



PRESIDENT'S REPORT

Welcome to Spring 2009

President Emeritus

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519-253-7998
wtotten@sympatico.ca

Past-President

Pat Hallahan
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President

Jay Ertel
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Vice-President

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Treasurer

John Payne
519-966-0608
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519-776-6747
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Secretary

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967-9597
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Retirees' Voice

Mail
972-2727 Ext 4439

Retirees' Website

www.stclaircollege.ca/people/r
etirees



Our Annual Social Program is coming to an end with a flurry of activity as we welcome Spring 2009. This will be my last President's Report since I will not be running for reelection at the AGM on May 6th. I have enjoyed writing these President's Reports for the past 3 years and serving as your President. I plan to continue with the Executive and remain active with the Association. Many organizations don't have active well run retiree Associations like ours. I feel fortunate to have the SCCRA and be a member. We are grateful to everyone who contributes to make

the SCCRA the success that it is.

Some of the Upcoming Events include:

- Bridge Club (April 21)
- AGM (May 06)
- Drayton/St. Jacobs Theatre Trip - Country Legends (May 07)
- Retirement Planning Workshop (TBA)
- Historic Aircraft Tour (May 30)
- College Staff Appreciation Brunch (June TBA)
- Thames Luncheons (April 19, May 27)

Retirees are reminded to purchase their Drayton/St. Jacobs tickets by March 31/09 for this popular 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 in the past year thanks to the invaluable help from Brian Agar whom we thank. Changes and updates were done to tie in with 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. 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**, in 2009 we plan to continue with our Retirement Planning Service, investigating alternative Benefit options, addressing questions on our Pension Plan, support of the Retiree Tutorial Service and continue the Archive Project.

As mentioned in the Winter Newsletter, we are pleased to have Anita Blair and Jim Martin elected as Directors to the OCRA Board who have now attended their first meeting. Progress was made in making the Council aware of our concerns with the escalating costs of our Health Benefits.

Presidents Report continued:

The HealthPlex Campaign is now well underway. The Executive advised Dr. Strasser of our support by unanimously passing two motions at an emergency meeting in the fall:

1. That the Executive Support the College's HealthPlex Fundraising Campaign and that the support be recommended to the SCCRA general membership.

2. That the SCCRA Executive agrees to support the HealthPlex Fundraising projection/goal of \$30,000 (\$3,000 for 10 years)

Be part of the Retirees Campaign by pledging your support to the Colleges HealthPlex Campaign. Members interested in helping with fundraising through their contacts with small business in Windsor-Essex and Chatham-Kent are asked to contact Jay Ertel, Coordinator for Retiree Fundraising. The SCCRA HealthPlex Fundraising projection/goal of \$30,000 could be met for example through member donations (eg. 300 retirees @ \$10/year for 10 years) or a combination of fundraising and donations.

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 2009.

Jay Ertel, President



CANADIAN HISTORICAL AIRCRAFT ASSOCIATION, (CH2A), TOUR

When: Saturday, 30 May 2009, 1000 hours

Where: CH2A Hangar, Airport Road, Windsor Airport, (Beside the Windsor Flying Club).

Tour: Between 1000 and 1100 hours there will be a History presentation on CH2A, a tour of their small museum and a visit/explanation of the CH2A restoration area where they are currently restoring a Mosquito and Lancaster bomber. After 1100 hours there will be an opportunity for those who wish to view inside the Lancaster and to take a flight in a US Navy 1941 Stearman open-cockpit biplane or an RCAF 1952 DeHavilland Chipmunk trainer. Flights will depend on acceptable flying weather.

Tour Cost: \$10.00, (not tax deductible) to CH2A for the Tour.

Stearman Flight Cost: \$150 donation for a 25-minute scenic flight, (tax deductible).

Chipmunk Flight Cost: \$100 donation for a 25-minute scenic flight, (tax deductible).

All donations, cheque or cash, will be collected at the hangar on arrival for the tour.

