



# After the Bell

in Scarborough

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

Newsletter  
March 2022

*Caring and Sharing*

*Carol Nelson - President*



It is one of those very cold nights even though the day was bright and sunny. It is time to think warmer thoughts and the month of March seems to be the perfect time to start thinking about green and its role to make the next season a brighter one for all of us. The colour green brings to mind some of these words—refreshing, verdant, growth. Green is recognized as the most restful and relaxing colour to the human eye. Think of the number of foods that are green and delicious—cucumber, avocados, grapes, broccoli, brussels sprouts, lettuce, celery, cabbage, asparagus, spinach, beans, peppers, zucchinis, edamame—makes me think of a big healthy salad! However, there are some meanings of green that are not as pretty—how many of these sayings have you heard—green-eyed monster, green thumb, green around the gills, getting the green light, the green room, greener pastures. In some countries, however, green does have different meanings: Green symbolizes luck and fertility in the Middle East—Green signals bad news in Israel—Green is also the colour of death and mourning in South America and South Africa—Japan sees green as a sign for eternal life.

Of course, green in the symbols of nationalism in Ireland. It seems that green is a dominant colour around the world.

So, as we move into the Spring (We hope!) how do you feel when you see the colour green and all its hues and meanings? How many words can you think of that are green in your life? 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](mailto:linjar47@gmail.com)  
or Brigitte Kolozsvary Bryan at [bbryan@look.ca](mailto:bbryan@look.ca)

## COMMUNICATION

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

Connie Cole- Communications Chair 2021-2022

## CARING & SHARING



Many of our members are carefully beginning to enter the world once again. This can be more difficult for those who live alone. It is important to maintain contact with those who are on their own. Take a few minutes to reach out and give someone 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 Margaret McColl, who was hospitalized recently.

Peggy

SPRING  
is coming



[weheartit.com/audrey\\_ofo](http://weheartit.com/audrey_ofo)



An elderly couple was flying to Hawaii for a two-week vacation to celebrate their 50th anniversary. Suddenly, over the public address system, the captain announces, "Ladies and gentlemen, I am afraid I have some very bad news. Our engines have ceased functioning and we will attempt an emergency landing. Luckily, I see an uncharted island below us and we should be able to land on the beach. However, the odds are that we may never be rescued and will have to live on the island for the rest of our lives."

Thanks to the skill of the flight crew, the plane lands safely on the island.

An hour later, the husband turns to his wife and asks, "Honey, did we pay the car bill this month?"

"No, sweetheart," she responds.

Still shaken from the crash landing, he then asks, "Did we pay our credit card bill yet?"

"Oh no! I'm sorry. I forgot to send the check," she says.

"One last thing, did you remember to pay the medical bill for the hospital visit last month?" he asks.

"Oh, forgive me, sweetheart," begged the wife. "I didn't send that one, either."

The husband grabs her and gives her the biggest hug in 50 years. She pulls away and asks him, "What was the hug for?"

The husband answers, "They'll find us!"



Q: Why should you never iron a four-leaf clover?

A: You don't want to press your luck!

## LET'S FIND SOME MORE MEMORIES TO SHARE

Thank you to Shirley and Peggy for their memories. I hope that you will continue to send in your stories about all of the great things that the Branch has done. This month, the FASHION MODELS are remembered for taking the time out of busy lives to work with various stores that brought out their spring collections to us—Joan Watson, Nan Collict, Lana Peck, Louise Steel, Lynne Said, Cathie MacGillivray, Jeannie Tom, Marg Rataj, Helen Frenette, Beatrice Kelly, Chris Elliott, Carol Everitt, Linda Brent and don't forget Marilyn Hodge and Linda Jarvis at the 2011 show. Carol

## DID YOU KNOW THESE FACTS ABOUT LUCKY BAMBOO STALKS?



**Bamboo plants are considered very lucky and auspicious**, according to Vastu Shastra, as well as Feng Shui. It is believed that keeping bamboo plants at home and in the office, brings good luck, wealth and fortune. A lucky bamboo brings good fortune and prosperity for at least a year. Unless it dies, in which case, according to legend, **the owner is in for 29 years of bad luck.**

- If you have 3 or 9 stalks you should place them in a corner of the room and they will bring you wealth.
- Keep two stalks to represent you and your partner to support a harmonious relationship.
- If you have 3 or 7 stalks you will be rewarded with happiness for life.
- Bring in 9 stalks, you are giving yourself a wish for good life.

Wow, I think you went too far with the plastic surgery!



Thank you

It has now been 2 years since RWTO Scarborough has been able to meet for lunch.

A huge thank you is extended to those who have helped us continue the newsletter for our members. We have worked hard to keep members up to date with new information, recipes, stories, photos and more, much of which has been contributed by members.

We know we have many talented ladies out there and appreciate your contributions to share with everyone. Any stories, recipes and photos are always welcome as this is your newsletter.

Contributions can be sent to:

Connie at [ed.cole@sympatico.ca](mailto:ed.cole@sympatico.ca) or

Cathie at [cathiemacgillivray@hotmail.com](mailto:cathiemacgillivray@hotmail.com)





I found a penny today  
Just lying on the ground.  
But it's not just a penny  
This little coin I've found.

