



After the Bell

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



in Scarborough

Newsletter
April 2022

Caring and Sharing

Carol Nelson - President



'APERIRE' means to open and can refer to the season of trees and flowers which, of course, begin to open and bloom. April showers also brings May flowers—let's hope that the blooms and flowers are coming soon. The daisy and the sweet pea are the birth flower. The diamond is the birth stone for April. I wonder what this April is going to bring—The Easter Bunny, some warmer weather, the return of the robins, the squirrels running around the park and beginning of RWTO'S membership year, luncheons (we hope) and an opportunity to meet friends and colleagues.

Yes, it is time to renew your membership. It is not due until July but hopefully many of you will renew early. Linda certainly appreciates that when it happens.

Just knowing that 16 million jellybeans are made each for Easter in the USA is amazing.

Happy Spring!

Carol Nelson

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

JEAN DENNIS

"Life is made sweet because of friends we have made and things which in common we share. We want to live on not because of ourselves but because of people who care" (RWTO convention 1981)



Jean passed away on March 15, 2022, at the age of 92 years. As an RWTO-SCARBOROUGH member she was a valued member of our group. Her involvement in the Branch was much appreciated, Issues and Concerns (1996), Vice President (1996-97), President (1997-98) and as the Past President in 1998-1999. Her knowledge of the Branch helped to produce the Publicity Folder in 2000-2001. Jean enjoyed being a greeter at luncheons and also offered her ideas for programming during the years. She will be missed by many who worked with her on Executives over the years---Marie Harvey, Rae-Belle Christiani, Betty Caspersen, Nan Collict, Anna Donnellan, Mary Marchut, Eleanor Rudner and Lamoine Mustard. Her knowledge of RWTO was certainly appreciated for many years.

COMMUNICATION

If your e-mail or phone number changes, please contact:
Connie Cole- Communications Chair 2021-2022
ed.cole@sympatico.ca

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. With Omicron still present, 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 Barbara Will, who fractured her hip & has been undergoing intensive therapy at Bridgepoint.

If she is still there, (which I don't know), she would appreciate phone calls. Her roommate doesn't speak English.

Peggy

IMPORTANT NUMBERS

Carol 416-724-7107 nelson.carol@gmail.com

Linda 416-293-8689 linjar47@gmail.com

Brigitte 416-496-9590 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

This Dreamy Tulip Farm Is Reopening &
You Can Get Lost In 2 million Blooms



Tasc planted 2 million tulip bulbs last fall in Fenwick, ON to embark on a new adventure. They initially were planning to test their tulips, observe and take business photos. However, after planting, they decided they wanted to share with others!

When: Reopening late April or early May 2022
Address: 1415 Balfour St., Fenwick, ON



Sausages with Caponata

PS Capsicum is peppers. I had to look it up! I used a red bell pepper. Serve with garlic toast. You don't really need a main starch. Delicious!



https://www.delicious.com.au/recipes/sausages-caponata/d429ba06-fb3a-497d-8ae9-79e2d0dc15ec?current_section=recipes&r=recipes/collections/yil20vmy

Crispy Spatchcock Chicken

Really great and easy crispy skin roast chicken with nicely spiced taste. I prepped it early in the day and let it dry brine for only 8 hours and it was delicious. The veg choice in the recipe is optional. Do your own thing.



<https://www.themediterraneandish.com/crispy-spatchcocked-chicken-recipe/>

THINGS THAT I DISCOVERED...

- ✓ Corn Flakes, Shredded Wheat, Grape Nubs and Rice Krispies came to the breakfast table in 1928.
- ✓ Oreo cookies have been a favourite since 1912. For those who are gluten-free you can now buy gluten-free Oreos.
- ✓ Ritz Crackers came to our cupboards in 1923.
- ✓ Cheese Whiz became a favourite in 1952. Do you remember having celery sticks spread with Cheese Whiz?
- ✓ Peanut butter was a Canadian invention in 1887. Peanut Butter and jam sandwiches were a lunch time favourite. My granddaughter (9) loves pb and jam at any time of the day.
- ✓ Starbucks became a favourite of many in 1992.

