



CONNECTIONS

Retired Women Teachers of Ontario • Organisation des enseignantes retraitées de l'Ontario



*Leslie Uttley
President*

I finally have given in to sensible shoes, wearing an actual coat and turning up the heat in the house. I planted some of my tattered mums, threw out the rest; bribed the family to put away the outdoor furniture and paid to have the snow tires put on my car. Some days it takes my dog until half past ten to go out in the morning, as it is so dark and damp and definitely not to his liking. November! I just bet you can think of many reasons why this particular month starts with NO!

However, I can certainly turn my attitude around smartly when I remember November before retirement. It reminds me of the kindergarten teacher, helping the little boy because he could not get his boots on his feet. She pushed and she shoved but alas the boots still didn't want to go on. When the second boot was finally on, she had worked up quite a sweat. She almost cried when the boy remarked that they were on the wrong feet. Sure enough, he was right. She managed to keep her cool and together they got them back on the right feet. But then he announced that they were not his boots! She bit her tongue and once again struggled to get them off. He then said that they were his little brother's boots but his mom made him wear them. She was now a mass of emotions. However, being a true member of the teaching profession she got them back on his feet. She now feared that recess would end before she could dash to the staff washroom, so she helped him with his coat. She sensed the task was almost complete and asked for his mitts. Wide eyed the little boy said that he had stuffed them in the toes of his boots for safekeeping! It sure makes putting on just my own boots a treat!

Of course, November also meant – THE CONCERT! It was sure scary as a child saying a verse in front of all the parents! It was sure scary when I had to sing a solo, Suzy Snowflake, dressed in leotards and a sparkly bristol board star (yes, just one piece of bristol board). It was sure scary, when the bathrobe tie was

President's Message

'Tis The Season

lost for my shepherd costume just before taking to the stage!

Stress continued as a teacher too! I remember my class singing that wonderful carol that starts, "I", said the donkey all shaggy and brown. The mother of my chosen donkey had sewn the most wonderful costume for the chosen donkey. On the night of the performance, no matter what I did as director, the donkey stood on his hind legs and scratched as if he was covered with bites for the entire song. I also did a play "The Bare Polar Bear"! The polar bear was wearing my good white fake fur coat. The idea was that Santa's suit was ruined so he would have to wear his red long johns and fur donated by the kind polar bear. Alas, it was to have been pretend cutting of the coat. The student, wanting to please me, had brought shears the performance evening and once on stage, he carved my good coat in the name of performance.

As I think of these past times, just show me the cards to be addressed, the store aisles to be walked and the shortbread to be baked. I am up to the tasks, just like you! We can handle the challenges!

I have come to believe that we spent so many seasons, filled first with anticipation! We had pictures in our minds of concerts so perfect Broadway might ask us to tour our production. Next came the anxiety attack when not a

single student knew what they were supposed to do. This was followed by acceptance of whatever happened, well too bad! That sentiment was often accompanied by wine and whine! And finally after all was done, parents and students and yes, oneself, appreciated the wonders that took place.

Now I anticipate a house that would rival those in Canadian Living magazine! I will fret pools of anxiety over some new recipe that does not lift and the lights that will not light. Around December twenty third, I will accept that the season is in your own heart and sharing your love and faith with others makes the warmth of the season! And finally, when the January winds blow and the roads are unsafe, I will have all those warm memories to ponder!

So in this season anticipate all the goodwill that we can share with others; know that the anxiety is soon to fade as we find smaller ways to share with others; take time to accept and truly enjoy the special times December brings and finally, appreciate the friends, family and others that bring you warmth in your heart!

Christmas is more than just a day at the end of the year! It is a pattern for giving, when we live Christmas everyday! Your caring and sharing is indeed Christmas all year long!

Leslie Uttley
RWTO/OERO President

HOW TO CONTACT US

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Once Upon a Time...

Once upon a time there were three sisters. They were attractive and intelligent young ladies who grew up on a farm in a little town north of Fergus, Ontario. They attended their local one-room school. They were encouraged by a father and mother to do well in their studies. Wilma was the eldest, Joy the second to arrive five years later. Leslie did not enter the scene until fifteen years later than Joy. The two older sisters were often babysitters for their younger sister.

