

DCRA Newsletter

Durham College Retirees' Association

Mission Statement

The Durham College Retirees' Association is an organization whose function is to provide members with companionship, pertinent information, opportunities for service, and response to their concerns.

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Thinking of You

The Retiree Association extends its condolences to:

Angie Youroukis on the loss of her beloved brother, Peter, on April 28, 2011 one week after his 66th birthday and four months after their mother, Anastasia passed away.

The family and friends of Ruth Ann (Randi) Holliday who passed away on May 5, 2011.

President's Message

Hello to all DC retirees. On behalf of the DCRA Executive Committee, I would like to provide you with an update of our activities and plans.

Our Annual General Meeting was held at Trillium Trails on May 3. Our meeting was well attended though we would love to have more members present. Please let us know your thoughts on making this as popular an event as our Christmas luncheon. We gathered feedback from the attendees and will be implementing some of the suggestions made next spring. All suggestions and feedback are welcome.

The DCRA will be sponsoring a Bursary for a needy Durham College student this year for the first time. In addition, we will be providing a bench for the Memorial Garden as soon as landscaping is completed. Your membership fees will provide the funding for these initiatives as well as new activities and events sponsored by the organization.

A new fee structure was approved at the AGM. Hopefully, the new fees plus an increase in funding from the College will meet the needs of the DCRA for years to come. Members will be asked to pay \$25.00 annually or \$250.00 for a lifetime membership. We recognize our responsibility to use these funds wisely and will be implementing new policies and procedures to protect your investment. We will also be publishing the DCRA Newsletter more frequently to keep the lines of communication open between the members and the Executive Committee. We also encourage you to visit the

DCRA website frequently at www.durhamcollegeretirees.org.

Plans are underway to include advertising in our various publications as a means to generate additional income for the organization. Pricing and procedures will be approved shortly. Contact any member of the Executive if you would like to advertise your business, event or service.

The Annual DCRA golf tournament is scheduled for September 13th. Bowling will return in October, our annual Christmas Luncheon is tentatively scheduled for December 6 and other events are "in the works". Please plan to participate in one or more of these events or suggest ideas for future events. We welcome your ideas.

Members of the Executive will continue to participate in Ontario College Retirees Association events and we will update you as we receive information from them.

The Executive Committee has a number of members who will finish their term in the spring of 2012. Please consider volunteering to become a Committee member or for short term project work. Our next Executive meeting is on September 20th and we meet 3-6 times per year. The work is not onerous and we meet at the College. Contact anyone on the Exec for more information or join us at an Executive meeting.

I sincerely hope that this letter has been informative and that each of you is enjoying your well deserved retirement activities.

Judy Moretton

Announcements

Wind Turbines in Whitby

You may have noticed that the wind turbines at the Whitby campus are currently in a stationary position.

The manufacturer of the wind turbines at our Whitby campus contacted us earlier this week to ask that the wind turbines be taken off-line as a precautionary measure.

The manufacturer was recently made aware of a possible malfunction at a similar turbine installation. As a result, they have asked us to keep the turbines off-line until they investigate the cause of the malfunction at the other site.

The wind turbines will remain stationary until we get the go-ahead to bring them back online by the manufacturer.

GOLF TOURNAMENT Tuesday, September 13, 2011

9:30 am - Registration
10 am - Golfing at *Deer Creek Academy*
BBQ (by Golf Academy) to follow

Directions:
Golf at Deer Creek ACADEMY (Not Main Clubhouse) - Corner of Salem & Taunton Roads

\$32 per person will include:

- Green fees for a 9-hole course easily walked (\$20)
- BBQ after golfing (\$12) – cash bar available as well

Available at extra cost:

- Riding cart - \$15/cart
- Pull cart - \$5/person
- Golf club rentals if required - \$10

Grouping:

- Bring a partner or team up with someone at the course

Further inquiries contact:

