



Fall 2015

PRESIDENT'S MESSAGE



September marks the beginning of a new year for the executive of the UGRA and for our activities. It also marks the start of my year as President of our organisation and I am looking forward to continuing to work with you and for you in my new position.

I would like to begin by thanking Janet Kaufman who has served for two years as President of UGRA and especially for agreeing to do a second year as President when we were unable to find someone to succeed her after her first year. She has made a great contribution to the running of the UGRA and to expanding our links within the university and with other organisations. She will continue to serve us as Past President and I know I can rely on her calm advice to help steer me through my term. I would also like to thank Kent Percival for agreeing to become Vice-President – thus ensuring that I will not have to go beyond my year as President! Other continuing members of the executive are our treasurer Cathy Ralston, Doug Badger who takes on the role of representing retirees on the Board of Governors Pensions Committee, and John van Esch who has also been active on the pension front. They are joined by newly elected members Jamie Snell, who has agreed to take over as Editor of our newsletter, Thom Herrmann, Peter Kevan, Judy O'Donnell, Frances Sharom and Janis Randall-Simpson. Finally, I would like to thank those members of the executive who

left us at the end of the past year for their efforts on behalf of the UGRA. These are: Clive Southey; Susan Evers, who has made an enormous contribution as editor of the Newsletter for nearly three years; Dana Paramskas, who has been in charge of membership and the web, with our web master Bob Creedy, for many years and will continue to look after this for us this year; and Dave Swayne who has served as President and Past-President and has also been very active in organising our forums. Dave has now been elected as Vice-President for the College and University Retirees Association of Canada (CURAC) and will continue to keep us informed of issues that will be of interest to our members.

UGRA as an organisation represents all retirees from the University of Guelph no matter what position you had and what union or association you were represented by before you retired. The initiative for our formation grew out of unhappiness with aspects of our pension and, while some of the original issues have been addressed, pensions and benefits continue to be one of our priorities. We have a representative on the Board of Governors Pension Committee and this does provide us with a direct avenue for putting forward our perspective on pension issues and ensures that we have continued information on issues affecting our pension plans. We also continue to monitor other matters related to pensions and benefits that may have an impact on us (see the report on the panel discussion at our AGM last June for more information on this). Our members also includes people who retired from the university and took the commuted value of their pension. Because of this they are not on the official list of retirees kept by the University and do not receive the hard copy of our newsletter which is mailed out by the university. However, we welcome them to join the association, to participate in all of our activities, and they can of course receive the electronic version of our newsletters.

Robin Davidson-Arnott, President, UGRA

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Editor:

www.ugra.ca

UGRA

Report on AGM

The UGRA held its 2015 annual general meeting on June 18 at the Arboretum. President Janet Kaufman reported that the UGRA Scholarship endowment continues to grow and has now reached about \$15,000. She thanked all who have donated to the fund. Janet also thanked members of the 2014-15 executive for their work on behalf of the Association.

Treasurer Cathy Ralston reported total revenues of \$9,158 and expenditures of \$9,594 for 2014/15, which resulted in a deficit of \$436. This can be attributed primarily to a decrease in the number of members making a voluntary contribution. She noted that the suggested voluntary contribution to the association was currently \$20 and had been the same for more than a decade. Following this the meeting approved a motion to increase this suggested donation to \$25:00 to help reduce the deficit in coming years. There are a number of other initiatives planned for the coming year to address this issue.

The meeting approved the election of the executive for the 2015/15 year. They are: Robin Davidson-Arnott (President), Kent Percival (Vice-President), Janet Kaufman (Past-President), Cathy Ralston (Treasurer), Doug Badger (Representative on the Pension Committee), James Snell (Newsletter Editor), John Van Esch, Thom Herrmann, Peter Kevan, Judy O'Donnell, Frances Sharom and Janis Randall-Simpson. Draft minutes of the meeting are posted on the UGRA web site.

