

R

**Retirees Association of Mohawk College
News Letter October 2002**

Since our last newsletter three events have taken place. On August 14 eighteen retirees and their guests tasted the wines of five Ontario wineries. Carol Cotton and David Webb report on page 4. On Sept. 26, 28 retirees and their guest visited the Wings of Paradise in Cambridge, lunched and toured Mennonite Country. Tom Newton reports on page 6. Forty-two visited the lift locks and enjoyed a luncheon cruise in Peterborough on Oct 4.

Coming Events

Tuesday Nov. 12 **Hay Fever** at the Shaw Festival (details were enclosed in the last newsletter and there is now a waiting list).

Saturday, Dec. 7 **The Living Singing Christmas Tree** in Aurora, NY – (See the enclosed sheet for details.). Please remember that you will be out of the country and medical trip insurance is always a good idea. Sun Life benefits are extremely limited for out of country occurrences.

Tuesday January 28 **Chinese dinner** at Le Chinois (See enclosed sheet)

News of Members

The following note was received from Pat and Bob Jamieson:

July 29.2002

Dear Brian

Just a note enclosing my cheque for \$25, for an annual membership. Would you let your board members know that my wife Pat and I really appreciate receiving the newsletter, especially when we are so far away from the action. All of your outings look fascinating to us and we only wish we could take advantage of them. We have to trade off the idyllic living we are experiencing here in Lotus Land (B.C., that is), to miss your interesting activities.

We are both in good health and are living a full and active life here on Vancouver Island.

All the best to everyone there

Pat & Bob Jamieson

Retirees Association of Mohawk College³

Newsletter

Published four times per year

Board Members:

Geoff Brooker – Chair 905 772-5160
lmbrook@kwic.com
Marie Yakimoff – Vice Chair 905-522-7370
David Crossley – Treasurer 905-627-3278
david.crossley@sympatico.ca
Santosh Dalal – Member 905-679-2561
santosh.dalal@sympatico.ca
Ann Dunn: – Secretary 905-383-9772
Carl Easton: – Webpage 905-385-2794
windy@interlynx.net
Brian Welsh – Editor 905-627-4932
brianfwelsh@cogeco.ca

Let's Do Lunch

Starting off closer to home Mary and yhe tried two new restaurants in Dundas for lunch recently. The first, **La Casata**, a new addition to Golden Valley Tavern, at 97 King St. W. In fact this restaurant was visited twice, not because of the excellence of the food and service but in an effort to give it a fair chance. The first time we both had soup, which was very good,. Mary had chicken which she found to be good. Yhe had the pasta special which was found wanting. On the second visit both chose the soup and the special wrap; both were good. Although they tried hard the service was not in line with the upscale image that was obviously being sought and that is so sorely needed in downtown Dundas. With beer, tax and tip, the "tabs" were about \$40 and \$33.

Amicci is some what of a conundrum – a Japanese restaurant that offers "breakfast all day". It is located at 29 King St. W. and is at the site of the old *Bean and Brew*. Although it would seem to specialize in Japanese cuisine, most patrons were eating western food and indeed it was necessary to ask for the *sushi* menu. The sushi was very good but on the expensive side. Lunch consisting of Japanese beer and assorted sushi with tip was about \$40.

The *Turquoise* is a new Turkish restaurant located on James St N, opposite the old Eatons Centre.. Mary chose the lentil soup and a rice and beef dish while yhe chose the chicken soup and the *Beef Slouvaki* – all delicious. Yhe also indulged in a half order of *baclava* and a Turkish coffee. With tax and tip – they not yet licenced – the bill was \$38.

Staying closer to home we lunched at **Chans restaurant** at the corner of York Rd and King St W in Dundas. Since we had a *Entertainment Book* coupon we could not order the "specials". We both ordered wonton soup and shared orders of beef broccoli and *tai dop voy*, washed down with *Tsing Tao* beer. The soup was very good and both dishes were very fresh and tasty. Lunch with beer, tax and tip was \$32.00.

Once more utilizing the Entertainment Book we had lunch at the **Country Platter** at the corner of Highway 52 and Southcote Road in Ancaster. We both had a draft beer, the soup of the day and a corn beef sandwich, Mary having coleslaw with hers and yhe French fries. The soup was delicious

and the sandwiches and their accompaniments were very good. Lunch including beer, tax and tip was \$18.60 – very good value.

Report on the October Board Meeting

Your board met at the college on Oct. A list of employees on long term disability has been promised by the HR dept and should be forth coming shortly. Although ineligible for membership, they will be invited to take part in the activities of your association. It was also confirmed that your association would contribute \$200 to the colleges Peace Park project

Susan Gordon of the HR Dept sent a list of changes made to the Sun Life contract.. The changes are enclosed. .

