



Retirement Rag

Oakville Retirees Club

Volume 1 No.5
Circulation 525

Including Mississauga, Milton and Burlington
P.O. Box 6204, Oakville, Ontario, L7J 7N5

March 2005
Hot Line (905) 849-9867

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Message from our President:

The cold days of winter are almost over as we look forward to the milder days of March and April, which make us think of maple syrup and the plans of flower and vegetable gardens and lots of warm sunshine.

The Executive have again been working very hard at serving our membership, whether it be by providing some of the most entertaining events from our Program committee or the Fellowship committee developing the calling of all our members twice a year, this one has been a bit difficult to achieve, but it is working.

The TCV Board is providing an "ID" card for our members, which is in the process and should be completed by fall of 2005. These "ID" cards will be an asset for the Program committee in helping to identify who is a member of the Oakville TCV Club. A new Executive will be elected at our AGM on April 5, 2005 and as with the election of the Executive my term as President will end on July 1st 2005. I have enjoyed the challenges and the fellowship that goes with the position and thank you for the opportunity to serve as your president.

There will be a proposed bylaw change at the AGM on April 5, 2005. The fiscal year will be changed to the calendar year. This change is needed to better facilitate audits if needed for the TCV Board.

The passing of Elizabeth Karry in late February saddens us. Elizabeth was a long time member of our Executive, two terms as President and was AVP Participation for several years and after a short break became the clubs secretary until some health problems caused her to give up the secretaries position in February 2004. We will miss her.

I would like to give a special thank you to two members of the Oakville TCV club for their years of volunteering. They were featured in the Oakville Beaver issue of Saturday February 12, 2005 under the heading "Weekend Profile".

Doug and Aletha Kirkwood of Burton Street in Oakville are volunteer members of St. John Ambulance in Oakville. They also volunteer for other organizations that are in need of their expertise

as Aletha is an R.N. and Doug is an instructor of first aid.

Aletha while working at nursing in Alberta worked for Red Cross blood transfusion services, and was involved in the disaster plan for the Red Cross and the emergency manual at two hospital in that area. Aletha joined St John Ambulance in Oakville and through them helped set up the Oakville disaster plan for the Red Cross. Her St. John Ambulance disaster plan manual was adopted Canada wide.

Doug has taught first aid for many years at Bell Canada and to other groups or organizations who requested his services. Doug and Aletha have teamed up to assist in disaster aid and teach first aid through St. John in many places such as Trinidad and Grenada after hurricane Ivan. In Grenada working with medical teams, Aletha teaching CPR and Doug first aid they were asked to stay two weeks instead of the planned one. (Must be good).

In Bangladesh through CESO at a teaching hospital, Doug helped build nurses college and set up a manual for policies and procedures. While Doug was doing all this Aletha was teaching nursing to the student nurses. Doug and Aletha were busy during the SARS crisis, Doug with St. John Ambulance and Aletha a screener at the OTMH in Oakville. The Kirkwoods are in Belize to help build a home for a church mission through Oakridge Bible Chapel, as I write this.

Doug has been named Knight of Grace by Order of St. John and a few years ago was presented with the Queens Golden Jubilee award.

These are only a few of the volunteering efforts of these two, so don't be surprised if you hear as soon as they are back from Belize, that they are off to volunteer their time and services somewhere else.

Ron Knisley

In Memoriam

Robert Yates	2004 Mississauga
James Webb	June 2004 Mississauga
Bunty Kittson	Nov. 2004 Burlington
Gordon Moore	Nov. 2004 Oakville
Robert Dupuis	Jan. 2005 Oakville
Eleanor Harris	Jan. 2005 Burlington
Elizabeth Karry	Feb. 2005 Oakville

TVC Club News

A luncheon meeting of members of the TCV Club executives was held at the Lindens Restaurant on Feb. 16, 2005. The purpose of the meeting was to exchange information on the various operations of the clubs and everyone present felt it was well worthwhile.

Future meetings will be organized by the T.V.C. board to which the president and one executive member from each club would be invited. It was suggested the meeting be held once a year following the annual elections.

At the meeting it was suggested the five clubs be consistent for their financial and executive year. And was decided that we use the calendar year (Jan. to Dec.) for that purpose.

The Telco Community Volunteers will be staging their first Annual General Meeting for all clubs on Wednesday November 9, 2005. The meeting will be held in the Gibson Ballroom, Novotel Hotel North York, 3 Park Home Avenue, North York.

