



Hamilton Wentworth Branch

2019 January February

Newsletter



Greetings from Linda's Lair!

Happy New Year! Hopefully you have enjoyed a festive holiday with family and friends, and also had time to relax and enjoy the ambience of the season.

Our Christmas activities were appreciated by many! Mohawk Trail School was an excellent location to house our **Christmas sing-along** ... the carols and songs resonated through the building in a lovely way, and we enjoyed chatting with friends and the tasty hot apple cider. Retired Women Teachers make such an excellent choir, we are thinking of "going on the road" next year ... singing at one of the local seniors' homes, to bring them some cheer. The **Christmas Craft** held at the Binbrook Jean's Flower Shop was also great fun, and the outdoor arrangements created should last well into the winter. Check out the photos of both events!

We have received many compliments about our **Celebration at the Station** event ... about the quality and quantity of the food, the enjoyable quartet and program, the lovely location, abundant parking, and the helpful and friendly Liuna Station staff. Many thanks to the Executive, (present and past), who helped with numerous tasks to make our event possible. As always, the generosity of our members to local community charities was outstanding. It was a privilege to be able to present so many of our Past Presidents with the new Branch Past President's Pin, that was newly created by the Provincial organization this year.

Years may come and go, but what they need to make them worthwhile, are love, friendships, good health, self-respect, wonderful memories, and the zest to live life fully.

Sooo ... let the adventures of 2019 begin! Check out the **Interest Groups** section of the newsletter, to find activities that bring cheer to what can be for many, a challenging time of year. A reminder to those wishing to attend the **Lunch Bunch** Group on Tuesday, that you need to contact Lynne Smith, to **book your reservation by this Saturday**. Also, please note that their February location has changed.

Check out the invitations for the **Friendship Luncheon**, and the **Fun & Games & Delectable Desserts** events that take place in February and March. We are participating in the **Prom Project** at the Friendship Luncheon for the first time. There is an article about it in the newsletter.

I would like to welcome Marlene Buchanan to the **Executive**, in the role of Member-at-Large! Our merry group will undergo several position changes, as some of our members reach the end of their term of office in May, and happily, some of our Members-at-Large will step into several of them. We are still in need of a **Vice President**, and a **Membership Convenor**. Please consider this opportunity to join a great team!

If you have any suggestions for improving our H-W Branch, Interest Groups, or Special Events, please contact me with your suggestions!



Wishing you good health and happiness in 2019!

Linda Sargeant 905-575-3831
rwto.linda@gmail.com

IMPORTANT NEWS ABOUT RWTO'S INSURANCE PLAN

The Manulife Supplementary Insurance Plan isn't limited to new members or those who have newly retired. The advantage to the newly retired member, is that in their first year, they are guaranteed acceptance if they enroll. They don't have to complete the medical questionnaire as do those members who have been retired for more than one year. There is no medical examination for either newly retired (within the first year of retirement) or existing members (after the first year).

If you want information you can contact:

- Branch Convener Phyllis Macdonald at 289-780-9220
- Manulife Financial Broker and Agent of Record, Terry Kennedy, at 1-800-268-376
- The Dolphin Consulting Group at 519-583-0098, Fax 591-583-2876

Email- tkennedy34@bell.net



OUTREACH:

At Celebration at the Station all of you were full of that special generous spirit. Picture 3 large tables overflowing with hats, gloves, mitts, scarves and socks that went to younger children as well as street youth and a 4th table full of toiletries that went to Cathedral and Norte Dame House. Phoenix House and the Native Women's Centre both received \$690.00 raised through: Table Envelopes, Share the Wealth and our Raffle table.

Next will be our Friendship Lunch where we ask you to bring in those special items that you are willing to donate to our silent auction and then take home something you can't live without. Please look around for clothing for the Prom Project.

Lynn Gillie
Outreach Coordinator



Thank you ladies,
for being so generous as always!



Friendship Luncheon



"Where Have All The Folk Songs Gone?" by the 60's Folk Revival Duet

Check out the fun! ... Wear your Flower Power Garb!