Found pennies come from heaven  
that's what my Grandpa told me.  
He said Angels tossed them down  
Oh, how I loved that story!

He said when an Angel misses you  
They toss a penny down,  
sometimes just to cheer you up  
To make a smile out of your frown.

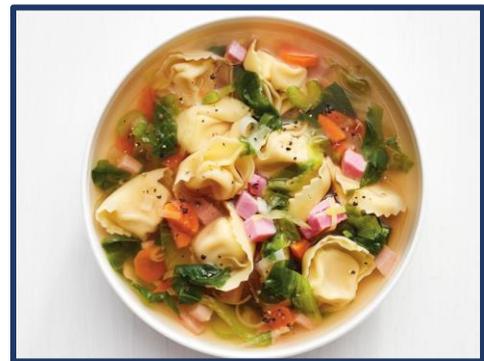
So don't pass by that penny  
When you're feeling blue.  
It may be a penny from heaven  
That an Angel's tossed to you.

*Author: Copyright © 1998 C Mashburn*



## TORTELLINI IN BRODO

If smoked pork chop is not available, I have used a bit of crisped bacon and some sausage out of the casing, minced up and browned. Escarole, arugula, chopped kale.... Any green will add to the taste and nutrition.



<https://www.foodnetwork.com/recipes/food-network-kitchen/tortellini-in-brodo-3622606>

INA GARTEN'S CAULIFLOWER TOAST –  
Makes a tasty lunch or smaller as appetizers.



<https://www.foodnetwork.com/recipes/ina-garten/cauliflower-toasts-8732049>



## Did you know?

By replacing your potato chips  
with grapefruit as a snack  
you can lose up to 90%  
of what little joy you still  
have left in your life.



© DEPOSITPHOTOS  
© BRIGHTSIDE

## People Are Sharing the Underrated Cooking Advice That Actually Changed the Way They Cook

Cooking is a skill that you can keep improving with new tips and tricks. In fact, even the most experienced chefs are constantly discovering new things. Here are some of the responses that might just improve your home cooking.

1. "Make compote or jam from sad berries on the verge of going bad. I leave it in the freezer and then use it on pancakes, yogurt, and more."
2. "Mince fresh parsley, basil, or any leafy green herbs and spread it out in a gallon freezer bag. When the herbs are completely frozen, squeeze out the air from the freezer bag, roll it up, and tuck it somewhere handy in your freezer. The herbs stay fresh and green, and you can grab a handful whenever a recipe calls for them."
3. "Tomato paste doesn't last for long in the fridge, and you hardly ever use the whole can. Empty the can into a freezer bag, flatten it out, and freeze it. When you need tomato paste, just break a chunk off and use it."
4. "For soft and fluffy cookies that still taste fresh after a few days in the fridge, add an extra egg yolk to any cookie recipe you're following, even store-bought dough."
5. "Roast vegetables for longer than you might think necessary. I used to hate roasted veggies because they'd either be hard and undercooked or mushy. Then I realized you just need to cook them for even longer so that they transcend the mushy stage, the moisture is removed, and they begin to brown."
6. "If you are baking or cooking and need to weigh ingredients, try reverse taring. Put the entire container of your ingredient on the scale, then set it to zero and measure what you've taken out. This is useful because you can weight ingredients without dirtying another dish. It's particularly handy for sticky or messy ingredients like honey or peanut butter."
7. "When making chocolate cake or brownies, use cooled coffee instead of water. The coffee enhances the chocolate flavor of the cake, and the result is so good."
8. "Use a grater or micro plane to grate a bit of butter over leftovers when reheating them in the microwave. Grated butter gives whatever you're reheating the perfect amount of moisture and flavor without drowning it in liquid."
9. "If your homemade soup is too thin, try adding instant mashed potatoes as a thickener. Since I learned this trick, I've started keeping a box around for lazy days or emergencies. They're a lifesaver when you've added too much liquid to soup."
10. "If you're making a dish that relies heavily on spices for seasoning, toast the spices before adding them to the recipe to bloom them. You only need to cook them in a pan until fragrant (which takes about 30 seconds to a minute). This quick step vastly improves their taste and amplifies the flavor so you can use less."
11. "If you want over-easy eggs but the whites are taking a while to set, place a lid on the pan and wait about 30 seconds. The steam will cook the whites quickly, and the yolks will still be nice and runny."
12. "Freeze your ginger and grate it from frozen without peeling. The inedible peels end up on the outside of the grater, and the shaved ginger lasts for ages in the freezer. You'll always have fresh ginger on hand."
13. "A tablespoon of white vinegar in your poaching liquid will give you perfectly set poached eggs. No plastic bags or poaching cups required."
14. "You can make really good chewy cookies by mixing a box of cake mix with half a tub of Cool Whip. Just bake at 350° and start watching them around 8 minutes or so."
15. "Add a layer of Greek yogurt on top of fish fillets like salmon before baking. It prevents the salmon from drying out on the oven, keeping it moist and flaky."
16. "When you're slicing an onion, leave the hairy side intact, rather than cutting off both ends. This will hold all the layers together and make it easier to chop or dice."
17. "For the best fried rice, use pre-cooked rice that's been sitting in the fridge overnight. Leftover rice doesn't stick together in the skillet or wok when you fry it, and the result tastes more like takeout."
18. "Cinnamon and nutmeg aren't just for baking. They make great additions for marinades and savory dishes. Try adding cinnamon to chili or nutmeg to creamy sauces like béchamel."

