



Hamilton Wentworth Branch

2020 November December Newsletter



Happy Halloween Everyone! It certainly was a spooky one! Do we go out, or don't we? Do we double mask? This is the scary face I wished to put on to "scare" away COVID! Did you know that originally it was turnips and potatoes that were carved into jack o'lanterns? Thankfully the weather was good. We were also treated to a blue moon! The last time we had a blue moon on Halloween was 76 years ago. It will not happen again until 2039.

Our Charity Drive Thru was well received. Besides the car loads of goods collected, we also collected monetary donations of \$635 in total for our charity groups. Thank you, ladies, for your caring and generosity. The charities were so very grateful. If you did not catch the article in The Ancaster News or Dundas Star, then check it out on line at www.hamiltonnews.com/news-story/10231002-hamilton-s-retired-teachers-hold-drive-thru-charity-event-in-ancaster/?

While we had to postpone our Free Outdoor Concert at the West Avenue Cider House, we do hope to hold it next spring. Unfortunately we have had to cancel our Celebration at the Station. We have used that same date to offer another Zoom workshop. These workshops are growing in popularity and those who have participated have been very complimentary about them. The ladies who attended the Oct. 7th Living Your Best Life Workshop with Bob Kemp Staff found it most informative and helpful. You do not have to have attended it to benefit from our Part Two session on Wed., Nov 4th. You can still register for this one, but send your rsvp quickly, before noon on Nov. 3rd. It's not too late!

Our postponed workshop with lawyer, Heather Watson, is now scheduled for Nov. 17th. Many of us have loved ones who suffer from dementia or Alzheimer's. Be sure to catch our Dec. 9th workshop for tips, supports and activities that you can engage in with them! Please think about presenters or topics that you would be interested in hearing about during our upcoming months of hibernation. Send your suggestions and ideas our way! We would like to have a flood of workshops to offer during our upcoming hibernation this winter!

So many of our interest groups have successfully found ways to continue to meet and enjoy their hobbies in a virtual way. Please be sure to check the many things that are happening! Or consider starting a new group? Interested in starting a genealogy group? Let me know.

We have included an article about the virtual visits with Emergency Room Doctors at St. Joe's. Here's hoping you never need it, but good to be aware of ... just in case. On that note, we are saddened to tell you that we have lost two of our members in the past two months. Our wonderful centenarian, Hazel Faris, passed away. We recently lost Avanelle Scherer as well. With the holiday season fast approaching, we know that you find ways to still enjoy and celebrate it. Make numerous phone calls to friends you have not spoken to in a long while. Perhaps it will be an on line or radio Christmas concert, rather than at your church. Perhaps there may be less physical gift giving and more charitable donations. I am planning to get back into holiday baking in a big way, with porch drop offs to family and friends. If I have not already gained my 19 COVID pounds, this coming season should do it! In the meantime, please, **stay safe, stay well, stay connected!**

Yours in caring and sharing Lynn Anderton

H-W's "Seventh Annual Special Outreach Project"

OUTREACH

I know that I have been missing not being able to get together at our luncheons and the wonderful conversations with everyone. Hopefully everyone is coping with this isolation and staying safe.

Please remember the charities that we normally give to by sending a cheque to your favourite(s).

Take care and stay safe.

Lynn Gillie



In keeping with RWTO's 'Caring and Sharing' motto, the Hamilton-Wentworth Branch of RWTO has established a 'Special Outreach Project'. Once a year, a deserving local cause submitted by one of our members, will receive a one-time donation of \$500 to help offset its financial needs. The donation recipient will be announced at the Friendship Luncheon.

Submissions must meet the following criteria:

- *be for a local recipient
- *be for an individual, family, or community project
- *be an immediate or ongoing financial need
- *not be a registered charity
- *be submitted by an RWTO H-W member
- *be received by **January 1, 2021**



Please use the form (attachment) that accompanies this newsletter.

For printed application forms or more information, contact:

Hope Leon (905) 528-2348 hleon@bserv.com

* Please be as specific as possible in detailing how these funds would be used by the recipient.*

Manulife Insurance

Members have been inquiring about a generator for oxygen. If the generator is considered "**necessary equipment**" the oxygen benefit will pay for the purchase, lease or rental of the oxygen and necessary equipment. With receipts, there would be a maximum of \$300.00 payable and the remainder might be allowed on the health portion of your income tax.

It would also be worth looking into the RTO or OTIP plan if you have it.