***Deadline to register for a Stearman or Chipmunk flight is: Friday, 22 May 2009.**

***Deadline to register for the CH2A Tour is: Friday, 22 May 2009**

***To Register:** Please call Gary MacLeod at 519-972-7080 or email at gmacleod@hotmail.com giving the names or those attending, a contact phone number, and an address for tax receipt purposes (for scenic ride donations only)

**ST. CLAIR COLLEGE RETIREES' ASSOCIATION
ANNUAL GENERAL MEETING**

**Wednesday, May 6, 2009
3:00 PM
Chez Talbot (South Campus)**

The 2009 St. Clair College Retirees' Association AGM will be held at the College in Chez Talbot. 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.

**ST. CLAIR COLLEGE RETIREE'S ASSOCIATION (SCCRA)
Nomination and Election of Officers for 2009-2010**

Position

Candidate

Ex Officio Members

President Emeritus	Bill Totten
Past President	Jay Ertel

Officers to be Elected - Nominations may be made from the floor.

President	Anita Blair
Vice-President	Jim Martin
Recording Secretary	Lori Caba
Treasurer	John Payne
Membership Director	Vacant
Thames Director	Elizabeth Barr

Appointed Members

Communications Coordinator	Pat Hallahan
Education Coordinator	Vacant
Social Coordinator	John Charlesworth
Newsletter Editor	Del Zangari
Archive Coordinator	Vacant
Retiree Fundraising Coordinator	Jay Ertel
Director-at-Large	Gary Docherty

BITS AND PIECES WORTH KNOWING!

Provided by Bill Totten

The Horticulture Department is pleased to announce that their program representatives struck “Silver” at the Skills Canada/Ontario Landscape Gardening Competition in Toronto.

Congratulations to Gillian Perry and Mitchell Schinkel for making this possible

*Submitted by Donald Tellier ODH CLIA CIC CID
coordinator Horticulture Programs*

NEWS ABOUT MR. & MRS. “Q”

Dr. And Mrs. Quittenton’s son Derek has let us know that his mother and dad have moved into an independent residence in Qualicum Beach, British Columbia on Vancouver Island.

He also told us that his dad, Dr. Q will turn 88 years this July.

ST. CLAIR COLLEGE RETIREES’ ASSOCIATION NEWSLETTER EDITORIAL POLICY

“The Editor reserves the right to edit any submission for length and/or content.”

Editorial changes may be made based upon, but not restricted to, the following standards:

1. No item shall exceed one page in length.
2. Grammatical and/or spelling errors will be corrected.
3. Edits will be made to overcome repetition of content.
4. Inappropriate language will not be tolerated.
5. Political correctness must be observed, in keeping with community values.
6. Every effort shall be made to protect the interests of St. Clair College and the St. Clair College Retirees’ Association.

CANADIAN CLUB (HIRAM WALKER) TOUR

On February 12/09, 34 retirees and friends very much enjoyed a tour of the Canadian Club Brand Reception Centre formerly Hiram Walker - facility on Riverside Drive in Windsor.

Unlike previous Hiram Walker tours, this one focussed on the history of the business beginning with Hiram Walker's move from Detroit to Windsor during Prohibition. The walking tour was limited to the administration building. The distilling process was handled by a video.

For those who had never been in the refurbished administration building, this tour was a real treat. Built in the Italian Renaissance style, its first floor entrance and reception area contains an archival section and gift shop which was formerly the Walker Bank; beyond that are numerous offices used over the years by Hiram Walker and his sons. The second floor balcony also has offices, the old "tasting" room and the original Walker Board Room.

The basement houses a gorgeous brick wall wine cellar which was used during Prohibition by Al Capone and others to enjoy "spirits" and also plan contraband trips across the Detroit River. A donation

to nearby Our Lady of the Rosary Church of two lighted crosses was used to alert boaters of both good and bad times to smuggle liquor across the River.

The purchase of part of the business by the US owned Jim Beam Co. has resulted in promoting the company's role during Prohibition. While Canadian owned, the company was mum on this topic. Not only did the company actively participate in smuggling liquor, US businessman Hiram Walker was pressured by the US authorities into selling the business because of this. Ultimately, Harry Hatch purchased the business for \$15M during the Prohibition period. Many colourful stories abound involving Bill McCoy and his machinegun-armed boat used to fend off "pirates" attempting to steal the contraband liquor.

