

Esso Annuitant Club Toronto North

Q2 2024 Newsletter

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Message from the president

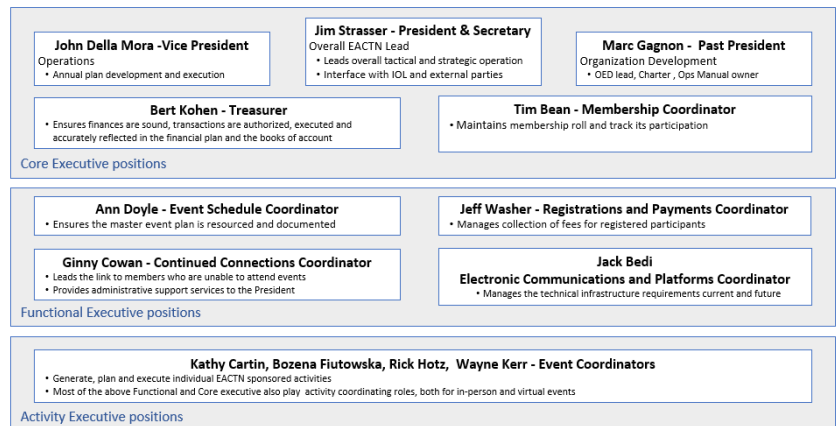


Summer is now upon us and as we enter our club's 38th fiscal year we must again plan, budget and resource our upcoming year (July 1 – June 30). It is important to recognize all those upon whose shoulders we build the program we all enjoy. Over the 23/24 fiscal year we have had two long serving members of our executive stand down: David Cox and Bernard Assouad. Interestingly, each have served 15 years on the club executive and were both instrumental in its operation. Among their many accomplishments on the executive, David as President and Bernard as Webmaster, they were long perennial event organizers and great contributors to EACTN. More recently, they were founding fathers of our virtual program, critical in the COVID years and an important pillar of our current offer. My heartfelt thanks to these two gentlemen for their past service and continued support in the upcoming years as non-executive contributors.

Over the course of this past year, I'd like to also thank three new non-executive contributors. We have tried to build roles that could support club activities and yet not overburden volunteers with the obligations of executive time commitment. The three volunteers are Sylvia Fox and most recently Gaylen Racine who both join our Technical Team and Georgina Hew who has picked up the Stratford/Shaw event organizer role. Hopefully we can draw more volunteers into the fold using this organizational structure. Thanks to these three members for stepping up.

And then there is the current executive, all critical players. The beating heart of the club. They know they are loved, so I'll limit my praise of them and just say its time for them to return to standing on their heads (read on to get this reference).

As always, we strive to offer events that attract your participation and are open to suggestions to broaden our offer, within our capacity to do so. If you are looking for ways to participate in an activity, try our virtual offer as the topics are interesting and easy to attend. We can assist if you are intimidated by the technology, just ask.



Jim Strasser, President, EACTN

By the Way . . .



Happenings over the past quarter

In Person Events:

Ontario Legislature Tour and High Tea - April 12, organized by Wayne Kerr

This was a sell out event wherein 20 members learned which former Ontario Premier arrived for his official portrait in running shoes and exchanged footwear with the portraitist for the sitting (Bob Rae). We also learned salient details of the history and architecture of the legislature – including the challenges with the acoustics, heating and cooling. The knowledgeable tour guide explained seating and protocol of the main assembly chamber.



We enjoyed a theatrical portrayal of characters dating back to the time when fire ravaged a wing of the building. Further, an actress played the role of the female portrait painter of one of the most unusual official portraits.



The tour was followed by a formal high tea where we were seated together for a first class offering of English style sandwiches, hors d'oeuvres, pastry and, of course, tea.



To the surprise of many of us, a further performance by three accomplished actors gave us a view of a theatrical excerpt from the past, including a very capable singing component.



Overall, the event was well received and gave EACTN members another opportunity to get together, learn, enjoy and share experiences with fellow annuitants. Our thanks to Wayne Kerr for organizing the event.

Stratford Theater – *La Cages aux Folles*, May 8, organized by Georgina Hew

On a sunny but cool and windy day, 61 members and 2 guests made their way to Stratford. After some shopping and sightseeing, we dined at the amazing Revival House on a delicious 3 course luncheon. We then made our way to the Avon Theatre, a convenient three-minute walk away, where we were treated to a wonderful sold-out performance of *La Cage Aux Folles*.



The costumes, singing and dancing portrayed a timeless story of family, love and acceptance. No matter who you are it reminds us that "the best of times is now".

Spring Dinner and AGM (Steakout) June 5, organized by Ann Doyle

Rain and thunderstorms were forecast but did not materialize and it turned out to be a warm 27C and windy Wed June 5, 2024 for our annual Spring Dinner and AGM held at the *Chateau Le Parc*. Once again, the event started at 4pm and concluded by 8pm in an effort to avoid night driving and, if possible, some traffic.



The reception afforded us great opportunity



to reconnect



One hundred and sixty-eight members and guests enjoyed abundant hors d'oeuvres and drinks in the Courtyard reception.



Next, a 3-course dinner with choice of beef, salmon or vegetarian and dessert excellently paired with fine wines.

