



After the Bell

in Scarborough

Retired Women Teachers of Ontario
Organisation des Enseignantes Retraitees de L'Ontario

Newsletter
April 2018

Caring and Sharing

Carol Nelson - President



"Life is a journey not a destination. Life is what you make of it. Nothing is impossible to the willing mind. Life is not a problem to be solved but a reality to be experienced".

Today, we are acknowledging the 80+ women who are members of the branch. Just think back to the changes that these women have seen in their lifetimes—many ways which have impacted our own lives. We thank them for their leadership and guidance. Many of them have been very involved with branch activities for many years.

It is that time of the year when memberships need to be renewed. Marg and Lilli will be at the back to take your 2018-19 membership sheets. The \$40.00 membership fee has not changed for as many years as I have been a member. Think of some of the benefits---the monthly newsletter, monthly entertainment and/or presenters, flowers on the table every month, support for our charities and of course, tasty luncheons at The Estate. We hope that you will continue to be a proud member of RWTO Scarborough. The fashion show brings us into Spring today. Enjoy. *Carol*

Grace
For food in a world
Where many walk in hunger
For faith in a world
Where many walk in fear
For fellowship
Where many walk alone
We give Thee thanks,
O God
Amen



*Fashion Show
Luncheon
With Northern
Reflections*

Don't Forget!

Allergy Alerts to Shelley Goodman

**The Estate Banquet Centre
430 Nugget Avenue
(at Markham Road)
Scarborough
Please Note**

The rising cost of food has made it necessary for the Estates Banquet Hall to raise the price of the lunch to \$37.00 for next year. Please make sure your cheque is made out for this amount.

Tuesday, April 17, 2018 - 11:30 a.m.
Luncheon - Estate Banquet Centre
Fashion Show - Northern Reflections
Celebrating our 80+ Ladies
EXECUTIVE MEETING: 9:30 a.m.

Wednesday, April 18, 2018
Come From Away- Trip

Thursday, May 10, 2018 - 2:30 p.m.
Royal Wedding Tea at The Marleigh

Tuesday, May 15, 2018 - 11:30 a.m.
Luncheon - Estate Banquet Centre
Edith George - "Heritage Tree,
Preserving our Roots"
Cora Bailey Awards
Plant Sale



**Canadian
Cancer
Society**



RWTO/OERO ON THE GO

All buses will depart PROMPTLY from in front of the shops at Kennedy Commons, in front of Michaels and LA Fitness. Please park around the perimeter of that parking lot. Paid reservations are NON-REFUNDABLE. Please let the coordinators know if you are unable to attend.

NOTE: Cheques for the excursions are to be made payable to Mary Morton Tours and forwarded to the coordinator of each excursion by the Payment Due Date.

Mary Morton Tours Presents
TICO #448872

Please Note: We have 1 ticket available for "Come from Away" on Wednesday, April 18th. If you are interested, please call Carol Everitt. 905-655-0638

Come From Away (Waiting List)

Wednesday, April 18, 2018 **Cost: \$159**

Includes bus, lunch at the Hot House Café and orchestra theatre tickets.

Note: More tickets currently on hold for Oct. 31st. Cost is \$182. If interested, call Carol.

Bus departs at 10:15 a.m. returning at approx. 4:15 p.m.

Coordinator: Carol Everitt 905-655-0638

The King and I

Cost: \$160

Wednesday, July 11, 2018

Includes bus, Toronto City Tour, lunch at the Hot House Café and orchestra theatre tickets

Bus departs at 9:00 a.m., returning at approx. 5:00 p.m.

Payment due: May 1st

Coordinator: Lamoine Mustard 416-494-5103

Agawa Canyon 4-Day Tour

Cost: Twin: \$949

September 25 to 28, 2018

Single: \$1179

Includes deluxe motor coach transportation, 3 nights' hotel accommodation, 8 meals: 3 breakfasts / 2 lunches / 3 dinners, ticket for the Agawa Canyon Train Tour, step-on guide, ticket for travel on the Chi-Cheemaun Ferry

Bus departs at 8:30 a.m. returning at approx. 5 p.m. p.m.

