

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.

President's Message

Dear fellow retirees:

I hope you enjoyed a wonderful holiday season with family and friends and that the New Year brings only happiness, adventures and good health. The Executive and I would like to thank you for your continued support and participation.

We are planning events and activities and undertaking new initiatives to make the DCRA more responsive and representative of your wishes. Please let us know if you have ideas for activities or events to further meet your educational or social needs as a retiree from Durham College.

Many of you attended the Christmas luncheon in December. It was great seeing you and we hope you had lots of time to socialize with fellow retirees and friends. If you have any feedback on the venue, meal, etc. please send it to any of the Executive members.

Our second fun bowling event was held on January 25. A small group of DCRA members participated in both events. None of us are ready for the "pro tour" but a good time was had by all.

We are in the process of sponsoring a student bursary on behalf of the DCRA and hope to present it for the first time in November 2011. We will keep you informed as plans progress. In addition, we hope to purchase a bench for the

Campus Memorial Garden to honor staff members who are no longer with us but who served Durham College so well. As the Memorial Garden is currently "under construction", no date has been set for dedication of the bench.

Our website is even better; visit it often for news and information. Our address is: www.durhamcollegeretirees.org. If you would like to submit articles or information for either the website or the Newsletter, please contact Brenda Jackson at: bjjay@rogers.com.

Our AGM will be held in the spring. All are welcome to attend and more information will follow.

If you are traveling this winter, have a wonderful and safe trip. If you are staying home – stay warm. We'll see you in the spring.

Judy

Inside this issue:

President's Message	1
Condolences	1
Upcoming Events	1
Christmas Lunch	2
Vietnam – Dave Helmer	2
My Trip to Spain – Dianne Aru	4
Our Web Site	4
Fitness Opportunities at Durham College	5
Your Hobbies and Interests	6
Campus Update	6
Your Executive	6

Condolences to Families & Friends of

Angie Youroukis

Eileen Kiely

Upcoming Events

**Spring Luncheon
May 3, 2011
(Tentatively)
Details are coming.**

Vietnam

Greetings

Arrived in Saigon (Ho Chi Minh City) on Thursday about 11am after a good flight as Cathay upgraded me from Toronto to Hong Kong which means a 6ft 6 inch bed ((2 metres) and individual areas with better food and entertainment centre. Was able to sleep for much of the flight. Arrived in HK at 5am and flew out at 9am. Weather in HK and Saigon is 30C grey and occasional rain. On Thursday afternoon had a look around and stretched my legs. Bought 2 Polo golf shirts in the market for \$10 and looked at o t h e r t h i n g s .

Friday morning I visited the Cathedral, opera house and the post office. All of them were built by the French. The post Office is very typical of any provincial post office in France. At noon I went to the High Tech centre at the Technical University to see the facility and talk to some of the Professors. The building was completed recently and is located about 20 kms away from the centre of the City . The Austrian Government donated about 3 to 4 million dollars worth of computer controlled machine tools and software. The staff went to Austria for 3 months of training on it. Apparently there is a High Tech industrial estate in the area and many of the graduates are expected to get jobs in this development. The Companies are doing contract machining plus press tools and injection moulds.

The City has a lot of Australian visitors plus visitors from many countries in South East Asia p l u s C h i n a . Photos are Cathedral, Opera house, post office, market, mechanic fixing motor bike, rewiring Saigon. Not all in order!

Am on my way to Dalat (weather is forecast to be cold at 20C) and will send you more pictures and a writeup next weekend.

