

January, 2017

# GCRC

GEORGIAN COLLEGE RETIREES CLUB

Georgian Retirees News

## Message from GCRC President Barbara Marshall

Dear Retiree,  
Happy 2017!

One of the secrets of living a long, healthy and productive life is waking up with a purpose each day. By doing this one thing, a National Geographic study (Power of 9: Secrets of a long life from the world's healthiest humans; author Dan Buettner, The Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest (National Geographic) showed individuals added up to seven years to their lives! Here's a brief recap of the other "8":

### Power of 9

1. Move: Find ways to stay active
2. Plan de Vida: Discover your purpose in life (this can add up to 7 years to your life)
3. Downshift: Take a break
4. 80% Rule: Don't overeat
5. Plant Power: Choose greens
6. Red Wine: A glass a day
7. Belong: Stay social (this can add up to 14 years to your life)
8. Beliefs: Get ritualistic
9. Your Tribe: Family matters (this can add up to 6 years to your life)

So my message for 2017 is simple- try and incorporate this "Power of 9" in your daily living. This new year offers us so many opportunities and events to take pride in and get involved. Canada is celebrating its 150th Birthday and Georgian College marks its Golden Anniversary this year. As well, the GCRC is in need of volunteers for openings on the GCRC Executive (namely President and Vice President). Look for ways to discover your purpose, to belong and define your tribe - you just might start to feel better, live better and measurably live longer, productive lives!!

Keep well my friends,  
Barbara Marshall, GCRC President

## Pat Lang– Order of Canada

Dedication to Ontario's college system cited as reason for appointment as a Member of the Order of Canada.

*Former Confederation College president Pat Lang on Dec. 30, 2106 learned she'd been appointed as a Member of the Order of Canada*

THUNDER BAY -- Pat Lang said she was caught off guard upon learning she'd been appointed to the Order of Canada. Lang, the long-time former president of Confederation College, was left all but speechless when the call came in last week from Gov. Gen. David Johnston's office, telling her she'd be one of 100 appointees to the prestigious list.

"It was very emotional. Obviously I was very humbled and I was very honoured. I finally said to the woman (on the phone), 'I'm sorry, I'm usually quite articulate and sometimes even a little bit elegant, but I'm neither today,'" Lang said on Sunday.

Lang was one of 75 appointed as Members of the Order of Canada, a list that includes former Liberal leader Michael Ignatieff and David Onley, the former lieutenant governor of Ontario. An additional 22 were made Officers of the Order of Canada, while three more, including author Michael Ondaatje, were made Companions of the Order of Canada. The governor general's office said Lang was being inducted because of her commitment to "the growth and development" of Ontario's college system and her long-time career as an academic administrator. Education has always been an important driver in Lang's life.

"I knew it intuitively, and learned through the years, that students that have the privilege of going to college, that it changes their lives," Lang said. "And I also know that those students, once they became graduates that they drove the economy of whatever community we were living in; to me it always a privilege to have the opportunity to contribute to that in some way." Lang, who left the college in 2011, will officially be inducted into the Order of Canada at a ceremony later this year in Ottawa.

Pat retired in 2011 after seven years as Vice President Academic and Student Services at **Georgian College**, and eleven years as President of Confederation College. Pat holds a Bachelor of Nursing from the University of New Brunswick, a Master of Arts in Education from Central Michigan University and an Honourary Doctor of Letters from the University of New Brunswick. She is an Honourary Captain in the Royal Canadian Navy.



