



vol. 25, no 1, Apr, 2015



## MESSAGE FROM THE PRESIDENT



## Message du Président

As the old saying goes, life is what happens when you are making plans for your future. As seniors, we typically live settled lives filled with familiar routines, so life's surprises are often like unwelcome guests who come without invitation or notice, and are too demanding, and stay too long. I am of course referring to accidents and illnesses which may beset us or our loved ones out of the blue. They disrupt the flow of planned and routine activity, and suddenly our circumstances and priorities change. These are the sorts of events which require the help of medical professionals and friends and neighbors.

For the most part, we are lucky to live in Canada, a country with universal health care. But it is not a perfect system, and the growing numbers of seniors are putting special demands on the health care system. CURAC, our national association of university retiree organizations, has recently been lobbying on our behalf for the federal government to develop a national strategy for health care for seniors. The number one priority, in their view, in securing good health care delivery systems for seniors is to expand home and community care so that seniors will be able to stay in their homes as long as they can.

There are already existing programs for helping people to manage their health needs while staying in their homes, and it behooves us to learn more about what resources are available to us. In this regard, I am pleased to announce that our speaker for our spring General Meeting is Joan Foster, a Community Nurse specializing in home care and a member of the McGill Council on Palliative Care. The title of her talk is "Challenges in Caring for Yourself and Loved Ones at Home."

Comme le dit le vieil adage, la vie est ce qui arrive quand vous planifiez votre avenir. Comme personnes âgées, nous vivons généralement une vie routinière, donc les surprises de la vie sont souvent comme des invités indésirables qui arrivent sans préavis, qui sont trop exigeants, et qui restent trop longtemps. Je fais bien sûr référence aux accidents et maladies qui peuvent arriver à nous ou à nos proches. Elles perturbent nos activités et nos routines; tout à coup, nos circonstances et nos priorités changent. Ce sont des événements qui nécessitent l'aide de professionnels de la santé ainsi que des amis et des voisins.

Pour la plupart, nous sommes chanceux de vivre au Canada, un pays aux soins de santé universel. Mais ce système est loin d'être parfait; le nombre croissant de personnes âgées mettent des exigences particulières sur le système de soins de santé. CURAC, notre association nationale des organisations de retraités de l'université, a récemment fait pression auprès du gouvernement fédéral afin qu'il élabore une stratégie nationale de santé pour les personnes âgées. La priorité numéro un, à leur avis, à améliorer le système serait d'élargir les soins au domicile et les soins communautaires pour permettre les aînés de demeurer chez eux le plus longtemps possibles.

Des programmes existent déjà pour aider les aînés à gérer leurs besoins de santé tout en restant chez eux. Il nous appartient d'en apprendre d'avantage sur la disponibilité et l'éventail de ces ressources. À cet égard, j'ai le plaisir d'annoncer que notre conférencière à la prochaine assemblée générale est Joan Foster, une infirmière communautaire spécialisée dans les soins à domicile et membre du Conseil de l'Université McGill sur les soins palliatifs. Le titre de sa présentation est:

``Les Défis des soins au domicile pour nous et pour nos proches``



## SOCIAL EVENTS UPDATE

Here are a few suggested plays with proposed dates and the cost of each ticket. Hoping to see many of you at one or more of our outings

### TRIPLEX NERVOSA

Centaur Theatre

Wednesday, May 13, 2015 at 1:00 pm

A young woman has maxed out her credit cards and put a promising music career on hold to buy a triplex in Montreal's trendy Mile End, only to find that the charming but stubborn Hassidic previous owner and her motley crew of tenants won't co-operate with her needs. When she and her handyman conspire to make one particularly difficult tenant's life less comfortable, things go terribly wrong.

Tickets are \$28.00 (Senior - 65+) and \$35.00 (Regular - age 55 - 64)

Deadline to reserve is 5:00 pm on April 10, 2015

Please indicate number of tickets and the rate(s) required (Senior or Regular)

### THE APPRENTICESHIP OF DUDDY KRAVITZ: THE MUSICAL

Segal Centre

Wednesday, June 17, 2015 at 1:00 pm

From the streets of Montreal, on the cusp of adulthood, young scrappy, quick, ambitious Duddy Kravitz is so desperate to prove himself he might lose those he loves; it all comes down to choosing what kind of man he's going to be. From the award-winning composer of Beauty and the Beast, The Little Mermaid, Aladdin and Little Shop of Horrors and the award-winning lyricist-librettist of Weird Romance, the Public Theatre La Boheme, and the forthcoming The Golden Calf, comes a new musical adaptation of Mordecai Richler's beloved tale that is both uproarious and moving.

