

The Scribbler

Sault Ste. Marie R.W.T.O. Newsletter Fall 2018/Winter 2019

Sharing Caring Having Fun

Winter Message from President Sherrill Dewar

2019 has now begun. Hopefully our members were able to enjoy a happy Christmas season and are now following their new 2019 resolutions. We would like to thank all those who attended our general meeting in November to make the ginger bread houses which were donated to those who were going to be isolated and alone over the festive season. The houses were very much appreciated. Thank you to Bernice Whalen for leading this activity for us.

Now it seems the colder weather is visiting. Those who are able to escape for a while to warmer climates enjoy yourselves. Those who will be staying to have fun in the snow mark the following dates.

Our next general meetings will be on [March 27](#), [April 24](#) and [May 22](#) at 10:30 am at United Baptist Church. Hope to see you there.

Executive

President	Sherrill Dewar	705-256-5575	s_dewar@shaw.ca
1st Vice President	Brenda Gallander	705-949-9145	gallanb@shaw.ca
Past President	Brenda Gallander	705-949-9145	gallanb@shaw.ca
Secretary	Carol McFarlane	705-949-6865	mcfarlane215@yahoo.com
Treasurer	Sandy Fulcher	705-779-3762	fulchersandy1@gmail.com
Member at Large	Brenda Ostaff	705-987-1948	58sandcastle@gmail.com
Member at Large	Rita Wagner	705-779-3905	ritaw@hotmail.com
Member at Large	Bernice Whalen	705-945-1074	bernicewhalen89@shaw.ca
Area Director	Joyce Ratz	705-842-6135	ratzdj@gmail.com

Welcome Back General Meeting September 26, 2018—President, Sherrill Dewar welcomed members back after summer holidays. She introduced the executive and area director, Joyce Ratz. Myra Graham was presented with her New Member pin.

Sandy F., our Treasurer, reported that we have 57 members paying fees and 2 life members making a total of 59 members for Sault Ste. Marie RWTO for 2018-2019.

Bev B., our Insurance Convenor, gave us the following new address for all insurance claims and advised us to put this information into our RWTO files for future reference:

P. O. Box 670,
Stn. Waterloo,
Waterloo,
Ontario,
N2J 4B8

Area 11 Director, Joyce R. gave the following report:

*We are completing the Area 11 (Central Algoma, Sault Ste Marie) PROCEDURE FOR ELECTION/SELECTION OF AREA DIRECTORS by adding...

3. Length of term is 2 years and can be extended to 4 years at the choice of the serving Director.

This will be an addition to APPENDIX A of RWTO Policy and Procedures (page A - 5).

I will take it to be approved at the May (7-9th) Director's Meeting.

*I would especially like to encourage Sault members to come to the 2019 Convention - a "Barrel of Fun" - on [June 4-6](#) in St. Catharines!

It is a great opportunity to enjoy camaraderie with other retired teachers and to meet new friends! Full details will be in the [March 2019](#) issue of *Connections!*

*I always enjoy attending your RWTO meetings and applaud your interesting and active Sault Branch!!

At noon, Gerry Y., Social Convenor, served a delicious lunch, and much socializing took place during the meal.

Joint Meeting with Central Algoma on October 17, 2018---Our Sault Branch met with the Central Algoma Branch of R.W.T.O. to welcome Provincial President, Sharron Colter, to our area. Central Algoma hosted the meeting and luncheon at the Bruce Mines Lighthouse Hall.

The meeting began with an ice-breaker led by Area director Joyce Ratz. We gained some interesting facts about each other through the “meet and greet”.

The Sault Branch introduced Provincial President Sharron Colter with a unique rap created by Bernice W. Dressed as news reporters, Carmen C., Brenda G., Carol McF., Bernice W., Rita W., and Gerry Y. rapped about Sharron’s accomplishments and the positions she has held over the years. The refrain was “Extra, Extra, Read All About It—No Fake News”. Thank you to Bernice for researching Sharron’s background and writing the fact-filled song. Sharron and the members appreciated our lively presentation.

