

NEWSLETTER

SPRING 2026



HYDRO PENSIONERS ASSOCIATION OF ONTARIO
Toronto District



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<https://hydropensionerstoronto.ca>



Email

HydroPensionersToronto@gmail.com



YouTube

[Hydro Pensioners Toronto YouTube](#)

PRESIDENT'S MESSAGE



Our Annual membership fee for 2026 is
\$20 per pensioner or
\$40 per pensioner + 1 guest - starting April 1, 2026

Hello, my name is **Nazma Premji**, and I have had the honour of being the President of the HPAO Toronto District since October 2025. We have a wonderful team of volunteers who support our organization, and who work tirelessly to ensure we offer our members a truly great variety of social programs. Let me introduce them:



Bruno Bellissimo - Treasurer
Gillian Salter - Member Registrar
Colin Erwin - Tech Support & Events
Ed Kurak - Web Master
Donna Jutras - Newsletter

Marion Wright - Assistant Treasurer & Events
Paola Charles - Events
Sandra Griffith - Events
Cam Smith - Events

We wrapped up our 2025 Events this past November at our Annual Holiday Luncheon at the Chelsea Hotel in Toronto.

Earlier this year, we have been able to secure new sponsorship for HPAO, **Right-at-Home Healthcare, Meridian Credit Union** and **Seniors Discovery Tours**. When booking with Seniors Discovery, use the promo code **HPAO** to get 1% back at the end of the year.

For 2026, we will continue to offer Zoom events on various health and wellness topics that are easily viewed from the comforts of your own home. Check out [Zoom Events](#) for our upcoming events, and [You Tube Channel](#) for recordings of our past events.

On May 5, 2026, we kick off our **In Person Events**, with our annual **Spring Luncheon**. Be sure to sign up now! To see what's happening in the months ahead, visit our [In Person Events](#) site.

Our members have repeatedly let us know they enjoy our offerings and expressed interest in continuing in the future. The new year brings many challenges to our organization and with your help we are hoping to continue holding events in the coming years.

From all of us at the HPAO - Toronto District, we wish you the very best, and look forward to connecting with you at one of our upcoming events.

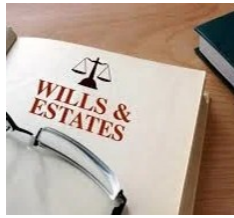
- Nazma Premji -



UPCOMING EVENTS

ZOOM EVENTS

Tuesday, April 14, 2026



Wills & Estate Planning

Importance of having a will

Wednesday, May 6, 2026



News in the Nuclear Industry

A talk with Rumina Velshi,
Past President
of Canadian Nuclear
Safety Commission

Tuesday, June 16, 2026



Financial Information for Seniors

Presented by Meridian
Credit Union
(Tentative)

Monday, July 27, 2026



New Alzheimer's Research

By the Toronto Memory Clinic
specializing in diagnosis &
treatment

Coming in August 2026



AI FOR SENIORS

An Introduction to AI

Presented by
Canadian Abilities
Foundation

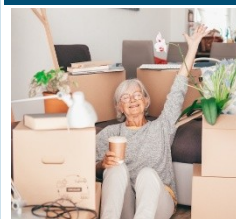
Coming in September 2026



Companions for Seniors

Presented by Imtiaz Datu

Coming in October 2026



Downsizing for Seniors

Presented by
Realtor Farah Jadavji

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

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

Videos of past presentations are posted on the [Hydro Pensioners Toronto - You Tube Channel](#)

UPCOMING EVENTS

IN PERSON EVENTS

Tuesday, May 5, 2026



Spring Luncheon

Chelsea Hotel

33 Gerrard St W, Toronto

Tuesday, June 2, 2026



Agatha Christie's And Then There Were None

St. Jacobs Country Playhouse

Wednesday, July 15, 2026



Lunch Cruise on the Wenonah II

Muskoka, ON

Friday, August 7, 2026



Funny Girl

Shaw Festival
Niagara-on-the-Lake

Thursday, September 24, 2026



Fall Colours Tour

Waterloo Central Railway

Kitchener/Waterloo, ON

Thursday, October 6, 2026



A Day in Prince Edward County

Visit Algoma Orchards,
Lunch at Waring House &
Wine Tasting
at Huff Estates

November 2026



Holiday Luncheon

Date & Location TBD

QCC Events

Hydro One **Thursday, May 28, 2026**
Sheraton Centre Hotel

OPG **Friday, September 25, 2026**
Ajax Convention Centre

IESO **Details coming soon**



To sign up for any of these events, complete the Registration Form at **Event Details 2026 - HPAO - Toronto District**

PAST EVENTS

Chinese New Year - February 4, 2026



On February 4th, 2026, 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. This was the 23rd anniversary of this popular event.

