

Recent Outings:

Muskoka Colour Tour, October 10, 2007 (review on page 4)

St. Jacob's Country Playhouse, December 5, 2007 *Christmas Show* (Review on page 5)

Future Outings:

Chinese New Year's Dinner, **Le Chinois**, February 7, 2008

Kiss the Blarney Stone, **Sanderson Centre, Brantford**, March 17, 2008

Tribute: Michael Bublé and Andrea Bocelli, **Carmen's**, April 9, 2008

In The Planning Stage:

Wonderful Town, a musical, **Shaw Festival**, May 15, 2008

Annual Dinner & General Meeting, **Liuna Station**, June 11, 2008

The Mouse Trap, **King's Wharf Theatre, Penetanguishene**, July 10, 2008 (See details, page 6)

Grand River Luncheon Cruise, **Grand River (near Caledonia)**, August 14 (tentative), 2008

Legends, **Drayton Playhouse**, September 25, 2008 (See details, page 6)

Last issue we gave you a recipe for Red Pepper Jelly Cheesecake which makes a great dip for crackers. Here's the recipe for the Jelly.

Red Pepper Jelly

Ingredients

- 1 cups ground sweet red peppers (about 3 large peppers)
- 5½ cups sugar
- 1 cup distilled vinegar
- 1/3 cup lemon juice
- 1 bottle liquid pectin

Directions

- 1) Placed red peppers, sugar & vinegar in kettle
- 2) heat rapidly to boiling, Stirring continuously
- 3) Remove from heat, let stand 15 minutes
- 4) Reheat to boiling, add lemon juice
- 5) Let it come to a boil, then add the pectin
- 6) Boil for 5 minutes, stirring constantly
- 7) Bottle as any jelly

Notes:

- This recipe makes six small jelly jars.

FEATURE RECIPE

Haystacks

Ingredients

- 5 Tbsp. cocoa
- 1/2 cup butter
- 1/2 cup milk
- 2 cups sugar
- 1/2 tsp. vanilla
- pinch salt
- 3 cups quick oatmeal
- 1 cup shredded coconut

Directions

- 1) Bring first six ingredients to a boil.
- 2) Pour boiled mixture over oatmeal and coconut; mix well.
- 3) Drop onto wax paper.
- 4) Do NOT bake. Easy!

It's a funny thing about life; if you refuse to accept anything but the best, you very often get it. - W. Somerset Maugham (1874-1965)

I would rather be exposed to the inconveniences attending too much liberty than to those attending too small a degree of it. - Thomas Jefferson (1743-1826)

Deadline for next issue: April 1, 2008

LET'S DO LUNCH

By Brian Welsh

Although we are great devotees of ethnic eateries **THE BARAMI BUNÉ** (as the wind blow) is the first Korean restaurant, other than Japanese-Korean, that Mary and I have visited. It is located at 16 Jarvis St. Jarvis St can be accessed either by turning south off King William St or by turning north off King St into the parking lot which is Ferguson St N. The décor is pleasant but sparse, again with pleasant and unobtrusive music. The menu was in Korean with transliterated names in English with brief descriptions of each. Before ordering we were served a cup of tea spiked with Korean whisky. In the absence of a Korean beer we both ordered a *Stella Artois*. Mary ordered a chicken dish and I a beef one. Both were excellent. We plan to dine there some evening and sample the barbecued fare which, judging by the well in the tables, is cooked there. Lunch with beer, tax and tip \$37.

Our friend and fellow "foodie", Georgina, told us that **The Charles Inn**, one of the several upscale hostelrys in Niagara on the Lake, was worth lunching at. When towards the end of the season in the fall we went to the Shaw Festival to see "Mac and Mabel" we had lunch at **The Charles**. It is located at 209 Queen St adjacent to the golf course. It is a rather elegant old and probably historic inn with well kept grounds. Because it was a fine autumn day, Mary and I chose to dine in the closed in porch rather than the dining room proper. The menu while not extensive offered several starters, which we decided to forgo and about eight mains. Mary chose the salmon fillet and an accompanying glass of *sauvignon blanc*. I decided on the steak and ale pie and a glass of Shiraz. Both mains were plated beautifully and were as delicious as they looked. Service was excellent. Although more expensive than our usual luncheon venue in Niagara on the Lake, The Angel Inn, it was well worth it. Lunch with wine, tax and tip was \$68.

