



After the Bell

in Scarborough

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

Newsletter
July 2021

Caring and Sharing

Carol Nelson - President

□



ENJOY THE REST OF THE SUMMER AND LET'S
HOPE FOR GOOD THINGS TO HAPPEN IN THE NEXT
MONTH.

JULY

July is the second summer month after June!

July is the warmest month in the Northern Hemisphere. Sometimes the hot long days of July are called 'the dog days of summer.'

July's birthstone is the ruby.

Those born in July are independent, determined, optimistic, fun, planners, and good team leaders.

July is the midway month of the year.

It is a favourite month of celebrations—Canada Day, Independence Day and Bastille Day

July is the month for haying in the fields.

Folklore for July says that if ant hills are high, the coming winter will be hard.

July is also:

- 🇺🇸 National Ice Cream month
- 🇺🇸 National Blueberry month
- 🇺🇸 National Hot Dog month
- 🇺🇸 National Picnic month
- 🇺🇸 National Pickle month.

Membership

MEMBERSHIP Thank you to everyone who has sent in their 2021-2022 membership form to Brigitte. Linda, our Treasurer, needs to have them by August 15. The August newsletter will, hopefully, give us a clue about what happens in the fall.

Carol

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 Brigitte 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

KEEPING in TOUCH



All of our members are self-isolating during the lockdown and many live alone. With the third wave of Covid 19 waning, it is still important 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.

GOODWILL

A "Thinking of You" card was sent to Lynn Pentz on behalf of the membership, on the passing of her mother.

Peggy



ENJOY THE BENEFITS OF MEMBERSHIP



Thank you to those ladies who renewed their RWTO membership promptly for 2021-22. Due to the pandemic, there no luncheons planned at the moment. However, it is time to consider renewing your membership for 2021-22. We hope that all of you will do this. Your renewal is essential in order to maintain your Manulife insurance.

Please include your completed membership form together with your cheque for \$40.00, payable to RWTO Scarborough Branch. This will help Brigitte to make sure that the records are up to date.

Please postdate your cheque for August 15, 2021. This will give Linda time to process it before payment is due at the provincial office.

For those who do not have a printer, please contact Brigitte and she will mail you a copy of the Membership Form.

If you have any questions regarding your payment, please contact:
Brigitte Kolozsvary Bryan at: bbryan@look.ca

This is the mailing address for RWTO Scarborough.
RWTO Scarborough Branch
Huntingwood Postal Outlet
P.O. Box 30042
2355 Warden Ave.
Scarborough, ON
M1T 0A1



Scarborough Retired
Women Teachers

Recipes, Home Décor, Food Art, Simple Exercises, Organization Tricks and so much more.



INSURANCE REPORT

If you are a new retiree and within your first year of retirement, you are eligible to join the RETIRED WOMEN TEACHERS OF ONTARIO insurance plan with no medical forms to complete.

Please contact: Carol Nelson (416-724-7107) or email at nelson.carol@gmail.com. I will send out the pamphlets for your information. I would need your mailing address.

WANT YOUR INSURANCE CLAIM QUICKLY?

Remember...

**RWTO insurance comes from Manulife.
RTO insurance comes from Johnson.**

RWTO plan number is 17777C. Include this any correspondence regarding your insurance claim.

TERRY KENNEDY is the agent who looks after the RWTO insurance plan. Her contact information is: 519-583-0098 or email: tkennedy34@bell.net

MANULIFE ADDRESS:
PO Box 670, Stn. Waterloo,
Waterloo, ON
N2J 4B8

REMEMBER

- 1, Your last name, first name and initial are needed to make a claim.
2. Describe the illness or injury in as much detail as you can.
3. A family member cannot authorize the form.
4. Include the name of the family doctor.
- 5.. Send in every receipt that you have—keep copies for your records.
6. Let Manulife figure out which receipts are needed to complete your claim.

***If you need an insurance claim form,
contact: nelson.carol@gmail.com
Or (416-724-7107)***

UP

A reminder that one word in the English language that can be a noun, verb, adjective, adverb and preposition. **UP**

This two-letter word in English has more meanings than any other two-letter word, and that word is 'UP.'

It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP?

At a meeting, why does a topic come UP? Why do we speak UP, and why are the officers UP for election and why is it UP to the secretary to write UP a report? We call UP our friends, brighten UP a room, polish UP the silver, warm UP the leftovers and clean UP the kitchen. We lock UP the house and fix UP the old car.

At other times, this little word has real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses.

To be dressed is one thing but to be dressed UP is special.

And this UP is confusing: A drain must be opened UP because it is stopped UP.

We open UP a store in the morning, but we close it UP at night. We seem to be pretty mixed UP about UP!

To be knowledgeable about the proper uses of UP, look UP the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost 1/4 of the page and can add UP to about thirty definitions.

If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with a hundred or more.

When it threatens to rain, we say it is clouding UP. When the sun comes out, we say it is clearing UP. When it rains, the earth soaks it UP. When it does not rain for a while, things dry UP. One could go on and on, but I'll wrap it UP, for now . . . my time is UP!

Oh . . . one more thing: What is the first thing you do in the morning and the last thing you do at night?

