



**RETIRES  
ASSOCIATION  
OF  
MOHAWK  
COLLEGE  
NEWSLETTER**



**Autumn, 2011**

Deadline for next issue:  
January 13, 2012

Please e-mail your contributions  
to [submissions@fodoweb.ca](mailto:submissions@fodoweb.ca)

***A Kenny and Dolly  
Christmas***

at Carmen's Dinner Theatre  
1520 Stone Church Rd., E.,  
Hamilton, Ontario on Thursday  
December 8/2011, 11:30 a.m. Lunch  
:12:00 p.m. Menu seasonal. Show: 1:30 - 3:30 p.m.



***Chinese New Year's Dinner***

At Le Chinois. See enclosed flyer for the details.

***MEMBERSHIP  
RENEWALS ARE NOW DUE***

This is the last newsletter you will receive if you have not renewed your membership for 2011/2012. The fee is \$25.

(A renewal form should be enclosed if we have not received your renewal - or contact the Treasurer.)

**Retirees Association of Mohawk College Newsletter**

Website: [www.mcretirees.com](http://www.mcretirees.com)

Published four times a year.

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## ***The Gypsy Report***

**A**s I begin writing this report it is mid June and we are sitting near the beach, on Birch Bay near Blaine Washington. The sun has finally decided to show its smiling face for more than 2 days at a time. In between those few sunny days, we have had nothing but rain and even snow as we made our way north from the Santa Barbara area. Since we spend most of our time visiting Mother Nature's domain, rain days seriously cramp our style. Understand that we do not just sit around and bemoan the weather (although after an incessant dose of rain and wind it is tempting). We take those opportunities to plan for the future "good weather" that was coming by searching the local highways and byways for points and views of interest. On one such dreary day, we decided to drive up to Baker Lake (at the foot of Mount Baker according to the maps). We could not see the mountain but we were able to identify a couple of hiking trails, had a view of Baker Lake from the roadway across the dam and took an old logging road up into the mountains until our 4x4 started to struggle with the muddy, steep, rock upgrades. It was time to turn back after what seemed to be an uneventful day when we happened upon a young buck with 3 inch antlers just begging to be photographed. As we drove back over the dam and rounded a curve a black bear and three new cubs (still furry brown) darted off the road into the underbrush. Even that rainy day was worthwhile.

A week later, the sun came out and we decided to try one of those hiking trails at Baker Lake. To our surprise Mount Baker (3800+ metres) with its full covering of snow, down to 1400 metres, towered over the road as we drove towards the dam. The trails was great and because of all the rain and some snow melt, the dam was now full, the gates were opened and the cascade of water into the canyon below was like a 1/8<sup>th</sup> Niagara Falls (Canadian side of course). No deer and no bears this time but the hike, dominant Mount Baker and the cascading waters made the day memorable.

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## ***Hiking 101 for Retirees: The Step Program***

### **Preamble**

**Y**es, there will be assignments and a final exam. You thought this was just for your amusement?? Oh, that I'm from Language Studies ... I see! Other courses helped you earn a living; this one could help you to keep getting your pension! Onward!

### **Step Two: Equipment**

#### ***Boots***

Footwear is your contact with reality. On the Bruce Trail I have met people in flip-flops, platform shoes and stilettos! Bill's hikes do not require special shoes, yet – but hiking grows on you – running shoes are okay for now, but if you get bitten, get good boots.

Boots are your most important item by far – "costly thy habit as thy purse can buy" Polonius said in *Hamlet*, so think \$200+ for a pair that will carry you perhaps 5000 kms. That's a lot of reality (reality?). Get them from a clerk-hiker in a reputable outdoor store – (Tumblehome). There is a brand that suits your feet, so shop patiently. Armani and Prada don't make them.

Buy boots with above-ankle support – our ankles aren't what they were when we skated with Barbara Ann Scott or played in the NHL. Smooth leather boots take less care and stay dry longer in wet hiking (even dewy grass); they are hotter in summer than those with mesh uppers, but should be the first boots to buy. These will serve you all year; running shoes or low-cuts won't. Higher boots are less apt to pull off in quicksand, but then ...