One day in the fall we found ourselves on the mountain in the vicinity of **Chan's Chinese Buffet** at 1400 Upper James. It is the successor to the Empress of China, which we visited in 2000. There is still an extensive offering of Chinese-Canadian and some Thai dishes on the buffet tables. The food while good was hardly authentic ethnic Chinese cuisine. The server was very prompt and pleasant and asked if we were seniors – there is a seniors' discount. We both had *Tsing Tao* beer to accompany our lunch. Lunch with beer, tax and tip was \$30.

Although we had often passed it, Mary and I had never visited **Sotiris Shish Kebob**, 417 Plains Road E, Burlington until our friend Magda mentioned that it was a good place to lunch. It has a rather large dining room, sparsely furnished as what I imagine a Greek *taverna* would look like. Being in a Greek restaurant we ordered a Greek beer, *Mythos*. Mary chose the "Small Gyro Dinner" from the luncheon menu and I the "Small Souvlaki Dinner". A Greek salad was included as a starter course. The salad was excellent but could have had a few more black olives. We were both surprised at the huge size of the "small" dinners. Although I was able to do justice to the three skewers of the delicious barbecued pork, roasted potatoes and a mound of rice, Mary had to ask for a doggy bag for a portion of the gyro. Lunch with beer, tax and tip was \$42.

Saint Patrick's Day

St. Patrick, born about 385, is said to have died on March 17, 461.

St. Patrick's Day is an official holiday in Ireland (bank holiday in Northern Ireland), Montserrat and the province of Newfoundland and Labrador

St. Patrick's Day is an official feast day in the Roman Catholic Church, but in 2008 it will be celebrated on March 15, so as not to interfere with the second day of Holy Week. (It was celebrated on April 3 in 1940 to avoid coinciding with Palm Sunday).

Retirees Association of Mohawk College Newsletter

Website: www.mcretirees.com

Published four times a year.

Board Members:

Chair: Brad Berry
905 648-1904 bgbjberry@aol.com

Vice-Chair: Hans Bastel
905 679-8173 hebastel@sourcecable.net

Treasurer: Joanne Wolfarth
905 388-9965 joanne.wolfarth@sympatico.ca

Member: Donna Dunlop
905 388-2394 dunlop@mountaincable.net

Member: Isabel Kerr
905 385-7109 @

Web/newsletter: Fred Oldfield
905 643-3442 fdo@elmlane.com

Ex-officio Members
Geoff Brooker 905-772-5160 lmbrook@kwic.com
Marie Yakimoff 905-522-7370
Ann Dunn (Secretary) 905-383-9772

- Reduce stress overall
- Take a trip
- Volunteer to help others

Here are some "alternative" resolutions to consider, courtesy of <http://www.newdream.org/live/newyears.php> (New American Dream):

- More memorable traditions
- More time
- More money
- More fun
- More Adventure
- More good deeds
- More nature
- More creative

Here are some steps to help you keep your resolutions from http://www.single-step.com/single-step_ms.html (Single-Step.com):

- Start by analyzing who you really are.
- Build on this understanding to set goals that are meaningful to you in your life.
- Prioritize your goals based on your new understanding, then set out to achieve them.
- Define daily exercises help you overcome mental blocks associated with achieving your goals.
- Track your progress as you move towards your goal.
- Motivate yourself, as needed, to stick to your goals.
- Identify blocks that have kept you from succeeding in the past.
- Document feedback and support from friends and colleagues over the course of the goal.
- Track changes in yourself as you rack up those successes...

SPINNING THE WEB

By Fred Oldfield

January ... a brand new year!

Did you know that according to <http://pittsburgh.about.com/od/holidays/tp/resolutions.htm>, these are the top ten New Year's resolutions:

- 1) Spend more time with family and friends
- 2) Find more time for fitness
- 3) Tame the bulge
- 4) Quit smoking
- 5) Enjoy life more
- 6) Quit drinking
- 7) Get out of debt
- 8) Learn something new
- 9) Help others
- 10) Get organized

Additional resolutions contributed by http://www.usa.gov/Citizen/Topics/New_Years_Resolutions.shtml (U.S. Government) include:

- Save money
- Get a better job
- Eat right
- Get a better education

Did you know ... Hallmark markets over 1,300 DIFFERENT Valentine's cards every year?

