



RWTO/OERO Ottawa-Carleton Branch

FALL NEWSLETTER

September, 2015



A MESSAGE FROM OUR CO-PRESIDENTS, Erin Linnen and Kathy McLean

We hope that your summer has gone well, and that you had time to relax and enjoy time with loved ones and doing interesting things. We are so looking forward to our first year as RWTO Branch Co-Presidents. We still have several vacancies on our Executive requiring the help of individuals who are willing to take an active role in the leadership of our local Branch. A position can be shared by two members, if that would work better for you. We hope you will consider taking on one of these positions (See ad later in this newsletter). There's plenty of support from experienced executive members to help you out.

We started out our new responsibilities with a variety of activities over the summer:

- **June 2 - 4** we attended the RWTO/OERO annual convention in Stratford, where 300 delegates from across the province met to discuss the needs and future of our association, and were able to enjoy and appreciate the hospitality and beauty of the Stratford area. (more details in **Convention Report**)
- **June 17** a tour of the Ottawa Mission was on the agenda, providing much information about this important facility in downtown Ottawa, and another excuse to eat out at an area restaurant.
- **July 20** was a perfect day to be at Mississippi Lake, near Carleton Place where 13 RWTO members enjoyed a pot luck lunch at Val Leach-Ray's cottage with a chance for a swim in the beautiful



lake and an opportunity to catch up with friends.



- **August 13** a number of

members responded to an invitation from Anne Graham to join members of the Lanark Branch at her cottage on Mississippi Lake. Again, delicious dishes and the clear lake waters were the centre of attention.

- **August 17**, the grounds and museum of the Mackenzie King Estate in Gatineau Park attracted a number of members; as usual there was a great lunch at the Moorside Tea Room.

What a great summer!!

And now it's time to get down to work!!

Our 2015-16 hard-working executive is busy planning events for the fall that encourage not only "caring and sharing" but will provide opportunities to learn and have fun! Details are later in this newsletter, but here are some highlights:

- **September 30:** Our **Annual Fall Luncheon**, at which our members welcome **new retirees** to this "non-school" year and RWTO/OERO, will take place at Kitchissippi United Church (note the change of venue from other years). If you know any retired women **teachers who have not joined** or even heard of RWTO/OERO, this would be a great time to invite them to join us. If you haven't paid your **annual fees** yet, this is your chance to do so.
- **October 15:** We are pleased to host a presentation by Dr. Andrew Frank, a cutting edge local neurologist, on the latest in Dementia and Alzheimer's Disease. The event will be held at the Rideau Park United Church at 7:00 p.m., and will be followed by dessert and refreshments.
- **November 18:** You are invited to meet in the front foyer at the **National Art Gallery** on Sussex Drive to spend the morning enjoying the wonderful displays, followed by lunch at the The Earl of Sussex Restaurant.
- **November 30:** Our annual Christmas Luncheon at the Centurion Conference and Convention Centre will have RWTO/OERO Provincial President, Dianne

Rice, as our special guest. We look forward to enjoying a fine meal and great musical entertainment by the **Ladies of the Day**.

We look forward to attending a Presidents' and Insurance Convenors' workshop with our Provincial Insurance Convenor and Area Director on September 24, in Brockville. We will bring back the latest information to share with you at our Fall and Christmas luncheons and via our winter newsletter.

As always we are looking for new ideas for events and presentations. If you have any suggestions, please

contact either co-president.

Next month, as we well know, will be the federal election. We encourage all of you to consider the performance and platforms of all the parties and their leaders, and to support, with your vote, the one that best represents your values and the issues that you hold dearest and nearest to your heart.

We look forward to seeing you at our upcoming events.

Erin and Kathy

IMPORTANT CONTACT INFORMATION

If you have a question about RWTO/OERO or your insurance, please contact the appropriate person below.

