

PRESIDENT'S MESSAGE



The arrival of a new year is typically a time when we look forward, but it's also a time to look back.

Looking forward, 2014 is a special year for the University of Guelph — its 50th anniversary as an official university — and there will be numerous events to celebrate this milestone. Looking back, the contributions of those now retired to the development and growth of the University over the past 50 years are considerable. If you're interested in taking a walk down memory lane to remind yourself about some of them, I recommend a visit to the Guelph Civic Museum to view the exhibit "University of Guelph: 50 Years of Building a Better Planet." Curated by U of G students, it highlights some of the University's most important contributions locally and beyond.

Elsewhere in this issue of the newsletter, you can read about the importance of retirees to the success of the 2013 United Way campaign and about the UGRA Fall Forum. Instead of our usual Spring Forum, the UGRA is hosting a presentation and reception to recognize the University's seventh and longest-serving

president, Alastair Summerlee. He has been invited to share some of the fun and not-so-fun aspects of being a university president, the most significant changes at Guelph during his tenure, his hopes for the future of U of G and his post-presidential plans. We hope many of you will join us to wish the president well as he prepares to step down from his post. Details about the reception appear on page 4 of the newsletter.

While you're getting your calendar out to make note of the reception, also mark June 21 and plan to join U of G retirees on Alumni Weekend for coffee and a tour of the Hill's Pet Nutrition Primary Healthcare Centre, a veterinary clinic and educational facility at OVC.

As past issues of the UGRA newsletter have noted, we depend on voluntary contributions from our members to produce this publication, to rent rooms for our events, to maintain our scholarship and our website, and to send a UGRA member to the annual College and University Retiree Associations of Canada conference. All retirees automatically become members of the UGRA, and many of you make a voluntary contribution of \$20 or more annually. We thank everyone who has made a contribution for 2013/14, particularly those who have continued to contribute following the death of a retired spouse or partner. If you have not made a contribution yet and wish to do so, please send us a cheque along with the contributing membership form that appears elsewhere in the newsletter.

We would like to be able to send you timely reminders about our events, and to do so, we need your current email address. We will use it for UGRA communications only. If you'd like to receive our email notifications, please send us your address by using the "Contact Us" link at www.ugra.ca/contact.shtml.

Janet Kaufman, President, UGRA

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Editor: Susan Evers

www.ugra.ca

UGRA

Pension Update

I thought it might be useful to begin this report by outlining the role the UGRA plays with respect to retirees of all three U of G pension plans — the professional plan, the retirement plan and the non-professional plan. Most current and retired members belong to the first two plans. The third plan is closed and has about 100 members, of whom fewer than a dozen are still active.

The University is the administrator of the plans under the Pensions and Benefits Act, and the Board of Governors has ultimate oversight over this. The Pensions Committee is a permanent committee of B of G that provides advice and recommendations to the board on a range of matters such as the governance structure of the plans, the appointment of an actuary for the plans, investment policies and the financial state of the plans.

Funds for the three plans are pooled for investment purposes. The broad investment strategy is determined by B of G with advice from the Pensions Committee. Actual management of the funds is carried out by a number of companies under the oversight of the Board of Trustees' Investment Management Committee, which acts as a subcommittee of the Pensions Committee and reports to it periodically throughout the year. This arrangement is a bit unusual, but it seems to work well.

The Pensions Committee consists of five non-plan members appointed by B of G, two members of the professional pension plan, two members of the retirement pension plan and one retiree who is a member of either the professional or the retirement pension plan and who is nominated by the UGRA. I was named the UGRA representative in September 2012, succeeding Dale Lockie.

The role of the UGRA member of the Pensions Committee is an important one in terms of overall governance of the plan, and having a representative on the committee provides us with some knowledge of the financial state of the plans and insight into factors that may have an impact on it. Although the University is ultimately responsible for



seeing that our pensions are paid, it is obviously much better for all of us if the plans are financially sound and do not need to be bailed out by the University.


The UGRA has in the past lobbied strongly for improvements to our pensions related to cost of living, either through a one-time ad hoc adjustment or through a permanent change to this arrangement, which might be made retroactive to include us. Because of conflict of interest, this is not a role played by the UGRA representative on the Pensions Committee, although obviously I can comment on this. As you might expect from the financial news on pensions generally, and specifically from the state of our own pension funds reported below, I think there is little likelihood that the pension plans will be in a sufficiently positive state in the next few years for anyone to contemplate an ad hoc cost-of-living adjustment. At this time, therefore, it would seem to be more important for

the UGRA to focus on other matters of concern to retirees.


