

RAQnews



What's new at RAQ? It was a long and thoughtful process, but what was formerly referred to as the "Emeritus College" is now a "partnership" between RAQ and the University, and I was pleased to sign

the Statement of Intent in late November. (*Please see the announcement inside.*) In the spirit of this partnership, a number of retired faculty have volunteered to read applications for the Chancellor's Scholarships, starting early in the New Year.

The Monday Morning Forums, already part of this partnership, continue to be popular and stimulating. Recently we heard about and discussed such diverse topics as the wisdom of ranking universities, the dangers of consuming unpasteurized milk products, Hamlet and whether he was entitled or obliged to avenge his father's death, and the origin and nature of our beliefs. The four new forums (*see inside*) would be fine ways to start your week and your day.

Viewpoint January, despite the weather, is a good time to focus on physical activity to suit our ages and conditions. My personal motivations are to survive the heart disease and avoid the osteoporosis pain that run in my family, both men and women. I am not the communal type, so being independent as long as possible also matters to me, as to many of you, I'm sure. Unless we're in Florida or Arizona, winter makes it harder to exercise, yet there's no denying the benefits of physical activity for seniors. Even 30 minutes a day

improves the way we feel and function (yes, gets you out to more good RAQ events) and slows the advance of many chronic illnesses, such as heart or lung disease, diabetes, or osteoarthritis. Exercise maintains balance and strength, meaning fewer falls. The Internet under "Exercise and the Elderly" has links to some very good medical advice.

Walking is great exercise, but in winter, you have to be more inventive. Try a line-dancing class at the seniors' centre or walk in the mall. If there are stairs where you live, go to the bottom, use the handrail for balance, and go up and down the bottom step. Get up from a chair a dozen times or so without using

your arms. If disabilities such as joint problems keep you from doing this kind of aerobic exercise, try chair exercise or health recovery classes at Tai Chi. Before starting anything more rigorous than walking, check with your doctor, of course.

Why is strength training vital for seniors? Muscles waste by 15 to 30% per decade as we age, more for women than men. One study found that 45% of women over 65 and 65% older than 75 could not lift 10 pounds! Independence also means being able to lift yourself if you fall. Start lifting weights (3 or 5 pounds) at home. Increase gradually. Get instructions from your doctor or the health unit.

For flexibility and balance, Tai Chi or Yoga work very well, but so does stretching and balancing on one foot at home.

Here's one more thought to motivate you: We all paid into the pension plan; let's keep it paying out as long as possible!

ARLENE AISH *President*

Presidential News and Views

**Mark your
calendar!**

**RAQ Annual General Meeting and Lunch
Monday, April 28, at the University Club
Reception and Cash Bar 11:30 am
Lunch 12:30 pm
Meeting to Follow**

Pension and Benefits Committee Report

By now you will have received your notice from Queen's indicating that in most instances pensions have been increased by 6.51%, retroactive to September 1, 2007. This is an excellent result, particularly when one considers that the cost of living in Canada over the same period was up by just 2.5%.

Our investment performance continues to rank very favourably with other plans. As of the end of October, the return for the current year, after only a two-month period, was a positive 2.3%. Admittedly, fluctuations in either direction could readily occur during the remaining ten months.

SERIOUS CONCERNS. The University continues to be faced with a difficult pension fund deficit problem. Deliberations and negotiations have been ongoing with the various employee groups. Recently Vice-Principal Andrew Simpson brought your RAQ representatives up to date on various possible solutions being considered. We subsequently learned that changes to the manner in which the Plan is governed were presented in draft form to the November 30 meeting of the Board of Trustees. We have just received a copy of this draft and have very serious reservations and concerns.

It would seem that control of the investment strategy of the Plan might well be transferred from the Pension Committee (where it has very successfully existed for close to 40 years) to a small sub-committee of the Board of Trustees. If so, this would not likely be in the best fiduciary interests of retirees, and we will object vigorously. As the facts become clearer, we will keep you fully informed in a special mailing. We will also provide updates on our website.

TRAVELLING? It is worth repeating that if you plan an out-of-Canada trip this winter (or anytime) and want to avoid potentially devastating costs, please be very conscious of your health condition *before departure*. Only medical emergency situations are eligible for reimbursement. Our medical plan coverage with Great-West Life very clearly states that any medical condition must be stable for at least three months prior to departure. Be particularly cautious of changes in medication, other than those associated with recovery or stabilization. Remember that it is Great-West Life that will make the final determination of the eligibility of a claim in accordance with the plan's provisions, and not your own physician. Please refer to the booklet Queen's sent you last year – *Group Insurance Plans for Retired Employees*, dated October 2006. In particular, look at pages 14 and 15.

