



After the Bell

in Scarborough

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

Newsletter
October 2017

Caring and Sharing

Carol Nelson - President



"All good things come to those who craft." Congratulations to all those who have brought us their wonderful creations this morning and thank you to all of you who have come today to appreciate their creative talents.

Today, we have the privilege of having Lois Lockhart, the Provincial President, as our special guest. Lois will be honouring the Dreamers from our branch—Phyllis Coulter, Joan Kehoe and Jean Milovanovic. These women were only three of eighty-seven members who shared their stories with us, at the Convention, of "Following a Dream" after teaching. Our congratulations to all of them.

At the Provincial Board meetings, held last month, it was a privilege to work with these women, from across the province, who look after the branches. This year's goal is to find ways to increase the number of retired women who join RWTO/OERO. Scarborough has its own campaign. A special newsletter was sent to former members who had not rejoined and to new retirees who had never joined. We need your help to find these people and all of you can help. Invite someone for lunch, share your newsletter with them and tell them how wonderful we are and all the great things that we do. Happy shopping..... meet Lois..... enjoy the luncheon. *Carol*

Don't Forget!

Allergy Alerts to Shelley Goodman
The Estate Banquet Centre
430 Nugget Avenue
(at Markham Road)
Scarborough
Please Note

Please try to pay in advance for the next luncheon at the previous luncheon. If you are unable to attend, your cheque will be held for a future luncheon. This helps us with an accurate number of attendees and the Estate will be better able to accommodate your special needs.

Tuesday, October 17, 2017
Luncheon - Estate Banquet Centre
Provincial President, Lois Lockhart,
will be our special guest for lunch
Kiwanis Orders
Craft Sale - 10:30 a.m.

Tuesday, November 21, 2017
Luncheon - Estate Banquet Centre
Gifts for Kids
Smile Theatre - Sue and Dwight

Wednesday, November 29, 2017
Oh Canada Eh? - Trip

Tuesday, January 16, 2018
Luncheon - Estate Banquet Centre

Tuesday, February 20, 2018
Luncheon - Estate Banquet Centre

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



Craft Sale

*Doors open at
10:30 a.m.*

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 #4488722



Oh Canada Eh?

Wednesday, November 29, 2017 **Cost: \$100**

Includes bus, Niagara-on-the-Lake drive, Rossi Glass demo and shopping, luncheon show at Oh Canada Eh? (seven-time winner of Niagara Falls Tourism Attraction of the year Award) Magnotta Wine visit and tasting.

Bus departs at 8:30 a.m. and returns at approx. 6:30 p.m.

Payment due October 27, 2017

Coordinator: Lamoine Mustard 416-494-5103



2017 marks Canada's 150th birthday and we are celebrating all summer long! Our show features all-Canadian music; from maritime folk songs to modern pop. Come meet our singing Mountie, Hockey Player, Anne of Green Gables, Klondike

Kitty and more. This high-energy production features over 70 songs from all-Canadian artists including music from Paul Anka, Celine Dion, Shania Twain, the Bare-Naked Ladies, Avril Lavigne, Justin Bieber and many, MANY more. Full of laughs, this musical celebration of Canada will delight audiences

Come From Away

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

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

Optional tour: back stage tour of Elgin and Winter Gardens Theatre for an additional \$7.50

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

Payment: Cheques postdated to February 28th, 2018 due at the October Luncheon

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!" It's been called the "edge of the world." 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.

The King and I Coming Soon!

