

RALU news



The Retirees' Association of Lakehead University (RALU) was formed in 2007 to give a unified voice to retirees, their spouses or partners; to provide social and creative interaction and debate; to be a forum for discussion of matters of common interest; to provide contact with similar associations, monitoring retiree activity; to pursue benefits and considerations from the University that match the best practices of other institutions.

There are eight meetings of the full membership per year; September (AGM) to April. A field trip is organized in the Fall.

Executive Committee:

President, Dave Kemp; Vice President, Clem Kent; Secretary, Beverley Stefureak; Treasurer, Bonny Wigmore; Margot Ponder and Kathy Crewdson, Co-chair Communications; Past President (ex officio): Brian Phillips

Communications Committee: Kathy Crewdson, Ian Dew, Walter Momot, Margot Ponder

Program Committee: Ernie Epp, Jenny Phillips, Jim Stafford

Home page: <http://ralu.la>

IN THIS ISSUE

Feedback

CURAC: National Strategy for an Aging Population

Members' Articles

Senior's Grant

LOL

End of the Academic Year Message from the Editor

RALU member feedback

Your executive committee recently met and discussed offering afternoon events/programs for the coming year since not all members can make evenings.

How do you feel about this idea? What is your preference?

Email

ralu.communications01@gmail.com

College and University Retiree Associations of Canada/ Associations de retraités des universités et collèges du Canada (CURAC/ARUCC).

CURAC/ARUCC is a non-profit federation of retiree organizations at colleges and universities across Canada. Its primary aim is to coordinate activities that promote communication among member organizations, to share information, provide mutual assistance, and speak publicly on issues of common concern to its more than fifteen thousand members across Canada.

Population Aging: Long Term, National Strategies a “Must” for Seniors

In 2012 nearly 5.2 million Canadians were over 65 and that number will likely double by 2036, according to the Canadian Nurses Association (26 November 2013). The prospect of a “grey tsunami” has been much bandied about in the press with accompanying worries about steeply rising health care costs. The evidence on rising costs, however, suggests a modest increase; according to an Alberta health study in 2013, aging contributed a modest 0.8% increase in health care costs over the previous decade. (cited in Wolfson, Chronicle Herald, 8 October 2013). Other factors such as wages, inflation and unknown factors accounted for 6.6% of

increased health care costs. According to Jeffrey Simpson, aging adds approximately 1% to health care costs. (Simpson, Chronic Condition, 2012, 189). While the modest increase attributed to aging might be comforting, it does not address the larger challenges of how to get more people treated at less costly clinics rather than in hospitals, nor does it speak to what kind of care would best suit seniors. As numerous studies suggest, we need to create policies and programs that foster more independent and healthy lives for seniors while also addressing the question of how healthcare dollars might best be spent. Where are seniors living in their retirement years and what are the challenges seniors face as they get older and need assistance? Most seniors want to continue living at home as long as they are able. According to the Canadian Medical Association (press release, 19 August 2013), 63% of those surveyed believe that home and community care should be the most important focus for governments in improving health care for seniors. And 93% of those surveyed believe Canada needs a National Strategy for Seniors Health Care, one that addresses not only hospital care but also long term care, home care and hospices. (CMA National Report Card on Health, 2013). Six of ten people surveyed indicated that they will need to rely on a public system of home care or long term care and the same proportion indicated that they lack confidence in the current system’s ability to care for aging Canadians.

We know that home care and long term care cost considerably less than hospitals yet we also know that there are thousands of elderly Canadians waiting for home care or a place in a long term care facility because they can no longer live on their own due to physical health or cognitive functioning problems (or both). A newly released Ontario study carried out in 2012-2013 states that over 10,000 are wait-listed for some kind of home care service while another 32,000 await a long-term care bed. In the context of downsizing hospitals, closing beds, decreasing access to restorative care and therapies in hospitals and under-resourcing of community care, there is cause for alarm. Patients are not getting timely care; early discharge results in more stress on emergency rooms and higher re-admission rates to hospital, among other negative results. (Pushed out of Hospital, Abandoned at Home, 2014) Care in the community or home remains an ideal but one difficult to attain in the current situation.

