



Retirement Rag

Oakville Retirees Club
Including Mississauga, Milton and Burlington
P.O. Box 52047 Oakville, Ontario L7J 7N5

March 2009

www.oakville.telcocommunityvolunteers.com

Hotline (905) 849-9867

TELCO COMMUNITY VOLUNTEERS STATEMENT OF OBJECTIVES

The purpose of the Telco Community Retirees Clubs shall be:

To provide social, recreational, educational and cultural activities among members

To Provide meeting facilities for the accommodation of members and their guests

To promote participation and contribution by members in activities that are of service to the community

To promote participation and contribution by members in various Charitable organizations: and

Such other complementary purposes not inconsistent with the above objectives.

Executive

President: Bill Hughes

Past President: Tom Brown

Vice President: Eileen Chewter

Secretary: Syd McKay

Treasurer: Jean Cook

AVP Club Room: Claude Therrien

AVP Community Service: Bill Check

AVP Fellowship: Yvonne Seaton

AVP Fund Raising: Venetia Binns

AVP Historical: Doug Kirkwood

AVP Participation: Dave Warren

AVP P.B. Moore Fund: Ron Knisley

AVP Programs: Bob Grinton

AVP Records: Pat Herron

Crafters Who Care: Bea Medland,
Norma McIntyre

Golf Tournament: Chris Harvey
Ron Naccarato

Oakville TCV Rep.: Ron McLean

Presidents Message

The economy has taken a beating and we are now in a recession (a recession is when you neighbour loses his job. A depression is when you lose your job) and our political leaders argue about who is to blame. Does it matter? It is with us. If you have mutual funds or stocks you have lost. Our Pauline Baxter Moore Fund has lost over \$200,000.00, but we are still receiving our quarterly allotment of funds. Lets hope the economy recovers soon.

Our programme Committee has a very active plan for our outings as you will see in the Coming Events section of the newsletter including our Christmas lunch which has been booked for Dec. 1, 2009 at St. Volodymyr in Oakville.

Make sure you visit our excellent web site to keep up to date with events and activities.

Bill Hughes

Reporters interviewing a 104-year-old woman:
"And what do you think is the best thing about being 104?" the reporter asked.
She simply replied, "No peer pressure."

Club General Meetings

Our club holds two general meetings a year at the Maple Grove United Church in Oakville. These meetings are held the first Tuesday of February and the first Tuesday of October.

At these meetings a free lunch is provided along with a guest speaker. Attending these meetings gives you an opportunity to meet and mingle with other members. This also is the best time to hear what the Program Committee has planned for our outings.

In addition to the two general meetings; our annual meeting is held the first Tuesday of April, again at the Maple Grove United Church.

Club Events News

September 25, 2008

Fifty-Six of our member enjoyed a short scenic ride on the **Credit Valley Explorer Tour Train** from Orangeville to Brampton and return. A very nice lunch was included. The scenery was not a colourful as we hoped, but it was a great day. Thanks to Helen Mutch and Rosy Hayward for this event.

October 7, 2008

We held a **general meeting** at the church. It was well attended and the usual lunch was provided, The guest speaker was **Rocco Rossi** from the **Heart and Stroke Foundation** and he was excellent. Rocco called the next day to say thanks to the Club members for giving him the opportunity to speak.

October 8, 2008

T.C.V. held its **Annual Meeting** at the Novotel Hotel in North York which was attended by approximately 20 of our members. A great lunch was provided. The P.B.M. Fund at the time was about \$1.1 million and reported to be in "good shape, but down". In 2008 we received \$8,800.00 and will be receiving \$3,500.00 quarterly if all goes well. Mike Filey was the guest speaker, talking about Toronto then and now. He was very comical.

October 16, 2008

B.P.G. held its **fall meeting** and the **Pension Committee** said all was fine with the pension fund and not to worry. Dan Braniff did not agree with their assessment and suggested all may not be so "rosy". The Toronto Star stated on Oct.30 that our Pension Fund now had a deficit of \$449 million on obligations of \$15.7 billion, so keep your fingers crossed and hope for the market to return to better days.

October 29, 2008

A large group of our members bussed over to **Carmen's** in Hamilton to see **Splendido Teatro**. The show had a little bit of everything—singing, dancing, gymnastics, juggling, fortune telling by Gypsies, etc.... It was very well done and the meal was excellent as usual. Thanks again to our programme committee.

