



RWTO/OERO Ottawa-Carleton Branch JUNE NEWSLETTER June 2021

A MESSAGE FROM OUR PRESIDENT, SHARON CHOP

Over the years, through RWTO/OERO events and activities, we have made many friends, shared a lot of laughter and made treasured memories. We retained nearly all of our members this exceptional year. In 2020-2021, Ottawa-Carleton had 103 members, 54 of whom are over 80. As well, there were 8 life members and 2 social members. The provincial organization has 286 "Over 90s", 17 of whom are in our branch. Congratulations to Marguerite Murphy who will turn 100 in July. Provincially, there are 22 members who have reached this milestone. Those of you over 90 can look forward to a certificate from the Provincial Goodwill Convenor to celebrate your dedication to our organization.

Your 2019-2020 executive remained in place for the 2020-2021 year and met in backyards or on ZOOM. Please see below the list of executive members for the 2021-2022 year. Thank you to Linda Willman who is joining us as a Member-at-Large. Please consider becoming an executive member. Our branch will only survive if the leadership is shared. Kathy McLean will continue as our Area Director for a 2-year extension. In that we were unable to meet for the usual AGM in May, end-of-year reports from the executive are provided along with this newsletter, along with the 2021-2022 budget.

This past year has been a challenging time for all of us as the pandemic continues to evolve. Our focus has been on the wellbeing of you, our members, by staying connected through our phone tree, e-mails, extra newsletters and birthday cards. We value the e-mails, phone calls, cards and letters we received for the Christmas tea bags, Valentine's bookmarks and spring butterflies. We hope you are trying recipes from the "Stirring up Memories" cookbook. A big thank you to Martha who spent many hours putting it together.

The Teachers' Teatime Book Club, whose report is included in this newsletter, continues to meet monthly on ZOOM. We chat about the book, share a laugh and

have a cup of tea. What books have you enjoyed over the winter? We are looking forward to seeing many of you virtually on our ZOOM **Coffee and Chat** on June 24. Details were sent in an email and are also included below.



After a year of ZOOM meetings, virtual chats and online celebrations, most of us are looking forward to getting together with family and friends. With vaccination rates rising, hope is in the air! After the success of last year's *Picnic in the Park*, we have tentatively booked Andrew Haydon Park for a picnic *Under the Gazebo* on September 8. We have also tentatively booked the Adriatic Room at the Centurion Centre for Monday, December 6, 2021 for our Christmas luncheon. Our Provincial President, Nancy Bell, will be joining us on Wednesday, April 20, 2022. Please mark your calendars and stay tuned for further details. We look forward to future activities such as Priscilla Pig, our silent auction and Quarter Frenzy by which we support women and children through our community outreach, as encouraged in the RWTO/OERO motto, caring and sharing.

The outgoing Provincial President, Nancy Papiez, believes "that the members of RWTO/OERO will continue to have the resiliency to forge ahead into the 2021-22 year at full speed to keep our organization alive and vibrant." She encourages "all of you to maintain your positive attitude into the future and to continue to cherish our much-loved organization, a gift that has been given to us from our dedicated founders."

We wish everyone good health and hope you are enjoying the beautiful weather.

In caring and sharing,
Sharon Chop, President

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: 519-583-0098 tkennedy34@bell.net
Manulife Financial: 1-800-268-3763
Provincial Office: 1-877-607-6696 info@rwto.org

2021 - 2022 EXECUTIVE

President: Sharon Chop	Membership Convenor: Suzanne Lanouette-Carswell
Past President: Kathy McLean	Social Convenor: <i>Vacant</i>
1st Vice-President: Margaret Dempsey	Goodwill Convenor: Marilyn Adair
Treasurer: Barbara Edwards	Archivist: <i>Vacant</i>
Secretary: Patricia Taylor	Communications Convenor: Martha Summers
Insurance Convenor: Margaret Dempsey	Members-at-Large: Linda Willman, 2 vacancies
Provincial Area Director: Kathy McLean	

