

# NEWSLETTER

Fall 2024

HYDRO PENSIONERS ASSOCIATION OF ONTARIO  
TORONTO DISTRICT



SOCIETY of  
UNITED PROFESSIONALS  
*Pensioner's Chapter*



## Boat Cruise



## Jersey Boys



## Golf Day



## Shaw Festival



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<https://hydropensionerstoronto.ca/>



[Hydro Pensioners Association of Ontario - NEW](#)



[HydroPensionersToronto@gmail.com](mailto:HydroPensionersToronto@gmail.com)



## THE PRESIDENT'S MESSAGE



**Julia Lindsay**

Summer is over and we look toward to Fall. Are you like me, wondering how Summer went by in the blink of an eye? Now is time for pumpkin spice everything! Kids are back in school. And school zones are now 30 km. Are you surrounded by schools as I am?

It's November/December that gets busy for the volunteers in HPAO - Toronto District as we start to plan the events for the next year. We see what offerings are available and send out surveys to see what plays and events you'd like to attend.

None of this would be possible, if it wasn't for our volunteers:

**Bruno Bellissimo** - Treasurer

**Gillian Salter** - Member Registrar

**Ed Kurak** - Web & Tech Support

**Colin Erwin** - Events Coordinator & Tech Support

**Nazma Premji** - Events Coordinator

**Marion Wright** - Events Coordinator

**Cam Smith** - Golf Coordinator

**Donna Jutras** - Newsletter Coordinator

We encourage all hydro pensioners to join our club and come out to our events. Visit our website at [www.hdropensionerstoronto.ca](http://www.hdropensionerstoronto.ca) or email our Registrar at [hydropensionerstoronto@gmail.com](mailto:hydropensionerstoronto@gmail.com).

Our annual registration fee for **HPAO - Toronto** covers the calendar year - **January 1st to December 31st**. The fee is mandatory to participate in our events including bus trips, Zoom presentations, luncheons, etc. All participants must pay the yearly registration fee.

A registered pensioner can select to pay for either single or double attendance (bringing a partner or friend). If a particular event has low attendance, we may open up the event to more friends of members. The first guest of the pensioner can attend the event at the published subsidized rate and all others must pay the full cost of our event with no discount or subsidy.

During the **first quarter of the year to March 31**, the registration fee is **\$10 per person (\$20 for plus one)**. After that period, the fee increases to **\$15 per person (\$30 for plus one)**.

You can start paying your 2025 registration fees starting **December 1, 2024**. Please consider joining us in 2025 by completing our registration form [Membership Form Link](#).

Hope to see you soon at our upcoming Christmas Luncheon in November. We are planning a fine meal and many, many prizes to win.

**Happy Fall!**



# GRAND RIVER CRUISE - JULY 14, 2024



## BOAT CRUISE

This year we tried something different - *a day trip cruising the Grand!*

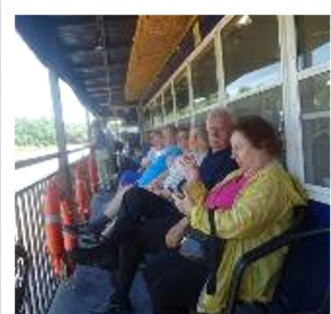
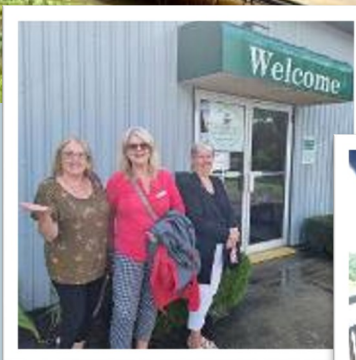
Quite a few new faces joined us for this bus trip. We had almost a full bus load looking forward to enjoying the Blazing Fiddles Show and lunch cruise. Unfortunately with the torrential rain our bus was delayed by traffic getting to Caledonia and we only got to hear the last ten minutes of the talented fiddler performance held on shore before our boat departed from the dock. Next we were directed to our cruise boat, the Grand River Queen.

As we were a group of 50 we had a private cruise with a boat just for us. Drink orders were taken as soon as we were aboard and sat at the tables. The captain went over the safety rules prior to getting underway. Our three course meal started with a crisp garden salad and homemade bread followed by a choice of baked chicken breast, slow-cooked roast beef or vegetarian chili, ending with dessert of either strawberry shortcake or apple crisp pie - delicious!

