



CONNECTIONS

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



Anne Graham
President

It is indeed an honour and a privilege to be the Provincial RWTO/OERO President in the 58th year of our very special organization. With 5,434 members and 52 branches throughout the province, we are strong and vibrant. Each branch is unique and important in its community. The members work together to foster our organization's goals of social interaction, friendship and support, interesting and stimulating programs, creative skills, leadership and community outreach.

What a wonderful convention we had in Hamilton – the “Jewel on the Bay”! The amazing Hamilton-Wentworth team worked hard to plan the convention and made sure that everything ran smoothly and that a good time was had by all. I was overwhelmed by the presentation made to me by my home branch, Lanark, and our sister branch, Ottawa-Carleton. I will carry my beautiful red purse and my red umbrella and wear my red shoes often as I proudly represent our organization. We look forward to hosting Convention 2014.

Increasing membership is another very important goal. At the convention, I issued a challenge that we increase our membership by 100 members this year. How close can we get? Being a group of retired women, we lose several dear friends each year. Therefore, we must work very hard to increase our numbers. There are many

President's Message

good membership ideas, but the one that seems to work best is to bring a friend with you to a branch function.

I commend the area directors who have taken on their roles with great enthusiasm. Be sure to invite them to visit your branch. They are there for you. The branch presidents and executives are the backbone of our organization. Help out and take your turn. Our organization is in good hands with a dedicated and caring Board of Directors.

Our unique Hospital and Home Care Insurance Plan provides not only important protection for you the member and your spouse but also is a significant part of our yearly budget.

This year Terry Kennedy, our broker, presented us with a cheque for \$61,539, by far the largest profit share ever earned. If you are a member of the plan, enjoy the benefits. If not, please consider enrolling.

I look forward to travelling throughout our beautiful province during the year as I visit many of your branches. Being a pin collector, I am hoping to mark my special year with a pin collection. I also hope to collect some history from the branches – our 60th Anniversary is only two years away!

Wishing you a wonderful year of caring and sharing and great enjoyment as a valued member of RWTO/OERO.

Anne

Could you receive your “Connections” on your computer via email instead of mail? Last year the total cost of mailing “Connections” was just over \$8,900 for the three newsletters. Whew! To make a change and receive your newsletter by email, please phone Gloria at (877) 607-6696 or email info@rwto.org.

Many thanks. Mardie Panabaker, Provincial Communications Convenor
PS: Mardie's photo is at www.rwto.org/Convention.asp - Convention Part 1 #48

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Convention 2013:

"Hamilton – the Jewel on the Bay"!

(Visit our website at www.rwto.org/convention.asp to view convention photos. Is yours there?)



What a wonderful convention our Hamilton Branch hosted! The attendees discovered many, many jewels during their stay at the Sheraton. Wonderful lodgings! Yes, the Sheraton does have the best beds! Wonderful food! The meals were creative and the tables arranged very professionally. The banquet on Wednesday evening was like what



one would imagine a princess would wish for her dining pleasure! Of course, the unlimited bling worn by those in attendance was shining proof teachers can do most anything! The entertainment was just perfect on both evenings. The workshops and tours were fun and also very informative! The In Memoriam was a poignant and moving service, while the celebration with the Over 90s and Mother/Daughter duos was indeed a privilege. However, I feel the keys to such a successful convention were really the countless Branch Volunteer Jewels, wearing their blue jackets and yellow posies. They worked and worked and yet kept smiling as they helped each attendee to have the best convention possible. Special note should be made of Convention Convenor Nancy Papiez, alias the Energizer Bunny, who kept every volunteer marching to the precise beat.



Hamilton Branch, you did an amazing job hosting the 2013 Convention. You are indeed the true Jewels on the Bay! My personal thanks also for such a wonderful convention to bring to a close my year as your Provincial President! Level 4 achieved!



Leslie Uttley,
Provincial Past President



More from Convention 2013:

Honorary Membership Award Recipients - 2013:

Joyce Fee - Peterborough

Joyce Fee was one of the first women principals in Peterborough, from 1969-1993. Upon retiring and joining RWTO, Joyce became First Vice-President at her first meeting, as the position needed filling. For 20 years, she has been an active member of our Board. Joyce has also served – forever – as Branch Communications Convenor; two years as Provincial Communications Convenor and four years on the “Connections” editing committee. She has been instrumental in establishing the expansion of Branch News on the RWTO/OERO website. Joyce was a presenter at workshops on Communications at three Conventions. As President of the Peterborough Branch, Joyce attended conventions for many years. Now, as a non-voting member, she has continued to attend for the last seven years to update her knowledge on RWTO/OERO matters and because she enjoys meeting all the neat ladies here! In Peterborough, Joyce continues to organize many fun events, especially Book Worms and our monthly “Let’s do Lunch” as we eat our way around Peterborough. Caring, Sharing and Having Fun! That is our Joyce Fee – worthy to be honoured!