The tour ended with a tasting of 6, 10 and 12 year old Canadian Club.

Many thanks to Gary MacLeod for organizing this tour. This is the 6th event Gary has organized for the Retirees' Association and a 7th is already in the planning stage. We're grateful to have you with us, Gary.

Submitted by Pat Hallahan



Hiram Walker Tasting Room



Alice & Gary MacLeod, Pat Hallahan

FUNDRAISING

Over the years the St. Clair College Retirees' Association has supported a number of fundraising efforts. We have provided mailing information for use in the annual Windsor- Essex United Way campaign. We have contributed \$25 to the College Foundation on the death of a member in good standing. We have distributed Johnson Insurance literature for the Foundation through mailings and last year the Association gave a \$1,000 donation to the College's Health and Wellness campaign. Individual retirees have contributed money to programs, the Ford Centre and have supported activities through their time. But the Association has not actively engaged in fundraising activities.

However the situation has now changed. The College is engaged in a major fundraising campaign to build two Health and Wellness Centres in Chatham and Windsor. In the Executive's last semi annual meeting with Dr. Strasser he outlined the campaign and what he wanted from the Retirees. As Jay has written in his President's Report in the Winter newsletter, Dr. Strasser would like retirees to contribute \$30,000 over 10 years. The Executive had an emergency meeting and passed two motions:

That the Executive support the College's HealthPlex Fundraising Campaign and that the support be recommended to the SCCRA general membership

That the SCCRA Executive agrees to support the HealthPlex Fundraising projection/goal of \$30,000 (\$3,000 for 10 years)

To date this appeal has gone out to the membership through the newsletter and approximately \$4,950 has been pledged.

Should our Association be involved in fundraising for the College? As outlined in the latest pension bulletin, we, as retirees with our guaranteed pensions, are relatively insulated from the economic downturn. For the thirty years that I worked at the College it was a good place to spend a career. We had good working conditions, decent pay, and a good group of people to work with. The College is engaged in a major fundraising campaign in these difficult financial times. So the question can be asked – do we owe anything back? Do we actively support the College by encouraging our members to give money to the College? Our members most likely have charities that they give to. Should we try to persuade them to include the College in their giving? Should the Association, primarily the Executive but possibly others, spend its time organizing fundraising activities for the College? Some examples include a golf tournament and a yard sale. Will members participate and attend these functions? Over the last nine years the College has been very supportive of the Associations' activities so is it now time for the Retirees Association to support the College?

The next Annual General Meeting is May 6/09 at 3:00 in Chez Talbot. Please come out and share your opinion. If you can't attend, send your comments by e-mail to retirees@stclaircollege.ca

Submitted by Anita Blair

“TRUISM”

If you love something, set it free.

If it comes back, it will always be yours.

If it doesn't come back, it was never yours to begin with.

But, if it just sits in your living room, messes up your stuff, eats your food, uses your telephone, takes your money, and doesn't appear to realize that you had set it free...

You either married it or gave birth to it.

CELEBRATING COMMUNITY SERVICE

John Martel



In our quest to celebrate College retirees who have been active in community service, it's hard to believe it has taken so long to identify John Martel, one of our most active community servants ever and, very deservedly, a recipient of the Government of Canada International Year of Volunteers Award in 2002.

John's volunteer service includes work in the fields of health, education, and both municipal and federal politics.

His service to the local and provincial health industry is too extensive to list in detail here. Suffice it to say, he was named to the Essex District Health Council in 1996, subsequently chaired the Essex, Kent, and Lambton District Health Council and then functioned as lead chair for all the District Health Councils of Ontario.

His work at the provincial level also included an appointment to the Council of the College of Physicians of Ontario, where he served as co-chair of the complaints committee while serving on the executive and registration committees. This was followed by an appointment by the Minister of Health as chair of the South Western Ontario Mental Health Implementation Task Force. More recently he was employed as a hospital consultant in the establishment of Local Integration Health Networks, a regional model of health industry governance.