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But I digress, in the last report, we were still just south of Sacramento. Our Next destination was to be in the Sierra Nevada Mountains at a campground called Harmony Ridge (one of our no fee locations). At that time of year (late March) we expected the weather to be cool but were surprised when the park called to advise us that they were snowed in. It would be a week before their road would be ploughed but another snow fall was in the forecast. With that in mind we made reservations at a park at a lower elevation.

We ventured into the mountains and the snow with the car. Even then on a trip to visit a giant (old growth) sequoia grove we had to turn back. After a very scenic drive (140 km) we rounded a curve within 5 km of the grove to find a road crew moving snow. The road was blocked and would possibly be open in another week. On the way back we stopped at the Chamber of Commerce in Nevada City to get a couple of maps and retrieve the sunglasses I had accidentally left there a week earlier. We did visit an old mining town (North Broomfield) which was originally called Humbug Creek by the early 1800's placer miners. It was the site where Malakoff established his huge hydraulic mining system. The technique was to dam mountain rivers and then pipe water from the dams using ever decreasing diameter tunnels and piping resulting in very high pressure water being shot from huge "monitor" guns aimed at the sandy hillsides. The gold was then separated from the sandy flow with screens. The process was ecologically destructive and left huge valleys so saturated with silt that only swamp grass grows there now even though that mining technique was abandoned over one hundred years ago. Nevertheless, the fortitude, ingenuity and effort of those early miners is still evident in their water tunnels through mountains, roads that perch precariously along mountain cliffs and buildings that served as billets for soldier training during the civil war. The historic North Broomfield area provided an amazing walk through history in a short 10 km.

This whole area north east of Sacramento was the focal point of most of the California gold rush. While the miners at North Broomfield used tunnels

Once you buy boots, wear them, with hiking sox, inside your home, to get their feel; good boots don't need to be "broken in." If you're in an apartment, jump around in them, landing flat-footed for maximum impact to impress the folks below, and to test how they will feel landing on rock or cement. House owners can do this in their driveways. Take them back if they rub or your feet slip inside. If the store won't allow this, don't buy them. Add cute tassels later. After a hike, always clean your boots completely and stuff them with newspaper (or currency, if you have too much), especially if they are wet. Papers draw out moisture and let the leather dry slowly, reducing cracking. That might work on our skin, but who wants cheeks full of the *Spectator*?

### Sox

Of course, tennis sox are for tennis feet, wide-mesh nylons are for, um, (I forget ...), so hiking sox are for hiking feet. Bill's hikes are gentle, but do it right with sox, even in running shoes. Novelty sox are fun – those with separate toes, rainbow colours, classy argyles - but foot care is the issue. Buy high quality wool hiking sox, in the right size, with no holes (except one at the top) that wick away moisture, such as merino wool "Smartsocks." Poor sox will cause blisters – care to walk with blood oozing out your shoes? It's bad for the leather. Carry duct tape to wrap a blister (beats bandaids) until you finish a hike. Sock liners might prevent sweat rash, or be worn only on one's smaller foot.

### Hat

Always wear a hat; it looks jaunty. Hats give sun and moisture protection, keep insects away, protect from branches and seagulls' bombs. A chin strap is good, especially if you might lunge over a cliff after a wind-blown hat. The prize for catching it half-way down is the famous "Darwin Award." Wild turkey feathers stuck into the brim look rakish. To pioneers, they meant "single and looking."

All hiking hats have a "secret pocket" (so how secret is that??) for mosquito netting. The "Max-

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to move water, along the Yuba River other miners built aqueducts to move water from high on the Yuba River. Most of the time huge trenches were carved following the contour of the terrain but because of rocks or sharp canyons, where trenches were impossible, huge troughs were built from the available trees to move the water around or over the problem area. The trenches and troughs still exist and are accessed by the Independence Trail.

By this time, it was mid April and time to head north so that we would arrive in BC by early May (travel insurance coverage expires). The trip north over the Siskiyou Mountains was generally uneventful and a sunny day provided a clear, unobstructed view of Mount Shasta (4568 metres) in Northern California just south of the Oregon border .

