



Retired Women Teachers of Ontario / Organisation des Enseignantes Retraitées de l'Ontario

President's Message

This is my last article written as your Provincial President. On one level, it's a relief, but on another, I have thoroughly enjoyed the opportunity to share my thoughts with you, the members. I would like to thank the Communications Newsletter Convenor, Jan Murdoch, and the Committee members for their volunteer work on creating an informative and insightful Connections newsletter. The topics this year have been challenging to write about, but so relevant to our organization.

Volunteerism is a multifaceted issue. For the person doing the activity, it is rewarding. For the people receiving the activity, it is helpful. There is a bigger impact here and I'll get to that later.

The definition of volunteering is offering charitable or helpful work without pay. The work is performed of the volunteer's free will which means it's a conscious choice.

Our motto, Caring and Sharing, is a natural fit for volunteering. When we care, we find a way to help someone. When we share, our time and expertise are given to others. We have members in our organization who are physically challenged. Every Branch reaches out to these women to ensure they are not forgotten. We include them in all our activities. There is usually a committee that coordinates personal visits a few times a year. We send cards for special occasions: e.g. birthdays, get well, thinking of you. The women who turn 100 years of age receive a bouquet of flowers from Provincial and other special gifts from their

own Branches. All of this impacts on the volunteer, the receiver and the Branch. The volunteer member feels good about touching base with another colleague, and the colleague member knows they are remembered as part of a sisterhood organization.

It is too easy to be alone because sometimes our world is a bit overwhelming. Consider the teen years when our young people are just starting to formalize thoughts about their lives. I'm sure we can all remember times when we felt alone and thought no one cared. But we all care about each other in RWTO/OERO. That's what separates us from other organizations. We are all together in this effort.

The next step in volunteering is the impact it has on our world. RWTO/OERO goes above and beyond in our own communities. We see where help is needed and we give it. This could mean donating personal items to a women's shelter or donating warm winter wear to international students at a university or donating canned goods to a food bank for the unemployed. Whatever we do, our world improves with our actions.

And so, I will pose this question for you. How can we leave this world a better place than when we entered?

Karen Clark-Lauzon,
President RWTO/OERO



Karen Clark-Lauzon
Provincial President

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

Provincial President:
Karen Clark-Lauzon
519-978-2834
clarklauzon@gmail.com

First Vice-President:
Nancy Papiez
905-979-3391
npapiez@outlook.com

Insurance Convenor: Anne Wilde
905-774-8330
wildeanne.wa@gmail.com
Manulife Financial 1-800-268-3763
Broker: Terry Kennedy
The Dolphin Consulting Group
519-583-0098 • Fax: 519-583-2876
tkennedy34@bell.net

Provincial Office
Executive Secretary-Treasurer:
Linda Huffman
2736 Twelfth Conc,
Techumseh, ON, N8N 2M1
Toll Free: 1-877-607-6696
Phone: 519-979-7030
Email: info@rwto.org
Website: www.RWTO.org

Publications Mail Agreement No. 40739021
Return undeliverable Canadian addresses to:
RWTO/OERO Provincial Office

*This newsletter is published three times each year
in September, December and March. Send submissions by email to
rwtoconnections@gmail.com • Website: www.RWTO.org*

Issues and Concerns – Leslie Carroll-Frey

Try Volunteering. It's Good for Your Health!

While researching this article, I went down several different paths. My intention was to write about volunteering, but that led me to information on healthy aging, which then veered off into adapting to change. It became evident that all of these topics were intertwined.

Change is, as they say, inevitable. It is one of the biggest obstacles for seniors. As we age, the changes seem to come faster and be more intense. We share many common changes and also experience our own private ones. These changes are not particularly important to list, as it is how we react which determines the outcome and how we are affected. Quite often as seniors, the world around us seems to shrink and we do not have the social contacts we once had. Seasons Retirement Communities newsletter states, "According to Aging in Canada's focus group series, Seniors Speak out About Loneliness, loneliness is partly about numbers of friends or people in a person's life, but it's also about whether or not you feel connected to people." What can we do about this?

This weaves my theme of volunteering back into my article. I am a great proponent of staying involved and giving back or, as we now say, paying it forward. With this venture, you are in control as to where, when and how much time you decide to share. With this control, you develop or increase your self confidence, purpose and self worth. You are making new friends

with common interests, keeping socially active and, as a result, combating loneliness and depression (two of the greatest hurdles for seniors). There are more than 12 million volunteers in Canada and many are seniors. A study, led by University of Calgary psychology professor Yannick Griep, "We found that the people who did volunteer work for at least one hour a week on a regular basis were 2.44 times less likely to develop dementia."

Your first step into your new venture of volunteering need not be a total plunge, in fact the slower the immersion the quicker you will adapt. The opportunities are endless. Check the internet, ask a friend, inquire in your community, your local church or schools. When choosing, if you have mobility issues, use your telephone as a method of volunteering. Contact those needing a call, write a note or a card, read to someone you know whose sight is declining, set up a card game, play a musical instrument for shut ins, listen to a child read; the list is endless. These are all aspects of volunteering; you are giving your time to make someone else's life more pleasurable. As retired teachers, our lives have been spent giving to others and so it would seem natural that we would benefit by continuing to do so. Give volunteering some consideration; the more you give, the more you receive in return.

Leslie Carroll-Frey



Electronic Health Interventions.

Research has found that electronic health interventions that use the internet and mobile technologies are a promising alternative to promote physical activity in older adults, particularly among those who are not exposed to printed material or supported through in-person interactions. The Review funded by the German Federal Ministry of Education and Research examined a total of 84 studies. The review found that web-based health

interventions were generally effective in increasing physical activity levels in older adults when compared to non-electronic interventions. Worth examining further.



Keeping in Touch

As the London-Middlesex Branch was growing in memberships, there were also many members moving into that age of mobility issues and many found themselves not being able to participate in our lunch meetings. Our branch was very involved in Community Outreach but we were also concerned with the needs of our elderly and shut-in members. In 2011, a formal committee, known as Keeping in Touch was established. As a vital service of the branch, Keeping in Touch follows the RWTO/OERO motto “Caring and Sharing.”

Our Keeping in Touch committee visits members in all areas of London-Middlesex. We meet in the spring and fall to share results of our visits, to update our lists, and to discuss further ways to support these members. Committee members visit in pairs and bring a small gift and personalized RWTO/OERO note card to leave as a remembrance of the visit. Cards are also sent at Christmas, Valentine’s Day and special birthday celebrations. Family members do appreciate this personal support and note that these

visits are welcomed and anticipated with enthusiasm. Our visiting Keeping in Touch members share what’s happening in our branch and engage in conversations about past teaching days. This enables our elderly members to feel that they are still part of our branch even though they are not able to come to meetings due to their health and/or living in a nursing home. At the same time, we keep in touch with these members because maintaining contact is important as we “care and share” for all our members. Our members share news of those who will benefit from visits and our members are always welcome to volunteer to join the committee.

