



SUPERTEACHER

March 2019

President's Message

As I sat down to write my President's Report, the wind was picking up as again another of our unusual winter storms came our way. Since our last general meeting, the winter started later than usual but with a lot of unusual weather, a lot of ice and roads that were difficult to navigate, it made for a season of staying put by our woodstove!

Our last General Meeting in November 2018, was a great time of socializing and celebrating the beginning of the Christmas Season.

Many appreciated the time to socialize and visit with old friends and meet new members. In addition, our Bingo Jingle and Bake Sale Fundraisers, Collection of Children's Books for the Salvation Army Hampers and Donations for those in our Community who are in need of additional items during the winter added to the Giving Spirit at the meeting. This was followed by a Carol Sing led by Jean Axcell and a delicious lunch served by Baxter Creek.

In the meantime, our Monthly Lunches, Book Club, and Bridge Gatherings have continued. Unfortunately, a new location for our Merry Mattress Makers has not been found so we hope this project can be continued shortly.

Now with Christmas Festivities long over, and the quieter months of winter almost over (I'm sure a lot of books were read at this time!), We look forward to the coming of Spring! This includes our activities such as Games Day, our Birthday Bash, and our last General Meeting, followed by the RWTO Convention 2019 to be held in St. Catharines in June.

We celebrated Evelyn Davidson's 100th Birthday on December 2nd. It was my pleasure to visit and chat with her on her birthday. What an amazing lady, she talked about her life and teaching in the early years in rural Ontario. What a privilege to meet Evelyn and her family.



As we look and plan ahead to the 2019-2020 Season, I encourage each one of you to participate in activities, encourage other Retired Women Teachers to join our Branch and continue the efforts and goals of the Original Women who Pioneered the Way for their fellow Women Teachers.

Esther Kampstra, Branch President

Bridge Games

Every second Monday of the month we meet at Grace United Church in the basement. An elevator is available. We meet at one fifteen and play until just before four. We pay three dollars, two of which goes back to support the collective kitchen. We usually have two full tables and two or three more of us. We laugh, chat, visit, help each other with our hands. This is a social club, where the game is fun, the people are the reason we come. We share muffins and coffee about two thirty. We would really like to have more people join us, and we invite people who want to gain confidence in their skills or to practise, to come along. All are warmly welcomed. For more information, please call Sharon at 705 741-3313. Our next meeting is Monday, March 11th.

Our Games Day



Hello Ladies:
It's that time for our annual
Games Day



on Tuesday, March 26
from 1:00 – 4:00 p.m.
at Grace United Church
581 Howden Ave., Peterborough

\$5 entrance fee
Bring a friend or two
Bring your favorite board games
Dress in layers if you feel the cold

We will be making Easter Eggs again!!!!

Book Worms

The books chosen this year have given members opportunities for some excellent discussions. These books provide us with nourishment for our brains and our hostesses have provided excellent nourishment for our bodies.

April- at Marilyn Challice's Hum if you Don't know the Words by Bianca Marais

May- at Marion Philp's Grey Islands by John Steffler

June - at Judy-Anne Tumber's The President is Missing by James Patterson & Bill Clinton

Elder Orphans

What is an Elder Orphan?

An elder orphan is a senior who lives alone and may have no children, family or friend who can or is willing to act on his or her behalf.

According to the Canadian 2016 census 33 percent of seniors aged 65 or older are women who live alone and 17.5 are men who live alone. It is expected that the prevalence of those aging and living alone to increase as people are living longer, some with multiple chronic diseases and many are often separated geographically from family members. Consequently, there are safety concerns for a growing vulnerable population at risk of social isolation, lack of social, financial, legal and medical support, and susceptibility to scams and exploitation.

Unfortunately, very little has been done to study the implications of and concerns about this demographic in our Canadian society while in United States some limited data is being compiled.

Social Isolation

There are many factors that can create social isolation for seniors.

- Often families can be geographically separated by long distances. Now, however if the senior is tech savvy, skype, Facebook and emails can fill the void. However, she or he may still not be able to get groceries, look after appointments, finances and estate planning on their own. With no family present, seniors may not be able to make known their wishes about future care or living accommodations.

