



Your Voice

MUN Pensioners' Association (MUNPA) Newsletter Vol. 15, No. 5, October 2017

Editor-in-Chief: Steve Wolinetz • Production Editor: Patrick Tyler

From the President

HELLO MUNPA MEMBERS!

October is a month when leaves change colour and drop to the ground, days get shorter and cooler, a harvest moon is visible, crops are harvested and we take time to be so very thankful for all that we have. The month ends with ghosts and goblins and trick or treating. It is a most interesting month!

It is a time of change and MUNPA has some changes to announce. New computing equipment was recently installed in our Mt. Scio office, replacing equipment that served us well for at least the past 10 years. It was used equipment when it was obtained. Thanks to Rod Campbell for his assistance with this computer upgrade.

Your Voice has a new editor, Steve Wolinetz, and with new people involved, change is to be expected. This was evident in the September issue, with a new format, more pages and more photos. Our organization has so many talented individuals. It would be great if you would share this talent with other pensioners, tell us what you are now involved with as a pensioner, for inclusion in a future issue of *Your Voice*. This is one activity that you can participate in, even if you do not live in the immediate area.

As Chair of the Communications Committee, Steve Wolinetz is very actively involved with changes being made to both *Your Voice* and our website. Along with Audrey Power, the MUNPA website has been considerably updated and modified over the past several months. It is still a work in progress, but much improved. If you have any comments, positive or negative to help to make the site even better, please let us know by sending them either to munpa@mun.ca or to *Your Voice* at yourvoice@mun.ca

In Spring 2018, the MUNPA office will be moving from its present location on Mt. Scio Road to The Battery on Signal Hill (see related article on page 6). This will be a major change for us which we are looking forward to as we will have access to technical facilities that we presently do not have, such as webcasting. Fully wired meeting rooms will be available where we will be able to hold most of our events, and as well, our members will be able to participate without being physically present in the room where the event is being held.



Photos this page provided by Jane Foltz

Anne Sinnott and members of our local Programming Committee have come up with many interesting activities and events for the fall season, with new activities being added. All events are held exclusively for you, our members, at no cost to attend. In most instances, guests are most welcome. Check us out, become involved, meet with former colleagues or make new friends. Detailed information is available on your email account, hitherto our principal means of communication, the MUNPA website (<http://www.mun.ca/munpa/>) where an events calendar can be found, or by calling our office at 709-864-6979.

Enjoy this beautiful time of year!

Jane Foltz
Jane@mun.ca

Inside this issue ...

- From the Editor - 2
- Our website -2
- Save the Date: Xmas Social Notice - 2
- What's been happening in St. John's - 3
- Upcoming Events and Program Updates - 4
- West coast news and events - 5
- MUNPA's move to the Battery - 6

From the editor

This is the second edition of *Your Voice* to appear under my stewardship. There are a few things I would like to signal:

First, there are now two of us involved. Producing the September issue was a struggle; Microsoft Word's publishing view didn't make it easy to do. Unused to the mouse maneuvering required, I feared the onset of carpal tunnel syndrome. One of our Board members, Patrick Tyler, answered my call for help. Drawing on his experience with Lifelong Learning, Patrick has taken over the task of formatting and layout. If this issue looks more professional, it is because Patrick has pitched in. Able assistance deserves recognition: If you look closely at our masthead, you will notice that lists not only me as editor, but also Patrick as production editor.

Gathering copy and photos and generating some if it myself, we've managed to keep our promise and, for the time being, publish on a monthly basis. However, I can't do it alone. Only one person wrote to yourvoice@mun.ca. As a result, this number of *Your Voice*, is still pretty much OUR voice and, to a certain extent, my voice. If you want to make it YOUR voice, please sit down and write something. Publishing for the most part electronically, we have room and welcome your contribution.

As indicated in September, I would be happy to start new rubrics and include short pieces not only about what you are doing, but also topics like travel, gardening, or even a reflection on life and times. Nor is it only written copy that is needed: Photos, drawings, or better yet, cartoons are more than welcome. Ideally written submissions should be a couple of paragraphs and perhaps as long as five hundred words but length is negotiable. However, please remember that less is often more.

