

Annual Spring Luncheon 2019

Wednesday, May 1st, 2019

Social Hour 11 - 11:45 am

Lunch 12:00 pm

-> **New Location** <-

Hellenic Cultural Centre

3052 Walker Rd., Windsor

REMINDER

We will be voting for the executive and board members at this luncheon.

Menu

- Greek Salad, Spinach Pie, Breads
- Roasted Lemon Chicken
- Greek-style Roasted Lemon Herb Potatoes
- Green Beans, Roasted Peppers and Onions
- Fruit Tray, Baklava
- Coffee & Tea

Once again, we ask you to share with those less fortunate by bringing:

- Food --- Windsor Youth Centre
 - Toiletries --- Downtown Mission
 - Eye glasses will be donated
 - A new children's book for A Book of My Own Literacy Campaign
- Book Exchange:** will be available for your pleasure.
Share the Wealth: Downtown Salvation Army.

KNICKERS FOR HAITI!

Campaign Begins!

See the back of this sheet. Please bring new underwear in any size to the Spring Luncheon!

\$27

REPLY by Tuesday April 23, 2019
Incentive **STILL** in effect! If a member brings, as her guest, a retired teacher to her first luncheon -- the guest is free!

MEMBERSHIP DRAW

1 Year membership Tickets
1 for \$2, or 3 for \$5.

----- Cut Here -----

Note: Accurate numbers are absolutely needed by Tues, April 23, 2019.

Member's Name: _____

Guest's Name: : _____

Luncheon (\$27 x _____) = \$ _____

Is this your first luncheon as a retired teacher? Yes _____ No _____

Is your guest a retired teacher? Yes _____ No _____
Is this her first luncheon? Yes _____ No _____

Do NOT send post-dated cheques.
Include changes to name, address, phone. Please send cheques payable to RWTO. to:
RWTO Windsor/Essex Branch
c/o Suzanne De Froy
910 Ducharme St., Windsor ON N9G 1K9

If you are unable to print this form, please send a handwritten copy of all requested information.

Annual Spring Luncheon 2019



LET'S BRING

KNICKERS FOR HAITI!



Our New Feather in Your Hat Award Campaign

What is The Feather in Your Hat Award?

This award recognizes creative, innovative and successful activities carried out by a Branch that have clearly enriched the programs of RWTO/OERO.

When is this award given?

The award is presented annually at the June Convention to two or three Branches.

Has our Branch ever won this award?

Yes, we won for starting the Forever Young Award, where we honour our members who have reached their 90th birthday. Other Branches have followed in our footsteps and now also offer this award.

What is our Branch doing to try to win this award again?

We are teaming up with Hearts Together for Haiti to collect new knickers (underwear) in any size for boys, girls, men and women. In order to be nominated for this award, we need maximum participation. At this luncheon, please bring some new knickers to donate.

RED, BLUE, POLKA DOT, BRIEFS OR BOXERS! BRING THOSE KNICKERS PLEASE!
We will provide you with a card to indicate the number of garments you have donated.

What are some of our other plans involving this award?

We are going to ask stores to make donations or reduce the price of the garments so we can purchase EVEN MORE KNICKERS.

How long will this special campaign take?

We planted the seed at the Christmas Luncheon 2018 and will probably accept donations for at least a year or two.

How will this campaign affect our other charities?

We will continue to collect food, toiletries, eyeglasses, books and have our Share the Wealth at each Luncheon. This campaign will not affect our other charities.



In Memory



Fran Georgeff
1947 – February 9, 2019



Maureen Gervais
1939 – November 11, 2018



Mary Elizabeth McClelland
1938 – January 14, 2019

“One child, one teacher, one book, one pen can change the world.”

~Malala Yousafzai

We remember three of our devoted RWTO members who have recently passed away. Their active participation over many years is appreciated. We ask that their families find peace in knowing that their service has enriched our community.

A new children’s book has been donated by RWTO/OERO, Windsor-Essex Branch, in memory of each of these women, to a local branch of the public library chosen by their family.



