



Retired Women Teachers of Ontario / Organisation des Enseignantes Retraitées de l'Ontario

## President's Message

One of the buzzwords when it comes to current brain research is “Neuroplasticity”. Neurogenesis researchers agree that most of the brain’s neurons are already created by the time we’re born, but there is evidence to support the theory that neurogenesis is a lifelong process. New neurons can develop in the adult brain through a variety of different activities such as, learning something new, working with stimulating people, designing social events, sharing your expertise. It doesn’t matter what age you are, you can still fire up new neurons, however the opposite is also true “if you don’t use it, you lose it.”

Our Branches offer a safe and encouraging environment where stimulating and new activities can be shared and enjoyed. The groups should be small so that everyone can participate, the operative word is Participating. My list of activities continues to grow as I visit the Branches around the province. After visiting Central Algoma and Sault Ste Marie I added ping pong ball. The following are some of the activities happening at Branches: Card Making, Bowling, Golfing, Hiking, Pole Walking, Kayaking, Chair Yoga, Belly dancing, Scrapbooking, Cards (Euchre, Gin,

Bridge), Wreaths, Bird houses, Lunch Bunch (different cuisines), Artificial Intelligence, Zoom Movies, Old Movies at the library, Red Dessert Day, “Fun, Games and Delectable Desserts”, Dining Divas, Line Dancing, Watercolours, the Fundamental Movement Testing and Revolving Book Clubs. Although you may enjoy the special lunches, the only people that are firing up new neurons there are the members who are on the planning committee.

I like to think of the Branches as stimulating as a well decorated Christmas tree. The President sits at the top and the members are the lights and decorations that make participating in the Branch activities worthwhile opportunities.

Reflect on your last two years in the RWTO/OERO organization. Where and when did you step up and offer to make your Branch more vibrant and fun? By helping your Branch succeed you ultimately help yourself get smarter.



Jan Murdoch,  
Provincial President

## Retired Women Teachers of Ontario Organisation des enseignantes retraitées de l'Ontario

### Provincial President:

**Jan Murdoch**  
905-691-8407  
rwtopresident2425@gmail.com

### Insurance Convenor:

**LeAnne Taylor**  
905-877-7030  
rwtoeroinsurance@gmail.com

### Provincial Office

### Executive Secretary-Treasurer:

**Linda Huffman**  
2736 Twelfth Conc,  
Tecumseh, ON, N8N 0H9  
Toll Free: 1-877-607-6696  
Phone: 519-979-7030  
Email: info@rwto.org  
Website: [www.RWTO.org](http://www.RWTO.org)

### First Vice-President:

**Linda Sargeant**  
905-575-3831  
rwto1stvp2425@gmail.com

### Manulife Financial 1-800-268-3763

**Broker: Terry Kennedy**  
**The Dolphin Consulting Group**  
519-583-0098 • Fax: 519-583-2876  
tkennedy34@bell.net



## *President's Message – continued*

To learn more about the brain visit one of the following suggested sites:

McMaster Optimal Aging Portal:  
<https://www.mcmasteroptimalaging.org/search?search=Neurons&db=0>

MedlinePlus:  
<https://vsearch.nlm.nih.gov/vivisimo/cgi-bin/query-meta?v%3Aproject=medlineplus&query=Neurons&x=0&y=0>

BayCrest Centre:  
<https://www.baycrest.org/Baycrest/Research-Innovation/Research-Themes/Aging-Brain-Health>

Respectfully submitted,  
Jan Murdoch

## *Call for Nominations 2024-2025*

### **1. Provincial Executive Officers**

Nominations for the following elected Executive Officer positions for the RWTO/OERO Provincial Board of Directors will now be accepted until January 31, 2025:

- Provincial 2nd Vice-President
- Provincial Recording Secretary
- Assistant Insurance Convenor

Nominees should have experience at the Board Level, as well as at the Branch Executive level and/or in other organizations.

