

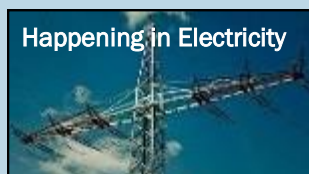
NEWSLETTER

SUMMER 2025

HYDRO PENSIONERS ASSOCIATION OF ONTARIO
TORONTO DISTRICT



INSIDE



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<https://hydropensionerstoronto.ca/>



HydroPensionersToronto@gmail.com



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



[Hydro Pensioners Toronto YouTube](#)

PRESIDENT'S MESSAGE



Registration

Membership fees are:

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

\$0 New Retiree
Promo

(Restricted to new members joining from Jun 1 to Dec 31, 2025)

Sign up now at
[HPAO Membership](#)

WE ENCOURAGE YOU TO



Thank you for being members along with 400 other retirees.

We are currently waiving our membership fee for new members only from June 1 to December 31, 2025.

We have great programs planned for 2025, featuring notable musical acts such as Grease and our popular River Boat Cruise/Fiddle Show/Whistling Gardens Tour.

In September 2025, we are hosting a Golf Day at Rolling Hills, followed by the theatre performance of Dirty Rotten Scoundrels in Stratford.

Our Spring Luncheon at the Chelsea Hotel was well-attended. We sat people with their friends, so it was a great opportunity to catch up! We had marvelous speakers, delicious food selections and well thought out gift prizes.

Planning for our Christmas Luncheon is already underway and will be offered at \$35 per person. Please note our theatre trip events are heavily subsidized by 25% to encourage our members to get out, meet people and have an enjoyable day.

This past year we introduced a number of Zoom presentations on issues of interest to seniors; Estate Planning, Health & Well-being, Home Care and Fraud Prevention. Coming up are sessions on Diabetes Education, Dementia Overview and Tips for Living with Arthritis.

These will continue throughout the year and into 2026. For Zoom presentation events see [Event Calendar 2025 - HPAO - Toronto District](#). Recordings of previous Zoom events can be found at [Hydro Pensioners Toronto - YouTube](#).

We periodically send out questionnaires to see what you're interested in; both for bus trips and future Zoom topics. Please let us know what you prefer.

These events are possible because of our generous and dedicated volunteers who take on the planning and organizing of events, as well as keeping our website up to date.

It is a pleasure to be President of this fine organization and its members who value the programs we offer.

I invite you to sign up for the monthly events throughout the Summer!!



Julia Lindsay



2025 EVENTS

IN PERSON EVENTS

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



THURSDAY, JUL 17, 2025

Grease

Drayton Festival Theatre
Anna Mae's Bakery & Restaurant
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](#) **



WEDNESDAY, SEP 17, 2025

Golf Tournament

Rolling Hills Golf Club
Stouffville, ON

[Rolling Hills Golf Club](#)



THURSDAY, SEP 25, 2025

Dirty Rotten Scoundrels

Stratford Festival Theatre
Stratford, ON

[SHOW DETAILS](#) **



WEDNESDAY, OCT 15, 2025

Oktoberfest

Concordia Club
Kitchener, ON

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



THURSDAY, NOV 20, 2025

Christmas Luncheon

Chelsea Hotel
Downtown Toronto, ON

[Delta Chelsea Hotel](#)

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



QUARTER CENTURY 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

Monday, October 20, 2025
Holiday Inn, 590 Argus Rd, Oakville

Contact:

QuarterCenturyClub@ieso.ca

2025 EVENTS

ZOOM SESSIONS

New this year!

Please join us at our monthly Zoom Sessions from the comfort of your home.