Valentine's Day is the second most popular card giving holiday?(After Christmas)

Muskoka Fall Colour Tour

On October 10, 2007 approximately 40 jovial Mohawk Retirees and friends boarded the bus at the Fennell Campus for a day trip to see the changing of the fall colours as well as visit three distinct locations in the Muskokas.

The bus departed at approximately at 8:30 am . John, our bus driver, took the 407 to the 400 and on to highway 11. It was interesting to see the expansive suburbs of the GTA from the elevated seats of the bus. Although the weather was not sunny, we did not encounter rain until we got close to our first destination of Bayview Wildwood. Resort at Port Stanton. Prior to arriving at Port Stanton, Brad Berry gave us an interesting brief history of Port Stanton and the resort.

We arrived at the Bayview Wildwood Resort at approximately 11:00 am. Since we were a half an hour early for our luncheon, some of us took a stroll along the beach of Sparrow Lake, which was peaceful and quiet since the Thanksgiving crowd had already left. At 11:30 am we all sat down for a sumptuous buffet luncheon in the main dining room of the resort. (Needless to say a few calories were gained.)

After lunch we boarded the bus and headed for the Johnston 's Cranberry Marsh in Bala. It took us approximately one hour to get there, as the bus slowly wound through the picturesque country roads.

At the Johnston's Cranberry Mash, we were initially provided with samples of cranberry wine and a brief description of the cranberry farm. We then boarded the two covered wagons pulled by a tractor with commentary by Ryan, the driver of the tractor. As the tractor

pulled us around the south marsh , we were shown how cranberries were grown and harvested.

Various cranberry byproducts were available for purchase such as red and white wines, jams, sauce, juice, bread, cookies, muffins , pies, etc. After spending approximately one hour at the cranberry farm, we boarded the bus again and headed south for a brief stop at the Horseshoe Valley Resort. At the Horseshoe Valley Resort we were served with a choice of hot or cold drinks plus pastries. The rain started as we boarded the bus homeward bound at approximately 3:30 pm.

Geoff Brooker- (the man of many talents) kept us entertained during our bus ride, as well as keeping the front windows from fogging up, so driver John could clearly see his way back to Hamilton. We safely arrived back at the Fennell. Campus at 6:50 pm, with ample time to vote for those who did not vote in advance. Special thanks to Brad and. Betty for doing the preliminary planning for this trip, which was enjoyed by all.

(A week after our return from our trip some of you may have seen Rick Mercer's visit to the same Cranberry Farm on his CBC television program.)

-Sam Kajiura



(Janice Yule, JoAnne Kajiura, Joanne and Bob Walling at Port Stanton)

Just under 50 of our 60-something retirees were whisked by Wills up to St. Jacob's December 5 to celebrate our second childhoods.

With a pantomime.

And what in Waterloo County is a pantomime, you may ask?

Well, British panto' is a high-energy, low-culture, Christmas theatrical experience, specifically for kids. It's a very old, very traditional pastiche of song, dance, skits, stunts, silly stuff, and jokes as corny as Schneider's beef. Audience participation is essential, so you're taught to boo, hiss, cheer, shout, sing-along, and even go up on stage.

This improbable amalgam is held together by an equally improbable plot involving men dressed as women, girls disguised as boys, bad spirits who thrive on evil, good spirits who always win, true lovers whose course temporarily runs rough, and lots of little munchkins who fill up the stage with song, dance, and pure energy.

The Christmas Show at St. Jacob's Country Playhouse was scouted out by Hans Bastel and a team of researchers, who decided that, after a morning's shopping and a two-hour buffet lunch, Mohawk retirees could hiss, boo, and cheer with the best.

Impeccable judgment!

For this Wednesday matinee, about 200 assorted seniors and a sprinkling of kids filled every seat of the modern theatre on the edge of Waterloo. And we loved it.

Random testimonials gleaned at the front of our home-bound bus were "great to be a kid again" (Mrs. Brad Berry), "a keeper," "beautiful," "one of the best," and, as the bus left the parking lot, even a spontaneous chorus of *Santa Claus Is Coming to Town* from the end of the show.