The job descriptions for these positions are found in the RWTO/OERO Provincial Policies and Procedures Manual, which can be found on our website at [www.rwto.org](http://www.rwto.org), under the title ABOUT, click on Governance. Please review Article VI, Duties of Executive Officers. You may also contact your Area Director or the Nominations Committee Chair for the job descriptions.

Nominees are to submit their name by completing the Candidate's Form for RWTO/OERO Elected Position, which has been signed by your Branch President or Co-Presidents. The Candidate's Form can be found on our website at [www.rwto.org](http://www.rwto.org), under the title ABOUT, click on Governance. The form can be filled out online or printed and filled out. A reference letter is NOT required from the Branch.

You will also be required to submit a bio (maximum

200 words) and photo for inclusion in the March issue of *Connections*. Instructions for what to include in the bio are listed on the Candidate's Form. Nominations should be emailed or mailed with a postmark by January 31, 2025 to the Provincial Nominations Committee Chair.

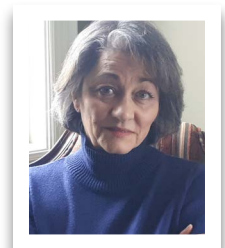
### **2. Area Directors**

Any new Area Directors will be selected or elected in accordance with their Area's protocol (see Provincial Policies and Procedures Manual, Article IV 3.). Once chosen, the names should be sent to the Provincial Nominations Committee Chair before March 31, 2025.

For further details about any position, please contact any member of the Nominations Committee: Sandra Salerno, Judy Anderson, Area 5 Director, Brenda Johnston, Area 9 Director.

Sandra Salerno,  
Past Provincial President,  
Provincial Nominations Committee  
Chair

4 Claymore Crescent  
Caledonia, ON  
N3W 2N9  
[smsalerno@rogers.com](mailto:smsalerno@rogers.com)



## *Honorary Membership Award Nominations*

The Provincial Honorary Membership in RWTO/OERO is the highest honour that can be bestowed on a member that has demonstrated outstanding services at the provincial level. This award is presented at the Annual General Meeting. Specific criteria for this award is listed in the Provincial Policies and Procedures Manual under Article XII, which can be found on the RWTO/OERO website under About, click on Governance.

This Provincial Award is dependent on nominations from the Branches and/or members-at-large. Your nomination letter should include an outline listing the provincial committees on which the nominee has served and the noted services to RWTO/OERO at the Provincial level.

All nominations must be received by the committee chair by January 31, 2025. Please provide the full name, address, telephone number and email address of the nominee.

Please send nominations to:

Mail: Judy Drummond  
Honorary Membership Committee Chair  
140 Drummond Rd  
Toledo, ON K0E 1Y0

Email: [jjdrum@explornet.com](mailto:jjdrum@explornet.com)



## *Membership Award Nominations*

We recommend that all Branches consider making a submission for the “Feather in Your Hat” Award.

The Membership Committee recognizes creative, innovative and successful activities carried out by a Branch or a group of Branches who have cooperated on a project that has enriched the programs offered by RWTO/OERO. The “Feather in Your Hat” Award is now tiered according to Branch size. Three awards may be given in each category (small, medium and large).

This award application must be submitted to the Membership Committee between January 1st, 2025 and March 1st, 2025. Please check the RWTO/OERO website for the criteria and procedure to be followed when assembling your submission. On the top bar, click on “Membership”. From the drop-down menu, select “Awards”.

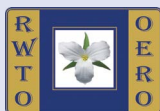
To ensure your submission has been received, please notify the Membership Convenor by email at [rwtomembership2425@gmail.com](mailto:rwtomembership2425@gmail.com).

The Membership Convenor will confirm its arrival by email.

Good luck to everyone!

Joan Gamble  
Membership Convenor





## Insurance Matters

It's Christmas time again! The air is crisp. Homes are beautifully decorated with Christmas lights. Christmas parades and church Christmas pageants make everything festive and remind us of the reason for the season. It's such a wonderful time of year to connect with our friends and family. Christmas parties, shopping, wrapping gifts, planning for the Christmas Day feast, Christmas carols on the radio all help us feel a bit of the excitement we felt as children!

