



**ST. CLAIR
COLLEGE
RETIRES'
ASSOCIATION**

NEWSLETTER

WINTER - 2007

DEL ZANGARI - EDITOR

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Our 2006 Fall and Christmas Social Programs were very successful again this year. The largest retiree groups to date attended the Thames and Windsor Christmas Parties. We thank John Charlesworth, Carol Pratt, Elizabeth Barr and Eunice Robinson for organizing these events. We appreciated Dr. Strasser joining us for both parties and including the retirees for the St. Clair College Christmas Brunch. Dr. Strasser and the College provide strong support for the retirees in addition to the annual generous initiative of matching our St. Clair membership fees. As of this date we have 212 paid members. The membership fees drive is still underway and we thank you for your generous support.

Spring is now in the air as members return from their warm winter vacations. A big thank you to Bill Totten for orchestrating our Mayan Riviera trip to Playa Del Carmen. We had a terrific

time. In reviewing the **Upcoming Events** retirees are reminded to purchase their Stratford tickets right away since this annual theatre event is always a sellout.

- Health Benefits Presentation (April 16)
- Garden Plant Swap (April 23)
- Stratford - Oklahoma (May 3)
- AGM (May 9)
- CURAC Conference (May 23-25)
- Bus Tour - The Trail of Tecumseh - War of 1812 with Jim Gilbert (June 27) (details to follow in the next Newsletter)

We have a great time and we look forward to having you join us.

As an update on **Retiree Business**, the St. Clair College Retirees' Association along with the University of Windsor retirees will be co-sponsoring the CURAC (College and University Retirees' Association of Canada) Conference in Windsor May 23, 24 & 25, 2007. Retirees will be required to register but there will be no charge for attending the workshops which will be of great interest to us. The Health Benefits Presentation and the Retirement Planning Service remain high priorities for retirees as presenters on Extended Health Care continue to encourage retirees to retain their Health Benefits Coverage such as with Sun Life. Further retiree participation is needed with the Archive Project (contact Bill Totten) and the Retiree Tutoring Service (contact Marilyn Viecele). We welcome your advice and feedback on all activities. If you have expertise on a planned travel location, upcoming event or educational workshop topic please let us know. Also, we are asked to recommend Bereavement Counselling Services for the spouses and families of retirees who have passed away. Please let me know if there are organizations that provide Bereavement Counselling Services that you wish to recommend. In closing, we look forward to having you join us for our Spring Activities.

We wish you all the best in your retirement and for 2007.

Jay Ertel, President

EDUCATION WORKSHOPS

The Retirees' Association has organized two education workshops thus far this year: Pandemic Planning and The Ontario Drug Benefit Plan.

The latter was offered on November 15/06 and presented by Yvonne McRobbie along with colleagues from Greenshield, the College's Pharmacy Technician teacher and a College graduate in the industry. The purpose of the workshop was to help retirees determine whether or not they should consider cancelling the prescription drug coverage with Sun Life at age 65. At that age, the Ontario Drug Benefit Plan is available for free.

Given recent changes in the provincial plan's coverage and anticipated changes after the next provincial election, the guest speakers overwhelmingly agreed that, if affordable, the Sun Life coverage should be maintained. Given that the current **Ontario Government** plan is not **financially** sustainable and

that coverage in other provinces is considerably less than in Ontario, all the speakers agreed that deductibles for the Ontario Drug Benefit Plan are likely to increase significantly. The only protection against that will be through a private plan such as Sun Life. The information was very gratefully received by a group of 22.

On October 15/06 Elyse Maindonald, from the Nursing faculty at the College and Michelle Virtue, from the South Campus Health Centre, and a **nurse intern**, gave a very informative presentation aimed at better understanding pandemics along with very practical guidelines for protecting oneself against them. The session was very well received by a group of 15. For more information on pandemics go to www.pandemicflu.gov/plan/individual/checklist.html

The Retirees' Association is very grateful for the time, effort and information provided by the presenters.

HEALTH BENEFITS PRESENTATION

In response to a number of inquiries regarding retiree health benefits options, the Retirees' Association is offering a Health Benefits presentation on Monday April 16, 2007 at 1:00 PM in the multipurpose room at the South Campus.

The presentation will be offered by Bill Totten who provided a similar service to prospective College retirees last spring. The purpose of the presentation is to provide a better understanding of the THREE benefits options available to retirees. These options were negotiated last year by OPSEU, OCASA and the Colleges Appointments and Compensation Council (formerly Council of Regents).

