



**RTO
ERO**

A better future,
together
Ensemble pour
un avenir meilleur

District 12
Norfolk

Prime Time

Spring 2023

Issue 69



You will be amazed to read and discover how members are involved and inspired by **The Sporting Life**. For some, it has been a life-long passion, while for others, their participation has changed and evolved with time.

Be sure to see how our members have enjoyed our Mix and Mingle social events. Our Spring Luncheon is coming soon. You'll find important details about it here. Be sure to RSVP to reserve your place. Come early or miss the fun! This and more. Enjoy.

Bonspieling with Leslie and Nora Peter



Forty-nine years ago, my husband Les and I (both teachers) made the move to the Northern Ontario town of Manitouwadge, where Les taught, I had babies, and we both learned to curl – a sport which has filled our winters ever since. Eight years later when we left the north and moved to Courtland we immediately searched out the Tillsonburg Curling Club and became members. As we had learned in the north, the club was a great place to meet people and make new friends.

Fast forward 40 plus years, the last 20 or so in retirement, and you'll find us still curling and still very involved in our local club. Over the years we have been involved in running leagues, bonspiels and have taken positions on the Board more than once. More recently, we have been concerned with the decline in membership that threatens to close our club

and we have made the decision to do what we can to help promote the club and keep this facility available to the people of Tillsonburg and the surrounding area.

We typically travel in the fall and late spring and keep the winter months for curling. This year seems to be exceptionally busy with the club. After losing almost two seasons to Covid shutdowns, our club is in a precarious position financially. We had a good opening to the season and then lost our compressor and spent 3 weeks getting our ice put back in. This has raised more financial concerns for the club. Les has spear-headed the sale of Beer-for-a-Year tickets, a major fund-raiser for the club. As volunteers this season we have run 2 major bonspiels, helped with a couple more, I'm part of the Board and Les has organized a group interested in hosting various fund-raising projects or events. We also curl twice a week which keeps us active in the winter months and keeps us connected with friends.

Curling not only keeps us busy around here, but it has also become a part of our travel destinations too. We have bonspieled in Chicago, Blind River, Tarrytown NY, as well as many local towns and clubs. We have travelled to several places that hosted the Brier- this year we have tickets for London; we've been to Las Vegas twice to watch the Men's Worlds and the Continental Cup - a great venue; we even found and visited the only curling club in Hungary in the city of Budapest on our trip down the Danube. We truly believe curling is a sport for everyone.

Our family all became curlers, currently we spend our Tuesday evenings babysitting our granddaughters so our son and his wife can curl. Those same grandkids are learning the game as Junior curlers. Curling is a great family sport and it's brought our family together on the ice to compete with and against each other, which is fun and challenging too. It's fun to have our grandchildren watching and playing the game and having some knowledge of the game when we're watching curling on TV together. The kids learned early on what "Hurry hard!" means.

As the season comes to a close in a few weeks, we will pack away the brooms, get out our bikes and look forward to time spent with family and friends. Some spring and fall travelling, summer in our cabin on the lake and when October arrives Les and I will begin our 50th season of curling. Curling rocks!!



Nora and Leslie at the Tillsonburg Curling Club



Curling in Budapest, Hungary

Getting Faster than the Old Codgers



In 1972, Orienteering was developing in Ontario. Orienteering involves using a contour map to locate markers placed usually in the woods as indicated on the map. It feels like playing chess and running a marathon at the same time.

A while after you finish, you feel exhilarated from completing the course. Competitors start 3 minutes apart and because of the different possible route choices you usually do not see other racers in your age category. It is a year round sport for the whole family. Many summers we spent

travelling across Canada and the U S, camping and being challenged by the orienteering courses that were available at the various championship events.