Following the AGM there was a panel discussion with Alex Mckinnon representing the United Steel Workers, Wendy Morley representing the USW Local at the University of Guelph, and Scott Gillies, representing the University of Guelph Faculty Association. Robin Davidson-Arnott acted as the moderator. The panel addressed three main issues. The first was whether there should be greater contact between the unions representing current employees and

retirees in the UGRA. There seemed to be general agreement that no formal representation of the UGRA was necessary but that greater contact would be useful, especially for making current employees more aware of issues that might arise when they began to plan for retirement and for informing the bargaining teams of the unions. The second issue addressed was the question of the inadequacy of our current cost of living arrangement for pensions. The panel seemed to be aware of this but the message that came across was that the pension contributions of their members had been raised significantly in the past few years to help address the shortfall in the pension plans and that it was unlikely that they would want to bargain to improve pension indexation if it meant an increase in contributions, and even less likely that they would want to extend this to people who were already retired (which is understandable). It is also evident that with pensions now firmly part of the bargaining process it is no longer possible for the University to give retirees an ad hoc pension adjustment as happened many years ago.

The final issue dealt with ongoing discussion with other universities in Ontario about the possibility of forming a Jointly sponsored Pension Plan (JSPP). Discussions are still ongoing and it is a complex process with many possible outcomes. The panelists seemed to think that it was unlikely that anything would change for retirees in terms of their pensions except that they would be paid from a different pool. The UGRA will continue to monitor development on this front.

The panelists provided a very lively and interesting discussion with lots of insights into the pension situation on and off campus and were very frank about the potential for any improvements to our pensions. While what they said was ultimately disappointing to us, I think that everyone who participated felt that it had been a very positive event.

Robin Davidson-Arnott

Accolades

U of G named one University Professor Emeritus at June convocation. This designation is bestowed on retired faculty who continue their scholarly association with the University. The prime criterion for nomination is sustained outstanding scholarship of such a level that it is recognized internationally. Congratulations to **J. Christopher Hall**, School of Environmental Sciences.

The Medal of Merit is awarded to a professor who has retired from the University of Guelph, and who has made outstanding contributions to teaching, the functioning of the university, or other areas which have resulted in substantial improvement to the academic life and character of the university. At June convocation, the medal was awarded to **Ian Duncan**, OAC. Congratulations!

Our congratulations to **Lynn McDonald**, CSAHS, who was appointed to the Order of Canada on 1 July.



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CURAC Report

From May 28 to May 30, 2014, the McMaster University Retirees Association and the Retirees Association of Mohawk College hosted the College and University Retiree Associations of Canada [CURAC] annual general meeting. Details of the conference are posted on the CURAC web site at <http://www.CURAC.ca>.

There were several presentations, all valuable and interesting. CURAC makes representations on behalf of retirees on many issues of interest, such as health transfers to the provinces from the federal government, and the national pension program. It also shares information from associations across the country on provincial issues such as pension stability, health care and sustainability of pensioners' health benefits.

The theme of the presentations was "Best Practices". McMaster, by virtue of its professional schools associated with the

medical profession, has several excellent research projects of significant interest to retirees. Sue Becker, an engineer, described a multidisciplinary project developing a "smart" hearing aid which does a creditable job of replacing natural hearing. Brenda Vrkljan gave an in-depth analysis of McMaster research in changing perceptions about older drivers. Dr. Ellen Ryan, a professor emerita in gerontology, gave a sometimes emotional presentation on "fostering resilient aging through social participation". Byron G. Spencer is an economist specializing in (among other topics) the impacts of the aging of Canada's work force. He illustrated some effects of this phenomenon. Professor Mark Oremus outlined the McMaster Optimal Aging Initiative (MOAI), aiming to bring information and web resources to aging populations. The conference delegates were both entertained and informed by Sharron Johnston, a retiree from the Departments of Psychiatry and Neurosciences, on the power of humour as a coping skill in



difficult circumstances. My presentation on the UGRA's 'best practices' focused on the Fall and Spring Forums as a way of providing information of interest to retirees.

This is time well spent on an organization worthy of ongoing support. Both the University of Guelph and UGRA made contributions at the "bronze" level to cover the expenses of the meeting.

David Swayne
UGRA Representative

UGRA Fall Forum 2015

Date/Time:
Thursday, Nov. 5, 2015,
2 to 4 p.m.

