

SPRING/SUMMER

2025



WISDOM AND RESILIENCE  
THE RETIRED RN



**RNAO**

Registered Nurses' Association of Ontario  
L'Association des infirmières et infirmiers  
autorisés de l'Ontario

*Speaking out for nursing. Speaking out for health.*

# 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 will see summer in good health.

Our Spring events have been well attended and we are looking forward to **our 100 year celebration at the RNAO AGM this year! May 29th-30<sup>th</sup> Downtown Toronto Hilton**

**If you would be interested in joining our executive, please email us at [retnig21.rnao@gmail.com](mailto:retnig21.rnao@gmail.com). We are looking for a Chair, Treasurer and Communication ENO. It is fun!!!**

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!

**“Rise above the storm and You will find the Sunshine”**

Mario Fernandez



# 2025

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

**Lots of changes coming in the fall. We will be moving over to the Teams Platform for events/webinars. You do not need teams on your computer to take part in the events or webinars.**

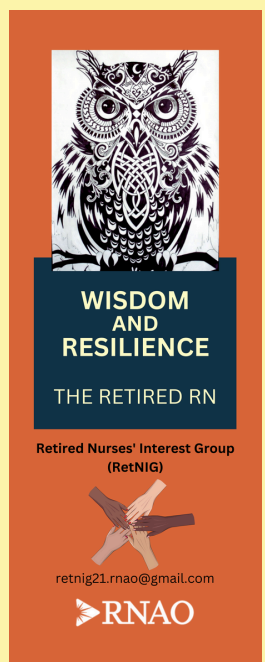
**Also , we will have an new outlook address which will bring continuity to all interests groups/Chapters at RNAO eliminating the need for private email addresses. Stay tuned for further updates.**

**Nursing Week 2025 : Watch Our Facebook page and Instagram to play Remember When? Remembering when things where very different for Nurses. ( Smoking at the desk- Needles that had to be sharpened etc.) May 12-18**

**Our resolution having the title of RN(ret.) after our name was accepted and will be voted on at this AGM.**

Should you have any ideas that you want us to address.  
Please write us at [retnig21.rnao@gmail.com](mailto:retnig21.rnao@gmail.com)

**HOPING TO SEE SOME OF YOU IN TORONTO AT THE  
HILTON DOWNTOWN FOR THE 100TH  
CELEBRATIONS. MAY 29AND 30TH 2025.  
LOOK FOR OUR WISE OWL SHOWING THE” WISDOM  
AND RESILIENCE OF THE RETIRED RN “**



# RetNIG Reads!



suggested by our Treasurer: Brenda Hutton

## **A Widow's Story by Joyce Carol Oates, 2011**

**JOYCE CAROL OATES IS AN ACCLAIMED AMERICAN AUTHOR AND POET HAVING WRITTEN OF OVER 50 BOOKS. SHE IS ALSO A PROFESSOR OF WRITING AT PRINCETON UNIVERSITY. IN FEBRUARY, 2008 HER HUSBAND OF 47 YEARS, RAY SMITH DIED OF PNEUMONIA AFTER A WEEK IN HOSPITAL. HE WAS 77 YEARS OLD BUT HAD BEEN FIT AND WELL AND STILL WORKING AS AN EDITOR. JOYCE WAS ABOUT 70. JOYCE AND RAY HAD A CONTENTED MARRIAGE. THEY BOTH WORKED AT HOME AND HAD NEVER SPENT MUCH TIME APART.**

**JOYCE DESCRIBES IN DETAIL HER EXPERIENCES AND FEELINGS OF GRIEF, MADNESS AND ANGER FOR THE FIRST 6 MONTHS AFTER RAY'S DEATH. SHE SLEPT LITTLE AND FOUND IT IMPOSSIBLE TO ACCEPT AND COMPREHEND HER HUSBAND'S DEATH. SHE FELT AT TIMES THAT SHE WAS LOSING HER MIND. SHE FELT VERY LONELY AT HOME BUT WAS IRRITATED AND HURT BY WELL -MEANING FRIENDS' REMARKS WHEN SHE WAS WITH PEOPLE.**

**JOYCE FEELS SURVIVOR'S GUILT "WE WHO ARE LIVING, WE WHO HAVE SURVIVED-UNDERSTAND THAT OUR GUILT IS WHAT LINKS US TO THE DEAD. AT ALL TIMES WE CAN HEAR THEM CALLING TO US, A GROWING INCREDULITY IN THEIR VOICES, YOU WILL NOT FORGET ME-WILL YOU?"**

**JOYCE FEELS SHE CANNOT LIVE WITHOUT RAY, HAS SUICIDAL THOUGHTS AND KEEPS A STASH OF MEDICATIONS READY. SHE WRITES OF SEEING A BASILISK, A LIZARD-LIKE CREATURE OUT OF THE CORNER OF HER EYE WHO BERATES HER AND URGES HER TO END HER LIFE.**

**IN THE SPRING SHE PLANTS RAY'S GARDEN AND FEELS HIS PRESENCE THERE. IN AUGUST SHE BEGINS TO SLEEP AT NIGHT. SHE MEETS A MAN AT A DINNER PARTY. HER LIFE IS COMING BACK TO HER. I KNOW FROM WIKIPEDIA THAT JOYCE MARRIED AGAIN, A PROFESSOR FROM PRINCETON. HER SECOND MARRIAGE LASTED 10 YEARS AND SHE BECAME A WIDOW AGAIN IN 2019. SHE IS NOW 86 YEARS OLD.**

**JOAN DIDION WROTE A YEAR OF MAGICAL THINKING WHICH IS ALSO A BOOK DESCRIBING HER EXPERIENCES AND EMOTIONS FOLLOWING HER HUSBAND'S DEATH. I RECOMMEND BOTH, EXCELLENT WRITING AND VERY HONEST PORTRAYALS OF TWO WIDOWS' EXPERIENCES.**



# RetNIG Recipes

## Cree Bannock on a Stick

Maggie Sikyea from Fort Smith

Ingredients:

**16** cups of flour

**1/1/2** cups lard

**4** tablespoons of baking powder

**7** cups water



- Rub together flour and lard then mix baking powder
- Make a hole in the middle of the mix and put water in that hole, stirring a little bit of flour in at a time until the dough is thick enough to handle with hands
- Make sure the dough is not sticky and keep adding flour until it is nice and smooth.
- Roll dough pieces lengthwise around your bannock stick and then cook over the fire.
- Serve them hot with butter and jam



Marianne Cochrane  
Past Chair



Brenda Hutton  
Finance



Betty Oldershaw  
Policy and Political Action

*Executive*

**RNAO**  
RetNIG

*2024-2025*



Una Ferguson  
Chair and Communication



Adrienne Kappes  
Membership

Missing in our picture is **Aveen Abdoli** our student

**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>**

RNAO

RetNIG

# WHY JOIN?



## 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.