

# NEWSLETTER

## *President's Message*



**Perseverance** - the state of facing a negative situation with determination, doggedness and endurance. As teachers this was a necessity in our bag of tricks throughout our careers and an important requirement in our daily lives. The people in Cape Breton definitely need it now in facing the worst natural disaster to hit the island. Can you imagine having your house, your home, being declared uninhabitable, a write-off, or at best, damaged and requiring weeks of repairs leaving you homeless for an undetermined time? Worst of all, you find insurance doesn't cover destruction by "run-off" water.

Our Provincial RTO Executive and Presidents' meetings were held in Halifax last week. Many of those attending were from the area affected by the vicious storm and suffered consequences because of it. Despite this, and poor driving conditions, they did get to the city. What really was amazing was their positive attitude, the conviction that they will get through the difficulties confronting them at home. They have perseverance, but they also have another special quality - a generous nature. Cape Bretoners unselfishly reach out and help their neighbours when problems arise. This charitable kindness would be welcome in everyone's lives no matter the location. Personal challenges never seem so daunting when they are shared with others.



### Inside

- Featured member - Sharon Harboldt
- Golf Tournament
- Annual General Meeting
- By-Law changes
- What's Happening
- November meeting
- Breakfast
- In Memoriam
- Deputy Minister - Seniors

### **PROBLEM? NEED INFORMATION?**

#### **Call 211**

This service operates 24/7 in 100 languages and can direct you to the services you require.

### *Photos?*

*Our website will feature seasonal photos. If you have any showing the colours of fall or of you enjoying this beautiful season, please email them to me and we'll post them.*

[vjparker@eastlink.ca](mailto:vjparker@eastlink.ca)

## SHARON HAWBOLDT



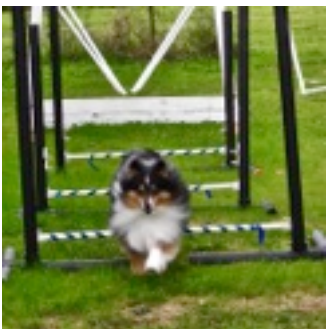
Many people might say that when Sharon Hawboldt retired, she “went to the dogs”. She did! The day after she retired, she picked up Skye, an 11 month old Sheltie. Her interest in dog training was becoming a reality, and this reality included unimaginable challenges - endless workshops, classes, matches, and trials and tribulations. Finally, after much effort on both Sharon and Skye’s parts, fancy blue ribbons attesting to their success in Canadian Kennel Club competitions for Rally Obedience and Agility made their way home. Skye placed in the top ten of all herding dogs in Canada, and number five for Shelties in Obedience. The awards meant little to him. His love for running and his determination in learning the skills required to excel were far more important. He has now retired and Sharon is busy training Salsa who is just as eager to take on the training challenges and has already earned the honour of placing fourth in Obedience in Canada. She’s a speedy little girl and despite her over-abundance of energy is so well-behaved that she has

become a St. John’s Ambulance Therapy Dog and regularly visits the Annapolis Royal Nursing Home.

Skye and Salsa have the temperament to be successful champions, but they owe their success to Sharon. Training dogs is not just a hand gesture or a soft-spoken word followed by a treat. These dogs are professional, four-footed athletes whose skills rely on a healthy life-style provided by Sharon and Sharon must be just as fit as they are. When the dogs go through the obstacle courses, the trainer must be right there running along with them, and they’re fast! A daily regular training schedule is a must. It’s not something you do when you feel like it. Besides the beneficial physical activity this sport provides, it has also given Sharon the opportunity to meet wonderful people who share the same interests.

Sharon’s retirement is an excellent example of what a healthy retirement should be, one that is filled with purpose, healthy activity, socialization, and best of all - fun.