If you go next year, check out the Mennonite museum and Home Hardware museum on St. Jacob's Main Street. And bring your noise mak-

Happy Fiftieth Anniversary



Ken and Ann Dunn (nee Mata). Married October 26, 1957 at Saint Cyril & Methodius Church in Hamilton, Ontario. Congratulations and best wishes from the Retirees Association of Mohawk College.

MARK YOUR CALENDARS...

THE MOUSETRAP (a Classic Whodunit)

Thursday, July 10, 2008
King's Wharf Theatre, Penetanguishene

In her own inimitable style, Dame Agatha Christie has created an atmosphere of shuddering suspense and a brilliantly intricate plot where murder lurks around every corner. . .

The result is a group of eight strangers, a snowstorm, a series of unsolved murders, and a host of other exciting elements masterfully combined to create a world of suspicion and intrigue in the classic whodunit, *The Mousetrap*. Full of twists and turns, this heart-pounding thriller is an unforgettable adventure – one that leaves audiences guessing right up to its final, startling revelation.

As the world's longest-running play, *The Mousetrap* has enthralled audiences for over five decades. Now watch the ominous clues reveal themselves at the King's Wharf Theatre, but beware: nothing is what it seems.

LEGENDS (A Salute to Musical Pioneers)

Thursday, September 25, 2008
Festival Theatre, Drayton

After completely selling out last year in St. Jacobs and Grand Bend, *Legends* is back by popular demand!

After 20 years with SBC Studios, popular television host Roy Solomon is signing off with his final show and revisiting the incredible discography that forever changed the landscape of modern music. From the mid 1950s through the mid 1970s, a number of artistic pioneers refused to bow to industry pressure and creatively set their own musical trends.

Their unique influence is celebrated in this energetic, fun-filled musical revue featuring classic

songs by Elvis Presley, Roy Orbison, Jerry Lee Lewis, The Beach Boys, The Everly Brothers, Elton John, ABBA, The Monkees, Simon & Garfunkel, Sonny & Cher, and many, many more.

With its winning combination of hilarious comedy, exuberant dance numbers, and sweet, sweet music, *Legends* is a nostalgic celebration of the sounds that shaped the minds and attitudes of an entire generation.

Web Wisdom

Due to the climate of political correctness now pervading America, Kentuckians, Tennesseans and West Virginians will no longer be referred to as "hillbillies". You must now refer to them as Appalachian-Americans.

How to Speak about Women and Be Politically Correct:

1. She is not a "babe" or a "chick" - she is a "Breasted American".
2. She is not "easy" - she is "horizontally accessible"
3. She is not a "dumb blonde" - she is a "light-haired detour off the information superhighway."
4. She has not "been around" - she is a "previously-enjoyed companion".
- 5 she does not "nag" you - she becomes "verbally repetitive".
6. She is not a "two-bit hooker" - she is a "low cost provider".

How to Speak about Men and Be Politically Correct:

1. He does not have a "beer gut" - he has developed a "liquid grain storage facility".
2. He is not a "bad dancer" - he is "overly Caucasian".
3. He does not "get lost all the time" - he "Investigates alternative destinations."
4. He is not "balding" - he is in "follicle regression".
5. he does not act like a "total ass" - he develops a case of "rectal-cranial inversion".
6. it's not his "crack" you see hanging out of his pants - it's "rear cleavage".

Two antennas met on a roof, fell in love and got married. The ceremony wasn't much, but the reception was excellent.

ONTARIO COLLEGES RETIREES' ASSOCIATION (OCRA)

Fifth General Meeting
(September 29, 2007)

A Brief Report

Since part of my annual retiree membership fee is passed on to OCRA, our provincial umbrella group, I thought it might be useful and interesting to attend, for the first time, that organization's general meeting at Centennial College in Scarborough. The meeting was held at Centennial's impressive Student Residence and Conference Centre. Since there was no meeting fee associated with this event (program, parking, breakfast and lunch were free of charge), it was somewhat surprising that only about 30 OCRA members were in attendance. It was nice to note, however, that four Mohawk retirees were present, including Interim President Derrick May and Dorleen Allen who recently joined OCRA's Board of Directors.

I am pleased to report that the division of labour between our local Mohawk retiree group and OCRA appears to be functioning as it should; that is, our Mohawk group caters to the social and cultural needs of its members - and supports needy Mohawk students - while OCRA focuses on the bread and butter issues of pensions and group benefits.

