



Retirement Rag

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

November '06

www.telcocommunityvolunteers.com/oakville

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: Tom Brown

Past President: Ron Knisley

Vice President: Bill Hughes

Secretary: Syd McKay

Treasurer: Jean Cook

AVP Club Room: Elmer Throop

AVP Community Service: Bill Check

AVP Fellowship: Eileen Chewter

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

Telco Community Volunteers Annual General Meeting

October 5, 2006

A small group of our members attended the Telco Community Volunteers Annual General Meeting held at the Novotel Hotel in North York.

All five clubs were represented, 174 members in total.

Lunch was provided and we learned the earnings of the Pauline Baxter Moore Trust fund were not as much as last year. As a result the grant to each club will be reduced in 2007.

The guest speaker was Carol Anne Cole, retired Vice President of Bell Canada and well known to many members. She has written and published 2 books and is working on a third. Carol Anne is also a breast cancer survivor. She is responsible for the Pewter Heart which has now surpassed \$218,000.00 in sales.

When Carol Anne gives a talk, everyone listens. If you ever get the opportunity to hear her, take it.

Club General Meetings

Our club holds 2 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 and 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

June 2-3, 2006

Member Joan Gibb, a long time volunteer with the Canadian Cancer Society enlisted our Community Service Group to assist with Oakville's annual "Relay for Life" rally at Appleby College. Bill Check with his crew of Elmer Throop, Stan Beaudette and Tom Brown placed 300 ft. of fencing, signs and general labour in support of the event. In total they contributed 25 hours of community service on behalf of our club. "Way to go, guys!"

June 3, 2006

Despite the rain and balky BBQ's, 84 members and partners enjoyed another wonderful meal in the gym of the Maple Grove United Church. This was the 14th Annual event. "Crafters Who Care" held a draw for and afghan they had made. There was also a 50/50 draw and the annual "white elephant" table. A collection of food for donation to the food bank was also held.

July 1, 2006

A warm welcome to Bob Grinton, the new Program Chair and a big thank-you to Fred Bucknam, the outgoing Chair, for a job well done.

September 6, 2006

A group of 56 members and partners boarded a coach at 6:00 am at the church and left for 4 days and 3 nights at the Auberge in Magog, Quebec. As usual we had a great time. For those who wished to participate side trips to Quebec City and North Hatley were included. Thanks again to Yvonne Seaton who coordinated the trip. We understand the Inn is converting to a nursing home. Is there a message here?

September 11, 2006

Our 16th Annual Golf Tournament was held at Deerfield and as usual it was a great day; good weather, the food was the best and there were prizes for all. A total of 64 golfers participated and 70 members and partners attended the banquet. It is reported that Earl Cochran and Mary Larson were the leaders with Ron Knisley coming in with a low net of 81. This was the first tournament organized by Chris Harvey and Ron Naccarato and they did a great job. Thank-you Chris and Ron.

October 3, 2006

We held a general meeting at the Maple Grove United Church which was attended by 57 members. The guest speaker was Dr. Heather Palmer. She is an educator, researcher and health professional specializing in Cognitive Enhancement. Dr. Palmer gave a very interesting speech on aging and dementia. Please read her article "How much Aging do I Have to Put up With?" on Page. 7

October 4, 2006

A group of our member traveled by coach to the Avon Theatre in Stratford to see South Pacific. It was a great show. We enjoyed lunch at the Stratford Golf and Country Club. This outing was arranged by Peggy Kemp.

Don't forget you can find us at www.telcocommunityvolunteers.com/oakville

Coming Events

Tuesday December 5, 2006

Have you marked your calendar yet? Our annual **Christmas Luncheon** will be held again this year at **Le Dome Banquet Hall** at 1173 North Service Rd. East in Oakville. Doors will open at 11:00 am. The great **Craft Table** will be loaded with items. We will have a **50/50 draw** and collect **donations of food** for the less fortunate. Don't miss this event.—great food, good fellowship and a great cost! Only \$15.00 per person for members and partners and \$30.00 for guests. Call any member of the Program Committee for reservations before November 20, 2006.

Wednesday, January 31, 2007

We are going to the Old Mill to be part of **Murder Mystery Matinee** in Brule "C" at 1:00 pm. The bus will leave Maple Grove United Church at 10:30 am - lunch at 11:30 am. Members and partners \$35.00, guests \$60.00. Contact Rosy Hayward.

Tuesday, February 6, 2007

A **General Meeting** of the club at Maple Grove United Church. Lunch at 12:00 noon. The meeting will follow. Speaker to be announced.

Tuesday, February 28, 2007

We will be at the **Sanderson Centre** in Brantford to hear the **Fabulous Crooners** at 2:00 pm. Lunch first at the Best Western at 12:00 noon. Bus leaves Maple Grove United Church at 10:30 am. Members and partners \$35.00 and guests \$60.00. Contact Bob Grinton.

Tuesday, April 3, 2007

The **Annual Meeting** will be held at Maple Grove United Church. Doors open at 11:00 am. Lunch at noon. The meeting will start at 1:00 pm.