If you have any questions call one of the following:

Branch Convener Phyllis Macdonald: at 289 780 9220

Broker and Agent Terry Kennedy at 519 583 0098

Manulife Financial at 1 866 410 0550



Hamilton-Wentworth

In Memoriam



Hazel Faris

January 25, 1919 - October 13, 2020
Hazel was the most senior member of our Branch, and enjoyed reading our newsletters.



Avaneil Scherer

December 4, 1941 - October 16, 2020
Avaneil enjoyed the Euchre Club and attending our luncheon celebrations!

Please ...

Help us send cards to our members!

We have the contact information to send birthday cards to our "Over 90's", but perhaps you know of other special occasions, like special anniversaries, members' weddings, or events for congratulations!

We would also like to know about sending get well, sympathy, or "thinking about you" cards.

Please contact:
Anna Iskat

aiskat@rogers.com

(905) 575-5141

Carol Howe

Carol loves gardening and her gardens are impressive!



Carol is presently co-chair of the Trillium Awards of the Horticultural Society.

These awards are given out for the beautification of Ancaster. Recently, Carol appeared in The Ancaster News because she along with her committee judged over 280 front gardens in Ancaster this past summer!

Did I mention her gardens are impressive? Well, Carol has won 15 Trillium Awards, a prestigious Diamond Award, and has been a member of the Ancaster Horticultural Society for more than 25 years. She was honoured by receiving the Mayor's Award, which is the highest award from the society. Carol is a Life Member and is a candidate for the Ontario Volunteer Service Awards! Congratulations Carol, and wishing you many more healthy years of happy gardening!
Anna Iskat





Sunflowers another interesting tidbit.

Sunflowers  turn according to the position of the sun. In other words, they “chase the light.” You might already know this, but there is another fact that you probably do not know!

Have you ever wondered what happens on cloudy and rainy days,  when the sun is completely covered by clouds? Perhaps you think the sunflower withers or turns its head towards the ground. Well, that’s incorrect! This is what happens:

They turn towards each other to share their energy.   

Nature’s perfection is amazing. Now let’s apply this reflection to our lives. Many people may become low-spirited, and the most vulnerable ones, sometimes, become depressed.

 How about following the example of the beautiful sunflowers i.e. "supporting and empowering each other". Nature has so much to teach us.

Wishing everyone a "Sunflower"  trait of turning towards each other on their cloudy and gloomy days.

Spread goodness and it will come back to you.



zoom Workshops

Bob Kemp Workshop, Part 2

Wed., Nov. 4th; 10:00 am

To Register, RSVP to moe_richardson@hotmail.com by Nov. 3rd
Zoom link will be emailed to you on the evening of Nov. 3rd

Our members who participated in the Living Your Best Life workshop on Oct. 7th found it most informative and helpful. You do not have to have participated in the first part to benefit from Part 2.

Bob Kemp Staff will be discussing what you need to know about Advance Care Planning, and about legal forms.

Estate Planning zoom workshop

Tuesday November 17th at 1:00pm

Join us in a presentation from
Lawyer Heather Watson about Estate Planning
Q&A after her talk.

RSVP to moe_richardson@hotmail.com by Nov. 15th
Your Zoom link will be emailed to you on Nov. 16th
hwatson@agrozaffiro.com

Heather E. Watson is an associate lawyer at Agro Zaffiro LLP, focusing in the area of estates. Her practice consists of estate litigation, estate administration, and estate planning (which includes the preparation of Wills, Powers of Attorney, Trusts, etc.). She has appeared in Small Claims Court and the Superior Court of Justice. Heather enjoys working in estates and relishes an opportunity to answer questions or give talks about the importance of having an up-to-date Will and Powers of Attorney in place. She recognizes that clients need to be informed to make informed decisions.
hwatson@agrozaffiro.com



Enjoying the Holidays with Dementia Sufferers

Wed., Dec. 9th at 1:00pm

To Register, RSVP to moe_richardson@hotmail.com by Dec. 7th
Zoom link will be emailed to you on Dec. 8th

Diane Mulholland is joining us from the Alzheimer Society to share some ideas to help support family members or friends with dementia, and will address some of the concerns that can make holidays more challenging for people living with dementia. Diane will also share information about the programs and services that are offered by the Alzheimer Society of Hamilton and Halton. There will be an interactive presentation, with time available for questions.





EXECUTIVE CHANGES

Welcome, welcome, to Lesley DeVries who is joining our Branch Executive as a new Member-at-Large! It is great to gather new ideas and input!

A very large thank you to Marlene Buchanan, who is stepping down from our Executive. We appreciate your assistance and support over the last few years!

