



Hamilton Wentworth Branch

2019 March April

Newsletter



Greetings from Linda's Lair!

Usually in the March edition of this newsletter, we have the wrap-up discussion and photos from our **February Friendship Luncheon** ... however ... due to some rather uncooperative weather, the event is taking place after Patty sends out the March issue. We will look forward to the May edition for our Friendship photographs! Many thanks to the Executive members who put in extra hours making the necessary changes, especially Pinky and Danielle!

Thank you so much for your emails and phone calls supporting our new **"Snow Day" process!** We have arranged with Michelangelo's, that for our Friendship Luncheons, if the PUBLIC Board school buses are cancelled, our event will be postponed. (I am very glad that we went with the buses rather than the schools, because the Public Board schools were closed, but the Catholic Board schools were open on the 13th ... it would have been more confusing!) This new process meant that we did not have to do emails and a 'phone tree' the morning of the Banquet, and it was also much easier for Michelangelo's staff for the same reason. Everyone could just check the news after 6am, roll over and go back to sleep! Bonus! Hopefully you didn't cheer as loudly as you did during your teaching days!

Irish Blessings ...

... May the saddest day of your future be no worse than the happiest day of your past.

... As you slide down the banister of life, may the splinters never point in the wrong direction.



May your blessings outnumber the shamrocks that grow, and may trouble avoid you wherever you go!

Linda Sargeant
rwto.linda@gmail.com

We have some interesting activities in the next few months! Our Fun & Games & Delectable Desserts Event in March is always great fun! The ladies of Emmanuel United Church provide home-made baking, and beautifully set tables in one area, while we play card games like euchre and board games (old favourites, and new ones we've never tried before) in another. Trouble remembering the rules and whose turn it is? No worries ... it's all part of the fun! We come mainly for the friendship!

In the coming weeks, a brochure about April's Wellness Fair will be emailed! A joint project of RTO District 13 and our RW branch, registration will open to the general public in March, so after you read the booklet, send in your registration early. Many have already reserved spaces at this popular event.

Check out the information about a theatre presentation one evening in May, in the pages that follow – to see the Aldershot Players. We are also planning a walking tour of James Street North in the spring, and don't forget the Golf Tournament! ... both with details to follow!

The Courtyard Cuisine & AGM Event in May will bring new beginnings to the branch, when Lynn Anderton is installed as President. Please see your invitation in this newsletter!

The Aldershot Players

It has been some time since we enjoyed seeing the Aldershot Players. We have asked them to hold 25 tickets for us for their Spring show, on Thursday, May 2nd. The show tickets are \$20.00 each. Some people plan to go for Dinner at The Rose Garden Family Restaurant, located at 1124 Plains Rd W, prior to the show. If you are interested in securing one of our reserved tickets, please contact Pinky Moro at 905 -527-5756 by April 15th. You can also let her know if you would like a dinner reservation.

If you pre-purchase a \$20.00 ticket, someone will be at the foyer of the theatre to give it to you the evening of the performance.

We will be seated together in a large section.

The Aldershot Players perform at [West Plains United Church 549 Plains Rd. W. Burlington](#) at 8:00pm.



ALWAYS A BRIDESMAID

by Jessie Jones, Nicholas Hope, and Jamie Wooten

From the writers that brought you the TV classic comedy series *The Golden Girls* comes this hilarious comedic romp. Four friends have sworn to keep the promise they made on the night of their Senior Prom: to be in each other's weddings ... no matter what. If you've ever elbowed a stranger out of the way to catch a bride's bouquet, seriously questioned the mental stability of the duo saying "I do" or been forced to wear the world's ugliest bridesmaid dress, this deliriously funny comedy is definitely for you ... and your dearly beloved!

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

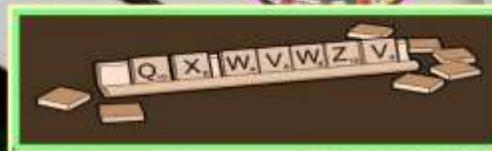
Pinky Moro

24-1967 Main St. W.
Hamilton, ON L8S 4P4

pinky1@cogeco.ca

905.527.5756

Please let
us know of
any dietary
concerns!