Tickets & Table Reservations:

Please reserve your tickets by

Wed. January 30th!

Let Pinky know of any dietary concerns!

Pinky Moro

24-1967 Main St. W.

Hamilton, ON L8S 4P4

pinky1@cogeco.ca 905.527.5756

Please pay for your ticket whether or not you are able to attend.

Wednesday February 13th, 2019 10:45 - 2:30

**\$32 Michelangelo's Banquet Centre
1555 Upper Ottawa (near Rymal)**

New & gently used items for the **Silent Auction** are appreciated! Proceeds to Hamilton's "Out of the Cold" Project."

New! We are participating in the **Prom Project** for the first time this year. Check out the article for more information!



*All Retired Women Teachers are invited ...
bring a friend!*



*Happy 101st Birthday,
Mary Martindale!*

Carol Burnell, Sylvia Meyer, and Linda Sargeant enjoyed a special visit with Mary Martindale, to celebrate her 101st birthday, in late October.

Many thanks to the Binbrook location of Jean's Flower Shop, for providing such a wonderful Christmas craft for a dozen of our members.

Fun & Games & Delectable Desserts!

(Enjoy our cards and board games, or bring your own!)

Great Location! Easy Parking!

Wednesday March 20, 2019
1:00 - 3:30 pm, Desserts Included

Emmanuel United Church
871 Upper Ottawa
(between Giant Tiger & Shoppers)

Please email Pinky to book your ticket
by Wed. March 6th, and mail your cheque made out to:

RWTO Hamilton-Wentworth \$15

Pinky Moro
24-1967 Main St. W.
Hamilton, ON L8S 4P4
pinky1@cogeco.ca
905.527.5756

Please let
us know of
any dietary
concerns!



The Prom Project! & The Precious Moments Boutique

Both area Boards of Education run special attire locations to assist youth with some of the special occasions in their lives ... graduations, proms, first communions, job interviews ... and are in need of the following items ... (as well as volunteers and tailors/seamstresses!)

Formal wear: gowns, dresses, skirts/tops, suits, dress shirts, vests, dress pants, ties, etc.

Accessories, shoes, dress socks, stockings, jewellery, shawls, purses, new and unopened makeup & hygiene products.

If you are able to donate items for these projects, please bring them to the **Friendship Luncheon**.

Contact Linda for more information

rwto.linda@gmail.com

905-575-3831



Christmas Singalong 2018!
Thank you, Earla Harvey!!

Executive Positions Available in May 2019!

Our membership greatly appreciates the volunteer efforts of our Hamilton-Wentworth Branch Executive! In speaking with several of our members, we have found that many believe the time to volunteer for the Executive is in the **earlier years of your retirement** ...when stamina is a bit stronger, and the brain still supposedly functions well! Sooo ... are you young or young at heart? Ready for a fun challenge?

What is involved you ask?

- choosing a duty that is 'calling your name'
- assisting with events when you are available
- attending 5 Executive meetings annually when available
- most positions are a 3 year term, realizing that you may step down sooner, if the need arises
- have an email account for communication purposes

Candidates Needed for Positions Opening in May 2019!

Vice President – this one is a 6 year term (2 years each in the roles of Vice President, President, and Past President
Contact Lynn Anderton rwto.lynn@gmail.com or
Linda Sargeant rwto.linda@gmail.com for more information!

Membership – must understand how to use the EXCEL computer program (not the tablet/iPad version) – track membership and deposit member payments – communicate with the Provincial office and send updated lists to certain Executive members. Answer questions and emails about membership. Contact Marion Jutzi for more information - copperwomen@hotmail.com

We currently have Members-at-Large shadowing the positions of **Event Payments, and Event Planning**, anticipating taking on those positions in May. Anna Iskat has taken over the role of **Goodwill – Greeting Cards**. Thank you!

In Memoriam



Judy Crawford

73

December 19, 2018

Our condolences to Judy's family and friends.

A donation will be made to the

GERAS Foundation in her honour.

**(Geriatric Education & Research in Aging Sciences –
Hamilton Health Sciences & McMaster University)**

GOODWILL – Help Us Send A Card!

