



NEWSLETTER/BULLETIN

Autumn/automne 2011

Issue No. 11

LETTER FROM THE EDITOR "CONFERENCE ISSUE"

Welcome to the Autumn 2011 edition of the CURAC Newsletter/bulletin. Some changes have been made, and we begin with a special "CONFERENCE" issue. In it you will find a summary of the Regina conference in May 2011 (with some photographs at the end of the newsletter) as well as presently available details for the upcoming April 2012 conference in Victoria. A report from the OCRA general meeting held at Humber College on November 2, 2011, and the CURAC Atlantic Regional Conference on October 1, 2011 will be included. Also there is some exciting news about a possible Ontario Regional Conference to be held in the fall of 2012.

There will be another newsletter in the spring to provide more information about the 2012 conference and other articles of interest to CURAC members.

*Has your association renewed
its CURAC membership?*

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REPORT ON THE 2011 CURAC CONFERENCE AND ANNUAL GENERAL MEETING

May 11-13, 2011

UNIVERSITY OF REGINA

Congratulations to the University of Regina Academic & Administrative Pensioners Association organizing committee for a very successful and stimulating conference! The conference theme of "Keeping Up" and the program of conference sessions developed around it provided much useful information and practical advice on the various aspects of "Keeping Up."

Approximately 23 CURAC member institutions from coast to coast were represented by conference delegates and attendees. As well, Bobbie Lubker, president of the Association of Retirement Organizations in Higher Education (better known as AROHE), brought greetings from the US and a cordial invitation to attend the next AROHE conference in October 2012 in Chapel Hill, NC. The Regina conference offered a range of topics and took us to different buildings on the beautifully landscaped campus: The Languages Institute, the wonderful First Nations University building, and Luther College (a federated college with in the University of Regina).

The conference opened with a reception in the early evening on May 11 and welcoming remarks by Jack Boan, conference co-chair, Vianne Timmons, president and vice chancellor of the University of Regina, John Meyer, CURAC president, and Lynda Haverstock, president and CEO of Tourism Saskatchewan.

Conference sessions began the next morning with "A Lifelong Learning Story: Little Centre on the Prairie." Don King, a retired president of Luther College, spoke about both the worldwide University of the Third Age movement which began in the 1970s, and the successful example with its lecture programs and community projects produced by the University of Regina's Lifelong Learning Centre.

The next speaker, Dr. Max Cynader, a Canada Research Chair from UBC and director of the Brain Research Centre in Vancouver Coastal Health Research Centre, gave a fascinating, research-based presentation on "The Aging Brain." He spoke of the impact of brain research on public policy, explained brain diseases, warned us of a looming epidemic in such disorders, and provided details of current advances in research and treatment. He encouraged his elderly audience to enhance its neuroplasticity through exercise, avoidance of stress, etc., reminding us that the brain controls longevity.

In the afternoon, following the AGM (see page 3 for details), seven delegates reported on activities of their home associations in a "Sharing Best Practices" session.

The conference banquet was held in conjunction with the University of Regina Distinguished Canadian Award event at the Delta Hotel. The recipient of this year's Distinguished Canadian Award was Saskatchewan-born and raised Senator Pamela Wallin.

Sessions on the second morning of the conference were held in the First Nations University of Canada, a beautiful building full of light and First Nations artefacts, which opened in 2003. The first session opened with two papers by Regina faculty members on "Threats to Democracy." First, a measured scholarly

analysis arguing that democracy is inherently a contradictory regime which involves conflicting notions of power and the good of the people, with a suggestion that constitutionalism might provide a partial answer.

Next was a well-grounded and passionate exposé of the Americanization of Canadian politics. The growth of neo-conservatism, influenced by the ideas of Leo Strauss which dominated during the administration of George Bush, Jr., now seems to be making an impact in Ottawa.

Fittingly, since we were meeting in the magnificent First Nations University building in a province which has the largest First Nations population among Canadian provinces, the morning ended with presentations by Eber Hampton, retired President of the First Nations University, who explained, among other things, the importance of elders in the First Nations society, and Shauneen Pete, interim FNUC president. She discussed the differences between this and other Canadian universities as well as the importance of elders in its intergenerational approach to education.