## Advanced Technology, Innovation and Research Centre by 2018



Georgian College is building a new \$30-million **Advanced Technology, Innovation and Research Centre** at the Barrie Campus. The Honourable **Navdeep Bains, Minister of Innovation, Science and Economic Development**, announced \$10.8 million in funding through the Government of Canada's Post-Secondary Institutions Strategic Investment Fund. The three-storey building will provide study and learning space for students enrolled in new diploma and degree programs. Until now, central Ontario has not had a dedicated facility of any kind related to research, acceleration or commercialization. More than 800 degree and diploma students will use the labs and collaboration facilities in the centre. It will be home to Simcoe County's first electrical engineering degree, offered by Georgian in partnership with Lakehead University. Students will graduate job-ready with both a diploma and a degree, in just four years. In future years, the centre will allow for the growth of additional degree studies in mechanical, civil and software engineering. For students in Georgian's environmental programs, as well as industry partners, the centre will be a living lab. Sustainable building construction and energy efficiency principles are incorporated throughout the new facility. The centre will also be home to the first two years of a new combined degree-diploma program focused on environmental sustainability in partnership with Lakehead. In addition to federal funding announced today, the Centre will be financed by \$1.8 million from the provincial government, a \$5-million contribution from the County of Simcoe and \$5 million from the City of Barrie. Georgian will work with the community and industry partners to secure additional funds through its Power of Education campaign. The building will open for use by the fall of 2018. *(News release January 9, 2017)*

*Cathy's notes:* The building will be located in front of H building. You may have noticed the construction in what was the parking lot.

Barrie MPP Anne Hoggarth also reported that: "Beginning in 2017-2018, the province will provide free tuition to students who come from homes where the income is less than \$50,000."

Barrie Mayor Jeff Lehman announced that **Design and Visual arts** programs will be moving to Downtown Barrie/Starting September 2017, approximately 250 students will begin their studies in the new space. Programs will include all years of Digital Photography and Imaging, Digital Video, Graphic Design and Graphic Design Production

## Death Notices: Mrs. Maureen Hreljac May 3, 1938 – Jan. 9, 2017



Maureen Hreljac (Walsh) was originally from Sudbury. Settling in Barrie in 1971, she worked in HR, at Georgian College which she loved until her retirement. She spent many wonderful times at their island on Ministic Lake and at their Arizona home during her retirement. Maureen had a vibrant personality with a contagious laugh and always said, “try to find the humour in everything!”



**Lorena Fisher: May 1, 1927 -March 10, 2016** .Lorena trained as a Registered Nurse at Belleville General Hospital and attended the University of Toronto to become a nursing instructor. She taught nursing at the Royal Victoria Hospital School of Nursing, Barrie and Georgian College leaving a legacy that is remembered to this day. Lorena received the Georgian College Faculty Award of Merit in 1985. An avid gardener, Lorena was recognized many times by Barrie’s Communities in Bloom.

## GCRC AGM September 20, 2016 review, by Cathy Volpe’

### Travel for Today’s Retiree

The guest speakers at the AGM included Kim Cameron from *Air Transat*, Dave Shaw, *Advantage Intravel*, and Janice Woods, *CAA*.

Highlights included trends such as:

- Boomers consider travel a necessity for energy and fun and tend to book last minute
- Soft adventure is popular; people wish to be active but with comforts, ie walking holidays, however medical insurance is more expensive because of injuries.
- Boomers and seniors want something different- Bucket list travel, higher quality, slower pace, take grandchildren with them, more customized tours, small group travel, and solo travel ( CAA has solo travel groups and meetings on a regular basis)
- new premium economy on airlines offer more leg room, larger seats

Types of vacations popular:

- River cruises, heritage tours and events, small groups
- Newfoundland, Iceland, Croatia, Baltic cruises are very popular destinations

Some challenges with seniors:

- Think we can do more than we can; have some physical challenges
- Concern for safety, perhaps need personal companion

Advice:

- Plan ahead, ie balcony cabins get booked quickly
- Don’t get ripped off- Use a TICO agent (Travel Industry Council of Ontario)

Review your insurance especially if spending extended time in the United States. If staying more that 180 days, the USA wants more tax, so you may need to return to Canada to break up the time.

