

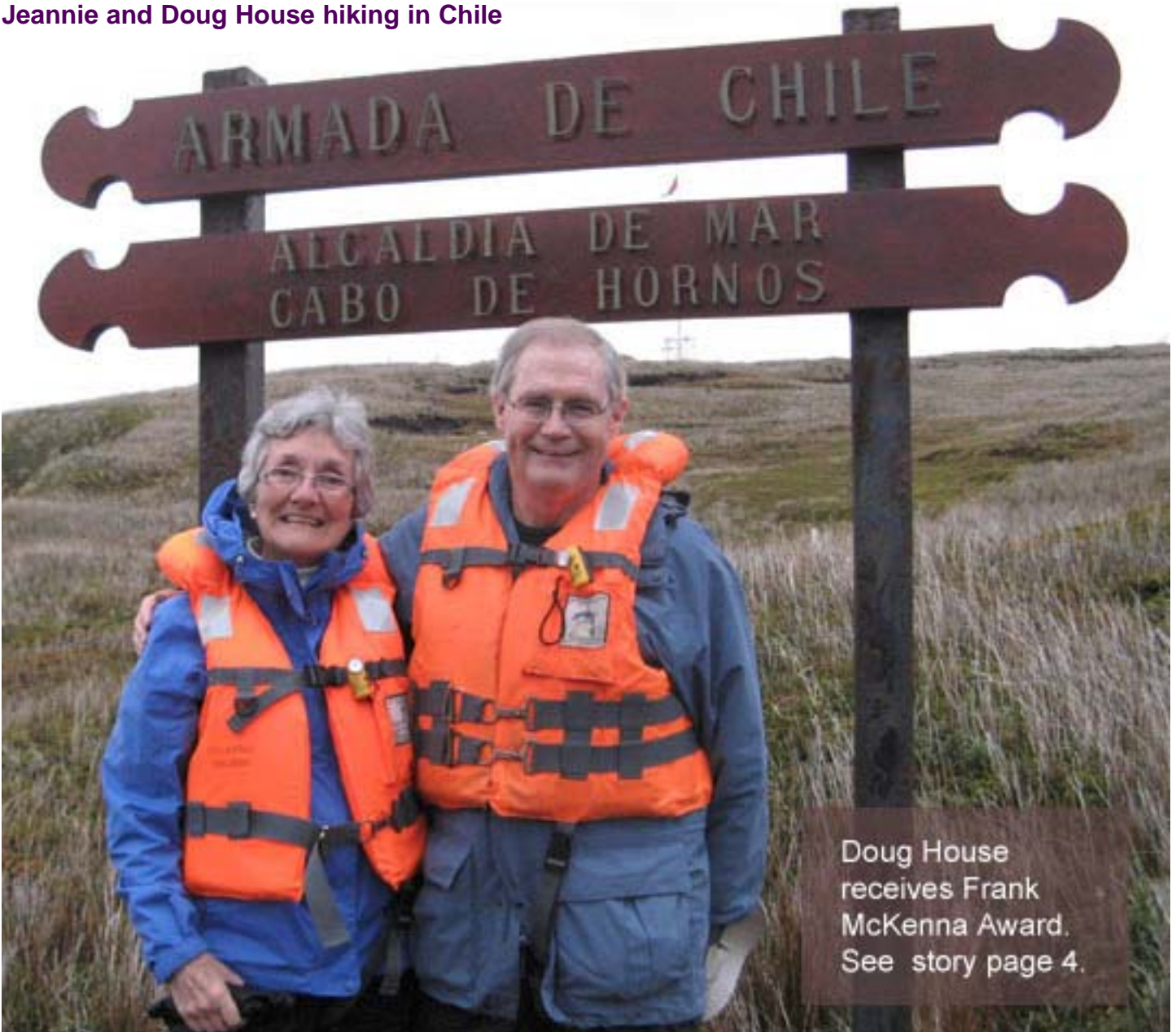


Your Voice

MUN Pensioners' Association (MUNPA) Newsletter Vol. 16, No. 3, June 2018

Editor: Steve Wolinetz • Design and Formatting: Patrick Tyler

Jeannie and Doug House hiking in Chile



Doug House
receives Frank
McKenna Award.
See story page 4.

