



After the Bell

in Scarborough

Retired Women Teachers of Ontario

Organisation des enseignantes retraitées de L'Ontario

Newsletter

January 2022

Caring and Sharing

Carol Nelson - President



It is only December as I write this but I can only hope that January brings us some good news. As I watch the news on many different channels, there seems to be only doom and gloom at this time. So, this quote from Oprah Winfrey offers us hope---"January 1st is the first page of a 365 page novel and 2022 gives us a chance for us to get it right and may it be the best for everyone". If you are born in January, your birthstone will be the garnet and the carnation is the birth flower for you. You are either a Capricorn or an Aquarius—so either you are a goat or a water carrier! "Slàinte Mhaith" to all of our

Scottish friends and hope they have as much fun as they can hopefully celebrate Robbie Burns Day on January 25. I learned that Auld Lang Syne is recognized by the Guinness Book of World records. It is one of the top three songs in the English language. January is also known as National Snow month---I wonder what will happen in this year of change and turmoil. As we move into 2022, I am sure that it will bring many changes and hopefully all in a positive mode. Happy New Year to everyone! 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 2021-2022
ed.cole@sympatico.ca

HELPING US KEEP IN TOUCH



All of us are, once again, isolating at home with the arrival of the new variant, Omicron. It is more important than ever to maintain contact with our members who live alone. 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 Sympathy card was sent to Lynda Madigan, whose husband passed away in December. A donation was also made to Juliette's Place in honour of Lynda's husband. A Sympathy card was sent to Marianne Rose, whose mother passed away on January 1st. A donation, in her memory, was made to the Alzheimer Society. Peggy

A LITTLE BIT OF HISTORY

Rae-belle Christiani is our oldest member with Gwen Darch coming a close second. Both of these members will be honoured on their birthdays by the province. They also served as Executives in the 80s. Anna Donnellan, Janette McClure, Betty Caspersen, Barb Will and Fern Allen were also Executive members for many years in the 90s and later. These members have served us very well and we appreciate their work to keep Scarborough vibrant and an important part of life for many of us.

I wonder how many of us, when we joined Scarborough RWTO, have any memories of something that happened in the Branch. Let us know! Do you remember the fashion shows? Was there a trip that stands out in your mind—there have been a couple of memorable ones that I remember. Let us know. Scarborough has been so active that we need to remind ourselves about the good times.

Look forward to hearing from you. Carol Nelson

AWARD WINNER

Submitted by Joan Watson

Linda Jarvis



Every year Linda decorates her bay window with lights and festive symbols of the season for her neighbours. The Toronto City Councillor for Ward 23, Cynthia Lai, enjoyed the window so much she presented Linda with the "Festival of Lights Award".

This award is presented to the house with the most festive holiday display, showcasing the joyous spirit, as recognized by neighbours and community. Your efforts are a positive reflection of community spirit and brighten the neighbourhood. Thank you and keep up the amazing work. Cynthia Lai

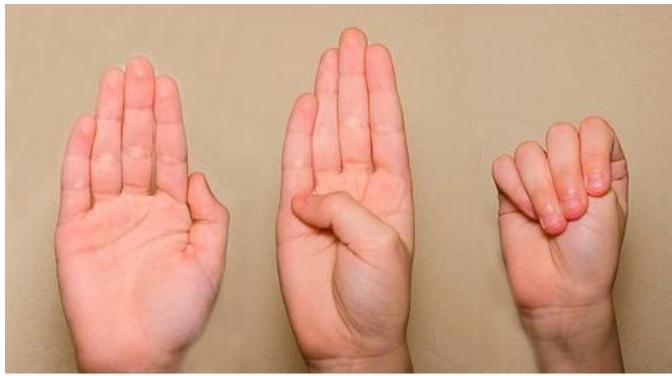


Signal For Help

The social isolation measures necessitated by the COVID-19 pandemic are making it more difficult for those who are at risk of abuse or violence to safely reach out for help.

"Signal for Help" is a simple one-handed sign someone can use on a video call. It can help a person silently show they need help and want someone to check in with them in a safe way.

There's ample [evidence](#) that disaster situations can lead to a surge in gender-based violence. Public health directives on home isolation might increase danger and risk for people in abusive relationships.



shutterstock.com · 1945665568

The Signal for Help is a tool that may help some people, some of the time. Some people do not have the ability to make video calls. Please find other resources, services, and programs below that may be helpful in an unsafe situation at home.

