



RTO
ERO District 33
Chatham-Kent

Fall 2023

FALL MEETING

Wednesday, October 25, 2023

ARISTOS BANQUET HALL

(separate entrance behind Smitty's Restaurant)

- 9:45 Registration and Coffee
- 10:00 Welcome and Business
Guest Speaker
Mayor Darrin Canniff
Vocal Selections
Andrew Derynck
- 11:45 Buffet Lunch

Cost: \$15.00 – No Coin Please

(Actual Cost Subsidized by District 33- \$25.20)

Note: You are welcome
to bring a guest for the
same price as your ticket.

REGISTER
NO LATER THAN
October 13, 2023

DISTRICT 33 CHATHAM KENT EXECUTIVE 2023

Past-President	Paul Brown	pabrown@southkent.net
President	Joanne Murphy	jsmurphy@bell.net
1st VP	Joan Fitzpatrick	jdurdan1@cogeco.ca
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Social Media	Dennis Maceyovski	ontwoopie@gmail.com
Constitution	Paul Brown	pabrown@southkent.net
Archives	Mike Murphy	murphymf6@gmail.com
Social/Recreation	Theresa Dorion	trdorion@hotmail.com
Web Master	Bob Christie	robchris85@hotmail.com

CALENDAR OF EVENTS

Fall Meeting

October 25

Curling

January

The day for the curling will be announced with an eblast.

RPW

April 10

NEW MEMBERS

We welcome our new members. We hope that this new stage in life will be filled with many new adventures and much happiness.

Betsy Adair-Rice

Gordon Baird

Brenda Corchis

Catherine Day

Deborah Fitzgerald

Ed Freeburn

Lori Gall

Lis Hoskins

Sherry Lenover

Larisa Lyons

Suzanne Marchand

Mary Ann McCrae

Brian McCabe

Gordon Mitchell

Melinda Poissant

Verna Webster

Tracy Wilton

Velma Wiltshire



OUR WEBSITE

<https://district33.rtoero.ca>



PHOTOGRAPHS

Courtesy of Gale Lovell, Freepik and Shutterstock

unless otherwise noted



We are saddened to learn of the passing of our following members.

We offer our sincerest condolences to the family and friends.

Barbara Mott	Gladys Fitzpatrick
Lana Koehler	Marzetta Burgess
Richard Kosty	Marie Smale
Joanne Mitchell	Mary Stuart

What we once have enjoyed we can never lose.

All that we love deeply becomes part of us.

Helen Keller

PRESIDENT'S MESSAGE

Welcome to autumn!

In this short newsletter I want to draw your attention to some big changes. This newsletter is shorter than usual because of time restraints.

The winter newsletter will be mailed to everyone. After that the print copy of the newsletter will be sent to those without email addresses. Those with email addresses will receive an email blast when the newsletter is available on line. The link will be included in this.

If you have not checked out our website, please have a look. www.district33.ca We have a new web master (Bob Christie) and he is doing considerable work with it.

Our Fall Meeting is coming up in October. Our guest Speaker is Mayor Caniff.

Happy Thanksgiving.



SLEEP HINTS

Non-medical interventions to support better sleep. Sleep is foundational to health, but according to the Cleveland Clinic, about one in three adults globally have insomnia symptoms.

These symptoms may include trouble falling asleep, staying asleep or waking up too early. Insomnia isn't fully understood, but research suggests many factors can contribute to or cause insomnia symptoms, including genetics, brain differences, medical conditions, life circumstances or changes, and habits or routines.

While medications are available to support sleep, you can also try non-medical interventions. Here are some suggestions to get a better night's rest:

DURING THE DAY:

- * Spend time outside, especially during the morning.
- * Be physically active - exercise, even walking, supports better sleep. But avoid strenuous exercise within a few hours of bedtime.
- * Talk to your doctor about whether medications you take may disrupt sleep and if taking them earlier in the day is an option.

AT BEDTIME:

- * Avoid screens.
- * Don't eat or drink much close to bedtime—drinking anything may cause you to wake up to use the washroom.
- * Keep your bedroom cool to support your body's need to drop its temperature to fall asleep.
- * Have a sleep schedule and routine. Go to sleep and wake up at the same time every day.
- * Create a wind-down routine for yourself. Ideas include reading, a bath, meditation or writing in a journal.

Like many things, small changes can make a difference. If better sleep is one of your goals, implement some of these suggestions.

TRY THEM FOR A WHILE AND SEE WHAT HAPPENS!



RTOERO GOLFING AT THE LINKS ON SEPTEMBER 18



Well Played And Round Enjoyed!

RTO / ERO District 33
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