

Cambridge Branch



Sept. 2014

Newsletter #23

Cambridge R.W.T.O. Executive	
2014-2015	
President: Terry Hamilton	622-2298
Past President: Sheila Wittie	745-1884
1 st Vice-President: Vacant	
Secretary/Archivist: Mary Jane Novak	622-0415
Treasurer: Barb Welfred	653-7393
Lunch Co-ordinator: Mary Latham	653-3097
Goodwill Convenor: Helen Darby	632-8819
Insurance Convenor: Sheila Wittie.....	745-1884
<u>Callers:</u>	Area Code 519
Marilyn	653-2117
Anne	624-8261
Terry	623-6925
Sue B.	658-2716
Joanne	621-4749
Sheila	621-1737
Sue M	226 600 1078
Carol	752-7123
Penny	658-6508
Bev	740-3065
Please contact your caller about EACH meeting.	
If you need a ride to meetings, call one of us!	

Membership Fees of \$40.00 are due as soon as possible and before September 30th. Please pay your fees to Barb Welfred, Treasurer.

Make cheques out to: RWTO Cambridge Branch

The fee for a member who retired on or before Aug. 31, 1980 is \$15.00

Meetings will be held at the **Galt Golf and Country Club**, on Coronation Blvd, next to the hospital. An elevator is available in the lobby.

Meetings follow this format:

Charity item drop off: In designated bins in the lobby on the way in:

Sept=toiletries for men at Bridges

Mix and Mingle: 11:30 am

Business Meeting: 12:10

Lunch served:12:30

Guest Speaker(s) 1:30-2:30

Special Note!

Meals that you order must be paid for by our RWTO Cambridge Branch. If for any reason you cannot attend after reserving your place, send your cheque payable to our Treasurer, Barb Welfred, a.s.a.p. Her address is 99 Pioneer Tower Road, Kitchener, N2P 2H4

You may also pre-pay for luncheons, @\$25each. Contact Barb to do so.



Caring and Sharing

Helen Darby

519 632 8819

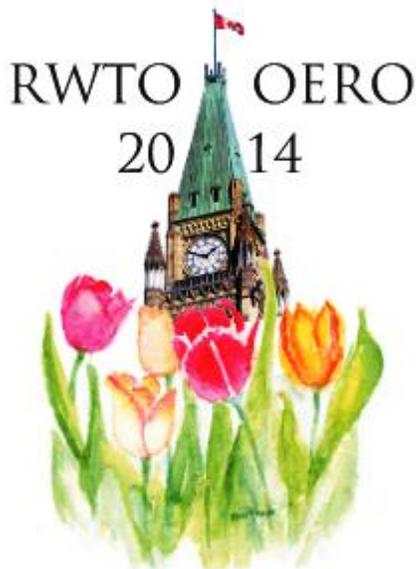
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2015 conference which will be held June 2-5, in Stratford. **Cambridge Branch** will be participating in this event. Delegates were entertained by Dianne's witty musical composition "Stratford's the Place for You and Me". For information on the upcoming convention, "Festival Fantastique" go to: <http://www.rwto.org/upcoming-convention.asp> Registration begins in March. For information on the resolutions discussed at the Ottawa conference, as well as photos go to <http://www.rwto.org/convention.asp>

Goodwill report:

As your Goodwill representative, I have continued to send sympathy, get well and thinking of you cards to some of our members. You may have heard that two of our members have experienced serious illnesses this summer. Thankfully, they appear to be on the road to recovery. Please feel free to phone me if you know of anyone who should receive a card on behalf of our group.



