

ARFL NEWSLETTER

Association of Retired Faculty and Librarians of York University

Website: <http://yuarfl.org>



This issue contains embedded colour images, but is printed in monochrome. To see the colour, view this newsletter on-line at the above URL. (The leafy horizontal section-separating lines are "Autumn Leaves" from the horizontal line sub-menu in MS Word: Mac 2008.)

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Important – *Talk and AGM*

Talk: *Frequent Fliers: New Discoveries in Birds Migration* - Bridget Stutchbury

(see item 2 herein)

2012 Annual General Meeting

(see item 8 herein)

2012 Nov 16

Harry Crowe Room, Atkinson College

Talk : 11 am

Lunch * : 12 Noon

Meeting : 12:30 pm to 3pm

*** Food and beverages catered.**

1. President's Report

Al Stauffer

The YUFA bargaining team was successful in negotiating a new Collective Agreement for the three-year term 2012–15. Once again ARFL had a direct input into the initial bargaining position and was able to discuss our priorities with the team. We note with gratitude the gains that the bargaining team made for retirees. Details of the settlement as it affects us are given in a separate article.

There are still gaps in our insurance coverage in areas such as travel insurance, home care and dental implants. We will discuss the possibility of establishing a group insurance plan with the University at our AGM. Members who joined up would be responsible for paying any premiums associated with this coverage. Bring your ideas on desired coverage to the AGM when we will discuss this initiative.

We have formally established the ARFL Scholarship for aboriginal students. Details appear elsewhere in the Newsletter. Members who make a charitable donation to York may wish to designate some or all of their contribution to the scholarship.

Co-housing provides an alternative type of accommodation, especially for seniors. It is basically a condominium development planned and built under the direction of the future residents. It includes a number of common areas and provides group activities and mutual support for residents.

This idea will be discussed at the upcoming regional CURAC conference with a view to initiating such developments. ARFL members will be invited to join and there will be time to discuss this initiative at our AGM.

We are saddened by the death of Roger Heeler, a member of the ARFL Executive. Roger was a former editor of our Newsletter and a willing participant in many of our activities. We will miss his trenchant comments and sound advice. See an obituary and appreciation for the life of Roger in this Newsletter.

Al Stauffer President, ARFL



2. Pre-AGM Talk : Bird Migration.

Frequent Fliers: New Discoveries in Bird Migration

Talk by **Bridget Stutchbury**

2012 Nov 16 11 am
(preceding Lunch & AGM at 12 noon)

Harry Crowe Room, Atkinson College

[*Ed note: to see the photograph in colour go to the ARFL website yuarfl.org – AW]*



Bridget Stutchbury was born in Montreal and raised in Toronto. She completed her M.Sc. at Queen's University and her Ph.D. at Yale, and was a postdoctoral fellow at the Smithsonian Institution. She is a professor and Canada Research Chair in Ecology and Conservation Biology at York University, Toronto. Since the 1980s, she has followed songbirds to their wintering grounds in Latin America and back to their breeding grounds in North America to understand their behaviour, ecology and conservation. She serves on scientific advisory committees for World Wildlife Fund Canada, Wildlife Preservation Canada, and Earth Rangers. She is also author of *Silence of the Songbirds* (2007 finalist for the Governor General's Award) and *The Bird Detective* (April 2010).

[Source: <http://www.naoc-v2012.com/public>]



3. New CA: Retiree Gains *Al Stauffer*

Retiree gains in recent YUFA contract settlement :

YUFA and the Administration recently concluded negotiations for a new Collective Agreement to run until 2015. The contract was ratified by YUFA members by a 2-to-1 majority. There were a number of changes to Article 14 that affects retirees.

The enhanced rate for post-retirement teaching of five full courses has been increased to \$16,750. As well, faculty who retire at age 71 will be entitled to teach two full courses.

Similarly, a librarian will be paid at a rate of \$14,740 for each one-third time appointments to a maximum of five such appointments and those who retire at age 71 will be entitled to two such appointments.

Senior Scholars are now entitled to Professional Expenses Reimbursement (PER) of \$1450 per year for a maximum of 15 years ending no later than age 75. This extension applies to current retirees now receiving PER but not to those who have exhausted their entitlement under previous agreements.

Our post-retirement email privileges have been included in the agreement.

The coverage for major restorative dental benefits will be increased from 50% to 85% effective May 1, 2013. The cap on payments under our benefit plan remains at \$1250 per year of which \$300 is provided by the YUFA Benefit Trust. We are monitoring the outlay for retiree benefits to ensure the \$800,000 per year provided by the University is adequate to cover our claims.

