



# RALU News

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## RALU YEAR NINE: 2016/2017

RALU is beginning its ninth year of operation. The period shows a steady growth in numbers and diversity in membership and constant refinement in our goals. Perhaps the greatest area of development is in strengthening the day-to-day social and practical ties between individual members. An important aspect of encouraging development is extending and improving communications infrastructure, which will increasingly include social media and radio, in addition to email, websites, telephone and face-to-face.

RALU is recruiting talented and energetic people from all areas of the university community, including retired and soon to be retired support staff, administrators, sessional lecturers and adjunct professors, library workers, as well as faculty, to carry out the goals of the organization. This diversity is a major strength, bringing together a wealth of experience and aptitude from all parts of the university community. Create your project or event and join one of the committees or working groups. We encourage all to offer their expertise to enhance our Association. Each committee is always looking for new inspiration, so please donate your time and energy.

RALU tries to offer a varied programme for the upcoming year intended to appeal to a wide range of interests and provide some of the information needed by retirees.

## **SOLVENCY SHMOLVENCY: PROFESSIONAL PENSION NEWS**

It was a busy summer for the RALU Pension & Benefits (P&B) Committee. On August 30<sup>th</sup> there was an open meeting of the P&B committee attended by a roomful of members and survivors, who discussed the draft letter and petition to the Financial Services Commission of Ontario (FSCO) from member Abdul Mamoojee.

It was agreed at the meeting that RALU would continue to do everything to present good information to members so that we can make correct decisions in future. The information is in the form of a website containing documentation related to the "Amendments". There was also a general feeling at that meeting that we should put up a united front and continue to ensure that all members of the Association receive redress. At the end of the meeting there were congratulations and heartfelt thanks for Abdul for leading the charge.

At the September meeting of the LU Pension Board, in answer to Abdul's question on returns on investments, the Actuary confirmed that the returns recorded in his report are net of all expenses and are the figures to be used in the calculation of increases to pensions if increases were allowed. These figures are 9.3% in 2012, 17.8% in 2013, 9.6% in 2014 and 3.9% in 2015. These figures yield a four year average return of 10.5% for the period 2012 to 2015, which entitled pensioners to a 4.15% increase on their pensions as of January 2016. The year to date return for 2016 (as of August 31) reported by Proteus, 6.7% was gross; net of all expenses it is 6.24%.

Solvency Deficiency. The Actuary's report showed a solvency deficiency of \$20,039,000 at the valuation date of December 31, 2015. Abdul asked him how this figure could be reconciled with the figure of \$31 million communicated to pensioners in Account No.1. He replied that the

first figure was for the pension plan as a whole, the second figure for Account No. 1 in particular. On provinces exempting universities from funding deficiencies in solvency valuation, progress was reported by Eckler and Proteus by Quebec, Alberta and B.C. joining other provinces such as N.S, N.B and N.F. Ontario remains a conspicuous laggard in this matter, still taking another look at the issue, after having done so and decided to take no steps a few years ago. Eckler presented a document entitled *Pension Plan for Professional Staff of Lakehead University – Actuarial Valuation as at December 31, 2015*. The document contains a plan for yet further complex "Amendments". To a question about how much money there is in the Pension Guarantee Account and where that money is, no one was able to provide a clear answer. Clint Mason offered to send Abdul a breakdown of the Actuary's 2015 valuation, one showing separate reports for the three accounts in the Professional Pension Fund.

Member Walter Momot expressed the frustration for many others of us: "I want to point out that my retirement was forced on me because I had turned 65, so the contract for my pension said if the fund made a profit I would receive an increase. If it did not exceed a certain profit: no increase. That sounded fair enough so I signed up. That was 13 years ago and I have not received any increase. If one looks at the inflation average being 2%, that is loss of purchasing power of 24%. The wind-up valuation is the gimmick that is constantly invoked to prevent any distribution. The justification invoked is that if the University declares insolvency then the pension account would be insufficient.

How convenient!  
Yet there never has been a public university in Ontario that has ever been liquidated because of insolvency!! How then do we justify waving the bogeyman at the

pensioners? I was never told about groups and the bogeyman when I decided to join the PLAN. Ha!!” In the matter of the LU-FSCO Correspondence, as usual, the LU spokesperson reported nothing other than "awaiting response". In answer to the question by Abdul, she answered that the University's lawyer responded to FSCO by the date set in July, and it is the University that is now waiting for FSCO's response. Nothing was said about the active attempts over the past years to extend and stall reporting deadlines.

