

March – April 2024

Issue No. 127

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Established 1998

Well, the year is MARCHing along!!

Hello April and your showers.

Welcome Spring or a repeat of Winter.

Nice weather will be appreciated when it comes.

Capstones Bistro Lunch – Lambton College Event Centre

Friday April 12th at 12 noon

Set menu: \$15 per person plus tax and gratuity = \$20 inclusive

Non alcoholic Punch on arrival at Noon. 12:15 lunch service.

Choice of soup or salad: Beef Vegetable Soup or Tossed greens in House Vinaigrette

Group Entree:

Pork Medallions with peppercorn sauce, parmesan mashed potatoes and ratatouille

Pre-ordered:

Vegetarian option: Polenta with chickpeas, tomatoes, cilantro and ratatouille

Coffee/Tea /decaf

RSVP by April 9, 2024 to Alma Brown at 519-336-9108 or Mel Sparks at 519-344-2931



Marion McPhee passed away in February 2024.

Marion worked in Student Services and had a wonderful personality.

If you have a memory of Marion you would like to share, please email it to brigden@outlook.com to include in future newsletters.

Norma West Linder: a Celebration of Life



Saturday, June 15, 2024

Sarnia Golf & Curling Club
500 Errol Road West
Point Edward, Ontario
N7V 1X7

This newsletter is a platform for memories of the times gone by of being a part of the College community.

Let's gather them up. 60th Anniversary will be here before we know it!!

Reminder:

Please send your cheque for \$10.00, (the LCRC membership) or \$20.00, which would also include your annual membership with the Ontario Colleges Retirees Association.

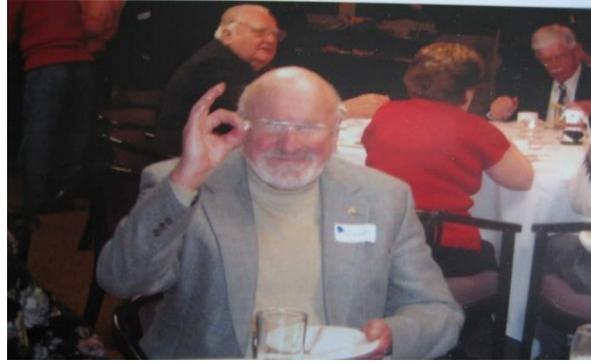
Please mail to

Lambton College Retirees' Club - Cathy Bull 1150 Fairlane Ave., Sarnia, ON N7S 3K1

OR "e transfer" your dues to Mel Sparks at patmelsparks@gmail.com

The following is an account of Geoff Lane's military service.

***This is the eighth
in a series devoted to
THOSE WHO SERVED –
and their stories***



Geoff was a former editor of the Sarnia Observer. He came to the college and started up the Radio, Arts & Journalism (RTJ) Program. Geoff was one of the founders of the Retirees Club and thus conceived our Common Thread Newsletter.

Keeping the Peace –

After surviving the war and getting bombed out in 1940, I was conscripted, trained and posted to Egypt and Palestine with British Army Field Security.

This was at a time when the British were charged by the League of Nations with keeping the peace between the Arab insurgents and Jewish armed force, the Haganah. In addition, there were the terrorists, the Irgun Zvi Leumi and Stern Gang, whose members strove to hasten the end to the British Mandate.

I served mostly in Haifa and helped monitor the constant arrival of Jewish emigrants from war-torn Europe, many of whom were sent back to British internment camps in Cyprus. Full-scale war erupted in early 1947. Haifa and Jerusalem were hard hit with bombings occurring almost daily.

By mid-May it was all over and the new State of Israel was proclaimed by Ben-Gurion and the defeated Arabs were sent to refugee camps mostly in Lebanon and Syria where they were to remain for decades.

By June I returned to Egypt, Suez and then to Mombasa, Kenya and to Nairobi. Even in East Africa there was trouble. The agitation was against the British by those who sought independence and gave rise to the Mau Mau uprising.

By mid-1947 I was moved to Mogadishu in what was formerly Italian Somaliland. Today the capital ranks as one of the most dangerous places on earth but then it was rather a pleasant place thanks to the Italian influence. We were fortunate as we were housed in a civilian bungalow close to the Indian Ocean's white sands.

