

Recent Outings:**Chinese New Year's Dinner:** January 31, 2006 at *Le Chinois*. See report on page 4**Carmen's Dinner Theatre:** March 14, 2006. The "Brat Pack". See report on page 4**Future Outings:****Stage West Dinner Theatre:** May 10, 2006. *Cabaret***Annual Meeting:** June 6, 2006. Mohawk College North Cafeteria, 11:30 am social hour**Drayton Festival Theatre:** June 23, 2006. *Not Now, Darling***Lighthouse Theatre,** Port Dover: August 17, 2006. *Jasper Station***Shaw Festival Theatre,** Niagara-on-the-Lake: Friday, September 29, 2006: *Arms and the Man***Muskoka Fall Colour Cruise and Luncheon:** Wednesday, October 11, 2006

This year's annual meeting will be held at the College in the North Cafeteria. There will be a cash bar available and it all starts at 11:30 am on June 6. Dinner will follow at about 12:15. This year's speaker is Eleanor Wood. Although there are no board members dropping off this year, other business will be

conducted. There will be the opportunity to introduce new business. There will also be a questionnaire circulated to get your input about future activities. There will be a hot buffet and we are promised lots of food. To come on out, greet old friends and meet people you only heard about before. Cost: \$10 ea. For member & partner; \$20 non-member.

FEATURE RECIPE

Barbecued Pulled Pork

Mary is a garage sale junkie who one day last summer found a crockpot in mint condition for a very modest price. About the same time pork shoulder came on sale at one of the local supermarkets. I was, therefore, dispatched to the computer to find a recipe. I "Googled" *slow cooker+pork shoulder* and received 336,000 hits. After refining the search I came up with the following simple but delicious recipe which can be served over rice, noodles or as we did, over *spaezle* rather than on buns. Any leftovers can be frozen.

Ingredients:

- 1 pork shoulder
- 2 medium onions, thinly sliced
- 1 ½ cups of water
- 1 bottle (16 ounces) barbecue sauce or 2 cups homemade sauce
- 1 cup chopped onion

Preparation:

Place half of the thinly sliced onions in bottom of slow cooker; add pork and water. Cover and cook on LOW for 8 to 10 hours or 4 to 5 hours on HIGH heat setting. Drain liquid from slow cooker; place meat back in cooker and add the barbecue sauce and the remaining onions.

Cover and cook on LOW for 4 to 6 hours longer. Stir occasionally.

Serve on warm split buns with coleslaw. Serves 8 to 10.

-submitted by Brian Welsh

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Reporters interviewing a 104-year-old woman: "And what do you think is the best thing about being 104?" the reporter asked.

She simply replied, "No peer pressure."

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The nice thing about being senile is you can hide your own Easter eggsk-

LET'S DO LUNCH

By Brian Welsh

Fava in the Middle is basically a soup and sandwich shop at 1455 Lakeshore Road in downtown Burlington. Mary had heard that it served good food and so, finding ourselves in Burlington at lunch time, we gave it a try. The atmosphere is quite informal and rustic. We both ordered a *Lowenbrau* and the potato soup. Mary chose the turkey sandwich and I, a *Monte Christo* sandwich which consisted of thinly sliced ham with melted Brie cheese. Both the soup and sandwiches were exceptional. Lunch with beer, tax and tip was \$45.

Also in Burlington is the **Plains West Bistro** at 133 Plains road E. It is a moderately upscale bar and restaurant with a pleasant décor and atmosphere. It was busy the day we visited and rather than wait for seating in the restaurant we decided to accept a "bistro table" in the bar. We both ordered a glass of Nickel Brook Beer, brewed by a Burlington micro-brewery, and the soup of the day which filled very large bowls and which had been voted best soup at the "Hamilton Soupfest" earlier in the week. Mary ordered the crab cakes from the luncheon menu and I the New York Sandwich -- thin slices of sirloin steak with caramelized onions on a toasted baguette served with French fries. Everything was first rate, beer, soup, food and the soft jazz playing in the background. Lunch with beer, tax and tip was \$57.

We found another Thai restaurant, the **Eden Thai**, at 225 John St S, located in a strip mall on the east side of the street. It features both Thai and Vietnamese food in a spacious room with seating on two levels. As in many Chinese and Vietnamese Restaurants we were presented with a pot of green tea with the menus. Mary chose the seafood soup, a Vietnamese offering while I selected a luncheon special consisting of wonton soup, salad, rice and red curry. Mary found the seafood soup to be at least as good

as that she has had at any number of Vietnamese restaurants. The luncheon special was good indeed although the red curry was of a less liquid consistency than in other Thai restaurants that we have visited. Lunch with green tea, tax and tip was \$23.

Phulkari Indian Cuisine is located at 800 Queenston Rd Stoney Creek, Just west of Centennial Parkway. We had a little trouble finding it since street numbers are few and far between on that part of Queenston Rd. Their luncheon buffet purports to have over thirty items. In addition to the eighteen hot dishes we counted on the steam table, there were salads, deserts and numerous condiments as well as *naan* (Indian flat bread). The restaurant is pleasantly appointed and Indian music was playing discreetly in the background. Most of the buffet offerings were vegetarian, as is the custom in Indian restaurants, with three or four meat dishes. Between the two of us we sampled them all and found them to be delicious. Mary decided to forgo the desert and I tried the cheese balls in a light syrup – excellent. At the time of our visit, in late February, they were not yet licensed. Lunch with tax and tip was \$23.

