

SPRING/SUMMER

2024



WISDOM AND RESILIENCE
THE RETIRED RN



Welcome!



Note from the Chair: Una Ferguson

Spring and Summer Greetings!

We at RetNIG hope you are able to enjoy the warm days of spring and summer in good health.

Our Spring and summer events have been well attended and we are looking forward to **our hybrid Zumba session at the RNAO AGM Saturday June 22 at 8:30am.**

If you would be interested in joining our executive, please email us at retnig21.rnao@gmail.com.

Summer brings out the sun so stay safe and remember your sunscreen! and, fluid intake!

Also remember to keep your vaccinations up to date. Covid and other viruses are still rampant!

I read this the other day and for me it sums everything up nicely.

“A tree never complains about the winter because she is busy getting ready to bloom during the spring and summer.”

– Debasish Mridha

2024

We will put out Newsletters 3x a year! Fall, Winter and Spring/Summer.

We look forward to our executive planning meeting to bring you an exciting fall/spring event schedule .(All on Zoom) They will be **recorded** and on our website if you should not be able to attend.

<https://chapters-igs.rnao.ca/node/2627>

Should you have any ideas that you want us to address. Please write us at retnig21.rnao@gmail.com

Saturday June 22 nd Zumba session at 8:30am with Shaima Rezatada. A brief AGM meeting for both RetNIG and SNIG will be prior to the event starting. For those who attended last year online- I think we have solved the audio problem.

Register on the RNAO site under events.

The poster features a dark red background with orange and yellow accents. At the top, it says 'JOIN SNIG AND RETNIG FOR ZUMBA GOLD'. Below that, it lists the instructor 'Shaima Rezatada' and includes the instruction 'Wear something comfy!'. The date and time are 'Sat. 22 June, 2024 09:00am - 10:00am'. The location is 'RNAO Meeting Rooms Hilton Toronto or ONLINE via Zoom'. A small photo shows two women dancing. Logos for RNAO SNIG and RNAO RetNIG are in the top corners. A small note at the bottom states: 'A short AGM meeting for both the Staff Nurse Interest Group and the Retired Nurses' Interest Group will be held prior 8:30am-9:00am'.



RetNIG Reads!



suggested by our Treasurer: **Brenda Hutton**

Apeiogon by Colum McCann published 2021.

Colum McCann is an Irish writer. *Apeiogon* is a beautifully written "hybrid novel" ((McCann's's terminology). The Irish have an affinity with the Palestinians because of a similar history of oppression and colonization. The title is taken from a mathematical term for an object of an observably infinite number of sides. The main story is a true one of two men who become close friends, almost like brothers, a Palestinian, Bassam Aramin and an Israeli, Rami Elhanan. They each lost a young daughter to the conflict in Israel. Rami's 13-year-old daughter Smadar was blown up by suicide car bombers while walking the streets of Jerusalem with her friends and Bassam' s 10-year-old daughter Abir was shot in the back of the head by a young Israeli soldier's rubber bullet while she stood outside of her school.

Both men, suffering in their grief, join the Parent's Circle, a group of fellow bereaved parents, both Israeli and Palestinian. The group presses for a peaceful resolution to the conflict. This becomes their job, to tell the story of what happened to their girls. The two men travel together and have told their stories in the Middle East and around the world. You may have heard about them on CBC news.

Apeirogon is a work of art and is structured as 1,001 individual chapters, some only a sentence long and some a blank page. The number of chapters is a reference to the 1001 Arabian Nights. Woven among the chapters about the lives of Bassam and Rami are lovely poetic chapters about disparate topics, bird migration, history, politics, ancient stories and archeology. This book is a masterpiece and though sad, buoys the heart and enlightens the mind; there are infinite sides to this story.