A slide show providing excellent details of the interior and exterior of this building has been prepared by Marianne Van der Wel (McMaster). To view the slides, please click on the following link:

<http://tinyurl.com/6dwgp2b>

Dr. Ryan Meili, Chair, Social Accountability Committee, University of Saskatchewan and family physician, and Dr. Greg Marchildon, Professor and Canada Research Chair in Public Policy at the Johnson-Shoyama Graduate School of Public Policy, University of Regina, discussed aspects of the topic "Saving Medicare." Peter Douglas, Actuary and U Regina instructor, spoke about "The Pension Squeeze," and Holly Bardutz, a University of Regina Neurolinguistics Consultant, provided opportunities to apply some of Dr. Cynader's recommendations with her "Brain Gymnastics."

The University of Regina conference organizing committee members, David Bale, Cam Blachford, Lyn Goldman, Robert MacLaren, Stuart Mann, Penthes Rubrecht, Rosanne Tennant, Bernard Wilhelm, and co-chairs Jack Boan and Jim Tomkins, worked very hard to mount this interesting and most enjoyable CURAC conference. We thank them all for a job extremely well done!

This report was prepared with files from Alison Scott-Prelorenzios (Alberta), Sandra Pyke (York), Marianne Van der Wel (McMaster), and Joan Cunnington (OCRA)

CURAC ANNUAL GENERAL MEETING

The CURAC AGM took place during the afternoon of the first full day of the conference. During the AGM reports from the co-ordinators of CURAC's committees are presented (please refer to the website www.curac.ca for information about these reports), and the election of directors takes place. The slate of directors and officers presented by nominating committee chair Tarun Ghose was elected and the new directors and officers are:

President - George Brandie (Queen's)
Past President - John Meyer (Windsor)
Vice President - Sandra Pyke (York)
Secretary - François Gallays (Ottawa)
Treasurer - June Panteluk (Alberta)
Directors at large - Howard Fink (Concordia)
Joan Cunnington (OCRA)
John Stager (UBC)
Jack Boan (Regina)
Ed Williams (Memorial)
John Schofield (Victoria and
Chair of the organizing committee for the 2012 conference)

Retiring past president Tarun Ghose and directors David Lubell (Waterloo) and Francis Weil (Moncton) received a vote of thanks for their service to CURAC.

FIFTH CURAC ATLANTIC REGIONAL CONFERENCE

OCTOBER 1, 2011

ST. MARY'S UNIVERSITY, HALIFAX, NS

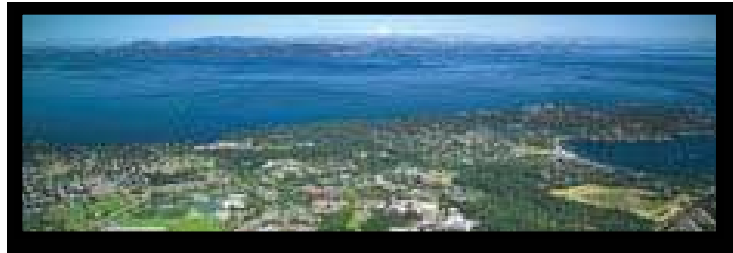
Delegates to this conference were welcomed by Geraldine Thomas, president, St. Mary's University Retirees Association, and Ron Cosper, formerly president of SMURA. Colin Dodd, president of St. Mary's University, also welcomed the delegates this one-day conference.

The conference theme was "Engaging with Your Community, Your University, and Your Mind." The first two speakers were Leonard Preyra, a retired member of the Department of Political Science at St. Mary's and now a government MLA in the Nova Scotia legislature, and Ian Murray, executive director of Alumni Affairs and Advancement at Acadia University. Three speakers in the third portion of the theme provided details of the experiences of the seniors colleges at their universities. Julie Dowling spoke about the program at the Seniors' College of PEI; Ken Rozee of Dalhousie gave details of the activities of Seniors College Association of Nova Scotia, and Peter Russell explained how the Seniors College at the University of Toronto evolved and what its activities are.

