



**ST. CLAIR
COLLEGE
RETIRES'
ASSOCIATION**

NEWSLETTER

SPRING - 2008

DEL ZANGARI - EDITOR

President Emeritus

Bill Totten
519-253-7998
wtotten@sympatico.ca

Past-President

Pat Hallahan
519-945-4304
phallahan@cogeco.ca

President

Jay Ertel
519-436-0589
jertel@netrover.com

Vice-President

Jim Martin
519-969-3073
jasemartin@cogeco.ca

Treasurer

John Payne
519-966-0608
jepayne@mnsi.net

Membership

Anita Blair
519-776-6747
ablair4@gmail.com

Secretary

Lori Caba
519-974-1588
jcaba6@cogeco.ca

Goodwill

Carol Pratt
519-969-6734
carol.pratt@sympatico.ca

Social

John Charlesworth
519-966-3168
daturrah@hotmail.com

Newsletter

Del Zangari
519-735-7958
zangari@wincom.net

Thames Rep.

Elizabeth Barr
519-354-3274
ebar000@sympatico.ca

Benefit's Co-Ordinator

Gary Docherty
967-9597
wdocherty1@cogeco.ca

Retirees' Voice

Mail
972-2727 Ext 4439

Retirees' Website

www.stclaircollege.ca/people/r
etirees

PRESIDENT'S REPORT

Welcome to Spring 2008

Our Annual Social Program is coming to an end with a flurry of activity as we welcome Spring 2008. Some of the **Upcoming Events** include:

- Bridge Club (April 29)
- AGM (May 7)
- Stratford - The Music Man (May 12)
- Understanding the CAAT Pension Plan Workshop - Paul Owens (May 28)
- College Staff Appreciation Brunch (June TBA)
- Canadian Transportation Museum and Heritage Village Tour (June 11)

Retirees are always reminded to purchase Stratford tickets early for this sellout outing. Kathleen Warren (519) 258-5404 keeps a waiting list for last minute cancellations.

We look forward to having you join us.

The Retirees web site has received major attention thanks to the invaluable help from Brian Agar whom we thank. Changes and updates were done to tie in with the recent launch of the College's redesigned web site which has a completely new look. Our web site is an excellent source for up to date SCCRA activities and information www.stclaircollege.ca. Click on "College Board and Staff" to access the retiree site.

Dr. Strasser and the College continue to provide strong support for the retirees in addition to the annual generous initiative to match our SCCRA membership fees. We encourage retirees to accept Dr. Strasser's invitation to join the faculty and staff for the St. Clair College Staff Appreciation Brunch in June in the Hangar.

As an update on **Retiree Business Health Benefits** and the Retirement Planning Service remain as high priorities for retirees as presenters on Extended Health Care continue to encourage retirees to retain their Health Benefits Coverage. Investigating alternative Benefit options and addressing questions on our Pension Plan remain as high priorities. SCCRA is finalizing the planning to offer the Retirement Planning Workshop in the May Professional Development period (retirees are welcome). On May 28, SCCRA has arranged a CAAT Pension Plan Workshop with CEO of the Plan, Paul Owens who will be addressing this topic. Our SCCRA Discussion Paper has been included in this Newsletter. As an initial response to the significant increase in premiums effective February 1, 2008 (Plan 1 – 22.4%, Plan 2 – 2%, Plan 3 – 16.3%) this paper was sent to the CAAT Retirees Group Insurance Advisory Committee, OCRA and the Presidents of all College Retiree Associations across the Province.

We wish to thank the retirees participating in the Retiree Tutoring Service. The College continues to need your help (contact Irene Stewart). We also wish to thank those who have been working hard on the Archive Project. This group also welcomes further participation (contact Bill Totten).

Fundraising is now underway for the College Recreation and Wellness Projects in Chatham and Windsor which are planned for 2010. The College is handling the contacts for the large corporations. Dr. Strasser has asked the retirees to help through their personal contacts with small businesses in Windsor-Essex and Chatham-Kent. Please pass on your suggestions to any member of the Executive or contact (Chatham – Lynn McGeachy-Schultz, Windsor – Susan Maxwell). College materials are currently being prepared to help canvassers with this fundraising endeavor.

In closing we welcome your advice and feedback on all activities and look forward to having you join us for our Spring Activities.