We do still have a couple of vacancies on our Executive if anyone else would like to step forward. Contact Lynn Anderton

. . . for further details! rwto.lynn@gmail.com



Celebration at the Station

Sorry
This Event
Has Been
Cancelled

Member Tech Support

Remember, if you require technical help to walk you through downloading and learning how to work Zoom, Trickster, or Caribu Apps, contact one of our Tech Team members!

Mardie Panabaker mardiepan@gmail.com 905-527-6075
Linda Sargeant rwto.linda@gmail.com 905-575-3831
Karen Kasik rwto.karen@gmail.com 905-385-2100



Any cheques that have been sent in for events are being held until decisions are made. None have been cashed yet.



Virtual ER Hospital Visits- FYI

If any of you tuned into the Hamilton Third Age Learning lecture given by **Dr. Greg Rutledge** on Oct. 21st, you learned some important info about what is currently available here in Hamilton.

Dr. Rutledge is in charge of Emergency medicine at St. Joseph's Hospital. You will be pleased to learn that every Long Term Care Facility in Hamilton is now partnered with an ER Doctor, so they can support residents within their facility via video calls and assessments where possible.

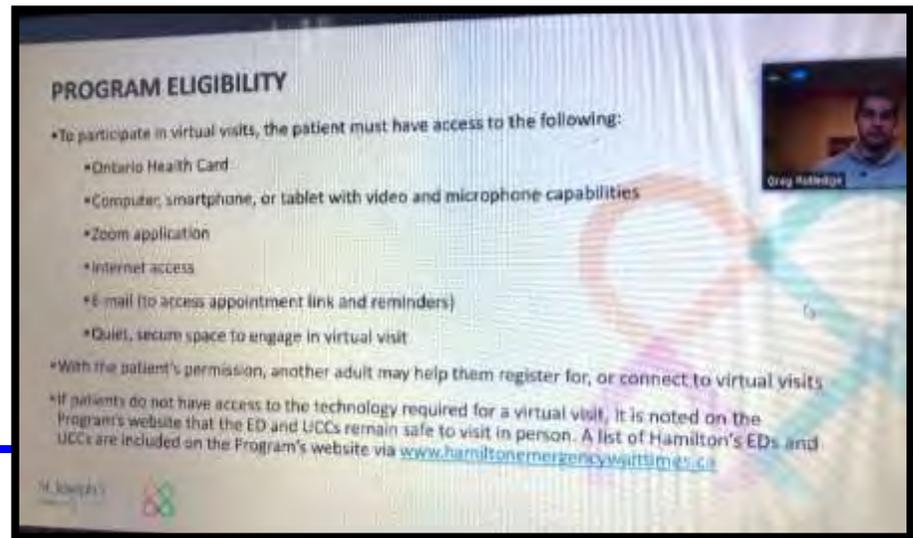
Also a great new system has been put in place for the public as well. **If you think you need to go to the emergency department,** you can email St. Joe's to **request a virtual video call with an ER DR.**

When you email www.stjoes.ca/emergencyvirtualvisits, you will be emailed a time for a 10 min video visit with an ER Doctor, who will listen to your query and guide you with what to do, whether that be the need to come in to the ER, or if they can support you over the phone. You must have the Zoom App on your computer or phone to be able to do this.

St. Joseph's Healthcare Hamilton's Emergency Department is offering virtual care for individuals 18 years of age and older with an urgent medical issue that is not life threatening. **You can now request a virtual appointment where you will connect with a physician through secure video chat** on the same day on a first come, first served basis, from **10:00 a.m. to 6:00 p.m., Monday to Friday** (excluding statutory holidays). See Step 1 below to find out if this service is right for you.

If you have a family physician, they should be your first point of access for care. A virtual appointment with an Emergency Department physician may be the right option for you if **you are having an urgent medical issue that is not life threatening and you are unable to obtain timely access to your family physician or you do not have a family physician.**

See the photo for Program Eligibility





Physically Distanced - Drop Off 'n Go!

RWTO - Community Outreach



THANK YOU
FOR YOUR
HELP!

Thursday October 22nd - 10am - 2 pm
Sobey's Meadowlands Ancaster Parking Lot
(area closest to Golf Links Road)

*It was great
to chat with our
members in
person!*



Toiletries for the Walk-in Hygiene Closet
at Cathedral High School

New - Toys Books Games & Crafts
for the Citykidz Christmas Drive

Winter Warm-ups & Coats for teens &
adults - Living Rock Ministries

Winter Warm-ups & Coats for kids
Eva Rothwell Community Centre

Food, Personal & Household Products
Neighbour to Neighbour Food Bank

Acrylic Wool (regular & baby) for our RW
Knitters creating charitable afghans & gifts

Cash or Cheque - Bob Kemp Hospice
(Children's Centre on memo line)

Cash or Cheque - SOCKS Canada
Support Orphaned Children - Kenyan Schools

Cash or Cheque - Scouts Canada
Funding for the local Camp!