Our Keeping in Touch committee has continued through the years since 2011 because it is a valuable experience and benefits committee members and the members they visit.

Mary Maxwell, President,
London-Middlesex Branch

Interesting Facts from Baycrest - <https://www.baycrest.org>

What is the likelihood of living to 100 for older adults? Greater than you think. Can you imagine that by 2050, the number of people living to 100 will grow from 72,000 to 1 million in the United States? In Canada, centenarians are the fastest-growing age group. Today, there are 450,000 centenarians worldwide, with the longest disability-free life expectancy found in Okinawa, Japan. Is society ready to accommodate double the number of people who will be living to 100 and beyond? What will the experience be like? Today’s centenarians offer clues as to how they came to live so long – genetics, healthy lifestyle, marital status. What these individuals were not, however, is socially isolated, as many of today’s boomers may be.

Resource constraints may boost dependency on technology for seniors and caregivers, but the benefits of technology may not just be related to disease management and lifestyle. As the population ages, will there be enough family members and professional caregivers to provide care? According to predictions, the ratio of available caregivers to potential care recipients is going to worsen. Better technology and more creative uses of it are likely opportunities to

mitigate the growing caregiver gap. These include making greater use of sensors in the home (the so-called “Internet of Things”) to detect issues with gait and falls.

Centenarians of the future will benefit from technology (r)evolution. Eight years ago there were no commercially available consumer tablets. Five years ago, there were no smart speakers on the market. Today’s older adults have the benefit of access to large bright screens, devices they can speak to naturally and expect a response, and widely available in-home WiFi and growing Internet use among their peers.

How many Branches video their meetings and upload them to Youtube so they can be shared with members who can’t attend?

An Interesting Steve Paikin Session, worth listening to: (cut and paste into your browser)

Old Age: The Secret to Happiness www.tv.org/video/old-age-the-secret-to-happiness

Candidates' Statements for the Position of 2nd Vice-President RWTO/OERO

MOIRA-JANE PLEXMAN, *Burlington Branch, Area 12*

It is with the enthusiastic support of the Burlington Branch executive and general membership that I submit my candidate form for the position of 2nd Vice-President.

During my 30-year career, I embraced P.D., leadership opportunities, and developed excellent problem solving and communication skills. These skills were honed as a resource teacher, workshop presenter and administrator. I am also known for being well organized.

In retirement, I applied these skills to the roles of President of the Burlington Branch RWTO/OERO (2011-13) and Area 12 Director (2017-19). It was an honour to represent and engage with my five Area 12



Branches. I gained valuable insights from my Branch visits and discussions with my Branch Presidents. I actively participated on the Board of Directors where I was assigned to the Honorary Membership Committee and volunteered on the Constitution Ad Hoc Committee. In 2019 my Branch honoured me with the Cora Bailey Award.

In related experience, I served as President of Halton District 15 RTO/ERO (2016-17) and was awarded the RTO/ERO Distinguished Service Award in 2018. An article in the RTO/ERO Foundation Winter 2019 Newsletter highlighted my recent successful District fundraising initiative.

“Caring and Sharing” at the branch level offers members invaluable social and emotional support distinguishing RWTO/OERO from other groups. I am excited at the prospect of furthering the work of our organization as 2nd Vice-President.

Moira-Jane Plexman

JUDY DRUMMOND, *Lanark Branch, Area 9*

I would be honoured to serve the Provincial Board as 2nd Vice-President. I worked for 32 years as teacher and administrator and retired in 2002.

Branch:

I have been a member of the Lanark Branch for 18 years. I have been President, Insurance Convenor, Program Coordinator, Social Convenor, Communications chair and recently assumed the Treasurer's position. I am a recipient of the Cora Bailey Award.

Provincial:

2011-2015: Area 9 Director and served on these committees- Membership, Honorary Membership, and spent 2 years as Issues and Concerns Convenor writing articles for Connections.



2015-2017: Recording Secretary

2019-2020: Co-convenor Convention

Community:

I am active in the Agricultural Society: President, Judge of Home Crafts and Past Director of Area 9. A board member of Maple Vale Cemetery, organist supply, volunteer on monthly pastoral visits and run Judy's Catering Business.

In many of my volunteer committees, I have displayed good organizational skills in a leadership role and made great use of the computer.

With my outgoing personality and extensive experience on the Provincial Board, I am committed to continuing in the Provincial RWTO/OERO and would be pleased to serve as 2nd Vice-President. I live our motto every day, “Caring and Sharing.”

Judy Drummond

Insurance Matters

Volunteering is so important to organizations such as the Retired Women Teachers of Ontario! Often our volunteers are the unsung heroines that keep information flowing and events happening. Given our theme for this newsletter, this seems an opportune time to send a heartfelt thank you to every Branch Insurance Convenor and Branch President for your efforts to promote our very successful Open Enrolment Period this past fall. Due to the combined efforts spreading the word about this opportunity by your volunteer Provincial Insurance Convenor, Anne Wilde, and her assistant, Karin Mussen, Branch Presidents, Branch Insurance Convenors and the President and Executive of the Association, the RWTO/OERO Hospital & Home Care Plan and Personal Accidental Death & Dismemberment Plan had 718 new policies issued! Of these 718 policies, 229 spouses became insured under the plan. Congratulations and thank you very much for your efforts. We're still trying to slice and dice data, but I'm very happy to share this much information with you. Without our volunteers at the Branch level, I'm certain we would not have seen as successful a campaign as this was.

As tax time is quickly approaching, Manulife will be mailing out tax receipts for your Hospital & Home Care premiums paid in the 2019 tax year. These will be mailed to the address that Manulife has on file for you, so if you have changed address please be certain that you notify Manulife. If Manulife has an email address on file for you, you may receive an email from them

inviting you to register for their online portal where, if you wish, you can download your tax receipt instead of waiting for it to come in the mail. If for some reason you don't receive your tax receipt, please contact Terry Kennedy at tkennedy34@bell.net or by telephone at 519-583-0098 and request a duplicate. If you have your identification number (the Plan number is 17777C), you can also contact Manulife directly at 1-800-268-3763 to advise them of your address change and/or need for a duplicate tax receipt. You will need both the plan number and your identification number when speaking with the Customer Service Representative.

Insurance Convenor
Anne Wilde
905-774-8330
wildeanne.wa@gmail.com



Assistant Insurance Convenor
Karin Mussen
519-272-0629
kmussen.rwto@gmail.com



Manulife Financial 1-800-268-3763
Broker: Terry Kennedy
The Dolphin Consulting Group
(519) 583-0098 Fax: (519) 583-2876
tkennedy34@bell.net



To check your local Branch Web Page

- Go To: <https://rwto.org/branches/communication-convenors/> for information on what needs to be updated on your Branch Web Page.
- Send all updates to be posted to rwto cyberlady@gmail.com

Kathy Gallagher,
Website Convener





Goodwill

I love this job! It is a real joy and privilege to send birthday, Christmas and spring greetings to the “Over 90” members on your behalf.