Tickets are \$40.00 (Senior - 65+) and \$45.00 (Regular - age 55 - 64)

Deadline to reserve is 5:00 pm on April 21, 2015

Please indicate number of tickets and the rate(s) required (Senior or Regular)



## GUEST SPEAKER - JOAN FOSTER

The guest speaker at the General Meeting on April 30 will be Joan Foster, Community Nurse specializing in home care and a member of the McGill Council on Palliative Care.

Her topic will be:

### Challenges in Caring for Yourself and Loved Ones at home

Joan introduces the topic saying:

"I love the quote by Rosalynn Carter, 'There are only four kinds of people in the world - those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers.'

I have been a nurse in the community for more than 3 decades and have learnt along the way what works for families and patients and what doesn't. Anticipating the what, who, and when of home care is important as the burden of care falls mainly on family and friends. I hope to share what I have learned over the years."

Joan Foster's talk will contain valuable information for all of us.



## CURAC

What is CURAC? From their website: CURAC/ARUCC is the federation of retiree associations at colleges and universities across Canada. CURAC/ARUCC est la fédération des associations de retraités des universités et collèges du Canada. CURAC/ARUCC is a non-profit federation of retiree organizations at colleges and universities across Canada. Its primary aims are 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

The 2015 CURAC/ARUCC Annual Conference will be held at Queen's University in Kingston, Ontario, from

May 20 to May 22, 2015. The theme will be "Looking Ahead."

The proximity of Kingston to Montreal makes it very possible for members of CUPARUC to attend this year's conference.

The Program, Registration and accommodation details and forms, and directions for reaching Queen's are now available by <http://www.queensu.ca/retirees/curac-arucc>

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A graphic with a light green background. On the left is a large, stylized letter 'P' with a ruler-like pattern inside it. To the right of the 'P' is the text "ENSION COMMITTEE ELECTION" in a bold, black, sans-serif font.

## PENSION COMMITTEE ELECTION

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At the September 29, 2014 University meeting concerning Concordia's pension plan, there was a nomination from the floor for the pensioners/inactives seat on the University Pension/Benefits Committee; this was in addition to the nominations from your Concordia University Pension Association. While unusual, the rules do allow for such nominations. The Committee had to consider the validity of the nomination, and concluded that the nomination would be accepted. Due to the Christmas break, the election process was moved to later meeting, which will occur at 6pm, April 20, in H-110.

CUPARUC's nominees were Howard Fink (who has many years of experience in pension and benefits operations and issues) as pension/benefits committee member and George Tsoublekas (who has a background in economics and banking) as alternate. Over the last couple of years, the investment strategy orientation of the pension plan has undergone a substantial shift, which involved many hours and days of learning and deliberation as well as the vetting of new investment managers. Both Howard and George were very active in this work, and we feel their continuing involvement in the committee is important to the ongoing task of vigilant oversight of how the new investment strategy is functioning. Moreover, both are knowledgeable about the current Quebec Government initiatives to change public pension plans, and have been helping us to understand the possible implications for us.

We urge you to come to the April 20 Pension meeting to vote, and we strongly recommend that you support the nominees of your pension association.

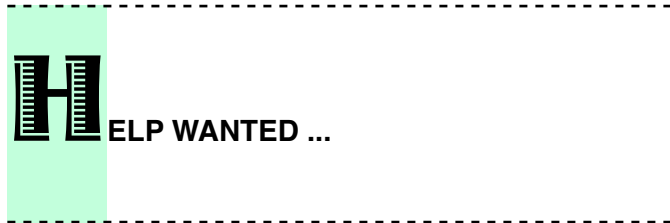
The following process will take place:

- the Pension Committee will propose that potential candidates who wish to make representations before the vote on whether an election should be held be permitted to do so

- a vote will be taken amongst the non-active members present to determine whether a majority of those voting wish to proceed with an election
- if there is a majority of non-active members that wish to have an election, we will proceed with an election at the meeting
- if a majority does not wish to have an election, the meeting will be terminated and the representatives previously designated through the call for nominations dated August 25, 2014 (Howard Fink and George Tsoublekas) will continue.