Today, we live with on-line food delivery, plant-based meals, food trucks, instant mashed potatoes, low fat meals, quinoa, kale, cauliflower-based pizza, instant pots and air fryers. How things have changed!

Carol

“MALE”

“FEMALE”

ORANGE SPOTS

WHITE SPOTS

TASTELESS

DELICIOUS

HOW TO PICK THE PERFECT Watermelon

GREEN STEM

DRY STEM

SMALLER WEBBING

LARGER WEBBING

= GREEN WATERMELON

= RIPE WATERMELON

= BLAND WATERMELON

= SWEET WATERMELON

How to Say No: A Guide to Saying No Politely

Saying no isn't always easy—but it's often necessary. That's true both at work and in personal relationships. When a colleague asks you to take on a project you don't have the bandwidth for, pushing back without leaving them feeling rebuffed is a valuable skill. Likewise, when you get an invite you're just not up for, knowing how to say no politely keeps things from getting awkward.

1 Cushion it with kindness or a compliment.

A favorite of grandmothers everywhere, this is the classic “I love you, but no.” The idea is to give the recipient a few words to feel good about despite the rejection, like so:

Example: This sounds like a great opportunity, but I have to pass. Thank you for considering me!

Example: Your proposal is intriguing and I'm glad you brought it up, but it's not a good fit for us.

2 Give your reasons.

Besides compliments, another thing the person you're saying no to might appreciate is knowing why.

Sometimes it's best to be candid about your constraints. Example: I can't handle the meeting for you this afternoon—I'm busy onboarding a new hire and have a deadline I need to hit.

Example: This is a sweet pitch, but our organization doesn't have a budget for this kind of project right now. In other cases, you may prefer to reveal as little as possible—in which case, read on.

3 Be brief, but not brusque.

You don't always have to explain yourself when telling someone no. Still, it's often more considerate to provide a straight-up no rather than a non-response, because leaving people wondering tends to read as thoughtless. And while it's generally wise to keep this type of message brief, it's possible to be a bit too short:

Bad example: I can't help with that.

Better example: Sadly, I'm afraid I can't help with that.

Note the use of the word sadly above. It shows you recognize the answer probably won't thrill the recipient, and it brings you no joy to say so.

Another fine example: Thank you for thinking of me for this assignment. I can't take more work on right now, but please keep in touch.

The words “right now” in that last example suggest you might be open to other assignments down the road; saying so politely helps keep your options open in the meantime. This brings us to our fourth strategy:

4 Leave the door cracked.

Sometimes, you don't want to say “no” so much as “not now.”

Example: Thanks—I'd love to speak at your event, but the timing this year is not good. Would you please keep me in mind for next year's summit?

Handy though this approach is, use it sparingly. Putting someone off indefinitely can come off as a lot less polite than telling them no at the outset.

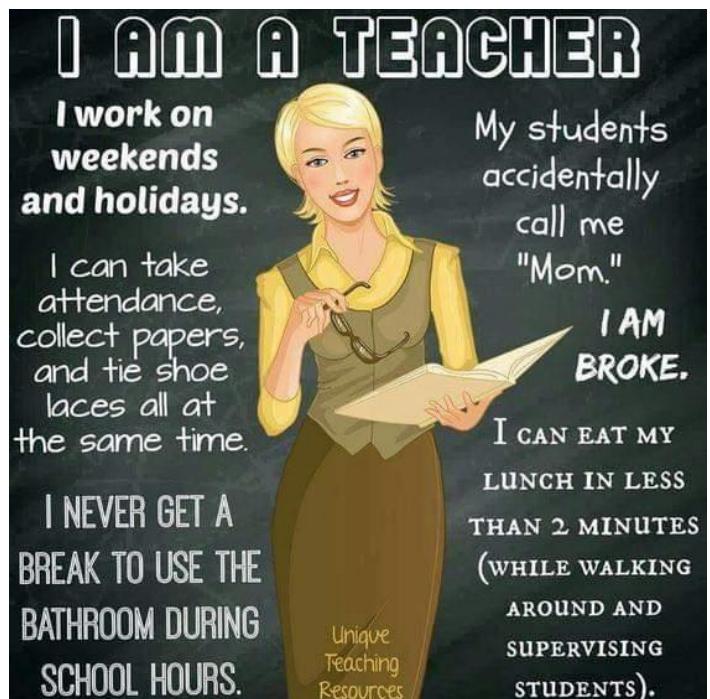
5 Offer an alternative.