We enjoyed a delicious 14-course Tasting Menu at the **Ding Tai Fung** restaurant in Markham, caught up with old Hydro friends and met new ones.



Fun Facts about the Year of the Horse

The Year of the Horse in 2026, specifically the Year of the Fire Horse, symbolizes confidence, independence, and a fast-paced era filled with new beginnings.

Symbolism of the Horse: In Chinese culture, the horse represents advancement, perseverance, and capability. Historically, horses were vital for travel and communication, making them highly valued in ancient Chinese society.

Personality Traits: People born in the Year of the Horse are often described as confident, charismatic, and independent. However, they can also exhibit traits such as restlessness and impatience.

Fire Element Influence: The Fire Horse is associated with intensity and high energy, encouraging bold decisions and exploration. This year is expected to favor movement and creativity, rewarding those who take calculated risks.

HAPPENING IN ELECTRICITY



DRILLING THE BAY

TC Energy's offshore drilling near Meaford raises concerns for Georgian Bay's fragile ecosystem

In August 2025, an unexpected sight appeared on Georgian Bay: a drilling rig stationed offshore near the 4th Canadian Division Training Centre outside Meaford, known locally as the base.

Owned by Burlington-based McKeil Marine, the temporary structure has caught the attention of residents and environmentalists alike. It's not just a piece of industrial equipment - it's the first visible sign of TC Energy's controversial pumped storage project, currently in its feasibility phase, for which Ontario taxpayers are investing up to \$285 million for environmental assessments and cost estimates. While the goal is to collect data for a potential 1,000-megawatt open-loop power system, the environmental impact is already raising alarm bells among critics.

TC Energy says the project, proposed to be built on the base property, essentially works like a giant battery. During off-peak hours, when electricity is available at a reduced price, water is pumped from Georgian Bay uphill to a proposed 375-acre reservoir at the top of the escarpment, which TC would construct. Then, during peak demand - when electricity prices are higher - the water is released through electricity-generating turbines back to the bay.

Critics point out that similar models have resulted in roughly a 25 percent loss in energy, but proponents say that off-peak energy used to pump the water uphill is put to better use this way.

Georgian Bay is known for its clear, deep waters, rich biodiversity and fragile ecosystem. It's a natural habitat for a diverse range of species, some of which are endangered.

The drilling is part of TC Energy's ongoing geotechnical program, aimed at determining the suitability of the lakebed for the proposed storage system. To get this data, the company is drilling boreholes deep into the lakebed. This process involves drilling narrow, deep holes to investigate subsurface conditions. However, critics say that drilling in such a delicate environment comes with serious risks - risks that many local residents and environmental experts are concerned about.



HAPPENING IN ELECTRICITY

Tom Buck, a long-time member of the Save Georgian Bay group, warns that even with environmental safeguards, this process could have unintended consequences. “You can’t drill into a lakebed without disturbing it,” Buck says. “There’s no way that rig, with its fuel and lubricants, isn’t introducing contaminants into the water. This is an indication of how they’re going to treat the bay, and it’s a real concern for the long-term health of the bay.”

Buck points out that as the rig drills into the lakebed, there’s a high chance that sediment is being disturbed and stirred up, potentially affecting the surrounding water quality. His concern is that if the process contaminates the lakebed sediments, aquatic life and water quality could be affected. He says the impact on fish and other wildlife could be significant, especially when considering the bay’s status as a vital source of drinking water and a key ecological area.

According to Buck, this kind of industrial activity is out of place in such a pristine environment. “This area has been largely untouched. Once you start drilling and introducing these foreign elements, there’s no going back.”