One ray of daylight in an otherwise dismal landscape may be the changing of the guard: Ken Hartviksen takes over as chair of the Pension Board. Ken brings a long and respected career, and is regarded as someone who can be expected to bring a change of direction. On a further encouraging note, Abdul's protest to the FSCO on the unjust treatment of pensioners in Account no. 1 is receiving that body's attention. FSCO has written to the VP Finance asking that LU respond to the grievance by Nov. 13, 2016. Abdul will keep us posted on developments on that front.

Otherwise, it is business as usual. Minutes and agenda for upcoming meetings are nowhere to be found on the members' website: <http://secure.proteusperformance.com/members/>

**Ian Dew**

## COMMUNICATING WITH RALU

RALU is planning to use old and new media to help communication: radio and social media. Here is information on CILU, the radio station, and a brief how-to manual to enable members to start using the RALU Facebook page, neither of which is intended to replace face-to-face.

## RADIO

RALU has supported CILU (Lakehead's Campus Radio Station) to date by way of a sponsorship and has plans to use radio to further the aims of the Association in order to communicate with members. Increasingly we turn to radio as a medium flexible to our needs, since it requires the one characteristic common to most folks who worked at any university — imagination. Asked by her academic supervisor in the movie, *Educating Rita*, how she would resolve production difficulties in producing Ibsen's *Peer Gynt*, Rita answers with stunning simplicity, to "Do it on the radio."

In addition to listening to the weekly broadcast of *Senior Moments*, at 1.30 pm every Monday afternoon on FM 102.7, one can play the programmes anytime. An archive of all previous shows is available by podcast on the Internet.

<http://luradio-server.lakeheadu.ca/Senior%20Moments/>

CILU Radio is in the forefront of the community radio and TV movement, still thriving across the country, particularly the north. In this the folks at CILU are communication innovators in the tradition of other people who started out in Northwestern Ontario, like Murray Chercover and Ran Ide. Beginning in the new year we plan to begin using this powerful medium to communicate among members and between RALU and the world at large. If you think you can help, contact any member of the Communications Committee.

## SOCIAL MEDIA: FACEBOOK

The main RALU Website, <http://www.lakeheadretirees.ca>, is useful to our members for reference and will continue to be

maintained, but it is an unwieldy mechanism for interaction between our members, which we wish to encourage. Facebook provides much greater interaction, though somewhat transitory in that it is designed as a column of Posts, only the most recent ones of which the user can readily see.

### *"#Senior Moments"*

*One of the first things we would like to see our members share is a recent photo of themselves. Fitting names to faces seems a skill which, for many of us, diminishes with age. Along the lines of "Where Are They Now", a few lines of accompanying text summarizing where you are and what you are doing would be interesting to many. Please share with us.*

Those who use Facebook already will know that one can have interesting and continuing discussions on a post, but also know that once open to a large number of Friends and Friends of Friends, inane posts and comments can spoil it. Forming a Closed Group is a way of limiting access and interaction to specific users, in our case, members of RALU only. As an additional precaution, the Group Administrator can act as a moderator.

**To become part of our RALU Closed Facebook Group if you have no Facebook account as yet (and are a little reticent to do so).**

You may not be interested in using Facebook for yourself, having Friends, Liking and making Comments, However, a Facebook account is needed to participate in the RALU Facebook Group. The Group is Closed, meaning only RALU members can join, post and interact. One does not have to get any further into Facebook if you do not wish to.

1. Go to <https://www.facebook.com> to sign on and create an account. You will need to register with an email address. (If you do not wish to use your regular email address, create a new Gmail, Hotmail or Yahoo account.) You will need to give a Password to Login to the Facebook account.
2. Once registered, use your email and password to Login to Facebook.
3. Facebook will open with your Timeline Page, your personal page. If you wish to use Facebook to stay in touch with your own friends, go ahead and set up your page and profile. If you are not interested in Facebook, do not bother and proceed to follow the directions 4-7 below.
4. Go to the far right of the blue header bar to the "padlock" icon, "Privacy Shortcuts". Click on this and then on "Privacy Checkup".
5. In the first window "Posts", limit those who see your posts to "Friends". (Other RALU members are your "Friends"). Select 'Next'.
6. In the second window "Apps", which you will not be using, turn any apps to "Only Me". Select 'Next'.
7. In the third window "Profile", limit "Email" to "Friends" and turn other options to "Only Me". Select 'Finish'.
8. To locate the RALU Group. Go along the blue header bar and select the "Home" button (the "News Feed" where a user looks at posts from Friends). On the same blue bar use the 'Search Facebook' engine on the left end to search for "RALU". A list of possible sites will be shown, including "RALU - Retirees Association of Lakehead University". Select this to go the RALU Group page.

