



After the Bell

in Scarborough

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

Newsletter
February 2021

Caring and Sharing

Carol Nelson - President



May your Valentine's Day be filled with love, contentment and understanding as you journey through life with those you hold dear.

There is nothing on this earth more than the gift of true friendship.

There is only one happiness in this life—to love and be loved.

There is nothing better than a friend, unless it is a friend with chocolate.

This year reminds us to enjoy the walks to the fridge.

WE CELEBRATE VALENTINE'S DAY ON FEBRUARY 14, BUT OTHER COUNTRIES ALSO CELEBRATE THE DAY ON OTHER DAYS...

China: The date is celebrated on the 7th day of the 7th month on the Chinese calendar.

Argentina celebrates Sweetness Week in July.

Brazil celebrates a similar day on June 12 each year.

The **Welsh** celebrate St. Dionysus which occurs on January 25. Welsh men carve an intricate wooden spoon as a token of their love.

In **Denmark**, friends and sweethearts celebrate by giving each other flowers called Snowdrops.

The Duke of Orleans, in **France**, originated the day when he sent love letters to his wife while he was prisoner in the Tower of Longs in the 14th Century.

Single people ride the love bus in **Estonia** which gives them an opportunity to find romance.

Hundreds of couples celebrate the day in the **Philippines** on the same day. They exchange wedding vows or renew vows. The day is celebrated with everyone gathering in a plaza or open field.

The Kurds in **Iraq** celebrate the day with a feast of love by decorating apples to represent the original story of Adam and Eve.

St. Valentine is the patron saint of spring in **Slovenia**.

They believe that the birds marry in the fields on February 14.



Original meaning of a deck of playing cards

52 cards for 52 weeks in the year.

4 colors for the 4 seasons and 13 weeks per season.

If we add each of the cards (ace + ace + ace + ace + two + two + three + seven + eight ... and etc) of the game, we will get 365.

The card game is an agricultural calendar that told us about the weeks and the seasons.

With each new season, it was King's week, followed by Queen's week, Jack's, and so on until AS week changed seasons and we started over with a new color.

Jokers were used in leap years.

Nothing...

...IS NICER than having someone who...
APPRECIATES YOU in the SMALLEST things.

ACCEPTS YOU in times of HARDSHIPS.
COMFORTS YOU when you're TROUBLED.



LOVES YOU
no matter what
and is

simply

happy for
having YOU
in their life!



An Amish husband, wife and son travel to the city on vacation. They visit a shopping mall and while the mother is shopping, the father and son are standing in awe in front of an elevator (having no idea what it is). As they watch, an elderly lady walks into the strange silver doors and the doors close. The father and son watch as the numbers go up, and then back down. When the doors open, a beautiful young woman walks out. The father leans over and whispers, "Son, go get your mother!"

Ice Sun Catchers

<https://lifeovercs.com/melting-ice-suncatcher/>



I never thought the comment "I wouldn't touch them with a six-foot pole" would become a national policy, but here we are!

LOOKING FOR NEW RETIREES

Please send names and contact information for any friends and colleagues you know who have retired this summer! We would like to send them information and invitations!

Contact- Linda Jarvis at linjar47@gmail.com
or Bridgette Kolozsvary Bryan at bbryan@look.ca

COMMUNICATION

If your e-mail or phone number changes, please contact:

Connie Cole- Communications Chair 2020-2021
ed.cole@sympatico.ca

GOODWILL

A *Sympathy* card was sent to Isabella Edgcombe, whose mother, Sofia Boyko, passed away in January. A *Thinking of You* card was also sent to Jeannie Tom. Peggy

NOTE:

Valerie Mah passed away on Sunday - her 83rd birthday. She was Archivist for District 16 RTO. A long-time educator, she was the Toronto District School Board's first female Asian vice-principal and taught at Withrow Avenue Junior Public School and Bruce Public School until her retirement about 20 years ago.

She was an energetic and dedicated community builder and served on many boards.

HELPING US KEEP IN TOUCH



All of our members are self-isolating during the lockdown and many live alone. With the second wave of Covid 19 in full swing, it is more important than ever to maintain contact. Take a few minutes to reach out and give them a call to see how they are doing. Your Caring and Sharing will make someone's day so much better.



This is an amaryllis given to me by friends before Christmas. Norm even planted the bulb and they delivered it to my residence.
Marie Harvey

ROYALTY AMONG US



This past Christmas, Nan's grandson and his girlfriend, Allison, decided Nan had earned a place in the royal world. They purchased a small parcel of land for her, 5 square feet, in Wigtownshire in West Scotland, through the website below. Along with this came a certificate entitling her to the designation of Lady Anne. The proclamation currently sits on the mantle of her fireplace right beside where she sits to watch TV in the family room, so it's definitely hard to miss! Nan was thrilled and proudly displays the certificate above. We will need to make changes to Nan's place at the table to signify her new royal title when we meet for our next RWTO luncheon.

Congratulations Nan...I mean Lady Anne.

<https://establishedtitles.com/>

A little silver-haired lady calls her neighbour and says, "Please come over here and help me. I have a killer jigsaw puzzle and I can't figure out how to get started." Her neighbour asks, "What is it supposed to be when it's finished?"

