

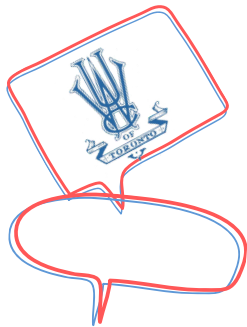


# Staying Connected

## DEAR MEMBERS

We hope you're all safe and sound. As we're currently not able to host events or activities - and we'd like members to stay connected - we've decided to send out short *Staying Connected* messages every 2 weeks.

We'll be doing this until we're able to resume our regular newsletters. For this first one, we've asked a few members to write how they're *Filling Their Time*. For our next newsletter, we encourage all of you to send short articles and photos to Haley at [info@uwctoronto.ca](mailto:info@uwctoronto.ca)

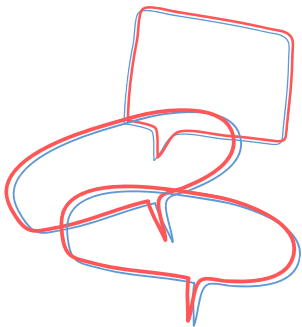


## CLUB NEWS

The Board is very much continuing to keep the club and all our activities going... now, more so than ever!

We hope you read the email we sent last week regarding our AGM and CFUW/ GWI issues.

- The AGM has been postponed to the fall to be held at the same time as the Finance meeting.
- The Board is working on withdrawing from GWI.
- The Finance committee held a meeting on *Zoom* last week.

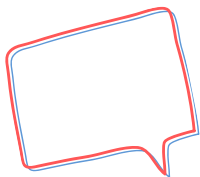


## INTEREST GROUPS

Many of our interest groups are continuing to "meet" on *Zoom*!

- *Le Petit Cercle* (French conversation) is meeting on Wednesdays at 10:00 am
- Susan Le Roy is hosting a social call with the bridge group on Fridays at 10:00 am.
- The book clubs are also still reading and sharing.

If you would like to schedule a *Zoom* call with other UWC members, let Haley know and she can help set you up.

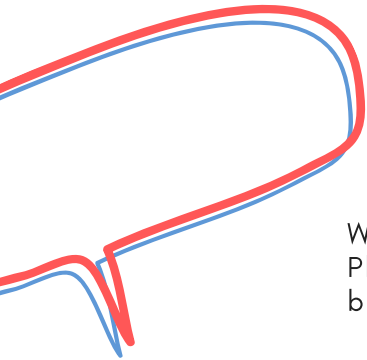


## UPCOMING EVENTS

Leslie McCormick will present our next **Mini Money Management** seminar as a webinar on

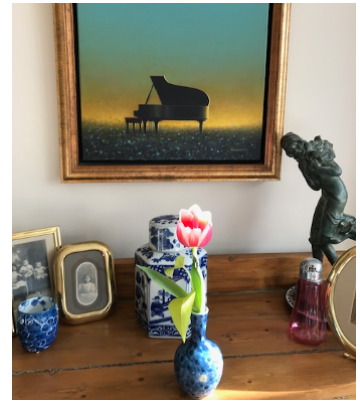
**Tuesday, April 28 at 2 pm.**

Mark your calendars, and stay tuned for further details on how to join. Thanks to Wendy for organizing this.



## SUSAN *Freeman*

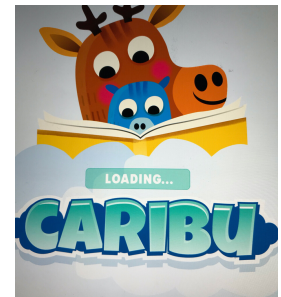
What I do in my solitude.  
Photos of something beautiful.



## JANE *Hamer*

Now that the warm weather is here, there's time for long walks to enjoy the colourful signs of spring.

Here's a photo of a new, free, interactive app, Caribu, which lets you read face to face, play games or even colour together with your grandchildren. This app bridges the gap created by social distancing and the shared activities help connect young children with family members living at a distance.



## CHRIS *Ward*

Hello all our UWC Ladies-in-Waiting!!

Yes we all seem to be "waiting" for the all clear, to re-connect with family and friends, to get back to some type of normal. But in the meantime how are you occupying your time? I am not doing anything particularly inspirational or news worthy.

I have discovered that stack of books that I was always going to read. Discovered is the operational word as I haven't done much with it! It took me a week to clean my kitchen cupboards (spices now alphabetized).

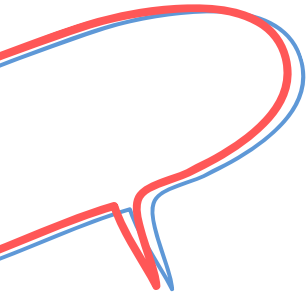
I feel blessed that I have daily check-ins with family and friends. *Skype, Whatsapp, FaceTime* are my technological companions and of late I have learned how to *Zoom!*

A wee bit of exercise gets thrown in everyday. I live a few steps from the Beaches boardwalk so I manage a 3 km walk (stroll) to the Filtration Plant and back. (Social distancing all the way!) I think it is more for my mental and emotional state than the physical. Stay well and be kind to yourself!