Place:
Arboretum Centre,
University of Guelph

Topic:
Shifting Gears: Changing
Perspectives About Older Drivers in
Canada

the privilege of holding a driver's license. Join us on Thursday Nov. 5 for our Fall Forum to learn about some cutting-edge research on this topic. Brenda Vrkljan, PhD, Associate Professor, McMaster University, will discuss her involvement as the lead investigator of the McMaster-Candrive team investigating this topic.

Her research team is an initiative funded by the Canadian Institutes for Health Research (CIHR)-funded project (<http://www.candrive.ca/>).

Over the past five years, the Candrive cohort study has been tracking the health and driving patterns of over 1000 drivers aged 70 or older at sites across Canada as well as a site in each of Australia and New Zealand.

Along with Dr. Vrkljan's talk, we are planning to hear from a representative of local law enforcement, outlining current practices and procedures in place as we age.

There is no fee for this event, but we will have a table set up to receive membership contributions. Refreshments will be served.

I.U.T.S.

The Vincent Greene Philatelic Research Foundation and the Philatelic Specialists Society have established a Study Group to research and document the history and use of postal labels and handstamps of the private IUTS courier system since its inception in September, 1967.

We need data about the periods of use of various postal labels and handstamps, used on items carried by the courier system between university and government libraries in Ontario and elsewhere (see examples above). Dated covers and enclosures can help us establish details of the use of these labels and markings. We wish to see, purchase or examine copies of such materials. If you have any relevant items, please contact the Foundation at:

library@greenefoundation.ca subject: IUTS OR

Chair IUTS Study Group at:
barry@millbar.com

UGRA

Fall 2015

Annual Retirees' Social

Dr. Franco Vaccarino, University of Guelph's President, hosted his annual tea gathering with UGRA members on Thursday, September 3 at the University Club. As well as mingling with the members there (about 100), he gave a short talk. He mentioned that the very first social event he attended last year after coming into office was this event with UGRA, of which he had warm memories as a splendid start to his mandate: a great year, a year of renewal, marking as it did the 50th anniversary of the University and the start of a renewal for the next 50 years with the theme of "what can we build on in innovative ways." He invited the retirees to participate in the renewal by providing input and suggestions.

Dr. Vaccarino introduced his Executive team, pointing out that the "veteran" in the group came on board in 2011 so that the team was fresh and eager to work towards the future. He thanked the retirees for their past participation in the University community saying they played a vital, critical role in terms of bridging the past and the present; he strongly encouraged them to stay connected.

Robin Davidson-Arnott, the President of UGRA, responded by acknowledging some of the major contributions the University has offered to UGRA, among which are



hosting of its website, the publication and mailing of the Newsletter, and paying for the monthly meeting room at the Arboretum. He also reinforced the idea of the importance of retirees in the University community, especially by being "ambassadors" to faculty due to retire in the future, keeping in touch with their old schools and faculties through attendance at university events and personal contacts. He reminded everyone of the importance of UGRA's scholarship program: it is currently funded out of regular budget lines, but needs to be endowed so that it generates its own funds, and is not a yearly drain on the working budget. UGRA and Alumni Affairs are working together on this project, with a particular effort this coming year.

Dana Paramskas



75 YEARS
United Way
Guelph Wellington
Dufferin

U of G's United Way Campaign kicked off Sept. 24, with a goal of \$607,500, in support of their 75th anniversary. The University community is one of the biggest supporters of United Way Guelph Wellington Dufferin with U of G retirees contributing over \$58,000 in 2014. Contributions to the United Way stay in the community and support over 95 local programs and services. Needs are growing. United Way funded agencies continually share that in a lot of cases, this funding keeps their doors open.

Accessing long-term funding from United Way means that they can spend their valuable time with people in our community who need it.

Please consider making a donation. Most retirees receive a pledge form in the mail, which can be used to donate directly with a deduction from your monthly pension payment. Pledge forms can also be downloaded from the University's campaign website at www.uoguelph.ca/unitedway. Local volunteers thoroughly review programs to ensure they are meeting their goals. That means you can be sure your United Way donation is working hard where it is needed most.