Anna Iskat has taken over the role of sending greeting cards on behalf of our Branch. Many thanks to Peppy Tew, who did an amazing job in the role for several years. We send cards for personal illness, sympathy cards in memory of immediate family members, and cards of celebration for significant occasions ... e.g. 80th, 90th, & 100th birthdays, marriage, 40th & 50th Anniversaries, etc. We rely on our members to share the needed information about their friends with us. Thank you!

Anna Iskat aiskat@rogers.com 905-575-5141



Cora Bailey Award



Now that holiday season is behind us, it is time again to give some thought to your sister members. This month, we invite you to submit the name of someone in our branch who you feel is deserving of consideration for a Cora Bailey Award. Cora Bailey Award was RWTO/OERO's first Executive Secretary-Treasurer. She held this position for eleven years until 1982 and wrote the RWTO/OERO History Book, OASWT 1956-1976. This award is made in her honour. The Cora Bailey Award is a Provincial Award that is given to a worthy recipient by an individual Branch. The Cora Bailey Award may be presented to any Branch member who has contributed significantly to the Branch. Please write why you would like to nominate this person, along with a summary of their endeavours. Submit it to The Awards Committee Chair, Lynn Anderton, via rwto.lynn@gmail.com by Jan. 31st, 2019. Thank you for your consideration.

VP, Lynn Anderton





...So Let's Talk!

It's January 2019, and a brand new year is upon us! Did you make your New Year's resolutions yet? I don't know about you, but I always start off with the greatest of intentions to "keep my promise this year" to head to the gym, ... start using my nearby walking trail on a regular basis,...and eat healthier. But then life somehow takes over, ... and I'm back on the couch munching those chips, ... and eating my daily "nutritional" dose of chocolate. If I buy one more piece of exercise equipment to add to my expanding collection in the hopes of actually using it, ... I might think of opening my own gym, ... calling it "Hope", and charging. Do you have collections of items like me from previous 'resolutions'? Why do we make promises to ourselves that we just can't keep? What should we be doing to have reasonable expectations for ourselves? What should be our focus?

Here's what some friends had to say on the topic:

- * *"I never used to make resolutions. But 15 years ago I made this resolution but not just for January 1 of one year. I vowed to treasure each day and not to take family and friends for granted; both are gifts to be valued. I'd like to think I've kept it but, to be realistic, like most of us I'm a work in progress."* **(Sandie Bender, Area 4 Director)**
- * *"When I was younger, I would make resolutions each year and then either forget them or stress about not keeping them. As I've grown older, I have stopped making resolutions and just tried throughout the year to do things that will make me happy and hopefully, healthy."* **(Gwen Kirkpatrick, Branch Secretary)**
- * *"My New Year Resolutions are now on "re - play" or "re-wind" ...try something new...listen to others ... respond kindly....make healthy choices . Do I break them? Of course I do! Why bother? Love the ongoing challenge!"* **(Sylvia Meyer, Branch Past President)**
- * *"I don't make resolutions anymore because I am still trying to cover the one I made 10 years ago- that was to lose 50 pounds! ...so no more."* **(Anonymous)**
- * *"New Year's will bring the guitar from gathering dust. ...Just for me!!!!!"* **(Anonymous)**
- * *"Botox!...Botox!...Botox!"* **(Anonymous)**
- * *"This year I will de-clutter my house of...clothes I haven't worn in a year, .. appliances, ... furniture, ... and a plethora of implements I never use."* **(Anonymous)**
- * *"To set an alarm clock when I sit in my lazy boy chair, so that it will wake me up when it's time to go to bed!"* **(Linda Sargeant)**

Thank you to Sandie, Gwen, Sylvia, ... and the others for your contributions!!! If we learn anything from these inspirational words, ... it's that *family, health, a sense of peace, happiness, and good friends* are the key ingredients.

If you have any other great suggestions or pearls of wisdom on this topic, ...please send them to me to share. I'd love to hear from you!!!!

Happy New Year everyone!
...Until next time!