Dave and Nancy Baldock

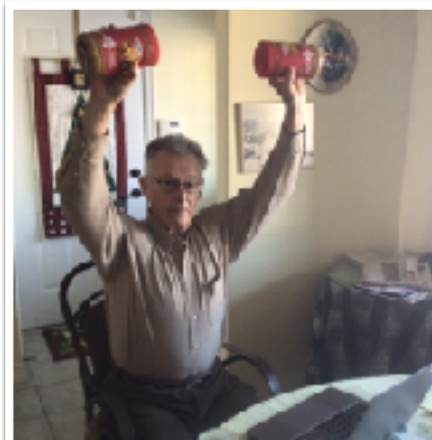
The Beginning. Sports brought us together. Early dating involved summer golf and tennis. At the end of the summer we would go back to our respective university social lives. Each summer our relationship broadened to include many other activities, badminton, volleyball, swimming, bridge and dancing.

The Middle. The Baldock family as it grew enjoyed almost every sport around. Golf and tennis continued with the addition of squash, curling for the adults. The boys added soccer and high school sports while the parents became active cheering spectators and coaches.



The End??? Retirement has not slowed our participation but it has taught us to pace ourselves. Golf now is more enjoyable for nine holes with a cart. Tennis has become pickleball in the winter at least. Biking has replaced running. Swimming has not changed except for checking the water temperature first, heated pools are preferred. Orienteering still continues and because of age based competition categories, the challenge is now to be faster than all the other old codgers. Some of the time, we are just happy to finish the course safely and not make any serious navigation mistakes.

New to us now are all the programs at the Simcoe Senior Centre where we play pickleball and Stonebridge Community Services out of Tillsonburg providing programs in several locations in Norfolk County. (Contact : Abby at amalott@stonebridgecs.com) for her newsletter. We enjoy the Balance and Strength classes on line and in person as well as the anytime, any place videos. They are geared to be done at the pace the participant desires and can handle. When a grey day gets to you, exercise can provide brightness. Whatever it is we have probably tried it. Whatever you can do... *Just Do It!!*



Hanging Around the Outer Edges of Sports

Don Stewart

My involvement as a volunteer and participant in sports began long before retirement but I was determined to continue as long as I could.

I managed to play hockey for sixty years only because old-timers became so popular about the time I became an old timer. As the years passed we named ourselves VOTs (very old timers) and at about age 60 we became Vintage. Nice way to stroke our ego as the skills diminished. I managed to hang in there for 12 years after retirement.

I golfed a bit more often, at least that's what I call it, and still like to golf. I like the social aspect of golf as much as I do the game. I was fortunate enough to golf in Florida, Myrtle Beach, Cuba, Mexico, the Dominican and Jamaica all after retirement.

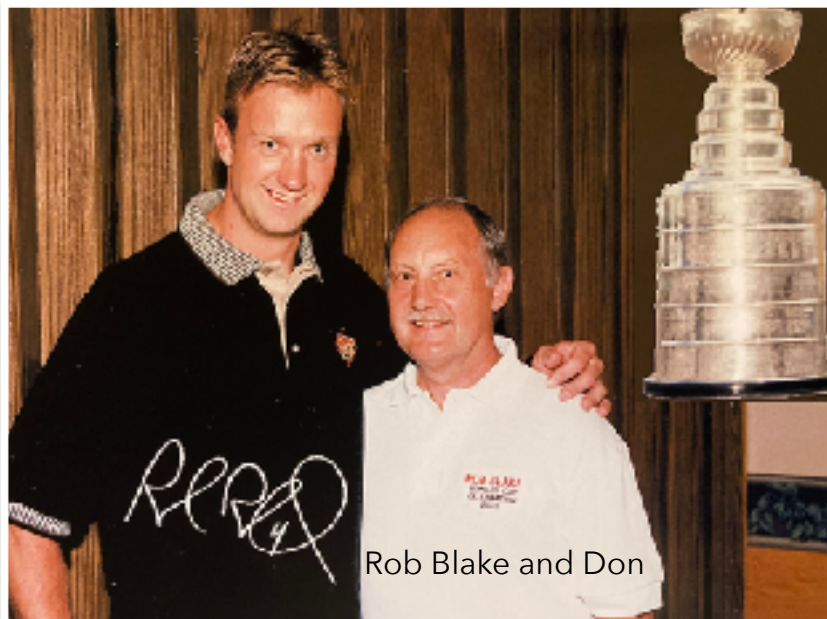
A few months after I retired, I took a part-time job at the Simcoe Reformer as a freelance sports reporter profiling local people in sport. Most of the 200+ stories were written in and around Simcoe but if I profiled professional athletes from this area, I attended games in Toronto to get my photos and interviews. That led me to interview the General Manager of the Los Angeles Kings, the coach of the Calgary Flames and a Toronto Blue Jays catcher. Nice perk for a guy who hung around the outer edges of sport for a very long time!