Home and community care have been proposed as solutions for frail and elderly seniors. Introduced into the Canadian system in the 1970s, home care has expanded significantly only in the last decade. In 2011 1.4 million Canadians received publicly funded home care, an increase of 55% since 2008 (Safety At Home, 2013). Findings from National Population Health Survey (NPHS) suggest that the provision of publicly-funded home care decreases the likelihood of institutional solutions. Similarly, access to social support

services decreases the probability of institutional care. People with higher levels of functional health status and higher incomes are less likely to transition from independent living to institutional arrangements while lower income seniors are more likely to move into institutional care. A decline in health status increases the probability of institutional care as well. Thus it makes sense to pursue policies and programs that foster healthy lives and facilitate independence for seniors. (NPHS, Social Science and Medicine, 2009) Similarly it makes sense to increase the health system's capacity for home and community care to assist seniors in staying at home for as long as possible.

What is the situation with home care in Canada? First, home care provisions and funding differ across Canada, depending on province. Some provinces use private agencies to provide care. Levels of public funding, inclusion of equipment and community support, safety standards, rehabilitation services and training requirements for home care workers depend on the province you live in. Some provinces cap the number of hours of home care available and levels available may not meet patient needs. Secondly, home care demand has increased, driven in part by elderly patients in hospitals waiting for a higher level of care either at home or in a long term care facility. Some provinces have established short term, acute care after discharge from hospital, as part of the First Ministers' Accord on Health Care Renewal (2004-

2014). (Seniors in Need, Caregivers in Distress, 2012). Longer term home care of seniors remains a key issue that requires a continuing care strategy across Canada, according to a March 2012 Senate Committee review of the 2004 Health Accord. A pan-Canadian strategy ought to include a focus on how to lower barriers faced by caregivers, many of whom are unpaid family members, as well as personal support workers earning a wage. For the former, respite care can be a problem; for the latter, wages are often low, travel time is not always included and thus recruitment and retention become difficult. Patients face frequent changes of caregivers as a result which can negatively impact care.

What steps might be taken to improve health care for seniors? For those living at home, maintaining a functional health status is central and thus programs that support good health and stress prevention are key. Providing 24 hour clinics (perhaps utilizing health care professionals other than medical doctors) and more use of professionals such as paramedics in the community could address some seniors' needs and avoid trips to emergency wards. For seniors leaving hospital, programs such as Ontario's "Home First" sends patients home with intense case management to see how well a senior can manage with home care. Local Health Integrated Networks (LHINs) work with Community Care Access Centres to determine the needs and services required. Nova Scotia launched a similar program in 2009 and

Saskatchewan has provided additional funds to expand its Home First/Quick Response pilot program. How well these programs work needs to be documented though evidence from one LHIN in Ontario showed that 2,500 people over a two year period went home with support rather than into a care facility. (Seniors in Need, Caregivers in Distress, 2012)

One MP, Libby Davies (NDP), proposed a private member's bill that would require the Minister of Health to create an Advisory Committee to establish a continuing care needs assessment that would lead to national standards for such services. The bill also mandates the Federal government to make cash contributions to the provinces and territories to fund such care. As the Canadian Medical Association noted in August 2013, Canadians believe Canada needs a pan-Canadian strategy for home care, hospital care, hospice care and long term care. And 89% of Canadians surveyed by the CMA thought all levels of government need to be involved; 78% pinpointed the federal government as having an important role to play. As we face the end of the 2004-14 Health Accord we need more than ever to press for seniors' health care needs. Home care would be a critical place to start a national strategy.

For Further information or comments, please contact Linda Kealey, Chair, CURAC/ARUCC Health Care Policy Committee at lkealey@unb.ca by June 10.