These negotiations were initiated by College retirees,

lead by the St. Clair College Retirees' Association, and subsequently taken over by OCRA our provincial association. The purpose of this initiative was to provide retirees with much more affordable health benefits options through Sun Life.

If you would like to find out more about the three options, including the different services provided and associated costs, please plan to attend. Getting this information might result in considerable annual savings. A representative from the Human Resources Department will be invited as well as a representative from the Council who was involved in negotiating the benefits.

Submitted by Pat Hallahan

Smile!

Two little old ladies were attending a rather long church service.

One leaned over and whispered: "My butt is going to sleep".

"I know", relied her companion. "I heard it snore three times".

THEATRE ARTS PRESENTATION – A ST. CLAIR CHRISTMAS

If you were looking for a way for you and your family to get into the Spirit of the Season, A St. Clair Christmas, at the Chrysler Theatre (Cleary Centre / St Clair Centre for the Arts) in downtown Windsor, was the way to do it. Retirees were invited to attend, at no charge, on Thursday, December 14, 2006, and many retirees took advantage of the offer. The performance was followed by dessert and coffee/hot chocolate and a chance to mingle with staff and retirees.

Creator and Artistic Director of the show Katherine Kaszas described the show as “70 minutes of non-stop Christmas snowball fun. We’re doing something that is funny and sad, featuring the traditional favourites while jazzing it up with some funky ballet, rock and roll, tap dancing and waltzes,” says Kaszas. “It’s a

cornucopia of Christmas delights. There is something for the entire family.”

The show contained over 30 songs and dance routines and the cast included students from all three years of the Music Theatre Performance program.

Retiree reaction to the performance was outstanding! The performance ended with a standing ovation from the packed theatre consisting of the general public, college staff and college retirees.

Your Retirees’ Association is investigating future performances by this very professionally acting group of students and we will keep you informed via this newsletter and via email. Don’t miss a chance to see this group perform



NOTICE!

To connect to the St. Clair College Retirees’ Association web page, the URL is as follows:

<http://www.stclaircollege.ca/people/retirees/>

If you click on ‘picture gallery’ you will find many

interesting photos of the many events that have taken place since 2003.

Pictures of the latest trip can be seen by going to: ‘2007 Mayan Riviera Trip’.

WINDSOR CHRISTMAS PARTY

The Windsor Christmas luncheon held at the Other Place Catering Centre on Wednesday, December 6th was an overwhelming success again this year. The largest retiree group to date of 131 enjoyed good company and Christmas cheer. The turkey meal was excellent.

The Archive Project Committee set up a display for those in attendance to identify names for some special events and staff from the past. This group has a lot of fun and welcomes additional participation. Please contact Bill Totten.

Dr. Strasser updated us on some of the College's major initiatives which include: the Cleary, fundraising for the new Wellness Complex, Student Centre completion, Thames Residence, Thames Recreation

Complex, new league for the Saint's Hockey Team which competes for the Allan Cup, recruitment and the new theme "The Hottest College in Canada". We appreciate Dr. Strasser joining us and the strong support that we receive from the College on an ongoing basis.

It was also a pleasure having Dr. John Meyer, the Chair of the Local Planning Committee for the College and University Retirees' Association of Canada in attendance.

We thank John Charlesworth and Carol Pratt our Social Conveners for organizing the Christmas Party and being our Santas for the gift raffle and door prizes.

Submitted by: Jay Ertel



THAMES CHRISTMAS PARTY

The Thames Christmas Party was held on Wednesday, December 13, 2006 at the Countryview Golf Club in Chatham. The thirty-six people who attended enjoyed an excellent buffet dinner. Eunice Robinson and Elizabeth Barr arranged the gift exchange and door prizes. People enjoyed their social time especially with presentations being made by Santas Eunice and Jim Robinson.

Dr. Strasser and Trish McFarlane gave an update on

the Campus plans for programs and facilities and invited the retirees to join the staff for a Christmas pot-luck luncheon at the Campus on December 19th and the President's Christmas brunch in Windsor on Dec. 21st.

Eunice Robinson and Elizabeth Barr were thanked for organizing another successful Christmas Party.

Additional pictures are posted on the College web site thanks to Brian Agar.



In Memoriam



Ken Archibald

Sarah Badale

Henrietta Biddle

Thomas Callaghan

Richard Fodor

Marilyn Dobson - wife of Norm Dobson and sister to Barb Baker

Erna Fowler - mother of Lynn Logan

Gertrude Jessop - mother of Barb Baker

Bernie Lane - Brother-in-law of Maurice Pougnet

June Watson - wife of the late Doug Watson



ENGINEERING ANNUAL LUNCHEON

The Engineering Annual Luncheon is to be held at noon on Friday, March 23, 2007
at the Caboto Club.

