewardship initiative right here in District 21.

The project will encourage young people in our community to get hands-on with local environmental programs and learn how small actions can make a big difference.

The RTOERO Community Grants and Scholarships Committee commended our district for its meaningful proposal and commitment to engaging the next generation.

Funds will be used during the coming year, with a final report due in spring 2026.

Watch future issues of Livewires for updates as the project takes shape!

GRATITUDE GROWS HERE

There's something magical about autumn. The bright, fleeting colours remind us that change can be beautiful and that letting go is part of life's rhythm. As the season settles in, it offers us a gentle reminder to pause, take stock, and practice gratitude for the moments and people that make our lives rich.

Gratitude isn't only about grand gestures. It's often found in the quiet details, like the first sip of morning coffee, a phone call from an old friend, or a good laugh around a lunch table. Studies have shown that keeping a simple gratitude practice, like jotting down three good things each week, can boost happiness, strengthen relationships, and even improve sleep.

Our RTOERO community is built on that same spirit of appreciation. Each time members volunteer, attend an event, or send in a story or photo, they remind us that connection doesn't end when the school bell rings for the last time. It evolves. We become mentors, storytellers, and friends to one another.

This fall, try weaving gratitude into your daily routine.

- **Pause:** Notice one thing that made you smile today.
- **Appreciate:** Tell someone how they've made a difference in your life.
- **Reflect:** Look back on the lessons you've shared and the friendships that continue to grow.

Gratitude doesn't erase life's challenges, but it helps us focus on what truly matters: the people and moments that colour our days. As the trees shed their leaves and prepare for rest, may we, too, take time to celebrate what we've gathered this year: friendships, memories, and the simple joy of belonging.

FUN FOR ALL AT McMILLAN CABINS, GOLDEN LAKE

The late morning of September 9th provided us with sunny skies and good temperatures to hold our District's "fall" social gathering at McMillan Cabins in Golden Lake. Everyone commented on what a beautiful day it was to meet and visit on the grounds until lunch was ready.

Lunch was a buffet of homemade goodness prepared by the owner, Colleen McMillan and her staff. Our members and guests gathered in the dining hall seated at one long table prepared for over 35 hungry diners.

Before lunch a presentation was made to representatives from two of Renfrew County school boards. This presentation was to announce our District's successful application for a \$4000 grant to be used for school environmental stewardship projects in the coming school year. This funding permits student led groups from the 11 high schools (9 English and 2 Francophone) in the county to apply for a \$500 grant to help them achieve environmental projects within their respective schools. On hand to celebrate with the retired teachers were Terry Fleming, Indigenous Education Coach from the Renfrew County District School Board and Heid Fraser, Superintendent of Educational Services with the Renfrew County Catholic District School Board.

by Carol Sulpher and Trish Turner



BOOK CLUB

The next book club meeting is November 27th on the book *The Maid* by Nita Prose.

An opportunity to have a virtual book club will soon be coming. You will need a Zoom account to attend. If you have a tablet or computer and don't have someone to help set it up for you reach out to Trish (613 570 0682). Members will vote on the book selection and meet via their computers.

Contact Trish for more information.

MOVIE NIGHT

Our last movie matinee for members and their guests was *Downton Abbey - The Grand Finale*.

Watch your Chimp Chatter or our Facebook page for details on upcoming movies.

CREATIVE CORNER

The leaves are falling,
and so am I,
for this second slice
of pumpkin pie.

Q: Why did the scarecrow
win an award?

A: Because he was
outstanding in his field!

WHAT IS MEMBER SERVICES ALL ABOUT?

As the person responsible for Member Services, I keep track of your membership status. At the beginning of each month the corporate office in Toronto sends me up to date lists of both retired members and employed members who belong to District 21. These lists contain a lot of information and are used to formulate lists which callers use to inform you of upcoming events. At the beginning of September, we had 808 retired members and 34 employed members. I also receive lists of upcoming birthdays and lists of changes such as address, phone numbers and email addresses that have taken place during the previous month. Statistical information such as number of men and women, age grouping etc. provides interesting information. Because the lists contain so much personal information, they are not shared and lists which I create for callers have just bare bones information such as name, phone number and email address.