My involvement with the Norfolk County Sports Hall of Recognition continued long after retirement. I was fortunate enough to interview and write the bios for many of the inductees. Some of the interviews were taped and used at the Induction Ceremonies and local television so the inductees could tell their own story. That was a wonderful experience!



I was master of ceremonies at many Sports Hall induction ceremonies, the Reunion of Champions celebrations that recognized championship teams from Norfolk County and several Parade of Champions at the Norfolk County Fair that, in partnership with Norfolk County, recognizes individual and team champions. I was the master of ceremonies for the Stanley Cup celebrations when Rob Blake, Nelson Emerson and John Stevens brought the Cup home. I was not involved in the Jassen Cullimore celebration.



Rob Blake and Don

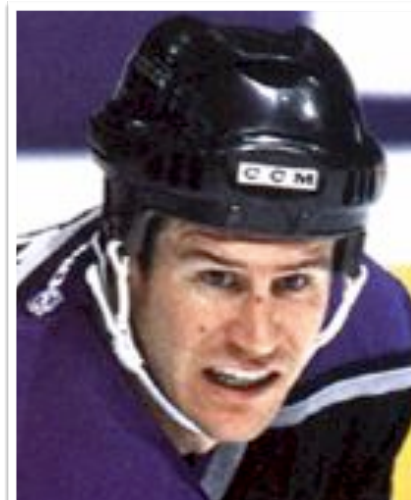
I did a group interview with Red Kelly, Rick Wamsley, Rob Blake and Chico Maki for Cable 5 television. Jassen, John Stevens and Nelson Emerson had not yet won the Cup.

I wrote several bios about Russian hockey players for a local NHL player agent. That took me to the NHL drafts in Buffalo, NY and Raleigh, North Carolina.

I continued doing colour commentary on local TV Cable 5 for Junior hockey, soccer, curling and baseball. During many hockey broadcasts, I had the privilege of working with Fred Guidolin.

I wrote two articles for Conquering Lake Erie, a publication with wide circulation, regarding Annaleise Carr's swim across Lake Erie. Then I was honoured when she asked me to MC her wedding!

I feel so blessed to have had these opportunities to enjoy in retirement!



Nelson Emerson



Annaleise Carr

Lessons Learned from the “Red Head”

Ruth Ellen Kelly

I'd see my cousin almost every week, usually on Saturday, around 7:30 in the evening. To prepare for his visit, the family would gather in the living room and even pop some popcorn and get other treats ready. I threw a blanket and a pillow on the floor because I was usually just a spectator for these visits...after all, I was 19 years his junior. When I was born, he was already off to Toronto to perfect his trade.

His entrance was always spectacular. The anticipation increased as the time drew near. Then the music began and lights flashed and we heard the familiar, “Hello, Canada, and hockey fans in the United States and Newfoundland” as Foster Hewitt (and later, his son, Bill) announced the beginning of Hockey Night in Canada. We would search the television screen for the familiar number 4. It was exciting because, in the early days, the game had already started and was half way through the first period and we were anxious to know the score of the game. Our whole family was really into the visits because almost immediately they began shouting instructions at the television set. This was a little shocking but eventually I joined in too, even though I don't think “Red” ever listened to what I said. To this day, I still shout instructions!

