



# RWTO/OERO Ottawa-Carleton Branch

## DECEMBER NEWSLETTER

December 2020

### A MESSAGE FROM OUR PRESIDENT, Sharon Chop and the EXECUTIVE

The beautiful colours of autumn have passed and the days are definitely shorter. However, we were blessed with warm, sunny days this November. Although there have been many changes and challenges in our everyday life since the beginning of the COVID-19 pandemic and our events have been cancelled for this year, we are grateful for the many friendships we have made through RWTO/OERO. It is important to stay in touch. In caring and sharing, we have used our phone committee to connect more often with our members, share a laugh and see if we can help. Our Goodwill convenor has sent birthday and Christmas cards to our over 80s as well as cards for other occasions. Your executive will be sending birthday and Christmas cards for those under 80. A member commented that every call and every card means so very much, especially this year. Please let us know how you have been impacted by the pandemic or share an anecdote. We would love to hear from you.

We hope to keep you informed about what is happening in the local branch as well as at the provincial level through our newsletters. We were delighted to have over 20 members join us for a picnic in Andrew Hayden Park in September. The weather cooperated and the park is a lovely venue. We were happy to award the Cora Bailey Award to Yvonne Cadieux in the presence of her family in September. Our book club is embracing technology by meeting via

ZOOM. If you have any original ideas for getting together please let us know.

This will be a very different December. Savour the Christmas season; feel the holiday magic - decorate your windows, put up your lights to cheer your neighbours, enjoy a cup of tea with Christmas goodies and contact a friend, sip an eggnog or mulled wine while listening to seasonal music, wear your Christmas sweater and watch a favourite Christmas movie.

During the winter months perhaps look through your photo albums and share your memories with your family and friends, start a new project, learn a new skill, or attend a virtual workshop, exercise class or cooking class. If you haven't yet sent in your bio for our "Bio Binder", it would be an opportunity to write yours. It is very interesting to learn more about our fellow members. The Provincial Program Coordinator suggests that, for new ideas, you might check out [www.goboomerang.com](http://www.goboomerang.com). The National Arts Centre is live streaming events <https://nac-cna.ca>. Embrace the present and look forward to the future.

We wish you comfort and joy this Christmas season. In caring and sharing, stay well, stay positive, and stay connected.



## IMPORTANT CONTACT INFORMATION

President, Sharon Chop: 613-729-2008 s.j.chop@gmail.com  
Goodwill Convenor, Marilyn Adair: 613-274-3331 marilyn.adair@gmail.com  
Treasurer, Barbara Edwards: 613-731-3331 angelbunny@live.ca  
Insurance Convenor: Margaret Dempsey: 613-820-7864 mdempsey2020@bell.net  
Insurance Broker, Terry Kennedy: 519-583-2876 tkennedy34@bell.net  
Manulife Financial: 1-800-268-3763  
Provincial Office: 1-877-607-6696 info@rwto.org

## 2020-2021 MEMBERSHIP REPORT Suzanne Lanouette-Carswell, Convenor

We are pleased to announce that 100 members have renewed their membership for this year, many of them by September 1, the date for eligibility for the Early Bird Draw. Eva Sparling was the lucky member whose fee was returned to her as the prize!

Although we did not have any new members this year, we were very proud to have had 9 new members join last year. It was disappointing to not have them able to participate in all the fun luncheons and activities we had to cancel because of pandemic regulations.

Thanks to our phone committee, Beth Sharp, Margaret Dempsey, Barbara Edwards, Margaret Granville, Noreen Murphy, Jenifer Slack, Linda Willman, and Suzanne Wilson-Marjerrison, who have been connecting with our members over the last nine months to make sure they are all doing well. A very special thank you goes to Nicole Martin, who, as a member of the phone committee for many years, has

now moved on to pursue other interests.

Our appreciation goes to Suzanne Wilson-Marjerrison who has once again volunteered to update and organize our Membership Directory, which will be mailed out in December to all members.

In addition to our paid members, we currently have nine Life Members. The executive voted this year to add Catherine Abdel-Ahad, Edna Cann, and Joyce Bradley as Life Members, i.e. "one who is unable to manage details of her personal affairs; who is no longer attending meetings due to chronic ill health, physical impairment, mobility or age".