Courtyard Cuisine

A tasty luncheon, time with friends, & the Annual Meeting!

Wednesday May 8, 2019 \$30

Social 11 am, Seating 11:45



The Courtyard by Marriott
1224 Upper James (south of The Keg)



Tickets & Table Reservations by Wed. April 24th, please!

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

*Please date your cheque for April 1st,
2019 or later (for our new fiscal year).*

"RWTO Hamilton-Wentworth Branch"

Table Buddies & dietary requests please!

If you book your ticket,
please pay for the event,
even if you are unable
to attend. Refunds are
available until Apr. 30th.



Please bring your copy
of the Provincial
Resolutions, found in
your RWTO
Connections Magazine
(soon to be arriving!)

Gently used Book Sale!
Donate some books, and
pick out your summer
reading!

School Supplies will be
donated to Wesley
Urban Ministries

Monetary donations to
Neighbour to Neighbour
School Programmes &
Hamilton Food Share

Parking is available at the
front and back of the building.
The entrance is on the left side
of the building.



Wellness Fair

Rejuvenate Your Future!



FRIDAY, APRIL 26, 2019
8:00 A.M. – 3:00 P.M.

F.H. Sherman Recreation and Learning Centre
388 First Road East, Upper Stoney Creek L8J 2X3

COST: \$25.00 PER PERSON (Includes lunch / refreshments)

- ★ The Arcelor-Mittal recreation facility is spacious, with ample free parking and an exceptionally supportive staff.
- ★ An opportunity for older adults to attend workshops promoting healthy active living and aging successfully.
- ★ The Wellness Fair is open to family and friends and older adults in the community.
- ★ Many different workshops will be presented by competent professionals on a broad spectrum of topics focusing on health, exercise, nutrition, finances and senior issues.
- ★ Many exhibits from both Not-for-Profit-Organizations and For-Profit Organizations offering additional information and support.

Join us on April 26th for an exceptional experience.

SPONSORED BY:

RTO/ERO (Retired Teachers of Ontario) District 13,
Hamilton-Wentworth, Haldimand
&
RWTO/OERO (Retired Women Teachers of Ontario)
Hamilton-Wentworth.

IMPORTANT NEWS ABOUT RWTO'S INSURANCE PLAN

Many members think that the Hospital & Home Care Plan terminates at a specific age. There is no termination age or age restriction for the Hospital & Home Care Plan. The only requirements are:



- 1) You are a member in good standing
- 2) You must be insured under a provincial health plan
- 3) You must be living independently. If you move to a long-term facility that provides nursing services as part of the residence fee, you, as a member, become ineligible for the plan.

If you want information you can contact one of the following:

Branch Convener
Phyllis Macdonald at 289-780-92

Manulife Financial Broker and
Agent of Record, Terry Kennedy,
at 1-800-268-3763

The Dolphin Consulting Group at
519-583-0098, Fax 591-583-2876
Email- tkennedy34@bell.net

HAMILTON-WENTWORTH'S FIFTH ANNUAL SPECIAL OUTREACH PROJECT

Our *"Fifth Annual Special Outreach Project"* was another huge success this year, with "2" very special submissions. Our Committee, as in the past was delighted to carefully choose the recipient of our annual \$500 donation, and provide suggestions to help the other submission. This year is a bit different. As this is strictly a 'confidential case', no names can be given. Our member who submitted this is: **'Bonnie Nyp'**. The recipient of the 2019 RWTO \$500 donation is a single mother of two teenage sons. The boys are Canadian, because their father is Canadian. She is Israeli. She is divorced from the boy's father. Because of her status, she is unable to work for the time being. They are in great financial need for rent, food and other incidentals. Our 'Special Outreach' one time donation of \$500 will be put to good use. The cheque was given to the Director of Jewish Social Services, who have been assisting this family with food and gift cards,...and was privately passed on to the family. The family are very appreciative of this donation, and send their thanks to all of you in RWTO. A note was shared for all of you:

Dear Hope:

First of all, God Bless each and every one of the Special Outreach Project Committee and the Retired Womens Teachers of Ontario, Hamilton Branch. My children and I and are overwhelmed by your generosity.

