

NEWSLETTER

Spring 2025

HYDRO PENSIONERS ASSOCIATION OF ONTARIO
TORONTO DISTRICT



SOCIETY of
UNITED PROFESSIONALS
Pensioner's Chapter



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2025
EVENTS



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



[Hydro Pensioners Toronto YouTube](#)

PRESIDENT'S MESSAGE



While our organization is not normally political, I would urge all members to go out and vote in this upcoming federal election. Given the significant threats facing Canada, it is important to show our support to our leaders in meeting the challenges that lie ahead of us.



Julia Lindsay

Welcome to the Spring Newsletter

Thank you for being members, along with 400 other retirees.

We have great programs planned for 2025 featuring notable musical acts, such as [Walk the Line](#), [Grease](#), our popular [River Boat Cruise](#) and a [Golf Day](#) in September.

These events are subsidized by 25% to make the costs more reasonable for you.

You are also being offered a [Spring and Christmas luncheon](#), both of which are well attended luncheons offered at \$35 each. These lunches are heavily subsidized to encourage our members to get out, meet people and mostly have fun.

This past year we introduced a number of Zoom presentations on issues of interest to seniors, such as **Estate Planning, Health & Well-being, Home Care and Fraud Prevention**. These will continue throughout the year. Please check out [Event Calendar 2025 - HPAO - Toronto District](#) for details.

All these events would not happen if it wasn't for our generous and dedicated volunteers who take on the planning and organizing of our events and keep our website updated.

It is a pleasure to be President of an organization with dedicated volunteers and members who value the programs.

I invite you to sign up for the monthly events throughout the summer.



Please register for 2025.

Membership fees are:

\$15 per person (\$30 for plus one).

Sign up now at [HPAO Membership](#)



**2025
EVENTS****Our Next Event - May 14, 2025**

Spring

Luncheon 2025

Please be sure to join us on

May 14, 2025

Mountbatten Salon, Chelsea Hotel, Toronto, Ontario

Reception at 11am / Lunch at 12pm

Luncheon Menu

Fresh Summer Tomato and Ricotta, Baby Frisee, Peruvian Pepper and Whipped Chevre

Herb Crusted Chicken Supreme with Pan Jus with Mushroom & Rosemary Brioche Pudding and Baby Carrots and Fine Beans

OR Vegetarian Option of

Saffron and Spiced Yogurt Flavoured Cauliflower Steak with Tzatziki
Beetroot Rice Pilaf and Pomegranate Arils

Black Forest with Mascarpone Cream, Maraschino Cherries, Fresh Ontario Berries and Lemon Balm OR Diced Fresh Fruit

Coffee & Tea

Sign now up at [Event Details - HPAO - Toronto District](#)

2025 EVENTS

In Person Events

Please join us this Spring & Summer at our In Person Events.
We are sure you won't be disappointed!



WEDNESDAY, MAY 14, 2025

Spring Luncheon

Chelsea Hotel,
Downtown Toronto, ON

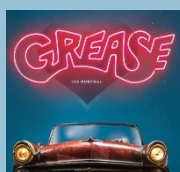


WEDNESDAY, JUNE 11, 2025

**Walk the Line -
A Johnny Cash Tribute**

Bingemans, Kitchener, ON

[SHOW DETAILS](#) **



THURSDAY, JULY 17, 2025

Grease

Drayton Festival Theatre
Drayton, ON

[SHOW DETAILS](#) **



WEDNESDAY, AUG 13, 2025

Grand River Cruises

Caledonia, ON

[Blazing Fiddles Live Music Show](#) **
at Grand River Cruises
[Luncheon Cruise](#) **
[Whistling Gardens](#) **



THURSDAY, SEPT 25, 2025

Dirty Rotten Scoundrels

Stratford Festival Theatre
Stratford, ON

[SHOW DETAILS](#) **



SEPTEMBER 17, 2025

Golf Tournament

Rolling Hills Golf Club
Stouffville, ON

[Rolling Hills Golf Club](#)



WEDNESDAY, OCT 15, 2025

Oktoberfest

Concordia Club
Kitchener, ON

[Oktoberfest](#) ** & [Picard's](#)



THURSDAY, NOV 20, 2025

Christmas Luncheon

Chelsea Hotel,
Downtown Toronto, ON

** To sign up for any of these events, complete the Registration Form at
[Event Details - HPAO - Toronto District](#)

2025 EVENTS

Zoom Sessions

New this year, please join us at our monthly Zoom Sessions from the comfort of your home.