Lesson #1: Shouting at the television doesn't help your team but it makes you feel like you're participating.

Leonard Patrick “Red” Kelly was a farm boy from rural Ontario who had skills he wanted to develop to play in the National Hockey

League. He signed to play for Detroit at the age of nineteen and had a stellar career as a defenceman while helping his team to four Stanley Cups. Thirteen years later, he was traded to Toronto where he spent six years as a forward and won



four more of Lord Stanley's trophies. He also won four Lady Byng trophies for gentlemanly play, three with Detroit and one with Toronto.

“Red” had a number of firsts in his career:

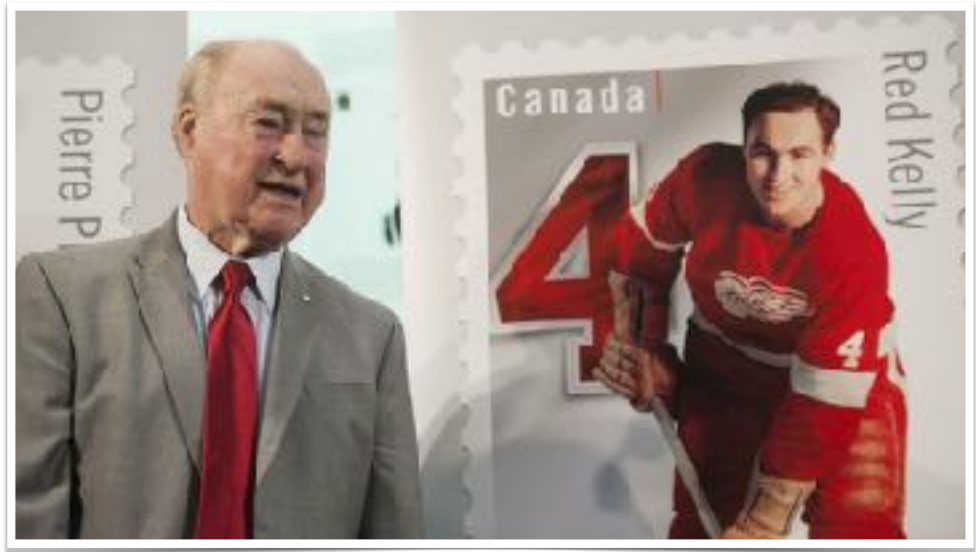
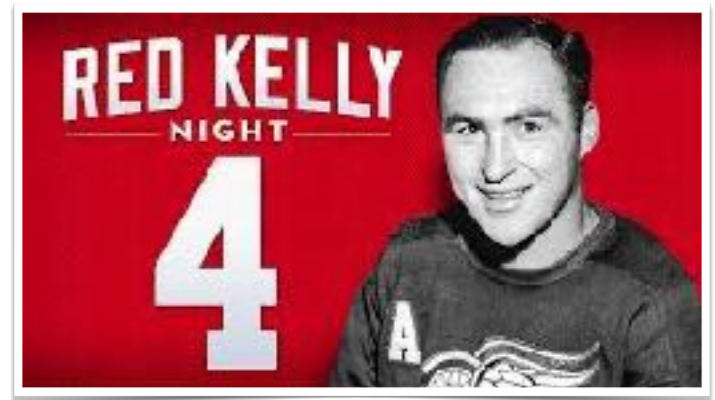
- first to win Norris Trophy
- first coach of Los Angeles Kings
- first to play hockey and be a member of parliament
- one of few to have his number retired by two teams
- won 8 Stanley Cups (only non-Montreal Canadien to do so)

Lesson #2: Follow your dreams. With hard work and determination you can achieve your goals.