These funds came at a crucial time for me and my children. I am a single parent and we were at a point of being evicted from our apartment due to financial difficulties. I will be able to use these funds towards paying the rent so we can stay in our home. I am so thankful.

I want to wish everyone who is part of your organization much more happiness knowing that you have helped my family.

Thank you from the bottom of my heart.

We at RWTO wish this family the very best!

'In Caring and Sharing',

Hope Leon, Branch Past President
"Annual Special Outreach Project" Chair

....Second Submission News!

Our second submission this year, ...was nominated by member, **Lynda Chittley**. A young boy named **Lane Tadeson** was diagnosed with a debilitating auto-immune disease called "Pandas". Pandas is short for **Pediatric Auto-immune Neuropsychiatric Disorders Associated with Streptococcal infections**. A child may be diagnosed with Pandas when Obsessive compulsive disorder (OCD) and/or tic disorders suddenly appear following a strep infection, such as strep throat or scarlet fever. Other signs include: hyperactivity, mood changes, developmental regression, and anxiety.

We were informed that there is no treatment in Ontario, and the family must travel west for therapy. Each trip costs approximately \$2,000, and they've made many trips since the Fall of 2017, with the Mom unable to work as a result.

Our Committee did a little researching in the hopes of helping this family and gaining an insight into this case. The Spectator had run an article about Lane, with a GO Fund Me page, where the goal was to raise \$15,000, but \$19,005 in donations were raised. There was also an offer of accommodations in Edmonton on that page, and the actual treatment was being covered by OHIP according to the Spec story.

Our Committee as is customary each year offered helpful suggestions which included looking at service clubs, eg. Rotary, Lions, ...and perhaps if continuing to go to Edmonton for treatment,...they might wish to contact the airlines and hotel chains to see if they could get a discount on compassionate grounds. It was also suggested to contact our local politicians for assistance.

I want to thank the Committee for their assistance, and thank YOU, the membership for participating in this annual initiative.

**Life's journey is easier
when you hear a friend's footsteps
beside you**



Happy 100th
Birthday Hazel!



Certificate of Achievement
 presented to
Hazel Faris
 on your **100th** Birthday!
 Retired Women Teachers of Ontario - Hamilton-Wentworth Branch
 January 25, 2019
 Congratulations! Thank you for sharing!



...So Let's Talk!

Have you done something scary that you've never done before?... Recently I sold my beloved mother's house in Toronto. I've never sold a house, and it certainly was an interesting and absolutely terrifying experience! My number one concern was to do right by my mother, and do this task carefully, as this was her beloved home for forty-four years. She was a 'Child of the Depression', where you never threw out 'in case needed again',... but always reused, and recycled. She loved this place,...and must have cherished each and every item, as it seems she had kept just about everything...for all those many years,... filling her basement with every used couch and piece of furniture she had ever owned,...every broken television, appliance,...dozens of remotes for what,...I haven't the faintest,...and cords by the hundreds. The piece de resistance was upstairs in the bedroom closets, filled with her clothing and shoes spanning the last 44 years of iconic styling. My mother was a 'fashionista', and delving through these treasures was difficult, but made me smile through the tears because I could picture and remember her in each and every outfit, including the black leather motorcycle-type pants and jacket. Mom,...you truly were one of a kind!...Yes,... I could actually 'hear her' in my head, ...knowing exactly what she'd want me to do about her house,...so each and every step along the way was strategically planned and executed. I beautified inside,... landscaped,...fixed things,...and staged according to the realtor's specifications. I even interviewed several, and hired a company to sell the contents. I consulted with friends in 'the know',...learned the 'art of negotiation',...and many other new skills along the way. I'm proud of myself for taking on this task,...and I think Mom would be too.

