

September 2020

R.W.T.O. O.E.R.O. NEWSLETTER



OAKVILLE BRANCH

“This is the time where we need to stay positive more than ever. The circumstances are terrible, the virus is terrible, but if we remain positive and change our perspective, we can find ways to overcome this. Once we reach the end of this tunnel, we are going to look back and be proud of the things we had done to help. Instead of thinking about our quarantine as a “prison” we need to see it as a gift. The gift of time; focus on the positive. We have been granted time to be with the people we love. I’m looking around and I’m seeing our community come together and help one another. People are helping elders with groceries, donating food/supplies, making masks and we as a community are going out of our way to help. This is a good thing, and we need to see it that way. There is absolutely no doubt in my mind that the coronavirus is going in the books. Years from now textbooks are going to cover this and the coronavirus will be history. Do you want textbooks to say that the people were faced with a challenge and they sank, or the community came together and found ways to help overcome it? The choice is yours.”



Forward this newsletter on to all of your retired teacher friends who are not members and invite them to join us. *Sharon J.*



**SURVIVING THE COVID-19 ACTIVITIES
LET US KNOW HOW YOU ARE DOING!
WE WOULD LOVE TO HEAR FROM YOU!**



Inside this Edition

Various Updates & articles:

President’s Message, Food 4 Kids, Celebrations, Poetry, Positive Thinking, HighLighting Members Social Distancing clubs, Summer Gardens, Insurance Updates

To enlarge photos or printing in this newsletter press ctrl and the + key together.



PRESIDENT'S REPORT

We enter the fall season this year with a completely different feeling than usual. Instead of looking forward to events that will happen, we are disappointed that they will not, however at the same time we are grateful that we had summer weather that allowed us to get outside often for walks and physical distance gatherings. I'm sorry to report that Deerfield Golf Club will not be offering any banquet service until spring at the earliest, so our October and December Luncheons are cancelled.

I encourage you all to continue reaching out to each other, whether it is Interest Group- related or otherwise. It really is important to stay in touch!

Our Branch will be making a donation of \$200 to the Fare Share Food Bank at Thanksgiving. This will continue our practice of sharing and caring, even if we can't meet.

Sadly we lost Elfriede B. in August to cancer. A donation of \$50 has been made in her name to Ian Anderson House.

Diane S.

Reminder to Members with RWTO Insurance If you take the RWTO insurance, you also must continue to pay your annual membership fees

The information collected by the Membership Committee will be used by RWTO Oakville Branch to create a database of members.

This database will be used to analyze membership trends, and to identify member interests.

It will not be sold, loaned, or provided in any way to any other individual or organization. Some information will be provided to RWTO/OERO Provincial. RWTO Oakville Branch publishes a newsletter, e-notices, and maintains an Internet Webpage. Under the Freedom of Information and Protection of Privacy Act (FOIPP) permission is needed to print/post images or information on our members.

If you have any objections to your name, picture, or member information being included on our website, e-notices, or newsletter, please contact [Leslie W.](#)

Phone Connection:

If you know anyone who is in hospital, in bereavement, or if you have time sensitive information please contact the President of RWTO Oakville Branch.

CHECK US OUT ON FACEBOOK— RWTO OAKVILLE

Email For Oakville RWTO -rwtooakville@gmail.com

For Information about the RWTO /OERO check out the following web link at Halton Community Database

<http://search.hipinfo.info/record/OAK3395?Number=0>

**STAY
HOME**



To enlarge photos or printing in this newsletter press ctrl and the + key together.



LUNCHEONS

Due to COVID-19 our October and December Luncheons have been cancelled. We hope to be able to meet together soon.

“Where are we going, Pooh?’ ‘Home, Piglet. We’re going home because that’s the best thing to do right now.” —A.A. Milne



Interest Groups

Contact Person & Days for Interest Groups:

- | | |
|----------------------------|--|
| Book Club | Third Monday -Frances Q. |
| Bridge Group | Second & Fourth Tuesday -First & Third Wednesday Maryellen L. |
| Out To Lunch | Day Varies -Maryellen L. |
| Garden Club | Contact- TBA |
| Movie Club | Contact- Ruth M. |
| Thursday @10 | Contact—Cathy D. |
| Tea Room Adventures | Contact- Diane S. |



Each INTEREST GROUP will decide if, how and when they will meet. Any suggestions or ideas will be greatly appreciated ! Please contact the chair person of each group with your suggestions.