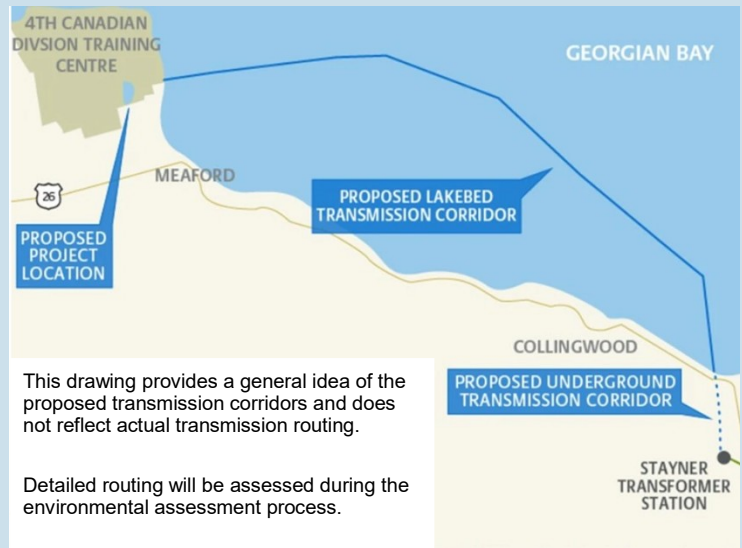
TC Energy, however, defends their activities. “The offshore geotechnical investigations currently underway are being conducted with rigorous environmental safeguards and strict adherence to federal and provincial regulatory requirements,” wrote TC Energy’s communications lead Sara Beasley in an email to Mountain Life. “Protecting Georgian Bay remains a top priority throughout all phases of project development.”

The drilling is expected to last for a few months. Once completed, TC Energy’s feasibility studies will be used to determine the future of the pumped storage project. If the project moves forward, it could result in a large-scale alteration of the shoreline north of Meaford, say critics. The potential for further ecological disruption, coupled with the unknown effects of years of construction and operational activity, has local residents worried about their water, property values and way of life.

Even though TC Energy assures the public that every measure is being taken to safeguard the environment, Buck remains skeptical. “They claim to be offering a clean, green solution to Ontario’s energy needs,” he adds. “But what they’re actually doing is creating long-lasting harm to an irreplaceable ecosystem.”

- Colin Field -

[Mountain Life, Blue Mountains](#)



HAPPENING IN ELECTRICITY

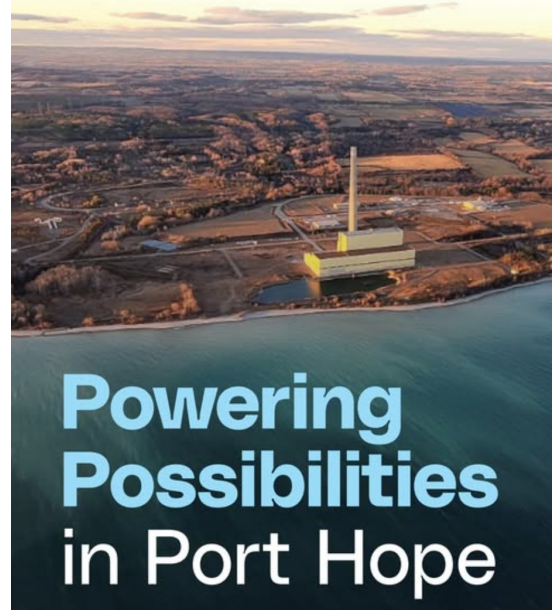
New Underwater Electricity Transmission Line

On January 7, 2026, Minister Stephen Lecce announced that the Ontario government has approved the Independent Electricity System Operator’s (IESO) recommendation to build a new underwater electricity transmission line from near the Darlington Nuclear Generating Station to the downtown core and eastern portion of the City of Toronto.



Lesley Gallinger, President and CEO, Independent Electricity System Operator quoted "Toronto’s demand for electricity is increasing significantly. A new underwater transmission line into Toronto will ensure electricity remains reliable for residents and businesses while enabling economic growth. The IESO has engaged with transmitters, Indigenous communities and other interested stakeholders to inform our recommendation for the underwater line which will be procured through a competitive process. This approach will ensure we provide the best value to ratepayers while supplying Toronto’s energy needs for generations to come."

See [Ontario Newsroom - New Transmission](#)



Ontario Secures Agreement to Advance World’s Largest Nuclear Generating Station

PORT HOPE – As part of the government’s plan to protect Ontario and advance the development of affordable, reliable and clean nuclear power, Minister Stephen Lecce announced that Ontario Power Generation (OPG) has signed a partnership agreement with the Municipality of Port Hope for new energy generation at the Wesleyville site.

The Wesleyville project will support 10,500 jobs across Ontario, including 1,700 new good-paying jobs in Port Hope, representing an average 15 to 20 per cent boost to overall employment levels in the local area, while contributing \$235 billion to Ontario’s GDP over its lifespan.