Joyce Fee receiving Honorary Membership Award from Ann Siddell, Peterborough Branch President

Leslie Uttley - South Bruce

Upon retirement this very successful and creative teacher and innovative administrator joined RWTO, where she served on many committees and experienced the pleasure of the caring and sharing of fellow educators. Leslie served on the Provincial Board for seven years, as recording secretary for four Provincial Presidents; as Second Vice-President, enjoying the connections with the most senior members and chairing the Goodwill Committee; as First Vice-President, chairing the Constitution and Resolutions Committee and as Provincial President, visiting more than 40 branches across the province. However, her heart remains locked in the activities of her small home branch, South Bruce, where she serves as Co-President.



Leslie's grandchildren present a bouquet of flowers as sister, Joy Patyk (RWTO Parliamentarian) looks on.

2013 RWTO/OERO Resolutions

See www.rwto.org/pdf/RWTO_OERO%207%20years%20Resolutions.pdf, pg. 23, for the entire report.

Resolution #1

Be it resolved that Article IV (b) Executive Officers be amended to include the elected officers, the Parliamentarian and the Executive Secretary-Treasurer. **Carried**

Resolution #2

Be it resolved that the position of Assistant Insurance Convenor become an appointed position. **Carried**

Resolution #3 from Mississauga Branch

Be it resolved that resolutions from the past seven years be published on the RWTO/OERO website. **Carried**

Resolution #4 from York North Branch

Be it resolved that in years when there is a surplus of more than \$1,000.00 in the RWTO/OERO budget, RWTO/OERO donate \$1,000.00 to a charity in Ontario that supports women and/or children in need, such charity to be determined by the Board of Directors. **Defeated**

Resolution #5 from Upper Canada East

Be it resolved that all Over 90s memberships be paid annually by the Provincial Office.

As part of the discussion of the merits and ramifications of this motion, a suggestion of deferral came from the floor. Motion #AM-13 Moved by Jane Cartier, seconded by Pat Depencier,

To defer Resolution #5 to the Board of Directors for further study during the 2013-2014 year. **Carried**

We invite you to join us June 3 - 5, 2014, for
“A Capital Time in Ottawa!”

More information at
www.rwto.org/upcoming-convention.asp



Suzanne Wilson-Marjerrison,
Provincial Convention Convenor

Membership Report

Welcome to all new retirees who have joined one of the 52 branches across the province. Anne Graham, the Provincial President, has presented a challenge to all of us: add 100 more members across the province. We can all do this! One branch each from Tiers 1, 2 and 3 will receive \$200 for the largest annual increase in membership. The second challenge is to encourage the local outreach projects. In the branch reports, we saw that branches are involved in many different projects that support women and children in their communities. To date, 23 branches have received the Feather in Your Hat award for their projects. That still leaves 29 branches that can 'brag' about their projects. The deadline for Feather in Your Hat nominations is March 1, 2014. It is not too early to think about

the member or members who contribute outstanding service to your branch, who could receive this honour from the province.

Judy Anderson, Kay-Anne Broger and Phyllis Robson are sharing the duties to increase membership this year. We all look forward to working with the branches.



Carol Nelson,
Membership Convenor

Feather In Your Hat

Sincere congratulations and thanks to all branches who entered for their hard work. The awards went to:



Beaver Valley Branch supports the Meaford - Creative Arts Programme

With the support of branch members from Beaver Valley, a professional artist and student volunteers, 25 students from the Meaford area attended an enrichment programme to compliment summer sports programmes in the area. This is the eighth year that Beaver Valley has offered this creative art programme for the area. Congratulations to Beaver Valley for their commitment to the children in the area. They can wear their Feather in Your Hat proudly.



Frances Quarrington accepts the Feather in your Hat Award on behalf of the Oakville Branch

The Oakville Branch had their sewing machines buzzing during the spring when they made 300 dresses and 80 pairs of shorts to support From Pillows to Sundresses for the Third World. These dresses were adorned with ribbons, trims and bindings that were donated by members. Little

Barbara Bain Award 2012-2013

Congratulations to these branches for being recognized for their expanded membership and to all branches in their continuing quest for new members.

Tier 1 St. Thomas-Elgin



Annalee Ladouceur,
Judy De Groote - St. Thomas-Elgin,
Barbara Bain

Tier 2 Durham North



Karen Rynard -Durham North,
Barbara Bain

Tier 3 Palmerston



Kathy Brown - Palmerston,
Barbara Bain

children in Mozambique and Guatemala will be smiling in their new clothes. The Canadian Government acknowledged this contribution. RWTO/OERO also offers their congratulations for Oakville's most worthwhile support for children.