Member's article**Science in Our Community.
Mercury Remediation in the
North Harbour of Thunder Bay**

There were renewed calls for study, debate and action on the quality of Great Lakes water at a special meeting of the Public Advisory Committee to the Remedial Action Plan for the Thunder Bay Area of Concern (AOC) held on the Thunder Bay campus, March 19, 2014. Specifically, the meeting introduced a project to clean up mercury contamination in the North Harbour. The current phase is the study process, in which sediment management options will be evaluated and the preferred method will be selected.

The meeting was attended by concerned citizens, students, scientists, stakeholders, neighbours, and city councillor, Andrew Foulds. There was a team of Environment Canada officials, led by Roger Santiago. Conducting the meeting were Jim Bailey of the Remedial Action Plan and Jamie Saunders of EcoSuperior Environmental Programs. The Study Team is made up of representatives of Environment Canada, Ontario Ministry of the Environment; Cascades Fine Papers; and the Thunder Bay Port Authority. The consultants, Cole Engineering and SLR Consulting, introduced the project to remediate the site of mercury contamination, centred on what was the Cascades Mill in Current River. The

objective of the project will be to reduce the level of mercury contamination in Thunder Bay Harbour to the background level of this heavy metal in the lake water. There are up to 400,000 cubic metres of sediment covering an area 22 hectares, up to 4 metres thick in places.

The Study Team will determine the preferred method from a range of options from capping the area with sand, to dredging, to excavation with other options for processing and storage of the sediment. The study will determine the risks associated with each option. Evaluation criteria include effectiveness and permanence; community support; sustainability and cost. Costs are estimated at between \$30 and 100 million for the range of options. Roger Santiago, Environment Canada, reported that it was normal for a third of funding to come from the federal government; another third from the provincial government; and the remaining third from local sources, like municipalities and corporations. Among the political problems is the current lack of an agreement between the federal and provincial governments to permit money to come from the provinces. Time needed for the study phase was estimated at three years. The bulk of the meeting was taken up with detailed questions, such as, the likely long term effects on the drinking water supply of doing nothing.

Co-chair of the Public Advisory Committee to the Thunder Bay Remedial Action Plan, Jean Hall-Armstrong, concluded by telling the meeting that community engagement

(public input) is the critical ingredient in this and related projects. To galvanize our political leadership and stakeholders, including those heretofore noticeably absent from the process, the representatives of the now defunct companies involved and city council and administration, will take effort. It will take citizen engagement in order to solve the technical and political problems. She asked for volunteers to come out for Public Advisory Committee meetings, which are bimonthly. The next meeting will be May 14th. Readers are asked to check the project website <http://www.infosuperior.com/>

Extensive public consultation will occur in the next phase. Opportunities to study this and other issues with water will occur during the Great Lakes St. Lawrence Cities Initiative annual meeting, which will be held in Thunder Bay this June.

Ian Dew
submitted to *Argus* March 26, 2014

Hank Akervall: Heroes and Hero Worship

The Lakehead has its own heroes. Dr. Henry John Akervall was a native son of Northwestern Ontario who left his mark on the national scene as well as being a prime-mover in the development of the Lakehead. Hank, as he was universally known, had a dual career as an educator and an athlete. Both careers are still illustrious. Academics and athletics

coexisted perfectly in Hank. As an educator and pioneer environmentalist he promoted athletics and moulded the character of Lakehead University. As an athlete, he was an all-rounder. In ice hockey he was a player, coach and developer

Hank was born in Port Arthur in 1937. Hank's academic career really took off in grade thirteen, while playing for the Hamilton Tiger Cubs. He had been scouted by another Lakehead great, Jack Adams, for the Detroit NHL farm system. Jack's plan was that Hank would play for him with a big future as a professional ice hockey player and forget all about schooling. Hank's sister, Freda, who had assumed the role of chief breadwinner with the recent death of their father, had other plans. So it was decided that he would continue with his education and play hockey. Hank parted company with Jack Adams and any dreams of the NHL to become a student in the forestry program at Michigan Technological University, where he would graduate with a B.Sc in Forestry

He went on to play hockey on a scholarship to Michigan Tech, where was known for his crushing body checks. Michigan Tech games would have upwards of 3,000 fans. With Hank on the blue line they would go on to win the prestigious NCAA championship in his last year. Following graduation, he travelled to Finland to work as a forester and to play for and coach a first division team, Tappara. Returning to Canada, in 1964 he was selected to join Canada's Olympic Ice Hockey team.