Alternatively, entering  
["https://www.facebook.com/groups/59920217511699/"](https://www.facebook.com/groups/59920217511699/) in your browser will take you straight there.

9. On the RALU page, all members can post text and photos etc. They will however be vetted by the administrator before being posted. This sounds draconian, but is merely another layer of security for the page. Being "Closed", members cannot invite non-RALU people to join the group.
10. A Facebook Group page is far more interactive than a website which is limited to being informative. Please use the RALU Group page to let other RALU members know of things that you are doing that you feel they might be interested in. Posting photos is easy to do. If you select the right hand box (dotted) of the three that overlay the lower right side of the cover photo, a sub menu will appear. Selecting the "Send Message" option allows you to send a message to one or more RALU members of your choice and, if you wish, allows you to set up a "Chat" with them, which is like a conversation but with pauses while the other person reads what you have written and types in response.

For all the valid criticism directed at social media, Facebook is a powerful tool for keeping in touch with people all over the world. For seniors, particularly those on their own or who are less mobile, it provides much more interactive communication than email or long distance phone calls, though both these have their value as well.

If you have questions, please feel free to email RALU at [ralu.communications01@gmail.com](mailto:ralu.communications01@gmail.com) or the Administrator at [brianph220@gmail.com](mailto:brianph220@gmail.com)

**Brian Phillips**

## STAYING IN SHAPE: MOVEMENT AND PHYSIOTHERAPY

RALU's November presentation demonstrated our association's dedication to the physical well-being of members. There are many schools of movement, like Tai Chi and yoga aimed at promoting the benefits of balance, mobility and strength. Another worth looking at, was the topic of RALU's November presentation: *Awareness Through Movement, The "Feldenkrais Method"*, a talk and practicum by Mr. Oliver Reimer. He wrote by way of introduction: "This is neither exercise in the usual sense, nor is it stretching, although range of motion does increase. It is learning to pay attention and, in the process, increasing movement options which can make everyday movements easier. It is a way to learn ways of moving that are less painful or not painful at all. It is subtle and easy from the point of view of physical exertion, but it is challenging to focus awareness and to move in unfamiliar patterns". There is an article in *Salon*, which is an excerpt from Norman Doidge's "The Brain's Way of Healing". <http://www.salon.com/2015/03/02/> See also CBC's *The Nature of Things*, which was first shown Thursday Oct 27, 2016). <http://www.cbc.ca/natureofthings/episodes/the-brains-way-of-healing>

Going to physio periodically to have one's exercise regime assessed and calibrated is a salutary exercise for everyone. That is also among the functions of Peter Jordan Physiotherapy, located in the Hangar, which is conveniently located kitty corner from the garden on the main campus. Staff are efficient and relentlessly cheerful. Expect good things. A spin-off benefit is that you may keep up with one of the Wolves, since Peter is also a team physiotherapist.

**EVENTS**

RALU offers a social dimension with monthly luncheons and other social opportunities and connections.

**Friday 2 December**

**LU Pension Board Meeting.** Bartley Residence, Thunder Bay campus. Conference Room A. Lunch provided. Morning information session 9:00 am. Pension Board meetings usually start around 12.30 pm.

For details and remote access contact member Ernie Epp.

**2017**

**Energy. Fourth Community Town Hall. Sunday February. 2 pm.**

**Details TBA**

The fourth in the series of "People Power Community Think Tanks" will demonstrate corporate strategies used to manage the sale of energy. You will learn how develop antidotes to ensure the operation of an informed democracy. Sponsored by the Council of Canadians Thunder Bay Chapter.