While your answer might be no, in the interest of courtesy, occasionally you'll want to help out the recipient in some other way—by suggesting another time or a different option, perhaps.

Example: I can't pick up the weekend shift for you this time, but I can cover for you Monday if you need a day to recover afterward.

Telling people, no is an essential part of life. While you don't always have to offer the recipient a Plan B or an explanation, it's often worth taking the time to express yourself kindly.

In doing so, the last thing you want to do is trip over an avoidable misspelling or punctuation error.





Surprises are starting to pop up in my gardens.
These are mini snowdrops. Very exciting!

Lana

ECO TIP 205

Pasta water is good for your plants

Pasta water is full of starch



Rich in minerals and vitamins

Use it to water your plants



⚠ Make sure it is not salted!



Vegetable Container Gardening Guide

Vegetable Plant	Light Requirement	Minimum Container Size	Space Between Plants
Arugula	Full Sun / Partial Shade	1/2 gallon	3-4 inches
Beans, Bush	Full Sun	2 gallon	2-3 inches
Beans, Pole	Full Sun	5 gallon	2-4 inches
Beets	Full Sun / Partial Shade	1/2 gallon	2-3 inches
Broccoli	Full Sun	5 gallon	12-18 inches
Carrots	Full Sun / Partial Shade	1 quart	2-3 inches
Cabbage	Full Sun / Partial Shade	5 gallon	12-18 inches
Chard, Swiss	Full Sun / Partial Shade	1/2 gallon	4-6 inches
Collards	Full Sun	5 gallon	5-7 inches
Cucumbers	Full Sun	5 gallon	14-18 inches
Eggplant	Full Sun	5 gallon	1 Plant per container
Kale	Full Sun / Partial Shade	5 gallon	10-15 inches
Lettuce, Leaf	Partial Shade	1/2 gallon	4-6 inches
Onions, Green	Full Sun / Partial Shade	1/2 gallon	2-3 inches
Peas	Partial Shade	2-5 gallon	3-4 inches
Peas, Snow	Full Sun / Partial Shade	2-5 gallon	3-4 inches
Peppers, Bell	Full Sun	2 gallon	1 Plant per container
Peppers, Hot	Full Sun	5 gallon	1-2 Plants per container
Radishes	Full Sun / Partial Shade	1 Pint	1 Plant per container
Squash	Full Sun	5 gallon	1 Plant per container
Squash, Summer	Full Sun	5 gallon	1 Plant per container
Tomato	Full Sun	5 gallon	1 Plant per container
Tomato, Cherry	Full Sun	1 gallon	1 Plant per container
Turnips	Full Sun	1 gallon	2-3 inches
Zucchini	Full Sun	5 gallon	1 Plant per container





A CELEBRATION

In April we celebrate our ladies who are in their 80s. These ladies have seen so many changes in the world and they have so many memories. Congratulations on your birthday this year!

Turning 80 is like turning 27 in Celsius!

Rosalie Amodeo	Sylvia Anderson
Anna Bloom	Clair Boyes
Ruth Brackley	Barbara Brunsden
Olive Cheron	Josie Chisamore
Jeannie Cholakis	Raidee Corrie
Carol Currie	Pat Devlin
Irene Duncan	Chris Elliot
Virginia Fraser	Isabel Hirlehey
Catherine Holmes	Gloria Hutchinson
Irene Hyatt	Carmelle Jean
Joan Kehoe	Ellen Lowcock
Irene Manahan	Mary Marchut
Kathleen Matsushita	Alice McDonald
Elizabeth McGowan	Eileen Murphy
Lamoine Mustard	Diane Nevard
Eleanor Rudner	Helen Sharpe
Louise Sloan	Caroline Small
Susan Urie	Joyce Van Bochove
Helen Victoria	Carol Watterson
Patricia Wright	Rose Marie Zupan

RWTO Scarborough - Linda Jarvis - Treasurer
Hopefully I haven't missed anyone.