- Often seniors become very lonely if their partner has died early. Some seniors even outlive their children. Also, the loss of a child can cause severe psychosocial stress.
- Lack of mobility can cause social isolation and prevent the senior from taking part in social outings and necessary appointments.
- In some cases, seniors have migrated to a new area after retirement and have left behind their friends, acquaintances and familiar environments. It then becomes difficult to make new friends.
- Childlessness is an important risk factor for social isolation. Even if the senior has a support network of friends and neighbours, they may not give a long-term commitment and high level of support that children may offer. Some research has shown that childless men have a higher rate of loneliness and depression than childless women.
- Loss of a driver's license, poor vision, hearing and mobility contribute to social isolation.
- In recent years there have been more senior divorces, often leaving widows in dire financial distress and unable to take part in social activities designed for couples.

Some research shows that low social support has been linked to cognitive and physical decline and even an increased risk of mortality.

There are important matters like drawing up a will, establishing a power of attorney, coping with a chronic or terminal illness and managing after a hospital stay that can be extremely daunting for seniors aging alone.

It is important for the medical community and researchers to become more aware of this problem in our communities.

Some church groups and a senior Facebook page are making an effort to help overcome the social isolation aspect, but much more needs to be done.

There has been some success in overcoming social isolation when seniors take in a university student who becomes a companion and assistant while being rewarded with a reduced accommodation payment.

There is one good reason for being a member of RWTO. We are a caring social organization that creates an outlet for social interaction.

Jean Axcell

A is for APPETIZERS

Raw Vegetable Dip

3 cups Hellman's Mayonnaise
1½ cups sour cream
1½ tsp. lemon juice
¾ tsp. salt
¾ tsp. paprika
¾ cup fresh parsley (3 tbsp. dried)
3 tbsp. grated onion
3 tbsp. chopped chives
1½ tsp. Worcestershire Sauce
Mix at least one day ahead of serving. Refrigerate

Edith L. McKinley

Crab Dip

8 oz. cream cheese (room temperature)
1 - 7 oz. can crab meat well-drained
2 tbsp. finely chopped onion
1 tbsp. milk
For zest, use 1 tbsp. horseradish and 1 tbsp. cocktail sauce, if desired.
Beat together
Top with 1/3 cup sliced almonds if baking.
Bake at 350 degrees for 20 minutes
Serve with crackers or vegetables
(If you wish, top with seafood sauce.)

Theresa Cormack and Diane Kilistoff

Stuffed Baked Brie

Slice a wheel of Brie in half horizontally.
Top the bottom half with your favourite nuts, dried fruits, jams (be creative)
Replace the top half of Brie.
Bake at 375 degrees in an oven-safe dish for 15 - 20 minutes. Enjoy.

Pumpkin Hummus

Combine 1 ½ cups of plain hummus with
½ cup of canned pure pumpkin
2 tsp. maple syrup
½ tsp ground cumin

Drizzle with pumpkin seed oil and top with toasted pumpkin seeds and a dash of smoked paprika.

Esther Kampstra

Hallelujah Hummus

3 tbsp. chicken or vegetable stock
1 cup chick peas (garbanzo beans) drained
2 cloves garlic
1 tbsp. lemon juice
3 tbsp. tahini (sesame paste)
In a blender, blend until smooth.
Add salt and pepper to taste

Serve in a bowl with a drizzle of olive oil and a sprinkle of paprika.

Serve cold with warm triangles of pita, vegetables or crackers

To make a large batch use 1 large can of chick peas and double the other ingredients

Theresa Cormack

Guacamole Dip

2 large avocados, pitted
Juice of 1 lemon
1 tsp. salt
¼ tsp. cayenne
½ small onion, diced
½ Jalapeño pepper, seeded and minced
2 medium ripe tomatoes, diced
1 tbsp. chopped fresh cilantro
1 garlic clove minced

In a large bowl mash, the avocados and mix in all other ingredients

Let sit at room temperature for 1 hour before serving.

(There could be a hot time in the old town tonight!!!)

