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MESSAGE FROM THE PRESIDENT

The speaker for our general meeting on April 29th will be Elizabeth Langley, who was the person who designed and developed the Contemporary Dance Degree Program at Concordia. She'll share some advice with us on the topic of how to maintain a healthy body.

On the general topic of activities that promote healthy living and longevity, two recent articles stand out. A New York Times piece, entitled "Using the Arts to Promote Healthy Living," (March 7, 2016) reported on efforts to improve the lives of seniors with programs in the arts. Various health care agencies are initiating programs in arts as diverse as "music, dance, painting, singing, and story telling to add meaning, joy, and a vibrant sense of well being to the lives of older people." Examples cited range from using music with memory loss patients to bring back a sense of recognition and joy, and painting and writing classes in seniors' homes that offer opportunities for creativity and expression. Closer to Elisabeth's area of expertise is the use of dance classes to encourage movement. In the words of the program organizer, movement is "absolutely healing, balance, mobility, and strength—everything improves." And what appears to be as equally important as the activities themselves is that the activities take place in social settings, and social engagement is a strong predictor of health and longevity.

The strength of social engagement as a factor in promoting health was the topic of a recent article in the Globe and Mail, "Social Groups Vital for Retirees to Live Long and Prosper." Engagement in two or more social groups was found to be a strong predictor of health, a sense of well-being and longevity, equaling the effects of regular exercise. Taken together, the clear advice of these two articles is to join up, get creative, and get active. And in that spirit, join us in hearing Elizabeth Langley talk about and demonstrate some practical tips on movement to maintain bodily health.



Message du Président

L'orateur invité à notre assemblée générale le 29 avril sera Elizabeth Langley, qui a conçu et développé le programme de danse contemporaine à Concordia. Elle va partager quelques conseils avec nous au sujet de la façon de conserver notre santé physique. Sur le thème général des activités favorisant la vie saine et la longévité, deux articles récents se distinguent. Un article au New York Times intitulé «Utilisation des arts afin de promouvoir des modes de vie sains» (7 Mars, 2016) a réalisé un reportage sur les efforts faits afin d'améliorer la vie des aînés en les faisant suivre des programmes dans les arts. Divers organismes de soins de santé lancent des programmes dans les arts, aussi divers que la musique, la danse, la peinture, le chant, et le récit des histoires. Ces programmes ont ajouté un sentiment de joie, et de dynamisme à la vie des personnes âgées. Les exemples cités expliquent comment la musique peut donner un sentiment de reconnaissance et de joie aux patients atteints d'une perte de mémoire, et comment la peinture et l'écriture en classe aux résidences pour personnes âgées offrent des possibilités de créativité et d'expression. Plus près de la zone d'expertise de notre invitée, Elizabeth nous explique comment la danse peut améliorer le mouvement. Dans les mots d'Elizabeth, le mouvement est une guérison absolue. L'équilibre, la mobilité et la force améliorent notre bien-être. "Et ce qui semble être aussi important c'est que les activités elles-mêmes se déroulent dans des contextes sociaux, et l'engagement social est un prédateur de la santé et la longévité.

La force de l'engagement social comme facteur de promotion de la santé fut le sujet d'un article paru récemment dans le Globe and Mail, «Groupes sociaux vitaux pour la longévité et la prospérité des retraités. L'appartenance à deux ou à plusieurs groupes sociaux est un fort prédateur de la santé, génère un sentiment de bien-être et longévité, égale aux effets d'exercice régulier. Pris ensemble, les conseils clairs de ces deux articles sont de nous réunir, faire preuve de créativité, et devenir actifs. Dans cet esprit, venez écouter Elizabeth Langley nous parler et donner quelques conseils pratiques pour nous aider à conserver notre santé physique et morale.



