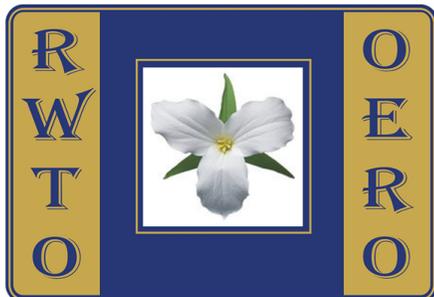


# CARING & SHARING

Retired Women Teachers of Ontario - Windsor-Essex Branch



## President's Message

As we continue to live in a time of stress and uncertainty we must also continue to work together to care and share as members of RWTO/OERO. It is important to communicate necessary information to all members as best we can. As your President I made it my mission to connect with all of you via phone, emails and now this Summer Newsletter. The times are different but the people are the same – warm and fun-loving, kind and giving, patient and courageous. Directing energy in a positive way using common courtesy, common sense and a common bond has been a common mission. Many members participated and volunteered in the very successful *Miracle Food Drive*. Members are providing food, masks and delivery service for other members and neighbours and are supporting local businesses in their community.

Adhering to health and safety guidelines has ensured a healthy and vibrant membership. A more tranquil lifestyle has provided new opportunities for growth and introspection. Now that closets are organized, wardrobes have been reassessed, new recipes tested, new routines established we are left appreciating the time afforded for these mundane but necessary tasks and can look forward to a new tomorrow relieved of some burdensome chores and prepared to begin anew. We have developed a new outlook on life. This pandemic has altered our lives in so many ways but it has not changed our RWTO spirit.

All members are receiving this newsletter via "snail mail" with an enclosed stamped addressed envelope to facilitate the return of the completed membership form & cheque. Please make your cheques payable to: **RWTO Windsor-Essex**.

A Branch Executive and Board Directory has been included in this newsletter. Your comments and questions are always welcome.

"May every sunrise bring you hope. May every sunset bring you peace."

In Caring and Sharing  
Linda White

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**Life isn't about waiting  
for the storm to pass...  
It's about learning to  
dance in the rain.**



To...

**Karen Clark-Lauzon**, Past Provincial President who was awarded an Honorary Membership Award for her outstanding service to Provincial RWTO/OERO.

**Windsor-Essex Branch members** who tied for first-place in Tier 1 for the Barbara Bain Membership Award (net increase in membership) and awarded \$400.

**Lynn Sulman** from the Chatham-Kent branch who became our new Area 3 Director.

**Nancy Papiez** from the Hamilton-Wentworth branch who became our Provincial President for 2020-2021.

## F.Y.I.

- Karen Clark-Lauzon, past Provincial President is now our new Branch Treasurer.
- Arlene Veitch, our past President has taken on the role of Membership Convenor.
- **The Fall Luncheon, unfortunately has been cancelled.**

## Membership Matters

While we are not able to meet as a group at this time, some of the vital work of our branch must continue in order to be able to function and start up our events in a timely manner when we are free and safe to do so. Part of that is creating our yearly budget and collecting membership fees for the 2020-2021 Membership year. In order to do that this year we need to collect your annual dues of \$50 a little differently than in the past. We are including a form and a stamped addressed envelope for you to forward your cheque to our Treasurer, Karen Clark-Lauzon.

**It is extremely important that members who have a RWTO/OERO Insurance Plan do not allow their membership to lapse.**

Please complete and return the membership form in the envelope provided or drop off to:

Karen Clark-Lauzon  
266 Ramblewood Dr.,  
LaSalle, Ontario  
N9J 3B3



As indicated in March *Connections*, the open enrollment period to purchase the Manulife Hospital & Home Care Plan and Personal Accidental Death & Dismemberment Plan was very successful with 718 new policies issued. Thank you to all who purchased and became insured under this beneficial plan.

I would like to remind members again to be sure you submit a claim if you have medical expenses that are applicable. If you have questions regarding this please contact Terry Kennedy at 519 583-0098.

On the claim form there is an Attending Physician's Statement to be completed by your doctor. Many members take their claim form to the specialist who performed their surgery which can cause delays. To make it easier, have your Family Physician complete the form instead of the specialist. He or she will have received reports from the specialist and will be qualified to complete the form with less delay.

Marilyn Harvey  
Insurance Convenor

## Issues & Concerns

This recent spell of hot, humid weather brought my thoughts to keeping hydrated. Anyone may become dehydrated, but it is especially dangerous for young children and older adults. Older adults have a lower volume of water in their bodies and may have health conditions or take medications that increase the risk of dehydration. You can usually reverse mild to moderate dehydration by drinking more fluids. Severe dehydration requires medical attention.

