



**ST. CLAIR
COLLEGE
RETIREES'
ASSOCIATION**

NEWSLETTER

FALL 2012

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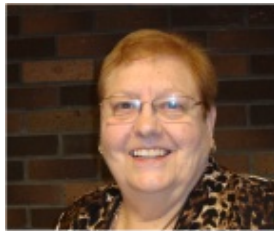
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ANNOUNCING: 20th Anniversary of the St. Clair College Retirees' Association Founding

PRESIDENT'S REPORT

The fall season has started and we are celebrating the 20th year since the St. Clair retiree group was formed due to the foresight of the early leaders. Since the early beginnings, the group has grown in the numbers and in the variety of activities offered. At the Christmas parties we are going to honor these pioneers for their dedication and commitment.

With this newsletter, membership forms are being included. We thank you for your membership in the past year and hope you will renew the next year. Your continued support is important so we can continue to plan programmes and events for you at a reasonable cost for your enjoyment

Last year, we had 260 paid members and we'd like to see this number grow to at least 300. If you have any ideas for events or programmes don't hesitate to talk with one of the executive. Memberships can be mailed in or given to us at the Christmas Parties.

We were glad to welcome over 20 new retirees this year and hope you will enjoy some of the activities planned.

If you are at the College in Windsor, take a moment to view the display in the front lobby dedicated to the life of Dr. Richard Quittenton, the College's first president. Thanks to the Archive Committee for putting this display together. It captures the highlights of Dr. Q's time at St. Clair. The Archive Committee spends a lot of time and effort cataloguing the materials used for these displays and recording the history of the college and the retirees association.

I understand that a group of your colleagues have found the sport of pickle ball. A few bruises and aches were obtained at the orientation session that Margaret Goodman organized but some new players have been found and others enjoyed the experience but plan to sit out further sessions.

There are about 30 people who are to planning to take the Winter Trip to Cuba. We are pleased to have some new retirees and their friends join the group. This will be good way to beat the winter blahs and begin to think of spring.

With the Christmas Season fast approaching us, I am looking forward to seeing many of you at one of the Christmas Dinners. The Thames Dinner is on December 5th and the Windsor Dinner is on December 12th. Details for these dinners are included in the Newsletter. Let's use these events as an opportunity to renew acquaintances and start the celebrations of the season.

Some of our retirees were instrumental in starting Food Banks at each campus site. There are many students who are in need of assistance so I am asking you to consider bringing in some canned goods or packaged food to share with the students when you come to the College or we could collect these items at the Christmas parties. The well being of the students has always been your concern and this is one way we can continue to help them.

President's Report continued...

There are many events planned for the fall and winter season and I hope there is something you will find enjoyable. I want to wish you and your families' greetings and best wishes of the Holiday Season and trust that the New Year will bring you health and happiness.

Thank you for all the support of our events

JoAn Dale, President

Ontario College Retirees Association (OCRA)
10th Annual Meeting
Thursday, October 25, 2012
Seneca College, Markham, Ontario

At 10:30am, about ninety-five members of OCRA were welcomed to this historic meeting by President Linda Choptiany. In addition Bob DeCosta (E.D. of Human Resources), and Krishan Mehta (E.D. Advancement and Alumni) from Seneca College, and Bill Riddell (Pres., Seneca Retirees Assoc.) welcomed all. We were reminded that many of us were present from the start of a new educational system, and that one of the obligations of Retirees was to make sure the current system "did not drop the ball".

Reports from the OCRA Officers were presented, and can be found on the OCRA website (www.ocraretirees.ca). OCRA is financially solvent, active, and has seen its membership grow to about two thousand retirees.

Presentations from Julie Cays (Chief Investment Officer, CAAT Pension Plan), Mary Hofstetter (Dir. Benefits and Compensation), and Stephen Lee Cam (H.R. Consultant) of the College Employers Council, and Ellen Roseman (Consumer Advocate and Columnist with the Toronto Star) were excellent. Julie clearly stated that the CAAT Pension Plan is sound; Mary and Stephen, expressed some concern about a slightly declining membership, and mentioned that additional benefits are being investigated; and Ellen referred to many publications that would be valuable for a retiree looking for financial planning and lifestyle information.

