



After the Bell

in Scarborough

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

Newsletter
July 2022

Caring and Sharing

Carol Nelson - President



It was the ancient Romans who defined the period of July 3-August 11 as the dog days of summers. They are described as the hottest and steamiest part of the summer. Sirius, the Dog Star, rises at the same time as the sun. So here are some things which could be included to survive these Dog Days of Summer: ...take a dip in a pool.... go to the beach.... go to a water park.... lay in a cozy hammock...quaff your thirst with a frozen summer drink.... lay under a shady tree. However, don't forget to get out and enjoy the hot weather –after all the days are getting shorter and you know what follows!

We, Canadians celebrate Canada Day on July 1. This day acknowledges the anniversary of the Constitution Act which brought three territories into a single nation of Canada. We are now 155 years old! Cities and villages have parades, have outdoor picnics and bbqs. People wear the colours of the flag and enjoy outdoor picnics, sporting events and fireworks.

July is also the beginning of the RWTO'S 2022-2023 year of what is hoped will be the end of the pandemic years. To start off, every member with an email address should have received the June newsletter and every member without email was mailed the newsletter. There is always important Branch and Provincial information plus lots of fun things to read. Included with the June newsletter was the most up-to-date information about upcoming luncheons. *The most important message in that this dispatch was the cost of the luncheons—\$50.00 which includes a salad, entrée, dessert and coffee/tea. This does not include the cost of speaker or entertainment.* The purpose of this dispatch is telling the Executive if you are going to attend the luncheons at the \$50.00 cost. The responses have been very slow in coming in. We need to decide about what happens in September—please share your thoughts on this decision—these are your luncheons. Email your response to me nelson.carol@gmail.com or call me at 416-724-7107. Thank you to those have responded with their thoughts—much appreciated. I would like to hear from many more of you. 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: ed.cole@sympatico.ca

Connie Cole- Communications Chair 2022-2023

GOODWILL

A Thinking of You card was sent to Shelley Goodman. She and her mother have both been experiencing health issues.

A Thinking of You card, as a follow up to a card sent in early March, to Marg McColl, who has been at Bridgepoint for a considerable length of time. Calls would be appreciated.

Peggy

FROM THE EXECUTIVE

Yes—we have a date—September 20. Yes, we have a venue—THE ESTATE.

However, there are not enough people who are interested in coming. 50 members responded to the dispatch sent out in June. 2/3 of those replies said they would come. However, there were some members who had concerns regarding COVID restrictions. Jeet told me that there were no restrictions at this time. He needs to have our usual number (about 90-100) to cover his costs. The \$50.00 will include a salad, entree (chicken or salmon), dessert and coffee/tea.

The latest COVID news is not positive. That probably means that numbers will change and could affect our September plans. At this time, no plans have been finalized for September. I would like to hear from more members on their thoughts regarding a September luncheon.

Please email your thoughts to nelson.carol@gmail.com or call at 416-724-7107. Your input is very important. I thank those who did respond—much appreciated.
Look forward to hearing from more of you.
Carol Nelson



Thank you to those ladies who have already renewed their RWTO membership promptly for 2022-23. For those who have not yet done so, please do remember that your renewal is essential in order to maintain your Manulife insurance. We hope all of our members will renew for the 2022-23 membership year. 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 July 1, 2022, or August 15, 2022. 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



Brigitte would greatly appreciate the assistance of 1 or 2 members, in contacting some ladies by phone to remind them about renewing their membership. The phoning is done once per year, from July to September, at your convenience. This not only lightens Brigitte's workload but is also a great way to get to know other members. Sometimes they are in unusual situations, of which we are otherwise unaware. They appreciate the caring phone call.

If you are willing to volunteer some of your time, please contact Brigitte at: 416-496-9590 or email her at bbryan@look.ca



MORNING GLORY MUFFINS

– a healthy addition to breakfast

<https://sallysbakingaddiction.com/simple-morning-glory-muffins/>



SWEET POTATO LASAGNA

– nice alternative to noodles. Flexible recipe – I used sweet Italian sausage meat and bottled marinara sauce.

<https://sallysbakingaddiction.com/simple-morning-glory-muffins/>



RWTO CONVENTION 2022

It felt special to attend the Convention and AGM at The Four Seasons Hotel in London after attending virtually, via Zoom sessions in June '21.