Many of you have taken out additional out-of-country emergency medical insurance through Robin Ingle and Associates, with the probable assistance of Kingston Financial Centre. Please note that similar three-month-or-more limitations on pre-existing medical conditions will likely apply. These are, of course, individual and not group policies. As such, they will take into consideration your particular current medical condition, age, etc., in determining the applicable premium.

GENEROUS. You know your annual premiums for the Queen's Medical Plan are \$136 for single coverage and \$487 for married coverage, but did you know these amounts represent **only 30%** of the total cost? On our behalf, the University is paying \$317 per annum for those with single coverage and \$1,136 yearly for those with married coverage. This is more generous than many other plans across the country.

BILL WRIGHT, *Chair*

And further- more...

A New Webmaster

Those who read the RAQ*news* credits will notice a new name beside "Website

Manager." **Bob Cavanagh** (School of Business) stepped down in September and was succeeded by our versatile V-P. We can't let Bob slip away without expressing sincere appreciation to him for setting up our website and managing it, right from RAQ's beginning. Members who use the Internet realize how important it was to have Bob's expertise and such prompt updating.

George Brandie, though busy as

our CURAC representative, has already "migrated" our old site into a new format, with a change in general appearance, using the Queen's Web Publishing System. Check it out at www.queensu.ca/retirees. If you have information for him, write to brandieg@appsci.queensu.ca.

The Partnership The website may show some further developments in the new Partnership agreement (page 3) if they take place before the Spring newsletter. In the spirit of this agreement, **Alison Morgan** reports that there's already a group of volunteers helping the Registrar's Office read applications for the Chancellor's Scholarships.

Sponsorship As the President notes on page 1, the Monday Morning Forums rank very high in retiree appeal, and there are four new ones coming up to enliven our winter days. Although it's not noted on page 6, these forums (like several past ones) have the generous co-sponsorship of the Four Points Sheraton. Four Points pays for the announcements in the *Whig-Standard* and provides the speakers with a guest room when necessary. RAQ plans to have convener **Agnes Herzberg** present the hotel with an art book soon as a token of appreciation.

CATHY PERKINS

It's signed! We have an 'Academic Partnership' with the University

(NOVEMBER 26, 2007) A Statement of Intent has just been signed between the Retirees' Association of Queen's (RAQ), represented by President Arlene Aish, and Queen's University, represented by Vice-Principal (Academic) Patrick Deane. This Statement proposes that a partnership be established for the mutual benefit of the University and its retired faculty and staff. The partnership will complement and dovetail with many of the present and future programs and activities of RAQ and is intended to become a full-fledged complement to Queen's existing academic infrastructure and programs.

It makes sense, however, to begin modestly and to proceed in step-by-step fashion towards full growth. Current plans will be revised in light of experience and changing conditions.

This partnership is intended to foster and support the continued scholarly and creative lives of retirees, promote the continuing sense of membership in the "Queen's family" and, through its programs, benefit the University and the community. It will not sever the relationship between the retirees and University departments, but will act as a resource for departments and the University as a whole. Through this partnership, and any formal facility that develops for it, retirees could –

- * *Be an agency for the University, sponsoring speakers, symposia, etc..*
- * *Tutor students with special needs*
- * *Carry out research projects, possibly involving undergraduates*
- * *Mentor graduate students*
- * *Mentor students applying for external awards (e.g. Rhodes Scholarships)*
- * *Participate in student recruitment*
- * *Serve by invitation on committees*
- * *Chair thesis defense examinations*
- * *Advise faculty and staff on retirement issues*
- * *Assist the Advancement Office with public relations and fund-raising*
- * *Promote and assist the preservation of Queen's history and traditions*
- * *Identify and participate in interdisciplinary projects of special relevance to an aging population, and*
- * *Offer other agreed-upon activities as suggested by active faculty or Queen's administration.*

The activities of the proposed partnership will be open to all retirees (faculty and staff).