Janet Kaufman

*Retiree representative on the U of G UW
Campaign Steering Committee*

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Passings

Iris Andrews	March 3, 2015
Ross Bradshaw	April 7, 2015
David W. McKinney	April 9, 2015
Mary Csaba	April 16, 2015
Jayanti Majithia	April 25, 2015
Helen Charlton	May 2, 2015
Claude Morris	May 4, 2015
Judith Rider	May 15, 2015
Peter Schmidt	June 20, 2015
Roderick (Garry) Davidson	July 11, 2015
Joan Dodd	June 29, 2015
Margaret Bridge	July 20, 2015
Nicholas Westwood	July 28, 2015



Third Age Learning - Fall, 2015

Arboretum Centre

10 A.M. Understanding India

16 Sept.	<i>The Making of Modern India: Indian Nationalism and the Modern State</i> Jesse Palsetia, University of Guelph
23 Sept.	<i>The Triumph and Tragedy of India's Partition in 1947</i> Mariam Mufti, University of Waterloo
30 Sept.	<i>India's Quest for Great Power Status</i> Arthur Rubinoff, University of Toronto
7 Oct.	<i>Doing Business in India</i> Gary Comerford, Canada/India Business Council
14 Oct.	<i>Daughters and Gender Transformation in India</i> Sharada Srinivasan, University of Guelph
21 Oct.	<i>Fueling India's Urban Boom</i> Craig Johnson, University of Guelph
28 Oct.	<i>Indian Politics Today</i> Ashk Kapur, University of Waterloo
4 Nov.	<i>Will India Be MODified?</i> Peter Sutherland, Canadian High Commissioner to India, 2000-3

1:30 P.M. The Hymn Brain and its Many Dimensions

16 Sept.	<i>What's in a Brain?</i> Britt Anderson, University of Waterloo
23 Sept.	<i>A Personal Journey into the World of the Brain</i> Barbara Arrowsmith-Young, Author
30 Sept.	<i>Food Addiction: A Brain Disease?</i> Francesco Leri, University of Guelph
7 Oct.	<i>The Aging Brain: What Can We Learn from Parkinson's</i> Quincy Almeida, Wilfrid Laurier University
14 Oct.	<i>Music and the Brain</i> Jessica Grahm, Western University
21 Oct.	<i>Brain Size in the Context of "Specism", Racism and Sexism</i> Michael Peters, University of Guelph
28 Oct.	<i>What Happens to Our Brains as We Age?</i> Myra Fernandes, University of Waterloo
4 Nov.	<i>Sex and the Brain</i> Melissa Holmes, University of Toronto

NOTE: These are the speakers confirmed at the time the newsletter was printed. For the final list of lecture topics and information on fees, visit the Third Age Learning website at www.thirdagelearningguelph.ca.

Recent Retirees

April 1 2015

Terry McGarry Physical Resources

May 1 2015

Alberto Aguilera Plant Agriculture
Margaret Auchterlonie Revenue Control
Barbara Cardow Student Life & Counselling Services
Catherine Desantis OVC HSC
Brenda Driscoll Physical Resources
Carolyn Anne Larkin LSD - Analytical Biology
Nadine Anne Ryan LSD - Executive Office
Debra Ann Simpson Kemptville
William Williamson Hospitality Services
Asma Ziauddin Environmental Biology

June 1 2015

Sharon Anthony Academic Programs
Gordon Harold Black Kemptville
Daniel Clost Kemptville
Robert W. Dowd Kemptville
Patricia Goodman Kemptville
Michael Hall School of Fine Art & Music
Marie-Claire Howard Alfred
Monique Mark Kemptville
Paul Herbert Sharpe Kemptville
Peter Stanisci Kemptville
Heather Lynne Stewart Kemptville
Linda Sudds Kemptville
Nicole Tessier Alfred
Pat Weir LSD - Animal Health Lab

July 1 2015

Paul Cook Physical Resources
Pamela Dickie OVC HSC
Anna Gallina Environmental Design & Rural Development
Christine Taub AVP Agrifood
Lilla Trone OAC Dean's Office

August 1 2015

David Atkinson Physics
Phyllis Few LSD - Business Ops
Wendy Johnson School of Fine Art & Music
Lois Lamble Economics & Finance
John Liddle Student Housing Services
Philip McEwen Ridgetown
Marisa Phillips Admissions
Peter Physick-Sheard Population Medicine
Valerie Robertson NMR Centre
Bradley Rogers OMAFRA Research Stations
Elaine Smith Clinical Studies
Rudolf Waelchli Biomedical Sciences

U of G Alumni Travel Program Fall 2015

The University of Guelph Alumni Travel Program offers incredible destinations and once-in-a-lifetime experiences for alumni, faculty, staff, retirees and friends of the University.