Initiative Rewards Activities

Congratulations to Wanda Lacey, the winner of the Initiative Rewards Program annual draw at the 2018 Christmas Luncheon.

Starting in July, as requested by some of our members, we will be meeting for lunch instead of breakfast. The get-togethers will still be on the first Thursday of the month. We will reevaluate this decision before the Fall Newsletter.

Breakfast

Thurs. Apr. 4th 9 am Maria's (131 Sandwich St. South, Amherstburg)

Lunch:

May -no gathering for lunch since our Spring Luncheon is Wednesday May 1st

June -no gathering for lunch since the 2019 Convention is June 4th, 5th & 6th

Thurs. July 4th 12:30 pm Kelseys (4115 Walker Rd., Windsor)

Thurs. Aug. 1st 12:30 pm Armando's (3202 Walker Rd., Windsor)

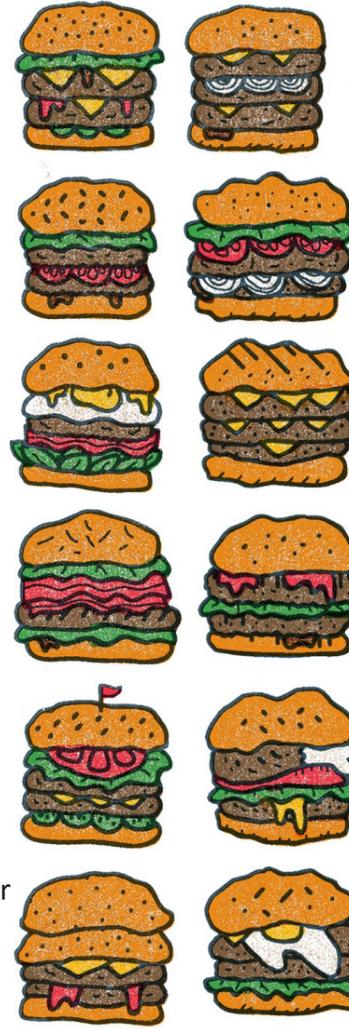
Thurs. Sept. 5th 12:30 pm L.A. Grill (5975 Malden Rd., LaSalle))

Activities

Wed. May 1st 11 am Spring Luncheon --- Hellenic Cultural Centre, Windsor

June 4,5,6th Convention 2019 --- St. Catharines

Tues. Sept. 24th 11 am Fall Luncheon --- St. John's Parish Hall, Woodslee



Goodwill

Thank you to all members who phoned or emailed when someone needed a card. When you know of a member who could use a card, please contact me at 519-839-4666 or jddicker@hotmail.com.

This will help us live out our motto of Caring and Sharing.

Shirley Dicker

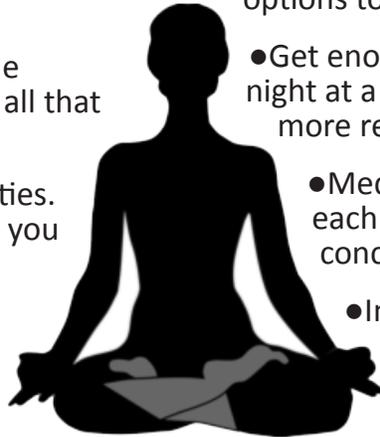
Assistant Goodwill (Cards)

Issues and Concerns

Our lives, even in retirement, can become an unrelenting marathon. Added to this daily drill is the fact that we are charged with helping both our aging parents and our grandchildren. Life often becomes an overload.

A website titled “Lifehack” offers some practical suggestions for dealing with all that we do:

- Prioritize and timeline today’s activities. Write them out and cross them off as you go.
- Perfectionism is self-destructive. Curtail unrealistic expectations.
- Resolve conflicts in a timely manner. Their continuance drains your energy. Delegate smartly. Choose help well and set a time to review the work.
- Learn to say “No”. You know your urgent workload limit so don’t commit to anything extra.
- Avoid procrastination. Break a large task into smaller ones to make it less daunting. Reward yourself as you complete each part.