St. Thomas' Judy De Groote accepts the award from Area Director Mary Duffin

In 2003 St. Thomas-Elgin Branch started a long-term project to support the local "Violence Against Women" prevention program. Over the past 10 years, members of the branch have provided backpacks, paper and hygiene products, monetary donations, Christmas gifts for children in the shelter and even new underwear for the ladies. Branch activities, which are promoted through the local newspaper, always make the public aware of the contributions that branch members promote through their Caring and Sharing Activities. Ten years later, St. Thomas-Elgin certainly deserves their Feather in Your Hat Award.



CORA BAILEY AWARD RECIPIENTS 2013

Congratulations and many thanks for outstanding service to the recipients whose names are posted on our website at www.rwto.org/awards.asp under "2013 Recipients List".

Goodwill Report

It is my pleasure as Second Vice-President to be your Goodwill Convenor for 2013-14. I look forward to sending a birthday card to all those who have reached or surpassed their milestone birthday of 90 years young.

Our family celebrated my mother, Verna's 90th birthday in June this year and what a joy it was. We hosted an open house for about 200 people with dinner in the evening for 86. Mom has been a guiding light for me throughout my life and her kindness and generosity have taught me many important life lessons. Those of you in my mother's generation have great wisdom to share with all of us.

It has been my pleasure to send 83 birthday cards since the middle of June through the end of September. Of that number 11 were sent to ladies having reached that 90th milestone. Five ladies have become centenarians.

Congratulations to Jean Marshall, London Middlesex; Lillian Anderson, Muskoka; Cicely Wareham, Palmerston; Ethel McRoberts, East Parry Sound and Mary Plaunt, a Pay Direct member from Renfrew. Thanks to the executives of the local branches for arranging flowers for these ladies.

The job of Goodwill Convenor is enjoyable and rewarding but we depend on the branches to keep us informed about our members over 90. Circumstances and contact information may change. Please make sure you have their birth dates and contact information up to date and share this information with our Executive Secretary Gloria Drake at 1-877-607-6696 info@rwto.org. I depend on Gloria's record keeping for membership information.



Verna and Dianne, In Caring and Sharing.

Dianne Rice,
Second Vice-President/
Goodwill Convenor

An example showing the uplifting benefits of Goodwill is found in this message:

"A special 'thank you' to all the members who have sent support and best wishes for my full recovery, in very special cards and emails, which arrived daily. I've enjoyed them all over and over again. One past director of Area 7, who also had to recuperate from similar life shattering challenges told me: 'The cards and caring and sharing were better than all the medicine could provide'. So very true, and I agree 100%. Thank you all for making this bumpy road as smooth as could be due to your loving, caring and sharing prayers and support from the beginning. One day at a time". *Susan Armstrong, Area 7 Director*

Insurance Matters

September is upon us with its crisp fall days, glorious autumnal colours and the abundance of the harvest. Those of us involved in the RWTO/OERO insurance program find ourselves gearing up for the fall season by planning visits to various branches to meet and greet members and to tell them the wonderful story of our insurance programs.

We thoroughly enjoyed our participation in the annual convention in Hamilton, Ontario, this past June. There, we announced a few changes to the Hospital and Home Care Plan, effective April 1, 2013. These changes, arising from member suggestions, are the inclusion of CPAP machines and accessories in the Oxygen Benefit, Cataract Testing currently not covered by OHIP in the Cataract Surgery Benefit and parking costs now included under the Transportation Benefit up to the current maximums per benefit year.

Members submitting a claim under the Hospital and Home Care Plan frequently ask, "Do I have to have the treating surgeon/specialist complete the attending physician's statement on the reverse of the claim form?". The answer is, "No, you don't have to have the specialist complete the form; you can ask your family doctor to complete that statement". Your family doctor receives reports from surgeons and specialists who provide treatment to you, so she or he can complete

this form for you, with the information provided from these reports. Just remember to attach any receipts required or itemized accounts of mileage travelled when submitting your claim form. You'll need to submit the original receipt. Please keep a photo copy of your claim and receipts, in case your claim is ever lost.

Another question that is frequently asked is, "How can I coordinate the benefits of the Hospital and Home Care Plan with the benefits of my other Extended Health Care plan?" First, submit your claim to your other plan. When you've received your payment from the other plan, you'll receive with it a Benefit Statement that details the amount you submitted for payment and the amount that was paid. Any difference in these amounts could then be submitted to the Hospital and Home Care Plan under the appropriate benefit. You'll need to submit this Benefit Statement with your Hospital and Home Care claim form.

I'd like to take the opportunity to welcome Bertha Breen as our new Assistant Provincial Insurance Convenor. I'm excited to have Bertha as part of our team and look forward to working closely with her.

continued next page

Insurance Matters continued

Please be sure to check out our insurance section of the website and if you're planning a trip to a warmer clime this winter, don't forget to purchase your "Out-of-Country Emergency Hospital Medical Insurance". RWTO/OERO offers a travel insurance plan that can stand alone, extend or top-up other travel insurance plans. For a quote, please call (888) 326-3535 and travel with confidence, travel protected!