When I was very young, I remember that "Red" came home from playing hockey and worked on his Dad's farm in the summer and even played a little baseball. I attended one such game in Port Dover. "Red" was about to hit so I headed for the bleachers to sit down and watch his at bat. I climbed the bleachers and I heard the crack of the bat and felt a horrible pain in my back. "Red" had hit a foul ball that smacked me squarely in the back! I turned around and immediately sat down... didn't know whether to cry or not. I didn't. No one noticed anything was wrong. When I could, I found my mother and stayed with her for the rest of the game. That day, I learned the most important lesson...

Lesson#3: Keep your eye on the ball (or the puck, as the case may be)

Leonard "Red" Kelly passed away on May 2, 2019, the 52nd anniversary of the Leafs last Stanley Cup. As NHL Commissioner, Gary Bettman, said following Red's death in 2019, Kelly's career was "so storied and distinguished that it may never be duplicated... Red was the ultimate hockey renaissance man who seemingly could do it all."



Prime Time



Join us

Wednesday, May 10, 2023
for our Spring Luncheon
Annual General Meeting
Vittoria Community Centre
11:00 am

Menu

Tropical Ham (Nigh's of Jarvis Smoked Ham) / Pineapple Mango Salsa

Tricoloured Creamy Broccoli Rotini

Herbed Oven Roasted Mini Potatoes

Fresh Asparagus, Carrots, and Cauliflower

Salads: Red, White & Yahoo (Chickpeas, Tomatoes, Bocconcini)

Napa Cabbage

Artisan Bread Basket

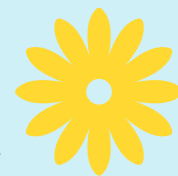
Philly Clouds / Fresh Glazed Fruit

Coffee, Tea

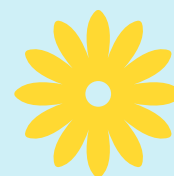
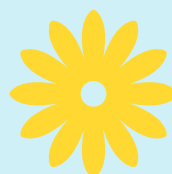
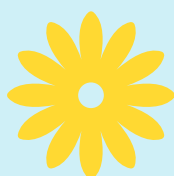
Still only
\$20



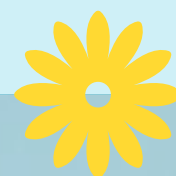
Our Spring Luncheon



*Complete and mail your Luncheon Reservation Form by
Wednesday May 3, 2023 with your meal payment to
Cathy Reed
98 Maple Street,
Simcoe ON N3Y 2G2
by May 3, 2023*



Please indicate dietary preferences.



Be ready for prizes and surprises!

- * As soon as you enter, you'll be greeted by our Membership Team and presented with your name tag and a refreshment.*
- * Be sure to view our display boards.*
- * Make time to socialize.*
- * Introduce yourself to someone new to you!*



Goodwill Report



**Carol
DeFields**

"We are all visitors to this time, this place. We are just passing through. Our purpose here is to observe, to learn, to grow, to love...and then we return home."

Australian aboriginal proverb

In this newsletter, I would like to put on my **RTOERO Foundation Champion** hat for my comments. I often feel that I am not talking enough about this charity, to which District 12 has made all our memorial donations since shortly after it was established in 2011.

By giving to our foundation, we help to foster respect, self-determination, better health care, and social connection for older adults in Canada. We support research and innovative programs to address social isolation.

Check out the Foundation website to read blogs on practical topics such as dry eyes, where to find information about healthy aging, and diabetes management. A regular series of webinars is hosted to provide advice based on current information. These are available online after they have been presented.

Although I still feel that I have some good years ahead, I am thinking these days about the legacy that I will leave when I "return home". Our members are involved in many worthy charities, and I know that you all support your favourites. I read a great many obituaries, and I know that leaving instructions for those who may be writing them is important. When deciding where you may like to direct donations made in your name or in the name of an education worker who has passed, please consider the RTOERO Foundation.

All the funeral homes should have the contact information, and if one tells you that they are not aware of this charity, please let me know! We can be proud of the work that our foundation does in the area of healthy aging.