The MUNPA website

<http://www.mun.ca/munpa/>

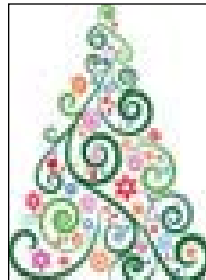


**Still under construction
but open for business**

We have good news and bad news. The bad news is that the MUNPA website is still under construction. The good news is that parts of it are ready. If you click the activities tab on the left hand side of the page, you will find listings for St. John's events and focus and special interest groups and Grenfell campus events as well as a calendar that lists St. John's events. Not everything that you find across the top of the page is where we want it. The sections on benefits, affiliations and archives require work and we've yet to mount a photo gallery but we are getting there.

Needless to say, we would welcome comments and suggestions, but remember that some pages — typically those further to the right — are either works in progress or projects on which we've not yet embarked. Please send suggestions either to munpa@mun.ca or yourvoice@mun.ca. Thanks.

Save the date!



MUNPA Christmas Social

Thu., Dec. 7, 4 - 6 p.m.

The Fluvarium

Nagles Hill Place

Speaking of Christmas ...



Xmas lightboxes produced by the talented MUNPA crafters.

St. John's and vicinity

What's been happening

MUNPA members in St. John's have been busy. Our four older focus and special interest groups, the Craft Group, the Shutterbug Club, Health and Aging, and the Memoir Group, have been joined by two newer ones, Bowling with MUNPA and the Outing Club, and others are in the works (see pages 4 and 5) and several of us were treated to our first travel session. Here are some highlights:

Health and Aging



Carolyn Harley (Psychology) presented on new work being done with respect to dementia.

presumption is Alzheimers and other forms of dementia reflect the build-up of plaque in the brain. The work that Carolyn and her former students are doing reflects new findings: that Alzheimer's Disease (AD) resembles cancer. Its seeds (in the case of AD) an abnormal protein, hyperphosphorylated tau (or tau) is present in neurons deep in our brains. Called the locus coeruleus (LC), these typically support learning and memory. Present by age 40 in everyone's brains, abnormal tau spreads from the LC cells to other memory related parts of the brain. However, their impact is not uniform. What Carolyn and her colleagues want to know is why these proteins have devastating effects in some peoples' brains, but minimal impact in others. Their research is consistent with a presentation on neuroplasticity that Carolyn made to MUNPA members three years ago. The underlying presumption is that brain is more plastic than many of us had imagined and that, from our perspective, there is hope for all of us.

What I've written draws heavily on the abstract that Carolyn and her colleagues submitted in a recent application to the Canadian Institutes of Health Research (CHIR),

Still actively engaged in research with her former students, Carolyn Harley (Psychology) talked about new work they are doing on dementia. What Carolyn told us was intriguing. Dementia is something that most of us have seen and a place none of us want to go. Understanding it has been a challenge.

The most common

in some instances using their words rather than my own in order to present what they are up to as succinctly and accurately as possible. Had I received this in a paper, I might have hauled the offending student up for plagiarism. However this is done with Carolyn's consent. My thanks go out to Carolyn, not only for yet another fascinating presentation, but also her help on this.

Travel Session on New Zealand

Mark Graesser (Political Science) took some of us down under. Unlike most Travel Sessions, the subject was not travel, but rather what it was like to spend five-and-a-half months living in Nelson, New Zealand. Nelson is on the top of the South Island, not far from the Marlborough wine country to the east or Abel Tasman National Park and Golden Bay to the west. Mark and Alice Graesser's annual migration is not the pursuit of eternal summer, but the temperate climates and, in Mark's case, for the purpose of 'tramping' (a.k.a. hiking) in a society and country similar enough to Canada that facets of it strike similar chords. We can't reprint the 200 photos Mark showed us, but the image at right is typical of a scene you might see.



Marlborough Vineyards, NZ • Mark Graesser photo.