The silver-haired lady says, "According to the picture on the box, it's a rooster."

She lets him in and shows him the puzzle spread out on the table.

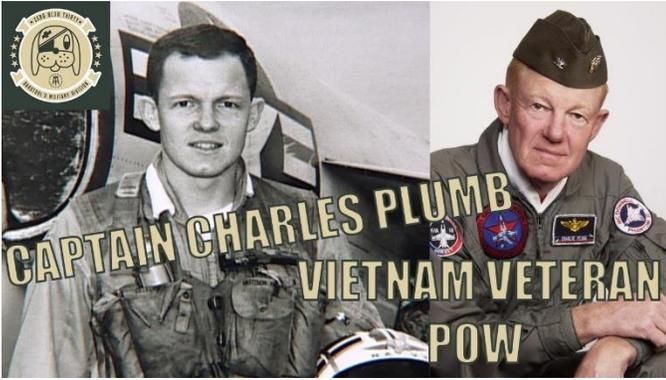
He studies the pieces for a moment, then looks at the box, then turns to her and says,

"First of all, no matter what you do, we are not going to be able to assemble these pieces into anything that resembles a rooster."

He takes her hand and says, "Secondly, I want you to relax. Let's have a nice cup of tea, and then he says with a deep sigh....

"Let's put all the corn flakes back in the box."

PACKING YOUR PARACHUTE



Charles Plumb was a US Navy jet pilot in Vietnam. After 75 combat missions, his plane was destroyed by a surface-to-air missile. Plumb ejected and parachuted into enemy hands. He was captured and spent 6 years in a communist Vietnamese prison. He survived the ordeal and now lectures on lessons learned from that experience!

One day, when Plumb and his wife were sitting in a restaurant, a man at another table came up and said, 'You're Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down! 'How in the world did you know that?' asked Plumb.' I packed your parachute,' the man replied. Plumb gasped in surprise and gratitude.

The man pumped his hand and said, 'I guess it worked!' Plumb assured him, 'It sure did. If your chute hadn't worked, I wouldn't be here today.'

Plumb couldn't sleep that night, thinking about that man. Plumb says, 'I kept wondering what he had looked like in a Navy uniform: a white hat; a bib in the back; and bell-bottom trousers. I wonder how many times I might have seen him and not even said 'Good morning, how are you?' or anything because, you see, I was a fighter pilot and he was just a sailor.' Plumb thought of the many hours the sailor had spent at a long wooden table in the bowels of the ship, carefully weaving the shrouds and folding the silks of each chute, holding in his hands each time the fate of someone he didn't know.

Now, Plumb asks his audience, 'Who's packing your parachute?' Everyone has someone who provides what they need to make it through the day. He also points out that he needed many kinds of parachutes when his plane was shot down over enemy territory - he needed his physical parachute, his mental parachute, his emotional parachute, and his spiritual parachute. He called on all these supports before reaching safety.

Sometimes in the daily challenges that life gives us, we miss what is really important. We may fail to say hello, please, or thank you, congratulate someone on something wonderful that has happened to them, give a

compliment, or just do something nice for no reason. As you go through this week, this month, this year, recognize people who pack your parachutes.

I am sending you this as my way of thanking you for your part in packing my parachute. And I hope you will send it on to those who have helped pack yours! Sometimes, we wonder why friends keep forwarding jokes to us without writing a word. Maybe this could explain it! When you are very busy, but still want to keep in touch, guess what you do - you forward jokes. And to let you know that you are still remembered, you are still important, you are still loved, you are still cared for, guess what you get? A forwarded joke.

So, my friend, next time when you get a joke, don't think that you've been sent just another forwarded joke, but that you've been thought of today and your friend on the other end of your computer wanted to send you a smile, just helping you pack your parachute.

Courtesy Joan Watson

Masks Fog Up Glasses



Here are some ways to keep your glasses from fogging up while wearing a face mask or covering:

Glasses fog up when you're wearing a face mask because the mask redirects your warm breath upward instead of forward, which forms droplets on the lenses. A tighter seal on the top of the mask, like from a nose clip can help reduce the phenomenon.

If you can pull your **mask** up higher on your nose, you can use your **glasses** to seal it and shape it to your face. Just place your **glasses** right on top of the material that's over your nose and make sure they don't slide off. A secure fit will **keep** the warm air from escaping through the top of the **mask**.

If those D.I.Y. methods aren't cutting it for you, there are commercial anti-fog sprays you can purchase, like the ones used for swimmers' or divers' goggles.

Adding a folded tissue to the inside top of your face mask or covering can also help absorb those warm droplets and reduce fogging. [\(This works – Cathie\)](#)





Ingredients

- 1/2 rotisserie chicken, shredded.
- 1 package of rotini pasta cooked according to package directions.
- 1 cup frozen peas, slightly thawed
- 1/2 cup prepared basil pesto
- 1 cup fresh arugula
- 1 tablespoon red chili flakes
- Zest of 1 lemon
- 1/4 cup hot water, if needed
- Salt and pepper to taste.

