



**ST. CLAIR
COLLEGE
RETIREES'
ASSOCIATION**

NEWSLETTER

WINTER 2010

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As you will read in this issue, John Charlesworth has "backed out" of the retiree Executive. John has been with the Executive since the beginning, over 15 years, and has organized our biggest event, the Christmas lunch, and the Annual General Meetings, the Fall Socials and the winery tours. John has been a delight to work with all these years and we will miss his marvellous sense of humour at our monthly Executive meetings which John rarely missed. Our best to John.

As you probably know from the news, the faculty across the province have given OPSEU a strike mandate. Although only 57%, much lower than in other years, the faculty could go on strike by mid March. St. Clair also voted for the strike at the same 57%. Should a strike happen the Retiree Executive will try and hold some events at Roseland which will be broadcast by e-mail. If there is an event that you wish to attend and you don't have e-mail, then call one of the

Executive at their phone numbers listed down this page.

Executive at their phone numbers listed down this page.

In the last newsletter and again in this one there is an update on Dr. Quittenton. Thanks to the retirees and in particular Bill Totten, who prepared a three page document on Dr. Q. for the Board of Governors', the Board has agreed to name the Residence at South Campus, Quittenton Hall. Sometime this spring there will be a naming ceremony. Try and attend as it would be nice to have a good showing of retirees for our first President. Dr. Q's son Derek is planning on attending.

I urge all of you who have not paid your membership dues for this year to send a cheque to Gayle Harrick, 12398 Clapp St., Tecumseh, On N8N 3H2.

Remember that Dr. Strasser matches our dues collection so your \$10 becomes \$20. And if you can, please include another \$10 for the Provincial Association, OCRA.

Speaking of OCRA, the paper on retiree representation that was written by some of us on this Executive went to the OCRA Executive and with a few improvements is now going to the Executive of the Committee of Presidents, thanks to Dr. Strasser. The paper presents a strong rationale for retirees representing themselves on retiree benefit and pension committees instead of OPSEU and OCASA as happens now.

Jim Chambers is organizing a golf tournament for Family Day, Feb 15 at On the Green. This is an indoor golf facility which allows participants to use golf simulators to play top ranked courses around the world. The \$60 fee also includes a donation to the Healthplex Campaign. All you golfers out there must be going into withdrawal by now, so come out and have some fun.

Turn to the back page for a listing of the upcoming events and plan to attend some of them.

President Anita Blair

HEALTHPLEX FUNDRAISING

St. Clair College retirees have raised \$7,000 to date, 23.3% of our \$30,000 goal.

Thank you to the retirees who have already made their contribution to the HealthPlex Campaign.

The HealthPlex Campaign is now well underway. The Executive advised Dr. Strasser of our support by unanimously passing two motions at an emergency meeting in the Fall'08:

1. That the Executive Support the College's HealthPlex Fundraising Campaign and that the support be recommended to the SCCRA general membership.
2. That the SCCRA Executive agrees to support the HealthPlex Fundraising projection/goal of \$30,000 (\$3,000 for 10 years)

Be part of the Retirees' Campaign by pledging your support to the College's HealthPlex Campaign. Members interested in helping with fundraising through their contacts with small business in Windsor-Essex and Chatham-Kent are asked to contact Jay Ertel, Coordinator for Retiree Fundraising. The SCCRA HealthPlex Fundraising projection/goal of \$30,000 could be met for example through member donations (eg. 300 retirees @ \$10/year for 10 years) or a combination of fundraising and donations.

The HealthPlex Brick Campaign pledge forms were included with the last Newsletter. If 300 retirees participate by pledging \$100 for 1 brick we would exceed our committed goal. **Please consider supporting the HealthPlex Brick Campaign.** The SCCRA has purchased two bricks for \$150, one for both Thames and Windsor.

Many thanks to Jim Chambers for organizing the Annual Retirees' Association Golf Outings as fundraising activities and the Feb'10 Winter Charity Golf Tournament at "On-The-Green", a simulated golf facility.

We thank JoAn Dale for running the 50/50 draws at our social events. Proceeds are going to the HealthPlex Campaign.

Memorial donations of \$25 are being made by the SCCRA in the name of deceased retirees to the HealthPlex Campaign

The College HealthPlex Projects are planned for as early as 2010 in Chatham and 2012 for Windsor. Construction is now underway in Chatham.

Submitted by Jay Ertel

RETIREE ASSOCIATION WEBSITE

If you want to access our Retirees' Association website, it's really easy. Just go to the College website at www.stclaircollege.ca Once there, go to the left side of the site and click on College Board and Staff.