Cheques for \$100, by May 31st, will confirm your interest.

Balance due, with cheque post-dated to July 31st.

Coordinator: Carol Everitt 905-655-0638

Music Man

Cost: \$185

Thursday, October 4, 2018

Includes bus, shopping time, orchestra seating theatre tickets, lunch, dinner and all gratuities

Bus departs at 8 a.m., returns 8 p.m.

Coordinator: Mary Marchut 416-291-2389

A Christmas Carol

Cost: \$145

Friday, December 7, 2018

At the Shaw Royal George Theatre, Niagara-on-the-Lake
Includes bus, lunch at the Prince of Wales, orchestra seating theatre tickets, shopping in Niagara-on-the-Lake, visit to Pickard Peanuts

Bus departs at 8:15 a.m., returning approx. 7:30 p.m.

Coordinator: Carol Everitt 905-655-0638

COME FROM AWAY is the breathtaking new musical that



Toronto embraced with open arms and had audiences leaving the theatre night after night claiming they were "proud to be Canadian!" The weather is wild, but the locals never lack for warmth. And it's here, in Newfoundland, where a remote town became the epicenter of a remarkable true story filled with unusual characters, unexpected camaraderie and uncommon generosity.



Based on a true story, *The King and I* traces the blossoming romance between an English governess and the King of 19th Century Siam. Part love story and part culture clash comedy, the show contains some of musical theatre's greatest numbers, from *Shall We Dance* to *Getting to Know You*, to *I Whistle a Happy Tune*.



"The seemingly unending mixed forests of the Canadian Shield open up as you skirt the shores of northern lakes and rivers, cross towering trestles, and set eyes on the same rugged landscapes and majestic views that inspired the Group of Seven."



A LOVE STORY WITH TWISTS AND TUNES. A charming but fraudulent salesman arrives in River City to work his usual scam – only to find that a bill of goods can be the real deal. With melodies that include the rousing "Seventy-Six Trombones," this musical-comedy classic will delight the whole family.



Ebenezer Scrooge is a miserable old miser. But when three ghosts decide to swoop in overnight, he gets the wake-up call of a lifetime. This charming Christmas classic by Charles Dickens has one of life's most inspiring questions at its heart: what — and who — will really matter in the end? See it brought to life in the historic Royal George Theatre by the Shaw Festival's world-class Ensemble.

Fashion Show Luncheon



The Estate Banquet Centre
Be sure and visit the Pop-Up Shop!

MEMBERSHIP RENEWAL 2018 - 2019



The RWTO membership year runs from September 1st to August 31st. If you plan to renew your membership for 2018-19, please consider doing it soon before the busy summer months. The fee remains at \$40. and your cheque may be postdated to July 1 or August 15, 2018.

Thank you to the many ladies who have submitted their fee and for your continued support of our group. If you have any questions regarding your payment, please contact Marg Lyons. marglyons@hotmail.com

The membership form is also attached to the newsletter.
Marg & Lilli - Membership Committee.

RWTO SCARBOROUGH BRANCH
BOX 66564
685 McCOWAN ROAD
SCARBOROUGH, ONTARIO
M1J 3N8

Coming in May



Edith George has been an Advisor to the non-profit the Ontario Urban Forest Council (est. 1963) for over ten years. She is a former Director of the Board of the Weston Historical Society. She is quick to admit her passion for heritage trees

and travels the province of Ontario answering the questions, "What is a heritage tree?" and "Why should they be protected?". People come away from her presentation, looking at trees with a different viewpoint. She uses her neighbourhood's great red oak and tells its story. She is an online columnist for Metroland Media Group. Her column is titled, "Natural Roots" and is about the various significant trees found in the city where she was born and lives - Toronto, Ontario

Annual Plant Sale



Celebrate spring at our annual May luncheon plant sale. Amazing garden finds.