It's also a time of reflection. As the old year draws to a close and a new one begins, we reflect on the year that has passed and always look forward to better times ahead. I find Christmas to be a time to consider those less fortunate than myself and dig a little deeper to help others. A time to pay a shut-in friend a visit to spread the joy of the season and deliver a poinsettia. A time to donate to our local Food Bank. "Caring & Sharing" becomes more than just a motto but also a way of life.

This fall, as we've visited Branch Insurance Convenors at Fall Workshops, we've often wondered why some members haven't enrolled in the RWTO/OERO Hospital and Home Care Plan. Applying is easy... there is no physical examination or visit to the doctor required to enroll. If you've recently retired and are still in your first year of retirement, your acceptance into the plan is guaranteed. The plan is affordable, costing less than 50 cents a day. If a member is turned down for coverage, she would still be accepted the next time an Open Enrolment Period occurs, which is another opportunity to enroll in the plan with guaranteed acceptance. There are several benefits under the plan that aren't covered by secondary insurance. For instance, the Convalescent Benefit and

Comfort Care Benefit. Where there is duplication of benefits, you can claim under both plans through the Coordination of Benefits feature. The Hospital and Home Care Plan is a natural extension to your health insurance needs, supplementing and enhancing any Extended Health Care Plan you already have such as that provided by RTOERO, RTIP, or even a spousal plan. So, if you haven't enrolled in the plan, may we suggest that you take a closer look at the many benefits of the Hospital and Home Care Plan? Ask your Branch Insurance Convenor for a brochure. I'm sure she'll be happy to provide you with one.

From your Insurance Team, we wish you a very happy and safe holiday season and a Happy New Year!

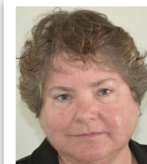
Insurance Convenor  
LeAnne Taylor  
905-875-5953  
[rwtoeroinsurance@gmail.com](mailto:rwtoeroinsurance@gmail.com)



Assistant Insurance Convenor  
Kathy McLean  
613-277-9771  
[rwtoinsurance@gmail.com](mailto:rwtoinsurance@gmail.com)



Manulife Financial 1-800-268-3763  
Broker: Terry Kennedy  
The Dolphin Consulting Group  
(519) 583-0098 Fax: (519) 583-2876  
[tkennedy34@bell.net](mailto:tkennedy34@bell.net)



## Issues and Concerns

### *Fraud and Scam Alert*

In the September *Connections* article, I summarized some of the things to watch for to avoid being scammed. In this article I will go into more detail about some of the types of scams you may encounter.

**CRA scam:** The phone call, text, or email can be claiming that you're entitled to an extra refund or saying that you owe money. All you need to do is provide your banking details or pay right away. To protect yourself, be aware that the CRA will never:

- use aggressive or threatening language
- threaten you with arrest or send police
- ask for payments via prepaid credit cards or gift cards
- use text messages or Interac e-transfer

Emails from the CRA never ask for financial information, and never provide financial information.

The **Emergency scam** occurs over the phone and targets the elderly. The caller identifies him/herself as the elderly victim's grandchild, sometimes by name or sometimes by just saying "Hi" or "It's me". Once the victim responds, a request is made for money to help with a car accident, arrest, etc. Sometimes the fraudster even sends someone to your house to get the money. To protect yourself, take the time to verify the story. Call the child's parents or friends or ask the person on the phone questions that only your grandchild would be able to answer. Never send money to someone you don't know or trust.

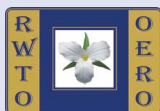
The latest *Zoomer* magazine reported that in August the Canadian Anti-Fraud Centre used social media to warn consumers about the resurgent **bank investigator scam**. You receive a call or text from a credible-sounding representative from your bank or credit card company who claims that there are unauthorized charges on your

account or that your credit card has been compromised. All he or she needs is your account number and password to rectify the problem. **Don't give out any information;** call your financial institution directly to find out whether the problem is real. Make sure to use the telephone number on your account statement or on the back of your credit card.