I found the following agenda, discussion and information items worthy of note:

- Joan Homer, the retired Executive Director of ACAATO (now renamed Colleges Ontario), did an excellent job in leading a workshop on "Future Directions of OCRA". Not surprisingly, it was found that the organization should continue to focus on retiree pension and group benefit plans. In addition, the Board of Directors was encouraged to assist those colleges which have not yet established local retiree associations to do so.
- Through OCRA, all of its members are also members of a national retiree group, the "College and University Retiree Associations of Canada" (CURAC – www.curac.ca).

- Currently, OCRA has approximately 1800 members (1100 academic, 350 administrative, 300 support staff, and 50 undeclared). The largest group of retirees is from Mohawk, followed by St. Clair, Centennial, Humber and Lambton. There are surprisingly few members from Colleges such as Conestoga, George Brown, Sheridan and Confederation.
- OCRA has made written preliminary and supplementary submissions on pension issues to "The Ontario Expert Commission on Pensions". This Commission will be addressing issues such as pension plan funding, surpluses, shortfalls, indexing, benefits, wind-ups and guarantee funds. It is expected that Ontario will soon make changes to its Pension Benefits Act. The recommendations from the Expert Commission will likely have a major impact on these changes. (For more details on this, please refer to the following websites: www.caatretirees.org – click on Recent Updates and to www.pensionreview.on.ca).
- The "CAAT Retiree Group Insurance Advisory Committee" is actively engaged in recommending changes to our retiree group insurance plans. Changes currently under consideration include vision care, prescription drugs and semi-private coverage.
- In spite of the fact that relatively few members were in attendance, there were more candidates willing to stand for office on the Board of Directors than there were vacant positions! We had to have a secret ballot!
- In 2005, OCRA reconstituted itself as a non-profit corporation requiring formal record keeping and the filing of documents with provincial and federal agencies.

- At the end of the past fiscal year (December 31, 2006), OCRA showed an operating fund surplus of about \$16,000. It also has a reserve fund for legal expenses.
- Mohawk retiree Bob Pando was publically thanked for his strong commitment to OCRA and his dedicated leadership as President and Director.
- OCRA is working hard to acquire a formal and meaningful role in the selection of retiree members for the Group Insurance Advisory Committee and the CAAT Pension Plan Board of Trustees.

- Centennial's Vice-President Academic and Chief Learning Officer spoke eloquently about the many challenges faced by Metro colleges as a result of economically, culturally and ethnically diversified student populations. She also expressed her disappointment that issues related to college education did not make much of an appearance on the "election horizon" of the recent provincial election campaign.

Based on my experience with OCRA's 2007 general meeting, I would encourage other Mohawk retirees to attend future meetings.

By Hans Bastel

In Memoriam

BERTONCINI, Dante: October 18, 2007, in his 83rd year. Mourned by daughters Linda, Lisa, Dianne, Debbie and Maureen; by his companion Shirley and by his many grandchildren.

PARTRIDGE, Gordon Edward: October 24, 2007, in his 84th year. Beloved by Gloria, his children Martin, Mary, Katharine and Vivian and many grandchildren. Known as "Mr. Co-op".

DUTTA, Pradip Kumar: October 26, 2007. Missed by his four brothers and their families.

WILMS, Karl Heinrich: March 27, 1935 - November 5, 2007. Beloved husband of Patricia and beloved father of John Carl, and Ian Patrick. Stepfather to Elizabeth, Scott, Cynthia, Martha and Kevin.

Other former Mohawk College employees who passed away in 2007 include

LENNERTON, Barbara Wallace: August 13, 2007

LUCAS, Carl Michael: January 28, 2007

RYCKMAN, Kathleen Grace: May 7, 2007
For many years Kay was the guiding force behind the English as a Second Language department. She retired in 1977 and fought a gallant fight against Parkinson's for the past ten years.

ST. AMAND JR., John Raymond: October 31, 2007

THOMPSON, Gary: June 25, 2007

WATSON, Paula Jane: August 8, 2007

Previously mentioned:

Spears, Richard

Our condolences and prayers go out to all those who lost loved ones this past year. May you have some comfort in knowing that the pain in your heart is shared by all those who worked with or studied under your loved one.

Our apologies if your loved one is missing from this list. Please send death notices to the editor@fodoweb.ca