# LANA'S SUNCATCHERS

This year's ice sun catchers. I used fresh and pressed flowers. The ice is still cloudy and it froze with little mounds. I tried to get distilled water, but all out. Boiled the tap water, once, twice. It did not make a difference. The temperature is unpredictable with highs and lows. Rather than bring them into the freezer, I think I will let nature take its course. (I was working during the cold spell in January and early February.) I didn't do too much after school each day, other than eat dinner and fall asleep on the couch. 😂😂😂

Always lots of fun and I am anxious to see what they look like hanging outside in the light.



**RIGHT NOW, THEY'RE ARGUING  
OVER WHO LOST THE KEYS...**



**SHOULD I TELL THEM OR  
JUST SIT BACK AND LAUGH.**



**Meals on Wheels** is a service for seniors to receive balanced meals which are delivered to their

door. Meals are delivered between 1130am-130pm. The meals can be delivered every day or a choice of days. Hot meals cost \$8.75 per meal and includes 1 soup, 1 entree (can choose a variety of meals) and 1 dessert. Frozen meals are available and also include entrees, soups and desserts. Payment can be done by cheque or pre-authorized payment.

COVID-19 protocols are followed, and delivery people are trained to work with seniors.

Senior must be 55 years of age or older. Catchment area—west of Markham Rd to east of Bayview and north of Lawrence to south of Dennison St. The service is also available in other areas. (Thanks to a member's daughter)

**CONTACT:** Senior Persons Living Connected  
3333 Finch Ave. East].  
SCARBOROUGH. M1W 2R9  
416 493. 3333



**Your group retirement statement  
is ready.**

To see it, you'll need to go to [Manulife.ca/GRO](https://Manulife.ca/GRO) and sign in with your Manulife ID - a new single, secure login for everything you have with us.

Then go to View your holdings > Statement history.  
Have you set up a Manulife ID?

You need a Manulife ID to sign in to your group retirement account. It's our new, secure online ID that replaces your old username and password. Learn more about Manulife ID at [Manulife.ca/membersupport](https://Manulife.ca/membersupport).

Need help with something else? You can't reply to this message, but we still want to help! [Visit our support page](#) to find the answers you need, or how to contact us.

## PROVINCIAL DIRECTIVE

March 5, 2022

This comes from Nancy Bell, Provincial President as RWTO continues to navigate through the COVID-19 pandemic. Scarborough Branch has followed all of the provincial and local guidelines. However, I will pass these on to our members.

All members must continue to present proof of being fully vaccinated in order to gain access to RWTO activities.

For the in-person Convention/AGM in June, all attendees are required to have a Covid-19 booster dose and wear masks except when eating and drinking.

RWTO takes the privacy of the Members seriously and takes appropriate steps to comply with applicable privacy laws.

RWTO is not liable for any damage or bodily injury in respect of COVID-19, resulting directly or indirectly from Branch or Member activities.

Scarborough Branch has not met in-person for two years and will not meet in-person until Provincial rules are lifted and it is safe for all of us to be together again. Your Scarborough Executive appreciates your support as we are hopefully nearing the end of this pandemic.

Carol



**66<sup>th</sup> Convention**  
RWTO-OERO



**Join Area 3 in London**

June 7 - 9, 2022

**LET US RAISE YOUR SPIRITS!**



## IMPORTANT NUMBERS

Carol 416-724-7107 [nelson.carol@gmail.com](mailto:nelson.carol@gmail.com)

Linda 416-293-8689 [linjar47@gmail.com](mailto:linjar47@gmail.com)

Brigitte 416-496-9590 [bbryan@look.ca](mailto:bbryan@look.ca)

Manulife Insurance, PO Box 670 Waterloo Station,  
Waterloo, Ontario N2J 4B8

Terry Kennedy (Insurance Agent) 1-519-583-0098

[tkennedy34@bell.net](mailto:tkennedy34@bell.net)

# March 2022 Treasurer's Report

## Linda Jarvis - Treasurer

Bank balance September 13, 2021		\$9046.87
<b>Income</b>		
Membership	\$560.00	
Julliette's Place	1666.00	
RWTO Rebate	1998.00	
Donation	40.00	
RWTO credit	200.00	
Total	\$4464.00	
		\$13510.87
<b>Expenses</b>		
Stamps, envelopes, photocopying	\$90.69	
RWTO fees	\$560.00	
Julliette's Place	1666.00	
Goodwill	300.00	
War Amps	50.00	
Make-A-Wish	200.00	
Total	\$2869.69	
Bank balance March 6, 2022		\$10641.18



### From the Editor

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