Contact Jay Ertel for further information:

519-436-0589

jayertel@netrover.com

Your Head says you're too busy. LISTEN TO YOUR HEART INSTEAD

Do you want a great reason to stay in touch with your old school(s)? Do you wonder what the students are up to these days? Do you miss the teachers' lounge? The Heart and Stroke Foundation has volunteer opportunities that can help you stay connected with schools while helping a very worthy cause.

An "Insiders" perspective is what the Heart and Stroke is looking for in their Jump Rope for Heart and Hoops for Heart volunteer teams. Retired teachers make GREAT volunteers because they are familiar with these programs and they understand what needs to be done to help. In many communities, retired teachers volunteer to help the Heart and Stroke Foundation in the following ways:

- Attending events or pre-event assemblies/ pep rallies

- Heart Health presentations to students
- Customer service to schools before, during and after events (picking items up, delivering receipts, forms, etc.)
- Helping teachers/parents count and bank funds raised
- Receipt-writing
- Helping in the Heart and Stroke Foundation office with organizing inventory, data basing school information, etc.
- School Programs Committee member (JUMP Rope and Hoops)

We could really use your help, expertise and time. For more information on the opportunities listed above please call the Windsor Office today and speak to Michelle - 519.254-4345, ext 604.

THELMA & BILL WALDRON CELEBRATE 55 YEARS



55TH: Thelma Helen and William James Waldron were married Dec. 15, 1951 in St. Andrew's Presbyterian Church, Windsor. They celebrated their emerald anniversary with family and friends. They have four children and four grandchildren.

THE HISTORY OF TOYS

On Wednesday, November 29, 2006 Chatham-Kent Historians, Jim Gilbert and Sheila Gibbs were the guest speakers at the Thames Retirees' Luncheon. The topic was The History of Toys. Jim and Sheila represented Faire Tyme Toys which is a new toy company dedicated to providing period toys for museums, education and special interest groups.

The presentation included a demonstration of a wide variety of toys which covered the time from King Tut's tomb to about the 1830's. Faire Tyme Toys is a spin-off from Chatham's "The Faire at the Forks" held

annually on the banks of the Thames River which provides entertainment for the children attending the fair.

The retirees quickly regressed to their childhood days as they viewed - Ghost Girl and Topsy-Turvy dolls, pantins (jumping jacks), French Canadian Dancing Toys, guns, cannons and swords, Jacob's Ladder, Horn Books (from early elementary schools), Flip Toys and many more. The retirees like children all young at heart enjoyed the outing and all went home with visions of tales of the Master Toy Maker!



DR. BRIAN DESBIENS NAMED TO ORDER OF ONTARIO

Dr. Brian Desbiens of Omemee has been honoured with the highest award in the Province of Ontario.

The Honourable James K. Bartleman, Lieutenant Governor of Ontario announced the names of the most recent appointments to the Order of Ontario. Twenty-nine people have been named to the Order, which recognizes the highest level of individual excellence and achievement in any field.

A black tie ceremony was held on Wednesday, December 20, 2006 at Queen's Park. Dr. Desbiens, an Omemee resident and former president of Sir Sandford Fleming College, is being called a visionary educator who promoted the college system for more than 35 years. Congratulations go to Dr. Desbiens from the St. Clair College Retirees' Association.



HAVE SPARE TIME? WE NEED YOU!!

**YOUR KNOWLEDGE AND EXPERTISE COULD BE USED
ESPECIALLY WITH THE “TOUGH COURSES” IN
2ND AND 3RD YEAR PROGRAMS.**

**PLEASE CONSIDER THIS REQUEST AS YOUR
SKILLS WOULD GREATLY ASSIST STUDENTS WHILE
THEY ACHIEVE AND STRIVE FOR SUCCESS!**

**IF YOU ARE INTERESTED IN JOINING THE RETIREE
TUTORING SERVICES PLEASE LET ME KNOW AS SOON
AS POSSIBLE WITH THE AREAS OF EXPERTISE YOU PREFER.**

\$25.00/HOUR

**Marilyn Viecei
Tutoring & Testing Services
Room 262 M
519 972-2727 x4406
mviecei@stclaircollege.ca**

SOUTH AFRICA - APRIL 26- MAY14, 2006 - by Ruth Hicks

When I first read the e-mail from Bernice Holsey offering a tour of South Africa, I leapt at the opportunity, as John had told me about some of the wonderful trips they had taken.

