

# **CURAC/ARUCC 10<sup>th</sup> ANNUAL CONFERENCE AND SGM**

**Victoria, BC -- April 18-20, 2012**

## **Wednesday, 18 April**

- 1:00 – 8:00    Registration (for those not pre-registered) and Conference Package pick-up  
(Harbour Towers, Room 1207, Lookout Room)
- 3:00 – 5:30    **CURAC/ARUCC Board Meeting**  
(Harbour Towers, Room 205, Saanich Room)
- 6:00 – 8:00    **Opening Reception and Welcoming Remarks**  
(Harbour Towers, Room 1207, Lookout Room)

George Brandie, President, CURAC/ARUCC  
Joanne Thomas, conference organizing committee

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## Thursday, 19 April

- 7:00 – 8:00 Discounted breakfast for hotel guests at hotel
- 8:15 Arranged transportation from hotel to UVic
- 8:30 – 9:00 Full and day registration (for those not pre-registered)  
and Conference Package pick-up (University Centre Conference Room lobby)
- 9:00 – 9:20 **Welcome and Introductions/Announcements**  
(University Centre Conference Room)
- Valerie Kuehne, Vice-President External, UVic  
David Docherty, President, UVic Retirees Association  
Olav Slaymaker, President, UBC Association of Professors Emeriti  
Tom O'Shea, President, SFU Retirees Association  
Bobbie Boyd Lubker, President, AROHE  
John Schofield, Chair, conference organizing committee
- 9:20 – 10:30 **Sharing best practices (1)** (University Centre Conference Room)
- Success stories in local association activities, and survey findings.
- John Meyer (University of Windsor RA): 2011 CURAC Survey Results:  
Effective Advocacy Strategies  
Frank Millerd (Wilfrid Laurier University RA): Anniversary Project:  
Memories and Reflections on the Life of WLU  
Beverly Timmons (UVic RA): The Annual *Masterminds* Lecture Series:  
Collaborating with the Centre on Aging to Promote University Community Outreach  
Bobbie Boyd Lubker (President, AROHE): Impact of Demographics  
on Successful Association Practices
- John Meyer (University of Windsor RA), moderator
- 10:30 – 10:50 Nutrition Break
- 10:50 – Noon **Sharing best practices (2)** (University Centre Conference Room)
- Further success stories and survey findings.
- Presenter (University of Saskatchewan RA): Recognition and  
Service to the Institution  
Marianne Walters (McMaster University RA): Gerontology Grants and  
Membership Support

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10:50 – Noon (continued)

Janette Brown (Executive Director, AROHE): Current North American Best Practices Survey: Results and Trends

John Meyer (University of Windsor RA), moderator

Noon – 12:45 Buffet luncheon (University Centre Conference Room and lobby)

12:45 – 1:30 Conducted tour of UVic's First Peoples House

1:30 – 2:30 **Cultivating regional roots: the potential of regional CURAC/ARUCC groups** (University Centre Conference Room)

The relevance of regional organization structures for the viability of CURAC/ARUCC; considerations in planning regional meetings.

Ken Rea (Retired Academics and Librarians, University of Toronto)  
Joan Cunnington (Ontario Colleges RA)  
Randy Barkhouse (Association of Dalhousie Retirees and Pensioners)

Sandra Pyke (York University RA), moderator

2:40 – 3:00 Nutrition Break

3:00 – 4:30 **CURAC/ARUCC Special General Meeting**  
(University Centre Conference Room)

4:45 Arranged transportation from UVic to hotel

6:30 – 9:30 **No-host reception and conference banquet** sponsored by Johnson Inc  
(Harbour Towers, West Harbour Ballroom)

Featured Speaker on the topic of "Redesigning Retiree Plans";  
John Crouse, Vice-President, Western Region, Johnson Inc.