In his spare time, John has served on the Windsor Hospice Board, the Hotel Dieu Grace Hospital Board, and served the City of Windsor by sitting on the Committee of Adjustment and chairing the Windsor Planning Advisory Committee.

John has also been active in the political arena, having served as Reeve of Malden Township and Warden of Essex County. In 1984, he ran

unsuccessfully in the federal election in Essex against Minister of Agriculture Eugene Whelan.

John is originally from Ottawa, where he obtained his first university degree. He subsequently earned an education degree from the University of Toronto and a degree in physical education from the University of Windsor.

He was subsequently employed by the Windsor Public School Board and became a physical education department head at W. D. Lowe and W. Hands. In 1973 he was hired by St. Clair College to teach physical education and health and to coach the women's basketball team, which won two silver and two bronze medals in four years.

John taught Anatomy and Physiology to students in the Paramedic, Nursing and Law & Security Programs, while also introducing a staff fitness program and developing the first Fire Fighting Testing Program for the City of Windsor.

On the homefront, John has two children, one a landscape designer, the other a Human Resources manager for all Zehrs stores in the southwest region. John also has two grandchildren.

John and spouse Katharine share a passion for the Canadian coastline and professional-grade nature/wildlife photography.

Their travels have included a 14 day trip beginning in Juneau, Alaska and down along the British Columbia coast. This trip was organized in conjunction with Adventure Canada and included David Suzuki. John has also been trained in scuba diving and has done some underwater photography.

Having already explored the east and west coast and most of the eastern and central arctic, all that remains is the Northwest Passage. They hope to complete their quest before the end of 2009.

Submitted by Pat Hallahan

WILLS AND PROBATE??

QUESTION: I'd like to know what determines whether a will has to be probated..and if you put all your assets into joint ownership, only a brief will might be needed, and if funeral expenses were prepaid, might a will not be needed at all?

ANSWER: Everyone needs a will, and every will needs to be probated. The purpose of probate. Is to ascertain legally that the document is valid and truly represents the final wishes of the deceased. Without probate anyone could draft a will, say it was yours and try taking all your property: you wouldn't be around to refute the claim, so the only alternative would be a costly court case with no guaranteed outcome.

Certainly putting all your assets into joint ownership would reduce the cost of probate. Any property held in joint ownership passes directly to the surviving owner and doesn't need to be included in your estate so it's not subject to probate or its fees.

Of course, you should realize that assets owned jointly will legally belong to both parties, so the second owner will always be free to do whatever he or she wants with his or her ownership interest, including selling it or pledging it against a loan. As a result, unless the other owner is 100-percent

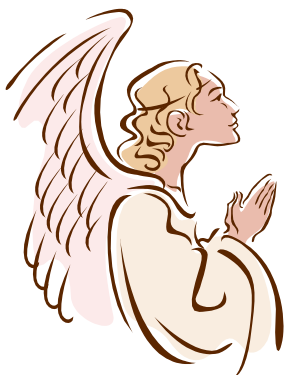
trustworthy, joint ownership may not be a great idea.

Assuming, however, that this isn't a concern, then yes, putting most of your assets into joint ownership would reduce the size and complexity of your will and thus reduce the cost of having that will prepared and probated.. And, yes, you could in a sense say that you would be executing your own last wishes in advance, rather than leaving them all to your executor.

Still, you need a will, if only to take care of your personal effects, even if you've prepaid your own funeral expenses. The absence of a valid, up-to-date will can become a nightmare for your survivors, since even the slightest legal doubt or contradiction can render a will invalid and cause the public trustee to take over administration o whatever remains in your estate (at considerable cost in time and money).

A proper will is the only way to ensure all your wishes will be met as quickly and efficiently as possible. And you need an executor because without someone to actually do what the will stipulates, and to locate and notify creditors, insurers, financial institutions, family members, and so on, the results will again be a costly snafu.