WEDNESDAY, JUN 25, 2025
Diabetes Education



MONDAY, JUL 21, 2025
Dementia Overview



TUESDAY, AUG 19, 2025
Tips for Living with Arthritis



FRIDAY, SEP 19, 2025
Tai Chi Exercise
Macular Degeneration



MONDAY, OCT 20, 2025
Physiotherapy
Chiropractic



MONDAY, NOV 10, 2025
Law Topics for Seniors



FRIDAY, DECEMBER 12, 2025
Dancing with Parkinson's
Making the Most Out of Your Doctors Visit

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](#)

SPRING LUNCHEON — MAY 14, 2025

Spring Luncheon

On May 14, 2025, we had 102 members and guests attend our second Luncheon in the newly renovated Event Space at the Chelsea Hotel, which still looks bright and fresh. It was also our second Luncheon in the Mountbatten Salon.

At this Luncheon we tried several firsts, or experimental arrangements:

- ⌘ First "external" or Non-Hydro-family Guest Speakers:
Ricky Chawla - a CPA, discussed financial issues for seniors.
Tom McKay - a former policeman and security specialist, discussed ways to enhance the security of our homes.
- ⌘ First time to utilize two-part draw tickets, and placing the attendee half of the ticket in the back of the Name Badges, with the objective making Name Badge Distribution more streamlined.
- ⌘ First time displaying the photo-montage-videos from past events in our Reception area on a laptop.
- ⌘ First Guess-the-Weight contest. This was for a set of Tote Bags, won by **Mary Pereira**. We had 43 attendees submit a guess.
- ⌘ First cross-stitch prize, fabricated and donated by **Nazma Premji**, one of the event co-organizers.

Our two other Guest Speakers were:

Rick Prudil - from PWU Retired Workers Chapter (RWC),
Seppo Peuhkurinen - our Past President, and currently on the Society Pensioners Chapter Board. Both discussed their respective groups and how they help Pensioners.

Thanks to all the Volunteers who helped organize this event. And thanks to our members whose participation made for an enjoyable day of fellowship and connection in our retirement journey.

- Colin Erwin -



SPRING LUNCHEON — MAY 14, 2025

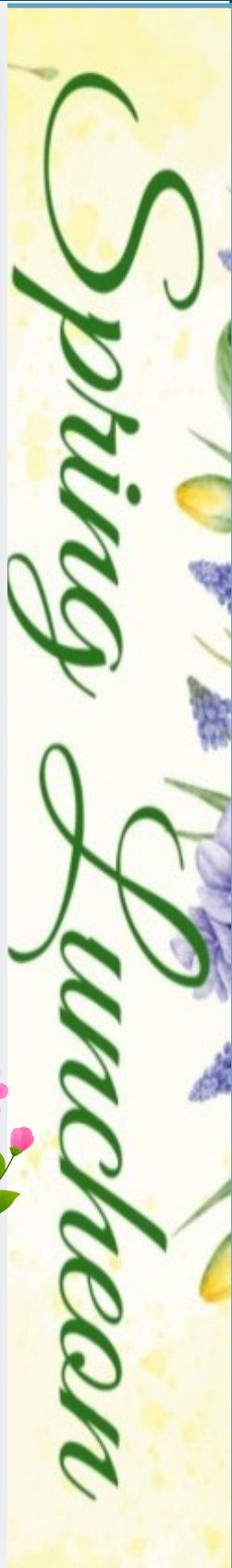


SPRING LUNCHEON — MAY 14, 2025

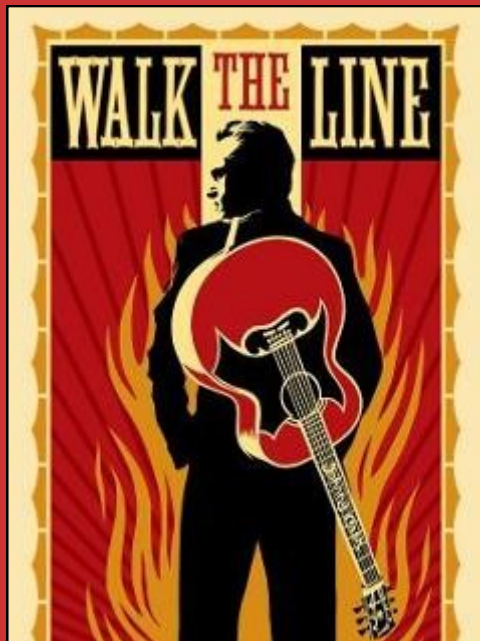
Spring Luncheon



SPRING LUNCHEON — MAY 14, 2025



WALK THE LINE — JUNE 11, 2025



It was a beautiful sunny day when the bus took us to see the performance **Walk The Line - Johnny Cash** at Bingemans in Kitchener.