INSURANCE NEWS

(From Terry Kennedy, RWTO's Insurance Broker)

Some important benefits that members are entitled under the Hospital and Home Care Plan:

The CONVALESCENT BENEFIT-\$350.00/month is available following a hospital stay of 3 or more days for 6 months while they are recuperating at home.

The COMFORT CARE BENEFIT can also be claimed for \$25/day for each day of hospitalization.

If HOME NURSING is required, members should contact Manulife at 1-877-222-7340 to arrange this coverage.

The TRANSPORTATION BENEFIT provides \$0.35/km for mileage and parking to get to the hospital or come home after discharge.

The ASSISTIVE BENEFIT can assist with the purchase of grab bars, a bath seat, a raised toilet seat, a walker, wheelchair, or ergonomic poles.

The PHYSIOTHERAPY BENEFIT will cover up to \$300.00.

CATERACT SURGERY, FRACTURE BENEFIT, HEARING AID and OXYGEN BENEFITS are also available.

If you have any other questions or concerns, contact Terry at 519-583-0098

or email at tkennedy34@bell.net

If you need a claim form, let Carol know.



Every year, the Canadian Cancer Society's (CCS) Daffodil Campaign unites Canadians to take action for the nearly half of Canadians expected to be diagnosed with cancer in their lifetime.

This spring, hope is more. More than a word, more than a feeling. **Hope is action.** Breakthrough discoveries, quiet acts of care, roars of support. These are the things that give hope life. That make it bloom. So that more people with cancer can live longer, fuller lives. And that's why we need your donation to make it all happen.

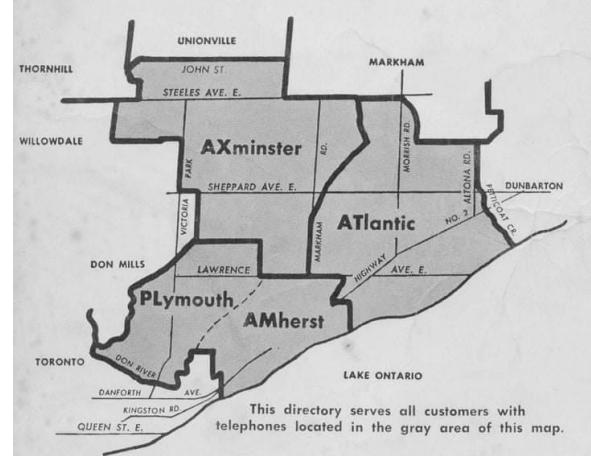
Your donation to this year's Daffodil Campaign will fund nationwide support programs that offer comfort and connection – and world-leading research to transform the future of cancer.



One of my favourite memories was my mother's birthday cakes. She had three pans that she used to make a 3-tiered checkerboard cake. Since my birthday is in March, checkerboard cake was green and white. There was always money hidden in the batter—pennies (remember those?) nickels, dimes and one quarter. I made one of these for my brother's 50th birthday—it had loonies and toonies hidden in it—the cost of inflation. I found a recipe for Mayonnaise Cake when I was scrolling through some food site. My mom made this. It became popular in 1940 when eggs and dairy were scarce. Anyone ever made this cake? Another favourite item was the silver package of lifesavers in the Christmas stocking. It came along with the apples and orange that were in the toe. Good memories of days gone by!

Carol

WHO REMEMBERS THESE DAYS?



This directory serves all customers with telephones located in the gray area of this map.

I can't believe that I can remember my grandparent's phone number after all these years. AX1-8274. I spent time with my grandparents on Thatcher Avenue and can still see the phone in the little cubby hole in the back hall. Cathie

Resolutions for 2022 Annual General Meeting

Resolutions 1-4 are being submitted by the Ad Hoc Committee re Resolution #1, following the resolution from the 2021 AGM to investigate the fee rebate. The Board of Directors is supporting these resolutions. There were no resolutions submitted from the branches this year. Please read all resolutions carefully and discuss them within your branch.