Donations of plants are always welcome. Please bring change. Address any questions to Lynn at art_chickadee@hotmail.com
Program



We are celebrating our 80+ ladies
at today's luncheon.

Insurance Lunch and Learn

Rendezvous, Scarborough, York North

Monday, April 23, 2018

1030 a.m.-2p.m.

WHERE: Chartwell Scarlett Heights Retirement Residence
4005 Eglinton Avenue West, Etobicoke, M9A 5H3

WHAT: Join us for coffee. Terry Kennedy's presentation will discuss the RWTO/OERO Plans and Benefits. Terry will also review how to fill in claim forms. Following a Lunch break, Terry will help individuals with their personal claims. Spouses and RWTO members are welcome to attend this informative meeting.

TIME: 10:30 a.m. - 2:00 p.m.

COST: \$10.00 lunch

Hope that you can join members from Rendezvous, Scarborough and York North for this informative session.

DRIVING INSTRUCTIONS

401 West.....south on Weston Road.... stay on the outside lane and turn right on to St. Phillips Road which becomes Royal York Road...turn left on Eglinton---turn right into Chartwell Scarlett Heights to 4005 Eglinton Ave. West

Please let Judy Anderson know, by April 16, if you plan to attend this LUNCH AND LEARN event.

ukeladyjudy@gmail.com

INSURANCE

NOTE As a convenience to insured members and their spouses, Manulife will be making tax receipts available online this year. They will be sending an email to insured members and/or spouses to the email address on file. The email will provide a link and instructions to follow to enable members to download their tax receipts. Tax receipts will be mailed to members and/or spouses where there is no email address on file. If a member and/or spouse wishes to have a tax receipt mailed to them rather than download one, they can request this by calling the Customer Service toll-free telephone number (1-800-268-3763) and speaking with a Customer Service Representative.

Agawa Canyon Trip

Day One - Tuesday, September 25, 2018

8:30 a.m. Depart from Kennedy Commons - Travel to Sault Ste Marie (Coffee stop en route, on own) Lunch stop en route in Parry Sound, (on own).

Check into the Delta Hotels Sault Ste Marie Waterfront. Modern, beautifully appointed hotel rooms showcase plush bedding, free Wi-Fi and flat screen TVs and indoor pool. 6:30 p.m. Dinner at hotel

Day Two - Wednesday, September 26, 2018 8:00 a.m. The Algoma Central Train departs for Agawa Canyon. Enjoy the beauty of the region and experience the same rugged landscapes that inspired the Group of Seven. A commentary will be provided, which will tell you about upcoming points of interest and share some of the rich history of the region Just when you thought you'd experienced it all, the train will begin its descent, traveling down 500 feet to the floor of Agawa Canyon. You can enjoy scenic walks on graveled trails leading to several waterfalls and experience an invigorating climb up over 300 stairs to the breathtaking Lookout, perched 250 feet above the canyon floor. There are opportunities to enjoy the Canyon through more relaxed means, as well. Breakfast and a boxed lunch will be included on the train. Return to hotel at 5:30 p.m. Dinner at hotel at 6:30 p.m.

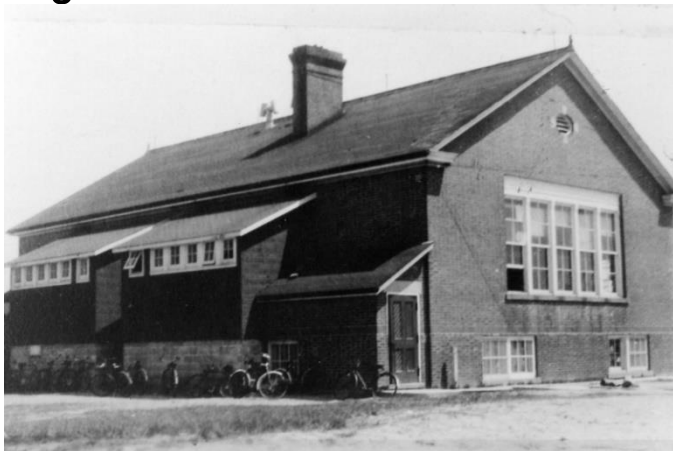
Day Three - Thursday, September 27, 2018