Along the way, we stopped in Village of St Jacobs to see the local shops and visit the Stonecrock Bakery to purchase drinks and something to nibble on prior to the show. This show was a Dinner Theatre where we sat at our assigned tables and were called up to enjoy a hot and cold buffet lunch. Lots of variety to satisfy your taste buds. And as an added bonus we had the best seats in the house!

The Folsom Prison Band, featuring Roy LeBlanc as Johnny Cash and Lorelee McGuirl as June Carter, played a medley of Johnny Cash hits, as well as other songs from his era. We left the venue around 3:30pm and returned home, full and happy. What a great day we had!

Registration is open for our Grand River Luncheon Cruise on Wednesday, August 13, 2025, with lunch on a fully accessible Cruise Boat". [Click here](#) to register online.

Hope to see you there!

- Julia Lindsey -



WALK THE LINE — JUNE 11, 2025



HAPPENING IN ELECTRICITY

OPG SMALL MODULAR REACTOR

OPG ready to begin building North America's first Small Modular Reactor

At a glance

- OPG is set to construct North America's first commercial, grid-scale Small Modular Reactor (SMR) at its Darlington Nuclear site.
- The first of four SMRs is expected to be in service by the end of 2030, providing enough reliable, low-carbon power for about 300,000 homes.
- Recent important work to prepare for nuclear construction has included site preparation and procurement of long-lead materials.

OPG has received the green light to build North America's first commercial, grid-scale SMR.

On May 8, 2025, the Province of Ontario approved OPG to begin construction on the first of four SMR units at its [Darlington New Nuclear Project](#) site. This represents the first new nuclear build in Ontario in more than three decades.



The Darlington New Nuclear Project site, future home of North America's first Small Modular Reactor.



This Tunnel Boring Machine – nicknamed Harriett Brooks after Canada's first female nuclear physicist – will help carve the path for OPG's SMR project.

Once in service by the end of 2030, the first BWRX-300 SMR unit will be capable of generating 300 megawatts (MW) of safe, low-carbon, reliable, Ontario-made power—enough to power about 300,000 homes. In total, OPG's SMR fleet will be capable of producing 1,200 MW of electricity to help support Ontario's electrification, while serving as a growth platform for Canada's nuclear supply chain.

"This is truly a historic moment," said Nicolle Butcher, OPG's President and CEO.

"This made-in-Ontario project will support provincial companies, create jobs for Ontarians, and spur growth for our economy. OPG is proud to be leading this first-of-a-kind project. With the province's robust nuclear supply chain and our successful track record on nuclear projects, particularly our Darlington Refurbishment, we are confident we will be able to deliver the first SMR unit for Ontario, on-time and on-budget."

HAPPENING IN ELECTRICITY

IESO MARKET RENEWAL

Introducing the IESO Renewed Market

The renewed market was launched on May 1, 2025, improving the way electricity is scheduled and priced across the province. These changes ensure we can continue to make the most cost-effective use of our supply every hour of every day as the grid expands to meet growing demand and incorporate new technologies.



The renewed market will provide many benefits to customers and the electricity system:

Greater Certainty through a Day-Ahead Market

The introduction of a day-ahead market complements the existing real-time market and provides greater operational and financial certainty for those who supply electricity and those who consume it. By committing supply a day in advance, the system has greater assurance that electricity will be available when it's needed.

A Real-Time Balancing Market

With a day-ahead market in place, the real-time market balances supply and demand based on actual system conditions – accounting for differences between what was committed the day before and how much electricity is used in real-time.

