



Newsletter

Of the
Retirees
Association
 Of Mohawk College

Coming Events



January 24, 2012: Chinese New Year's Dinner at the Joy Restaurant.

April 4, 2012: Hiking Smokey Hollow (See page 3)

April 12, 2012: Lunch and tour of the Art Gallery of Hamilton

June 5, 2012: Annual General Meeting at Michaelangelos. Guest Speaker: Sharron Orovan Johnston, R.N. well known speaker and activist about the importance of humour. She is involved with the annual "Giggles and Grins" event which is associated with the "Grandmothers of Steel" and the Stephen Lewis Foundation.

December 12, 2012: Christmas Tour to St. Jacobs: Please reserve this date for a tour to St. Jacobs where you can do your Christmas shopping, have a great lunch and attend one of Norm Fosters best comedies - *The Love List* - at the Schoolhouse Theatre.

Other Events being planned:

- September: Shaw Festival possibly *Ragtime*
- Social Media Workshop: possibly July at Saltfleet Campus
- 20th Anniversary Tea: possibly November

Newsletter of the Retirees Association of Mohawk College

Board Members:

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Honourary Life Member

Alan Gregson

Website: www.mcretirees.com
 Published four times a year.
 Deadline for next issue:
 April 5, 2012

Hiking 101 for Retirees – The Step Program

Preamble: One would think that folks so grim of humour and likely possessed of a death wish would lack manners, but such is untrue. Who wants to die badly, holding the wrong fork in the trail? Onward!

Step Three: Trail etiquette

Having gotten us all out on a hike, the hike leader has *ius primus ambulans*, the right to lead. This is good, as he/she clears the trail of cobwebs (especially if tall), steps into anything first (contrary to its name, quicksand isn't either), encounters skunks or goes over a surprise cliff first (and, hopefully, last – don't tailgate). Hike leaders often carry first aid and contact information for everyone's next of kin, so they are required to toss back their backpacks should they fall down a crevasse or over a cliff. Hike leaders get to pick pit stops, water breaks, lunch spots and times to enjoy the view. In other words, they have all the say. Given the lack of planks and frequent proximities of cliffs, mutineers are better off to grin and bear grievances. There is no union for hikers, and they would just be legislated back to walk anyway.

Hikers with medical conditions should always tell the leader and sweep, so we can record cause of death during trailside burial. Bodies are not dragged along. This isn't "Weekend at Bernie's."

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Mohawk Hikers January 4th 2012

On Wednesday, January 4th a group of fourteen people hiked from Upper Paradise and Scenic Road, to Slainte, an Irish Pub in downtown Hamilton. The weather was spring like, which was unusual for the time of year. On arrival at Slainte we had an excellent lunch and then about half of us hiked back up the escarpment. Did you know that there are 299 steps in the Upper Paradise staircase! The others took the bus back. Hamilton really is a beautiful city with many natural oases as well as quiet streets with well-kept homes.

On Wednesday, April 4th, 2012 we will visit walk in the Smokey Hollow area in Waterdown with lunch at the Royal Coachman Pub. If you would like information about this area visit this website

<http://www.waterfalls.hamilton.ca/default.asp?walk=8>.

RETIRES ASSOCIATION OF MOHAWK COLLEGE

*Celebrating 20
Years*

1992 ~ 2012

*Send Us Your Photos and Share
Your Stories*

retirees@mohawkcollege.ca



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But Nature may call you when the leader doesn't hear it. If you must dive into the bushes to "water or fertilize the vegetation," first tell someone of your intent, so we don't start looking over cliffs. That could ...er... precipitate disaster. Second, leave a personal item – hiking stick, backpack or wallet – beside the trail, pointing in the direction of travel. When you come out of the woods to the trail, turning the wrong way can lead to Frustration, a community of one, you. Besides, if you go in and do go over a cliff, we want a useful souvenir of your life. Wallets are best. You will be feted!