If you suspect or know that you are a victim of fraud, or if you unwittingly provided personal or financial information, you should contact your local police force and file a report, as well as informing your bank or financial institution.

Diane Sinden  
Area 12 Director





## Board Reports

### Program

HEARTFELT SEASONS WISHES TO ALL AREA DIRECTORS AND PRESIDENTS!

A warm appreciation is being sent to the Branch Presidents and Area Directors for getting together this fall. These important relationships reflect our motto of “Caring and Sharing”.

In the new year, the plans for “The Grand Getaway” will be underway. Mid-January, the Branches receive their membership information from Linda Huffman. First confirm with your Membership Convenor the Branch membership enrollment as indicated by the Provincial office. Please report discrepancies to Linda as soon as possible. Secondly, confirm your delegate numbers for the Convention defined in the constitution as based on paid full membership on November 30th.

Later, the updated detailed 2025 Convention

Bulletin with the processes and procedures will be emailed. This guide will explain to your executive about booking accommodations and travel arrangements, selecting and the role of delegates, the reimbursement policy and events and awards at the convention. Please feel free to contact myself or Linda Huffman with questions.

Wishing you peace, joy, and love during this time of celebration and always. Take this opportunity to generously reach out to your communities with best wishes and tidings of joy.

Margaret Geare  
Provincial Program  
Coordinator  
rwtoprogramcoordinator2024@gmail.com



### Archivist

At the September Board Meeting, I collected from the Area Directors, the envelopes with the list of the Cora Bailey recipients, including 2019-2020. They will be stored with the archival material. Thank you!

Please send me the picture, JPEG format, of your deceased members when they are available and before March 31, 2025. I can usually retrieve them from the obituary if you include it. You must also send the names to Linda Huffman at the provincial office, before January 31, 2025. If some members were not

included in the previous years, please forward them so they can be recognized.

The ‘In Memoriam’ service to be presented at the Convention in June 2025, is in the planning stage.

Hénédine Weiman  
Provincial Archivist  
hen.wei29@gmail.com



### Goodwill

Hello RWTO/OERO members! I am the new Goodwill Convenor for 2024-2025. I will be sending approximately 273 birthday greetings to our members 90 and over during my term. There will be nine new centenarians this year joining the other ladies over 100 and we have members who are up to 104 years young!!! Staying in touch with these members will be such an honour. Recognizing a birthday is a small

way of showing gratitude and joy. The women in this group have done “great things” and are an inspiration for those of us who continue to do “great things” for our organization, our communities and each other. It will be an honour to send greetings on behalf of RWTO/OERO to these exemplary women who have a century of experiences. I bought some birthday cards

## Board Reports

in Nova Scotia during my travels this summer. Please remember to help us keep our database current by contacting our Executive Secretary-Treasurer, Linda Huffman, with any changes in personal information and birthdates. I also thank Susan Rose and her friend who are helping me complete the winter and

spring season cards and also to Linda Sargeant for her advice and helping me get started!!

Betty Lee-Daigle  
Goodwill

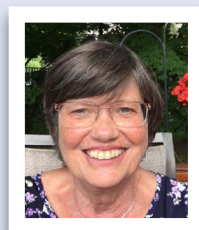


## Our Jubilee Celebration is Coming in 2026!

Can you believe in 2026 we will celebrate our 70th Anniversary of our wonderful organization of Women Helping Women? We want to celebrate in style, and that takes planning. The main celebration will happen at the 2026 Convention at the Nottawasaga Inn near Alliston, but we also want to think of ways to assist all of our Branches in recognizing this banner achievement. To that end, an Ad Hoc Committee has been struck to begin brainstorming and planning. Meetings will take place on Zoom under the Chair of LeAnne Taylor. If you have a creative mind, ideas of

how we might celebrate, or just want to help, please email LeAnne at [clareanne.taylor@gmail.com](mailto:clareanne.taylor@gmail.com). Even if you are not available to be on the committee, but have some ideas, you can send your ideas to LeAnne.