Convention report by delegate **Dianne Winkler** (from the June Garden Party) The 58th RWTO Convention was held in Ottawa, June 3-5, 2014 and the theme was "A Capital Time". Dianne and Terry attended the conference and participated in promoting the

President's Message



Welcome back to another great year with RWTO Cambridge. I hope that

you all have enjoyed this beautiful summer. I actually did not mind the cooler and wetter conditions. We again have lined up some amazing speakers for the year ranging from Terry Kennedy, our insurance broker, to a belly dancing expert, to modern gleaners and finally a child witness protection employee. We will continue to have the usual interest groups: book clubs, hiking group and day trip group but please feel free to start your own interest group

This year our September speaker, Terry Kennedy, will explain our insurance plan

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and talk about the "open window" to join from September 15th - November 15th.

This is a time where you and your spouse (if you have one) can join without a medical. What a great opportunity to take advantage of our fantastic plan.

I have enjoyed being your president for the past year. I offer many thanks to an excellent Executive who have kept me on tract. I again look forward to representing you this year. Our club is still in need of a Vice President and an Insurance Convener. Neither job requires a large time commitment. Please think about taking a leadership role and consider one of these positions.

I am looking forward to seeing many of you at our upcoming luncheons.

In caring and sharing

Terry Hamilton

RW Book Club number one is TEN...



We celebrated our tenth anniversary in May! Marnie hosted the gathering at the



Kiwi Restaurant in Cambridge with cake, decorations and a special photo memento -- we also had lunch, and discussed Whistling Past the Graveyard by Susan Crandall that day. Our nonfiction choice this year was the extraordinary story of Five Days at Memorial by Sheri Fink. The devastation and medical disasters that occurred at Memorial hospital in New Orleans during and after hurricane Katrina sets your teeth on edge. The moral dilemmas hook you. If you've visited the Musee d'Orsay in Paris or other Impressionist's works on your travels, you'll enjoy The Painted Girls by Cathy Marie Buchanan. This is historical fiction, but the lives of the young girls who earn their keep by being artists' models and Paris Opera Ballet trainees in early 19th century are fascinating. The Degas sculpture of the "La Petite Danseuse..." will linger with you. February by Lisa Moore intrigued me first when I heard the author interviewed after she had won Canada Reads in 2013. This is a very contemporary style of writing that captures the desperate longing of the Helen O'Mara for her husband who died on the Ocean Ranger oil rig in Newfoundland I missed the discussion of The Book Thief by Markus Zusak but found it to be an excellent book. Described as a title for younger readers, and written from the point of view of Death, it's a wonderful read.

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Our June meeting covered all the mystery titles by Jacqueline Winspear about a young woman detective Maisie Dobbs. The stories take place in London just after the first world war. If you read the series, her expertise grows and her character develops, but reading a single title is worth it too. She's a likable character and the 100th anniversary of the beginning of the first world war makes the era all the more interesting at this time. We're taking on Alice Munro titles this month in honour of her 2013 Nobel Prize in Literature and will complete the year with Rules of Civility by Amor Towles and What the Psychic Told the Pilgrim by Jane Christmas, as well as our Christmas luncheon.

Book Club II submitted by co-ordinator Barb Welfred



This fall our book club celebrates its fifth anniversary. How quickly the time has gone! Most of the members have been in the club since the beginning and through the years we have enjoyed many

good times together, read a host of interesting books and enjoyed plenty of scrumptious food. Just to change things up a bit one of our meetings this year was at the *Mostly Thai* restaurant where we enjoyed tasty Thai food while also having a great discussion of the book "the 100-Year-Old man Who Climbed out the Window and Disappeared" by Jonas Jonasson. Other books we read this year were Ragged Company - Richard Wagamese; The Secret Keeper - Kate Morton; The Night Circus - Erin Morgenstern, The Dressmaker of Khair Khana - Gayle Tzemach Lemmon; Deafening - Frances Itani; Dear Life - Alice Munro and Loving Frank - Nancy Horan. In June we had a lovely luncheon at the *Easy Pour Restaurant* to celebrate our year and make plans for the coming year. Our lives have been enriched, our horizons broadened and our spirits lifted as we have met together and shared at Book Club. We look forward to another year of good reading with a variety of books on the roster.