- Jim Anderson – 905-723-4298
- E-mail: jimannabel@rogers.com

September Highlights

- **Labour Day** - September 5
- **National Grandparent's Day** – September 11 - <http://www.grandparents-day.com/>
- **Terry Fox Run National; Terry Fox Foundation** – September 18 - <http://www.terryfox.org/Run/index.html>
- **Toronto International Film Festival (TIFF)** - September 1 to 3 - <http://www.tiff.net/>
- **Maple Leaf Day** - September 28 - <http://www.treecanada.ca/maple-leaf-day/>
- **Car Free Day** - September 22 - <http://ontario.sierraclub.ca/en/car-free-day>
- **Arthritis Month:** National; [Arthritis Society](#)
- **Big Brothers Big Sisters Month;** National; [Big Brothers Big Sisters of Canada](#)
- **Breakfast for Learning Month;** National; [Breakfast for Learning](#)
- **Muscular Dystrophy Month;** National; [Muscular Dystrophy Association of Canada](#)
- **International Literacy Day;** International; [UN](#) - September 8
- **Police and Peace Officer's National Memorial Day;** National; [Canadian Police Association](#) - 4th Sunday
- **National Forest Week;** National; [Canadian Forestry Association](#) - 4th Week of September

Singers/Half-Time Performers

National anthem singers and half-time performers wanted to perform live at varsity home games

The Athletics department is extending an invitation to local singers, groups, choirs and musicians interested in performing the Canadian national anthem or other half-time/intermission entertainment at Durham College varsity volleyball, basketball, fastball and baseball games and University of Ontario Institute of Technology (UOIT) varsity hockey and soccer games.

With over 120 live sporting events taking place on campus there are plenty of opportunities to get involved and show off your talent!

All performers will receive a complimentary ticket to the game.

For more information or to book a date to perform, please contact Scott Dennis at ext. 2784.

Professor Emeritus Designations

Judy Robinson, Vice-President, Academic, announced in May that two Durham College retirees will be granted the status of Durham College Professor Emeritus at our spring convocation ceremonies being held on Thursday, June 16 and Friday, June 17 at the GM Centre in Oshawa, Ont.

Jim Anderson, a former professor with the School of Business, IT & Management, and Karen Hodgins, a former professor with the School of Justice & Emergency Services and former curriculum specialist with the Centre for Academic and Faculty Enrichment (CAFÉ) (formerly the Innovation Centre), both received the designation of Professor Emeritus for their exemplary service during their time on campus and outstanding contributions post-retirement.

Jim was recognized for his impact on students, mentorship of countless colleagues and involvement in athletics as well as his work with the retirees association and the campus shuttle bus post-retirement. As his nominees pointed out, he truly lives Durham College's mission statement that the student experience comes first.

Karen was recognized for her impact on students, curriculum development work, leadership with the Board of Governors, work at the college system level, commitment to lifelong learning and facilitation skills. As her nominees pointed out, she is one of Durham College's finest.

The granting of Professor Emeritus is based on contributions to the college significantly beyond the norm, exemplary record of service and exemplary record of performance in one or more of the following areas:

- Position effectiveness (e.g. teaching, administration, customer service);
- Professional contribution; and
- Service and support to the college and its communities.

Both Jim and Karen were part of the platform party at convocation and be invited to participate in additional college public ceremonies and other social functions going forward. Please join me in offering them your congratulations!

Wellness/Fitness Tips

Greetings from the Oshawa campus, home of the Flex (fitness training facility)!

In an effort to continue to extend an invitation not only to the Flex but to physical activity and wellness in general, the DCRA monthly newsletter will feature the addition of a 'Fit Tip'; a tidbit of wellness information geared toward DCRA membership. It is our hope to provide you with brief yet pertinent wellness editorials written either by the Athletics Department Fitness Coordinator, Angie Wood, a UOIT Kinesiology intern or Durham College Fitness & Health Promotion field placement student.

In this, our first submission, we'd like you to ponder this Satchel Paige quote: "How old would you be if you didn't know how old you were?" If you are happy with your answer, yeah for you! You've obviously been trying to take good care of yourself. Regardless of how you answered, we'd like to encourage you to take a few minutes to evaluate your current wellness plan. What are you currently doing in an effort to maintain optimal physical health? What conscious decisions or activities do you chose that benefit your fitness level? What nutritional decisions do you make to ensure wellness? Is there anything you could be doing, but currently aren't? If so, why not?