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PRESIDENT'S MESSAGE

MUNPA held its Annual General Meeting on Thursday, June 7, at The Fluvarium with approximately 80 members in attendance.

The morning session was highlighted with presentations from members of the MUN Harris Center. They included Dr. Rob Greenwood, providing an overview of the Newfoundland population; Dr. Keith Story provided population projections for the next twenty years and Dr. Alvin Simms told us about predicting senior's health and the provincial economy. The presentations were most interesting and very informative, leaving us with lots to talk about over a very nice luncheon and much to think about in the future.

It had been our understanding that the MUNPA office would be moving to The Battery in late June. However, we have been advised that this will now be delayed until August. For those members who participate in our various events and activities, please check your email and our website to see where these will be meeting in the fall.

Our Memoirs Group recently received good news. Roberta Buchanan and Stephen Riggins were awarded a \$2000 Memorial Publications Subventions Committee Award. With further grants from MUN's Office of Provost and Vice-President Academic and

as well from MUNPA, they now have sufficient funding to proceed with the publication of *Creating a University: The Newfoundland Experience*. Congratulations to them for most deserving awards.

Three of our Board members decided not to continue on the Board for next year, namely: Cynthia Whelan, David Thompson and Patrick Tyler. A big thank you to them for having served us so well. We want them to know that they will be missed. We hope that they will continue to work for our members behind the scenes. We welcome new Board members: Bernadette Power, Jim Wyse and Bob Helleur.

The slate of Board members for the 2018-2019 year as presented by Grant Gardner, were elected by acclamation. They are:

Officers

Jane Foltz - President
Grant Gardner - Past President
Steve Wolinetz - Vice President
Sheila Singleton - Secretary
Audrey Power - Treasurer

Directors

Lois Bateman	Donna Jackman
Karyn Butler	Bernadette Power
Joe Byrne	Brian Power
Chris Dennis	Anne Sinnott
Bob Helleur	Jim Wyse

Enjoy your summer!
We'll be back in early fall.



Attendees at MUNPA's AGM. See report on AGM's feature presentation – *The NL Population Project*, page 5.

From the editor

This is only the third issue of Vol. 16 (No. 3) but the last before the summer break. *Your Voice* will be back in the fall with two issues before Christmas and three after. As always we are dependent on you for copy. In April, there was a dearth of material but with stories on well-deserved awards for Ed Williams and Doug House, reports on events in St John's as well as our AGM, we have more than we can accommodate.

Your Voice is first and foremost a newsletter, but there are lots of ways to get news around. This year we have made room for short reflections and news items on what people are doing. We hope to do more of that in the coming year. As always, we are dependent on you for ideas and stories. The more that you send in, the more we can include, if not in *Your Voice*, then on our website (which remains a work in progress). If you have a story you can relate; e.g. what you are doing, where you have travelled or suggestions you would like us to pursue, please send them to yourvoice@mun.ca

Steve Wolinetz, Editor

Have a great summer!

Upcoming Events

Webcast Session on Polypharmacy Oct. 23 to screens throughout the province and Beyond

MUNPA's move the Battery is getting closer. We are already planning our contribution to the grand opening: a session on polypharmacy from our School of Pharmacy's Medications Service Clinic.

Polypharmacy is something seniors should be familiar with. It refers to taking five or more prescription or over-the-counter medications, not necessarily prescribed by the same doctor nor with doctors knowing about the others. Staff from the clinic will help you navigate this on your own behalf or for others.

This is a milestone for MUNPA. Not only will we have better facilities and audio visual capabilities, but also the possibility of sharing programming with colleagues on the west coast, the rest of the province, and the world. To mark the occasion, we are planning two things that are out of the ordinary:

- Webcasting the session so that colleagues outside St. John's can participate
- Organizing receptions in St. John's and Corner Brook to celebrate the event.

Please stay tuned for details.

Visit to Branscombe's Pond

It has by far the best selection of Newfoundland waterside plants I've come across locally.