My confidence was entirely justified. It was a great experience with a lot of great people, including several from Windsor and Essex County.

However, it began inauspiciously for me, when I discovered at the airport that I had left my credit cards behind at my friend's house in Toronto.

All the T-D Bank people assured me that if I had photo-copied the cards they could easily be replaced. (Lesson #1) Fortunately, I had a fair amount of American cash and could borrow Rand from the other Windsor folk.

The beginning was the worst part, with a 5 hour wait in New York and then a 17 hour trip to Johannesburg. (Coming back was much better, as flying via London divided the trip almost evenly and meant a shorter wait for connections.) While in New York we were interested in the large number of Orthodox Jews in the airport, mainly young men, and tried to think of what holiday might be involved. It turned out that they were American students returning to their studies in Israel for the beginning of term.

Most of us had opted for the pre-tour trip to Victoria Falls which was indeed the highlight of the trip. This also began inauspiciously. As we went through Zimbabwean immigration, a kindly official circulated among us asking whether we were all aware that as of February, the visa for Canadians was not \$35.US, but \$85--cash only. We were not aware. Many didn't have the cash, but I was able to establish my credit with judicious loans. We stayed at the Victoria Falls Hotel, a colonial building with old-style furnishings and service and a narrow view of the spume from the Falls.

The Wart Hogs which roamed the grounds were driven off with brooms and gunfire when they came too close to the guests, and we dutifully closed our windows when leaving our rooms to prevent the monkeys from entering and trashing them. Our introduction to African wild life...

There is no way to see the entire Falls except by helicopter. They are higher and wider than Niagara and have a much greater volume of water. Even

narrow glimpses are impressive as the water rushes and roars in its descent, and tourists get sopping wet just in the spray.

We didn't know it at the time, but The Falls was the best and cheapest place to buy touristy souvenirs like carved animals, fabrics, and woven goods. One woman, an inveterate shopper, bought a beautiful hardwood rhino, about 18" by 30" for about \$6. And yes, she was able to get it wrapped and took it on the plane.

South African Rand was the usual currency because inflation was so high that no one would accept Zimbabwean. Some of our group did obtain some bills in order to brag back home that they had spent \$900. on dinner!

Back in Johannesburg, we met the rest of the group and our affable and knowledgeable guide, Ian, and toured the capital, Pretoria, and from there went by bus across country to Kruger National Park where we spent 3 days, one in jeeps, locating animals. We all saw lions, giraffes, elephants, many, many impala and other deer and an assortment of other animals up close. One group who went out at sunset was lucky enough to see a leopard in a tree with a hyena waiting directly underneath for the remains.

As we made our way south, camera buffs would rush to the windows whenever an animal was sighted, but after few days we would say, "Oh, it's only an impala (elephant, giraffe...)."

I always visualized South Africa as pure veldt and was surprised to find so many mountain ranges with fertile valleys between. Of course, this meant changes in temperature as well, so shorts weren't suitable all day (except for the hardy souls who always wore them).

In the southern parts we visited many wineries, always with excellent (and cheap) wine where we sometimes had lunch. It was on one of these occasions that Ian arranged our most exciting entertainment--not that we (or he) expected it. As we were sitting outside at lunch, I heard a commotion at the next table and looked up to see a male baboon a couple of feet away. Instinctively, and stupidly, I shooshed it away, and so it jumped on the next table, scattering dishes, food, and tourists. Pandemonium ensued, with women screaming, determined

cameramen trying to take pictures, waiters brandishing wine stands in an attempt to corner it, and the baboon careering over and around tables creating mayhem until it decided to run back and forth over the roof. Apparently this was not unusual...

In Capetown we took the cable car to the top of the mountain for a view of the city and surrounding territory and the smog: Capetown is in a bowl. From there one can see Robben Island, where Nelson Mandela was imprisoned. Some of our party visited it in free time and were guided around by a former prisoner.

We were warned throughout the trip to be careful

because crime is common. My roommate did have her camera stolen in the hotel in Johannesburg--an inside job as our room cards worked in the door before dinner but not after. We didn't call for security until the theft was noticed. (Lesson#2) and the hotel would not accept responsibility. The only time I felt in danger was in Capetown--crossing the street. After a while I adopted the local practice of waiting till the rush of traffic had passed and then crossing against the red light.