DIRECTORY UPDATE

Please note the following revisions to member contact information since the last newsletter:

New Member: *Sarah Barnes*, 160 Whitehorse Dr., Ottawa ON K2C 4C7 613-728-8300 h), 705-303-7003
sjbarnes@sympatico.ca;

New Telephone Number: *Kathy McLean* - 613-277-9771

New E-mail Address: *Linda Groulx* - blue.horses@me.com
Janet Burrill - janetburill7@gmail.com

Remove E-mail Address: Ann Davelaar

New Address: *Val Leach-Ray* - Park Place, 522-110 Central Park Drive, Ottawa, Ontario K2C 4G3
Isobel Bryan - Oak Park Retirement Residence, 516-2 Valour Dr., Ottawa ON K1G 3T5
613-260-7144 (Residence front desk)
Hyacinthe Wade-Howard - Carlingwood Retirement Residence, 708-200 Lockhart Ave.,
Ottawa ON K2A 4C6 613-523-5543 (as in directory)
Margaret (Peggy) Hughes, c/o Lynne Hughes, 2629 Marble Cres., Ottawa ON K1V 8L7
613-733-0544
Marguerite Murphy - The Courtyards on Eagleson, 630 Eagleson Rd., Kanata ON
K2M 8N1 Phone at Residence Desk 613-878-0273

2021 ANNUAL CONVENTION REPORT

The RWTO/OERO 65th AGM and Convention - "Staying Connected" was held virtually on June 1, 2, 3, 2021, using ZOOM. It was well-organized and truly an historic convention for the record books. Sharon Chop and Marg Dempsey were delegates for Ottawa-Carleton, and Kathy McLean represented Area 9 as Director.



During the 3-day Convention, delegates engaged in debate on the Resolutions both from local Branches and the Board of Directors. Jane Cartier, Parliamentarian, did an excellent job keeping track of speakers. Everyone used the "Chat" function to indicate she wished to speak; the "Polling" function was used for voting. President, Nancy Papiez, challenged us to maintain our positive attitude and to cherish RWTO/OERO. During 2021-2022 a survey will be sent to all members seeking input regarding membership. The membership this year, 2020-2021, has seen a loss of 425 members compared to 2019-2020. This reduction is a loss of 9% of regular members while at the same time the number of Life Members (who do not pay membership fees) is up by 2%. The memorial service was held virtually this year. Again, this special ceremony was touchingly respectful. Two of our late local members, Lynne McCarney and Shelagh Williams were honoured.

Nancy Bell from the London-Middlesex Branch is our new Provincial President and Judy Drummond from the Lanark Branch is our new First Vice-President. Kathy McLean was installed as Director for the next two years. Congratulations to all these women leaders!

We hope some of you were able to participate in the online workshops and entertainment. If you missed them, many of the workshops are online at <https://rwto.org/>.

The 2022 Convention is planned for London on June 7, 8 and 9, with the theme "Laughter Lights Us Up!"

COOKBOOK UPDATE

The Branch spring cookbook project, **Stirring Up Memories**, is history! Copies were distributed to all members. Thank you to all who contributed recipes and memories. Many positive comments have been received from members after they received their copy. An excerpt from one of these was quite moving... "This summer I'm taking my copy up to a friend's chalet in Mont Tremblant. We'll be trying out recipes - making memories and enjoying those of others in the book."

Please note the following which were missed in the editing process:

- in the ingredients list of the recipe for *Cheese Drop Biscuits* on page 3, the water should read "1/2 scant cup", not "1 cup"
- in the *Cranberry and Banana Muffins* recipe on Page 5, Viola Caissy's last name has an extra "s"

MEMBERSHIP RENEWAL

Included with your cookbook was the Renewal Form for the year 2021-2022. If you have not yet done so, we encourage you to send this in to Barb Edwards with your cheque to be ready for next year. If you have misplaced it, you may request a new copy.