Best wishes
David

City Hall HCM



City Hall HCM.jpg

Opera House



Opera House.jpg

Angkor Visit



Angkor Wat.jpg

Picking Tea



Picking Tea 2.jpg



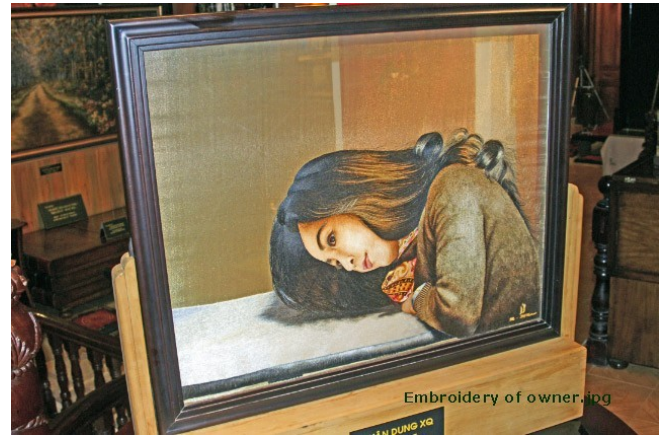
Blue flame on stove



Green Houses Dalat



Roses Ready to Ship



Embroidery of owner



Stove



Other Side of Picture



Robustica Coffee



Drying Coffee

My Trip to Spain

Spain held such a wonderful picturesque and historic experience for me and my friends. An experience I never dreamed I would have. Wandering through the streets of Barcelona, Tangiers, Gibraltar and the province of Andalusia was exciting. The city of Barcelona was fascinating. Gazing up at the statue of Christopher Columbus pointing towards the harbour in Barcelona brought me back to my history lessons in High School so many years ago. Staring at the art work and the antics of the street entertainers along La Rambla was fun. La Rambla is a very popular promenade in the heart of the city, leading to the magnificent and bustling harbour where thousands of local residents "ramble" about enjoying the beer, wine and Tapas (a local food specialty). Taking a tour bus through Barcelona we stopped off at the many interesting sights including: Park Guell that houses the many artworks of A. Gaudi (the famous architect); the soccer stadium and museum, the home of BARCA, the world cup winners and several other stops. Taking a cable car up Mountjuic gave us a wonderful view of the city. The food in Spain was very good and reasonable and the people made every effort to help you overcome the language barrier. They are very accommodating to the tourist, which made our visit much easier.

Our longest stay was on the Costa del Sol in the province of Andalusia, a beautiful part of Spain. The beaches were wonderful and the time share that we stayed at was a paradise. White wash dwellings covered in flowers with many palm trees. Several of the residences in this area are retirees from the UK so English was commonly spoken. The food and wine were excellent and quite reasonable. Spain is a very mountainous country and many of the side trips we took were through narrow winding roads, a little intimidating but well worth the trips. Small villages set in the mountains were nestled on top of gorges that provided a breathtaking view of the valley. The most spectacular and not to be missed, is the town of Ronda. It has the largest gorge in Spain. The view was indescribable. An added attraction was that it was the site of the first bull fights in Spain. Hemingway spent many a day in this city and wrote about it in his novels.

We also toured the city of Grenada in order to

see the marvels of Alhambra, a vast and beautiful park/town that dates back to the Moors. It is a very ancient "town" that has experienced many changes in power. The Moors invaded hundreds of years ago, followed by the European invasion which was ruled over by King Ferdinand and Isabella of Spain and now has become a major tourist attraction. All of this history is beautifully laid out in a well organized tour. An excellent experience, however if you would like to see the fountain of the 7 Lions built by the Moors it is best to purchase your tickets in Canada before you leave as the line ups are ridiculously long.

We included so much in our trip to Spain and I covered only some of the highlights. We also travelled to Morocco and Gibraltar and both were quite an adventure. These experiences could be a story onto its self. Spain is a very beautiful and interesting country. They are "tourist friendly" and tourism is one of their major industries. I have wonderful memories of this trip and my friends and I will look forward to our next adventure.

Dianne Aru

Our Web Site

The address is: <http://www.durhamcollegeretirees.org/>

We are making changes and adding information regularly. Information is available under these topics:

Executive
 Membership Information
 Fitness Opportunities at Durham College
 Links
 Newsletters
 Upcoming Events
 Photo Albums
 Governance
 Sun Life
 Annual General Meetings
 Pension News

New links have been added to the Links page.

Fitness Opportunities at Durham College

The Flex, the campus' athletic training facility, is now entering its fourth year and as always, Durham College retirees receive free membership! For member convenience, we are currently open:

Monday-Thursday: 6am-10:30pm
 Friday: 6am-8:30pm
 Saturday: 7:30am-5:30pm
 Sunday: 7:30am-7:30pm

Our summer hours are generally:

Monday-Thursday 7am-7pm
 Friday: 7am-5pm
 Saturday and Sunday 10am-4pm

During the school year, peak times for member attendance and use are between 11am-6pm. You may find this helpful when planning your visits to the gym.

