

Retirees Association of Mohawk College

News Letter January 2004

Since the last newsletter your association has had two functions.

- On November 3, 28 retirees and their guests visited the Six Nations Reserve near Brantford, lunched at the Old Schoolhouse Restaurant in Brantford and attended a production of *I Love You, You're Perfect, Now Change* at the Sanderson Theatre in Brantford. Sybil Walker [reports](#).
- Approximately two dozen retirees gathered at the **Schwaben Inn** in Dundas on Wednesday, December 4, for refreshments, lunch and conversation.

Coming Events

- Wednesday March 3, 2004 – Lunch at the **Towne and Country Restaurant** and the musical *The Producers* at the Canon Theatre in Toronto (Sold out)
- Wednesday, April 28 – *Three Men on a Horse*, Shaw Festival, Niagara-on-the-Lake and lunch at **Betty's Restaurant**
- Wednesday, May 12 – Stage West Dinner Theatre for lunch and their production of *Fiddler on the Roof*
- June 13 – 17 **Cape Cod** 5 days and 4 nights.
- Tuesday, June 8, **Annual General Meeting**.

Report on the January Board Meeting

Your board met at the college on January 6. We were joined briefly by the new Mohawk president, Mary Lynn West-Moynes for an informal chat. She emphasized that the retirees are an integral part of the college community and we were to feel free to call on her for assistance.

Some confusion seems to exist regarding the membership fee for OCRA. Your Membership fee for OCRA is part of the \$25 annual dues for this association and has been forwarded to them.

Two members of the board, one of whom has recently been hit with a barrage of spam, possibly due to a listing on the Retirees' website, have requested that their e-mail addresses be removed from the masthead of this and subsequent newsletters.

Debby Logel Butler, the college's new Director of Community Relations and Advancement joined the meeting to discuss the ways in which the retiree's might aid in the "Shaping the Future" Campaign. Since your associations mailing do not reach all retirees a separate mailing will be made by the college. A lunch, discussion and tour of the new facilities, are being planned for the future, possibly in May.

Amongst future outings being contemplated are: Seniors' RBC Jubilee in Toronto, Shaw Festival in Niagara-on-the-Lake. and the Stratford Festival.

Let's Do Lunch

The Sweetwater Café is the bright yellow building on Dundurn St immediately south of the old Dundurn Campus and across the street from the LCBO store. It is a small two story building with a rather funky decor. The offerings consist mainly of soup, sandwiches and deserts; it is rather small with only a scant few tables on the main floor. One places an order there and either finds a place or proceeds to the second story for a table. Mary chose the tomato soup and a smoked turkey melt sandwich and yhe the cabbage soup and Italian stallion sandwich (salami, prosciutto, cheese and other cold cuts) . Both had coffee. The soup was carried upstairs for us while we carried the coffee. The sandwiches followed shortly thereafter. The bowls were bountiful and the soup very, very good. Both sandwiches were of more than good size and excellent. The coffee was also superior. Although the desserts looked delicious, the soup and sandwiches left no room. Lunch with coffee, tax and tip was \$22.00. The only thing small about the **Sweetwater Café** is its size and the prices.

Karolina's at 757 Barton St. E was revisited: it was first reported four years ago and we had not been back since. The menu is still Polish-Canadian and the Polish beer Lezajsk still tastes as good as ever. We both had the borscht, very good, and Mary chose the perogis again and yhe the cabbage rolls. The cabbage rolls were judged to be too heavy on the rice and too light on the meat. Mary found the perogis to be quite acceptable. The prices have increased moderately. With beer, tax and tip, lunch was \$32.

The Cootes Paradise Bar and Bistro at 186 King St W in Dundas is a small new restaurant located in an old house – quite draughty, at least when we were there. When we visited we found it nicely decorated in a nautical style. Mary had a bottle of Stella Artois beer and the ham sandwich special while yhe chose an Alexander Keith beer and the roast beef sandwich, also a special. Both sandwiches were edible but far from exceptional. The server was obviously new at this line of work and certainly had not found his métier. Lunch with beer, tax and tip was \$32. They may do better in the evening when such things as kararoke and pizza appear to be featured, but lunch, in our humble opinion, was over priced and mediocre.

The Bad Dog Café at 229 Locke St is also located in an old house but there the resemblance ends. The name is appealing to us since we are the proud owners of two naughty dogs. Also because it is reminiscent of the coffee houses of the sixties, good art work but otherwise completely unpretentious. We both had the soup, a Cajun style tomato and bacon soup with lots of rice – the spiciness was welcome on a rather chilly day – and Mary had a "pressed" sandwich of chicken with peppers, salsa and onion and yhe a "wrap" of beef with cheddar, peppers and onion. Both were very good indeed. Yhe finished off with a coffee and a chocolate square. Including tax and tip the lunch cost \$30. On leaving we had the opportunity to meet the "bad" dog, a big, beautiful and friendly three year old mastiff. The Bad Dog Café is certainly worth revisiting. Incidentally the "bad" dog has separate quarters from the café proper and is not always available.