Directions

In a large pot on medium heat, add the pesto and chicken, and heat through.

Add the cooked pasta and water, if needed, and stir to combine. Coat everything in sauce.

Add the peas and stir for an additional minute, to warm the peas.

Remove from heat, and sprinkle with lemon zest and chili flakes. Fold in the arugula and serve hot or refrigerate for a cold pasta salad.

Gluten Free Peanut Butter Cookies

- 1 cup Kraft Smooth Peanut Butter
- 1/2 cup white sugar
- 1 egg

Mix all ingredients with large spoon until well blended.
Roll into 24 balls (smaller balls-smaller cookies).
Place 4 inches apart on baking sheet.
Flatten with a fork.

Bake 20 min. at 325 degrees or until lightly browned.
DO NOT OVERBAKE!

Cool 5 min. on baking sheets then wire racks.
Shirley MacDonald

Valentine Trivia

1. Valentine's Day is not a public holiday all over the world.
2. 15% of women send roses to themselves.
3. Approximately 1 billion cards are sent on Valentine's Day.
4. Hallmark produces 1330 Valentine's Day cards each year.
5. Cards with romantic poetry are the bestsellers.
6. Denmark doesn't celebrate Valentine's Day.
7. 3 % of pet owners give Valentine cards to their pets.
8. In Roman mythology, Cupid is the son of Venus, the goddess of love and beauty.
9. Only 27% of people who buy flowers are women and the other 73% are men.
10. An actress Thelma Ritter who was nominated for an astounding six Academy Awards was born on 14th Feb 1902.
11. The State of California produces 60% of American roses.
12. Red symbolizes love, beauty, respect, and romantic love.
13. White roses symbolize purity, innocence, reverence, humility, and charm.
14. Valentine's Day is the second-largest seasonal card-sending occasion of the year, after Christmas.
15. One-third of all Valentine's Day cards are accompanied by gifts.

Pinterest

Looking for New Recipes?

Try looking on Pinterest. RWTO Scarborough has its own Pinterest page with recipes, free patterns, crafts for grandkids, food art and hundreds of sections. It's called:

Scarborough Retired Women Teachers

Here are a few samples.



The Heart of RWTO

Kathy - Kindness

Thanks for a delightful newsletter. In these fun times it's nice to have such a lovely connection. Well done.

Kathy Barnes

Claudine -Caring/Considerate
The Newsletter looks great. All the best for 2021.
Claudine Goller

Dede - Determination

Happy New Year! Thanks for the very positive update!

Dede Fitzpatrick

Connie – Creative/Constructive

Connie Cole

Lynn -Lively

Lynn Pentz

Lilli – Love

Lilli Chu

Linda – Lively

Thank you for the Newsletter. I hope everyone is safe and healthy.
Linda Brent

Peggy – Patience

We will get through this with this and other qualities. In 6 weeks, it will be March.
Peggy Irwin

Cathie - Connections

Cathie MacGillivray

Helen – Hope

Helen Sharpe

Patricia -Polite

Patricia Lever

Sue – Serenity

Sue Weymouth

Jane -Joyfully

Jane Pettinger

Pat – Positive

Pat Roy

Many thanks.
Ginny Fraser

Linda – Love & Laughter

Linda Jarvis

Isabel – Invigorating

Isabel Hirlehey

Carol – Cheerful

Carol Nelson

Ruth - Resilient

Thanks to ALL who contributed to this wonderful Newsletter! Loved the “Caring and Sharing” articles.
Ruth Brackley

Irene - Inviting

I met a neighbour, one street over & we became friends when I invited her over during Covid.
Enjoyed the Newsletter.
Irene Manahan

Elizabeth –Enthusiastic

Elizabeth McGowan

Marie – Magic/ Magnificent

Marie Harvey

Shirley – Spiritual

Shirley Criscione

Shelley – Scintillating

Shelley Goodman

Shirley – Sensational

I would use that word to describe RWTO Scarborough and the Newsletter which brightens our days when it arrives.
Shirley MacDonald

Happy New Year! Thank you for the Newsletter.
Donna Carpenter



Thank you very much. A lot of hard work went into this and I appreciate it. Keep well and safe.
Anna Bloom

Accidental Snow Sculptures

As elaborate as humans can be, there is no artist like nature. A snow-covered view is beautiful as it is, but in the photos below, nature really outdid itself and created beautiful snow shapes and patterns that almost look as though they were planned. They are, however, completely accidental and outstandingly beautiful.

Whether you live in a cold area and snow isn't a rare sight for you, or you've hardly ever experienced snow in your life, you're sure to be amazed at the beauty and serenity of these accidental snow sculptures.



Courtesy Joan Watson
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From the Editor
Cathie MacGillivray
cathiemacgillivray@hotmail.com

Whose idea was it to sing “Happy Birthday” while washing your hands? Now every time I go to the bathroom, my kids expect me to walk out with a cake.

Thank you to the members who have responded with anecdotes, pictures and comments to the Newsletters. Our members are delighted to hear news from their friends and associates so even if it's only a greeting, a word of encouragement, a short anecdote, please send them to Connie or Cathie so we can keep up the communication.