All of our cardio equipment (treadmills, bikes, cross trainers) is brand new as of the beginning of the 2010 academic year with equipment being consistently monitored to ensure high quality functioning. As well, we provide members with various resistance training methods through an assortment of resistance machines, stability and med balls, free weights, cables, balancing apparatus and group fitness classes. For those that enjoy working out with friends (and making new ones), the Flex offers these classes on weekdays. This semester's group fitness class lineup includes:

- Cardio Box
- Training Camp
- Cardio Sculpt
- Fusion
- Spin
- Step
- Muscle Conditioning
- Core Stability Ball
- Yoga
- Yogalates
- Introduction to Personal Training

If you would prefer to work one-on-one with a trainer, the Flex also offers affordable personal training in one, three or six session packages, for which you will receive the discounted staff rate. During these sessions, one of our personal

trainers will work with you to develop a program that best suits your fitness goals, needs, preferences and workout and medical history.

If you are just beginning your exercise routine and would like an idea of your current fitness level, the Flex offers fitness assessments. The Canadian standard of fitness testing, these assessments measure body composition, aerobic endurance, muscular strength, endurance and flexibility. With these measurements, you will receive an idea of your current fitness level based on other Canadians in your age group and gender.

Please don't hesitate to contact Angie Wood, Fitness Coordinator for the Department of Athletics, with any questions you may have regarding the Flex, personal training, fitness assessments or group fitness classes.

Angie Wood www.angela.wood@dc-uoit.ca, 905.721.2000 ext 2100.

Perhaps you'd like to get some physical activity in another fashion? Why not lace up your skates and partake in free public skating at the Campus Ice Centre? Durham College retirees can join in a free skate from 12-2 Mondays to Fridays. Grab a friend, go for a skate, then visit Shagwells for a little refreshment!

Questions about free public skating or the Campus Ice Centre? Please feel free to contact Tim Watson at Tim.Watson@dc-uoit.ca or at 905.721.2000 extension.

How else can you get active? Perhaps a friendly tennis match with friends or a more structured workout through tennis aerobics at the Campus Tennis Centre. CTC annual memberships are \$225 (a discount of \$100 annually) plus court fees which vary depending on the time and day. The centre is open Monday, Wednesday and Friday from 7am-11pm, Tuesday and Thursday from 9am-11pm and Saturday and Sunday 8am-8pm. The Campus Tennis Centre has 6 clay tennis courts, which are bubbled all year round making it the perfect place to get a leg up on your tennis game through the winter! Also available at the CTC is tennis aerobics; a great way to come and try out the Campus Tennis Centre. Make sure you call in advance to book a spot as they take a maximum of six players per court.

Fitness Opportunities at Durham College continued

Questions regarding the Campus Tennis Centre may be directed to Ken Crosina at ken.crosina@dc-uoit.ca or at 905-721-3122.

Durham College will be hosting the 2011 Canadian Colleges Athletic Association men's basketball championship March 17-19. The top eight teams from the country will participate in the tournament, including one team each from Alberta, British Columbia, Quebec, Ontario and the Atlantic provinces. Two wild card teams and the host, Durham College, will also be in the tournament.

If you are interested in attending the tournament, please contact Scott Dennis, Durham College and UOIT's Sports Information and Marketing Officer at 905.721.2000 ext 2784, or email him at scottdennis@dc-uoit.ca. The Athletics Department would be pleased to offer interested retirees two complementary tournament tickets!

All in all, there are lots of ways for you to incorporate some physical activity in your life with the added bonus of staying connected to the college! Each facility can be found and researched online at www.campusrecreationcentre.ca

We hope to see you engaged in action at one or all of these facilities soon!

Your Hobbies and Interests:

Do you have a hobby interest or skill that might be shared with fellow retirees? Do you know someone who would be interested in leading a seminar on a topic of interest to fellow retirees? Some suggested topics include: healthy living, travel tips and emergency preparedness. We are looking for individuals to lead seminars of 2-3 hrs. in the spring. Please send your ideas to Judy Moretton at: 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:

Jim Anderson
Rudy Chernecki
rjchernecki@hotmail.com

Goodwill Committee:

Patricia Whaley
pwhaley@sympatico.ca

Gladys Smithson
yorkshiregran@yahoo.ca

Campus Update

Parking Reminder—Retirees can park for free on Campus -- show your Retirees' ID card.

If you don't already have one, Retirees' ID cards are available by contacting Judy Kellar, Campus Identification Coordinator, Campus Recreation and Wellness Centre, Room G1004. Call Judy at 905.721.2000 x2110 or email: judy.kellar@dc-uoit.ca