Nancy Iannizzi,
Provincial Insurance Convenor
(with Bertha Breen and Terry Kennedy)

Issues and Concerns: Body Image in Seniors

"Good health depends on many different factors, including heredity, environment, lifestyle and diet. Food alone cannot make a person healthy. Good eating habits, important at any age and based on variety and moderation, will maximize the chances for a long and healthy life, help you feel your best and may even help to prevent or manage heart disease, diabetes and some cancers. Remember, it is never too early to start eating a healthy, balanced diet! Start now and set a goal you can achieve within the next 24 hours."

If weight gain is a concern, instead of dieting to lose weight quickly, eat a balanced diet and exercise as you are able. Drastic weight loss is not healthy and older adults tend to lose muscle when they diet which can affect their health.

- Try to eat at least the minimum of servings from all four food groups each day: grain products (6 - 7 servings), vegetables and fruit (7 servings), milk products (3 servings), meat and alternatives (2 - 3 servings).
- Eat when you are hungry; stop when you are full. You don't need to finish all the food on your plate.
- Watch serving sizes. Read food labels for the correct serving size to put onto your plate.
- Eat regularly: three meals and two snacks each day.
- Limit high-fat/high-sugar foods.
- Eat your meals slowly and enjoy each bite.
- Limit fruit juice to ½ cup per day.

We do need to have protein at each meal as this is what helps to keep us filled and satisfied. Meat, nuts, beans and seeds are excellent sources of protein. Watch your intake of sodium, added sugar and alcohol. Remember to be ACTIVE! Whether you go for a 10-minute walk or longer, every little extra movement will make a difference. Try a nutritious snack both morning and afternoon to avoid being hungry while preparing your next meal.



Quick and Healthy Snack Idea (Aim for two snacks per day)

- Applesauce
- Hummus with pita bread
- Toast and peanut butter
- Fruit
- Veggies and dip
- Canned soups (low sodium)
- Low-fat popcorn
- Digestive cookie
- Milk and oatmeal cookie
- Low-fat cheese and crackers
- Low-fat cottage cheese and fruit canned in its own juices
- Trail mix – nuts and fruit
- Whole wheat bagel
- Frozen yogurt with berries
- Canned fruit in its own juice

Enjoy eating well, being active and feeling good about yourself.

You may call (877) 510-5102 and speak to a registered dietician for free.

Thanks to Meena Tipper, Public Health Nutritionist from Leeds, Grenville and Lanark District Health Unit for her expertise on this topic. If you have any issues and concerns for me to research, please email or phone your topics to:



Judy Drummond,
Issues and Concerns Convenor
jjdrum@xplornet.com,
613-275-1354.

News from the Branches

For news from other branches see www.rwto.org/branches.asp

Beaver Valley

Beaver Valley is small in size but large in enthusiasm. In July we celebrated the 10th year of our Summer Arts Program for children aged 9 to 12. Cartooning, acrylic painting on canvas, collage and painting/embellishing birdhouses kept 23 participants actively engaged. Many projects are on display in a local storefront for the community's viewing pleasure. We were proud to receive the "Feather in Your Hat" Award in Hamilton for our art camp and congratulate Pat Kortland for her leadership. In 2012-13, Beaver Valley Branch met for ten breakfast meetings, a Christmas dinner and an annual picnic. We also attended a lunch meeting hosted by Blue Mountain Branch in April, a lunch meeting and tour of Seasons Retirement Residence in Owen Sound and a picnic hosted by Flesherton and Wiarton Branches in July. Three of our members attended this year's convention in Hamilton. Our Bridge Group remains active and ideas are already being discussed for next year's art camp. Beaver Valley supports three school breakfast programs, local outreach programs and the Grey Roots Museum.

High Point-Dundalk



Our September meeting saw us back in the classroom as Nancy Mitchell provided a lesson on making an apple dumpling. The teacher directed us through the process and we all ended up with dessert

for supper. Our President, in keeping with the baking theme, gave us the ingredients and recipe for a microwave cupcake: mix one Tbsp. of cake mix & one Tbsp. of water and cook one minute in the microwave. Voila! We had dessert for the next day. Our roll call involved bringing cereal for the local daycare programs. By the time we left our November meeting we were in the Christmas spirit. After eating a delicious full course Christmas dinner, we learned Christmas flower arranging from a local florist. Donations to the "Dundalk Christmas Cheer Campaign" fulfilled the roll call for this meeting. In April, Mary Anne Alton spoke to us about her charitable project in a Haitian orphanage. We were reminded of the "power of one" theory and how one good deed/venture can multiply in its benefit to many. Our activities culminated with a fun picnic at member Nancy Mitchell's home on beautiful Lake Eugenia. After a pontoon boat cruise everyone enjoyed visiting and picnicking in the great outdoors. Our Branch is a small branch, but our dedicated members are amazingly generous in giving to our community and beyond. We care! We share! We have fun doing so!

