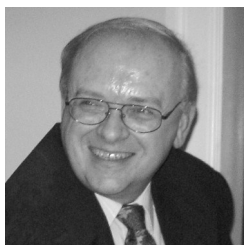


# RAQnews



In the last two years RAQ has been active on many fronts. Under the Partnership Committee chaired by Henry Dinsdale, we hosted four RAQonteur events, two at City Hall (on the future of primary healthcare in Kingston, and on the historical relationship between Queen's and

Kingston) and two on campus (on raising the profile of Queen's, and on the latest plans for the Isabel Bader Centre for the Performing Arts). I found all of these presentations informative and thought-provoking. Equally worthwhile were the many Monday Morning Forum sessions, capably organized and chaired by Agnes Herzberg. The University's support of the Monday Morning Forums has been substantially reduced, so continuation of the series at the same level will require additional fundraising. The Oral History of Queen's project, jointly sponsored by RAQ and Queen's Archives, will be coming to a conclusion this summer, but some of the recollections collected by the project may find their way into the next volume of the official history of Queen's. Also under the Partnership umbrella, all RAQ members are now invited to review applications for major entrance scholarships, and emeritus professors are invited to volunteer to chair Ph.D. thesis defence examinations. Many of the most recent events are summarized elsewhere in this issue. RAQ activities could not be run without the volunteer leadership and participation of our members. We owe these volunteers a great deal, and I cannot thank them enough for their activity.

On May 12<sup>th</sup> and 13<sup>th</sup> I attended the Annual Conference of College and University Retiree Associations of Canada (CURAC), the national federation of which RAQ was a

founding member. This year's conference was hosted by the University of Regina Academic & Administrative Pensioners Association. Let me summarize one of the more memorable presentations at that conference.

Dr. Max Cynader, Director of the Brain Research Centre at the Vancouver Coastal Health Research Institute and Canada Research Chair in Brain Development at UBC, asked, "**How can we enhance the plasticity of the brain?**" Research has shown that many brain functions decline with age even without disease or head injury, but that the brain *can* adapt. Cynader noted that many of the "brain fitness" products currently on the market

(especially computer programs or video-games) have not been properly tested, so the claims of their vendors should be viewed skeptically. Some memory-enhancing drugs are undergoing trials, but it will be some time before they are available (if they work). In the interim, he offered the following research-supported advice for maintaining a

healthy brain:

- Get a good night's sleep.
- Exercise. Exercise helps generate new neurons in the brain and increases blood circulation in the brain.
- Get rid of stress.
- Eat a balanced diet, and eat less.
- Be happy.

Easy, right?

I now pass this space over to my successor, Henry Dinsdale. I wish him every success, and I thank you for giving me the opportunity to serve RAQ and its members.

George Brandie  
President, 2009 - 2011

## Presidential News and Views

**Membership is Important. Just a reminder: If you haven't yet renewed your membership in RAQ for 2011-12, please do so NOW. Also, please encourage other retirees and prospective retirees to join. Forms are available on our website: [www.queensu.ca/retirees](http://www.queensu.ca/retirees) or phone 613-533-6986.**

This committee maintains a watching brief on matters associated with the Queen's Pension Plan and retiree benefits. Our most recent meeting with representatives of the University took place on April 6, 2011, with Caroline Davis, Vice-Principal (Finance and Administration) and Bob Weisnagel (Associate Director – Pensions and Benefits).

## Pension and Benefits Committee Report

The most pressing issue for Queen's University, along with most Canadian universities, in the pension and benefits area continues to be unfunded liability of its pension plan. A comprehensive account of the many facets of this challenge is provided in the second of a series of reports on the financial state of Queen's University, "Tackling the Challenge of Pension Reform" which can be found at <http://www.queensu.ca/news/articles/v-ps-discuss-challenge-pension-reform-latest-update> (Summary) and <http://www.queensu.ca/financialupdate/2011/april18.html> (Full Report).

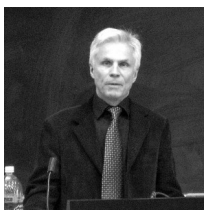
Despite the severe challenges in providing financial support for the many components of the University's mission, **pension payments to current Queen's retirees will not be reduced from their current levels.** This assurance has been provided many times by the University.