The same etiquette for pit stops applies to desires to take pictures: tell someone, mark the spot of departure. In addition, shutterbugs should realize hiking is a group activity and they should not delay the group with many stops, "f" or otherwise. Repeatedly delaying the group is unpopular. See fateful "edging" uses of hiking sticks in the previous article. Very irate groups may "pincushion" a shutterbug with sticks. Most groups appreciate having a rock hound or plant person along to share their knowledge with the group. Again, moderation is key, else stoning or forced feeding may occur.

Everyone has a favourite walking speed and is usually safest walking at that speed. A fast walker behind a slower one should ask to pass, rather than stumble from walking below optimum speed. Slower hikers should give way at a safe place, unless you really hate the speedster. Again, edging could occur. Don't tailgate a slower hiker to get by.

Most hikes have a "sweep," someone who offers to be the last one, keeps an eye on others, does not pass slow hikers nor "nature enricher's" memento gear. Sweeps often carry extra water, first aid and scotch, strictly medicinal blend. I've known sweeps to carry a bottle of champagne on the final hike of a series, bags of homemade cookies and even reward buttons for completions, congeniality and so on. Likely Bill Fulton would welcome such genial sweeps. Sweeps also carry

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Volunteering is Good for your Health

According to the Corporation for National and Community Service:

Over the past two decades we have seen a growing body of research that indicates volunteering provides individual health benefits in addition to social benefits. This research has established a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer. Comparisons of the health benefits of volunteering for different age groups have also shown that older volunteers are the most likely to receive greater benefits from volunteering, whether because they are more likely to face higher incidence of illness or because volunteering provides them with physical and social activity and a sense of purpose at a time when their social roles are changing. **(Corporation for National and Community Service Office of Research and Policy Development *the Health Benefits of Volunteering: a***

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shovels and pry bars to bury deceased hikers whose remains would be a trail hazard to others. Burial materials vary seasonally: mud in spring, rock in summer, leaves in fall, snow in winter. Kind hikers save this trouble by falling out of reach. Injured hikers are assisted to the nearest cliff, er... road, and help is summoned.

Snack breaks are best satisfied with quickly-accessed foods: bags of trail mix or foil-packed energy bars, in front pants pockets, washed down with water. I add lemon "e-lode" to my water, which is a powdered electrolyte replacement. Lemon adds tang and any citrus taste/smell also repels mosquitoes, which are first attracted by our breathing; thus, lemon or orange are better than fruity flavours. Drink one litre per ten kilometres at least, more in hot weather.

Lunch breaks bring a range of possible foods! Many people carry Saniwipes to clean up for lunch after a morning of grabbing dirty rocks, mouldy logs and pit stops. Some enjoy the extra flavour! (ambiguity intended) Sandwiches in containers, apples, sealed fruit cups, anything firm. Bananas are bad because they squish, go to mush on a hot day, and make your breath a magnet for bugs. Couples may spread a cloth to cover a stump-table before setting out china; one guy totes a folding hibachi and cooks delights to share! No one drinks alcohol. In winter, soup or a hot drink in a thermos is wise.

Chocolate milk, research says, is the best quick regenerator going. Have a bottle ready for après hike. Some people also have Advil tablets at lunch and near the end of a hike to break down lactic acid in muscles, reducing

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Review of Recent Research, Oct. 2007)

I certainly have found this to be true throughout my life. Volunteering in organizations such as the Freemasons, Unitarian Church, Bruce Trail Conservancy, Mohawk Retirees, Glanford Seniors Curling and in the past the Registered Nurses Association of Ontario has given me and my family so much in terms of social support, recreation, values development and general knowledge. The most tangible benefit has been to prevent the onset of a cynical approach to life. Working with and for the good of others brings one to the realization that we are all in this together and that the more we pull together the better life is for all.

- Bill Fulton



MOHAWK RETIREES - MAKING A DIFFERENCE IN OUR COMMUNITIES....