The weather totally cooperated for our two and a half hour cruise along the Grand River - we had sunshine and warm temperatures so most of us sat outside on the covered deck between courses to see the scenery and enjoy the breeze and sound of water lapping the hull. Our captain gave an engaging explanation of the history of the area, landmarks and the Grand River itself.

Arriving late meant we missed our muffins before the cruise so they gave us "muffins to go" which we handed out on the bus ride home. Again, thanks to everyone for being so punctual arriving at the bus pickup locations.

The venue is fully accessible and we received lots of positive feedback so we'll certainly consider offering this again in 2025.





# GRAND RIVER CRUISE - JULY 14, 2024





# JERSEY BOYS - AUGUST 13, 2024

## THE VENUE



## THE HISTORY



## OUR GUESTS



### Our third Bus Trip of 2024 started off differently from the earlier trips.

Unlike the first trip, there was no massive traffic tie-up on the westbound Hwy 401 that forced a detour to Hwy 407 and an hour's delay getting out of the city.

Unlike the second trip, there was no one-month-worth-of-rain-falling-in-two-hours event, which flooded freeways and also caused a delay getting out of the city. But like those earlier trips, our Pensioners enjoyed a pleasant lunch and a quality performance.

Jersey Boys is the story of the 1960s singing group "The Four Seasons". It describes the group's formation on the rough-and-tumble streets of Newark, New Jersey, to the heights of success, and then the break-up. We heard songs like **"December, 1963 (Oh, What a Night)"**, **"My Eyes Adored You"**, and **"Walk Like a Man"**.

The venue was the King's Wharf theatre in Penetanguishene, right on the water in a pleasant park setting. Our driver was again Winston, who navigated several bus-challenging parking lots at the restaurant and the theatre to deliver us on-time to the show, and return us safely to Toronto.





# FUN GOLF DAY AT SPRINGCREEK - SEPTEMBER 14, 2024

The sun shone and a light breeze made our **2024 Fun Golf Day** very enjoyable!

Everyone was in good spirits and considering I haven't golfed in 2 years, I only lost one ball (orange) which matched the leaves on the course! I golfed with a newbie and 2 serious long time golfers.

They were helpful in suggesting which clubs to play and which direction to hit! Turns out the newbie had a natural gift for golf which will hopefully turn into to a new sport for him.

We played 9 holes, which was more than enough considering how rusty I am.

Afterwards, we came into the clubhouse for a wonderful BBQ lunch prepared by Denise Breslin, Manager of Springcreek and her staff, which we very much enjoyed.

Our past president was in attendance and he was introduced with a round of applause! We had a wonderful selection of prizes for our members and everyone agreed it was a fun day!

A special shout out to Lorraine Irvine who directed us where to park our buggies at the end of the course.

This tournament was made possible by the efforts of Marion, Cam, myself and the staff at Springcreek.

Looking forward to our next Golf event in 2025.

See you all there!

Julia





# FUN GOLF DAY AT SPRINGCREEK - SEPTEMBER 14, 2024





# SHAW FESTIVAL - SEPTEMBER 18, 2024

It was a beautiful day for our final bus trip this year to the Shaw Festival in Niagara-on-the-Lake on September 18th, 2024.

We enjoyed a delicious lunch at Betty's Restaurant, including amazing desserts. After lunch, we attended the new production of "Sherlock Holmes and the Mystery of the Human Heart" at the Shaw Festival Theatre, which had enough twists and turns to leave even Sir Arthur Conan Doyle guessing what happens next.

This entertaining play delves into the lives of the legendary detective, his trusted confidant Dr. Watson and Mrs. Hudson, the landlady of 221B Baker Street as they try to find the culprit behind disembodied human hearts turning up in late-1800 London hot spots, such as Piccadilly Circus, the Serpentine and Paddington Station.