Increased Transparency through Locational Marginal Prices

At the same time, both markets will feature locational marginal pricing (LMP), which accounts for the ability of the transmission system to deliver power from where it is produced to where it is needed. With almost 1,000 local prices throughout the province, congestion in the system becomes more transparent, encouraging new supply to be located where it is needed most.

HAPPENING IN ELECTRICITY

IESO MARKET RENEWAL-CONTINUED

Most Consumers Continue to Pay Province-Wide Prices

Business customers who pay the wholesale price for electricity through their local hydro company will pay a new price called the Ontario Price which replaces the Hourly Ontario Energy Price. The Ontario Price is based on the Day-Ahead Ontario Zonal Price adjusted based on any differences in the real-time market.

Locational marginal prices in the real-time and day-ahead markets are aggregated to create Ontario Zonal Prices. The Day-Ahead Ontario Zonal Price is the best indication of the cost of electricity for each hour.

What these customers pay for electricity, however, remains the same and will continue to appear as part of the commodity charge on their monthly bills. Residential and small business consumers will continue to pay electricity rates set by the Ontario Energy Board.

Improved Demand Forecasts

More granular weather data and improved modelling will increase the accuracy of the IESO's forecasts for electricity demand in Ontario. In addition to the provincial forecast, the IESO now produces four regional (or zonal) forecasts to provide a better view of electricity demand in various parts of the system. These improvements will help the IESO more effectively balance supply and demand in both the real-time and day-ahead markets.



Enhanced Market Power Mitigation

The IESO has adopted a streamlined and more transparent approach to managing situations where one or more market participants could use market power to impact prices. Checks are now embedded within existing processes – from registration to settlement – protecting the integrity of the price as it is published and settled. This reduces the need for after-the-fact adjustments and saves time and money.

A New Way of Looking at the IESO Market

A beta version of a Market Data dashboard provides a dynamic overview of market activity – focusing on pricing information as well as the demand and supply data used to determine price. Users can use the new price map to zoom in on various regions of the province to see prices at a local level.

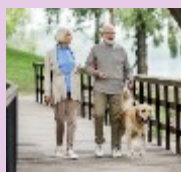
Read more at [IESO Market Renewal](#)

STAYING ACTIVE THIS SUMMER

12 Fun Summer Activities You Can Try Today

TAKE A WALK OUTSIDE

Not only is walking good physical exercise, but getting out & exploring the neighbourhood is great mental stimulation and a good way to stay connected with their community.



GO FOR A SWIM

Swimming is a fun way to cool off & fantastic form of exercise, especially if you suffer from arthritis. Buoyancy in water means you'll bear zero weight on your joints as you work out.



GROW A GARDEN

Gardening has been proven to keep depression and anxiety at bay. After all, your garden can become your little place of Zen wherever you live.



GO FOR A COUNTRY DRIVE

A scenic drive through the countryside with friends or family is a pleasant way to change the scenery without relying too much on walking.



BOOK A MASSAGE

Whether you're suffering from persistent fatigue & muscle aches or a more serious condition, massage therapy has been proven to release tension, improve circulation, and reduce pain.



INDULGE IN A TREAT

Nothing says summer like the lick of an ice cream cone. Consider buying all the things you need to make an ice cream sundae bar at home and invite your friends or family over for a sweet treat.



VISIT THE BEACH

Science shows a little bit of surf and sand comes with significant mental health benefits. Your time at the beach can boost your mood, reduce stress, and help you relax.



JOIN A TAI CHI CLASS

Tai chi is a favourite activity because it's a slow and gentle practice that works on your physical and mental health simultaneously.



ENJOY A COFFEE OUTSIDE

With more room outdoors, patios are the perfect place to grab a coffee with loved ones and enjoy an afternoon in the sun.



READ IN THE SUN

Curl up with a good book and slip away to another world? Whether you enjoy a good old-fashioned mystery or a sci-fi romp, reading is an excellent way to unwind & reduce stress.