*Provided by Olev Edur, Good Times Magazine,
Nov. 2008*



IN MEMORIAM

WILLIAM CURTIS – THE BROTHER –
IN – LAW OF ROLAND DESCHAMPS

CLINTON EPP – SON OF CHRISTINE
EPP



MAY THEY REST IN PEACE

TRAVELLER'S MONTEZUMA'S REVENGE

Travellers' diarrhea is the most common problem among vacationers to tropical destinations. Caused by bacteria viruses, or parasites, traveller's diarrhea is usually fairly mild and not contagious, but it can also be debilitating and present huge logistical problems (for example, when you're waiting in an endless line at customs).

About half of Canadians going to developing countries can expect at least one attack during a two week stay, which can translate to an unpleasant day in bed coupled with nausea, stomach cramps, diarrhea, and vomiting. But you can avoid falling prey to gastrointestinal unpleasant day in bed coupled with nausea, stomach cramps, diarrhea, and vomiting. But you can avoid falling prey to gastrointestinal infections by following the simple advice to "boil it, cook it, peel it, or leave it!"

In other words, drink only water that's boiled or commercially bottle in sealed containers. Carbonated drinks, beer and other alcoholic beverages, bottles fruit juices, coffee, and tea are generally safe, but avoid unpasteurized milk and dairy products, and especially ice cubes—they're probably made with tap

water. (Freezing water may actually preserve the bacteria).

Make sure whatever you're eating is properly cooked and served hot. If you're craving some local fruit and vegetables, remove the peel before eating them. And steer clear of custards, mousses, potato salads, hollandaise sauce, mayonnaise, salads, raw shellfish, and seafood—PG/AC considers these foods to have the highest risk of contamination.

And, of course, the need for frequent and thorough hand washing with soap and water can't be overstated.

What if, even after taking as much precaution as possible, you do come down with a bout of Montezuma's revenge. The most important thing to do is to replace lost fluids. It is suggested that adding a little salt to your glass of water if you've been sweating very heavily will help. In mild to moderate cases, an antimotility agent, such as loperamide (Imodium), can decrease the severity of the symptoms, which usually clear up in a few hours or days.

Provided by Good Times Magazine January 2008

THE PERILS OF AIR TRAVEL

A little guy gets on a plane and sits next to the window.

A few minutes later, a big , heavy, strong, mean-looking, hulk of a guy gets on and plops down in the seat next to him and immediately falls asleep.

The little guy starts to feel a little airsick, but he's afraid to wake the big guy to ask if he can move aside to let him go to the bathroom. He knows he can't climb over him, and so the little guy is sitting there , looking at the big guy, trying to decide what to do.

Suddenly, the plane hits an air pocket and an uncontrollable wave of nausea passes through the little guy. He can't hold it in any longer and hurls all over the big guy's chest.

About five minutes later the big guy wakes up, looks down and sees the vomit all over him.

"So," says the little guy, "are you feeling any better now?"

IF YOU ARE A MEMBER OF OCRA AND CARP, THIS CAN SAVE YOU MONEY.

Dear CURAC Board Members, CURAC Member Associations, Association Presidents, and Association CURAC Representatives,

Last month, CURAC/ARUCC President Tarun Ghose signed an agreement with CARP, one of whose provisions lets us now offer CARP Membership (and subscription to CARP's "Zoomer" magazine) to retirees belonging to our Member Associations at a 25% discount from the advertised fee. Because of the timing of this announcement, CARP has graciously agreed to extend the current pricing until May 31, 2009, although their normal fees will be increasing on April 1, 2009.

Until May 31, retirees may join CARP for one year for \$14.95 (regularly \$19.95) or for three years for \$44.85 (regularly \$59.85). After May 31, 2009, the CURAC/ARUCC rate will increase to \$26.21 for one year and \$78.64 for three years (regular rates \$34.95 and \$104.85, respectively).

Retirees who are already CARP members may extend their memberships at the CURAC/ARUCC rates for one or three years.

Information about the CURAC/ARUCC - CARP agreement is posted on our Website (<http://www.curac.ca>).

The special Membership Form to Join CARP (or extend a membership) at these special rates can be found at http://www.curac.ca/wp-content/uploads/2009/03/CARP_Signup_Form_2009a.pdf

We hope this offer will be of interest to your members, and we ask you to please forward this note to them.