The dinner was followed by the Annual General Meeting for our 37th fiscal year. Club president, Jim Strasser, thanked the executive and volunteers who organize the club's many physical and virtual events. Additional points covered included:

- Membership is basically constant at 544 members (531 full members and 13 associate members)
- Membership participation is at 66% (357 full and associate members – 1/3rd of members inactive)
- The club's financial position is sound coming out of the COVID years with a surplus which will be consumed over the next few years to partially combat recent inflationary stresses.



Jim stressed the importance of *active* member involvement. He identified two open positions that need filling: the next vice-president to follow John Della Mora and a technical support role (now filled – thanks Gaylen Racine). Member support was also solicited to both encourage our inactive members to engage in some of the slate we offer, as well as recommend to current non-members that both the club and they would benefit from their active involvement.

Members were asked for their support of both the slate of executives and the direction of the club as we go into our next fiscal year. There were no dissenting votes.

It was a very successful evening of friendship renewal, socialization and a wonderful opportunity to catch-up on the past year's activities. Our own Dave Mitges was kind enough to immortalize the event in photos which can be seen on our Facebook site, thanks Dave!

Planning has already started for our 2025 event which is scheduled for Wednesday June 4, 2025. We hope to see even more members there.



Paparazzo Dave

Virtual Events:

There were two formal format virtual “Zoom events” in the second quarter before we shut down the program for the summer.

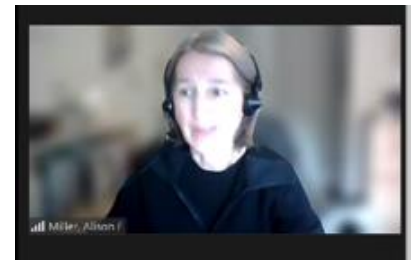
“Cape Town to Morocco” – Thursday April 11 – Jim Hughes

Jim Hughes, a consummate traveller and a member of the Esso Resources Annuitant Club, shared this amazing travelogue with 59 EACTN members and 30 ERAC members and guests. Jim’s outstanding and informative travelogue was a mix of safari and culture across a broad swath of the African continent. We will be bringing Jim back again with more of his travel adventures. Stay tuned.



“IOL Environmental Update - The CO₂ Story” - Wednesday April 24

Alison Miller, Imperial Oil Policy and Advocacy Group’s Quality & Greenhouse Gas Manager and now a newly minted annuitant shared her perspectives regarding “The CO₂ Story” and the transformational solutions to meet energy needs and reduce greenhouse gas emissions at IOL.



Alison spoke to Imperial's Advancing Climate Solutions strategy that outlines the company's approach to help reduce



greenhouse gas emissions in support of a net-zero future. This included steps that leverage technology and innovation while benefitting from access to ExxonMobil global expertise to engage in energy transition. Alison answered a number of questions as part of a very interesting and engaging presentation. Links to the online climate change strategies for XOM and IOL were provided.

Forty-six members participated in this very informative session.

Formal Zoom Sessions break for the Summer

Watch your email, the website and/or the EACTN Facebook Group in late August for the resumption of the virtual program.

Web registration precedes events typically by 3 weeks

Upcoming Activities

As we move into the third quarter of 2024, the EACTN **Golf** and **Walk and Hike** programs are in full swing. Additionally, we have an interesting variety of other member events on offer over the third quarter: three in-person events, beyond all the golf, hiking and walking you can manage.

In-person Events:

Nine and Dine on July 4 organized by Jack Bedi

A funfilled day serving 9 holes and great meal at the Deer Creek Golf Club in Ajax. This is the first time we have opened this event as both a “nine and dine” and a “dine only” option.



Grand River Cruise on Aug 14 organized by Kathy Cartin

A just posted event and sure to be a sell out - a lunch cruise down the Grand River, near Caledonia. Your day begins with a visit to Irocrafts – an indigenous craft and book store. Then at the dock we enjoy complimentary refreshments and snacks, followed by a performance by *The Blazing Fiddles* in the auditorium at 11:30. We then embark on a private 2-1/2-hour cruise at 12:30 featuring a delicious meal served at each table. During the cruise the captain gives an informative commentary and you can sit out on the promenade deck to enjoy the river scenery.

We will be using the 27-seater bus, so register early if you are taking the bus. Registration deadline is July 31. For more details, or to register <https://eactn.ca/event/grand-river-cruise-and-lunch/>



September Golf celebration on Sept 3 organized by Jack Bedi

Block the date! - Annual Golf Celebration & Awards Day, Sep. 3, 2024

- To be held at the prestigious Cardinal Redcrest Golf Club, in Newmarket
- A terrific balance between competition & fun
- 9 AM shotgun start, followed by a premium sit-down lunch
- Followed by awards, recognitions and prizes
- Look for invitation email to register in the weeks ahead



I'm beginning to figure out this attraction to golf . . .

but I'm not sure it has anything to do with hitting a ball

Toyota Plant Tour on Thursday, Oct 10 organized by Marc Gagnon

If you ever wanted to see cars being assembled, join us on a visit to the Toyota Motor Manufacturing facility in Cambridge on Thursday, October 10. The tour will start at the Experience Centre with interactive exhibits and a short video. Then a motorized tram will take us through the assembly plant. The tour will end with a Q&A session. In total, the visit is expected to last 90 minutes.



We also wish to invite you to join us for an informal luncheon after the visit. The number of participants for this tour is limited so registrations will be processed in the order received. This is a self-drive event so car pooling will be encouraged. Watch for further information in September.