Flesherton

At our April meeting the Flesherton Branch of RWTO celebrated our 40th Anniversary. Our President, Lesley Uttley, was at Steven's Restaurant in Markdale to congratulate us.

Also present was Susan Mackinnon who was an original member from 1973. Susie also celebrated her 96th birth-

day in June. Our guest speaker at our May meeting was a new member of our branch, Marion Basset. Marion is a Professor Emeritus in electrical engineering at the University of Toronto. Her story, as one of the few women in this profession in the 1940's, was very interesting. She spent a number of years in England working on street lighting.



Owen Sound



At one of four yearly General Meetings, table decorations of roses in "jeweled" vases set the tone for the "Brides Through the Decades" theme. The speaker was informative and members brought an array of their bridal finery. Very rare ecru shoes, a flapper-styled dress, a headpiece of

wax flowers and a decorated fan in lieu of a bouquet were some of the novelties. Our Interest Group activities have been very popular. There is always lots of chatter at our First Day of School breakfasts. At the Coffin Ridge Winery we enjoyed sampling wine and the view overlooking Georgian Bay. A potluck dinner at Louise's ended the evening. We had a cruise aboard the Chi-Cheemaun as it made its spring trip to Tobermory. Our Branch supports the local Food Bank, Hospital and Library, the Kiwanis Music Festival and places a wreath on November 11th. Our upcoming meetings are Sept. 18, Nov. 20, March 19 and May 14. Please join us.

South Bruce

Our South Bruce Branch has two luncheons a year and a Christmas Tea. These events are held at different venues. A brief meeting is conducted before lunch followed by some form of entertainment, an inspirational speaker or a healthcare specialist. In October we welcomed our Provincial President, Leslie Uttley, who is also one of our South Bruce members. We enjoyed our spring meeting at the Walker House in Kincardine with June Daniels giving us a history of the Inn. In appreciation a donation was given. At each of our meetings we have a raffle with three prizes. We continue to support the Saugeen Grannies with our jewellery donations and we have a book exchange at our fall meeting.



Thank you to the volunteers who plant and maintain the park flowerbeds throughout the summer months. Donations from our Christmas Tea as well as funds from our Unit are given to the Bruce "Children Are Special Foundation" which serves the needs of children served by The Children's Aid Society of the County of Bruce. Once again we continue to care and share while having fun.

News from the Branches continued

Wiaraton



In April, during their tour, the Wiaraton Branch members enjoyed a bountiful lunch provided by Seasons Retirement Residence in Owen Sound. While there, they also checked out the new Residential Hospice wing for Palliative Care. We have been blessed with a new Life member, Dora Misener, who celebrated her

101st birthday. A book was presented to Lions Head School in memory of Edith Tompkins. At the May meeting, in Tara, the Loneys of Keppelcroft Gardens spoke of their many adventures. Wiaraton members, Vi Hill and Ev Elliott, provided lively keyboard/guitar duets. At the end of July, beautiful Inglis Falls was the setting for a feasting potluck get-together with the Flesherton and Beaver Valley Branches. Our September 30 meeting is held in Tara and the Christmas meeting on November 18 will be in Wiaraton to hear naturalist Peter Middleton speak about "Climate Change and the Arctic".

Brant

Our 2013 highlight was Kay Gebhardt's attendance at the 57th Annual Convention Luncheon which celebrated members over 90. Other special events also made the year one to remember. The events included the following: our Fall Membership Breakfast where we donate to the charity KIDS CAN FLY which provides children's books, a Franz Resort Wear shopping spree at Charlene Freeborn's Country home, creating Christmas centrepieces at Eising's Greenhouses, playing English Court Whist after eating the best potluck, mingling during the Valentine's Tea at The Golden Teapot at Glenhyrst Gardens, riding the Casino Express bus to Fallsview, inviting Lois Lockhart and Leslie Uttley to our Annual Spring Banquet featuring inspirational entertainer Joan Minnery, trekking through the Botanical Whistling Gardens in Wilsonville and attending the Annual Convention with the delight of the Bling Banquet!



Haldimand

It is full steam ahead with the Retired Women Teachers of Haldimand County. We are pleased to have all positions on our Executive filled with bright, efficient, enthusiastic women. Our three General Meetings are always extremely popular and at Christmas we were pleased to have had a beautiful choral group to add to our Christmas festivities. We are expanding our activities to not only include three General Meetings but also to have at least three euchre parties. We are in the process of forming a quilters group to create tactile blankets for Alzheimer's patients. It promises to be a busy, exciting year.

