



MARCH E-BLAST

Important Dates

Check out the [calendar posted](#) on our website.

March 6 - Lianne Harris - The Vikings - 7 PM Virtual

March 12- Poetry Group Virtual meeting - 7 PM Virtual

March 13 - Book Club Virtual meeting - 7 PM Virtual

March 19 - D28 Council Meeting -9:30 AM (contact us if you plan to attend)

March 21 - Hiking Group McLaughlin's Bay Oshawa - 10 AM

March 21 - Durham Master Gardeners - Edible Flowers - 7 PM Virtual

March 26 - Retirement Planning workshop - Cobourg IN PERSON

March 27 - Coffee on Us at Tim Horton's in person - 10 AM Ajax, Bowmanville, Oshawa, Port Perry, and Uxbridge.

March 28 - Coffee on Us at Tim Horton's in person 10 AM Pickering and Whitby

March 28 - Retirement Planning Workshop - Peterborough IN PERSON

April 3 - DRPS Presentation - avoiding scams - 7 PM Virtual

HOLD THE DATE - AGM JUNE 5th, 2024. 11 AM - Pickering Hope everyone will be there!

IMPORTANT!!! FEE PAYMENT

Please check your January Pension statement to see if you were charged for your membership this year. We have had a few reports of members or spouses being charged inappropriately. Although fees were waived starting in 2024, RTOERO Head Office may not be aware of some spousal relationships, triggering a fee payment. If this applies to you, please contact finance@rtoero.ca and a refund cheque will be issued.

This Month's Hike - Oshawa GM Lakefront

This month we are going to hike the McLaughlin Bay and Darlington area on Thursday March 21st, at 10:00 AM. This a unique ecological area connected to Darlington Provincial Park. To reach this area take the 401 exit at Farewell St. and drive south to Colonel Sam Dr. Turn left (east) and continue past the GM parking lot to the McLaughlin Bay Trails Public Parking area. I look forward to seeing as many as can make it!



UOIT Age Friendly Campus event - March 21

COMPLEX RESEARCH EXPLAINED IN AN ENGAGING, ACCESSIBLE AND COMPELLING WAY - THREE MINUTE THESIS COMPETITION - Three Minute Thesis (3MT®) is a university-wide competition for graduate students in which participants present their research and its wider impact in three minutes or less to a panel of judges. This fun and challenging academic competition enables students to showcase their research to a wider multi-disciplinary audience. Heats start on Wednesday, March 20 with the finals taking place on March 21. Both the Heats and Finals will be livestreamed, but if you're unable to tune in live you can still watch the presentations on the 3MT Media Channel anytime!

Learn more. <https://gradstudies.ontariotechu.ca/grad-student-engagement/three-minute-thesis/index.php#tab1-4>

Tips to avoid romance scams.

The idea of being defrauded through an online romance is heartbreaking - you think you're building a relationship with someone, only to find out it was all part of a plan. You may be swindled into covering travel costs to meet in person, or they might tell you about a family emergency and that they need financial help to deal with it.

This type of fraud is sadly common – it cost Canadians more than \$50.3 million in losses in 2023, according to the Canadian Anti-Fraud Centre. Elder Abuse Prevention Ontario offers guidance to avoid romance frauds. You can read the full article on their site here: eapon.ca/avoid-romance-scam/

Warning signs of romance scams

- The relationship moves fast – scammers will try to develop a quick relationship
- The person asks you to send money
- You receive a message and they've used the wrong name – fraudsters are often working on multiple victims at once
- You check their profile and notice inconsistencies with what they share online and what they've told you

If you think you may be a victim but aren't sure, try speaking to a trusted friend or family member. You can also contact police.

Questions and answers about travel insurance

You may have heard that RTOERO has a new member benefit: Trip interruption and cancellation insurance for members who aren't yet part of the RTOERO Entente Group Insurance Plan.

Here are some key questions and answers RTOERO receives about travel insurance. See more on the blog here: rtoero.ca/travel-insurance-for-canadians-questions-and-answers/

Do I need travel insurance?

Ensuring you're adequately covered can provide peace of mind to help you enjoy your trip and reduce stress if the unexpected happens. While not required by Canadian law, travel Insurance is essential to protecting you, your family, and your finances.

Should I have insurance for a day trip across the border?

Yes, if crossing the border for a shopping day or other activity, it's important to make sure you have medical coverage.

Why might I purchase multi-trip coverage vs. single trip coverage?

If you're taking multiple trips in a year, then it's worth looking at multi-trip coverage. Remember that travel is more than major vacations – it can include weekend getaways or even cross-border shopping trips. Purchasing single-trip coverage may not be as cost-effective, and it also requires your time and attention each time you need to do it.