It is essential that if you have a change of address, phone number, email address, you inform the Membership Department in Toronto. You can call them at 1-800-361-9888 or email them at Membership@rto-ero.org or you can call me 613-628-3072 or email me at cammaert@nrtco.net.

by Gus Cammaert



Members of District 21 enjoying lunch at Boston Pizza on October 7th.

RTOERO is Becoming Entente Education Canada

On January 1, 2026, RTOERO will officially change its name to Entente Education Canada, marking an exciting new chapter in the organization's evolution. The decision was approved by the board on May 14, 2025, and confirmed by corporate members.

RTOERO's original name reflected its origins as the Retired Teachers of Ontario-Ontario, but over time the organization has grown and its mission has broadened. The name "Entente" (pronounced on-TAHNT) was chosen because in both English and French it speaks to agreement, understanding and collaboration, which are values that lie at the heart of the organization. The new name also better reflects the organization's commitment to its educational roots and to healthy, active aging across Canada, not just in Ontario.

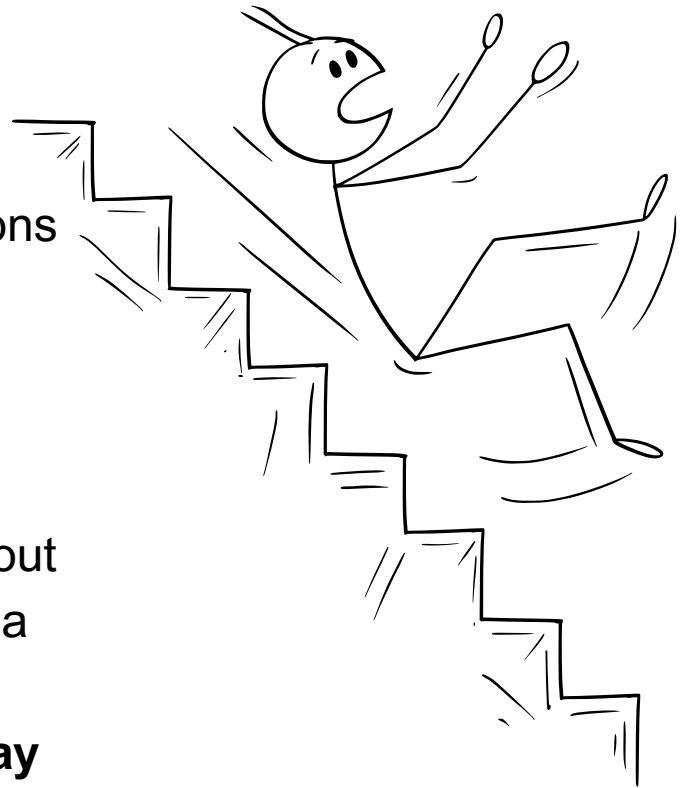
- Beginning January 1, 2026, the name Entente Education Canada will appear in all corporate communications. During the transitional period, the tagline "formerly RTOERO" will accompany the name to help members and stakeholders recognise the connection.
- The existing services, supports and community benefits that members value will continue unchanged. Membership, programs, districts, and the group insurance program (which will be rebranded as Entente Plus) will carry on without disruption.
- District names and branding will gradually evolve to align with the new national identity, and communications during the transition period will update members about timing and next steps.

The decision to rename was the outcome of an extensive process. It began in 2019 when RTOERO first created a refreshed brand, but members continued to express that the name no longer fully reflected the organization's purpose. In 2024, a renaming process was launched, engaging members and exploring possibilities until a name was chosen.

This change isn't about losing history, but about embracing the future. Entente Education Canada honours the proud legacy of RTOERO, while positioning the organization to serve an even broader community with clarity and strength. Members can look forward to the same trusted supports, familiar programs and strong community, all under a name that reflects who they are and who they're becoming - together.

UNDERSTAND THE RISK FOR FALLS

- Falls - one of the leading causes of injury-related hospitalization each year
- Falls - one of the main reasons for a move to a care home
- One in three people over 65 falls - **about half of them never tell anybody**
- By the time we reach 90, about 98% of all seniors have had a fall-related incident
- **Falls cost \$15+ million a day**



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