Then, scroll down to Retirees' Association and, voila, you are there. You can read old newsletters,

look at many photos of retiree social events, get information on benefits, etc. Brian Agar does an excellent job of maintaining our website, so much so, it has caught the attention of retirees from other colleges. Enjoy!

Submitted by Pat Hallahan

COLLEGE NAMES RESIDENCE QUITTENTON HALL

The Retirees' Association has been recommending that Dr. "Q" be permanently memorialized by naming something significant on the campus in his honour. We learned that the Board of Governors approved, on November 24, 2009, a recommendation from President Strasser that the

Student Residence be officially named "Quittenton Hall". An appropriate dedication will take place at a future time. In response to this announcement, the following letter was received by Dr. Strasser from Q's son Derek.

*Dr. John Strasser
President, St. Clair College
Board of Governors St. Clair College
14 December 2009*

On behalf of Dr. Richard Charles Quittenton the whole Quittenton family wishes to thank you all for the wonderful recognition you have given Dr. Q. He is proud; we are proud and grateful of the naming of Quittenton Hall. We thank you.

Those of us who had the privilege and unique life time opportunity to be part of the early days of St. Clair College all know we were in a fantastic place at a magical time. Dr. Q was a force of nature. He made life happen. He made life better and we all knew that. We never knew from one day to the next what grand scheme Q had for this week but we all hurried off to work, class to find out. We all wanted to be in these plans.

We wish to thank the continued support and respect of the St. Clair Retiree's Association for this recognition. Your work has made this happen. We thank you all.

While it has been over 30 years since Dr. Q roamed the corridors of St. Clair it is obvious his spirit is still felt. No surprise really. We are after all, the Jolly College.

Derek Quittenton

HELP FOR HAITI

Andy Faas, 1972 Graduate of St. Clair College, has offered to match, through the Faas Foundation, any donations to Doctors Without Borders for assistance in Haiti. The St. Clair College Student Representative Council has announced that they will match any St Clair donations. This means that a \$100.00 donation actually becomes \$800.00 when it is matched by Student Council (\$200) which is then matched by Andy Faas (\$400) and then the Federal Government is committed to match any donations

(\$800).

At its meeting on January 20, the St. Clair College Retirees' Association Executive agreed to make a \$250.00 donation to this cause. This will result in a \$1000.00 benefit to Doctors Without Borders. It is worth noting that Andy Faas is the single largest Canadian contributor to Doctors Without Borders.

Submitted by Bill Totten

COLLEGE GRAD MAKES GOOD

The following is an article is a continuing series featuring retirees who graduated from the College and went on to work at and retire from the College.



Lori Caba is a born and bred Windsorite who went to the former De La Salle Elementary School (with Fulvio Valentinis) and both Walkerville S.S. and the former High School Of Commerce (Guppie) before enrolling in the Legal Secretarial Program at St. Clair College.

Lori completed the two year program in one year before continuing with some part time studies in business, English and psychology at both the University of Windsor and Detroit Institute of Technology.

After receiving her diploma at St. Clair, Lori vacationed out west for a month before taking a job at Monarch Office Supply where she worked for two years from 1969-1971. After a few years, she began job searching again before landing a secretarial position at St. Clair in Continuing Education reporting to the likes of L. Clarke, J. Charlesworth, M. Moodrey and J. O'Neil.

In 1976 Lori successfully competed for a teaching position in the former Adult Retraining Program (ARP). As this program downsized over the years, many of its teachers, including Lori, transferred to post secondary programs. Beginning in 1982, Lori taught for many years in all of the secretarial programs; courses taught include typing, shorthand, business math, office procedures and a variety of computer courses. Lori also served as coordinator for a number of years reporting to Toli Sapoleff and Joe Korchnak.

On the family front, Lori's mother was a stay at home mom, but her dad worked at customs and ran the College Soda Bar Restaurant at College and Campbell. Eventually he also bought the French Canadian Club. Lori's brother subsequently ran this business while her sister worked in human resources and payroll in the pharmaceutical industry.

Lori is devoted to her niece and nephews. Jesse is finishing up a degree in Criminology in Australia; Lauren is moving to Toronto and exploring education in the health sciences and Spencer is in his last year at Riverside High School.

Lori has also been very active on the community service front. She has been on the Board at Heart Care Windsor for nine years. She has also been a community representative at Princess Anne Elementary School for fifteen years. This is the school that is currently being transformed into the very first David Suzuki School anywhere. Lori is also active on the Little River Ladies Golf League and has served as chair of the parish council for 5 years at Immaculate Conception Church. And, of course, Lori provides a valuable service to the College Retirees' Association as its secretary.