Milestone Birthdays

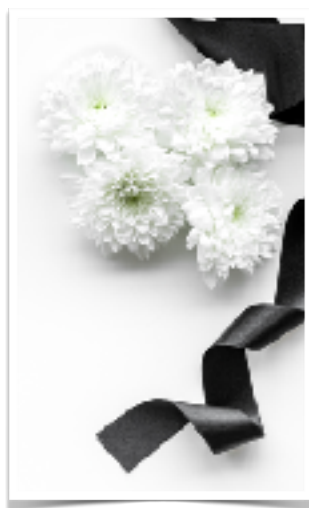
Stuart Ross
Muriel Mullion
Gary Armstrong
Dale Gattinger
Marion Taylor
John Kristof
Georgette Bridle
Judith Roney
Joan Kent
Zeke Gulabsingh
Janet Mayer
Elizabeth Giles
Don Butcher

Bob Burns
Barb Sheppard
Gaylord Bailey
Rosalynd MacPhail
Anthony Dekeukelaere
Julie McCague
George Wright
Betty Smith
Femmigje Hoekstra
Rose Pettit
Carol Vansickle
Adrienna Elliot
Yvonne Clark

This report includes names of members of RTOERO District 12 who have passed, lost a close family member, or celebrated a “milestone” birthday since the fall Primetime deadline (Aug. 1, 2022). If you know of someone whom I may have missed, but are not sure if they are members or not, please contact me anyway. Not all retired education workers choose to join.

Members who have passed

Marion Rapley
Patricia Crawshaw
Mary Bosma
Paul Quenneville
Lois Bailey
Tom Harvey
Veda VanGalen
Albert Potts
Anna Chrisstoffels
Beth Waite



Family members were lost

*Zeb Landon**
*Keith Quigg**
Lorie Dertinger
Alma Scovil
Lori Rodgers
Bernie Crawshaw
Charlie Luke
Deb Melnyk
Terry Reimer



* These were missed in the Fall newsletter.

When an RTO member passes...

When a life partner passes it is always a difficult time for a survivor. Funeral homes will provide you with a death certificate, and a checklist to help with the government services that will need to be notified. If you are the survivor of a member of RTOERO, you will also need to contact:

- **The Ontario Teacher Pension Plan (OTPP).** You will talk to a Pension Benefits Specialist who will assist you in the process of applying for survivor benefits. You will need the death certificate and either the SIN of the deceased, or the reference number on the last T4.
- **RTOERO Membership** (416-962-9463 or membership@rtoero.ca). You will need the RTOERO membership number which is on the Johnson Insurance Benefits Card. If the survivor is also a retired education worker but did not join RTOERO upon retirement, they can take out their own membership and continue the insurance benefits. If the survivor was not employed in education, they will be provided with a “continuation of benefits” form, which will allow them to start membership as a single.

If you are the surviving child or spouse of a member of our plan, or the executor of a member’s estate, contact RTOERO to answer your questions.

Benefits Report



Margaret Payne

Thank you to everyone for your continued use and support of the benefit plans. As I'm sure you all know, premiums have increased this year but we also have enhancements to the plan as well.

Any surpluses in the plan from 2020 and 2021 have been invested back to manage premium increases, despite rising costs and increased use of the plans.

What's new for 2023?

The **Dental Plan Reimbursements** will be updated in the 2023 fee guide.

There are improvements to RTOERO travel insurance. For complete details about travel insurance coverage, refer to the 2023 Insurance Plans booklet: rtoero.ca/resources/communique/insurance-plan-updates.

CloudMD replaces Teladoc as the medical second opinion service for Extended Health Care plan participants.

As of January 1, 2023, you are required to submit your claims within six months from the date the expense was incurred. The easiest and fastest way to submit your claims is online. RTOERO still accepts submissions by mail.

