



Hamilton Wentworth Branch

2021 January February Newsletter



Happy New Year to all! We are glad to see 2020 in the rearview mirror and hope better times are reflected in 2021. We are relieved to see the COVID vaccines have started to roll out before the year's end.

Optimistically, I hope that we will all have the opportunity for that big shot by summer! In the meantime, I pray that you all had a peaceful and reflective holiday season in a safe, socially distanced way with your loved ones.

Personally, I was so grateful to welcome the safe arrival of my first Granddaughter, Hayley Gracelyn, on Dec. 15th. So I enjoyed an extra special Christmas, to help overcome the difficulties of this year!

One of our RWTO goals is to support the women and children of the area. Our Branch is so wonderful in our philanthropic ventures. You are all so giving and caring! Thank you all for your positive support on the Executive's decision to make a \$2000 contribution to Hamilton Food Share. With a cash donation they are able to purchase food directly through suppliers and can manage to get \$5.00 worth of food for every cash dollar. So our donation gives them \$10,000 worth of buying power! If ever there was a time of great need, this is it.

With another winter of hibernation on the horizon, we are introducing two new charitable projects in which we can participate. Be sure to read the articles about **Soles 4 Souls** and **Purses for Margaret**. While you clean closets and clear clutter from drawers, watch for items you could use to fill gently used purses to donate to a worthy cause, as well as gently used footwear you no longer use. We will be collecting these at our Spring Charity Drive Thru (TDB). Also, we will be collecting eyeglasses and school supplies.

Please consider sending in photos of projects you are doing to stay busy, ways you are safely keeping connected and things you do with your interest groups. We would be thrilled to include them in our next newsletter. You may inspire others.

As things quiet down, please give thought to your fellow members. If you know of a member whom you feel has contributed much to our organization, please nominate them for a Cora Bailey Award. Write up a short nomination note and send it to Lynn Anderton via rwto.lynn@gmail.com by Jan. 31st. We still hope to be able to award last year's winners at an event soon!

Also, note that Hope is still looking for submissions for our Special Outreach Project, but the deadline was extended to Jan. 31st. So, if you have someone in mind, you can still submit their name using hleon@bserv.com.

Our Provincial Team is busy organizing a virtual Convention for June 1, 2 and 3rd, which will be attended by our Branch Delegates. There will also be many things for our membership to enjoy, including entertainment sessions! More to come in future newsletters.

A great thank you to all our Executive Members for keeping us rolling along! Our executive still has openings for those who would like to join in. We continue to meet via zoom. We are seeking a VP and a Recruitment officer. We also welcome those who would like to be a Member-at-Large.

Thanks to all of you who help out in ways large and small. Sometimes that funny email chuckle is just the thing I needed that day! It does take a village to keep a great organization like this thriving, and I am so grateful for each and every one of you!. So many of you are doing remarkable things to stay connected and to support the community, even outside our RWTO group. The best way to feel less isolated is to reach out and support others! We are resilient, we are strong, we are flexible, we are caring, we are RWTO!

Yours in caring and sharing, Lynn Anderton

Manulife Insurance

Due to a question from a member the other day, I thought I would take this opportunity to remind you of a few things. If you have benefits under an Extended Health Care Plan such as the RTO Plan or a spousal benefit plan, as well as the RWTO Manulife Plan, you can claim under both plans for those items that are also covered by Manulife. To coordinate benefits you would first submit your claim to your main insurance company such as RTO and when you receive your claim payment then you can submit a claim to Manulife. Remember to make copies of all receipts before sending them to your main insurance and to Manulife.

Any questions contact:

Branch Convenor

Phyllis Macdonald at 289 780 9220

Insurance Convenor

Anne Wild at 905774 8330

Broker

Terry Kennedy at 519 583 0098

Manulife Financial 1 800 268 3763



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

We are still looking for submissions for this wonderful initiative! In this time of need created by the pandemic, some of our members must know of individuals or families in need of financial assistance.