In addition to community service, travel is also a passion for Lori. She has travelled extensively, most recently to Australia and New Zealand and is more convinced than ever that she wants to continue. Her only problem may be finding the time to stay in touch with her former staff and students, many of whom have become lifelong friends.

Submitted by Pat Hallahan

KNOW YOURSELF

During a visit to a mental asylum, a visitor asked the Director what the criterion was which defined whether or not a patient should be institutionalized.

"Well," said the Director, "We fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub.

"Oh, I understand," said the visitor. "A normal person would use the bucket because it is bigger than the spoon or teacup."

"No," said the Director, "A normal person would pull the plug." Do you want a room with or without a view?

WINDSOR CHRISTMAS LUNCHEON

There was abundant Christmas spirit mixed with many cheerful reunions on the occasion of the Annual Retirees' Christmas Luncheon which took place on December 2, 2009 at the St. Clair Centre for the Arts. This has become an opportunity for our retirees to catch up on the past year and in many cases for even longer periods and to have the chance to extend Christmas greetings to former colleagues. Prior to enjoying a very nice turkey dinner, John Payne provided a moment of reflection. During the luncheon Jim Martin distributed door prizes which had been donated for this event by the College Foundation, the Liaison Office, SRC, the Hospitality

Department, Patti France, Judith Harris at the St. Clair Centre for the Arts and from several individual donors.

In keeping with our efforts to support the capital campaign a 50 / 50 draw was held and \$119.00 was won by Rosemary Dufour.

With steadily declining participation in this event the Executive is intending to conduct an evaluation of all aspects of the Annual Christmas luncheon. Anyone with input or feedback is invited to contact any member of the Executive.

Submitted by Bill Totten



Windsor Christmas Party Pictures continued:



A BLAST FROM THE PAST!!!

Do You Remember?

Mr. Andy Ulicny



Andy came to St. Clair from Chrysler Canada, where he spent 3 years in Manufacturing Engineering. St. Clair was his first attempt at teaching. He graduated from the University of Detroit in Mechanical Engineering. Andy enjoyed most summer sports, was married and had 3 children. His personal views of St. Clair students was that they were not serious enough about their future profession. He also indicated that perhaps some students were in the wrong profession - some should be in "show biz".

Mr. Vic Burgess



Vic came from Bristol, England. He had his Master of Science in Precision Measurement and Instrumentation and was an associate member of the Institute of Mechanical Engineers and was also a member of the Institute of Measuring. He had a wide background in the industry as a designer and also lectured at Bristol Technical College for eleven years. He received his degree at the University of Bristol. He thought that the students he encountered at St. Clair were more mature and their attitude towards life was also more mature than the English students.

Mr. Lynn Thomas



Lynn was born in Sheffield, England, received his Bachelor of Arts degree from the University of Sheffield and his Masters from the University of Michigan. He had taught in the Windsor High Schools for six years prior to coming to St. Clair. His last Windsor High School was Walkerville Collegiate. He was interested in music, mostly classical and jazz. He has been associated with the Windsor Little Theatre and the Windsor Light Opera, where he did some acting and directing. With St. Clair College, Lynn worked on the formation of the Performing Arts Department which offered courses in theatre arts, with a special emphasis on technical theatre. Lynn like our student's attitudes in that they were voiceful and were not afraid to speak up. He thoroughly enjoyed T.G.I.F. (Thank goodness it's Friday), a day when several staff members got together to bend their elbows.

See you at the Wellington.

THE CONFESSIONS OF A RETIRED WOMAN!

I felt like my body had 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, I twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

THAMES CHRISTMAS PARTY

The Thames Christmas Party was held on Wednesday, December 09, 2009 at the Countryview Golf Club in Chatham. 40 people attended and enjoyed an excellent buffet luncheon. Eunice Robinson and Elizabeth Barr were thanked for arranging the door prizes and organizing another successful Christmas Party. People enjoyed their social time especially with presentations being made by Santas, Eunice and Jim Robinson. This was the second year for the noon format which continues to be well received by all and will continue..

Dr. Strasser and Lynn McGeachy-Schultz, Director, College Advancement for Thames Campus joined the group for the luncheon. Dr. Strasser gave an update on the progress with the many new building projects underway at the College. The Centre for Construction Innovation opened in Sept. '09 and the targeted dates

for the other projects are: MediaPlex (March '10), Centre for Applied Health Sciences(March '11), HealthPlex (Chtm. March'10), Technology and Trades(Chtm. March '11). The retirees were pleased to hear that the naming of the Windsor Student Residence to Quittenton Hall has been approved. Dr. Strasser said the College enrolment is 8,200 and that St. Clair College students have now won 11 gold medals over the past 10 years. Retirees were invited to attend the Christmas Pageant rehearsal and dinner on Dec. 16 and the President's Christmas Brunch on Dec. 21.