St Jacobs Theatre “Dear Jack, Dear Louise” on Thursday, Oct 17 organized by Rick Hotz

Come join us Thursday, October 17th for a market visit, lunch and the crackling humour, emotion, and poignancy of *Dear Jack, Dear Louise*. An inspiring reminder of the best we can be, even in the worst of times.

When two strangers meet by letter during World War II, a wartime romance begins to develop. U.S. Army Captain Jack Ludwig, a military doctor stationed in Oregon, begins writing to Louise Rabiner, an aspiring actress and dancer in New York City, hoping to meet her someday ... if the war will allow. But as the conflict rages on, their relationship is threatened before it even starts.



This event will be posted for registration in mid August with last call mid September. Watch for the announcements in email, on our website and on EACTN Facebook.

Virtual Yoga interest group continues, every Thursday between 10:30 and noon – Zia Hasan



Zia Hasan, fellow EACTN member, yoga enthusiast and instructor continues to run this successful weekly Yoga practice program. It is regularly attended by a group of 5 - 9 members via Zoom, with some even able to login from overseas. Participants have their own way to adapt to these Yoga sessions at their comfort level. Improved body balance and/or posture, increased body flexibility and relaxation leading to reduced stiffness and pain are a common result.

Participants get to slowly learn more progressively challenging yoga postures as their strength and flexibility improves. New participants can start anytime because the instruction is designed to gradually progress participants at their own pace. Weekly Yoga sessions will continue through the summer months. Login information and weekly reminders are sent to the members who had already signed last Fall. New participants are welcome and encouraged to join the Yoga group by sending a note to ziahasan99@gmail.com.

Zia's zoom yoga class is a nightmare!

Every time I ask him to leave my house he says "nah, must stay"



EACTN Hikes and Walks



Bernard Assouad



Jim Arnott

Hikes and Walks Organizers

We are half way through this year's program and it is as vibrant as ever. Bernard and Jim generously continue to conduct us through these popular treks. Check out our website and Facebook for more details.

2024 Hikes and Walks Schedule (Modified and Updated)

#	Date	Leader	Location	Type	Length	Time	Last visited
1	Wed, May 1	Assouad	Hilton Falls	Hike	11 km	3-5 hrs	2019
2	Thu, May 16	Arnott	Historical Toronto	Walk	4 km	2 hrs	
3	Wed, May 29	Assouad	Rouge Park	Hike	10-14 km	3-4 hrs	2021
4	Wed, Jun 12	Arnott	Newtonbrook Creek	Walk	6 km	2 hrs	
5	Wed, Jun 26	Assouad	Albion Hills	Hike	9 km	3 hrs	2019
6	Wed, Jul 10	Arnott	High Park	Walk	7 km	2 hrs	
7	Wed, Jul 24	Assouad	Highland Creek	Hike	15 km	5 hrs	2018
8	Thu, Aug 8	Arnott	The Annex	Walk	5 km	2 hrs	
9	Wed, Aug 21	Assouad	Forks of the Credit	Hike	16 km	5 hrs	2020
10	Wed, Sep 4	Arnott	Mt Pleasant Cemetary	Walk	5 km	2 hrs	
11	Wed, Sep 18	Assouad	Toronto Islands	Hike	8 km	3 hrs	2022



EACTN Opera Interest Group:

Bozena is developing another exciting opera program for the upcoming Metropolitan season. The operas are shown at noon at the Empress Walk Cineplex on Yonge Street in North York. She is contemplating offering 5 of the 8 MET broadcasts and firm dates will be announced in August. Stay tuned to your email, our EACTN website and EACTN Facebook for details as they become available.



Bozena Fiutowska
Opera Champion

La Rondine at Cineplex Empress Walk.
This rarely performed Puccini's opera was superb. We all enjoyed beautiful music, stellar cast, flawless performances and early 20th century Art Nouveau setting.
Half of us also ventured to the apres opera drinks and camaraderie at our usual Jack Astors nearby...



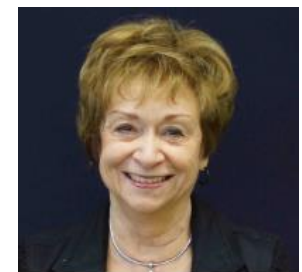
The other day I wasn't really hungry at McDonalds so I ate a Kid's Meal

- his mother was really upset.



Bridge Club Update – Ginny Cowan

The Esso Bridge group's last game of the season was held on Friday, May 7th. Unfortunately, due to the uncertainty of a TTC strike the June 7th pot luck lunch and game were cancelled with members not wishing to get caught in traffic to and from the game. As it turned out we guessed incorrectly and the strike did not occur.



Bridge Club – Ginny Cowan

When bridge starts up again on Friday, October 4th we will consider kicking off the season with a pot luck luncheon.

The group plays on the first Friday of every month from October to June from 1:00 to 4:00 pm. A notice will be sent to all club members in mid-August relative to their interest in joining the group. In the meantime if you have any questions you can contact Ginny Cowan at bridge@eactn.ca

Club Business

Membership & Participation – Tim Bean

We are now wrapping up the membership renewal period for our July 1 2024 - June 30 2025 fiscal year. We formally kicked off the membership drive in April so that we can provide IOL our membership roster for the current and upcoming year as required in our annual submission requirement for subsidy.

IOL subsidizes annuitant clubs based on the number of “active full” members in the current year who are continuing in the upcoming year (\$50/member).

Sixty-six percent (350 of 532 Full members) were active in the 2023-2024 year. This is consistent with the previous year.