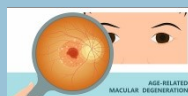
MONDAY, APRIL 14, 2025
Wills & Estate Planning &
Pottery Making



MONDAY, JULY 21, 2025
Accounting



FRIDAY, MAY 30, 2025
Chair Exercise
Gastrointestinal Health



FRIDAY, SEPT 19, 2025
Macular Degeneration



WEDNESDAY, JUNE 25, 2025
Diabetes Education



OCTOBER 2025
Physiotherapy

The Zoom link will be emailed to HPAO registered attendees prior to the session.

Details of our past and upcoming Zoom sessions can be found at:
[2024 Zoom Sessions](#) & [2025 Zoom Sessions](#)

Videos of past presentations are posted on the [Hydro Pensioners Toronto - YouTube](#) channel. If you have a Smart TV along with a Rogers, Apple or Roku Box, you can use the microphone and say “Hydro Pensioners Toronto on YouTube” to watch the past presentations on the screen.

For more Information & Registration forms, see [Zoom Event Details - HPAO - Toronto District](#)



Quarter Century Club Events

Hydro One QCC

Thursday, June 26, 2025
Sheridan Centre Toronto

Contact:

QuarterCenturyClub@HydroOne.com

OPG QCC

Friday, October 17, 2025
Ajax Convention Centre

Contact:

QuarterCenturyClub@opg.com

IESO QCC

Details coming soon
Mississauga/Oakville Area

Contact:

QuarterCenturyClub@ieso.ca

2025 EVENTS

Past Events



CHINESE NEW YEAR - On January 22, 2025, many members of the HPAO-Toronto District celebrated the Chinese New Year by attending a special annual celebration organized by Stanley Chau, formerly with NHSS/OPG. We enjoyed a delicious 10-course dinner held at the **A La Kitchen** restaurant in Markham, caught up with old Hydro friends and met new ones. More pictures are available at [**CHINESE NEW YEAR DINNER 2025**](#)



Fun Facts about the Year of the Snake

Symbolism: The snake symbolizes wisdom, intuition, intelligence, and transformation in Chinese culture.

Personality Traits: People born in the Year of the Snake are often described as calm, independent, resourceful, and strategic.

Lucky Colors & Numbers: Black, red, and yellow and 2, 8 and 9.

Famous people born in the year of the Snake: Taylor Swift, Audrey Hepburn, Oprah Winfrey and Muhammad Ali

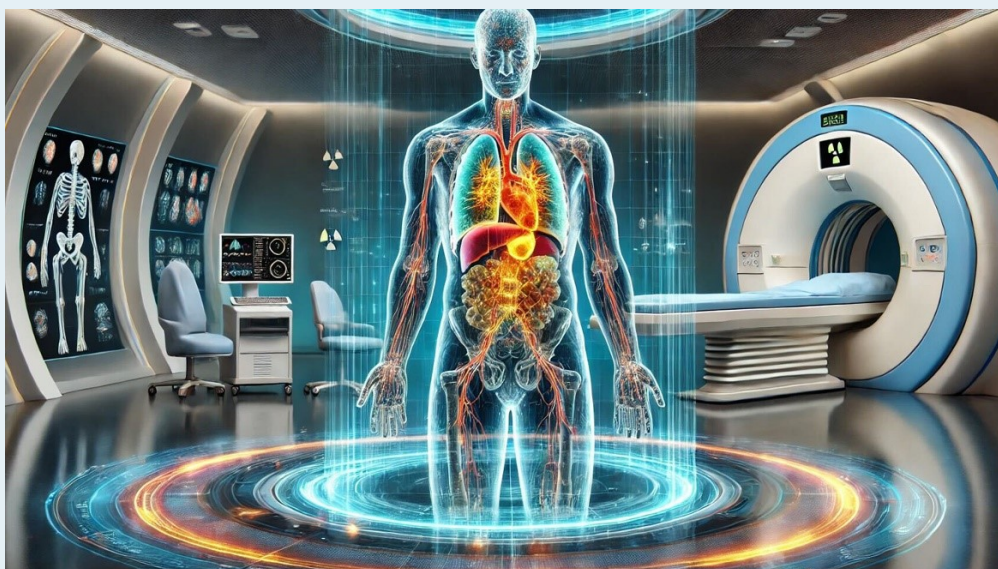
WHAT'S HAPPENING IN THE ELECTRICITY SECTOR

NUCLEAR ENERGY SAVES MORE THAN OUR PLANET - IT SAVES LIVES

Nuclear isotopes, harvested directly from Ontario Power Generation's (OPG's) CANDU reactors, are used to sterilize medical devices and play an important role in medical imaging and diagnostic procedures, as well as in medicine and new drug development. From cancer to Alzheimer's to brain disease, medical isotopes are a game changer and OPG and its subsidiary, Laurentis Energy Partners, are leading the way for the world.