**24-26 May**

**CURAC/ARUCC AGM**

Carleton University, Ottawa Ontario

For details. [http://www.curac.ca/?page\\_id=2862](http://www.curac.ca/?page_id=2862)

Suggestions for future presentations include.

Games Nite. Common cards and board games like chess and go. Bring your own game.

Security 101: staying safe in a complicated world.

Gambling a la mode: pleasures and pitfalls of gambling in the modern world.

Survey of physiotherapists in NWO: Match requirements with capability and cost

The Mails: The uncertain business of sending and receiving letters -- now and then. A modern day mail scam and the vicissitudes of 12 letters from history

The death business then and now

The Culture of Grain: A tour of Bakeries and Breweries in Northern Ontario

Tours of facilities such as bird sanctuaries and fish hatcheries.

Geological, paleontological, and archaeological road shows. Accessible routes.

Accessible and fun bicycle and wheel chair rallies and races.

**Send your ideas today to any member of the Programme Committee.**

Check the Facebook and the website for other events <http://www.lakeheadretirees.ca/> Visit our website regularly and send items for inclusion. Events are a moving target at best. Please send changes and corrections to [ralu.communications01@gmail.com](mailto:ralu.communications01@gmail.com)

**DOWN AND OUT IN TORONTO: THE LOGISTICS OF TRAVEL FOR MEDICAL PROCEDURES**

A recent trip to Sunnybrook Hospital in Toronto, accompanying a fellow member who underwent a complex medical procedure unavailable in Northwest Ontario, gave valuable

insights into improving the odds of a successful outcome. While there is a mountain of instruction for the financial side of medical travel, which tells us what expenses are eligible and how to fill in the voluminous forms needed to support travel and a multi-day stay, there is little guidance for the practical side of such travel. The conditions were less than ideal, so this piece is intended to help fill some of the gaps, for both the patient and the person accompanying.

Travel arrangements for the actual journey and hotel stay, made by Maritime Travel of Thunder Bay, all worked flawlessly. Likewise at the Sunnybrook Hospital end, staff in reception and medical staff were efficient, pleasant, cheerful and informative. Communication was very direct and clear regarding post-op procedures.

Transportation within Toronto, especially for the first trip after discharge is crucial and needs to be planned beforehand. Use of TTC is discouraged. The use of taxis as ambulances is problematic, but can be managed. Problems with movement multiply during rush hours, such as, jerking starts and stops. The driver needs to be reminded to slow down.

Walking as a means of transport or even exercise also needs planning. Walking back to the hotel from the hospital at rush hour on a rainy day before dawn was a bad idea, I discovered. On one day during the period, Toronto set a record daily total of "collisions" between people and vehicles. "Collision" is the current word in the media to describe a person being run down by a vehicle. Even on a cross-walk with traffic lights, pedestrians take their life in their hands.

At rush hour the tempo increases. One look at the stream of expensive SUVs tells you that the folks driving them are likely used to getting their own way, so beware. This is the land of expensive autos. The dictum for pedestrians to catch the driver's eye is not so easy when the windows of the autos are tinted. Machine contends for the same space with human being.

With drivers distracted by thoughts of a busy day ahead at work or texting, collisions can occur.

For all medical procedures where the patient is incapacitated or loses vision, the accompanying person should expect to play an active role negotiating and advocating as well as organizing details, like food and medication schedules. Practice manipulating a wheelchair would be helpful. The effects of anaesthetic linger as do sedatives given the patient.

At Sunnybrook, once reception is located, staff will put both on tramlines for the whole process on the basis of long experience. In the main waiting area, the patient (amusingly called the "loved one") is assigned a serial number, so that the person accompanying can keep track on a video screen as the patient travels through the process. Discharge is where most problems occur, since the patient is in a delicate condition and disoriented.

Lessons learned and re-learned: staff at Sunnybrook spelled out the limitations of the hospital. Although an overnight stay may be necessary, the hospital is for conducting the operation, not for recuperation. The schedule is regimented and not conducive to rest. On occasion disruptive people, a fire alarm and ambient noise can wreck sleep.

Take lots of cash or have access to a bank machine. A hotel is unlike a hospital in many respects. Service for everything runs on gratuities. Ditto for taxi travel and restaurants. If the stay is more than a day, access to cooking facilities and a supply of fresh food is necessary.