Because this was the 10th Annual Meeting of OCRA, Certificates of Appreciation were presented to past Executive Officers who were present, recognition of past Executive Officers not present was made, and Certificates were presented to three Founding Members who were still active on the Executive and were present (Linda Choptiany, Joan Cunningham, and Derrick May).

One change to the Constitution was approved. The Past President is now eligible to be a member of the Executive with full voice, and voting rights.

Over the delivery of the meeting, quite a few door prizes were won by lucky members. Thanks to Joan Cunningham for organizing this.

We were treated to a very nice salad and sandwich lunch, provided by Seneca College. In addition, the facilities, and arrangements for the meeting were excellent. Over lunch, representatives of about eight different Retiree Associations shared their activities with each other.

At the time of the meeting, OCRA had received about 140 replies to our Annual Review. These will be summarized and reviewed by the Executive.

In summary, shortly before 3pm, a very interesting and productive meeting was adjourned.

Prepared by: Jim Martin

TRIBUTE TO DR. QUITTENTON



The Retiree Archive group has completed the installation of a new exhibit for the Archive Display in the college lobby. The content is a tribute to Dr. R. C. Quittenton who passed away this past June. The very attractive display was designed and installed by retirees **Lea Garber, Hanno Barten and Anita Blair**. It makes reference to as many of the highlights in Dr. Q's illustrious career as could reasonably included within the confines of the cabinet– his patents while at John Labbatt Brewery; his 'open door'; the 'big beans' speech; his "Jolly College" philosophy; and, the Quittenton Hall student residence.

It was very appropriate that the display was finished in time for a visit to the campus on October 15, 2012 by

Derek and Nichole Quittenton, the son and daughter of Dr. Q. Derek had been present for the dedication of Quittenton Hall in June, 2011. However, Nichole had planned to attend with Mrs. Quittenton as well, but was unable to come to Windsor as Diane was not well enough to travel.

Derek, and Nichole especially, found the display very moving and indicated their appreciation for this tribute to their Dad. During their tour of the campus they had an opportunity to view the portrait of "Q" in the Great Hall which is also accompanied by the "Jolly College" plaque. Their visit included a tour of the new Health Sciences building and concluded with a visit to Quittenton Hall.

Submitted by Bill Totten

MEET YOUR NEW PRESIDENT

Jo An Dale was born in Chatham but raised in South Buxton, a small town with deep historical roots related to the Underground Railroad. Jo An attended Merlin District High School after which she enrolled in the Nursing Program housed in what was then Chatham Public General Hospital.

Jo An's father was a truck driver employed by the local municipality. Her mother, although employed casually at various times, was primarily a stay-at-home mom who cared for nine children, almost equally divided between boys and girls. Jo An currently has 20 nieces and nephews and 13 "great" nieces and nephews.

After completing the three year nursing program, Jo An worked for a year on the surgical floor before enrolling in the Diploma Nursing Education Program at the University of Windsor. After but one year of hands-on nursing, she began teaching at the Hospital Nursing Program. She subsequently completed B.Sc. N. and Master of Education Degrees at the University of Windsor.

Jo An's career in education began in 1967 and continued to 1973 with the local hospital after which she was employed by St. Clair College when the responsibility for nurse training was transferred to the Colleges. She continued to teach at the hospital until the Thames Campus was completed in 1977.

Jo An's career teaching nurses spanned the years from '67-'90 after which she was employed as Chair until her retirement in 2008. She is proud to acknowledge that she was in one way or another in contact with every nurse trained in Chatham from 1973 until the Nursing Program was incorporated into the University of Windsor Program in 2004.

As much as she was involved in the Nursing Program at the Thames Campus, Jo An has also been exceptionally dedicated to providing community service in the Chatham-Kent area. She has been a member of her church choir for 50 years while also

serving on the church board for 30 years and volunteering as a Sunday School teacher.

She has also been a member of the Chatham-Kent Zonta Club for 35 years working to improve the status of women, organizing international projects and providing scholarships to women attending the Thames Campus. She has also served on the Board of Directors of the local Alzheimer's Society and was active for many years with the Registered Nurses Association. She also serves as treasurer for the Chatham-Kent Dickens Fellowship, a group dedicated to the study and presentation of the works of Charles Dickens. Most recently she volunteers at the Chatham-Kent Health Alliance gift shop and serves as Chair of its Auxiliary.

