



After the Bell

in Scarborough

Retired Women Teachers of Ontario
Organisation des enseignantes retraitées de L'Ontario

Newsletter
April 2019

Caring and Sharing

Carol Nelson - President



‘Sweet April showers do spring May flowers’ (Thomas Tussen)

Yes, the flowers will be soon be growing and the grass will be green. We will no long need to wear coats, boots, hats and mittens—Yea!

Turning 80 is a milestone for all of us and today we honour our 80+ ladies Thank you to Pam, for looking after these women who have been the backbone of our Branch. I will be thinking of them while I am in Boston on a Whale Watching Tour.

The 2019-2020 Executive will be announced at the May meeting. Linda has been working diligently to find people to fill the positions. There are always ways to help us. Talk to Linda or I if you can assist us.

Lynne and her committee have worked hard to bring the Spring fashions to us. Enjoy the latest fashions and spring colours—we are sure ready for this.

The Annual Plant Sale will be held in May. Come prepared to purchase a variety of plants that will make your garden a happy place to be.

Enjoy the luncheon that Shelley has planned and the Spring fashions.
Carol

Don't Forget!

Allergy Alerts to Shelley Goodman
The Estate Banquet Centre
430 Nugget Avenue
(at Markham Road)
Scarborough

Don't forget to leave a cheque for the May Luncheon.

Tuesday, April 16, 2019 – 11:30
Luncheon – Estate Banquet Centre
Celebrating our 80+ Ladies
No pill bottle collection.
Fashion Show
Lady Sophisticate, Fashions with Flair
Executive Meeting – 9:30 a,m,

Tuesday, May 21, 2019 – 11:30
Luncheon – Estate Banquet Centre
Plant Sale
Pill bottle Collection
Cora Bailey Awards
Annual General Meeting

Wednesday, May 29, 2019
Kingston Penitentiary - Trip

Wednesday, June 19, 2019
Lion King-Trip

Tuesday, September 17, 2019
Welcome Back Luncheon- 11:30
Estate Banquet Centre



**Canadian
Cancer
Society**

Grace
For food in a world
Where many walk in hunger
For faith in a world
Where many walk in fear
For fellowship
Where many walk alone
We give Thee thanks,
O God
Amen



**Fashion
Show
Luncheon
with Lady
Sophisticate**

RWTO/OERO ON THE GO



NEW! NEW! All buses will depart **PROMPTLY**. Park and pickup will be in the south lot in front of the Foody grocery store, at the north end of the lot right beside Antrim Rd.
Paid reservations are **NON-REFUNDABLE**. Please let the coordinators know if you are unable to attend or are going to be late.
NOTE: Cheques for the excursions are to be made payable to Mary Morton Tours and forwarded to the coordinator of each excursion by the Payment Due Date.
Mary Morton Tours Presents
TICO #448872

Kingston Penitentiary Tour

Wednesday, May 29, 2019 (Limited seating)

Includes bus, lunch at Dox, Penitentiary tour ticket and Trolley Tour ticket

Bus departs at 8:00 a.m., returns approx. 7:30 p.m.

Payment due May 15th, 2019

Coordinator: Carol Everitt 905-655-0638

carol.a.everitt@gmail.com



Even before Kingston Penitentiary closes its storied doors to some of Canada's most famous criminals, tourists are anxious to get a peek inside the soon-to-be shuttered facility.

Lion King

Cost \$182

Wednesday, June 19, 2019

Includes bus, lunch at the Hot House Café and theatre tickets

Bus departure TBA

Payment due: April 30th, 2019

Coordinator: Carol Everitt 905-655-0638

carol.a.everitt@gmail.com



Giraffes strut. Birds swoop. Gazelles leap. The entire Serengeti comes to life as never before. And as the music soars, Pride Rock slowly emerges from the mist. This is Disney's THE LION KING, making its triumphant return to the Princess of Wales Theatre

Brigadoon

Thursday, September 26, 2019

Cost: \$160

Shaw Festival Theatre

Includes bus, shopping in Niagara-on-the-Lake, lunch at The Prince of Wales Hotel and theatre tickets

Payment due: May 31st, 2019 Luncheon

Coordinator: Lamoine Mustard 416-494-5103

blamoinemustard@rogers.com



When New Yorkers, Tommy Albright and Jeff Douglas, get lost on a vacation in the Scottish Highlands, they stumble into Brigadoon, a mythical village that, they learn, appears for a single day once every hundred years.