In keeping with RWTO's 'Caring and Sharing' motto, the Hamilton-Wentworth Branch of RWTO established a 'Special Outreach Project'. Once a year, a deserving local cause submitted by one of our members receives a one-time donation of \$500 to help offset its financial needs. (The application form is available on our website, <https://rwto.org/wp-content/uploads/2020/09/RW-Special-Outreach-Covid-2020-2021-1.pdf>) The donation recipient will be contacted by phone.

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 31, 2021



"Last Chance Reminder!"

Members.....if you know of a suitable candidate, please contact our Special Outreach Chair, Hope Leon by January 31, 2021. Thank you.

The Jan.1st deadline has been extended to January 31st!

hleon@bserv.com 905-528-2348

Christmas 2020 Poem - T'was a Month Before Christmas

T'was a month before
Christmas,
And all through the town,
People wore masks,
That covered their frown.

The frown had begun
Way back in the Spring,
When a global pandemic
Changed everything.

They called it corona,
But unlike the beer,
It didn't bring good
times,
It didn't bring cheer.

Contagious and deadly,
This virus spread fast,
Like a wildfire that starts
When fueled by gas.

Airplanes were grounded,
Travel was banned.
Borders were closed
Across air, sea and land.

As the world entered
lockdown
To flatten the curve,
The economy halted,
And folks lost their
verve.

From March to July
We rode the first wave,
People stayed home,
They tried to behave.

When summer emerged
The lockdown was lifted.
But away from caution,
Many folks drifted.

Now it's November
And cases are spiking,
Wave two has arrived,
Much to our disliking.

Frontline workers,
Doctors and nurses,
Try to save people,
From riding in hearses.

This virus is awful,
This COVID-19.
There isn't a cure.
There is no vaccine.

It's true that this year
Has had sadness a plenty,
We'll never forget
The year 2020.

And just 'round the
corner -
The holiday season,
But why be merry?
Is there even one reason?

To decorate the house
And put up the tree,
When no one will see it,
No-one but me.

But outside my window
The snow gently falls,
And I think to myself,
Let's deck the halls!

So, I gather the ribbon,
The garland and bows,
As I play those old carols,
My happiness grows.



Christmas ain't cancelled
And neither is hope.
If we lean on each other,
I know we can cope.

Shawna Hickling





Three ways older Hamiltonians can stay fit during a COVID winter

Marilyn Hill, 80, and Joyce King, 91, are Hamilton seniors fond of physical exercise.

Marilyn Hill is a member of the YWCA's 55+ Active Living Centre, where she'd participate in group fitness, line dancing, and square dancing classes. She has been staying active during the winter through the YWCA's online fitness classes for pilates, zumba and yoga.

Joyce King is a 90 year old fitness enthusiast who loves to bake and cook around the holidays, and intersperses her time in the kitchen with a little dancing to holiday music. She is a regular at the Ryerson Recreation Centre all year round.

But with in-person classes closed while Hamilton is in full lockdown, older residents will need to find other ways to keep up physical activity this winter. "We all seem to know and have done for years exercise that is really good for us," said Dr. James McKendry, a McMaster University post-doctoral research fellow in kinesiology. "One of the things we tend to be less aware of is how damaging physical inactivity ... can be." Thankfully, there are plenty of ways to maintain health right from home this winter.

1. Reduce Sitting Time

A McMaster study published in 2017 found that adults over age 65 who had fewer daily steps than 1,500 — about how much activity people would be getting at home during the pandemic — for two weeks experienced a drop in their insulin

by up to one-third, as well as a loss of up to four per cent of their leg muscle.

The dangers of physical inactivity can impact younger people, too, but it's easier for them to "bounce back." "It's much more difficult for an older individual to regain that lost muscle. It really is a case of use it or lose it," McKendry said. The World Health Organization updated its guidelines for physical activity at the end of November, recommending all adults get 150 to 300 minutes of "moderate to vigorous aerobic activity per week," including for people with chronic conditions or disability. The guidelines also recommended adults over age 65 perform activities which enhance balance and coordination and build muscle strength, to reduce the likelihood of falls.



RW member,
Marilyn Hill ...
a leader for us all!



McKendry recommends taking breaks between sitting to do some form of physical activity, like getting up to do the laundry for example. "Older individuals are likely going to be spending a little bit more time sedentary than younger individuals," he said. "Doing something is better than nothing, and doing more is likely going to have even further health benefits."