July, 2018

Coordinator: Lamoine Mustard 416-494-5103



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*

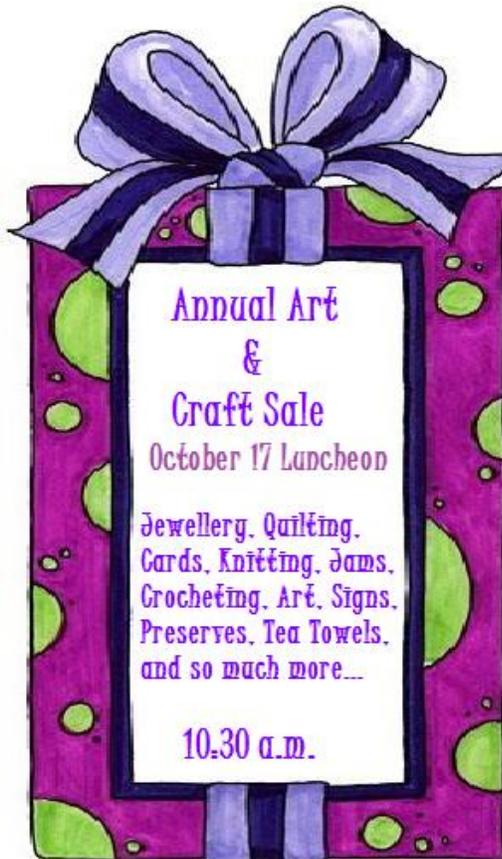
Know You, to *I Whistle a Happy Tune*.

JUST A SMILE

An elderly woman decided to prepare her will and told her preacher she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over Wal-Mart.

Wal-Mart?" the preacher exclaimed. "Why Wal-Mart?" Then I'll be sure my daughters visit me twice a week."





WELCOME TO OUR SPECIAL GUEST

RWTO/OERO Provincial President
Lois Lockhart



Lois is a member and Past President of the Haldimand Branch, which is a rural county on the Niagara Peninsula in southern Ontario, located on the north shore of Lake Erie and on the Grand River. Our largest towns are Caledonia, Cayuga, Dunnville, Jarvis and Hagersville. The Haldimand Branch of RWTO/OERO has over 85 members.

The RWTO Annual Art and Craft show will be held on Tuesday, October 17. Our talented and crafty members will be displaying and selling their wares. Come and support these ladies by purchasing some Christmas or hostess gifts and enjoying some retail therapy! Vendors may start setting up their tables at 9:30.

Doors open at 10:30.

COMING IN NOVEMBER



Folk duo Sue and Dwight transport audiences back to the coffeehouses of the 1960's Folk Revival for a sing-a-long

tribute of its songs of peace, hope and social justice that still resonate today. Includes folk classics like 'If I Had A Hammer', 'Blowin In The Wind', 'Walk Right In', 'Four Strong Winds', and 'Five Hundred Miles' from artists Pete Seeger, Ian and Sylvia, Bob Dylan, Gordon Lightfoot, Joan Baez, The Kingston Trio and more.



Welcome to our new members.



Special Note:

It is very important that your cheques 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 are able to accommodate everyone. This often does happen! If your cheque is late or you decide, at the last minute, to attend, the Estate has not prepared a lunch for you. In order 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 in advance.

Many thanks to those who honour this.
RWTO Executive

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 and every lunch!

NOTE: Please try to pay, in advance, for the next luncheon at the previous luncheon. If for some reason you are unable to attend, your cheque will be held for a future luncheon. This will enable us to establish a more accurate number of attendees and the Estate will be better able to accommodate your special needs. *Shelley*

Fundraising There **WILL NOT** be a silent auction at the October Luncheon. Thank you. Lynne & Brigitte

JUST A SMILE...

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.



The Membership Directory will be available at the October.

Thank you to all of the returning members for your continued support of the RWTO/OERO Scarborough Branch.

A warm welcome is extended to our new members joining us this year:

Susan Appleton,	Jeannie Cholakis,
Darlene Harvey,	Claire Hughes,
Ruth LeBlank,	Nancy Loft,
Nora Lovgren	Linda Tutchener,
Tammi Upshaw	

Our motto is "Caring and Sharing" so we hope that you will enjoy your time spent with us and take full advantage of the benefits of membership.

Thank you.

Marg Lyons, Lilli Chu
Membership Committee

We need your help...