Please mark this date on your calendar and plan on coming to meet old friends and make new ones from the other Clubs.

Accessible by Subway, exit at the North York Centre stop and follow directions. There is municipal parking nearby. The underground parking at the hotel is \$15.

Details:

The Bar will open at 1:00 pm, Checkroom unattended, Cash bar, including soft drinks hot and cold finger food will be available. The cost, except for the cash bar and parking, will be absorbed by TCV.

To permit the hotel to finalize arrangements, the final deadline for reservations will be October 12, 2005.

We will offer free bus transportation from Maple Grove Church. Members whether going by bus or driving themselves, to facilitate catering, must advise the appointed committee members of their intentions well prior to October 12, 2005. The final agenda will be provided at a later date.

Your Executive

Pres. Ron Kniseley
V.P. Tom Brown

AVP Fellowship
Bill Hughes
AVP Clubroom
Elmer Throop

AVP Participation
Dave Warren
AVP Fundraising
Venetia Binns
AVP Programme
Fred Bucknam
AVP Community Services
Bill Check

Community Services



Bill Hughes and Bill Bowyer present a cheque for \$2500 from Bell Canada (Helping Hands) to Sharon Millard of the Salvation Army.

Painting

Doug Kirkwood, Ron Knisley, Ken Wilford, Bob Grinton, Elmer Throop repainted the old section of the Oakville Branch of the Canadian Cancer Society January 29th. In November 2004 they had painted the new office space that the Oakville Branch recently moved into.

Records

Reminder: Please keep us up to date on any Changes. If you, or someone you know moves or goes into a nursing home we would appreciate hearing about it. Thank you – Pat Herron

Club Internet Site

For those of you who have internet access, remember we have a home site covering our club activities and general retiree information. Check us out at:

<http://www.telcocommunityvolunteers.com/oakville>. Doug Kirkwood has been keeping this site updated on the latest happenings.

Executive Elections

At our annual meeting on April 5th you will be asked to vote on the following proposed changes in the slate of executive officers for the 2005-2006 club year.

President – Tom Brown,
Vice President - Bill Hughes,
AVP Comm. Svces- Bill Check
AVP Fellowship - Eileen Chewtar.

The Executive recently appointed Syd McKay as our Secretary and Jean Cook remains as our Treasurer.

We will be also ratifying the change of our club year to using the calendar year for the financial and executive end of year reports

Nursing Home Alternative

I'm letting you know that there will be no nursing home in my future

When I get old and feeble, I am going to get on a Princess Cruise Ship.

The average cost for a nursing home is \$200 per day. I have checked on reservations at Princess and I can get a long-term discount and senior discount price of \$135 per day. That leaves \$65 a day for:

1. Gratuities which will only be \$10 per day.
2. I will have as many as 10 meals a day if I can waddle to the restaurant, or I can have room service (which means I can have breakfast in bed every day of the week).
3. Princess has as many as three swimming pools, a workout room, free washers and dryers and shows every night.
4. They have free toothpaste and razors, and free soap and shampoo.
5. They will even treat you like a customer, not a patient. An extra \$5worth of tips will have the entire staff scrambling to help you.
6. I will get to meet new people every 7 or 14 days.
7. T.V. broken? Light bulb need changing? Need to have the mattress replaced? No Problem! They will fix everything and apologize for your inconvenience.
8. Clean sheets and towels every day, and you don't even have to ask for them.
9. If you fall in the nursing home and break a hip you are on Medicare. If you fall and break a hip on the Princess ship they will upgrade you to a suite for the rest of your life.

Now hold on for the best! Do you want to see South America, the Panama Canal, Tahiti, Australia, New Zealand, Asia, or name where you want to go? Princess will have a ship ready to go. So don't look for me in a nursing home, just call shore to ship.

P.S. And don't forget, when you die, they just dump you over the side at no charge.

Upcoming Club Events

Tuesday, April 5, 2005

The Annual Meeting of your club will be held at Maple Grove United Church. Lunch at 12 noon,

followed by the meeting at 1 :00 p.m. Doors open at 11 :00 a.m. for socializing. Guest speaker will be Betty Papa, Manager, Water Programs, for Pollution Probe, speaking on "Protecting and enhancing the Great Lakes water system".

Wednesday, April 13, 2005

We are going to Stage West in Mississauga for lunch and to take in the show "Joseph and the Amazing Technicolor Dreamcoat". Cost is \$20 for members and partners and \$40 for guests. We will meet at Stage West (5400 Dixie Rd., - just south of highway 401), at 10:30 a.m. Call Yvonne Seaton for reservations and she will have the tickets on the day. Should you need a ride, also call Yvonne.