The author of "Sherlock Holmes and the Mystery of the Human Heart" was initially a mystery, but was recently revealed as none other than its star, Damien Atkins, who plays the title role of the famous fictional consulting detective. This is the third Sherlock play in which Atkins has performed at Shaw, alongside Ric Reid as Dr. Watson and Claire Jullien as Mrs. Hudson — but the first that he's written himself -- for more details, please see The Star article [The biggest mystery of the theatre season — now solved \(thestar.com\)](https://www.thestar.com/story/2024/09/18/shaw-festival-sherlock-holmes-mystery-solved)

A special thanks to Mary Morton Tours for organizing this very enjoyable trip, and Wing (Wilson), our coach driver, for a smooth and safe drive to Niagara-on-the-Lake and back!



# SHAW 20 FESTIVAL 24





# SHAW FESTIVAL - SEPTEMBER 18, 2024



# SHAW 2024 FESTIVAL





## COMING UP NEXT



### ALZHEIMERS & MEMORY

Thursday, October 24, 2024 at 11:00am

Zoom link to follow prior to presentation



### CHRISTMAS LUNCHEON

Thursday, November 21, 2024

Chelsea Hotel, Toronto



### MENTAL HEALTH

Friday January 31, 2025 at 12:00pm

Zoom link to follow prior to presentation



### MULTIPLE SCLEROSIS

February 2025 - Details to follow

Zoom link to follow prior to presentation



### HOME CARE

Thursday, March 20, 2025 & Friday, March 21, 2025 at 11:00am

Zoom link to follow prior to presentation



### WILLS & ESTATE PLANNING

April 2025 - Details to follow

Zoom link to follow prior to presentation



### ARTHRITIS

October 2025 - Details to follow

Zoom link to follow prior to presentation

### QCC DINNER

Tuesday, October 1, 2024

Unfortunately this Event has been cancelled



### QCC DINNER

Friday, October 18, 2024

Ajax Convention Centre

Contact: [quartercenturyclub@opg.com](mailto:quartercenturyclub@opg.com)





# WHAT'S HAPPENING IN ONTARIO'S ELECTRICITY SECTOR

## SMALL MODULAR REACTORS

There are some massive rumblings afoot at OPG's [Darlington New Nuclear Project](#) (DNNP).

Site preparation work is continuing to support the deployment of North America's first fleet of commercial Small Modular Reactors (SMRs). This leading-edge project will provide more reliable, clean energy for Ontario's growing and electrifying future while serving as a blueprint for similar deployments across Canada and around the globe.

Recently, the DNNP team completed a retaining wall for the launch shaft of a massive tunnel boring machine, which will be used to drill the condenser cooling water tunnel path.

This highly specialized excavating machine, also known as a "mole", is used to create tunnels for roads, railways, subways, pipelines, and other underground structures.

The DNNP's tunnel boring machine is currently being manufactured in Europe and isn't expected to be on site until summer 2025. But that didn't stop the project team from officially naming it.



A large tunnel boring machine is currently being manufactured in Europe for use in OPG's Darlington New Nuclear Project. It has been named after Harriet Brooks, Canada's first female nuclear physicist.



Harriet Brooks was Canada's first female nuclear physicist and one of the first people to discover radon in 1901.

After more than 100 name submissions and a vote for the best, the team settled on "Harriet Brooks", in honour of Canada's first female nuclear physicist and one of the first people to discover radon in 1901.

Brooks' legacy was [recently honoured](#) with the unveiling of a new portrait at OPG's Darlington Energy Complex as part of the Great Women Portrait Project.

Previously, OPG employed a tunnel boring machine to create a 10.2-kilometre-long tunnel to increase generating capacity at the Sir Adam Beck hydro complex in Niagara Falls. The name of that machine was affectionately dubbed "Big Becky" in honour of Sir Adam Beck, the first Chairman of OPG's predecessor company, the Hydro-Electric Power Commission of Ontario.

Aside from preparing for the tunnel boring machine, the DNNP team has been busy this summer with other important work. This includes drilling for the reactor building shaft retaining wall and completing pre-requisite activities for SMR Units 2-4.

Pending regulatory approval from the Canadian Nuclear Safety Commission, the project will be ready for nuclear construction work to begin in 2025. The first SMR unit is expected to be in commercial operation by the end of 2029, with the rest of the units expected to come online in the mid-2030s.



