



RWTO/OERO Ottawa-Carleton Branch

JANUARY NEWSLETTER

January 2023

We are grateful to live on the traditional unceded, unsundered territory of the Anishinabe Omàmìwinini/Algonquin Nation whose presence on this land goes back thousands of years.

HAPPY NEW YEAR

We hope that, despite the winter storm, you were able to enjoy cherished moments with family and friends over Christmas. With the start of a new year, we reflect on the past year and move forward with renewed intentions for the coming year. We hope 2022, although challenging, had many unique and rewarding occasions for you.



As we look back on RWTO/OERO in 2022, we note that in-person events began again. Please look at all the pictures of events in this edition of our newsletter. We were delighted with the regular attendance of members, especially some who are over 90, at our *Breakfast and Conversation* mornings. *The Teachers' Tea Time Book Club* also enjoyed getting together to discuss some great books. At a special luncheon in support of Ukrainian refugees we heard the very moving personal experiences of the Ukrainian-Russian War from four refugee women. Participants also enjoyed a delicious Ukrainian meal. Read more about the event below.

Most recently, our first Christmas lunch since 2019 was filled with the buzz of conversation and sound of laughter. It was lovely to see so many of you on December 5. The Silent Auction, as always, was fun. Thank you for your thoughtful contributions to the auction to support the School Breakfast Program, and for the hygiene products you donated. Judy Drummond, our provincial president, joined us. She commented that she has been inspired by the warmth and hospitality shown her on her travels to the various branches.

Please mark your calendar for Monday, December 4, 2023 for next year's Christmas lunch. Our AGM and spring lunch is also booked for Tuesday May 16, 2023. A mid-winter break has been planned for February 15 at the Lone Star at 780 Baseline Road. Stay tuned for details of future events..

As we move forward let us know if you have any new ideas to help us plan for events and activities. We will continue to use Zoom where it works and take pleasure in those times we can come together in person!

Each new year is a gift filled with possibilities. Let's make more treasured RWTO/OERO memories in 2023!

Sharon Chop, President

IMPORTANT CONTACT INFORMATION

President, Sharon Chop: rwto.ottcar.sharon@gmail.com

Insurance Broker, Terry Kennedy: 519-583-0098 tkennedy34@bell.net

Manulife Financial: 1-800-268-3763

Provincial RWTO/OERO Office: 1-877-607-6696 info@rwto.org

2022 - 2023 EXECUTIVE

President: Sharon Chop

Past President: Kathy McLean

1st Vice-President: Margaret Dempsey

2nd Vice-President: Irene Cameron

Treasurer: Barbara Edwards

Secretary: Patricia Taylor

Membership Convenor: Sue Lanouette-Carswell

Insurance Convenor: Margaret Dempsey

Social Convenor: *Vacant*

Goodwill Convenor: Marilyn Adair

Archivist: Vacant

Communications Convenor: Martha Summers

Members-at-Large: Linda Willman,
Louise Pivato, 1 vacant

Area Director : Kathy McLean

UPDATES FROM YOUR EXECUTIVE

CONTACT INFORMATION

A REMINDER: We are no longer publishing member phone numbers and email addresses in newsletters. Please consult your most recent directory, distributed in December 2022, thanks to Suzanne Wilson-Marjerrison, to find contact information you need. Any changes in directory information will be emailed separately.

MEMBERSHIP

Branch membership for this current year stands at 105 paid members, and we have seven life members and two associate members. A goal was set for this year to get five new members, and we now have six. Yeah! We also have four returning members. If you know any other retired teachers who might be interested in joining, please let them know they would be most welcome, and contact Treasurer, Barb Edwards.

Thank you to our phone committee who regularly keep in contact with our members. Please pass on to them any changes in your contact information so that branch records can be kept current.

NOTE: The Telephone Committee is looking for a volunteer to replace Joy Phillips-Johansen who has had to resign due health issues. This job does involve a lot of time and is of great benefit to our membership. If you are interested, please call Suzanne Lanouette-Carswell for further information or to volunteer.

If you know of any member in need of our Goodwill services - cards, etc. - please let Marilyn Adair know.