We wish you all the best in your retirement and for 2008.

Jay Ertel, President

ST. CLAIR COLLEGE RETIREES' ASSOCIATION ANNUAL GENERAL MEETING

Wednesday, May 8, 2008

3:00 PM

College Residence (South Campus)

The 2008 St. Clair College Retirees' Association AGM will be held at the College Residence which is on Campus at 3995 Geraedts Drive. A BBQ will follow the formal meeting which will not exceed one hour. The Executive will report briefly on the year's activities and conduct the Election for the upcoming

year. Dr. Strasser will be invited to offer an overview of the College's most recent activities and to answer questions.

Members always enjoy this end of the season social. We look forward to having you join us.

Submitted by Jay Ertel

REDESIGNED COLLEGE WEBSITE

The College has redesigned its website. To access the Retirees' Association website you have to do a couple of things differently.

Go to the same website address:
www.stclaircollege.ca Click on College Board and

Staff on the left side. Then scroll down to Retirees' Association.

Retiree Brian Agar has also redesigned our site. Check it out. It has lots of interesting and important information.



‘MORE’ on the Retiree (Sun Life) Extended Health Benefits Plan

The paper below was sent to the CAAT Retirees Group Insurance Advisory Committee (CRGIAC) which is made up of representatives of support retirees, faculty retirees, administrative retirees, OPSEU staff, OCASA staff and two representatives of the Council. CRGIAC advises the Council on the benefits and premiums of the Sun Life Retiree Extended Health Benefit Plan. The paper is on the agenda of the next CRGIAC meeting and the OCRA meeting. It has also been sent to the Presidents of all retiree associations across the province.



**ST. CLAIR
COLLEGE**

**RETIREES'
ASSOCIATION**

Discussion Paper

CAAT Retiree Extended Health Care Plan

1. Introduction

The St. Clair College Retirees' Association is an active association of former employees of St. Clair College representing almost 250 paying and an additional 150 non-paying members. Representation of these members includes the monitoring of various benefits which apply to our membership.

In mid January, 2008 our members who participate in the Colleges Retirees Extended Health Plan received their annual notice of premiums from our Human Resources department, accompanied by an explanation of the substantial increases for Plan 1. The 22% increase triggered phone calls and emails among and between our members, the Association Executive, the Council and the Executive of the Ontario Colleges Retirees' Association. The resulting discussions have generated the issues described in this discussion paper.

2. Premiums

- a. Membership has expressed serious concern about the magnitude of the premium increase, especially in Plan 1. This has forced examination of contracted coverage for many – should coverage be replaced by another carrier; should a portion of existing coverage be dropped (e.g. dental coverage); should coverage be dropped in favour of limited OHIP and ODP coverage? In short, the premiums are forcing members to reconsider their coverage.

The information provided to our members indicates that there is a 2% additional charge to cover the costs related to the introduction of a drug card. After discussion, it was agreed that this seems to be excessive for what is to be realized, especially since a drug benefit card process is already in place for College staff.

3. Travel Coverage / Claims

We have been informed that a sizeable portion of the 22% increase can be attributed to a single out-of-country travel emergency claim. This raised a number of questions and suggestions.

- i. Experts we have consulted suggest that rather than recovering the entire claim in one year, the claim could have been distributed over a number of years into the future to minimize the impact.

- ii We have long been advised that the coverage for travel health expenses is very limited and that members travelling outside of the country should always acquire additional health insurance coverage. Now, we learn that Sun Life honoured a sizeable claim. The question now is, “Why take on the extra expense of additional travel insurance when travelling outside of Ontario, if Sun Life will cover emergency claims?”
- iii. What would be the impact on premiums if travel coverage outside of Ontario were to be eliminated entirely?

4. Administrative Considerations

Retirees who are approaching the age of 65 and potential retirees are faced with complex decisions regarding the selection of an appropriate Retiree Extended Health Care plan which suits their personal needs. After checking the Council web site we found that the details of these plans are not available on their web site, although booklets ARE available for the current employee plans. A contact with our local Human Resources Department revealed that they are only able to provide information for the plan in which the retiree is currently enrolled. This does not help a person who is trying to make a decision to change plans or a person who is about to retire and who must make a decision regarding which plan to choose.