So what *exciting, scary, intimidating*, or just plain *new* endeavour have you tried recently? I asked a few friends for their stories to share with you and here they are:

"Flying in a Cessna 8 seater air craft from Portland Oregon to Vancouver was like being in an airborne van with windshield wipers. Each passenger plus luggage was weighed. No toilet, no food service,... and the female pilot even loaded the luggage. I sat directly behind her. Enroute the pilot flew over the rim of the still smouldering crater of Mount Helena and then dove down about 100 feet into the crater. What a scary travel experience that was! ...Once in a lifetime was enough!" (Anonymous)

"I was present during a Shoppers Drug Mart robbery with masked men and guns. They made us get down on the ground,... just like in the movies." (Anna Iskat)

"The divorce was final, the mortgage paid, the youngest kid was through university and there was a little ad in the Spec for a trip to China. Never mind that I hadn't been on a plane in 30 years. I didn't even have a passport. Off I went, with more naivety than courage, despite my dentist moaning, "How will you read the street signs?" ...And the last 10 years are history as I continue to travel all over the world." (Anonymous)

My goodness! ... There certainly are all sorts of scary and exciting happenings. Thank you to my contributors, and if you'd like to share your interesting stories, please send them to me. I'd love to hear from you!!!

...Until next time!

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

Your Assistance Is Needed! Executive Positions Which Must Be Filled 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!

Event Payments – this role is a 3 year term, receiving payments for RW Events, using an Excel document to track participants, depositing funds into the bank account, and arranging seating plans for events.
(the printing of table cards is done by someone else.)
Contact Pinky Moro for more information
pinky1@cogeco.ca

Thank you!

Hazel Faris – 100 Years Young!

Hazel's niece had been working hard to arrange the special festivities for Hazel's 100th birthday celebration ... unfortunately a flu bug on Hazel's floor at the Seniors' home, meant that the event had to be postponed until a later date. About 10 relatives and friends were able to visit, however, including 4 RW members! Nancy Papiez, Dorothy Gruggen, Anna Iskat, and Linda Sargeant presented Hazel with box of cards from the membership, a special RW certificate, a teddy bear, and a book full of birthday cards from the grade 1 students of Queen Mary School. Hazel had taught grade one at the 'old' Queen Mary, in one classroom, for over 30 years, after she arrived from teaching in the Frankford ON area. Hazel also received recognition certificates from the Mayor, Prime Minister, Governor General, and the Queen! Hazel's birthday gathering will be rescheduled for a more spring-like day, and we will let you know the date, when it has been arranged. We would like to have a feature article written about her also. She has some teaching adventures to share!

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

Mary Martindale

A Centenarian's Story!

Mary was a farm girl at heart ... much more comfortable helping out with the animals, than baking in the kitchen. Born to a farming family as one of 4 children in 1917 Caledonia, she attended a one-room schoolhouse, and later taught in some.

Mary's parents, who had met at church choir practice, were strong believers in education for their children. She remembers her brother attending school on horseback – 5 miles away. When Mary joined him on the trek to school, they used a horse and buggy, sometimes picking up others along the way. The horse was left in the postman's stable during the day. Many families at the time would not have bothered sending their children to school because of the distance, but Mary and her siblings really enjoyed it, often stopping to chat with friends along the way. Of course there were chores to do in the barn before leaving in the early morning for school, and winter mornings were especially cold.

When her elementary and high school studies were complete, Mary attended Hamilton Normal School, and developed her teaching skills, boarding in the city during study periods. Her first teaching position was at Mount Healy School, a one-room school in Haldimand - the school her father and his siblings had attended years before.

Mary preferred single life – “there wasn't any reason why I shouldn't enjoy being free”. She enjoyed working with her father in the barn, and talking about crops with the men. Besides, in those days, female teachers had to resign when they married.

Mary believed that the children would learn better if they had some fun at school, and enjoyed using humour in the classroom. “We always had something to laugh about. I always had fun teaching at school.”