OTTAWA-CARLETON BRANCH CONTACTS

Co- President, Kathy McLean: 613-829-6234

kathymclean2011@hotmail.com

Co-President & Insurance Convenor Erin Linnen:

613-224-3761 erin.linnen@opera.ncf.ca

Goodwill Convenor, Marilyn Adair: 613-274-3331

marilyn.adair@gmail.com

Membership Convenor, Sheila McKay:

613-680-5657 mckay.sheila6@gmail.com

PROVINCIAL CONTACTS

Area Director: Suzanne Lanouette-Carswell, 613-829-

7167 suzanne.lanouettecarswell@gmail.com

RWTO Provincial Office, Exec. Sec.-Treas.: Gloria

Drake: 877-607-6696 E-mail: info@rwto.org

RWTO/OERO Website: www.rwto.org

Manulife Insurance: 1-800-268-3763

Insurance Convenor: Bertha Breen 519-274-2464

bertbree@gmail.com

Insurance Broker: Terry Kennedy, 519-583-2876

tkennedy34@bell.net

RWTO/OERO ANNUAL CONVENTION 2015

The 59th Annual Convention of RWTO/OERO, *Fantastique*, held in Stratford, Ontario, June 2-4, 2015, lived up to its name. Delegates and members, including Ottawa-Carleton delegates, Suzanne Wilson-Marjerrison, Erin Linnen and Kathy McLean, and incoming Area 9 Director, Suzanne Lanouette-Carswell enjoyed a variety of activities over the three days of the event:

- networking sessions provided the opportunity for attendees to get ideas for developing special projects for outreach, recruitment, fund raising and entertainment, for Branch Treasurers to update their skills with using the Excel spreadsheet, and for everyone to meet members from other Branches

- presentation of awards honoured individuals and Branches: **Feather in Your Hat Award** for *creative, innovative and successful activities carried out by a Branch that has clearly enriched the programs offered by RWTO/OERO*, was awarded to Blue Mountain and London-Middlesex Branches, **Honorary Memberships** went to Patricia Depencier and Marilyn Emmett, and **Barbara Bain Membership Awards** went to 9 Branches who showed the highest net increase in membership for the year
- tours which showcased the Stratford area
- a moving Memorial Service to remember the many members who passed away during the last year

- evening entertainment following delicious meals as a finish to the fun-filled days

The Annual General Meeting, where all the business of the organization is conducted, summarized the work of the Board of Directors and Provincial Office over the year. Financial, Executive Secretary-Treasurer, and Committee reports, and election of officers for 2015-16 were on the agenda. Resolutions from the Board of Directors, Branches and the floor were brought forward:

- 4 from Burlington Branch related to committee structures and expense reports
- 1 from Sarnia-Lambton Branch related to defeated motions
- 1 from Peterborough Branch related to Life Membership
- 1 from North York Branch regarding Charitable Donation
- 1 from the floor related to receipt of membership fees by Provincial Office

Several of these resolutions were withdrawn, two were defeated and the others carried. Details of these resolutions are available on the RWTO/OERO website at

www.rwto.org and in the September issue of **Connections**.

Terry Kennedy, our Insurance Broker, was popular when she announced the amount received from Manulife this year in profit sharing was over \$60,000.

A special event for the members of the Ottawa-Carleton Branch was the induction of **Suzanne Lanouette-Carswell** as the new **Director for Area 9**, which includes Ottawa-Carleton and Lanark County. In the photo, Suzanne is congratulated by former Provincial President, Annette Rhodes.



The **2016 RWTO/OERO Convention** will celebrate a special anniversary. Windsor-Essex Branch will host "**Come Rally by the River**", the 60th Annual Convention, June 7-9, 2016 at Caesar's Hotel in Windsor.

RWTO/OERO MEMBERSHIP RENEWAL

Please renew my membership in the Ottawa-Carleton Branch for 2015-16. I have enclosed my cheque for:

_____ \$48.00 (I retired after August 31, 1980)

_____ \$23.00 (I retired on or before August 31, 1980)

Name: _____

Address: _____

Phone Number: _____ E-mail: _____

May we include your contact information in the Ottawa-Carleton Branch Directory? Yes No
It will be used only within RWTO/OERO.