# WHAT'S HAPPENING IN ONTARIO'S ELECTRICITY SECTOR



## Notice of Public Hearing for a Proposed Nuclear Facility

### Ontario Power Generation's Darlington New Nuclear Project

The Canadian Nuclear Safety Commission (CNSC), Canada's nuclear regulator, will hold a two-part public hearing to consider an application from Ontario Power Generation (OPG) for a licence to construct one BWRX-300 reactor unit on the site of the Darlington Nuclear Generating Station in the Municipality of Clarington, Ontario.



### Join the hearing

#### Part 1: October 2, 2024

Join the hearing online at [nuclearsafety.gc.ca/watch](https://nuclearsafety.gc.ca/watch)

#### Part 2: Starting January 8, 2025

(duration to be determined)

#### Join in person:

Ajax Convention Centre  
550 Beck Crescent  
Ajax, Ontario

#### Join online:

[nuclearsafety.gc.ca/watch](https://nuclearsafety.gc.ca/watch)

Please visit our website for more information:

[nuclearsafety.gc.ca](https://nuclearsafety.gc.ca)

For notifications about this public hearing and other important information, we invite you to subscribe to the CNSC's email notifications:

[nuclearsafety.gc.ca/subscribe](https://nuclearsafety.gc.ca/subscribe)



For further information about this public hearing, contact the Senior Tribunal Officer, Commission Registry:

Tel.: 343-542-8587 or 1-800-668-5284



Learn more at:

[Details of Public Hearing](#)

**ONTARIO**  
**POWER**  
GENERATION



# WHAT'S HAPPENING IN ONTARIO'S ELECTRICITY SECTOR

## NEW HIGH-VOLTAGE TRANSFORMER

Hydro One announced the delivery of a new high-voltage transformer to Porcupine Transformer Station (TS) as part of an \$80 million investment in the station. Porcupine TS is a critical connection point between northeast and northwest Ontario and once complete, the upgrades will strengthen reliability and resiliency of the electricity network in Timmins and surrounding region.

"As communities in northern Ontario continue to grow, it's important to invest in the local electricity system to ensure reliable power for homes and businesses," said Ryan Docherty, vice president, Engineering and Construction Services, Hydro One. "Hydro One has a long history of operating a reliable transmission system and once this work is complete, it will strengthen the connections between the northeast and northwest and support the region as it continues to attract growth."



This is the second of three transformers making the more than 1,800-kilometre journey to Porcupine TS, with the third expected in late 2025. Weighing more than 205,000 kilograms, the new transformer is part of the station investment that also includes the upgrade and replacement of switches, system protection and telecommunication equipment.

"As we anticipate the growth of communities and industries in northern Ontario, our government remains committed to ensuring that we continue to meet the needs of businesses and our residents. Thanks to Hydro One's updated infrastructure, residents and businesses in Timmins and across the northeast can rely on dependable access to essential services," said George Pirie, Member of Provincial Parliament for Timmins.



"We appreciate Hydro One's investment in critical infrastructure, as it will help to unlock the economic potential in our city. We have been actively working on initiatives that will encourage more individuals and businesses to choose Timmins as their home. It is important that we continue to provide reliable electricity to our communities to support increased density," said Michelle Boileau, Mayor of Timmins.



# WHAT'S HAPPENING IN ONTARIO'S ELECTRICITY SECTOR

## LINE THAT BRINGS LIGHT

**Sachigo Lake First Nation** celebrated its connection to the provincial grid on September 12th, marking an end to the community's reliance on diesel generators for power.

Chuck Farmer (from The IESO) joined community members and electricity sector leaders to mark the occasion.



The Wataynikaneyap Power Transmission System-- the **"Line that Brings Light"** -- is a partnership between 24 First Nations that are working together to connect 17 remote communities.



Once complete, it will represent the largest First Nations grid connection project in Ontario's history.

To date, 12 remote First Nations communities have been connected, improving quality of life and providing access to more reliable, affordable and clean electricity.

For more on how this project is bringing First Nations together to strengthen local communities, visit [Wataynikaneyap Power](https://www.wataynikaneyap.com).



Post from IESO LinkedIn

## Did you know?

**What animal has caused the most issues on the Wataynikaneyap Power transmission system to date?**

The woodpecker!

There are 2,549 wooden poles on the Wataynikaneyap Power transmission system.