INSURANCE UPDATE

Marg Dempsey, Insurance Convenor, has just received hard copies of the new insurance brochure from Manulife. If you would like to have one of these, please contact her. They will also be available at our get-together in September. Note: It is also available online at rwto.org.



In Memoriam Ann Lazear

We mourn the loss of our long-time member, Ann Lazear, who passed away in March at the age of 94, after a lengthy career as a teacher in Ottawa. She will be remembered for her love of stories, poetry and visual arts with which she inspired many over the years. Especially notable is a poem she wrote to celebrate the Canadian flag, which was read on Parliament Hill in 2015. Ann will be remembered by many.

Cora Bailey Award 2020-2021

The Ottawa-Carleton Branch is delighted to award Kathleen McLean the Cora Bailey Award for 2020 -2021. Kathy has been a member of RWTO/OERO since her retirement from The Ottawa Carleton Catholic School Board in 2014. Soon after, she became a member-at-large of the Ottawa-Carleton Branch. She was the co-president from 2015 to 2016 and the president from 2016 until 2019. From 2019 until the present, Kathy has been the past president as well as Area 9, Director. The award will be presented to her at a future date.



“TEACHERS’ TEA TIME” BOOK CLUB



Our book club, which has been meeting on ZOOM for many months, is thriving. Attendance is good, and everyone is so enthusiastic.

In April, we discussed *The Ghost Keeper*, by Natalie Morrill, winner of the HarperCollins/UBC Prize for Best New Fiction. “This powerful, sweeping novel set in Vienna during the 1930s and ’40s centres on a poignant love story and a friendship that ends in betrayal.” We were delighted to have the author, an Ottawa resident, join us for our discussion!

The book for May was *A Gentleman in Moscow* by Amor Towles and was a popular choice. The book is set in Russia, and begins in 1922 just after the defeat of the White Russians. When the book opens, our protagonist, an aristocrat, is being tried for being a danger to the state. He is sentenced to house arrest in the luxury Metropole Hotel in Moscow where he already lives, for the rest of his life. If he steps outside the doors, he will be shot. He was, of course, moved out of his suite into a tiny room in the attic of the hotel. The book follows the Count through the next 30 years as he adjusts, and grows as a person. The hotel where the story is set is worth looking up on the net, as there are many photos of the hotel to enjoy and to enhance enjoyment of the story.

For June 7, we read *Chop Suey Nation: The Legion Café and Other Stories from Canada’s Chinese Restaurants* by Ann Hui, *The Globe and Mail’s* national food reporter. In 2016, she drove across Canada from Victoria to Fogo Island with her husband to write about small-town Chinese restaurants and the families who run them. We learn about the history of Chinese immigrants through the lens of food.

Our next books to read, for July 5 and Aug. 9, are *The Giver of Stars* by Jojo Moyes, about the Packhorse librarians of Kentucky and *The Secret Orphan* by Glynis Peters, set in World War Two in England.

Ordinarily the club would not meet during the summer, but in the current format and with no one travelling, it seemed we should continue, since we are having so much fun. And, for me, it is wonderful to see the other members. I feel as though I know each of them so much better because of our ZOOM meetings. And I count all of them as my friends.

If anyone is interested in joining the book club, please contact me at joyphillips@rogers.com.

WALKING FOR HEALTH, EXERCISE AND FRIENDSHIP

During COVID restrictions, you may have been walking more in your neighbourhood for exercise and fresh air. Have you considered joining a Walking Club? It's a great way to make new friends and enjoy the outdoors.



The **Ottawa Voyageurs Walking Club (OVO)** (ottawavoyageurs.ca) is a member of the Canadian Volkspport Federation. The term "Volkspport" is German for "sport of the people". Volkspport came to Canada in 1987 from Europe by returning military staff and educators who brought the walking tradition back to Canada. Jane Fawcett, an RWTO member, is President of OVO.