December 2, 2008

We held our annual **Christmas Luncheon** at the **Holiday Inn in Oakville** with a full house of 141 members and guests. We had a special entertainer Gregory Cross from Sheridan College who provided us with songs and carols. Our Crafters Who Care held a craft sale and donated a quilt as a prize for the lucky draw. Last year we also had our luncheon at this hotel and it was great but this year the service and the food were not up to our standards, A new venue will be found for 2009. By the way Joan Gibb was M.C. and did a masterful job.

January 14, 2009

31 of our members and 2 guests attended a performance at the **Oakville Theatre** called "**Jitters**". The night included one of our winter storms so the driving was bad and this restricted attendance. From reports the show was not the greatest, but the theatre itself was a nice venue.

February 3, 2009

We had a **general meeting** during another winter storm which also cut down on attendance. However, the free lunch was delicious and we had two interesting speakers. First was **Sheila Bradt**, a vice President with **Comtech Credit Union**. She discussed the new Tax Free Savings Account and its benefits. We gave her some questions she could not answer, but she agreed to publish the answers in the next bulletin. The second speaker was motivational speaker **Judy Suke**. During her talk "**Let Laughter Lighten the Load**" she used humour and personal experience stories to look at techniques to handle the stress of our hectic world. Judy was very funny and informative and got her audience involved.

Judy's Daily Affirmation—Live, Let Live, Love, and Laugh a lot!

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Club Events News continued....

February 24, 2009

Members and guests attended an evening performance at Sheridan College of "Brigadoon". The production was by the students. I am not a great critic of musicals but I found this to be a very good show. The male and female leads were excellent both with beautiful voices. The choreography was outstanding. The cast numbered 25 or 30; all in all a great show. When the show ended you knew you had been entertained and you left the theatre with a good feeling.

March 17, 2009

To-Day was St. Patrick's Day and we ventured to **Carmen's** where we enjoyed "**Cead Mile Failtes**" (*One Hundred Thousand Welcomes*). We were treated to a fine Irish stew with salad and dessert. The entertainment was a quartet of singers, four young stepdancers, four singing Nuns with audience participation. Songs were of Ireland, with ditties and some slow ballads enough to bring a wee tear to the eye. A good day.

Coming Events

Tuesday 07 April, 2009

The Annual Meeting of your club at Maple Grove United Church. Lunch at 12:00 noon, meeting to follow at 1:00pm

Saturday 02 May, 2009

At the Club Room 241 Balsam Drive, Oakville, **Pancake Day!** Join your friends for a breakfast of pancakes, sausages, real maple syrup, fruit, coffee, etc. 9 a.m. to 11 a.m.. Still the best price in town, just \$5.00. Pay at the door.

Monday 11 May, 2009

At the **Sanderson Centre** in Brantford "**Musical World Cruise**" - Song, Dance and Comedy. Lunch of roast beef or chicken. Bus leaves Maple Grove Church at 10:30 a.m. Members \$50.00 and Guests \$65.00 Contact Rosy Hayward.

Thursday 04 June, 2009

The Annual BBQ and picnic to be held again at the **Port Credit Yacht Club**, 115 Lakeshore Promenade from 11:00 a.m. to 2:00 p.m. Magnificent setting. Members \$15.00, Guests \$25.00. Call Rosy Hayward - Donations for White Elephant or Food Bank appreciated.

Monday 14 September, 2009

The 18th Annual Golf Tournament and Dinner will be held at the **Deerfield Golf Club** (QEW 7 Bronte Rd, Oakville). Open to retirees and partners; new singles and foursomes are encouraged. Prices approx. \$65.00 each. For info or to obtain an entry form contact Ron Naccarato or Chris Harvey. Golfers who have played this tournament the past two years will receive an entry form via mail.

Tuesday 06 October, 2009

Semi-Annual General Meeting of your Club at Maple Grove United Church. Lunch at 12:00 noon, meeting to follow at 1:00 p.m. Speaker to be announced.

Friday 09 October, 2009

Don't wait until Fall or you may be too late! "**The Shaw Festival**" - Niagara on the Lake, for Lunch and see "**The Devil's Disciple**". Members \$50.00, Guests \$65.00. Bus leaves Maple Grove United Church at 10:30 a.m. For reservations, call Helen Mutch.

