

**R**

**Retirees Association of Mohawk College  
News Letter April 2001**

It was not a bad winter from the point of view of snow. It came early and tended to stay, but after December very little fell. Your humble editor lost his bet with Mary over when the first redwing blackbird – the true harbinger of spring – would be seen in our backyard. Mary bet it would be before April 4 and one showed up on March 15. She won a pint – actually two ½ pints on two separate occasions since she was driving. YHE got 2 pints.

Since the last newsletter we have had two events. On Wednesday January 17, twenty -nine retirees and their guests attended a production of the *Lion King* at the Princess of Wales theatre in Toronto.

On Wednesday March 14, twenty-nine retirees and their guests enjoyed Canada Blooms at the Toronto Convention Centre. Os Love reports on page 2.

### **Coming Events**

Wednesday, May 26 **Mama Mia** Royal Alexandra Theatre and lunch

Wednesday June 27 **Annual General Meeting** Royal Botanical Gardens (see enclosed).

Thursday August 2 **Ruthven**, lunch and **Lighthouse** theatre, Port Dover (see enclosed).

### **Health Insurance**

While many of our members are not yet responsible for their own health insurance premiums they will be in for a shock when they take over the payments.. The health insurance premiums seem to keep rising The recent increase in the cost of the insurance is, to say the least, alarming. For the faculty group, the Extended has risen to \$156.48 per month from \$124.82 in 2000, and \$100 in 1999. These represent increases of 22% and 28% respectively or 56% when compounded. Dental has risen from \$109.32 in 1999 to \$138.21 this year (26%). The administration extended premiums were \$131.80 and decreased less than 1% to \$131.08 while the dental increased 10% to \$123.83 from \$111.33.

Mohawk retirees are not the only retirees concerned about the cost of health insurance. District 21 of the OSSTF report in their newsletter, ARM, that they are also concerned with the cost.

### **Provincial Retirees Association**

At the April board meeting, Bob Pando reported that a draft constitution has now been drafted and a meeting will be held on April 19 to try to finalise it. One of the main objectives of the new association will be to investigate other avenues for health insurance. It is proposed that the association will operate independently of existing college associations. Many colleges do not have associations in place and so an independent body will be needed. Hopefully we will receive more

## Retirees Association of Mohawk College

### Newsletter

Published four times per year

#### Board Members:

Alan Gregson –	Chair	905-627 7448
Geoff Booker –	Vice Chair	905 772-5160
David Crossley –	Treasurer	905-627-3278
Carl Easton: –	Webpage	905-385-2794
Anne Philip: –	Secretary	905-627-1787
Doreen Valente –		905-575-9299
Brian Welsh –	Editor	905-627-4932
Marie Yakimoff –		905-522-7370

information from the new association in the near future.

### Don't Move

Without letting Susan Frame of the College's Human Resources know your new address. (Email Susan at [frames@mail.mohawkc.on.ca](mailto:frames@mail.mohawkc.on.ca) or phone her at 905 575 2198

**I You don't want to miss any issues of this exiting newsletter, do you?**

**ur**

**an**

### Where are You

**ce Carol Day, Elenore Dyck, and Douglas Carl Simmons?**

If any reader can help please let Susan or any board member know.

has

told the board several times about the good deal he has received from **Tripl Mate** travel insurance. This was confirmed by Franz Brinkman who was at the January board meeting and who was able to give us a contact. If you are in the market for travel insurance you might wish to contact **Craig Moore** at (905) 388-5831.

### Highlights of the April Board Meeting

Your board met on April 3 at the college. In addition to Bob Pando's report on the new province wide association, your board voted to welcome college employees on long term disability to participate in the association's activities . The board resolved unanimously that it would be pleased to consider a request for seed money from the provincial association that is being formed.

Due to resignations, two vacancies on the board will have to be filled. A nomination committee, consisting of Geoff Brooker, Dave Crosley, and Marie Yakimoff was struck. If you are interested in serving your association as a board member, they would be pleased to hear from you. Nominations will also, of course, be open from the floor at the A.G.M.

### Canada Blooms

On Wednesday, March 14, 2001, a group of 29 Mohawk retirees and guests travelled by bus to Toronto. We first sampled the culinary delights of Movenpick's Marche Restaurant in the B.C.E. Place. We beat the noon hour rush and had time to explore the many stations where food was being prepared to order. Many found this an entertaining experience; some even found the washrooms provided additional entertainment. A variety of delicious entrees were selected by the group. When we saw the dessert selections most of us forgot about counting calories.

By 1 pm. we were in the Toronto Convention Centre for the Canada Blooms Flower and Garden Show. We were able to visit 38 inspirational gardens, attend horticultural seminars, view prize winning flowers and art. Garden retailers offered a wide range of products. Best of all we felt we were sampling SPRING. Many thanks to Marie Yakimoff for arranging such an enjoyable outing. – Os Love

## Let's Do Lunch

Mary and Your Humble Editor lunched at the **Empress of China** Restaurant in the "White Rose" Plaza at 1400 Upper James St. early in the new year. They have an extensive luncheon buffet at a reasonable price. It is strictly American-Chinese food, good but don't look for anything exotic or truly ethnic; they didn't even have *Tsing Toa* beer. Lunch for two with beer tax and tip about \$25.00.

We found ourselves on the mountain near **La Luna** on Concession St. The menu is much the same as the **Sheik** on King St. W (January Newsletter) and is equally as good. Mary had the *falafel* sandwich and YHE had a *shawarma* sandwich.

