



Seniors news

KANATA SENIORS COUNCIL

"Seniors Helping Seniors"

SEPTEMBER 2011

VOL 7: NO. 8

Seniors Council: Phone: 613-254-7164 E-Mail: council@kanataseniors.ca

SOARING LESSONS

Those moments in my life when I was sinking down
You taught me how to tread water
Sometimes it was by your kind words
A melodious piece of music speaking to my soul
Your warm, sincere hugs echoing your love for me
I speak to all of you who came into my world
It may have been only for a fleeting moment
Still that moment became etched on my heart
Some of you came for varying times
Some of you stayed with me forever
Tucked into my loving heart for all eternity
You helped move me beyond my pain and woundedness
Preparing me so I could rise up and soar

ANNOUNCEMENTS

SPONSORS

The Council has added two more Sponsors. They are Kelly Funeral Homes and Rick & Associates. (See Below).

REVIEW OF KSC BYLAWS

Article 11 (a) (ii) – Regional Municipality of Ottawa –Carleton should be changed to City of Ottawa.

Article 111 (a) - Delete 3rd sentence "Directors shall be individuals, at least eighteen (18) years of age and have power under law to contract."

Rationale:- This is in conflict with Article 11 – MEMBERS – Section (a) (i) which states "Active members shall be at least fifty-five (55) years of age." Also with Article 111 – BOARD OF DIRECTORS (a) – final sentence which states "A Director shall be an Active Member of the Corporation." **Article 111 (d) (viii)** Change wording to "If he/she misses three (3) meetings of the Board of Directors in any year between September to the August following without the approval of the remainder of the Board expressed by special resolution."

Rationale:- It is impossible to know whether 75% of the meetings in any year have been missed until the year has ended. The above change means that as soon as 3 meetings have been missed without prior notice the position of that Director shall be automatically vacated.

Article V1 (d) Secretary Change heading to read "Corporate Secretary"

1st sentence change to read "The Corporate Secretary shall carry on the affairs of the Corporation generally under the supervision of the Officers, and shall attend all meetings of the Board of Directors and be responsible for the recording of all votes and minutes of all proceeding in the books to be kept for that purpose."

Rationale:- We have a Corporate Secretary and a Recording

Secretary. The Corporate Secretary writes the official letters etc and takes minutes at the AGM. The Recording Secretary takes the minutes at our Board meetings and Executive meetings etc. The revised definition clarifies the job of Corporate Secretary – that they are responsible for the minutes but do not necessarily have to take them themselves. **Article 1X (b) Quorum** – Should be amended to "A majority of the number of **current** Directors shall..."

Rationale:- We have had several discussions on what the original bylaw meant. It stated "A majority of the number of Directors....." We are allowed "not less than ten (10) and not more than twenty (20) Directors. The number of Directors shall be fixed by the Members from time to time" (Article 111 (a)) . At the 2010 AGM the number was fixed at 15 – later we had one Director resign. We chose not replace them. The discussion was then whether a majority would be worked out from the original number of Directors (15) or from the number of Directors that we actually had (14). Adding the word current clarified the statement to using the number of Directors for quorum as 14.

REMINDERS

SPONSORSHIP PROGRAM:

The Council's new Sponsorship program is continuing to look for companies, organizations and associations to partner with the Council in a number of our activities. More info. on the Council's Website www.kanataseniors.ca main page and click on Site Map then click on Sponsorship which will provide detailed information on the program

EMC:

Look for news and views for seniors in EMC brought to you, every two weeks, by the Kanata Seniors Council.

AGM:

The AGM will be held on Monday September 12th "Mark your calendars NOW"

NEWS FROM THE TRAVEL TEAM:

The Travel Team has arranged a number of exciting Trips both in Sept and Oct. They include:

- ^ National Art Gallery Trip to see the Caravaggio Exhibit on Tues Sept 6th.
- ^ Evening Trip to the Rideau Carleton Slots on Tues Sept 13th
- ^ 1000 Islands Boat Cruise on Sat Sept 17th
- ^ Parc Omega Trip with Lunch at Chateau Montebello on Sat Oct 1st
- ^ Rideau Carleton Slots Trip on Sat Oct 15th

Please check the Council's website at:

www.kanataseniors.ca for more information on our trips.

COMPUTERS

Free Wi-Fi is available at the Kanata Seniors Center. With your Wireless laptop surf the Internet, check your email and much more from the comfort of the KSC rooms – Lounge, Coffee Shoppe, Activity Rooms, Computer Room and Lobby. It's easy, free, and convenient and provided by the Kanata Seniors Council. Sign up for password at Front Desk.

Best deal in the City - **Book a series of One-on-One tailored computer lesson from one of our** instructors for Windows 7, WinXp, Vista and now Apple OS if you own a MAC laptop.