- 1,315 were installed by PowerTel in 2018 to connect Pikangikum First Nation to the provincial grid (1,040 on the 44 kV that was since converted to 115 kV and 275 on the 25 kV line)
- A further 1,234 wooden poles were installed by Valard (659 for 44 kV and 575 for 25 kV)

Wataynikaneyap Power planned for targeted pole replacements because of woodpeckers and other damage: a strategy that keeps costs down while maintaining the infrastructure. Wataynikaneyap Power is now replacing these wooden poles with Fiber Reinforced Polymer (FRP) poles, also commonly called composite poles.



# THINGS TO KNOW

## RETIRED WORKERS' CHAPTER BULLETIN



RWC24-003

August 30<sup>th</sup>, 2024

### RWC Members' Cost of Living Allowance (COLA) - August 2024

RWC members who retired from Ontario Hydro Successor Companies, who, immediately prior to termination of employment were members of the Power Workers' Union are entitled to a COLA increase on January 1<sup>st</sup> of each year. The increase is based on 100% of the Ontario Consumer Price Index, up to a maximum of 8% per year.

The COLA increase for January 1<sup>st</sup>, 2025, will be **3.0 %**. This is based on the Ontario COLA for the 12-month period ending in June 2024.

Ontario Hydro successor companies include the following:

- Bruce Power
- Kinectrics
- Hydro One
- Ontario Power Generation
- Nuclear Waste Management Organization
- Electrical Safety Authority
- New Horizon System Solutions
- Independent Electrical System Operator

This COLA increase is possible because for decades now we have had the 100% indexing clause enshrined in the collective agreements of the successor companies.

PWU Bargaining Committees have consistently resisted any attempts to weaken, or even eliminate, this incredibly important provision. This indexing is not only vital for current pensioners, it will be just as important for those PWU members whom will retire in the coming years.

#### OMERS Retirees

The formula for COLA for these members will be posted in November. The COLA is based on the cost of living, for Ontario, for the period October 2023 to October 2024.

**Peter Kelly**  
President  
Retired Workers' Chapter



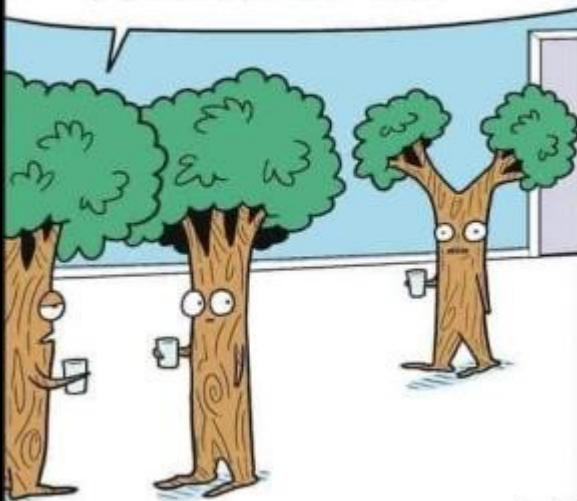
**The quickest way to double your money is to fold it over and put it back in your pocket**

**-Will Rogers**



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TRY NOT TO MENTION HIS  
POWER LINES TRIM



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**Steven Alexander Wright is an American stand-up comedian, actor, writer, and film producer. He is known for his distinctive lethargic voice and slow, deadpan delivery of ironic, philosophical and sometimes nonsensical jokes.**

**Here are some quotes from Steven.**

1. Borrow money from pessimists -- they don't expect it back.
2. 82.7% of all statistics are made up on the spot.
3. A clear conscience is usually the sign of a bad memory.
4. If everything seems to be going well, you have obviously overlooked something.
5. I intend to live forever ... So far, so good.
6. If at first you don't succeed, destroy all evidence that you tried.
7. What happens if you get scared half to death twice?
8. Why do psychics have to ask you for your name
9. My mechanic told me, "I couldn't repair your brakes, so I made your horn louder."
10. Experience is something you don't get until just after you need it.