From November to February, 91 birthday cards were sent. Special congratulations to our newest centenarians, Grace Hoshal and Rachel Kinch. An additional 16 members celebrated their 90th birthday and 8 ladies marked their 95th. An extra special mention is sent to Frances McCallum turning 105. Congratulations, everyone! You inspire us all.

During December, personalized Christmas cards were sent to our “Over 90” group with heartfelt appreciation to the “elves” who helped address envelopes. To my surprise, many of these members replied back with funny stories, anecdotes about their teaching days, and how important the RWTO/OERO organization has been to them. One member shared a joke that people her age weren’t old, but rather “chronologically gifted!” Another wrote “I’m 18 with 80 years of experience!”

Most ladies can no longer attend their local branch functions so maintaining connections with RWTO/OERO friends are important to them. I encourage our branches to keep in touch with your members as they love to hear about RWTO/OERO activities, to be remembered on their birthday, and to experience these happy memories. Please remember to share any changes with Linda Huffman, our new Executive Secretary-Treasurer.

Thank you to the dedication and determination of these unique ladies who created the foundation for our beloved RWTO/OERO. Their caring and sharing outlook still resonates with us today.

Nancy Bell,
Provincial Goodwill Convenor/
2nd Vice President
n3bell@rogers.com



Program

Attention: Branch Presidents and Area Directors

Although March brings thoughts of spring and renewal, it is also a time when things begin to ramp up for our Branch Presidents. With the fiscal year ending in March and the AGM/Convention in early June, a renewal of strength and energy is required for you!

As promised, and with the support of our new Executive Secretary-Treasurer Linda Huffman, you received your important Membership and Delegate lists. This was closely followed by my 2020 Convention

Bulletin. If you haven’t done so, I encourage you to print this document as it is full of important information to guide you in regards to ‘all things Convention’. I look forward to seeing you in June in Kingston as we celebrate our 64th AGM and Convention!

Judith Bennoch,
Provincial Program Coordinator
rwtoprogramcoordinator@gmail.com



Membership

Membership in RWTO/OERO is crucial to keeping our wonderful organization a vital part of our lives! Because we Care and Share and have fun together, we owe it to ourselves to practise our motto. As retired teachers, our lives have been spent giving to others and we know that we benefit by making someone else’s life more pleasurable. I challenge you to do two acts of caring and sharing this week - invite a teacher-friend for an afternoon visit...and wear your beautiful

Membership pin proudly on your favourite winter coat!

The Membership Committee invites you to submit “Feather in Your Hat” Award entries by March 1st.

Joyce Ratz,
Membership Convenor



Resolutions From The Board of Directors

BOARD RESOLUTIONS for 2020 AGM

Board Resolution #1 Sales and Materials Convenor

Be it resolved that Article VII Duties of Other Members of the Board of Directors, 5 Sales and Materials Convenor, The Sales and Materials Convenor shall: be amended with the addition of,

1. collaborate with Area Directors to track and manage distribution of Membership and Cora Bailey pins on an annual basis,
2. manage all aspects of the sales of RWTO/OERO pins and materials during the year and at a display at the Annual General Meeting and Convention,
3. maintain records of all sales and inventory, and
4. recommend purchases as required to maintain inventory and suggest new items for consideration.

Rationale:

At the 2019 Annual General Meeting, a resolution was passed to establish the appointed position Convenor-Sales and Materials to promote and manage sales of RWTO/OERO materials. This section describes the Duties of this position to be included in Article VII, Section 5.

Board Resolution #2 Appointed Committees /Convenors

Be it resolved that Article VIII Duties and Structure of Provincial Committees, B Appointed Committees/Convenors, 5 Communications Website Convenor, be removed and replaced with the following:

Communications Website Committee

The Communications Website Committee shall:

- a) be chaired by the Communications Website Convenor,
- b) be comprised of the Communications Website Convenor and members representing different areas of the province, duly approved by the Board of Directors,
- c) ensure the RWTO/OERO website is maintained and updated as required,
- d) support and assist Branch Communications Convenors.

Rationale:

- **Currently, the position of Communications Website Convenor does not have a committee. By creating**

this committee, the Communications Website Convenor would then have members to assist her with her duties.

- **Creating this committee gives non board members an opportunity to work on our provincial website.**
- **Creating this committee does not have any financial implications.**

Board Resolution #3 Duties of Other Members of the Board of Directors

Be it resolved that Article VII Duties of Other Members of the Board of Directors,

3 Communications Convenors, The Communications Website Convenor shall: be amended by the addition of a) and b) and renumbering of the current a) through d) to c) through f) respectively.

- a) chair the Communications Website Committee,
- b) liaise with the Webmaster and Communications Newsletter Convenor,

Rationale:

These duties apply to the Communications Website Convenor now that a Communications Website Committee has been formed.

Board Resolutions #4 Elections

Be it resolved that Article IV Organization, 4 Elections (b) "If more than one candidate is nominated for any position then a secret ballot shall be held. Election of these candidates shall be by majority vote of the delegates present at the Annual Meeting" be amended to read,

"If more than one candidate is nominated for any position then a secret ballot shall be held. Election of these candidates shall be by majority vote of the registered delegates at the Annual Meeting."

Rationale:

- **Adding the word 'registered' clarifies that the delegates have received their voting cards and are eligible to vote.**
- **Deletion of the word 'present' delineates that the majority vote shall be based on registered delegates who are in attendance at the Convention.**

Continued ►



Resolutions From The Board of Directors - continued

Board Resolution #5: Annual Meeting

Be it resolved that Article X Annual Meeting, 1 “There shall be an Annual Meeting of RWTO/OERO in June of each year” be amended to read,

“There shall be an Annual Meeting of RWTO/OERO in June of each year. Refer to the Voting and Election Procedures Handbook for details.”

Rationale:

A detailed Voting and Election Procedures Handbook has been created by an Ad Hoc Committee. Procedures for nominations of elected positions, voting, elections, et cetera are detailed in the handbook and can be referenced.

Board Resolution #6: Quorum

Be it resolved that Article X Annual Meeting, 3 Quorum “A quorum for the Annual Meeting shall be fifty percent (50%) of the registered delegates” be amended to read,

3. Definitions

a) Quorum

A quorum for the Annual Meeting shall be fifty percent (50%) of the eligible delegates.

b) Eligible Delegates

Eligible delegates who may attend the Convention are based on paid membership numbers for each Branch.

c) Registered Delegate

An eligible delegate becomes a registered delegate upon receipt of her voting card at the Convention.

Rationale:

Definitions are now clarified.

Board Resolution #7: Voting Delegates

Be it resolved that Article X Annual Meeting, 5 Voting Delegates, c “Each Branch is entitled to delegates according to the following formula” be amended to read,

“Each Branch is entitled to eligible delegates according to the following formula.”

Rationale:

By adding the word, “eligible”, the delegates entitled to attend the Convention is more clearly defined.