A photograph (postcard) of the 1964 Olympic hockey team. Hank is the second row, second player from the left.

Although he played defence, Hank was elected by his team mates to lead this team as captain. The nation was spellbound as the club coached by father David Bauer set off for Europe. The games were all carried on our then national radio network, the CBC. We followed the ebb and flow everywhere in Canada. They lost the game for bronze by one goal in Innsbruck, Austria.

In 1966 Hank returned to Port Arthur region to become an educator and coach. He taught as a sessional lecturer in the Forestry department at Lakehead University while also serving as the Director of Athletics. He was instrumental in the University's creation of the Physical Education Program and later in his career the Outdoor Recreation Program. Hank also coached the University men's hockey team, the Nor'Westers for a total of 7 seasons, 1967 to 1975.

Hank was a tireless, courageous, and tough organizer for the new Faculty Association, who helped develop and extend its definition of academic freedom. In the early days he fought for better salaries and the rights of marginalized members of the academic staff, including the librarians.

He never stopped learning. In 1988 he returned to school where he received an Ed.D. degree from North Colorado University. The topic of his dissertation was the economic impact of arenas... The calendar lists him in 1995 as Associate Professor, Outdoor Recreation, Parks, and Tourism.

The subtitle of this article, "Heroes and Hero Worship", is borrowed from the influential book of that name from the nineteenth century. In it Thomas Carlyle describes heroism and the importance of real heroes to society, whose role is to lead us all to a better state. Hank motivated those around him to give their best.

When he died in 2000, his family, friends, and colleagues established the Henry "Hank" Akervall Memorial Bursary. It provides for two 3rd or 4th year students of Outdoor Parks, Recreation, and Tourism to receive an amount toward their expenses. It is awarded on the basis of financial need and satisfactory academic achievement.

Written and submitted by Ian Dew

Member's article

A Photojournal: My Travels to the Philippines

I recently travelled to the Philippines, thankful to escape the endless grip of winter which has plagued us this year. After a fourteen hour flight from Vancouver, and another two hour wait in Manila, I finally boarded the plane for the hour long flight to Cebu. Cebu is an island province in the Philippines, consisting of the island itself and 167 surrounding islands. The capital city, Cebu, is the oldest city in the Philippines. This region is referred to as the Visayas and that is the dialect spoken there (also referred to as Cebuano) although the official language of the Philippines is Tagalog. The population of the city is about two and a half million people, which does not include the surrounding area.

I stepped off the plane in Cebu to be welcomed by the sun and a temperature in the thirties! As this was my fourth visit there I knew what to expect. The airport is situated on Mactan Island outside of the city and there are many resorts located fairly close to the airport. Travelling anywhere there requires a lot of patience as the roads are filled with cars, trucks, motorcycles, bicycles, tricycles (motorcycles or bicycles with a sidecar) and brightly coloured jeepneys. Jeepneys are small busses with bench seats along two sides, where people are squished together.

Riders enter through a door on the back of the bus. All these vehicles are competing for space on the often narrow road and drivers must constantly be on alert! Street signs are often missing due to theft so finding your way around can be a daunting challenge!



As in many third world countries, a large segment of the population is poor and live in impoverished conditions with garbage everywhere and goats, stray dogs, and roosters a common sight.



Those families with more of an income live in houses with locked gates for security.

There are many gated communities both in Cebu and the surrounding districts and some of them are very nice. Several of the houses are owned by foreigners, and in the community where I was staying the houses were large and well kept. They all have Filipino staff to look after them, as wages are very low.