I was most impressed with the excellent planning, organization, and attention to details on the part of our London & Middlesex colleagues. The theme was fun- Laughter Lifts Us Up. In a hallway, there was even an authentic Hot Air Balloon to lift our spirits, if not lifting us up physically! (It was featured in the photo in the July newsletter). At our first meal together in the large banquet room, at each place there was a slip of paper, rolled and tied with ribbon, which, when opened, revealed a joke to share with others around the table. A great icebreaker! Centrepieces were handmade, from funny abstract hens to other creative pieces at other meals.

The main change that was passed concerning the resolutions brought forward at the AGM, concerned a budget matter: the amount to be rebated from Provincial to the Branches will increase from \$10 to \$12 per member annually.

The optional sessions I attended were interesting. There is much to know about the Manulife Hospital & Home Care, and Accidental Death & Dismemberment Plans, including changes, improvements, and new modernized ways of submitting claims, The refresher was invaluable.

For travel insurance (which is part of our amazing benefits package), call 1-888-326-3535.

Remember to maintain your membership in RWTO to remain in the plans.

I attended a session Helping Our Branches Thrive, that highlighted some of the wonderful outreach programs and initiatives in which other branches, from small to large, have been involved. Videos they had submitted were shown. It was inspiring and impressive to hear about their projects.

The other session I attended was a Staycation: Ageless Grace Yoga conducted by a vivacious, enthusiastic instructor, Christine. For all the stretches and exercises participants were seated on chairs. It was fun! You can sign up for virtual classes for a very modest cost per class at christinequayle@gmail.com.

The three days flew by. I am very glad I attended. It was lovely to meet other RWTO members from around the province, Board of Directors, and other delegates, one of whom was wearing the same dress I had donned for the banquet! She was piped in with the other Directors to the Head Table, and we spotted each other as the parade was weaving amongst the tables. A brief pause and a quick hug with twinkling eyes as she passed our table, and in an instant, we were strangers no more. Peggy Irwin

FROM AD HOC COMMITTEE ON EXTENDING MEMBERSHIP - MAY 2022

This the response from the committee to the surveys which were sent out to members earlier in the year.

- 1662 responses
- only 40% of members responded
- responses were tabulated by Google forms and by the Chair
- 38% of responses included a written response
- points of reference included: increase membership, work together, be inclusive. include only teachers, changes could change tone of RWTO/OERO, include EAs and ECEs



Wishing I had this talent!



RTO DISTRICT 24 GOLF TOURNAMENT

Gary Fick of District 24 is announcing a Golf Tournament, social event to take place on Tuesday, September 13, 2022, at Mill Run Highland Golf Course. We will have a Shot Gun start at 9 a.m. District 24 is subsidizing the cost of this event for District 24 Members (18 holes of golf, a shared electric golf cart, and a delicious BBQ luncheon, regularly \$75.) so that the cost for participants is only \$55.

There will be token prizes for Top Teams (Male, Female, and Mixed) plus Closest to the Pin (Male and Female), Most Accurate Drive aka closest to the rope (Male, Female) and Most Accurate Putter (Male and Female)
Deadline: Friday, August 20, 2022

We hope to have at least 18 teams to restart this very popular social event. For further information contact Gary Fick at gfick1@rogers.com

RWTO members are more than welcome to join their RTO colleagues at this event. RWTO-SCARBOROUGH will send a donation of \$300.0 for Breakfast for Kids in support of this event.



SHRINKFLATION

As inflation continues to eat away at companies' bottom lines, businesses are rapidly choosing an alternative to raising prices: shrinkflation. Shrinkflation is the act of downsizing the size or quality of a good while holding its sticker price constant. It's a sort of new-age alternative to raising prices, one that not everyone agrees with.

Shrinkflation isn't new. But it proliferates in times of high inflation as companies grapple with rising costs for ingredients, packaging, labour and transportation. Global consumer price inflation was up an estimated 7% in May, a pace that will likely continue through September, according to S&P Global.



For instance, Cottonelle toilet paper previously sold their "48-Mega" toilet paper with 340 1-ply sheets. Now, they have only 312 sheets.

The old bulky 32-ounce bottles of Gatorade have slimmed down to a tall and thin 28 ounces.

Sunmaid Raisins used to come in 22.58-ounce containers, but now have shrunk to just 20 ounces.

Dove moisturizing body wash once came in 24-ounce bottles which are now just 22 ounces.