One year though, just after Christmas, a little girl was quite cold, and stood too close to the stove. Her dress caught fire, with flames coming up to her hair, “so I quickly grabbed a pair of jeans that were nearby, and used them to put out the flames. There were no other adults there, and no telephone so I sent a big boy across the creek to a farmhouse, and asked them to bring a wagon to take the girl home. He then went to the village to get the doctor. The girl was off of school for several months, but was eventually able to return. You just had to make do with what you could back then. The only good thing from this was that the school board stopped using that kind of heater in school classrooms.”



One of the reasons Mary enjoyed teaching, was because it gave her an opportunity to travel. She did a one-year exchange to a West Ham London England school, where she taught 10 year olds. It was challenging, because they never stopped talking. There were always many conversations going on at once. A trip to Panama was disappointing however, because Mary was too ill and had to stay in bed, so she was not able to actually see the canal. Other trips were much more fun!

Mary's favourite grades to teach were grades 3 to 5. The children were old enough to have an interest in learning about the world. Mary moved to Hamilton later, and taught for the Public Board. Her last school was Sherwood Public School, where she taught grade 5 for her last 7 years, retiring in 1974. At 101 years of age, she has now been retired for 45 years!

Linda Sargeant

MESSAGE BOARD

Art Appreciation News

Save the Dates:

Tuesday, March 19

1:00 pm; Earls Court Gallery; 215 Ottawa St. N; Exhibit: “of sky & sea” -- free event

11:30 am; Optional Lunch at Curbside Grill; 224 Ottawa St. N

Thurs., April 4

1:00 pm (approx.); Dundas Valley School of Art Auction Preview; 21 Ogilvie St., Dundas --free event

11:30 pm; Optional Lunch at Bangkok Spoon; 57 King St W, Dundas

Tues., April 30

Trip to the Art Gallery of Ontario for

Impressionism in the Age of Industry: Monet, Pissarro and More

We take Aldershot Go Train to TO; Lunch at The Village Idiot Pub

AGO Special exhibit rate for seniors is \$21.50.

Impressionism in the Age of Industry:

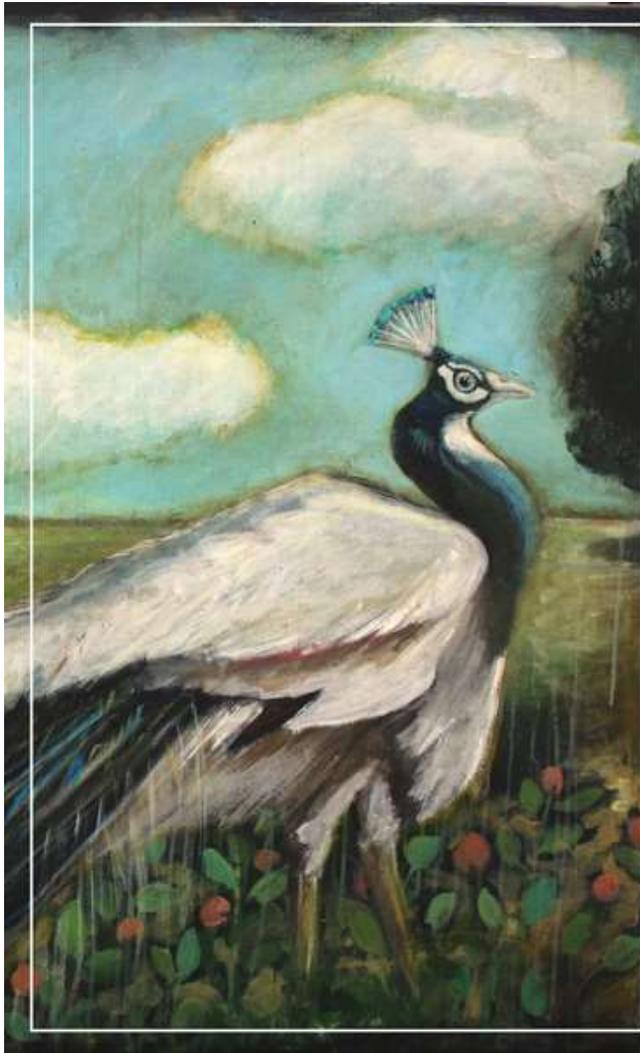
Monet, Pissarro and more is organized by the Art Gallery of Ontario

Pulsing with life, Paris in the 1870s was transforming – thanks to wider streets, increased traffic, an explosion of factories in the suburbs and faster, more frequent steam-powered trains. No one in France was immune to the rapid pace of change, least of all artists.