## CARMIE

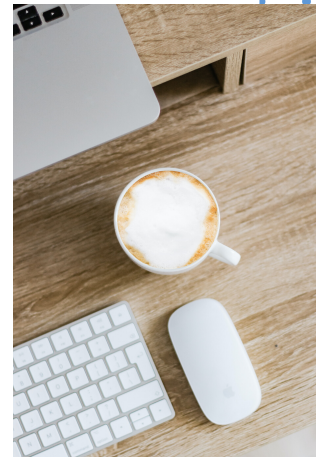
Drumm



I would usually start my day by getting into the office by 7:30 with a tall dark Starbucks in hand. I am working now from home which is at times challenging.

Last weekend my husband and I tidied up the storage room and garden. Keeping busy is key whether it is chores or keeping in touch with family and friends.

We must be very grateful for our good health and help others in need. I drop off groceries to my Mom and our elderly neighbours. I encourage everyone to be generous during these extraordinary times.



## ELLEN

Thompson

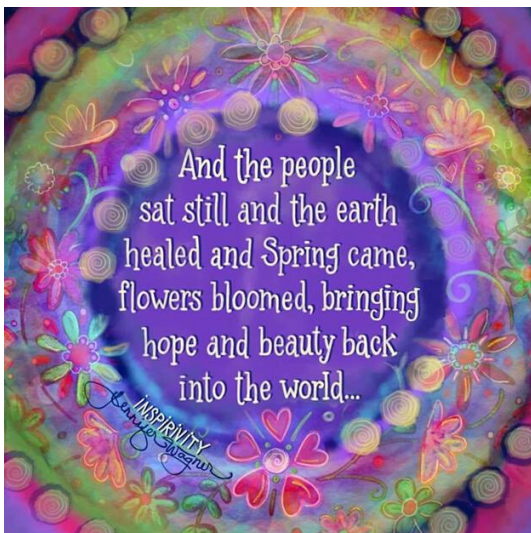


I've been finding lots to do to keep myself busy!

In addition to starting a new quilt and learning how to play bridge online, I have been making face masks for the Michael Garron Hospital. Two weeks ago they put out a call to all sewists at home to make 1000 fabric face masks every week. These masks will be given to hospital visitors and discharged patients.

## RUTH Matheson

(Ruth would like to share this poem, rather than what she is doing in self-isolation.)



### And the people stayed home

*And the people stayed home.*

*And read books and listened, and rested, and exercised and made art, and played games and learned new ways of being, and were still.*

*And listened more deeply.*

*Some meditated, some prayed, some danced.*

*Some met their shadows.*

*And the people began to think differently.*

*And the people healed.*

*And, in the absence of people living in ignorant, dangerous, mindless and heartless ways, the earth began to heal.*

*And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images and created new ways to live and heal the earth fully, as they had been healed.*

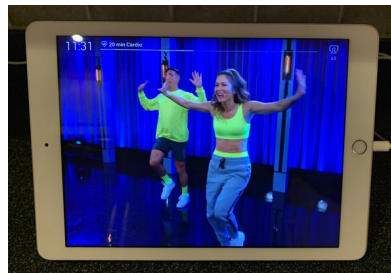
---

## **DORIS** *Geddes*

I am sending you a photo with my daughter Carol showing the mask she has made. A "Facebook" group is organizing volunteer sewers in GTA to make homemade fabric face masks that care workers will insert their own filters into and also scrub caps all made of cotton.



## **JO-LYNNE** *Sutherland*



What crazy times - but at least it's sparked me into discovering new ways to connect with family & friends, and stay sane & healthy.

My first big discovery was Zoom <https://zoom.us> It's a free app for video conferencing. Having 5 young grandkids all talking on your screen at once is chaotic but super fun. We've also been using it for UWC meetings.

My other discovery is Peloton <https://www.onepeloton.ca/app> It's free for 3 months and I'm hooked.

There are tons of workouts from dance cardio to stretching, yoga and even meditation.

Nope - haven't tackled those overstuffed cupboards yet . . . perhaps sometime soon.

Well, after 16+ years on Raglan, I have decided to move, though I always swore this would be the last move until I was put in a home!

But here we are decluttering like crazy. Stuff I forgot I even had! So now between working from home, which is new for me, and my mini vacation, I have thrown out just about as much as I am keeping. Lots went to charity until that opportunity was locked down. All my dishes and extra linens went to Romero house before social distancing. Many things I left on the sidewalk, most of which were taken. This is spring cleaning at its best.

Many thanks to Lily for all her help. Wish me luck.

## **JUDITH** *Lewis*