Dehydration occurs when you use or lose more fluid than you take in and your body doesn't have enough water and other fluids to carry out its normal functions. Thirst isn't always a reliable early indicator of the body's need for water. Many people don't feel thirsty until they are already dehydrated. That is why it is important to increase water intake during hot weather or when you are ill.

Some signs/symptoms of dehydration:

- dry lips or dry mouth
- headache
- dizziness
- less frequent urination/dark-coloured urine
- confusion
- fatigue

To prevent dehydration, drink plenty of fluids and eat foods high in water such as fruits and

vegetables. You need to drink additional water in hot or humid weather to help lower your body temperature and to replace what you lose through sweating.

Many of us have to be intentional about drinking enough water.

Here are a few tips:

- keep water by your bedside (very handy for a drink when thirsty during the night or first thing in the morning)
- when watching TV, drink water during the commercials
- when driving, drink water when stopped at a red-light (don't be a distracted driver!)

Infusion pitchers and infusion water bottles are great for adding flavour to your water. Almost any combination of fruit and fresh herbs will taste great. Some suggestions: strawberries, lemons, basil leaves, mint leaves, watermelon, oranges, limes, cucumbers, blueberries, pineapple, pomegranate, mango, raspberries, ginger. Give it a try and create your own favourite combination!

During this coronavirus pandemic, remember to eat healthy, try to stay active, get enough sleep, maintain physical distancing, wash your hands frequently, and STAY HYDRATED!

Stay safe. Stay well.

Ruth Molzan,

## Convention Report

The 64th. Annual RWTO/OERO Convention was a unique experience this year. There was no travelling to Kingston for the 6 delegates:

Anna Campigotto, Betty Lee-Daigle, Pat Desmarais, Val Luscott, Emy McBride and Linda White. A first-time ever online Annual General Meeting allowed us to sit in front of our computers and vote on 5 Provincial E-motions which included the Financial Report, the Budget Report, Committee Reports and Nominations Report. An on-line election for

2nd Vice-President was won by Judy Drummond. Nancy Papiez became our new Provincial President.

June 2021 Convention is scheduled for Sault Ste. Marie where this year's deferred resolutions will be presented to the membership for voting. Windsor-Essex submitted 2 Resolutions this year (see CONNECTIONS - March 2020).

Linda White, President (AGM Delegate 2020)

# RWTO/OERO Windsor-Essex Branch Board Directory 2020-2021

## Executive & Board

| Position                  | Name               | Phone #      | E-Mail   |
|---------------------------|--------------------|--------------|--|
| Honorary President        | Janice Murphy      |              | <a href="mailto:jmurphy26@cogeco.ca">jmurphy26@cogeco.ca</a>                   |
| Past President            | Arlene Veitch      | 519-735-0306 | <a href="mailto:veitarle@hotmail.com">veitarle@hotmail.com</a>                 |
| President                 | Linda White        | 519-969-7345 | <a href="mailto:rwto.oero.we@gmail.com">rwto.oero.we@gmail.com</a>             |
| 1st Vice-President        | Patricia Wales     |              | <a href="mailto:onefortune6@gmail.com">onefortune6@gmail.com</a>               |
| 2nd Vice-President        | Annie Rosella      | 519-966-0968 | <a href="mailto:annierosella123abc@gmail.com">annierosella123abc@gmail.com</a> |
| Recording Secretary       | Deirdre Palamides  | 519-944-6119 | <a href="mailto:mrspal@hotmail.com">mrspal@hotmail.com</a>                     |
| Treasurer                 | Karen Clark-Lauzon | 519-978-2834 | <a href="mailto:clarklauzon@gmail.com">clarklauzon@gmail.com</a>               |
| Insurance Convenor        | Marilyn Harvey     | 519-944-3481 | <a href="mailto:merniesch@gmail.com">merniesch@gmail.com</a>                   |
| Membership Convenor       | Arlene Veitch      | 519-735-0306 | <a href="mailto:veitarle@hotmail.com">veitarle@hotmail.com</a>                 |
| Issue & Concerns Convenor | Ruth Molzan        |              | <a href="mailto:ruthmolzan@yahoo.ca">ruthmolzan@yahoo.ca</a>                   |
| Goodwill Convenor         | Val Luscott        | 519-839-5128 | <a href="mailto:vm Luscott@gmail.com">vmluscott@gmail.com</a>                  |
| Newsletter Convenor       | Annie Rosella      | 519-966-0968 | <a href="mailto:annierosella123abc@gmail.com">annierosella123abc@gmail.com</a> |
| Website Convenor          | Kathy Gallagher    | 519-984-5963 | <a href="mailto:inniaudi@gmail.com">inniaudi@gmail.com</a>                     |
| Social Convenor           | Lowanna Closs      | 519-735-0403 | <a href="mailto:lowannacloss@gmail.com">lowannacloss@gmail.com</a>             |
| Archivist                 | Trep Marentette    | 519-727-5648 | <a href="mailto:trep28@hotmail.com">trep28@hotmail.com</a>                     |