Impressionism in the Age of Industry: Monet, Pissarro and more explores how French Impressionist artists and their contemporaries, famous for their lush landscapes and sea vistas, were equally obsessed with capturing the spirit of the industrial age.

The groundbreaking exhibition features over 120 artworks, including paintings, photographs, prints, drawings, sculptures and period films. With masterpieces by beloved artists like Monet, Pissarro, Degas, Van Gogh, Cassatt and Seurat, the exhibition also highlights

new favourites like Luce and Caillebotte. The exhibition is curated by Dr. Caroline Shields, AGO Assistant Curator, European Art. “This exhibition invites us to journey through this period of immense change, experiencing its thrills and challenges alongside the artists. As our cities and technologies rapidly change, it’s a journey that continues to resonate today,” Dr. Shields says. “Seeing these works together for the first time provides an incredibly rich addition to the story of Impressionism as we know it.”



february 21 - march 23, 2019
opening reception:
thursday, february 21, 7-9 pm

of sky & sea

Erin Whitten Crysdale
& Laine Groeneweg

earls court gallery

215 Ottawa Street N. Hamilton, ON L8H 3Z4
905.527.6685 www.earlscourtgallery.com

@earlscourtgallery • earlscourt215

Tuesday-Friday 10:00 AM- 5:00 PM

Saturday 10:00 AM- 4:00 PM

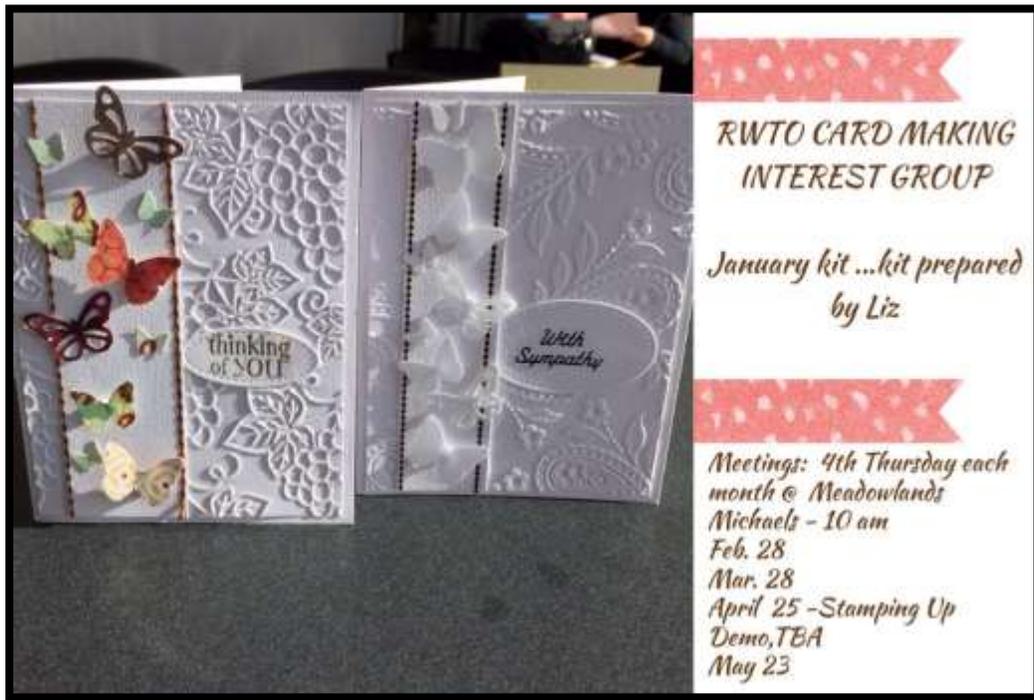


If you would like to be included on our *Art Appreciation* email list, then contact Lynn Anderton via 905-308-1133;

rwto.lynn@gmail.com.