SOCIAL EVENTS UPDATE

The Social Events update consists of past, present and future

The past - an enjoyable outing to 'Bus Stops' at the Centaur in February with about 8 people

The present (well, very close anyway) - about 18 people will be attending the Centaur play 'Last Night at the Gayety' on April 27th

The future - we will probably be planning a visit to the Pompeii exhibit at the Montreal Museum of Fine Arts. Soak up the splendour and opulence of Pompeii in a spectacular exhibition that features over 220 archaeological artifacts in a unique multisensorial environment. Mosaics, frescoes, bronze and marble statues, decorative art objects, as well as utensils and personal accessories, will bring to life this small provincial colony of the Roman Empire that was frozen in time by the eruption of Mount Vesuvius in 79 A.D. The largest exhibition on Pompeii ever presented in Quebec, it drew 273,000 visitors during its presentation in Toronto in 2015. The details of this social outing will soon be available).



GUEST SPEAKER - ELIZABETH LANGLEY

The guest speaker at the General Meeting on April 29 will be Elizabeth Langley. Her topic will be:

"LET US DISCOURAGE DIMINISHING"

Elizabeth describes her presentation: "My topic is how to maintain a healthy body in everyday life through awareness of its structure, of good posture and alignment, and all its activities in relationship with the environment. The body does not continue to be as it was. It needs attention to retain a healthy condition or it diminishes. All the practical facts and ideas that I present, I will physically demonstrate."

Her Bio follows:

Elizabeth Langley has been professionally involved in dance since 1953. Born in Melbourne, Australia in 1933, she spent her formative years there working as a company performer, choreographer and teacher. In the early 1960s, she trained at the Martha Graham School of Con-

temporary Dance in New York, U.S.A. and in 1965 moved to Ottawa, Canada, where she continued her professional career. In 1978, she designed and developed the Contemporary Dance Degree Program at Concordia University, where she continued to work until her retirement in 1997. The same year, she was awarded the Jacqueline Lemieux prize and a Discovery Grant from the Canada Council for the Arts for her solo performance work. She has studied at the School for New Dance Development in Amsterdam, The Netherlands, and has continued to evolve elements of her artistic life working in Canada, Finland, Turkey, Cuba, and Australia.



PENSION FUND UPDATES

Pension Fund Performance as of December 31, 2015

- The return of the current portfolio in Cdn\$ for the entire calendar year of 2015 net of fees was 8.84%
- It should be remembered that the annual target rate that is considered to be the base rate for going concern and is used in all projections with regard to the obligations of the plan is 6%.
- A sizeable amount of our investment is in U.S. funds. Therefore, the strength of the American dollar has helped in augmenting our return.
- 2015 marks the 3rd year in a row with exceptional results for the pension fund.
- Our fund's annualized Sharpe ratio (a measure of value vs risk) as of December 31, 2015 stood at 2.2, which is very good.
- Compared to the Canadian Master Trust compiled by CIBC/Mellon that includes 95 pension plans, we are situated at 86th percentile.
- Some managers have recorded negative returns, especially because of their exposure to oil. However, because of the diversification built in our portfolio, the performance of all three categories of investments (capital preservation, growth, and diversification) was strongly positive and above the respective benchmarks.

The New Pension Legislation

- Meetings of the Benefits Committee Working Group and the Pension Sustainability Forum are continuing, in order to achieve some consensus about a new model of pension plan that could be acceptable to all unions, within the context of the legislation.

• It appears that the various unions are appreciative of the information-exchange sessions. The union representatives are exploring the different options and asking for different scenarios in an effort of discerning the costs and benefits for their members. However, they are not prepared to present their positions before the final form of the legislation is tabled. The general impression, though, is that unions prefer paying extra to keep the present benefits than giving them away for lower contributions

• It should be reminded that all this about the new legislation refers to current active members, excluding the current non-active members (retirees).

• There will be an update on the health of the pension fund and on the state of ongoing negotiations on the pension plan legislation at the upcoming General Meeting on April 29th.

HELP WANTED ...

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 for more information.