A PowerPoint Presentation will be available to branches, delegates and interested members titled, “Understanding Provincial Finances”, prior to the Convention. This will be found on the website at rwto.org (Convention - AGM Minutes & Resolutions)

Resolution #1

Be it resolved that Policies and Procedures Manual Article XIV, Financial, 4a: “The annual Branch rebate per paid Provincial member shall be twenty-five (25%) of the membership fee, commencing with the 2008- 2009 membership year. The rebate on the fifteen dollars (\$15.00) membership fee shall remain at eight dollars (\$8.00).” be amended to read:

“The annual Branch rebate per paid Provincial member shall be thirty percent (30%) of the membership fee, commencing with the 2023-2024 membership year. The rebate on the fifteen dollars (\$15.00) membership fee shall remain at eight dollars (\$8.00).”

Rationale:

- Local Branches are facing the challenges of rising costs and operating expenses.
- The existing 25% rebate per member was implemented in 2008-2009 as a return in assisting with actual costs per member.
- A minimal number of members/delegates are subsidized to attend Convention.
- Promoting “Caring and Sharing” in our communities is a local branch priority demanding time, talent and treasure. A great deal of the work of RWTO/OERO occurs within the local branch.
- Rebates are guaranteed, based on membership, to provide monies for local expenses wherever needed.
- Fundraising, to increase membership for the purpose of generating revenue at the local level, is increasingly demanding of time and energy. The reality is that we have an aging membership.
- Based on the financial status of the organization, grants may or may not be forthcoming, as approved by the Board of Directors.

Resolution # 2

Be it resolved that the amount of funds held in reserves at the end of the fiscal year will be a minimum of two (2) times the anticipated expenses for the following year.

Rationale:

Generally, business practice is that reserves should be 1½ to 2 times the anticipated expenses of the following year. This provides a concrete directive for the organization.

- It is the duty of the Board of Directors to maintain the financial health of our organization.
- Although the fiscal year ends March 31, expenses continue to be incurred prior to the receipt of membership fees.

Resolution # 3

Be it resolved that when the amount of funds held in reserves exceeds the two (2) times anticipated expenses for the following year, the Board of Directors will examine the feasibility of remitting special grants to the branches.

Rationale:

· Generally, business practice is that reserves should be 1½ to 2 times the anticipated expenses of the following year. This provides a concrete directive for the Board of Directors.

- It is the duty of the Board of Directors to maintain the financial health of our organization and honour fiscal transparency.

· Membership dues are the only guaranteed source of revenue for the provincial organization. If membership numbers decline unexpectedly, we need to be financially prepared.

- Costs vary based on the type of convention, live or virtual. Live conventions incur expenses, at a considerable time prior to the actual event.

Immediately following a live convention, there are expenses that need to be paid (e.g., delegate support for travel, meals, accommodation, etc.). This all needs to be paid before new membership fees are received.

Resolution # 4

Be it resolved that when the Board of Directors is distributing special grants to the Branches, these special grants will be paid out equally to each Branch.

Rationale:

- Unity and fairness are fundamental to our motto of 7 Resolutions for 2022 Annual General Meeting – Continued “Caring and Sharing”.
- All branches are important in their contribution to maintain and increase membership.
- All branches are important in their continued support of valued outreach projects.
- All branches are important in their support of the overall goals of RWTO/OERO.
- All branches have costs.

Resolution #5

Be it resolved that Constitution Article V Duties of the Board of Directors, 2 Board of Directors, be amended by the addition of f, “Wherever possible, ensure that RWTO/ OERO Provincial meetings and events take place in a venue or facility that is accessible to all.”

Rationale:

- We are an organization who cares about the well-being and needs of our members. · We seek to retain our members as they age and their health, comfort and safety needs may require careful consideration when planning our events and activities.
- We strive to be inclusive and responsive to our members' special needs, so we may all benefit from each other's participation in our organization.