It is interesting to note that all three of them entered the teaching profession. All three married and completed very successful careers as teachers. Wilma was an excellent teacher and often substituted for the principal in his absence. Joy launched the gifted program in Brantford and later became a principal there. Leslie, too, became an outstanding principal in the Kitchener-Waterloo area.

Time passed, and each of these three talented sisters retired from successful teaching careers and joined the organization of retired women teachers – RWTO/OERO. Each of them first became leaders in their local organizations but soon branched out into leadership positions at the provincial level. What is truly unique is that each of these three retired sisters Wilma Rymar, Joy Patyk and Leslie Uttley rose to become Provincial Presidents! Leslie Uttley is our current RWTO/OERO Provincial President for 2012-2013.



Three sisters: Leslie, Wilma and Joy

What an amazing story! Imagine—three sisters becoming the top leaders of our great RWTO organization.

Respectfully submitted
 Juanita Rathbun
 (Former Provincial President 1990-91)
 Friend and Admirer of all three sisters.

Goodwill Report

“No act of kindness is too small. The gift of kindness may start as a small ripple that over time can turn into a tidal wave affecting the lives of many.” - Kevin Heath

Congratulations and best wishes to Lillian Gordon (Hamilton-Wentworth Branch) who celebrated her 100th Birthday on October 12.

As a reminder, it is extremely important that your Branch continue to forward information about changes in address, date of birth, as well as obituaries, to Gloria Drake at the Provincial Office so that our motto can continue to be extended to our ‘Over 90’ members. Thank you for your help.

As I get ready to send Christmas greetings throughout the Province, I want to remind you that not everyone is as fortunate as we are. Particularly at special times of the year like

Christmas, many people feel alone as they are inundated with feel-good holiday messages. Please take the time to visit your senior branch members and participate in the many outreach programs available in your communities. The gift of your time is the perfect way to express our motto, Caring and Sharing.



I wish you all a very Merry Christmas and a 2013 filled with good memories, good health and good friends.

Marilyn Emmett
 2nd Vice President
 Goodwill Convenor

**RWTO/OERO PROVINCIAL OFFICE
 has moved as of November 26, 2012
 to 15 Deer Cross Ave., Wheatley, ON N0P 2P0**

In order to accommodate the move and set up the new office, please note that the Provincial phone and e-mail may have been unavailable for a few days in November.

Honourable Membership Award

This organization flourishes due to many dedicated volunteers. The Honourary Membership Award is presented yearly at the Convention to outstanding members who have served in one or more positions at the Provincial level of RWTO/OERO.

Please see Page xiii (1) in the Policies and Procedures Manual RWTO/OERO for further details. This Provincial Award is dependent upon nominations from the Branches. The nomination should include an outline listing the Provincial Committees on which the nominee has served and the noted service to RWTO/OERO at the provincial level. These women have undoubtedly served their community well but please just list these achievements and focus on the RWTO/OERO provincial contributions.

IMPORTANT: Please provide Name, Address, Phone Number and email of the nominee.

Please send nominations to:
Barbara Moorcroft 9 Gibson Place Port Hope ON L1A 4G8
bmoorcroft1@cogeco.ca (905) 885 -4895

Committee Members
Lois Plowright
Susan Armstrong
Barbara Moorcroft Convenor

Membership

Just because we're retired it doesn't mean we aren't active, intelligent and resourceful! One of our long time executive members moved recently to a new area. She notified the new branch and was sent a newsletter with dates and locations of their meetings. She told me, although she is anxious to join a new group and meet people, she's reluctant to go by herself, not knowing anyone. She's not sure how to get to the locations and would really appreciate a phone call inviting her to attend with someone. Maybe they would even offer to pick her up or meet her at the door. She'd feel much more welcome and inclined to attend. Could this be you or your branch?

