



Retired Women Teachers of Ontario

St. Catharines Branch Newsletter – March 2016



Greetings from the President



As I write this article and I look outside, I see snow (not my favourite) but I am hoping it will soon be gone and the leaves will be out and the bulbs will have sprouted from the ground into beautiful colours.

This is going to be a very exciting time for RWTO as we turn 60 years in April.

There are many people working hard to put our 60th Jubilee together and we hope you will attend. We are planning our special event for April 27th and we will be at Club Roma and we hope the

setting will be very elegant. As part of our program for April, we need clothing from the last 60 years so would you please check your closets and see if you can find any period clothing and let Chereen Osborne know as soon as possible by either emailing her at chereen@cogeco.ca or calling her at 905-646-2640.

There will be no formal business meeting at the April event but maybe just a couple of reminders.

Did you know that we had representation at the unveiling of the Harriet Tubman statue? Linda Foster and Glennie Wilkinson represented our group.

In January I presented Betty Lou Souter CEO of St Catharines Community Care with our cheque. We received a thank you letter shortly after from Community Care who appreciated our donation and praised our members' commitment to our community.



In January Kathleen Bradley, Donna Painter and myself visited the RWTO Brant group. They were most gracious and made us feel welcome even though we did not stay for their Court Whist game.

Myrna Kroeker and Kathleen Bradley have completed their task by finding the nominees for the Cora Bailey Award for this year and the Volunteer of the Year Award and I will leave the unveiling to Myrna.

So in closing I would like to encourage you to join the executive for the coming year or take on a role for RWTO. It is not difficult or even time consuming and without you wonderful volunteers, our organization will not thrive.



Clarice West-Hobbs

Cora Bailey Awards

Congratulations go out to our three Cora Bailey recipients, Judy Crompton, Ann Snider and Anne Marie Stockwell. Our St. Catharines branch of retired women teachers appreciate all the time and efforts you have put in to make our organization the wonderful place it is. I look forward to presenting you with your award at our May luncheon.

Myrna Kroeker

1st Vice President

THE ST CATHARINES VOLUNTEER OF THE YEAR AWARD

We are pleased to announce that Sheila Benger has been chosen for our club's nominee for the city volunteer award. There is a dinner being held at the Holiday Inn on Tuesday April 12th. Well Done Sheila!

Myrna Kroeker

First Vice-President

Membership Report

As of March 1st, 2016 our total membership for RWTO/OERO St. Catharines Branch is 398. There were eleven previous members who did not renew this year. This figure also includes 11 Life Members and 13 Social Members. A Social member pays their Provincial membership dues to another RWTO/OERO branch.

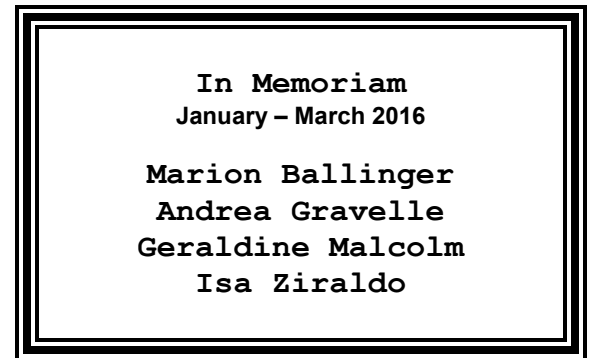
Please join me in welcoming our newest Social member **Maria Klassen** who joined our branch in December 2015.

Just a reminder, in order to keep our records up to date, please notify me of any change to your personal information as soon as possible.

Phone: 905-934-0616

Email: judithbennoch@icloud.com

Judith Bennoch
Membership



Executive 2015 - 2016

GET INVOLVED

Each year your executive makes arrangements for you to meet with friends to enjoy lovely lunches, and good conversation. Members of the executive plan programs, collect fees, send a variety of cards to members, visit our older members and organize our interest groups. This is but a few of the things we do. We hope you will consider taking the next step and becoming a member of the executive.



One position is available this year: Second Vice President
Join in! Have fun! Help RWTO! Share your talent!

WITHOUT YOU... RWTO cannot exist!

Anne Marie Stockwell

Past President

905-684-3516 or aminchina@mac.com

THE RWTO ST CATHARINES WEBSITE

So ... have you checked out the website lately? It's really simple to do:

- Go to the link <http://rwto.org/>
- In the column at the left of the screen, click on **BRANCH NEWS**
- Scroll down to St Catharines ... click ... and enjoy!

