



# RWTO

**Here is a beautiful poem by Kitty O' Meara, who has a lovely take on our dealing with, and eventual recovery from, the COVID-19 pandemic.**

History repeats itself. Came across this poem written in 1869, reprinted during 1919 Pandemic.

This is Timeless....

And people stayed at home  
 And read books  
 And listened  
 And they rested  
 And did exercises  
 And made art and played  
 And learned new ways of being  
 And stopped and listened  
 More deeply  
 Someone meditated, someone prayed  
 Someone met their shadow  
 And people began to think differently  
 And people healed.  
 And in the absence of people who  
 Lived in ignorant ways  
 Dangerous, meaningless and heartless,  
 The earth also began to heal  
 And when the danger ended and  
 People found themselves  
 They grieved for the dead  
 And made new choices  
 And dreamed of new visions  
 And created new ways of living  
 And completely healed the earth  
 Just as they were healed.



# Greetings!

**Greetings** to all our RWTO members! Your RWTO Owen Sound and Area executive has been meeting 'virtually' to discuss tentative plans for the upcoming year. Of course, all planning is quite tentative at this time. However, we do want to keep in touch with all of you. To that end we are issuing some additional newsletters this summer. We are sharing our stories about what activities we are participating in these days and we hope to hear from you too.

**During** this time of social isolation I have discovered some beautiful walking trails. The 'Rail Trails' (old railway beds) are good for smooth walking and are bursting with greenery and summer flowers. On my walks I have come across beautiful wild flowers, the odd rabbit and fascinating water birds. Walking on the trails is a great way to stay active these days. Kayaking on our rivers and lakes is also a delightful pastime on these hot summer days. Rereading old favourites in my library and borrowing books from friends has helped me through many hours of self isolating. My first love is riding my horse. We are truly fortunate to live in an area of beautiful trails and many horse people share this passion.

**We** invite you to share your stories with us. Tell us what activities you are engaging in to help during these days of social distancing. We know many of you have very interesting hobbies that we would love to learn more about. Please share a picture of your activity or your garden. Send your submissions to [lauriejames@bmts.com](mailto:lauriejames@bmts.com) or 1400 13th Ave. East, Owen Sound, N4K 6L8

**Yours in Caring and Sharing**

**Sue Loyst, President Owen Sound and Area RWTO**



## There are ways we can keep in touch!

**Connie Morris** has just taken on the role of Area 1 Director, following the retirement of Shirley Greenwood from Flesherton. It is basically a liaison role between Branches and Provincial. The Branches in our area are Owen Sound, Wiarton, Dundalk High Point, South Bruce, Flesherton and Beaver Valley.

On June 22, all 13 Area Directors met on Zoom. Then, June 23 was a Zoom Post AGM Board of Directors Meeting.

It will be interesting to have a finger on the Provincial perspective our RWTO/OERO. The Provincial Website ([rwto.org](http://rwto.org)) has lots of information. The website is being continually updated and modified. Check it out and then go to Branches to see our site!

**There** is also a RWTO/OERO FaceBook page.....check it out, too! Be sure to join to keep in touch with those throughout the province.

**With** the current situation due to Covid19, we are learning to do business and pleasure a little differently! It has been hard on all of us to isolate and we must be careful as we start to increase our social bubbles. At this point, we are not sure when we will be able to meet in person again, and enjoy our delicious lunches at Georgian Shores. As lifelong learners, our creativity will be called into action as we try to stay connected and in touch. I'm sure your Owen Sound executive will come up with remarkable ideas!

**A** gentle reminder: Although not gathering together just yet, it is important to keep your membership fees current, especially to keep your insurance valid. September 1st is the start of our fiscal year.

**Connie Morris**  
**Area 1 Director**



it's time to  
**RENEW YOUR  
MEMBERSHIP**

# What have you been up to during Covid19?

**Connie Morris** has spent a lot of her isolated time cleaning up the brush and dead trees around her property. She was happy to have the burn ban lifted so she could get rid of her piles!! When unable to be outside, she was happy to sit in front of her sewing and embroidery machines. Among other projects, she completed a quilt to surprise her husband on their anniversary and made a new duvet cover for their bed.