Thanks to Barbara Edwards for her continued help in collecting membership fees and keeping me updated.



## OUR BRANCH BY THE NUMBERS... Here is how it looks at this time.

100	The number of members for 2020-2021	19	Members who are over 90
0	New members have joined us this year	4	Members who are over 95!
2	Members did not renew from last year	99	The wonderful age of our oldest member
1	Member passed away during the last year	2	Social members who also belong to another Branch
54	Members are over the age of 80	9	Life Members

## FINANCIAL UPDATE **Barbara Edwards, Treasurer**

This year, the RWTO/OERO Provincial Executive has sent two grants to assist Branches with their work during this pandemic. One for \$400.00 is for the 3 Rs of membership (Recognition, Recruitment, Retention) and a second for \$400.00 is a special grant for COVID-19- related expenses. These grants are very much appreciated. We will be using some of the money for purchasing and mailing cards, newsletters and the directory.



## GOODWILL REPORT **Marilyn Adair, Convenor**



Regular goodwill activities have carried on since the last newsletter, and will be supplemented by other initiatives of the executive throughout the fall and winter. Since the September newsletter, 14 birthday cards were sent to those over 80, 3 thinking of you and 9 get well cards were sent as needed. A note was sent to all members over 80 wishing them well in the midst of the pandemic. Many responses to these indicated that members appreciate receiving them.

## AREA DIRECTOR REPORT **Kathy McLean, Director**

On October 8, Area Nine Branch Presidents and Insurance Convenors had an in-person outdoor meeting to discuss matters arising from the Provincial September Board Meeting. Anne Wilde, Provincial Convenor, updated insurance matters - see the Insurance Report. Some of the topics discussed were Convention 2021, the Provincial web site, the 3 R's grant to branches, membership and the Connections newsletter. It was so nice to actually see people in person! Committees at the Provincial level have been continuing their work by meeting via ZOOM.



## Tips to stay Healthy this Winter

As we head into the season of shorter days and longer nights it is important to find ways to keep healthy. We are encouraged to have a regular routine, minimize news feeds and screen time, do simple daily physical exercises and keep contact with loved ones and friends via technology. Also, of more importance this year is your flu shot.



The government of Canada has issued new information about face masks –

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html>

For local information and updates on COVID-19 contact Ottawa Public Health, 100 Constellation Drive, Ottawa, Ontario, K2G 6J8, 613 580 6744 or [www.ottawapublichealth.ca](http://www.ottawapublichealth.ca).

## CORA BAILEY AWARD



“The Cora Bailey Award is a Provincial Award that is given to a worthy recipient by an individual Branch. Since 2003, the Cora Bailey Award has been presented to Branch members who have shown dedication and leadership in outstanding services to the Branch. The Provincial Office provides for each winner a certificate signed by the current Provincial President and a Cora Bailey pin. Up to three awards per branch may be presented each year.”

The Ottawa-Carleton Branch is delighted to award Yvonne Cadieux the Cora Bailey Award for 2020. The presentation of pin and certificate took place in the presence of Yvonne’s family in the garden of her residence on Monday, September 14, 2020. Due to Covid -19, this special presentation had been delayed. Kathy McLean, Director, Area 9, Sharon Chop, President and Margaret Dempsey, Vice President represented the Ottawa-Carleton RWTO/OERO.



Yvonne has been a longstanding member of RWTO/OERO and locally served on the Branch Executive as Recording Secretary for many years. Yvonne also served as Issues and Concerns convener for the Ottawa-Carleton Branch and raised, among other issues, the fact that some children’s jewellery was manufactured containing lead. During the 2000 RWTO/OERO Convention held in Ottawa-Carleton, Yvonne volunteered her time and her talents. In addition to working the Registration desk, Yvonne donated several hand-painted flower pots as door prizes. Yvonne has also recruited retired women teachers to join the Ottawa-Carleton Branch for which we are most appreciative. Within the broader community of Ottawa-Carleton, Yvonne worked diligently with the High Horizons Physically Challenged Association for many years.