MORE Interest Group ideas for branches

- annual golf tournament
- visit to older adult home
- breakfast club
- choir
- zentangle
- gourmet dinner club – in homes, or travelling
- play bridge
- walking club
- monthly lunch group
- craft club
- plant exchange – seasonal
- trip- summer

MORE ideas from the Convention Storefront

- highlight random acts of kindness in the newsletter
- 'Muffins n' Mimosa' new member introduction-invite other branches to an event like a summer picnic
- attend a Board ETFO dinner and hand out apples and branch meeting schedule
- go to Board Retirement events with brochures and a smile
- have a Fun with the Arts meeting with line dancing, drumming, tai chi, singing etc

MORE Good Reasons we belong to RWTO

- RWTO/OERO provides life long learning opportunities.
- RWTO/OERO makes goodwill visits and members make connections, both old and new.
- RWTO/OERO provides leadership opportunities for women who have always been involved and want still want to be productive and contribute to worthwhile activities.



Annalee Ladouceur
Membership Convenor

Insurance Matters

The Provincial Insurance Convenor role has been a challenging and changing one, somewhat like our careers in teaching. My predecessors have tried various methods to inform the local Insurance Convenors and inspire them to promote our unique plans. I remember skits about insurance at our luncheons. The humour in them relaxes the audience and is an enjoyable way to learn some facts. I have put my love of music into some of my presentations, hoping for the same effect. Each one of us brings something different to our work. Whatever way we tackle the job, it is our personal approach that makes it worthwhile to us and other retired women teachers.

Nancy and I have both been amazed by the participants when presenting at workshops and Presidents' Meetings. We have learned so much from them through their work with their branch members and their own experiences in making claims and receiving benefits. I believe that successes with our insurance plans should be shouted from the roof tops. If you are one of these success stories, please consider sharing your experience with your branch.

We have learned more about our plans through your questions. We know some answers but often ask Terry Kennedy for clarification. When Terry isn't sure, she calls Manulife. Please ask us. The answer may be of benefit to all of us. An example of this occurred this fall at an Area Director's Presidents/Insurance Convenors Meeting. It was during a discussion of the improved Transportation Benefit and when it applied, that a convenor asked, "Can I claim the benefit when travelling to Physiotherapy following knee surgery?" The answer was "No" because her Physiotherapist was in a clinic, not a hospital. Shortly after, at another Area Director's Meeting, I heard a personal recount of a similar situation, but one in which the

benefits were paid. In this case she was able to receive her physio in a hospital. After surgery, if you need physiotherapy, try to get on the waiting list at the hospital. Don't delay your physio. You should begin treatment at a private clinic. When your name rises to the top of the list at the hospital location you can make the switch.

We want your questions. Please send us a question you have or someone has asked you about RWTO/OERO Insurance. You never know. It might lead to the next improvement in our plans.

Somewhere out there is the next Assistant Insurance Convenor. You enjoy travel and meeting new people. Knowledge of our insurance plans will improve over your two year term. You are part of a team.

If you are interested and have questions please call Nancy Iannizzi or me.



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Assistant Insurance
Convenor
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Call For Nominations

Provincial Board Positions

Nominations for the following elected Executive Officers for the Provincial Board of RWTO/OERO will now be accepted until January 31, 2013:

- Provincial Second Vice-President
- Recording Secretary
- Provincial Insurance Convenor
- Assistant Provincial Insurance Convenor

Nominees should have experience at the Board level as well as at the Executive level in an RWTO/OERO branch and/or other organizations. The Job Descriptions are printed in the RWTO/OERO Policy and Procedures Manual and are also available from your Area Director or members of the Nominating Committee. Names submitted are to be approved by the Branch Executive making the nomination and then sent to the Area Director for confirmation, before forwarding to the Nominations Committee Chair.

Nominations should be mailed or emailed with a postmark no later than January 31, 2013 to:

Annette Rhodes, Nominations Committee Chair
3684 Governor's Road, RR2, Lynden, ON L0R 1T0
Email: annetter@execulink.com

Any new Area Directors will be selected in accordance with the protocol established within each Area and outlined in the Policy and Procedures Manual Appendix A. The name of each Area Director selected or elected by members in her own Area must be forwarded to the Provincial Nominations Chair as soon as possible before the end of each fiscal year.

For further information, please contact any member of the Nominations Committee:

Annette Rhodes, Marlene Falls or Valma Mongeon.