Additional info comes a few days before the event in an email, to which you then rsvp if you are interested in attending.

Card Making



Card Making

Contact: Theresa Linger at 905-389-2650

talinger@yahoo.co

Scrapbooking

Contact: Liz Verrall at 905-648-2808

verrall@sympatico.ca

Scrapbooking



BOARD GAMES



Come out for an afternoon of fun and games!

Last Thursday of the month

Games Interest Group

Dates: March 28, April 25, May 30, 2019

Times: 1-3 pm

Location: Fortinos Mall road (limeridge mall)

Contact:

Beatrice Dabolins at 905-304-7097

Beatrice.games.rwto@gmail.com



Bumper Babes Bowling

By the time you read this, I hope we are starting to look at improved weather. I sure haven't enjoyed February! Our next bowling dates are March 21, April 18, and May 16.

As usual we will meet between 11:00 and 11:30 with bowling to begin at 11:30. We will bowl 2 games and then if anyone wants to go out for lunch, we will make arrangements for that. 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 at 905-689-8975; kirkpa@cogeco.ca



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.

March 14th.

Please come and join us, beginners welcome.

Contact: Lynn at 905-309-4438; dig1999@gmail.com

Euchre West

Happy Easter and Spring to All Euchre Friends

Join Us for a Fun, Friendly Game of Cards

Mondays on Mar. 25; Apr. 29th; May 27th; June 24th

Fortinos; 1579 Main West (Upper Level)

Lunch at Noon; Cards at 1 p.m.

Hope to see you there!

Contacts:

Donna at 289-759-9093; donnapatmoore@gmail.com or

Jeanette at [905-648-2044](tel:905-648-2044); jeanette.24@icloud.com.

"FIRST CUP @ SECOND CUP", WESTDALE

Friday March 29

Friday April 26

Friday May 31

Friday June 28



• 10:00 am. - 11:30am.

• Socialize

• Make new friends

• Exchange
ideas/contacts

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

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!!!

Send your topic suggestions/questions to Linda
905-575-3831; rwto.linda@gmail.com

NO DATE in July

Knitting & Crocheting



**Below are the dates for Knitting
for the year 2019.**

March 26

April 23

May 28

June 25

NO DATE in August

Sept. 24

Oct. 22

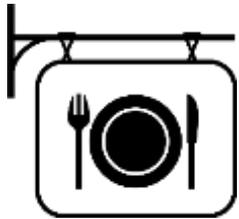
Nov. 26

Dec. 17

Contact: Bernice Kania at 905-383-7892;

b.kania@bell.net

Lunch Bunch



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 at 905-679-6639; lynnsmith16@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 at 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 at 905-628-1613; alouisegl@gmail.com



MOVIE GROUP

Cineplex Ancaster 1 pm.

I hope you will join us for coffee/chat at Kelsey's after around 3 pm. If you are not on the email list of reminders, please

Contact: Mardie at 905-527-6075; mardiepan@gmail.com

Monday March 4, **FALL OF THE AMERICAN EMPIRE**

Monday April 8, **WILD ROSE**

THEATRE GROUP



Players' Guild of Hamilton.

80 Queen St. S. Hamilton (905) 529-0284

(when you purchase your ticket, please identify yourself as a RWTO member. Dinner after is an option.)

QUARTET - April 7 at 2pm

In Quartet, we meet Cecily, Reggie, and Wilfred, residents in a home for retired opera singers, as they prepare for the annual Verdi concert fundraiser. When Jean, Reggie's ex arrives at the residence, she disrupts these preparations and, ever the diva, refuses to sing. At times poignant, very witty, and often hilarious, the show must go on...or perhaps not?

THE GENTLEMAN CLOTHIER - June 2 at 2pm

Norman Davenport feels he was born in the wrong century. As he opens a brand new clothing store, disappointed because he feels forced to cater to more current tastes, he makes a wish that changes his life – and the lives of his two loyal employees – forever. This is a magical tale filled with lessons for us all.