Signature _____

**Send cheque and form to Sheila McKay, 297 Cunningham Ave., Ottawa, ON K1H 6B1
or bring them to the September 30 Fall Luncheon.**

CARING AND SHARING: MEET YOUR EXECUTIVE

At both the Provincial and Branch levels, **“caring and sharing”** has been the motto for our organization for many years. The provincial newsletter, **Connections**, and the Annual Reports describe the types of activities in which our members participate, evidence that we do, indeed, use this motto as the basis of our planning and activities. Of course, this all begins at the local Branch level with the women who make up the executive. The members of the **Ottawa-Carleton Branch Executive** exemplify this motto by **caring** about the organization and **sharing** not only their leadership and communication skills, but also their time and talents to make it a great group of which to be a member. These members have **shared** the following information about their roles on the executive, and how you, as members, can make their jobs easier and more effective.

CO-PRESIDENTS, KATHY MCLEAN AND ERIN LINNEN

agreed to take on the important job of President if they could **share** the role... what a great way to step into the job without any experience at the vice-president level! Between them, they:

- set agendas for and chair executive and general meetings
- attend provincial RWTO/OERO meetings
- submit President's reports for the Branch and Provincial newsletters
- work with the Treasurer to prepare the annual budget and act as signing officers for the Branch chequing account
- draft letters as needed on behalf of our Branch
- provide mentoring for the Branch Vice-Presidents (when someone steps up to fill the void! Might that be you?).
- serve as liaison with the Provincial Office and the Board, providing Branch updates and an annual report for the Branch, and arrange for Branch representation at the annual convention.

Have you attended a convention???

PAST PRESIDENT, SUZANNE LANOUILLE-CARSWELL, sees her role to be a resource for the new President,

sharing what she has learned in the job previously. This provides for continuity and a smooth transition between previous executives and those newly elected. She attends executive meetings, and is able to chair meetings if the Co-Presidents are unable to attend.

TREASURER, SUZANNE WILSON-MARJERRISON, explains she really has two roles: she is Branch Treasurer, and also prepares the annual Membership Directory for all the members. She works closely with the Membership Convenor to ensure members' fees are submitted to Provincial Office by her October 15 deadline and that their contact information is up-to-date. As Treasurer, she handles all the money:

- maintains the Branch bank account
- collects the money and pays the bills
- prepares the annual budget and regular financial reports
- arranges for the end-of-the-year audit and submits the audited financial report to Provincial Office by April 30.

You can help her by renewing your membership in a timely manner to ensure she can make her deadline for submitting the annual fees to the Provincial Office!

MEMBERSHIP CONVENOR, SHEILA MCKAY, is a master recruiter, always looking for potential new members, making many contacts to search out new retirees, and hoping we will all help her. Each year, she collects the annual fee of \$48.00 from each member and updates the membership data to pass on to the Treasurer. If you know a retired elementary or secondary, college or university woman teacher who taught in any part of the world, even if she has been retired for awhile, please invite her to join us. We are a **caring** and **sharing** group of women with varied careers, experiences and stories that prompt lots of laughter at the "good old days". For more information, please contact Sheila at 613-680-5657 or mckay.sheila6@gmail.com.

INSURANCE CONVENOR, ERIN LINNEN, is a chief promoter of the Provincial Insurance Program to members and potential members of RWTO/OERO by making presentations at the Branch meetings,

distributing insurance brochures, applications and claim forms, and serving as a contact person for our members who seek information about the insurance program or making a claim. She attends provincial insurance workshops, after which she can provide updates about our insurance policy at local meetings and via the Branch newsletter. Contact Erin with your questions at 613-224-3761 or erin.linnen@opera.ncf.ca.

GOODWILL CONVENOR, MARILYN ADAIR, tells us about her job... In keeping with the “*Caring* and *Sharing*” motto of RWTO/OERO, it is her responsibility to :

- keep in touch with the members of the Branch who have reached their 80th birthday with cards on their birthday and at Christmas
- send sympathy cards to any member who loses a loved one to show we *care*
- send “thinking of you” or “thank you” cards when appropriate.