Breakfast at hotel 8:00 a.m. Depart for Manitoulin Island. Lunch on own at Little Current. Meet guide and stop at 10 Mile Point. This is a great place to stop, stretch your legs, and soak in the spectacular view from the point. The store boasts the island's biggest collection of traditionally designed native crafts and aboriginal art. An historic marker commemorates an early Jesuit mission at Wikwemikong. See High Falls. Enjoy commentary en route to South Baymouth 2:30 p.m. Arrive at Ferry in South Baymouth 3:40 p.m. Take the Chi-Cheemaun to Tobermory 5:40 p.m. Travel to Owen Sound 7:30 p.m. Check into the Best Western Inn on the Bay. Hotel amenities include an on-site restaurant, hot tub and whirlpool and a cocktail lounge to name a few. Dinner at the hotel.

Day Four - Friday, September 28, 2018

Breakfast at hotel. Tour Owen Sound. Tour through Harrison Park, with more than 40 hectares of streams, trails, gardens, playgrounds, forest, and green space. Its network of trails connects directly with the Bruce Trail, the longest footpath in Canada, which will take you to Inglis Falls or the Centennial Tower, one of the highest points in Owen Sound. See Fish Ladder. Stop at Grandma Lambe's in Meaford, for browsing. Enjoy a scenic drive to Southampton and a delicious hot turkey lunch at Mylar and Loretta's. 5:00 p.m. Approximate return time home.

Highland Creek Public School



100th Anniversary Friday April 27 & Saturday April 28

Pub Night -April 27th – Tam Heather 8p.m.
Former Staff Coffee & Treat – April 28th 9a.m.-10a.m.

Contact:

Jack Shaw staffcuppa@gmail.com

Helen Sharpe rsharpe2345@gmail.com

Decade Rooms – April 28th 10a.m. – 3p.m.

Ceremony – April 28th 12p.m.-1p.m.

GOODWILL



Thinking of you cards were sent out to Ellen Lowcock, Gwen Darch and Janette McClure.

We sent a sympathy card to Ruth Curry whose father passed away. A donation was made to the Alzheimer's Society in memory of Mrs. B. Davis, mother of Cathy Farintosh. We received an acknowledgement from the Meighen Retirement Centre for the donation in memory of Mr. Carter, father of Marilyn Tankard.
Betty

Another Special Event



Tickets will be available at the April luncheon.

Our special guests, **Norman McMullen and Kevin Dark**, have saved royal commemoratives since the early 1970's when they established the McMullen/Dark Collection of Royal Commemoratives

Displays have been arranged in several locations including the lobby of the Ontario Legislature at Queen's Park, St. James Cathedral in Toronto and many public libraries and galleries across the province. Their collection has been featured numerous times on television and they have been interviewed by C.B.C. Radio. Kevin and Norman have met many members of the Royal Family and enjoy recounting personal experiences about these occasions.

Lana & Cathie

Time to get your hats & fascinators, white gloves and pearls ready to celebrate the Royal Wedding.