Tour of Gower Street United Church

Jim Hiller (History Department) spoke about the history of the Methodist/United Church in Newfoundland and Labrador. In doing so, he touched on Gower Street United Church. Janet Miller-Pitt, the co-author of a forthcoming history of the church, spoke in more detail about the history and architecture of the current church.

Afterwards we were invited to tour the church and view its plaques, stained glass windows and architecture, which is similar to Methodist churches in Britain.

Craft group busy ... well ... CRAFTING!



Photos from l to r: Judith Smith with her grey shark cozy. Linda Kirby with her felt slippers.

New/Upcoming events and Program updates • St. John's • Fall 2017

1. Tour of Marine Institute's Bridge Simulator

MI's Centre for Marine Simulation is hosting a tour to see the equipment that simulates being on the bridge of a ship Mon., Oct. 23 from 10:30 - 11:30 a.m.

2. Defensive/Winter Driving Tips

Instructed by Jim Brazil, Safety Services NL, Tue., Nov. 7, 1 - 3 p.m. at their site: 3 Moffatt Drive. Note: That is the same building as previous offerings, 1076 Topsail Road; there was a civic address change.

3. Talk and Tour at The Rooms: Their Crowning Achievement: The Battle Honors and Royal Designation of the Royal Newfoundland Regiment. FREE!

Wed., Nov., 15, 2:15 - 4 p.m. Note: Not the same tour as our 2016 visit.

4. NL Outdoors: A Photographic Slide Show

Presented by Gene Herzberg, Mon., Nov. 20, 2 p.m. at The Lantern.

5. MUN Trivia Fun

Linda Kirby and Anne Sinnott will host MUN Trivia Fun on Wed., Nov. 29, 2 p.m. at The Lantern.

NEW

6. Outing Club

MUNPA's Outing Club is a go. The club will organize walks and short hikes every second Monday, from Oct. 2nd until snow makes that problematic. Once that happens, those who wish can switch to snowshoes or cross-country skis. The organizers are Steve Wolinetz and Karen Lippold (but for the moment, Karen Lippold). If you are interested in joining us, please send an email with outing club in the subject line to steven.wolinetz@gmail.com

cont'd on next page

See full details for programme events and group activities in St. John's on our website http://www.mun.ca/munpa/activities/st_johns/
NOTE: pre-registration for these events is required, at munpaevents@mun.ca. Just name the event in your subject line.

NEW

7. Bowling with MUNPA.

For Fall 2017, we are changing from an intermittent event to a scheduled group. The Bowling group is an opportunity for you to have some fun at the lanes. Everyone is welcome (and encouraged!) and no bowling experience is required. We form into teams on arrival each week, so there's room for everyone to join in easily. **Bowling, including shoes, is provided at NO COST.** We meet the 3rd Tue. of each month from 12 - 1 p.m. at Holiday Lanes, 27 Elizabeth Avenue, in the strip mall between Lawtons and Pipers. For further information contact Anne Sinnott (asinnott@mun.ca)

Fall dates: Oct. 17; Nov. 21; Dec. 19

We've booked four lanes for each month and need to ensure that number is adequate. If you are not already part of the bowling group that met in September, sign up now with Anne.

NEW

8. Sat. Morning Wood Carving Group

Helger Eckenweber is interested in starting a woodcarving group, providing instruction for any skill level. Participants would learn the skills of relief, figure, and driftwood carving. You can carve a decoration for Christmas during the fall classes or choose another item that interests you instead. Basic small hand tools will be provided on loan at the meetings. A supply of wood can be arranged for those who need it to be provided.

An information meeting is planned for Sat., Oct. 21, 10 a.m. in the MUNPA Boardroom, Mount Scio Research Facilities Building, 297 Mount Scio Road. This building is across the street from the Botanical Garden, but slightly uphill from it. There is a sign right at the roadway, a MUN building sign, and it has three things on it: Mount Scio Research Facilities, Vivarium and Foods building. There is also a street sign at the roadway that says 50 kph. When you turn off Mount Scio Road, keep going straight in, the building will be on the right, with 297 over the front door.

Classes are scheduled for Saturdays, 10 a.m. - 1 p.m. through the fall.

If this topic interests you, email munpaevents@mun.ca mentioning woodcarving in the subject line.