JoAn Dale was the winner of the 50/50 draw and she donated her proceeds to the HealthPlex Campaign. Congratulations and many thanks JoAn.

Submitted by Jay Ertel



Thames Christmas Party Pictures continued:



PRESIDENT'S CHRISTMAS BRUNCH

“And, the winner of the seven course gourmet dinner for eight isAnita Blair!”

A large group of retirees attended the Annual President's Christmas Brunch in the Hangar on Monday, December 21, 2009. As usual, the brunch was excellent, with veal parmesan, bacon, sausage, scrambled eggs, salads, rolls & muffins and delicious desserts. But, the best part of the day was the opportunity for staff and former staff to renew acquaintances and to extend Christmas greetings.

Prior to and during the brunch, tickets were available for a HealthPlex fundraiser. The winner of

the draw, which took place during the brunch, would receive a full seven course gourmet meal for eight persons, with food and wine pairings, prepared in your home by prize winning St. Clair College chef Michael Jimmerfield. Chef Jimmerfield is the 2009 CCFCC provincial Challenge Champion. The value of the meal is estimated at \$1,000.00. Our own Retirees' Association President, Anita Blair, was the lucky winner. What a Christmas present!

Again, we want to thank Dr. Strasser for including the retirees in this annual event.

Submitted by Bill Totten



ST. CLAIR CHRISTMAS SHOW

The St. Clair College Christmas Show was held the week of December 16 at the St. Clair Centre for the Arts. Over 40 retirees and friends attended the dress rehearsal preview show, accompanied by a lovely buffet dinner for a total cost of \$22. A number of other retirees attended just the show.

The performance by the Music Theatre and Entertainment Technology students was outstanding. The music, choreography, individual solos and mesmerizing ensemble choral numbers were exceptional as were the most professional set design,

lighting and sound. A few appropriate pyrotechnics were included for dramatic effect.

The spring show will feature musical numbers from Fiddler On The Roof and a Rock and Roll Extravaganza. If past performances are any indication, you may want to plan to attend. All their performances to date have been very entertaining and excellent value.

Submitted by Pat Hallahan

THE MUSINGS OF JOHN CHARLESWORTH



John & Colleague Bob Greenhow

anything else was offered.

During the early 1990's more St. Clair employees retired and thankfully joined the Association. Diane handed the social planning over to me. Bill Totten became President and our Association grew into what it is today.

My dream was to see the Social side of our Association grow in so many ways that an activity was available for almost everyone. I feel I have achieved that, as you can see by reading the back page listing of your newsletter.

Therefore, as all good things come to an end eventually, and with the autonomy gone from my position, I think it would rather be just a member of the Association and have no title.

So thank you to everyone who has participated in our social activities, and I am sure I will see both old and new retirees at many of the activities in the future.

Sincerely,
John Charlesworth

Year 2010 — I can hardly believe I have been in Canada since 1967, 43 years and so I retired in 1993 almost 17 years. I guess I will be

staying forever. ---If you will have me ""?"

Shortly after I retired Vic Burgess and Mason McDonald asked me to become part of the retiree's executive. Stan Bah no longer wanted to be V.P. I felt it was very important to have a retirees' association, so I said "yes" but I knew I did not have the necessary computer skills to adequately do justice to the position of V.P. So I leaned towards the social aspect of our slowly forming association, besides Diane Molyneaux was a wonderful, easy person to work with. We only organized a Christmas event, general meeting and hard printed information sheet. Hardly

THE RAMBLINGS OF A RETIRED MIND...

I was thinking that women should put pictures of missing husbands on beer cans!

I know, when people see a cat's litter box, they always say, "Oh, have you got a cat?" Just once I want to say, "No, it's for company!"

KEEPING UP WITH YOUR GRANDKIDS

Facebook, You Tube, Twitter etc., What Does It all Mean?

SECOND CHANCE

Last October we ran a very popular session on Keeping up With Your Grandkids. The intention was to acquaint retirees with the many popular web sites that young people talk about and use. We had a first year student present the information and since we used a room wired for internet use, the presentation was live.

The session was advertised only by e-mail because of the time constraints so many retirees would not have known about it. So we are offering it again on **Thursday, April 8 at 1:30 in Room 321A**. If you missed it in Oct. plan to attend this

session. Even those who are frequent users of the Internet learned something new.