- Enjoy “Me” time. Rejuvenate with whatever helps you to relax. You deserve it.
- Eat Healthy. Choose healthier comfort food options to help you de-stress.
- Get enough sleep. 7 to 9 hours of sleep each night at a set bedtime will help you wake up more refreshed.
- Meditate regularly. 15 to 20 minutes each day may transform your concentration and relaxation levels.
- Indulge in a hobby. Reconnect with your younger self and the hobbies that you enjoyed then.
- Seek professional help. Therapists are trained to help you deal with anxiety and stressful situations.
- Take a vacation. A change of venue can declutter your thoughts and give you a well-deserved break.
- Be kind to yourself. In times of overwhelming stress treat yourself with the patience and love that you would give to your best friend.



Special Message

Dear Members,

For the past 8 years, I have had the good fortune to serve the Windsor-Essex Branch where I have met women who care about each other and offer support. I have made many new friends, all of us sharing a career in education. Three years ago, I decided to join the Provincial Executive. Again, I found a compassionate group of women, some of whom I can now call good friends. This entire experience has been uplifting and reassuring.

As of the Spring Luncheon, I will be leaving the local Branch to pursue the President's role on the Provincial Board of Directors. This is an exciting move and a great opportunity to meet retired women teachers in other Branches in Ontario. I am looking forward to learning the challenges that each Branch faces to provide Caring and Sharing to their members. All of this would not have happened without your support. I want to thank each of you for encouraging me to chase this dream. If you have even the fleeting thought of offering your help and expertise to the membership, take the chance to join a committee. You'll be giving yourself a boost of confidence while contributing positively to our Branch.

Karen Clark-Lauzon, Honorary President

A Book Of My Own

Once again, A Book of My Own directors thank you all for your generosity and support over many, many years. Unfortunately, we have received some bad news. Our largest donor, the Windsor Star's Raise-a-Reader Campaign, has come to an end. Now we must try harder than ever to find new funding in order to keep A Book of My Own viable. Thankfully, the annual used book sale will still take place this year at Windsor Crossing on May 4, 5 and 11. This now will be our largest fund raising event and we look forward to your support.

Mary Lou Killen, Recording Secretary.

Insurance Matters

5 Reasons To Purchase RWTO Insurance

I was asked by a member for five reasons why to purchase the RWTO Manulife Home and Hospital Car Plan. Here they are:

1. It is very inexpensive at \$14.49/month and \$15.57 for your spouse.
2. The premiums have not gone up in 16 years.
3. Premiums are tax-deductible.
4. Guaranteed enrollment for new retirees within one year of retirement, regardless of health.
5. Most importantly, it covers so many benefits that are not covered by your primary plan.

All these benefits are explained in detail in our brochure and on our website. There are so many little extras covered by this insurance plan. It is definitely well worth it.

Added information:

- 1) Manulife is returning to the former practice of mailing tax receipts beginning the end of February for claims in 2018.
- 2) Manulife is centralizing claims to one location and has a new address to be used:
Manulife, Affinity Markets Health Claims, P.O. Box 670, Stn. Waterloo, Waterloo, ON N2J 4B8
- 3) Please read the Provincial March Connections Newsletter under the heading of Insurance Matters for more details.

Marilyn Harvey



Membership

Thank You!

After 26 years on the Executive of RWTO/OERO, Windsor/Essex Branch, it is time for me to step down. I have had the honour of being your president, activities chairperson (planning many day and over-night trips for 18 years) and membership chairperson, a position that I will hold until our Spring luncheon. At that time, I will hand the membership chair over to Chris Pastorius, who I know will do a fine job.

I, also, had the honour of being your Area director for 4 years and the convenor of the 2001 Provincial Convention held here in Windsor.