The Locke St S neighborhood is the home to many interesting shops and businesses; Mary and I visited **Il Fiasco** at number 182, a smallish mid-scale restaurant, one day in February for lunch. The atmosphere was pleasant with jazz playing softly in the background. We both enjoyed a pint of Steam Whistle beer and the *soup du jour* – a lovely wild mushroom. Mary chose the chicken guacamole sandwich on a baguette, which she found to be very much to her liking, and I the pulled pork sandwich on a toasted baguette. Now, as you are probably aware, pulled pork originated in the southern US and generally consists of a slow cooked pork shoulder or similar inferior cut which has been "pulled" or shredded and then simmered in a barbecue sauce. In this case the sandwich consisted of chopped pork covered with barbecue sauce. Lunch with beer, tax and tip was \$51.

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SPINNING THE WEB**By Fred Oldfield**

With my son getting married this summer and my wife and I planning a 40th anniversary cruise later this year, it seemed the time might be right to purchase a digital camcorder. I acquired a "vintage" early 1990's camcorder from my father-in-law a year or so ago. Besides using analog Compact VHS tapes, it lacks a LCD screen and has a black and white viewfinder. In addition, the supplied batteries are of questionable value. It's usable, I suppose, but not particularly appealing.

So, I started a search on the Internet. To begin with, I wasn't really sure what types of recording formats were available. I discovered that there are essentially four types (for digital): mini-DV tapes (currently the most popular but facing stiff opposition from ...), mini DVD discs, solid state and micro hard drive units (using Compact Flash-sized hard drives and compact flash, secure digital or other memory cards, and, finally, hard drive units (using notebook-sized hard drives). They all have their advantages and disadvantages, of course, but I'm leaning toward the tried and true mini-DV tape which holds

more data and costs less than most (if not all) of the alternatives. (A comparable camera costs less as well.)

One of the most important features to consider is the cost of the CCD. The CCD (Charged-coupled device) captures the images and transfers them to the storage device. The larger (or more numerous) the CCD, the sharper the image, the better the color, and the better the camera operates in low light, all other things being equal. Budget priced cameras have a single 1/6 CCD. (I believe that's 1/6 inch size, but don't quote me.) Some units, such as the Canon Elura 100 have larger CCD's. The Canon has a 1/5 CCD which is only slightly larger. Higher end cameras have even larger CCD's or employ multiple CCD's (usually three) to significantly improve picture quality.

Most current model cameras come with the capability of taking single shots (like a stand-alone digital camera) and storing them to memory cards such as Secure Digital or Sony's Memory Sticks. Older models (which may still be lurking around) and some lowest priced models may not have this capability. Except for the top of the line cameras, non of the still photographs will match the resolution or quality of even moderately priced standard digital cameras, but they will do "in a pinch". I suspect, but I'm not certain, (since I don't own a cell phone) that the quality will match or exceed that obtained with a camera equipped cell phone.

Cameras come from well-known manufacturers such as Canon, Sony, JVC, Hitachi, Panasonic, Samsung and a few more. Trying to pick the best camera from among the leading contenders in no picnic.

Once you have finally narrowed down your choices, the real difficulty begins: finding a dealer that carries the camera you want at a reasonable price. Henry's (Meadow Lands, Ancaster near Chapters or around Toronto, or online) seems to offer the best selection and their prices (at least sale prices) are fairly reasonable. You can also find cameras at Costco, Fu-

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REVIEWS

CHINESE NEW YEAR

On January 31st, thirty-six retirees and their friends celebrated the Lunar New Year at a sit-down Chinese Dinner at Le Chinois.

The twelve course menu, professional service and comraderie contributed to a most enjoyable evening.

Three participants were born in the "Year of the Dog". Legend has it that they will have a great year with many friends because of their "loyalty and listening skills". To honour their good fortune, each received a smiling "gold" Buddha.

All other celebrants were gifted with red Chinese celebratory envelopes containing "gold" coins – a Chinese custom to wish friends good fortune and good health in the New Year.

- Marie Yakimoff

CARMEN'S

March 14th saw 47 Retirees, family and friends gather at Carmen's Banquet Centre for lunch and a show. It is always enjoyable to see old friends and share a good meal and a happy time. The show was a take off on the Rat Pack.

When we sat down a carafe of coffee was placed on the table or one could have a stronger drink from the bar. Once everyone arrived the MC sang and joked with the audience and the meal was served. It was the usual banquet fare but was tasty. We had penne with a light tomato sauce, then a hot plate of breaded chicken, roast pork with mushroom gravy, mashed potatoes and mixed vegetables. The salad of garden greens was served last followed by Italian pastry.

Once the tables were cleared everyone turned to face the stage and the entertainment began. We met Dean Martin, Sammy Davis Jr.

and Frank Sinatra. It was good to hear the old songs and if you shut your eyes you could imagine the originals.