It took us about an hour and a half to drive into the city of Cebu from where I was staying in the city of Lapu Lapu on Mactan Island. The city was named after Chief Lapu Lapu who was the first to resist the Spanish colonization and was responsible for the death of explorer Ferdinand Magellan in 1521.



One can visit the actual cross which has been encased in an outer shell to protect it.

Another interesting site to visit is the Cebu Taoist Temple, which is situated in Beverly Hills, a very rich village

located on the mountainside, with a view of the skyline of Cebu City.



There are several old Filipino Spanish churches in the area. The

, which houses a statue of the Child Jesus venerated by many of the thousands of devout Filipino Catholics who believe it to be miraculous. It was one of three gifts from Magellan in 1521.



A circular staircase is one of the interesting features of the interior of the church.



The other site I visited on this visit was a monastery called the Monastery of the Holy Eucharist, which took us three hours to get to. It was quite impressive as it is located away from any major city.



When one travels in the centre of downtown Cebu the streets are wider and there are more traffic lights and many large modern buildings; headquarters for many foreign companies, as well as several large hotels, etc. Business must be good as there is considerable construction underway. They are also building another mall which is going to be similar to the Mall of America. There are two large malls at least in the centre of the city. My favourite was the Ayala Mall which approximately 80,000 people visit daily. Amazing!



There are several large resorts around Cebu. We did visit a couple of them. One can pay for the use of the pool for

the day so we did take advantage of that!



On one of my previous trips we rented a boat and were driven forty minutes out into the ocean and we stopped at an island where the beach and ocean were breathtaking. We bought some fish from the locals and someone cooked it up for us. A different experience!



I also visited the island of Bohol on a previous visit, which is about a two hour trip by ferry. It is less populated and more tropical in appearance. It is very picturesque and a popular tourist attraction. One of the main sights to

see are the Chocolate Hills. One has to climb up 214 steps to get to the top of the lookout but the view is worthwhile. During the last earthquake the stairs to get up were totally destroyed so I'm not sure if it has been repaired yet. Several churches suffered damage both there and in Cebu during this earthquake which happened a couple of weeks before the Haiyan typhoon hit.



This is a picture of an elementary school on the island of Bohol. The children look after the planting of greenery!



I have also visited a fishing village on another island off the coast of Bohol.

We were certainly the centre of attention as we arrived in this small village, where I'm sure they did not receive many foreigners as visitors!



The houses were small, often with a floor made of stones with no indoor plumbing or running water. One house we were in had one corner covered with flattened cardboard and on top was a TV! Needless to say it was a gathering point for many of the neighbouring children. It was an experience to be having a meal in the house while many of the locals were peering in the open doorway!

I have not spent any time in Manila and there are a few islands I would still like to visit which I hear are beautiful. Perhaps on the next visit!

Written and submitted by Margot Ponder

Member's article

HEALTH AND SAFETY: THE VALUE OF WELLNESS

"Wellness" is a word and "Health and Wellness" a phrase that we often hear these days used mostly by marketers. What do they mean and how do we use them? What are the dimensions of wellness? Let us count the ways... mental health, physical health, and for those equipped with a soul, spiritual health.

Here is a recent example from your editor's experience of an inexpensive service that offers major benefits through pain control that substitutes analysis and stretching for medication. This has an immediate economic benefit. The magic word is "physio" and specifically the brand of physiotherapy dispensed by Peter Jordan Physiotherapy, whose clinic is located in the Hangar on the Thunder Bay campus.

It was a shock to develop what was diagnosed just before winter as bursitis in the hip, which interfered with exercise involving walking, biking, and skiing. The good news is that I was put in touch with the practitioner who set me on the road to regaining mobility and health in record time, insofar as my muscles, joints and skeleton are concerned. I reached Peter by way of a recommendation from Lakehead retiree and perennial jock, Dr. Jim Haines, after being advised by my doctor of the option of physiotherapy.