FOOD4KIDS PACKING

October 14th and November 18th at 11:00 am
 4391 Harvester Road, Unit 3, Burlington
 Please contact Diane S. for more information.

INSURANCE MATTERS

Our Hospital and Home Care Plan is considered an additional coverage. For some things it will reimburse the percentage your initial plan (such as RTO or OTIP) did not cover. If that is the case you must have the receipt indicating how much you’ve already received before applying to the Hospital and Home Care plan. Keep all receipts whether you know they will be useful or not. In cases where you wish to claim the Patient Transfer Benefit, a Mobility Assistance Benefit, the Services of a Registered Physiotherapist or Assistive Devices Benefit plus Physician Validation Expense, it must first be recommended or pre-approved by a doctor. Remember that OHIP may pay some of the initial cost if you have proof that you are approved in advance for the rental or purchase of such devices as walkers, crutches, wheelchairs and ergonomic walking poles. Your receipt is required for reimbursement of any of the excess amount not paid by OHIP up to \$150 from our plan. For each illness or injury claim you must have your doctor complete the Manulife Attending Physician’s Statement form as found on <rwto.org> under Membership/Insurance. Your receipt for the completion of the Physician Validation Expense is required for each injury or sickness claim, up to \$50.

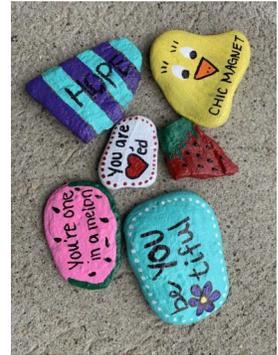
Ruth M.



I just finished sewing 45 kids' facemasks for my 8 grandkids in different sizes. I may attempt adult masks next. During this pandemic, I've re-taught myself how to sew. Been making tablecloths for Christmas etc. Wishful thinking I guess. Cathy D.



My milestone is that not only did I go KAYAKING on Cranberry Lake in Haliburton but my cockapoo Katey went too, without a life jacket, staying beautifully still and dry! Pat D.



Happy 60th Anniversary to Nancy and Bill W. August 26th

David and Sharon A mere 25th anniversary March 10th

Happy 55 Anniversary to Grant and Bev T. July 24th



On July 15th, Joan S. celebrated her 79th birthday



Laurie M., her husband, and honorary RWTO member, Bijou, celebrated Canada Day, on July 1st, with a boat ride on Stoney Lake.

CELEBRATING BIRTHDAYS

Due to the postponement of the October and December Luncheons, we'd like to recognize the following birthdays since our April newsletter:

August: Cathy Cuthbertson, Lynne Sullivan, Marjorie Julian, Geri Jackson, Linda Painchaud, Deb Hindmarch

September : JoAnne Oatridge, Joan Bowyer, Joyce Bauer, Kathleen Hunter

October: Aileen Thomas, Gail Cherrington





SURVIVING COVID-19

One of our members put pen to paper and composed a poem about exercising, during the pandemic. Lorette's 22-Minute Workout, From Angelica, on TV

by Lorette K.

I, Lorette, made a discovery,
It could be excellent therapy.
Angelica's 22 Minute Workout,
Very suitable for me, no doubt.

It's on every day, on Vision TV.
It's, "YIKES!", at 6:30 am, so I tape it.
Hey, it's just the right level for me.
'Cause I'm way overdue to get fit.

Day 1, Angelica was pumping the arms.
Surely, I could do that with no harm.
Hey, wait, wait, she's going too fast.
I must rewind to WHAT WAS LAST?

Day 2, Angelica manoeuvred the legs.
T'was a challenge to go on all fours.
"STOP THE TAPE!" my twisted body begs.
"Gotta wait till my breath restores."

Extend the leg, in, out, touch, and up.
"Wait, wait, wait, I'm no young pup."
Stop the tape, oh yes, once more;
Reaching for the remote, as I roar.