If you know of anyone with IOL annuitant status who might like to join EACTN, especially recent retirees, please encourage them to contact us at members@eactn.ca. If you know inactive members, encourage them to join one of the suite of either in-person or virtual events we offer. We all benefit from their participation.



Tim Bean
Membership Coordinator

Member Type	Fiscal Year	
	23-24	24-25
Full	532	516
Associate	13	11
Total	545	527
Factors (included)		
New Members	8	
Honorary >90	25	27
Honorary - Health	1	0
Did not renew	17	18

Continued Connections - Ginny Cowan

The Continued Connections Committee (CCC) keeps in touch with members who cannot participate in Club events for health reasons or cannot receive electronic communications. We also contact members with birthday, get well wishes, and offer expressions of sympathy.

If you know a member approaching an 80th, 85th or 90th birthday milestone; who is hospitalized or had surgery; has lost a family member; or is moving to a new home (retirement, assisted living, new condo, etc.) let us know. All information is kept private. We can reach out to them with a card or a call.

Since the last newsletter, it's with sadness that we remind you of the passing of one of our honorary members – Robert William Sullivan.

The CCC also advised you of the passing of several non-EACTN annuitants that were brought to our attention during that same period: Marilyn Dene Adams, Edward (Ted) William Ball, Hank Bryce, Josephine (Jo) Marie Chevalier, Patricia Marilyn Colpitts, Lee Randall Cook, Richard T. Dalby, Selvin Sirrenal Constantine Davis, William Dwight Gelevan, Charles Alexander Hayles, Teresa Janet Henderson, Joan Antoinette Holland, Yvonne Anne Kendal, Brian Leo Maloney, Hope Marsden, Peggy O’Kane, Charles, William David Milner, James Neal Monaghan and Katie Emma Kay Shaw.

If you missed those communications, our EACTN website now offers an archive of this information that is maintained by the Calgary Annuitant Club. It is accessible in the In Memoriam area of the members’ password protected zone of our website <http://eactn.ca/pw-protected-zone/in-memoriam/>. If you have forgotten the password, contact the CCC at connections@eactn.ca.



Virtual program status update – John Della Mora

Virtual offer expands with Informal Group Chat in Q2 2024! We continued to broaden the virtual offer with two Chat Group sessions. These are organized by a non-exec member facilitating a free form Zoom discussion for a group of 5-15 participants.

Don Wong facilitated the March 27 ESC Downstream Engineering Chat Group at 7 pm. It started with 9 members sharing how they are staying healthy in retirement and evolved into a free-flowing dialogue among peers.



John Della Mora
EACTN Vice President

Selma Sahin facilitated the May 15 group at 7 pm with a Travel theme. It had 8 members sharing travel experiences that included memorable tours in Africa and evolved to include travel advice on using cell phones, credit cards and staying safe.

In summary, learnings from this Chat Group format are:

- 1) Simple free flowing informal discussion with a group of 5-15 helps everyone contribute
- 2) Duration of 1.5 hours on a Wed. at 10 am or 7 pm works well
- 3) Reaches out to members who desire social interaction but find it hard to meet in person

Chat groups are the third act in our virtual offering with a focus on providing other opportunities for fellowship and socializing delivered to your door. We will explore this Chat format further in the fall and encourage member suggestions (e.g. Virtual Pub Night Chat).



What did the pirate say on his 80th birthday? Aye, matey

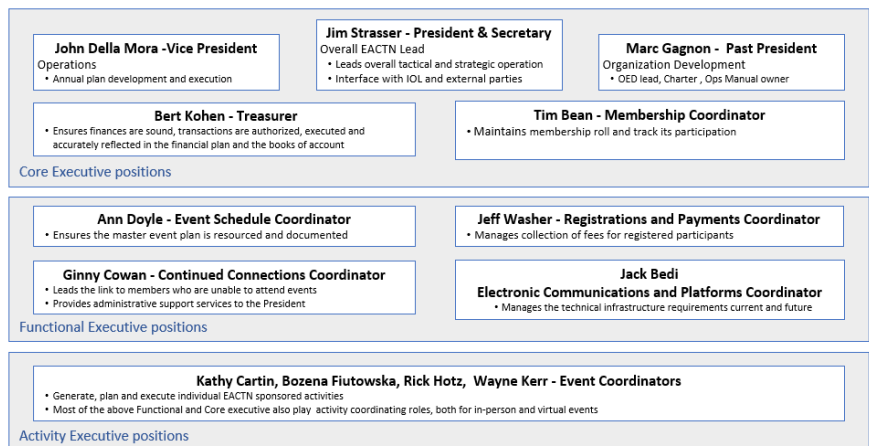
Help Wanted – Jim Strasser

All volunteer run organizations suffer the same problem, drawing in volunteers to fill needed positions, and EACTN is no exception. There are many reasons for that, among them are: I am too busy, I'm not interested enough in the suite of events offered (I only participate in a few), I volunteered for other groups before and had trouble escaping, I dislike the bureaucracy of organizations, I can't commit to the time requirement. They are all good and valid excuses and I used them all before "volunteering" to join both the EACTN executive and then again before being drawn into the VP and President roles. This is a very common circumstance for almost everyone who serves.