This online article is quite good:

[www.cbc.ca/news/canada/canadian-snowbirds-rules-you-need-to-know-1.2925513](http://www.cbc.ca/news/canada/canadian-snowbirds-rules-you-need-to-know-1.2925513)

## Georgian marks 50 years!

If you drop by the Barrie Campus, you will notice new flags saluting the wind which illustrate to all that it is Georgian's 50<sup>th</sup> anniversary. And, all Georgian campuses have been outfitted with colourful anniversary-themed wall signs.

As a retiree, you've helped to shape the College and we hope you will take part in this golden anniversary. Here are some easy ways to get involved:

1. Bookmark the [GeorgianCollege.ca/celebrate50](http://GeorgianCollege.ca/celebrate50) web page – this is the central point of information for all details related to the anniversary.
2. Visit and “like” the [Georgian College Alumni Association Facebook page](#), as it will feature historical images from Georgian's past every Thursday throughout the year. Share these posts with fellow retirees so they too can enjoy a look back.
3. Visit Georgian in 2017 to attend the 12<sup>th</sup> [Traditional Pow Wow \(March 11\)](#), the [Variety Show \(March 24 and 25\)](#), the [Nursing Reunion \(May 6\)](#), the [Auto Show \(June 2, 3 and 4\)](#), as well as other events of interest to you, like the [Georgian Golf Classic \(May 25\)](#) and [Golden Gala \(Nov. 10\)](#). A custom 50<sup>th</sup> Celebration Station booth will be on-site for these activities. Look for information on these events and more at [GeorgianCollege.ca/news-events/all-events/](http://GeorgianCollege.ca/news-events/all-events/).
4. Contribute to the [50<sup>th</sup> anniversary time capsule book](#). Throughout the year, Georgian will collect words of wisdom and predictions for the future from staff, students, alumni, retirees and community members to create a special book for future generations of staff and students to enjoy. After the celebratory year is over, the book will be closed, locked and sealed for 25 years and not re-opened until 2042. Visit [GeorgianCollege.ca/celebrate50/time-capsule/](http://GeorgianCollege.ca/celebrate50/time-capsule/) to submit your contributions electronically.
5. Save the date! On Oct. 5, Georgian will host a birthday celebration. More information on the details of this day will be shared with retirees in the coming months via this newsletter. We look forward to marking this occasion with you – happy anniversary Georgian!



## 2014/2015 GCRC Executive:

**President:** Barbara Marshall                      [marshall.barbara.j@gmail.com](mailto:marshall.barbara.j@gmail.com)  
**Treasurer:/Membership** Susan Cornell        [scornell7554@gmail.com](mailto:scornell7554@gmail.com)  
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**Social:** Cheryl Lawson                        [cheryllawson910@gmail.com](mailto:cheryllawson910@gmail.com)

Please note that the GCRC needs more volunteers to take over these positions for 2017/18. Most of the current executive will be leaving these posts at the end of the year.

**Social note:** There will be a **February lunch** gathering on **February 22** at noon, at **Donaleighs**, 28 Dunlop Street E, Barrie. (*order off the menu and pay at the end*)

Please respond by February, 20th . Contact Cheryl Lawson 705 728 9786 or email [cheryllawson910@gmail.com](mailto:cheryllawson910@gmail.com)

## Other Georgian Events

### **Don't miss out! BARRIE COLTS**

The Georgian College Alumni Association invites you to come cheer on the **Barrie Colts** as they play against the Peterborough Petes. We're hosting our third annual Georgian Night with the Barrie Colts on **February 11**, 2017 – the game starts at **7:30 p.m.** Special ticket price of **\$15.00 each** – get yours today at [GeorgianCollege.ca/Colts](http://GeorgianCollege.ca/Colts). Don't forget to visit the Georgian College Alumni Association booth before game start to claim your free gift. Tickets are limited. [rsvp@georgiancollege.ca](mailto:rsvp@georgiancollege.ca)



50th anniversary flags

**Jan 27<sup>th</sup> –Feb 26th Art exhibition** of student work celebrating 50 years at Georgian    **Campus Gallery D building**

**Feb. 7th Jewellery show** (across from Subway food)