2. Find Exercises to do Around the House

While winter makes many people want to stay indoors, it also poses its own opportunities for exercise: shovelling. King bundles up to shovel snow off her double driveway, and sometimes does her neighbours' too. "I walk as much as I can," she added. "If it's slippery out there, I don't." She also likes dancing in her basement for at least an hour every week. But for those who'd rather not venture outside, Hill said she joins the YWCA's online fitness classes for Zumba, Pilates, and yoga classes. The city also offers free programming over the phone through the Seniors' Centre Without Walls, including social and fitness activities. McKendry said even simple activities around the house can help, like stair climbing or squats (mobility permitting), including for those working from home.

**Joyce King ...
91 years young!**



3. Eat Protein and Avoid Vitamin Deficiency

As far as food is concerned, McKendry emphasizes the importance of eating protein in the winter to protect muscles. It can be either animal or plant-based protein, he said, recommending 25 to 40 grams per meal — the equivalent size of one to two palms.

Vitamin D has become something of a hot topic recently since research suggests COVID-19 patients with deficiencies were more likely to experience worse effects of the virus. "For most people, avoiding deficiency rather than optimizing the amount is important, so just making sure you've got some vitamin D is definitely going to help," McKendry said.

He noted that besides going outside, some fortified cereals and dairy products may also be sources of the vitamin. He recommends consulting a doctor before starting any supplements.

**Would you like to try out some of the
free YWCA/YMCA fitness videos?**

Find a wide variety you can do at home
(chair exercises to fitness workouts)

Facebook

Search - **"YWCA Health & Fitness"**
on your Facebook App

Google - "YWCA senior fitness videos"



Hamilton-Wentworth

In Memoriam



Marlene Bohn passed away peacefully on December 30th, 2020 in her 87th year. This photo was taken in 2008 when she received our Cora Bailey Award for 14 years of service as our Branch Treasurer.

From the Ancaster News ... (a portion of the article)

NEWS

People who made a difference during COVID-19 pandemic: Ancaster's unsung heroes of 2020

By Kevin Werner Ancaster News
Monday, December 28, 2020



Thank you, Jan!



Both Ernest and Kobayashi are quiet about their community involvement – as are the majority of people who feel the need to contribute to make Ancaster a better place to live. But they are outspoken when praising the efforts of Jan Lukas.

“She just really empowers people,” said Kobayashi. “She works so hard.”

Lukas, who has a shopping list of awards, including the 1997 Ancaster Citizen of the Year, remains active throughout the community, including as a director on the Ancaster Community Services board, a member of the Hamilton Mundialization Committee, through her involvement with the Gandhi Peace Festival, participating on Hamilton’s working group on poverty reduction strategy, and as a member of Grandmothers of Steel and the Retired Women Teachers organization, to name some.

“If I can help anyone and make their lives just a bit better, I want to,” said Lukas. “I just try and do something for the people and community of Ancaster.”

Celebrating The Season!



Mary
Bradica

We hope you enjoyed a cozy Christmas, and are looking forward to the possibility of 'caring & sharing' in person in 2021!



Marilyn
Blight

Twice a year, we provide gifts for our "Over 90's & Shut-ins".