Access to medical care is least expensive for people who live closest to the hospital, such as, the Bridle Path and toney Blythwood Road across from the hospital. The distribution of medical care has the same principles as real estate: location, location, and location.

**Ian Dew**

**OUR THUNDERWOLVES: THE PAST YEAR IN REVIEW**



You are encouraged to find your favorite wolf and follow along. So although another varsity season is well underway, we would like to congratulate those athletes who distinguished themselves at the national and international levels this past year and review the year's events. Runner Kevin Tree was named the university's Male Athlete of the Year. He represented Lakehead at the Canadian University Championships and then travelled to Cassino, Italy to compete in the World University Cross Country Championships in mid-March, where he was the fastest Canadian runner and finished in 25<sup>th</sup> place out of 75 runners from around the world. He was about two minutes slower than the first place finisher. This is the second straight year Kevin, has won an individual award. He also won the Argus Award. On June 26, Kevin placed 2nd in the 10,000m Canadian Olympic Trials and in July he placed 8th in the 5,000m Olympic Trials.

The female athlete of the year went to cross country skier Alysson Marshall. Coming from Salmon Arm, BC, she was a member of the National team for six years. In her first year at Lakehead she led the team to a second place finish at the OUA Championships, winning a gold in the individual skate and classic races and gold in the relay event.

Billy Jenkins of the men's hockey team was awarded the Male Freshman of the year award,

was considered the best offensive player on the team, and was selected to the OUA West's All-Freshman team, as well as being named the OUA's Most Sportsmanlike Player.

Alyssa Genereux, a member of the women's volleyball team, was awarded the Female Freshman Award for the 2015-2016 season.

The Hank Akervall Award went to guard Alex Robichaud from the men's basketball team.

This is a new season now and we are optimistic that a good year is in store for the fans, so come out and support the Wolves!

**Men's Basketball**

The men's basketball team were successful in advancing to the playoffs this past year. In their first game they defeated the Western Mustangs and then fell to the Ryerson Rams, thus ending their season. With seven new players on the roster this year getting to the playoffs was an achievement. With standouts, MVP player Bacarius Dinkins, most improved player Henry Tan, best defensive player Alex Robichaud, and rookies of the year Darnell Curtin and Kache Kopec, they put forth a great effort. Both Dinkins and Tan were selected to the OUA's Second All-Star Team. Dinkins best performance was on January 29<sup>th</sup> when they played the McMaster Marauders, scoring 27 points with 15 rebounds. He was also a powerhouse in the last playoff game scoring 25 points. Tan also had an impressive season, and finished on a high note, scoring the winning shot against Western in their first playoff game.

**Update**

Two new players have joined the Thunderwolves for the upcoming season: Jon Hayter, who has played for the past two years with the Canadian Mennonite University Blazers, and a 6'2" point guard, Nahshon Hurst, from Markham.

**Women's Basketball**

Although the women's team were eliminated from the playoffs this season, with a record of seven wins and twelve losses, they finished their final games concentrating on developing their core players and giving those players who often sit on the bench the opportunity to gain some valuable experience. Jerika Baldin and Katelyn Andrea were named the most valuable players, while Bridget O'Reilly was considered to be the most improved player. Essa Jacobsen, in her last year on the team, won the Amanda Nesbitt Award. Coach Jon Kreiner is proud of his young team and their development and is looking forward to the new season.

**Update**

Standout guard, Nikki Ylagan from Mississagua is a new Thunderwolf, as is Kielly McDonough, who played with the Hammarskjold High School team. The third recruit, Za'Keea Sa'eed El, is a point guard from Bloomington, Minnesota.

**Nordic Skiing**

Lakehead's Nordic Skiing teams shone once again, ranking first in the Canadian College and University Nordic Championships. Katherine Stewart-Jones won all of her four races and was the overall individual champion. Scott Hill won three of his four races and in the freestyle 1.2 race he earned a bronze medal, and was declared the overall winner for the men. These victories gave the women's teams from Lakehead the distinction of five straight CCUNC titles, while the men have won for the past two years. Congratulations!