The only reasons I can suggest your considering being "so foolish" as to volunteer are its rewards – you can provide a valued service to your fellow colleagues through the most important segment of their lives. You will enjoy the camaraderie of working with fellow colleague volunteers and you will be engaged more with the entire membership as you bring your unique talents to the table. We share a lot in common with our EACTN family and connecting both to remember past memories as well as creating new memories is truly special. Taking your turn as a volunteer helps keep the tradition alive.

So how does our executive work? It is structured in three groups:

- Core leadership positions of President, Vice-President, Past President focus on organizing the executive, budget and expense approval, club direction; strongly supported by the Treasurer and Membership Coordinator
- Functional positions of Calendar coordination, Registration and Payments, IT support and Continued Connections
- Activity/Event Coordinators who bring and manage club events



We meet as an executive (currently 13 strong) every two months, for two hours, to ensure the trains keep running. Recently, we have established non-executive event coordinators who have an executive contact but do their club support roles without the burden of being on the executive and having an obligation of attending executive meetings. These roles are also available.

At present, we are currently seeking the next vice-president (for a term starting on July 1, 2025). We are also interested in non-executive event coordinators. Those interested, please drop me a note at president@eactn.ca. Please take a moment to reflect on it again, before moving on. The following article speaks to the role and experience of a non-exec organizer.

Hosting a major EACTN Event as a non-exec organizer

A testimonial

By Georgina Hew and Rick Hotz



Acting as the Event Coordinator for an EACTN event is a daunting task, right? That's why we asked Georgina Hew how she felt after organizing her first event, the Club's annual bus trip to Stratford to stroll, shop, have lunch and see a play.



Georgina's thoughts:

While it may seem like a daunting task when you're approached to organize an event, in fact it's easier than you think. That's certainly my experience after hosting my first ever event.

I've been enjoying this event and others like it for some time. At first I was somewhat reluctant to accept the responsibility as the new coordinator, but then I asked myself the question - "if nobody steps up to the plate and volunteers, these events won't continue", so I said yes.

Let me be clear. I'm not on the EACTN Executive. So there's no need to attend meetings regarding the operations of the club, or accept those miscellaneous other duties as assigned when you run an organization. Making the arrangements and then hosting the event is it.

If you're not on the Club Executive, as is my case, you're assigned an Executive contact to help you. In my case, Rick Hotz who acts as the mentor for major day trips, was there to steer me through the important steps and provide guidance on items as they arose.

Well it's no surprise when you remember the work culture where we all come from that there are tools, checklists and pre-prepared templates to assist you along the way. The tools and checklists help you make sure you haven't missed anything. The templates give you a leg up on developing event announcements and communications to members.

As you would expect there are established processes supported by the various function specific resources on the Executive that get the job done for you in support of your event. EACTN's Electronic Communications and Platforms team (Bernard Assouad, Jack Bedi, Sylvia Fox) is always helpful and handles the heavy lifting associated with the necessary website information about the event, as well as any email issues. Our Registrations and Payment Coordinator, Jeff Washer, captures all the registration information and manages the funds coming in and our treasurer, Bert Kohen, pays the bills.

So the bulk of your effort as the Event Coordinator is making the necessary arrangements with the services the event will use - in my case, a bus, restaurant and theatre. Even for these suppliers, in most cases the Club has historic relationships and contacts that make that easier.

Of course, on the day of the event you are the host, making sure things are taken care of. Even our members make even that easier. They come preprogrammed with traditional IOL/XOM disciplines- punctuality, listening and adherence to instructions, and now also a post-employment retirement attitude that includes a higher dose of positive feedback and expressions of gratitude.

There's even some perks to being the event organizer. In my case the plus of organizing the event is that you get to choose your seats and companions, as well as the snacks on board the bus.

There you have the straight goods from a first time event coordinator. So when our Club President or another Executive member approaches you to help with an event, please give it due consideration in light of Georgina's experiences. Some of our event organizers have been carrying the baton for an extended period, and it may be time to pass it on. We are always looking for event organizers.

Reach out and touch someone (any member of the Executive) with your offer to help.

EACTN Facebook Group

- Group is strong and active – 176 members
- Most EACTN Club events and notices are posted here, for easy and casual access for the membership
- "EACTN Helps" is a feature that allows anyone to get answers to questions from the membership (just post your question)
- This is a private group – No-one outside the EACTN membership can see anything posted here. You can feel safe here.
- **If you're on Facebook, and want to join, search for EACTN under "Groups" and "Ask to join"**



Recognizing Monty McDonald, MSM – Jim Strasser

On March 21, 2024, one of our long time members, Monty McDonald, was awarded the Canadian Meritorious Service Medal. Meritorious Service Decorations recognize great Canadians for exceptional deeds that bring honour to our country. They honour achievements both military and civil. Her Excellency the Right Honourable

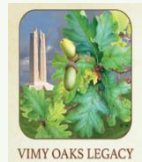


Mary Simon, Canada's Governor General, bestowed Monty with this award to recognize his achievement as President and CEO Vimy Oaks Legacy Corporation.

Background:

The Battle of Vimy Ridge in northern France, April 9th to 12th, 1917 is considered to be one of the defining events in our nation's history. This battle and previous artillery attacks by British and French forces wiped out most of the wooded areas including native oaks on the 8 km long ridge. A Canadian soldier, Lieutenant Leslie Miller, Canadian Expeditionary Force (1914 -19) gathered acorns from the battlefield and sent them home to grow on his farm in Scarborough, Ontario ultimately allowing for the possibility for these oaks to be repatriated. Monty's family was very close to Miller and his wife and spent a lot of time helping out on their farm. Leslie was like a grandfather to Monty, filling in for his father after he died young. Monty wanted to honour Leslie by repatriating some of his "Vimy Oaks".