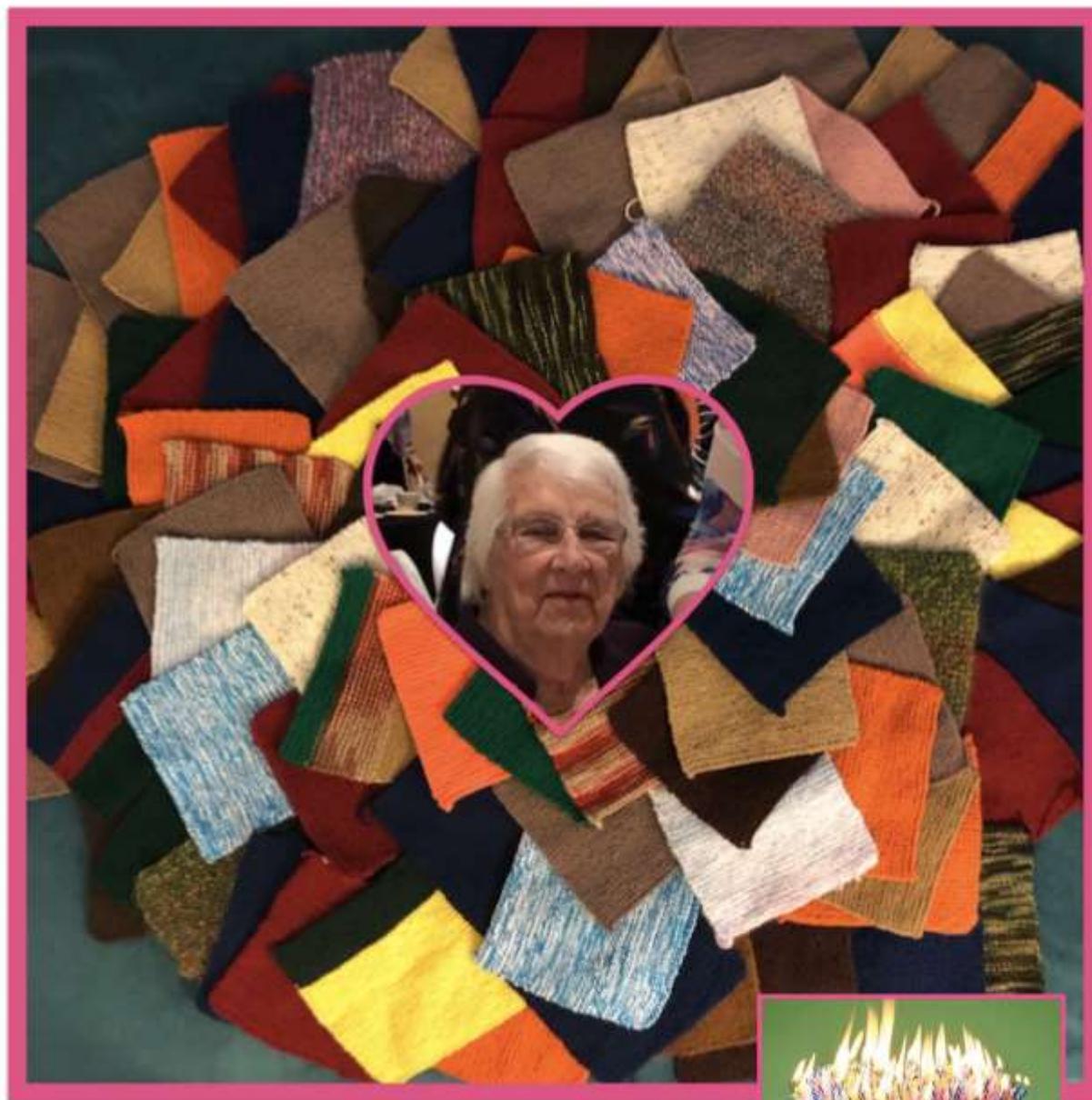
This Christmas, we hope they enjoyed their magic Poinsettia plants! Why were they magic? They lasted a long time, and did not require any water, or leaf clean-up!



Happy 99th Birthday to Hazel Broker!

Hazel, our most senior member, celebrated her recent birthday with a 'drive-by' party by relatives, friends, and members of Westdale United Church.

On her birthday, she gave RW enough knitted squares for our Knitting & Crocheting Group to make 5 donation quilts! There is one square for each year of her life!
Amazing!



Congratulations!

From the Stoney Creek News ... on your behalf, with thanks!



GENEROUS DONATION TO FOOD SHARE

The Hamilton-Wentworth Branch of the Retired Women Teachers of Ontario recently presented a \$2,000 cheque to Hamilton Food Share.

With Hamilton Food Share's ability to purchase \$5 of food for every \$1 it receives, the donation will be used to purchase \$10,000 worth of food staples for the Hamilton, Haldimand and Niagara regions.



Linda Sargeant photo

From left, Maureen Richardson, Linda Sargeant, Leah Serafini (Community Relations Coordinator, Hamilton Food Share), and Lynn Anderton (President, RWTO-HW) take part in the cheque presentation.