Who's ready to play with a little white ball?

No it's not ping pong! It's GOLF!! Warton Willie says Spring is nearly here! We'll have our planning meeting on Wednesday, April 17th at Williams ' on Discovery Drive at 10:00. If you're unable to attend but would like to book tee times, please let me know. Hoping to see more of you on the courses this year! Your Golf Gal, Danielle 905-635-9051; daniellechouinard3@cogeco.ca

Writing Club

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 at 905- 528- 2348; hleon@bserv.com



Upcoming Dates:

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



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

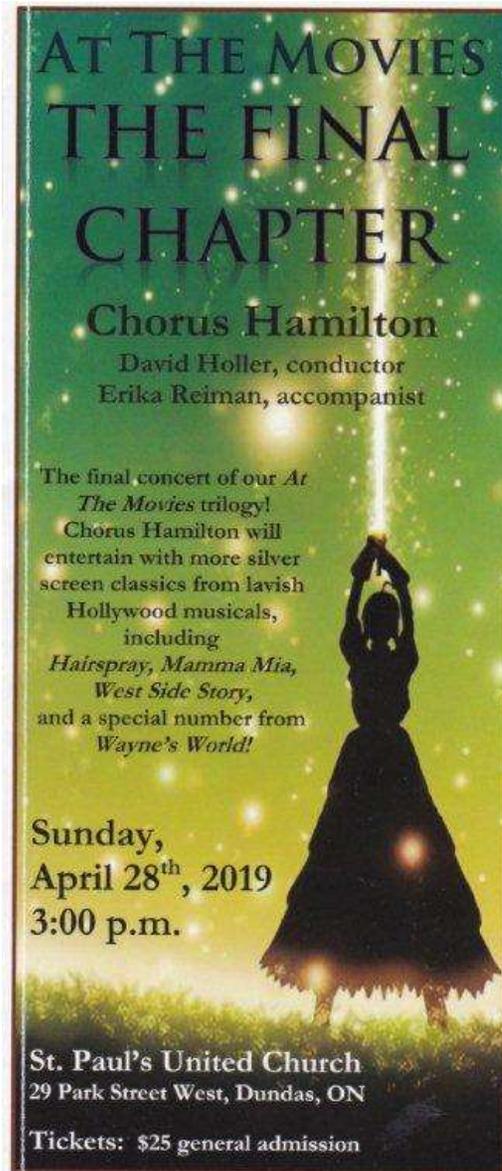
On this page, are community events which may be of interest to you.

Take a look!

You may also 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



AT THE MOVIES
THE FINAL
CHAPTER
Chorus Hamilton
David Holler, conductor
Erika Reiman, accompanist

The final concert of our *At The Movies* trilogy!
Chorus Hamilton will entertain with more silver screen classics from lavish Hollywood musicals, including *Hairspray*, *Mamma Mia*, *West Side Story*, and a special number from *Wayne's World!*

Sunday,
April 28th, 2019
3:00 p.m.

St. Paul's United Church
29 Park Street West, Dundas, ON

Tickets: \$25 general admission



Cafe Troy presents
A fundraising Event "Soups on"
Monday, March 11th, 2019
In support of Carlos Domingues

Life is a Journey, we are travellers along the way. We at Café Troy have had a bump in our road these past months.

Carlos our Chef has been diagnosed with Stomach Cancer. His medication which he must take during this process is expensive.

The Staff of the Café and the Pottery want to invite you to a fundraising event to support our Chef Carlos.

The lunch will consist of 3 soups, our homemade Bread, salads and cookies for dessert made by Carlos's Daughter.

Donn and his staff will make Soup Bowls which you will be able to take home.

The cost of this Fundraising event is \$30.00 per person (cash only.)

All of the money raised will go to Carlos to support his medication costs.

Please get your friends together and join us in friendship and support.

For reservation to this event call:
519-647-2117 ext 2

2290 HIGHWAY 5 WEST
TROY, ONTARIO
L0R2B0

Seatings for this event are:
11:30 am to 1:00 am
1:00 pm to 2:30 pm

www.donnzver.com