In order to keep our RWTO Scarborough Branch membership strong, we need your help recruiting new members. If you know of anyone who is about to retire or is retired, please encourage them to join our group.

Pass along their information to Marg or Lilli so they can get in touch with them.

If you have any questions regarding membership, please contact: Marg Lyons - marglyons@hotmail.com

KIWANIS SALES:



The representatives from Kiwanis will be at the October luncheon to take orders for their Christmas cakes, nuts and other products. You may place your order then and they will be delivered during the November luncheon. You will pay for your order when you collect your items in November.

Toys for Kids



Again, this year, Scarborough RWTO will be supporting 42 Division and their community Christmas Drive. 42 Division and Sgt. Gomez welcomes our generous donation of gifts for kids.

If you would like to support our effort, you are asked you to bring a gift for a child from infant to teen. These will be collected at our Christmas Luncheon on November 21st, 2017.

It is not necessary to wrap the gift. Please label if the gift is for a boy/girl (if it is not obvious). The gift bags will be displayed at the luncheon and then delivered to 42 Division.

Through the generosity of RWTO Scarborough many more families will have a brighter holiday season. Please let Marianne Rose know if you are willing to help with the delivery of the gifts, after the luncheon, to 42 Division on November 21st.

Marianne

Highland Creek Public School



Highland Creek Public School is fortunate to be part of a vibrant community and we are gearing up to celebrate 100 wonderful years. We invite you to join our 100th Anniversary celebrations which

will be taking place on **Friday April 27 & Saturday April 28, 2018.**

OUTREACH



There **WILL** be our regular collection of toiletries, magazines and baby products at the October luncheon. Sheila Meyer & Trudy Sutton
Outreach Committee

RWTO/OERO INSURANCE PLANS



are exclusively for and or available only to the members of RWTO/OERO. The plan is administered and underwritten by the MANULIFE.

1. CATARACT SURGERY CLAIMS—need to indicate the following information in the 'details' section:

- which eye—left, right, both
- date of surgery
- doesn't require attending physician's statement
- attach receipts

2. TRANSPORTATION CLAIMS—attach the following:

- date
- starting address
- address of hospital or doctor's office
- number of kilometers travelled
- attach parking receipt

Note: Transportation claims are for transport to and/or from hospital and for post-hospital doctor's visits only—not for trips to the dentist, the mall, hairdressers, nail appointments, etc.

3. HEARING AID claims don't require an attending physician statement but do need receipts.

4. Claim forms for Convalescent Care should be submitted within 30 days (or as soon as possible) after the date of full recovery. A subsequent Convalescent Care Claim can be submitted as an addendum to the original claim. It is just important that claims be filed within the 30 days and the subsequent claim form can then be sent in for compensation, if necessary

5. Claims for sickness or accident, where the member has been in the hospital, need to have an attending Physician's Statement and should be completed by the family doctor.

Information from Terry M. Kennedy [519-583-0098](tel:519-583-0098)

For assistance with your insurance claims please contact TERRY M. KENNEDY 519-583-0098

tkennedy34@bell.net

May also call: 1 800 268-3763

Branch Insurance rep:

Carol Nelson: 416 724 7107

carol.nelson@sympatico.ca

The Pleasure/Happiness Gap



Pleasure is short-term, addictive and selfish. It's taken, not given. It works on [dopamine](#).

Happiness is long-term, additive and generous. It's giving, not taking. It works on [serotonin](#).

This is not merely simple semantics. It's a fundamental difference in our brain wiring. Pleasure and happiness feel like they are substitutes for each other, different ways of getting the same thing. But they're not. Instead, they are things that are possible to get confused about in the short run, but in the long run, they couldn't be more different.

Both are cultural constructs. Both respond not only to direct, physical inputs (chemicals, illness) but more and more, to cultural ones, to the noise of comparisons and narratives.