ALLERGIES AND DIET RESTRICTIONS:

If you have food allergies or dietary restrictions, it is important that we know about these so that accommodations can be made for you. We need to have the information **BEFORE** the luncheon. Please call Shelley Goodman at 416-491-1683 or e-mail her at shelley.goodman@sympatico.ca to let her know about these allergies or restrictions. She will confirm the change with you once you have advised her. If fruit for dessert is the only change you require, then you will not have to inform her every month. This will be done automatically. Please keep Shelley informed if there are changes during the year. We want to ensure that you enjoy each lunch! Shelley

It is very important that your cheque for the luncheons are received well in advance. We are required by The Estate Banquet Centre to give them the number of meals required **A WEEK IN ADVANCE**, so they can accommodate everyone. If your cheque is late or you decide, at the last minute, to attend, the Estate has not prepared a lunch for you. To avoid putting the Estate and our branch Executive in a difficult position, please ensure that Susan Urie is aware of your attendance by receiving your cheque. Many thanks to those who honour this.



Canadian
Cancer
Society

Daffodil pin

The daffodil is a symbol of strength and courage in the fight against cancer. Make a donation and wear your pin in April to show your support for Canadians living with cancer now.

What is Daffodil Month?

Daffodil Month, held every April, gives Canadians the opportunity to make a difference. Join the Canadian Cancer Society in raising awareness and funds to help change – and save – live

Be sure to let us know if you change your email address. This will ensure that you receive both the branch newsletter as well as the Provincial newsletter, *Connections*.

CONVENTION 2018



NEW ADVENTURES AWAIT June 5-7, 2018

RWTO Connections Newsletter

We are encouraging as many members as possible to receive their Connections newsletters by email. It is understandable that some of you do not have regular access to a computer or have other valid reasons for wanting your newsletter mailed.

Some members have mentioned they find the print too small. However, this problem can be overcome by clicking on the + symbol at the top of the page to increase the print size.

If you can, PLEASE help us save postage fees and save trees.

New retirees will be sent their first newsletter through the post and then strongly encouraged to use email delivery.

To receive the newsletter by email, please contact Gloria Drake at info@rwto.org or phone toll free 1-877-607-6696.





PILL BOTTLE COLLECTION

Judy and Harolyn, from Rendezvous Branch share the results of the project. On Monday, March 26, approximately 4000 empty bottles were taken to the drop-off location in Etobicoke. A group called **JUST FOR TRAVELLERS**

will be taking them to pharmacists and doctors when they travel to countries they visit. Thank you, Scarborough, — we donated 1,140 bottles. On behalf of Harolyn, I have a prize—a sterling silver bracelet—that was given to me for representing the group that donated the most bottles.

So, now, there will be an opportunity for someone to win this beautiful bracelet.



- If you donated 1 bottle, 20 bottles or any number of bottles you are eligible to win this bracelet.
- Put your name in the container on April 17. There will be slips of paper on the table and a container to drop your name into at the close of the meeting. One person will be the lucky winner at the end of the day.

GOOD LUCK AND THANK YOU FOR YOUR PARTICIPATION

Thank You RWTO Scarborough

Thank you for your generous contribution of over 1100 pill bottles including the removal of the labels which can be most difficult and time consuming. The collection also saves the bottles from going to landfill so it is a win-win situation.

In rural areas in developing countries, many pharmacies do not have pill bottles. The pharmacist gives the patient his pills wrapped in newspaper, which has disintegrated by the time he has walked the mile or so home in the heat.

A very special thanks to Carol Nelson who not only encouraged you to save the bottles but she also stored them each month and then drove clear across the city from Scarborough to Etobicoke to deliver them.

On behalf of over 1100 men, women and children who are now able to take their proper medication, many, many thanks to the Scarborough RWTO members.

Harolyn Panett - RWTO Rendezvous



Welcome to our newest members.

OUTREACH

There **WILL** be our regular collection of toiletries, magazines and baby products at the March Luncheon.

FUNDRAISING:

There **WILL NOT** be a silent auction at the April Luncheon. Lynne lynnesaid@sympatico.ca
Brigitte bbryan@look.ca
Fundraising Committee

BOOKS

There **WILL NOT** be a Book Sale at the April luncheon.