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 Hot Line

NOTE: Telephone numbers are not published on the web site. Pick up an Event Flyer at our General meetings or send us an Email — oakville@telcocommunityvolunteers.com

Your Events Programme Committee:

Fred Bucknam	Jean Cook	Bob Grinton	Rosy Hayward	Peggy Kemp
Yvonne Seaton	Bob Stevenson	Milt Sweeney	Joan Wilush	Dorothy Wright

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: euchre is played at the Balsam clubhouse every Thursday from 2:00 - 4:00 pm. For more information contact Elmer Throop.

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 goes to the "March of Dimes" organization and is used to purchase wheelchairs. There are many different products that use the TAB as an opener. We will take them all, thanks!

Used Canadian Postage Stamps are sold to a stamp dealer who will package them for sale to collectors around the world. The money 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.

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.

If any of you or your partners perform volunteer work please advise Dave Warren of your hours on a monthly basis.

For your information our club year runs from July to June.

A total of 5,665 hours of community service was given by our members during the past club year (July 2005—June 2006). Of this total, 1860 hours were contributed by ***Crafters Who Care*** and 448 hours by the ***Connect Care*** volunteers.

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.

Membership

New Members

Mrs. Eleanor Blackborow—Carlisle
Mrs. Vivian Duett—Mississauga
Mr. Ken Hopkins—Oakville
Mrs. Flo Molnar—Burlington
Mrs. Doreen Newman—Mississauga
Mrs. Tonie Ragonese—Mississauga
Mrs. Nina Sotak—Oakville
Ms. Lorna Williams—Mississauga

Mrs. Vivian Dickson—Mississauga
Mr. George Hiscott—Milton
Mr. Gordon Mackay
Miss Helen Mutch—Toronto
Mrs. Fen Noel—Oakville
Mr. Gary Smith—Holland Centre
Mr. Ted Stover—Milton
Mrs. Theresa Zizzi—Oakville

Lost Trails

Can anyone provide information regarding:

Mrs. Helen Guglietti (Mississauga?)

Mr. Kenneth A. Gilmour (no address known)

Contact Pat Herron with any information on their whereabouts now would be greatly appreciated.

Telephone and e-mail are listed at the bottom of the page.

In Memoriam

Mrs. Ila Harris - January 2006 - Mississauga
Mrs. Eva Bullied - February 2006 - Mississauga
Mrs. Alberta McDermott - March 2006 - Oakville
Mr. Reg McLaughlin - March 2006 - Oakville
Mr. John Fraser - June 2006 - Newmarket
Mrs. Marian Robinson - August 2006 - Toronto
Mr. Fred Robinson - September 2006 - Toronto
Mr. Bill Graham - September 2006 - Burlington

Keeping In Touch

Are you aware that cards are sent out twice a year to our members over 80 years of age? Many members, unable to attend some or all of our functions, know that we are thinking of them.

Unfortunately, we do not have the date of birth for many members. In a continuing effort to keep our records updated, would any of our senior members, over 80, not receiving an Easter or Christmas card from our club, please advise Pat Herron of your date of birth. We would also like to add this information for our younger seniors as well. All of this information is strictly confidential.

Please call or e-mail Pat so that
the Oakville Club can continue with our tradition of keeping in touch.

e-mail oakville@telcocommunityvolunteers.com

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

TELCO Badge/Pin

You may have noticed some members have badges that are outlined in red. These badges are given to our past Presidents. Following is a list of our club past Presidents from the very start, when it was The Telephone Pioneers of America Life Members, Oakville Club.

Bill Deyman
John McCrudden
Venetia Binns **
Elizabeth Kerry**
David Warren
Elva Hollinsworth
Elmer Throop
Bill Bowyer
Pete McIntyre
Vicky Downes
Doug Kirkwood
Cathy Jackson
Syd McKay
Ron McLean
Ted Baker
Ron Knisley

** Served two terms

The origin of the **Telco Community Volunteers** logo has its roots in the history of the **Telephone Pioneers of America**.

In that many members of **TCV** were originally inducted (at retirement) as Life Members of the **Telephone Pioneers of America**, a feeling existed that the **TCV** badge/Pin design should recognize the former association with the **TPA**.

During the period of Association with the TPA, the Canadian Bell Chapter was designated as Maple Leaf Chapter. Hence, prominent on the **TCV** badge/pin is a red Maple Leaf. The other colours used on the badge/pin are white and blue—the only colours used on the **TPA** triangular pin.

The name **Telco Community Volunteers** was used to Tie-in with the predecessor incorporated organization, *Bell Community Volunteers*, which had a short life span, having been dissolved within two years of incorporation.

For legal reasons **TELCO** replaced **Bell** in the title, to represent the telecommunications companies in which BCE has, or had, a financial interest and from which TCV membership is drawn.

Hence, the badges/pins of **TCV** members, which representative of a new organization, carry on traditions of the past.

Telco pins are provided by the **TCV** Board to Clubs for distribution to members who buy, or are provided, a Club name badge. Members receive these pins at the time a Club name badge is furnished to them.

A Club name badge (and a **TCV**-provided pin) is currently available at \$7.00 /badge through the Club Secretary or Treasurer.

