



October 2021 BELLRINGER E-BLAST

Helen Reid - Editor, President

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Highlights from October 1st Board meeting

- Our Board will continue to meet on the Zoom Platform until further direction from Toronto
- The Board approved the substitution of the annual Goodwill Callers Luncheon with another activity to say thank you to these much appreciated volunteers.
- A committee was formed to examine safe ways to welcome our new members.
- Following direction from Toronto RTOERO Breakfast Clubs, Book Break and Days for Girls may meet indoors ensuring the Health Protocols are followed.
- District 37 will support the laying of wreaths for Remembrance Day in Tillsonburg, Ingersoll and Woodstock.
- The Wellness Committee will meet Oct. 6th to plan Zoom events for up to and including December.
- A Fall Banquet will not be held as it would exceed the 25 attendee restrictions.
- Bridge Chat will be offered online and the Fall Tournament will be virtual.
- Bill Miller will attend the virtual Benefits workshop Oct. 4th.
- Helen, Mary Anne, Heather and Linda will attend the virtual National RTOERO Fall Forum October 26th.



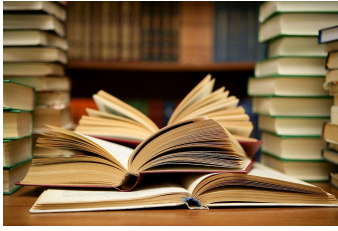
99 Ways To Add Mindfulness To Your Day

<https://www.thegoodtrade.com/features/mindfulness-exercises>



Our Future Communications

Monthly Bellringer E-Blasts will follow the Board Meetings. These will keep you informed of meetings and events that you can join. Please share this information with our members who do not receive email. Two full newsletters will be printed in February and June.



Book Break will meet Tuesday October 26th 1:30 at the Ingersoll Cheese & Agriculture Museum Park under the gazebo.

Bring your chair. Guest author Elaine Cougler will be talking about her book, *The Loyalist's Daughter*. Please join us for this special presentation.



“Bridge Chat” is back!

Monday, October 18th, 10:00 - 11:30 on ZOOM

Please email Helen at:

rtorooxford@gmail.com if you are interested and a link will be sent.



Congratulations to our Community Grants and Scholarship Committee!

District 37 was successful in receiving \$2500.00 to help finance an accessible viewing platform along the Oxford Thames River Trail east end wetlands.



Give Thanks - Inez Fishwick

Be thankful for the AIR we breathe

From our First breath til our LAST

Be grateful for ALL good things

That over the years has passed.

Be thankful for the harvest

Now gathered in and stored

For sun and rain to grow our food.

We just need to thank the Lord.

Be thankful now for all the ways

Our life on earth is blessed

Good FOOD, clean WATER and fresh AIR

Provided by our loving LORD!