Learn how to make best use of your new laptop, learn a specific computer skill, solve a computer issue, or just how to use the internet and email. Visit the KSC front desk for details.

On Thursday October 6th the Kanata Seniors Council Computer Training Team will be providing a repeat **FREE** seminar on "**Mobile Computing**". The 1 Hour seminar will consist of a presentation followed by Q&A. It will include information on PC's, IPods and Blackberry PDA's. Please see the KSC Front Desk for details and to register now as spaces are limited. Look for details on the web site and posters at the KSC and at

<http://www.kanataseniors.ca/comp.html>

New Public Computers – Four New Public Computers are now installed in the computer room courtesy of the Kanata Seniors Council for free use by members. These 4 computers are brand new and are all equipped with Windows 7, Live Essentials, Office 2010 and High Speed Internet. Two of the PC's also have Adobe Photoshop 9 for Photo editing, and one has Adobe Premiere Elements 9 for Movie editing. All PC's have IE and Firefox Internet browsers and Skype and other free software.

New Web Site - Thanks To Donna from The computer Training team with support from Bill the Kanata Seniors Council has new website, which has been designed to be easier to navigate.

THE COUNCIL'S THANKS

In the last few months there have been a few changes to the people who give a lot of support to our Council behind the scenes. We would like to acknowledge their efforts.

We would like to give a huge thank you **Bill Robertson** who is retiring from the position of Webmaster for our web site. Bill has given many hours of work and dedication to our Council web site. He set up and maintained the original web site and has spent many hours refining and changing the site as new technology became available. Bill will still be involved as a member of the computer team.

Our new Webmaster is **Donna Sapiano**. Donna designed our new web site and has been a dedicated member of the computer team for many years, and was also the designer of our new logo. Thank you so much for all your work Donna. Please make sure you visit our wonderful new Web site.

Claire Rodger is also retiring as our recording secretary for the Council, a position she has held for several years. We have relied on Claire for our minutes and will miss her quiet dedicated presence at our meetings.

Another retiree is **Renate Harder**, who has been managing our Council Cafe for the last two years. Renate has contributed immensely to this position, giving many hours to ensure that the Cafe ran efficiently. She also contributed her talents as a cook on many occasions, and could often be found on Saturdays making soup for the coming week. We owe her a great huge thank you for all the care and love she has given our Cafe. We will miss her greatly.

COMINGS AND GOINGS AT THE COUNCIL CAFÉ

With September just around the corner, the challenges that faced Cafe Manager Renate Harder at the end of the summer seem to have melted away thanks, in no small part, to the help provided in getting the news out through the local papers – EMC and the Kanata Courier Standard.

"I'm really happy to say that our super shopper Valerie Woodward is back with us and also to welcome a new face, Frank Zeitlhofer, who will be taking on the crucial role of scheduler," says Harder. "Best of all we have a cook for every day of the week when the new season kicks off in September."

One change that patrons of the cafe will notice come September that, along with new faces, the price of the hot entree has changed to \$3.75. "It's a sad reality of the times," Harder says with regret, "but the cost of food has really gone up. We've done our very best to keep the increase at a minimum."

Harder, who has held the position of Council Cafe manager for two years is also retiring. "I'm always ready to step in and help out," she says, "but I need some time to recharge my batteries. I've really enjoyed the Cafe and I'd like to thank all the great volunteers who've worked with me over my time as Manager and to welcome all those who have come forward this year.

"I leave with a lot of good memories but with one question still unanswered and that is this. A box of our aprons appears to have gone AWOL (*absent without leave*) and nobody seems to know its whereabouts."

Harder will be missed at the Cafe. Her management skills, the experience and knowledge she brought to the cafe having managed her own restaurant contributed in no small way to its success. She will be passing the torch into the good hands of someone who is familiar to all the 'regulars' at the Centre. Last year's Frank Valentine award winner John Kern will be assuming the role of Council Cafe Manager come Sept. 6.

THE SENIORS COUNCIL WOULD LIKE TO THANK THE FOLLOWING CORPORATE SPONSORS FOR THEIR SUPPORT:

BRIDLEWOOD DRUG MART
CARLETON PLACE MANOR RETIREMENT RESIDENCE
CHARTWELL KANATA RETIREMENT RESIDENCE
EMPRESS KANATA RETIREMENT RESIDENCE
KINGSWAY ARMS AT WALDEN VILLAGE RETIREMENT RESIDENCE
LYNWOOD PARK RETIREMENT RESIDENCE

REDWOODS RETIREMENT RESIDENCE
PALISADES RETIREMENT RESIDENCE
STONEHAVENHAVEN MANOR AND APARTMENTS
RETIREMENT RESIDENCE
WATERSIDE RETIREMENT RESIDENCE
KELLY FUNERAL HOME
RICK & ASSOCIATES