## PREVIOUS WINNERS OF THE OTTAWA-CARLETON BRANCH CORA BAILEY AWARD

**Who was Cora Bailey?** Cora Bailey had an enviable record of 42 teaching years, became a school principal when few women held such a position, and served in many organizations such as FWTAO, OTF, and STO. Upon retiring from teaching, she organized the first Central office of OASWT (now RWTO) and was Secretary-Treasurer, a position she held for ten years, retiring in 1982 with Honorary Life Membership.



Since the award was created in 2003, the following members have been honoured by this Branch:

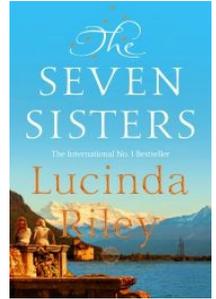
2004	Edith McRoberts	2015	Suzanne Lanouette-Carswell, Helen Lee, Lynne McCarney
2005	Isabel Ward	2016	Adele Muldoon, Marilyn Adair, Suzanne Wilson-Marjerrison
2006	Gertrude McCrimmon	2017	Jenifer Slack, Frances Murphy Pike, Pat Thurlow
2009	Chloris Brown, Carol Rannie	2018	Ruth Knapp, Martha Summers
2010	Ruth Rescorla	2019	Ann Davelaar
2011	Vicky Ash, Gladys Tyler	2020	Yvonne Cadieux
2012	Barbara Dowd, Val Leach-Ray, Gwen Parsons		
2013	Anita Dunlop, Eleanor Lillico		
2014	Anne Christians, Ardyth Elliott		



**RWTO/OERO Branch Book Club** Joy Phillips-Johansen, Co-ordinator

Our RWTO book club is surviving the pandemic. We have changed into a ZOOM book club, and it is working out well. Marg Dempsey and I are hosting, and our members are embracing the new type of meeting.

In November, we discussed the book, *The Pearl Sister*, by Lucinda Riley. She is an Irish writer whose stories have two levels, one historical and one current. Her historical research is amazing. In the case of this book, we learned so much about Australia as CeCe’s ancestor travels there in the early days when things were just becoming settled, and also about the Aboriginal people. It was a fascinating read, and her stories are so good that you absorb the history without realizing it as you are so engrossed in the plot. This book is from a series of books called *The Seven Sisters*, girls who are named after the stars of the Pleiades. It got a definite thumbs up from our club!



For our Christmas virtual meeting, we have a Christmas theme, and everyone is to come with something Christmas-themed to share – could be a book, a poem, a song, a joke - whatever. We will wear our Christmas hats and sweaters and have fun.

As to future meetings, for January 4, our book for discussion is *The Gown* by Jennifer Robson, and it is fiction set in England. On February 1, our book choice is *Beyond the Trees* by Adam Shoals. It is non-fiction and set in Canada. On March 1, our choice is *The Orphan Sister* by Shirley Dickson, which is fiction and set in England. If this is something you think you might enjoy, please email me and we will add you to our ZOOM list. (joyphillips@rogers.com)

# CHRISTMAS Word Scramble

- 1. bslie \_\_\_\_\_
- 2. cleand \_\_\_\_\_
- 3. deerbrngiga \_\_\_\_\_
- 4. fitg \_\_\_\_\_
- 5. leno \_\_\_\_\_
- 6. eylu \_\_\_\_\_
- 7. womanns \_\_\_\_\_
- 8. egogng \_\_\_\_\_
- 9. kiesooc \_\_\_\_\_
- 10. gostinck \_\_\_\_\_
- 11. edinerer \_\_\_\_\_
- 12. loscra \_\_\_\_\_
- 13. hartew \_\_\_\_\_

- 14. piotatsent \_\_\_\_\_
- 15. dancy neca \_\_\_\_\_
- 16. emonstran \_\_\_\_\_
- 17. embecred \_\_\_\_\_
- 18. evles \_\_\_\_\_
- 19. sehlig \_\_\_\_\_
- 20. toh cacao \_\_\_\_\_
- 21. peentstrs \_\_\_\_\_
- 22. lghits \_\_\_\_\_
- 23. tasan calus \_\_\_\_\_
- 24. itslemoet \_\_\_\_\_
- 25. yalohid \_\_\_\_\_