Board Resolution #8: Election and Appointments of Board Members

Be it resolved that Article X Annual Meeting, 8 “The election of officers and the appointment of the other members of the Board of Directors shall take place at the Annual Meeting” be deleted.

Rationale:

This information is redundant (see Article IV Organization, 4 Elections (a) Election of Executive Officers, (c) Election or Selection of Area Directors, and (d) Appointments to the Board of Directors).

BRANCH RESOLUTIONS for 2020 AGM

Resolution #9 (from Daisy Wilson Coldwater)

Be it resolved that Article IX, Branch Organization, be amended by the addition of 10

“Whenever possible, endeavour to ensure that RWTO/OERO Branch meetings and events take place in a location or facility that is accessible to all.”

Rationale:

We are an organization who cares about the well-being and needs of our members. We seek to retain our members as they age and their health, comfort and safety needs may require careful consideration when planning our events and activities. We strive to be inclusive and responsive to our members' special needs so we may all benefit from each other's participation in our organization.

Resolution #10 (from Daisy Wilson Coldwater)

Be it resolved that Article V Duties of the Board of Directors, 2 Board of Directors, be amended by the addition of f, “Whenever possible, endeavour to ensure that RWTO/OERO Provincial meetings and events take place in a location or facility that is accessible to all.”

Rationale:

We are an organization who cares about the well-being and needs of our members. We seek to retain

Continued ▶

our members as they age and their health, comfort and safety needs may require careful consideration when planning our events and activities. We strive to be inclusive and responsive to our members' special needs so we may all benefit from each other's participation in our organization.

Resolution #11 (from Windsor-Essex)

Be it resolved that Policy and Procedures RWTO/OERO document Appendix C 3 13 "Visit Branches at the request of the Branch" be amended to read, "Visit Branches at the request of a Branch. Each Branch is entitled to a visit by the Provincial President once every two years."

Rationale:

- **Presidential expenses for travelling across the province over a one-year period would be reduced, therefore this measure will be more cost-effective.**
- **There would be fewer restraints and challenges for the Presidents regarding travel conditions and timeframe.**
- **It would allow local branches a broader timeline to plan visits from the President.**

Resolution #12 (from Windsor-Essex)

Be it resolved that Policy and Procedures RWTO/OERO document section III, Finance Policies, 3 Fees, b Fee Rebates to Branches i "The annual Branch rebate per paid Provincial member shall be 25% of the membership fee, commencing with the 2008-2009 membership year. The rebate on the fifteen dollar membership fee shall remain at \$8.00" be amended to read,

"The annual Branch rebate per paid Provincial member shall be 40% of the membership fee, commencing with the 2020-2021 membership year. The rebate on the \$15.00 membership fee shall remain at \$8.00 for those members who retired on or before August 31, 1980."

Rationale:

- **Local Branches are facing the challenges of rising costs and operating expenses (e.g. Convention expenses/ Goodwill cards & gifts /Membership activities / Special Events: 80+ Tea / Archives / Office supplies / Luncheon venue deposits/etc.).**

- ** **The existing 25% rebate per member is a minimal return in assisting with actual costs per member.**
- ** **A minimal number of members/delegates are subsidized to attend Convention. The major work of RWTO/OERO occurs within the Local Branch.**
- **Promoting "Caring & Sharing" in our communities is a Local Branch priority demanding "time, talent and treasure."**
- **Rebates are guaranteed based on membership to provide monies for local expenses wherever needed. As local membership increases, Provincial also sees an increase in funding. Grants may or may not be forthcoming and their use is directed by Provincial.**
- **It has been ten years, established in 2008/2009, that the membership rebate was implemented at 25% as stated in the "Policies and Procedures" document.**
- **The amount of rebate is only defined in the "Policies and Procedures" document and not in the Constitution.**
- **Fundraising to increase membership for the purpose of generating revenue at the local level is increasingly demanding of time and energy due to the reality of an aging membership.**



Respectfully submitted by
Nancy Papiez
1st Vice-President

Note: Board Resolutions # 4-8 originated from the creation of a Voting and Election Procedures Handbook.

Celebrating our Branches - Dealing with Isolation Proactively

Area 1

Beaver Valley

As we age, the changes in our lives may impact negatively on our independence and socialization. Beaver Valley Branch has 21 members with about half of our ladies over 80 years of age. Proactively, we plan meetings or social activities monthly. Members who no longer drive are picked up and taken to events. We operate a week-long Art Camp in July. Members who volunteer to organize and supervise the campers' activities enjoy a week of socializing together.

Individually, our members volunteer in varied activities that include literacy, Bible studies, leading hikes, helping at Nordic ski races, nursing homes and hospital auxiliaries, autism awareness, Friends of the Library and "Grandma's Taxi". All of these endeavours involve satisfaction and often involve meeting new people.

Small town living offers easy socializing beyond RWTO events. Phone calls, lunch outings, dropping in for tea and attending local performances help ensure that members are not isolated. A 55+ Friendship Club offers weekly meetings with a variety of activities and speakers. It is essential that we effectively master our circumstances so that they do not totally master us.

Being aware of the changing needs of our members helps us direct our caring and sharing to decrease loneliness and isolation.

Ainsley Lewin, Branch President

Flesherton

The Flesherton and Area branch of RWTO/OERO consists of 24 members who meet eight times a year. Our meetings usually consist of a meal, some business and a guest speaker but we always allow for the most important issue, social interaction. Our branch is small, so we have a very close relationship with each other. Many have taught together or belong to the same other organization. Our meetings are usually held in local restaurants, church halls or a member's house. We also have a secret pal exchange where members send greetings, thinking of you cards and exchange gifts at the November/Christmas meeting. At our January meeting, we celebrated one of our member's 90th birthday. Many members conveyed best

wishes, brought cards and enjoyed cake. We also have had amalgamation discussions with another branch, Dundalk-Highpoint. The two branches joined together for a successful Christmas meeting with our provincial president as our guest. We are always interested in learning about a new service in the area, supporting our current teacher job action and encouraging young students, but the social interaction that occurs continues to be invaluable.

Nancy Strutt, Branch President

Dundalk-High Pt

Dundalk-Highpoint Branch is currently a very small branch with only a dozen members, but we are big on caring and sharing. We hold four meetings a year, giving our members the opportunity to get together,



enjoy a delicious lunch, and socialize. Each meeting has a focused charity/donation which supports the local community, recognizing the needs of women and children. We are determined to continue these efforts even when our membership is declining. Each year, monetary donations go out to our local schools' nutrition programs in the fall. At our Christmas meeting, donations are made to the Dundalk Christmas Cheer program, and we enjoy a delicious turkey dinner, shared with our neighbouring Flesherton Branch. One of our members shares her gift of music, and everyone joins in a lively Christmas sing-a-long. In the spring, we regularly support the Women's Crisis Centre. Finally, in June we enjoy a social meeting, a lovely boat ride and picnic, and provide Grade 8 graduation awards to two local schools. Many of our members also share

Continued ►

their time and talents to support community activities and organizations beyond their involvement in RWTO/OERO.