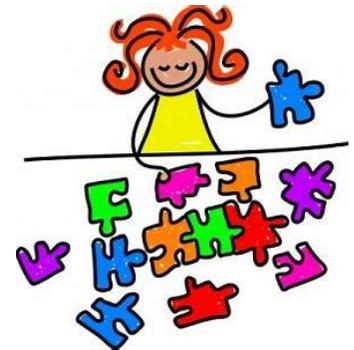
**New duvet...machine embroidered flowers**



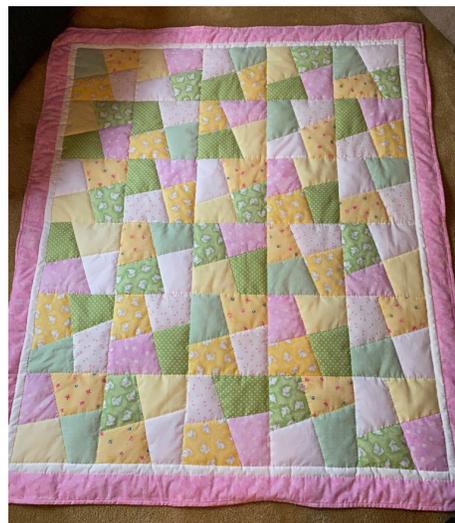
**Paul's anniversary quilt**



**Penny McKay** is working on her second jigsaw puzzle since Covid19 began. Here you can see her progress on her second puzzle. She told me that it passes the time and keeps one's mind occupied.



**Laurie James** has been quilting too. This is a baby quilt for the girl twin expected in September. The boy's quilt is in the making. Here are some of the face masks I have made for family and friends. The hospital gowns were made for our hospital. They asked to convert short sleeve patient gowns into long sleeve gowns by cutting up another gown to make the long sleeves. This was done at the beginning of Covid for the nurses to wear.



## COVID-19

*By Louise Dobson (April 8, 2020)*

In the year 2020 it came in the spring  
 A plague spread from China that changed everything  
 The corona virus called Covid-19  
 Put everyone in the world in quarantine  
 Government bodies closed down parks and schools  
 Diners, hotels, meeting halls, stores and pools  
No more could athletes on teams go and play  
 And most of the workers at home had to stay  
 Only the businesses crucial for us  
 Were allowed to be opened, the rest gathered dust  
 A call went to citizens. "Come home! Don't wait!  
 Go back to your country and repatriate!"  
 Sickness at sea grew like mould in a dish  
 To dock and go home was each passenger's wish  
 They felt like the guilty ones locked up in jail  
 Imprisoned just waiting for their health to fail  
Days turned to weeks with blank calendar pages  
 Being cooped up with the same people aged us  
 Hair grew out bushy, we all looked a mess  
 We stayed in our PJ's and didn't get dressed  
 The non-cooks got takeout or learned what to do  
 In the kitchen from internet sites that they viewed  
 Truckers kept trucking, the clerks checked out lines  
Police stopped non-household groups and gave them fines  
 Day after night after night  
 The frontline kept serving with all of their might  
 Churches weren't open but we sent a call  
 For divine intervention so life after all  
 Would go back to the way we had lived it before  
 But Covid-19 had changed us to the core  
 We'd self-isolated, spent time in our home  
Kept social distance, got quiet, alone  
 The lesson we learned from beginning to end  
 Was to value connection with family and friend

Thank you Louise. You are a truly gifted poet!

We forget that  
 waking up each day is  
 the first thing we should  
 be grateful for.

lessonslearnedinlifeinc.



**Please send me pictures and stories about what you have been doing during Covid19. We would love to see and hear what you have been doing during this time of social isolation.**

**[lauriejames@bmts.com](mailto:lauriejames@bmts.com)**