

President's Message

Don Delongchamp

Hello fellow members. Well summer is on its way out and the fall colours will soon be here. It has been a very busy summer for your club, from our Touch A truck Event in June to our Golf tournament in August.

We had another very successful Golf Tournament on August 17th at Forest Ridge, although the morning started off a little wet all of our 23 teams hung in there and ended up having a great time. Even though our numbers were down slightly we managed to surpass last year's goal so we all thank you very much.

I would like to give a very big thank you to my Golf Committee consisting of Len Zwarich, Connie Zwarich, Rona Ramsey and Tracey Urso, without you dedicated people we would not be able to put on such a great and fun filled day. Thank you so Much! Also a big shout out goes to over a dozen volunteers who donated their time that day. You all know who you are and your help is greatly appreciated.

Congratulations goes out to the overall winners who were the Dan Servant team. Well done Dan and Family.

We also had a team participate in the House of Kin tournament that we support every year. Thank you to those who attended.

On September 7th My wife and I were honoured to represent all of you

at the annual Parkinson's Superwalk held at Delki Dozzi Park. For the second year, your A.C.T/U.C.T club was a Gold sponsor and a big part of this year's walk being a huge success. This is a very horrible and debilitating disease and the funds raised are so greatly needed for research and supporting all those affected.

We need your help!: On September 28th we are doing our second road clean-up of the year along the highway by Copper Cliff. We are in dire need of some help this year. It only takes about 2 hours of your time and then there is a lunch and refreshments after. Please call John Varney if you can help. His number is in the list of executives.

Our biggest fund raiser of the year is underway. Our Annual Ham Sales Program is on and we desperately need your help with this one. I am asking all members to buy or sell at least 4 hams for us this year. That would account for half of our goal so please help us out. These are a delicious 5 lb. Black Forest Ham produced here in Sudbury by Vitto Brand Foods. You can buy or sell to friends, family or even buy a couple and donate them to your church or soup kitchen or even the Mission. We really do need your help to make

this a successful fundraiser once again this year.

You can contact Myself or Doug Honeyford for more info or to place your orders. Let's make this happen Together!

Lastly I would like to thank all those who continue to come out to our monthly General Meetings. They are fun, friendly and informative. Our meeting in September was well attended and we had a great speaker from the Alzheimer's Society. The next meeting is at the Caruso club on October 3rd. We have another interesting guest speaker lined up so please mark it on your calendar and once again I ask you to bring a guest with you. So many guests have enjoyed our meetings and have actually become members because they believe in what we do. We are in constant need of new members not only for their input but to replenish our roster for those that we sadly lose each year. It is only through your efforts of recruiting new members that we can continue to thrive and provide such needy support to all the less fortunate in our area. Our club congratulates all of you for continuing to be a member and supporting us. Keep up the Good Work! Thank You all.

Upcoming Events

October 3	General Meeting Guest Speaker Dan Xilon Sudbury Food Bank	Caruso	5:30 6:00 pm
October 10	Executive Meeting	Hour Glass	6:00 pm
November 6	General Meeting	Legion Branch 76 Weller Street	6:00 pm
November 14	Executive Meeting	Hour Glass	6:00 pm
December 5	General Meeting	Venue TBD	6:00 pm
December 12	Executive Meeting	Hour Glass	6:00 pm

September General Meeting

Connie Zwarich

We met at the Parthenon on September 5th. There were 26 members and 1 guest. Helen Trombley was inducted by Doug Honeyford.

Our guest speaker was Caroline Piquette from the Alzheimer Society. She spoke about the symptoms of this disease. The programs and services that are available here in Sudbury are First Link Care Navigation, Cognitive Assessments, Behavioural Support, Support Groups, Public Education, Learning Series and Recreational Therapy. For more information you can contact Caroline at cpiquette@alzheimersudbury.ca Tracey Urso thanked Caroline and Don

Delongchamp presented her with a cheque for \$500.

Announcements

L'Arche dinner is September 19th at the Caruso.

Parkinson's Walk is Saturday September 7th.

Ham orders are now being taken. Cost is still \$25.00 Don Delongchamp and Doug Honeyford are the co-chairs. Order forms and flyers are available from Doug.

Golf Tournament went well despite the rainy morning. Even with fewer golfers the proceeds were up. Next

year the tournament goes August 23, 2020 at Forest Ridge Golf Course.

Shirley Giff received the International Roses for the Living Award at the Conference in New Orleans.