Stoney Creek News | Thursday, December 24, 2020



Socially Distanced - Drop Off 'n Go!

RWTO - Community Outreach



THANK YOU
FOR YOUR
HELP!

CHARITY DRIVE THRU

Spring Date To Be Determined

Sobey's Meadowlands Ancaster Parking Lot
(area closest to Golf Links Road)

Think
SPRING!!!

New - Purses For Margaret
for women at risk in Hamilton-Wentworth

Food, Personal & Household Products
Neighbour to Neighbour Food Bank

New - Shoes & Boots
for Soles4Soles Canada

Glasses, Sunglasses & Hearing Aids
Canadian Lions Eyeglass Recycling Centre
They have sent 5.5 million pairs of
glasses to 89 countries since 1996!

School Supplies
for Wesley Urban Ministries



Our Executive decided that we will participate in a **shoe drive** for a Canadian and international organization, **Soles4Souls**, by donating **shoes and boots** to be used in a variety of ways ...

- for people affected by hurricanes, tsunamis, fire, floods, earthquakes and disasters in Canada and around the world
- for people in need in Canada and world-wide – protect their feet from disease and damage
- for children in third world countries, allowing them to attend school.
- for women in third world countries who earn an income by reselling shoes at a fee that would seem small by our standards, but means the world in their situation.



Please put an elastic band around each pair, or tie the laces together!



SOLES 4 SOULS CANADA



Please ask your kids, friends and relatives to add to our collection!

Any type of shoes can be collected, children's, adults, runners, pumps, heels, slippers, flip flops, even a shoe with no mate!
Don't forget winter, hiking and rain boots!

Save them from the landfills! Put them to good use!
Soles4Souls Canada has collected over 750,000 pairs so far!

For more info check out www.soles4soulsCanada.org,

For our Spring Charity Drive Thru & next Social Gathering!

Thank you for this great suggestion, **Anna Iskat!**

Purses For Margaret Project

Here is a project we hope you will consider supporting during your winter lockdown. Many of you have a **gently used purse** or two which you no longer use. If not yourself, perhaps a friend has one to donate and would like to help. We are also collecting items to include in the purses.

We would like to **fill these purses with items to support homeless women**, women in shelters and those in need. See the attached poster for ideas - anything you have would be welcomed and appreciated by a woman who may have walked away with NOTHING!

If you choose to include a gift card, please place it in an out of the way and less visible pocket. No cash please.

These purses will be collected at our **Spring Charity Drive Thru**, and our next "Social Gathering", then passed on to the **Purses for Margaret Project and Hamilton Women's Shelters**.

One of our own members, **Pam Edgcumbe**, has been involved in this project for several years.

The charity was started after **Denise Davey**, a Hamilton Spectator Reporter, interviewed and reported on Margaret, a homeless woman. "The story followed me; I couldn't let go of it," Davy said. She decided to write a book about Margaret and the issue of homelessness, as well as launch a program to help other homeless women in the city - **Purses for Margaret**.

In just two years, "thousands (of purses) have been donated at this point," Davy said.

Gently used purses are collected and filled with toiletries. These are then distributed by **Mary's Place** in Hamilton, a women's shelter operated by Good Shepherd.

The success of Davy's program depends on different organizations partnering and preparing the handbags for those in need.

"We as a society need to get back to that place where we're horrified to see even one homeless person on the street," Davy said.

She noted that last year, Mary's Place had to turn women away 2,630 times because their facility was full.

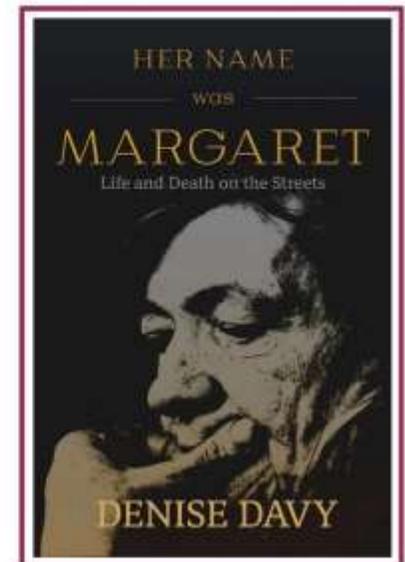
We feel that this charity certainly fits **our mandate to support the women and children of Hamilton**, and is a wonderful way to show our caring and sharing motto!