We had expected that our planned two weeks on the Oregon shore at Seaside would be filled with long beach hikes, clamming and the odd venture into the coastal mountain range. Unfortunately (as indicated above) it rained for 11 of our 14 days there so hiking was out because the trails were flooded and treacherous. A couple of beach walks, a trip to the seafood store (for the clams), watching the ducks swim in the pond right on our campsite and a good book occupied our time. We decide that it was time to move inland (east of Seattle) where it was a little drier. During our one week stop we found time to visit Mount Rainier and experience the 6 metres of snow still on the ground at the 1800 metre level. The average annual snow fall is 18+ metres.

It seems that this year was the year of “the rain” no matter where you were. Ontario probably fared far better than almost any other part of the country. A number of times we watched longingly as your temperatures soared and the sun shone. We were even tempted to head for home well before we intended but we “stayed with the plan”.

Near Abbotsford, BC we have friends with a farm and they estimated that their season was going to be four to six weeks late. Huge strawberry, raspberry and blueberry farms cover the lower Frazer valley here (about 80 km east of Vancouver).

well Smart” model hides cyanide pills. Hats may sport various pins, such as “front,” for the directionally challenged. Avoid one with concentric circles in hunting season.

Women wear hats similar to men’s, including deerslayers, desert caps, or straw hats, some adorned with plastic flowers. The “Minnie Pearl” sports a price tag. It is not wise to attach stuffed animals to hats or backpacks, as falcons may mistake these for prey. Falcons have amazing lift power.

### **Shirt**

Wear light colours and material, as they attract fewer bugs, perhaps even “bug shirts” with hoods. Long sleeves are good to ward off bugs and scratches from raspberry canes. Slogans that provoke literate wildlife, such as “bears stink” may have consequences. In winter, layering is important. Have a dry change top in your car.

### **Pants**

Don’t wear jeans – they bind to sweaty legs and inhibit stepping up or down. Proper hiking pants are worth the money –nylon, light, loose, quick drying, with zippered pockets for car keys and ID, including OHIP card. Try Value Village. Some like zip off calf-sections (handy if muddy, before entering restaurants or your car). Allow room for long underwear, such as Helly Hansen.

Shorts are common, but so is poison ivy – only wear these if you will not be brushing against or sitting in vegetation. Leg scratches by nettles, burrs, or raspberry canes are not fun. After a group hike through a soybean field in fall, several people in shorts walked the last 14 km bow-legged.

### **Backpack**

Hiking packs are very specialized. They come gender-specific; many have built-in water bladders with sipping tubes. Consume one litre of water per 10 km. Besides your lunch, you may carry spare sox, bandages, slings, tensor bandages, air casts, collapsible crutch, duct tape,

They are interspersed with equally huge dairy operations and hay or corn farms.

The Frazer Valley is surrounded by mountains so everywhere you look there are snow capped peaks and no matter which direction you drive you will find amazing trails, waterfalls, and vistas that hikers and photographers dream about. Places like bridal falls cascading down a sheer cliff, the five Othello tunnels, (abandoned rail tunnels each named after one of Shakespeare's leading characters), Harrison Hot Springs and Hell's Gate are all within a 45 minute drive. So, in between the rain days, we enjoyed a visit to each of them and more.

A trip into Vancouver to visit family was one of our few ventures into large urban areas. Some of the residual damage from the "hockey" riots was still very evident. Nevertheless, Vancouver and the surrounding area are spectacular and should be on everyone's "bucket list". There is so much to see and do in this culturally diversified, picturesque city that it should be a destination deserving at least a two week visit.

Our campground, on the south end of Cultis Lake (less than a mile from the US border), is also surrounded by snow capped peaks and trails that range from a nice stroll to a serious hike requiring professional equipment. If kayaking is your interest, the Chilliwack River's Tamini Rapids are the training course for the Canadian Olympic team. We didn't try the run but could just imagine the "rush" a ride down those rapids would provide. The amazing scenery along this river road is impossible to describe in detail because every curve provides a new mountain vista more impressive than the last. It terminates at Chilliwack Lake surrounded by fir and cedar forests and a Provincial Park. Just beyond the park, we found an old "road" (aka.. logging trail). Our Suzuki handled the ruts, rock and potholes well and after a very slow 20 km, we reached the southern end of the lake and a beautiful beach (water temperature, about 13 C as reported by our granddaughters when we visited there again in late July). Only the truly hearty ever show up there.