U
P!

Did that one crack you UP?

Now I'll shut UP!

(Courtesy of Joan)

MESSAGE FROM THE RWTO PROVINCIAL PRESIDENT



It is my pleasure to be your Provincial President this year and I will work hard on your behalf. My goal is to keep you informed of information from the Provincial Board at regular intervals.

You will also be receiving detailed updates through our Program Coordinator, Judith Bennoch.

We are busy right away and have formed an Ad Hoc Committee as a follow up to Resolution #1, presented at this year's AGM from the Windsor-Essex Branch. This Committee consists of representation from both Branches and the Board of Directors and takes into account small, mid-sized and larger Branches from various areas across the province.

If you wish to submit any suggestions for the Ad Hoc Committee to consider early in the process, please send them to me in written format along with your rationale. Attached is the wording of Amendment (2) to Resolution #1 that was carried at the 2021 AGM for your reference.

Our Ad Hoc Committee will review the budget, Branch grants, reserves and the implications of various scenarios, etc., and be mindful of sustainability of our organization. The Committee begins discussions during the first week of July.

Looking forward to an exciting new year with RWTO/OERO.

Yours in Caring and Sharing,

Nancy Bell,
RWTO / OERO Provincial President,
2021-2022

Email: n3bell@rogers.com

Resolution # 1 – Presented at the 2021 AGM

The full Resolution # 1 that was presented by the Windsor-Essex Branch delegates at the 2021 AGM, is printed in the March 2021 Connections Newsletter sent to all members.

Discussion focused on several considerations:

- ◆ The amount to be returned to Branches
- ◆ The decrease in membership numbers and possible expansion opportunities
- ◆ The possibility of increasing membership dues
- ◆ The questions related to the impact on the 2021-2022 budget due to the pandemic.

A wide variety of opinions were expressed which resulted in amending the Resolution. Amendment (2) to Resolution # 1 was **Carried** by the membership.

The Amendment reads as follows:

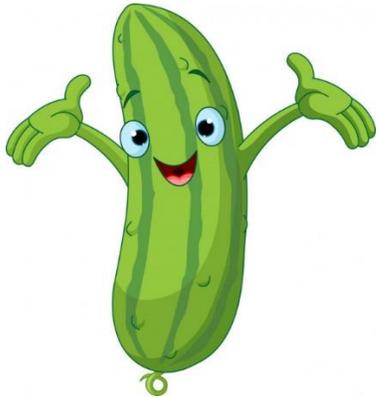
“Be it resolved that the RWTO/OERO Board of Directors set up an Ad Hoc Committee, including Branch members, to investigate the percentage of Provincial fees rebated to the Branches and the direct impact on Provincial fees and that this Ad Hoc Committee forward a resolution at the AGM in 2022.” Carried.

66th Convention
RWTO-OERO

Laughter *Lifts*
Us *Up!*

Join Area 3 in London
June 7 - 9, 2022
LET US RAISE YOUR SPIRITS!

THOUGHT CUCUMBERS WERE JUST FOR SALAD?



FACTS OF THE DAY

Cucumbers... I didn 't know this... and to think all these years I've only been making salads with the cucumbers...

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.

3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.

4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.

5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!

6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the

body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!

7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.

8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.

9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.

11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

12. Looking for a 'green' way to clean your taps, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.

13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!

7 Health Benefits of Eating Cucumber

- It's High in Nutrients. **Cucumbers** are low in calories but high in many important vitamins and minerals. ...
- It Contains Antioxidants. ...
- It Promotes Hydration. ...
- It May Aid in Weight Loss. ...
- It May Lower Blood Sugar. ...
- It Could Promote Regularity. ...
- Easy to Add to Your Diet.

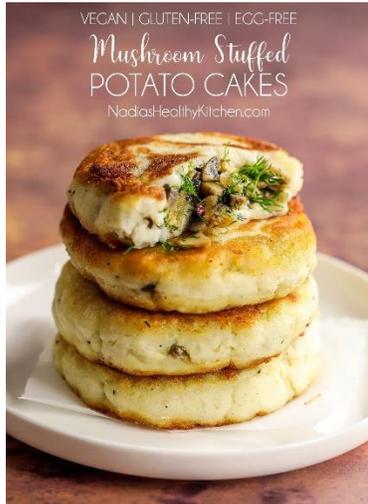


Kitchen Ingenuity

You must see this video on You Tube for some great ways to make life in the kitchen, more interesting. Copy and paste this web address into your browser. (Courtesy of Shirley and Joan.)