Beyond education and community service, Jo An is also dedicated to travel. She has, amazingly, visited all 6 continents, been to every Canadian Province and most U.S States. In total she has visited 40 countries, including a tour in Antarctic and safari in Africa.

When asked to identify some of her most memorable moments at the College, she cites the satisfaction she has gotten from watching students graduate, grow and mature, while sharing in the accomplishment of former students such as Hazel MacDonald, Premier's Award recipient. She is also happy with her work chairing the committees of both campuses as the College and University Nursing Programs hammered out a collaboration agreement. She indicates that none of her successes with the programs she chaired would have been accomplished without the dedication of the faculty and staff she worked with.

The Retirees' Association is fortunate to have as its President someone as dedicated to her community as is Jo An Dale. Good luck in your new position, Jo An. We're glad to have you!

Submitted by Pat Hallahan

Sign On A Plumber's Truck

Don't sleep with a drip. Call a plumber.

UPDATE ON WINDSOR ESSEX PARKWAY

The parkway construction is going by the front entrance to the college. For those of you out of town or for Windsor people who never get to Talbot Rd or Highway 3 here are some pictures of the construction. These were taken by Silvio Carlini at the end of August. Construction changes are happening at a rapid rate and these are already out of date.



1 - Looking East with Hwy 3 on the left and in the upper right.



2 - Across from Hwy 3 with the College the Outlet Mall on the right.



3- From Howard and Hwy 3 looking west with Academie Ste. Cecile in the top middle. Further Information can be found at www.weparkway.ca

FALL SOCIAL 2012

Then centrepiece of this year's Fall Social was the tour of two of the College's newest facilities: the Centre for Construction Innovation and Production and the Truck and Coach Building.

The first is a trades training centre for a number of skilled trades including electrical trades training, carpentry and plumbing. The training facility represents a significant improvement over the previous venues and contains numerous "hands-on" work stations.

The second is located right next door to the Automotive Building and contains a number of trucks and buses to provide training for the repair of large

vehicles.

The Fall Social also provided an opportunity for Dr. Strasser, President, to showcase a promotional video of the Windsor Campus Healthplex which is now in the pre-construction phase. It will be located directly across from the Residence.

Close to 50 retirees attended the Social, half of whom enjoyed the tour led by Robert Chittum, Technology Chair.

Many thanks to him and to our BBQ chefs: Jay Ertel, JimMartin and newcomer, Cindy Bissonnette

Submitted by Pat Hallahan



DR. JOHN STRASSER HONOURED



Dr. John Strasser receives the Queen Elizabeth II Diamond Jubilee Medal from Windsor West MPP Teresa Piruzza at the Hiram Walker Wiser's Reception Centre.

He was recognized as the longest serving President of our College and his leadership and many contributions to our community.

The St. Clair College Retirees' Association also extend their sincere congratulations!

ST. CLAIR COLLEGE NEWSLETTER PROMOTING CANTERBURY ELDER COLLEGE COURSES

During the fall of 2011 and spring of 2012 I have taken 13 courses with the Canterbury Elder College. I had two motives, one for my personal knowledge expansion of subjects I knew nothing about and also to develop other ideas for our retiree tours. My conclusion was to introduce you to the Elder College.

The Canterbury Elder College is designed to provide learning opportunities for older adults, (55+), who wish to enrich their lifestyle through active involvement in education and contribute to the social and cultural development of the greater Windsor community. "Elder" here means "People with Wisdom"

The courses are offered by volunteer instructors with a passion for their subject. My enthusiasm for these courses has led me to also assist in giving a course on Windsor/Essex Railway History as well as the importance of environmental research on the Great Lakes and supporting rivers.

The courses are given at various locations in the greater Windsor area. The courses have a wide variety of subject matter. Some courses are one two hour sessions and others are three hours each over a three week period. Examples of my courses are Japan, China, India, Lake Erie Fisheries, Point Pelee ecology.