Future events in the planning stage are a **Famous People Players** production in Toronto in late February, a **Stage West** lunch and play in April a Stratford Festival production of **The king and I** or **Gigi** in May. The **Annual General Meeting** will be in June, probably at the Hamilton Yacht Club. Preliminary discussions are underway regarding an overnight trip to **Agawa Canyon** in the fall of 2003. Ann Dunn would appreciate hearing from those that might be interested as soon as possible

Our Wandering Board Members Report Lynda and Geoff Brooker

The Old Man of Hoy was off the port bow. The famous edifice stood as a tall narrow sandstone tower, over 150 meters high. Incredibly rock climbers frequently assault the Old Man as hikers watch from the 325 meter cliffs on the nearby Orkney Island of Hoy.

Nearly three weeks previously we had landed in Manchester, then driven south to Essex and, after a stay with an elderly Aunt, west to London. The trip back north had included stops in the cathedral cities of Lincoln and York and then stays in Scotland at B.&B.'s (where the temperature dipped to 1 C in the Highlands). We then boarded a P&O ferry from Scrabster bound for Stromness in the Orkney Islands.

Through Lynda's Women's Institute connections we were to be hosted by sister institute members in Harray, West Mainland, Orkney.

The islands, lying a two hour cruise north of the Scottish mainland had been attached to Scandinavia until the fifteenth century. The latitude is quite northerly -almost the same as southern Inuvut- and consequently we had to adjust to very long days and very short nights. The scenery is beautiful ranging from verdant pastures to spectacular cliffs and the people were the very best. Our hosts kept us hopping for every one of our five days in the islands. The archiologic sites, many of them Neolithic are very accessible to visitors.

Orkadians are very proud of their culture and history and when speaking among themselves were difficult for us to understand. Did you know that 'peedee' means small? Many words today are still the same as modern day Norwegian.

The first thing to impress us was the greenness of the land. After crossing some Wyoming-like wilderness on the Scottish mainland where sheep graze on marginal heather, the relative prosperity of Orkney farms came as a pleasant surprise. Barley and aberdeen angus cattle are ubiquitous on the Orkney Mainland; the largest island where most the 20000 Orkadians live.

The people place a high import on art. Jewelry designing and making is at a high level and we

actually met the real Harry Potter who spontaneously 'threw' a pot just for us. Music too seems to be everywhere. We were treated to a special concert. The young Muir sisters playing fiddle and piano performed many traditional melodies. Barbara Grieve sang unaccompanied serving up plaintive tones that were often quite moving. Louie Sinclair recited poetry which raised more than one chuckle and Helen Ball joined the Muirs and got the audience involved with her singing.

We stayed for five nights on "The Mainland" and experienced only one morning of rain during which we explored the beautiful St. Magnus Cathedral (1300) and the Kirkwall Museum- both of which asked only for a voluntary donation. Throughout the balance of our stay we enjoyed the clear cool weather-although the locals thought it quite warm. The Orkney climate is greatly influenced by the surrounding sea and is temperate all year round with little frost.

Bird watchers were often encountered enjoying the fulmars, lapwings, oyster catchers and curlews, just to name a few.

History and archeology buffs will probably be enraptured by Scara Brae, the Tomb of Eagles and the standing stones of Brogdur where, unlike Stonehenge you can freely walk among the standing stones. There are many other Neolithic, Bronze Age and Pictish digs-too numerous to list but a great many of which we explored.

I particularly wanted to see Scapa Flow - where a German admiral scuttled the Kaiser's fleet and where the Royal Oak was torpedoed during World War II, the Italian Chapel and the Churchill Barriers. The wrecks can still be seen where the ships were sunk to prevent another U-boat infiltration and now form causeways between Herasay, Burrsay and South Ronaldsay islands. The Italian Chapel is a modern miracle and a testimony to the good in all men. It was constructed by Italian prisoners of war during World War II and really is impressive. The whole thing was created out of scraps, right down to the chandeliers made from bully beef tins. The paintings make the interior look like a mediaeval church.

Things are relatively expensive in Britain, but there are still some good deals to be had. For example Sandra Davies cottage can be rented for a reasonable amount and pub meals are still a good buy.

P
a
s
s
i
n
g
H
o
y
o
n
o
u
r
r
e



turn to Scotland was for Lynda and I a bit sad. We had a few days left to enjoy the Highlands but the focus of our trip had been the Orkney Islands and the rest was a little anticlimactic.

Wednesday, August 14, 2002 Let us start by thanking Brian and Mary Welsh for conducting extensive research and organizing such a wonderful outing to five quite different wineries for us. Those of you reading this report and who weren't able to make the trip, be sure to mark your name down for the next one. You will certainly gain a better appreciation of the people and the process of wine making from the grape vine to your glass - not to mention becoming somewhat of an expert in determining a fine wine. The bus met us in front of Mohawk College and once it was established that everyone was accounted for the bus driver closed the door to the bus and we were off. The anticipation of just going for the first time on a trip with a group of retirees was exciting. A special thank you goes to Alan Gregson for entertaining us with a few jokes and humorous quips. Alan's fine sense of humour added to the enjoyment and congeniality. Having just retired in June, this was our first trip with the Mohawk Retirees association, and everyone made us feel welcome. Peninsula Ridge was the first stop on our tour and what an awesome estate it was. As we were driving up its very long driveway, we could see the most gorgeous setting. A huge home has been transformed into a fine dining restaurant. Not a hundred yards from the restaurant was another building where the wine and gift shop was located stocked with everything from paintings to wine racks to shirts, sweaters, fancy shaped bottles and of course very finely made wines. Our guide took us to a separate building just made for wine tasting. Upon entering the room we could see a huge table with white linen tablecloth on it - very first class indeed! Each person had three glasses of the wine. For the uninitiated, our host explained the correct way to sample the wines.

