



Retirement Rag—November 2010

Oakville Retirees Club
Including Mississauga, Milton and Burlington
P.O. Box 52047 Oakville , Ontario L6J 7N5

November 2010

www.oakville.telcocommunityvolunteers

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.

Christmas Luncheon



Do not forget to reserve for the Christmas Luncheon , Tuesday December 07 2010. See page 3 for further details

Presidents Message



Thank You to everyone for coming out to our events and supporting our club. A special welcome to new members. Two changes you should be aware of....Our new A.V.P. P.B. Moore Fund is Bill Hughes and A.V.P. Programs is Fred Bucknam. Thank You to Ron Knisley and Bob Grinton for excellent work done for our club. Hope to see you all at the Christmas Luncheon on Dec.7 th. Stay healthy and enjoy the holidays.

Eileen Chewter

Executive

President:	Eileen Chewter
Past President	Bill Hughes
Vice President:	Barbara Gohm
Secretary:	Syd McKay
Treasurer:	Jean Cook
AVP Club Room:	Claude Therrien
AVP Community Service:	Bill Check
AVP Fellowship:	Rose Kurak
AVP Fund Raising	Venetia Binns
AVP Historical:	Doug Kirkwood
AVP Newsletter	Bill Hughes
AVP Participation:	Dave Warren
AVP P.B. Moore Fund:	Bill Hughes
AVP Programs	Fred Bucknam
AVP Records:	Pat Herron
Crafters Who Care:	Bea Medland, Giselle Dunn
Golf Tournament	Ron Naccarato Chris Harvey
Oakville TCV Rep	Ron McLean

Club Events News



April 20th

25 of our Members enjoyed A 2 hour Coach trip to Warkworth and the Sandy Flats Sugarbush. A horse and wagon ride through the bush was included. We also enjoyed a tasty lunch of sausages ,pancakes and baked beans. The return trip included a stop at the Farmers Market.

All in all a good outing on a sunny Spring day!

June 3rd

We held our Annual B.B.Q and Picnic on the waterfront at the Port Credit Yacht Club. 95 Members and guests attended this beautiful setting overlooking the many sailboats. While the weather was not up to our sunny standard it didn't rain. The food was again plentiful and a great variety. The White Elephant Table was again a success and the donated food was distributed to the Salvation Army in Burlington ,Oakville and Mississauga.

September 13

The 19th Annual Golf Tournament and Dinner was held at the Deerfield G&CC . 42 participants enjoyed a beautiful day of golf and fellowship.

The winners are; **Men's Low Gross**; Jim Dobson, **Men's Low Net**; Ron Bell, **Ladies Low Gross**; Marie Kapaskey, **Ladies Low Net**; Bonnie Parsons

A great meal and presentations followed

September 29th

We boarded our Yellow bus at the church and headed along the Q.E.W. to lunch at Betty's in Chipewawa. After lunch we enjoyed a casual drive through Niagara Falls and along the River Road to the Shaw Festival Theater in Niagara-On-Lake. The play was Oscar Wildes "An Ideal Husband"(he lied). The first act was very long, an hour and a half. Some of us had some trouble understanding what the play was about ,but the second act cleared up the confusion. on the way home the bus driver decided to take a different route home; however the lift bridge at Port Weller was up and we had to wait for a slow moving ship to pass through the canal.

A Coach is much more comfortable than the Yellow Bus, but is more costly. Can we pay more for comfort?

October 05

We held our normal general meeting at the Maple Grove United Church. Prior to the meeting a free lunch was provided for the 35 attendees. After lunch the guest speaker, Jackie Porter from Carte Financial Services gave us a talk on Estate Planning. She was very interesting as well as entertaining. The rainy weather I believe contributed to the small turnout.

October 13th

The Annual Meeting of T.C.V. was held at the Novotel Hotel in North York. This is where the five clubs Oakville, Toronto, Brampton, Scarboro and Fieldway meet and find out how the Mother Club is doing. A very fine buffet is provided followed by the meeting and guest speaker, a nice day.

Club Events Continued

October 20th

A full coach of Members and guests traveled by coach to St. Jacobs to enjoy as usual a great lunch at Crossroads ,after to St. Jacobs and the Theatre and "Twelve Angry Men", very entertaining, this was again a great day and should become a tradition each year.

Future Events

Tuesday, December 7, 2010



Our Annual Christmas Luncheon will be held at **Le Dome Banquet Hall** at 1173 North Service Road East in Oakville. Doors open at 11:00 a.m. Only \$15 for members and partners and \$30 for guests. Call any member of the Program Committee by Wednesday, Dec. 1 for reservations.

Note: At the luncheon, if your name is not on the list, you are out of luck!!

Tuesday, February 1, 2011



A 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.

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.

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

Please Note: Members who require **transportation** to any event are asked to call the event coordinator, any member of the Program Committee. 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, #905 849 9867.