Cooking Class

Two cannibals meet one day. The first cannibal says, “You know, I just can’t seem to get a tender Missionary. I’ve baked them, I’ve roasted them, I’ve stewed them, I’ve BBQ’d them, I’ve tried every sort of marinade. I just cannot seem to get them tender.”

The second cannibal asks, “What kind of Missionary do you use?”

The other replied, “You know, the ones that hang out at that place at the bend of the river. They have those funny brown cloaks with a rope around the waist and they’re sort of bald on top with a funny ring of hair on their heads.”

“Ah, ha!” the second cannibal replies. “No wonder... those are friars!”

How much Aging do I Have to Put Up With?

By Dr. Heather Palmer

(An educator, researcher and health professional specializing in Cognitive Enhancement)

Aging is inevitable. Everyday, bit by bit, we get older.

Fortunately, most of the changes go unnoticed until, all of a sudden, we realize we are not as young as we used to be. For some people, this realization comes with the first grey hair or the onset of wrinkles. For other it is the decrease in hearing or the sudden dependence on reading glasses. Whatever the sign, most people accept and even joke about the physical changes associated with aging. This is not so, however, for cognitive aging. Changes in the way we think, remember and speak are taboo subjects, are *not* discussed and are certainly *not* joked about. But, is this fair? Our brain has worked very hard for us. Isn't it allowed, like all other organs, to get Tired, and old, and work a little less efficiently?

Yes it is! And instead of denying cognitive aging, instead of covering up our cognitive blunders and hiding to avoid embarrassment, we need to accept the notion of cognitive aging. We need to better understand what cognitive aging is and learn to communicate our concerns to family members, friends or our doctor.

Research had identified the following common cognitive changes associated with aging; processing speed slows down, encoding information in deep and meaningful ways takes more effort that it used to, and, divided attention tasks are more difficult. What does that mean? In a nutshell, aging can cause us to think a little slower, remember a little less and get a little muddled when we do more than one thing at a time. Surprised? I hope not! After all, compared to when we were younger, most of us run a little slower, bend a little less, and lose our breath when going up stairs while talking on the phone.

Just as some people age *physically* at different rates, people age *cognitively* at different rates too. While one person may have difficulty remembering names, another may forget what they had for lunch, another isn't sure what the date is and another might get a little lost/confused on the way home from the grocery store. So how does one know if the cognitive aging is normal or not?

Comparing notes and openly communicating with peers and family members is an excellent way to gauge just how serious your "slips" may be. And in the event you feel the changes you are experiencing are not the norm, please, speak to your doctor. There are many different, simple and complex, curable and treatable, causes for cognitive change.

Be "head" strong. Play a proactive role in you aging. Stay mentally and physically active. Learn and practice strategies and techniques for cognitive enhancement. Talk about the changes, don't hide them. Just as you might decide to wear a hearing aid, new reading glasses, cover up grey hair or apply daily wrinkle cream, please accept the notion of cognitive aging and seek out solutions to help combat it.

F.Y.I. - Membership & PBM Entitlement

Membership in all categories is open to employees or former employees of BCE and it's affiliates. As a result, persons who were employed by Nortel would be eligible for membership.

On June 23, 2003, the Board of TELCO passed a resolution that provided that only retired members and their spouses are entitled to receive the benefit of reduced charges for social events.

To be a member in any category, the person must be resident or "formerly resident" in the City of Toronto, City of Mississauga, City of Brampton or the town of Oakville.

Just for Fun!

Why We Split!

She told me we couldn't afford beer anymore and I'd have to quit.

Then I caught her spending \$65.00 on make-up.

I asked how come I had to give up stuff and not her.

She said she needed the make-up to look pretty for me.

I told her that was what the beer was for.

I don't think she's coming back.

What do you call a boomerang that doesn't work?

A Stick!

What did the fish say when it hit a concrete wall?

"Dam!"

We could learn a lot from crayons.
Some are sharp.
Some are dull.
Some are pretty.
Some have weird names.
All are different colours.
But they all live in the same box.

A truly happy person is one who enjoys the scenery on a detour.

Multi-tasking: screwing up several things at once.

You might be a redneck if:

- Your hairdo has ever been ruined by a ceiling fan!
- You've ever financed a tattoo!
- Your mother has been involved in a fist fight at a high school sports event.
- You refer to the time you won a free case of oil as the "day my ship came in".

You Offered:

One Sunday a pastor told his congregation that the church needed some extra money and asked the people to prayerfully consider giving a little extra in the offering plate. He said that whoever gave the most would be able to pick out three hymns. After the offering plate was passed, the pastor glanced down and noticed that someone had placed a \$1,000 bill in the offering. He was so excited that he immediately shared his joy with his congregation and said he's like to personally thank whoever had placed the money in the plate. A very quiet, elderly, saintly lady all the way in the back shyly raised her hand. The pastor asked her to come to the front. Slowly she made her way to the pastor. He told her how wonderful it was that she gave so much and in thanksgiving asked her to pick out three hymns. Her eyes brightened as she looked over the congregation, pointed to the three handsomest men in the building and said, "I'll take him and him and him!"