LeAnne Taylor  
Chair, Jubilee Cmtee



## Communications

### Website Convenor

Hello and welcome to all new and returning Branch Website Convenors.

Check your Branch page and note any information that needs to be updated, such as contact information for your Branch, updating your welcome paragraph or any upcoming events for this year or news from over the summer and fall.

Updating contact info, your welcome paragraph, Branch newsletters or brochures, can be sent directly to my email as shown below.

To send your Branch News and Upcoming Events please use the provided form found on our website [rwto.org](http://rwto.org). On the Home page, choose BRANCHES and then BRANCH NEWS & EVENTS in the drop-down menu. Choose the Blue lettering that says "Click HERE to set up your post". Then fill in the blanks with your info, choose any images/ files that you want to add by clicking on "Choose File" for a

main image or "SELECT FILES" for extra images or files and don't forget to check off that you're not a robot. Then click "SUBMIT POST FOR APPROVAL" These forms are sent directly to my email, and it is the easiest and fastest way to get your News and Upcoming Events posted to your Branch Webpage.

I'm looking forward to working with all the current and new Branch Website Convenors over the next year and if you have any questions, please email me at [rwtowebite@gmail.com](mailto:rwtowebite@gmail.com) and I will do my best to answer and help you with your posts. Just remember, I'm only an email away.

Jane Macdonald  
Communications Website Convenor  
[rwtowebite@gmail.com](mailto:rwtowebite@gmail.com)



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## Communications - continued

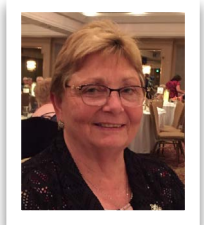
### Newsletter Convenor

One of our goals as an organization is to communicate with the members regularly. RWTO/OERO's newsletter, *Connections*, is published three times each year and members determine how they wish to receive each edition - via email or a hardcopy mailed to your homes. Costs of email are significantly less and you receive the news much faster this way. If you wish to receive the newsletter by email and you don't already, please contact Linda Huffman, Executive Secretary-Treasurer, and that change will be made.

Please keep us informed of any changes in your mailing address and email. After each newsletter is sent out by email we receive many "bounce backs" - newsletters not received because of either incorrect addresses or the email account is no longer active. Let's avoid all these problems and keep our members' information at RWTO/OERO updated.

Thanks so much!

Kathy Smith  
Communications Newsletter Convenor  
rwtoconnections@gmail.com



# RWTO/OERO 69th AGM Convention!



## A GRAND GETAWAY

Area 4 ~ Brantford ~ June 3-5, 2025

Brant ~ Haldimand ~ Hamilton-Wentworth

**Marriott TownePlace Suites 519-720-2777**

**Hilton Hampton Inn & Suites 519-720-0084**

Lynn Anderton    [rwto.lynn@gmail.com](mailto:rwto.lynn@gmail.com)    905-308-1133

Linda Sargeant    [rwto1stvp2425@gmail.com](mailto:rwto1stvp2425@gmail.com)    905-575-3831



**Two hotels ...**

**just steps apart!**



Watch our 6 minute "Call to Convention" Video!  
Go to our website ... [rwto.org](http://rwto.org)

Click the "Convention" tab at the top.

Click "Call to Convention"  
Turn up your sound, click start, and ENJOY!



**Marriott TownePlace  
Hilton Hampton Inn  
Convention Centre**

**Surrounded by free parking!**

## *Sales and Materials*

Thank you for your ongoing purchases of RWTO/OERO branded materials. Remember that you may order throughout the year and those items will be mailed to you. There will also be a Sales and Materials booth at the 2025 Convention in Brantford.

Please just check the RWTO/OERO website for the full listing including costs and photos of available items. To be in touch, use the email address as follows: [rwtprovsales@gmail.com](mailto:rwtprovsales@gmail.com)

Below find a few of our RWTO/OERO items.