Your Events Programme Committee:

Fred Bucknam, Danielle Young, Barb Gohm, Milt Sweeney, Lorna Maj, Marie Walker

New Members

MR SAL BRUNO (LUCY)	MISSISSAUGA
MR TONY CECE (MICHELLE)	OAKVILLE
MR SID COOPER (CATHY)	MISSISSAUGA
MRS ISOBEL GUY (BILL)	WIARTON, ON
MS LORRAINE O'DOWD	OAKVILLE
MRS JACKIE YOUNG (CECIL)	MISSISSAUGA

In Memoriam

MR PAUL BIELER (BURLINGTON)	FEB, 2010
MRS EDNA BUCKNAM (BURLINGTON) (Wife of FRED)	SEPT, 2010
MR DOUG DARLING (BURLINGTON)	JAN, 2010
MR ARCHIE EDWARDS (MISSISSAUGA)	MAY, 2010
MR PETER HAYDEN (MILLGROVE, ON)	JUNE, 2010
MR DEREK LITTLEFAIR (BURLINGTON)	JUNE, 2010
MR DON LOUGHLIN (MILTON)	MAY, 2010

NOTE - Due to lack of notification, we often hear months, or even years later, of Members who have passed away. Here are a few -

MR LESLIE KNOTT (MISSISSAUGA)	FEB, 2009
MR JOHN PODOROZNICK (MISSISSAUGA)	DEC, 2008
MRS CAROLYN PYLE (BURLINGTON) (Wife of GEORGE)	JAN, 2009
MR DOUG TROUP (WATERDOWN, ON) (Husband of DOROTHY)	APR, 2008

Keeping in Touch

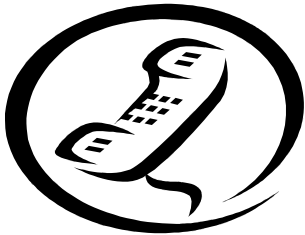
Please help by letting us know if you hear of one of our Members in hospital, passing away or moving into a nursing home. Please pass along any names to Pat Herron

NEW MEMBERS ARE ALWAYS WELCOME !!!

In order to reduce the cost of the Retirement Rag, if you have an E-mail address and have Adobe Reader (a common tool on computers), please advise Pat !!



You are needed!



As the Fellowship Co-ordinator, I have been able to identify about 300 members out of our close to 500 members that can be given a friendly call. 31 call groups have been organized.

After confirming some of the current leaders and having 5 individuals volunteer to be call leaders at our recent general meeting, I now only need 14 more individuals to volunteer so that all groups are

covered.

I have spoken to a few call leaders who have recently made phone calls and they said the individuals they had called were pleasant and happy to have received their call.

If you feel you can help out, please give me a call! Yours sincerely, Rose Kurak

Coupons from Proctor and Gamble

P&G Everyday Solutions 

DID YOU KNOW ???

You can register at www.PGeverydaysolutions.ca in order to receive coupons saving you money on many products. NO charge. You also receive a free monthly e-mail Newsletter, and sometimes samples are sent out as well. Products such as - DOWNY TIDE, CASCADE, PANTENE, OLAY, AIR FRESHNERS, TOOTH PASTE & BATTERIES. Just to name a few.

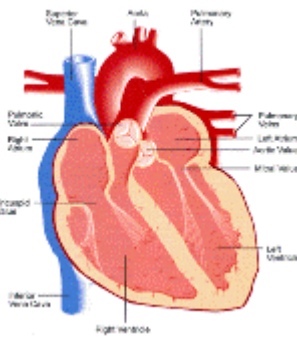
Whether you use any or none of these products, it may be worth checking into.

IT'S FREE !!

This information could save your life!

Keep aspirin by your bedside, in your car, pocketbook, wallet, purse etc.

About Heart Attacks



There may be NO pain in the chest during a heart attack. The majority of people (about 60%) who have had a heart attack during their sleep did not wake up from it. However, if pain occurs, it may wake you from a deep sleep. There are other symptoms of an heart attack, pain on the left arm, intense pain on the chin as well as nausea and lots of sweating.

If this happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water. Oh, and it probably makes a great deal of sense to chew the aspirin before swallowing. The sooner the drug is dispersed by the stomach, the sooner it gets to where it is needed. During a heart attack, waiting for the enteric coating surrounding the pill to breakdown naturally could be a mistake.

Shortly after, call **911** say “heart attack” and that you have taken 2 aspirins. Phone a neighbour or a family member who lives very close by, take a seat on a chair or the sofa near the front door and wait for their arrival. You should NOT lie down while waiting for the EMT.

In 1993 the American Heart Association began recommending a 325 mg aspirin dose at the onset of chest pain or other symptoms of a severe heart attack. That bit of advice is going unheeded, though; a follow-up report published in 1997 shows as many as 10,000 American lives a year could be saved if more people who thought they were having heart attacks took an aspirin at the start of chest pains.

Just a further note regarding Bayer's Extra Strength Quick Release Crystals, which you may have heard of. They work much faster than the tablets." These extra-strength crystals are **not** appropriate for use in case of heart attack, as they contain 850 mg of aspirin (approximately ten times the dose recommended by the FDA for use in conjunction with a heart attack) as well as 65 mg of caffeine (which can increase the heart rate).