*Sharon and Salsa about to begin practicing on the obstacle course built by Sharon’s husband, Stephen*



*Fitness is an important factor for both trainer and dog.*

## A SUCCESSFUL TOURNAMENT



On September 17, members from around the province arrived in our part of the valley for the annual RTO Provincial Golf Tournament at the Eden Golf and Country Club. It truly was a “heavenly” day in Paradise. The weather was perfect and everyone enjoyed the warm hospitality provided by the Club and the Annapolis Branch members. With the help of

the Club Manager, Ed Troop, the tournament ran smoothly. Special thanks must also be given to Bonnie Lightfoot. Her morning snacks and delicious roast pork dinner were highly praised by the crowd. We were also grateful to the Teachers Plus Credit Union, the Provincial RTO, Johnson Inc. and Maritime Travel for their financial support.



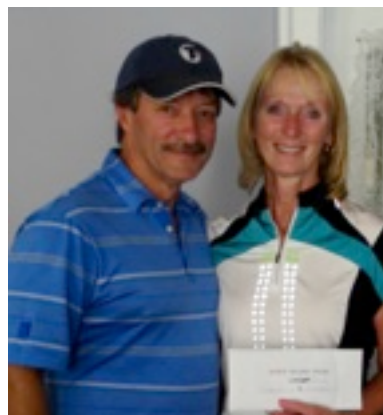
Bob Clattenburg and Bonnie Morine receive their trophy for Low Gross from provincial president, Bill Berryman, left, and Linda MacNeil, right, Member at Large for the Valley



Low Net Champions - Doug Oldford and Mark Wolverton



Jim Charles receives his prize from Steve Richard, Credit Union



Lloyd and Charlene Lombard - Mixed Champions

*Annual General Meeting - June 23/16*

This year's AGM opened with songs from Michael Bailey. The talented, award winning singer and soloist with the NS Mass Choir entertained us with many of our favourites. The second special guest was Sharla Rolfe-Hunter, the instructor at NSCC who guided her students in designing a website for our Branch. This had taken many months to complete, but we are very pleased with the results and look forward to keeping its content current and informative.

Business included bringing our by-laws up to date. Two that the Executive proposed changing relate to the rotation of our meetings and the specific functions of the executive members. These are detailed below and will be formally introduced at our next meeting for approval.

The slate of Executive officers was put in place. There has been one major change and that is the position of Secretary. We accepted Glen Pulley's resignation. He had been in this position for five years and served us well. Replacing him is Karl West. Karl taught for 35 years finishing as

principal at AEES. We look forward to his joining the Executive. The rest of the executive includes:

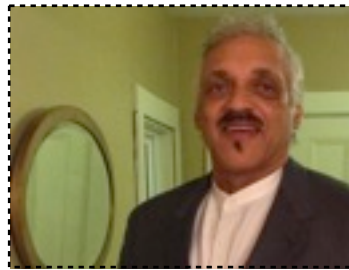
President - Vicky Parker

Vice-President - Linda MacNeil

Treasurer - Gord MacDonald

Membership - Eric Brown

Past President - Neil MacNeil



Michael Bailey



New Secretary, Karl West

**Proposed By-Law Changes**

**Old: 7B** Meetings shall rotate geographically within the Branch area.

*Finding places that have the technology to use computer generated programs and presentations needing screen, projector and audio equipment is a challenge. The Executive proposes that this by-law be changed to:*

**New: Meeting venues will be determined by the Executive and if possible, will be held in various places in the Branch area.**

**Old: 9** The Branch may, if necessary, create one or more of the following committees.

**A. Membership:** Keep an updated list of Branch Members; collect Branch fees if necessary; and seek ways to increase membership.

**B. Communication:** Notify members of Branch meetings; collect/disseminate information between Executive and Members; safeguard Minutes Book and Records.

*The executive proposes that these two functions be combined into one - Membership and Communication. The main function will be to keep membership contact information up-to-date, electronically stored, and private. Messages to Branch members can be sent using the easily accessible contact information. Since the website is another method of communicating, keeping it current will be an added responsibility.*

**New: A. Membership and Communication: Keep the Membership List up-to-date, electronically stored and private; send messages to the membership as directed by the Executive; keep the Branch website current.**

## What's Happening...



### **Bridgetown Fire Hall - Free exercise classes for the over 50.**

Monday & Wednesday 6:00 - 7:00 p.m. Core Strength and Stretch (Bring a mat so your chair legs won't slide.)