This is the first time that our non-email members have heard about this event! If we do this again, we will try and have the info in a newsletter!

Perhaps we can try it again in the spring,
if we are still socially distanced at that time!
The Executive will discuss it at our next Zoom meeting.

Hey Kiddos! ... We did it!

Our first ever
"Drop Off & Go"
Charity Collection for
our community!

Our members, and a few folks from the area, dropped their items into our vehicles, which were lined up in the Sobey's Ancaster Parking Lot.

We sent 2 vehicle loads to the food bank, and also to Living Rock, and one vehicle to the other locations.

We also collected \$635 in monetary donations for the various charities!

AND ... an excellent news article appeared in the Ancaster and Dundas community papers. You can read it here!

Hamilton's retired teachers hold drive-thru charity event in Ancaster

[Kevin Werner](#)

Ancaster News

Sunday, October 25, 2020

If you can't hold your usual charity events during a pandemic, then what does an organization do?

The Retired Women Teachers of Ontario, Hamilton-Wentworth branch, turned to what is fast becoming a common method to navigate the coronavirus restrictions by collecting items using drive-thru donations.

Over a four-hour period Oct. 22, group members stood in the Ancaster Sobeys parking lot by their vehicles as drivers stopped, had a brief conversation and dropped off toys, food, money and many other items earmarked to various charities.

"Usually we have luncheons and different events all year, but we couldn't do that, so we decided to have a drive-by charity," said Linda Sargeant, past-president of the group. "Most of the people who are dropping by are our own members."

But Sargeant did notice other vehicles swinging by donating items after discovering the event on the group's Facebook page. She said the group held the drive-thru charity event in Ancaster because most of the membership live in the west-end of Hamilton, Ancaster, Dundas and Flamborough.

Vehicles had already left filled with food for Neighbour to Neighbour Centre. Other vehicles carried Christmas toys for the Children's Aid Society of Hamilton, toiletries for the hygiene closets at Cathedral and Bernie Custis high schools, winter clothes for the Living Rock Ministry and Eva Rothwell Centre, and monetary donations for Bob Kemp Children's Hospice, Scouts Canada — which is trying to keep its camps open — and SOCKS Canada Relief Organization for orphaned children in Kenya.

"The need is greater than ever," said Lynn Anderton, Hamilton-Wentworth branch president of the Retired Women Teachers of Ontario. "The charities are just thrilled. The charities have come to expect our support over the years."

She said the group rotates among 50 different charities over the years its members target for donation. "We try to help the community and offer support to our retired teachers," said Anderton.

During the pandemic, the organization, which has about 300 retired female teachers, has continued to offer Zoom encounters with members, reaching out especially to its elderly representatives, she said. To join the group, the two requirements, says Anderton, is that the person has to be female and was once a teacher. The group, the fourth largest branch among the 51 in the province, has continued to hold its 20 or so clubs in an effort to encourage socializing among members such as with book clubs, virtual museum tours, knitting, euchre and other activities.

"We are trying to do what we can," said Anderton.



MESSAGE BOARD



Art Appreciation & Tour News

Our group members continue to share interesting Links, photos and videos about various types of art.

It you wish to be a part of this group, just email
Lynn Anderton via rwto.lynn@gmail.com



Our **book
clubs** are keeping in

touch through Zoom.

Always fun to catch up with book club friends on zoom.

Book Club #1

In September, our group met, masked and distanced, in Sylvia's large backyard. Our ingenious hostess, proffered sanitized snacks, using a DIY pole and basket. Thanks for keeping us safe, Sylvia. Our book choice was Emma Donoghue's Akin, wherein a 79 year old newly-retired professor takes temporary custody of an 11 year old, streetwise, great nephew. This newly-acquainted pair travel to Nice on the professor's previously booked trip. Adventures abound.

Our October session was zoomed and we exchanged comments of a more serious nature about the book American Dirt. This is the story of a mother and son's terrifying and hazardous flight from a Mexican Cartel. Their long journey to the US involves walking long distances with other desperate asylum seekers, jumping onto the top of moving trains heading north and being preyed upon by Mexican outlaws. Was there a happy ending? Read it and see.