This resolution is a repeat of Resolution #3 from the 2021 AGM. The wording of Resolution #2 which was carried, has been used in this resolution.

Resolution #6

That an Ad Hoc Committee be formed to develop viable strategies to have events virtually available at the Annual Convention.

Rationale:

- This resolution came about as the result of Motion #10 at the 2021 Annual General Meeting that Resolution #3 be referred to the Board of Directors for further study and that the Board of Directors report back with suggested wording at the AGM 2022.
- During the 2021 Annual Virtual Convention, members, who were non-delegates, participated virtually in many events, such as entertainment, workshops, tours, the Awards Ceremony, and Installation of the new Board of Directors.

Resolution # 7

Be it resolved that Constitution Article VII, Section 3, the second a, “manage the Website by communicating all changes to the Webmaster” be amended to read: “manage the Website by

communicating all changes to the Website Consultant”

Rationale: The job title Website Consultant is defined as follows: “develop websites and applications for a client who is employed by a web designer firm or who works as a private consultant” is more applicable to RWTO/OERO’s situation.

Resolution # 8

Be it resolved that Constitution Article VIII, B, Section 5 c. “liaise with the Webmaster and Communications Newsletter Convenor” be amended to read: “liaise with the Website Consultant and Communications Newsletter Convenor.”

Rationale:

The job title Website Consultant is defined as follows: “develop websites and applications for a client who is employed by a web designer firm or who works as a private consultant” is more applicable to RWTO/OERO’s situation.

Respectfully submitted by Judy Drummond, 1st Vice-President, Chair, Constitution and Resolutions Committee

Two young boys walked into a pharmacy one day, picked out a box of tampons and proceeded to the checkout counter. The pharmacist at the counter asked the older boy, 'Son, how old are you?'

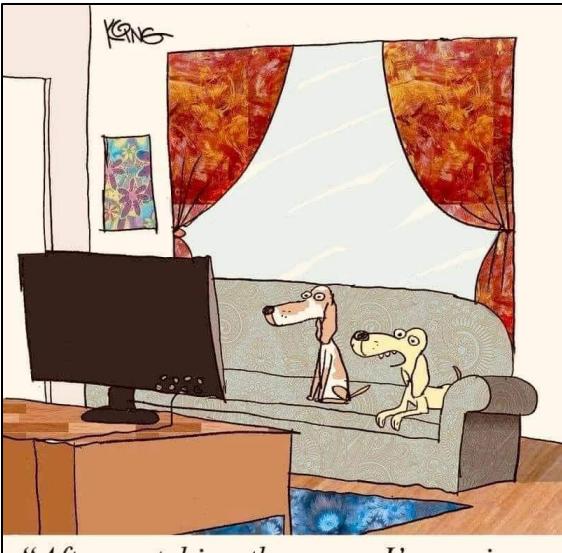
'Eight', the boy replied.

The man continued, 'Do you know what these are used for?' The boy replied, 'Not exactly, but they aren't for me. They're for him. He's my brother. He's four.'

"Oh, really?" the pharmacist replied with a grin.

"Yes." the boy said. "We saw on TV that if you use these, you would be able to swim, play tennis and ride a bike. Right now, he can't do none of those..." 😊





"After watching the news, I'm curious
as to why humans are higher up on
the food chain than us."

One of the weirdest things about being an adult is having a favorite stove top burner. No one ever talks about it, but y'all know it's true.

ALL I NEED TO KNOW I LEARNED
FROM THE
easter
bunny



- DON'T PUT ALL YOUR EGGS IN ONE BASKET.
- everyone needs a friend who is all ears.
- SOME BODY PARTS SHOULD BE FLOPPY.
- ALL WORK AND NO PLAY CAN MAKE YOU A BASKET CASE.
- LET HAPPY THOUGHTS MULTIPLY LIKE RABBITS.
- everyone is entitled to a bad "HARE" DAY.
- KEEP YOUR PAWS OFF OTHER PEOPLE'S JELLY BEANS.



Hoppy (early!) Easter
every bunny!



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