This is an information session and is not intended to provide technical information. Our presenter is a young person, like your grandchildren, but we will do our best to answer any questions.

NOTE: If the faculty are on strike, the session will be postponed to another date.

Remember - Thursday, April 8, 1:30 in Room 321A

Submitted by Anita Blair

DAN LONCKE ANNOUNCES

BRIDGE CLUB MEETINGS

Tuesday, February 23, 2010, 1 pm in the Multi Purpose Room

Tuesday, March 9, 2010, 1 pm in the Multi Purpose Room

Tuesday, March 23, 2010, 1 pm in the Multi Purpose Room

TRIVIAL TUESDAY

**Trivial Tuesday, Tuesday, March 30, 2010, 1:30 pm in
Chez Talbot**

DID YOU KNOW?

You can keep refrigerated milk, even if it is open, for nearly a week past the expiration date.

Pasteurization reduces the bacteria that causes spoilage.

Keep your fridge at 40°F or lower to slow bacteria growth.

Don't store your milk in the door as it's the warmest spot in the fridge.

CUBAN WINTER TRIP



SIRENIS La SALINA RESORT

On Jan 26 twenty four retirees and spouses left Windsor for an all-inclusive week in Cuba's Varadero Beach. We went with Sunwing and to our surprise we had both champagne and wine with our meal on the flight. This three hour flight also left in the late afternoon and when we arrived at the resort it was dark. But we did not have to get up at 2:30 in the morning for the trip to Detroit for the 7:00 flight as in past years.

Sirenis La Salina is a large resort with some twenty three story buildings arranged in two circles around free form pools surrounded by lots of trees and gardens. The circle nearest the ocean also had a theatre, a fitness centre and a number of restaurants that could be booked for dinner. Most of us were close to the dining room and lobby but a few were closer to the ocean. The walking allowed us to work off the calories gained from too much breakfast, lunch and dinner to say nothing of the drinks. The food in Cuba is not up to the standards in Mexico but there was variety and the house wine was very good.

This year we had eleven first timers join us. Because the resort was so large and spread out we did not congregate as a

group as much as in the past. But most of us found ourselves at happy hour before dinner where we shared our experiences. People made trips into Varadero and twenty two spent the day on a tour of Havana.

The first two days were a bit cool for swimming but it soon warmed up. The weather co-operated and the only rain occurred at night. Unfortunately it came down sideways with considerable force and some of us had the hallways flooded when the rain came in the open ends of the buildings.

One of the big surprises at La Salinas were the number of Canadians there. Sunwing flights left from every major city in Canada and a few WestJet flights were thrown into the mix. Even some of the gardening staff sported Canadian tee shirts and ball caps. Other resorts that we have been to in past years had lots of Europeans but other than French, the guests spoke English. But what you won't find in Cuba are Americans, probably the only country on earth to make that claim.

Sometime in May we will have a reunion and talk about next year's trip. We always have room for more retirees so plan on joining us.

Anita Blair



SIRENIS LaSALINA RESORT PICTURES



Nicky, Gayle, Maria



Frank & Loretta Dick, Anita Blair



Bill & Ida Totten



Ron Morris, Silvio Carlini, Anita & Mansell



Gayle, Del, Maria, Silvio & Nicky

Pool Bar



On the way to Havana!



HAVANA CUBA TOUR

The “Winter Trip Group” travelling to Cuba in January was able to negotiate with the tour representative for a one-day tour of Havana, and because of the size of our group we were able to have our own tour bus and tour guide. We were able to define times, destinations, etc.

We were picked up at our hotel at 9:00 am and were introduced to our guide, a native Cuban, a university English major with an excellent command of the language and an even better command of Cuban history and culture. She didn't hesitate to address politically sensitive questions although it was apparent that she was careful of what she said.

Half way through the 2 hour trip to Havana we made a rest stop for the best pina coladas that we ever tasted. The quality was so great we stopped on the way back as well. We drove through kilometre after kilometre of barren land which is nothing but coral which, in most cases only supports herds of goats or cattle, or the oil wells. These wells produce oil which can only be used to generate electricity because it is too heavy to be refined into gasoline.

We were struck by the vast contrasts that are apparent everywhere. We travelled a four-lane highway in a beautiful, modern bus, passing hundreds of cars from the late 40's and early 50's

which were left after the US embargo imposed in the mid-50's. Then we would slow up for a slow moving horse drawn cart on this expressway, or for goats in the median.