First you hold the wine glass by the stem only so as not to change the temperature of the by your body heat. Then look for clarity and then spin the wine in the glass and put it close to your nose and inhale the bouquet. While leaving the wine in your mouth you breathe in thru your teeth and then you will get the true taste of the wine. They did supply a spittoon for us to spit the wine into but most of us just poured the wine gently into the spittoon. However, most of us drank the whole sample and why not? We only had four more wineries to visit! Next on our trip we found ourselves at Magnotta. Now this place rocks. We had a big-screen TV presentation on their vineyards and some of the processing that goes on in wine making. After the very informative video presentation Christian took us on a tour through their factory where the wine is processed. Christian described the process of making grappa - at 45 percent alcohol, it is sometimes known as "jet fuel". Brian was brave and had a full sample glass of Grappa*. The dining room of East Dell Estates offers a breathtaking view of the vineyards. Lunch was a choice of two dishes, a pasta entree with vegetable and sausage or a chicken wrap. Our table tried both entrees and thoroughly enjoyed them. After lunch, we adjourned

t
o
t
h
e
i
r
e
n
o
r
m
o
u
s
p

Bruce Hutchinson

Peninsula Ridge Winery

*The Riesling Grappa was excellent. Mary hurried me out before I could buy any though. – yhe

orch for our wine testing - again wonderful wines. Our next stop was a smaller vineyard called Thomas and Vaughan. The tasting bar and shop included a few food items, and an ice wine ice cream. However, after lunch we weren't too hungry. In fact, it seemed more like napping time from all the previous food and wine samples.

Here is the Winery that I couldn't wait to tell you about. Featherstone Wineries surrounds a lovely white frame farmhouse. Louise, David and Ed treated us like family and made us all feel very welcome indeed. What they did for us was memorable. David took us out into the fields and explained the different grapes and the different ways they harvest the vines. It was wonderful to see the process from the vine to the bottle. Especially when we had only to drink and enjoy.

They had just finished painting the porch that wraps around this beautiful home. Louise had prepared a spread for us We had turkey kielbasa and different breads and dips to enjoy. A bottle of their Gewurztraminer added to our 23rd wedding anniversary' celebration. Again thanks to everyone involved. Carole Cotton & David Webb

Wings of Paradise and Shunpiking

It was a beautiful cool sunny day, as a group of Mohawk College Retirees set out on a "Shunpiking Tour (Shunning the Pikes, or main roads)

The first stop was at the "Wings of Paradise" Cambridge, where a display of butterflies, moths and bugs were enjoyed, before walking through the Tropical Gardens. It was fascinating to observe the variety of winged insects which nature had endowed with such an amazing display of shapes and colours.

The group was then introduced to Warren Stauch the tour guide, before setting out on the surrounding back roads. As a retired teacher, well versed in the Geography of the surrounding area, and a mine of Historical information, Warren was outstanding.

A running commentary of information, quips and jokes was enjoyed as the tour proceeded from Mennonite establishments in the past,(located by the Pioneer Tower Kitchener), then through and beyond the town center , following the expansion north of those early settlers.

Time did not permit more than a taste of places like the Schneider Haus Museum circa 1807 as the coach continued up through St Jacobs to the Crossroads Restaurant in Elmira for lunch. The hot buffet, service, and prices, were simply superb.

It was like stepping back in time, to a saner part of history, as the tour continued into the Mennonite country of the present.

Farmers tilling the fields with horse drawn implements, stunning farmhouses without electricity, small industries without external hydro power, and a vista of pastoral serenity as the coach continued through the gentle countryside.

The coach twisted and turned as Warren guided the driver Steve through Wallestein, West Montrose (home of the famous wooden covered kissing bridge) and the Catholic German Pioneers Church at Maryhill. The Church's graveyard had a number of interesting wrought iron crosses used as grave markers, more often found in

Europe.

It was then time to return to the Wings of Paradise Conservatory to drop Warren off, and then back to Mohawk College and home.

Thanks go to Marie Yakinoff for a terrific outing.
Tom Newton.

Recruits for Prostate Cancer Study

Retiree and former board member George Koblyk e-mailed that:

"The Hamilton Regional Cancer Center (Henderson Hospital) wishes to recruit male participants, 55 and older, for a study on how vitamin E and selenium may affect prostate, lung and colon cancer. More than 400 cancer sites in the U.S., Puerto Rico, and Canada are participating in this 5 to 12-year study. Contact Sandra Turner, 905-387-9495, extension 64703."

This is a very worthwhile study and it is hoped that a number our retirees will at least investigate further.