A number of our members are no longer able to attend our meetings, but we try to keep them abreast of our activities through sharing minutes of our meetings electronically and through phone calls. Those who need transportation to attend meetings are offered assistance. We reach out to our members regularly with cards, calls and friendly notes so no one feels isolated. We try to make a difference to each member in our branch by supporting one another in times of difficulty or illness. Our membership is a close-knit group - many of whom we have known throughout our careers. At Christmas, our Life Members and shut-ins enjoy a plant, a visit, treats, or a card.

Our membership has declined in recent years, leading us to move toward amalgamation with the neighbouring Flesherton Branch. This gives us the opportunity to broaden our social circle, meet more often, and reach out to new friends. Change is happening, and we embrace the opportunity to move forward. Together we are stronger!

Connie McInnes, Branch President

Owen-Sound

While pondering the theme of volunteering it became apparent that so many of our community volunteer organizations are populated by retired teachers. Our lovingly kept archival binders are full of photographic memories with descriptions of volunteer activities. The Children's Reading Hour was started and staffed by caring retired teachers to help children get through their difficult times. Hospital patients are greeted and guided to their appointments by smiling retirees. The welcoming faces of retired teachers greet family members at our local hospice.



Our local RWTO/OERO is made up of volunteers who give generously of their time to look in on those who are ill or do mending at our long term care homes. Enjoyable social events are planned throughout the year to bring people together for a summer potluck picnic and a full delicious Christmas luncheon. The luncheon is subsidized to ensure that all members can participate in this special time. Our retired women teachers definitely embody our mission of 'Caring and Sharing'.

Sue Loyst, Branch President

South Bruce

South Bruce RWTO members are exemplars of service in their communities and fill many important positions in hospital and church auxiliaries, horticultural and agricultural societies, refugee settlement committees and cultural groups. Many bring cheer to residents in retirement facilities or lead fitness classes and other recreational activities. Still others return to local schools as valued volunteers.

In recent years, several South Bruce members have received public recognition for outstanding service. SB treasurer, Carole Machan, began volunteering with Women's House in 1998 and has been faithfully doing the weekly grocery shopping for 20 years. Additionally, she is a director of the Kincardine Agricultural Society and is involved in the Kincardine Fall Fair.



For the past 25 years, former SB branch secretary, Lois Davey, has volunteered weekly at the Clothes Hamper, a store in Kincardine that sells donated gently used clothing and directs the proceeds to the Kincardine Hospital Foundation for the purchase of equipment.

In June 2019, Ann Collins received a Bluewater District School Board Award of Excellence for her volunteer work at Ripley-Huron Community School. Maintaining a close connection with the school she taught at and her children and grandchildren attended, Ann has helped in primary classrooms weekly for many, many years. She is pictured with Bluewater board chairperson and Trustee, Jan Johnstone.

Christine Roberts, Branch Secretary

Continued ►



Celebrating our Branches - Dealing with Isolation Proactively - continued

Warton

Volunteering at the present time and over the years has been the backbone of RWTO/OERO Warton Branch existence. Where would the Branch be if previous and present members did not volunteer to accept executive positions, be members of the phoning committee, do acts of goodwill, contact speakers/entertainers and fundraise?

Caring and sharing individuals continue to give their time to ensure that Branch members do not feel alone and isolated and that help is available. The fore mentioned are accomplished by: i) members calling the goodwill person to send a card or call someone who is ill, lost a loved one or needs cheering up ii) speakers/entertainers that address senior issues iii) members belonging to organizations and or attend senior summits/senior fairs that deal with senior issues and report information to the Branch iv) informative senior article(s) written in the Branch Newsletter.

For it only takes a moment to reach out to be a friend, but to the one who needs you, the memory never ends.

Marlene Davie, Branch President

Area 4

Brant

Very often at an RWTO meeting you raise your hand to ask a question

Only to find out that you are now in charge of

Leading a discussion, planning an event, organizing a get-together.

Undoubtedly you will recruit others, research and discuss

New and exciting, educational, stimulating and even FUN

Things to do that will get many to take part, reconnect with friends and

Enjoy a warm, inviting atmosphere where

Everyone is happy to be there and laughter and joy abound

Reinforcing the lessons learned long ago

In classrooms all across the province

No one is excluded - joys and sorrows are shared - friends reach out to friends

Giving and getting.....In Caring and Sharing

Joan Brent, Branch President

Haldimand

The Haldimand Branch of RWTO/OERO is in a rural area dotted with many small towns. Most of our members are actively involved in their communities through Senior Support Centres and local churches. Here are just a few of their volunteering activities: friendly personal or phone visiting, driving for appointments, Meals on Wheels, serving at or driving others for monthly senior luncheons.

Our members also look after one another. During the calendar year, the Haldimand Branch plans three luncheons and one tea. We look forward to reconnecting with our colleagues. Because we keep in touch and our communities are small, it is a simple matter to arrange drivers for the members that need assistance.

Our Goodwill Convenor sends birthday and Christmas cards to all of our members who are over 75. In addition, we have one convenor for each of our geographical areas. These volunteers are responsible for finding out who will be attending our luncheons. If a pattern of non-attendance is red-flagged, we delve into the cause of the drop off in attendance and try to find a solution.

Very rarely does the executive need to get involved. Our members really take care of each other. Recently when one of our colleagues developed Alzheimer's, she was able to participate in our activities for several years with the help of her friends. When this member needed to live in a retirement home, she missed playing Bridge. Her friends organized a Bridge game every month for the two years that she lived in that care facility. This is just one specific example of the many ways that our members look out for each other.

The Haldimand Branch walks the walk in regards to caring and sharing. We try to ensure no one is left behind or is forgotten.

Sandra Salerno, Branch President

Hamilton Wentworth

Our Hamilton Wentworth Members do all this, and so much more. I am truly amazed and proud at how a group of just under 300 women contribute so much, to so many, year after year. We have worked with over 30 different charities over the past decade. Be it financial

Continued ▶

donations at luncheon events, or collections of toys and books for CAS holiday giving. From giving of time.... to filling back-to-school backpacks, or volunteering in schools for reading and math tutoring, to time visiting our senior members in retirement and nursing homes. From searching out a community member in need through our special outreach program, to our knitting and crocheting group making hundreds of quilts, blankets and outfits for preemie babies. From donating clothing and accessories to The Prom Project for less fortunate students to access, to collecting winter coats and winter warm ups for The Tree of Hope Campaign. From supporting our Bob Kemp Hospice, to book sharing at our AGM. From hosting celebrations for our new Canadians at Citizen Court, to donating to our McMaster Geriatric Education and Research in Aging Sciences Organization. From donating eyeglasses to third world countries for the gift of sight, to supporting our local women's shelters. From their willingness to lead an interest group, to sitting at the Executive table. Volunteering is time well spent. It is the epitome of our motto "caring and sharing". While reaching our hands out to help others, we enrich and fulfill our own lives. Hamilton Wentworth Branch members you all have such loving and generous hearts. What treasures!