Hamilton-Wentworth



Hamilton-Wentworth was honoured to have hosted Convention '13 in the "Jewel on the Bay". To acknowledge the 100+ branch members who made the convention a success, we are planning a Volunteer Appreciation Dinner. In September we are introducing a new event called 'Be our Guest', an afternoon of activities and Branch information for current and potential new members. It will include a complimentary Tea Party and fun-filled storefront activities - complete with prizes - highlighting our interest groups in the arts & crafts, literature and drama, technology and physical activities. In addition, this year we look to implement our newly-developed Branch Constitution and Policies & Procedures Manual and to familiarize our members with their contents. We aim to improve communication with our more senior members and non-computer users. We will continue to support local charities by providing toiletries for high school "hygiene closets", school supplies for elementary school children, winter warm ups, toys and donations for the CAS/CCAS as well as donations to a local hospice and to a foundation that improves the lives of seniors. We "Jewels" care.

Lincoln West

None of our four members over 90 was able to come to the Convention this year to be honoured. Our Branch members signed handmade cards for each lady and members of the Executive visited them in their homes. Each lady received a personalized card, a framed certificate from Provincial and a floral tribute. Each of them looks great, is able to live in her own home independently and is an inspiration to us all. But what else would you expect from a generation of women who single-handedly managed eight grades in one room? In the photo, Ellenor Black poses in her own garden.



Our Branch has committed to a new outreach for Christmas this year. We will be supporting seniors in nursing homes who have no family by visiting and bringing Christmas gifts. We plan to collect new socks, toiletries, hygiene items and candy which we will wrap up and present to these seniors for Christmas from Lincoln West RWTO. Thus "sharing and caring" will be further carried to those who need a lift at this social time of year.

Niagara South

Our Niagara South Branch delighted in caring and sharing with our members and community throughout the year. We celebrated new life members and supported local businesses and women's and children's charities. Our programs focused on The Arts in Niagara. The Fall meeting welcomed retirees and honoured recipients of the Cora Bailey Award. Local arts and crafts were sold. At Christmas we all got creative with bows and tree trimming at Vermeer's Greenhouses. The

News from the Branches continued

beauty of stained glass inspired us during the white of winter. Retired teacher, Lois Marlatt, left us awestruck with her travel adventures in the Northwest Passage where she gathered information for her 21st novel! Rounding out our Arts experiences we enjoyed a play at Showboat Theatre.

Our members anticipate a new year of fun, caring and sharing.

St. Catharines

The St. Catharines Branch of RWTO continued to share, laugh and care about each other throughout the year. Our luncheons were social events where we spent time with friends and heard guests speak on interesting and informative topics. Our Interest Groups are the backbone of our organization. Joining their ranks will be three new groups: iPad 101, Dining Divas as well as a second Book Chat which is being formed because of increased interest. We continued to make new friends and keep others close to our hearts. We acknowledged our members who have passed away over the year through our thoughtful "In Memoriam" Service. We recognized Chereen Osborne, Joanne Atkinson and Sheila Bengier as our Cora Bailey Award winners. We also took some time with our "over 90" members to remind them that they are missed at luncheons. With our donation of over \$3000 at Christmas to our local Community Care Organization and with our participation in the local Cancer Run in May, where we raised over \$5000, we have shown that we are a key partner in our St. Catharines community. Each one of us has demonstrated how to be a special person who cares, shares and has fun!

Belleville

The Belleville and Area Branch began our year of activities in October. We were joined by Leslie Uttley, her sister Joy and Susan Armstrong, our Area Director. We held our memorial service celebrating the contributions of Verna Howard and Hel-



len MacLaren. We raised approximately \$2000 in donations to Adopt-a-child. In December we collected approximately \$1800 worth of personal hygiene items for the Hastings and Prince Edward Learning Foundation and welcomed our new members. In April we honoured our Cora Bailey winner--Judy Vanleeuwen. We also visited the Ameliasburgh Pioneer Museum and the Victoria Road Schoolhouse Museum. In June we visited the Trenton and Area Branch for a lovely Strawberry Social. The Executive was installed at our June meeting where we enjoyed excellent entertainment and fellowship.

Durham North

At the Spring RWTO Luncheon for Durham North we recognized the dedication of five women who have contributed greatly to the ongoing life of RWTO in Durham North by presenting them with the Cora Bailey Award. We were happy to

recognize Helen Alsop, Irene Holder, Marion Johnson, Muriel MacMaster and Eleanor Parliament. At the June Convention, Durham North was presented with a certificate recognizing the highest percentage increase in membership for the small branches. We continue to grow and encourage new members to join our ranks. We are planning our Fall Luncheon on Wednesday, October 9 at Sunderland United Church at 12:00 pm. Plan on attending and enjoying a beautiful roast beef luncheon, lots of wonderful fellowship, an informative guest speaker and a chance to reconnect with past colleagues. It is also a time to renew your membership. See you there.