See [Ontario Newsroom - Nuclear](#)

ICYMI

MY FAVOURITE CREW HYDRO FORESTRY By Rick Rhem



For over 95 years now, Hydro's original Forestry Department, and today's Forestry Services organization, have worked to sustain a safe and reliable electrical system in Ontario by keeping lines clear of vegetation and are part of a responsive team when storms occur.

My name is **Rick Rhem**, retired Hydro One employee of nearly 35 years service and now self-published author of a book celebrating the history of Hydro's Forestry organization since 1930.

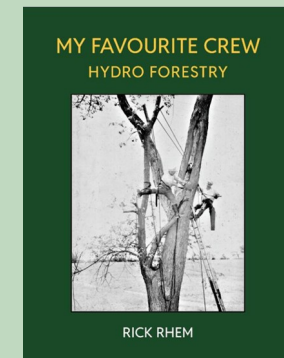


In writing this book, I spoke with hundreds of people, all with wonderful stories and memories of their time at Hydro and with Forestry to expand on what I pulled from my own nearly 35 years.

This self-published, limited edition book mixes memoir-style writing and detailed historical accounts across over 350 pages (8 1/2 x 11, soft cover) with 366 pictures to chronicle the Forestry organization, tools, equipment, methods and cast of Forestry's characters since 1930.

As we approach Forestry's 100th anniversary in 2030, **My Favourite Crew - Hydro Forestry** serves as both a record of Forestry's journey and an invitation to Forestry's extended family at Hydro to help preserve our history before it is lost.

Future generations of Hydro One Networks Inc.'s Foresters will appreciate the stories of times past and inspire them in their own journey as they continue the tradition of safe program delivery in new ways.



Foreword writer, Curt Rogers described the book as *"an absolutely amazing romp through Forestry's rich history at Hydro"* and *"hard to put down"* so it will be of interest to anyone who worked or works in or with Forestry at Hydro.

For a copy of **My Favourite Crew - Hydro Forestry**, reach out directly to Rick at rick.rhem@proton.me.

The Ontario Society of Professional Engineers (OSPE) is the Voice of Ontario's Engineering Community.

OSPE's quarterly Engineering Magazine, **The Voice**, features the latest engineering projects, innovations and advocacy topics and highlights the expertise and insights of OSPE's members and Partners.

To see the current issue, visit [The Voice](#).



To find out more about the OSPE, visit [OSPE About Us](#).



HEALTH & WELLNESS

Spring Activities to Enjoy the Season

Exercise outside

The key to health and longevity is staying active. Warmer temperatures are the best for outdoor exercise because it's not unbearably hot. Make sure you have plenty of water and good shoes that provide plenty of grip. Then head out for a walk among the trees.

Get back in your garden

Gardening is such a wonderful hobby that will keep up mobility while boosting immunity. It will also help you fight depression. If you can't get down on your knees like you used to, try a raised bed garden or attend to potted plants so you can enjoy this rewarding spring activity.



Enjoy the birds

Birdwatching is a peaceful and soothing activity anyone can enjoy. It gets you out of the house and into the fresh air. Head to the park with your binoculars, or get out in the yard. Make a bird feeder and bring the birds to you!



Give back to the community

For seniors that feel lonely, giving back to the community may boost their spirits. Find a cause that is dear to you like helping with pet adoptions or even working with children. There are many programs you'll find that will renew your spirit through volunteering while helping others.

Venture to the farmer's market

A soothing activity for seniors is to browse the locally-produced goods at the farmer's markets. With the warmer weather, it's easier for local vendors to show off their special offerings. You'll find lovely handicrafts for gifts, tasty prepared foods, and see how to make seasonal vegetables a new way.



Look for festivals

Spend time with family and friends at local festivals. As the weather warms, you'll find all sorts of fun things to do outdoors. Food festivals let you sample something new, plus there may be musical acts that you'll enjoy. Check out the local listings, see what appeals to you, and make plans to be there. Check out [Festivals in Ontario 2026](#).

Play with your grandkids

Make the most of your time this spring and get into a youthful spirit. Grandchildren can keep you young at heart so fly a kite, have a picnic at the park, or find another outdoor activity you can do with the little ones. You'll all have a wonderful time, stay active, and make beautiful memories.



