

PRESIDENT'S COMMENTS

I hope that you are all enjoying the Fall weather. I personally love the cooler weather for walking. Now that Thanksgiving and Halloween are over, it will be time to start thinking about Christmas! So keeping with RTOERO's strategic goal of Environmental Stewardship, here are some greener gift suggestions.

- Consider shopping second-hand. Thrift shops and resale sites like Facebook Marketplace make it easy to find like-new gifts, even if they are plastic. By purchasing a pre-loved item, you'll divert it from the landfill.
- Give handmade gifts. Often these items become cherished keepsakes.
- Try giving the gift of time and attention rather than material things. When you spend time playing with children or doing an activity together, you're letting the child know they matter, are worthy of your time, and are helping to make memories that will stick around.
- Pay for an activity they want to try this year. You could give the gift of a program registration – if the cost is high for your gift, consider going in with other family members who would buy a gift for that child. You can then take a keen interest in their activity, following up to see how it's going as a way to build your relationship with your loved one.

If any of you are interested in attending a board meeting or maybe becoming a board member or volunteering to help out with District 11 activities, please contact me at:

president11@districts.rtoero.ca

Terry Hamilton

OTHER ITEMS TO NOTE

Award of Distinction

Each year, RTOERO Waterloo Region recognizes the contributions of one of our local, District 11 members with an Award of Distinction. The award of Distinction is presented to a member in good standing with RTOERO District 11 Waterloo Region who:

- Demonstrates an outstanding caring commitment to volunteer service in the community
- Participates actively in organizations where helping others is the prime directive, locally or abroad
- Contributes freely of time and talents to assist others
- Encourages or mentors others in an education/support/service setting

Click [here](#) to fill out an online version of the nomination form.

Click [here](#) to access a print version of the nomination form.

The deadline for applications is February 15, 2024.

Membership Survey

RTOERO undertook a survey of our members. [The results can be found by clicking here.](#)

Post-Secondary Scholarships

RTOERO is awarding 20 scholarships valued at \$3000 each to post-secondary (college or university) students enrolled in programs that lead to careers in either seniors health and wellbeing; education; environmental stewardship; or that reflect a strong commitment to diversity, equity and/or inclusion. The deadline to apply is January 12, 2024.

<https://rtoero.ca/giving-back/scholarships/>

CHECK OUT THESE UPCOMING EVENTS! Don't miss the Registration Forms included below:		
Event	Date	How To Register
Chair Yoga by zoom with Mary Zadel	Monday, November 13 2:00 p.m.	Click here to register.
Coffee and Conversation	Tuesday, November 14 9:30 a.m.	Registration is necessary each month. Register here by November 7.
Fall Luncheon	Thursday, November 16 11:30 a.m.	Please register here before November 9.
Fresh Air Friday	Friday, November 17 10:30 a.m.	Register here.
Book Club	Monday, November 20 1:30 p.m.	SPECIAL PRESENTATION Use this registration form to find out more information.
Stitching With Friends	Monday, November 20 1:00 p.m.	Register here if you have not done so yet this year.
Making a Christmas Urn	Thursday, November 23 11:00 a.m.	Register here.

MORE INFORMATION ABOUT OUR UPCOMING EVENTS

District 11 will again offer activities monthly for you to meet with members, online and in-person. Some of our monthly activities include:

* **Book Club** - Our meetings are generally on the 3rd Thursday of the month in the morning. We are doing a mixture of in person and zoom, depending on time of year, special out of town guests, etc. This month, the Book Club is having a special presentation on Monday, November 20th at 1:30. Be sure to fill out the registration form in order to receive information about this event.

* **Fresh Air Fridays** - members enjoy the outdoors at different trails and parks in the region. This month we will hike Maple Lane/Grand Allee Trail. This used to be the trail a carriage ride would take to Landon Hall. We enter on 134 Regional Rd 46. It is a 3.2 km loop trail near North Dumfries, On.

Generally considered an easy route, it takes an average of 50 minutes to complete. This trail is great for hiking and walking.

* **Coffee and Conversation** - A location is picked after you have registered so that we can be sure to choose a location that will accommodate everyone. After you have registered, you will receive an email regarding the location for our November get-together.

* **Stitching with Friends** - members meet online to enjoy crocheting, knitting, fabric arts and chatting. Please join us via Zoom on the third Monday of each month at 1:00 pm. Sign up once and you will receive the zoom link monthly. The link will be emailed a few days before the event.

* **Chair Yoga with Mary Zadel** - This will be a zoom workshop for both men and women. Mary is doing it free of charge. All you need is a chair! Please watch Mary's video on the registration form for more information.

* **Christmas Urn** - As the festive season approaches, RTOERO is hosting a special Christmas urn making workshop for holiday enthusiasts. The workshop will be held at Sheridan Nurseries in Kitchener on November 23, starting at 11:00 AM. Attendees will have the chance to create their own festive urns, perfect for decorating homes this holiday season. The cost of participation is \$84.75 (\$75 + tax). Those interested are encouraged to register early on the link provided to secure a spot. Please note this is a two part-registration which includes on-line payment.

* **Theatre News - November 5th @ 2 pm:** "Evita" at the Hamilton Family Theatre. 47 members will enjoy this amazing and professional performance. Registration closes one month prior to the show, so don't miss your opportunity next time!

* **Fall Luncheon** - Thurs. Nov 16 at Golfs. Members are invited to register online (Click Here) The menu for our fall luncheon includes a garden salad, a main course, and assorted pies for dessert. Main Course options are

- Chicken Supreme, Mashed Potatoes and Roasted Vegetables, or
- Moroccan Chick Pea and Lentil Stew with Rice

Payment - \$30 per person/ paid online

We have moved to an online payment system that is operated and secured through the RTOERO Finance Department in Toronto. This encrypted system is highly regulated and secure.

We hope you'll join us for our Fall Luncheon.

Events to look forward to:

January 14th, 2024 @ 2 pm: Kitchener Rangers Game

January 24th 2024 @ 10:30 - 11:30: Zoom presentation with Patti Haskell for Advanced Care Planning

Follow District 11 News and Events on Facebook and our Website:

<https://www.facebook.com/RTOERODistrict11WaterlooRegion> / <https://district11.rtoero.ca/>