If you've lost or misplaced your benefits card, request a replacement card by calling 416-920-7248 or 1-877-406-9007.

Make sure you keep your information updated with RTOERO so that you always receive updates about the benefits plan. Any change in mailing address, email, home or cell phone number or payment information should be communicated to RTOERO promptly. To update your information, email membership@rtoero.ca or call **1-800-361-9888**.

Reduce Stress with Self Care

Now, more than ever, people are under stress from things like recession, inflation, interest rate hikes, market volatility and the lingering impact of the pandemic.

Here are 4 ways you can boost your own self-care.

1. Take a brisk walk. It only needs to be of 15 minutes duration but it will get your heart pumping and lift your mood.
2. Micro-meditate. Try using the **Calm** app to get a taste of the outdoors or hop over to **Headspace** for one of its many themed meditation sessions.
3. Take a temporary screen time break. A brief screen "vacation" can do wonders for your mood.
4. Practise positive self-talk. Feeling overwhelmed isn't great for your self-esteem. Sit with one hand on your heart and the other on your belly. This will help you relax. Repeat a positive mantra such as: "I've got this" or "I have the power to create change."

If self-talk isn't working, call on a trusted friend to discuss your feelings. Just having a friend to turn to is very comforting.

Membership Report



Deb Hillner, Carolynne Paton, Lorie Dertinger

We are delighted to see things opening up, so that we now can meet with our members in person.

Special Events

Our Jingle Mix and Mingle in December at the Army and Navy Club had a great turnout and was a huge success. We raised a generous sum of money for the Norfolk Women's Shelter. Door prizes included beautiful poinsettias and tasty treats.

In February we hosted a Valentine's Day Mix and Mingle complete with sweet treats and mimosas at the Gibbled Goose in Waterford. A lively St. Patrick's Day event was held at the New Limburg brewery in Nixon.

First Luncheon

New members please remember that your first Luncheon meal at the Vittoria Community Centre, either in the Spring or the Fall is complimentary. Come out and enjoy a wonderful meal and priceless conversations with your colleagues.

School Ambassadors

Our School Ambassadors, organized by Carolynne Paton, visited all Norfolk Schools to distribute information for our **Retirement Planning Workshop** which was held on Thursday, March 30, 2023 at the Delhi German Home. This workshop is always highly successful and very informative.

Retirement Brunch

We are planning a Retirement Brunch, "Beyond the Bell" this September. If you are newly retired in the last few years and haven't attended one, please feel welcome to join us. We have some catching up to do!

Serving on the Executive

We are always looking for members who would like to volunteer on our Executive. Contact one of our executives, found on the back of Prime Time, if you are inclined to help out.

To date we have 604 members in District 12 Norfolk. This includes members who have transferred in, are newly retired, or are current members. You may join as a social member, even though your insurance is elsewhere for \$73.00 deducted from the January pension payment. To sign up as an RTOERO social member email www.rto-ero.org/join-us

We Mixed and Mingled

After two years of virtual socials on Zoom, our members and guests enjoyed our in-person Mix and Mingle events at Christmas and Valentines!



Archives Report



Ruth Ellen Kelly

Just a reminder that our archives are strictly digital. If you wish to contribute something, please scan it and send it to me at

2rek67@gmail.com

I still need help digitizing the few items we have left. If you can help, contact me by email (see above) or phone **519 426 9207** I will give you a flash drive and items to scan. This task can be done as you have the time available.

Exploring the Trails of Norfolk and Beyond

Did you know that we have a walking group that explores Norfolk trails and sometimes does field trips beyond Norfolk? We'd love to have new walkers. No commitment, not strenuous, just an hour or so every couple weeks, breathing in the country air, meeting new friends, exploring beautiful, well maintained trails, lined with forests and flowers and streams and bridges and occasionally, wildlife. Everyone is welcome!

We meet on the second and fourth Fridays, from April to November. Our first walk will be on Friday, April 14, beginning at 10 AM.