Billy Elliott

Cost \$189

Tuesday, October 1, 2019

Includes bus, shopping time, orchestra seating theatre tickets, lunch, dinner and all gratuities

Bus departs at 8 a.m., returns 8 p.m.

Payment due: February 1, 2019

Coordinator: Mary Marchut 416-291-2389



Dreams don't come easy in the hardscrabble mining town, riven by a bitter national strike, where eleven-year-old Billy lives with his bereaved family. But Billy's discovery of his talent for dance awakens in him a passion that will transform his life and win the hearts of his whole community. With its inspirational story, breathtaking dance numbers and music by pop legend Elton John, this award-winning show – based on the smash-hit movie – will appeal to all.

April Fashion Show

Lady Sophisticate, Fashions with Flair



Eight of our lovely members will be showcasing fashions from Lady Sophisticate, Fashions with Flair. There will be an eclectic mix of fashions ranging from Size 4 to Size 16 with larger sizes available. There will also

be a pop-up shop featuring tops, handbags, jewelry and scarves. Most credit cards will be accepted.

PROGRAM SUGGESTIONS

Please bring any Program Suggestions for the 2019-2020 year to the April meeting. We are looking for the contact person's name, phone number and e-mail address.



Be sure your cheque is received on time.

Tuesday, May 21 Luncheon – due date May 10



There is no collection of pill bottles at the April luncheon. Please bring your donations to the May luncheon.

Thank you, Carol

Coming in May Annual Spring Plant Sale



spring plant sale

Celebrate spring at our annual May luncheon sale. You will find annual cuttings and plants from our member gardeners. All items should be brought to the tables beginning at 10:00 a.m.

It would be appreciated if you could label your plants with a popsicle stick, indicating sun or shade and the name of your plant. Plants will be available for \$2, \$3, and \$5. If possible, change would be appreciated.

Doors open at 10:30 a.m.

Address any questions to Lynn Cook
art_chickadee@hotmail.com



BOOKS There will **NOT** be a Book Sale at the April Luncheon. Chris

We need everyone's help



The Branch always appreciates your support and truly wants to make your luncheon experience fun. Your help and understanding is needed to ensure that our luncheons are organized and ready for you.

- Note the due date that your cheque must reach the treasurer's mailbox.
- Make sure your bank account will cover your cheque.
- We are unable to accept CASH.
- If your cheque does not reach Susan on time, a lunch will not be ordered for you.
- Why not leave a cheque for the next luncheon as you leave The Estate. Many of us do.
- If you can't come to a luncheon, for which you paid, contact Susan Urie as soon as possible and let her know.
- If you do not let Susan know before the Friday deadline, your cheque will be cashed. There will be no exceptions!
- The Branch must pay for all lunches that have been ordered.

Please do not just show up for a luncheon. The Estate has requested there be no last-minute extra table set up. The number of tables and meals ordered are planned and set a week before the luncheon.

Treasurers: Linda Jarvis linjar@rogers.com
Susan Urie susan-urie@rogers.com

We need more help...

It has come to my attention that over the past two luncheons some people who have asked for fruit for dessert have not taken it and instead have asked for the regular dessert. This means that the Estate has leftover, uneaten fruit desserts and that they do not have enough regular desserts for everyone.

For each luncheon I check with Susan Urie for the names of those on my allergy list who are attending. I then order the special meals and fruit desserts based on those names and numbers. The Estate will subtract from the total number attending, the number of fruit desserts needed and prepare regular desserts for the remainder.



If your circumstances have changed and you no longer need to have fruit for dessert, please let me know and I will take your name off my list. If you have asked for fruit for dessert, please accept it and do not ask for the regular dessert instead. Thanks, Shelley

ALLERGIES AND DIET RESTRICTIONS:

If you have food allergies or dietary restrictions, it is important that we know about these so that accommodations can be made for you. We need to have the information **BEFORE** the luncheon. Please call **Shelley Goodman** at **416-491-1683** or e-mail her at shelley.goodman@sympatico.ca to let her know about these allergies or restrictions. She will confirm the change with you once you have advised her. If fruit for dessert is the only change you require, then you will not have to inform her every month. This will be done automatically. Please keep Shelley informed if there are changes during the year. We want to ensure that you enjoy each and every lunch. Shelley



Don't forget your toonies at the April luncheon to purchase draw tickets, one for \$2 or three tickets for \$5. Half goes to you and half for the Branch treasury! You may be lucky.