Hope Leon, Past President, RWTO Hamilton-Wentworth, hleon@bserv.com



*Celebration @
The Station*

2018







MESSAGE BOARD

Art Appreciation News

Our Art Appreciation group enjoyed our visit to the “Monuments Men Exhibit” at the Canadian Warplane Museum. It is an amazing place. In December we were intrigued with our visit to the home of member Theresa Randles to hear about the process of encaustic painting, which is a very ancient technique enjoying a current revival. Theresa demonstrated techniques and explained her thought processes as we admired her works. Thank you, Theresa!

The Art group will take a break in Jan. and Feb., as weather is so unpredictable. Would members like to know of a free exhibit that is currently on at our art Gallery of Hamilton? The Women’s Association of Hamilton 125th Anniversary Exhibition: “Celebrations”! Is on display from December 14th through March 3rd. It is sponsored by Orlick Industries and housed in The Jean & Ross Fischer Gallery.

The Women’s Art Association played a pivotal role in the establishment of the Art Gallery of Hamilton and in building its extensive gallery collection. Today, the Association continues to be a collective of talented women artists with a goal to promote appreciation of the visual arts among its members and within the community.

Take advantage of this free exhibit on a nice sunny day sometime this winter! Lynn Anderton 905-308-1133; rwto.lynn@gmail.com



BOARD GAMES

Come out and take a chance on having fun with games!
Last Thursday of the month.



Dates for 2019:

January 31, February 28, March 28, April 25, May 30

Time: 1-3 pm games (12:30 lunch)

Location: Fortinos community room, Mall road
(next to Lime Ridge Mall)

Bring your games for a fun afternoon.

Contact: Beatrice Dabolins 905-304-7097

beatrice.games.rwto@gmail.com



Next meeting is the 4th Thursday in
January and February @ Meadowland's
Michaels, 10am.

Contact: Liz Verrall 905-648-2808

verrall@sympatico.ca



Citizenship and Civic Pride

Contact: Trish Nanayakkara
905-628-7809
nanagor@aol.com

Bumper Babes Bowling



With everyone so busy in December, we decided to move our holiday lunch and welcome to the new year with one game of bowling and then lunch at Lemon Grass on January 17, 2019. The dates following that are February 21 and March 21. As usual we will meet between 11 and 11:30 with

bowling to begin at 11:30. We will bowl 2 games. Mountain Lanes is located at 335 Upper Wentworth St. in Hamilton. There is street parking on both sides of Wentworth except during a snow emergency. There is also a pay lot in the next block. We are always looking for new bowlers so if you are interested please contact me.

Gwen Kirkpatrick 905-689-8975; kirkpa@cogeco.ca

iPaD InTeReSt GrOuP

Owners of iPads are welcome to drop in when they can!

Bring your fully charged iPad!

Fortinos Community Room

1579 Main St. W - L8S 1E6

Third Thursday of the month

10am – Noon - NEW TIME!!!

Jan. 17th, Feb, 21st, Mar. 21st

Send your topic suggestions/questions to Linda

rwto.linda@gmail.com 905-575-3831



Our citizenship celebration group completed the last of our receptions for 2018.

We served refreshments for 80 new Canadians and their friends and family.

December and January are off months for us.

We plan to be there in February.

Euchre East

Lots of Fun, Euchre, Laughter & Friendship.

Where: TEDDY'S (Main St, Grimsby)

Time: Lunch at NOON, Euchre 12:30 to 3pm

When: We meet one Thursday of the month.



Jan. 10th

Feb. 14th - *wear something red*

March 14th.

Please come and join us, beginners welcome.

Contact: Lynn ldjg1999@gmail.com (905)-309-4438

Euchre West

Come Out of the Cold to Join Our Fun Group for Cards

Last Monday of every Month at
Fortinos Main West Community Room

1579 Main St. W

Lunch at 12 Noon; Cards at 1 p.m

Mon. Jan. 28th

See you there!

Contacts Jeanette at jeanette.24@icloud.com (905) 648-2044

Or Donna at donnapatmoore@gmail.com

"FIRST CUP @ SECOND CUP", WESTDALE"

1. Friday January 25

5. Friday May 31

2. Friday February 22

6. Friday June 28

3. Friday March 29

4. Friday April 26

• 10:00 am. - 11:30am.