Lynn Anderton, Branch President

Area 7

Belleville

Belleville RWTO continuously strives to build its membership by inviting new retirees to join us for 4 delicious luncheons a year. These meetings provide social outings while supporting the charities that we believe are important to the lives of children. In October, our members donate to Adopt-A-Child which supplies winter coats for children in need. In December, we donate personal hygiene products to the Student Emergency Fund run by the Hastings and Prince Edward Learning Foundation. Many of our members actively volunteer with local associations, hospitals, schools, senior groups and at special fundraising events. Last year, our association began recognizing members who exhibit our motto of caring and sharing out in the community with other organizations. Each month we honour a different member. Volunteering, in retirement, is an extension of what we, as teachers, have been doing all of our lives. Caring for others and sharing our vast skills.

Lynda Rollins, Branch Communications

Durham North

Durham North encompasses a wide geographical area stretching from Beaverton to Uxbridge and Port Perry as well as Oakwood, Bobcaygeon, Lindsay and Little Britain.

In addition to our members volunteering as leadership within the RWTO/OERO organization, many are involved in community based organizations. We have members who work at local hospitals helping in the cafeterias, gift shops, and charity thrift shops. Members volunteer in schools, nursing homes and retirement homes and some share their leadership skills by joining Church groups and Community Care. We have members who volunteer to help run Girl Guide and Scouting Units. Others share their artistic abilities by making quilts and afghans that are donated to cancer patients and new mothers. Members are on Fair Boards and are actively involved in community theater, forging strong connections with youth and the community. Members volunteer their time to create summer camp opportunities and work at Animal Shelters and for food banks. Some members volunteer on committees and boards such as Museums (Lucy Maud Montgomery Museum Committee, Kawartha Settlers' Village), MS Foundation and Autism.

In addition to many of the "organized" volunteer groups, we have members who volunteer to help their neighbours and family members.

In Durham North, members are contacted via email and telephone to ensure that all members are aware of upcoming events. We attempt to schedule monthly events in which we encourage members to participate in, as well as bring guests. We encourage carpooling and we have some members who require transportation to get to events--and we make arrangements.

We have established Goodwill convenors who send cards to those celebrating special events or those needing a note of sympathy or cheering up. In addition, these ladies visit members at their homes or in hospital or arrange for another member to visit. We rely on the membership to let us know if there is someone who would benefit from our contact. We are fortunate that several of our members have strong community ties and often are in the "loop" with what is happening with our members. When we hear of someone's situation changing we are able to find a member who is able to reach out to a family member to offer assistance.

Continued ►



Celebrating our Branches - Dealing with Isolation Proactively - continued

Staying connected with one another is one of the objectives of Durham North!

Wendy Campbell, Branch Communication

Northumberland South Durham

Volunteering is hardwired into our DNA. In retirement we continue the mandate of our profession, to help. Whether we mentor childhood groups, like Guides, sing in church choirs, chair church counsels, fundraise for a charity, hospital or university, we give of ourselves as our hearts direct. We sit on the Executives of Lions, the Legion, RWTO/OERO and RTO/ERO. We entertain at retirement homes, deliver Meals on Wheels or are first responders for Victim Services. Our community involvement funds Air Cadets, Children's Aid, sponsors guide dogs and the Terry Fox Fund. We are in demand for our reliability, commitment and ability to solve problems. While we earn accolades for service, we volunteer to give back to communities, share our skills and empathy, and have an immediate connection with others similarly motivated. Within our branch, we have created a "Visitor" Position, a volunteer who, going beyond Goodwill, contacts members who have suffered severe illnesses, hearing their concerns and offering help.

Julia Esford, Branch President

Peterborough

Our Branch started the year off with a Walk-About-Meeting in September. To encourage new members, each interest group set up a "Booth" with an activity component to encourage interest in and share their activity. Groups included: Let's Do Lunch, Book Worms, Bridge for Fun, Merry Mattress Makers, Golf, and Theatre & Special Events. As well, a Booth was set up with information about our Insurance. This was an enjoyable meeting with a lot of participation and a great success! We also hosted an Open Insurance Enrollment Event and invited new and prospective members to attend. Several of our members received Trillium Volunteer Awards, one of which was for 40 years involvement with Peterborough RWTO/OERO! Our Christmas Luncheon was a great time for fellowship. Everyone enjoyed our Quarter Frenzy Activity in addition to our Carol Singing. We are looking forward to our Games Day, Birthday Bash and

our Annual General Meeting in May.

Esther Kampstra, Branch President

Trenton

Trenton & District Branch meets 10 times a year at various locations. This year our theme is "Women in Action". After enjoying a delicious luncheon members are treated to a variety of programs including presentations from The Children's Safety Village and COED (community based adult day program) and Adventures in the World of Geo-Caching. Our own members have shared their own musical, storytelling, and acting talents as well as leading us in Court Whist. Our annual Silent Auction (fall) and our lively Looney Frenzy (spring) both generate funds to support our charitable donations, COED and Toonies for Troops.

Our interest groups are varied and active – Book Club, Bridge (Monthly & Beginner), Potluck, Mat Making, Card Making & Trips. Our members do a great job of helping and supporting each other through phone calls, visits, rides to appointments and meetings.

Trenton Branch = Women in Action = Sharing and Caring in action!

Nancy Wickson, Branch President

Area 13

Lincoln West

The Lincoln West Branch is like a family that gives big hugs. We have our own email that links us directly to each other. Non- email members are phoned. If someone needs a ride to any meeting, all they have to do is ask. Members have maintained friendships with fellow retired teachers which keeps us informed of one another. Our Secretary sends meeting minutes to the over 90's. Our Goodwill team sends cards to ill members, sympathy cards and those who may need a 'pick-me-up' as well as staying in touch with the over 90's by phone. Members also send cards to members in times of need.

Lincoln West does not host interest groups, but we do support our members who do so much for our communities. Our unique location brings members together from several communities. As a group and

Continued ►

individuals, we donate time and make monetary contributions to our churches, community care centres, special interest groups, organizations, museums, libraries, special events supporting seniors and youth, etc.



Diana Bujas, Branch President

Niagara Falls

Many members of our Niagara Falls Branch exemplify RWTO/OERO's values of caring and sharing through service to our larger community. Some members enrich the lives of others by volunteering with the Greater Niagara General Hospital, the Trillium Gift of Life Network, Wellspring Niagara, the Coronation 50 Plus Recreation Centre, and Greycliff Manor. One member shares self-care and coping strategies with participants attending classes sponsored by the Mental Health Support Network of Niagara. Others serve with the St. John's Stamford Heritage Association or the Board of the Niagara Falls Public Library, while still others create quilts for Quilts of Valour, sew lap blankets for people with disabilities, tutor special needs children in reading skills, bake for community festivals, or participate in choral and little theatre groups. Many members also serve their churches or faith communities in various ways. Clearly, our members live the values that RWTO/OERO espouses.