GEORGE BRANDIE

What's in a name? Dinner for two

Our new partnership (and a physical facility that may become its home) should have a name. The RAQ Executive has rejected "Emeritus College" as not being inclusive enough, and we are searching for a better name. We invite your suggestions, both for a name and for activities that might be supported by this partnership. To spur your creativity, we offer a prize of dinner for two at the University Club for the best name suggested (judged by the RAQ Executive). Please send your suggestions by January 31 to **RAQ**
Mackintosh-Corry Hall, B410
Queen's University
Kingston, ON, K7L 3N6
or to Henry Dinsdale at [**hdinsdale@cogeco.ca**](mailto:hdinsdale@cogeco.ca)

Reports of Past Events – Fall 2007

Applause! Applause! *A marvelous music festival*

Interest in September's Prince Edward County Music Festival was high this year, partly because Queen's own John Burge was the composer-in-residence at this three-day Picton event titled *Bridging the Old and the New*. There were complaints about the "old and rattle-y" chartered bus, but the charming Portabella bistro, site of RAQ's pre-concert dinner, was new to many and delightful to all.



Some of the musicians were familiar (clarinetist James Campbell, for instance), but others were new – like the acclaimed Swiss baritone Martin Bruns. Accompanied by pianist Stephane Lemelin, he introduced the audience to Burge's *Sonata Breve no. 2* and *Blue Psalm* (text by poet Dennis Lee). His interpretation of the more familiar *Dichterliebe* by Schumann was very moving. Brahms's *Quartet in A Major* allowed us the opportunity to hear violinist Anne Robert, violist Graham Oppenheimer and cellist Paul Marleyn.

Once again we were left marveling that in this little county town we had heard such wonderful music, old and new, by outstanding musicians. Many who took advantage of this RAQ package have already marked their calendars for next year's festival: September 18-20.

MARJORIE PINKERTON



Though RAQeteers arrived in Picton by bus and car, they ate together at the Portabella bistro and walked together to a performance of fine festival music featuring Queen's composer John Burge, Music School Director.



V-P puts retirees in their (high) place

About 35 RAQueteers gathered at the University Club on October 4 to hear Vice Principal (Academic) Patrick Deane announce that Queen's had taken an exploratory step toward becoming the first university in Canada to establish an emeritus college (now temporarily called "the Partnership") to involve retired faculty and staff volunteers more fully in the University's intellectual and social life. Both parties have since signed the Statement of Intent (see page 3). The initiative is very timely, coming at a stage in Queen's evolution where the pressure to change might be at the expense of its traditions and its unique character. V-P Deane outlined some of those pressures, such as more government monitoring. A lively question period followed. Those at the reception were heard praising the frank and forthcoming nature of the presentation.

ALISON MORGAN

Too bad if you missed this 'Lear'

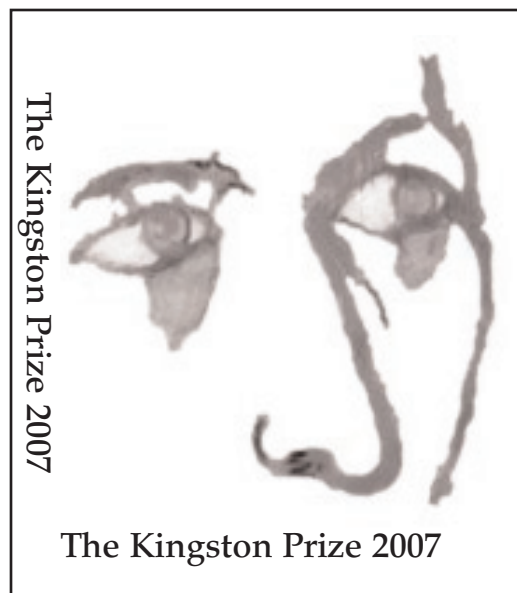
Too bad for those RAQueteers who didn't attend Prof. Judith Fisher's adaptation and production of Shakespeare's *King Lear*. Too bad also for those who did see it but left before she discussed the play with the audience after the curtain call. It was an impressive performance in every respect. This adaptation (with Lear as a woman, among other interpretations) made the play's long and complex text readily comprehensible to the audience. The layered, monochromatic costumes reinforced the mood of the message. The remarkable development of character roles was well expressed by the student actors, who articulated their long lines so well that even those hearing-challenged seniors among us said they could follow the drama word for word. Also notable was the three-level staging and the enthusiastic discussion that followed the play. Our next Queen's Theatre matinee will be on March 8 (see Coming Events).