Thank you. Chris



BEST BEFORE & EXPIRY DATES



Best before date is about quality and not safety. The food will be safe to eat after this **date** but may not be at its **best**. Its flavour and texture might not be as **good**.

The **best before dates** appear on a wide range of frozen, dried, tinned and other foods. "[With some products] the taste may have greatly deteriorated, but it's still safe to eat," she says. If someone fries or poaches a fresh egg, she says, it will stay together in "a nice, little package." If they use an egg beyond its best before date, it will spread out more and the yolk may be more likely to break.

Other items may have [compromised taste, but still be safe to eat](#). Ketchups and salsas may be more acidic, dry pasta may break when cooked, and cookies at the back of the pantry may just taste bad. It's generally the taste, not safety that suffers.

Expiration dates tell consumers the last day a product is safe to consume. A food should never be consumed after the expiry date. The [Canadian Food Inspection Agency](#) mandates that only five types of products need to be labelled with an expiration date:

1. Baby formula and other human milk substitutes.
2. Nutritional supplements.
3. Meal replacements.
4. Pharmacist-sold foods for very low-energy diets.
5. Formulated liquid diets.

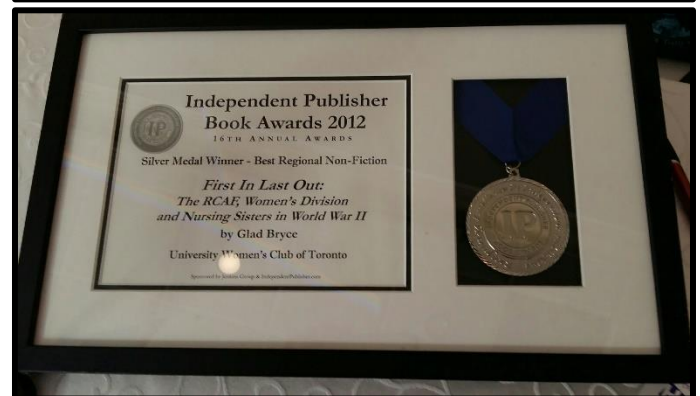
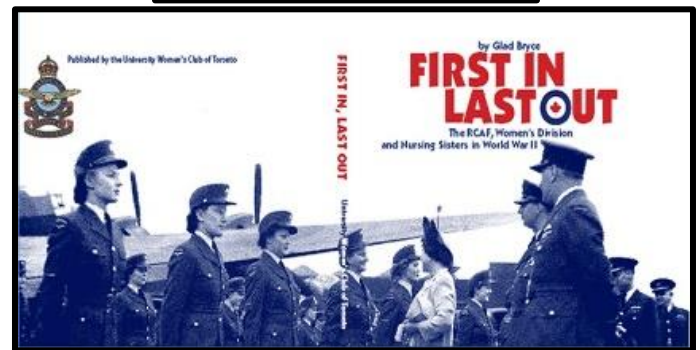
Frozen veggies may be fresher in winter
Fresh doesn't always mean better.

Topp, a professional home economist, points out that fresh produce found in Canadian grocery stores during the winter may have less nutritional value than frozen vegetables.

When in doubt throw it out.

— Ellie Topp, professional home economist

Glad Bryce



Cheques are mailed to:

RWTO Scarborough
Box 66564
685 McCowan Road,
Scarborough, Ontario
M1J3N8



From the Editor

cathiemacgillivray@hotmail.com



RWTO/OERO Scarborough Branch

Membership Form 2018 – 2019

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 2018 – 2019 is \$40.

(Fees for members ninety years of age and over are complimentary.)

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

***Please postdate your cheque to **July 1, 2018** or **August 15, 2018** and submit with the **membership form**. The Membership year is from September 1 to August 31.**

Dues can be paid at the **April, or May meetings, or mailed before August 31 to:**

**RWTO Scarborough Branch
Box 66564
685 McCowan Road, Scarborough, ON
M1J 3N8**

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.