They cracked the usual jokes about too much drinking and did a few dance steps. Personally I thought that the fellow who played Dean Martin was the best.

This was the first time I have attended a noontime show at Carmen's and I would be glad to go again sometime.

- Isabel Kerr

MOHAWK COLLEGE CAMP

Mohawk College, Fennell Campus is providing a variety of unique summer camps for children ages 6-15 from 9 am - 4 pm weekdays starting July 3rd and continuing until August 25th. Each week costs \$150 per child and extended care is available if needed at no extra charge. Camp programs include: WOW Day Camp, Girl Power, Boys Rule, Babysitting 101 and Kids that Care Leadership Camp. For more information call 905-575-2075 or visit <http://camps.mohawkcollege.ca>.

MOHAWK COLLEGE
GARAGE SALE

Mohawk will be hosting their 25th Annual Garage Sale in support of the United Way, so make sure you're in attendance! The sale takes place on Saturday, September 9th from 9:00 am - 2:00 pm in the Fennell Campus Parking Lot. The rain date is Sunday, September 10th, 2006. Great bargains are to be had for only a \$2.00 admission. With over 200 vendors and 5000 shoppers, this is one of the largest garage sales in Southern Ontario.

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

ture Shop, Best Buy or even Leon's and The Brick. The selection, however, is surprisingly limited. You are also more likely to find last-year's model for sale. Be wary of Leon's and The Brick. You might get a good deal, but you may also find that the "regular" price is so inflated that the "sale" price is as much or more than other dealer's regular price.

And speaking of price, camcorders are quite different from computers and computer peripherals. Once you account for the difference in the dollar, computers are either about the same price or cheaper in Canada than in the U.S. Not so with camcorders. U.S. Prices, in general, are significantly lower. So, if you use a U.S. Site to make comparisons and select the model you want, you may be unhappily surprised at the much higher price here in Canada, assuming you can locate the model here at all.

I haven't made a purchase, yet. I must make the decision between buying cheap and getting experience in a new medium, then buying a higher-priced model when I really know what I want and need or buying the higher end model I am drooling over right now. After a recent visit to our dealer's service centre with our two vehicles, I'm afraid the answer is going to be buy cheap or not at all.

Here are a few sites that you can visit to do your own research.

C-net has a section which contains articles on cameras as well as reviews.

[http://reviews.cnet.com/Camcorders/2001-6500\\_7-0.html](http://reviews.cnet.com/Camcorders/2001-6500_7-0.html)

Camcorders - Digital & VHS Camcorder Reviews, Comparisons, & Ratings

<http://www.camcorderinfo.com/>

Wikipedia, the free encyclopedia

<http://en.wikipedia.org/wiki/Camcorder>

Digital Camcorder -(UK) Compare Reviews of Digital Camcorders at Review Centre

<http://www.reviewcentre.com/products58.html>

PC World Digital Video Cameras Buying Guide

<http://www.pcworld.idg.com.au/index.php/id;1847886895>

Of course all the manufacturers have their own web sites as well. (Canadian sites usually have .ca extension.)

Just before the funeral services, the undertaker came up to the very elderly widow and asked, "How old was your husband?" "98," she replied. "Two years older than me." "So you're 96," the undertaker commented. She responded, "Hardly worth going home, is it?"

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I've sure gotten old! I've had two bypass surgeries, a hip replacement, new knees. Fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia. Have poor circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92. Have lost all my friends. But, thank God, I still have my driver's license.

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A 97-year-old man goes into his doctor's office and says, "Doc, I want my sex drive lowered."

"Sir," replied the doctor, "you're 97. Don't you think your sex drive is all in your head?"

"You're damned right it is!" replied the old man. "That's why I want it lowered!"

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An elderly woman decided to prepare her will and told her preacher she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over Wal-Mart.

"Wal-Mart?" the preacher exclaimed. "Why Wal-Mart?"

"Then I'll be sure my daughters visit me twice a week."

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**M**y memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be.

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Know how to prevent sagging? Just eat till the wrinkles fill out.

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**I**'ve still got it, but nobody wants to see it.

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I'm getting into swing dancing. Not on purpose. Some parts of my body are just prone to swinging.

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**I**t's scary when you start making the same noises as your coffee maker.

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The good news is that even as we get older, guys still look at our boobs. The bad news is they have to squat down first.

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**T**hese days about half the stuff in my shopping cart says, "For fast relief."

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I've tried to find a suitable exercise video for women my age, but they haven't made one called "Buns of Putty."

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**D**on't think of it as getting hot flashes. Think of it as your inner child playing with matches.

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Don't let aging get you down. It's too hard to get back up!

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**R**emember: You don't stop laughing because you grow old, You grow old because you stop laughing.

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THE SENILITY PRAYER: Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

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**N**ow, I think you're supposed to send this to 5 or 6, maybe 10. Oh heck, send it to a bunch of your friends if you can remember who they are...

(From an unknown Internet source.)

The next newsletter will be published at the end of July, 2006. We would appreciate your input to make this newsletter as useful as possible. Current paid membership: 243; new retirees: 28