Lynn Anderton

Her Name Was Margaret: Life & Death On The Streets

by Denise Davy
will be in print
in February 2021



Purses For Margaret Project



For our Spring Charity Drive Thru
(date TBA)
and our next possible "Social Gathering"!

Pick a surprise or two if you have the space ...

Priority List

- only new personal items please
- small containers
(larger bottles are too heavy)

- Purse (gently used)
- hat
- gloves
- underpants and socks in a ziploc bag
- masks (ziploc bag)
- sanitary products
- brush / comb
- toothpaste / toothbrush / dental floss
- washcloth in a Ziploc bag
- soap
- shampoo / conditioner
- wipes / tissues

- gift card for pharmacy / food / coffee
- make-up / mirror / nail file / emery boards
- lip balm / sunscreen / sunglasses / hand warmers
- first aid kit / sewing kit / safety pins / matches
- chewable multi-vitamins / Tylenol / ibuprofen
- mini flashlight or headlamp / watch / safety whistle
- camping - rain poncho / emergency foil blanket
- refillable water bottle
- protein snacks / beef jerky / chocolate
- mints / cough drops / gum
- notepad / pens
- deck of cards
- ziploc bags / carabiner clips



We are collecting ...

- filled purses
- empty purses
- items to put in the purses

Let's go Online



Ladies, while we hibernate again during this winter lock down, here are some things you might enjoy doing on your computer:



For those who LOVE to LEARN, how about checking out . . .

Hamilton Third Age Learning <https://htal.ca/>

Hamilton Third Age Learning is a not-for-profit organization dedicated to providing opportunities in Hamilton for lifelong learning by its retired and semi-retired citizens. In collaboration with other local groups, it seeks to assist in developing Hamilton as an age-friendly city. Their intention is to offer programs that will allow the participants to listen to, and engage in discussions with speakers who are well informed on subjects of interest. Each year two series of lectures are provided.

Note: The series of 5 upcoming webinars costs \$50 for the set, but the 12 videos in their "Past Lectures & Videos Collection" are **FREE!**

Upcoming set of 5 webinars (45 minute presentations with 15 minutes for questions, on Wednesdays - \$50 for the set of 5)
Use the link above to register on their website!

2021

Jan. 20th – 1 pm – Sharron Johnston - Humour Your Stress & Documentary "Laughing & Crying"

Jan. 27th – 1 pm – Adam Nayman - History of Toronto Cinema

Feb. 10th – 1 pm – Chef Tyson Lambert – Valentine Recipes

Feb. 24th – 1 pm – Gabrielle Marceau – Motion Picture Censorship

Mar. 24th – 1 pm – Adam Nayman – Contradictory Morality & Humour of the Coen brothers' movies

Free youtube video presentations: <https://www.youtube.com/channel/UCtYY83U8b2dwtdCGY9xpwjw>



2020

- The JUMP Approach to Teaching Math
- Emergency Medicine In the Age of COVID
- Are We Approaching a Post-Antibiotic Era?
- Understanding 5G
- Fiscal Consequences of the Pandemic
- Democracy & China
- Becoming A Composer
- Adolescence and Mental Health

2019

- Doctors Without Borders
- The Impact of Pharmaceuticals in our Water Supply
- Current American Politics
- Brexit



For those who are looking for some exciting ENTERTAINMENT ...

CIRQUE DU SOLEIL.



Cirque Du Soleil

Due to the pandemic, Cirque Du Soleil filed for bankruptcy protection in June 2020. Bellagio Hotel & Casino in Las Vegas has uploaded their best Cirque du Soleil O Show on their website and we all can now watch it for free! Tickets for this show were between \$157 and \$460 + tax. This show is one hour and 30 minutes long! Click on the below link to watch and enjoy the show:-

https://arteconcert-a.akamaihd.net/am/concert/076000/076600/076634-000-A_SQ_o_VOA-STA_03416125_MP4-2200_AMM-CONCERT-NEXT_syEh1Kq24F.mp4



For the MUSIC LOVERS, here is a tip from Jan Lucas!