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insect repellent, sunscreen, bear spray, rattlesnake serum and a self-administered Last Rites kit for the fallen.

### ***Hiking stick***

One or two sticks assist stability in rocky areas – the tripod principle. Adjustable-length sticks help climbing and descending and add a good upper body workout. Always use the wrist strap. Sticks are pointed to prod a slow hiker ahead of you, toast wieners, fend off bears. You can buy these, or use a stick; personalize it with notches for hikers you "edged."

**Assignment:** Go for a daily neighbourhood walk in full hiking gear to Tim's and back. Practice strutting. Ignore jealous snickerers.

-Jack Freiburger

## ***Celebrating 20 Years*** ***1992 ~ 2012***

### ***In Memoriam***

#### **LORD, MARION HELEN (NEE CALCOTT)**

Passed away peacefully with her family by her side, on August 16, 2011, in her 93rd year. Marion taught in the Business Department at Mohawk College for many years.



#### **PATTERSON, CHARLES SUTHERLAND STURROCK**

Died on May 28, 2011. Charlie taught for 33 years in the Mechanical Engineering Technology Department, retiring in 1995. He leaves his wife Elizabeth and family. He was a well-read man with a strong sense of social justice.

By late June it was time to venture back into Washington and await the arrival of our daughter and family. The plan was to spend some time in Washington then BC (at our Cultis lake campground) and tour the areas with them. Again, rain tried to interrupt our plans but we simply ignored it. We enjoyed a second visit to all of the sites with them. On July 22 we started our trek back towards Ontario.

The mountains of BC and the national parks along the way all deserve a few days stop. The areas around cities like Kamloops, Revelstoke, Golden, Yoho and Glacier National Parks and finally Banff National Park all require time to enjoy. It took us a week to travel 520 kms. In Banff National Park, Lake Louise is a must see as is the spectacular 3.5 km hike into Johnson Canyon. A rain shower, as we started, encouraged us to take some rain gear but even that didn't help as it poured on the return hike from the three waterfalls. It was a wet drive back to our campground in Canmore.

With that hike it was time to leave the mountains and venture onto the Alberta prairies. No one should ever consider travelling East of Calgary without stopping at Drumheller and the Tyrell Dinosaur Museum. I believe that I have used the term "spectacular" a number of times. Well then this Museum is spectacularly spectacular. We spent over 4 hours enjoying this Canadian jewel and still were only able to absorb a fraction of the historic significance of their displays and ongoing discoveries. When they start to talk in millions of years and explain that the land mass now known as Canada once spanned the Equator (thus a tropical forest millions of years ago) they start to stretch my comprehension capacity to its limits. It sure makes one feel insignificant in the overall scheme of things.

The best way to conquer the feeling of insignificance is to revisit your roots so our next stop was Rosetown, Saskatchewan where I was born and lived before our family moved to Ontario in the late 40s. When you drive into town and walk down the main street and meet aunts, cousins, second cousins, old school friends (from grades 1 to

## A NIGHT AT THE RACES

**O**n September 9th, 44 retirees and guests met at Flamboro Downs Race Track. A Buffet dinner of soups, salads, sea food, slow roasted prime rib, pasta, a chocolate fountain and delicious desserts was a good start to the evening. The betting began at 6:00 and continued with wins and losses (some more than others). Race number 7 was named for the Mohawk College Retirees Association. All Tiger was the winner and J. R. Plante the driver. A number of members had their picture taken with the driver and horse.

Following that we received a \$5.00 coupon to play the slot machines. Once again there were winners and losers. But I think the OLG was probably the biggest winner. The Dunn's did not report their winnings. This was a good night for all with a complete sell-out and we should probably do it again.

- Brad Berry

## MOHAWK HIKERS

**O**n October 3, 2011, eight intrepid souls hiked from the start of the Bayfront trail to Princess Point and back. The weather was cloudy and 14 Celsius. – perfect hiking weather. Afterwards we had a good lunch at Fishers Pub and Grub on James St. N. The north end of Hamilton is becoming quite gentrified, with many renovated homes.