Marketers usually sell pleasure. That's a shortcut to easy, repeated revenue. Getting someone hooked on the hit that comes from caffeine, tobacco, video or sugar is a business model. Lately, social media is using dopamine hits around fear and anger and short-term connection to build a new sort of addiction.

On the other hand, happiness is something that's difficult to purchase. It requires more patience, more planning and more confidence. It's possible to find happiness in the unhurried child's view of the world, but we're more likely to find it with a mature, mindful series of choices, most of which have to do with seeking out connection and generosity and avoiding the short-term dopamine hits of marketed pleasure.

More than ever before, we control our brains by controlling what we put into them. Choosing the media, the interactions, the stories and the substances we ingest changes what we experience. These inputs lead us to have a narrative, one that's supported by our craving for dopamine and the stories we tell ourselves. How could it be any other way?

Scratching an itch is a route to pleasure. Learning to productively live with an itch is part of happiness.

Perhaps we can do some hard work and choose happiness.

Seth's Blog

Special Event



You are invited to join us and make your own Christmas arrangement.

Monday December 4, 2017

*At Amica Unionville
(formerly The Marleigh)
at*

10 a.m. or 1 p.m.

*Coffee, Tea and Dessert
Presented by Lana Peck
Tickets*

\$25

Tickets will be available at the November Luncheon.

Celebrating our "Club 90+" Ladies



Gwen Darch



Jean Woodard



The volunteer services at the Scarborough and Rouge Hospital are looking for new volunteers to meet the demands of their 3 hospital sites (Birchmount, Scarborough, and Centenary). If you are interested in volunteering, please contact Florence Edebiri, manager of volunteer services. 416.438.2911 Ext. 6441, BB: 647-618-3687, fedebiri@tsh.to

CALLING ALL SINGERS

The Program Team is looking for 2 or 3 volunteers to join them in leading the festive sing-along at the November Luncheon. Please come and speak to Lynne Said, Lynn Cook or Brigitte Bryan at the October luncheon.

BOOKS

There will **NOT** be a book sale at the October Luncheon. *Chris*



to everyone who has given me an anecdote about an interesting incident in your career. They were lots of fun to read. I have typed and mounted them to start a book. However, I need more. Those that I have received will be on display at the October Craft Sale in for everyone to read. Please send me your story through e-mail and it will be in the display. There will be file cards at the Craft Sale for anyone who can think of a story that day. I look forward to receiving more stories. All of you will enjoy the stories! *Carol*

Hot off the Press from Jeannie

Here is the URL to the UHN Health Talk: **Be the leader of your own health care**

My talk on sharing a lived experience with scleroderma, was well-received and inspirational to those who attended.

I speak for the first 20 minutes and during the Q&A segment at the end.

<http://mediasite.otn.ca/Mediasite/Play/c5fe89a5cd414d358c314fbb84031bd71d?catalog=fd668812-d87c-47f9-b1ba-6d979fed9af4>

Treasurer's Report for October

Linda Jarvis

Bank balance September 12, 2017		\$10010.88
Income		
September luncheon	\$3880.00	
Silent auction	44.50	
Book sales	29.70	
RWTO/OERO convention 2017 rebate	1380.59	
Membership	840.00	
Total	\$6174.79	
		\$16185.67
Expenses		
The Estate – September luncheon	\$4234.52	
Cathie MacGillivray – newsletter	60.91	
Donna Husband – flowers	60.00	
September speaker – Patti Sullivan	50.00	
RWTO/OERO membership dues	840.00	
Carol Nelson – stamps	9.61	
Carol Everitt – registered mail	13.79	
RWTO/OERO fees	840.00	
Total	\$5268.83	
Bank balance October 6, 2017		\$10916.84

Cheques are mailed to:

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



From the Editor

Cathie MacGillivray
cathiemacgillivray@hotmail.com

Pennies from Heaven

I found a penny today
just laying 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 toss 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
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 tossed to you

~Texas Favorites & Country Treasures~

C. Mashburn

