

RAQ *news*



A New Year Resolution:
Here's a nifty suggestion for the new year. It is easier to keep than giving up the weed, losing the newly acquired kilo or thinking kindly of Conrad Black. And – wait

for this – it does not have to be honoured until next December.

I had a milestone anniversary recently. A couple of friends unexpectedly marked the event by making a donation in my name to a good cause. One gift went to a food bank in Ottawa; the other to the Community Foundation of Greater Kingston.

As I was aglow over this good idea it occurred to me that it could be extended.

Most of us oldies either are, or soon will be, at a point where our homes are beginning to be

a bit too full with accumulated possessions and memorabilia. What many of us need least is more of the same.

A message from the President

So next Christmas, Chanukah or whatever, why not concentrate on gifts for children and give the adult dear ones only a small token accompanied by a contribution to a cause both the lucky recipient and the donor will approve.

The possibilities are limitless. In addition to the two examples noted above, there is no dearth of worthy causes locally, nationally, and in the Third World. Care for the less fortunate, environmental causes, cultural enterprises, educational foundations, literacy projects, organizations diminishing ill health and suffering spring to mind but the targets are without end.

RAQ members will have no trouble thinking of Queen's related benevolent organizations and services in need of generous support.

Charity, they say, begins at home.

JOHN MEISEL, *President*

To get us moving amid the frosts of winter, RAQ's energetic Events Committee has planned **TWO** events to lure us out of the house this month.

Coming up SOON

about the design and construction before visiting the results. **Please see enclosed information sheet and leave a message if you will attend.**

Tuesday, 20 January Tour of the brand new residences which opened last fall and the newly renovated Leonard Hall Cafeteria. It all starts at **3:30 pm** in the **Lower Common Room, Victoria Hall** with a presentation

Friday, 23 January, 3:30 pm in **Dunning Hall, Room 12 (bottom floor).**

A session on healthy eating with expert dietitian MARJAN SHALCHI. More about this on page 4.

Report from the Chairman of the Pensions and Benefits Committee

Queen's Medical Plan

We have continued to look into the matter of the 20% that is not covered under the Queen's Medical plan for retirees. As noted in the September Newsletter, the University's initial response was that such changes did not appear to be feasible because any increased costs might have a long-term impact on everyone in the plan. We have asked for additional cost information, and reactions from Great West Life. RAQ's President and our Benefits Committee have also recently met with the new Vice Principal (Operations and Finance), Andrew Simpson, and his Executive Assistant, Patrick McNeill. We were extremely well received, and there were solid indications of a sincere willingness to fully cooperate and work with RAQ on an ongoing basis.

As reported at last year's annual meeting, we are aware of one organization that does supply 20% coverage for 20% premium for those who wish to have additional protection while out of the country. TrentHealth can be reached at 1-888 737-2228. Such coverage is not group insurance, and is based on the age, health and medical history of each applicant. You may, or may not, be required to complete a medical questionnaire. The local agent is Barry Miners at Thomson and Jemmett Financial Limited at 549-1200. He should be noted as the selling broker's name, and his broker # is 22RP (this information is required at the bottom of the questionnaire). The actual application for coverage must be submitted directly to TrentHealth, and not through the local office. This note is for information only with no implied endorsement by RAQ.

M.W. WRIGHT

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Computing Services for Retirees

DID YOU KNOW that former employees may continue to use their Queen's email accounts at home following retirement? The account may be accessed free of charge by dialing 533-0360, or by opening a prepaid toll account which provides speedier connection to Queen's. Individuals can open a toll account online at <http://ccstore.queensu.ca> or in person at the Campus Computer Services in Dupuis Hall. Further information on toll accounts is available at <http://www.its.queensu.ca/pubs/howto/toll.html> Individuals using a toll account should remember to check their balance periodically and top it up as needed. Otherwise, when the prepaid funds are used up, further access to the email account will be denied until additional funds have been put into the account.

DID YOU KNOW that a Queen's email account is allowed to remain active for six months following the death of the retiree account holder. After that period, the account is closed and the name, if listed, is removed from the electronic email directory.

DID YOU KNOW that until now the only retirees currently listed in the Queen's electronic email directory have been emeritus professors? In response to a number of requests that this service be extended to other retirees, RAQ has recently worked out an arrangement with the University to include any retiree who wishes to be listed. Individuals wishing to be listed should direct their request to g13-l@post.queensu.ca with the following information: retiree name, staff number, and email address. This privilege is extended to all retirees whether or not they have a Queen's email address (e.g. post, qlink).

Reports of Past Events Autumn 2003

Corn Maze Outing Cancelled

The planned outing to visit Wolfe Island's Corn Maze October 4 was canceled because of low registration. Don't despair, though, because we plan

to reschedule in the summer of 2004 at a more convenient time for our members. Thanks to those interested.