The Walking Club events are non-competitive and allow members to exercise at their own pace. Hence, each member is a winner! Walking allows each person to participate in a safe activity that ensures you remain active and healthy throughout the years. Participating with a group (when COVID protocols permit), means you meet new people who love walking; and in addition, group social activities will resume once the restrictions are lifted. Walking, fun and friendship! That is what OVO is all about. To learn more, please follow OVO on the internet at ottawavoyageurs.ca or on Facebook at <https://www.facebook.com/Ottawa-Voyageurs-Walking-Club-389924244402432/>

You are invited to join this group and enjoy the camaraderie and activities with new friends. If you would like more information about OVO, please contact one of the following RWTO members: Jane Fawcett (fawcett.jane@icloud.com) or Marg Dempsey (mdempsey2020@bell.net).

2021-2022 ACTIVITIES Mark Your Calendar Now

Thursday, June 24; *Coffee and Chat* on ZOOM 10:00 a.m.

Contact Marg Dempsey at mdempsey2020@bell.net to receive the link by e-mail.

Wednesday, September 8: *Under the Gazebo* Picnic at Andrew Haydon Park Details to be determined.

Monday, December 6: *Christmas Luncheon* Details to be determined.

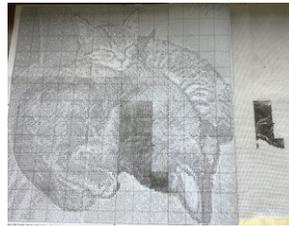
Wednesday, April 20, 2022: *Luncheon with the Provincial President* Details to be determined.

Note: Planning for the last 3 activities will be completed when we know that all restrictions have been lifted, and it is safe to hold a large gathering.

COVID TALES from Ottawa-Carleton Branch Members...

The past fifteen months of restrictions and lockdowns in this pandemic, have certainly presented a challenge for everyone. We have, however, heard all kinds of stories of activities which probably would not have come to be without them. Here are some examples of what our Branch members have been doing over this time...

From Marilyn Adair... When I retired (26 years ago!!!), I took up counted cross-stitching – mainly using pre-assembled kits. I enjoyed it but tired of not being able to personalize my pictures. Then, I discovered “Stitch A Picture”. I can send a picture to a facility in Massachusetts and I receive a graph of my picture, with symbols for all of the colors necessary to reproduce the picture. I decided to use this method to cross-stitch pictures of pets of family members. When I first receive the pattern, it



sometimes appears to be a daunting task. However, I genuinely enjoy doing it and am now on my fourth “pet” picture and have the graph for the fifth on order.



Above: the graph on the left, with the completed sections darkened. The actual cross-stitched section of the picture on the graph is around the mouth of the grey cat curled up in front. On the right, is the actual picture of my grandson’s two cats: Newt and Luna. The picture to the left is the completed picture of my granddaughter’s retired sled dog, Bobbi.

From Doris Wilson At the new Condo, we put up wreaths on our doors. So I made a big one for my door from quilting material I had. Then I decided to make little ones for my friends and my daughters for their Christmas trees. It was fun making them special for each person.



From Joan Plouffe.... My hobby is making doll house miniatures in 1/2 & 1/4 inch scale. My daughter, to keep me busy during COVID, gave me two kits to put together. They were a challenge! The instructions were in very poor English and most of the bits and pieces were done in paper. Everything from the broom to the plants had to be measured and cut from paper. This kept me very busy!

From Sharon Chop... Here's to 100 years of memories! My aunt turned 100 on April 1. My winter project was looking through old family photos and selecting and scanning pictures to create a digital photo album for her milestone centenarian birthday. She was thrilled with the photo memories of moments and people in her life. This project has led to thinking about memories in my own life. A future project will be to create a photo album celebrating my 50 years of marriage.