Beyond medicine, stable and radioactive isotopes are also helping to aid in neutron research, border security, food preservation, quantum computing, and so much more.

This is a fascinating, fast-changing, and life-saving field – and none of it would be possible without Ontario's fleet of low-cost, reliable, and emission-free nuclear power reactors.



Nuclear medicine

When was the last time a coal plant saved a life?

40

million nuclear medicine procedures are performed each year

#1

Darlington will be the world's only commercial power reactor source of Molybdenum-99

50 %

of the world's Cobalt-60 (approx.) is supplied by Ontario's CANDU reactors

WHAT'S HAPPENING IN THE ELECTRICITY SECTOR

KEY ISOTOPES

Cobalt-60 (Co-60)	<p>About 40% of the world's single-use medical devices, such as syringes, gloves, implants, and surgical instruments, are irradiated and sterilized with Co-60. The isotope emits gamma radiation, which makes it ideal to enhance the safety of medical products and perishable foods such as fruits, meats and spices.</p> <p>Currently, Cobalt-60 is extracted from reactors at Pickering Nuclear and Bruce Power's Bruce B plant every 24 to 30 months. Plans are underway to expand Cobalt-60 production to Darlington Nuclear to ensure a steady supply. Ontario's CANDU reactors produce 50% of the world's supply of the isotope.</p>
Molybdenum-99 (Mo-99)	<p>Mo-99 is a much-needed medical isotope used in over 30 million procedures a year to detect illnesses like cancer and heart disease.</p> <p>OPG subsidiary Laurentis Energy Partners is now working with BWXT to harvest Mo-99 from OPG's Darlington Nuclear station. This will make Darlington the first commercial-scale reactor in North America to produce Moly-99, ensuring a stable</p>
Helium-3 (He-3)	<p>He-3 is a rare isotope, used in quantum computing, neutron research, border security and medical imaging. In September 2021, OPG subsidiary Laurentis announced its program to produce He-3. Laurentis obtains the He-3 from tritium stored at the Darlington Nuclear station. A stable (non-radioactive) and inert gas, the He-3 will be extracted using a new custom-designed tool, which Laurentis installed and commissioned at Darlington.</p> <p>Laurentis signed a long-term commercial agreement with Air Liquide for the distribution of He-3. As an expert in gas management and extreme cryogenics, Air Liquide will further purify the He-3 before packaging and distributing it to its clients around the world in health care, security and advanced research.</p>
Tritium (H-3)	<p>Tritium is used in the production of self-powered lights and medical research. Minute amounts of tritium combined with phosphor create a long-lasting, self-powered light source that does not require electricity, used in watch dials and exit signs.</p>
Heavy water (D₂O)	<p>Heavy Water (D₂O) is like regular water (H₂O), but it has an isotope of Hydrogen called Deuterium (H-2 or D) instead of the common Hydrogen (H-1). It is used in our CANDU reactors to sustain our nuclear chain reaction. Deuterium can be used to enhance magnetic resonance imaging and help pharmaceuticals last longer in the bloodstream.</p> <p>In September 2020, OPG subsidiary Laurentis Energy Partners announced a collaboration agreement with BWXT Canada Ltd. (BWXT) to develop technology that will assist in the recycling of heavy water at OPG's nuclear facilities.</p> <p>Read more at Isotopes</p>

INTERESTING READS

SENIOR CITIZENS

Senior citizens are constantly being criticized for every conceivable deficiency of the modern world, real or imaginary. We know we take responsibility for all we have done and do not try to blame others.

HOWEVER, upon reflection, we would like to point out that it was NOT senior citizens who took:

The melody out of music

The pride out of appearance

The courtesy out of driving

The romance out of love

The commitment out of marriage

The responsibility out of parenthood

The togetherness out of the family,

The learning out of education

The Golden Rule from rulers

The nativity scene out of cities

The civility out of behavior

The refinement out of language

The dedication out of employment

The prudence out of spending

The ambition out of achievement

And we certainly are NOT the ones who eliminated patience and tolerance from personal relationships and interactions with others!

And, we DO understand the meaning of patriotism, and remember those who have fought and died for our country.