MARION E. MEYER

Inspired students made Art Conservation tour lively

On October 31, a capacity crowd of 22 RAQueteers enjoyed a delightful tour of the sites used by Queen's Art Conservation Research Program, one of only three in North America. As well as the materials identification laboratory, we visited the three labs variously specializing in the conservation of paper, painting

and artifacts. The highlight was the presentation by one student in each lab of his or her project. After that we were free to wander around and ask other students about their quite different projects. The Masters students were wonderfully welcoming, inspired by their projects and responsive to questions. This is a fascinating corner of Queen's. ALISON MORGAN



Winning portraits well worth the trip

A group of 17 members met at Jake's Pub in the Gananoque Inn on a cool, wet October day. After lunch, we walked up to the Firehall Theatre, where the 30 juried finalists (out of 209 entries from across Canada) in the Kingston Prize for Contemporary Canadian Portraiture were being shown. We were privileged to have as our guide Julian Brown, a RAQ member who chairs the Steering Committee from the Kingston Arts Council and is the organizer of this biennial National Portrait Competition. Its aim is to encourage and reward the creation of contemporary portraits, painted or drawn. His behind-the-scenes stories of artists and their subjects were fascinating. This year, a gift from the W. Garfield Weston Foundation increased the prize from \$3,000 to \$10,000. The winner was Joshua Choi (Etobicoke, ON) for his oil painting *Emily*. Our chance to vote individually for the additional People's Choice Award prompted lively discussion. This \$750 award went to Paul Robert Turner (Toronto) for his dual oil portrait *Attach*.

JULIET MILSOME

RAQ Events Winter 2008

RAQ Luncheon Series Resumes

Monday, January 28

Aunt Lucy's Dinner House,
1399 Princess St.

Members and friends all welcome.
Watch for your reminder.

Queen's Theatre Matinee Unity 1918

Meet the Director

Saturday, March 8 – 2 pm
Convocation Hall (Theology)

Prof. Tim Fort will direct, and discuss with us, a performance of **Unity 1918** by Kevin Kerr, winner of the 2002 Governor-General's Literary Award. The main 'character' is the small prairie town of Unity, Saskatchewan, the fate of its inhabitants at the arrival of the 1918 influenza pandemic and, coincidentally, the end of WWI. Tickets \$8: Reservation form enclosed. Reserve by February 26, please.

Consuming Canada at Live8

A music talk by
Prof. Kip Pegley
Wednesday, March 19
3:15 pm in the

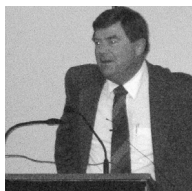
Douglas Library
(Graham George Seminar Room in
the W.D. Jordan Special Collections
and Music Library)

Join us for another music talk, this time discussing the pros and cons of benefit concerts, by one of Queen's Music students' most popular teachers. He says these concerts are far from just benign fundraisers; they also work ideologically to construct audiences' notions of race, gender and nationhood. This talk will analyze the Live8 concert in Barrie, ON, on July 2, 2005, examine how it differed from the other Live8 concerts around the world that same day, and explore two contrasting narratives of Canadian identity produced at Barrie – one intended for audiences at home and one for those abroad. An idea of numbers is needed, so please tell Juliet Milsome if you plan to come. Phone 613-544-9893 or e-mail milsomej@post.queensu.ca

Forum experts kept fall mornings lively



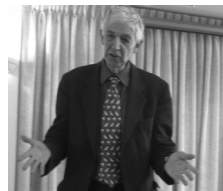
A.M. Herzberg



M.S. McQuigge



R.P. MacKinnon



L. Wolpert



An attentive crowd ready for a good debate



Mingling over muffins

The Monday Morning Forums

The following four morning forums all take place at the University Club, 168 Stuart St., and follow the same pattern:

8:15 Coffee and Muffins
9:00 Guest's Lecture
9:30 Discussion and exchange of ideas

All RAQ members and friends are welcome. Reservations unnecessary. This topical series is convened by Prof. Agnes Herzberg and co-sponsored by RAQ and the University under the new Partnership. Watch for reminders by mail and on RAQ's website.

January 14

Have humans affected rainfall amounts?

DR. F. ZWIERS

Centre for Climate Modelling and Analysis, Environment Canada

January 21

What is the role for science, technology and innovation indicators in public policy?

DR. F.D. GAULT

Statistics Canada

February 25

Are national identification card systems necessary?

PROF. DAVID LYON

Queen's Department of Sociology

March 3

What is diversity at the University?

JAMES A. LEITH

Professor Emeritus

Queen's Department of History

RAQnews is published three times a year by The Communications Committee, Chair, John Gordon.

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