The Executive passed a motion thanking YUFA for their support of retiree bargaining priorities and expressing our gratitude to the bargaining team for their success in negotiating the recent agreement.



4. Roger Heeler: An appreciation

A. (Tony) Wallis

It was my privilege to work with Roger Heeler as his Assistant [to the] Editor of this newsletter during the last years of his tenure of that position. (The "[..]" reflects differences of agenda; Roger won !)

I recall his zest for life, his mentioning somewhat off-hand trips to exotic places, and at one Executive meeting, also somewhat off-hand, that he had been told not so long ago that he was in very good health - that he "might live to 100" - and then adding that he had, more recently, received some bad news regarding his health. And then he was dead (July 4).

See the following in the ARFL website
<http://www.web.net/~yuarfl/RogerMarkHeeler.htm>



5. Senior Health

A. (Tony) Wallis

Two items in what I propose be an on-going regular section. Contributions are welcomed.

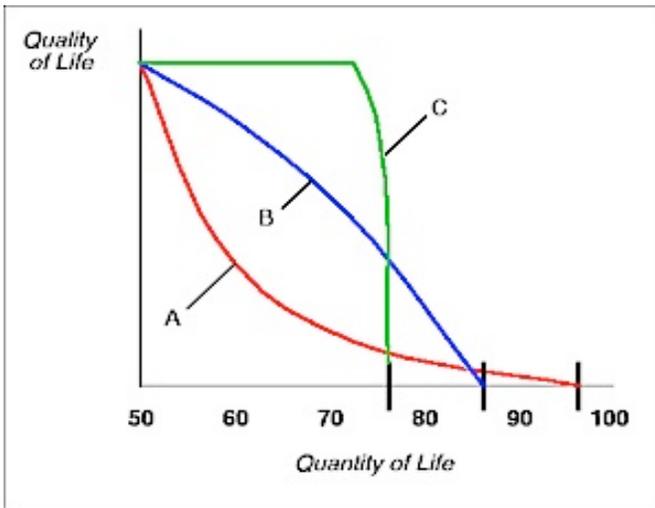
First, absent any specific illness requiring special attention, the two best things a senior can do to maintain their general health are to (1) exercise, and (2) keep their weight, more specifically re body fat, within a recommended range – as determined (with some contention) by the BMI = body mass index = weight(kg)/height(m)squared: 19-25. Previously, I reported on dropping my BMI down to 26.5 by losing 30+ lbs, Getting it further, below 25, over the summer proved more of a challenge. I met the challenge by being a tad extreme and using technology :

- a scale for weighing my meal items at a resolution of a gram,
- a kcal ("Calorie") /gram table (app for Apple iP*)
- a pedometer that in addition to counting steps can be calibrated by stride length to measure distance and calibrated by weight to calculate kcals of energy expended,
- walking a 10 km route outside or a 5 km walk inside (shopping mall) almost every day,
- knowing my BMR (basic metabolic rate) from age, weight and gender,
- keeping a kcal in/kcal out accounting with a daily deficit of about 1000 kcal.

[And, once again, on the topic of exercise see the YouTube "23 ½ hours" video
<http://www.youtube.com/watch?v=aUaInS6HIGo>
]

Second, the rather sudden death from a fast-acting terminal illness of Roger Heeler, coupled with my own personal experience of being the primary support for a very close friend who eventually died from a very slow but always terminal cancer (the same rare type that took Steve Jobs, incidentally), got me thinking about the "QoL vs QoL" (quality of life, quantity of life) issue.

Consider the following diagram



There are three cases: A (red in colour) who lives to a "ripe old age" of late 90's but has suffered chronic but non-life threatening illnesses for the last third or more of her life; B (blue in colour), a much more typical case of showing initial geriatric signs and experiencing symptoms in his 60's and dies, in accordance with the actuarial tables the York Pension Plan is based upon, in his mid-80's; and there is C who has, either by luck or genetics or not paying too much attention to the onset of geriatric signs and symptoms, lived a full quality of life until he is struck down by a sudden, unexpected and rapid illness that kills him in his 70's. Which curve would you choose, and how would your choice depend on how old you are?

Are not we, and the medical profession, unduly fixated on one dimension of that diagram - longevity?



6. Lee Lorch: CAUT Award *Martin Muldoon*

[*Ed note: to see the photograph in colour go to the ARFL website yuarfl.org – AW*]

Longtime ARFL member Lee Lorch was presented with the 2012 CAUT Distinguished Academic Award during a ceremony at Bridgepoint Health, Toronto, on May 9, 2012. Pictured with Lee are Jim Turk, Executive Director, and Penni Stewart, Past-president of CAUT.



