



PRESIDENT's COMMENTS

Here is a new scam and how to prevent it!

How to avoid being a victim of 'recovery room scams' Here's a new term to add to the list of fraud and scam terms we wish we didn't need to know about: recovery room scams. Some scammers sell the contact information of their victims to other scammers, who then pretend to be the good guys. They say they'll help the victim get their money back for a recovery fee. These scammers target the feelings of shame and stress that follow the initial scam and offer what seems like an easy way out. Awareness of this type of scam can help prevent it from happening to you.

- Be cautious – be wary of anyone who contacts you who: Claims to be police, the CRA, a bank or securities regulator, but you cannot confirm who they are or who they work for. o Knows details about your lost money but has never connected with you before. o Promises to get your money back.
- Act – you can hang up the phone and then: o Contact the real organization the person claimed to be from. o If the organization is unknown, don't bother checking – hang up and move on.
- Don't pay a fee. If you suspect you may have been a victim of fraud, reach out to the securities commission in your province/territory. You can also contact the Canadian Anti-Fraud Centre at 1-888-495-8501.

Happy September to you all!
Terry Hamilton
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<i>CHECK OUT THESE UPCOMING EVENTS!</i>		
<i>Don't miss the Registration Forms included below:</i>		
Coming Event	Date	How to Register
Book Club	Thursday, Sept 21	To join our book club, please complete this Book Club Registration Form.
Fresh Air Friday	10:30 am, Sept.15, 2023 at Marguerite Ormston Trailway	click here
Coffee and Conversation	9:30 am Tuesday, Sept.12, 2023 at Good Earth Coffeehouse, at Indigo 225 Fairway Rd. S.	click here
Stitching with Friends	Will resume in October	click 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:

* **Coffee and Conversation** - We invite you to join us at various coffee shops around Waterloo Region during this upcoming year. Our Coffee and Conversation group meets on the second Tuesday of each month at 9:30 at a different locally-owned coffee shop. Please register using the link provided.

Once you have registered, you will receive an email from one of the organizers, Sylvia Ranson or Laura Dicknoether, about the location. We choose our venue based on how many people have signed up, so that we are sure to have enough space for everyone.

* **Stitching with Friends** - members meet online to enjoy crocheting, knitting, fabric arts and chatting

* **Fresh Air Fridays** - members enjoy the outdoors at different trails and parks in the region

* **Book Club** - members meet online to discuss a group-chosen book

2023/24 will be the third year for the District 11 book club! In the past, our books have offered meaningful opportunities for rich discussion; we look forward to continuing this as we begin a new year! We are planning to hold in person meetings this fall. As the year goes on, we will decide whether to continue in person or use Zoom, depending on weather, health concerns, etc. For now, meetings will be on the third Thursday of each month at 10 a.m., location TBA, beginning on Thursday, September 21.

* **Special activities** - occur at different times (plays, musicals, workshops, tours) Check District 11's Facebook page and website for updates.

Fresh Air Friday

Join us for our Fresh Air Friday walk resuming on Friday, September 15th at 10:30 am.

Our loop trail will be Marguerite Ormston Trailway. (2200 Homer Watson Blvd. Kitchener, ON N2P 1A5) This 4.7 km trail is in Kitchener. It is considered an easy route and takes an average of 1 hr 11 min to complete. Dogs are welcome, but must be on a leash.

Please remember to bring your health card and two contacts with their telephone numbers. See you then!

Theatre News

Evita on Nov. 5 at 2pm.

<https://www.eventbrite.ca/e/evita-tickets-684961447127?aff=oddtcreator>

25th Annual RTOERO District 11 Charity Golf Day

This will be held on Tuesday, September 12, 2023 at the Conestoga Golf Course. For Registration information and forms, please email: rtogolf2022@gmail.com

News at 11 - your District 11 Newsletter

Fall Newsletter Cover Page Photo Competition—We are looking for your photos for our District 11 News At 11 fall newsletter cover page. The theme of our newsletter is Celebrations! Your photo should be taken locally—somewhere in Waterloo Region and of high resolution, actualsize.

Newsletter Articles — There is still time to send your story of a meaningful celebration for the fall newsletter. Stories can be anywhere from 1/2 page (350 words) to full page (approx. 600 words). Please send your photo(s) for the photo page competition and/or your story to rtodistrict11newsletter@gmail.com

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