In order to allow this to work effectively, the convenor needs the help of all members (that’s you!) in notifying her when such a communication would be fitting. If you know of any member who should receive such a card, please *share* it with Marilyn at: **613-274-3331** or marilyn.adair@sympatico.ca

TELEPHONE CONVENOR, ANN DAVELAAR, chairs a committee of *caring* women who *share* their time by making calls to all of our members to *share* information about our upcoming major events and other important details about the Branch. Ann’s job is to provide them with the information they need, so they can make calls in a timely manner before the events, and then pass responses to the appropriate persons. **We offer many thanks to our 2015-16 Telephone Committee: Barbara Edwards, Adele Gervais, Margaret Granville, Caroline Isaac, Ann Lazear, Valerie Leach-Ray, Noreen Murphy, Beth Sharp, Jenifer Slack, Suzanne Wilson-Marjerrison.** A special thank you to **Kathy McLean** for her work on

this Committee in the year 2014-2015, and welcome to **Margaret Granville**, a new member on this year’s Committee. If you would be willing to *share* some of your time to serve on this committee, please contact one of the Executive.

ARCHIVIST, JENIFER SLACK, is new to this job, and *shares* her time updating files and organizing a variety of documents for the Branch:

- minutes of meetings and correspondence
 - newsletters
 - membership directories
 - photo albums depicting events and conventions
 - In Memoriam book with newspaper obituaries
- Branch materials are stored at the community centre on Heron Road where the executive meetings are held. If you have anything to add to these collections, Jenifer would be happy to receive them.

RWTO REPRESENTATIVE TO THE RTO/ERO BOARD OF DIRECTORS, KATHY MCLEAN, acts as liaison between the Ottawa-Carleton RWTO Executive and the Ottawa-Carleton RTO/ERO Board of Directors. She attends the RTO/ERO bi-monthly Executive Meetings, allowing for the exchange of information concerning upcoming workshops and social events which can be attended by members of both organizations. Have you attended an RTO event recently?

COMMUNICATIONS CONVENOR, MARTHA SUMMERS, has the role of pulling together all the current information of the Branch to present it to you in the form of a newsletter, and submitting appropriate information to the Provincial website at www.rwto.org

THREE CHEERS FOR OUR SUPER CARING AND SHARING EXECUTIVE MEMBERS!!

Did you know... if we increase our membership to over 150, we can send 4 voting delegates to the Convention instead of 3?

In Memoriam...

During the 2014-2015 year, we were saddened by the passing of nine of our members.

***When a loved one becomes a memory,
a memory becomes a treasure. Treasure the memories.***



Phyllis Mitchell
Retired 1991
Died Oct 2014



Geraldine Hoey
Retired 1985
Died Oct 2014



Barbara Dowd
Retired 1987
Died Nov 2014



Gwen Parsons
Retired 1992
Died Dec 2014



Dora Van Strepen
Retired 1992
Died Feb 2015



Marion Caldwell
Retired 1996
Died Mar 2015



Carol Rannie
Retired 1994
Died Apr 2015



Rebecca McLeod
Retired 1998
Died May 2015



Isobel Wooldridge
Retired 1987
Died June 2015

2015-16 EXECUTIVE RWTO/OERO OTTAWA-CARLETON BRANCH

Co-Presidents: Erin Linnen, Kathy McLean

Past President: Sue Lanouette-Carswell

Ist Vice-President: _____

2nd Vice-President: _____

Recording Secretary: _____

Membership Convenor: Sheila McKay

Insurance Convenor: Erin Linnen

Directory Convenor: Suzanne Wilson-
Marjerrison

Goodwill Convenor: Marilyn Adair

Telephone Convenor: Ann Davelaar

Archivist: Jenifer Slack

Issues & Concerns Convenor: _____

Communications Convenor: Martha Summers

Rep to RTO/ERO: Kathy McLean

Rep. to Council of Women: Janet Thomas

Members-at-Large: Viola Caissy, Gayle Singer

Can you help fill in the blank spaces????