Bumper Babes Bowling

Bowling is still on hold due to the second wave of COVID. I hope our bowlers are all well and able to keep busy. I haven't given up hope that we will be able to go back again in the not too distant future. In the meantime, I'm working on my croquet game. Our weekly group plans to keep playing as long as possible and the way we play it isn't hard to keep socially distanced.



Card Making Group

Need a new creative outlet? Card making tutorials are located on YouTube and Pinterest. The one on braiding card edges is particularly attractive and not difficult to do.
Mardie

Virtual Euchre

Join us to engage in playing cards using an app called Trickster. We play in the safety of our own home without handling cards. By using your phone, tablet or computer camera you get to see the three others at your table and chat while you play! If not sure how to use Trickster, contact one of our tech team members. They will get you set up and practice it with you!



Euchre East

Well I guess we still can't physically get together, but let's try Trickster. That way we could play a few games and still see and talk to each other.

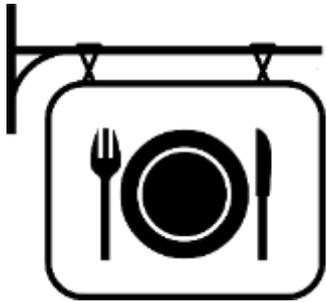
Dates: Thursday, November 12th at 1 pm
Thursday, December 10th at 1 pm
Missing your smiling faces and the laughter.
Lynn

Euchre West

Hope you are enjoying and getting those lone hands while playing Trickster Cards or on the Euchre apps!

Stay Safe and Well Jeanette and Donna

Lunch Bunch **Virtual**



Hello Ladies

Lunch Bunch usually meet the first Tues of each month. Since we currently cannot meet at restaurants in a safe way, we are sharing lunch virtually, by eating at home in front of our computer or tablet. With a zoom link, we can use gallery view to see and talk with our friends.

Contact Lynn Smith by 8:00 on the Monday evening before. Your zoom link will arrive to your email box by 10:00 on the Tuesday morning. We start at noon.

Lynne Smith ... lynesmith16@gmail.com 905-679-6639

Tues., Nov.3 noon

Tues., Dec. 1st noon

MOVIE GROUP

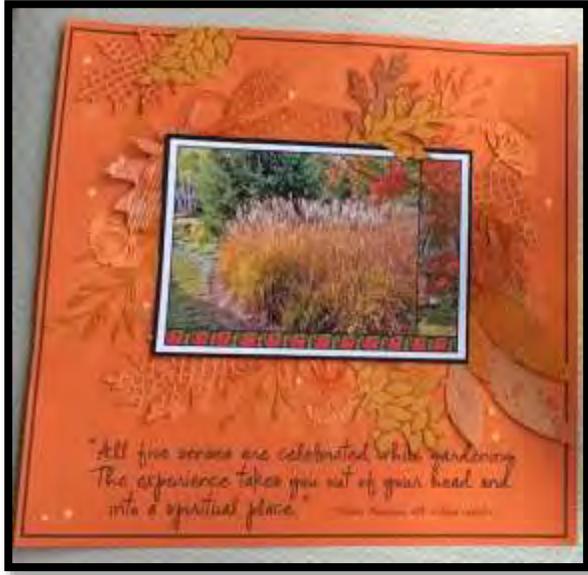


The movie members are continuing their monthly discussion of a movie, which each has watched separately at home. This photo is from the September discussion of "Bernie", viewed on the Library Kanopy movie site. Had we been on the jury, what would have been our verdict? Hmmm.

The October choice of 81 year old Scottish highland climber "Edie" was delightful and led to a discussion of adventures and coping with challenges. How timely.



Scrapbooking



Until we are able to meet in a physical location scrapbooking will be online using zoom.

At the beginning of each month a challenge will be sent out. On our regular meeting day we will virtually “show and tell” our results. The Scrapbooking group meets on the 3rd Tuesday of the month at 10:00 am.

Everyone is welcome. Contact: Liz Verrall verrall@sympatico.ca

Any member of RWTO is welcome to join us in our Zoom meetings to observe or take part. Please contact Liz Verrall so you may be included.



Bayfront Park Walking Group

The RWTO walking group continues to distance walk at Bayfront Park, Waterfront Trail to Princess Point. Meet at 9:30 am on Fridays. Just let Ann Louise Gloyn know you are walking by text or phone call, 289 921 0705. Or e-mail that week at alouisegl@gmail.com
Ann Louise Gloyn

One of the treasures we found on our walk. Thank you, Jennifer, for the photo.