For more information, contact Janie Forsythe: janevorsythe@sympatico.ca
519 428 3158.

Prime Time is the newsletter of RTOERO District 12 Norfolk, published semi-annually and mailed to all members in May and September. Circulation 700.

Written submissions are welcome in word .doc format. Photos are welcome in .jpeg or .png formats. Due Dates are March 1 and August 1.

Archival copies are available online at **<https://district12.rtoero.ca>**

We thank appreciate our printing and mailing services.



Alfred Guidolin, Editor

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alfredguidolin@gmail.com

519 582 2945

District 12 Norfolk Executive Volunteers

Please consider serving our members on our Executive. We currently have two positions open - **Second Vice President** and **Community Grants Chair**.

Although these positions have specific duties, training and support will be given.

If you are interested or would like more information, please contact any current District 12 Norfolk Executive member or Chair.

Playing Sports with Limited Vision

Mike Vrooman

I was 4 years old when my mother put me on skates, led me to the ice, and said, "You're on your own". That was when my interest in hockey started 75 years ago. After arriving in Simcoe in 1972, I joined a hockey league, and was also approached to do some coaching. I was involved with the Simcoe Jets, Rams and Storm both on the bench and the executive. I gave up hockey shortly after retirement as I had been diagnosed with a visual impairment and decided it was safer for everyone if I stayed off the ice.

I was an avid golfer as well, but took a few years off, as I had no idea how I'd play with the limited vision I had. At that time I was not aware of an organization for **Visually Impaired Golfers**, which would become the vehicle for me to get back in the game. With the aid of a guide (usually **Norris Smith** or **Paul Davidson**) to set me up and follow my golf ball we competed locally, nationally, and internationally.

I also started to curl in 2008 with others who were visually impaired. Our competitive team went on to win 3 consecutive gold medals at The Nationals in 2013, 14 and 15.

I still play an occasional leisurely game of golf with friends, and plan to continue to curl several times a week at the Simcoe Curling Club (when a bum knee will permit).

I was honoured in 2008 by being inducted into the Norfolk County Sports Hall of Recognition.

When I'm not participating, my wife and I now enjoy following our grandchildren in their various sports.

Teaching was a wonderful career that I loved, and I have now enjoyed 25 years of retirement. **I have learned that you can't let what you can't do interfere with what you can do... life is good.**



Only You



Doug Thompson

Sitting in my favourite chair with the television providing meaningless babble in the background, I have had many quiet hours for reflection and introspection.

How should I define a person's life?

I think that William Shakespeare expressed it best - 'To thine own self be true ...'

Only you can define who you are.

You chose the path that your life will follow. Others may have a slight impact on your choices. Only you are the ultimate influencer over your life.

The most important influencers are your spouse and children. Your earliest influencers are your parents, siblings, and extended family. They gave you the start in your life's journey. The smallest set of influencers is your long-term friends. They are the ones who provide you with their private advice and counsel that you value. Others try to push and pull you away from the life choices that you have made.

You are the one, and you alone are the most important influencer in your life. You are the one who chooses the decisions and paths you follow.

You must have confidence in yourself, confidence in your life experiences, confidence in your own set of moral values, confidence in your ability to mentor others, confidence in your ability to value other's opinions, confidence in your ability to counsel others, confidence in your ability to treat others fairly, confidence in your ability to accept criticisms, and confidence in your ability to attempt to do your best each day.

As you turn out your bedroom light at the end of each day, you must realize that your many well-developed confidences ensured you made the best possible choices and therefore the best personal outcomes.

As your annoying alarm clock rouses you, you slowly push aside your warm blankets and put your feet on the floor, it's the start of a new day. Each new day will bring new challenges to face and new decisions to make. By remaining true to yourself, you can be confident that moving forward you will be successful.



To thine own self be true.



**RTO
ERO**

A better future,
together
Ensemble pour
un avenir meilleur

**District 12
Norfolk**

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