Representatives of the retiree associations involved in the conference gave summaries of activities in their group, and a special gift and recognition was made to Tarun Ghose. Tarun's contributions to CURAC are legendary - as one of the founders of the association, director, president, past president, and long-time chair of the Healthcare Policy Committee. George Brandie, CURAC president, made the presentation on behalf of the association.

The complete version of George Brandie's report of the proceedings of this conference is available on the CURAC website at: www.curac.ca - click on "Conferences," then click on 5TH CURAC Atlantic Regional Conference.

The 2012 CURAC Conference and AGM will be held in Victoria. John Schofield, the Chair of the local organizing committee, has sent this announcement for distribution to CURAC member institutions via the newsletter. It is also posted on the CURAC website. *Please note the change of date from May to April.*



University of Victoria
CURAC/ARUCC CONFERENCE & AGM 2012
April 18-20, 2012
Victoria, B.C.

The 2012 Conference/AGM is being hosted by the URIC Retirees Association in cooperation with the University of British Columbia Association of Professors Emeriti and the Simon Fraser University Retirees Association.

Conference sessions will be held on the UVIC campus, and accommodation at the conference rate will be available at the Harbour Towers Hotel and Suites, one block from Victoria's attractive inner harbour.

- Reception and banquet to be held at Harbour Towers Hotel & Suites
- Conference sessions in Senate and Board Chamber at University Centre, UVIC
- Transportation provided between sites.

Special Concessions at the Hotel



Room rates from \$79.00/night (single or double);

20% discount on food and non-alcoholic beverages; Complimentary overnight parking for guests;

Extension of conference room rate 3 days before and 3 days after conference dates for those who wish to extend their stay in Victoria.

Other Reasons to Attend

- Special events for delegates and guests
- Enjoy some of the area's famous attractions; e.g. Butchart Gardens, high tea at the Fairmont Empress Hotel, Royal BC and Maritime museums, harbour tours, whale watching, brew pubs, award winning restaurants, Island wineries, superb golf courses, the Gulf Islands, an exciting conference program (TBA). Further information will be available at <http://web.uvic.ca/retirees>

CONFERENCE & AGA d'ARUCC/CURAC 2012

18-20 avril 2012 à Victoria, C.B.

La conférence/AGA (2012) sera organisée par l'Association des Retraités de URIC avec la coopération de l'Association des Profs. Emérites de UBC et celle des Retraités de SFU.

Les séances auront lieu sur le campus de URIC et les délégués seront logés, à des tarifs réduits, à l'Hôtel Harbour Towers, situé au centre-ville, à seulement quelques pas du pittoresque arrière-port de Victoria.

- Réception et banquet à l'Hôtel Harbour Towers
- Les séances de la conférence se dérouleront dans la Salle du Sénat et du Conseil des Gouverneurs au Centre universitaire
- Le Comité d'organisation s'occupera du transport entre l'hôtel et le Centre universitaire

Prix très avantageux offerts par Harbour Towers



- Chambre, à 1 ou 2 lits, à partir de 79.00\$
- Rabais de 20% sur les repas et les boissons non-alcoolisées
- Parking gratuit pour les délégués logeant à l'hôtel

Les délégués désirant prolonger leur séjour à Victoria pourront jouir des prix en vigueur pendant la conférence, pendant les 3 jours qui la précéderont ainsi que les 3 jours qui la suivront.

Pourquoi venir à Victoria et à la Conférence?

Événements tout spécialement destinés aux délégués et leurs invités

Qu'y a-t-il à voir à Victoria?: Les Jardins Butcher, le "high tea" à l'Hôtel Fairmont Impératrice, le Musée Royal de la C.B., le Musée maritime, des excursions en bateau autour du port, ou pour observer les baleines, des "brew pubs", des restaurants renommés, et puis, ne l'oublions pas, les vignobles de l'île de Vancouver, d'excellents terrains de golfe, et des excursions autour des charmantes îles du Golfe, et uUn programme de conférence très stimulant (qui sera annoncé)

De plus amples renseignements seront disponibles à <http://web.uvic.ca/retirees>

10TH ANNUAL CURAC/ARUCC
CONFERENCE AND AGM, VICTORIA, BC
APRIL 18 – 20, 2012

UPDATE - Joanne Thomas (U Vic)

The University of Victoria Retirees Association (UVRA) will be hosting next year's College and University Retirees' Association of Canada (CURAC/ARUCC) annual conference and AGM in Victoria, BC. The dates are April 18 – 20, 2012. Social events will be held at the Harbour Towers Hotel in downtown Victoria, and sessions will be offered at the UVIC campus. Arranged transportation will shuttle delegates between the sites.