Meeting was adjourned at 7:30.

Sheriff's Pot was won by Glen Fowke

Members draw of \$77.25 was won by Dan Frappier.

UCT Keychains were won by Jerry Giff, Don MacDonell, Sue Frappier, Dan Frappier and Diane Delongchamp

Ham Sales

We are proud to again partner with Vitto Fine Foods to offer their delicious ACT/UCT Hams starting November 25, 2019.

These gift boxed 2 Kilo Hams will sell for the same price as last year..\$25.00..and as you know this assists us in providing significant assistance to The Salvation Army, MCTV Children's' Christmas Telethon, The Elgin Street Mission, The Sudbury Food Bank, and other organizations that make the Holiday Season brighter for the less fortunate.

Please start your list of people you know that will buy from you...those Churches and Charities you wish to donate to, and friends and family you wish to gift to. Please call in your order to Doug Honeyford @ 525-7777, Don Delongchamp @ 675-8420, and all out of town sales to Gil Hartley @ 969-5476.

The more you do...the more we can do...

October Birthdays

Oct 01 Jerry Giff
Oct 02 Dale Hartley
Oct 03 Maurice Gauthier
Oct 09 John Aymar

Oct 13 Alan Arkilander
Oct 15 David Hunter
Oct 16 Albert Bertolo
Oct 18 Ron Laforest

Oct 21 John Mccusker
Oct 24 Pat Niro
Oct 27 Connie Zwarich
Oct 27 Ted Culhane



Induction of Helen Trombley



Presentation of Roses for the Living to Len Zwarich

Good of the Order

Condolences go out to the Zwarich family on the passing of Len Zwarich. If you know of someone who has passed away or is sick please call or e-mail George Faulkner phone 705 586 1937 e-mail george.e.faulkner@gmail.com. We will send a card to the family or person.

Adopt A Road

John Varney

This autumn Adopt a Road event will take place Saturday, September 28, 2019. We need volunteers to spend about 1 1/2 hours picking up some trash along the road. Afterward we will all retire to my place for burgers and beer.

You should wear clothes that can get somewhat soiled. Garbage bags,

gloves, drinking water and donuts are supplied. We meet at 0900hrs at the SW corner of HWY 17 W and Power Street in Copper Cliff. That is the entrance to Vale engineering building and South Mine.

Please call me to advise that you can help 674 1060 or cell 561 8666.



Cheque Presentation for the Alzheimer's Society

October General Meeting

Welcome to October - General meeting
Thursday October 3, 2019 - CARUSO
CLUB

Firstly please note a change of venue,
we will be enjoying the buffet at the
Caruso Club at our special meeting on
October 3, 2019. We will meet for
some social time at 5:30 p.m. with
dinner planned for 6:00 p.m. We will
be in the room adjacent to Ristorante
Enrico.

You definitely don't want to miss this
welcome back meeting where we will
have Dan Xilon the Executive Director
of the Sudbury Food Bank tell us about

the Food Bank, its early years and
current activities in Greater Sudbury.
The Food Bank is an umbrella group
serving 44 member agencies in
our community. Every dollar raised
by the Food Bank goes to food;
donated dollars are not used to cover
operational expenses. Learn how that
management mandate is achieved!!!!

Shirley Giff also has a surprise guest
attending that will provide each of us
with some skills we can use everyday.

This will be a fun filled and interesting
meeting that we will all enjoy, we look
forward to seeing all on October 3rd.

Humour

Retired Person's Perspective

1. I'm not saying let's go kill all the stupid people. I'm just saying let's remove all the warning labels and let the problem work itself out.
2. I changed my car horn to gunshot sounds. People move out of the way much faster now.
3. You can tell a lot about a woman's mood just by her hands. If they are holding a gun, she's probably very unhappy.
4. You know that tingly little feeling you get when you really like someone you've just met? That's common sense leaving your body.
5. I don't like making plans for the day. Because

then the word "premeditated" gets thrown around in the courtroom.

6. I didn't make it to the gym today. That makes 1,500 days in a row.

7. I decided to change calling the bathroom the John and renamed it the Jim. I feel so much better saying I went to the Jim this morning.

8. Dear paranoid people who check behind shower curtains for murderers: If you find one, what's your plan?

9. Everyone has a right to be stupid. Politicians just abuse the privilege.

General Meeting

Usually the first Thursday of EACH month

Monthly Executive Meeting

Usually the second Thursday of EACH month

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