Mohawk College Retirees have a rich history of volunteering and community involvement. You are on the front lines of all of our community services - community health care, heritage and arts, maintenance of green space, disaster relief, volunteer firefighting, minor sports - the list is endless. Send us a quick email and let us know where you volunteer. We will publish the results in our Spring Newsletter in time for Canada's celebration of National Volunteer Week. Drop us a line at retirees@mohawkcollege.ca



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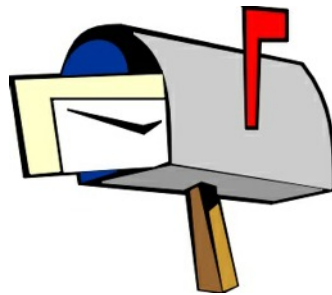
the risk of cramps. This is a good practice: a "charley horse" that cripples you on the trail or driving home at 100 km/hr isn't funny. Check with your doctor before doing this. What you don't eat should return with you.

Should fear grip you that you won't survive the hike, do what parachuters do. They don't focus on that "fatal" step out of the plane (or off a cliff): think of the hike as a mid-part of a series of events that begins with preps the day before (clothing, food selection, etc), rising, travelling, hiking, returning to your car, coffee with the gang, celebratory meal on return home. Then have the bubbly, Bailey's or whatever! Then you'll want to do it again and again. Welcome to hiking, the addiction that makes you healthier. Lace 'em up, Scottie!

- Jack Freiburger

Dear Mohawk Retirees,

It is with great pleasure that I congratulate the Retirees Association of Mohawk College on the occasion of its' 20th Anniversary!



Mohawk employees have always been at the forefront of innovation; enhancing learning opportunities and crafting new ideas to improve the entire student experience. Thank you for your contributions towards the education and support of thousands of students achieving their goals. This has resulted in Mohawk Alumni who are making essential contributions that strengthen our communities across Ontario, Canada and the world in all sectors of the economy.

Once again Congratulations, I wish the Retirees Association many years of continued success!

Wendy Makey
Manager, Alumni Relations
Mohawk College

In Memoriam

With great sadness we announce the deaths of three Mohawk employees:

BALDWIN, Peter Boyd (May 8, 1934 - October 20, 2011)

Peter taught E.S.L. at Mohawk College for many years, starting in 1968, and was a giving, caring and resourceful person for many new comers to the Hamilton area providing support, guidance and assistance in integration into Canadian life.

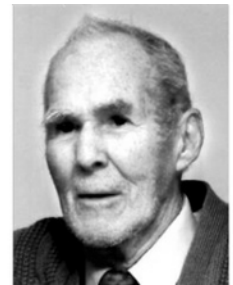


BRINKMAN, Randolph P.F. (October 22, 2011)

Randy taught in the Academic Upgrading department of Mohawk College for many years before moving into administration. He leaves behind his wife Lynne, 2 children and several grandchildren.

TURCOTTE, Ralph A. (October 13, 2011)

Ralph was a welding instructor at Mohawk from 1968 until his retirement in 1990. He is survived by his wife, Doreen, seven children and many grand and great grand children.



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Kenny Rogers/Dolly Parton's Christmas Luncheon at Carmen's

On Thursday, December, 8th, forty-one Mohawk College Retirees along with, at least, six hundred others, gathered at Carmen's Banquet Centre for a Christmas luncheon and performance by Kenny Rogers and Dolly Parton impersonators.

The company at our table was congenial but unfortunately the meal was disappointing; service was slow; the food cool and because it was served family style, portions were inadequate. Carmen's has been made aware of our unhappiness in a letter and phone call.

The performance, however, didn't disappoint. "Kenny Rogers" sang many of his familiar hits: "You don't have to Fight to be a Man", "Lucille", "Lady", "The Gambler". "Dolly" opened with "Nine to Five", "Jolene", "And I will always Love You" and brought us to tears with her song about the coat her mother made her from rags. Together they sang "I'll be Home for Christmas" and other Christmas songs and closed with their popular hit, "Islands in the Stream". At times, the audience was invited to sing along which it did with enthusiasm, if not correctness; people were up and dancing to the lilting tunes.

In spite of all, the convivial atmosphere and bonhomie provided an opportunity for Retirees to use this final activity of the year, 2011, to wish each other a Merry Christmas and a Happy New Year.