## INTERESTING FINDS

### TECHIE MYTHS - BUSTED



#### *A List To Live By*

- The most destructive habit - Worry
- The greatest joy - Giving
- The greatest loss - Loss of self-respect
- The most satisfying work - Helping others
- The ugliest personality trait - Selfishness
- The most endangered species - Dedicated leaders
- Our greatest natural resource - Our youth
- The greatest "shot in the arm"- Encouragement
- The greatest problem to overcome - Fear
- The most effective sleeping pill - Peace of mind
- The worst reason to fail - Excuses
- The most powerful force in life - Love
- The most dangerous pariah - A gossip
- The world's most incredible computer- The brain
- The worst thing to be without - Hope
- The deadliest weapon - The tongue
- The two most power-filled words - "I can"
- The greatest asset - Faith
- The most contagious spirit - Enthusiasm
- The most worthless emotion - Self-pity
- The most beautiful attire - SMILE!
- The most prized possession - Integrity



#### **Myth: Closing apps on your phone saves battery.**

**Fact:** Your phone is smarter than you think! It knows how to handle apps in the background without wasting battery. Closing and reopening apps actually uses more power. To really save battery, lower your screen brightness and turn off notifications you don't need.

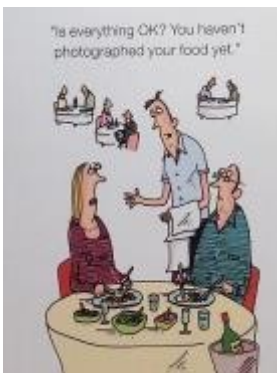


#### **Myth: More RAM means a faster computer.**

**Fact:** More RAM helps with multitasking, but if you want your computer to speed up, switch from an old-fashioned hard drive to a new SSD (solid-state drive). This will make your computer run much faster and smoother.

#### **Myth: Always let your phone's battery drain fully before recharging.**

**Fact:** Today's phone batteries don't need to be drained completely. In fact, letting them drop to zero can damage them. Try to keep your battery between 20% and 80% for the best results.



#### **Myth: Incognito mode keeps your browsing completely private.**

**Fact:** Incognito mode only stops your browser from saving your history and cookies. It doesn't hide your activity from your internet provider or the websites you visit. For better privacy, consider using a VPN (a virtual private network).

#### **Myth: You need expensive HDMI cables for better quality.**

**Fact:** Save your money! HDMI signals are digital, so the data either gets through or it doesn't. There's no difference between a \$10 cable and a \$100 cable for most home setups.

Provided by Weekly Click at <https://weeklyclick.beehiiv.com/>



## INTERESTING FINDS

### BE GRATEFUL

Anyone can develop a greater sense of gratitude. Gratitude is an ability that can be cultivated with practice. The simplest way to improve your appreciation and quality of life is to take a few moments to reflect on the good things. The benefits are numerous!

#### The Benefits of Gratitude

- Increases positive emotions
- Multiplies the good
- Enhances empathy
- Expands generosity and compassion
- Promotes optimism
- Increases joy and happiness



To help get a perspective on life, use a Gratitude Journal to begin a practice of daily enrichment.

Each day record what you are grateful for.

*"I am grateful for ...."*

#### Other ideas to record

- People I am thankful for
- Acts of Kindness
- Happy Memories
- A kind note to someone special
- People I'd like to see more of
- The beauty of nature
- Positive events that shaped who I am
- Things to Remember
- Self Improvement Goals
- My reflections

*grateful*

"The best days start with Gratitude"

"Good thoughts, Happy Days"

"Start each day with a grateful heart"

"Think Big thoughts but relish small pleasures" - H. Jackson Brown Jr

"Things turn out best for the people who make the best out of the way things turn out" - Art Linkletter

"Happiness never decreases by being shared" - Guatama Budha

"Enjoy the little things"

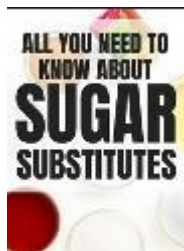
"When you love what you have, you have everything you need"





## HEALTH & WELLNESS

### POPULAR ARTIFICIAL SWEETNER LINKED TO BLOOD CLOTS AND RISK OF HEART DISEASE



A new study from researchers at the Cleveland Clinic — a non-profit medical institute based in Ohio — and published in *Arteriosclerosis, Thrombosis, and Vascular Biology*, found that erythritol, a sugar substitute often blended with stevia, was linked to an increased risk of heart attack, stroke and other cardiovascular events.