GET READY TO WIN BIG

Smiling is infectious
 You catch it like the flu
 When someone smiled at me today
 I started smiling too
 I walked around the corner
 And someone saw me grin
 When he smiled I realised
 I had passed it on to him
 I thought about the smile
 And then realised its worth
 A single smile like mine
 Could travel round the earth
 So if you feel a smile begin
 Don't leave it undetected
 Start an epidemic
 And get the world infected.

MEMBERSHIP RENEWAL 2019 - 2020



The RWTO membership year runs from September 1st to August 31st. If you plan to renew your membership for 2019-20, please consider doing it soon before the busy summer months. The fee remains at \$40. and your cheque may be postdated to July 1 or August 15, 2019.

Thank you to the many ladies who have submitted their fee and for your continued support of our group. If you have any questions regarding your payment, please contact Marg Lyons. marglyons@hotmail.com

The membership form is also attached to the newsletter. Marg & Lilli - Membership Committee.

RWTO SCARBOROUGH BRANCH
BOX 66564
685 McCOWAN ROAD
SCARBOROUGH, ONTARIO
M1J 3N8

OUTREACH



There **WILL** be our regular collection of **new, unopened** toiletries and baby products, as well as 3-4-month-old magazines at the April Luncheon. Thank you. Sheila & Trudy

SILENT AUCTION

There will **NOT** be a Silent Auction at the April Luncheon.



The theme for the Silent Auction, in **May**, will be **Outdoor Entertaining**.
 Lynne & Allison



A middle-aged woman had a heart attack and was taken to the hospital. While on the operating table, she had a near death experience.

Seeing God, she asked, "Is my time up?" God said, "No, you have another 43 years, 2 months and 8 days to live." Upon recovery, the woman decided to stay in the hospital and have a face lift, liposuction and tummy tuck. Since she had so much more time to live, she figured she might as well look even nicer.

After her last operation, she was released from the hospital. While crossing the street on her way home, she was hit and killed by an ambulance. Arriving in front of God, she demanded, "I thought you said I had another 40 plus years? Why didn't you pull me out of the path of the ambulance!?"

God replied, "My child, I am sorry, I didn't even recognize you!"

INSURANCE

EXPERIENCE AND EXPERTISE, YOU CAN COUNT ON

The RWTO/OERO is the official sponsor of these plans, which have been exclusively designed for and are available only to RWTO/OERO members and their spouses. These plans offer solid protection at reasonable rates. Apply today to ensure you have the assistance you need no matter what the future brings.

Insurance Provider

Manulife is a leading Canadian-based financial services group serving millions of customers in 22 countries and territories worldwide. Operating as Manulife in Canada and Asia, and primarily through John Hancock in the United States, the Company offers clients a diverse range of financial protection products and wealth management services through its extensive network of employees, agents and distribution partners. Manulife can be found on the Internet at www.manulife.com

Terry Kennedy – Broker and Agent of Record

Telephone: [519-583-0098](tel:519-583-0098)

Cell Phone: [416-931-2142](tel:416-931-2142)

Facsimile: [519-583-2876](tel:519-583-2876)

E-mail: tkennedy34@bell.net

NEW INSURANCE CLAIMS ADDRESS

P O Box 670

Stn. Waterloo,

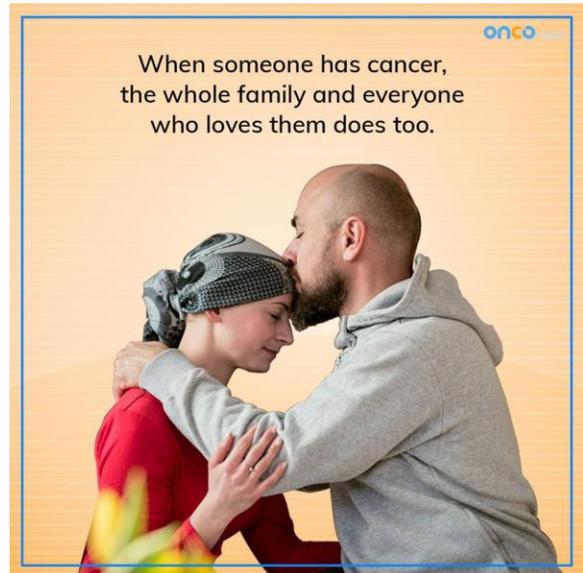
Waterloo, ON, N2J 4B



GOODWILL

We received an acknowledgement from the family of Albert Tapper. A "Thinking of you" card was sent to Sibilla Korulis.