Peter Liddell (UVic RA), introductory remarks

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## Friday, 20 April

- 7:00 – 8:00 Discounted breakfast for hotel guests at hotel
- 8:15 Arranged transportation from hotel to UVic
- 8:30 – 9:00 Day registration (for those not pre-registered) and Conference Package pick-up (University Centre Conference Room lobby)
- 9:00 – 9:10 **Conference announcements** (University Centre Conference Room)
- 9:10 – 10:15 **Options for seniors' living arrangements**  
(University Centre Conference Room)
- Review and discussion of alternative living arrangements for older adults.
- Adena Waffle, Director, Seniors Housing, Concert Properties Ltd.  
Denise Cloutier, Associate Professor, Department of Geography  
and Centre on Aging, UVic
- Judith Hall OC, FRSC, FCAH (UBC Association of Professors Emeriti),  
moderator
- 10:15 – 10:30 **Report** :Howard Fink (Concordia University Pensioners Association)
- 10:30 – 10:50 Nutrition Break
- 10:50 – Noon **(1) Issues in pension plan governance** (University Centre Conference Room)
- Principles and problems of pension plan management.
- Janet Rowe (York University RA)  
Paul Huber (Association of Dalhousie Retirees and Pensioners)  
Representative of Mercer (Canada) Ltd.
- Trevor Matthews (UVic RA), moderator
- (2) Keeping a healthy mind and body as we age,  
or how active do you have to be to be healthy?**  
(Clearihue, Room C109)
- How to keep fit without really trying: the many aspects of health that are improved with a commitment to regular physical activity, including cognitive functioning.

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David Docherty, Professor Emeritus, School of Exercise Science,  
Physical and Health Education, UVic

Winona Pugh (UVic RA), moderator

12:15 – 1:45 Luncheon at University Club

Featured speaker on the topic of “Dependency”:  
Gordon Harris, President and CEO, SFU Community Trust

Leonard Evenden (SFURA), introductory remarks

2:00 – 3:00 **(1) Distribution of health and wellness among older adults:  
evidence from BC’s “Atlas of Wellness” project**  
(University Centre Conference Room)

Measures of wellness, their geographical distribution, and insights gained.

Peter Keller (Dean of Social Sciences & Professor,  
Department of Geography, UVic)  
Denise Cloutier, Associate Professor, Department of Geography  
and Centre on Aging, UVic

Leonard Evenden (SFURA), moderator

**(2) Are we ready for Facebook and Twitter? Challenges and opportunities  
in communicating with the membership** (Clearihue, Room C109)

Issues relating to newsletter publication, website management and use  
of social media in post-secondary retiree associations.

Carolyn Gilbert (UBC Association of Professors Emeriti)  
Frances Atkinson, Director, Institutional, Collaborative and Academic  
Technologies, SFU

Joan Cunnington (Ontario Colleges RA), discussant

Mark Thompson (UBC Association of Professors Emeriti), moderator

3:00 – 3:20 Nutrition Break

3:20 – 4:30 **Upcoming revision to the Canada Health Accord:  
a seniors’ wish list** (University Centre Conference Room)

Capstone session on seniors’ health with emphasis on ideas for inclusion  
in possible CURAC/ARUCC position paper on the Health Accord.

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Edgar Williams (Memorial University RA)  
Neena Chappell FRSC, President, Canadian Association of Gerontology,  
Canada Research Chair in Social Gerontology, Department of Sociology  
and Centre on Aging, UVic

Jack Boan (University of Regina Academic & Administrative Pensioners  
Association), moderator

4:30 – 4:45 **Closing Remarks** (University Centre Conference Room)

George Brandie, President, CURAC/ARUCC  
John Schofield, Chair, conference organizing committee

4:45 Arranged transportation from UVic to hotel

5:30 – 7:00 Post-conference CURAC/ARUCC Board meeting  
(Harbour Towers, Room 205, Saanich Room)

## **Saturday, 21 April**

Optional bus tour through City to the world-famous Butchart Gardens.

Complimentary golf at Uplands Golf Club (limited availability).

Golf at Victoria Golf Club at members' guest rate (\$75 + HST).  
(limited availability)