I attended only four visits which were made fun and conducted mostly in a common room, in a setting with an athletic clientele, since Peter is also the Thunder Wolves' physiotherapist. Staff are relentlessly cheerful. Expect good things.

Although payments are not covered under OHIP, Peter notes that "A doctor's referral is not necessary to see a physiotherapist, however, it might be required to be reimbursed by an extended healthcare provider."

The economic benefit of the treatment is immediate, since you will soon be able to once again lead an active life of skiing, walking and gardening. For more information about the clinic, the website has more details and a FAQ with information on clinic access, location, hours, and conditions treated.

Peter Jordan, Registered
Physiotherapist . Sports Medicine
Clinic. (807) 343-8188

Peter.jordan@lakeheadu.ca

FREE SPEECH KEEPS ON ROCKIN' IN THE FREE WORLD WITH NEIL YOUNG

Listening to a discussion of current events at a meeting of students recently, I was reminded of how totally antiquated the language of my generation is becoming. I don't feel bad though: ever was it thus. If I listen carefully I can pick up a word here and there. I discovered also that this proposition cuts both ways in that a

number of them seemed to not know the connection between Neil Young and LU. Most did not appear to even know the name, Neil Young, much less his claims to fame. This is astonishing on many counts.

It is most ironic that Neil Young is publicizing and helping to bankroll the fight of people who live in the path of the effluent of the oil business, which is after all, our current federal government's real constituency. This is the oil business. The amount that Neil and his band of geriatric rockers generate will be a drop in the bucket compared to the oil business, no doubt. With the Honourable Joe Oliver and cronies, they all stand to make a bundle. They all have Daffy Duck dollar signs in their eyes in Alberta. Radiating from centres of the oil business that is increasingly reaching here in our pristine forest in the form of a new pipeline. We will have a whole new vocabulary to learn ASAP with words like "dilbit". The boom is on again.

Now this is where free speech and meets economics for Neil. Neil is the holder of a doctorate of laws from LU, *honoris causa*, so a cause of celebration. It is ironic in our society that free speech is so expensive. It is also ironic that it takes a musician, such as our own Dr. Neil Young to tell us and our federal government to listen to science and to honour the treaties.

Written and submitted by Ian Dew

RALU's Latest Quest for Better Communications

Seniors Grant

Thanks to Bev, Bonnie and Kathy, we will be submitting an application on behalf of RALU to the Ontario Senior's Secretariat for Webpage development and re-design of RALU's current webpage.

We are requesting funding to upgrade the website to a Word Press platform which offers many creative features, such as functionality that will give our web presence a professional look and feel.



Where to Live After Retirement

You can live in *Thunder Bay* where...

1. You only have four spices : salt, pepper, ketchup and Tabasco.
2. Halloween costumes fit over parkas.
3. You have more than one recipe for moose.
4. Sexy lingerie is anything flannel with less than eight buttons.

5. The four seasons are : winter, still winter, and construction.

OR

You can live in *Phoenix, Arizona* where...

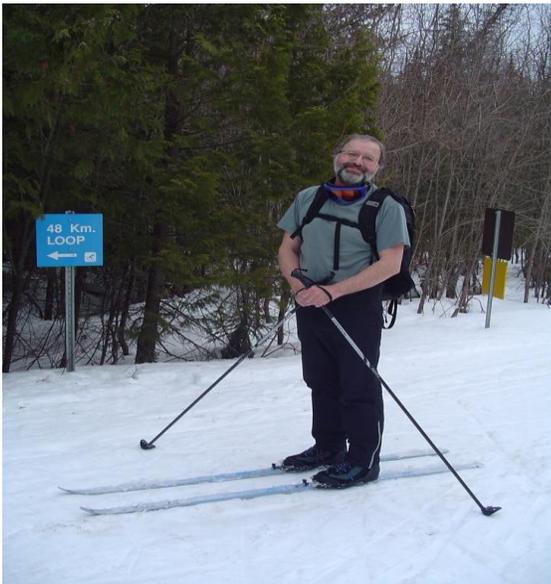
1. You are willing to park three blocks away because you found shade.
2. You can drive four hours in one direction and never leave town.
3. You have over a hundred recipes for Mexican food.
4. You know that dry heat is comparable to what hits you in the face when you open your oven door.
5. The four seasons are tolerable, hot, really hot, and ARE YOU KIDDING ME?