Because the Queen's Pension Plan investment performance experienced negative rates of return for the years 2007-2008 and 2008-2009 pension payments to Queen's pensioners will increase only after the effects of those two years of negative performance have been eliminated and the geometric four-year average once again exceeds 6.0%. The Plan's investment performance for 2009-2010 was 6.847% and the performance for the first six months of the current investment year (which began September 1, 2010) has been 10.995%.

During the meeting of RAQ\_PAB on April 6, the University representatives stated categorically that no changes in benefits for retirees are contemplated.

Members of RAQ\_PBC are Dave Bonham, George Brandie, Chris Chappeler, Sue Miklas, Joyce Zakos and David Bacon (Chair). We welcome questions and comments from all members of RAQ.

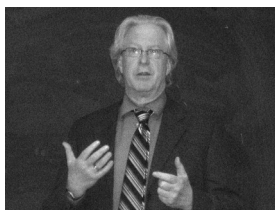
## Reports of Past Events Spring 2011



Gordon Smith



Mike Finn



Brian McCurdy

### 5th RAQonteur Public Forum

"The Isabel Bader Centre for the performing Arts: A Bonanza for Town and Gown" was the title of the fifth RAQonteur public forum. It was held in the Biosciences Building, April 4<sup>th</sup> and attracted a large and interactive audience. Gordon Smith, Chair of the Operations Committee gave an overview of progress to date and activities planned for the Centre. Brian McCurdy, Cultural Director for the City of Kingston, described the way activities at the Bader Centre and those at the Grand Theatre and other

venues in the city would be complementary, adding greatly to the cultural attraction of the city and region. Mike Finn, Construction Project manager outlined in detail the structural and functional features of the Centre.

HENRY DINSDALE

### Elder Law Seminar

An interesting and informative seminar on the law as it affects the rapidly growing aging population, was presented on Thursday, April 28<sup>th</sup>. Mary-Alice Thompson, a partner in the law firm of Cunningham Swan Carty Little and Bonham, along with Professor David Freedman of the Faculty of Law and Director of the faculty's El-

der Law Clinic, were the speakers. Professor Freedman pointed out that the clinic is not funded at present, and outlined his hope that he can generate community support for its work with elderly people with limited resources.

Following an overview of the law,



Mary-Alice Thompson

Ms. Thompson led a lively and informative discussion of wills and estate planning, in which the audience became involved in considering the implications of second marriages, tax complications, and trusts.

Prof. Freedman then outlined the sensitive and difficult subject of incapac-



David Freedman

ty planning and substitute decision making, given the increased vulnerability that can accompany aging. The proper drafting of Powers of Attorney, as well as the importance of the choice of the individuals who will exercise the powers granted over property and personal care, were emphasized, and the questions and comments further highlighted the complexities.

At the end of the afternoon's discussion, there was a consensus that we had only begun to delve into the subject, and that "part two" was needed! RAQ would like to thank the Law Faculty for providing both the space for the discussion and delicious treats.

SUE MIKLAS

### **Monday Morning Forums**

The Winter series of the Monday Morning Forums is coordinated by Dr. A.M. Herzberg under the joint sponsorship of Queen's University

and the Four Points Sheraton Hotel and Suites, Kingston. Three speakers appeared this winter, speaking on varied topics:

#### ***In Defence of Elitism***

MR. ERIC FRIESEN, Broadcaster

#### ***Wither the Future of Canada's Supply of Medical Isotopes?***

DR. W.F. DAVIDSON.

National Research Council of Canada

#### ***Panning for Gold***

CHARLOTTE GRAY, Writer

JOYCE ZAKOS

## **Coming RAQ Events**

## **SUMMER 2011**

### **Monthly Luncheons**

RAQ monthly luncheons continue to be a popular choice for members to meet informally and sample the cuisine of various Kingston-area restaurants.

The luncheons are usually held on the last Monday of each month. Everyone is welcome—including members' spouses and friends. Contact Jessica (Jerry) Roddy, (613) 353-6959 or jroddy@kingston.net for details and reservations.

### **Tour of the new Medical Building**

**Friday 3 June 2011**

1.00 pm & 2.00 pm

A tour of the new medical school building on the corner of Arch and Stuart Streets has been arranged for retirees. The building is complete and the furniture and equipment have started to arrive. The medical students will "move in" at the start of

the 2011/2012 academic year. Mike Finn, Senior Project Manager, will be our guide and will meet us at the site office - 80 Barrie Street (corner of Barrie and Stuart) at 1.00 pm.

Those who wish can have lunch at the University Club before the tour (a reservation has been made for 11.30 am). It is not necessary to be a member and you can pay with a credit card.