Community Outreach Charitable Donation Project 2015

In the May newsletter, information was provided about setting aside \$3000 of the funds received from hosting the 2014 Provincial Convention to make donations to a variety of community projects or organizations. The following are criteria for this project:

- up to ten donations of three hundred dollars each, one per charity, will be available
- charities nominated must support women and/or children, as per RWTO/OERO policy
- each Branch member may nominate one charity to receive a donation
- proposals must be submitted by September 30 to one of the Co-Presidents
- the Executive will make the decisions as to the winners of the donations by November 1
- members who nominated the successful proposals will be asked to set up a small display about their charity at our Christmas Luncheon and the donations will be distributed to those members at that time
- these members are asked to submit a picture of their presentation of the donation to their chosen charity by April 15th, 2016 for display at our 2016 AGM

2015 Proposal for RWTO/OERO Ottawa-Carleton Community Outreach Donation

Date: _____ Nominating Member(s): _____

Nominated Organization - Name and Contact Information: _____

Brief Description of Organization: _____

Who benefits from this organization and in what way? _____

Please attach any supporting additional information.

Signature(s) of Nominator(s): _____

Bring completed form to the September 30 luncheon or send to: Erin Linnen, 1215 Meadowlands Drive, Ottawa ON K2E 6K2 or Kathy McLean, 2303 Badger Crescent, Ottawa ON K2C 1H9

GOING GREEN

Beginning this fall, we plan to do as much correspondence with members as we can by e-mail in order to save costs and get information to you faster. This will allow us to use funds for other caring and sharing activities. It also allows us to send out messages between newsletters, such as reminders of meetings or events, etc.

If you did not receive this newsletter electronically, please ensure that your e-mail address on file is correct. If you do not have access to e-mail, please contact an executive member and let us know so that we can make other arrangements to get your newsletter and other messages to you.

ISSUES AND CONCERNS... DEMENTIA AND ALZHEIMER'S DISEASE

When life's challenges include memory loss or dementia, our perceptions, relationships, and priorities inevitably shift, and our thoughts turn to subjects such as Dementia and Alzheimer's Disease. Dementia is an overall term for a set of symptoms that are caused by disorders affecting the brain. Symptoms may include memory loss and difficulties with thinking, problem-solving or language, severe enough to reduce a person's ability to perform everyday activities. A person with dementia may also experience changes in mood or behaviour. Dementia is not a specific disease. Many diseases can cause dementia, the most common being Alzheimer's Disease and Vascular Dementia due to strokes.

RWTO is privileged to share **an evening with Dr. Andrew Frank**, an eminent Ottawa specialist in this field, as one of our fall events.



Andrew R. Frank M.D., B.Sc.H., F.R.C.P.(C) is the Cognitive and Behavioural Neurologist Medical Director, Bruyere Memory Program, Elisabeth Bruyere Hospital, Ottawa. After finishing his Bachelor's degree in Honours Biochemistry at the University of Calgary, Dr. Frank

completed his M.D. at the University of British Columbia in Vancouver. He completed his residency in Neurology at the University of Ottawa, and then finished a sub-specialty fellowship in Cognitive and Behavioural Neurology at the Mayo Clinic in Rochester, Minnesota. Dr. Frank's clinical practice is

focused on the diagnosis and treatment of neuro-degenerative diseases, such as dementia due to Alzheimer's disease. His clinical interest lies in the early detection of cognitive disorders, such as Mild Cognitive Impairment (MCI). Dr. Frank's research interest centers on investigating new pharmacologic treatments for Alzheimer's Disease.

In his power point presentation, Dr. Frank will distinguish between Dementia and Alzheimer's and provide diagnostic criteria for both to show how badly our Canadian society is handling this growing problem. We are pleased to be able to offer this program to our members. For registration details, see the events page of this newsletter.

This is a topic that is becoming more important for retirees and seniors, and a very special event for the Branch. Because the venue can accommodate up to 100 attendees, members are invited to bring a guest who might also be interested in the subject. All participants must be identified on the registration form on the last page of this newsletter. This should be submitted to Lynne McCarney with a cheque payable to RWTO by mail, or brought to the September luncheon. Receipt of the mailed cheques will be confirmed by e-mail or phone, if you don't have e-mail. Tickets are to be picked up at the door the evening of the event. We think this presentation will be very popular and encourage you to register early.

LANARK BRANCH EVENTS

Ottawa-Carleton Branch members are invited to join their Area 9 friends in Lanark at any of their events.

Thurs., Sept. 17 - Smith's Falls - Bowling at 10:00 a.m. followed by lunch at Rob Roy's (Register as soon as possible.)