The study builds upon a growing body of research that has found dangers in consuming large amounts of sugar-alternatives. Nearly a year ago, the World Health Organization warned that artificial sweeteners like aspartame and stevia (which is often blended with erythritol) — often found in diet sodas — were linked to a greater risk of type-2 diabetes, cardiovascular disease and death in adults. Aspartame was also deemed a “possible” cause of cancer by the World Health Organization. New regulations in Canada published in 2022 mean manufacturers are no longer required to label some artificial sweeteners, like aspartame, on the front of packaging and do not have to disclose the milligram per serving in the list of ingredients.

#### What is erythritol?

Erythritol is a sugar alcohol found naturally in some foods but is mainly used as a artificial sweetener.

Sugar alcohols are similar to sugar — they are both carbohydrates and have similar structures, but sugar alcohols contain an alcohol molecule and aren’t processed by the body in the same way.

Erythritol, like another well-known artificial sweetener xylitol, is often used as a sugar-free or reduced sugar additive, as it not only has fewer calories, but doesn’t spike blood sugar or insulin to the same extent as added sugar, making it popular for diabetics and those on a Keto diet.

Another study from the Cleveland Clinic released in June found that xylitol was linked to an increased risk of heart attack, stroke and other cardiovascular events.

#### Is erythritol bad for you?

The study found that erythritol-sweetened drinks more than doubled the risk of blood clotting in ten healthy volunteers who drank a typical portion size, Hazen explained. The study showed that erythritol sweetened drinks made a noticeable difference before and after consumption within volunteers’ bodies,

Dr. Stanley Hazen, director of the Cleveland Clinic’s centre for cardiovascular diagnostics and prevention, said. “This adds to the growing body of evidence that artificial sweeteners in general, but especially sugar alcohols like erythritol, appear to promote or foster an enhanced clotting risk.”

Hazen recommended that anyone with an increased risk of heart disease or blood clotting should avoid sugar alternatives erythritol and xylitol entirely.

In 2022, more than 57,000 Canadians died of heart disease, the second leading cause of death in the country.

Before the study was released on Thursday, the Calorie Control Council — an “international association representing the low- and reduced-calorie food and beverage industry,” released a statement on its website warning consumers against the results of the study, citing the small sample size of the study, the amount of erythritol given to participants and its short time frame. Members of the Calorie Control Council include food and beverage giants like the Coca-Cola Company, PepsiCo Inc and Keurig Dr Pepper.

But, Hazen added that the study looked specifically at healthy volunteers in an attempt to rule out mitigating factors that might interfere with the results, like a diagnosis of diabetes or obesity, hypertension and other factors. The amount of erythritol given to participants was based on levels of erythritol that companies had reported when registering their products with the U.S. Food and Drug Administration.

And, alongside other researchers, Hazen, in February, found that high levels of erythritol in more than 1,000 patients in the U.S. examined had a higher risk of heart attacks and stroke over a time span of three years. A further look at another 3,000 people across the U.S. and Europe confirmed those results.

#### What should I eat instead?

Instead of artificial sweeteners, Hazen recommends using glucose, sugar, honey or fruit, but “in moderation.”

“I’m trying to sound the alarm,” Hazen said. “We need to look at the safety of this because I’m concerned that, long-term, we’re seeing, unfortunately, adverse consequences for the very people who are trying to reach for a healthy option or healthy alternative.”

***“They’re the ones who are most at risk.”***

By Andy Takagi, Toronto Star, August 28, 2024



## HEALTH & WELLNESS

### PREVENTING FALLS & SLIPS

Fall prevention is an important topic to consider as you get older.

Physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely as you age.

In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn't need to rule your life.

Instead, consider these tips in safeguarding your home.





