

# 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

Corresponding Secretary: Ian Dew

Membership Secretary: Beverley Stefureak

Treasurer: Bonny Wigmore

Past President(ex officio): Brian Phillips

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

**Program Committee:** Ernie Epp, Jenny Phillips, Jim Stafford, Bev Stefureak

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

## **IN THIS ISSUE:**

President's Message

CURAC News

In Memoriam

Did You Know?

New Members

Field Trip

Upcoming Events

Senior Perks

Our Thunderwolves

From the Heart: The Gift of a Legacy

Brain Teaser

## **PRESIDENT'S MESSAGE**

### **RALU President's Report – 2012**

On the whole, 2012 was a good year for RALU, in large part because of the good work of the committee members and volunteers and the support of the general membership. Thank you all. Throughout the year the Program Committee provided a series of interesting, informative and sometimes exciting presentations while the Communications Committee kept us informed through a regular output of newsletters. The Pensions and Benefits Committee has spent much of the year waiting for a response from the Financial Services Commission of Ontario (FSCO) to our concerns regarding the Lakehead University amendments to our pension plan. We have now received that response. At first sight the results appear positive for pension plan members.

The RALU Executive is currently examining the Report and will share the original response and our assessment with the membership shortly. As your president I attended the annual CURAC Conference in Victoria B.C. in May and the first Ontario region conference in Toronto in October. I found them worthwhile and reports on both have appeared in recent newsletters. RALU membership continues to grow and I hope that trend will continue. With that in mind, if you have friends who once worked at Lakehead, let them know about us. In the meantime, I wish you all a happy holiday season and look forward to another successful year for RALU in 2013.

Dave Kemp

### **CURAC/ARUCC ONTARIO REGION CONFERENCE, TORONTO 2012**

Dr. Sandra Pyke of York University reported on the conclusions and recommendations in the following topics.

*Topic 1:* Drummond Report on Post-secondary Education in Ontario (Facilitator Peter Russell)

*Topic 2:* Drummond Report on Health (Facilitator Doug Creelman)

*Topic 3:* Proposed Single Pension Fund Administrator (Facilitator Janet Rowe)

*Topic 4:* Co-housing (Facilitator Al Stauffer)

*Topic 5 :* Relations with Faculty and Staff Unions and Associations (Facilitator Donald Gillies)

*Topic 6:* Future of a Regional Meeting and Relations with CURAC (Facilitator Ken Rea)

*Topic 7:* Retiree Benefits, Privileges and Perks (Facilitator Joan Cunningham)

For the full text on each topic please refer to the RALU website.

### **IN MEMORIAM**

**Wigmore, David.** David, a former firefighter with the Thunder Bay Fire Service, and husband of our treasurer, Bonny, passed away unexpectedly October 25<sup>th</sup>. Our sincere condolences go out to Bonny and her family.

**Bjorklund, Sharon.** Sharon passed away on Wednesday, November 28, 2012. Staff and Faculty may remember her as she worked in the Registrar's Office for 43 years. She set up their coding system which is still used today. She was very involved with the Hearing Society of Thunder Bay where she held every position on the executive and was awarded the Volunteer Award of Excellence for her dedication. Our thoughts are with her family at this time.

### *Did You Know?*

Shovelling snow can be quite strenuous. The average person burns about 200 calories with 30 minutes of activity.

20 minutes is the average time women need to sleep each night longer than their male counterparts.

61.5 is the average age of retirement for women in Canada.

(Zoomer Magazine CARP, Nov/12)



**NEW MEMBERS**

We are pleased to welcome several new members to our growing ranks. Join with your colleagues in welcoming them personally at upcoming events.

- George Anderson
- Norman Bonsor
- Kerrie Lee Clarke
- Richard Freitag
- Maria Grady
- Uta Hickin
- Dawn Kucher
- Margaret MacLean
- Inderjit Nirdosh
- Michelle Pringnitz
- Keith Pringnitz
- Harun Rasid
- Emily Scott
- Ann Osborn Seyffert

After being assigned a vehicle to travel in, we set off at 10 am with good walking shoes, a packed lunch and warm clothing. This tour had been designed with a minimal amount of walking to make it more accessible and with the maximum geographic coverage in a short period of time.

From Arthur Street we headed in a convoy to pick up one of the guides, Fred Dean, and then on to our first stop to see a relic of the last great ice age.



**FIFTH ANNUAL RALU ROAD SHOW**

**Saturday October 13 saw the Fall Colours Field Trip: the RALU Annual Field Conference and Road Show**

This year the aim of the excursion was to trace the route of the glacial meltwater spillways from the ice age, about 10,000 years ago, all the way through from the Whitefish valley to the Arrow valley and to be able to see the gap through which it flowed on to the Pigeon Valley and then on to Lake Superior. Our expert tour guide was Brian Phillips who was a Professor in the Geography Department, and continues to do field research concerning the glacial history of the Ontario/Minnesota borderlands.