We have been allowed up to fifteen parking spaces on campus (from 11.15 AM to 2.15 PM) and these will be allocated on a first-come first-served basis. If you are using a Queen's parking place you will need to place your Retirement Card on the dash.

If you would like to join the tour, please notify Cherrilyn Yalin by e-mail (yalinc@queensu.ca) or phone (613-542-4201) by Monday 30 May at the latest. When you contact her, please let her know if you require a parking place and if you wish to have lunch at the University Club.

CHERRILYN YALIN

### ***Cheese and Wine Tasting in the County!***

**Tuesday 28 June 2011**

Join friends in RAQ for a day in Prince Edward County on Tuesday June 28, 2011. We will meet for lunch at noon at the Duke of Marysburgh Pub (2470 County Road 8, Prince Edward, ON) (<http://www.dukeofmarysburgh.com>) and then proceed to the award winning Fifth Town Artisan Cheese Company (4309 County Road 8, Picton, ON K0K 2T0) (<http://www.fifthtown.ca/>) for 2:00 pm. We will tour the cheese making operation and participate in a cheese tasting and wine tasting with selected complimentary wines from the County. Those interested may wish to make their way to the nearby County Cider Company or other wineries in the area.

The cost is \$15.00 per person for the cheese and wine tasting. The cost for lunch is not included. We encourage you to car pool to attend this event.

Please confirm by sending your cheque for \$15.00 for each participant to the RAQ Office, A412 Mackintosh-Corry Hall, Queen's University, Kingston, ON K7L 3N6 c/o Marie Gray by Friday June 10, 2011. We need a minimum of 20 people for the cheese and wine tasting.

For more information, please contact Marie Gray at 613-548-4902 or mgray22@cogeco.ca or Bruce Hutchinson 613-542-7645 or hutchinb@queensu.ca A Registration Form is enclosed with Newsletter.

MARIE GRAY and BRUCE HUTCHINSON

## Opinicon Pot Luck Picnic

**Wednesday 27 July 2011**

**11 am (Rain or Shine)**

This will be the seventh RAQ Picnic at Opinicon. If it's bright and sunny we'll enjoy eating outside in the park-like setting. If it rains, we will eat in the Research Station's comfortable pavilion. Please join us again or for the first time for a visit to this delightful spot on the shores of Lake Opinicon to see the Biology department's renowned research facility and grad

students' current projects. The enclosed Registration Form has details and directions. Cost is \$6.00 plus a picnic lunch to share. **Please register by July 18.**

BOB CRANDALL

## Prince Edward County Music Festival

**Saturday, 24 September, 2011**

The Prince Edward County Music Festival provides a unique and exciting artistic experience by featuring the works of a living composer along with works from other eras and genres which inspired or stimulated their creation. Composer-in-Residence at the Festival this year is Ana Sokolovic, whose award-winning compositions include orchestral and piano works plus chamber music works and theatre scores. The program this year will feature three works with ties to the heart of Austria: Mahler's hauntingly beautiful *Lieder eines fahrenden Gesellen* for baritone and piano, Sokolovic's *Tanzer Lieder* for soprano, flute, cello and piano, and Dvorak's exhilarating Piano Quintet. The guest artists this

year include rising operatic stars Ellen Wieser (soprano), and baritone Peter McGillivray, the Super Nova Quartet and others. The performance is held in the acoustically superb Church of St. Mary Magdalene. For more information see [www.pecmusicfestival.com](http://www.pecmusicfestival.com)

As in previous years, the bus will arrive for loading at the parking lot of ToysRUs (outer Princess Street) at 3:45 p.m., and will leave at 4 p.m., arriving back in Kingston around 10:30 p.m.

Portabella Restaurant will again offer a delicious pre-concert 3-course dinner at 5:15 p.m. \$38.40 (including taxes and gratuities). We have been asked to make a choice of entrée ahead of time. You will pay for your own dinner at the restaurant.

Please mark your calendar now for this fall's visit to "The County" for great music, great food, and great company. Return the Registration Form (also available from [www.queensu.ca/retirees](http://www.queensu.ca/retirees)) with your cheque for \$60.00 per person to cover transportation and concert **BEFORE September 3, 2010.**

JULIET MILSOME



Before the  
Annual General  
Meeting



RAQ Council for 2011-12

RAQnews is published three times a year by the RAQ Communications Committee, John Gordon (Chair).

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