Puff, stop and go; puff, stop and go.
But managed this form of exercise.
Took me much longer, but hello, hello,
I will do it again, lest the willpower dies.



With back to school in progress and the importance of keeping our children/ grandchildren safe, I wrote a poem to share on childhood.

BECAUSE.....
Because I was a child
I see possibilities and I dream
Because I was a child
I love deeply and unconditionally
Because I was a child
I see beauty and wonder in nature all around me
Because I was a child
I am able to feel trust and give it freely
Because I was a child
I can feel joy in little things
Because I was a child
I know hope and the richness it brings
How lovely to have all this and more
Because I was a child!

By: Chris C.



enjoy the little things in life for one day you will look back and realize they were the big things

© WWW.ANDREIHO.COM

To enlarge photos or printing in this newsletter press ctrl and the + key together.



POSITIVE THINGS DURING COVID-19

Enjoying the slower pace of life instead of rushing here and there.



Have seen more birds, more butterflies (and more people keeping the Milkweed around for the butterflies) More walking and exploration of our neighbourhood

We have been wintering in FL for a few years and every winter, I say to my neighbours, when we get back and the weather is nice, we will catch up with a couple glasses of wine. Never happened. Not once. But with CoVid 19 boredom, we made it happen once restrictions were lifted. Every 2nd Friday @5, our neighbours in the crescent get together for Happy Hour with appetizers and drinks. It has been truly enjoyable to get to know one another. (Plus the food is pretty darn good.)

I have spent less money.

I entertained and got to know some of our RWTO members that I probably wouldn't have done in normal times. Enjoyed meetings in my backyard.

reading all the books that I've been saving for when I have time doing more gardening with my husband organizing and some decluttering

I planted seeds indoors, tended seedlings, planted a garden of vegetables & herbs, & have been harvesting & eating my home-grown (organic) foods!

I have bought very little, other than food, since shopping has been a miserable experience! Saving money, baby!!

My husband & I completed several projects (refinishing the deck & repairing its fence, refinishing a dresser, doing a small facelift in the kitchen, laying a floor in the en-suite, etc.) that we never seem to find time to do.

I sewed non-medical masks for family, friends & neighbours.

I've been instructing a twice weekly (socially distanced) yoga class! Staying flexible!

I've learned & used new technology.

I've cooked meals & baked everyday since March 16! Healthy food that's good for the body.

I've embraced Covid hair, nails & weight! But I'm saving money, baby!!

I've slept in, gotten up & gone to bed early, relaxed in my hammock & on my boat, watched nature unfold with the seasons, laid on the dock to watch the Perseid meteor shower, & revelled in solitude.

All these things, & the fact that me, my family & my friends have not contracted Covid19 & we have not suffered economic hardships, have ensured that I have put this time (which we will never get again) to good use.

I have been extremely fortunate.

WHEN YOU CAN'T FIND THE SUNSHINE, BE THE SUNSHINE!



Parents who home-schooled appreciating teachers more

Getting to spend more time with my daughter, who is working from home during this Covid-19. Plus she has a pool.:

If you look for positive things in life, you will find them



POSITIVE THINGS DURING COVID-19

We don't have to worry about doing laundry or putting on the dishwasher at certain times since the electricity is the same price all the time.

People brushed up on their sewing skills, making masks for people who need them most.



People are more friendly.

I got involved with making mask mate ear savers for donating to health care workers. That made me think that I was doing something worthwhile to help in fighting the pandemic.

Puzzles and [board games](#) became cool again and offered a much-needed break from our screens. There are even [games you can play over Zoom!](#)



IDEAS FOR KEEPING POSITIVE DURING COVID 19

Keep a gratitude list. Notice things you feel grateful for and write them down. Reflect on them when you're feeling low.

Set limits to the time you spend on problems instead focus on troubleshooting and finding solutions. If you notice watching the news or scrolling through social media heightens your fears about the virus over time, limit your exposure each day and find a balance that works for you.

Practice mindful breathing. Notice for a few minutes how you are breathing in and out. Keep coming back to noticing your breath when your mind wanders.

Be gentle with yourself. Treat yourself the way you would treat a friend. Watch for negative self-talk and putdowns. Replace them with encouraging thoughts.