The Best Part: "No Exams"-Just come and have a fun learning experience that will enhance your life's knowledge. Course prices range from \$25 to \$45 each but they also have a "Buffet" special!!! You can take as many courses you can fit in to a semester for \$105 (all prices are plus HST). Great value for much varied learning opportunities.

For further information contact Catherine Fettes at 519-253-3000 ext 4944 or go to www.uwindsor.ca/canterbury/eldercollege.

Gary MacLeod, St. Clair College Retiree

THAMES/WINDSOR LUNCHEON

Twenty-four retirees met on September 26, 2012 for the annual Thames/Windsor Luncheon at the Lighthouse Restaurant, Lighthouse Cove. It was a typical Fall day with sun and clouds.

JoAn Dale gave us an update on the various on-going building projects at the College. Details were provided to the retirees re: the upcoming events and Christmas Luncheons.

I have attached some pictures of the attendees. I hope they come through as this is my first time forwarding pictures on my new laptop!!



Table Head, Katie Taylor, Jean Trudell, Gord Crompton,



Eunice & Jim Robinson. & Mansel Blair



Bill & Ida Totten, Mary Barr, Anita Blair



Cherie McGuire, Eris MacIntosh, Elvy Deline

Everyday thousands of innocent plants are killed by vegetarians. Help End The Violence!

PICKLEBALL---A GREAT SPORT FOR SENIORS

On Wednesday, November 3rd, twelve retirees gathered at Riverside Sport Centre to learn the skills of pickleball. Dennis learned that there is no forgiveness as in golf. THERE ARE NO MULLIGANS! Others learned that the tennis skills that they had learned in their youth are very useful when they play pickleball.

The group was given excellent pickleball skills/tips by an expert player, Rene Belanger, who plays at the Riverside Sports Centre and offers clinics to new players. Rene provided our group with the basic skills and was impressed with how quickly the group learned to serve and even keep SCORE! This often takes players a few months to learn.

The group had two hours to practice and play a few games. A few could have played longer, but most felt a two hour work out was enough for one day. We also had an observer who thinks he might go out and buy a pair of tennis shoes, so he can participate in this fun sport.

The retirees would like to thank Alice Bell, the

president of the pickleball association at Riverside, for arranging the room and our instructor Rene. Also, we'd like to thank Rene for the great instruction and giving of his time to help us begin to learn the skills of pickleball. In addition, we'd like to thank Florence Grondin who provided tips/skills to her group of players.

For those of you that could not make it, pickleball is offered at Oakwood, Essex, Leamington and of course Riverside. If you require more information about times of Riverside, you can call me at 519-739-0887. If you'd like to know more about Essex, please call Essex Community Centre, 25 Gosfield West and if you live closer to Leamington, please call the Sherk Frank T Recreation Complex. Leamington, 519-322-2337. And, I have just learned that Comber will be opening up pickleball courts.

Hope to see you on the pickleball court!

Margaret Goodman

WINTER TRIP - 2013



The Winter Trip organized by the St. Clair College Retirees' Association is set for Cuba.

The dates are from January 24 to January 31 leaving from Windsor. The group will be staying at the Iberostar Laguana Azal, Cuba, a five star all inclusive resort.

The cost this year is the low price of \$1,288. per person, air included. Time is running out, but you still have time to book with Kathleen Warren at 519-258-5404

COLLEGE CONTACTS FOR HEALTH BENEFITS AND PENSIONS

The *College contact* person for retirees seeking information on **pensions and benefits** is Kim Bode, 519 972-2727, Ext. 4687. Amy Lam, the **CAAT Pension Plan** analyst dedicated to St. Clair College can be reached at 1-866-350-2228 or 416-673-9012 or alam@caatpension.on.ca

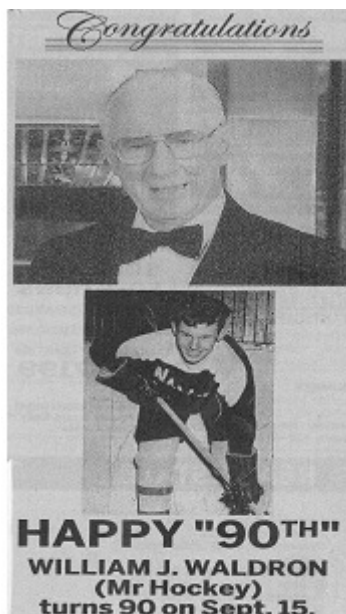
HEALTHPLEX FUNDRAISING

St. Clair College retirees have raised \$23,454 to date, 78% of our \$30,000 goal.