PICK UP A NEW HOBBY

Reading isn't the only hobby that sharpens the mind. Any task that requires concentration, conceptual visualization, and memory can give your brain a good workout.



HOST A GAME NIGHT

As long as you have a deck of cards, you're ready to host a Euchre or Bridge tournament. Alternatively, you can break out board games like Scrabble or Monopoly.



Read entire article at [Summer Fun - IntegraCare](#)

INTEGRACare

HEALTH & WELLNESS



TRAVEL INSURANCE

OPG GROUP TRAVEL INSURANCE RENEWAL FOR COVERAGE JUNE 30, 2025 to JUNE 30, 2026—Society Represented Only

The OPG group travel insurance expires on **June 30, 2025**. Per discussion with Manulife, renewal details are still underway.

By **June 15, 2025**, expect an email from Manulife detailing the renewal notice. You will have until **June 30, 2025** to renew. Similar to last year, renewal payments can be done online.

If your email address has changed, contact Manulife Group Life at 1-877-292-0082 to update your information.



You know you've hit that age when you pop an ibuprofen, and it just sits there in your stomach, looking around like, "Where on earth do I even start?" It's like the little pill is standing at a crossroads, overwhelmed, flipping through a catalog of all your aches, creaks, and mysterious pains like it's about to start a full renovation project. "The knee? The back? The shoulder that hurts for no reason? Oh boy." At this point, I'm convinced it needs a GPS just to navigate its way to the right body part!

Provided by: Gillian Salter from Facebook

RETIRED WORKERS' CHAPTER BULLETIN



RWC25-003

OPG Pension Contribution Announcement

OPG RWC members recently received a notification from OPG indicating that they were changing (reducing) their Pension Contributions to the pension plan.

The PWU has **not** agreed to this change, and they have filed a grievance with respect to OPG's unilateral action. As always, the PWU will work to ensure the security of members' pension benefits now and into the future.

We will keep you informed of any updates regarding this matter.

Rick Prudil
President
Retired Workers' Chapter
May 21, 2025



"Right now I take a blue pill, a purple pill, an orange pill, a white pill, and a yellow pill. I need you to prescribe a green pill to complete my collection."

HEATH & WELLNESS



The Aging Eye: What to Expect After 55

Learn how to take care of your eyes as you age to prevent vision loss through blinding eye disease

Aging changes many things, and our eyesight is no exception. But while vision shifts are common as we grow older, significant vision loss is not a guaranteed part of aging.

With knowledge, prevention, and regular care, you can protect your sight from many blinding eye diseases.

What Changes After 55?

You may have already noticed some vision changes: needing more light to read, struggling with fine print (a normal condition called presbyopia), or taking longer to adjust to darkness. Night driving might be harder, and glare from headlights or screens more uncomfortable.

Eye Diseases to Watch For

Cataracts, which cloud the lens of the eye, are extremely common—and treatable with routine surgery. The key is regular eye exams to catch and treat them before it's too late.

Age-related macular degeneration (AMD) affects your central vision and can impact your ability to read, recognize faces, or drive. AMD is the most common cause of vision loss in people aged 55+, and there are three types of AMD:

- **Wet AMD:** The wet form of AMD is less common but more severe than dry AMD. Some treatments can slow the progression of vision loss for wet AMD.
- **Dry AMD:** The dry form of AMD is more common and usually less severe than wet AMD. There is no treatment for dry AMD.
- **Geographic atrophy (GA):** This is an advanced form of dry AMD that affects more than five million people worldwide.

Glaucoma is a group of conditions that damage the optic nerve, often without symptoms until vision loss occurs. It can lead to blindness if untreated.

Diabetic retinopathy, common in people with diabetes, can cause vision changes or blindness if untreated.