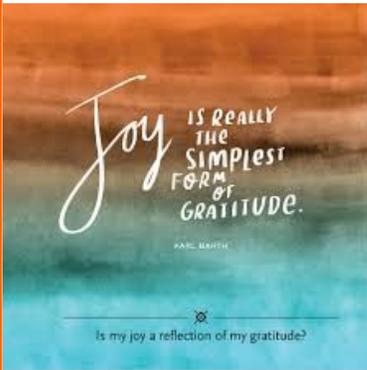
Shift from negative thinking. Try to catch those negative thoughts that can make things worse. Refocus using positive thoughts such as "I can do this" and "who can help me?"

Neighbours helping neighbours

Sure, [we might have gained a little weight](#), but we rediscovered our love for old hobbies like baking and gardening.



Having time to read 100's of books and enjoying it.



The RWTO Oakville Social Distancing club was formed. Thank you to all the ladies who were hostess and those who attended.



MEMBERSHIP

by Leslie W.

The Oakville RWTO/OERO strives to keep its current members enthusiastic and committed to the organization, as well as find ways to communicate to potential candidates the value of belonging to our group. As of August 2020, our branch was 59 retired women teachers strong, from the ages of 63 to 95 years young, full of caring and sharing, of fellowship and fun. We have 49 regular members, 5 associate members, and 5 life members. We may be small in numbers, but we're mighty in our commitment to our members and our community. We have a variety of interest groups, events, and tours for our members.

We are working on projects and financially support many charities in the community.

If you know of other retired teachers, please tell them about our wonderful organization of caring and sharing, of fellowship and fun, with its many interesting, exciting, and varied activities and events. Encourage them to come to one of our events. Send them the newsletter to get a feel for our organization. Or give me the information and I will contact them. Remember, you, our members, are our best spokeswomen and recruiters.



It was with great sadness that we lost two dear friends and members, Vera Mac. on May 20, 2020, in her 91st year, and Elfriede B., on August 5, 2020, beginning her 87th year. The celebration of their lives will be in an upcoming email.



Some members have made face masks, PPE (personal protective equipment), for family and for themselves, to help protect others from the spreading of Covid-19. Does one's new "normal", during this pandemic, make one feel like a masked bandit?



December Newsletter items due on Wednesday November 27, 2020

**If possible please submit newsletter items
in a Times New Roman Font Size 12**

Thank you

If you do not have a printer and would like a hard copy Oakville Copy and Print or Staples can print a hard copy for you. Just email them this newsletter. Thank you



HIGHLIGHTING MEMBERS

Lorrie I.

Come November 28th, true Canadian Snowbirds, Lorrie I., her husband, a good friend, and her dog, Brindi, pack up two vehicles and head south to their winter residence, which takes them about two days. They travel to The Villages (called TV) in Florida, 60 miles northwest of Orlando. Residents call it the Walt Disney for adults. It is a golf cart community which means they can drive in a golf cart to get groceries and gas, to shop, and to go to restaurants, bars, and the movies. There are many ponds in the area where one can spot all kinds of wildlife.

Lorrie, Dave, and Julie rent a two bedroom, two bath courtyard villa with a fenced in yard for Brindi, which is in an area called Spanish Springs. One can shop and go to the square that has nightly entertainment and a daily Happy Hour. Believe it or not, everything closes at 9 pm for the residents as they need to get to bed so they are able to get up early to start the day, participating in any number of activities. There is something for everyone: golf, bridge, euchre, bingo, tennis, pickle ball, lawn bowling, bocce golf (ask Lorrie about that sport), beading, mahjong, hockey, continuing education classes, dog obedience classes (Brindi passed Grade One but don't tell Lorrie that the classes were really for her, the dog owner!), and the list of clubs and sports go on and on. Lorrie learned how to play the ukulele in a club. We'll have to get her to entertain us with this newly learned musical instrument. The area has quite a few flea markets around, one being the Flea Market of Marion that boasts over a thousand vendors. They buy their fruit and vegetables there and love the mini donut stall. The residents have arts and craft shows where they sell their fabulous pottery, glass fusion, jewellery, paintings, cards, quilts, etc., at reasonable prices. Fabulous gifts for friends, family, and oneself. There are so many restaurants to try for lunch and for supper with friends...you never have enough time to do them all. I think Lorrie's favourite "club" was The Wine Social. A group of 10 friends met while playing pickleball and began hosting a Wine Social monthly, at various homes, where the food, drinks, and fun times flowed. Lorrie gets to celebrate her March birthday with the Wine Social ladies every year. To stay limber and get exercise, when they were in isolation during the pandemic, they made their own pickle ball net as the courts and activities were closed.