**Rosslyn Dropstone:**

The following description of the Rosslyn Dropstone was written by Fred Dean, a fisheries research technician, and co-leader of our expedition.

The Rosslyn Dropstone is a 50 x 50 x 100 cm (20" x 20" x 39") angular boulder of some 700 kg (1540 Lbs) weight. It was identified as Sibley sandstone by geologist Phil Fralick. The boulder sits by itself in the fine sand of the Minong beach, Rosslyn, Ontario. This is at an elevation of 230 M (755 ft) ASL. This was where G.J. Burwasser mapped the upper Minong beach in 1977. He also mapped stagnate ice against the Minong beach in this same area. A dropstone melts out of stagnate,

glacier ice and then falls through a water column into the substrate below. The lower Minong beach is at the base of the Rosslyn bluff. It was given a date of 9,380 +/- 150 14C B.P. by Stephen Zoltai in 1965. The upper Minong beach would be earlier, and in 1983, Jim Teller and Harvey Thorleifson published papers on the influx of glacial Lake Agassiz waters to the Superior basin through the Nipigon basin (approximately 9,500 14C B.P.). This caused rapid fluctuation to the Minong level. The Rosslyn Dropstone indicates a water level rise affecting the entire Superior basin, as ice floated over the earlier formed beach and dropped the boulder into it. The Rosslyn Dropstone has been visited by a number of groups, including geologists, archaeologists, biologists, geographers, and naturalists from Canada and the United States.

J. Frederick Dean.



### The Giant

The convoy travelled through Kakabeka Falls and crossed the Kaministiquia River on Highway 17 and turned north for another stop high atop the Marks Moraine.

Looking east over the massive gravel pit we see the skyline of Thunder Bay 25 km away and beyond it the Giant, some 45 km distant.



### Geography Lesson

We drove south on Sovereign Road to connect with Highway 595 to stop at the Pee Dee Park, commemorating the history of the Port Arthur, Duluth, and Western Railway.





The forest is a busy place today. There are hunters in a big hurry driving tall pickup trucks. They are frequently in twos with one a full-size pickup carrying an ATV useful in hauling out the animal once shot. There are other hunters in the forest today.

At Falling Snow Lake we were surveying a glacial spillway when one by one the adventurers were distracted from the explanation of geomorphology and turned to watch a number of large birds some distance away that were circling a spot in the forest.



There were perhaps six or seven circling to make a lazy vortex of large, black shapes. We surmised they were circling the carcass of a large animal.

**Ed. The travelogue section** is pre-empted by the Road Show. Look forward to the return journey the mission to find

Blackbird Creek in the next issues of the *RALU News*.

### **UPCOMING EVENTS IN 2013**

**Tuesday, January 8**  
**Mid Winter Bash. 3 - 7.00 pm.**

Venue not set. More details to follow. Refreshments available. Annual Midwinter Frolic, "RALU's Got Talent". Comedy Hour. Screening of the *Road Show 2012* and premiere of *The Exhausted Rulers*. For more information [ian@nextlib.com](mailto:ian@nextlib.com)

**Wednesday, January 16**  
Lakehead University, RC1001, 7:15 pm

Dr. Todd Dufresne will speak on "Death & Reality: Some Reflections on the 'Cultural Freud' ". Dr. Dufresne is Professor of Philosophy at Lakehead University and has authored or edited nine books, titles of which include "Tales from the Freudian Crypt" and "Killing Freud". Dr. Dufresne is an entertaining speaker and the evening promises to leave the audience rethinking the significance of Freud and his legacy. A short business meeting will follow.

**Tuesday, February 12**  
55+ Centre Craft Room, 7:30 p.m.

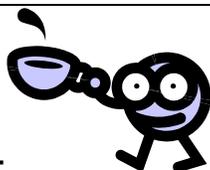
Join members of RALU and guests as Dr. Raija Warkentin takes us "Hiking with the Tough Old Birds in Wales and Ireland". Dr. Warkentin will show slides and speak about her hiking holiday along the coastal trails of southern Wales and on the Dingle Peninsula in Ireland. The evening promises a peek into the beauty of

rural Wales and Ireland, as well as inviting us to consider a vacation choice that nourishes not only the mind and soul, but also the body. A short business meeting will follow.

**May**

**CURAC/ARUCC AGM**

The AGM and annual conference is to be held in Saint John’s, Newfoundland.