Monty founded the **Vimy Oaks Legacy Corporation**, a non-profit corporation made up of 40 volunteers. They partnered with *The Vimy Foundation* and a *French nursery* to promote the memory and legacy of Leslie and other Canadians who fought in the First World War. The *Vimy Foundation* purchased the land, worked with the government and attracted many donors. The nursery grew the saplings from the Scarborough repatriated acorns. The *Vimy Oaks Legacy Corporation* provided the acorns, was responsible for landscape design, unexploded ordnance removal, contracting construction and planting 120 "Vimy Oak" descendant saplings. This partnership created The Vimy Foundation Centennial Park, next to The Vimy Memorial. An additional 250 saplings were also donated to six villages on the Ridge.



The Vimy Oaks Legacy Corporation has now fulfilled its two-fold, 6-year mission to create living memorials by:

1. repatriating "Vimy Oak" saplings to Vimy Ridge in 2018, and furthermore
2. distributing 1,000 "Vimy Oak" saplings to commemorative places across Canada. The Vimy Oaks Legacy Corporation had a special partner in NVK Nurseries in Waterdown, Ontario who grew all the acorns to saplings in dedicated Greenhouses for sale to commemorative sites across Canada.

The dedication and perseverance of Monty and his fellow volunteers has now been appropriately recognized. For more information on this selfless project visit <https://vimyoakslegacy.ca/en/>. **Congratulations Monty!**



Mary Simon gently pins the medal.



Monty's greatest supporters MaryAnne and Heather



GO Mary Simon, avec Monty McDonald, MSM



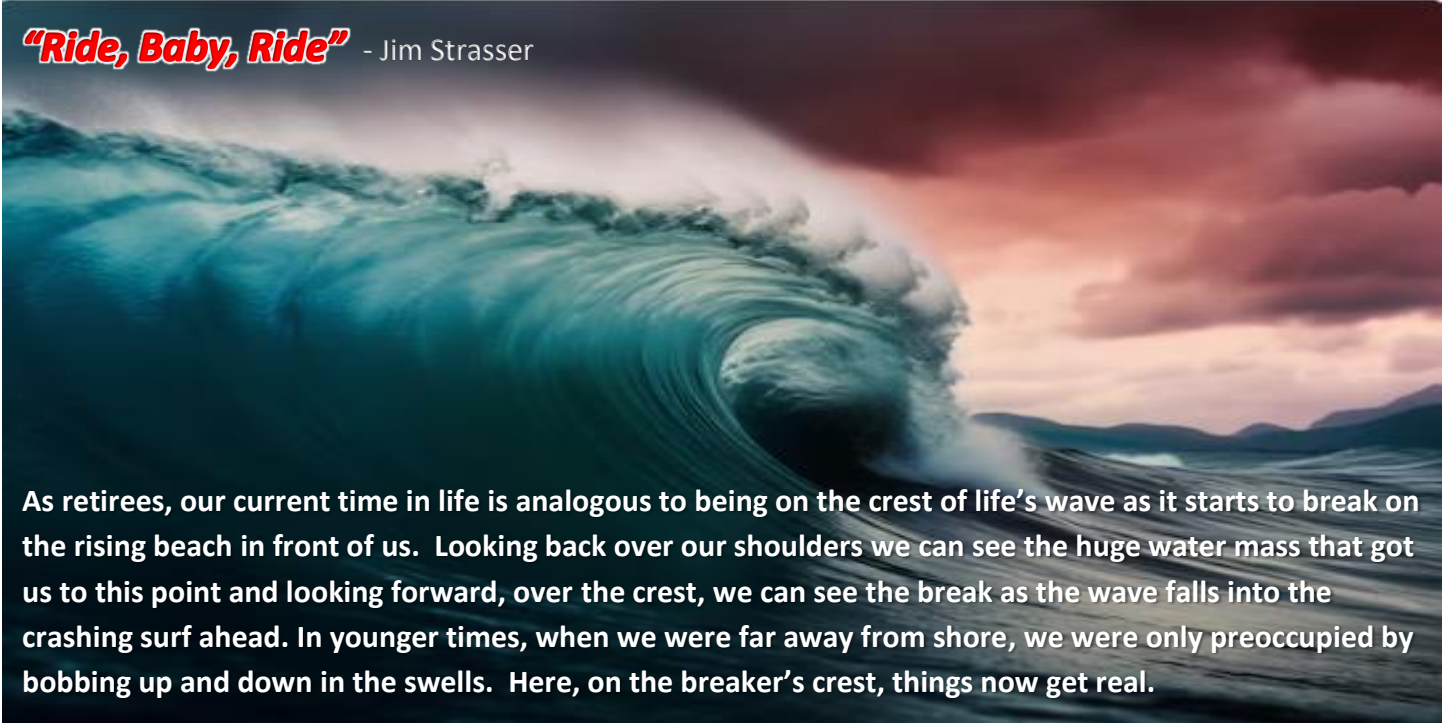
Monty and a Scarborough grown Vimy Oak

Speaker's Corner



Speaker's Corner is offered to provoke thought, opinion or just expand upon the circumstances of club life. These articles can be developed by any member for inclusion in the newsletter subject to some editorial assistance. This quarter's offering follows:

"Ride, Baby, Ride" - Jim Strasser



As retirees, our current time in life is analogous to being on the crest of life's wave as it starts to break on the rising beach in front of us. Looking back over our shoulders we can see the huge water mass that got us to this point and looking forward, over the crest, we can see the break as the wave falls into the crashing surf ahead. In younger times, when we were far away from shore, we were only preoccupied by bobbing up and down in the swells. Here, on the breaker's crest, things now get real.