Our guide led us on a walking tour of “Old Havana” immediately upon our arrival in the city. We learned that Old Havana is designated by the UN as a World Heritage site. The city is undergoing considerable restoration. Derelict buildings which were built in the early 1500's adjoin beautifully restored structures of the same vintage. Interesting characters were everywhere – colourfully dressed ladies smoking huge cigars; stilt walkers accompanied by a band; frequent beggars; artists drawing caricatures for a peso.

Following lunch we went to Revolution Square which is surrounded by government buildings – the Ministry of Communications with a huge iron face of Che Guevara covering many floors; the Ministry of Defence with its many antennae pointing north towards Florida, 90 mile away; and the imposing tower in front of which Fidel Castro once made his 3 – 4 hour speeches in front of thousands of loyal subjects.

Our return trip included a stop at one of the largest flea markets one would ever see. Contained within a restored warehouse on the Havana waterfront, it featured hundreds of craftspersons.

Some interesting facts about Cuba:

- Health care and education are free to all citizens, who pay no taxes;
- Everything is owned by the state. International hotels are state-owned with the state receiving 51% of the revenue and the chain receiving 49% for its management;
- professionals (doctors, lawyers, teachers) receive less on an annual basis than workers in the tourist trades due to the gratuities received. This includes chambermaids, tour guides, etc.;
- tourist industry workers are taxed to compensate for the additional income from tips;
- the Cuban peso is pegged at 80% of the U.S. dollar although U.S. currency is not allowed (except in the

black market). US dollars are used extensively by tourists as tips;

- there are two Cuban currencies – the Cuban peso which is the currency of the natives and the convertible peso (24x the Cuban peso) which is the currency of the tourists;
- the divorce rate in Cuba is “very high”. This is thought to be due to the fact that most young married couples are forced to live with parents because home ownership is almost impossible because building supplies are beyond the financial capability of all Cubans (building supplies are all priced in convertible pesos which makes them 24 times what Cuban citizens can afford).

Submitted by Bill Totten

HAVANA CUBA TOUR PICTURES



Del, Denise, Ene Barsky, Bus Driver, Guide



Revolutionary Square, with the group



Pina Coladas Rest stop



Issac & Ene Barsky



Group in front of Cathedral



*Bill Totten with
Cuban Architecture*



Cuban Cars of Prior to the Revolution



H. J. HEINZ COMPANY OF CANADA LTD. INVITATION

St. Clair College Employees and Retirees:

The H.J Heinz Company of Canada Ltd is pleased to open their “Company Store” to you on the following days:

February 8, 9, 10, 13, 15, 16, 17, 18, 21, 23, 24, 25, 28, 2010

May 31, 2010

June 1, 2, 5, 7, 8, 9, 12, 2010

September 20, 21, 22, 25, 27, 28, 29, 2010

January 10, 11, 12, 15, 17, 18, 19, 22, 2011

Your organization will be entitled to purchase a variety of products at a discounted price. The “Company Store” is located at **85 Wilkinson Drive in Leamington (AMCO Storage Building)**. *Please note that inventory levels at the Company Store fluctuate and some products may not be available during your scheduled shopping days.*

The store hours are: **9:00 am – 4:45 pm (Monday thru Wednesday)**
8:00 am – 11:45 am (Saturdays)

All shoppers are required to abide by the “Company Store” rules as stated below.

- No smoking or drinking in the facility
- No children under 12 years of age allowed in facility
- Only one case per variety per person per day
- Products cannot be sold, they are for personal use only
- Products cannot be used or sold in public establishments
- **Payment is by debit card only**

Proof of employment or retirement must be provided in the form of an I.D. Card or pay slip, or a list of employees’ names provided in advance (fax 322-4103 or e-mail).

If you require any further information please don’t hesitate to call the Company Store at (519) 326-5701 Ext 4361.

SPRING BUS TRIP

Details for our annual spring theatre trip have been finalized. On Wednesday, May 12, 2010 we will go by bus to London's Grand Theatre to see "Legends", a rock and roll show similar to the "Legends of Country" which we enjoyed so much last year. Those who have seen it have raved about the show. The cost is \$120.00 per person. The schedule:

9:00 AM	Pickup at St. Clair College parking lot
10:30 AM	Pickup in Chatham
11:45 AM	LUNCH – [fast food restaurant – to be determined]
1:00 PM	Legends of Rock, Grand Theatre, London, ON
3:30 PM	Show ends
4:00 PM	Depart for Carolinian Winery

Hayride / tour / buffet dinner [totally accessible for all]

NOTE: buffet to our specifications - not as elaborate as Elmhurst or Crossroads, but reportedly, very nice.