The Executive is therefore asking all CUPARUC members who are able to attend to vote for 'no election', thereby confirming Howard and George as our representatives, and ensuring the continuity and experience we have enjoyed to date.

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A graphic with a light green background. On the left is a large, stylized letter 'H' with a ruler-like pattern inside it. To the right of the 'H' is the text "ELP WANTED ..." in a bold, black, sans-serif font.

## HELP WANTED ...

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This is your chance to edit and produce an important informational and literary journal - this one. We are seeking a new newsletter editor to take over from the current one, who is, at this point, well past his 'best by' date. Contact [john.woodrow@concordia.ca](mailto:john.woodrow@concordia.ca) for more information.

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A graphic with a light green background. On the left is a large, stylized letter 'R' with a ruler-like pattern inside it. To the right of the 'R' is the text "ETIREE EMAIL ACCOUNTS" in a bold, black, sans-serif font.

## RETIREE EMAIL ACCOUNTS

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For many years the university has extended the benefit of continued email accounts, or IDs, for retirees. This has had the benefit of retirees being able to maintain easy access to colleagues and university departments without having to go through the process of getting a new ID from a supplier, and then notifying everyone of the new ID (usually with a few important ones slipping through the cracks). The most recent retirees in the 'Voluntary Departure Plan' have had their Concordia email accounts deleted, and have been told this is the new policy. CUPARUC was not notified of this change until recent retirees brought it to our attention. Considering there is virtually no incremental cost for the university to

host retiree's email, we felt this is a short sighted and unwelcome change. We have written a protest to the Vice-President, Services, and he seems willing to confine the email service, with certain conditions. We will be discussing this further in the near future.

## STAY CONNECTED

An offer to all members of CUPARUC: Advancement and Alumni Relations would like to keep you informed on Concordia news and events.

Stay connected:

· Advancement and Alumni Relations would like to keep you informed on Concordia news and events. To receive the monthly Accent e-newsletter, please register your name and email at [www.concordia.ca/alumni-friends/news/accent](http://www.concordia.ca/alumni-friends/news/accent).

· You can also maintain your Concordia connection by requesting email forwarding for life at [www.concordia.ca/alumni-friends/benefits-services/alumni-services/efl](http://www.concordia.ca/alumni-friends/benefits-services/alumni-services/efl).

· To receive a complimentary copy of Concordia University Magazine — mailed each fall, winter and spring — please email your name and address to [ginette.leduc@concordia.ca](mailto:ginette.leduc@concordia.ca).

## NEXT MEETING

April 30 - HB-130, Loyola campus 10am

Guest Speaker: Joan Foster, "Challenges in Caring for Yourself and Loved Ones at home"

The Newsletter continues with the Internet only version from this point. We apologize to those not having access to this however, it is necessary to control printing and mailing costs

## NEW MEMBERS

- Anastasios Anastasopoulos
- Shirley Black
- Craig Buchanan
- Audrey Burkowsky
- Eric Cugers
- Yves Gilbert
- Linda Kerr-Teoli
- Josette Lefaivre
- Julia Lin
- Joyce Payan
- Peter Rist
- Janice Robinson
- Joanne Spinelli
- Jurgen Werth
- Carol Williams
- Mike Marak
- Odile Plain

## CONDOLENCES - DECEASED MEMBERS

- Derek Acland, Accountancy
- Mona Aylmer-Macfarlane, Geography
- Christine Brown, Arts and Science
- Gary Chalmers, Bookstore
- Bohdan Czarnocki, Sociology
- Harold Entwistle, Education
- Robert Gaudet, Campus Ministry
- Harold Gram, Management
- Michael Hainsworth, Marketing Communications
- Anthony Hilton, Psychology
- June Lamb, Library
- Claude Levy, Liberal Arts College
- Shiping Ma, Exercise Science
- Stephen Marriner, Library
- Robert Nagge, Applied Social Science
- Alex Newell, English
- Marvin Orbach, Vanier Library
- Lucy Roberts, Physics
- Elizabeth Rowan, Human Resources
- Otto Schwelb, Electrical & Computer Engineering
- Geza Szamosi, Science College
- Yong Zhao, Electrical and Computer Engineering



Christmas 2014





## THE TRAIN YOU RIDE

alexS.