Several times I was dispatched by convoy to Hargeisa in British Somaliland, a distance of 600 miles, over some of the worst roads (tracks?) imaginable.

The journey(s) - as I did it several times - took a week...and even longer to get to Berbera on the Gulf of Aden when the temperature was regularly over 110F.

Looking back, it was a great adventure in the tradition of the Boys' Own Paper, complete with mechanical breakdowns, bandits, utter desolation and occasional wildlife. However, it was also an education.

Many servicemen retained negative memories of national service. With me it was almost all positive and, what's more, they gave me a medal, the Palestine Star.

Geoff Lane



Poster from

Seniors in Canada Facebook page

For more info, please visit:

<https://ow.ly/v6ak50QKJnP>

Tax Tips for 2023 Tax Year

Government Assistance

The Covid-19 Pandemic impacted all our lives including the financial aspect. Government Assistance was awarded to some in varying degrees. I'm not sure if we will receive a T4 stating that that money was taxable but be prepared that you may.

Income Splitting:

You may split your registered pension income with the spouse having the lower income

Charitable Donations:

The federal charitable donation tax credit is 15% on the first \$200. of

eligible donations. The tax credit is 29% on any donations in excess of \$200. Record donations on the spouse having the higher income. You may want to defer claiming this credit if your donations total less than \$200. You can carry eligible donations forward for up to 5 years.

Medical Expenses:

An individual may claim a credit for any non-reimbursed (out of pocket) eligible medical expenses. This includes any costs not covered by SunLife. Receipts must support expenses claimed for ANY twelve-month period ending in the taxation year. Record expenses on the spouse having the lower income.

- Premiums paid to a private health care company for medical, dental, extended health
- Kilometres traveled for medical purposes in excess of 40 kilometres to and from your home. If you are required to travel more than 80 kilometres for medical purposes when services are not available in your area - meals, accommodation, and parking fees are also eligible expenses.
- Medication when prescribed by a registered physician or dentist and dispensed and recorded by a qualified pharmacist.

Disability Tax Credit:

If taxable, this credit will save about \$ 1,400.00. As we age more things seem to go wrong mobility issues, problems related to eyesight, hearing, speaking, this credit may be of assistance. The form must be completed by a qualified practitioner - Medical Doctor, Optometrist. This form is detailed and quite time consuming.

Capital Gains:

If you are fortunate enough to have a Capital Gain, only 1/2 of the Gain is Taxable.

Can you believe this is what the Bridge Entrance looks like now?!!!



OCRA Ontario Colleges Retirees' Association

Greetings:

My name is Douglas Willford and I am the Liaison Co-ordinator for the Ontario Colleges Retirees' Association (OCRA) <https://ocraretirees.ca/>.

One of OCRA's priorities is to keep in touch with Ontario college retirees' associations.

Currently, we maintain a "Member Association" page on our website at <https://ocraretirees.ca/for-members/member-associations/>. In addition, some of our Board members are connected to a number of college retirees' associations. We would like to continue to strengthen our connection so at a recent OCRA Board meeting, it was suggested that I contact all college retirees' associations and request to receive copies of association newsletters or bulletins. The Board felt that such communications would be a good resource for keeping Board members aware of any happenings. Please be assured that this information would be shared no further than OCRA Board members.

Also please be advised that the annual OCRA GM is being held June 26th at Niagara College. Information will be sent out in May.

If you have any questions, please do not hesitate to contact me, dwillford@cogeco.ca.

Thanking you in advance,
Douglas Willford, OCRA Liaison Co-Ordinator

F.Y.I please find attached a copy of our new OCRA brochure and a paper "Why OCRA"
If you would like a copy of these documents, please email brigden@outlook.com and I will forward them to you.

Your Executive:

**Alma Brown, Cathy Bull, Terry Cameron, Mary Leckie, Karen McClughan, Pat O'Connor, Gerry Page, Mel Sparks,
Kathi Vandenneuvel, Ursula Westelaken, Ray Wreford**