Tuesday 01 December, 2009

Christmas Lunch has been reserved at **St. Volodymyr**—1280 Dundas St. W. Oakville—more details to follow

REFUNDS will only be made if you notify the Program Committee at least two weeks prior to the event. This includes the Christmas Luncheon and Annual B.B.Q. Late cancellations can not be accepted as the Club is committed to pay for the event.

(cont'd...)

Coming Events continued...

Event Reservations!! 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

Note: If we do not receive your cheque two weeks before an event, you will be placed on a waiting list.

TRANSPORTATION IMPORTANT!!

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

For up to date information on your club's activities, call the **Event Line**

Your Events Programme Committee:

Fred Bucknam	Bob Grinton	Rosy Hayward	Bob Stevenson
Milt Sweeney	Helen Mutch	Lorna Maj	

Clubhouse Activities

Crafters: quilting, sewing, knitting , etc...

Contact Norma McIntyre or Bea Medland. Crafters meet at the Balsam clubhouse every Wednesday from 1:00 - 3:00 pm.

Euchre

Games are played at the Balsam clubhouse every Thursday from 2:00 - 4:00 p.m. For more information contact Kel Kaye

Things We Collect

Campbell's Soup Labels—the entire label. Any that have been cut down simply get thrown out. Please flatten each label and put into packages of 30 or 50. Ties or put and elastic band around them or put them in an envelope. Doing this makes it so much easier to prepare them for Campbell's. They give 10 cents per label to The Shriners Hospital to buy school supplies for the children during their treatment in hospital.

Pop Tabs are collected and sold to a recycler. The money we receive to will go to a new project, "The Lions Camp Dorset". This is a family summer camp for families that require Kidney Dialysis Treatment.

Used Canadian Stamps are sold to a stamp dealer who will package them for sale to collectors around the world. The money raised goes to the Seeing Eye Dog Program

These are the **only** items our Life members are collecting now. Thanks very much for your interest and help in this part of our program.

SENIOR TRAVELERS

A travel agent looked up from his desk to see an old lady and an old gentleman peering in the shop window at the posters showing the glamorous destinations around the world. The agent had had a good week and the dejected couple looking in the window gave him a rare feeling of generosity. He called them into his shop: "I know that on your pension you could never hope to have a holiday, so I am sending you off to a fabulous resort at my expense, and I won't take no for an answer." He took them inside and asked his secretary to write two flight tickets and book a room in a five star hotel. They, as can be expected, gladly accepted, and were off! About a month later the little old lady came in to his shop. "And how did you like your holiday?" he asked eagerly. "The flight was exciting and the room was lovely," she said. "I've come to thank you but, one thing puzzled me.

Who was that old guy I had to share the room with?"

Actually, some of us ask the same question every morning!

Membership

New Members

Mrs. Valerie Kummer - Burlington

In Memoriam

Mr. Bill Avery (Brantford) Dec, 2006

Mr. Terry Maiden (Port Dover) May, 2008

Mrs. Marilyn Agg (Oakville) Aug, 2008

Mr. Gordon Inns (Oakville) Oct, 2008

Mrs. Susan Rolson (Brampton) Dec, 2008

Mrs. Grace Rivers (Oakville) Jan, 2009

Mrs. Anita Harris (Oakville) Feb, 2009

Mr. Harold Collins (Mississauga) Sept, 2007

Ms. Pat O'Neil (Oakville) July, 2008

Mrs. Lenore Webb (Mississauga) Aug, 2008

Mrs. Barbara Lyall (Mississauga) Oct, 2008

Mr. Vern White (Oakville) Dec, 2008

Mr. Elmer Throop (Oakville) Jan, 2009

On January 5th 2009 we lost a long time member of our Club and a valuable member of our Executive with the passing of Elmer Throop. Elmer served our Club in many capacities, President, Past President and for many years as Vice President of the Clubroom. Elmer was also influential in establishing and running the annual Pancake Breakfast as well as the Euchre Club. He was a participant each year in our Golf Tournament. Elmer will be greatly missed.

KEEPING IN TOUCH

As you can see, we do not always hear when one of our members pass away. Please help by letting us know if you hear of a death, or someone moving into a nursing home. Please call or e-mail Pat Herron.