Darn you, shrinkflation

Rather than hike prices, brands are reducing serving size

	9.75 oz	→	9.25 oz	5 fewer chips per bag
	4.1 oz	→	3.8 oz	15 fewer uses per tube
	22.6 oz	→	20 oz	70 fewer raisins per can
	264 sheets	→	244 sheets	20 fewer sheets per roll

DATA: Quartz, Mouse Print

by HUSTLE

My 4 year old son came screaming out of the bathroom to tell me he'd dropped his toothbrush in the toilet. So I fished it out and threw it in the garbage. He stood there thinking for a moment, then ran to my bathroom and came out with my toothbrush. He held it up and said with a charming little smile, "We better throw this one out too then, 'cause it fell in the toilet a few days ago."

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

**MESSAGE FROM JUDY DRUMMOND
RWTO/OERO PROVINCIAL PRESIDENT
2022-2023**

COVID PROTOCOL LIFTED

At the convention the protocol was discussed at the Board level. With all communities opening up it is recommended that our protocol be lifted and everyone continue to follow as you feel comfortable in any setting of RWTO/OERO activities.



ETFO ANNOUNCEMENT

Those in our organization who would have retired in the last ten years should have received information from ETFO about those members who are eligible for compensation during 2012-2013 and 2013-2014. Their website is ETFO.ca. Enjoy your summer.

Did you Know..?

Strawberries dried in the oven. Taste like candy but are healthy & natural. 3 hrs at 210 degrees... Might be better than Twizzlers.



GIANT HOGWEED

If you like to stop and smell the flowers when you go for a walk in Toronto, you might want to know which plants to avoid because there are some that could seriously harm you.

In a recent tweet, Metrolinx shared that they had just spotted some Giant hogweed near Evergreen Brickworks. They removed the plant from along the tracks and reminded the public to "always stay on trails."

While these plants have dainty white flowers, Giant hogweeds have clear watery sap that contains harmful toxins that you don't want anywhere near you.

If you get some sap on your skin you can get severe burns that can turn into painful blisters within 48 hours if it gets exposed to the sun, according to the Ontario government's invasive species information portal.

Not only can it give you purplish scars that can stay on your skin for several years, but it can also even cause "temporary or permanent blindness" if you get sap in your eyes. Yikes.

If you do get sap in your eye, the provincial government says to flush your eye out with water right away and see a doctor ASAP.

"However, evidence of permanent blindness linked to exposure to Giant hogweed cannot be substantiated by any existing research," the website reads.

These plants aren't uncommon in the province

Giant hogweeds are typically found throughout southern and central Ontario, from south of Manitoulin Island to Ottawa.

There are also a ton of plants in the province that look eerily similar to the Giant hogweed, like Cow parsnip, Purplestem angelica, Woodland angelica, Valerian, Lovage, and Queen Anne's-Lace (aka Wild carrot).

In order to tell the difference between these plants and Giant hogweed, look at the height, as the dangerous plants can grow up to 5.5 metres tall while the rest are quite small in comparison. Its flowers can also stretch out to a metre wide, which is how you can differentiate them from Queen Anne's-Lace.

So, if you see any Giant hogweed in your backyard or in your community, call the Invading Species Hotline at 1-800-563-7711, or report it online.

RWTO/OERO Scarborough Branch

Financial Statement April 1, 2021 – March 31, 2022

Bank balance April 1, 2021 \$10807.98

Income:	Gifts for Kids	\$1666.00	
	Membership	8000.00	
	Social membership	10.00	
	RWTO/OERO	2028.00	
	RWTO/OERO grants	1000.00	
	RWTO/OERO credit	200.00	
	Donations	20.00	
			\$12924.00

Expenses:			
Administration:	Post box/ postage	\$224.87	
	Treasurer	156.00	
	RWTO/OERO	8015.00	
	Mailings, photocopying	148.93	
Member services:	Donations (shelter)	2966.00	
	Goodwill	300.00	
	War Amps	50.00	
	Make-A-Wish	200.00	
			\$12060.80

Bank balance March 31, 2022 \$11671.18

To be paid: shelter \$250.00, \$750; Member gifts \$1085.10; RWTO/OERO delegates \$1100.00
 Submitted by Linda Jarvis – treasurer RWTO/OERO Scarborough
 Reviewed by: Lynda Madigan, Betty Pump
 April 19, 2022



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

This Is Billie. She Never Understood Why I Had A Set Of Keys To Bring In The Car And She Didn't. I Got Her A Set Of Her Own And Now She Insists On Bringing Them Anytime We Go For A Drive!