@1.25



@\$0.50 for 50



note pads @\$1.25

Joanne Weeks  
Provincial Sales and Materials



## *Social Justice*

AD Hoc Social Justice Committee wants Branches to make suggestions of issues to advocate for Social Change.

Email:  
[rwtprovincialprogramcoordinator2024@gmail.com](mailto:rwtprovincialprogramcoordinator2024@gmail.com)



## *News from the Branches – "Sharing social/interest activities offered to members"*

### *Rendezvous*

Rendezvous Branch is firmly based on 'Caring and Sharing' in the west end of Toronto. Our continuing projects are 'Squares to Blankets' and 'Milk Bag Mats'. All members are invited to collect materials for both crafts. Some spend a day every month sorting, cutting and weaving colourful mats for distribution in Canada and worldwide.

Our day begins in Jean's grand lobby where we sit in a group and enjoy coffee and a treat. Then we head up to Jean's suite to sort the bags into flat colourful stacks, then fold and cut them. The loom is strung and loops have been joined in complementary colours. Weavers begin to work strands across the frame when lunch is called. Everyone opens their bags, Jean makes tea and we



chat around the table until it is time to get back to work. It takes 175 bags to make one mat.

Submitted by  
Judy Anderson, Branch President

### *Scarborough*

The Scarborough Branch is back in full swing this fall, with a list of exciting guests to both entertain and educate all of us. Our ladies are avid travelers and recently partnered with a condo building of seniors to enhance our travel adventures. This has been quite successful. Our recent Art & Craft Sale, involving our very talented members, was amazing with many Christmas gifts purchased. Once again, this year we look forward to our special liaison with 42 Division Police in collecting, donating and distributing "Gifts for Kids" to children that Santa may have missed in Scarborough. Our monthly collection of personal items for the women's shelter we support continues. Our members are very gracious in their support of others.

Submitted by,  
Cathie MacGillivray, Branch President



## News from the Branches – "Sharing social/interest activities offered to members"

### Blue Mountain

Some members of our Blue Mountain Branch of RWTO are active in our book club that is held at our local Clearview Library and is open to other interested people who may not be members. Meetings are monthly, discussion is vibrant. We have had live meetings with authors using Zoom as well as in-person. Our Branch also has a walking group, that is a casual optional arrangement.

Impromptu meetings for coffee occasionally occur when a couple of members or more wish to do so. The majority of our Branch gatherings are just that and not formal meetings. We often have lunch, because members enjoy fellowship while lunching. Fun, involvement and sharing ideas are themes we try to promote in any of our Branch activities.



Submitted by  
Lois Plowright, Branch President

### Daisy Wilson Coldwater

The Daisy Wilson Coldwater RWTO Branch looks forward to its annual theatre outing each summer. We gather for a luncheon then head to the Kings Wharf Theatre in Penetanguishene for the performance. This year we saw *Jersey Boys*. We had those songs in our heads for a long time. In the past, we have seen the *Buddy Holly Story* and *Joseph and the Amazing Technicolor Dreamcoat*. We order the tickets as soon as they are available and always get great seats.

It's always a great afternoon of sharing and fun.

Submitted by  
Esther Lauzon, Branch President

### East Parry Sound

We cover a large rural area so assembling together is always an exciting and important time for members to connect with friends. A successful gathering is our annual penny sale where our artistic members make items for the silent auction.. This raises funds for our bursary presentations each June and highlights our members' talents and hobbies. Quilting, knitting, card-making, baking and painting projects are displayed and sold.

Caring and sharing embodies our Branch, and members cherish the companionship. Another popular activity is our summer garden party held at a member's home where we can gather and enjoy each others' company. Everyone brings a small snack to share at the refreshment table and our afternoon is filled with laughter and fun.

What a wonderful opportunity for new members to chat informally and get to know the group while providing an excellent chance for fellowship.

Submitted by  
Susan Rose, Branch President

### Orillia

Members of our Orillia Branch CARE, SHARE and HAVE FUN together.