Tuesday & Thursday 11:30 a.m. - 12:30 p.m. Cardio weight class



### **Middleton & District Arena - Adult Skate**

Every Wednesday 10:00 - 11:00 a.m. beginning October 19th

For more information, call 902-825-3583



### **Annapolis Royal - Ghost Town 2016: Sinclair Inn Escape Rooms**

October 21, 22, 28 & 29 - You are locked into the Sinclair Inn and have 45 minutes to work together and gather clues to find a key to get you out, or you'll be accused of murder or hanged. For more information, call Wayne at 902-532-7754.



### **Middleton - Holy Trinity Anglican Church, 45 Main St.**

Sunday, October 30, 3:00 p.m. - **Provincial Men's Choir**

Tickets \$15 at the door or call 902-825-3337, or email [tickets@novevoce.com](mailto:tickets@novevoce.com)



### **Middleton Curling Club**

Curling Club opens early November. Special drop-in program every Monday and Wednesday at 12:45; eight ends - \$7.00. Refreshments follow. For complete information about all other programs, check out their website [www.middletoncurlingclub.com](http://www.middletoncurlingclub.com) or call 902-825-3235



### **Margaretsville - Evergreen Theatre November 11 & 12 - 7:30 p.m.**

RTO member Allen Hume has written another play **Creely Mountain Law**, a play with mystery and comedy and a cast of greedy and conniving characters. It is also being staged in **Wolfville at the Al Whittle Theatre on November 17, 18, & 19 at 7:30 p.m.**

## ***Our Next Lunch Meeting - Tuesday, November 29, 2016***

### ***End-of-Line Pub, Bridgetown - 11:30 a.m.***

It may be hard to top the Mini-Christmas Craft Fair we had at our last November meeting, but we are going to try. Details are not completely worked out yet, but we can promise that no one will go home empty-handed and you will definitely be entertained. Menu choices will be advertised before the end of the month. Due to popular demand, fish and chips will be back on the menu.

There will be one change. All RSVP's will be passed on to our new secretary, Karl West, because Vicky will be away during that time. His contact information will be included when the menu choices go out. ***Don't forget to mark November 29 on your calendar for this special event.***

*Not-Back-to-School Breakfast*



Everyone enjoyed our annual Not-Back-to-School breakfast held on September 6th. We were especially pleased to welcome new retirees Sally Tinker and Ruth Gaudet as well as new members Deb Bolton and Jim Charles.

**In Memoriam**

Since our last Newsletter, we have said good-bye to these members:

**Douglas Morrison**  
**Mary lee Chaddock**  
**Edna Livingstone**  
**Muriel O'Hara**

Our sincere sympathy is extended to their families.

**New Initiatives from the Department of Seniors**



President Bill Berryman, Simon d'Entremont, John Donovan, Vice-President

At the recent Presidents' meeting, Simon d'Entremont, Deputy Minister of Seniors, NS, made a presentation on the efforts his department is making removing the stigma of being old, and being a liability to the economy of our province. They are addressing three main areas:

1. supporting older people in the work force and those who volunteer
2. helping those who wish to stay in their homes
3. promoting an active and healthy life style

Researching best practices from other countries, and consulting with seniors in NS, they have a list of 300 ideas which will be whittled down to the 12 best. He also mentioned a video available on line about young adults and what they discovered about "old age". It's worth a look. Just google AARP old age video. It's called "What's old?"



**F.Y.I.**

1. The RTO logo is now available for obituaries printed in the Chronicle Herald on request. There is a cost of \$20.
2. Donations in memory of a loved one are always welcome by the RTO Legacy Foundation. This money goes to non-profit organizations which help children with challenging needs - medical or educational.