Flashback to the Garden Party, June 17th.

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Day Trip Group:



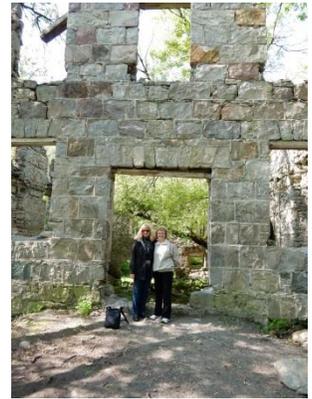
This group is organized by Mary Latham. On May 6th some members from our branch visited the Donkey Sanctuary in Puslinch following lunch at the Aberfoyle Mill. Retired WRDSB teacher Terry Morris gave members a two hour tour of the sanctuary and shared her passion for these abused or neglected animals with us. For more information on the sanctuary go to: <http://www.thedonkeysanctuary.ca>



RWTO Hiking Club Hikes continued each Thursday throughout the summer in a variety of locations with between three



and eight hikers each week. We start at 9:00, and usually hike for one and a half hours. Sometimes we go to a local coffee shop afterwards. Friends who don't have a teaching



background are also welcome. I send out information about the hike location by email every Monday. This fall I will be away the first three Thursdays in October. Our final hike of the fall will be the Tenth (and final) Walk to the Future in support of the Bridges on Dec. 6. Please refer to the interactive hiking map found at [www.cambridge.ca/community_services/trails and cycling](http://www.cambridge.ca/community_services/trails_and_cycling) This is an inter-active map which allows you to click on the stars for a detailed description of most of the trails. Mary Jane Novak 622 0415

Our Branch Report in *Connections: We* were asked to report on "one good idea" our branch has had. This was our submission, suggested by Past President Sheila.

" For the past two years Cambridge Branch in Area 2 has held a silent auction to support programming at three local institutions, Haven House Shelter for Women, The Bridges Shelter for the Homeless and Grand River Women's Prison. In February members are

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encouraged to contribute items such as arts and crafts, sewing, books, events tickets, baking or new items of interest. This year the item with the highest bid was a cross-stitched baby quilt created by member Carol Steinman. to date \$1250 has been donated "

WOMEN'S CRISIS SERVICES ANNUAL GENERAL MEETING REPORT

On Wednesday, June 25, 2014, the Women's Crisis Services of Waterloo Region held their Annual General Meeting at Anselma House in Kitchener. As regular supporters of Haven House, RWTO - Cambridge Branch was invited to attend the meeting. It was my pleasure to represent our group. Highlights of the meeting included a viewing of the video, "What About the Kids?", the Election of the New Directors, a worrying financial report that saw funding end for the Music Therapy programs at both shelters, and the announcement of the new partnership with Dr. Kathy Lawrence, PhD, a clinical psychologist with over 20 years of experience. Dr. Lawrence was the Guest Speaker for the meeting as well.

The Crisis Services' Statistical Report for 2013 - 2014 included the following information:

*Anselma House served 148 women and 128 children with 14,786 days of care provided to those women and children at the Kitchener facility.

*Haven House, presently a much smaller facility, served 92 women and 93 children with 9,989 days of care provided to those women and children at the Cambridge facility.

*A combined 1,339 crisis calls were received regionally and a further 983 women were served through the regional outreach programs.

From the information shared at the Annual Meeting, it was obvious that there continues to be a great need for the services of Anselma House and Haven House within Waterloo Region. Thank goodness Haven House has now been cleared to begin building their new and much larger facility in Cambridge.

Finally, if you are considering changing or adding to your charitable donation recipients, you might give some thought to contributing to the now defunct Music Therapy Programs at Haven House and Anselma House. The cost for 8 months of service at both facilities is over \$14,000.00 however, the need is great for the children they serve. Music, as we teachers know, is often a great healer.

Respectfully submitted by Sheila Wittie

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