**SENIOR PERKS 60+**

- Applebee’s : Golden Apple Card
- Silver City : 65+ rates
- Michael’s : Seniors’ Tuesdays
- Shopper’s Drug Mart: Seniors’ Tuesdays
- Scotia Bank : 59 account
- Blue Door : Free coffee with purchase from 8:00 – 11:00 AM
- Boston Pizza : Free coffee with purchase

***Do you know of any other perks?  
Let us know!***

**OTHER EVENTS**

**Saturday 15 December – 7 pm. Thunder Bay International Fine Arts Association.** Invites all members and their guests to a seasonal celebration. Come for the conversation. Stay for the hand-made lasagne and screening of the movies *The Algoma Hotel* and other short

features. \$10 donation asked. RSVP any member of the executive by December 13. Help us celebrate international awards to local artists and writers.

Help kick off our membership drive...

The Association, 97 Algoma Street South, Thunder Bay, Ontario, Canada, P7B 3B7. Parking at rear or on adjacent lot on Wilson St.

More information can be obtained from [vinorosso26@hotmail.com](mailto:vinorosso26@hotmail.com) or [ian@nextlib.com](mailto:ian@nextlib.com).

**Saturday 22 December – 8 pm.**

Bar Italia. (Court Street, Thunder Bay). 8 o’clock till the wee, small hours.

Local legends Ardy Clark and Richard Burton join with the Vic Arnone Trio to present an evening of music. Come early. Bring a friend!

**OUR THUNDERWOLVES**



The Thunderwolves hockey team are currently in fourth place in the West Division of the OUA. The team has had some internal problems this year resulting in the departure of head coach Joel Scherban a few weeks ago. Mike Busniak, one of the assistant coaches, has stepped in as temporary head coach. The team’s performance so far this year has been disappointingly inconsistent. They seem to have trouble winning back to back games, due to running into hot goalies or giving up too many power play goals. Their lack of discipline in their last game resulted in their losing it after having a three goal lead. On the bright side, Thomas Frazee, Mike Hammond, and Matt Caria are among the top eleven scorers in the OUA which is

encouraging! Lakehead will take on the McGill Redmen December 28<sup>th</sup> and 29<sup>th</sup> as part of their Christmas Tournament. Come out and support your Wolves as we look forward to a more successful second half of the season!

The men's basketball team have had a disappointing start to their season as well. Their regular season record stands at one win and four losses to date, tied with three other teams for third place in the West Division of the OUA. . The next home games for both the men's and women's teams are November 30<sup>th</sup> and December 1<sup>st</sup> against Laurentian and York and then on January 11<sup>th</sup> and 12<sup>th</sup> they face the Brock Badgers.

The women's basketball team is tied for sixth place in their division with one win and four losses. Their regular season opened with a 63-53 win over the Ryerson Rams and this was followed by a loss to the Queen's Gael's 67-63 in overtime. They were outplayed by the CIS #5 Carleton Raven's team 70-46 and the Ottawa Gee-Gees (84-72) last weekend.

The women's volleyball team have completed their pre-Christmas schedule and are sitting in tenth spot with a 3-8 record. Their regular season started off with a loss at home against the Toronto Varsity Blues (3-1) and then a win against the Ryerson Rams (3-1). The team then travelled to London where they played the Western Mustangs and they pulled off a 3-0 upset. The following day they played Western again and lost 3-0. They play here January 4<sup>th</sup> and 5<sup>th</sup> at the Thunderdome.

Lakehead's running team placed 10<sup>th</sup> recently in the CIS Nationals in London. win and four loses to date, tied with three other teams for third place in the West Division of the OUA. Dylan Brown, their

star rookie, finished in 5<sup>th</sup> place and captured the CIS Rookie of the Year award. Danielle Thiele finished 43<sup>rd</sup> in her race, which was her best finish of the year. Congratulations to you both and to the other members of the cross country team!

*News just in:* The basketball teams won both their games this past weekend improving their overall standings. See you at the FW Gardens on the 28<sup>th</sup> and 29<sup>th</sup> to see our Thunderwolves!

## **FROM THE HEART: THE GIFT OF A LEGACY**

Betty, a university professor of many years, called me at my office one day wanting to discuss the topic of wills. I had never met this woman, although she had a wonderful reputation on campus amongst the students. They all adored "B." I knew that she was bright, highly educated and no-nonsense. When we met the next day over coffee, I quickly realized that Betty did not want to talk about the tax incentives associated with an estate gift. She simply wanted to know HOW she could ensure that "her kids," the students of tomorrow, could pursue their passions. She wanted to understand HOW she could secure the viability of her program within the university.