There will be an opportunity to take advantage of the conference hotel rate of \$79/night for three nights before or after the conference dates. This will give you the chance to explore local attractions such as an organized tour of wineries in the area and to participate in a West Coast First Nations experience the Saturday following the conference.

Attractions close to the hotel include Beacon Hill Park, Royal BC Provincial Museum, Parliament Buildings, Empress Hotel, harbour tours. Other attractions include golf courses, the beautiful Butchart Gardens, and whale watching.

The program is being developed with retiree association representatives from UBC and SFU, and it will include sessions on such topics as best practices in association activities, pensions, university learning programs for seniors, CURAC/ARUCC input to the upcoming revision to the Canada Health Accord, selling sickness to seniors, and cardiovascular health for seniors.

More detailed information may be found on the following websites - <http://web.uvic.ca/retirees/> or <http://www.curac.ca/> - *keep checking for more updates!* - new information will be posted as we confirm our program and event plans.

Plan to come to Victoria and engage in some thought-provoking, informative sessions and reconnect with your colleagues!

OCRA GENERAL MEETING
HUMBER COLLEGE, NOVEMBER 2, 2011

The 9th general meeting of the Ontario Colleges Retirees' Association was held at Humber College's main campus on November 2, 2011. Approximately 55 members and invited guests attended.

For the first time, official greetings from CURAC arrived in person from George Brandie, CURAC, president, whose presence after the four-hour drive along Highway 401 from Kingston was much appreciated.

Information desks provided by Waterloo Insurance and Medipac Travel Insurance were another "first" at this meeting.

Humber College president John Davies opened the proceedings with his warm welcome and summary of recent events at the college. The business part of the meeting included reports by the association's officers and updates from representatives of the colleges' retiree extended health insurance plan and the CAAT (Colleges of Applied Arts and Technology) Pension Plan.

Amendments to the by-law and constitution were passed, and three new members were elected to the executive for two-year terms.

Normally the keynote speaker talks about college matters or benefits, but this meeting featured another "first" - motivational speaker Judy Suke who provided a humorous interpretation of the theme "Aging isn't for Sissies."

The meeting concluded with the distribution of donated door prizes and a vote of thanks for the support of Humber College and the Humber College Retirees' Association as hosts of the meeting. Parking was free and the college caterer served a delicious lunch.

A REGIONAL CURAC CONFERENCE FOR ONTARIO

Sandra Pyke (York)

As you may know, some highly successful regional CURAC Conferences have been held in eastern Canada – the Atlantic Region Conferences. The most recent iteration of this event was co-hosted by Saint Mary's University Retirees Association and the Association of Dalhousie Retirees and Pensioners. (see brief report on page 3)

Stimulated by a recent suggestion from Ken Rea (Toronto), plans are currently afoot to organize a similar event in Ontario. As Ken phrased it, a regional Ontario conference might serve to consolidate efforts with the broader national picture by reinforcing connections among some of the largest constituencies within CURAC. As a first step in this endeavour, the 17 CURAC member associations in Ontario were contacted to determine their interest in participating in a regional conference and suggestions for conference topics were solicited. Positive responses were received from 11 associations.

Given the proximity to the end of the year and the need to allow sufficient time to properly prepare for the event, it was decided to hold the conference in the fall of 2012. As a prelude to that meeting, a presentation on this issue has been proposed for the CURAC conference in Victoria in April. The title for the session is "Cultivating Regional Roots". The session will explore the relevance of regional organization structures for the viability of CURAC and provide some advice re planning a regional meeting. Presenters include Ken Rea who will provide a bit of history on this topic, Tarun Ghose who will share experiences from the Atlantic CURAC conferences, and Joan Cunington who will focus on the college connection. There will also be an opportunity at this session to do some planning for the fall Ontario regional meeting.

Here are two of Marianne Van der Wel's photos from the Regina Conference.



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