Thurs., Oct. 15 - Perth - St. Paul's United Church - 60th Anniversary Celebration with Provincial President, Dianne Rice and entertainment

Thurs., Nov. 19 - Almonte - Superior Restaurant - Quarter Frenzy. Bring your quarters and an item to raffle.

Thurs., Dec. 10 - Smith's Falls - Smith's Falls United Church - Turkey Dinner with entertainment by **The Rosedale Singers**

TO REGISTER, contact Suzanne Lanouette-Carswell at 613-829-7167 or suzanne.lanouettecarswell@gmail.com.

HELP WANTED!

Your Branch of RWTO/OERO is in need of caring women who are willing to share their time and skills by serving on the Executive and attending regular meetings. The following positions need to be filled, so that others can carry on their own responsibilities effectively:

1. **FIRST VICE-PRESIDENT:** She will work with the President (Co-Presidents, at this time) on various aspects of her leadership role, participating in the planning and implementation of the RWTO activities, and take over if the President (or either Co-President, at this time) is not able to carry out her duties.
2. **SECOND VICE-PRESIDENT:** She will participate in the ongoing executive responsibilities, and prepare to step forward into the First Vice-Presidential role.
3. **SECRETARY:** She is responsible for the recording and distribution of the minutes of all meetings of the Branch, correspondence, and record-keeping for the Branch.
4. **ISSUES AND CONCERNS CONVENOR:** She will identify issues of concern to retired women teachers in the Ottawa area and prepare articles or presentations on the topics which will be of interest to members.

For more information or to respond to this ad, please contact one of the Co-Presidents.

There is an old saying that you do get more out of something when you put something of yourself into it!

CORA BAILEY AWARDS 2014-2015

Cora Bailey, of the Peterborough Branch, was RWTO/OERO's first Executive Secretary-Treasurer. She held this position for eleven years until 1982 and wrote the History Book - OASWT 1956-1976. Beginning in 2003, this award has been presented in her honour to Branch members who have contributed outstanding service to their Branches. Up to three awards may be presented by a Branch each year.

Ottawa-Carleton was pleased to honour three of our members in May 2015, Lynne McCarney, Helen Lee, and Suzanne Lanouette-Carswell. Thank you for your work on our behalf.

Left: Lynne McCarney, flanked by Erin Linnen and Area Director, Judy Drummond.

Centre: Helen Lee, with Jenifer Slack and Suzanne Wilson-Marjerrison.

Right: Suzanne-Lanouette-Carswell, with Kathy McLean and Judy Drummond



Congratulations, to our Honorees!

✓ **FALL EVENTS - MARK YOUR CALENDAR!**

The following activities have been planned for the fall season - September through December. A registration form is printed on the last page for use as indicated in each write-up. Please print additional copies as needed.

Please Note: The *Tea at Kristy's* gatherings held in previous years have been discontinued for this year.

FALL LUNCHEON

"A NEW SCHOOL YEAR AS A RETIREE"

Wednesday, September 30 11:30 am - 2:00 pm
Kitchissippi United Church 630 Island Park Drive

\$15 for members Free for new retirees



Current members and newly retired women teachers are invited to get the "non-school" year off to a good start! To register, everyone must submit the form on the last page of this newsletter, with their cheque, before September 23.

Note: The church is located at 630 Island Park Drive. Entrance to the parking lot is off Byng Ave. which is east of Merivale Rd. at Island Park Drive. Car pooling is recommended. To reserve handicapped parking contact Suzanne Lanouette-Carswell at 613-829-7167.

AN EVENING WITH DR. FRANK

Thursday, October 15, 2015 at 7:00 PM

Rideau Park United Church, 2203 Alta Vista Drive
Tickets - \$5.00

RWTO/OERO is pleased to present Dr. Andrew R. Frank, Cognitive and Behavioural Neurologist Medical Director, Bruyere Memory Program, Elisabeth Bruyere Hospital, who will discuss the diagnosis and treatment of neuro-degenerative diseases, such as Dementia due to Alzheimer's Disease. Members may bring a guest to this special event, but all must have a ticket. Light refreshments will be available. We expect there will be much interest in this presentation, so please register early.