Thank you to the retirees who have already made their contribution to the HealthPlex Campaign. The retiree pledges made during the Brick Campaign ranged from \$100 to \$5,000. **The HealthPlex Brick**

Campaign forms were included with the last Newsletter. If **65** further retirees participate by pledging \$100 for 1 brick we would meet our committed goal. The SCCRA has purchased two bricks for \$150, one for both Thames and Windsor. **Please consider supporting the HealthPlex Brick Campaign.**

BILL WALDRON REACHES MILESTONE



Bill Waldron celebrated his 90th birthday on September 15, 2012.
Bill was one of the pioneers of the St. Clair College Retirees' Association

In Memoriam



*Joy Watson McAllister, faculty member and
wife of Jim Mcallister*



*Nancy Dupuis and Kathy Beger's mother,
Katherine Ridgewell*

Phil Eyraud's mother, Pauline Eyraud

Sue Kerr's mother, Dorothy Brown

Walt Stechyshyn's father, Walter Stechyshyn

Beth Vrzoc's mother, Maria Vrzoc

May They Rest In Peace!

We Remember Faculty Member Joy Helen Watson McAllister (nee Gosselin)

Joy McAllister passed away following a brief illness at University Hospital, London, ON on Monday, August 27, 2012. Beloved wife of Jim McAllister. Cherished mother of David Watson, John Watson (Karen) and Mark Watson and partner, Yolande. Cherished step-mother of Jeff McAllister (LeeAnn). Grandmother of 7 and great grandmother of 1. Also surviving are sister, Lorraine Kirwin (Jack), brother, Jerry Gosselin (Barb), sister-in-law, Cheryl Affleck (Malcolm) and neices and nephews. Missed by best friend, Donna Steele.

Both Joy and Jim worked for St. Clair College. Joy worked for the College for approximately 20 years at the Rhodes Campus and Registrars' Office where she retired from.

HEALTH REPORT

“Are You Experiencing Weight Loss?”

WHEN TO SEE THE DOCTOR

- You're not trying to lose weight.
- You're to lose weight and suddenly lose more than ten pounds.

WHAT YOUR SYMPTOM IS TELLING YOU

Sounds like a dream symptom - weight loss. No plump paunch, no sagging bottom. (“Whatever it is, Doc, I don’t want to be cured, because I’m looking great in my swimsuit.”)

Hold off on that delight for just a minute. Unintentional, unexpected weight loss is a serious symptom, according to Richard L. Atkinson, M.D., professor of medicine at eastern Virginia Medical School in Norfolk. “You need to see your doctor for a checkup, and that particularly true if you’re attempting to lose weight and you lose a lot of weight very suddenly. You may be mistaking a serious disease for success in dieting.”

The only time weight loss isn’t a serious symptom is if you have truly altered your lifestyle - adopting a nutritious, low-fat diet and maintaining a regular schedule of exercise and physical activity- the weight loss is gradual.

A loss of health problems can result in sudden, unexplained weight loss. Any condition in which you lose your appetite for an extended period of time - a chronic illness like cancer, for example - can strip you of pounds. One of the most common of these anti-appetite diseases is a chronic infection. (AIDS and tuberculosis are two of the worst appetite assassins.)

Some glandular diseases make you hungrier - but also eat up your body. An overactive thyroid speeds up your metabolism, causing weight loss (and sweating, tremors, weak muscles nervousness). In diabetes - a disease of the pancreas gland that runs the body’s ability to regulate blood sugar, main source of fuel - the body burns off fat trying to meet its energy needs.

Some diseases of old age - Parkinson’s and Alzheimer’s - can steal pounds. In Alzheimer’s people can simply forget to eat. And older people often lose weight just because they are getting old - their metabolism slows, their taste sensations become dull and appetite itself can decrease, says Donald S. Robertson, M.D., from Scottsdale Arizona and author of *The Snowbird Diet*.