Saturday, April 30, 2005

Come to the Annual Pancake Breakfast, held from 9 to 11 a.m. at the Balsam clubhouse. Come and join your friends for a super breakfast for only \$4 per person (paid at the door). For more information, call Elmer Throop.

Tuesday, May 17, 2005

We are off to Niagara for lunch at Betty's and then to the new Casino to make our fortunes. A bus leaves Maple Grove United Church at 10 a.m. and returns about 6:30 p.m. Cost is \$22 for members and partners and \$45 for guests. Call Joan Wilush for reservations.

Saturday, June 4, 2005

Our Annual BBQ at Maple Grove United Church. Doors open at 11 a.m. \$5 for members and partners and \$15 for guests. Come with something for the White Elephant Table and/or a Food Bank Donation. Please respond by May 27 so we can confirm quantities with our caterer. Call any program member for reservations.

Monday, September 12, 2005

The 15th annual golf tournament and dinner will be held again at the Deerfield Golf Club (QEW & Bronte Rd) in Oakville. This tournament is open to retirees or their partners; singles or groups are welcome. The entry fee for golfers is \$55.00. For information or to obtain an entry form, please contact Gerry Norris. Those golfers who have played in the tournament in the last two years are on the mailing list and will be sent an entry form by Gerry.

Thursday 29th September 2005

We are off to the Stratford Theatre to see the show

“ Hello Dolly”. We will have lunch at the Victorian Inn. The bus leaves Maple Grove United Church at 9:00 am and returns late afternoon. Total cost is \$55.00 for members and partners. Contact Peggy Kemp.

Tuesday 4th October 2005

The general meeting of your Club will be held at Maple Grove United Church at 12 noon, followed by the meeting at 1:00pm Doors open at 11 am for socializing .The guest speaker will be announced later.

Thursday 10th November 2005

We are going to Carmen's Dinner Theatre in Hamilton. Lunch at 11:30am, followed by the classic sounds and songs of the 1930s and 1940s. Bus leaves Maple Grove United Church at 10:15am, and returns late afternoon. Total cost is \$30 for members and partners, \$60 for Guests. Contact Fred Bucknam for reservations.

Tuesday 6th December, 2005

The Annual Christmas luncheon, more information to follow mark your calendars for this one

Please Note: Members who require transportation to any event are asked to call the event coordinator, any member of the Program Committee or Tom Brown to arrange for pick-up. If you wish to volunteer for this service, call the same numbers!

Clubhouse Activities

Are you interested in having fun while doing quilting, crafts, sewing or knitting at the club house? Contact Norma MacIntyre or Bea Medland. Crafters meet at the Balsam clubhouse every Wednesday from 1 - 3 P.M.

If cards is more your style, euchre is played at the Balsam clubhouse every Thursday from 2 - 4 P.M. A cost of 50 cents includes coffee, cookies and a monthly prize. For more information, contact Elmer Throop.

IMPORTANT: When you make a reservation for an event, please send a cheque to TCV Oakville Club, P.O. Box 52047, Oakville, ON, L6J 7N5. We then know how many to guarantee for an event and it saves embarrassment on the day of the event.

For up to date information on your club's activities, call the Event Line at (905) 849-9867. Should you have any comments or suggestions, please contact any of the Program Committee members listed below. We hope you enjoy the events we are planning.

Fred Bucknam
Milt Sweeney
Joan Wilush
Yvonne Seaton
Nan Colbert
Peggy Kemp
Dorothy Wright
Bob Stevenson

KEEP SAFE, HEALTHY & HAPPY!!!

Heart Attack

Read this ... It could save your life!!

Let's say it's 6.15 PM. and you're driving home (alone of course), »»after an unusually hard day on the job. You're really tired, upset, and frustrated.

Suddenly you start experiencing severe pain in your chest that »»starts to radiate out into your arm and up into your jaw. You are only about five miles from the hospital nearest your home. Unfortunately you don't know if you'll be able to make it that far.

You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.

HOW TO SURVIVE A HEART ATTACK WHEN ALONE

Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims may have a better chance of getting to a hospital in time.

The above as received from the internet.

Spring is coming and we are approaching the end of a very successful season of club activities. On behalf of your executive we wish you all a Happy and Healthy spring and summer Holiday season.

73 Ted Baker