<https://www.youtube.com/watch?v=cbxe1ANrfDo&t=1s>

MUSHROOM STUFFED POTATO CAKES



<https://nadiashealthykitchen.com/mushroom-stuffed-potato-cakes/>

8 ingredients

Produce

- 2 Avocados, small
- 10 oz Baby spinach
- 1/3 cup red onion
- 2 cups strawberries

Condiments

3/4 cup Poppy seed dressing, Homemade

Baking & Spices

- 1/4 cup granulated sugar

Nuts & Seeds

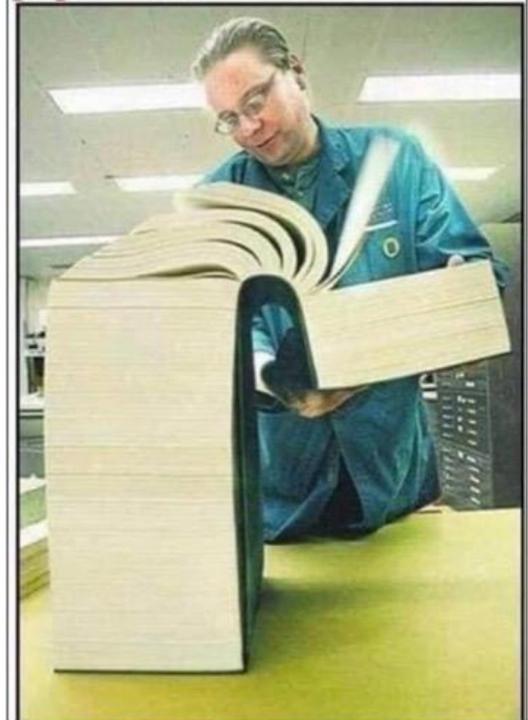
- 1 cup Almonds

Dairy

- 1/3 cup Goat cheese



Just letting you know that the book, "Understanding Women" is now out in paperback



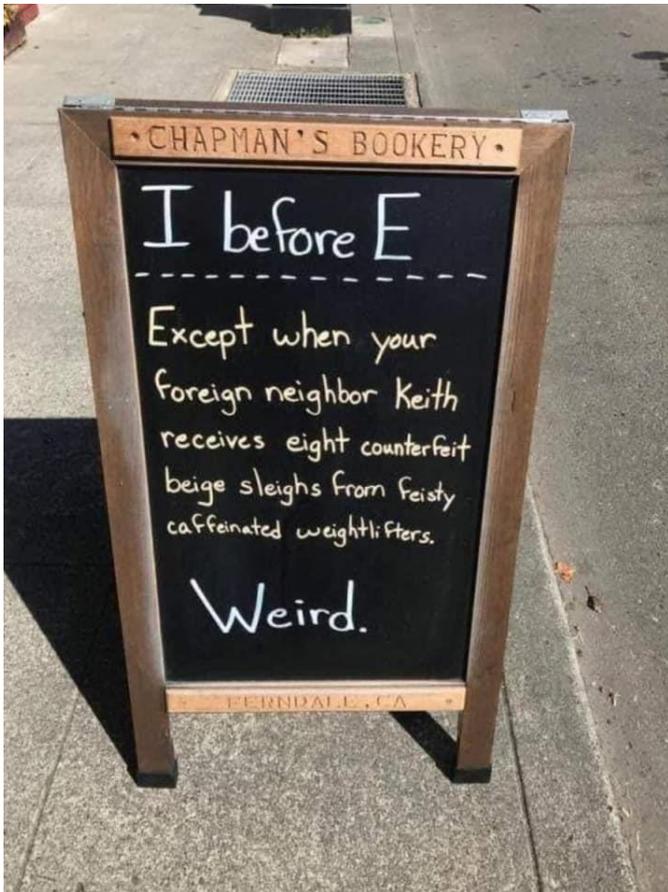
RWTO Scarborough
Huntingwood Postal Outlet
P.O. Box 30042
2355 Warden Ave.,
Scarborough, Ontario
M1T 0A1



From the Editor

Cathie MacGillivray

cathiemacgillivray@hotmail.com



Lawyers should never ask a Georgia grandma a question if they aren't prepared for the answer.

In a trial, a Southern small-town prosecuting attorney called his first witness, a grandmotherly, elderly woman to the stand. He approached her and asked, 'Mrs. Jones, do you know me?' She responded, 'Why, yes, I do know you, Mr. Williams. I've known you since you were a boy, and frankly, you've been a big disappointment to me. You lie, you cheat on your wife, and you manipulate people and talk about them behind their backs. You think you're a big shot when you haven't the brains to realize you'll never amount to anything more than a two-bit paper pusher. Yes, I know you.'

The lawyer was stunned. Not knowing what else to do, he pointed across the room and asked, 'Mrs. Jones, do you know the defense attorney?'

She again replied, 'Why yes, I do. I've known Mr. Bradley since he was a youngster, too. He's lazy, bigoted, and he has a drinking problem. He can't build a normal relationship with anyone, and his law practice is one of the worst in the entire state. Not to mention he cheated on his wife with three different women. One of them was your wife. Yes, I know him.'

The defense attorney nearly died.

The judge asked both counselors to approach the bench and, in a very quiet voice, said,

'If either of you idiots asks her if she knows me, I'll send you both to the electric chair.'

ONLY in CANADA...





RWTO/OERO Scarborough Branch

Membership Form 2021 – 2022

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 2021 – 2022 is \$40.

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

*Please **postdate** your cheque to **July 1, 2021, or August 15, 2021**, 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,
Huntingwood Postal Outlet,
P.O.Box 30042
2355 Warden Avenue,
Scarborough, ON
M1T0A1**

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.