Annette Rhodes, Past President
Nominations Chair

Issues and Concerns

Immunization: It's Not Just Kids Stuff

When we hear the word immunization we often think about the times we took our children for all those vaccinations in their early years. However, our need for immunizations does not end when we reach adulthood. The need for us to be vaccinated is just as strong now as it was when we were children. With time our immunity from childhood vaccines can decrease and we may also be at risk for new and different diseases. Our needs as an adult are determined by a number of different factors such as age, lifestyle, high risk medical conditions, travel habits and previous immunizations. Because immunizations help save lives, prevent serious illness and are one of the most effective public health interventions, most health care practitioners suggest that seniors receive protection from influenza, tetanus, diphtheria, pertussis, shingles and pneumococcal disease.

People 65 years of age and older and those with certain health conditions such as heart, lung or kidney disease, cancer or diabetes can be at higher risk for complications due to influenza. There are changes each year to the influenza viruses so the vaccine is formulated to match the virus that is most likely to cause flu in that year and therefore an annual shot is recommended. It takes up to 2 weeks for protection to develop. It is suggested that the shot be obtained just prior to flu season. This vaccine is available free of charge to all Ontario residents. Influenza occurs in warmer climates too, so those who are planning to travel south for the winter are still encouraged to get the vaccination.



The pneumococcal vaccine protects against infections of the lung (pneumonia), the blood (bacteremia), and the covering of the brain (meningitis). It can prevent infection caused by 23 types of bacteria that account for most cases of pneumococcal disease. You only need to get this vaccine once to be protected. This vaccine is recommended and the cost is covered for all Ontario residents over 65 years of age and those under 65 with specific high risk medical conditions such as chronic

heart, kidney or lung disease, diabetes and other diseases that suppress the immune system. There is a new version of this vaccine coming that will have protection from additional bacterial strains but it is not yet available.

Diphtheria, tetanus and pertussis are serious diseases caused by bacteria. Tetanus bacteria (lockjaw) causes muscle tightening, problems breathing, problems opening the mouth and swallowing difficulties. Diphtheria can cause a thick membrane to cover the back of the throat. It can lead to breath-

ing problems, paralysis, heart failure and even death. Pertussis (also known as whooping cough) is a highly contagious respiratory tract infection that causes severe coughing spells which can cause difficulty breathing, vomiting and disturbed sleep. Five in one hundred adults with pertussis are hospitalized or have complications including pneumonia and death.

There are two vaccines for adults: Td and Tdap. The Td vaccine protects against tetanus and diphtheria. The Tdap vaccine protects against pertussis as well as tetanus and diphtheria. With the increased incidence of whooping cough it is suggested that every adult receive one dose of the pertussis containing vaccine in place of one of their regular tetanus booster. Tetanus vaccination should be updated every 10 years. This vaccination is free to all Ontario residents.

Shingles is a painful skin rash, often with blisters, that is caused by the same virus that causes chicken pox. Anyone who has had chicken pox can develop shingles because the virus remains in the nerve cells of the body after the chicken pox infection has cleared up. Shingles most commonly occurs in people age 50 and older. It is estimated that one in three people in Canada will develop shingles. Shingles vaccine is recommended to reduce the risk of developing the rash and the associated pain; it does not guarantee you won't get shingles. The cost is not publicly funded at this time. However, if you have an extended health plan, at least part of the cost may be covered. Unlike the other vaccinations listed, you must get a prescription from your medical practitioner and take it to the drug store. You will be put on a waiting list. Some areas have waiting lists that are longer than others. There is a large demand for this vaccine. When you reach the top of the list, you will pick up the vaccine and take it to your medical professional to be administered.

More information on immunizations for seniors can be obtained from your medical practitioner, your local health unit or the Centre for Disease Control at www.cdc.edu.gov/Features/AdultImmunizations. As always, before making any decision about immunizations, you should talk to your doctor or health care professional.

As adults we must continue to maintain our health. We never outgrow our need for vaccinations. Getting immunized is a lifelong, life protecting job. Don't leave your health care provider's office without finding out what vaccinations are best for you.



Dianne Rice
Issues and Concerns Convenor

With special thanks to Natalie Lipka BScN, RN, PHCNP for her assistance with this article.

Branch News

CENTRAL ALGOMA

Happy Birthday to Us!