Why can't the booklets for Plan 1, Plan 2 and Plan 3 be made available on the Council website, or made available to our local Retiree Association so that they can be included on our own website for the benefit of our membership. Why is it that you can know what you are currently enrolled in, what you CAN'T be enrolled in but not what you COULD be enrolled in.

5. Retiree Input Process to Plan Benefits and Premiums

It is our understanding that the CAAT Retirees Group Insurance Advisory Committee recommends to the College Compensation and Appointments Council (the policy holder for all benefits provided to College retirees) changes to the benefits and to the premiums of the plans. We suggest that a CAAT retiree input process be developed and implemented by our retirees on this committee to gather concerns and suggestions regarding the benefit plans.

6. Conclusion

The Executive of the St. Clair College Retirees' Association has never had so many calls and inquiries regarding the Extended Health Plan, largely due to premium increases and possible alternative carriers. According to our Human Resources department, all but a few of our eligible Retirees are enrolled in Plan 1. Because College Retirees are a smaller number than full time staff, are we going to be hit with large annual increases into the future. Would it be beneficial for College Retirees to move as a group to a larger plan? These are issues that are of great concern to our members.

The St. Clair College Retirees' Association would welcome an opportunity to receive clarification on these issues and would be open to a face-to-face discussion if it could be arranged.

St. Clair College Retirees' Association'
2000 Talbot Road, Box 41
Windsor, ON, N9A 6S4
(519) 972-2727 ext. 4439
e-mail retireesassociation@stclairc.on.ca

UNDERSTANDING THE CAAT PENSION PLAN

On May 28/08 Paul Owens, Plan Manager and CEO of the CAAT Pension Plan will do a presentation on Understanding the CAAT Pension Plan.

Although his focus will primarily be the prospective retiree, current retirees are most welcome.

This will be the first opportunity retirees have had to deal directly with someone who manages the Plan. If you have any questions at all re how the Plan operates or the various ancillary benefits associated with it (e.g. bridging benefit, pension indexing, pension guarantee, survivor benefits, etc.) this will be a good opportunity

to address these concerns.

As well, if you have any questions re the impact on your employer pension upon turning 65 and receiving Old Age Security (OAS), this might also be a good opportunity to raise these questions.

The presentation will be offered at the South Campus. Exact times and room have yet to be determined. We will be in touch via email. If you have any questions, contact Pat Hallahan at phallahan@cogeco.ca or call 519-945-4304

PENSIONS AND BENEFITS

The College contact for all retiree questions on pensions and benefits is

Duncan Almond
Benefits Officer, Human Resources,
St. Clair College of Applied Arts and Technology,
2000 Talbot Rd., Windsor, On., N9A 6S4
519-972-2727 Ext 4687
dalmond@stclaircollege.ca

Please Note: “Retirees wishing to receive the detailed documentation on coverage for Extended Health Care Plan 1 (EHC Plan 1), Extended Health Care Plan 2 (EHC Plan 2) and Extended Health Care Plan 3 (EHC Plan 3) can contact Duncan Almond.”

Web sites to know:

www.caatpensions.on.ca - For answers on pensions
www.thecouncil.on.ca - For information on the three plans and costs and coverage
www.sunlife.ca/member - For information on your own benefit claims

Heard from an elderly lady ... I feel 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.

NEW FITNESS AND RECREATION COMPLEX FOR SOUTH CAMPUS - ANDY FAAS CONTRIBUTES 1 MILLION DOLLARS

On Tuesday March 4, 2008 Dr. John Strasser announced to a large group of college staff, students, retirees and the media that the college has embarked on a plan to raise \$12M to construct a new Fitness and Recreation Complex on the South Campus, to be located directly East of the current student residence. The 75,000 sq. ft. complex will be a state-of-the-art facility to include: a 10,000 sq. ft. Fitness Club for aerobics, pilates, etc; a triple gymnasium; and an elevated four lane running/walking track.

To kick off the campaign Mr. Andy Faas, Executive Vice President of Shoppers Drug Mart, announced a one million dollar donation from the Andy Faas Foundation. Many retirees will remember Andy as the President of Student Government in 1971 – 72. He graduated in Marketing and went to work at Chrysler Corporation in Windsor, in the field of Labour

Relations. He subsequently went to George Weston where he was Vice President of Human Resources before leaving to take a position at Shoppers Drug Mart as Executive Vice President, Human Resources. Andy's philanthropy is well documented. Andy is the largest single Canadian donor to "Doctors Without Borders". He has donated to, and done fundraising for, the Israel Cancer Research Fund and the United Way. Andy is also a recipient of the St. Clair College Alumni of Distinction Award and the Premier's Award for outstanding contributions to the Ontario college system.