RWTO/OERO WEBSITE

As of mid-January the provincial website will be undergoing some changes. The Branch News page name will change to *About Our Branches* and the Communication Convenors page will be named *Branch News*. Your executive will be working to ensure that relevant information will be included on the Ottawa-Carleton page to keep everyone informed of our activities. Check it out after January 15 at <https://rwto.org/>.

INSURANCE UPDATE

Insurance Plans available to RWTO/OERO members are as follows:

1. The Hospital and Home Care Plan – our most popular.
2. Personal Accidental Death and Dismemberment Plan
3. Travel Insurance Broker – CanAm Insurance. – 1-888-326-3535

NOTE: These plans are available to RWTO/OERO members in good standing, and those members with existing coverage will continue to be covered, provided they continue to pay their premiums when they become due.

The Claim Forms are available on the RWTO/OERO website at www.rwto.org. Go to the tab “Membership” and then to the tab “Insurance Plans”. Manulife is no longer sending out hard copies of the Claim Forms. Please download and print off OR complete the Claim Form online...it is a fillable form.

NOTE: There is a new form called: ***“Individual Insurance: Prior Authorization for home care, hearing aids, nursing, orthotics, prosthetics, appliances, medical equipment and supplies.”*** For urgent care, call the Customer Service Centre at 1-800-268-3763.

Contact Information:

Terry Kennedy – Broker and Agent of Record
Telephone: 519-583-0098
Cell Phone: 416-931-2142
E-mail: tkennedy34@bell.net

Change of address for the claim form:

P.O. Box 670, Stn Waterloo
Waterloo, ON N2J 4B8

For more information, contact our branch Insurance Convenor, Margaret Dempsey.

COMMUNITY OUTREACH

One of RWTO/OERO core beliefs is that “RWTO/OERO is socially conscious and works to establish a visible, outward-looking presence among teachers in particular and the public in general to improve the lives of all women and children.” By supporting unique charities, we encompass the true meaning of “Caring and Sharing.” Our donations are life changing for those in difficult circumstances. Our outreach is more important than ever. This year we have supported:

- **The School Breakfast Program of the Ottawa Network for Education**

Our branch raised \$778.00 for this program through the Quarter Frenzy in April (\$100.25), the Silent Auction (\$663.50) at our December 5 Christmas luncheon and Priscilla Pig’s collections (\$14.25). You may have seen in the news recently that the rising food prices have the organization looking for much-needed funds. As you know, if children are hungry, learning is a challenge. The rising cost of living has more students relying on food and other support programs at Ottawa schools than ever before. The School Breakfast Program runs the breakfast program for the four publicly funded school boards in the city, currently serving breakfast to 14,500 students every day, nearly 11 per cent of the student population.

- **Debra Dynes Family House**

Your generous donations of hygiene products and Martha’s crocheted hats at the Christmas luncheon will be particularly appreciated this year. We filled four large boxes. The Debra Dynes Family House is committed to improving the quality of life for multi-culturally diverse families, children and youth who are low income and working poor, through a range of services and programs.



- **Fundraiser for Ukrainian Refugees**



Our November Ukrainian Refugee Fundraiser Luncheon at the Church of the Blessed Virgin Ukrainian Orthodox Cathedral, coordinated by our new Second Vice-President, Irene Cameron, was enjoyed by many of our members and their interested friends. A delicious meal of traditional Ukrainian cuisine was served. It was organized by the League of Ukrainian Women of Ottawa and Natalie Toke-Hall. Before the meal, Irene translated a 150-year-old poem, ‘A Prayer for Ukraine’. After lunch Irene also presented a brief historical perspective of the situation in Ukraine.

Following the presentation, four refugee women from Ukraine shared their unbelievable experiences of finding themselves in the middle of a war. What these women endured is truly amazing! Their stories were insightful and inspiring. It is a reminder to all of us that we are very fortunate to live in Canada. After the presentations there were several door prizes. Every person attending received a souvenir bracelet of blue and yellow beads, the colours of the Ukrainian flag.

The event raised \$1,040, all of which will be used for mental health support for Ukrainian refugees in Ottawa. We thank all those who contributed to the success of this important event

We look forward to our 2023 regular events where our fund raising activities will allow us
to support more of those in need in our city.