**Women's Volleyball**

With a total record of 7-19, including non-conference games, the girls did not have

one of their best seasons, however they did have two of their players make the OUA West All-Rookie team. Leah Mousseau and Alyssa Genereux were awarded this honour for their stellar efforts this past year. Leah, who was injured in September 2014 and missed all of the previous season, returned this past year, keeping her rookie status, and according to Coach Green, "Leah devoted countless hours of pain, sweat and tears to the process of returning to play. As a team we are proud of her." Alyssa, who won the LU Rookie of the Year for her efforts on the team, played the demanding role of libero within the defensive system, and obviously was recognized for her outstanding play. The team will miss fifth year seniors, Vanessa Masters, named the most valuable player on the team, as well as Jen Casey, who has also contributed to the team's success over the years.

**Update**

Coach Green has added leftside Cecile Tshibungu, from Scarborough, to the team for next season.

Other additions to the Lakehead Thunderwolves programme for next season are runner Derek Patterson from Hammarskjold, and wrestler Cole Bour from Westgate High School. Kevin Tree has just returned from the Roy Griak Cross-Country Invitational race in Minneapolis where he placed first, improving on his third place finish from last year!

All Lakehead athletes should be proud of their achievements this past year and we look forward to the 2016-2017 season with great anticipation!

**Men's Hockey**

2015-2016 was a building year for the Wolves in many ways last season. The first half of the season, the young team struggled to find a win. By the second half they were showing flashes of really good hockey and seemed to be

gelling as a team. They often lost a game by a single goal, sometimes due to bad luck, lack of focus, or undisciplined play. However there is potential for a more positive outcome this season with the addition of some good new recruits to make up for the loss of Luke Maw, Jay Gilbert, and goaltender Jeff Bosch. Both Carson Dubchak and Kelin Ainsworth are staying for a fifth year providing much needed experience for a team composed mainly of sophomore and junior players. Billy Jenkins, who led the Wolves in scoring this year will be back, as well as teammate Cody Alcock, their most valuable player last season, best defensive player Jake Ringuette, and goaltender Devin Green. The first recruit of the 2016-17 season is defenseman Dillon Donnelly, who played last year for St. Thomas of the AUS Conference, where he was named the year's top freshman. Before that he played for three different teams and was also a seventh round draft pick for the Colorado Avalanche.

Defenseman Patrick Murphy from St. Catherine's has joined the team for this season. He has played in the OHL and was in Sudbury last year where he performed well and was given the Players' Player Award by his teammates. Zack Whitlock, a forward from the Maritimes, and former teammate of Jake Wright and E.J. Faust, has also committed to Lakehead. After undergoing treatment for Hodgkin's Lymphoma in the 2014-2015 season, he bounced back the following season racking up 42 points in 47 games. His character and determination should be an asset to the team.

Forward Evan Mignault, from Red Rock, who has played for the Nipawin Hawks in the Saskatchewan Junior Hockey League for the past three years has also joined the team. The season opens September 30 with a home games series Friday and Saturday against the Lethbridge Longhorns, followed by another home game series the following weekend against

the Manitoba Bisons, and then the following weekend, October 14 and 15th is the OUA home opener against the Windsor Lancers.

The Thunderwolves now have a spiffy new dressing room, and efforts are being made by management to get the public's opinions, via an online survey, on their game experiences in order to help plan for the future direction of the team.

## Margot Ponder

**Ed.** With this issue we wish to acknowledge the primacy of wrestling at Lakehead with a promise to give coverage in future. The heritage of the sport that goes back to the beginning of time exists in the stories of luminaries, like Steve Danier and Roy Viita. The university has a great tradition in the sport of wrestling. The sport is a main spring for other sports, including hockey and weight-lifting, teaching discipline and movement throughout the years.

## COMPLEX SYSTEMS

Below are three emails posted by Dr. Klaus Jericho, ex-researcher at the Animal Diseases Research Institute in Lethbridge, Alberta. The first was received October 18<sup>th</sup> and the third, a post script, November 4<sup>th</sup>.

To all who use toilets: A toilet has not been flushing well for some 3-4 years. On October 6, 2016 I thought I better get at it.

Day 1: Visit Home Depot (HD) to check out toilets.

Day 2: \*\*\*\*\* comes with me to make the choice

Day 3: I pick up toilet

Day4: I remove old toilet

Day 5: I take out new toilet from box: I detect a broken base

Day 6: I return toilet to HD. No replacement available, only the demo model. I take it, but I was told the lid was siliconed on. I thought that should not be a problem for this craftsman.

