

Belleville and Area Branch

Caring and Sharing and Having Fun

Branch Executive

Co-President: Diane Fisher/Judy Mewett

Secretary: Joan Long

Past President: Kay Snedden

Treasurer: Eileen Freeman

1st Vice President: Wendy Bryson

2nd Vice President:

Conveners

Insurance: Judy Vanleeuwen

Issues and Concerns: Judy Vanleeuwen/Brenda Ingram

Communications: Lynda Rollins

Publicity: Lynda Sommer

Membership: Kay Snedden

Goodwill: Irene Duncan

Travel: Lynda Rollins

Archivist: Jean Sowden

Program: Lynda Sommer/Patti Clapp /Lynda Rollins

The Belleville and Area Branch is seeking retired women teachers in Belleville and surrounding areas from Prince Edward County to North Hastings and areas in between!

Interested in joining our RWTO/OERO Branch? Call 613 962-7390

We meet in April, June, October and December. Our meetings include a social time, luncheon, business and entertainment.

Euchre Club Report: Contact Lois Thompson

The Euchre Club meets on the 3rd Tuesday of the month at 1:00 pm at the Richmond Retirement Residence on North Front Street. They have lunch at the

nearby Tim Horton's at 12:00 noon. The group plays bid euchre or regular euchre, depending on the number of players.

Come and join us for fellowship and fun.

Chit Chat Club: Contact Bev Pulver or Marilyn Stobbart

The Chit Chat club is a friendly, small group of RWTO members who meet on the 4th Tuesday of every month except for July and August. The meetings are held at Federation House, 114 Victoria Ave. Belleville at 1:30 pm. The group discusses current topics of interest. A light snack concludes each meeting. Twice a year the group dines out at a local restaurant. Interested in joining?

Book Club Contact Robin O'Connor

The book club meets on the 3rd Tuesday of the month at 1:30 pm. Favourite books are discussed and members may recommend the next read. It is an informal book club and not everyone must read the same book. Interested in joining the book club?

Diners' Club Contact Carol Watson

The name says it all. This group meets and eats! They dine out the 2nd Monday of each month at 12:00 pm.

Walking Club Contact Judy Galway

This group meets each Wednesday at 9:30 a.m. and walks various trails throughout the city. It's a great way to get to know one another. The walkers are invited to bring along friends or family.

The Scrappers Contact Jan Coates

This group meets monthly. New members are most welcome. Need to spruce up a photo album, create a new one or have a special project in mind?

OCTOBER MEETING

The first meeting of the year was held on Wednesday, October 5th at Emmanuel United Church in Foxboro, Ontario. During the social time, the convenors of our interest groups were available to inform members of events and provide sign-up sheets.



A delicious luncheon followed the business meeting. The colourful fall décor, provided by the church, added to our enjoyment.



After lunch, we honoured the lives of two of our members with a Memorial Service. Jean Sowden highlighted the lives of Mabel Whiting and Lilyan Flinn.

The guest speaker for our fall meeting was Suzanne Latchford-Kulker from HEAL WITH HORSES THERAPEUTIC CENTRE, Hillier, Ont. It is a Not-For-Profit Organization dedicated to improving mental and physical wellness through animals and nature.

Suzanne informed us that it has been proven that when humans are around animals and nature the feel good hormones "Serotonin" and "Oxytocin" are released. When these feel good hormones flood the body we feel less stress and the brain is much more capable of taking in information. While riding a horse, the rhythmic movement of the horse moves the riders body in a specific rhythmic motion which triggers the brain waves to align, which in turn sets the stage for spontaneous learning, concentration, balance, co-ordination and much more.



Suzanne completed her talk by letting us meet one of the baby pigs from her centre.

Upcoming Events

Louise Ford Musical Presentation

Tuesday, December 6, 2016

First Pentecostal Church

Belleville, Ontario

John Cairns Inspirational Speaker

Thursday, April 20, 2017

St. Mark's United Church

Cannifton, Ontario

Cora Bailey Award Presentation

Peter Rea Music from the 50's & 60's

Wednesday, June 14, 2017

First Pentecostal Church

Belleville, Ontario

Installation of Officers

*11:00 am: Social Time

*11:40 am: Business

*12:15 pm: Lunch & Entertainment