If you like to cruise, we have a unique opportunity with Oceania Cruises for a Trans-Atlantic Crossing from New York to Lisbon, Portugal, May 14-28, 2016. Special two-for-one pricing is available until September 30, and airfare from major Canadian and U.S. cities is included in the price. You will sail on the *Marina*, a luxury mid-size ship that holds 1,250 passengers. It offers six gourmet restaurants, a staff-to-guest ratio of 1 to 1.57, a cooking school, spa and an artist's loft featuring hands-on instruction from artists-in-residence.

For history buffs, we are offering a Celtic Lands Cruise on the five-star M.S. *Le Boreal*, May 31-June 9, 2016. The ship

has 110 suites and staterooms and will sail to France, Ireland, Wales and Scotland. This trip features special guest speakers Dwight David Eisenhower II (grandson of President Dwight Eisenhower) and Lord Charles Spencer-Churchill (cousin of Sir Winston Churchill). Ports of call include Normandy, Juno Beach, Dublin, Wales, the Isle of Skye, Mallaig (where you board the Jacobite Steam Train aka the

Hogwarts Express, for a trip through the Scottish Highlands) and finally, Glasgow. Special pricing is available if you book before November 3, 2015.

Please visit our website for more details and information on how to take part in the program. Visit www.alumni.uoguelph.ca/travel or e-mail travel@uoguelph.ca if you have questions.

Abbey on the Island of Iona



UGRA Spring Forum 2015

Professor Becker gave an informative talk on “Neurally inspired model-based treatments for hearing loss and tinnitus” based on her research and those of several graduate students. She began by giving an overview of the problem of hearing loss 6

which affects about 10% of the population in North America but with a much higher proportion in those over 65. Tinnitus, which is primarily associated with hearing loss, can be quite debilitating and affects about a quarter of the population over 65. She gave a quick overview of conductive hearing loss which affects the passage of sound from the eardrum to the inner ear and hearing loss due to the damage to hair cells in the inner and outer cochlea caused by ageing and noise trauma. The latter affects selective frequencies and can cause loss of sound in some frequencies but also affects the natural ability to ‘tune out’ loudness in some frequencies. While hearing aids can be adjusted to compensate for hearing loss in selected frequencies there are a number of complexities or non-linearities that

reduce the effectiveness of current hearing aids. Her work has been to devise a neural compensator model that can do a much better job of defining the complete spectrum of hearing loss and thus restores a near-optimal electrical signal from the auditory nerve to the brain. It is more difficult to administer and takes a lot longer than standard audio testing but has the potential to greatly improve the operation of hearing aids in the future. Since many of us are already using hearing aids and more of us will do so in the future, this is heartening news!

Professor Becker ended her talk with a description of one application of her work on the neural compensator with one of her graduate students, Michael Chrostowski, that has the potential to improve the outcome for people suffering from Tinnitus. It seems that this is almost always associated with acute hearing loss in one area which leads to some of the auditory nerves firing for any sound that they pick up. Clinical tests are now being conducted to determine if it is possible to provide a sound therapy that is customized

for each individual.

Diane Montgomery, our second speaker, is a 1997 graduate of the University of Guelph and her father, Keith Slater, is a Professor Emeritus in the School of Engineering. When her father was diagnosed with ALS she and her family decided to take responsibility for caring for him in his own home – effectively setting up a long-term care facility in the house. As they developed expertise in the field they were able to found Action Mobility and to build on their own personal experience to help their customers. Diane reviewed the range of mobility equipment that is available pointing out what might be covered by CCAC or other agencies. In addition to her slides showing examples of some of the aids, she brought with her a representative number of them to demonstrate. It was an informative session, especially for many of us who are dealing with parents with these issues or ones of our own.