Diane Ewen, Branch President

Niagara South

The Niagara South Branch, had a wonderful year of Caring and Sharing and having fun. We began in September with a welcoming lunch at the Friends Over 55 Recreation Centre. We recognized the contributions of our past president, Pat Davis and also presented Filomena Presti with the Cora Bailey Award.

We began our December festivities with a Make and Take Christmas floral arrangement at Vermeer's Greenhouses in Welland. Our members donated children's pyjamas and books which were gratefully received by our Niagara Region.

Our Spring event, held at Betty's Restaurant in Chippawa, was a joint meeting with the Niagara Falls Branch. After our meet and greet and enjoying a wonderful lunch we were entertained by Elaine, a Handwriting Analyst, from Toronto. Members marvelled at her expertise.

Our 2019/2020 year came to a close with a dramatic event as we were "Off to the Movies" at the Ridge Film House in Ridgeway. After enjoying a lovely lunch, we watched the movie complete with popcorn and other treats.

Lynn Millar, Branch President

St Catharines

There were so many opportunities and benefits bestowed on me by volunteers in the early days: Brownies, CGIT, Little League softball and a year in the hockey arena, to mention a few. Secondary teachers gave their time to coach me in basketball, badminton and volleyball. A multitude of life lessons were learned through these experiences. Toward the end of secondary school some of my classmates joined me in giving back by coaching community softball and supervising challenged youth at the RMC pool in Kingston. The rewards and experiences attained while engaged in these endeavours motivated me to follow a career in teaching. I have been fortunate through my career as an educator to work with and guide students involved in outreach activities such as Me to We, Thirty Hour Famine, Hurricane Katrina, Community Care, and March of Dimes. These students have given countless hours doing their part to make the world a better place.

About 15 years ago, my husband was afflicted with colon cancer. I am happy to report that he is still here due to: his desire to fight, support from family, excellent medical care, and the selfless hours given by volunteers from the Cancer Society. A volunteer arrived at our door every day to drive him to Hamilton for his radiation treatments which spanned over ten weeks. It is impossible to put a value on such commitment.

I took a few months to regroup after retirement, wondering how to fill my days. Eventually, with the encouragement of a friend, I continued my volunteer path at Folk Arts in St. Catharines, working with new Canadians. Fear was a huge factor in stepping

Continued page 17 ►



In Memoriam

<i>Name</i>	<i>City</i>	<i>Branch</i>	<i>Name</i>	<i>City</i>	<i>Branch</i>
Badger, Joyce	Orillia	Orillia	Gilbert, Kate	Waterloo	Kitchener-Waterloo
Belyea, Pat	Foxboro	Belleville	Goheen, Dorothy	Durham	Dundalk-High Pt
Berg, Eileen	Kitchener	Kitchener-Waterloo	Gonder, Doris	Etobicoke	Orillia
Black, Verna	Mississauga	Mississauga	Govis, Judy	Owen Sound	Owen Sound
Blakeman, Liz	Collingwood	Blue Mountain	Greenfield, Helen	Meaford	Beaver Valley
Bogdon, Margot	Cambridge	Cambridge	Greening, Betty	Sarnia	Sarnia-Lambton
Bond, Emma	Brockville	Brockville	Halaiko, Anita	Jordan Station	St. Catharines
Bond, Jess	Campbellford	Trenton	Hansen, Elizabeth	Metcalfe	Ottawa-Carleton
Boyce, Joyce	Ottawa	Ottawa-Carleton	Hause , Betty	Hanover	Flesherton
Brackell, Margaret	Ruthven	Windsor-Essex	Haw, Ruth	Orangeville	Dundalk-High Pt
Brand, Muriel	Picton	Belleville	Hefler, Kathleen	Deep River	Ottawa-Carleton
Brandt, Marjorie	Orillia	East Parry Sound	Hendry, Mary	Dundalk	Dundalk-High Pt
Bubna, Ann-Marie	Niagara Falls	Niagara Falls	Hughes, June	Orillia	Orillia
Buchler, Mary Lou	St. Catharines	St. Catharines	Jackson, Wendy L	Chatham	Chatham-Kent
Chapman, Ildiko	Toronto	Rendezvous	Jones, Eleanor	Oakville	Oakville
Charlton, Merle	Etobicoke	Rendezvous	Kanep, Viiu	Toronto	Mississauga
Churchill, Katariina	Mississauga	Mississauga	Keefe, Margaret	Brantford	Brant
Closson, Phyllis	Belleville	Belleville	Kelly, Florence	London	London-Middlesex
Crawford, Ruth	Peterborough	Peterborough	Krayetski, Pauline	Tottenham	Peel North
Cuff, Victoria	St. Catharines	St. Catharines	Lauder, Marion	Niagara-on -the-Lake	Niagara Falls
Currie, Beryl	Listowel	Listowel	Lazzara, Sarah	Bracebridge	Orillia
Davis, Betty Jean	Stratford	Stratford	Levey, Pauline	Sarnia	Sarnia-Lambton
Dick, Dorine	North York	Scarborough	Lewis, Edithe	Leamington	Windsor-Essex
Edgeworth, Eva M.	Burlington	Burlington	McCann, Colleen	Windsor	Windsor-Essex
Elford, Audrey	Ayr	Chatham-Kent	McKeown, Lois	Kingston	Kingston
Elliot, Marilyn	Bowmanville	Northumberland South Durham	McRoberts, Marguerite	Parkhill	London-Middlesex
Evans, Barbara	North York	Rendezvous	Michalski, Catherine	Camden East	Napanee
Ewen, Margaret	Elora	Guelph-Wellington	Middleton, Margaret	Bobcaygeon	Rendezvous
Fast, Helene	St. Catharines	St. Catharines	Milovanovic, Jeanne	Scarborough	Scarborough
Fordham, Donalda	Oakville	Oakville	Molnar, Joan	Strathroy	London-Middlesex
Georgeff, Frances	Windsor	Windsor-Essex	Morris, Eileen	Kincardine	South Bruce