Register by submitting the registration form on the last page of this newsletter, with a cheque, at the September 30 luncheon or before October 13.

NATIONAL ART GALLERY VISIT

Wednesday, November 18 10:00 a.m.

Entrance Fee \$14.00 (Pay at Gallery)

Meet in the front foyer of the gallery on Sussex Drive. You may enjoy the displays at your leisure, or rent an auto guide for \$6. Special exhibitions include *Monet: A Bridge to Modernity* and *Beauty's Awakenings by the Pre-Raphaelites and their Contemporaries*.



12:30 p.m. - Lunch at The

Earl of Sussex Restaurant

431 Sussex Drive

To register, contact Erin Linnen at 613-224-3761 or erin.linnen@opera.ncf.ca before November 16.

CHRISTMAS LUNCHEON

"CELEBRATING THE CHRISTMAS SEASON"

Monday, November 30 11:30 a.m.

Centurion Conference & Event Centre, Adriatic Rm.
170 Colonnade Road, Ottawa
Cost - \$30.00 for Members

Join fellow members and our special guest, Provincial President, Dianne Rice for this annual Christmas Luncheon. Entertainment will be provided by the barbershop choir, *The Ladies of the Day*.



To register complete the form on the last page of this newsletter and submit, with your cheque, **before November 25.**

NOTE: For other Branch activities please check the article about our Special Interest Groups elsewhere in this newsletter.

SPECIAL INTEREST GROUPS... More Caring and Sharing

Ottawa Carleton Branch currently has two Special Interest Groups which provide the opportunity for members to participate in activities which are of interest to them. You need only sign up at one of the meetings, or contact the group leader to receive ongoing communication about details of each gathering and indicate that you would like to attend. We appreciate the leadership of Donna Edwards for the Movie Group, and Adele Muldoon for the Book Club.

There has been interest expressed in having more of these groups. Two possibilities have been discussed:

- a Craft Group which would meet monthly in the homes of members and provide participants the opportunity to show off and work on their own crafts of choice, and at the same time share ideas for others and possibly learn something new. Goodies would probably fit into this activity, too!
- a Walking Group, hosted by a member, which would meet monthly at designated locations across the city to explore the many trails and pathways, and possibly, include lunch to put back the calories just used up!

If you are interested in participating in either of these, please sign up at the Fall Luncheon on September 30, or contact Kathy McLean at 613-829-6234 or kathymclean2011@sympatico.ca.

FROM DONNA: "If you are interested in seeing current movies with friends, the RWTO Movie Group is something you will enjoy being part of. Every month, one member of the group will be in charge of selecting a movie. She will send out her choice, along with information on where to meet and where we will possibly be eating dinner afterwards, to all members of the group. The person organizing the event keeps a list of members attending and greets them at the meeting place in front of the theatre. We sit together, and go out for dinner afterwards. A great way to get to know other members of RWTO and see some excellent new releases!" **Contact Donna at 613-233-4775 or donna.edwards@opera.ncf.ca.**



FROM ADELE: The RWTO Book Club meets the first Monday of the month at a member's home or a restaurant. Titles to be read are pre-established, and the hostess conducts the discussion at the meeting. Lunch before the discussion, or refreshments following are always enjoyed. Members who have signed up are notified as to the date, time, location and the book of the day. First meeting for this year is Sept. 14 at Kristy's Restaurant at 12:00 noon, to discuss *The Nightingale* by Kristin Hannah. **Contact Adele at 613-832-1441 or adelemuldoon@gmail.com.**



UPDATED DIRECTORY INFORMATION September 2015

Renewed Membership for 2014-15: Jean Stewart 208-500 Laurier Ave., W. Ottawa ON K1R 5E1
613-233-2967 jean.stewart@opera.ncf.ca

New Member: Catherine Abdel-Ahad 659 Glenhurst Crescent Ottawa ON K1J 7B6 613-745-5741

New Address: Barbara Montgomery 405-88 Richmond Road Ottawa ON K1Z 0B1 613-828-5577
barbmont@bell.net

New Email Addresses: Vicki Ash bemath@magma.ca
Anne Christians annechristians35@bell.net
Martha Summers mar.bob.summers@gmail.com
Ruth Drummond ruthmarydrummond@gmail.com

COMING IN WINTER AND SPRING 2016

Planning is underway for what looks to be a terrific program for Ottawa-Carleton RWTO in the winter and spring.