The Signal for Help was launched by the Canadian Women's Foundation in response to COVID-19, and is now being shared by partner organizations around the world. If you are an organization that would like to launch Signal for Help in your own country or region, get in touch with us at info@canadianwomen.org.



Is Your Password Safe?

Cybersecurity company NordPass, which sells password management services, has published [its list of the top 200 most common passwords in Canada](#) and says too many Canadians are using passwords that can be easily guessed.

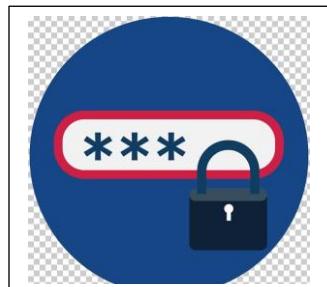
NordPass says 144 out of the top 200 most common passwords in Canada can be cracked in less than one second. Of the 50 countries it analyzed, the firm says Canada had the eighth highest number of passwords leaked per capita.

NordPass recommends using a unique password for every account. A good password should be at least 12 characters long with a combination of numbers, letters and symbols.

Since the average user has more than 100 accounts, storing them in a password manager can make it easier to keep track of passwords, Nordpass says. Using multi-factor authentication, such as a text message code or an authenticator app, can also add an additional layer of protection.

TOP 20 MOST COMMON PASSWORDS IN CANADA

- | | |
|--------------|----------------|
| 1. 123456 | 16. 1234567890 |
| 2. Password | 17. 111111 |
| 3. 123456789 | 18. sunshine |
| 4. 12345 | 19. 123123 |
| 5. 12345678 | 20. dragon |
| 6. qwerty | |
| 7. abc123 | |
| 8. tiffany | |
| 9. password1 | |
| 10. testing | |
| 11. hockey | |
| 12. 1234567 | |
| 13. iloveyou | |
| 14. 1234 | |
| 15. canada | |



16 YEARS OF FLIMSY

This story was the result of a contest that I entered through the York Heritage Quilters Guild. Another name for a 'Flimsy' is a UFO, or "Unfinished Object". There were 20 entries and we each were on stage, some of us with our quilt tops or scraps of fabric. The UFOs were held up for the audience to view while the owner spoke. There was a panel of three judges and each person presented the reasons why their quilt was not finished. Here is mine. At one point, one of the judges, motioned like she had a staff and was trying to pull me off stage. Of course, everyone laughed and I kept on speaking. Most people were unrehearsed and brief. Not me!



16 Years of Flimsy

In June of 2000, my family was eagerly awaiting our move to a big, beautiful new home! My husband was supposed to start the packing in preparation for the move, beginning with the dining room and kitchen. As was usually the case, he decided to hire the movers to come to our home and do the packing for him---while he supervised. He told me the night before. He explained that "you will be at work all day and are busy enough with teaching and trying to get the kids organized for the move." I wanted to be there to supervise! Naturally, I was anxious that the movers would pack things that I still needed to use. "Don't worry," he assured me, in his confident manner. "I'll be here!"

When I returned home from work that evening, the boxes were piled up high in the living and dining rooms. They had done everything! "And", said my husband, proudly---"They still had time left, so I sent them upstairs to do your sewing room." Dismay settled over me like a 'wet blanket.' I was working on a baby quilt as a gift for a friend and putting together a round robin friendship quilt. Everything was still out, including the ironing board, the iron, pins, fabric, sewing machine ---everything to do with quilting! I was frantic! I ran upstairs and there wasn't a box to be seen. I quickly descended the stairs and saw that the boxes were mixed in with all of the others. My husband got me settled down and calmly explained that--- I would not have time to work on my quilting projects, as I had to pack up the rest of

the house. I reluctantly agreed to leave them, resolving that packing my sewing room was one less job for me.

Little did I know that our entire house of belongings---with the quilts would remain in storage for over a year and a half!!!

After losing the house and living with friends, and acquaintances, in motels and hotels, we finally moved into a small, rented house. A year and a half had gone by. As we got settled, I slowly began unpacking and stacking everything. There was very little space to put things in their place and certainly NO SPACE for a sewing room. When I opened my boxes of sewing items with the quilts, I cried! I had safety pinned two quilts ready to sew. The pins were rusted and had left brown marks at all of their locations. How could this happen? The iron was in the same box! It must have had water in it when the movers packed them. I frantically began researching how to remove rust. I looked it up on-line. I asked friends. I interviewed quilting experts. All of the things I tried only seemed to fade or weaken the rust spots and then eventually holes grew in their places. I washed the quilt top every time, optimistic that maybe this remedy would work.

