



February 2025	Issue No. 131	email: <a href="mailto:brigden@outlook.com">brigden@outlook.com</a>	Established 1998
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Spread the word about membership in the Lambton College Retirees' Club.

\$ 10.00 per year fee. This fee has not increased since the Club was established in 1998.

Membership fees are due by February 15, 2025 for the 2025 Year. Payments can be made at meetings, luncheons, mail or drop off cash or cheque to Cathy Bull, Treasurer at 1150 Fairlane Avenue in Sarnia.

The question of what are the dues used for came up at our Executive meeting by new members.

Here is the information from one of the first newsletters put out by the Club and stands today.

Money from dues 1) allows us to confirm events by making advance deposits, 2) pays for stamps and stationery, 3) subsidizes certain ticket costs, and 4) retains educational resources and speakers.

At this time, Xerox prints and mails the Newsletter for those members who chose to receive a copy by mail.

Your Executive team has had 1 meeting in 2025 and another is planned soon. We are hoping to revive some of the ideas, events and purpose set out by the original planners for the Club.

Also, always looking for newer retirees to join the Executive. As some of the original gang have stepped down, but plan to still join in the activities.

Open position is for a Chair or Co-Chair. The next Executive meeting will be focused on redefining the roles that the executive positions will look after. There will also be a chance for discussion at the February Luncheon.

**Your Executive:** Alma Brown, Cathy Bull, Terry Cameron, Mary Leckie, Karen McClughan, Pat O'Connor, Shirley Osterman, Gerry Page, Kathi Vandenheuvel, Ursula Westelaken.

A Happy **Valentine's Day** Luncheon is planned  
At Wagg's Restaurant ♥ on Christina Street

THURSDAY, February 13, 2025 ♥

TIME: 12:00 noon

FOOD: Restaurant Menu

PLEASE RSVP 😊 By FEBRUARY 10, 2025 to Alma Brown 519-336-9108

Thank you and we look forward to seeing each one of you.

Save the Date!

Limited Seating of 35

Lambton College's Capstone restaurant for Friday, April 4<sup>th</sup> starting at 11:30 a.m.

Please RSVP to Alma Brown 519-336-9108 by February 21, 2025

Instead of just a lunch you will also be entertained by Gerry Page and a special guest,  
so please bring your ear plugs, lol.



Lambton College  
**CAPSTONES**  
Bistro

### Soup and Starters

#### DAILY SOUP CREATION

\$5.00

A new soup created weekly in our practical cooking classes. Ask your server what it is today.

#### FRENCH FRIES

\$5.00

Freshly fried to golden perfection.

#### GRAVY

\$1.00

#### BACON WRAPPED JALAPENO POPPERS

\$10.00



Fresh jalapenos, carefully stuffed with seasoned cream cheese filling, wrapped in bacon, baked and then coated in panko and then fried to golden perfection. Served with house-made ranch dressing.

### Handhelds and Meals

#### BUTTER CHICKEN POUTINE

\$14.00



Crispy fries topped with tender pulled chicken, shredded mozzarella, a rich, homemade Makhani butter chicken gravy.

Lambton College Residence & Event Centre 1485 London Road, Sarnia, ON N7S 6K4  
226-313-7594 | capstones@lambtoncollege.ca

Special thanks to the Digital Photography program for providing photographs for the bistro menu.



#### BUFFALO CHICKEN GRILLED CHEESE

\$13.00



Program contest winner! A spicy buffalo chicken sandwich, paired with Swiss cheese, ranch dressing between thick slices of Texas toast and grilled to crispy, golden perfection.

#### FRENCH ONION BEEF DIP

\$15.00



Roasted striploin, thinly sliced and topped with, caramelized onions, Swiss cheese, served on French baguette, alongside a savory onion jus for dipping.

#### Culinary Management Program

This 12-month fast-track program prepares students for the dynamic and growing food industry as a chef or culinary manager. Students will experience all facets of the food industry where food trends and dining culture are constantly evolving. Program curriculum reflects the demanding knowledge and skills required of a successful chef who must constantly adapt to all industry standards regardless of the enterprise.

The program emphasizes the importance of operating a fiscally responsible food business through the application of business principles and costing control practices. Technology and mobile applications are integrated into business operations with emphasis on the development of marketing and promotional strategies.

The supportive learning environment provides more one-on-one discussion and allows flexibility adapting curriculum to the needs of the student. There are plenty of opportunities for students to receive authentic culinary exposure to hone their skills and enhance their understanding of the operations of the culinary industry while within the program.

#### Canadian Culinary Operations Program

Introduce yourself to the traditional and unique practices of Canadian inspired culinary dishes with this two-year program. Experience the ever-evolving world of the Canadian food industry trends and dining culture by introducing sustainable practices as it applies to purchasing and preparing local foods in various Canadian environments.

Students work in accordance with relevant industry, organization and legal standards and regulations, as well as Canadian industry best practices for health, safety, sanitation, quality assurance and customer service. The professional focus and high standards of the Canadian Culinary Operations program serves graduates well when it comes time to begin their careers. Program graduates may perform effectively as members of food and beverage service teams in Canadian establishments.

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From Christmas Dinner 2024



Great News!!!! Retirees can now view the Lambton College Website page for Retirees.

Took a bit to get this to happen, but thank you I.T. Dept. for getting us back in connection with this information. It's not all updated yet, but have a look anyways.

[https://www.mylambton.ca/college\\_information/retiree](https://www.mylambton.ca/college_information/retiree)

The Alumni Association at the College has a partnership with Sport Chek. There are offers for significant discounts, up to 70% off, for one specified week each year. This offer is being extended to the Lambton College Retirees' Club. Please contact Krystyna Kahnert in the Alumni Association or email: [krystyna.kahnert@lambtoncollege.ca](mailto:krystyna.kahnert@lambtoncollege.ca) to receive more information on how and when to participate if interested.

Ontario Colleges Retirees' Association (OCRA) is the larger group that College Retirees can access for information on all aspects of retirement. You can become a member of OCRA for \$ 10.00 per year.

Ontario Colleges Retirees' Association, Unit 104, 20 Dean Park Road, Toronto, ON M1B 3G9

Here is the website link: <https://ocraretirees.ca/for-members/member-associations>

### **Other items that might be of interest.**

Good Times magazine <https://goodtimes.ca/>

Snowbirds Information <https://www.snowbirds.org/>

Canadian Association of Retired People <https://www.carp.ca/>

The Lambton College Retirees' Club is interested in hearing from the members on what activities, events, tours, places to eat or socialize we could look into for future fun.

Email - Kathi Vandenheuvel - [brigden@outlook.com](mailto:brigden@outlook.com)