The Annual General Meeting on May 17 will be our annual luncheon at the Falcon Ridge Golf Club, a great venue where we can relive the past year's activities, and do all that business we need to do.

A 60th Anniversary/Diamond Jubilee celebration for RWTO/OERO is tentatively scheduled for April. **Puttin' on the Glitz!** will be a chance to show off all your bling, and enjoy a delicious lunch with your Branch friends, including, of course, a super anniversary cake!



A January visit to CHEO to learn about the great services for the children of Eastern Ontario will confirm that in the last year, there were 6 692 admissions to CHEO, 72 428 emergency department visits, 7 783 visits to Surgical Day Care, and 161 371 ambulatory visits.



A year would not be complete without some history... A **guided tour of the Diefenbunker**, Canada's Cold War Museum, is in the works for June. Can you believe it is a 4-storey, 100,000 square foot facility totally underground??!!

In February, we hope to give you the chance to get your feet moving with a fun **intro to line dancing!** You've seen it on TV or at other events, but have you tried it? Research tells us what good exercise it is!



We hope to see a lot of you out for these activities that your "Caring and Sharing" Executive is planning for you. Be aware, though, that they also love to HAVE FUN!!!

HAVE YOU CHECKED OUT THE RWTO/OERO WEBSITE?

At www.rwto.org you can find out all about our organization - benefits of membership, insurance plan, its history, how it is governed through its constitution and policies and procedures, the annual convention, and more. A special link is to the Branches, where you can find out what is happening at the local level all across the province. It is unbelievable how many types of activities the Branches have and what a diversity there is of community support projects which they undertake. There are great pictures of them all having a

lot of fun, and their newsletters give even more information! Contacts and meeting dates are provided by each Branch. If you should be visiting in their areas, they would welcome you with open arms at their events.

Of course, the Ottawa-Carleton Branch has its own space on the provincial web site. If you should lose your newsletter, just go to that site and you can find it there!

ANOTHER USEFUL IDEA

In the March 2014 issue of *Connections*, an article entitled "Do You Houseclean?", written by our past Area 9 Director, Judy Drummond, was published. If that sounded like too much work, try this...

1. Open a new file in your computer, and name it "Housework".
2. Send it to the RECYCLE bin.
3. Empty the RECYCLE bin.
4. Your computer will ask "Are you sure you want to delete "Housework" permanently?"
5. Move your mouse to the YES button, and click firmly.
6. It's done! Feel better?



REGISTRATION FORMS FOR BRANCH FALL EVENTS

The following events require pre-registration and payment. Please complete the appropriate form and send it by the due date to the designated person to ensure your place. You may also register at the Fall Luncheon on September 30 for later events. Please indicate if you need a ride or are willing to provide one, and every effort will be made to ensure you are able to get to this event.

SEPTEMBER 30 FALL LUNCHEON REGISTRATION

Member Name _____

Phone: _____ E-mail: _____

Enclosed is my cheque for \$15.00.

Send to Suzanne Lanouette-Carswell at 2695 Hickson Cres., Ottawa ON K2H 6Y5 before September 23.

OCTOBER 15 "AN EVENING WITH DR. FRANK" REGISTRATION

Member Name _____

Name(s) of Guest(s) _____

Phone: _____ E-mail: _____

Enclosed is my cheque for \$5.00 for each person named. Total _____

Bring form and cheque to the Sept. 30 luncheon, or send to Lynne McCarney at 217-2630 Southvale Cres., Ottawa ON K1B 4S8 before October 13. Mailed registrations will be confirmed by e-mail or phone. Tickets will be waiting for you at the door the evening of the event.

NOVEMBER 30 CHRISTMAS LUNCHEON REGISTRATION

Member Name _____

Phone: _____ E-mail: _____

Enclosed is my cheque for \$30.00.

Send to Lynne McCarney at 217-2630 Southvale Cres., Ottawa ON K1B 4S8 before November 25.