Principal's Reception 27 October

Principal Leggett was unavoidably called out of town and could not attend. Dr. David Walker, Dean, Faculty of Health Science, graciously agreed to fill in and provided an excellent overview of the Queen's Faculty of Health Sciences. He also outlined the organization of the South Eastern Ontario Health Sciences Centre and its role in coordinating the complex relationships involving Queen's, the major teaching hospitals in Kingston and many other hospitals and institutions in South Eastern Ontario. His observations on the future challenges and opportunities in educating health care providers led to a lively question period before the group of about 50 retirees adjourned for refreshments in the drawing room of the old Roselawn section of the Donald Gordon Centre. The Events Committee thanks Joyce Zakos for her help in arranging this occasion

Visit to Queen's Theatre Presentation of The Rivals 8 November

Fifty RAQ members attended a matinee performance of R. B. Sheridan's play *The Rivals* presented by Queen's Drama Department. Professor Julie Fisher, Director of the production, was helpful in explaining the usefulness of such a fast spoken



play in the teaching of drama students. Although most of us had occasional difficulty understanding the spoken word, we were impressed by the students' ability to express moods and feelings through movements and body language

We are grateful to Professor Fisher for sharing her insights with us after the performance and hope for many happy repeats of similar events.

Silver Bells Dinner and Carols 23 November

Mary Balanchuk sold 66 tickets to RAQ members for this annual event to start off the holiday season. Those who registered for the tentative date (November 30th) were informed of the change and made up more than a third of the total attendance (165). An enjoyable dinner in the Ban Righ Dining Room was followed by the traditional carol service in Grant Hall.

RAQ Events Winter and Spring 2004

The RAQ Events Committee is pleased to announce the winter and spring schedule of events. We have a campus residence tour, an art gallery event, several talks on interesting topics, and a tour of historical Cataraqui Cemetery. SEE ENCLOSED OVERVIEW. If you have questions, suggestions or comments about events, contact Arlene Aish (Chair) at 546 2979

or aisha@post.queensu.ca. We would particularly like to hear event suggestions from those of you who have not yet found any of the planned events to be of interest.

Tour of new Queen's residences

Tuesday, 20 January, 3:30 pm. (see page 1)

How to eat well for your health and pleasure

Friday, 23 January, 3:30 pm.

Confused about conflicting reports about which foods are best for you? MARJAN SHALCHI, dietitian with Cardiac Rehabilitation, HDH, will try to clarify the research and answer your questions. **Dunning Hall, Room 12.** Enter from Union Street and go down stairs.

Primary Health Care

Thursday, 12 February, 3:30 pm.

DUNCAN SINCLAIR retired as VP Health Sciences in 1996 and was Chair of the Health Services Restructuring Commission of Ontario from 1996 to 2000. He will describe Primary Health Care and speak briefly about how its reform would benefit seniors and others. A question period will follow.

Walter Light Hall, Room 210. To avoid the many steps, enter Goodwin Hall at street level from Union in front of the construction sign, take the elevator to 2 and walk across to Walter Light.

"Tea with Agnes"

Sunday, 15 February, 1:15 pm.

Join RAQ members and others for a delightful Sunday afternoon at the Agnes Etherington Art Centre. Tour the Gallery at 1:15 pm followed by afternoon tea in the old house at 2:30. "Experience the romance of a bygone era, sip tea and indulge in delicious scones, cream, jams and tea sandwiches while enjoying music and books (and good company) in the parlour".

Cost: \$10.00.

See enclosed information sheet for how to reserve.

The Rise and Fall of the Shoe-Fitting Fluoroscope

Thursday, 18 March, 3:30 pm.

DR. JACALYN DUFFIN, Hannah Chair, History of Medicine, will speak on *Baring the Sole: the Rise and Fall of the Shoe-Fitting Fluoroscope*. Dr. Duffin is a dynamic speaker much in demand.

Walter Light Hall, Room 210. To avoid steps, enter through Goodwin Hall.

Tour of Cataraqui Cemetery

Wednesday 26 May, 2 pm.

DR. JENNIFER MCKENDRY will take us on a guided tour through the cemetery. Dr. McKendry is an architectural historian living in Kingston who has written about and photographed the cemetery. In case of rain, the date will be Thursday 27 May. Charge \$5.00. **Please register in advance by 12 May, 2004. See enclosed registration form.**

RAQ Annual General Meeting and Lunch

DATE: Monday, 26 April 2004

PLACE: The University Club

The bar will open at 11:30. We will sit down to lunch at 12:30 with the annual meeting to follow. A reminder and registration form will be mailed in March.

Please mark your Calendar now!



RAQ Executive Committee met on 27 October.

Front Row: Joyce Zakos, *Vice-President*; John Meisel, *President*; Pat Bogstad, *Treasurer*.
Back Row: Bill Wright, *Pensions and Benefits Committee*; Joy Hoselton, *Office Manager*;
Alison Morgan, *Member at Large*; Arlene Aish, *Events Committee*;
Stuart Vandewater, *Secretary*; John Gordon, *Communications Committee*.