• Socialize

• Make new friends

• Exchange
ideas/contacts



Contact: Hope:
hleon@bserv.com
905- 528- 2348

MOVIE GROUP



Movie Group Upcoming Films - contact Mardie (mardiepan@gmail.com, 905-527-6075)

Monday January 14, SIR

Monday January 28, CAN YOU EVER FORGIVE ME?

Monday January 28, FIRST REFORMED

Monday February 11, BEAUTIFUL BOY

Monday February 11, A PRIVATE WAR

Monday February 25, STAN AND OLLIE

Monday March 4, FALL OF THE AMERICAN EMPIRE

Monday April 8, WILD ROSE





Below are the dates for Knitting for the year 2019.

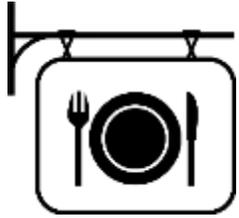
Jan. 22
NO DATE in Feb.
March 26
April 23

May 28
June 25
NO DATE in July
NO DATE in August

Sept. 24
Oct. 22
Nov. 26
Dec. 17

Contact: Bernice Kania 905-383-7892; b.kania@bell.net

Lunch Bunch



January 8, 12:30 pm
Rousseau House Restaurant and Lounge
375 Wilson St., east, Ancaster
(905) 648-886

February 5, 12:30 pm
Betula (new location)
225 King St. West, Dundas
(289)238-8500

March 5, 12:30 pm
The Powerhouse
21 Jones St., Stoney Creek
(905) 930-7381

April 2, 12:30 pm
Royal Botanical Gardens
680 Plains Rd., W., Burlington,

May 7, 12:30 pm
Lake House
3100 North Service Road, Vineland
(905) 562-6777

June 11, 12:00. Noon
Cafe Troy
(519) 647-2117

"It is important that you let Lynne know you are attending at least 4 days before the event."

Contact: Lynne Smith (905) 679-6639, lynesmith16@gmail.com.

On-Line SCRABBLE!

Would you like to play a game of Scrabble with other RW members on your computer or laptop??

Contact Terri 289-251-7197
Tsdensmore@yahoo.ca



Bayfront Park Walking Group

If you have a New Year's resolution that includes calorie reduction or exercise then the Bay Front Walk could be what you are looking for! We have seen natural wildlife including beaver, swan, geese, ducks of all kinds, and a herd of turkey vulture up close. There were also salmon from the salmon run and an eel someone along the way pulled out for viewing. We meet at 1:00 every Friday at the Waterfront Trail edge at Bayfront Park that runs to Princess Point. You can walk as far as you choose, and then we drive to Williams Café on Pier 8 for about 2:15. Think about the health benefits and social time all at once!

Contact: Ann Louise Gloyn 905-628-1613; alouisegl@gmail.com

Writing Club

1. Friday January 18, 2019
2. Friday February 15, 2019
3. Friday March 22, 2019 ***guest author, Deborah Morrison
4. Friday April 12, 2019 **change of date
5. Friday May 24, 2019
6. Friday June 21, 2019

Fortino's, West Hamilton Community Room



- 10:00am. – Noon
- No writing skills required
- Socialize; Make new friends and contacts
- Learn some new writing skills and styles too!
- Contact: Hope: hleon@bserv.com OR: 905- 528- 2348
- Bring a friend!



Deborah A. Morrison is an internationally recognized Author, and Transformational Life Coach, from Hamilton, Ontario, Canada, who is inspired by the healing power of the written word, nature, and people. She expresses her abilities to foster growth and learning. Deborah received her Yoga Teacher's Training Certification, Sivananda Ashram, Val Morin, Quebec, Canada, taught directly by the internationally, world-renowned Yoga and Meditation Master, *Swami Vishnudevananda*.

Deborah holds Honours B.A., Social Sciences from McMaster University. She has undergone extensive research in Eastern and Western thought within the framework of contemporary and comparative studies. While studying at McMaster University, Deborah won recognition for high academic achievement and received the Betty Lou Lee Award, Zonta Int'l.