The back of the quilt top became a tangled mess of threads.

I switched tactics---what if I hand appliqued over top of the rust marks? What would I use---stars, triangles, leaves, circles, strips? What about making yoyo flowers to place on every rust spot? Should the yoyos be one size or all different sizes? What about making new blocks or pulling it apart and replacing the pieces with the rust spots? What about throwing it out and forgetting about it? I agonized over it for years. None of the suggestions were satisfactory. So here it is before you today, in its weakened, damaged state, ---crushed, wrinkled, unloved and unquilted for the last 16 years.

"Can you turn that quilt around, please?" I asked.

"Hmmmm, maybe it doesn't look so bad after all?"

Oh, and just in case you're wondering----my husband and I are no longer together!

Lana Lee Peck

**The round robin friendship quilt was finally finished in 2017. I pulled many of the blocks apart, replaced a couple, appliqued over some and left a few as a reminder. The reversible quilt, in mainly jewel tones was given with love as a College Graduation gift for my daughter, Ashley Taylor Peck. Ashley completed her studies in Hotel and Hospital management.

LEARN SOMETHING NEW

I heard an interview this week on CBC Radio. Lisa Genova, an expert on aging and memory loss, said that one way to improve your memory is to learn something new. This will add new neural pathways in your brain which will enhance your ability to retrieve memories.

Learn something new this year, a new worthwhile skill. Last month I received an email from Scugog Township that was probably sent to every citizen in the Port Perry area. I read it and went on to something else. It was a survey from the IT department and I didn't want to think about that topic at that time. I got back to it just before the deadline after a nudge from a computer expert friend. I wanted the opinions of people like me, who are challenged by Internet Technology and its need for passwords, to be heard. Then, a few weeks later I got a phone call. Of all of the respondents to the survey, my name had been drawn as the prize winner! I won an iPad! Wonderful, I thought. Now what do I do with that? As the only player in the Durham Ukulele Club who still uses paper copies of songs, I knew the time had come. I am going to learn something new. I am going to learn how to use an iPad. What would you like to learn?

Caring and sharing,
Judy Anderson Area 5 Director
RWTO/OERO
ukeladyjudy@gmail.com

Two patients limp into two different medical clinics with the same complaint.

Both have trouble walking and appear to require a hip replacement.

The **FIRST** patient is examined within the hour, is x-rayed the same day and has a time booked for surgery the following week.

The **SECOND** sees his family doctor after waiting 3 weeks for an appointment, then waits 8 weeks to see a specialist, then gets an x-ray, which isn't reviewed for another week and finally has his surgery scheduled for 6 months from then.

Why the different treatment for the two patients?

The FIRST is a Golden Retriever.

The SECOND is a Senior Citizen.



Next time take me to a vet!



INTERESTING FACTS ABOUT CANADA

- Yonge Street is the longest street in the world--2000 kilometers
- Canada has national parks that are bigger than some countries in the world.
- Wasaga Beach is the longest freshwater beach in the world.
- The TransCanada highway is 7821 km long
- About half of the lakes in the world are in Canada.
- License plates in the Northwest Territories are shaped like a polar bear.
- Quebec City is the only walled city in North America.
- Canada has two deserts—one in Osoyoos, BC and Nikaska on Lake Athabasca.
- Alert is the most northern settlement in Canada—817 km from the north pole.



We've made things easier for you. You can now get your 2021 Premium Receipt online. If you have not registered for our site, you can register now and do not have to wait. You can get your 2021 Premium Receipt online as of February 18th, 2022.

To access your receipt at that time:

- Sign in [SecureService®](#)
- Navigate through the easy-to-use online portal
- Find your receipt under the payments section

Any questions about your 2021 Premium Receipt?

You can contact us by going to the Manulife site, Manulife.ca/secureserve, log in and click on "Send Note" or you can email us at more_info@manulife.com.



BUTTERNUT SQUASH IS NOT JUST FOR SOUP OR ROASTING!