7:00 PM [approx.] Depart for home

9:00 PM [approx] Arrive Windsor

AGAWA CANYON BUS TRIP

Interest has been expressed in a Fall colour tour to northern Ontario. We are proposing a bus trip to the Agawa Canyon, beginning September 28 in Windsor, traveling to Sault Ste. Marie. September 29 will be a one day wilderness train excursion 114 miles north of Sault Ste. Marie, over towering trestles, alongside pristine northern lakes and rivers, and through the awesome granite rock formations and mixed forests of the Canadian Shield at what should be the height of the Fall colour season. Through the large picture windows of your comfortable coach, you will experience the same vistas and panoramas that inspired the Group of Seven to create some of Canada's most notable

landscape art. The return trip to Windsor on September 30 will include a stop at Frankenmuth for shopping and lunch at Zehnder's which is included. The proposed cost is \$415 per person double occupancy; \$525.00 per person single occupancy.

If you are interested in either trip it is important to call Kathleen Warren at 519 258-5404, as minimum numbers are required for both trips and they will only run if the numbers warrant..

Submitted by Bill Totten

PUNS FOR FUN!

A group of chess enthusiasts checked into a hotel and were standing in the lobby discussin their recent tournament victories.

After about an hour, the manager came out of the office and asked them to disperse.

"But why?" they asked , as they moved off.

"Because," he said, "I can't stand chess-nuts boasting in an open foyer."

In Memoriam



JOHN WEATHERBY

John passed away at Hotel Dieu Grace Hospital on January 4, 2010 at the age of 83 years. John was a marine engineer who served in the RAF during WW II. He taught for many years in the Trades and Technology Department and had a real zest for learning and teaching.

We Also Remember

Nancy and Jim Cameron's Mother

Karla Ertel's Brother Jim

Richard King's Wife Margaret

Tom McCarthy's Mother Edith

May They Rest In Peace!

HOW TO IMPROVE YOUR HEALTH!

PISTACHIO NUTS

*It might seem surprising that a little pistachio nut can be one of the secrets of a healthy heart, but it's true. The mighty little pistachio nut contains **phytosterols** - a substance that blocks your body from absorbing cholesterol. The result is a small handful of pistachios daily may help prevent your arteries from clogging, keeping your blood vessels clean, your heart healthy and strong.*

THE MISUNDERSTOOD POTATO

If your Doctor wrote you a prescription for a baked potato you might think he was nuts. But it wouldn't be far-fetched. You get all these healthy benefits from one medium-sized potato with skin:

925 mg of potassium to help keep your blood pressure in check;

50 mg of magnesium to help reduce your risk of type 2 diabetes;

5 grams of fiber to help keep you bowels running smoothly and your appetite under control.

Provided by Consumer Reports On Health Newsletter 2010.

BITS AND PIECES *Submitted by Bill Totten*

More honours for **Andy Faas** – On Thursday, November 12, 2009, the Canada South Chapter of the Association of Fundraising Professionals recognized Andy Faas as the Outstanding Philanthropist for 2009. Andy, a former St. Clair Student Government President in 1971, has donated generously to charities such as the Chatham-Kent Health Alliance, St. Clair College HealthPlex and is the largest Canadian contributor to *Doctors Without*

Borders. Present to honour Andy were David Butler, Tom McCarthy, Bill Totten and current St. Clair staff, John Strasser, Fred Sorrell, John Fairlie, Judith Harris, Lynn McGeachy-Schultz and Ann Hetherington.

The President of the local chapter of the AFP is Kim Willis-More, a former St. Clair College employee.

Dr. Quittenton Update

Dr. Quittenton's son Derek indicates that Q is cognitive and can speak, and he has been informed of the Board of Governors' decision to name the student residence "Quittenton Hall. On December 21, one day before their 68th wedding anniversary Q was moved from Nanaimo hospital to the long term care ward at the Gardens of Qualicum Beach. This means he is on the third floor while Diane is in her

own suite on the main floor. Now Diane only has to take the elevator to see Q.

In Derek's latest communiqué he stated: Reuniting my parents is the best anniversary, Christmas gift we could wish for. I wish to thank you all for your prayers and assistance in this move. God bless and we wish you and yours all the best this Christmas season."

Faculty Negotiation Process

For the latest information on the bargaining process for academic (faculty) employees, go to the

Council web site - <http://www.thecouncil.on.ca/>

Ontario Colleges Retirees' Association (OCRA)

The next Annual meeting of OCRA has tentatively been set for Fall, 2010 at Mohawk College.

The latest changes to the OCRA bylaw and constitution are now on the OCRA web site - <http://www.ocraretirees.ca/>.