Songs for Seniors

FREE Virtual Concerts

Waveland, a nonprofit music organization in Canada, has received funding from the Red Cross to initiate their "Songs for Seniors" program, which are free virtual concerts that are put on exclusively for seniors across Canada by Canadian musicians.

They have reached out to C.A.R.P. in hopes of spreading the word that this virtual experience exists. They want to make sure this initiative is accessed by as many seniors, long-term care, and retirement homes as possible.

The concerts will take place every Monday and Wednesday starting December 30th for 12 weeks.

Details can be found by clicking <https://waveland.ca/songs-for-seniors-canadian-virtual-concerts>



For our TRAVELERS ...

Virtual Tours on your computer ... incredible!

21 Sites Offering Virtual Tours and Live Streams for Travelers Stuck At Home!

Here's A List of All the Virtual Tours You Can Take Right Now For Free!

<https://www.tasteofhome.com/article/free-virtual-tours/>



For our GAME PLAYERS ...

Did you know that there are many on-line games that you can play with friends? For example, you can play Euchre, Bridge, and Rummicub with your own friends by downloading the game and

sending them an email invitation to play. Your video and audio lets you see your friends and chat while you play





Mindbusting Fun Workshop

Just in time for Valentine's, join us for a fun workshop with humourist Duncan Young.

We had a hilarious time with Duncan at our Fall Harvest Luncheon in 2019! He is now doing virtual get togethers to offer his zany humour and mind strategies on line.

What a way to enjoy a good laugh with your friends!

Date: Thurs., Feb. 11, at 1:30.

Register with Moe by Feb. 9th via email; moe_richardson@hotmail.com,

Your reminder and Zoom link will arrive in your email box on Feb. 10th.

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



Financial Fraud Prevention Zoom Workshop

Please join us for a most informative session titled, "Protect Your Money",

with Chris Allum from the Ontario Securities Commission. During this pandemic, many people are concerned about their safety, health and finances and fraudsters are taking advantage of this situation.

Protect Your Money is approx. 50 minutes and covers:

- COVID-19 related frauds, warnings signs of fraud and tips to protect yourself.
- Working with a financial representative
- Available resources

Christine Allum is Senior Advisor, Investor Engagement and Stakeholder Partnerships in the Investor Office at the Ontario Securities Commission where she partners with various groups and organizations to deliver investor education and fraud prevention workshops. Prior to joining the OSC, she worked at the Toronto Stock Exchange. Her financial expertise includes adult training, curriculum resource development, relationship management and community outreach. Christine graduated from Ryerson University.

Register with Moe by Jan 20th via email; moe_richardson@hotmail.com

The Zoom link will be sent to you on Thursday.

Workshop: Fri., Jan 22nd at 10:00 am

MESSAGE BOARD



Art Appreciation & Tour News

Our group continues to share interesting articles about various types of artistic endeavours. Starting in January we are hoping to do a few museum and art gallery virtual tours on some Mondays.

If you would like to be a part of this interest group, but are not signed up yet, please email Lynn Anderton via: rwto.lynn@gmail.com.

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!

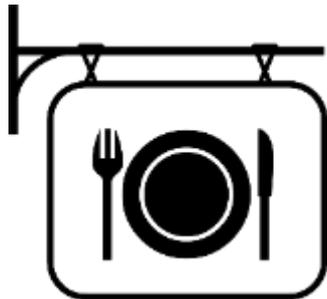


Euchre West

Hope you are getting that lone hand in the various Euchre apps and Trickster. We hope 2021 brings you happy moments and finds you Safe and Healthy.

Donna Moore and Jeanette Potter

Lunch Bunch **Virtual**



Lunch Bunch group can meet via a zoom call to see and chat with friends while enjoying a safely distanced lunch in their own home.

Email Lynne Smith by 6:00 pm on the Monday night to receive your invitation to the Tuesday Lunch Bunch Zoom!