If you get a chance to go to South Africa, take it. You're certain to find it instructive and interesting.

"DRAGON BOATING FOR BREAST CANCER SURVIVORS"

Are you a breast cancer survivor? If you are trying to stay fit and enjoy life to the fullest then dragon boat racing may be for you. Anyone can do it. Both women and men are invited to an information meeting of the WonderBroads dragon boat team. Come by yourself or bring a friend. Monday, March

26th, 7:00 p.m. at the Hospice, 6038 Empress St., Windsor. There's free parking, refreshments, no charge, RSVP is appreciated by March 23rd.

For further information contact:

Triena Huneault 519-945-8395 or
Sue Snider 519-969-2584.

MEMBERSHIP UPDATE FOR 2007

As of the end of January we have 215 paid up members and associate members for 2007. At the end of February we will give our final membership number to Dr. Strasser and he will match the dollars. If you have not paid your \$10.00 I urge you to do so before the end of February. Send in the form that accompanied the last newsletter if you still have it, or write your name and address information including an e-mail address if

you have one and send to Anita Blair, 1762 South Malden Rd., R.R. #1 Essex, On. N8M 2X5 along with a cheque. The fee is only \$10 for the year.

If you are a retiree and not an associate member or a life member of OCRA you can include an additional \$10 for OCRA membership if you wish and I will send it to OCRA on your behalf.

OLA!

What is all this white stuff? This may well have been the reaction by the 24 participants who returned from a seven day stay at the lovely Riu Yucatan in Mexico's Mayan Riviera on January 24 after seven warm and sunny days south of two borders.

This years' trip included four new members: Lori Caba, Margie Heinz and Keith and Denise Brown. They too learned to enjoy the perks of travelling with such a large group: special seating area in the buffet restaurant, very attentive travel agency reps who helped organize excursions, and good company available whenever you wanted it.

The Riu Yucatan was more than adequate and, unlike more opulent venues, a moderately priced five star hotel. It also afforded lots of on site activities which our group took extensive advantage of. Captains Frank Dick and Ken (Florence) Grondin commandeered a catamaran a few times with Ron Morris and the Hallahans; Ron also tried his hand at kayaking.

For an additional cost, parasailing was also available. The Morrisses could be seen flying above the Caribbean as could Nikki Forcellini and Lori Caba. Del Zangari's husband John and Nikki's cousin Rachel also braved the skies. Fortunately, the boat motor drowned out all the screeches and screams, but there was no hiding the flailing arms and legs. Those not using the non-motorized sports equipment could be found fighting the surf. Fortunately, only a few heroic rescues were required!

The grounds of the hotel were especially attractive: the courtyards and walkways, not only visually appealing, were active with interesting tropical wildlife, such as birds, iguanas, lizards and zerekes, a friendly rabbit-like rodent, better known to the anglos as "agouti" according to our enviro-expert, Dr. Loncke, also known as the Bird Man of the

Yucatan.

In addition to the above, the Mayan Riviera is very well situated for a variety of excursions, especially the hotels near Playa del Carmen where we stayed. This year 12 of our group visited Xcaret, an eco-archaeological park with a wide variety of exotic birds and animals and an underground river. Nine of us enjoyed the half hour swim through caves with life jacket, snorkel and fins. A spectacular musical show was a highlight of the day and was reminiscent of the opening ceremonies of the olympics. Replete with horses and Mayan games, the show traced the history of Mexico with a special emphasis on the overthrow of the Mayans by the Spanish. Dan and Mary Loncke opted for a half day trip smooching with the dolphins. On another day, Keith and Denise Brown visited Coba, a more recently discovered Mayan ruins site.

And, of course, what would a vacation be without shopping. Numerous excursions were undertaken to near by and quaint Playa del Carmen, shops right next to the hotel and a jewelry factory close by.

As always, the best part of the trip was the companionship afforded by such a large group. For the first time, members of the Association's bridge club got together. And, you could always find someone to lounge by the pool or beach with or share a drink with at the swim up bar; as well, happy hour in the lobby just before dinner is something you can always count on.

Staff at the hotel were especially friendly and helpful. Mexicans smile easily and often and are very gracious hosts. It was a warm and wonderful week.

