

RWTO UPPER CANADA EAST CHRISTMAS NEWSLETTER



Greetings to all!

The days are getting cooler, the leaves have fallen, and Christmas is just around the corner! We hope that you have been keeping well and hopefully starting to return to more of your usual activities as the Covid numbers drop and protocols have been changing. Let's hope and pray things continue in this direction as we look forward to the Christmas season.

We have been slowly returning to our regular activities as a chapter of RWTO as well. In August we had a luncheon and wine tasting at **Stonecrop Acres Winery** located near Morrisburg.

Participants enjoyed some tasty wood fired pizzas, wine sampling and of course a



good visit. In September we enjoyed a delicious luncheon at the **McIntosh Inn** in Morrisburg. On top of reconnecting with each other we held the Quarter Frenzy for the first time since 2019! It was a lot of fun and we raised \$170.00 to go towards our donations and outreach.

Speaking of **donations**, we were very pleased to be able to offer monetary support to all of the causes that we've done in years past. A total of \$1300.00 has been distributed to the various groups mentioned in our fall newsletter. We thank you for your support, as these groups have experienced great difficulties in fundraising due to the pandemic.

Plans have been made for a Christmas luncheon. This will be held on **Wed.**

Dec. 1st, 2021, 11:00 a.m. – 2:00 p.m. at **St. John's United Church in**

Cardinal. We are offering a full turkey dinner for \$20.00. Proof of vaccination is needed and masks are to be worn at all times, other than when seated at

your table. You can invite a friend if you wish. Gift

sharing and entertainment are being planned and we will be collecting food or monetary donations for the area food banks. You need to let your phone

lady know **by Nov 15th** if you plan to attend and we certainly hope to see you there!



Crisis gowns are still in need. If you are interested in sewing these, please see Mary Ellen or Diana. There is material available, and we have also been given a generous donation of ribbon and string for use in the gowns from Giroux Sewing Center. MaryEllen and Diana delivered the finished gowns to Giroux's. Susan Giroux accepted them appreciatively. Thanks for your help in this endeavour.





There are two more **workshops** being offered by Kathy Gallagher, our Provincial Communications Website Convenor. Jan. 26, 2022, is The Zoom Platform workshop and on Feb. 23, 2022 the topic is Branch Facebook Pages. Diana recently attended one of these online workshops on Working with Images and found it very informative. To register please visit

rwto.org/branches/communication-convenors.

There remain several **positions to fill on your Executive**, namely, Secretary, Membership and also President. Please consider getting involved on the Executive. We would be very willing to assist anyone coming on board. You would certainly not be on your own! if you have any questions about filling a position, speak to any of its members.



Osteoporosis Canada is offering an online workshop to our branch in the early part of next year. If there is interest in learning more about this condition that affects so many of us, we would be happy to organize a

session. If this is something you feel might be valuable, please contact any of the Executive member.

LOVE YOUR
BONES



embrace an active lifestyle



embrace calcium rich foods



embrace vitamin D

Eat healthy, Exercise & Rest

That's all for now! We hope to see you soon at the Christmas luncheon. Until then, stay healthy and safe.

Your RWTO Upper Canada East Executive
Betty Lou, Sandie, Mary Ellen, Colleen and Diana