In making his donation, Andy recognized St. Clair College and its contribution to his successful career and thanked the college for what it had done for him.

Submitted by Bill Totten



Andy Faas, Presidents of Student Government Tyler Wiles & Jessica Fox & Dr. John Strasser



*Roy Conliffe - Vice-President Lawblaws
Dr. John Strasser; Andy Faas*

ARE YOU ACTIVE IN THE COMMUNITY?

The Retirees' Association is looking for College retirees who are actively involved as volunteers in non-profit organizations. The purpose in identifying these volunteers is to promote their involvement in our newsletter.

Retirees, especially those living afar, enjoy reading about their former colleagues. As well, there are likely many of us who dedicate time and effort in the service of others, but do so unbeknownst to other retirees. We would like to promote up to three

retirees in each newsletter.

If you are interested, please email Pat Hallahan phallahan@cogeco.ca or call 519-945-4304 identifying the organization you are involved with along with some of the following information: the nature of your activity, time served, client group served, etc. We'll take care of the rest.

Please consider doing this. Not only will you edify many of our readers, you may also inspire others to do similar work.

CANADIAN MENTAL HEALTH PRESENTATION

On May 19/08 a small but interested group of retirees attended a seminar on the services provided by the Canadian Mental Health Association. The range of services is most impressive.

Although a number require a diagnosed mental health condition to qualify for service, many are also "preventive" and are available to the entire community. This is especially true of the Bereavement Resources Program, which is offered in both a one-on-one and group format. The Association also offers Griefworks, a bereavement service for

children.

Community Support, Housing, and Workplace Health Services are also offered as well as Primary Care. And, they work as a clearing house for information re the various social services offered in the community.

Many thanks to Gary McLeod for organizing this activity, to Pat McMahan, Chair of the Association's Board of Directors, for her support and to Jill Cadarette for doing the presentation.

Submitted by Pat Hallhan



Agnes Burridge

The Retirees' Association and all the retirees

wish Agnes Burridge

a HAPPY 95th BIRTHDAY

**CANADIAN TRANSPORTATION MUSEUM AND
HERITAGE VILLAGE TOUR**

Wednesday, June 11, 2008

Essex, ON

8:15 AM Car Pool – Lot T, St. Clair College
9:00 AM Tour
12:00 PM Lunch on Site
1:00 PM Return to Windsor

Transportation Village and Heritage Village Tour @ \$8.00 ea with lunch to follow in the 50's Diner. Soup & salad @ \$8.00 ea or order from the menu.

- Hwy. 3 or County Road 23 to Essex
- At Hwy. 3/County Road 23 intersection in Essex take Hwy. 23 south which becomes Arner Town Line
- Museum is on the right hand side 3.5 km. from the intersection

Please confirm with:

Gary MacLeod (519)972-7080 gmacleod102@hotmail.com

For Car Pool

John Charlesworth (519)966-3168 daturrah@hotmail.com



Culinary Guild of Windsor Announces Local Chef of the Year

The Culinary Guild of Windsor, a branch of the Canadian Culinary Federation (CCFCC) is proud and delighted to announce the following:

The Culinary Guild of Windsor's 2007 Chef of the Year is Michael Jimmerfield, CCC.

Chef Mike is an instructor at St. Clair College and is actively involved in educational initiatives with the Culinary Guild of Windsor as its Culinary Salon Chair. **The Chef of the Year Award, sponsored by Morton Wholesale of Windsor, ON** comes with two (2) airline tickets to any destination in continental North America.

‘Congratulations from all the retirees.’

ON PLAYING BRIDGE

The St. Clair College Retirees bridge group has been around for a while now, thanks to the hard work of Dan Loncke. These people seem to have lots of fun, which includes going out to dinner after an afternoon of bridge. Since going out to dinner is something I like to do, I would have to learn how to play bridge. After some convincing, my husband Mansell agreed to take lessons at the Optimist Community Centre on Ypres along with Ida and Bill Totten and Elsi and Pat Hallahan. Now the Tottens and the Hallahans have been playing since the beginning so apparently having bridge skills was not a requirement for joining the bridge group.