In 1972 the Central Algoma Branch of OASWT was formed by 6 women - Margaret Acheson, Edith Alexander, Ada Crockford, Winnie Hadden, Mabel Hern, and Nora Stewart. Later, Peggy Suddaby began the job of keeping our history books. Our branch of 50 plus is strong and is carrying on with the caring and sharing begun back then.

Celebrating the 40th anniversary with a 'High Tea', everyone looked splendid in her fine attire, complete with fascinators and white gloves. The Algoma Friendship Senior Citizens Club provided us with dainty sandwiches and desserts, and served tea in fancy cups and saucers. Marg Snider had created a booklet 'Down Memory Lane' to celebrate our first 25 years, and Nancy Konzuk updated this history for the 40th giving each member a new record of our history as a branch. Three special seniors attending - Joyce Mertes, Marg Snider, and Kay McMaster - were honoured with roses, a copy of Uncommon Women, and praise for their many contributions to Central Algoma RWTO/OERO.

BLUE MOUNTAIN

'Books for Babes' continues to be well received. New mothers receive bags of books as they leave the hospital. Our hope is that we inspire a love of books and reading. So far, we have taken close to a thousand bags of books to the Collingwood General and Marine Hospital. Mary Moles celebrated her 105th birthday this year. Mary still enjoys a visit and tea with friends. During the summer a pole walking clinic was held at Lynne Eagle Bells' home. A few members learned about Nordic walking. Also, our branch joined a neighbouring branch for a picnic at Bayview Park on the bay in Thornbury. At our September meeting, Marie Cruikshank, our archivist, showed us her reorganized binder full of Blue Mountain RWTO/OERO history.

EAST PARRY SOUND

A few members of the East Parry Sound Branch read Uncommon Women by Lee Beech, for the purpose of creating a short play, to give a brief history of how and why the women in our early organization fought to address retired women teachers' issues.

We decided to use two narrators, a choir, and a couple of organizing songs with dance moves. Between narrations, costumed members enacted some of the highlights and hardships experienced by the women who preceded us. The audience, supplied with lyrics, participated in the singing. Our luncheon afterwards was enlivened by conversations about our memories. Finally, wishing to honour women in our branch who have contributed much to their communities and to the profession, we established an Uncommon Woman award. Our first much loved recipient, Madeleine Main, who just turned ninety, attends meetings, contributes ideas, teaches piano, and travels.



KINGSTON

This year's activities began with a Bags-Plus packing, filling 46 bags for children aged 8 to 14, preparing them for the new school year. We pack again in November, December, and May for local agencies and our Senior Citizens' Home, send care packages to our troops in Afghanistan, and support our excellent local School Museum.

At our September meeting, held in a country church, a lovely fall drive out of Kingston, the news was shared that Dorothy Pearson, our President, will take over from Annalee Ladouceur when she completes her term of office as Area 8 director in June, 2013. This arrangement is possible because of the willingness of our executive to be flexible and supportive of each other. We will combine with our neighbouring Napanee Branch for our spring meeting, to welcome Leslie Uttley, our Provincial President, as our guest speaker.

NAPANEE

Our annual To 'ell With The Bell' breakfast at John McNeill's Place in Deseronto this September included free breakfast for six potential new members. Fellowship as well as excellent food was enjoyed by all. Our general meeting in October included a tour of 'South View', a state of the art school, a delicious lunch provided by the Bath Lioness Club, and the preparation of 40 Tales and Tunes for Tots early learning kits to be distributed to newborns in Lennox and Addington

Branch News continued

county. In December and February we will gather for camaraderie and breakfast at local restaurants. Our spring general meeting will be a joint meeting with Kingston Branch, hosting our provincial president Leslie Uttley. Our last meeting before a summer break will be held at the Riverine Retirement Residence in Napanee. At each of these gatherings we collect food for the local food bank and eye glasses to send to third world countries.

ORILLIA

Ten years ago, Frances Page, a Cora Bailey recipient, thought of the idea of bringing a group of retired teachers together to sing, entertain, and bring some happiness into the lives of seniors in nursing homes and residences. Everyone in the group works together to develop seasonal programs with solos, skits, poetry, sing-alongs, and dances. With Frances as their leader and pianist, we celebrated ten years of 'caring and sharing.'