-- Howard Clase

MUNPA doesn't organize events during the summer. However, Chemistry's Howard Clase, an amateur botanist (among other things) has been keeping an eye on Branscombe's Pond, on the border between Mt. Pearl and St John's, off Blackmarsh or Topsail roads. In Howard's view, it has by far the best selection of Newfoundland waterside plants he's come across locally.

Howard would be willing to lead a smallish group of MUNPA members (say 12) around the pond one morning in the second half of July. **The trail around the pond is level and navigable by wheelchair!!** This should be the peak time for white water lilies. Watch your e-mail for information on the date and time.



The Programme Committee is looking for suggestions for fall and winter events. Please send suggestions to:

munpaevents@mun.ca

Former member of MUNPA Board

Ed Williams receives certificate of appreciation from CURAC



Certificate presented by Kohur Gowrisankaran, Chair of CURAC's Awards Committee.

Ed Williams, a former member of the MUNPA Board, was recently honoured with a Certificate of Appreciation from the College and University Retirees Association of Canada. The award recognized Ed's seven years of service on the CURAC Board during which he served in various capacities including Secretary and Chair of the Awards Committee. In that latter role he developed policies and procedures that helped make the awards program a highlight of CURAC's Annual Meeting. Ed has also been active in the Canadian Mathematics Society and the Naval Association of Canada and is living proof of the value that retirees can add to their communities. **Well done, Ed!**

Doug House Receives Frank McKenna Award for Leadership in Public Policy

Doug House (Sociology) recently received the **Frank McKenna Award for Leadership in Public Policy**. Awarded by Public Policy Forum, the award recognizes outstanding contributions by Atlantic Canadians "who have built bridges between sectors, contributed to public policy and shown exceptional leadership". As the MUN Gazette article indicates (see <https://gazette.mun.ca/research/public-policy-leader/>), Doug's career exemplified all of the aforementioned qualities.

Seconded to the provincial government for 12 of his 35 years at Memorial, he chaired two commissions and a task force and served as a policy advisor and deputy minister. Recommendations he made led directly or indirectly to the establishment of MUN's Genesis Centre, the Canadian Centre for Fisheries Innovation at Marine Institute, and the Conservation Corps of Newfoundland and Labrador as well as the Harris Centre.

Doug has continued to be active since retiring in 2009. He and his son Adrian collaborated on a book about Doug's father, Edgar House, a former student at Memorial University College and member of Memorial's Board of Regents when the Elizabeth Avenue campus was opened. Entitled *An Extraordinary Ordinary Man: The Life Story of Edgar*

House, the book was published by ISER Books in 2015.

Doug is currently working on a book about Newfoundland and Labrador's premiers since Confederation in 1949, tentatively called *From Joey to Danny: Premiers and Development Since Confederation*. He has also recently completed a paper about Joseph Smallwood and fisheries development *Did Smallwood Neglect the Fisheries?* which is currently under review for publication.

Doug and his wife Jeannie have also travelled extensively to such fascinating places as the Great Barrier Reef, the Galapagos Islands, Tuscany, the south of France and around Cape Horn with Keith Storey. They have also enjoyed several trips to England and Wales to enjoy the British countryside and to visit Jeannie's relatives, and several trips to Ottawa to visit their daughter, Vanessa, their other son, Matthew, and their five granddaughters.

After recuperating from knee replacement surgery last fall, Doug has returned to playing tennis; he and Jeannie enjoy walking on the Rennie's River trail, the east coast trail, the Skerwink and other trails on the Bonavista Peninsula.

The award recognizes outstanding contributions by Atlantic Canadians "who have built bridges between sectors, contributed to public policy and shown exceptional leadership".

The 2018 AGM: The Harris Centre reports on its NL population project

by Steven Wolinetz, Political Science

The 2018 AGM provided a bridge for MUNPA's impending move to the Battery. Front and centre was our future neighbor, the Harris Centre, its Population Project and the challenges that an aging population presents.