## Committees

| Goodwill | Shirley Dicker    | 519-839-4666 | <a href="mailto:jddicker@hotmail.com">jddicker@hotmail.com</a> |
|----------|-------------------|--------------|--|
|          | Pat Desmarais     | 519-735-2314 | <a href="mailto:pdesmarais@cogeco.ca">pdesmarais@cogeco.ca</a> |
| Social   | Gayle Broad       | 519-984-9477 | <a href="mailto:slip1939@cogeco.ca">slip1939@cogeco.ca</a>     |
|          | Debbie Powell     |              | <a href="mailto:dedorky@hotmail.com">dedorky@hotmail.com</a>   |
|          | Genny Rudzinski   | 519-944-1420 | <a href="mailto:gennyrud@gmail.com">gennyrud@gmail.com</a>     |
|          | Anna Campigotto   | 519-978-0652 | <a href="mailto:campya23@me.com">campya23@me.com</a>           |
|          | Deirdre Palamides | 519-944-6119 | <a href="mailto:mrspal@hotmail.com">mrspal@hotmail.com</a>     |
|          | Rosemary Kyrliuk  | 519-945-8499 | <a href="mailto:rkyryliuk@gmail.com">rkyryliuk@gmail.com</a>   |

# In Memoriam



**Frances Orton**  
1935- February 15, 2020



**Mary Mason**  
1930 - March 7, 2020



**Antoinette Monette**  
1926- May 25, 2020

We extend our sympathy to the families of these three members. A donation of a children's book to a local public library will be made in memory of each of them.

**"One child, one teacher, one pen can change the world"  
- Malala Yousafzai**

## Remembering Our Members

As lifetime educators, with 'caring and sharing' as our motto, Windsor-Essex RWTO/OERO honours deceased members, given the family's assent, with a brief memorial service during funeral home visitations. An attempt is made to contact all members about the details of the visitation. A representative offers personal memories and brief reflections honouring her contributions. RWTO presents a memorial candle to the family and donates a book to a community library, in her name.

Then, once a year, during the Spring Luncheon, a moving memorial service honours all those who have died during the previous twelve months. A colleague, family member or friend carries a flower and lights a candle in her honour while a brief summary is read highlighting the individual's significant contributions to education and to the community.

Please contact Pat Desmarais at [pdesmarais@cogeco.ca](mailto:pdesmarais@cogeco.ca) or Linda White at [rwto.oero.we@gmail.com](mailto:rwto.oero.we@gmail.com) if you can add to this moving and meaningful ceremony.

Pat Demarais  
Assistant Goodwill



# Membership Form

## RWTO/OERO Windsor-Essex Branch

### September 1, 2020 - August 31, 2021

The Windsor-Essex Branch of the of Retired Women Teachers would be pleased to receive your membership for 2020-2021. RWTO is a great way to reconnect with friends and colleagues and to make new connections.

Please complete this form and send it along with your cheque of \$50 in the enclosed envelope by October 15, 2020.

**To: Karen Clark-Lauzon**  
**266 Ramblewood Dr.**  
**LaSalle, Ontario**  
**N9J 3B3**

**Please make your cheque payable to: RWTO Windsor-Essex**

The Membership Year is from September 1st to August 31st annually. New members may join at any time. Your Membership Card will be available at branch events or you may send a stamped, self-addressed envelope with your renewal form and cheque, and the membership card will be mailed to you.

The Membership Form can also be found on-line at (<https://rwto.org/branch/windsor-essex/>)

2020-2021                      Membership Renewal     New Membership

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_                      Postal Code: \_\_\_\_\_

Phone No. \_\_\_\_\_

Email Address: \_\_\_\_\_

Note: Email addresses are not distributed, but used for RWTO/OERO communications only. I understand that I may appear in photos posted on the RWTO/OERO Website (<https://rwto.org/branch/windsor-essex/>), in the Branch or Provincial newsletters or published in local media.

**Please check the box, if you wish to receive the Local Newsletter via email.**

(FYI: This will save on printing and postage.)

**The Annual Membership Fee for RWTO is \$50. Luncheon and special events are "pay as you go" costs.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date