(Taken from SeniorArk.com)



END OF THE ACADEMIC YEAR MESSAGE FROM THE EDITOR

Those of us who are happy to live in the Great Northwest have enjoyed a wonderful ski season as part of a long and snowy winter, after what was a beautiful fall.



Ian Dew, your editor

Before my skiing acquaintances die laughing, I am forced to admit that this is indeed not a recent photo and that the sign is just a backdrop... it is! Even now I have to admit the grin is one of chagrin. Skiing with other forms of activity has been the source of physical and mental well-being.

There can be no denying it was a long, hard winter in many ways. We lost people important to our community, including Norm Lavoie,

Gary Murchison, John Ryder and Pat Vervoort, the courageous academics who built Lakehead. John was an ornithologist who helped build the Biology Department in the early days. He brought with him a knowledge of academic standards. Norm was a dedicated and impassioned athlete, who imparted a love of physical movement. Gary was a pioneer forester. Pat was one of those exceptional academics who use their tenure to speak forthrightly whether in defence of the arts or academic freedom. Her writings on architecture will be read by coming generations to learn about their home in the Lakehead. Future generations will discover through her, the legacy of the grain elevators. So too, without radical change, her acerbic Bostonian verdict of "jarring unsightliness" to describe our city's public architecture, will endure until we somehow manage to do better.

On the pension front, the situation is stalled in a Sitzkrieg that seems to be designed to let attrition take its course. In the meantime I have learned that a member was only partly right when he quipped that "Things are tough all over". Things are tougher for some than others: there are haves and have nots. The system is run by the haves and lawyers are still paid by the hour, so there seems to be no big hurry.

The single economic concept that has come sharply into focus over the past year is that of "opportunity cost". I feel like I have really had my face rubbed in the whole idea until each

piece can be quantified. As we battle to retain our pension with a tag team of hired guns and would-be local stars; choreographed by a cadre of veterans of LUFA and the administration and their handlers all trying to orchestrate the whole scenario. The pension fight at LU has consumed most of the time and energy and genius of this organization without, so far, reaching a decision point. LU has been very clever in making the opportunity cost so steep and the results of resistance so painful, that many folks just plain gave up. Until the appearance of your retirees' group, that is. Attrition is a perceived way of viewing our predicament as retirees or soon-to-be-retired retirees or their dependents.

The staff of LU, retirees and folks still working and their dependents and others, are in the fight of their lives in a struggle over one pension plan. The issues concern everyone who is a member of the plan, whether retired or still contributing. As a member of the executive committee these past years I feel I understand opportunity cost on a protracted basis over the past 11 years since my "retirement".

The attrition is on both sides in that over the years participants on the board rotate in and out in the nether world of LU politics. Individual retirees die and just plain wear out; leaving only questions. There is no closure and the prospect of one is bleak, since LU has promised to appeal if the process finds against them. The only glimmer of hope lies in the fact that LU has evidently promised to take legal expenses out of its own budget until

the "concerns" are resolved. This is instead of taking money out of the pensioners' funds. This also is *pro tem*, LU says that is, pending the FSCO recommendation and the appeal they promise when they lose. In the same document they reserve the right to recover those funds if they win. That's what they said, anyway.*

The struggle entered the cyber age with the latest round being the meeting of the Pension Board Friday 6 December, 2013. It was a virtuoso performance of meeting management performance on the part of the pension board. It was the latest turn in the working out of the ultimate attrition battle where plan members face a board that has used our energy and money and still squanders our time.