Rob Greenwood, Director of the Harris Centre as well as Public Engagement at Memorial, led off with an overview of the Harris Centre and its work, its Population Project, and the centrality of public engagement at Memorial. Next up was Population Project director, Keith Storey (Geography) on the changing demography of the province. Concluding, Alvin Simms (Geography) talked about what an aging and declining population means for the Labrador Grenfell Health Authority.

Whether showing net population trends (in-migration vs. out-migration, births and deaths) or population projections, the message was very much the same: All regions except the Northeast Avalon will not only age but also decline. Migration from other areas will result in 15 per cent growth in the Northeast Avalon – St. John's and its environs – but the age profile of those moving means that that population will be expensive to maintain. One projection is telling: in 2016, the average age of the Newfoundland population was 43. In 2036 it is expected to be 48.

Knowing that a population is aging and declining is one thing and understanding what it means for the viability of regions and the ability of governments to provide the services that people expect is another. Each of the presenters drove their arguments home in different ways. Introducing the session, Rob Greenwood referenced to the weakness of civil engagement in the province, alluding to the centralization of decision-making despite the number of councils as well as the paucity of candidates for seats on local councils.

Providing an overview of trends across province, Keith Storey grounded his portrait by indicating what population decline would mean to “the cat in back row” – his grandson at a birthday party and his counterparts – unable earn enough to sustain the services required by an aging and declining population. Businesses would be difficult to pass on to a

new generation because there was little business to pass on and few people to pass them on to if there were. Focusing on the challenges that a Health Authority whose resources were already stretched thin would face, Alvin Simms provided an overview of the services that the Labrador Grenfell Health Authority was delivering and the personnel and specializations that would be needed in future decades: family practitioners would need greater expertise in geriatrics, orthopaedics and chronic diseases, specializations that are difficult to attract. Nor would home care be easy to deliver ... there would be fewer family members or paid workers to provide it. Nor would there be many volunteers to fill the gap.



Keith Storey provided an overview of population trends across the province.

Understanding the scope of the problem is one thing, taking steps to deal with it another. No panaceas were prescribed. Instead, Rob Greenwood argued population decline was like climate change – something we could not reverse but could mitigate and manage if we acted sooner rather than later. Reiterating his concern for the cat in back row, Keith Storey argued that doing nothing was not an option. Instead, we needed to act strategically. Doing so, however, was “politically demanding”. It is hard for this political scientist to disagree. Asked about the uptake among politicians and civil servants, they indicated that some of the latter understood the problem. Whether others will remain to be seen.

You can find more about the Population Project at: <https://www.mun.ca/harriscentre/PopulationProject/>



Beers awaiting tasters attending the Quidi Vidi Brewery tour and tasting event.

Busy time in St. John's

The St. John's Programme committee rounded out the year with three events in the run-up to the AGM.

The events included a question-and-answer (Q & A) session with gardening expert, Peter Scott (Biology), a long awaited visit to the Quidi Vidi Brewery and a session on the Ediacaran Fossils of Mistaken Point at the Manuels River Hibernia Interpretation Centre.

Q & A on Gardening with Peter Scott

Speaking to one of our larger turnouts for our MUNPA talks, Peter answered questions on everything from times for planting, to rocky soil in Heart's Content, to windbreaks in garden fences. Along with answering direct questions, Peter shared a variety of stories about his experiences with gardeners and gardens, keeping us informed as well as amused throughout the afternoon. By the time Peter was done, we were ready to march to our gardens and commence digging!

Quidi Vidi Brewery: Tour and Tasting

Neither of the latter two sessions was exactly what attendees expected. The Quidi Vidi Brewery tour and tasting, to the dismay of some, omitted the tour of this, the first of NL's microbreweries, and to the delight of many, concentrated on tasting five of Quidi Vidi's beers. Host Aaron Patey guided 25 of us through flights of Quidi Vidi's Iceberg beer, an ale made from icebergs harvested off the Bonavista Peninsula; Erik's Cream ale, a lager and ale mix named for Erik Red; Honey Brown, an ale to which

honey is added; 1892, named for the year of the St. John's (last) great fire; Premium Lager; and British IPA, an India Pale Ale. Along the way, Aaron explained the difference between ales and lagers: Ales are older and fermented in warmer temperatures – in layperson's terms on the bottom of the