We are planning another outing on Wednesday, January 11<sup>th</sup>, 2012 starting at 10 a.m. We'll meet at Scenic Drive and Upper Paradise Rd. in Hamilton and walk down the mountain stairs to Slainte Pub for lunch.

On the way back people can either walk or take the bus.

-Barb Hallam and Bill Fulton

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4)and family friends and they recognize you with a hug, you know you are significant. It has been more than sixty years since my family left here and we have been back 6 times but a visit to the old farmstead where I grew up (no buildings any longer), the country school I attended and visits to all of our relatives both in the small surrounding communities and still on their farms is a renewing experience. Happiness is reconnecting with your nuclear family.

As enjoyable as it is, this too must pass and the next stop will be North Dakota (another part of our nuclear family). Our family is spread across Canada and the US. My father had 12 brothers and sisters and my mother had 11. By calculation, I have up to 70 first cousins (80% of whom I have met) and more than 200 second cousins (20% of whom I have met). Thus there are lots of second cousins still to meet so that should keep us traveling for another 30 years and by that time there will be third cousins to meet.

Ontario and more specifically Brantford can expect us to cruise back into town sometime before mid August. We will have been "on the road" for almost 8 months, travelled about 16000km and visited 12 states and all the provinces from BC to Ontario. It will be nice to get back "home" at least for 4 or 5 months before we head out again next year.

We have already began to plan for our 2012 trip. It includes the winter in Arizona, spring in Utah, Washington and BC and then two or three months to travel through central and northern BC to the Yukon and then 6 to 8 weeks in Alaska. A 50<sup>th</sup> anniversary and bucket list trip. We will keep you posted!

-Vern and Beth Pich (the gypsies)

If you would like to see a small pictorial capsule of our travels, visit <http://picasa.google.com> In the "search line", type in [vern pich photos](#) scroll down and click on my picture (vern pich photos) and the "gallery" should come up. If it does not send me an email and I will try to help you figure out what is happening. [Thepichs@aol.com](mailto:Thepichs@aol.com)



The Retirees Association of Mohawk College is very proud of you and very proud of your contributions through your service as a volunteer with various agencies and organizations in our communities. Drop us a line at [editor@fodoweb.ca](mailto:editor@fodoweb.ca) and let us know about your role as a volunteer! Thank you for your generous donation of time and energy.

Brad and I volunteer at the Hamilton International airport. We have been doing this for 3 or 4 years now.

Every Monday morning we dress in our bright orange shirts, black pants and very smart black jackets and report for duty at 10:00 am. As "Ambassadors", we greet the people who arrive, help with some luggage or help with small children and if it is busy we get their boarding passes. Some passengers need wheel chair assistance and some young or first time flyers just need a friendly person with whom they can share their feelings. We are secured to go through customs and often go with the wheel-chaired people or young passengers and stay with them until a West Jet employee takes them to the plane. At arrival time we meet two flights and reverse the situation. We take the wheel chair people from the West Jet employee, get their luggage and stay with them until a car picks them up. Or we might find a taxi or locate a traveller who has ordered transportation. Every time we meet someone interesting and enjoy talking to them about their life and travels. The passengers love this small airport and we love the volunteer job because we feel useful and everyone is happy.

Yes you have to have a police check and yes they are always looking for more volunteers.

The Hamilton Airport is good to us too They let us know they appreciate our service and they keep us informed of changes that are taking place.

- Mr. & Mrs. Brad Berry

### The Mohawk Retirees Hikers



Do you **REMEMBER** when....?

### Retirees Association of Mohawk College

**Celebrating 20 Years of Service to Mohawk College Retirees 1992-2012**

How many graduation ceremonies did you attend? Remember when students could smoke in a classroom? Did you use a slide rule? A typewriter? Did you start your career at H.I.T.? Share your stories! Send us a "remember when"! Dig out those old photos! Let's celebrate us.... and the Retirees Association of Mohawk College during its 20<sup>th</sup> Anniversary! Send to: Fred Oldfield [retirees@mcretirees.com](mailto:retirees@mcretirees.com)

### A Night At The Races



Dear Retiree:

In the coming year, the Retirees Association of Mohawk College will be celebrating its 20<sup>th</sup> anniversary! As our Mohawk College graduates have found success across Canada and within the global market place, so too have our Mohawk College retirees found success and enjoyment in their retirement as new "ports of call". Some of the places you now call home are Nova Scotia, Saskatchewan, Florida, the Bruce ... among others.