But it’s not only physical illness that causes weight loss. Mental illness can affect appetite too. Some people with depression are dis-interested in eating and lose weight say Dr. Robertson. And anorexia is - a psychological disorder in which a person eats almost nothing because of a distorted perception of their body - also leads to rapid excessive weight loss.

Symptom Relief

Unwanted or unintended weight loss is not a problem that can be solved by eating. Here’s what might turn up and what your doctor might suggest.

Treating TB. Tuberculosis isn’t a death sentence - it’s very treatable. Antibiotics can knock it out, but you must stick with your treatment, which lasts months.

Calming an overactive thyroid. Doctors treat an overactive thyroid with medication, surgery or with a dose of radioactive iodine, which destroys part of the gland. After your treatment you may have to take thyroid pills which provide normal amounts of thyroid hormone.

Disciplining diabetes. If your doctor diagnoses diabetes, you’ll need a personal programme of diet, exercise and medication taken orally or by injection to regulate it.

Detecting cancer. The sooner cancer is detected, the better the chances of a cure. Treatment may include surgery, radiation or chemotherapy.

*This article is provided by the editors of **Prevention** magazine health books.*



20TH ANNIVERSARY WINDSOR CAMPUS CHRISTMAS PARTY



DATE: Wednesday, December 12, 2012

**TIME: 11:30 AM - Meet
12:00 PM - Lunch**

PLACE: CHEZ TALBOT, SOUTH CAMPUS

JOIN US TO HONOUR THE FOUNDING RETIREE EXECUTIVE

BUFFET STYLE LUNCHEON MENU (Catered by St. Clair Centre for the Arts)

House Salad

Sliced turkey with gravy, garlic mashed potatoes, stuffing, chef's vegetable choice, cranberry sauce, rolls/butter
Pumpkin crème brûlée dessert
Coffee and tea

TICKETS

\$25.00 (includes taxes, gratuity and show ticket)

This package includes a Student Performance Christmas Show ticket – value \$15.00

1. Tickets must be paid for in advance.
2. Please call or e-mail Marilyn Portt (519)969-0693, mportt@hotmail.com for ticket reservations **before November 30, 2012.**
3. Mail a cheque payable to St. Clair College Retirees' Association and send it to Marilyn Portt or give it to any other Executive member. **Write on your cheque your preferred show date: Dec. 13 – 7:30 PM, Dec. 14 – 7:30 PM, Dec. 15 – 3:00 PM.** Tickets will be distributed on a first come basis.

Marilyn Portt 715 Morand Ave., Windsor, ON N9G 1G1

4. If you already have your ticket, please bring it with you. If your ticket is paid for and reserved you can pick it up at the door.
5. Since seating is limited there will be no walk-ins. **Reservations must be made by November 30.**

PARKING

The regular Retiree Parking Passes will be recognized in the visitor Lot T and ungated student lots D,N,S & V. If you need a Parking Pass please stop by and see Kim Briand before the party. You will need your SCCRA Membership Card. Parking should not be an issue at this later date in December.



**YOU ARE INVITED
TO THE**



ANNUAL THAMES CAMPUS RETIREES

CHRISTMAS PARTY



DATE: Wednesday, December 5, 2012

**LOCATION: COUNTRYVIEW GOLF CLUB
HWY. 40 NORTH**

TIME: 11:30 AM - LUNCH: 12:00 PM

**COST: \$16.00 INCLUSIVE PER PERSON
(FULL BUFFET LUNCH)
Alcoholic refreshments are extra**

**TO RESERVE YOUR PLACE, PLEASE CONTACT:
EUNICE ROBINSON at 519-351-3670 or robsan@mnsi.net**

UPCOMING EVENTS

1. Bridge Club Dates:

November 27
December 11
January 8
January 22
February 5
February 19

**2. Thames Annual Christmas Luncheon - December 5 - See page 14
Countryview Golf Course**

**3. Windsor Annual Christmas Luncheon - December 12 - See page 13
Chez Talbot - Windsor Campus**

**4. St. Clair Retirees' and Friends Winter Trip - See page 9
Cuba - Iberostar Laguana Azal Resort
Low cost of \$1,288.00 per person**