Our Birthday Bash



Dear Members,

If you will be attending our Birthday Bash, please respond to this invitation by **Wed April 17th** to the following e-mail address: mlparuls@hotmail.com

Could the phone tree callers also get their numbers to me by Wed April 17 at **705-874-0357**

*Thanking you in advance,
Mary Parulski*

Hello Ladies:

It's that time for our annual

Birthday Bash Celebrations



Tues April 23 from 1:30 – 3:00 p. m

at Royal Gardens in the Atrium Room

1160 Clonsilla Ave.
Peterborough

Overflow parking next door at Westmount Bible Chapel

Musical entertainment will be provided by "Jubilation"

Reframe Film Festival

January 24-27, 2019

Hello All,

Both of the films we sponsored at the ReFrame Film Festival were outstanding-I had people come up to me and tell me so. The first film "Inventing Tomorrow" really highlighted those diverse thinkers in our classrooms that remind us of the unexpected rewards of the teaching profession.

Preceding that film was a last-minute addition but excellent short" by a local student, Jacob Bowman about Harper Creek and the Harper Creek Brook Trout.

Night of Nights featured four couples from India, China, Germany and United States. They were very honest, open and frank about their relationships -poignant, and at times sad and laugh-out-loud funny. Much better than I expected.

The American couple were gay and were the first same-sex couple to marry in Pennsylvania. Their wedding was documented in the film. The Indian couple defied their parents' wishes because the husband was of a higher caste-He said he was pleased that his family did not try to kill either of them!

The Chinese couple did not meet until their wedding day and described their initial impressions of each other and their wedding night. The German couple were very entertaining, outspoken and colour-coordinated!

All were in their 70's and 80's.

I had one person ask about RWTO as I was standing by the display. (I carried a sign that said "Ask me about Retired Women Teachers") Unfortunately she lives in the Port Hope area. 😞

In each case, ours was the only display I noticed. I saw Diane Kilistoff and Kathryn Langley in attendance.

I thought you would like to know how our sponsorship and films were received.

Warmly, Ruth Anne McNaught

Our Book and School Supply Drive

To Karen Howard:

I didn't forget to say thank you, but I did want to wait till I got to see the smiles on the faces that the effort of your club made.

I worked at the Salvation Army Christmas Hamper Program again this year and with Retired Women's Teachers Club help more that over 2500 children got a new book to read this Christmas

It is with the help of your club and others that give the gift of Literacy to these children, which might not happen otherwise.

So again, thanks from the Peterborough Kawartha Rotary Club.

Sincerely

John Holmes, Chair of the Christmas Book Drive





Insurance Matters

If you have RWTO Insurance through Manulife, the following important information will help you at tax time:

This year Manulife is returning to their former practice of mailing tax receipts out to members. Beginning at the end of February, Manulife will mail 2018 tax receipts for Hospital & Home Care Plan participants to the address they have on file. If you have changed your address over the past year but didn't inform Manulife, your tax receipt will be mailed to your former address unless you advise otherwise.

You can either contact Manulife directly at 1-800-268-3763 or Terry Kennedy at 519-583-0098 to make an address change. When contacting Manulife, you will need the Plan number which is 17777C and your unique identification number which you will find on your policy documents or on last year's tax receipt.

Finally, our members are reminded that claim forms should now be sent to the following address:

Manulife, Affinity Markets Health Claims,
P. O. Box 670, Stn. Waterloo, Waterloo, ON. N2J 4B8.

Any claims received at the former address will be redirected to the new location, but please be aware that there may be a slight slow down in claim payment time due to the redirection. New claim forms are available. For your convenience you can download the form from the RWTO/OERO website (www.rwto.org/membership-insurance-plan/) or contact Terry Kennedy. When filing a claim, you will receive a new replacement claim form with your claim payment.



RWTO/OERO Peterborough 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 Peterborough Branch or Provincial newsletters." Yes___ No___?

Date of birth: _____ Retirement Date: _____

Emergency Contact: _____ Phone Number: _____

Membership fee for 2019– 2020 is \$40.00 for the province and + local branch \$10.00 social fee = \$50.00
(Fees for members who retired prior to 1980 is \$15.00 for the province + local branch \$10.00 social fee = \$25.00)

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

*Please send or bring your cheque **with this membership form.** The Membership year is from September 1 to August 31.

Dues can be paid at the May or September meetings, or mailed before August 31 to:

RWTO Peterborough Branch
c/o Marilyn Sutherst
111 – 130 Anson St.
Peterborough, ON. K9H 5R1

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.