After five weeks of bridge lessons and weekly playing with the Tottens and Hallahans Dan called to say that they needed another two for bridge and would we play. Mansell, originally reluctant, was now spending most of his days reading books on bridge and playing on the computer so he was raring to go. I was very hesitant, not feeling anywhere near ready to face the bridge world. And I wasn't. Towards the end of the afternoon I was making major mistakes

including forgetting what was trump and playing something else, leading from my hand instead of the dummy and vice versa. Poor Dean Campagna, my partner, was the essence of patience.

However, by the second bridge Tuesday things went much better since I had spent some time playing on the computer. Even the books were beginning to make sense. While I am very much an unskilled beginner I know enough to find bridge fascinating. It is a game where you can always learn. Playing bridge regularly is exercise for your brain and will keep it sharp which is important for retirees.

The Tuesday afternoon bridge players are not all like me. There are some excellent, skilled players in the group as well as some in between players.

The group meets every second Tuesday in the Multi Purpose Room from 1:00 till after 4:00. The next game is April 29. If you are a bridge player, consider coming out and joining the retirees. Call Dan Lonke at 519-948-2906 or danlonke@yahoo.ca And there is dinner at Roseland after the game.

Submitted by Anita Blair

TRIVIAL TUESDAY REPORT

The second Trivial Tuesday was held at the college on March 11, 2008. Eight teams tackled a variety of questions posed by Quiz Masters Mary and Dan Loncke. Some categories covered included Monarchs, Pope-Pourri, Current Events, Ice, Sports, "A Picture is Worth a Point" and "Who am I?". The top team of JoAnn Woods, Phil Eyraud and Terry Lawrence answered 83% of the questions correctly, and walked away with most of the money. Two teams were tied for second place, but the team of Pat Taylor,

Anita Blair and Pat Hallahan managed to win the tie-breaker relegating Ruth Hicks, Mansell Blair and Loretta Dick to third place. The halftime buffet of goodies and treats was contributed and enjoyed by everyone, and a number of participants went to dinner at Roseland after the event. The next Trivial Tuesday is scheduled for November 18th. Anyone needing more information or interested in being a Quiz Master please contact Dan Loncke at 519-948-2906.



WAR OF 1812 – DETROIT RIVER

JOIN US FOR THIS EXCLUSIVE BUS TOUR ON SEPTEMBER 25, 2008.

Learn about the American Invasion of Canada and the British Capture of Fort Detroit. The Tour Will Be Fully Guided with Commentary and Stop at All of the Historical Points from Windsor to Amherstburg Associated with the War of 1812.

Includes Bus Tour, Refreshments, Admission to and Guided Tour of Fort Malden, and Special Lunch at Caldwell's Grant. There Will Be Some Walking Involved.

**\$50.00 per Person (Please Reserve with Gary Macleod)
Tour Will Be Limited to 36 Participants.**

St. Clair College Retirees and Significant Others May Book Immediately. Open to Friends after June 1, 2008.

CONTACT GARY MACLEOD (519-972-7080) OR DAN LONCKE (519-948-2906).

SINKING OF THE TITANIC

There are many stories related to the sinking of the "Titanic." Some have come to light due to the success of the recent movie. For example, most people don't know that back in 1912 Hellman's mayonnaise was manufactured in England.

The "Titanic" was carrying 12,000 jars of the condiment scheduled to be delivered in Vera Cruz, Mexico which was to be the next port of call for the great ship after New York City.

The Mexican people were eagerly awaiting delivery and were disconsolate at the loss. So much so, that they declared a national day of mourning which they still observe today.

*It is known, of course, as **Sinko de Mayo**.*

FIVE DAYS IN TIBET AND BEYOND

Submitted by Gord & Janet Crompton

Sorry folks, there was no Brad Pitt in our group of thirty seven, mostly retired Canadians traveling through China and Tibet. For Janet and me, the tour was an active, stimulating and intriguing twenty one days. It was the kind of experience in which our world view was jarred hourly. Thanks to Art Rae's digital photography workshop, Janet responded by taking thousands of photographs (no exaggeration!) My response was to spend three weeks framing and reframing my thoughts and perceptions. Months later, we continue to digest and appreciate our experience.