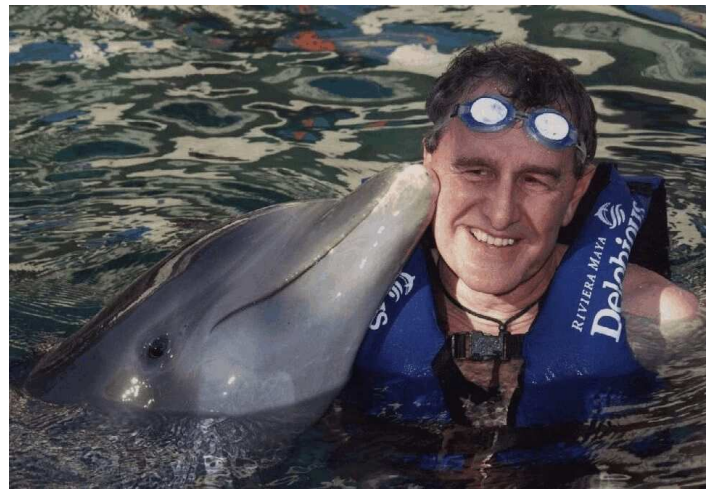
Plans for next year's trip will begin soon. If you enjoy sun and surf and lots of good company, you may wish to give this a try.

Submitted by Pat Hallahan

ST. CLAIR COLLEGE RETIREES' MAYAN VACATION



MAYAN VACATION PICTURES





Left to right - New retiree, JoAn Dale; Ken Yott; Jay Ertel

CHATHAM-KENT 9-1-1 SERVICES

On Wednesday, January 31, 2007, Mr. Ken Yott, Manager, Chatham-Kent Emergency Communication Centre was the guest speaker at the Thames Retirees' Luncheon. He explained that calls on 9-1-1 are answered "Police, Fire, Ambulance". In Chatham-Kent one Centre handles all accident responses which enhances response times.

The 9-1-1 emergency number becomes a person's lifeline for urgent assistance. The 9-1-1 Service should not be used to report an incident after the fact. Instead regular lines should be used:

Non-Emergency Numbers:

Police (519)352-1234 Fire (519)352-1100

were set-up for wired telephone systems. Therefore, if one makes a call by cell phone or by voice-over-the-internet the caller must be able to identify their whereabouts. There are no technological checks, balances or location references for these calls. Mr. Yott suggested that callers be able to describe their location in specific terms such as by GPS coordinates, or by distance or time travelled from intersections, roadways or other geographic reference points.

In Chatham-Kent Ambulance and Ontario Provincial Police calls are transferred directly to these agencies. Mr. Yott concluded his presentation by conducting a Customer Survey with the retirees' group on Chatham-Kent 9-1-1.

Submitted by Jay Ertel

It's important to remember that the 9-1-1 Services

CONGRATULATIONS DON & MAE HOGAN

Don & Mae celebrate the arrival of their grandson, Matthew Frederick,
born in Auckland, New Zealand
on January 29, 2007.

COLLEGE AND UNIVERSITY RETIREES ASSOCIATION OF CANADA (CURAC)<www.curac.ca>

submitted by Jim Martin

Annual Conference

May 23-25, 2007

Last summer the College and University Retirees Association of Canada (CURAC) asked the Windsor University Retirees Association (WURA) if they would be interested in hosting the 2007 Annual CURAC Conference. WURA, in turn, sent an invitation to the St. Clair College Retirees Association (SCCRA) asking if we would be interested in participating. After some relatively brief discussions, we agreed that the two Retiree Associations would work together to sponsor the Conference.

Since early fall of 2006, representatives of the Windsor University Retirees Association (WURA) (Dr. John Meyer, Dr. Ken Pryke, Dr. Datta Pillay, and Dr. Olga Crocker) and of the St. Clair College Retirees Association (SCCRA) (Jim Martin, joined by Pat McMahon, and Lynne Watts) have formed the Local Organizing Committee (LOC) for the CURAC 2007 Annual Conference. To date there have been 11 meetings of the LOC and several teleconferences between the CURAC Executive and the LOC and much accomplished. We have received sponsorship from many organizations and associations, and have drafted a program that we believe will be very interesting and relevant to post-secondary retirees of Canada. Joining this conference will be the executive from the Association of Retirement Organizations in Higher Education (AROE) from the United States, thus lending an international flavour to the event.

The 2007 CURAC/ARUCC Conference and AGM will take place at the University of Windsor on May 23-25, 2007. A reception will be held on the evening of Wednesday May 23. The main conference sessions will be scheduled during the day on Thursday May 24 and Friday May 25. The Conference banquet is to be held Thursday Evening at St. Clair College. Some post-conference activities are planned for Saturday, May 26.