Day 7: I install the new toilet. Make further trip to HD to get water supply line. I try to take lid off, after cutting and lifting: no way. I see my neighbor: Try silicone remover: good news.

Day 8: Silicone remover sold out at HD, and Rona but not at Lowe's. Apply Remover several times. It takes time to act

Day 9: Could not remove lid. I phone HD to see if broken toilet is still around (they told me, it would just go to the dump). I wanted its lid as a spare in case I had to break the one I could not lift off. They found the lid, and back I go to HD.

Day 10: Try lid lifting again: no luck. Take toilet out again and take toilet back to HD, and select new toilet

Day 11: \*\*\*\*\* comes back from cabin stay in mountains and I take to HD for further toilet selection. While "resting" on bench I see salesman \*\*\* who helped me make a new selection the day before. He said: "Oh Klaus good to see you, we managed to get the lid off. It came off very easily for a female staff member". I reload the same toilet for the second time and reinstall this bloody toilet.

Day 12: \*\*\*\*\* is delighted, with my "rapid" response to calls over the last 4 years: best birthday present ever.

Craftsman Klaus

So much for DO IT YOURELF (DIY).

Sent: Saturday, October 29, 2016 2:22:34 PM  
Subject: Toilet 2

RE: Debt cards

We received our HOME DEPOT statement. We did not understand it. We owed them \$380 but the toilet only cost \$200.

I go to visit my good HD friends. They could not explain why we owed them \$380 but assured me that it was correct. I proceed to write them a cheque for that amount and I knew that \*\*\*\*\* would sort it.

When I got home \*\*\*\*\* was "disturbed".

Back to HD for clarification. This clarification did not come but \*\*\*\*\* too left (I stayed in car) with the \$380 payment intact.

We discussed the confusing situation. During our discussion it was revealed by me that when I had returned the broken toilet I was offered a refund. They gave me choice of refund, either on my VISA or the HD credit (debt) card. I opted for my VISA card.

I had to learn that a VISA transaction is a money transaction but a HD card transaction is a credit (debt) transaction.

During our confusing discussion it surfaced that I never paid for the original toilet in dollars (it was put on my temporary debt card) and therefore HD made the mistake to give me a cash refund on my VISA card. They should have given me the refund on their HD Credit (debt) card.

So we did owe \$380 but they did not know why.

Lesson: The greatest swindle: Credit cards are not credit cards they are DEBT cards, and if you do not pay on time you get punished with heavy

interest.

\*\*\*\*\* loves the toilet.

Klaus

November 4, 2016

PS Regarding toilet: I liked the way I got sucked into a complex system, no one's fault just bloody life. This happens to us all the time: complex systems.

All very well, still playing squash

Leaves raked and garden dug.

Take care, more soon

Klaus

### **WINTER BIKING IN THUNDER BAY: PUTTING THE "ACTIVE" IN ACTIVE TRANSPORT.**

Community Spokes is a good place to start the process of preparing for winter biking. Community Spokes is growing, with an added location in downtown Fort William. This location is part of the Hub Bazaar, 507 Victoria Ave. East. At either location would-be riders can learn though a co-operative approach to elementary maintenance and other services. Community Spokes takes a three tiered approach for winterizing.

The Bike Shelter on the Thunder Bay campus, conveniently located at the centre of the trail system in the city, is at the turn-around across from the Fine Arts building. The structure consists of two parts, a storage area for bikes and a heated workshop. Community Spokes is open to everyone in the community. It is a co-operative venture between an enlightened LUSU, the student union, who provides the space and

operates the facility, and Community Spokes, which provides staff and tools.

For information: [communityspokes@gmail.com](mailto:communityspokes@gmail.com), or phone 346-7910.

For other details check the website <http://www.communityspokes.com/> or Facebook <https://www.facebook.com/communityspokes>

Biking in Thunder Bay in late fall is a great pleasure. The sand alongside the trails and roads is overlain in places with layers of leaves and tamarack needles, replacing the fallen blossoms of summer. Gradually, day-by-day as the light fades, the golfers and skate-boarders decide to hang it up. Road bikes disappear overnight.