We had chosen the China Star tour because the schedule looked active and the brochure was written in a "Just the facts ma'am" style. We wanted to have full days and see as much as we could in three weeks. Since all our travel to date had been organized by us, we had no experience of tours and we were somewhat cautious. Although the tour seemed to be a good way to see a large country in a relatively small amount of time, we were wondering how we would feel about "travel on the rope" and "travel by the timer".

The tour was escorted from Vancouver and in Beijing we met our national guide Richard who turned out to be very friendly, attentive and responsive. His support of our travel was complemented by a series of helpful local guides. Richard was like a benign border collie keeping us to a sensible schedule by gently herding us in the right direction. Given the masses of people about for Moon Festival and for the week of national holiday, some herding was both helpful and comforting. Richard's standard suggestion was to stay with him "like sticky rice", and to follow the Canadian flag he carried through large crowds.

Our trip took us southwest from Beijing through Xian to the Yangtze River, where we cruised for four days to Chongqing. We flew west into Tibet for five days, including a two day bus excursion to Xigaze and Gyantze, returning to Lhasa for a flight to Chengdu. Our trip ended with three days in Shanghai where we were able to explore the surrounding areas including Suzhou and Tongli.

Many impressions stay with us as we think of the trip:

- How active we were and how filled each day was, yet how much there is left to see in this huge complex country
- A country full of competing colours and textures including traditional decorative painting, neon everywhere at night, vibrant clothing
- Striking contrasts between traditional neighbourhoods and modern skyscrapers
- The Great Wall snaking through the hills around Beijing and straddling four lanes of traffic.
- Calmness and serenity in classic gardens
- A little boy wearing a Disney character backpack leaping down the dusty flagstones of a winding terraced street to a corner where his mother waited to greet him, and conduct him down a side street
- The beaming smiles of Tibetans against an austere landscape
- Being 140 metres higher than Pat and Elsi Hallahan when downstream of the Three Gorges dam on the Yangtze River, and imagining how spectacular the gorges would have been then
- Five alarm Sichuan food, Peking Duck, yak, rice dumplings and somewhat insipid beer
- Traffic, motor powered and person powered, weaving together following no pattern clear to us.
- An Audi, next to a motor scooter, beside a bicycle pulling a small trailer piled high with construction materials
- A taxi ride in Lhasa which has replaced a spine tingling trip through New York as our most exciting
- The cluster of people surrounding fender benders with documents being written and signed on the hoods of cars in the presence of a police officer. Usually someone was laughing or smiling
- A man weaving through rush hour traffic on a small motorcycle, with his ten year old

daughter in front of him holding a broken rear view mirror and constantly altering its

- of her family through a monastery in Xigaze, having to support herself against the walls and yet placing her forehead against each sacred image
 - A group of young monks in the same monastery, who, between obligations, laughed, pushed and shoved one another as twelve year olds will, and then dutifully trailed off to bow before a sacred image
 - Throngs of people in holiday mode for Moon festival and the national holiday
 - The three groups of thirteen to fifteen year old girls who stopped us and asked to have their picture taken with us, possibly because we seemed exotic (or more likely because we reminded them of their grandparents)
 - Smog in Beijing and stunning blue sky in Tibet
 - The charming attendant at the Haagen Daaz store in Shanghai who immediately returned the extra twenty yuan note which I had fumbled, in contrast to the street vendors who might return change in useless Russian or Taiwanese currency (we didn't get burned, others did!)
 - People in parks in the morning exercising
 - A thousand people line dancing in the public square at night in Chongqing, dozens at a time practicing ball room dancing in parks throughout the country
 - Efficient air travel with modern equipment, never having to wait for luggage
 - Flying into the airport in Lhasa and noticing fighter aircraft and camouflaged outbuildings along the tarmac before rolling up to a modern passenger terminal
 - A constant query to ourselves, "What will this be like in ten years?"