While still at the college, YHE would usually drive home to Dundas by way of Queen to Stanley to Locke to King Streets. We still use often use this route. Just south of Main St on Locke St. is **Beasley's Restaurant**. Almost every time we pass Mary will say we should go back there again, as we had, in the past, both dined and lunched there. We lunched there early in February. We both had the *soup du jour* (a fabulously delicious seafood and roasted red pepper creation), followed by the luncheon special— a Mediterranean Lasagna – also delicious. Lunch for two with beer, tax and tip was about \$42.00 and well worth it.

Having visited South Works Outlet Mall in Cambridge recently, we looked for a place at which Mary had once lunched. We found **Lily Ruth** at 49 Main St. in Cambridge. It was much enlarged since the last time Mary was there. It can best be described as a rather upscale restaurant, (a white table cloth restaurant without the table cloths). The only beer they had on tap was a raspberry ale from a microbrewery (Kawartha Lakes). Mary chose a ½ pint of that while YHE had a Waterloo Dark. We both had the "sandwich of the day" – bacon, tomato and lettuce. This would, ordinarily, be rather mundane fare but it was served on a toasted roll and topped with Greek feta. Lunch with beer, tax and tip— about \$36.00 , a little pricey.

We also lunched at **Valentino's Place** at 824 King St. W, accompanied by our daughter and 5 month old grandson. Mary and YHE both had the soup and meat ball sandwich. The food and service were very good. Lunch for three – the young tad relied on his mother for sustenance – with beer tax and tip was approximately \$38.00.

We had, from time, to time lunched at **GJ's** restaurant located at the corner of Governor's and Creighton Roads in Dundas. It closed and has recently re-opened as the **Renaissance**. It is a rather pretentious run of the mill family restaurant. We both had the soup and sandwich luncheon special and a pint of domestic ale each. With tax and tip the bill was approximately \$35.00. We won't hurry back.

The **Hunan House Restaurant** at 273 King St. E has luncheon specials at very reasonable prices. The specials consist of a small bowl of hot and sour soup, an egg roll, and a choice of several menu items with rice. Mary had a chicken dish and YHE had a spicy pork. With a *Tsing Tao* each, and tax and tip, the cost was \$21.40. The food was nicely prepared and delicious – good value.

## Our Wandering Board Members Report

Alan and Dorothy Gregson

### Tanzanian Wild Life Safari and Island of Zanzibar (Conclusion)

After five days we flew out of the Selous Game Reserve, as we had flown in, with Major Domo in his Cessna - heading North-East to the notorious slave trading coral island of Zanzibar in the Indian Ocean.

It is said that old-time sailors could locate Zanzibar while they were well beyond sighting because of the powerful aroma of the island's spices - cloves especially. Naturally we bought spices.

The main town is called Stone Town. It has old, narrow Arabic style streets (thank goodness they're one-way in these days of cars, vans and scooters) The history has been influenced by Arabs, Portuguese and British. An English bishop got the slave trading abolished and built a cathedral on the site of the slave market. Dr Livingstone spent time in the town planning his African expedition. I was amazed to find an Email office across from our hotel - so I sent Emails to family and others - from an Indian Ocean island!

On the way to the island's East coast we visited the Red Colubus Monkey sanctuary. This is the only location in the world where the Red Colubus is known to be so every effort is being made to avoid their extinction. Apparently two of the troupes are much less timid than the others and were leaping and eating fruit from branches very close to us. I even managed to get a few good slide pictures.

Another hours drive - mostly over a long stretch of coral roadway-before reaching Jambiani village and our Sau Inn hotel. All the buildings were thatched with palm leaves - quite artistic too. The dining room and reception area overlooked a garden of palm trees, bougainvillea, hibiscus etc and the white sands of the Indian Ocean - all very exotic!

Here we were, back to real tides - high - good for very warm water fun. Jumping waves and swimming (but don't stand on a prickly, spikey sea urchin hidden in the swaying seaweed). Low tide exposed acres of sand in which the local women cultivated their staked plots of various seaweeds. A rotational harvesting occurs every three weeks for sale to Malaysia and China for medicinal purposes. It's quite a sight when, at breakfast, we looked out to see many - a hundred or more - already well out from shore gathering the seaweed into bags and walking back with it balanced on the head - back and forth - before the tide turns and rolls into shore covering all their plots. It reminded us of Southport and Morecambe Bay in the England of our youth..

On our tour of the village the seaweed made interesting patches of colour as it dried alongside the sandy road. Dorothy went on with others to visit the village school (1300 children and 35 teachers) with children having to sit on the floors in some of the poorly equipped unglazed class areas. The sea breeze provided the air conditioning! It was a very hot time so I went back to shower and sleep! Later I visited the local Health Clinic where I discussed the world's problem with the eradication of polio. Fortunately Zanzibar has used Rotary International's support in the vaccination of its children and claims zero cases now. Such is not yet the case in some other parts of the African continent. In Zanzibar malaria is still the biggest killer of the pre-school children while AIDS takes its toll in the adult population and results in many orphaned children. Gifts of certain medical supplies and condoms for free distribution by the staff of the clinic were appreciated in their effort to develop birth control awareness and safer sex practices. EXPLORE encourages tour participants to donate their excess funds to support the S.O.S. Children's Village organization where orphaned children can be cared for and educated in keeping with their ability and skill.

Several times we hired the young Zanzibar entrepreneurs with their outrigger Dhows (tree trunk keel and rice bag sewn sail) to take us out to deeper water and closer to the wave-breaking edge of the reef for snorkelling. The young guys knew where we'd see interesting coral and schools of all shapes, sizes, colours and patterns of fish. Snorkelling in these warm clear waters gave us the experience of being in another world! We were reminded of our son's aquariums of exotic fish - but we were swimming inside - fascinating!

We were a friendly group of 12 (+ leader Chris). The young people we met were always happy to be close and be in the picture. The young men were bold and wanted to practice their English while, in general, the women were probably uneducated, very shy but very hard working. It was a privilege to be there.