9. Memoir Group

Mon., Nov. 6 and Dec. 4, 12 - 2 p.m. at the MUNPA Boardroom. See the website or contact Roberta Buchanan, rbuchana@mun.ca for information.

From the Grenfell Campus

West Coast News and Events

by Lois Bateman

There are now over 100 retirees from Grenfell and the majority still live on the west coast. We have a small committee (members listed below) which organizes events each year for local MUNPA members. Any retirees from another MUN campus are welcome to join us if they live or are visiting in the area.

Here are a couple of plans for upcoming events:

Christmas in November on the west coast!

The Blomidon Cross Country Ski Club is booked for Nov. 15 for a social for MUNPA members. Please mark your calendar. Further details to follow.

West-coast Snowshoeing

The Grenfell MUNPA committee is thinking of organizing snowshoeing outings on Mondays or Tuesdays later in the winter (probably after Christmas).

Please let us know if you are interested. There are snowshoe trails at both Blow Me Down Cross Country Ski Club and Pasadena Ski and Nature Park, or we might strike out across country ... there is lots of flat terrain around.

If you have questions, please contact me:

Lois Bateman

(west-coast representative on the MUNPA board)

709-634-7206

lbateman@grenfell.mun.ca



Another example of our crafters' busy hands: Fall and Christmas wreaths. An inviting way to add that festive feel to your home.

MUNPA and the (former) Battery Hotel

MUNPA President, Jane Foltz, has signaled an important developing event of which only a few of you may be aware: In the late spring, the MUNPA office will be moving from the Mt. Scio Research Facility to the former Battery Hotel.

If you have driven up Signal Hill recently, you will know that substantial changes are underway: half of that aging motel is gone. What will emerge is a new engagement centre housing the P.J. Gardiner Institute, the Harris Centre, MUN's Office of Engagement, some community organizations, and our office. Nor is that all that is moving: When the new facility opens, it will host many of our programmes and focus and special interest groups.

Why the move?

A part of Memorial's engagement process, our move to the Battery has been part of the planning process since its inception; we are regarded as a core tenant. Reflecting that, we've been offered adequate office space and access to services in a facility that will boast meeting rooms in different sizes and shapes; connectivity that we sorely miss (there is no WiFi access in the Mt. Scio boardroom),

state of the art projection and — extremely important from our perspective — the possibility of webcasting programming hitherto available only to members living in and around St. John's.

We will miss the Lantern and the support that Maureen Dunne (a former Board member and co-chair of the St. John's Programme Committee) and her staff have given us and will still do some of our programming there. However, the opportunity to reach more of our members is something that we could not and should not pass up. Also, as it is expected to have some kind of food service, the new facility will provide us with something we lack: space to meet and greet friends and former colleagues. However, we will still be able to make tea, brew our own coffee, and share snacks, as we do now. If you are worried about parking, current plans are to allow visitors to park close to the building.

Stay tuned for updates on the move and the grand opening, expected next fall. We are thinking about ways in which we can do something different to celebrate the move. Needless to say, we welcome your suggestions.

Let the Games Begin?

It's hard to admit but the days are getting shorter and despite unusually warm weather — who ever heard of Indian summer in Newfoundland, let alone October — winter **IS** coming.

That means it may be harder to schedule the walks that our outing club plans ... unless the snow cooperates!

No point in giving up or hibernating. Why not start a games club, perfect for people who enjoy playing Chess, Scrabble or other games. We can meet, if not at the Lantern, then at one of the games cafes that have opened in St. John's.

We won't start until November, but if you're interested, drop a note to Steve Wolinetz (steven.wolinetz@gmail.com) and we'll put you on our Gamers' list.

From the Editor:

Help Needed

Needed: one or two intrepid reporters, columnists or interviewers willing to write something now and then for *Your Voice*.

I already have one project in mind: interviewing one or two of our friends and colleagues about what they have been doing since retiring.

If you worked on your high school or university newspaper or have a hankering to let loose your inner journalist, please drop a note to yourvoice@mun.ca and give it a try. It's fun and it beats work anytime.