I visited with Betty for the better part of an hour. We discussed her passions, her successes in life and her dreams for the future. She spoke about the people she had met, the teachers she had worked with and her overall experience at Lakehead. It became very clear to me that Betty wanted to create a legacy – a future gift to the university to ensure the sustainability of current programs and a viable community. This was so much more than about minimizing estate taxes. It

was about “her kids”...those students she thought so fondly of. Leaving a gift in her will to Lakehead University just seemed like the right thing to do. I left Betty’s office that day with a smile on my face. What a wonderful person I thought. I have the best job on the planet.

For more information about legacy gifts, please contact Lee-Anne Camlin at (807) 346-7792 or [rlcamlin@lakeheadu.ca](mailto:rlcamlin@lakeheadu.ca) .

*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 submission to:

**[ralu.communications@gmail.com](mailto:ralu.communications@gmail.com)**

**BRAIN TEASER**

P	E	T	B	E	D	E	G	R	E	E	A	A	C	S	S	C
N	I	R	N	O	I	T	A	R	T	S	I	G	E	R	A	O
A	S	T	D	F	G	N	U	E	O	E	L	V	P	E	I	S
A	H	C	L	N	I	N	C	S	N	I	L	U	S	T	A	H
O	C	O	I	M	G	H	I	I	S	O	I	T	Y	U	B	F
E	W	A	E	T	N	R	C	R	W	E	R	T	C	P	O	A
X	H	S	D	I	E	I	A	R	E	L	O	N	H	M	O	C
C	C	I	C	E	D	L	E	D	R	E	U	E	O	O	K	U
H	R	I	R	E	M	D	H	E	U	A	N	D	L	C	S	L
A	A	D	M	I	N	I	S	T	R	A	T	I	O	N	T	T
N	E	S	R	U	O	C	C	B	A	S	T	S	G	E	O	Y
C	S	C	H	O	L	A	R	S	H	I	P	E	Y	N	R	C
E	E	T	N	E	M	I	R	E	P	X	E	R	S	A	E	A
L	R	I	A	R	I	R	W	I	A	U	A	P	S	X	D	M
L	A	K	E	H	E	A	D	R	L	I	B	R	A	R	Y	P
O	S	T	D	H	T	R	I	A	A	L	U	M	N	I	F	U
R	O	S	S	E	F	O	R	P	W	B	S	T	Y	D	L	S

- |                |           |             |
|----------------|-----------|-------------|
| RESEARCH       | DEAN      | WOLFIE      |
| ADMINISTRATION | ALUMNI    | PROFESSOR   |
| PSYCHOLOGY     | BOOKSTORE | PRESIDENT   |
| BURSARY        | LIBRARY   | SCHOLARSHIP |
| TECHNICIAN     | LAW       | LAKEHEAD    |
| ACADEMICS      | BRAUN     | GRADUATES   |
| CHANCELLOR     | DEGREE    | ORILLIA     |
| REGISTRATION   | ATHLETICS | DEBT        |
| ENGINEERING    | TERM      | MEDICINE    |
| COURSE         | CAMPUS    | RALU        |
| THUNDERWOLVES  | SEMINAR   | COMPUTERS   |
| EXPERIMENT     | FACULTY   | EXAMS       |

**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 1<sup>st</sup> to Aug 31<sup>st</sup>.** 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 to Membership Secretary, 2717 Government Road, Thunder Bay, ON P7G 1V4. For further information please contact RALU President David Kemp, [panddkemp@shaw.ca](mailto: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, 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.

----- Cut here -----

**RETIREES’ ASSOCIATION OF LAKEHEAD  
Membership Form – Sept 1<sup>st</sup> 2012 to Aug. 31<sup>st</sup>, 2015**

**First Name** \_\_\_\_\_

**Surname** \_\_\_\_\_

**Email address** \_\_\_\_\_

**Postal address** \_\_\_\_\_

**Postal code** \_\_\_\_\_ **Tel. # (** \_\_\_\_\_ **)**

----- Cut here -----

**Office use only**

<b>Paid</b> _____ <b>as Cash</b> _____ <b>or Cheque</b> _____	<b>Date dd/mm/yy</b>
_____/_____/_____	



ISSN: 1918-4581

Subscription free with membership

Individual non member \$20 including postage; Corporate rate: print: \$69.99 including postage;

© Retirees’ Association of Lakehead University

To order, send to a travellers cheque, money order, or cheque to

Secretary RALU,

#3 – 400 Red River Road,

Thunder Bay, Ontario, Canada, P7B 1B3

[ian@nextlib.com](mailto:ian@nextlib.com),

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

----- Cut here -----

RALU News Order Form

**Title** \_\_\_\_\_ **First Name** \_\_\_\_\_

**Surname** \_\_\_\_\_

**Mailing address** \_\_\_\_\_

**Post code** \_\_\_\_\_ **Tel. #** (     ) \_\_\_\_\_

**Copies** \_\_\_ **Date** \_\_\_\_\_

**Company or organization** \_\_\_\_\_