On the website you will find information about interest groups and luncheons, our newsletters, and a few articles about Branch Happenings. Your executive has determined that if members have information they would like to share, you have two ways of doing that. E-mail the Past President with the information to be placed on our website or bring the information to a General meeting and place it on the Community Outreach Table for members to view. This area will be with the Interest Groups.

Anne Marie Stockwell

Past President

905-684-3516 or aminchina@mac.com

Convenor Reports

Insurance

The cost of the RWTO/OERO Hospital and Home Care Plan will not go up this year. This insurance has helped a good number of our members in the past. At \$14.49 a month it is worth the peace of mind that the plan provides.

If you are going to have Cataract surgery, the plan will pay towards the cost of pre-post-operative medical supplies, including medications, sunglasses, lenses, frames and eye patches. The plan now includes cataract testing not covered by OHIP, subject to a \$100 maximum per eye.

The most important thing to remember when you have the plan is to save all of your receipts and get a doctor to fill out the form for the post-operative confinement time. The plan pays \$350 a month for up to six months following a hospital confinement of 3 days or more.

If you need a claim form, you can find it in the RWTO/OERO provincial website or you can contact Susan McLaughlin who will assist you.

Susan McLaughlin

Insurance Convenor

905-935-9966 or susseandchris@gmail.com

Goodwill

Please let us know of ANY member who would appreciate visits from RWTO members. Many of our over 90's are receiving visits at this time. BIRTHDAY cards and CHRISTMAS cards are sent to members 80+. (If you haven't been receiving yours, please let us know so we can update the records.)

GET WELL, SYMPATHY and THINKING ABOUT YOU cards are also sent. So, please contact us when you know of someone who would appreciate receiving a card.

If you would be interested in driving someone to the luncheons, or visiting someone at home, please give us a call too. Thanks.

Alice Bradnam

905-934-7108 or alicebradnam@aol.com

Goodwill Co-Convenors

Nadine Martin

905-938-2593 or nmartin21@cogeco.ca

Issues and Concerns

Health and Safety

After falling once too often, I thought I had better get serious about my safety, general fitness and a strong desire to maintain my independence. Luckily for me, I discovered that the Brock University Centre for Health and Well-Being offers programs that address my concerns. Consequently, I am now enrolled in the SeniorFit Program for people over 55 years of age. This program offers activities that address balance, muscle strength, flexibility, mobility and endurance and uses the same type of equipment as other centres.

I can't sing the praises high enough or often enough concerning participation in the SeniorFit Program. My massage therapist claims she now knows she is finally massaging muscle!

Aspects of the program that make me so keen include individual programming, a comfortable, social environment and the presence of the Kinesiology and Cardiology student volunteers who are always there to help, encourage and keep us safe. For more personal information contact Marg Newby at 905-688-5449 or Judy Crompton at 905-935-5658. To contact the Centre, which is located on 130 Lockhart Drive, St. Catharines, call Scott Stevens at 905-688-5550 Ext. 5585 or 5582 or email at healthyniagara@brocku.ca

Marg Newby

Issues and Concerns Convenor

Interest Groups

Watercolourists Interest Group

Diane Goulet-Kozar will be presenting some information about the formation of a new watercolour group on April 11th, at 1:30 p.m. at First Grantham United Church located at 415 Linwell St., St. Catharines.

Marilyn Weber, the leader of the Travelogue group, is graciously giving a portion of her group's time for this initial artists' meeting.

If interested in attending the En Pleine Air Watercolour information session, please phone or e-mail Patti Malkiewich. 905-356-4132 or pmalkiewich@gmail.com

Patti Malkiewich

Interest Group Convenor

905-356-4132 or pmalkiewich@gmail.com

Upcoming Events

Community Outreach

There will be a Community Outreach table set up so anyone who wishes to share information at our luncheons will have a place to share their brochures or memos.

A Spring Heads-Up!

There will be a C.P.R./ A.E.D. Training workshop, Thursday, May 12, 2016 at First Grantham United Church, 415 Linwell Road, St. Catharines, from 1:30 - 4:30 p.m.

A sign-up sheet will be available at the April Luncheon. The workshop is limited to 14 participants. The cost is \$25.00. Make the cheque payable to **R.W.T.O. St. Catharines Branch**.

If, after paying, you cannot attend, please find someone to take your spot, as the money is non-refundable.

Save the Date: Saturday May 28th, 2016!