This year, the Pensions Committee is largely focused on preparations for filing a valuation of the plans, which is normally required every three years. The going-concern valuation measures the financial status of the plan assuming that it continues to operate over the long term and that any deficiency should be made up over 15 years. The wind-up valuation measures the financial status if the plan had been wound up on the valuation day. In this round, our valuation day was Aug. 31, 2013, and we have 12 months to complete the valuation and file the report. There is still a lot of negotiation between Guelph and the provincial government with regard to wind-up solvency as part of the solvency relief for broader public-sector plans, so I won't comment on that.

It will be several months before the valuation process is completed, and I will report at that time on the results related to the going-concern valuation. In the last valuation three years ago, the two plans had a combined deficiency of about \$45 million. Despite increases to contributions from current employees and relatively strong returns on investments, it appears that the going-concern deficit will be larger this time. Although the deficiency is not yet a cause for alarm, it is something the Pensions Committee will be addressing at future meetings to ensure that steps are taken to address this.

Robin Davidson-Arnott



conversat
reviving a Guelph tradition



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50
CHANGING LIVES
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As a part of Guelph's 50th anniversary celebrations the University will bring back the Conversat. This community-wide event on Saturday, June 21, 2014 will be a gala evening featuring Guelph's signature approach to spectacular food and extraordinary entertainment. Conversat 2014 will feature an elegant three-course dinner under a marquee on Johnston Green, six uniquely themed party venues across campus and a midnight champagne buffet with fireworks.

Visit <http://bit.ly/conversat> for more information

Falls a Major Risk for Older Adults

As we age, we need to pay particular attention to how we move as we go about our daily lives. Seniors are at greater risk of falling because of poorer balance, reduced mobility, weaker bones and declines in our perception of our surroundings. Falls are the leading cause of injury among older adults, and if a fall results in hospitalization, we may encounter further threats from various infections.

There are lots of preventive measures we can take to reduce the risk of falling. In bathrooms, which can be particularly dangerous because of the hard, slippery surfaces, we can use safety items such as grab bars and non-skid mats. In living areas, we can improve lighting, keep floors clear of clutter, and ensure that carpets and area rugs aren't a tripping hazard. It also helps to get regular eye checkups and to do exercises designed to improve balance.

Haste can be hazardous, so avoid rushing to do things, whether it's to answer the phone or to get to the bathroom. Getting

up too quickly from a chair or bed can also be an issue. If you're taking blood pressure medication, your blood vessels won't constrict as quickly, and you may feel dizzy and lose your balance. Before standing up, move both feet up and down for a few seconds to get your circulation going.

A major key to preventing falls involves managing your medications, especially those you buy over the counter (OTC). Many can increase the likelihood of falling by causing dizziness or drowsiness or by undermining your sense of balance. Gravol, for example, is widely used as a sleeping aid, but it could affect your co-ordination if you have to get up during the night. Its effects also continue into the next day. It's a good idea to ask your doctor or pharmacist to identify any prescription or OTC medications you're taking that could put you at risk of falling.

Using and overusing OTC drugs can lead to a variety of other health issues. Excessive use of Tylenol and Advil can cause stomach problems. Regular use of anti-diarrhea medicines such as Imodium can disguise a stomach infection that can leave you lethargic and possibly more susceptible to falling. Cold medications usually have some combination of antihistamine and decongestant. If taken regularly, the former can sometimes damage the thyroid or cause dizziness and drowsiness, and the latter can raise blood pressure.

OTC drugs can also interact adversely with prescription drugs. That's why it's important to make sure your doctor knows what non-prescription medications you're taking. It's also wise to ask a pharmacist to review all your medications to determine whether you're taking them properly and to discuss possible side effects and interactions. If you're on three or more medications, the Ontario government will pay your pharmacist for this service once a year.