One day recently Mary and yhe were on the trail of bargain frozen orange juice at the Basics store in Ancaster. In the same plaza is the **Brassie¹ Pub and Bar** (the reincarnation of the **Headquarters Tap and Grill** where the technology breakfasts² were held before moving to **Joey's**). It spacious and clean and resembles many Irish and English public house that we have visited but with the welcome absence of the blue haze of tobacco smoke – it is completely smoke free.. The service was prompt and courteous; the menu had a good selection of "pub grub" and there were a number of good beers, ales and stouts on tap. Mary chose the Chicken Melt – strips of chicken breast covered with melted cheddar and yhe the Beef Dip Sandwich – thinly sliced beef on a ciabatta roll with a dipping sauce. The chicken dish came with a green salad which Mary proclaimed to be delicious while the beef

sandwich was served with French fries. We both had a pint of nourishing Guinness to fortify us against the cold. Lunch with tax, tip and Guinness came to \$38. We'll be back.

Trip to the Six Nations Reserve and Brantford Theatre Musical

Thursday Nov. 20, 2003

On a clear bright morning our 29 seater coach left Mohawk College for the Six Nations Reserve near Brantford. En route we passed close to Pauline Johnson's home by the river. Shortly after 9 a.m. we assembled in the Administration Building of the Six Nations Reserve in Oshweken. Sandee Martin, Administrative Assistant to Ruby Jacobs, Director of Health Services, met us there to be our guide. She gave an overview of the services and information sheets were handed out providing a comprehensive list of the many health and social services provided by the centre. Types of employees were listed and professional services included a registered dietician, a registered nurse at the Adult Day Care Centre and a Traditional Wellness Co-ordinator. Health stats showed steady general health improvements on the reserve.

Our next stop was the Jay Silverheels Complex – Long Term Care and Community Care (Lori Monture Manager). We divided into two groups, alternating between a discussion group and tour group. Information packages and souvenir pens were handed out. Jeffrey Martin, Case Manager followed by Lori Martin, Manager, spoke enthusiastically about the work in progress with reference to the "Supportive Housing Apartments", to date eight in all; these are for people with spinal chord injuries.. We were shown a wheel chair accessible apartment with semi-private roll-in shower and special lifts run on ceiling tracking. Each resident had access to satellite T.V., Internet connection and call bell. Rental costs vary from \$22 for one day's respite care up to \$650 for one month including meals. Envisioned, in a few years, is a 50 bed nursing home. We visited the kitchen and experienced the delicious smells coming from therein. Filing through to the dining area all eyes focused on a strikingly beautiful picture painted by Arnold Jacobs. Recently awarded certificates for health care were prominently and proudly displayed on the walls.

Our visit to the Maternal and Child Birthing Centre followed. Wooden carving and exquisite handicrafts were on display. The rooms were very pleasing, similar to a comfortable and suitably furnished home with special facilities. Surprisingly no cradles were visible as babies stayed with their mothers. We were also shown a children's area, not in use on that day. Follow up to the Maternal and Child Care Centre was in-home care within the Grand River Territory. We wound up in the Administration Building for a brief recap and presented our thanks and a cheque to our host.

With lunch time approaching we re-boarded the coach for the **Olde School Restaurant** near Brantford.(known in the 1870's as the Moyle School). This restaurant played host to Queen Elizabeth in 1997.

After this busy morning and excellent lunch we arrived at the Sanderson Centre Theatre in Brantford to see " I Love You – You're Perfect – Now Change". This was the longest running musical revue in Broadway history and has played in 150 cities around the world. This ultra-modern, cynical look at relationships unfolds and explodes in toe-tapping and hum-along tunes.

Many melodies were sung as dialogue, but oh-my, the words were very different. Fast paced and funny this show struck a few chords with the largely senior audience. After the show we boarded our bus and the improved route of Hwy 403 provided a fast return to Hamilton.

Sybil Walker

Message Forum on the Mohawk Retirees Website

Our webmaster, Fred Oldfield has added a messaging forum to our website. It is hoped that members will utilize the site to post messages or initiate discussions on various topics of interest or alternatively request help or share their experiences. Although Fred initiates a new thread each month other threads can be started. Visit www.mohawkc.on.ca/retirees or www.mcretirees.com and log in with a screen name of your choice and join an on going discussion or start a new one. Your yhe under his nom d'internet, "Geotech" seems to be the only retiree to have taken advantage of this great opportunity so far.

Mohawk College 2003 United Way Campaign Results

Mohawk College has once again completed a successful fundraising campaign in support of the United Way of Burlington and Greater Hamilton.

This years' campaign saw staff and students participating in several special events both on and off campus. Several Mohawk Retirees joined us for our annual Silent & Live Auction and students at all 4 campuses participated in the MSA Loonie Challenge which raised over \$900.00 in support of the United Way.

Our goal for the 2003 United Way campaign was \$40,000 and the committee is pleased to report that to-date we have reached a total of \$37,452.53.

New to the campaign this year was the launch of our own web site for United Way Committee activities. Please take the time to check out the photos from our 2003 special events on the Mohawk College U. Way Web Site . Mohawk College is also featured on the United Way web site under "Who's in the Spotlight".

On behalf of the entire Mohawk College United Way Committee I would like to personally thank you for your generous support in 2003. Without you we could not make a difference!

Sincerely,

Emily Ecker,
Mohawk College, 2003 United Way Campaign Chair.

¹A golf club – no.2 wood

²The Breakfasts are still being held at 9:00 AM on the first Thursday of the month at Joey's Seafood Restaurant, 1075 Wilson St. W, Ancaster, across from Wal-Mart and Canadian Tire. All retirees from the technology division are welcome. Contact Os Love, email osbornerlove@aol.com for further information.