One constant impression was of a country evolving,

position

- An aged matriarch leading three generations

yet maintaining ancient traditions. Pat Hallahan thoughtfully provided us with a copy of his article "China: Walking Giant", which is posted on the Retirees website. It was interesting to note that many of the trends he and Elsie observed continue to progress while age old practices are maintained. It was fun to share our visits to historical sights with Chinese tourists who were exploring their own country. At a Ming tomb, we noticed that a bus group, all wearing the same red hat, approached the threshold after their visit and proceeded to stamp their feet and wave their arms with the intent of leaving behind any spirits from the dead. However, they did it seemingly self consciously with large smiles and much laughter. So, we did too.

We were surprised that good quality education and health care were available only to those able to pay the extra cost. Parents continue to work hard to provide the best possible for the next generation, and continue their responsibilities for their parents. We had the opportunity to visit a residential school for preschoolers as young as two years. On the weekend they return home to their parents who will be working usually at more than one job. Several times during our stay we heard about the explosion of opportunity in the New China, and the resulting demands on traditional patterns and lifestyles.

Our visits to Beijing to start and Shanghai to end acted like bookends for us. Both are large modern cities with all the appeal and challenges of large cities everywhere. In between we observed a country full of contrast and contradiction, benefiting from the progress that opportunity provides while discovering some of the consequences. We thoroughly enjoyed our visit and would love to go back in the future to see what progress has wrought, but the travel list is so long...

Home Remedy!!

If you have a bad cough, take a large dose of laxatives, then you will be afraid to cough!

THIS PAGE IS YOUR OPPORTUNITY TO BECOME SMARTER!

1. Many Years ago in Scotland, a new game was invented. It was ruled “Gentlemen Only ...Ladies Forbidden” and thus the word **GOLF** entered the English language.
2. In the 1400's a law was set forth that a man was not allowed to beat his wife with a stick no thicker than his thumb. Hence we have “the rule of thumb”.
3. It is impossible to lick your elbow.
4. The San Francisco Cable cars are the only mobile National Monuments.
5. If a statue in the park of a person on a horse has both front legs in the air, the person died in battle.
If the horse has one front leg in the air, the person died as result of wounds received in battle.
If the horse has all four legs on the ground, the person died of natural causes.
6. Question: What do bulletproof vests, fire escapes, windshield wipers and laser printers all have in common?
Answer: All were invented by women.
7. Question: What is the only food that doesn't spoil?
Answer: Honey
8. Question: Which day are there more collect calls than any other day of the year?
Answer: Father's Day.
9. In Shakespear's time, mattresses were secured on bed frames by ropes.
When you pulled on the ropes the mattress tightened, making the bed firmer to sleep on.
Hence the phrase....”Goodnight, sleep tight.”
10. It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink.
Mead is a honey beer and because their calendar was lunar based, this period was called the honey month, which we know today as the Honeymoon.
11. In English pubs, ale is ordered by pints and quarts... So in old England, when customers got unruly, the bartender would yell at them “Mind your pints and quarts, and settle down.”
It's where we get the phrase “Mind your P's and Q's”.
Many years ago in England, pub frequenters had a whistle baked into the rim, or handle, of their ceramic cups.
When they needed a refill, they used the whistle to get some service.
“Wet your whistle,” is the phrase inspired by this practice.
12. Every day more money is printed for Monopoly than the US Treasury.
13. Coca-Cola was originally green.
14. The percentage of Africa that is wilderness is 28%
The percentage of North America that is wilderness is 38%.

In Memoriam

James Mills

May He Rest in Peace!

COMING EVENTS

1. **Bridge Club - Multipurpose Room - Dates : September 9 & 23
October 7 & 28 - November 11 & 25 - December 9
Trivial Tuesday - November 18**
2. **The Music Man - Musical Show in Stratford - Date: May 12 - Cost \$130.00
Contact Kathleen Warren - 519-258-5404
Leaving South Campus at 8:30 am**
3. **Annual General Meeting
Date : May 7 - Place: Student Residence - Time: 3:00 pm
BBQ 4 pm - Refreshments \$2:00**
4. **Understanding the CAAT Pension Plan Workshop
Date: May 28 - Place - South Campus
Time and room TBA**
5. **College Staff Appreciation Brunch
June (date to be announced)**
6. **Canadian Transportation Museum & Heritage Village Tour
Date: June 11 - Time: 8:15 am
For further information check page 8 of the newsletter**
7. **War of 1812 Date: September 25/08
Cost: \$50:00 per person
Check page 10 for more information**