The full registration fee for all sessions, refreshment breaks, lunches, and the banquet will be \$95. However, for members of the two local sponsoring Retiree Associations, daily attendance fees for sessions (and associated breaks, and lunches) will be \$20/day. If someone besides a full registrant is interested in attending the banquet, the fee will be \$30. The fees for the Saturday Tours are \$30/half day tour, and \$50/full day tour. These fees are in addition to the registration, day fees, or banquet fees.

The following is a brief outline of the program.

Wednesday, 23 May 2007

7:00pm - 9:00pm Reception

Thursday, 24 May

9:00am - 9:45 Theme: Present Trends and Issues in Pension Plans

9:45 - noon Protecting Pensions

This session will deal with both University and College pensions. The discussion will focus on accountability, performance, and transparency in the governance, administration, and operation of pension plans. There will be a particular focus on (a) the nature of actuarial assumptions and their significance and impact on a pension plan; and (b) the key indicators that should be used to measure the performance and competitiveness of a pension plan.

12:00 – 1:30 Luncheon

This will be a discussion as to how, and in what manner, university institutions and community colleges have a fiduciary duty to their retirees.

Continued:

1:30 - 3:00 Safeguarding of Retirees' Interests: Fiduciary Responsibilities
3:20 - 4:30 Annual General Meeting
4:30 - 5:30 Report of Committees of CURAC
6:30 Transportation to Banquet at St. Clair College
7:00pm Conference Banquet

Friday 25 May

9:00am - 10:30 Health Resources for Seniors

This session will focus in part on whether there are adequate medical resources for seniors and whether they will continue to be available. A second focus will review what research is currently being carried out on medical issues involving seniors.

10:50 - 12:30 Long Term Care: Can You Afford It?

A discussion of the difficulties and obstacles in providing long term care for seniors.

12:30 - 1:30 Luncheon

1:30 - 2:30 Collaboration and Strategies on Improving Benefits

What strategies can be used to protect benefits, and improve relationships with our institutions.

2:45 - 4:00 Retiree Centres and Leisure Activities

In what way, and to what extent, do retiree centres and leisure activities fit into the overall institutional strategy for dealing with retirees?

4:00 – Closing

Saturday 26 May

Full day or Half day Tours

We are looking forward to having an interesting and enjoyable Conference and believe that you might find it interesting to attend.

On-line registration will soon be available for those who wish to attend the Conference. Please visit:

[<https://web4.uwindsor.ca/units/AEC/Hospitality/conferenceServices/Registrations.nsf/CURAC?OpenForm>](https://web4.uwindsor.ca/units/AEC/Hospitality/conferenceServices/Registrations.nsf/CURAC?OpenForm)

SUN LIFE PREMIUMS AND YOUR INCOME TAX

Are you aware that those premiums you pay for your Sun Life post retirement benefits are deductible on your income tax? You may also claim any amounts that you pay, that Sun Life did not – example – Sun Life pays 85% of most claim and you pay the remaining 15%. The 15% is deductible

(provided that it amounts to more than 3% of your taxable income.

NOTE: You cannot claim the premiums you pay for Life Insurance through Sun Life.

Submitted by Bill Totten

UPCOMING WORKSHOPS IN CONTINUING EDUCATION

Share this information with family and friends

Take an imaginary journey around the world led by our guest chefs...Enjoy a hands-on cooking experience in our modern kitchen facilities and create authentic international cuisine.

The Flavours of Italy

GNR 1132N-070

Feb 11-Feb 18 Sun, 12:30P-3:00P

The Flavours of the Carribean

GNR 1116N-070

Feb 25-Mar 4 Sun, 12:30P-3:00P

The Flavours of the Middle East

GNR 1133N-070

Mar 25-Apr 1 Sun, 12:30P-3:00P

The Flavours of Greece

GNR 1123N-070

Apr 15-Apr 22 Sun, 12:30P-3:00P

\$84.21 (tuition \$44.44, materials \$35.00, GST \$4.77)

***Staff discount will apply in accordance with policy.**

For more info. call Michelle Meloche ext. 4506

FOR ALL YOU LEXOPHILES

(Lovers of Words)

A bicycle can't stand alone because it is two-tired.

A backward poet poet writes inverse.

A chicken crossing the road is poultry in motion.

The man who fell into an upholstery machine is fully recovered.

You feel stuck with your debt if you can't budge it.

A lot of money is tainted. 'Taint yours and taint mine'.

A grenade thrown into a kitchen in France would result in Linoleum Blown apart.