Ken Woodside



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Passings

John Wills	Sept. 30, 2013
Kurt Schlee	Oct. 6, 2013
Roger Charlton	Oct. 15, 2013
Judith Hilliker	Oct. 27, 2013
Rita Hart	Nov. 9, 2013
Donald Smith	Nov. 20, 2013
Patrick Tucker	Nov. 23, 2013
James Cooper	Dec. 3, 2013
John McColl	Dec. 4, 2013
Lucy Tantardini	Dec. 7, 2013
James Schroder	Dec. 13, 2013
David Atkins	Dec. 27, 2013
Judith Campbell	Jan. 9, 2014
Janet Wardlaw	Jan. 17, 2014



2013 Fall Forum

“Staying Fit in Retirement” was the topic of the UGRA’s 2013 Fall Forum Oct. 14 at the Arboretum. Guest speaker Jackie McLarnon, supervisor of adult programs at the Guelph YMCA-YWCA, outlined some of the many benefits of exercise. It can improve brain function, lower blood pressure and blood-sugar levels, increase bone density, improve balance and range of motion, help you maintain a healthy weight, and lower the risk of heart disease and cancer, she said.

How much exercise is enough? McLarnon suggests at least 2½ hours of moderate activity or 1¼ hours of vigorous activity per week, plus two or more sessions of muscle strengthening. How hard do you have to work? On a scale from one to 10, a moderate activity would rank as a five or six, she said, and a vigorous activity would be a seven or eight.

“Activity can mean a lot of different things,” she said. “It doesn’t mean you have to go to a gym and work out. There are all kinds of things in the community for you to try.” Whatever activity you choose, however, “it needs to be fun.”

If you’re just beginning a fitness program, “pick something that you think you’ll enjoy and that’s very accessible,” said McLarnon. “You can start with five minutes of walking a day and build up. Swimming is also a great place to start.”



Krysia Bates and Michael Fall



Ann Stallman with UGRA members

For those looking to improve their balance and flexibility, activities such as tai chi, yoga, weightlifting, Pilates and aquafit are good choices, she added. And don’t let those arthritic knees keep you from getting fit — just start off gently and gradually increase your activity.

“We’re designed to move,” she said. “Even though we age, that doesn’t change.”

Accompanying McLarnon from the Y



were Pilates instructor Ann Stallman, yoga instructor Erik Hay and cyclist Peter Morris, who all discussed their specialties.

The forum also included a presentation on CrossFit, a core strength and conditioning program. Michael Fall, owner and head trainer at CrossFit Guelph, led this session, which featured demonstrations by Krysia Bates, UGRA past president David Swayne and his wife, Dianne.

Barbara Chance

UGRA RECEPTION FOR PRESIDENT ALASTAIR SUMMERLEE

Thursday, March 27, 2014, 2 p.m.

Macdonald Stewart Art Centre

358 Gordon St., Guelph

If you’ve ever wondered what it’s like to be a university president, you’ll want to hear University of Guelph president Alastair Summerlee share some of his experiences – from the highs to the lows – over the past 11 years. He will reflect on changes at U of G during his two terms as president, talk about his hopes for the University’s future and discuss what lies ahead for him after he officially steps down in June.

Refreshments will follow the president’s remarks.

Registration is not required, but for organizational purposes, we would appreciate hearing from those who plan to attend. Please let us know by Friday, March 21, by sending an email to secretary@ugra.ca or leaving a message at 519-824-4120, Ext. 52197.

Free parking is available at the Macdonald Stewart Art Centre.



CURAC Report



At the 2013 annual meeting of College and University Retiree Associations of Canada, John Meyer of the University of Windsor delivered a comprehensive review of the landscape of retirees' interests and expectations, and how the roles of retirees' associations could benefit their constituencies. This and discussion of other aspects of retirees' lives and associations are available on the UGRA website at www.ugra.ca.

The notion of having a memorandum of understanding (MOU) between a retirees' association and its college or university arose frequently, and where MOUs were in existence, they seemed to be effective. To that end, Gary Frankie and I will look into the utility and the likely content of such a document. If all the rights and privileges of a retiree were summarized in an MOU, a new retiree would have a single-source document in hand. As

University administrations change and roll over, the new person-to-person operating relationships would have common ground. These rights and privileges are already enumerated on the UGRA web page. In other words, we have a source document. In our view, an MOU would be a formalization of this list of rights and privileges in a medium and format that would be handed out to a new retiree. This increased formality of knowledge transfer could prevent misunderstandings, which seem to occur with some frequency.

In our growing involvement with Alumni Affairs and Development, we see the possibility of including AA&D as part of this MOU or in a separate one.

Please communicate to the UGRA executive any ideas or concerns you might raise in a proposed MOU. Be aware of your right to keep your University email account, to buy half-price parking permits, etc., and let us know if you have other ideas. For instance, formalizing the notion that a retired employee is an alumnus or alumna would result in preferred pricing for varsity sports events. This is currently a hit-or-miss practice; there are probably others. If you aren't certain whether a perk is available to retirees, let us know. These "unknowns" are evidence that a well-constructed MOU is a good idea.