Keep the Spirit: Rankin Cancer Run

The annual Rankin Cancer Run will be held this year on Saturday, May 28th. We hope to have a large number of participants from RWTO/OERO. Please plan to join us in our endeavour to raise money for this very worthwhile event. Sign up, get pledges, or pledge yourself, and join us for a fun-filled Saturday. If you are unable to join us, please consider sponsoring another member. The money raised will always remain in Niagara. Together we can make a difference!

Information must be submitted to the Rankin Run by the beginning of May in order to get our team name, Retired Women Teachers Ontario (RWTO), printed on our shirts. To join the RWTO group, contact Jayne Shortill at 905-682-2137 or jshortill@cogeco.ca. You may also speak to Jayne at the RWTO luncheon on April 27th and pick up a pledge sheet. Shirts will be handed out at the May 27th meeting.

RTWO/ERO ANNUAL CONVENTION 2016

This year the RWTO/OERO Conference will be held in Caesars Windsor by the water. The dates are June 7 to 9 and it is sponsored by the Windsor - Essex Branch. St Catharines Branch has seven delegates attending this year. If you are interested in attending we can put you on our Alternate List in case one of our members cannot attend. However if you would like to attend as a visitor please read the information in our provincial magazine Connections or go to the RWTO website at rwto.org and click 2016 March Newsletter. Otherwise feel free to call Clarice West-Hobbs at 905-646-1367 for more information.

SPRING LUNCHEONS

RWTO/OERO

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

St. Catharines Branch

Invites you to attend

"Fashion through the Decades"

*A special luncheon to celebrate the
60th Anniversary of the founding of
RWTO/OERO.*



Wednesday, April 27, 2016
at

Club Roma

125 Vansickle Rd, St. Catharines, ON

Meet and Greet – 11:30

Luncheon - 12:00

Cost \$30.00

***Please send your cheque and ticket (last page of
newsletter) before APRIL 20 to:***

Linda Foster
14 Woodgarden Crt.
St. Catharines, ON L2M7C9
905-935-6182
lindaf@cogeco.ca

- All meetings begin at 11:00 AM. Luncheon costs are determined by our cost to provide the meal (**including the room, taxes, gratuities**) plus expenses such as door prizes, flowers, and presenters.

- Details and tickets for the April and May luncheons are shown below.

- Please note the price of each luncheon on the ticket stub and in the information box. Detach and complete the tickets.

Send ticket(s) and cheque(s) **on or before the Wednesday prior to each luncheon to the address below:**

**Linda Foster
14 Woodgarden Court
St. Catharines, ON L2M 7C9**

- Your luncheon ticket, **which doubles as your door prize ticket**, will be waiting for you in your name tag at the door.

- Luncheon payments will be returned for any cancellations received by **Linda Foster 905-935-6182, on or before the Wednesday prior to each luncheon.**

Escorts needed. Sometimes some of our older members need a ride to the luncheon. If you can help out, please call
Alice Bradnam 905-934-7108 or
Nadine Martin 905-938-2593

You will receive a reminder approximately 2 weeks before each luncheon either by phone or e-mail.

**We are a fragrance free environment.
We would really appreciate if you would honour our
scent-sensitive members.
Thank you very much**

SPRING LUNCHEONS: SUMMARY

April 27th, 2016 – 12:00 a.m.

Doors open at 11:00

Club Roma
152 Vansickle Rd., St Catharines

MENU: plated salad, antipasto platter, nine cut chicken, roasted potatoes, seasonal vegetables, cake for dessert with tea and coffee

60th Jubilee Celebration for RWTO/ERO is planned

May 25th, 2015 - 11:00 a.m.

Doors open at 10:30

Club Capri
36 Cleveland St., Thorold

MENU: penne with meatballs salad, roasted chicken/roasted potatoes, vegetables, cake for dessert with tea and coffee

AGM and a Speaker (TBA)

Send ticket(s) and cheque(s) payable to RWTO to

Linda Foster
14 Woodgarden Crt.
St. Catharines, ON L2M7C9.

LUNCHEON & PRIZE TICKET

[Please return with your cheque **\$30.00**]

April 27th, 2015 – 12:00 a.m.

Doors open at 11:00 a.m.

Club Roma

152 Vansickle Rd., St Catharines

60th Jubilee Celebration for RWTO/ERO is planned

Name: _____ will attend

**** Cheques or lunch cancellations to be received before**

April 20th

LUNCHEON & PRIZE TICKET

[Please return with your cheque **\$25.00**]

May 25th, 2015 - 11:00 a.m.

Doors open at 10:30 a.m.

Club Capri

36 Cleveland St., Thorold

AGM and a Speaker (TBA)

Name: _____ will attend

**** Cheques or lunch cancellations to be received by**

May 18th