In September we invited Daisy Wilson Coldwater Branch members as well as Jan Murdoch, our new Provincial President, to our traditional September potluck lunch, highlighted by inspirational remarks from Jan and fun socializing between our two Branches. The Orillia Food Bank is the main charity we help financially, as well as by donating requested products near Christmas. Each month we have Share the Wealth with the club's winnings going to the Food Bank. Occasionally,

Continued ►



## *News from the Branches – "Sharing social/interest activities offered to members"*

when our business meeting concludes, our members enjoy playing board games while enjoying tea and homemade baked goods.

Each year our Branch involves teachers and students from selected separate and public elementary schools to make special friendship cards to send to Long Term Care residents and to patients in Mariposa House Hospice for the Christmas/holiday season. In December members deliver these thoughtful cards to selected residences and to patients in our local hospice.

We are reaching out to encourage other retired women educators to join our members in caring, sharing and having fun.

Submitted by  
Yvonne Bromley, Communications Convenor



### *Brockville*

Our lovely get-togethers are always centred around a luncheon of some kind. Our group loves to "do lunch" together and socialize at the same time. However, we usually combine this with a guest speaker, musical entertainment, or the sharing of information related to a current topic.

Our community police officer led a discussion about various concerns and preventative measures

regarding cyber/senior safety. We also had a local author share experiences and writing strategies with us along with some selected readings from her book. We enjoyed lovely Irina, who is originally from the Ukraine, who played her accordion for us. She loved the social aspect of the afternoon!

Our caring and sharing initiatives have included giving gift cards to Interval House during the Christmas season, purchasing a transport chair for the local hospital, sponsoring Quilts of Valour for local veterans, and purchasing an infant mannequin for training purposes and other surgical supplies at the hospital.

We look forward to many more gatherings.

Submitted by,  
Karen Kerr-Kennedy, Branch President

### *Gananoque*

Words! Did you ever notice how the same word can mean different things to different people? For example, "unusual" or "creative". As I tried to apply those words to how Gananoque Branch tries to attract new members, I found myself going in a circle. We have found that word of mouth invitation from an existing member is most effective. Our meetings are fun and full of conversation and laughter. Prospective members who come as guests tell us we have so much fun; then they ask how they can join. Our meetings include draws, gifts, music, sometimes guests, and most importantly, renewing friendships and catching up with the news. Our very reliable executive ensures that Provincial business is shared. We don't have groups or clubs. Any common activity between two or three members is a spontaneous, personal activity, not organized or planned by the Branch.

## *News from the Branches – "Sharing social/interest activities offered to members"*

Are we "unusual" or "creative"? We hope so. We have fun!

Submitted by  
Joan Gamble, Branch President

### *Upper Canada East*

Isabel Hume is a valued member in Upper Canada East and has held many positions within the Branch. This article is honouring her 100th birthday, her devotion to UCE and the teaching profession. The photo shows Isabel with yellow roses delivered by Jean Mills, UCE's Over 90's Goodwill Convenor who visits these special ladies each year bringing flowers and cards in celebration of their milestone.

Isabel's teaching career began at Grand Valley SS No1 and Millikin Schools in 1944. She taught Grade 1 in North York (1949), followed by kindergarten at Lorne Park, Willow Glen and Dixie Public School. At Port Credit, she had 45 students in a portable. On rainy days, a plank was laid down to the main school and children were handed over to the principal to get to the bathroom. At Lynnwood, in a double kindergarten, Isabel had 85 students, divided into three groups, attending three and a half days weekly. In 1960 Isabel married Alex Hume and resigned to start her family. She returned in 1974 to kindergarten at Benson PS (Cardinal), and Central PS (Prescott), where she remained until retirement in 1986.