Your group advantage

CURAC has partnered with Economical Select® to offer members exclusive group rates for home and auto insurance.

In addition to your group rate, UGRA members may be eligible for even further discounts.

Call today for a no-obligation quote!

1-866-247-7700

www.economicalselect.com



The MOU concept gives us firm ground for lobbying to maintain current perks and suggest possible improvements to perks in a constructive manner. Pensions are not part of the suggested content of an MOU, but please note that the UGRA executive does monitor pensions and quietly advocate for improvements.

David Swayne



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FAREWELLS TO ALASTAIR

SAVE THE DATES

7:00 p.m., Saturday, April 5, 2014
Musical Tribute by University of Guelph Chamber Singers
St. George's Church - Tickets \$25.00
to purchase tickets call Vicki Isotamm at 519-824-4120 x52991
or email visotamm@uoguelph.ca

3:00 p.m. - 5:00 p.m., Friday, June 13, 2014
Community Farewell
Gryphon Field House
Everyone is invited to attend this open house event. No tickets are required.
For more information please contact Claire Alexander by phone at 519-824-4120, extension 53098 or by email at c.alexander@exec.uoguelph.ca



UGRA

Winter 2014

Announcements

New President for U Of G: On January 21 the Board of Governors' Chair, Dick Freeborough, announced that Dr. Franco Vaccarino will be the University of Guelph's next president. Prof. Vaccarino is currently principal of the University of Toronto Scarborough and vice-president at the University of Toronto.

HOLD THE DATE! U of G retirees are invited to a coffee reception and tour of the Hill's Pet Nutrition Primary Healthcare Centre at the Ontario Veterinary College June 21 at 10 a.m. during Alumni Weekend. Get an inside look at this state-of-the-art vet clinic and teaching facility, learn about the benefits of owning a pet in your later years and socialize with former colleagues over coffee.

UGRA Annual General Meeting: Thursday, June 19, from 10 a.m. to noon at the Arboretum Centre. The agenda and this year's guest speaker will be announced in the spring issue of the UGRA newsletter.

U of G Retirees Give \$71,029 to United Way

Thank you to all the generous University of Guelph retirees who helped to once again make U of G the top fundraising workplace in Guelph and Wellington County. The University again raised more than \$600,000, and retirees made a significant contribution of \$71,029 towards the goal.

Overall, United Way Guelph Wellington Dufferin's 2013 campaign raised \$3.4 million, which will go to support some 80 programs at 56 local agencies. This will allow social and community support programs to continue working to make our community a better place for everyone. To see how your donations are helping, visit www.unitedwayguelph.com.

I'd also like to thank Janet Kaufman for the time she donated to help train volunteers and support the campus campaign. I wish everyone a safe winter season and a very happy and healthy new year.

Patricia Townson, Campaign Manager, United Way Guelph Wellington Dufferin

UGRA Scholarship. In 2007, the UGRA established a \$1,500 scholarship to support an in-course student who is the child, grandchild or great-grandchild of a U of G retiree. The scholarship is provided annually to a Guelph undergraduate with a minimum cumulative average of 75 per cent. Recipients cannot hold

this scholarship and another scholarship greater than \$1,500 at the same time. If you have a child, grandchild or great-grandchild attending Guelph, remind him or her to apply by **May 15** to Student Financial Services with a letter indicating the name of the U of G retiree and the relationship to the student.

The UGRA is working with Alumni Affairs and Development to raise \$45,000 to endow the scholarship and have it become self-sustaining. Please consider supporting this effort by making a gift to the UGRA Scholarship. Donations can be made online at www.betterplanetproject.ca or by cheque with our contributing membership and scholarship contribution form. You will receive a tax receipt for donations to the scholarship fund. Please help us help our students!

University of Guelph Alumni Travel Program.

Trips are open to alumni, retirees, faculty, staff and friends of the University of Guelph. Space is still available on the following trips in 2014:

Normandy, France (70th Anniversary of D-Day): July 8 to 16, \$250 per-person discount if booked by May 24. Visit D-Day landing beaches, Juno Beach, Mont-Saint-Michel and Giverny. This trip is filling quickly, so if you're interested, book as soon as possible to ensure a spot.

Scotland: Aug. 20 to 28, \$250 per-person discount if booked by March 18. Attend a performance of the Royal Edinburgh Military Tattoo, visit Edinburgh Castle and St. Andrews.