RETIREE EMAIL ACCOUNTS

For many years the university has extended the benefit of continued email accounts, or IDs, for retirees. This has allowed retirees 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 were told this is the new policy. CUPARUC has worked with Vice-President, Services to reverse this, and we are pleased to inform all retirees that they can reactivate their Concordia email address by contacting Marie-Ghislaine Jolicoeur of Human Resources at 3676. From now on, retirees will be given the option of retaining their their Concordia email.

PREVIOUS GUEST SPEAKER

Our November guest speaker was Me. Ann Soden, who spoke on:

Later Life Planning: Legal, Financial and Health Care Issues



CUPARUC President, Bill Knitter thanks Me. Sodden

Elder Law lawyer, Ann Soden, Ad.E., addressed issues of enhanced estate planning, planning for incapacity, end-of-life planning, housing and care options, mental capacity, legal representation and the prevention of elder abuse and financial exploitation.

More information on the interesting presentation is available at: CuparucConcordia.ca

WEBSITE CHANGES

New security measures adopted by the University in January of 2016 made it impossible for us to continue to maintain our pensioners website on a Concordia server. The decision has been made to move our website to another server. Please note the NEW ADDRESS below:

<http://CuparucConcordia.ca>

Please change all your links and shortcuts. The address is very much like the old one, except there is no period between cuparuc and concordia. Please note that there are two 'c's together, in the middle of this address. The capital letters are provided only for clarity.

NEW MEMBERS

- Irena Bubniuk *
- Lawrence Colebrook
- Diane Demers *
- Joyce Douglas *
- Guy Dumas *
- Pritam Gill *
- Susan Hawke
- Pierre Julien *
- Lise-Hélène Larin
- Lucie Lequin
- Nina McEwen-Dunn
- June McLellan
- Maria Peluso
- Carole Poirier
- Maria Ponte
- Martin Singer
- George Stecyk *
- Zora Zeman

* announced at November 2015 General Meeting but not included in October 2015 Newsletter

NEXT MEETING

April 29, HC-155, Loyola campus 10am

Guest Speaker: Elizabeth Lagley "LET US DISCOURAGE DIMINISHING"

CONDOLENCES - DECEASED MEMBERS

- Syed Twareque Ali, Mathematics and Statistics
- Shafiq Alvi, Economics
- Francisco Carvalho, Physical Plant
- David Clark, Music *
- Marjorie Ann Clendenning, Library
- Jose DaSilva, Physical Plant
- Henry Dauderis, Accountancy
- Anthony Emery, Fine Arts
- Marjorie Ewing, Theatre
- George Georgis, Library
- Karen Kamalian
- Tobi Klein, Creative Arts Therapies
- Kalman Krakow, Mechanical & Industrial Engineering *
- Marcus Lawrence, Chemistry & Biochemistry *
- Mary Lifschitz, Physics
- Bruce MacKenzie, Enrolment Services
- John MacKinnon, Physics
- Edih McCarthy, Library
- Nina McEwen-Dunn, Concordia Institute for Information System Engineering
- Hugh McQueen, Mechanical & Industrial Engineering
- Nikos Metallinos, Communication Studies
- Virginia Nixon, Liberal Arts College
- John O'Brien, Communication Studies
- Joe Palmer, Applied Linguistics
- Hormoz Poorooshasb, Building, Civil & Environmental Engineering
- Susan St. George, Language Institute, ESL *

* announced at November 2015 General Meeting but not included in October 2015 Newsletter

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

Christmas 2015





MEMBERSHIP STATISTICS

Active "Paid" members

2015-16: 342 (as of March 28, 2016)

2014-15: 317

2013-14: 333

2012-13: 303

2011-12: 308

2010-11: 286

Total Number of Individuals who have been members since 2004:

Active "paid" members:342

Paid at least once in 2010/11 – 2014/15 but not in 2015-16:
118

Deceased/inactive:174

Dues not paid since 2009/10:112

Total:746

The CUPARUC Newsletter

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