Submitted by  
Diana McKendry, Communications Convener



### *Kingston*

Kingston Branch RWTO group has had a very interesting season. Our members have been fortunate to be invited to join other Branches in our area for meet-



ings and social events. We have had luncheons, breakfasts and even turkey dinners with Napanee Branch, Gananoque Branch and Upper Canada East. We have made lifelong friends through this caring and sharing. Specifically in our Kingston Branch, we were blessed to entertain these Branches in May at a garden party and luncheon at my home. It was well attended and I felt it was a highlight of our year. In November we will share our Christmas luncheon with as many ladies from these Branches as can join us. The fellowship and connections forged by these gatherings are invaluable for our well being. We get the business required done too. Thanks for caring and sharing!

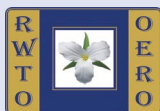
Submitted by  
Betty Jeanne Kippen, Branch President

### *Napanee*

Our Branch has had difficulty this year in "fielding a team" for an executive. When we did not elect an executive at our Annual General Meeting we fortunately had a volunteer to receive emails from provincial executives and communicate with members about what is required for us to do. We have about thirty members – twenty or more of whom attend whatever functions we hold.

In June a breakfast gathering was held to honour Beryl Jacka, our long time president, as she entered retirement. Appropriately the gift chosen for Beryl was a lounge chair for her to use in her

*Continued* ►



## *News from the Branches – "Sharing social/interest activities offered to members"*

backyard. Reading material was also provided to accompany the easy chair.

On the first day of school in September our members gathered for a traditional 'To 'ell with the Bell' luncheon. We have also continued to contribute to local charities such as hospice and a mission in Napanee that provides food and shelter for those in need.

Although we are not proceeding in the normal manner we are holding together.

Submitted by  
Sylvia Dopking, Communications Chair

### *Sudbury*

These are changing times!

Change is inevitable if our Branches are to thrive. Change can be overwhelming. As our membership ages, routines are calming. By attending various activities outside luncheon, members are allowed to congregate and interact with one another. Many attend the symphony, theatre and art exhibits. The challenge is how to get more to participate. The executive must focus on the benefits, identify the "why", the desired outcome and how to measure the success.

This fall, members visited various senior expositions. The valuable information becomes a source for future guest speakers. We just learned that a local pharmacy offers a large table for group discussion regarding health issues. It could be a great stepping stone to create a new synergy, permitting members to lead various interactive groups.

Submitted by  
Suzanne Rondeau, Branch President

### *Central Algoma*

In our Branch we have regular meetings but we also have a variety of interest groups that meet on a monthly basis. There is a book club, a hiking group and two different games groups in different locations. We are trying to start up our craft group again but a favourite group is theme dinners that meet four times a year.

In all these groups, new friendships and interesting encounters take place. We have discovered new hiking trails which become ski trails or seasonal snowshoe trails. In the games groups, they learn how to play new games and things become competitive. At the book club they have discovered some new local authors. The theme dinners sometimes include ethnic costumes and decorations as well as cultural food options. So as you can see it's fun fun fun in RWTO Central Algoma.

There is a new group in the works that will deal with social justice for seniors in long term care. As our group ages senior health care becomes a major concern for all of us.

Submitted by  
Mary Jane Thompson, Branch President

### *Sault Ste Marie*

The Sault Ste. Marie Branch is growing! Why? We invite members and friends. We organize opportunities for our members to gather: two book clubs, a handicraft group, two scrabble groups, two brunch days, Monthly Mystery Dinners, and ping pong. We alert our members to free indoor exercise activities (This is especially important since winter can be harsh in the north): walking at the Canadian Bushplane Heritage Centre, the GFL Arena, and, the Northern Community Centre, as well as gentle exercise/balance classes

## *News from the Branches – "Sharing social/interest activities offered to members"*

(provided by VON) at the Centennial Library. We produce a monthly calendar which lists events, convenor contact information and an FYI section where members can announce upcoming community events. We plan our activities so they do not overlap. We offer our members a contact number

if they need transportation to any of our activities. Visiting the Soo? Let's meet for tea and the world's best butter tarts!

Submitted by  
Patricia Lambert, Branch President

### *Your 2024 Board of Directors*





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