Sorrento, Italy: Sept. 24 to Oct. 2, \$250 per-person discount if booked by March 25. Visit the Amalfi Coast, Naples, Pompeii and the Isle of Capri. There is no single supplement for this trip.

Note: All trips are limited to 36 travellers. For more information, visit www.alumni.uoguelph.ca/travel, send e-mail to travel@uoguelph.ca or call 519-824-4120, Ext. 56934, or toll free 1-888-266-3108.



Recent Retirees

October 1, 2013

Kerstin Blaeske	KC-Academic
Ross Cochrane	Engineering
Emerson Ferrier	Physical Resources

November 1, 2013

Paul Banks	Plant Agriculture
Cathy Kannenberg	Human Resources

December 1, 2013

Sandra Campbell	Economics & Finance
Judith Nasby	Fine Art & Music
Francis Tapon	Economics & Finance

Jan. 1, 2014

Wendy Arthur	Biomedical Sciences
Shillinder Bains	CCS
Annette Eleveld	Human Resources
Ann Maslen	Biomedical Sciences
William Morton	Physics
Vincenza Romanelli	Hospitality Services
Terisa Turner	Sociology & Anthropology



U of G named three University professors emeriti 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:

Valerie Davidson,
School of Engineering

Anthony Hayes,
Pathobiology

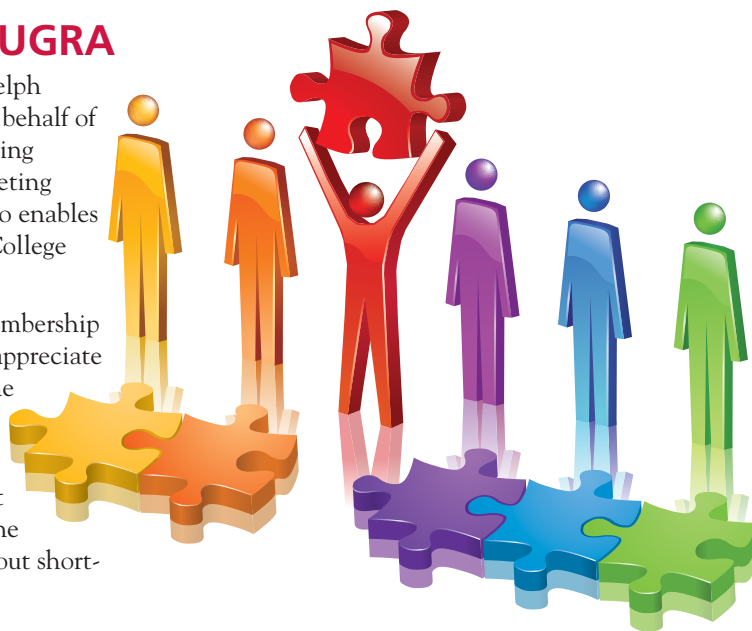
Anne Wilcock,
Marketing and Consumer Studies

Be a Contributing Member of the UGRA

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 form to send with your contributing membership payment. We have asked for a contribution of \$20 but always appreciate those members who add some extra funds to help us carry on the work. The form has been revised to allow for donations to the UGRA Scholarship fund.

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 (UGRA) Contributing Membership Form (2013-2014) and Scholarship Contribution Form

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

My contribution is \$_____. Please make cheque payable to the University of Guelph Retirees Association (not eligible for a tax receipt).

- ☐ **YES!** I want to donate to the UGRA Scholarship fund to support an in-course student who is the child, grandchild or great-grandchild of a University of Guelph retiree.

My gift is \$_____. Please make cheque payable to the University of Guelph or donate online at www.thebetterplanetproject.ca/donate (eligible for a tax receipt, charitable registration number 10816 1829 RR001).

Name..... Date.....

Address

City/Province Postal Code.....

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

(Please note that the email address is for UGRA communications only, unless a gift is made to the UGRA Scholarship. In that case, contact information will be shared with the University of Guelph to issue a charitable tax receipt)

I would like to receive more information about:

- ☐ Serving on the executive of the UGRA or one of its committees
☐ UGRA Scholarship

University of Guelph Retirees Association
PO Box 48-4916
University of Guelph
Guelph Ontario, N1G 2W1
www.ugra.ca

UGRA

Winter 2014



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.

Here are the ways you can contact us. Please provide your name, address and phone number. This will enable us to follow up on requests promptly.

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. Just leave a message.

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