Despite this, RALU is in its seventh year and can look back to some major accomplishments. Not least of these is this Newsletter, which provides a forum for members to exercise their right and duty to speak out.

The best thing without doubt that has occurred to your editor this past academic year was the opportunity to work with the student newspaper, the *Argus*. This provided a major infusion of ideas and energy, and information from the Orillia and Lakehead campuses of LU, thanks to attendance at working meetings with these bright, young people. It required a leap of faith on their part to include a retiree as a regular contributor. They were willing to take that risk and welcomed me. The students running the newspaper at least realize the value of

having a retiree help build our academic community.

I had hoped to bring literary confections and information for the news starved north, what with the local daily being on life-support, but instead please accept this as a down payment on a more enlivening – and enlightening issues in future.

One of my New Year resolutions, and one I suspect that will be easier than most, is to have more fun. In this vein the next issue will be a special issue on “Your economics”.

*Ed: It is entirely unclear what this promise really means or whether it has been kept: the personnel are the same on LU’s legal team, so far. This is par for the course. It’s business as usual.



Your Will is a Gift

**A way to be remembered by
your community**

Giving can be the best way to say thank you – to your family, your community and the people who gave to you. Legacy Giving makes saying thank you last longer than a lifetime. It lets you give to the future and receive the rewards today. Take the first step.

legacygivingthunderbay.com

Lee-Anne Camlin
Philanthropy Associate, External Relations
Lakehead University
955 Oliver Road, Thunder Bay ON CAN P7B 5E1
Direct Line: (807) 346-7792
Fax: (807) 343-8999
Email: rlcamlin@lakeheadu.ca
Web: lakeheadu.ca

Charitable Registration
Number #11900 2681 RR0001



Let Us Hear from You

If you are a new retiree, could you tell us a bit about yourself, for inclusion in the next newsletter? When you came to Lakehead, the kind of work you did, hobbies, adventures, anything about your family you would like to include.

If you have been on the retirees list for awhile, how about updating us on your present whereabouts and what activities you are involved in?

RALU is one of the few places where you can stay in touch with one another, whether at our meetings or through the newsletter. Send your piece to

Ralu.communications@gmail.com

Benefits of Membership in RALU

***Social support. Be informed and active in a group of like minded people who share the same interests and background.**

***Economic fairness. RALU Pensions and Benefits Committee represents retirees and aims to be a consultancy for all members.**

***High FP Rating. RALU members have a higher than average Fun Potential rating. Get yours today!**

Membership is \$10 annually or \$25 per individual per three years, with equal status of membership for retirees, spouses and partners. Annual membership is from Sept 1st to Aug 31st. You are encouraged to support the association by joining us, even if you live far from Northwestern Ontario.

Complete the membership form and return with a money order or cheque made out to the Retirees' Association of Lakehead University, 1881 Nickle Street, RR#12, Thunder Bay, Ontario P7G 2E6. For further information please contact RALU President David Kemp, panddkemp@shaw.ca

Please note that there is a new area for expertise, contribution. Tell us how you want to assist RALU, for example, by contributing to the newsletter or giving us a presentation on your expertise, and so on. The Association is inclusive and its membership is open to retirees of colleges and universities.

RETIREES' ASSOCIATION OF LAKEHEAD
Membership Form – Sept 1st 2013 to Aug. 31st, 2016

First Name _____

Surname _____

Email address _____

Postal address _____

Contribution/Area of expertise _____

Postal code _____ **Tel. #** (_____)

Office use only

Paid _____ as Cash _____ or Cheque _____	Date dd/mm/yy
_____/_____/_____	

Cut here



ISSN: 1918-4581

Subscription free with membership

Individual non member \$20 including postage

© Retirees' Association of Lakehead University

Published by the Retirees' Association of Lakehead University

Back issues of the newsletter are available free from Library and Archives Canada

http://epe.lac-bac.gc.ca/100/201/300/ralu_news/index.html