- Beverley Dunlop



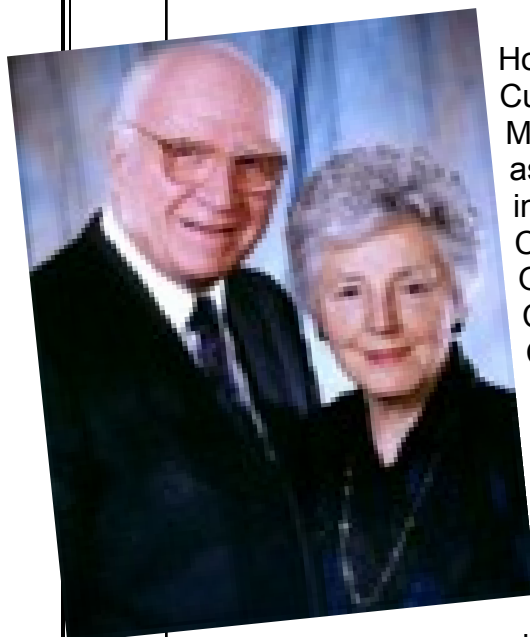
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Did You Know?

In 1992 Hap and Evie Holman were inducted into the Mohawk College Athletic & Recreation Mountaineer Hall of Fame.



Hap and Evie Holman and Curling! Hap was a Mohawk institution as a Business instructor, Varsity Coach and Ontario and Canadian College Curling Consultant. Evie teamed with Hap shortly after 1968. The Holmans enjoyed tremendous

success and respect throughout the Curling fraternity. The Hap Holman Business Award continues to recognize outstanding participation in Varsity Athletics by a 2nd or 3rd year Business Student.

Has Your Contact Information Changed?

Have you recently updated your email address? Did you know that if you have an email account with Mountain Cable that your messages are undeliverable? Send us a note to retirees@mohawkcollege.ca





Photo taken by Osborne Love on May 19, 1971 just before Mohawk College Spring Convocation. Mechanical Engineering Technology faculty (left to right: Ross Salmon, Derek Jones, Bob Galloway, Art Pritchard, Harry Sutcliffe, Eb Hamid, Ed Kelman, Charlie Sztankovits.

NEW LOGO

In 2012, the Retirees Association of Mohawk College is celebrating 20 years of service to Mohawk retirees and as part of our celebrations, we present to you our new logo. The Retirees Association wishes to thank Mohawk student [Kai Liu](#) for creating this logo. We would also like to thank Associate Dean Ken Wallis, Media and Entertainment, for liaising with us during this project.



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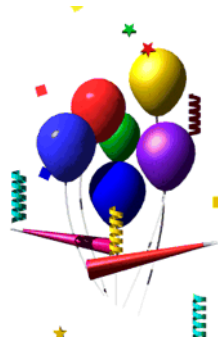


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RETIRES ASSOCIATION OF MOHAWK COLLEGE
1992 ~ 2012 Celebrating 20 Years of Service to Mohawk Retirees



1992 ~ 2012 Celebrating 20 Years
of service to Mohawk Retirees!

Thank You Mohawk Retirees!

The Retirees Association of Mohawk College is celebrating its 20th Anniversary in 2012! Thank you, Mohawk Retirees, for your continued support through your membership in the Retirees Association of Mohawk College! Thank you for participating in our events, trips to musical theatres, hikes, and many other activities during these 20 years! Thank you for keeping in touch....the messages that you send as you travel from coast-to-coast-to-coast are read with enjoyment in the knowledge that you "go safe and go well" in your retirement.

Mohawk College Retirees ~ Thank you for your years of service to Mohawk College and for teaching, guiding, mentoring, and supporting Mohawk students, graduates, employers, partners, your colleagues and each other as you worked together to make Mohawk College a proud educational institution that served our communities locally, provincially, nationally and globally. You helped to make it so!

Our wish for you in 2012 is good health and happiness!

From the Members of the Board of Directors Retirees Association of Mohawk College

MOHAWK RETIREES ***MOHAWK STUDENTS***

In 2011, the Retirees Association of Mohawk College donated \$2000 to the Mohawk College Student Assistance Help Fund. This Fund provides food certificates, taxi vouchers and bus tickets to students in a time of need.

Our annual donation is made possible through a portion of our membership fees that are dedicated and directed to supporting this important endeavour. Our donations increase as our retiree membership grows.



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