Due to space limitations, attendance was restricted to about 30 of Lee's family, friends and associates. Nevertheless the attendance included two former speakers of the Ontario Legislative Assembly (Alvin Curling and David Warner). The speakers included Ontario Fairness Commissioner Jean Augustine as well as medical researcher and activist Nancy Olivieri.



7. ARFL Scholarship *Saber Saleuddin*

The Executive Committee of ARFL is pleased to announce the establishment of an endowment valued at \$30,000 (\$15,000 from ARFL and matched by a contribution from the Government of Ontario through Ontario Trust). This endowment will be held and invested for the benefit of York University. The income earned from the fund will be used to support the ARFL scholarship annually. It is estimated that the value of the scholarship for next year will be approximately \$1 500.

The Association of Retired Faculty and Librarians Scholarship will be awarded annually to an aboriginal undergraduate student who has completed at least sixty credits and has demonstrated academic excellence with the highest GPA. Although the award is not renewable, it may be awarded to one recipient more than once during his/her undergraduate years.



8. AGM Agenda

Fred Morgan

[Note the Talk (11 am) and catered Lunch (noon) preceding the actual meeting scheduled for 12:30]

1. Call to order.
2. Amendment/acceptance of the agenda
3. Amendment/acceptance of the draft minutes for
 - A. AGM of November 25, 2011
 - B. Membership meeting of May 20, 2012

Note: the draft minutes of both meetings are available on the website.
4. Business arising from the minutes of item 3.
5. Reports *[please note that these reports will be available on the website]*
 - A. President: *A. Stauffer*
 - B. Vice President: *B. Kitchen*
 - C. Treasurer: *B. Loughton*
 - D. Newsletter Editor: *A. Wallis*
 - E. YUARFL Trust: *F. Morgan*
 - F. Sub-committee on benefits: *S. Jeffers*
 - G. ARFL rep YUFA executive: *A. Stauffer*
 - H. YURA rep ARFL executive: *S. Pyke*
6. Nominations from the floor and election of Executive members *(please see website for a relatively recent list of nominations)*
7. Other Business
 - A. Approach the University Administration about the possibility of group insurance for travel, home care, dental implants, and catastrophic illness.
 - B. Co-Housing
8. Adjournment

The recipient must be a Canadian citizen, permanent resident or protected person, a resident of Ontario, and one who demonstrates financial need. Information about the recipient student will be forwarded annually to ARFL. The Association of Retired York Faculty and Librarians utilizes York's Aboriginal Student Special Programme, as allowed by the Ontario Human Rights Commission, in order to help aboriginal students of York University.

The Office of Student Financial Services, in accordance with guidelines established by the Senate of York University, will administer the ARFL scholarship

The Executive Committee believes that, in establishing this scholarship, it has made an innovative decision so as to recognize excellent aboriginal students of York University.

Because this gift is an endowment, members of ARFL are welcome to contribute funds specifically for this scholarship. Contributions will normally be matched by York University and qualify for the purpose of tax deduction.

Information about contributing to this ARFL Endowment can be obtained from Marcel Dupuis (dupuism@yorku.ca)

9. Humour Corner

Ed note: Your Editor encourages relevant submissions from the general membership, including the humorous side of being retired, a senior, a third-ager, or a "dinosaur". Thanks for this, PK, and apologies for the bowdlerisation - AW

The first senior moment, or what happened to the dinosaurs.



2011/12 EXECUTIVE MEMBERS

President : Al Stauffer stauffer@yorku.ca
Past President : Alex Murray amurray@yorku.ca
Vice President : Brigitte Kitchen

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Pre-Retiree Member : Pat McDermott
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YURA Representative : Sandra Pyke
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Members-at-Large :

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 John Crozier jcrozier@yorku.ca
 Nick Lary nlary@yorku.ca
 Martin Muldoon muldoon@yorku.ca
 Saber Saleuddin saber@yorku.ca
 [and, last but very much not least, acknowledging
 Roger Heeler, who died during 2011/12]

Newsletter Editor A. (Tony) Wallis
wallis@cse.yorku.ca

[Note: For personal reasons, I felt, as of May of this year, I could no longer continue as a member of the Executive, but could continue as the Newsletter Editor. (Normally, the Editor is a member of the Executive, but the Executive has amicably accepted this situation.) Should you desire more information about this difficult decision of mine, please contact me personally. - AW]

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