Try Daphne Oz's Curried Chicken Burgers (hidden ingredient is the squash). Complement with pickled red onions on the burger. Add Butternut Squash Fries with a plain yogurt or mayonnaise lemon dip for a delicious and healthy change to burgers and fries.

Curried Chicken Burgers:

<https://more.ctv.ca/food/recipes/curried-chicken-burgers.html>

Butternut Fries: <https://feelgoodfoodie.net/recipe/paleo-friendly-baked-butternut-squash-fries/>

Pickled Red Onions:

<https://www.gimmesomeoven.com/quick-pickled-red-onions/>

I know it's time to clean out my purse when my car assumes it's an extra passenger who isn't wearing a seat belt.

SLOWCOOKER SOY CITRUS CHICKEN



Loved the flavours but looked at the recipe too late for slow cooker. Quite successful in frypan with lid on very low heat for an hour or so after browning chicken first. Keep an eye on it and add a bit of water as needed to make sure it does not burn or dry out.

<https://www.foodnetwork.com/recipes/food-network-kitchen/slow-cooker-soy-citrus-chicken-3363420>

CREAMY SUN-DRIED TOMATO PARMESAN CHICKEN

(NO CREAM)

-a thick and creamy sun-dried tomato parmesan chicken with mushrooms. no heavy cream — or any cream — at all! plus dairy free and gluten free options.



<https://cafedelites.com/sun-dried-tomato-parmesan-chicken/>

At a couples counseling meeting the speaker mentioned that couples are so disconnected that 85% of husbands don't even know their wives favorite flower.

Mick turned to his wife and whispered:

"It's self rising , isn't it?



JULLIETTE'S PLACE

www.julliettesplace.ca



December 10, 2021

RWTO (Scarborough Branch)

2355 Warden Ave
PO Box 30042
Scarborough, Ontario M1T 0A1

"Kindness is like snow. It beautifies everything it covers." –Kahlil Gibran

Happy Holidays

Dear Friends at the RWTO,

Thank you for supporting **Juliette's Place**. We are grateful for your generous donation of \$1666.00. Your thoughtful contribution will ensure that our residents have a fantastic holiday season, especially during these challenging times.

Juliette's Place wants to be a beacon of hope during this season for the women and children we serve. We don't want our residents to wonder about food or Santa or gifts or celebrating this special time of the year. We endeavour to show our residents just how much they are loved and with your kindness and generosity, we will make those dreams a reality!

Thank you once again for your donation. We hope that you will continue to support **Juliette's Place** as we strive to continue to provide women and their children with a safe refuge to heal and build a brighter future free from abuse. We wish you a wonderful holiday and an amazing new year filled with love, joy, peace and happiness.

With gratitude,

Simone Cornelissen

Manager of Community Engagement & Fund Development

Juliette's Place

Tel: (416) 724-1500 ext. 206 | Email: simone@julliettesplace.ca | Website: www.julliettesplace.ca

Crisis Tel: 416-724-1316 | Shelter Support Tel: 416-724-7322 | Fax: 416-724-1357 | Admin. Tel: 416-724-1500

HOMeward FAMILY SHELTER o/a JULLIETTE'S PLACE

#219 –1371 Neilson Road, Scarborough, Ontario M1B 4Z8 • Charitable Registration Number: 118962299-RR0001

A woman has a problem with her wardrobe door in the bedroom. Every time a bus passes outside the house, the door of the wardrobe, would fall off.

She called a repairman to try and fix the problem.

The repairman comes, and he sees that indeed the door did fall off every time a bus passed by.

"Okay!" said the repairman, "I'm going to step inside the wardrobe, you close the door behind me, 'til I see if I can detect what the problem is, and he steps into the wardrobe. The wife closes the door behind him.

At this point the husband suddenly arrives home, and find his wife in the bedroom talking to somebody. He rushes upstairs, and opens the wardrobe door, see's the repairman, and shouts, "What the hell are you doing in there?"

The repairman meekly replies, "Well believe it or not, I'm waiting for a bus!"



From the Editor

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tkennedy34@bell.net



Uncooked oats, cereal, cooked rice (preferably brown), soaked dog kibble, fresh coconut in the shell, suet blocks, raw peanuts/ walnuts, raw sunflower seeds, wild birdseed. Bread is better than nothing at all, but is very low in nutritional value.



Thank You For Caring!

Reading gives us somewhere to go when we have to stay where we are

Mason Cooley