## RWTO/OERO INSURANCE UPDATE 2020-2021 Margaret Dempsey, Convenor

Our Hospital and Home Care Insurance Plan is one of the most significant benefits of membership in RWTO/OERO, and many of our members have taken advantage of it. Here are some details for your information:

- During the Open Enrolment Period in 2019, there were 745 new policies created, provincially. 232 of these policies were for spouses. 14 of these were for the Ottawa-Carleton Branch.
- Manulife presented RWTO/OERO with a profit-sharing cheque for a total of \$81,574.73 from last year.
- As of October 1, no COVID-19 claims had been made by members.
- Pre-existing conditions are not covered for the first year in the Insurance Plan.
- Members in Long Term Care Residences are not eligible to retain the RWTO/OERO Insurance coverage.
- A member living in a Retirement Residence is eligible to retain the RWTO/OERO Insurance, if she is living independently, e.g. looking after her own medications and so on.

If you have the RWTO/OERO insurance plan, be sure to make claims whenever you can. For information, contact Margaret Dempsey, our Branch Insurance Convenor, Terry Kennedy, our very efficient broker, or Manulife Financial. See contact information on page 2. The official brochure (2018), colourful and detailed, regarding coverages, and the official RWTO/OERO claim form are easily accessed on the web site at [www.rwto.org](http://www.rwto.org).

Marg participated in an Area Insurance Workshop led by Anne Wilde, Provincial Insurance Convenor, in October. Anne outlined important details on how to complete an insurance form (see below for highlights). Forms must be mailed in; there is no electronic version. There has been a change of address for submitting the claim form: P.O. Box 670, Stn Waterloo, Waterloo, ON N2J 4B8.

Some suggestions to help with completing the claim form:

- Always use the RWTO/OERO Form, not the general Manulife one. (Download from the RWTO website at [www.rwto.org](http://www.rwto.org))
- The RWTO/OERO Policy # is 17777C. Each RWTO member has a unique ID number. It is found in the initial package sent to you, or contact Terry Kennedy, the broker.
- The “Doctor consulted” can be your family Doctor.
- “Primary Insured Person” is the RWTO/OERO member.
- “Claimant’s Name” is the person completing the Form, may be POA.
- For the “Attending Physician’s Statement” add at the top of the page the Plan #, 17777C and your Personal ID #. It is recommended that you keep the entire claim form together.
- For “Authorization”, a family member can serve as a witness.
- Please keep all receipts and photocopy all notes, receipts, and the Claim Form for your files.



## AND FINALLY...

### AN ODE TO THE CORONAVIRUS

*This poem was written last spring by New Zealand poet, Jan Beaumont, and immediately went viral on the Internet... I wonder what she is thinking now! Enjoy!!!*

I'm normally a social girl,  
I love to meet my mates.  
But lately with the virus here,  
We can't go out the gates.

You see, we are the "oldies" now,  
We need to stay inside.  
If they haven't seen us for a while,  
They'll think we've upped and died.

They'll never know the things we did  
Before we got this old.  
There wasn't any Facebook  
So not everything was told.

We may seem like sweet old ladies  
Who would never be uncouth,  
But we grew up in the 60's -  
If you only knew the truth!

There was sex and drugs and rock 'n' roll,  
The pill and miniskirts;  
We smoked, we drank, we partied  
And were quite outrageous flirts.

Then we settled down, got married,  
And turned into someone's mum,  
Somebody's wife, then Nana -  
Who on earth did we become?

We didn't mind the change of pace  
Because our lives were full,  
But to bury us before we're dead  
Is like red rag to a bull!

So here you find me stuck inside  
For 4 weeks, maybe more?  
I finally found myself again,  
Then I had to close the door!

It didn't really bother me -  
I'd while away the hour;  
I'd bake for all the family  
But I've got no flaming flour!

Now Netflix is just wonderful,  
I like a gutsy thriller.  
I'm swooning over Idris  
Or some random sexy killer.

At least I've got a stash of booze  
For when I'm being idle;  
There's wine and whisky, even gin,  
If I'm feeling suicidal!

So let's all drink to lockdown,  
To recovery and health,  
And hope this awful virus  
Doesn't decimate our wealth!

We'll all get through the crisis  
And be back to join our mates.  
Just hoping I'm not far too wide  
To fit through the flaming gates!