We are writing to invite you to renew your affiliation and become a member of the Retirees Association of Mohawk College. Although it is still considered the largest such organization in Ontario's college system, it still needs to grow and become stronger. Members benefit by having a voice and representation at the *provincial*, federal and local level in helping to develop common positions on issues of interest to retirees especially as they relate to pensions and health benefits. There is a modest \$25.00 membership fee to join. Through your membership with the Retirees Association of Mohawk College, you have a voice with the Ontario College Retiree's Association (OCRA) and the College and University Retiree Associations of Canada (CURAC).

We believe we have a universal goal that binds the College and the Association together: Mohawk College students and graduates. Through ongoing generous donations, the Association financially supports the Mohawk student food banks as part of their annual giving and outreach to assist students. This is made possible from a portion of the membership dues.

Since its founding, our Association has focused its efforts primarily on activities and events of a social and recreational nature. At the behest of a number of our members as well as the encouragement of the wider Mohawk College, our Association wishes to expand its outreach by providing volunteer membership expertise and assistance to the College as a whole as well as to its Faculties, divisions and departments. Career fairs, open houses, fund raising activities, academic competitions and science and engineering fairs come to mind.

Recently, the College and Association collaborated on establishing a mechanism to communicate with the membership by email and to help the carbon footprint by having the retirees' quarterly newsletter sent electronically to the members. We are pleased to learn that this initiative has met with success in linking with the members in a more timely way.

Re-connect with friends, former colleagues and the College. The Retirees Association's brochure is enclosed for your interest. Please consider joining the Association by completing the registration form located inside the brochure. If you would like more information, do not hesitate to contact one of the Board members or email [retirees@mohawkcollege.ca](mailto:retirees@mohawkcollege.ca).

Together we can build on our partnership and strengthen the spirit of collaboration between our Association and our College.

Best regards for continued health and happiness in your retirement.

Sincerely,



Isabel Kerr, Chair  
Retirees Association of Mohawk College



Rob MacIsaac, President  
Mohawk College

Dear Members,

This notice is being circulated to the members of the Retirees Association of Mohawk College for their information and interest.

OCRA is looking for a volunteer to join the Executive. Attached is a job description which gives some idea of the time commitment involved.

The next general meeting is at Humber College on November 2.



OCRA has some vacancies on the executive, and it would be great to have a nominee or nominees from individuals who are interested in making a contribution to college retiree concerns. Here's the information about the time commitment and other details.

The time commitment depends, of course, upon the workload that a nominee undertakes after being elected to the board, i.e. whether the person becomes an officer of the association with responsibility for certain tasks, or if the individual is a director without any specific portfolio. Usually the workload is distributed fairly evenly among the executive members but sometimes extra help is required, and this is much appreciated during busy periods. Executive meetings are held as follows: one post-general meeting in mid to late November; three or four meetings during the spring and summer, and the general meeting is usually held during the autumn. Executive meetings take place usually in downtown Toronto. Since several executive members travel from out of town, the meetings begin at 10:30 a.m. and continue until 2:30 or 3:00. No meetings are held during the winter months because of travel difficulties that can arise, and also because some members travel during this period. OCRA is looking for volunteers with skills in strategic planning and with political acumen.

Between meetings, the board business is conducted by email, so computer literacy and familiarity with email are essential. The term of office for directors elected at the upcoming general meeting will end after the next but one general meeting, usually a period of two years. The term of those directors elected or re-elected at the 2011 general meeting will end in 2013. There are 10 directors (plus a non-voting past president), with five directors being elected (or re-elected if they choose to stand again) at each general meeting to provide continuity on the board.

Prospective nominees should send a short resume of their experience to me at the email address below.

Joan Cunnington, Nominating Committee Chair  
OCRA Communications  
[communications@ocraretirees.ca](mailto:communications@ocraretirees.ca)