Northumberland S. Durham

Among our activities, we enjoy a Breakfast Club, an Archivist Team and a Choir. The Breakfast Club is a casual, informal get-together every third Thursday of the month in Oshawa. There is no business conducted at this event --- just visiting, caring and sharing! Our Archivist Team continues to meet on a regular basis working at putting together an archival binder for our Branch. The Branch Choir is on hiatus at the present time but hopes to reconvene in the Fall of 2013 and always welcomes new members. Our first meeting of the year will be on September 25th in Grafton and we are having a speaker, Darlene Reid, from Bowmanville. Darlene is a retired teacher and she and her team of over twenty friends work constantly and tirelessly creating knitted clothing, stuffed toys, books etc. for underprivileged children in Third World countries. Darlene and her team create these wonderful treasures for the Samaritan's Purse Shoe Box Program. She hires two buses and has organized busloads of volunteers to take the day trip to Waterloo in early December to pack and sort the shoe boxes. Caring and sharing is alive and well in Northumberland/South Durham!

Peterborough

Peterborough Branch has enjoyed another busy year of caring, sharing and having fun! We have decided to meet only on Tuesdays. Each month, Week 1 is Let's Do Lunch, Week 2 is Book Club, Week 3 is Bridge and on Fridays, from June to October, we golf. We sometimes offer a General Meeting in Week 4. Harpist and story teller, Angie Ottewill, entertained us in September, pianist Jeanne Laurie in April and, in May, we were educated on the services offered by Crossroads. The Carol Sing and 25 cent Auction in November raised funds for the Salvation Army and Cameron House. New this year, we sponsored a film in the Reframe Film Festival and one of our members walked in the Coldest Night of the Year Charity Walk. In 2014 we will enter a team. There were theatre trips in November and July. At Convention, Joyce Fee was presented with a Provincial Honorary Membership. We are so proud of her and grateful for all her hard work for RWTO/OERO Provincially and locally.

Trenton

Our members enjoyed a busy year filled with interesting and informative programs, activities and opportunities to support local charitable organizations. We hiked to the Bleasdel

News from the Branches continued

Boulder, a spectacular natural attraction, learned new ideas for estate planning, what the Community Care Access Centre has to offer, how the “Grannies for Africa” are supporting women and children and about local care for “Critters in Crisis”. Adorned in fascinators and our best bib and tucker, we celebrated a Valentine’s Tea. We also played Court Whist, enjoyed the Blue Iris Dancers, the Hand Bell Choir, exceptional vocal talent and The Station Fiddlers. Our final meeting in June, when we were joined by several members of Belleville Branch, featured author Millie Morton reminiscing and sharing stories of her mother, Grace Morton, one of our Branch Founding Members. Of course, a highlight of the year was our May Banquet, when the Cora Bailey Award was presented to Norma Broadbear for her outstanding service to RWTO. Provincial President Leslie Uttley delighted us with her unique brand of humour and installed our officers for the upcoming year. Our growing number of interest groups encourages caring, sharing and having fun! Our Trips Committee finds us wonderful entertainment to stimulate our senses and take us out of our community. We like to stay active, informed and well fed!

Lanark

All of our Lanark Branch members are so proud to be the home Branch of this year’s Provincial President, Anne Graham. We are also excited that Convention 2014 will be held in Ottawa this year, co-hosted by Ottawa-Carleton and our own Lanark



Branch! We are looking forward to a very busy year with activities wherein we hope every member can contribute and participate. Our traditional monthly luncheons will continue. We will begin this September in Perth with a visit from our own Branch President, Anne Graham. Luncheons in Smiths Falls, Carleton Place and back to Perth for a Christmas Celebration will follow. Our collections to area food banks and women’s shelters will continue monthly as well.

Ottawa-Carleton

Our Christmas Luncheon raised \$500.00 for the Shepherds of Good Hope, toiletry donations for the women’s shelter Harmony House and two bags of used glasses and cases for the CNIB. We also held a very successful craft/bake sale fundraiser for Convention ‘14. In the late winter and spring we attended an NAC open rehearsal, toured Algonquin College’s new campus buildings, enjoyed a tour/luncheon at Temple’s Sugar Bush in Ferguson’s Falls and a fashion show luncheon at the Travelodge Hotel. Our branch AGM was held on May 2 where Area 9 Director, Judy Drummond, presented Cora Bailey Awards to Eleanor Lilloco and Anita Dunlop. We also raised convention funds from a used book sale, mystery grab bags and penny donations. This year we expanded our horizons with three new clubs: a book club, a movie night club and a snowshoeing

club. The book and movie clubs have been a great success but uncooperative weather “did in” the snowshoeing. We will try again this winter. We look forward to all of you joining us June 3-5, 2014 for “A Capital Time In Ottawa”.