From Joy Phillips-Johansen... I belong to **Atlantic Voices: the Newfoundland and Labrador Choir of Ottawa**, a 70-voice, self-supporting group specializing in east coast music. Normally, we do two major concerts a year, in January and May, and, of course, these couldn't happen with the shutdown. The executive and music director came up with a plan to ensure that our choir would continue to exist through this hard time. ZOOM became the vehicle. We learned how to use this new way to continue, first with gatherings to chat and visit, then singalongs, and finally full-fledged rehearsals. It was quite a learning experience to combine the various aspects of singing and music using ZOOM. I have enjoyed staying in touch with the members through the rehearsals every second week and social nights in between with speakers and other presentations. I am really going to miss them over the summer... they are a great group of people, friendly and outgoing. Hopefully a few of us can get together occasionally to chat. Thanks to COVID, I have learned a lot!

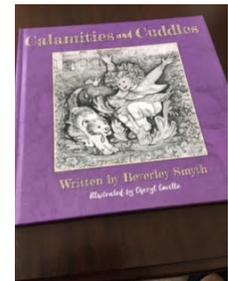


From Jane Fawcett... Last May after my Dad died, I decided to give back to my community as he had always done through Rotary. I am a quilter so I went through my fabric stash and used leftover blocks and other children's themed fabric to create 11 neonatal quilts for preemies at the neonatal unit for the Montfort Hospital. Two other quilts went to our financial advisor whose wife had given birth to twin preemie girls. So much fun to make! I am now starting a new group of quilts!



From Bev Smyth... My project began in 2018. With the encouragement of my family, I began putting together a collection of farm stories entitled **Calamities and Cuddles**. I dedicated the stories to my grandchildren, ages 12 and 9 who live in HK. Artist Cheryl Coville created whimsical and delightful illustrations for the stories. In 2019, my husband suddenly passed away from heart failure, and in 2020 the world was dealing with a pandemic. I submitted the manuscript and illustrations to Friesenpress located in Victoria in September of 2020 for professional assistance with the publishing. Finally, in May 2021 it was finished, and I am a published author!

My story book is about a little girl, an only child who grew up in the early 1940s on her parents' dairy farm located in rural Ontario. Though part of a loving family, this little girl used her creativity and imagination to make a world of wonderment for herself. This story begins when I was five years old, and at that time, my biggest wish in the whole wide world was to attend school in the one-room country schoolhouse. But I had to wait another year, until I was six years old, for my wish to come true. Check out www.books.friesenpres.com for more information.



From Jenifer Slack... I craft cards all the time, but during COVID I made all my Christmas cards already for 2021, plus a lot more. I send them to my sister in Vancouver and she uses them so that she doesn't have to go to the pharmacy to buy them.



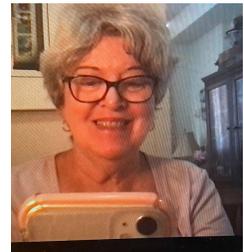


From Suzanne Lanouette-Carswell... Most people who know me well know that I am not someone who can just sit for any length of time and do nothing. So during this pandemic with nowhere to go and few things to do and having had my husband in hospital for 5 months and now in Long Term Care, I have been doing a great deal of crocheting and knitting. I have knitted about 25 dish cloths and 15 pot scrubbers which were given to family and friends. I have crocheted enough squares to make 25 baby blankets in blue, green, yellow, pink, purple and rainbow colours to be used as gifts. But the biggest project was crocheting enough squares so that my brownie unit and I could make 27 lap blankets which we donated to the Salvation Army Grace Manor. This was our community service project for this year. I continue to crochet squares for whatever project I can think of next.