They often cruise as it is close to Fort Lauderdale. This year Lorrie and Julie did Key West and the Bahamas and Lorrie and Dave cruised the Panama Canal on the Island Princess Cruise ship. Covid-19 arrived and they were lucky to get off the cruise ship and go back to their villa to self quarantine. Lorrie and Julie had a timeshare week in Orlando and visited Epcot and shopped. The three of them and Brindi took a timeshare in St. Augustine and visited Old Town, shopped, and enjoyed the local cuisine. Lorrie's favourite memory was kayaking in the beautiful Silver Springs State Park where they spotted a manatee, monkeys, lots of birds, and alligators that swam towards them and beside them. There were alligators and even a baby one sunning on logs on the shore. They paddled for four hours and enjoyed going downstream with a great current. Along the way, they enjoyed a picnic lunch, but not where there were alligators! Lorrie, Dave, Julie, and Brindi stay in Florida for five months in order to avoid a drive home to Ontario in March's bad driving conditions with snowstorms. They have their villa till the end of April and take advantage of the extra time, waiting till driving conditions are good. Besides, who wouldn't want to stay in paradise for as long as one could!





HISTORIAN

As historian, I try to capture pieces of our present history, the essence of our branch, in digital form. I need your help in keeping me informed about what is going on with the branch members, the events, and the interest groups. Please send/lend me any articles, pictures, memory cards, etc. with a brief write up and a list of those in attendance.

I can come to you to get/transfer the pictures and information. Thank you.

"Archives provide a window to the past through which we have come. It is a stepping stone on which we can stand in the present as we continue to build our future. An archivist is a guardian of the past, as well as a collector in the present." As archivist, I collect, file, and preserve historical material relevant to the Oakville RWTO/OERO Branch and its members. Any newspaper clippings, photos, etc. about our branch and members would be greatly appreciated. Thank you.

by Leslie W.

SOCIAL DISTANCE CLUB

After four months of social isolation, the province began to slowly open up, allowing people to social distance, providing they followed the health protocols. **Social distancing**, also called "physical distancing," meant keeping a safe space of 2 metres (about 2 arms' length) between yourself and other people who were not from your household in both indoor and outdoor spaces. So, some members started the Social Distance Club to help members safely meet outdoors to socialize and enjoy the company and conversation of others. Thank you to Irene M., Pat De., Lorette K., and Diann R. for being such gracious hostesses and for trying to make sure as many of the members as possible had a chance to safely participate in the Social Distance Club! Members arrived wearing masks and didn't take them off till they were seated two metres from the others. Chairs were disinfected before the members' arrivals.





SURVIVING COVID-19

SUMMER GARDENS

.Due to the pandemic, groups have not been able to meet. However, the GARDEN Club has sent in photos so we can virtually enjoy the seasonal growth of everyone's gardens.



CRANKY GARDEN HOSE

By Lorette K.

I swear my hose has a brain.
Finding ways to cause me pain.
It loops and snags, and constantly
craves
To knock over plants, in domino
waves.

“NO, don't loop onto that flower.
I'll crank you out with all my
power.”

My dear garden hose, with a mind
of its own;
Only God knows why you make
me moan.

Did you have to create a knot
When I was far from that spot?
You are really, really cruising
For a strangling or a bruising.

Cannot neglect; watering yet to
do;

Cannot use you as an excuse.
Know this, the boss will not be
you

Just because I need a truce.

So, dear cranky garden hose,
Just when you think you've won
I'll defeat all those woes,
To prove that I'm not done.



To enlarge photos or printing in this newsletter press ctrl and the + key together.



**STAY AT HOME
STAY SAFE
STAY INSPIRED!**