As winter darkness and cold close in, the track becomes bumpy and icy, and cycling, although exhilarating, can be a challenge in survival, especially crossing busy intersections. The single most intense point of contention between people and the automobile is the intersection where the Trans Canada Trail crosses Central Avenue in Thunder Bay. For the flavour of this exercise, think of the Do Lung Bridge scene in *Apocalypse Now*. Veteran walkers and cyclists know that the headlights of the cars they can see are unlikely to be the problem, but the ones without lights definitely will. They learn to spot those with one headlight as well as the clues as to the speed of coming autos. Where most of the drivers are speeding, people driving at the speed limit or below can also be a hazard to the estimation of speed that determines whether the auto will arrive in 20 seconds or 10. Our life and limb as a pedestrian/cyclist can depend on getting it right. Otherwise, we wait and wait. This choke-point is the major cause for low bicycle use in the city.

The city kept their promise to study and

count traffic at that intersection: they sent a person on one of the least busy days of the year, before Labour Day. This recalls to mind the quip of Mark Twain about “Lies, damn lies, and statistics”. The good news is that taxpayers will be spared the cost of a can of paint and two flashing lights for at least another year. The upside to the lack of regulation is... lack of regulation. There are no particular rules other than courtesy in meeting or overtaking and KEEP RIGHT on the trails. A bell is helpful.

More silver linings for the future of cycling and being a pedestrian in general are conferred by the bus service, Thunder Bay Transit. Service to the university has improved out of all recognition over the past years in terms of customer service and information. They claim to transport a bike anywhere on their route, my next report will tell how this works in reality.

**Ian Dew**

**OPINION: WATER**

Water is the essence of life, but humans do not have a right to water. Rather they have a responsibility for the wise and optimal use of water.

Fresh water makes up only 2% of the total amount, making it the most valuable resource on the planet needed for human survival. Contemporary attempts at its management, often performed in erratic and irrational ways, emphasizing only hydrological and ignoring biotic interactions of water bodies and long-term effects. Both must be understood to attempt manipulative measures and management.

It is sadly remarkable that beings as intelligent as humans can be so stupid in unrestrained population growth and in continuing to exploit and destroy the environment necessary

for their survival. We must place a proper economic value on water for efficient, conserved utilization of our vanishing water supply or face the catastrophic consequences.

**Walter Momot**

Walter is the Thunder Bay Field Naturalists’ member on Area 9 Fish Management District board.

**EDITORIAL**

Members I speak with seem divided about equally between folks who are passionately interested in the pension issue and those who are sick-to-death of the whole thing. Our pre-occupation over the past years has been to receive justice for all members in the matters surrounding pensions. A satisfactory conclusion is expected after a struggle lasting from before the first meeting of the people who would go on to form RALU in 2008 to the issues surrounding the Pension Plan for Professional Staff. The resolution of these issues is expected to release time and expertise to devote to more rewarding and lasting projects, like building the whole university community.

In the meantime, I am continually struck in conversation with people in the general public, by their surprise and shock when they learn of the plight of pensioners at LU. They, like many of us who worked there, assumed that people in the education field had no worries, citing the teachers unions and their much-envied pension plan. They do not seem to realize that our local university follows other notorious local businesses’ practices with regard to pensions. With those who are fed up with the whole business, I am hoping that there is a resolution soon, but express the determination of the association to continue.

I am looking forward to a happy and

productive academic year. I look forward especially to a strong season for all sports teams. I am looking forward to seeing a women's ice hockey team in the near future. Having witnessed a game while visiting my *alma mater*, University of Alberta, I can vouch for women's hockey being exciting and passionate performance. Judging by the success of programmes based on the facilities at the National Ice Hockey centre in Minnesota, it's time. It's time for equality in funding also — along the lines of Title 9 in U.S. college athletics. It's time for NWO to regain its pre-eminent position as a hockey factory and haul the region

and university to prominence in that arena. Women's hockey just could be the engine to power the construction of at least one international-sized ice rink here; that being the first requirement for building a competitive programme and the long-term goal of encouraging international sport.

Alas, the promised review of Orillia campus has failed to materialize in this issue. Maybe our roving reporters got lost in the diversions of TO, which is always a hazard.

**Ian Dew, Editor and Wolf Supporter**

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*RALU News* is published by the Retirees' Association of Lakehead



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ISSN: 1918-4581

Subscription free with membership

Individual non member \$20 per issue

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Published by the Retirees' Association of Lakehead University

Back issues of the newsletter to v. 5, no. 4 (2013) are available free from  
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