



Confederation Chapter



NEWSLETTER

FALL 2018

MESSAGE FROM THE PRESIDENT (Lise Miville-Dechêne)

Just a prayer for the members whose lives have been affected by the tornadoes that swept through the Ottawa and Gatineau areas on Friday, September 21st, 2018. We are thinking of you...

It is the time of the year for the members to pay their annual dues for the year 2019 (from January 1st to December 31st). The renewal slip is enclosed. Please note that I will draw three (3) VISA gift cards (value of \$50/each) to members paying their annual dues before December 7, 2018. *The draw will be done on December 10, 2018.*

List of donations given to various organizations in 2018: Canada Post Community Foundation (\$800), C.H.E.O. (\$250) and Sick Kids (\$100).

The planned events for 2019 will be identified in my Winter newsletter. It is important to note that this newsletter will only be forwarded to active members (members who paid their dues).

The Confederation Chapter of the Heritage Club is pleased to welcome the following new members to the chapter:

- **Michel Doucet** of Gatineau QC
- **Daniel Forgues** of Embrun ON
- **François Morin** of Gatineau QC
- **Mario Pleau** of Orleans ON
- **Yves St-Denis** of Gatineau QC

“Two sounds of autumn are unmistakable... the hurrying rustle of crisp leaves blown along the street... by a gusty wind, and the gabble of a flock of migrating geese.” **Hal Borland**

PLANNED EVENTS FOR THE BALANCE OF THE YEAR

FRIDAY, NOVEMBER 16, 2018 : The Annual General Meeting to be held at DELICIOUS RESTAURANT , 2180 St Joseph Blvd in Orleans ON, from 12 :00pm to 2 :00pm. *Please call the chapter to confirm your attendance at 613-371-5228 or by email at : confederation_Chapter@bell.net .*

THURSDAY, DECEMBER 6, 2018 : UPPER CANADA PLAYHOUSE (Christmas Express), McINTOSH COUNTRY INN (dinner) and UPPER CANADA VILAGE (see the explosion of Christmas lights in the village). *Detailed information is enclosed.*

NOTE : The above information will be posted as all the pictures taken during previous events in 2018 in the Heritage Club webpage – www.heritageclub.ca .

CHRISTMAS PERIOD

SANTA LETTER WRITING PROGRAM

Santa Letter Writing program is our Heritage. In 1989 the Heritable Club was officially involved with the program. During Christmas 2017 we had 480 Heritage Club volunteers from 17 chapters who answered 167,320 letters with a total hours of 10,581. We answered 8,252 letters after Christmas. In 2017, posters were created for daycare centres as well as schools and we replied to 5,252 schools. A total of 1.6 million letters were answered in the 2017 Santa Program.

We need to increase the number of volunteers across Canada. It is our commitment to reply to all letters that we receive. We reply letters in 27 languages plus brail.

IF SOME OF YOU ARE INTERESTED TO BE AN ELF DURING CHRISTMAS, do not hesitate to call the Chapter at 613-371-5228 or by email at : confederation_chapter@bell.net .

OTTAWA CHRISTMAS PARADE

The parade is scheduled to be on Wednesday, November 7th, 2018. The parade route last year started at City Hall and ended at Landsdowne.

IF YOU WOULD LIKE TO PARTICIPATE as a volunteer by wearing satchels, handing out candy canes and collecting Santa letters, do not hesitate to call the Chapter at 613-371-5228 or by email at : confederation_chapter@bell.net.

COMMON BLOOD PRESSURE AND HEART DRUG RECALLED

Health Canada and the US Food and Drug Administration have announced that a number of drugs containing the medication VALSARTAN have been recalled.

The manufacturers of several drugs containing VALSARTAN issued a recall recently due to fears that the ingredients had been contaminated by a chemical known as N-nitrosodimethylamine (NDMA), which is classified as a possible carcinogen.

The VALSARTAN involved in the recall comes from a single manufacturer – the Chinese company Zhejiang Huahai Pharmaceuticals – but is used in drugs from a number of companies.

If you are taking a medication containing VALSARTAN, Health Canada advised you not stop unless told to do so by a doctor or pharmacist – it can be very dangerous to suddenly stop any prescribed medication. Keep taking your medication and consult your pharmacist, who can tell you if your medication is one of these affected by the recall and switch you to another VALSARTAN drug. (In Canada, out of all 4.4 million prescriptions for VALSARTAN drugs, the recalled drugs accounted for 25 millions). If you have been taking the recalled drugs, consult your doctor about treatment options.

VALSARTAN is used in treatment of high blood pressure and to prevent heart attack and stroke. It is not certain yet how the contamination occurred, but according to European Medicines Agency, which also announced a recall, it is believed to have happened during the manufacturing process, which recently underwent changes. What is known is that the drug no longer meets the safety standards.

You can check the Government of Canada's webpage for more details regarding the recalled drugs.

2018 HERITAGE CLUB SCHOLARSHIP WINNERS

This inaugural year of our new Scholarship Program was very successful. We saw three scholarships of \$1,000 each awarded to three remarkable young women, and we wish them all every success in their university years and beyond. What was most impressive about all of these recipients was their ability to achieve high academic standards while still enthusiastically participating in their chosen sports activities, volunteering in their communities, and taking responsible positions for benefit of others. Their initiative is to be applauded, and we are so happy to be able to help them on their way.

All three of these young ladies are a credit to their families and their communities. It is our very great pleasure as a Club to be able to give them a small boost on their chosen paths. Congratulations to all, and we wish you every success in the future.

List of the winners :

- **Kathleen (Katie) Myatt**, of Hanover ON is the granddaughter of Grand-Sageen member **Carl Myatt**.
- **Elizabeth Lang**, of Edmonton AB, is the daughter of Parkland member **James Lang**.

- **Hannah Ronsky**, of Calgary AB, is the granddaughter of Parkland member **Nick Ronsky**.
NOTE FROM E. HOLMES (National Coordinator) :

While we are obviously very pleased to have been able to present these awards to such deserving young people, we were a little disappointed in the low volume of applications received for the available scholarships. This could have been partly due to the fact that it was a new initiative, and word was slow to get out about it.

I would encourage you all to promote the Scholarship Program as much as you can over the next months, in preparation for the 2019 application period. Again **the deadline for applications will be June 30, 2019**, information will be updated on the website (www.heritageclub.ca) as soon as possible.

The program details are available on the Heritage Club website at « heritageclub.ca » under **LINKS**. All applications and queries should be directed through « holmese@nl.rogers.com ».

Lise

Lise Miville-Dechêne
President, Confederation Chapter
Heritage Club
1324 Kingston Avenue
Ottawa ON K1Z 8L2