Protecting Your Vision

Even if you've experienced some changes, there's a lot you can do to keep your eyes healthy:

- Protect your eyes from the sun. Wear a hat, stick to the shade when the UV is high, and invest in a good pair of sunglasses. They should fit well and block light from coming in around the lenses and have UV protective lenses.
- Don't smoke. If you do, consider cutting down or quitting.
- Keep blood pressure and cholesterol in check.
- Stay physically active.
- Eat well. Include colourful fruits, dark leafy greens, and omega-3-rich fish, like salmon or tuna, in your diet.
- Get regular eye exams. Catching changes early can save your sight.



How Fighting Blindness Canada Can Help

Fighting Blindness Canada (FBC) is the leading Canadian organization funding vision research and providing trusted eye health information.

FBC is investing in the development of new treatments and education to help people living with AMD, glaucoma, and other age-related eye diseases. From expert-led webinars to the latest research news, FBC is here to support your eye health journey.

Don't wait for a problem to take action. Vision is a vital part of your overall health, and regular eye care is key to discovering any treatable issues before they become serious.

Learn more at <https://www.fightingblindness.ca/>

From: [Everything Zoomer](#)

HOME SECURITY TIPS



Your home and business should be a place of security and pride. When we are threatened by events such as auto thefts, home invasion, and burglaries, the ripple effect of these heinous crimes resonates with all decent residents.

Families no longer feel safe and we collectively experience frustration, fear, anxiety and we feel that we have no means to truly protect ourselves. We encourage all members to play an active role and support your neighbours by sharing some of these home safety tips:

Doors

- Solid core or metal doors, in metal frames
- Reinforce door frames with strike plates and longer screws through the deadbolts
- Add a door security bar or hinge bolts for extra protection
- Install smart locks that can auto-lock
- Consider security bars on rarely used windows
- Use glass break/noise sensors from your alarm company for quick alerts if windows are broken

Windows

- Use window locks on ground floor & basement windows
- Install window security film to prevent broken glass
- Consider security bars on rarely used windows
- Use glass break/noise sensors from your alarm company for quick alerts if windows are broken

Alarm System

- Consider a professionally monitored alarm system or something that captures images in the cloud such as Ring or SimpliSafe
- Use security cameras to cover all entrances.
- Place cameras where visible to deter thieves
- Add doorbell cameras for front monitoring and remote communication (even when you are at home).
- Set up security notifications for activity alerts



Lighting

- Install motion-activated exterior lights at all entry points, leave no dark corners
- Keep interior lights on timers to give the impression that someone is home

Guard Pets

- Barking dogs are a great deterrent
- Consider "Beware of Dog" signage



Can You See Your Neighbours?

- Keep landscaping trimmed/low hedges so you can see your neighbours
- Don't leave valuables visible through windows or in vehicles

Don't Forget

- Lock doors and windows, even when you're home.
- Never advertise vacations on social media
- Display alarm company and Community Watch signs/stickers around your property. This shows that you are part of a community group to fight crime

If Someone is Trying to Enter Your Home?

- Exit your home through the opposite entrance and **call 911**
- Make noise to alert your neighbours
- Activate your home alarm to alert your alarm company & create attention



ICYMI (IN CASE YOU MISSED IT)



Applaud is a non-profit membership organization for those working or who have worked in Ontario's Public Sector and Broader Public Sector community.

They offer interesting articles on well being, health and finances.

Check out more at [Applaud Public Service](#).



CARP stands for the Canadian Association of Retired Persons.

It is a non-profit organization that advocates for the rights and well-being of older Canadians. They focus on issues like financial security, healthcare access, and combating ageism.

Read more at [CARP](#).



OPG has been supplying Cobalt-60 to Nordion on an exclusive basis since 1971 starting with Pickering A, which was the first Ontario generating station to produce Cobalt-60, later joined by the Bruce B and Pickering B stations in the early 1980s.

Alfred Mo, Director of Commercial Services at OPG

See more at [OPG Cobalt-60](#) and [OPG Cobalt-60 - Video](#)

SUMMER SAFETY FOR OLDER ADULTS



Wear sunscreen and use it correctly.



Avoid direct sun, especially between 10 a.m. and 4 p.m.