If physical activity is a part of your daily routine, way to go! This is a great step toward ensuring longevity, health and independence. If you're not currently physically active, it's important to keep in mind there aren't too many ailments physical activity doesn't help. Want to feel a bit better? Why not try incorporating some physical activity into your daily routine? It's always wise to check with your doctor before beginning a new physical activity regime, and if this is your first step, go for it!

As you're pondering the wellness decisions you make in your life, keep in mind that later in the fall the DCRA and the Flex will be inviting you to come visit us here at the Flex. Stay tuned for more Fit Tips and your invitation to join us on campus!

By Angela Wood, Fitness Centre

My 2010 Trip West

For the last few years one of my annual trips has been to Calgary to visit my daughter and son-in-law. Being retired gave me the opportunity to take as much time as I wanted and make the trip by car instead of by plane.

Having driven to the East Coast several times and to the West Coast years ago before I could drive, this trip served to emphasize to me what a beautiful country we live in! The varied landscapes were quite marvellous.

Although the route through Northern Ontario is rather twisty and seems to go forever, the scenery with the blue lakes, green evergreens and rock everywhere is really breathtaking. Of course the blackflies weren't quite so marvelous, so a lot of the scenic lookouts were viewed from inside the car.

We always hear how flat the prairies are. Taking the Trans-Canada Highway out of Ontario across the Prairies is a great highway to drive. It is so straight and seems to have little traffic after being used to driving highways in the GTA. You *can* see for miles. However it is deceiving. The land is not absolutely flat but has many gentle undulations, making it *not* boring but rather interesting.

The highway was so straight, speed limit is 110kph and I was driving along with the daylight, passing through a couple of time zones. It was very easy to drive long days.

In Calgary in June the sun rises at around 5:30 am and sets around 11.00 pm. It makes you realize how far north you have travelled.

June may be summer for us, but once we got into the Rockies it was still definitely Winter. snow, blizzards and many of the regular tourist haunts still closed to traffic.

There was lots of wildlife to be seen along the highways and in the mountains. I saw moose, deer, a fox carrying its supper, coyotes, elk, mountain sheep, and bears.

Driving back near Kenora I wasn't as thrilled to see deer on the side of the road because the next thing I know it was bouncing off my hood. Apparently Kenora is well known for accidents
Submitted by Janis Carter

like this. Anyway my last two days drive home were with a very smashed in hood and fender.

To drive across the better part of this country was a wonderful experience and made me love this country all the more. All in all, quite an experience!

Submitted by Janis Carter, Lindsay, Ontario

Art Show and Sale

The North of Seven Artisans' next show and sale will be held on Sept. 10 & 11 from 10 am to 4 pm. Approximately 20 artists will be participating. Original watercolors, photography, acrylics, stained glass and more will be featured. 3.4 km north of the (only) traffic light in Havelock. Follow the bright green signs to Hwy. 46 and North School Rd. For more information, call Judy Moretton at 705-778-5132 or e-mail judy.moretton@gmail.com.

Your Executive—2010-2011

President: Judy Moretton
judy.moretton@gmail.com

Vice President: Ted Shiner
shiner.sigma@rogers.com

Past President: Dianne Aru
dianne.aru@sympatico.ca

Secretary: Michelle Nichols
michelle_nichols@sympatico.ca

Treasurer: Micki Walters
emwalters@rogers.com

Communications: Brenda Jackson
bjjay@rogers.com

Social Events: Alice Lytwynchuk
alice.bob@rogers.com

Member at large: Jim Anderson
jimannabel@rogers.com

Member at large: Rudy Chernecki
rjchernecki@hotmail.com

Goodwill Committee: Patricia Whaley
pwhaley@sympatico.ca

Gladys Smithson
yorkshiregran@yahoo.ca