

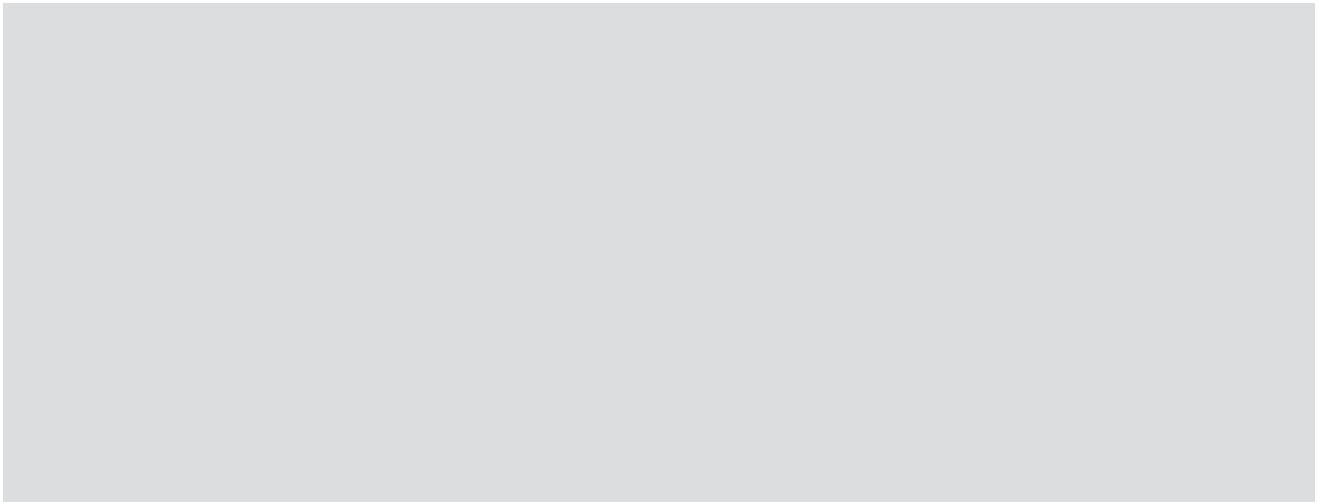
RAQ *news*

a bit too full with accumulated possessions and memorabilia. What many of us need least is more of the same.

So next Christmas, Chanukah or whatever, why not concentrate on gifts for children and give the adult dear ones only a small token accompanied by a contribution to a cause both the lucky recipient and the donor will approve.

The possibilities are limitless. In addition to the two examples noted above, there is no dearth of worthy causes locally, nationally, and in the Third World. Care for the less fortunate, environmental causes, cultural enterprises, educational foundations, literacy projects, organizations diminishing ill health and suffering spring to mind but the targets are without end.

RAQ members will have no trouble think-



**Report
from the
Chairman
of the
Pensions
and
Benefits
Committee**

Queen's Medical Plan

We have continued to look into the matter of the 20% that is not covered under the Queen's Medical plan for retirees. As noted in the September Newsletter, the University's initial response was that such changes did not appear to be feasible because any increased costs might have a long-term impact on everyone in the plan. We have asked for additional cost information, and reactions from Great West Life. RAQ's President and our Benefits Committee have also recently met with the new Vice Principal (Operations and Finance), Andrew Simpson, and his Executive Assistant, Patrick McNeill. We were extremely well received, and there were solid indications of a sincere willingness to fully cooperate and work with RAQ on an ongoing basis.

As reported at last year's annual meeting, we are aware of one organization that does supply 20% coverage for 20% premium for those who wish to have additional protection while out of the country. TrentHealth can be reached at 1-888 737-2228. Such coverage is not group insurance, and is based on the age, health and medical history of each applicant. You may, or may not, be required to complete a medical questionnaire. The local agent is Barry Miners at Thomson and Jemmett Financial Limited at 549-1200. He should be noted as the selling broker's name, and his broker # is 22 (this information is required at the bottom of the questionnaire). The actual application for coverage must be submitted directly to TrentHealth, and not through the local office. This note is for information only with no implied endorsement by RAQ.

M.W. WRIGHT

**Computing Services
for Retirees**
DID YOU KNOW that former

***Corn Maze
Outing Cancelled***

The planned outing to visit Wolfe Island's Corn Maze October 4 was canceled because of low registration. Don't despair, though, because we plan to reschedule in the summer of 2004 at a more convenient time for our members.

RAQ Events Winter and Spring 2004

The RAQ Events Committee is pleased to announce the winter and spring schedule of events. We have a campus residence tour, an art gallery event, several talks on interesting topics, and a tour of historical Cataraqui Cemetery. SEE ENCLOSED OVERVIEW. If you have questions, suggestions or comments about events, contact Arlene Aish (Chair) at 546 2979

or aisha@post.queensu.ca. We would particularly like to hear event suggestions from those of you who have not yet found any of the planned events to be of interest.

Tour of new Queen's residences

Tuesday, 20 January, 3:30 pm. (see page 1)

How to eat well for your health and pleasure

Friday, 23 January, 3:30 pm.

Confused about conflicting reports about which foods are best for you? MARJAN SHALCHI, dietitian with Cardiac Rehabilitation, HDH, will try to clarify the research and answer your questions.

Dunning Hall, Room 12. Enter from Union Street and go down stairs.

Primary Health Care

Thursday, 12 February, 3:30 pm.

DUNCAN SINCLAIR retired as VP Health Sciences in 1996 and was Chair of the Health Services Restructuring Commission of Ontario from 1996 to 2000. He will describe Primary Health Care and speak briefly about how its reform would benefit seniors and others. A question period will follow.

Walter Light Hall, Room 210. To avoid the many steps, enter Goodwin Hall at street level from Union in front of the construction sign, take the elevator to 2 and walk across to Walter Light.

"Tea with Agnes"

Sunday, 15 February, 1:15 pm.

Join RAQ members and others for a delightful Sunday afternoon at the Agnes Etherington Art Centre. Tour the Gallery at 1:15 pm followed by afternoon tea in the old house at 2:30. "Experience the romance of a bygone era, sip tea and indulge in delicious scones, cream, jams and tea sandwiches while enjoying music and books (and good company) in the parlour".

Cost: \$10.00.

See enclosed information sheet for how to reserve.

The Rise and Fall of the Shoe-Fitting Fluoroscope

Thursday, 18 March, 3:30 pm.

DR. JACALYN DUFFIN, Hannah Chair, History of