As a mode of transportation the train has suffered some severe under-development in North America, to say the least. Show of hands when you last took a train trip. Exactly my point! Trains used to be hot, way back. There was a certain aura about train rides, and there are at least one thousand songs, some famous some forgotten, to back that up.

So, let's have some fun and start with some train trivia. Question: What was the name of the "Chattanooga" train? How many "miles from home" was the Kingston Trio's train? How many coaches are in the train of the "Worried Man Blues"? At what time does "the train leave for Georgia"?



Figure 1, the ICE-T, InnerCityExpress Train, connecting 32 major cities like Frankfurt, Munich, Berlin, breakfast and a la carte and bar/bistro service at up to 300km/h - bon voyage.

Seems that our songs are good but our train rides are bad. European and Asian countries are far ahead.

The ten fastest trains in the world.

10) ETR500 - 300km/h Milan to Bologna in one hour in Italy.

9) EUROSTAR from Britain, 300km/h London to Paris.

8) AVE350, 330km/h Madrid-Barcelona, in Spain.

7) Taiwan - THSR700 - 208mph

6) South Korea - KTX2 - 219mph

5) France TGV- 380km/h

4) Shanghai MAG - 430km/h

3) Japan Bullet - 443km/h

2) Germany TR09 - 450km/h - 2nd fastest in the world.

1) China CHR380 - 480km/h fastest in the world.

Compare that to train travel between Toronto and Montréal, a distance of 539km, travel time 5 hours and 29 minutes, for a neck breaking speed of, pass the smelling salt, 98km/h.

Compare that to the Shanghai high speed magnetic levitation train (made in Germany), that feeds the International Airport 30km away, in 7 minutes and 20 seconds, reaching 350km/h in 2 minutes, with a maximum speed of 431km/h.

Some more stats for those who want to know:

Canada has 49,422 km of total tracks, with 129 km electrified. Canadian Via Rail carries approx. 4.1 million passengers annually.

Germany has 41,315 km of tracks, with 19,857 km electrified.

Germany carries about 119.9 million passengers on long-distance trains (avg. of 288 km), and 2,091,828,000 passengers (two billion!) on short-distance trains (avg. of 21 km).

To put that in perspective, Germany is only 1/3 the size of Ontario.

This begs the question 'why are other countries so far ahead in train travel'?

### Model Railroads

In Germany this is big. It's like a rite of passage. When boys reach the age of 10, they automatically become electric train railroaders, with a starter set of a model railroad.

This is not a toy, it's a scale model of a real locomotive, current production or historic vintage, with tracks, switches and all other accessories to scale. There are a variety of remote control devices to make things happen, from a central control point. First of course the speed regulator for the train, forward, and reverse. Then there are the remote controls for track switches, station signals, couplers, street crossing signals and more.

This whole display gets mounted on a 4x8 plywood board and gets expanded as new parts are added. The beauty is that friends and relatives support the expansion by giving railroad type gifts for all of the birthdays and Christmases.

The educational aspect is the design, building of landscape, connection of remote devices, programming and control of the various automated functions of the trains, streetcars and electric buses.

### World's biggest Model Railroad

Called "Miniatur Wunderland", this display is located in Hamburg, Germany. It covers 13993 square feet of display with 700 trains and 8km of tracks. Fully automated it simulates day/night cycles every 15 minutes. Thirty-three computers handle all of the functions. Landscapes present areas from different countries. Also included is a model airport with automated ground operations and much, much more. It's awesome!

The transition from this to real world trains is not hard to imagine. My guess is that most of the new developments in train travel will continue to come from these young model railroaders. "All aboard"!

My thanks go out to my friend and neighbour Ben, who send me this link and unknowing started me on this story.

Paste this in your browser and be amazed.

[https://www.youtube.com/embed/ACkmg3Y64\\_s?rel=0](https://www.youtube.com/embed/ACkmg3Y64_s?rel=0)

Had trouble with the quiz? Here are the answers: choo-choo, 500, 21, midnight.



## MEMBERSHIP STATISTICS

### Active "Paid" Members:

2014-15: 317 (as of April 1/15)  
2013-14: 333  
2012-13: 303  
2011-12: 308  
2010-11: 286  
2009-10: 312

### Total Number of Individuals who have been members since 2004:

Active "paid" members: 317  
Paid at least once in 2009/10 – 2013/14 but not in 2014-15: 105  
Deceased/inactive: 161  
Dues not paid since 2008/09: 102

Total: 685

### The CUPARUC Newsletter

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