External view of Quidi Vidi Brewery.

tank – and tend to be fruitier. In contrast, lagers – dating from the late 15th and 16th – are fermented in colder water, on the top, using different yeasts, resulting, many say, in a crisper cleaner taste. We also learned that Iceberg's blue bottles – initially a collector's item in short supply – are made in China. For those who don't know, Quidi Vidi is Newfoundland and Labrador's oldest and biggest craft brewery and it's expanding. There were new tanks in its tiny parking lot to meet the growing demand for its products. Although the promised tour was omitted, the flights of beer and the warm sunny afternoon ensured everyone had a good time.

Ediacaran Fossils of Avalonia

The Manuels River planned talk on Mistaken Point turned into a talk on Avalonia's geological sites. While it was an unscheduled change, it was very informative and most seemed to enjoy it. We learned that the Avalon, Bonavista and Burin Peninsulas are part of an area that geologists called Avalonia. There are seven sites within these three peninsulas with visitor centres or museums where you can do tours and/or see rocks and fossils. Our speaker, Dr. Rod Taylor, gave us some information about the ages and types of fossils at each of those sites, and also had numerous pictures of the fossils. Many of us in attendance hadn't heard of all of those sites, so there may be some road trips this summer to see and learn more. Aside from Manuels River and Mistaken Point, these included Bell Island, Harbour Main and Spaniard's Bay; Port Union and Catalina on the Bonavista Peninsula, and Fortune on the Burin Peninsula. You can find out more about specific sites by picking up a copy of the pamphlet, *Avalonia's*



Examples of Ediacaran fossils of Avalonia on display.

Geological Mysteries from the Manuels River Hibernia Information Centre, by checking the government of Newfoundland and Labrador's tourism site or by searching ediacaran fossils of the Avalon on the web: <http://www.ediacaran.org/newfoundland-canada.html>

Coffee and Conversation: morning coffee for surviving spouses and partners; i.e., “principal beneficiaries” of deceased MUN retirees



Spread prepared for the Coffee and Conversation event.

On April 23rd, MUNPA organized a coffee morning at the Fluvarium for the surviving spouses and partners of deceased MUN retirees. This afforded board members an opportunity to meet with them, hear about the problems they faced, and talk about what we were doing.

Although coffee and conversation was the order of the day, there was a short formal programme. Jane Foltz extended a hearty welcome to all present. Steve Wolinetz talked about *Your Voice*, our website, and what we were doing to communicate with our members. Then Anne Sinnott provided an overview of MUNPA's focus and special interest groups and talks and events that the St. John's Programme Committee had organized.

Next, Glen Roberts, Memorial's Manager of Pensions and Benefits, reviewed the benefits to which principal beneficiaries are entitled. Parts of his talk were necessarily technical – explaining who was a principal beneficiary, when pensions are indexed, and the group and health and travel health benefits to which

Coffee and Conversation con't'd. next page.

principal beneficiaries are entitled. Space does not permit us to recount everything that he said, but here are a few highlights:

- **Travel Health Insurance for retirees**

Remember that there are limitations for pre-existing conditions. The policy does not cover loss (fatal or non-fatal) or expenses caused by or resulting from any condition of which the Insured Person received medical advice, consultation or treatment within six (6) months prior to the commencement of a Trip, with the exception of a chronic condition which is under treatment and stabilized by the regular use of prescribed medication. However, there are exceptions for adjustments to doses of Warfarin or Comadin if the attending physician can confirm that the insured person's condition as stabilized prior to the date of departure.

- **Medavie Blue Cross App**

There is a free app available for I-phone, Blackberry and Android. You can use it for an electronic copy of

your ID card, to submit a claim, view past claims or find a health care provider.

- **Employee Assistance Plan (EAP)**

Retirees and spouses participating in MUN benefit plans are eligible for help through the Employee Assistance Plan (EAP). Services available from the provider (Shepell) include help with personal counseling and grief counseling, legal and financial counseling, child/elder care, relationship issues, and addictions. There is a My EAP App available for I-phone, Blackberry and Android.