RetNIG Recipes

MACARONI AND CHEESE



INGREDIENTS

• 8 OZ ELBOW MACARONI UNCOOKED

CHEESE SAUCE:

• 2 TABLESPOONS SALTED BUTTER

• 2 TABLESPOONS ALL-PURPOSE FLOUR

• ½ TEASPOON SEA SALT

• ¼ TEASPOON GARLIC POWDER (OPTIONAL BUT RECOMMENDED)

• 1 CUP WHOLE MILK

• ¼ CUP SOUR CREAM OR GREEK YOGURT

• 2 CUPS SHREDDED CHEDDAR CHEESE (8 OZ)

PLEASE USE A HIGH GRADE CHEDDAR CHEESE AND SHRED IT. DO NOT USE PRE SHREDDED CHEESE.

• INSTRUCTIONS

1. COOK ELBOW MACARONI ACCORDING TO PACKAGE INSTRUCTIONS. BE SURE TO ADD ¼ TSP SALT TO THE WATER USED TO BOIL THE NOODLES. DRAIN, AND SET ASIDE.

MAKE THE CHEESE SAUCE:

2. MIX FLOUR, SEA SALT, AND GARLIC POWDER TOGETHER IN A SMALL BOWL. SET ASIDE.

3. IN A MEDIUM SAUCEPAN OVER MEDIUM HEAT, MELT THE BUTTER.

4. ADD FLOUR MIXTURE AND WHISK TO COMBINE.

5. COOK FOR 1 MINUTE UNTIL MIXTURE IS SLIGHTLY BROWN.

6. ADD 1 CUP MILK AND WHISK UNTIL THE MIXTURE IS SMOOTH.

7. ADD SOUR CREAM (OR GREEK YOGURT) AND WHISK UNTIL SMOOTH.

8. COOK ON MEDIUM-HIGH HEAT UNTIL THE MIXTURE IS THICKENED (ABOUT 3-5 MINUTES). DO NOT LET IT BOIL.

9. ONCE MIXTURE IS THICK (STICKS TO THE BACK OF THE SPATULA), REDUCE HEAT TO LOW AND ADD CHEESE. WHISK UNTIL CHEESE IS MELTED AND MIXTURE IS SMOOTH. TASTE AND ADD MORE SALT/SEASONING IF DESIRED.

ASSEMBLE & SERVE

10. ADD COOKED PASTA TO THE POT OF CHEESE SAUCE AND STIR UNTIL THE SAUCE IS EVENLY DISTRIBUTED.

11. LET THE MAC AND CHEESE COOL FOR 3-5 MINUTES OR UNTIL THE CHEESE SAUCE HAS THICKENED A LITTLE BIT AND STICKS TO THE NOODLES.

SERVE WARM!



Marianne Cochrane
Past Chair



Brenda Hutton
Finance



Betty Oldershaw
Policy and Political Action

Executive



2023-2024



Una Ferguson
Chair and Communication



Sarah Elkhalfi
Student



Adrienne Kappes
Membership

MEMBERSHIP: RETNIG CONTINUES TO BE A GREAT INVESTMENT AT ONLY \$15/YEAR

We can be reached at retnig21.rnao@gmail.com

We are on **Facebook** , **Twitter(now X)** and **Instagram!**

All events will be advertised on all the platforms and on our website.

<https://chapters-igs.rnao.ca/interestgroup/60/about>

WHY JOIN?



THERE ARE A FEW REASONS TO JOIN RETNIG:

- **TO STAY IN TOUCH WITH THE ISSUES OF THE NURSING PROFESSION TODAY AND FOR THOSE WHO ARE RETIRED TO GIVE BACK THE WEALTH OF KNOWLEDGE THAT WE KNOW YOU ALL HAVE.**
- **TO INFLUENCE POLICY CHANGES FOR THE HEALTHCARE SYSTEM**
- **TO PROVIDE HELPFUL RETIREMENT HINTS TO THOSE WHO ARE PLANNING RETIREMENT.**
- **TO PROVIDE MENTORSHIP IF NEEDED TO BOTH NEW AND EXPERIENCED NURSES.**
- **TO HAVE FUN BY STAYING IN TUNE WITH OUR NURSING FAMILY**
- **AND FOR THE STUDENTS WE HAVE A WEALTH OF KNOWLEDGE IN THIS GROUP IF YOU HAVE A QUESTION- IF WE DO NOT KNOW THE ANSWER, I AM SURE ONE OF US KNOWS SOMEONE WHO DOES.**