Provided by: [In Your Home Therapy](#)

CYBER CRIME PREVENTION

Protect Yourself • Protect Your Family • Protect Your Community

THESE SIMPLE PREVENTATIVE STEPS CAN DRAMATICALLY REDUCE YOUR RISK.

Use Strong Passwords - Use different user ID/password combinations for different accounts and avoid writing them down. Make the passwords more complicated by combining letters, numbers, special characters (minimum 10 character's in total) and change them on a regular basis.

Secure Your Computer:

- **Activate Your Firewall** - Firewalls are your first line of cyber defense. They block connections on bogus sites.
- **Use Anti-Virus/Malware Software** Prevent viruses from infecting your computer by installing and regularly update the signature files.
- **Block Spyware Attacks** Prevent spyware from infiltrating your computer by installing and updating anti-spyware software

Be Social-Media Savvy - Make sure your social networking profiles (e.g. Facebook, Twitter, YouTube, Instagram, etc. Be careful



Secure Your Mobile Devices - Beware that your mobile devices are vulnerable to viruses and hackers. Download applications from trusted sources.

Install the Latest System

Updates - Keep your application and operating system (Windows, Mac, Linux) current by installing the latest system updates on a regular basis to prevent potential attacks on older software.

Protect Your Data - Use encryption for your most sensitive files such as tax returns or financial records. Make sure you have backups of all your important data.

PHISHING:
If you suspect deceit,
hit delete!

Secure Your Wireless Network - Encrypt your Wi-Fi network. Review and modify default settings. Public Wi-Fi (e.g. hotspots) are unprotected and should be avoided if possible.

Protect Your Identity - Do not download files or attachments online such as games, screen savers, or unauthorized software. Never reply to a pop-up.

Call the Right Person for Help - If you suspect an online crime or scam, contact your local police service.

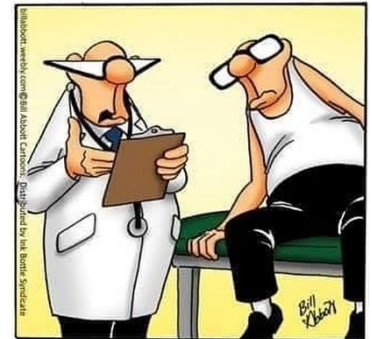


what you post online. Once it is out there it is there forever.

Read more at [York Regional Police Fraud](#)

JUST FOR FUN

Spring Crossword



"High sodium, high cholesterol, lots of toxins - your blood test is remarkably similar to a potato chip."

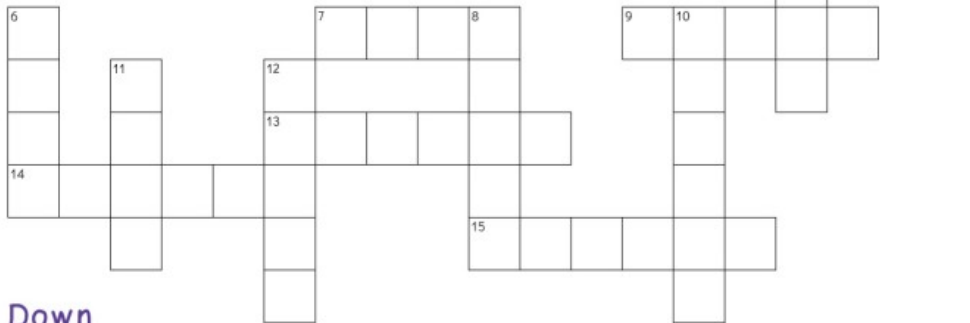
If by "crunches" you mean the sound potato chips make when you chew them, then yes, I do crunches.



When happy hour is a nap.

Across

- 1. Mother's Day month
- 3. Spring, summer, fall, winter
- 4. The season after winter
- 7. Not cold or hot
- 9. A spring flower
- 13. A kid might jump in one on a rainy day
- 14. Egg hunt holiday
- 15. A brief period of rain
- 16. First month of spring



Down

- 2. A day for playing tricks
- 5. It leads to greener pastures
- 6. Flying a _____ is a perfect windy day activity
- 8. What snow does in spring
- 10. Shelter from the sun and the rain
- 11. Robin's home
- 12. Fourth month of the year

Across
 1. May; 3. Seasons; 4. Spring; 7. Warm; 9. Tulip; 13. Puddle; 14. Easter; 15. Shower; 16. March

Down
 2. April Fools; 5. Rain; 6. Kite; 8. Melts; 10. Umbrella; 11. Nest; 12. April

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