We will try to tell you more via our website and subsequent issues of *Your Voice*. If you have questions, please consult with Department of Human Resources. Here are their coordinates:

Department of Human Resources
Arts and Administration Building, Room 4023
Telephone (709) 864 2434
E-mail: myhr@mun.ca
Website: www.mun.ca/hr



Principal beneficiaries listen attentively to presentations by Jane Foltz, MUNPA President; Steve Wolinetz, MUNPA VP; Anne Sinnott, MUNPA Programme Committee and Glen Roberts, MUN Human Resources, Manager, Pensions and Benefits.

Chamber Music Comes From Away

Submitted by
Tom Gordon, professor emeritus
School of Music
Honorary co-chair, Tuckamore Festival

Chamber music has been putting us on the map for almost two decades.



This year's Tuckamore Festival, August 6th to 19th, may well be the most international in its 18-year history.



Discount on Festival Passes

There's a lot of buzz these days around the wave of international visitors attracted to our province. Some call it the "Come-From-Away" effect, referencing the Broadway hit musical about our notable hospitality. Recently it might be credited to the late Anthony Bourdain's culinary epiphany with cod tongues on a rocky beach. But in reality, the world coming to our shores is nothing new. Truth is, chamber music has been putting us on the map for almost two decades. Since its founding in 2001 the Tuckamore Festival has been drawing international artists – both young and seasoned artists – to Newfoundland and Labrador to share the glorious experience of chamber music. And lucky us! We haven't got far to go to enjoy it.

This year's Tuckamore Festival, running from August 6th to 19th, may well be the most international in its 18-year history. Headlining the visiting artists this year is the sensational Danish String Quartet, founded in Copenhagen in 2002. Their performance of the Beethoven String Quartet Op. 132 (to be heard at Tuckamore this year) was heralded by the New York Times as "one of the most powerful renditions ever heard". Alongside mentors like these, our exciting young artists this year hail from the far corners of the globe including New Zealand, Germany and Mexico. Of course, Canadian artists with international



reputations will share the stage with visitors from afar. Ottawa-based piano superstar, David Jalbert, promises a memorable performance that includes music by Bach, Prokofiev and Schumann. Hometown violinist extraordinaire, Mark Fewer journeys into late-night jazz with local legend Bill Brennan. And, of course, we'll be treated to performances by Tuckamore's resident artists, Duo Concertante's Nancy Dahn and Tim Steeves, along with cellist Vernon Regehr. These are only a few highlights; for a full itinerary of the more than 30 concerts, workshops and masterclasses in this year's Tuckmore, visit www.tuckamorefestival.ca.

Or take advantage of one of the two festival teaser concerts, the Tuckamore St. John's Day concert, featuring Duo Concertante, on Friday, June 22nd at 8 pm or the Prelude Concert featuring Tuckamore alumni, violinists Dominic and Danielle Greene, on Thursday, August 2nd at 12:30 pm. **Both concerts are at the Kirk; both are free!**

While you're attending the St. John's Day concert, why not purchase a festival pass for only \$79 for seniors or \$99 for general admission. From June 22nd to June 30th, festival passes are available on an "early bird special" discount of 25 per cent off the regular senior's subscription price of \$99 (\$120 for general admissions). Festival passes will also be available through www.tuckamorefestival.ca or by calling 709 330-4599. Don't miss out on this chance to travel the world of chamber music without leaving home!



Travels in Italy: sea urchin breakfast.

Photo credit: Joan Scott

Nominations for MUNPA's 2018 Tribute Awards due by August 30th.

Each year MUNPA awards up to three Tribute Awards to recognize the ongoing contributions that Memorial retirees make to the university or the community. Nominations for this year's Tribute Awards are due by August 30th. You can find criteria for eligibility and selection and nomination forms on the MUNPA website at www.mun.ca/munpa/about/tribute_awards/. We're sorry to add to your to-do list just as summer seems to be beginning, but if you can think of a worthy nominee, this is well worth doing.