She achieved Master's Certification in Counselling Science, as recognized by A.A.M.F.T., American Association of Marriage and Family Therapists, and is a graduate of the Counselling Training Institute, Vancouver, BC, Canada.

Previously, Deborah successfully held the positions of Vice President and Social Convener as an Executive member of the *Tower Poetry Society*, first and foremost ongoing poetry society in North America.

Deborah has written several published articles on natural therapies, yoga, psychology, and metaphysics. Together with being the author of fascinating poetry books *Mystical Poetry*, and *In The Garden: Where Inspiration Grows*, she is the co-author of best-selling books, *NEXUS*, and the *Law of Attraction: Making it Work For You!* Deborah is co-author of the inspirational book *WISE WORDS: Enlightening Reflections*. She is the author of *Finding Your Center: Explorations in Philosophy, New Physics and Eastern Mysticism*. Deborah's newest book release "*Serendipity Happens*", is a Visionary Fiction, Romance.

Deborah is a proud mother and grandmother who encourages creativity and compassion in her family.

COMMUNITY

On this page, are community events which may be of interest you. Take a look!
Or you may have a community event or announcement that you would like to
advertise in this newsletter. If so, please email your information to

rwto.patty@gmail.com

Patty Alexander - Communications

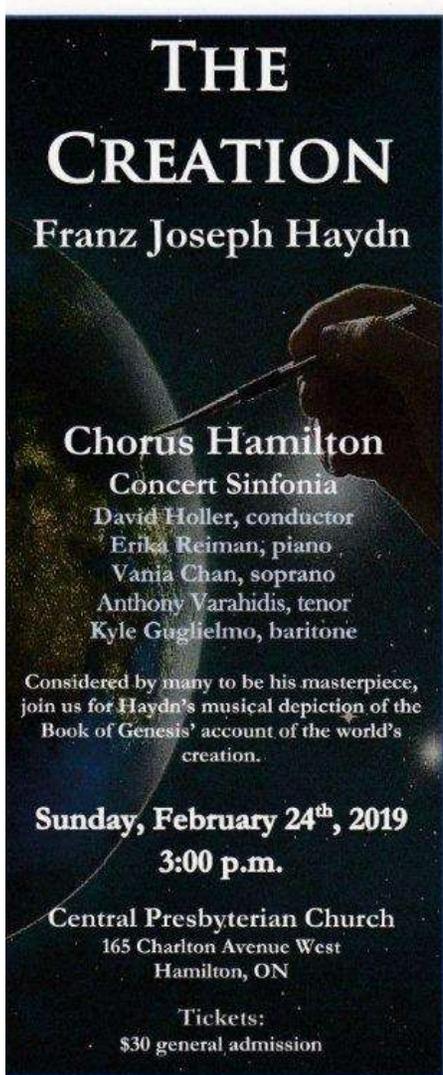
McMaster Mini-Med School 2019

Are you interested in keeping up on the latest in the world of medicine? Then you might enjoy attending McMaster Mini-med school. I have attended for 13 years and have been asked about this programme so I'm passing on the information. Registration is open now for the 2019 session which runs on Tuesday nights from the end of February to the beginning of April at the McMaster Campus. Information can be found at the following website:

https://fhs.mcmaster.ca/conted/documents/Brochure_MiniMed_2019_web.pdf

or by just googling McMaster Mini-med school 2019.

Gwen Kirkpatrick



**THE
CREATION**
Franz Joseph Haydn

Chorus Hamilton
Concert Sinfonia
David Holler, conductor
Erika Reiman, piano
Vania Chan, soprano
Anthony Varahidis, tenor
Kyle Guglielmo, baritone

Considered by many to be his masterpiece,
join us for Haydn's musical depiction of the
Book of Genesis' account of the world's
creation.

Sunday, February 24th, 2019
3:00 p.m.

Central Presbyterian Church
165 Charlton Avenue West
Hamilton, ON

Tickets:
\$30 general admission