In September, the Orillia Branch of the Retired Woman Teachers of Ontario met with the Coldwater Branch for a pot luck luncheon. Leslie Uttley, our Provincial President, and her sister, Joy Patyk, RWTO parliamentarian, joined us. After a wonderful meal, Leslie installed our Executive. Then she shared some memories and humorous anecdotes of her teaching career. Her closing remarks reinforced the enthusiasm and caring of RWTO/OERO.

SUDBURY



Everyone was in great spirits at our first general meeting held in September. The highlight of our luncheon was the birthday celebration for Dorothy Lawrence, who is 90 years young. Her educational accomplishments are really impressive. She still belongs to three book clubs, besides being a gifted baker, quilter and knitter, all the while keeping track of Canadian and American politics and world events. What an inspiration she is to us all! Our guest speaker, a well informed wealth manager, gave us hints on how to better manage our money and how to avoid certain pitfalls. Our Christmas fund raiser, 'Creative Hands', is anticipated by everyone. Every object has to be handmade, whether it is baked goods, jams, pickles, or crafts to be identified by a 'creative' name. The entertainment, for the occasion, will no doubt have every member clapping hands, and may even inspire some to take a few dancing

steps. Hopefully, we will be able to attract a few more retired teachers to join our group.

UPPER CANADA EAST

RWTO/OERO Upper Canada East was pleased to be recognized again at the 2011 Convention in Niagara Falls with our second Feather in Your Hat award. This hat was given as Honourable Mention for our outreach projects. Our hats are presented at each meeting to a worthy recipient. The ladies take great pride in receiving, wearing and passing on the hats to other deserving members of our branch.

In March, fifteen UCE members attended an International Women's Day luncheon sponsored by Naomi House. This was a thank you for our branch's support during the year. Donations to the Naomi's Family Resource Centre include: school supplies, storybooks, food, clothing, craft, personal care items, journals, filing organizers, as well as monetary donations. We also have bees to create welcome cloth bags for the mothers and children who come in times of crisis to this Centre.



UCE's membership has continued to grow and now reaches 100 members. Our group is enthusiastic and generous in giving time, talent, and monetary gifts to the needs of the community.

NOTICE

Music from June 2012 In Memorial Service

I have been pleased to receive so many requests for a CD containing the 3 musical selections which were played at the service. After much investigation, it is too complicated due to copyright laws to produce a CD to sell rather than to have a choir sing the songs for our convention. We are sorry that we cannot share the music with you.

The sources of the first two selections were completely listed. The third selection was chosen after the program was printed: "Where We'll Never Grow Old" by the "Anonymous 4" from the album "Glory Land" produced in 2006. I understand that this group is still producing CD's.

If any branch has a choir who would like to provide the music for a future In Memorial service please get in touch with me soon.

Barbara Moorcroft
Provincial Archivist

JEWEL ON THE BAY

HAMILTON 2013



*The welcome mat is out!
We hope you'll be seen at the
Provincial Convention
in twenty thirteen*

RWTO/OERO**57th Annual Convention****June 4-6, 2013***at the***Sheraton Hamilton Hotel****RWTO/OERO
57th Annual Convention****Sheraton Special Guestroom Rates**

Standard Guestrooms	\$159 + tax
Deluxe Guestrooms.....	\$179 + tax
Additional Person in Room	\$15
Cot Charge.....	\$25
Parking per Day.....	\$10

To assist you in booking your room, a reservation website

is available at: www.tinyurl.com/hamilton2013

OR call: 905-529-5515 or 1-800-514-7101

CO-CONVENORS:

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Jennie Robson - jrobson4@cogeco.ca

NB: Board members and Provincial delegates are entitled to claim a maximum of \$79.50 + tax (i.e. ½ of \$159 + tax) the rate for a standard room. If a member books an upgraded room she will be responsible for paying any amount over the maximum. Branch and Alternate delegates are responsible for the costs of their own rooms.

*Come Fly With Me * World Class Gardens and Hamilton's Castle
The New and The Old - The Art Gallery and Whitehern *
Out & About-the City of Water Falls * Waterfront and Mountain Views*

"Catch the Wave"

RWTO/OERO

RWTO/OERO Provincial Office
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PM Agreement

40739021