Wear sunglasses any time you're outdoors.



Stay hydrated—drink fluids even if you don't feel thirsty.



Wear loose-fitting clothing. Natural fibers like cotton are best.



Cool your home with air conditioning or fans, or go to a cooler place.

KNOW THE SIGNS OF HEATSTROKE.

- Fainting, unconsciousness
- Confusion, agitation, acting strangely
- Body temperature higher than 104°
- Dry, flushed skin, no sweating
- Very rapid or very slow pulse

Heatstroke is an emergency. Call 911 right away.

From [Grace Barker Health](#)



JUST FOR FUN

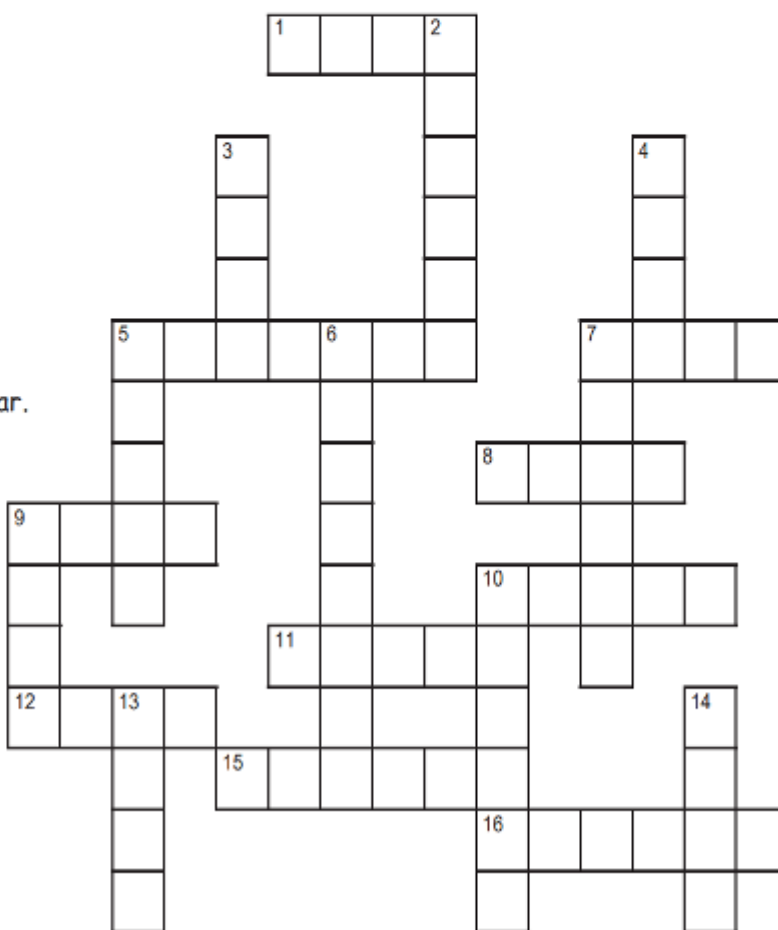


Across

1. Grains on the beach.
5. Living in a tent.
7. It warms you up.
8. Two wheeled transportation.
9. Comes with a shovel.
10. Full of daylight.
11. A sandy shore.
12. Area of inland water.
15. Warmest 3 months of the year.
16. Top for warm weather.

Down

2. Plunging into the water.
3. Move through the water.
4. Summer hazard.
5. House in the woods.
6. Frozen treat.
7. Trail walking.
9. A place to swim
10. Pants for hot weather.
13. Toy for a windy day.
14. Mildly hot.



Word Bank

BEACH, BIKE, CABIN, CAMPING, DIVING, FIRE, HEAT, HIKING, ICE CREAM, KITE, LAKE, PAIL, POOL, SAND, SHORTS, SUMMER, SUNNY, SWIM, T-SHIRT, WARM

OUR SUPPORTERS & PARTNERS



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



[Hydro Pensioners Toronto YouTube](#)