Is credit card travel insurance good enough?

Many credit cards include both medical and trip cancellation and interruption insurance, provided the trip was booked using the credit card. This type of insurance may be sufficient for you but don't assume it is. Always be sure to check the details – for example, there may be a maximum length of trip, or you may not be covered over a certain age. Read the limitations and exclusions carefully. You may also want to top up coverage if the coverage amounts are not enough for your needs.

To learn more about RTOERO's trip cancellation and interruption travel insurance, visit: <https://rtoero.ca/insurance/trip-cancellation-interruption/>

If you know someone working in education who likes to travel, tell them about this benefit – it's one more reason to get their membership now.

Get to know RTOERO's advocacy issues

RTOERO advocates for older Canadians, and Canadians of any age, with a focus on three key areas:

National Seniors Strategy

A coordinated National Seniors Strategy, with dedicated funding and accountable goals, will ensure we meet the evolving needs of seniors.

Geriatric Healthcare

Our healthcare system (and social systems) needs to re-think how to address the rising needs of Canada's fastest-growing demographic—older adults.

Environmental Stewardship

Responsible use of resources, conservation, protecting our air, land, and water – improving in all areas is critical to a sustainable future.

You can read more about these focus areas on the RTOERO website here:

<https://rtoero.ca/giving-back/advocacy/>

Join our district advocacy team

RTOERO's approach to advocacy includes efforts at the district level. Our district has an advocacy committee and we actively welcome new members. If you're interested in learning more, please contact [Don Farquharson](#).

Social Committee Zoom Events

So far this winter we have had two very different Zoom presentations given

By two very different presenters. If you missed them, the recorded version is now available for one month

On February 7, Amy Barron presented Archeologist, Teacher, Soldier, Spy. Amy is a professor of Museum Studies at Sir Sandford Fleming College. She graduated from the University of Toronto with a PHD in Mesopotamian weaponry and is an archaeologist who has worked on digs around the world. She ran us through the early archaeologists in the Middle East, introducing some interesting personalities and difficulties they had before WW2. These people, with contacts throughout the region and some freedom of movement, were used on both sides of the First World War as spies. We learned of the strange life and family history of T. E. Lawrence, one of these archaeologist-spies best known as Lawrence of Arabia. We learned of the much admired, Influential Gertrude Bell (Egypt & Iraq) a formidable woman who was also an archeologist and Arabist working all over the middle east and who, with T. E. Lawrence (Egypt), believed that there should be independent Arab states after the war. She was at the conference that drew the state lines for the middle east after WW1. Sir. C. Leonard Woolley (Syria) was a leading archeologist in the region and brought many of these people together. He also worked to bring information to the allies. Their stories are intertwined and fascinating and Amy made them come alive!

On February 28, we ushered the leap year forward with a presentation on Madagascar and its wildlife, especially lemurs and birds. Geoff Carpentier is a widely travelled naturalist and biologist who has been to 80 countries around the world on all 7 continents. He often works as a professional guide on tours in many exotic places. His pictures and reporting gave us a new look at Madagascar and the challenges faced by nature and humans as they toil to survive. I know I personally thought of Madagascar as a lush, forested paradise with an immense store of wildlife different from most others in the world. Geoff showed us a poor, arid, agrarian land where over 90% of all forests have been cut down for firewood to heat and cook with. This presents a problem for the wildlife that are losing their habitats...but how do you

Ask people to choose wildlife over their own subsistence and that of their families. Along with this reality Geoff showed glorious pictures of beautiful and exotic birds and some of the animals found in Madagascar. It was a truly informative presentation.

I would also like to mention that Geoff is an avid birder and is putting together a birding trip to Laos and Cambodia from April 22 to May 9, 2025. He is attempting to add to the more than 4000 birds he has catalogued. He is looking for others to join him and wondered if some teachers would be interested in his trip. If you think you may be interested, he has a full itinerary for the trip, an excellent presentation on the what is proposed and information on the company that will run the trip (birdingecotours.com). If you are interested you can get more information at geoff.carpentier@gmail.com.

DUSTOFF Spring & Summer Edition

Looking for **member input** for the spring edition of DUSTOFF. We would love to hear from you!

Spring is a time of **rebirth**, and we all know that life involves many **new beginnings**, some forced upon us, and some taken by choice. Whether it is a new career, a new hobby, a new phase of life or a new adventure, new beginnings can be challenging, but can also make us grow.

Tell us about a time when you faced a new beginning, and how you managed it. If possible, please include a photo to enhance the article (can be a photo of you, or something related to the new beginning).

The ideal length for the article is 250 - 500 words. Deadline for submission is April 10th, 2024. Please send articles and photos to district28@rtoero.ca