## JUST FOR FUN

### EATING IN THE FIFTIES

- ◆ Pineapples came in chunks in a tin; we had only ever seen a picture of a real one.
- ◆ Surprisingly, muesli was readily available, it was called cattle feed.
- ◆ Pasta had not been invented.
- ◆ Curry was a surname.
- ◆ A takeaway was a mathematical problem.
- ◆ A pizza was something to do with a leaning tower.
- ◆ Bananas and oranges only appeared at Christmas time.
- ◆ All potato chips were plain; the only choice we had was whether to put the salt on or not. Rice was only eaten as a milk pudding.
- ◆ A Big Mac was what we wore when it was raining.
- ◆ Brown bread was something only poor people ate.
- ◆ Oil was for lubricating, fat was for cooking.
- ◆ Tea was made in a teapot using tea leaves and never green.
- ◆ Cubed sugar was regarded as posh.
- ◆ Fish didn't have fingers in those days.
- ◆ Eating raw fish was called poverty, not sushi
- ◆ None of us had ever heard of yoghurt.
- ◆ Healthy food consisted of anything edible.
- ◆ People who didn't peel potatoes were regarded as lazy.
- ◆ Indian restaurants were only found in India.
- ◆ Cooking outside was called camping.
- ◆ Seaweed was not a recognized food.
- ◆ "Kebab" was not even a word, never mind a food.
- ◆ Sugar enjoyed a good press in those days, and was regarded as being white gold.
- ◆ Prunes were medicinal.
- ◆ Water came out of the tap. If someone had suggested bottling it and charging more than petrol for it they would have become a laughing stock!!

### Impossibilities in the World

- 1) You can't count your hair.
- 2) You can't wash your eyes with soap.
- 3) You can't breathe when your tongue is out.

Put your tongue back in your mouth, you silly person.

### Things I know about you:

- 1) You are reading this.
- 2) You are human.
- 3) You can't say the letter "P" without separating your lips.
- 4) You just attempted to do it.
- 6) You are laughing at yourself.
- 7) You have a smile on your face and you skipped No. 5.
- 8) You just checked to see if there is a No. 5.
- 9) You laugh at this because you are a fun loving person and everyone does it too.





## JUST FOR FUN

## AUTUMN TRIVIA

1. What is the first day of fall called?
2. How long does autumn last in the Northern hemisphere?
3. What is a harvest moon?
4. What are the 3 Zodiac signs of fall?
5. What weed pollen causes the most common fall allergies?
6. T/F: On autumnal equinox the number of hours of daylight and darkness are equal.
7. In autumn do you turn your clocks ahead or back?
8. During which month does summer end and autumn begin?
9. Why do the leaves change colour in autumn?
10. Although some varieties are available year round, what fruit is freshest in the fall?

1. Autumnal Equinox, 2. mid Sept to mid Dec, 3. the moon closest to the Autumnal Equinox, 4. Libra, Scorpio & Sagittarius, 5. ragweed, 6. True, 7. back, 8. September, 9. they lose chlorophyll, 10. apples



1 - For once in my life (four ones in my life), 2 - Forget it, 3 - Try to understand, 4 - Travel overseas or overseas travel, 5 - Breakfast, 6 - Downtown, 7 - Eyeshadow, 8 - Stepfather, 9 - Once upon a time, 10 - Potatoes (pot 8 O's), 11 - 3D movie, 12 - Top secret

## GUESS THE WORD

MY LIFIE	Get it Get it Get it Get it	Try $\frac{\text{stand}}{2}$
TRAVEL CCCCCCC	FAST	T O W N
EYE EYE	father 	ONCE 
POT OO OO OO OO	D movie D movie D movie	SECRET ← SECRET SECRET



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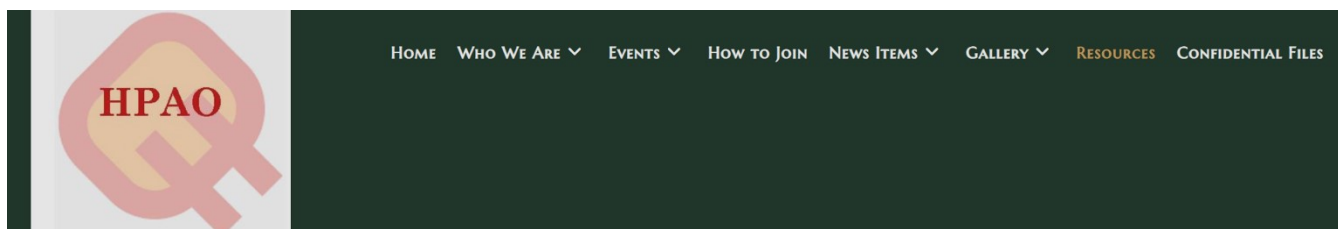
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