Sharron warmly told us all about her family, career and current volunteer work. She stays active judging Remembrance Day poetry and essays for the Royal Canadian Legion and working with the Council on Aging.

Sharron stressed how important it is for us to take on positions of added responsibility within our branches to keep our branches viable.

A delicious buffet of soups, sandwiches and desserts was catered by Fred Falls.



Rappers: L to R: Brenda G., Bernice W.,
Rita W., Carol McF., Carmen C., Gerry Y.



Front to back: Carol McF., Carmen C., Provincial President, Sharron C. and Bernice W. spread the news. addressed the members.

General “Gingerbread” Meeting November 28, 2018---The focus of this meeting was to decorate gingerbread houses for seniors in nursing/retirement homes who are isolated. The inspiration for this activity was a meeting that Bernice had with two female seniors in retirement homes who were mentally competent but feeling very lonely and isolated because they rarely have visitors. Their families live in other towns. This touched Bernice deeply, so she decided to do something about it. Bernice approached the management of the Van Dale Manor and the Great Northern Retirement Home and they identified 11 women in each residence who feel isolated.

Bernice purchased gingerbread house kits, and members of our branch brought candies to decorate the houses. We excitedly decorated 25 houses, so that we could also give one to each of two members of our branch who live in retirement homes and one who lives in her own home but has difficulty attending meetings.

The houses were wrapped in cellophane complete with a Christmas decoration and card.

Bernice and Sherrill delivered the houses to the senior residences where they were met by staff who enthusiastically thanked them for our thoughtful gifts. Josie V. delivered the other three houses.



Maria C. and Judie K. put a lot of effort into their house decorations.



Josie V.'s creation looked yummy.



Lorraine D. demonstrated and shared her wide range of decorating skills.



Marg W. and Carol G. worked well as partners.



Brenda O. bravely took on two houses.



Gerry Y. brought LOTS of candies.



Our finished gingerbread houses were wrapped for delivery.

Bernice had approached Lynne Wood of Superior Media to tell her about our activity, so Lynne came to the church hall and made a video of the members decorating the gingerbread houses and also took thirty photos.

Lynne Brown wrote the following report of our activity: The downstairs of United Baptist Church (Malabar) in Sault Ste Marie, Ontario was transformed into a Gingerbread House workshop on Wednesday, November 28, 2018.

Members of the Sault Branch (District 3) of R.W.TO. /O. E.R.O. came together to share in a special outreach project for some of the Sault's isolated seniors.

“There are many seniors, who live in long-term care and retirement residences who do not receive any visitors, either due to family living far away or because they have no family at all,” shared Bernice Whalen, Goodwill Committee member, and Past President of RWTO Sault branch.

As a retired kindergarten teacher, Bernice Whalen knows a thing or two about building gingerbread houses. She told *Saultonline* that when the Christmas season was underway, gingerbread houses were always a special treat for the children.

“Gingerbread houses can serve as a potential way to unlock memories of Christmas.” she said. “Our hope is that the seniors who receive a gingerbread house will know that someone is thinking about them – and that they have a friend.”

In the video above, Bernice Whalen explains the project and why it is so important to bring Christmas cheer to seniors who may be feeling isolated and alone this season.

Superior Media salutes teachers who continue to inspire minds – of all ages.

Thank you to the retired women teachers, Sault branch RWTO/OERO. Your kindness will surely lift spirits at Christmas for all of the seniors who receive your gift of friendship. Caution – The photo gallery below may bring on a sudden need to make royal icing.

*****To see the YouTube video and the photos, simply Google: [YouTube video of R.W.T.O. Sault Branch women building gingerbread houses for isolated seniors.](#)**

Pairing Food and Literature: Our Book Club Report

The five members of the R.W.T.O. Sault Branch Book Club would like to share some of the ways that they have been serving snacks that match the setting/themes of the books they discuss at their monthly meetings. Integrating book related cuisine into their meetings offers an opportunity to connect more deeply with the books and to try new foods. Some foods are dishes mentioned in the books, while others are gleaned from researching the countries in which the stories are set. Some of these suggestions will, of course, make sense to you only after you read the book. The following is a sampling of books we have read and foods we have served based on the books:

