

The By-Town Lo-Down

The president “sez...”

Heritage Club chapter presidents meet annually to conduct Club business, and to select new National executive members up for election. Here are just a few highlights of the recent meeting, held this year in Calgary.

- ✓ Canada Post’s Director of Communications, **Tim McGurrin**, gave a presentation on the company’s Foundation for Mental Health, which has raised more than \$2.5 million over the past two years. In September 2009, the Foundation dispersed its inaugural grants to 19 community-based non-profit organizations across Canada providing front-line support and care for mental health consumers and their caregivers. (Members are reminded that this chapter has chosen the Mental Health Foundation as its 2010 cause of choice. For more information, go to www.bytownchapter.com and click on About, then Causes.)
- ✓ A ‘round table’ discussion took place, with delegates brainstorming what works in their chapters and what doesn’t. By-Town’s decision some four years ago to choose an annual cause of choice, its community service work and efforts with the 7 Womens Shelters and the Shepherds of Good Hope in Ottawa, our annual golf tournament, which is also a fundraiser, and our chapter Scholarship Program were shared, as well as our long-standing regular chapter luncheons, and By-Town’s process for greeting new members. Finally, I also mentioned our chapter’s fresh, new website, which we believe will go a long way toward keeping our members up to date on happenings in the chapter and inspire new members to join and participate.
- ✓ Bob Emmons and Conway Crozier-Smith were re-elected to their positions as National president and 2nd vice-president, respectively.

Fall luncheons

As promised, here are the dates and locations for chapter luncheons for the remainder of 2010:

September 2

Carlingwood Family Restaurant

October 7

Perkins on St. Laurent

November 4

Robbie’s Spaghetti House on Walkley Road

Christmas celebrations

Date and details to come

You may wish to check our website for updates before you set out to our luncheons, or feel free to contact our Chapter office ahead of time to confirm details.

New kids on the block

**Mary Traversy
Louise Chesley, Nestor Hobe,
Monique Lanthier, Kathryn Piché,
Lynda Pieterse, Diane Reinberger
and Mark Rees**

A warm welcome to the Chapter. We look forward to seeing you at future activities!

Chapter's August events

- ❖ Some 30 members and their guests took to the road early this month for a trip to Hudson, Quebec. Trekkers spent more than two hours exploring the very popular Flea Market, and enjoyed a delightful lunch at the Willow Place Inn nearby. Many thanks to **Ed and Jean Miller**, who organized this outing, and to **Walter Terentiuk**, the day's MC on the bus – Walter had 'em 'rolling in the aisles.'
- ❖ Congratulations also to **Lise Jette** for organizing another spectacular golf tournament, this year at the Rideau Glen Golf Club in Kemptville. More than 60 golfers turned out for an afternoon in the beautiful sunshine, then enjoyed chicken and ribs on the barbeque. After supper, **John Caines** led an auction, helping to raise more than \$1,300 for the Canada Post Mental Health Foundation. Canada Post will be matching donations raised at this event.

Pictures and more information about these two events can be found on our website.

Suggestions welcome!

If you have ideas for outings this fall that might be of interest to members, please don't hesitate to contact any member of your Chapter executive in person, via our website (click on Contact at top of page and leave a reply), or call the Chapter office.

Chapter Scholarship

Congratulations to **Cailey Riggs**, who was awarded By-Town's 2010 \$500 scholarship. Cailey is the granddaughter of By-Town member **Ed Borza**, and she is heading to Hamilton's McMaster University to study nursing. Thanks to Doug White and Bob Sheppard who agreed to judge this year's two entries. All the best to Cailey in her studies.

Goodlife Fitness Centres

Goodlife Fitness would like to help Heritage Club members tone up and get fit. See our website or call the Chapter office for more information about 50% membership rate reductions available until October 2011.

In Memoriam

By-Town Chapter extends sincere sympathies to family and friends of **Bill Mullen**, who died in April.

E-mail

Allowing your chapter to contact you by e-mail helps us to save money and meet your information needs in a more timely and efficient manner. If you have an e-mail address, please – pass it along! And if you receive this newsletter by mail, and you've already given us your e-mail address, it means we have it wrong, so please take the time to provide us with your correct address once again by e-mailing Lise Jette at jette.lise@videotron.ca.

Moving?

To update your address or to provide information regarding a member's death, please call the Chapter office, or send an e-mail to By-Town Chapter President Bernie Dixon at royal3@sympatico.ca.

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