A sympathy card was sent to Connie Cole whose mother Wilhelmine Dobbin recently passed away, A donation was sent to the Canadian Diabetes Society in her memory. Betty



When a Friend is Diagnosed with Cancer

By Kate Riley • August 27, 2018

Last week, my best friend Karin died of cancer. I've lived with the reality of my friend's diagnosis for the last ten months, watching her journey and being by her side each day. I was there when she received those dreaded words, "You have cancer". I was there through her chemo, through her surgery, through her follow up chemo, through her recovery when we thought she'd beat it. I was there when the CT scans showed the cancer was back with a vengeance, when her oncologist told her it was terminal and when it took her life six short weeks later.

I thought today I'd share what I've lived and learned in the hopes it may help any one of you when a friend or family member receives a cancer diagnosis.

Do Your Research. This was my first exposure to a cancer diagnosis in someone close to me, so I took the time to learn about this disease. There are many forms of cancer and several stages of cancer and there is a lot of information online that will educate you. Surgery, radiation, and chemotherapy are the three ways oncologists fight cancer. There are also experimental trials. My friend had colon cancer so learned everything I could about it, and what her options were for survival. By researching the disease, I learned the medical terminology and treatment courses and it helped so much when talking about it while she was going through treatment. My friend was diagnosed with Stage IV colon cancer, which has a tragically low rate of survivability. Her cancer was caught too late. She was a champion through multiple months of chemo and major surgery, but because her cancer had metastasized, it was able to spread quickly. This is a good time to mention to never ignore strange physical symptoms and to get yourself screened at the recommended age of 45.

Protect Their Privacy. When word got out that my friend had cancer, I was inundated with questions from well-meaning

friends. Karin was a very private person and did not want the details of her condition shared until she was ready to share them. I respected that and would only tell people the minimum amount of information. Ask your friend just how much they want people to know and protect that with all your power. Keep visitors away if they don't want to be seen. Honor their wishes to not be seen in a compromised condition. This was tough since so many of our mutual friends and family wanted to see her and hold her hand in those last weeks and tell her how they felt. If your friend doesn't want to be seen looking sick, write a loving note, send flowers, make meals, or donate to their family's expenses if there is a need. I count myself as very lucky to be one of the few that my friend allowed to be with her in her dying days, but don't be offended if they request you stay away.



Be Their Advocate to Medical Professionals. There were times when my friend wasn't getting the medical attention she needed so if you're in the inner circle, make sure doctors and nurses are meeting the needs of the patient. I found it was also helpful to personalize the patient to nurses in the hospital or medical assistants doing procedures or tests. When they knew her story, it seemed they gave her a more sensitive and loving degree of care.

Offer Support Wherever Needed. In the beginning, my friend just needed an understanding ear and emotional support. We would have coffee together or take long walks together, so she could share her fears and frustrations. We reminisced about our adventures together. Offering your time and friendship and a safe space for them to share is an incredible gift of support. When the time came, we had talks about her assets and her will, so she could make final arrangements. We talked about when hospice would be necessary, and when it was, I was so relieved they were there to make her as comfortable as possible. As Karin got sicker, she became angry and depressed, a completely normal reaction to the circumstances. There were times I felt I couldn't bring her out of her deep

depression, so I just sat by her side to comfort her. There were a couple of times her anger made her lash out, but I realized it was the cancer talking. These were both stages in her grief process. Her anger passed when she accepted that her time was short, and she was just grateful that I was there to tell her everything would be okay.

Rally the Community. As her health deteriorated, my friend needed more. Her husband stopped working and became her caretaker which meant there was no income to pay the monthly bills. Thankfully we had an overwhelming outpouring of financial support from the local community through a GoFundMe and a fundraising benefit. These helped immensely. There was also a meal train set up by the elementary school moms to bring meals to the house during a time of great need. Orchestrating and contributing financially is a great way to show support for a friend diagnosed with cancer.

Say What You Need to Say. Before she died, I told my friend how grateful I was that she has blessed me with her friendship, how inspired I am by her life, what a wonderful mother she is, and how much I love her. I told her our friendship continues because I would continue to live the same way and to do the same things to honor her memory. It gives me peace knowing that she knew how very much I loved her and how much I treasured our time together.

Watching my best friend die from cancer was the hardest thing I've ever experienced, and it's changed me. It's made me appreciate life even more. It's made me even kinder to strangers. It's compelled me to tell everyone I care about at every opportunity that I love them. Her death does not end our friendship. We traveled together, we had so many crazy adventures together, we worked out together, we enjoyed life together; her legacy is woven into my life as I continue to do those things.