Robin Davidson-Arnott

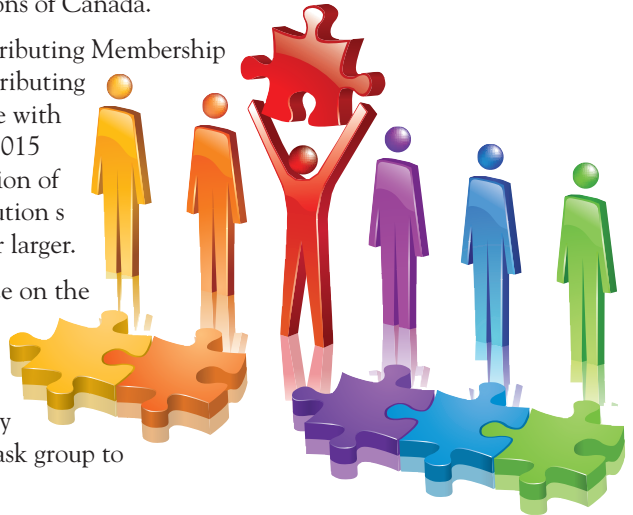


Be a Contributing Member of the UGRA (2015-2016)

All retirees are automatically members of the University of Guelph Retirees Association, but our capacity to operate effectively on behalf of retirees depends on members volunteering to become contributing members. This money covers the cost of the newsletter and meeting room rentals for the AGM and the spring and fall forums. It also enables the UGRA to send a representative to the annual meeting of College and University Retiree Associations of Canada.

Please use the attached Contributing Membership Form to send with your Contributing Membership payment. In line with the resolution passed at the 2015 AGM we suggest a contribution of \$25 but we welcome contributions of any size whether smaller or larger.

We have also provided a place on the form for those who might wish to contribute more actively to the UGRA by serving on the executive or by working on a committee or task group to carry out short-term projects.



University of Guelph Retirees Association Contributing Membership (2015-2016) and Scholarship Contributing Form

☐ **YES!** I want to help promote the welfare of retirees and to foster a mutually beneficial relationship between retirees and the University by contributing to the UGRA's administrative costs.

My contribution is \$.....

Name Date.....

Address

City/Province Postal Code.....

Email..... Phone.....

(Note that the email address will be used for UGRA communications only.)

Please make cheque payable to the University of Guelph Retirees Association.

Mail this form with your cheque to:

University of Guelph Retirees Association • PO Box 48-4916 • University of Guelph • Guelph Ontario, N1G 2W1

Volunteer! UGRA is a voluntary organisation and we are always looking for people to help — would you like to receive more information about serving on the Executive of the UGRA or on one of its committees?:

YES NO MAYBE LATER (Please Circle One)

Electronic Payment

Instead of mailing in a cheque you can now make a secure donation to UGRA electronically using PayPal and your credit card on our web page at: <http://www.ugra.ca>



UGRA

Fall 2015

Remembrance Day Service



*Wednesday, November 11, 2015
10:30 a.m.*

*War Memorial Hall
University of Guelph*

The UGRA Executive Committee Needs Feedback

The UGRA Executive Committee acts on behalf of the interests of University of Guelph retirees. Without input from our members, we operate partly in a vacuum where we try to imagine what retirees see as important issues and concerns. To do our job well, we could use more information, so please take the opportunity to let us know what's on your mind.

By Email:
president@ugra.ca

Via the 'Contact Us' tab on the website:
www.ugra.ca

By Phone:
519-824-4120 x52197. This is phone mail only, so please leave a message with your name and phone number.

By Letter:
University of Guelph
Retirees Association
P.O. Box 48-4916
University of Guelph
Guelph, ON N1G 2W1

PUBLICATIONS MAIL AGREEMENT NO. 40064673

RETURN UNDELIVERABLE CANADIAN ADDRESSES TO: ITEMS TO
UNIVERSITY OF GUELPH RETIREES' ASSOCIATION
P.O. BOX 4916
UNIVERSITY OF GUELPH
GUELPH, ONTARIO
CANADA N1G 2W1