I want to thank the Executive and you, the members of our branch, for making these past years very rewarding. I have made many friends through my association with you, our members, and even though I am stepping down from the Executive, I will continue to participate in our activities.

Yours in RWTO/OERO,

Emy McBride

P.S. The Executive has some positions to fill, including someone to take over the planning of trips. This is not a hard job since a travel agency does much of the planning for us.

Please consider filling these positions.

Thank You

Merci, Gracias, Danke , Arigato, Grazie, Thank you

Emy McBride, Pat Mulvey and Marg Ferris are retiring from their positions on our Executive. We are most grateful for their dedication and whole-hearted support throughout their tenure and we wish them continued health and happiness as they continue their journeys as RWTO members. Here's to new beginnings – we will miss you!

A special thank you to our out-going President, Arlene Veitch, for her outstanding leadership and her passion for "Caring & Sharing". Arlene will serve as Past-President on the Executive next term.

Thank You

Time Again - "Tea-Up" in June

One of our favourite calendar highlights is once again starting to take shape...

80 + TEA ~ 2019

It's only the best for our group of special ladies, and we sure know who you are!

Lunch, laughter, song and sisterhood will come together.

WHERE: SEASONS ROYAL OAK VILLAGE in LaSalle

WHEN: Monday, June 17th, 2019

TIME: 2:00pm -4:00pm

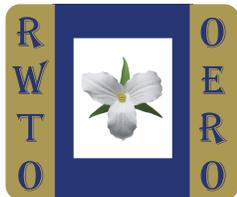
Formal Invitations will be sent to this year's honourees in May.
Your Activity Committee can't wait to see and serve you in June.

Stay healthy ... Stay connected!

Fondest Regards,

Lowanna Closs Debbie Powell Gayle Broad Genny Rudzinski





RWTO Windsor - Essex Branch Caring and Sharing

www.rwto.org/branches/windsor_essex.asp

President's Message

I'm very excited about our new Knickers for Haiti Campaign. Here in Essex County where we are so fortunate, it's almost unthinkable that in other parts of the world something as basic as underwear is desperately needed. In my last initiative as president, I am confident that our branch, which is always so generous, will get behind this campaign 100%. Please bring in those new knickers, girls, boys, men and women's, briefs or boxers, starting at the Spring Luncheon.

On another note, we should all be very proud that after the 2019 Convention, three of our Branch members will be part of the Provincial Executive. Karen Clark-Lauzon will be the Provincial President, Kathy Gallagher will continue as Communications Website Convenor and Suzanne De Froy will become the Recording Secretary.

It's hard to believe that we are already coming to the end of another RWTO/OERO executive and board term. For the next term, the following people will hold these positions:

Honorary President --- Jan Murphy

Past President --- Arlene Veitch

Assistant Treasurer --- Genny Rudzinski

Assistant Goodwill --- Shirley Dicker (cards)

Assistant Goodwill --- Pat Desmarais (In Memoriam)

Assistant Social --- Debbie Powell

Assistant Social --- Gayle Broad

*We still need one or two ladies to work on the Social Committee to help organize Day Trips and Overnight Trips.

At the upcoming luncheon, you will be voting for the following positions:

For some positions, you will see the names of the ladies who have let their names stand on the ballot. For others, there are important vacancies and we will be looking for nominations from the floor. Please consider running for one of these positions.

President --- Linda White

1st Vice-President --- Patricia Wales

2nd Vice-President --- ???

Recording Secretary --- Deirdre Palamides

Treasurer --- Suzanne De Froy

Insurance --- Marilyn Harvey

Membership --- Chris Pastorius

Issues and Concerns --- ???

Goodwill --- Val Luscott

Archivist --- Trep Marentette

Newsletter --- ???

Website --- Kathy Gallagher

Social --- Lowanna Closs

In my final message as President, I want to express my gratitude to the executive and board for their hard work. I would also like to thank the members for all your kindness and generosity. It has been a pleasure serving as your President for the last two years.

Yours in Caring and Sharing --- *Arlene*