From Helen Lee... Moving With the Times... One particular project which has occupied my mind during the pandemic is probably old hat for many of you. Before COVID-19 struck, my husband and I had deliberately avoided having a cell phone. When it soon became apparent that just picking up an order or reporting for an appointment would involve a call from the parking lot, we decided that we had to move with the times. The smart phone arrived in a box in the mail. SIM card, permissions, preferences, apps: they were all mine to figure out. Any assistance from our son was virtual, and consisted mainly of encouraging words: "I'm sure you can do it." Surprisingly, it all worked out very well. Then came ZOOM for meetings and church services, with its alien terms like "unmute". I do not for a moment regret buying into the smart phone culture. I like the immediacy of texting and the ease of sending photos. My attention to e-mail is much more timely. But, in case you are wondering, you will not find me on social media. It all took me back to the 1980's, learning word processing and simple databases to produce overdue book notices on our Apple IIe and Commodore SuperPET in the school library. Now, as then, I find that I learn something new almost every day.



From Marg Dempsey... During all my years in the teaching profession, I have never taught online and I am no IT whiz, by any means! But this year, I had the great opportunity to learn how to teach two classes of Teacher Candidates on ZOOM. Thanks to workshops provided last summer virtually by the Faculty of Education, U. of Ottawa, and the assistance of the teacher candidates and my teaching partners, the ZOOM classes worked well! And... we made it through the academic year successfully! There were numerous ZOOM 1:1's /telephone calls with teacher candidates and colleagues with a coffee cup by my side. I sure missed the face-to-face interactions at the Faculty, both in classes and in the coffee shop! I will always cherish this year because we were all novice learners. I believe that my professional relationship with the Teacher Candidates was made even stronger by this fact. Now, if only I could learn how to cut my hair on ZOOM, I would be all set for the summer!



From Pat Taylor... My days during our COVID times have been kept super busy with looking after my furry family members... three Papillon dogs. Rocket came to me as a rescue. He has now settled in and is a happy, very cuddly little guy with the best temperament. He rarely barks. He loves to be close and follows me everywhere. Once COVID allows, we are hoping to have him visit Assisted Living Homes as a Support dog. He already has his training vest! Sophee is my shining star who is in a constant state of joy and movement. She can brighten even the darkest day. She loves the snow and cold Ottawa weather. No coat for her! Abbe at ten is the oldest and is my link back to life in Burlington with memories of her Agility classes, evening walks along the lake and her cuddles on my Mom's lap. Abbe is Queen of the trio and helps to keep the two pups in line!

From Viola Caissy... This pandemic has had such an effect on people 's lives. Mine was really shaken. All of a sudden I am bound to my house. What to do? What to do? I live alone, apart from my daughter's dog as I am now the caregiver of this aging animal. At the beginning of the pandemic, I visited a friend of mine who had a ukelele. So in June 2020, I decided to buy myself one as I was looking for something to do with my hands and my brain. I purchased an Alto Ukelele followed by some virtual lessons in January and February 2021. Well! Let me tell you it was challenging, because it was difficult to see the fingering on the cords and, then, technology was not always cooperating. Nevertheless I persisted and completed the 8 weeks. In June 2021, I graduated to a better Ukelele. This time I purchased a Concert Ukelele... it sounds so much better! Now I practise with a group of musicians through ZOOM once a week, and I enjoy every minute of it. There is nothing like "Music to Heal The Soul."



From Suzanne Wilson-Marjerrison... During this COVID pandemic time, I have been quilting baby quilts, which are sold as a contribution to Southminster United Church Bazaar in the fall of each year. The pictures enclosed show the quilts available at this time. Between quilting and reading so many books this year and a quarter, my mind has been quietly occupied at least some of this difficult time.



From Martha Summers... With all the restrictions on normal activities because of the COVID pandemic, I found a project to do that probably wouldn't have happened otherwise. I was looking through some crochet patterns and up popped one for a warm-looking toque. It led to thoughts of all the left-over yarn that was in my closet and... so it began. I crocheted hats and more hats and more hats. I don't even know how many there were altogether. So, what to do with the hats? I gave most of them away... to my two book clubs, including our RWTO one, to neighbours and friends, to my family at Christmas time... and still have a bagful here! It was fun, it kept me busy, and, hopefully, protected some ears in the cold winter!

Note: The ladies who received the hats weren't allowed to gather for group pictures, so a few teddies volunteered!

