



Chalk Talk Feb. 2021

RWTO/OERO London-Middlesex Branch Newsletter

Website: rwto.org/branch/london-middlesex

Editor: Janice Thielenhaus

A Message from our Co-Presidents: Sandy O'Brien and Vera Rowland



Although we cannot gather together in our communities during these difficult times, we continue to reach out, by email, by phone, by mail and virtually. COVID has caused us to expand our skills and dip our toes into the well of technology. In April we began experimenting with Zoom for our Executive meetings. Thanks to a grant from Provincial, as part of their COVID support, we purchased an expanded Zoom licence so that we are able to meet virtually with most of our members.

We ventured into our first virtual All-members' meeting in October, and followed that success with a second meeting in November, in lieu of our luncheons. Participation has grown from 38 to 58 members. Hopefully, more of you will join us in the future.

In October, Glen Pearson, Co-director of the **London Food Bank**, shared how his organization is co-ordinating food - hot meals to the homeless, greenhouses, etc; and monetary donations to the various support services in the city.

In November, Allison O'Connor, Director of **Dreams Come True Music Studio**, spoke to us about her futile search for a music program which *included* and *nurtured* those with "different abilities". To fill this void, she formed a choir for these individuals and their support personnel/volunteers. We were all deeply touched by the video Allison shared of a past performance by this choir. There wasn't a dry eye in the house. We look forward to seeing them again.

We have carried on with our Outreach Program, such as the annual \$200 donation to the Salvation Army. My Sisters' Place was very appreciative of the goods/money that we dropped off on December 4th. Thank you to our drop off volunteers and all who contributed.

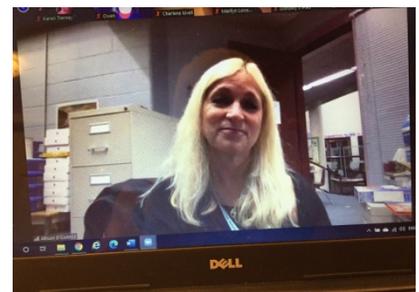
The support of such an experienced Executive has been greatly appreciated as we, your Co-Presidents, work to navigate this new world, in which we find ourselves. Thank you all!

We are thrilled that more than ninety percent of the wonderful women of our London-Middlesex Branch have renewed their membership. Welcome back! As most of us will be spending this winter at home, we decided to continue our virtual All-members' meetings in January and February, 2021. Fingers crossed that we may meet again in person, at a luncheon in the Spring!

Yours in Caring and Sharing,

Sandy O'Brien & Vera Rowland

Our general meeting Zoom screens, Speakers: Glen Pearson in October, and Alison O'Connor in November.



In Memoriam

It saddens us to announce that we have lost these wonderful ladies during the past year. We were privileged to have known them and we extend our condolences to their families, friends and colleagues.

Grace Heaman on February 1, 2020
Margaret Furtney on July 10, 2020
Jean Stevenson on October 15, 2020
Irla Stewart on October 22, 2020

Changes of Contact Information?

Please contact our Treasurer, Jane Williams, at 519-473-5160 or janeandowen@sympatico.ca, if you have a change of address, phone number or email address.

It would be helpful to RWTO, London-Middlesex, if you would **designate a friend**, who is also a member of our Branch, **to inform Karen Tierney**, Membership, if you move into a Nursing Home, or become homebound with a Care-giver. Contact Karen at 519-473-0290 or email: tierneykaren58@gmail.com.

Similarly, please ask **that designated person, to inform Sharon Riley**, 519-672-3620, if you are hospitalized for a period of time; have a close family bereavement; have cause for a special celebration.

This information will be most helpful as we work towards our Branch's goals of "Caring and Sharing" and "Keeping in Touch".

Book Recommendations

Esi Edugyen: *Washington Black* – Fiction

Robin DiAngelo: *White Fragility: why it's so hard for white people to talk about Racism* - Non-fiction

Louise Penny: *A Better Man & All the Devils are Here* – both books are Crime Fiction

Eric Walters: *The Boy who Moved Christmas* - Non-fiction

Elizabeth Strout: *Olive Kitteridge & Olive Again* - both books are Fiction

Malcolm Gladwell (from Elmira, ON) several of his titles were recommended; *Talking to Strangers; David & Goliath; Outliers; The Tipping Point; Blink* - all the books are Non-fiction

Daniel Amen: *Change Your Brain: Change Your Life* – Non-fiction

Emma Donoghue: *AKIN & The Pull of the Stars* – both books are Fiction

Natalie Jenner: *The Jane Austen Society* - Fiction

Our **Thursday Book Group** has been meeting via Zoom to discuss books this year and would welcome new members. If you are interested in joining, contact Deb Kaiser at kaiser50@gmail.com.

Manulife Supplemental Health Claims

If you need information, a claim form, or to ask a question about your Supplemental Health Insurance with Manulife, **please contact Helen Munce** (519-473-2050). Claim forms are available on the RWTO website www.rwto.org, click on Membership, then Insurance, then Forms. The attending physician's statement should be completed by your **family doctor**, and you will need your **original receipts**.

N.B. claim forms should be submitted approximately 30 **days after the date of your FULL recovery**. Please inform Manulife 1-800-268-3763 if you have a change of address.

Walking Group

In October, Maureen Graham & Cathy Harrison started a Walking Group for weekly walks in different areas of London, followed by a lunch at a restaurant for those who wished to stay. The plan is to continue to walk on a nice day each week, as long as there is interest. If you wish to join, contact moe.graham@hotmail.com or grandmac@hotmail.ca.



RWTO Convention

Due to the pandemic, the **2021 Convention** will be an interactive virtual event. Provincial has been working very hard to bring this to life.

The planning for the **2022 Convention**, scheduled to take place here in London, is continuing, with Branches in Area 3 working under the leadership of convenor, Cathy Harrison. Fingers crossed that we will be gathering together in person.

Friendship Activities

Mon. Feb. 8,	9:30 am	Breakfast @ Shelly's Restaurant
Tues. Mar. 9,	9:30 am	Breakfast @ Katie's Kitchen
Wed. Apr. 14,	9:30 am	Breakfast @ Katie's Kitchen
Mon. May 3,	9:30 am	Breakfast @ Katie's Kitchen
Tues. Jun 8,	9:30 am	Breakfast @ Katie's Kitchen
Wed. Jul. 7,	9:30 am	Breakfast @ Shelley's Restaurant
Mon. Aug. 9	9:30 am	Breakfast @ Shelley's Restaurant