SAFEGUARD YOURSELF AGAINST ARTHRITIS

To reduce your risk of osteoarthritis (OA)

●Have a tuna sandwich

Fish is a great source of selenium an essential mineral proven too help strengthen and protect joint cartilage. In fact, a University of North Carolina study found that people with lots of selenium in their diets were 38% less likely to over develop arthritis.

Fish is also chock-full of omega-3 fatty acids, “powerful natural anti-inflammatories that can help prevent, and even slow, joint damage,” says M.D.Jacob Teileilbaum. The study proven dose: Three 4 oz. Servings of fish a week.

●Push those pedals

An exercise will tone your muscles, boost blood flow to joints and improve joint flexibility and strength as much as 55%. But cycling’s smooth, repetitive motion is shown to thicken cartilage in the legs and hips. And unlike exercises such as jogging and tennis, biking doesn’t wear down your joints. Aim to ride for 30 minutes three times a week, suggests University of Arizona researcher Jason Theodosakis, M.D. Always warm up first to avoid knee injuries. Doing so could cut your arthritis risk in half.

●Sip seven glasses of water

Every day! Excess weight puts stress on your knees, increasing your risk of OA. But you only need to loss 11 pounds to cut your risk in half—and in one study people who drank seven glasses of water effortlessly ate 200 fewer calories each day—enough for them to drop exactly 11 pounds in six months!

Prefer hot drinks? Sip green tea in place of some of your daily water. It’s so rich in joint-healing antioxidants, just four cups daily could cut your risk of joint pain as much as 43%.

●Do green at dinner

Dark leafy-green vegetables are rich in vitamin K—a

nutrient that helps build and repair joint tissue. Not surprisingly, a recent study found that people with K-rich diets are much less likely to develop arthritis of the knees and hands. The study-proven dose: At least 200 meg. daily, the amount in just one ounce of kale, Swiss chard or spinach.

To reduce your risk of rheumatoid arthritis (RA),,,

●Start your day with OJ

Drinking just one 8-oz glass of freshly squeezed orange juice a day could lower your risk of developing RA by 20%. How? By delivering a hefty dose of beta-cryptoxanthin, a super nutrient proven to protect against inflammation in the joints.

●Dose yourself with D

Eight in 10 women don’t get enough of this “sunshine vitamin.” which helps nourish joint tissue. No wonder women who do get enough are 25% less likely to develop RA! Your body ca make its full quota of vitamin D if you spend 15 minutes in bright sunlight three times a week. Not practical? Take 800 Ius daily, instead. (As always, check with your doctor before taking any new supplements.)

●Cut back on red meat

A recent study found that as people’s red-meat intake drops, so does their RA risk. “Red meat is pro-inflammatory,” explains Neal Barnard, MD. “So a diet loaded with it can encourage immune cells to damage joint tissue, causing swelling, stiffness and pain.”

Cook with extra-virgin olive oil. It’s packed with squalene—a powerful anti-inflammatory.

●Join-hurting Veggies

Try to avoid vegetables in the nightshade family: they contain solanine, a compound that can worsen joint pain! The worst offenders are: Potatoes, Tomatoes, Eggplant, Sweet pepper, Hot peppers

Woman’s World, January 9, 2007

YOU'RE RETIRED WHEN...

Question: What is a retiree's definition of getting lucky?

Answer: Means they found their car in Wal-Mart parking lot.

COMING EVENTS

1. **Bridge Club**
Dates - Feb 20 , March 6 & 21
2. **Thames Luncheon - Riverview Gardens**
Date - February 28
Contact - Elizabeth Barr (519 - 354-3274)
3. **Engineering Annual Luncheon**
Date - March 23
Place - Caboto Club
Time - Noon
Further Information Contact Jay Ertel
4. **Health Benefits Presentation**
Date - April 16
Time - 1 pm
Place - Multipurpose Room located at the back of the cafeteria at South Campus
5. **Garden Plant Swap**
Date - April 23
Contact - Anita Blair
6. **Stratford - Oklahoma**
Date - May 3, 2007
Retirees' sign up by March 15
Friends & others sign up after March 15 and before March 21
To reserve seats contact Kathleen Warren 519-258 - 5404
7. **Annual General Meeting**
Date - May 9
Place - Student Residence Bldg.
8. **CURAC (College & University Retirees' Association of Canada) Conference in Windsor**
Date - May 23, 24 & 25 - Free of Charge
9. **Bus Tour - The Trail of Tecumseh - War of 1812**
Date - June 27
Details to follow in next newsletter