YES, I'M A SENIOR CITIZEN!



- I'm the life of the party.....Even if it lasts until 8 p.m.
- I'm very good at opening childproof caps.....
With a hammer.
- I'm awake many hours before my body allows me to get up.
- I'm smiling all the time, because I can't hear a thing you're saying.
- I'm sure everything I can't find is in a safe secure place, somewhere.
- I'm wrinkled, saggy, lumpy, and that's just my left leg.

**YES, I'M A SENIOR CITIZEN AND
MIGHTY PROUD OF IT!**

Courtesy of Maxime Comics

TECH CORNER

TECHTIPS

STAYING SANE IN A POLITICALLY WILD YEAR

No matter what side you're on, political seasons can be draining. Endless debates, social media chaos, and 24/7 news can make it feel impossible to escape. So... how do you stay informed without losing your mind?

3 Quick Tips for Digital Peace

1. **Curate Your Feeds** - unfollow or mute accounts that stress you out.
2. **Set Info Boundaries** - pick one or two trusted news sources.
3. **Take Breaks!** - your mental health matters. The world won't end if you unplug for a few hours.

TIPS & TRICKS

Q: How do you view a LinkedIn page without the owner being notified you viewed it?

A: Go to your LinkedIn account **settings > visibility > private mode**.



"Of course this website is safe. As an extra measure of security, they make you sign in with your Social Security number, mother's name, your bank account, home address, phone number and date of birth."

Q: How do you avoid Phishing Scams online?

A: Before clicking on any link:

- Look for red flags. Spelling errors, random links, and urgent wording like "Final Notice!"
- Double-check before paying through a link provided. Always go directly to the vendor's official website
- Never enter payment info from a text link. Legit companies don't request payments via text.

HOW TO STAY SAFE ONLINE



CHECK YOUR PRIVACY SETTINGS



SHOP SAFELY IN TRUSTED WEBSITES



REMEMBER TO LOG OFF



CHECK WEBSITE URL



KEEP KIDS SAFE ONLINE



RESPECT YOURSELF AND OTHERS ONLINE



KEEP YOUR INFORMATION AND PASSWORD PRIVATE



BE CAREFUL ABOUT WHAT YOU POST ONLINE



CHOOSE STRONG PASSWORD



PROTECT ALL YOUR DEVICES WITH AN ANTIVIRUS



CHECK E-MAILS BEFORE OPENING THEM



AVOID PHISHING AND SCAMS

PROUDLY CANADIAN

BUY CANADIAN

With all the current news about tariffs, trade wars and general unrest between Canada and the US, now it is more important than ever to purchase Canadian products where you can.

In the past few weeks a number of websites have appeared to help with your purchasing decisions.



Check out:

<https://madeincanadadirectory.ca/>

<https://madeinca.ca/>

<https://supportontariomade.ca/>

<https://wellmadeincanada.ca/>

<https://macleans.ca/society/made-in-canada-2/>



On April 28, 2025 we urge you to go out and vote in the federal election.



Fun Facts About Canada

1. What are the official winter and summer sports of Canada?
2. Canada produces 85% of the world's supply of what food item?
3. What color is the sand on Prince Edward Island?
4. How many time zones are in Canada?
5. Originally from Quebec, what food comes from the local french slang word for a "mess"?
6. Which Canadian city is known as the "Windy City"?
7. What is the national flower of Canada?
8. Which city is home to the largest Chinatown in Canada?
9. Which city is known as the "Capital of the North" and is the largest city in Northern Ontario?
10. What Canadian city is known as the "City of Festivals"?



1. Ice Hockey & Lacrosse, 2. Maple Syrup, 3. Red, 4. Six, 5. Poutine, 6. Lethbridge, Alberta, 7. Maple Leaf, 8. Vancouver, 9. Sudbury, 10. Montreal

OUR SUPPORTERS



[HTTPS://WWW.THEBIG.CA/](https://www.thebig.ca/)

For your insurance needs, give Billyard Insurance Group a call. Don Price and Derek Ford of BIG are waiting for your calls to address your insurance needs.

Contact

Don Price don.price@thebig.ca or

Derek Ford derek.ford@thebig.ca

Office: 905-985-0367

Toll Free: 1-833-885-0367



[HTTPS://WWW.MERIDIANCU.CA/PERSONAL](https://www.meridiancu.ca/personal)

For your financial needs, view Meridians web site for a wide range of financial products and to determine a location near you.

Contact

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HOW TO CONTACT US

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



[Hydro Pensioners Toronto YouTube](#)