It is at this position in life that we are the most in tune with what is important as well as having a truly adult view of mortality. We recall fairly clearly what got us to this point as well as we can forecast, perhaps with some trepidation, what likely lies ahead. ***Our prime objective should be to maximize the quality of life in the surf ahead.*** It is vital, more important than it has ever been in our collective lives, to intentionally plan to maximize the quality you can get out of our remaining years. Like the surfer dude whose entire point of being out there was to reach the waves' crest, its time to focus and enjoy the ride.

As younger people when building careers, families and financial stability, our senior years were at best only a vague financial consideration on a far horizon, as is the case for the bulk of society. Popular music reinforces this lack of focus on life beyond youth through its complete lack of thought given to senior years. For the entire year that I was 64, the Beatles "*When I'm sixty-four*" reverberated through my head – a tune I often sang to my grandchildren over that year. Equally, when I heard the even more contemporary Ed Sheeran's "*Thinking out loud*" ballad it reinforced the youthful lack of focus on senior life. Whether it be the Beatles' "*will you still need me, will you still feed me*" query or Sheeran's implied time horizon when he croons "*And darling I will be loving you 'til we're 70*", both suggest an expiry date well inside our current expectations. It is a sad fact that in most North American society the concept of reverence of the elders is foreign. Worst yet, popular culture seems to only worry about what we would all consider youthful side of old age prior to 64 or 70. They seem to be unaware of the very important years that follow.

The point of this diatribe is not to be a downer and make us all feel “well its over”, time to hang up the skates, curl up the toes. In spite of the fact that that youth persist in the stereotyping 64 or 70 as being the end of the road, our frame of reference is that there is much yet to come. Back to my being on the crest of the breaker analogy. This vantage point gives you unparalleled *perspective* and *focus*. Armed with experience, wisdom and the realization that the shore is a finite distance away, allow us the urgency and focus to make it the best future possible for ourselves.

I recall many years ago when getting my pilot’s license, learning to take off. I was always over steering the aircraft as it accelerated down the runway. This over correction made it look like a bit of a clown show as I swayed side to side down the runway. My instructor pointed out that all I needed was to steer a point at the end of the runway and not at any intermediate point just in front of the plane. That simple piece of advice, allowed me to leap forward in delivering solid take offs, no more clown shows. Youth, typically anywhere under 50, when it comes to life planning, are steering their lives generally by staring just in front of the plane, no real focus on where they are going to hopefully end up; too busy focusing on every detail needed to cause their plane (life) to go forward. They have little to no focus on the end game of smoothly reaching of the end of the runway. Once I was focused on the right things, I could concentrate on what’s important ahead of me. Sure, things outside of my control could derail me post liftoff but equally, and more likely, they won’t and I can put my attention on that which I can control (also an old R B Petersen dictum).

Being on the crest of our wave, with reasonable fair weather assumptions, we can chart a course to maximize our enjoyment without the impediments of distractions (work, family, financial security). Sure if fair weather does not appear, our plans may fall short, but until that point we are moving ahead with purpose.

We’ve blown past youths’ “best before date” of “64” or “70” proclaimed in popular culture. We have surpassed this conventional stereotype. From our position on the wave, we have learned what we enjoy and what is important. Now is the time, as any surfer would advocate, to reap the benefits of what got us here and ride that sucker. The best (and only) part of life is in front of you, not behind. Ride baby ride. As the singer Pink suggests “Ride it until the wheels fall off!”



When I'm sixty-four

When I get older losing my hair
Many years from now
Will you still be sending me a Valentine
Birthday greetings bottle of wine

If I'd been out till quarter to three
Would you lock the door
Will you still need me, will you still feed me
When I'm sixty-four

You'll be older too
And if you say the word
I could stay with you

I could be handy, mending a fuse
When your lights have gone
You can knit a sweater by the fireside
Sunday mornings go for a ride
Doing the garden, digging the weeds
Who could ask for more

Will you still need me, will you still feed me
When I'm sixty-four

Every summer we can rent a cottage
In the Isle of Wight, if it's not too dear
We shall scrimp and save
Grandchildren on your knee
Vera, Chuck and Dave

Send me a postcard, drop me a line
Stating point of view
Indicate precisely what you mean to say
Yours sincerely, wasting away

Give me your answer, fill in a form
Mine for evermore
Will you still need me, will you still feed me
When I'm sixty-four



"When I'm Sixty-Four" is a song performed by The Beatles, written by Paul McCartney and released on their 1967 album Sgt. Pepper's Lonely Hearts Club Band. It was one of the first songs McCartney wrote; he was 14, in May 1956.