As of November 17, 2009 OCRA membership stood at 1821, of which 218 are St. Clair College

retirees. Only Mohawk (418) and Centennial (239) have more. Both of these associations collect a \$20.00 annual fee and remit \$10.00 to OCRA. That means that all of their members are automatically members of OCRA. If that were the case with St. Clair retirees, the St. Clair membership in OCRA would be approximately 450.

Unique New Program for St. Clair

On Friday, January 8, 2010 Peter Tumidajski, Vice President, Academic Services, announce that the approval of a new two year Wind Turbine program. A shorter, fast track course for displaced workers is also a possibility. Although timing might be tight, it is hoped that the program could start as early as September, 2010. Only two

internationally recognized programs will be allowed in Ontario and one already exists at St. Lawrence College. St. Clair hopes to be the second. It is interesting to note that members of the Retirees Association helped this initiative by providing industry leads.

St. Clair College Alumni Association

Did you know that, as retirees of St. Clair College, you are eligible for membership in the St. Clair College Alumni Association? All you need to do is notify the Alumni Office of your interest. We are

talking with the Alumni Association about the possibility of mailing the Alumni Newsletter to all retirees. Stay tuned.

Health Benefits Alerts

Retirees who are **about to turn 65 years of age** must notify Human Resources that you are about to turn 65. This will ensure that premium changes will be implemented. In most cases, the premiums are reduced after 65 due to the implementation of the Ontario Drug Benefit Plan when you turn 65 years of age. This does not happen automatically.

The “annual election date” is the only time when you can make **changes to your benefits** coverage. That date is February 1 of each year. We realize that this issue is after that date, and we tried to get this information out to those members for whom we had email addresses.

Archive Work Group

The Archive Work group continues to meet every Monday morning to inventory and categorize thousands of items. It has been fun sharing the memories that this activity have generated. We

have welcomed a new member to the group, Marilyn Portt – welcome Marilyn. We have lots of room for more volunteers.

Member News

We haven't seen **May McCall** in a long while. May fell in June and suffered a severe break to her right wrist. She had to undergo surgery to insert pins and bone grafts. Unable to use her right hand at all, she couldn't drive or do routine household chores. She is recovering well now and hopes to join us at the AGM in May.

After fifteen years of dedicated service the St. Clair College Retirees' Association **John**

Charlesworth has decided to withdraw from the Executive. For many years John coordinated our social activities, organizing events such as the Annual Meeting, the Annual Windsor Christmas luncheon, winery tours, etc. John was honoured with a certificate of Appreciation at the January meeting of the Executive. THANK YOU JOHN!

Upcoming Events

Gary MacLeod is planning two exciting activities. On April 22, 2010 we will be visiting the **Kingsville Historical Park** followed by lunch at Mettawas Station, also in Kingsville. The Historical Park includes several military displays of particular significance to the Essex-Kent area, and Mettawas Station is very highly regarded. Restaurant. The

cost is \$5.00 plus lunch.

In October, on the 8th, Gary has arranged a special trip to the **John R. Park Homestead** for a trip back in history followed by lunch on the site. The cost for both tour and lunch is \$15.00 .

Mark the dates and we will provide more information in a later issue.

COMING EVENTS

1. **Indoor Golf Tournament**
February 15 “Golf on the Green” - Indoor Golf facility - County Rd .22
Fee \$60 per person
2. **H J Heinz Company** - Door for the Company Store opens on the following days’
February 8, 9, 10, 13 ,2010

February 15, 16, 17, 20, 2010

May 31, June 1, 2, 5, 2010

June 7, 8. 9, 12, 2010

September 20, 21, 22, 25, 2010

September 27, 28, 29, October 2, 2010

January 10,11, 12, 15, 2011

January 17, 18, 19, 22, 2011
3. **Bridge Club Meetings**
Tuesday, February 23, 2010, 1 pm, in Multi-Purpose Rm

Tuesday, March 9, 2010, 1 pm, in Multipurpose Rm

Tuesday, March 23, 2010, 1 pm, in Multipurpose Rm
4. **Trivial Tuesday**, March 20, 2010, 1.30 pm in Chez Talbot
5. Computer Session - **Keeping Up With Your Grandchildren**
Thursday, April 8 at 1.30 in Room 321A
If faculty are on strike - session will be postpone to another date
Remember - Thursday, April 8, 1.30 in Rm. 321A
6. **Spring Bus Trip**
London Grand Theatre to see “Legends” and onto Carolinian Winery
Wednesday, May 12, 2010 -**see page 18**
7. **Agawa Canyon Bus Trip**
Beginning September 28 in Windsor to Sault Ste. Marie
Return Trip - September 30
Cost - \$415 person - Double Occupancy - **see page 18**