Continued ►

In Memoriam - continued

<i>Name</i>	<i>City</i>	<i>Branch</i>	<i>Name</i>	<i>City</i>	<i>Branch</i>
Nobes, Kathryn	Kingston	Kingston	Siefker, Joyce	Jarvis	Haldimand
Norton, Ella R.	Sarnia	Sarnia-Lambton	Smith, Karen	Sarnia	Sarnia-Lambton
Oakes, Thelma	Gloucester	Ottawa-Carleton	Steel, Louise	Scarborough	Scarborough
O'Hara, Marie	Owen Sound	Owen Sound	Stewart-Schieck, Barbara	Elora	Guelph-Wellington
Palmer, Frances J.	Kingston	Kingston	Stroud, Hilda	Fort Erie	Niagara South
Parkhill, Geraldine	Owen Sound	Owen Sound	Taylor, Beth	Guelph	Guelph-Wellington
Poole, Doreen	London	London-Middlesex	Thompson, Carol	Mississauga	Mississauga
Proulx, Jeanne	Windsor	Windsor-Essex	Turner, Jessie	Sparta	St. Thomas-Elgin
Reeds, Kathy	St. Catharines	St. Catharines	Tye, Judith	Stratford	Stratford
Reid, Dorothy	Mount Forest	Palmerston	Vukic, Marija	Maple	Rendezvous
Robinson, Grace	Trenton	Trenton	Warnock, Nina	Sault Ste. Marie	Central Algoma
Romagnoli, Lillian	Beamsville	Lincoln West	Whicher, Joyce	Owen Sound	Warton
Rutherford, Jeanne	Etobicoke	Rendezvous	White, Diane	Trenton	Trenton
Sanborn, Beverley	Ridgetown	Chatham-Kent	Whiting, Jean	Brantford	Brant
Savage, Eileen	Fonthill	Niagara South	Wickenheiser, Ferne	Stratford	Stratford
Scanlan, Monica	Perth	Gananoque	Widdows, Ruth	Brockville	Brockville
Scott, Lorna	Waterdown	Burlington	Wieschkowski, Diana	Port Colborne	Niagara South
Shanks, Georgie	Gananoque	Gananoque	Williamson, Dorothy	Newmarket	Ottawa-Carleton
Shaw, Grace	Chatham	Chatham-Kent	Wilson-Shields, Catherine	Dundas	Burlington
Shaw, Marjorie	Owen Sound	Owen Sound	Woods, Marjorie	Owen Sound	Owen Sound

Celebrating our Branches - Dealing with Isolation Proactively - continued

out of my comfort zone. I wasn't sure if I was up to the task. This was untested waters. Would I be successful? Would I make a difference? During my five years at Folk Arts, I received positive feedback and encouragement from my new students and Folk Arts staff. More importantly, I was able to gain confidence, to gain deeper understanding of the difficulties facing new Canadians and to feel that my time at Folk Arts had purpose.

As I have said, "Volunteering has been essential to my life". There have been so many times that I have been blessed by the good works of others and I can only hope that I have made a difference in return.

Janis Harlos, Branch President



RWTO/OERO CONVENTION 2020

Kingston June 2, 3 and 4

"Cruising Down the Waters" in Kingston!

Areas 8 & 9 welcome YOU!

*Brockville, Gananoque, Kingston, Lanark, Napanee,
Ottawa-Carleton, Upper Canada East*

The Retired Women Teachers of
Ontario



Organisation des enseignantes
retraitées de l'Ontario

THE AMBASSADOR HOTEL & CONFERENCE CENTRE 1550 PRINCESS STREET, KINGSTON ON

Follow 401 to Kingston, and take exit 613, Sydenham Road. Head south to Princess St. and turn left. Hotel is on the right.

All rooms \$137.00 + 17.52% tax = \$161.00: Standard Two Queen, Single Queen, Business King, Whirlpool King

GROUP CODE: Retired Women Teachers of Ontario
1-800-267-7880 reservations@ambassadorhotel.com
Reserve before May 1, 2020.

A VERY SPECIAL TUESDAY!

In lieu of the usual evening program at the hotel, we will take a shuttle downtown and board the *Island Queen* Cruise Boat (capacity 250). We will enjoy our evening's food, refreshments and entertainment as we relax on a two-hour cruise and see the unique sights and heritage of the 1000 Islands region and the historic waterfront of Canada's First Capital City. Any who prefer to not do this cruise will be hosted for a meal at the hotel. Please indicate your choice on the form. The boat is wheelchair accessible on the first deck. (More detail about accessibility is available at 1000islandscruises.ca/accessibility.)

Further cruise details (e.g. transportation, timing, etc.) will be sent to those who have registered, or upon request from Judy Drummond.

CONVENTION WORKSHOPS TUESDAY - 3:30-4:30 PM

Workshop A: Let's Do PR! All about Membership

Leader: Hope Leon, Hamilton-Wentworth Branch

Workshop B: Our Hospital and Home Care Plan: All about Claims

Leaders: Terry Kennedy, Broker & Anne Wilde, Insurance Convenor

Workshop C: Tips & Resources for Treasurers

Leader: Suzanne De Froy, Treasurer, Windsor-Essex Branch

Workshop D: Zumba Gold! No experience necessary!

Leader: Trish Cammart of Zeal Fitness, Napanee

Convenors: Judy Drummond 613-275-1354 jjdrum@xplornet.com

Anne Graham 613-259-2207 annegraham2207@gmail.com

WEDNESDAY AFTERNOON TOURS

(Bus transportation provided)

TOUR 1 - Frontenac County Schools

Museum: Enjoy lunch at the museum followed by a tour of educational memorabilia from the early 1900's. A local school "marm" will greet, entertain and educate you as you return to the early days of education in Ontario.

Cost: \$50.00 (Maximum 25 people)

TOUR 2 - Amherst Island: Take a leisurely ferry ride to the quaint village of Stella.

Enjoy a delicious lunch prepared by the ladies' church group. Your guide will share the island's history as you pass sheep and dairy farms, visit a woolen shop, and encounter the many stone walls and fences constructed in the early 1860's.

Cost \$55.00 (Maximum 45 people)

TOUR 3 - Kingston Penitentiary: Lunch at the hotel will be followed by a tour of Canada's most notorious prison. You will visit the cell block, segregation range, main cell dome, recreational yard and more. Follow this with a walk across the street to the Penitentiary Museum where memorabilia from the prison is housed.

Cost \$65.00 (Maximum 30 people)

TOUR 4 - Staycation

For those not wishing to travel, enjoy lunch at the hotel followed by a presentation on "Getting A Better Night's Sleep". **Cost \$35.00** (Maximum 40 people)

Tour 5 - Downtown to Confederation Basin. Have lunch on your own, shop, enjoy the waterfront, take the free ferry to Wolfe Island, or maybe enjoy a ride on the hop-on, hop-off Confederation Tour Trolley to tour Kingston (extra cost).

Cost \$25.00. (Maximum 20 people)

(All tours are accessible, with washrooms at each site.)

Attend any University - No Tuition Fee!

Listener

A listener attends all classes, but does not complete assignments or tests – no grade is assigned or credit earned. Some students have eased their way into degree study with this option, subsequently applying for admission and enrolling in further courses for credit.

Auditor

You must satisfy the prerequisites for the course, register and pay applicable fees, but will not be required to complete assignments nor write the final examinations – no credit will be earned.

Senior (undergraduate degree courses)

- Must be 65+ by last day of course
- Enrol at the University
- Pay \$0 tuition fees
- Can be auditors or listeners
- There are no grades, coursework or degree



RWTO/OERO

RWTO/OERO Provincial Office
2736 Twelfth Conc,
Tecumseh, ON, N8N 2M1

**PM Agreement
40739021**