Best wishes,

George Brandie, CURAC/ARUCC Secretary

Information provided by Pat Hallahan

PENSIONS AND BENEFITS

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

Kim Bode
Benefits Officer, Human Resources,
St. Clair College of Applied Arts and Technology,
2000 Talbot Rd., Windsor, On., N9A 6S4
519-972-2727 Ext 4687
1bode@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 Kim Bode."

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

MAKE YOURSELF SPRING-ALLERGY-PROOF

You don't need a calendar to know it's spring... if you are like millions of Canadians, your runny nose, itchy eyes and stuffy head have been telling you for weeks that the season's pollens have arrived! Taking medication helps, but dodging those troublemakers in the first place is even better! Here's how:

1. Build your defenses in the kitchen by:

SNACKING ON RED GRAPES. Their skins contain high levels of resveratrol, an all-natural anti-inflammatory. British researchers who studied the diet of children on the Greek island of Crete, where allergic rhinitis is a rare occurrence, found that the youngsters' habit of eating grapes daily played a major role in protecting them against wheezing and runny noses!

SNACKING ON ALMONDS. They're rich in magnesium, a mineral proven in recent studies to help the lungs function better and reduce the discomfort associated with asthma and allergies. Additional research reveals that having low levels of magnesium can raise your levels histamine, a chemical your body produces during an allergic reaction. Other magnesium-rich foods include: cashews, peanuts and other nuts, pumpkin seeds, beans, whole grains, and fresh dark-green vegetables like spinach.

2. Lock pollen out of your house by:

KEEPING WINDOWS SHUT. It's the best way to keep outdoor allergens from sneaking indoors. Stuffy inside, but still too cool to switch on the AC? Try running your heating system's fan to circulate and filter the air. Likewise, keep your car windows closed and set the ventilation system to recirculate air rather than bring it in from the outside.

BATHING BEFORE BED Taking a shower and shampooing your hair before you go to sleep will

wash away the day's accumulation of pollens.

3. Beat allergens in your laundry room by:

RINSING TWICE. Thinking of using wash water at near-scalding temperature 140F to completely rid another top allergen - dust mites - from sheets, blankets and comforters? It's safer, less expensive and just as effective to simply rinse your load twice with cold water for about three minutes each cycle!

4. Take protective steps outdoors by:

PLANTING THE RIGHT PLANTS. Certain common landscaping plants, like juniper and coyote bush, come in male and female varieties. The male plants pollinate the females by spreading pollens through the air ridding your garden of male plants will help keep your allergy symptoms in check. How can you tell the difference? The females produce berries or fruit of some kind.

PLANTS THAT WON'T MAKE YOU SNEEZE!

Plants that rely on insects for pollination are least likely to irritate your airways.

Flowering plants: Begonia, cactus, chenille, clematis, columbine, daffodil, daisy, dusty miller, geranium, impatiens, iris, lily, pansy, periwinkle, petunia, phlox, salvia, snapdragon, sunflower, tulip and zinnia.

Shrubs: Azalea, boxwood, English Yew, hibiscus, hydrangea and viburnum.

Trees: Apple, cherry, Chinese fan palm, fern pine, dogwood, English holly, magnolia, pear, plum and red maple.

*Provided by Woman's World Magazine, author
Bonnie Smolen, March 2009*

WORTH KNOWING!!!

We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some have weird names, and all are different colours.....but they all have learned to live in the same box.

COMING EVENTS

1. Bridge Club
Date - April 21
Multi-Purpose Room
Time - 1: PM

2. Annual General Meeting
Place - College in Chez Talbot
Followed by a BBQ
\$2:00 Donation to cover food expense
Time - 3 PM

3. Drayton/St. Jacobs Theatre Trip - Country Legends
Date - May 7
(Call Kathleen at Allison Travel for reservations)
Allison Travel 519-258-5404

- 4.. Retirement Planning Workshop (TBA)

5. Historic Aircraft Tour -Windsor Airport
Date - May 30
Call Gary McLeod - 519-972-7080
Time - 10 AM

6. College Staff Appreciation Brunch
Date - June (TBA)

7. Thames Luncheons
Dates - April 19, May 27