Karin wanted everyone to realize that each day we are alive is a gift. Be happy that you are healthy, that you have a home and food on the table, and people around you that you love. In the end, nothing else matters.

I recommend this book on preparing for a meaningful death, it's titled [No One Has to Die Alone](#) and it was full of wisdom and helped me know what to do and what to say when my friend was facing death.



RETIRED **WOMEN** TEACHERS OF ONTARIO Scarborough Branch



- We meet on the 3rd Tuesday in SEPTEMBER, OCTOBER, NOVEMBER, JANUARY, FEBRUARY, MARCH, APRIL & MAY.
 - We meet at THE ESTATE (Markham Road and Nugget).
 - We have a 3-course luncheon + dessert + tea/coffee.
 - We have a speaker or presentation each month.
 - We offer opportunities to attend theatre productions, participate in a Craft Show and share gardening expertise at the annual Plant Sale in May.
 - We have opportunities to acknowledge our members in various ways.
 - We offer an opportunity to meet friends and former colleagues and make new friends.
-

Contacts: Carol Nelson email: carol.nelson@sympatico.ca
Linda Jarvis email: linjar@rogers.com
Please send an email and we will contact you.

We look forward meeting you at our Branch luncheon on
SEPTEMBER 17, 2019 at 11:30 a.m.

IMPORTANT REMINDER

If you have any questions regarding membership, please contact:

Marg Lyons- Membership Chair 2018- 2019
marglyons@hotmail.com

If your e-mail changes, please contact:
Connie Cole- Communications Co-Chair 2018-2019
ed.cole@sympatico.ca

If your phone number changes, please contact:
Elaine Apted- Communications Co-Chair 2018-2019
416-293-0844
elaineapted@sympatico.ca

RWTO/OERO 63rd CONVENTION

June 4 - 6, 2019

*Presented by: The Area 13 Branches
Lincoln West, Niagara Falls
Niagara South, St. Catharines*



**Holiday Inn and Suites
St. Catharines, ON**

<http://rwto.org/convention/convention-2019/>

Contact: Marilyn Emmett (Convenor)
marilyn.emmett5@gmail.com
905 646 5543

Treasurer's Report – April 2019

Linda Jarvis

Bank balance February 7, 2019 \$10830.05

Income

| | |
|--|-----------|
| February luncheon | \$4069.00 |
| Donation – in memory of Linda Luscombe | 100.00 |
| Book sale | 32.50 |
| 50/50 | 96.00 |
| Convention rebate | 60.00 |
| Club Amick – rebate | 200.00 |

Total \$4557.50 \$13526.24

Expenses

| | |
|----------------------------------|-----------|
| March luncheon | \$4028.20 |
| Cathie MacGillivray – newsletter | 44.75 |
| Lynda Paine – flowers | 37.63 |
| RTO – Breakfast for Kids | 300.00 |

\$4410.58

Total

Bank balance April 7, 2019 \$9115.66

**Cheques are made payable to
"RWTO Scarborough"**

**Cheques are mailed to:
RWTO Scarborough
Box 66564
685 McCowan Road,
Scarborough, Ontario
M1J3N8**



cathiemacgillivray@hotmail.com





RWTO/OERO Scarborough Branch

Membership Form 2019 – 2020

Surname: _____ Given Name: _____

Phone Number: _____

Address: _____

Postal Code: _____

Email Address: _____

New member ___ or Returning member ___ (Any change in information ? Yes ___ No ___)

***Note: "I agree to, and understand, that I may appear in some photos posted on the RWTO/OERO website at www.rwto.org, in the Scarborough Branch or Provincial Newsletters."**

Date of birth: _____ Retirement Date: _____

Emergency Contact: _____ Phone Number: _____

Do you have the RWTO/OERO Hospital and Home Care Plan Yes ___ No ___ or the Personal Accidental Death and Dismemberment Plan? Yes ___ No ___

Membership fee for 2019 – 2020 is \$40.

(Fees for members ninety years of age and over are complimentary.)

*Please make your cheque payable to: **RWTO Scarborough Branch.**

*Please **postdate** your cheque to **July 1, 2019** or **August 15, 2019** and submit with the membership form.

***The Membership year is from September 1 to August 31. ***

Please mail your payment before August 15 to:

**RWTO Scarborough Branch
Box 66564
685 McCowan Road, Scarborough, ON
M1J 3N8**

If you have RWTO insurance and wish to maintain it or wish to participate in the plan, you must pay your RWTO membership fee each year. New retirees are not required to complete a medical questionnaire if they apply within one year of the date of their retirement.