Thinking Out Loud

When your legs don't work like they used to before
And I can't sweep you off of your feet
Will your mouth still remember the taste of my love
Will your eyes still smile from your cheeks

And darling I will be loving you 'til we're 70
And baby my heart could still fall as hard at 23
And I'm thinking 'bout how people fall in love in mysterious ways
Maybe just the touch of a hand
Oh me I fall in love with you every single day
And I just wanna tell you I am

So honey now
Take me into your loving arms
Kiss me under the light of a thousand stars
Place your head on my beating heart
I'm thinking out loud
Maybe we found love right where we are

When my hair's all but gone and my memory fades
And the crowds don't remember my name
When my hands don't play the strings the same way, mm
I know you will still love me the same

'Cause honey your soul can never grow old, it's evergreen
Baby your smile's forever in my mind and memory

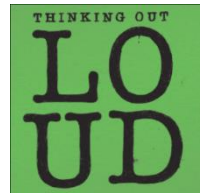
I'm thinking 'bout how people fall in love in mysterious ways
Maybe it's all part of a plan
I'll just keep on making the same mistakes
Hoping that you'll understand

But baby now
Take me into your loving arms
Kiss me under the light of a thousand stars
Place your head on my beating heart
I'm thinking out loud
That maybe we found love right where we are, oh

So baby now
Take me into your loving arms
Kiss me under the light of a thousand stars
Oh darling, place your head on my beating heart
I'm thinking out loud
That maybe we found love right where we are

Oh baby, we found love right where we are (maybe)
And we found love right where we are

"Thinking Out Loud" written by Amy Wadge and Ed Sheeran, in 20 minutes between 2:00 and 2:20 AM on February 4, 2014. It was a late add to his 2014 album X (Multiply) performed by Ed Sheeran.



A little Humour . . .

The obscure reference in the President's remarks . . .

Upon arrival in hell, the devil declares I must choose between two doors behind which I will spend eternity. However, because of my recent contributions to EACTN, the devil allows me a quick peak behind each door prior to selecting.

Behind the first door is a scene reminiscent of Hieronymus Bosch's "An Angel Leading a Soul into Hell"—complete with wailing, sorrowful cries, hell fire, gnashing of teeth. I quickly jump back in shock and the devil proceeds to the next door.



Behind door number 2 are people standing around, communing, drinking coffee and eating biscuits. Strangely though, they are standing ankle-deep in putrid sewage.

The devil quickly closes the second door and demands on the spot to know which eternity I have chosen.

Though the scene beyond the second door is indeed repugnant, coffee, biscuits and amiable conversation seemed more welcoming than the alternative, and hopefully, I could get used to the stench.

So, I chose room number 2 and am immediately dispatched there. Once inside, I find myself standing in the foulest smelling sewage, coffee in hand and enjoying a pleasant conversation. Suddenly, I hear a shrill whistle and a booming voice "Alright, break time is over, get back to standing on your heads!"

It makes you appreciate the EACTN Executive a bit more for their stalwart service outside break time.

When I complained to Amazon about a missing parcel they asked for photographic evidence . . .



**A man asked his wife "What would you do if I won the lottery?"
She replied "I'd take half and leave you"
"Great," says he "I just won \$12, here's \$6, keep in touch"**

Do you all remember, before the internet, that people thought the cause of stupidity was the lack of access to information?

. . .Yeah, well it wasn't that.

Staying in Touch with both the EACTN and the Company

Remember to keep your contact information current with both our club and Imperial Oil/ExxonMobil. For EACTN, it's easy to do on our website. Just click here —> [member information update](#) or send an email to Tim Bean at members@eactn.ca.

Key Phone Numbers for IOL Retirees			Pension Payments		
^ Extended Health Care and Dental Care Coverage			Inquiries Pension Payments 1-855-722-0355		
Coverage / claims inquiries	Sun Life	1-866-896-6976	Illness/Injury Absence		
^ Life Insurance			Report an illness or injury 1-833-608-9908		
Claims inquiries	Sun Life	1-866-896-6976	Awards		
^ Accidental Death & Dismemberment (AD&D)			Awards/recognition Awardco		
Claims inquiries	CHUBB Life Insurance Company of Canada	1-877-772-7797	Global Travel Assistance		
^ Critical Illness			Coverage / claims inquiries Global Excel Management (GEM) In the US and Canada: 1-800-511-4610; Elsewhere, call collect: 1-519-514-0351; Fax: 1-509-514-0374		
Coverage / claims inquiries	Sun Life	1-866-896-6976	Employment Verification		
^ Employee Assistance Program			Verification of employment / income letters SAP NetWeaver Portal (xom.com)		
Coverage/inquiries	ComPsych	1-866-641-3847	General Information		
^ Savings Plan			Pension & Benefits Centre 1-855-722-0355 10:00 a.m.-6:00 p.m., Eastern Time, Monday through Friday		
Balances / investments	Sun Life	1-866-896-6976			
^ Defined Contribution (DC) Pension Plan					
Balances / investments	Sun Life	1-866-896-6976			

Staying Informed - Jack Bedi

Stay current with the things that are going on with our club, other annuitant clubs and annuitant-related information from the Company by visiting the EACTN website at www.eactn.ca or the EACTN Facebook site. Information is just a click away. The [Links](#) area of our EACTN website always points you to current information. Take a look at what you can find via Links by clicking on any of the blue headings below.

Information about Imperial Oil and some of its operating sites is available on
 Facebook at: [Facebook Imperial Oil](#) [Facebook Cold Lake](#) [Facebook Sarnia](#) [Facebook Strathcona](#)
 The internet at: [Imperial Oil Website](#)

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 or via their newsletters which we post on our EACTN website site in the Members password-protected zone:
<https://eactn.ca/newsletters-form-other-iol-clubs/>