Special Note: One of the favourite dishes at the Ukrainian luncheon was the delicious Borscht made by the church ladies. A challenge has been issued - maybe with thoughts of last year's branch cookbook, Memories??

How about making up a pot for you and your family/friends, and sharing a picture of it with us? Just send the picture to Sharon or Martha in the near future. Here is one recipe, or use your own or one from the internet.

BORSCHT RECIPE

Ingredients

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| 1 16-oz. package of pork sausage | 1 6-oz. can tomato paste |
| 3 medium beets, peeled and shredded | 8 3/4 cups water, divided, or as needed |
| 3 carrots, peeled and shredded | 3 cloves garlic, minced |
| 3 medium baking potatoes, peeled and cubed | 1 tsp. white sugar, or to taste |
| ½ medium head cabbage, cored and shredded | salt and pepper to taste |
| 1 cup diced tomatoes, drained | ½ cup sour cream for topping |
| 1 tbsp. Vegetable oil | 1 tbsp. chopped fresh dill for garnish |
| 1 medium onion, chopped | |

Directions

Crumble sausage into a skillet set over medium-high heat. Cook and stir until no longer pink. Remove from the heat and set aside.

Fill a large pot halfway with water (about 8 cups) and bring to a boil.

Add sausage to pot, cover, and return to a boil. Add beets and cook until they have lost their color. Add carrots and potatoes and simmer until tender, about 15 minutes.

Add cabbage and diced tomatoes to pot.

Heat oil in a skillet over medium heat. Add onion and cook until tender. Stir in tomato paste and remaining 3/4 cup water until well blended. Transfer to the pot.

Add garlic to the soup, cover, and turn off the heat. Let stand 5 minutes. Stir in sugar and season with salt and pepper.

Ladle into serving bowls. Garnish with sour cream and dill.



TEACHERS' TEA TIME BOOK CLUB

The Teachers' Tea Time Book Club will continue to meet through the winter the first Monday of each month. Whether they will be in person or virtual is under discussion. The February session is scheduled for Cora's Restaurant at 1355 Richmond Road at 12:30 p.m. on February 6.

There is a slight change to the book list for the next few months...

February 6 - The Memory Keeper of Kyiv by Erin Littekin

March 6 - The Tuscan Secret by Angela Petch

April 3 - The Paris Apartment by Kelly Bowen

May 1 - The Paris Library by Janet Skeslien Charles

June 12 - Lessons in Chemistry by Bonnie Garmus



As Joy, our super leader, recovers from an injury, Sharon Chop will temporarily take over the leadership for this group. If you are interested in joining the club, please contact her.

In Memoriam

We mourn the loss of our long time member, Carrie Isaac, who passed away on September 21, 2022 at the age of 98 after a short illness. After a lengthy teaching career, with 19 of the years at Charles Hulse Public School, Carrie retired to a very active life, busy with her church and varied interests including travel, raising puppies for Canadian Guide Dogs for the Blind, cottage life, quilting, and being with people.



MARK YOUR CALENDAR.... ✓

Coffee and Chat: Fridays, January 20 and February 17 at 10:00 a.m.

Bring your coffee and join RWTO/OERO friends via Zoom in the comfort of your own home. Please let Sharon know by the Monday prior to the date that you wish to participate, and she will send you the Zoom link.



Mid-Winter Break: Wednesday, February 15 11:30 a.m.

Dream of somewhere warm as you enjoy a Tex-Mex lunch with RWTO/OERO friends at the Lone Star Grill on Baseline Rd. Check out the menu at lonestartexasgrill.com. Register with Sharon by February 9 so that she can confirm numbers to the restaurant.

At this time we will give you a chance to get rid of some books you have read, and buy some others, with a "Bring a Book - Buy a Book" fund raiser for community outreach.

Spring Luncheon and AGM: Tuesday, May 16 at the Falcon Ridge Golf Club Details will follow.

Christmas Luncheon: Monday, December 4 at the Centurion Centre

Other activities are also in the planning stages. Watch for future messages!

Breakfast and Conversation is planned to return in the spring. Dates t.b.a.

Fall and Winter 2022 Memories

September Picnic under the Gazebo



November Ukrainian Luncheon and Fundraiser



Christmas Luncheon and Silent Auction