Stratford

Happy to announce that we attracted fourteen new members last year and will be adding more members this fall. Eight members enjoyed a social visit to Listowel Branch’s October 2012 Auction. A larger group enjoyed



an informative tour of the Perth County Museum followed by lunch in Sebringville October 24 and a wonderful tour of the Schoolhouse on Wheels in Clinton with lunch at the Dinner Bell on May 22, 2013. Last year, we added a new interest group, “Cinema Cinnners”, to our many activities already available. Our RWTO/OERO website has all the details. An excellent response followed our call for help with our Goodwill “Visiting Troup Group”. Our little Stratford Branch is planning for our 60th Anniversary Celebration in 2014. Along with other Branches in Area 2, we will be hosting the Provincial Convention in 2015. Keep an eye open for further details of Convention ‘15 in Stratford.

Niagara Falls

Our group enjoys four regular meetings each year at Betty’s Restaurant in Chippawa. We offer very interesting programs including educational demonstrations, such as creating Christmas Floral Decorations. Last December, one of our local garden centres, Rainbow Gardens, made a presentation for us. We also welcome informative and entertaining speakers: local historian, Sherman Zavitz and Ms. J. Brown, a Border Control Officer, shared information. Our May meeting is always a Penny Auction and it is a great hit with everyone. We must thank our member, June Thomas, who organizes this event and prepares beautiful theme-related name tags for each of our meetings. In July, we all enjoy a well-attended “Bring your Own Picnic Lunch” meeting and thank Helen MacDonald for the use of her lovely shady backyard for this annual event. Our Branch is honoured to welcome Donna Parkhill as our incoming President. Thank you to Lois Lockhart, Area 4 Director, for inducting our new Executive at our May meeting. We also extend our thanks and best wishes to our Past President Anita Minov. Recently, we have initiated new Interest Groups” Book Club, a Luncheon Group and a Matinee Movie Group. The response to these groups has been very encouraging. Many members have agreed to accept the roles of group convenor and telephone fan-out participants. We continue to grow as we welcome new members through sharing and caring. Please call 905 356-2850 to join us.

Board of Directors 2013-2014

Honorary President – Carol Bell

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Areas and Their Branches

Area 1

Beaver Valley
Flesherton
Highpoint-Dundalk
Owen Sound and Area
South Bruce
Wiarton

Area 2

Cambridge
Guelph-Wellington
Kitchener-Waterloo
Listowel
Palmerston
Stratford

Area 3

Chatham-Kent
London-Middlesex
Sarnia-Lambton
St. Thomas-Elgin
Windsor-Essex

Area 4

Brant
Haldimand
Hamilton-Wentworth
Lincoln West
Niagara Falls
Niagara South
St. Catharines

Area 5

Rendezvous
Scarborough

Area 6

Blue Mountain
York North

Area 7

Belleville
Durham North
Northumberland S. Durham
Peterborough
Trenton

Area 8

Ganonoque
Kingston
Leeds-Brockville
Napanea
Upper Canada East

Area 9

Lanark
Ottawa-Carleton

Area 10

Sudbury

Area 11

Central Algoma
Sault Ste. Marie
Coldwater
East Parry Sound
Muskoka
Orillia

Area 12

Burlington
Lydia Snow
Mississauga
Oakville
Peel North

Calendar of Events 2013-2014

September 1, 2013 September 17-18, 2013	Provincial Membership Dues to Provincial Secretary-Treasurer Provincial Executive Meeting
October 15-16, 2013	Provincial Board of Directors Meeting
November 4, 2013 November 15, 2013 November 30, 2013	Submissions for December newsletter to rwtoconnections@gmail.com Submissions for Resolutions for 2014 Convention Calculation of Branch numbers for 2014 AGM Delegates
January 31, 2014	Nominations for Board 2014-15 Nominations for Honorary Membership Award at AGM
February 5, 2014	Submissions for March newsletter to rwtoconnections@gmail.com
March 15, 2014 March 31, 2014 March 31, 2014	Branch annual reports due to Directors Director Reports due to Program Coordinator Financial Year End
April 15, 2014	Submit Delegate Forms to Provincial Secretary-Treasurer for AGM Early-Bird Registration Convention 2014
April 30, 2013	Branch financial reports due to Provincial Secretary-Treasurer
May 5-6, 2014 May 6-7, 2014 May 15, 2014	Provincial Executive Meeting Provincial Board of Directors Meeting Branch Executive names due to Provincial Secretary-Treasurer
June 3-5, 2014	Convention and AGM in Ottawa

RWTO/OERO

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PM Agreement
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