Tues., Jan. 12th at noon

Tues. Feb. 9th at noon

lynnsmith16@gmail.com



our **book clubs** are keeping in touch through Zoom.

Many of our book clubs continue to read and meet over Zoom. If you do not belong to a book club, but would like to, contact Danielle Chouinard. There are clubs with spots available for new members.

Bear in mind though, Book Club # 1 is a hardy bunch! Or maybe they are all involved in a cryonic preservation project!

Book Club # 1 sent us this message via Sylvia Meyer:

Would you believe all 12 Book Club Retired educators ... ranging in age from 69 to 83 ...met in a park at below zero temperatures in this pandemic Tuesday December 9th?

We enjoyed hot chocolate from Tim Horton's while discussing Christmas Books ... and other things best not described ... lol ... often trying to guess who is who when masked. Regards, Sylvia

RWTO Book Club #1

This group has been active for over 20 years. In December, we braved the cold to meet at a pavilion at the Dundas Driving Park. We were masked, distanced and outside. Liz Verrall provided hot chocolate and various members shared Christmas cookies. We discussed Christmas books and movies and enjoyed being in each other's company. Meeting in person was such a treat.

Our book choices for the months of January to May include: *Eleanor Oliphant Is Completely Fine* by Gail Honeyman; *Camino Winds* by John Grisham; *The Book Woman Of Troublesome Creek* by Kim Richardson; *Lone Wolf* by Jodi Picoult; and *Marcel's Letters* by Carolyn Porter.



Me - the fully masked one



Crazy times—What an uplift though!



True North Strong and Free

Card Making Group / Scrapbooking

For the month of December the **Scrapbooking group** and the **Card Making group** met together to exchange Christmas Card Kits. This was done very safely and at a distance at the Dundas Driving Parking. Thank you to Debbie for bringing hot chocolate. Two weeks later we met on Zoom to complete the card kits and to chat amongst ourselves. It was a very productive event with both groups working together.



Scrapbooking resumes on the third Tuesday of January at 10am via Zoom. Contact: Liz Verrall verrall@sympatico.ca

Card Making resumes on the fourth Thursday of January at 10 am via Zoom. Contact: Theresa Linger talinger@yahoo.com

RWTO Virtual MOVIE GROUP



We watch free movies that are available on the Hamilton Public Library sites called Hoopla and Kanopy. We then Zoom to discuss them as a group.

In December we enjoyed the film, "Black or White". It is the story of a grandfather (**Kevin Costner**) who is suddenly left to care for his beloved granddaughter. When her paternal grandmother (**Octavia Spencer**) seeks custody with the help of her brother (**Anthony Mackie**), the little girl is torn between two families who love her deeply. 🐾 🐾 Next month, "Monsoon Wedding" is the film of choice.

Weekly
WALKING

Bayfront Park Walking Group

We continue the Friday morning Bayfront walk even in the winter! Join in for a walk with distancing, either going on the Waterfront trail to Princess Point or doing the loop. Don't be afraid, because you can choose to stop at any time. Just let me know by text message at 289 921 0705, or email alouisegl@gmail.com that you are interested in coming Friday for 9:30 am. Ann Louise Gloyn

COMMUNITY



This page contains

A community event which may be of interest to you.

Take a look!

You may also have a community event or announcement that you would like to advertise in this newsletter.

If so, please email your information to rwto.patty@gmail.com

Patty Alexander Communications

LIVING ROCK YOUTH RESOURCES PRESENTS
SOUPFEST 19th Annual
Jan 29-Feb 15
2021
SUPPORTING YOUTH & LOCAL RESTAURANTS

PARTICIPATING RESTAURANTS

burnt tongue, radius low local, ROYAL BOTANICAL GARDENS, STATE MAIN, TAYLOR'S, TWO COUGARS, MARIO'S TORTAS, THIRTY CACTUS, WEST PLAINS bistro, livingrock.ca

Soupfest will look different this year but we can guarantee it will be just as tasty! Head out and support these local restaurants by buying their Soupfest Signature Soup from January 29 until February 15, 2021. You will have the opportunity to vote online.

Thank you for stirring up support for Living Rock and the participating restaurants.

<https://www.livingrock.ca/soupfest>