NEW MEMBERS are always welcome !! Do you know anyone that is eligible to join ? Please pass along any names to Pat Herron

In order to reduce the cost of the retirement rag, if you have an e-mail address and Wish to receive it on your computer please advise Pat!

Helping Hands—Volunteer Hours

Our club does not provide financial assistance to any organization, charitable or otherwise. However, we do encourage members to assist charitable organizations with volunteer hours. Many of our members provide hours of assistance to various charitable organizations throughout our territory. These hours, when reported to Dave Warren are maintained for the year (July to June).

“Helping Hands” is a program provided by “Bell” to assist charitable organizations. As an individual, if you provide 50 hours of volunteer service to one organization, you may be eligible to receive a grant of \$500.00 for that charity.

If any of you perform volunteer work please advise Dave Warren of your hours on a monthly basis. As good as this is; it is known that many volunteer hours are never reported. Give Dave a call and let your Club know what a great job you are doing. Examples of the good work some of our members are doing follow:

- Joan Gibb through her work with the Canadian Cancer Society (Oakville) has obtained a \$500.00 grant from Bell's Employee giving Program.

- Our members and friends contributed over 500 hours of volunteer time and as a result received an Employee Giving Grant of \$2,500.00 for the Salvation Army (Cawthra). This is the 9th year we have obtained this grant.. The following members contribute their time—M. Clarke, C. Hall, P. Vincent, W. Bowyer, P. Holway, K. Lee, S. Ross, T. Brown, B. Hughes, D. Huctwith, D. Lyall, M. Bessant.

Alzheimer Disease: 10 early indicators

Alzheimer's disease is a progressive, degenerative disease which is often difficult to recognize as people may think the symptoms are part of normal aging but they aren't. It is important that you or your loved one see a doctor when you notice any of these symptoms as they may be due to other conditions such as depression, drug interactions or an infection. If the diagnosis is Alzheimer's disease, your local Alzheimer Society can help.

To help you know what warning signs to look for, the Alzheimer Society has developed the following list:

Memory loss that affects day-to-day function

forgetting things more often and not remembering them later, especially things that have happened more recently.

Difficulty performing familiar tasks

trouble with tasks that have been routine or familiar to them all their lives, such as preparing a meal.

Problems with language

forgetting simple words or substitute words, making sentences difficult to understand.

Disorientation of time and place

becoming lost on their own street, not knowing how they got there or how to get home.

Poor or decreased judgment

not recognizing a medical problem that needs attention or wearing heavy clothing on a hot day.

Problems with abstract thinking

such as balancing a cheque book or not recognizing what the numbers in the cheque book mean.

Misplacing things

putting things in inappropriate places: an iron in the freezer or a wristwatch in the sugar bowl.

Changes in mood and behaviour

varied mood swings -- from calm to tears to anger -- for no apparent reason.

Changes in personality

becoming confused, suspicious or withdrawn. Changes may also include apathy, fearfulness or acting out of character.

Loss of initiative

becoming very passive, and requiring cues and prompting to become involved.

**For more information, contact your local Alzheimer Society
1 800 616 8816 or visit www.alzheimer.ca**

A blonde lady motorist was about two hours from the Gold Coast when she was flagged down by a man whose truck had broken down. The man walked up to the car and asked, "Are you going to the Gold Coast?"

"Sure," answered the blonde, "do you need a lift?"

"Not for me. I'll be spending the next three hours fixing my truck. My problem is I've got two chimpanzees in the back which have to be taken to the Gold Coast Zoo. They're a bit stressed already so I don't want to keep them on the road all day. Could you possibly take them to the zoo for me? I'll give you \$100 for your trouble."

"I'd be happy to," said the blonde.

So the two chimpanzees were ushered into the back seat of the blonde's car and carefully strapped into their seat belts. Off they went. Five hours later, the truck driver was driving through the heart of the Gold Coast when suddenly he was horrified!! There was the blonde walking down the street and holding hands with the two chimps, much to the amusement of a big crowd. With a screech of brakes he pulled off the road and ran over to the blonde.

"What the hell are you doing here?" he demanded, "I gave you \$100 to take these chimpanzees to the zoo."

"Yes, I know you did," said the blonde, "But we had money left over --- so now we're going to SeaWorld."

**To keep up to date with Club News and outings, don't forget you can find us at
www.oakville.telcocommunityvolunteers.com. Or call the Event Line 905 849 9867**