Brenda G. --Cutting for Stone by Abraham Verghese—This is a story of love, betrayal, medicine, “ordinary miracles” and “two brothers whose fates are forever intertwined”. The setting of this book moves from Addis Abbaba, Ethiopia to New York city. I wanted to cook some Ethiopian foods for the club. On page 227 of the book Ethiopian foods injera and wat are mentioned. I found recipes for these two dishes and made them. Injera is a sourdough- risen flatbread made using teff flour. It is the National dish of Ethiopia. Wat is an Ethiopian stew prepared with chicken beef, lamb or vegetables (I used the latter) and a spice mixture called berbere. The members enjoyed these new flavours. There is an Italian influence on Ethiopia, so I bought Tiramisu, a coffee flavoured Italian dessert.



Carmen C.-- Still Life by Louise Penny. The setting for this mystery novel and all of Louise Penny's books is the village of Three Pines in the Eastern Township of Québec. The main character is Inspector Armand Gamache of Montréal who goes to Three Pines to investigate a murder. While staying in the village, he has his meals at the local Bistro and one of his favourite desserts is sugar pie. I found the recipe in a cookbook that has recipes of the food mentioned in the Louise Penny novels.



Jenny K.-- Snow Flower and the Secret Fan by Lisa See was a wonderful story about a lifetime friendship between two women who endured trials and tribulations brought about by the pressures of culture and traditions in 1800's China. They communicated in a secret women's language by writing messages in the folds of a silk fan that was passed between them through the years. I served a simple Chinese lunch of shrimp rice paper wraps that highlighted typical Chinese seasonings of ginger, sesame seed oil and rice wine vinegar. This was accompanied by ginger green tea and almond cookies. The cookies were mentioned in the book and served when women gathered to talk and drink tea not unlike our book club.



Rita—The Great Alone by Kristine Hannah is a vivid depiction of a struggling family which moves to the untamed wilderness of Alaska to work a parcel of land left to the father by a slain Vietnam War Army buddy. “The father’s fragile mental state deteriorates and the family fractures.” I served slices of smoked salmon and salmon spread with crackers as salmon was a staple of the diet in Alaska in the story. I made sourdough bread made from a starter as the mother in the story was given starter as a gift upon arriving in Alaska. I shared my homemade cranberry jelly as fruit jellies and jams were made in the story. I found a recipe for an Alaska Snow Pie which I served as dessert.



Bernice—The Paperboy by Tony MacAuley is the coming-of age story of a boy in 1975 Belfast during the "The Troubles", political violence in Northern Ireland between the late 1960's and the late 1990's. I used colour to depict the shades of Ireland, the setting of the story. I decorated the place settings with green shamrocks, green paper plates and green napkins. I served salad with green peppers in it, green pickles, green grapes and green candies. I baked scones as well as they are served in Ireland.



Reminders

- 1.) Members meet for breakfast or coffee the 2nd Friday of each month. Join us at 9 a.m. at Gino's Restaurant, 1076 Great Northern Road.
- 2.) The Book Club meets every month usually on the third Wednesday from 1:00 to 3:30 p.m. We take turns hosting the club at our homes. New members are welcome.
- 3.) The Scrabble Club meets the second Friday of each month at 1:00 p.m. at Collegiate Heights. We usually play until 3:00 p.m. Please contact Brenda G. at { [HYPERLINK "mailto:gallanb@shaw.ca" }](mailto:gallanb@shaw.ca) or at 705-949-9145 if you would like to join us.
- 4.) Be sure to check out our webpage { [HYPERLINK "http://www.rwto.org/" \h }](http://www.rwto.org/) Eulogies given at meetings and photos of each activity are posted. There is lots of other information about our branch worthwhile checking out.
- 5.) Our next general meeting will take place on March 27, 2019, at the United Baptist Church hall first floor level on Malabar St.
- 6.) From the 2019 R.W.T.O. Motivations Calendar:
January---Leadership is the passage to accomplishment.
February—Imagination --Allow your dreams to guide you to the future.

