

PRESIDENT'S MESSAGE

The past year has been a very busy one for the UGRA. In May, we hosted the CURAC Conference (College & University Retiree Associations of Canada). We had 66 registrants, coming from every province except for PEI. The feedback from the participants showed us that it was a resounding success. They were very impressed with the beautiful campus, quality of service and food served. We had eight presentations over the three days by current faculty. Our thanks to the University for all it does to keep us connected and for all the assistance from Alumni Affairs & Development and Conference Services in helping make the CURAC Conference such a success. Most important, a big thank you to Janet Kaufman for her excellent leadership in making the conference happen – thank you Janet!

In August, President Vaccarino hosted the UGRA Retirees Social in the JT Powell building. Daniel Atlin, VP-External welcomed everyone and offered the University's thanks to the retirees for their ongoing support and to congratulate us for donating the most of any other U of G community to the 2018 United Way campaign. Refreshments were served and we were given a tour of the JT Powell building and its upgrades. It was amazing to see the services being offered to students, including a complete medical clinic with 20 physicians working to provide medical care. There is also a peer-to-peer counselling area which provides students with a safe haven to receive support.

In June, Dr. Malcolm Campbell, VP-Research was our keynote speaker at our AGM and he talked about U of G being rated #1 nationally for both corporate and not-for-profit research. He also reported on the opening of the new beef that can accommodate 200 cows, a dairy facility for 200 cows and the new Turfgrass Institute, which should be opening soon.

Looking forward, we have our upcoming trip to China in October. Thirty-two members will travel to see many sights, including the Great Wall, Forbidden City, Terra Cotta Warriors, Panda House and much more. We will share some pictures and stories upon our return. We



are so thankful to our members for their generosity in funding the UGRA Scholarship, which is fully endowed and is continuing to grow. This award goes to a deserving student who is a child or grandchild of a retiree. See the piece in this issue by Isaac Wismer, the 2019 recipient. Please continue to contribute to this worthy scholarship so we can watch it continually grow.

We appreciate all of our contributing members of the UGRA for giving \$25 or more a year. These funds help us improve our services and hold events, by covering costs such as room rentals, refreshments for our Fall and Spring Forums and the Annual General Meeting. We offer our heart-felt thanks and encourage your continuing support and welcome others to become Contributing Members. There is a form on page seven for this.

The UGRA represents all retirees of the University of Guelph and wants to remain in touch with everyone. I encourage you to keep



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UGRA Fall Forum

The Season's Greetings and The Fabulous 50s & Sensational 60s

At the Arboretum Centre

Thursday, November 14, 2019

Doors Open: 1:30 p.m for refreshments and socializing

Program: 2:00 to 4:00 p.m.

The Season's Greetings

Born in Galt in 1878, **Amelia Beers Warnock**, under the pseudonym Katherine Hale, published her poem *Christmas Eve* in 1923. It describes the feeling shared by many during the holiday season ... "My house is arrayed in its garlands of Christmas delight."

Tom Reitz, retired Manager and Curator, Waterloo Region Museum, will share images from his extensive collection of photographic postcards of people's homes, churches and schools decorated for Christmas in the early 1900s. Tom combines his passion for Christmas with skills and knowledge developed during his working life - cataloguing and researching each image.

The Fabulous 50s & Sensational 60s

Bust out your poodle skirts, leather jackets, and maybe even your bellbottom jeans, we're going back in time to the Fabulous 50s and Sensational 60s!

Kyle Smith, Activity Programmer, Wellington County Museum and Archives, will present a series of fantastic photographs and artifacts from the collection of these influential decades. Whether you were a flower child or a square, there will be something to remind you of days gone by as we reflect on what Wellington County was like during this revolutionary era. The audience is encouraged to wear their best outfits from the period - the more outlandish the better. Far out!



Recent Retirees

May 1, 2019

Sandra Auld	AVP Res
Yongmei Bi	Molec & Cell
William Hulet	Office of U Librarian
Megan MacLeod	Acad Prog
Debra McHallam	Hosp Serv
Mark Mitchell	LSD - Chem
Alan Walters	PR/SHS Environ
Xuemei Wu	SD-Chem
Walter Zawada	Phys Res - Electr
Nancy Zuccala	Phys Res - Custodial

June 1, 2019

Richard Kuhn	Geography
Hendrik Kuiper	Hosp Serv
Laurie Schnarr	Student Life
Judy Smyth	Office of U Librarian

July 1, 2019

Robin Begin	Assoc VP Stud Affairs
Christine Boyadjian	Student Housing Serv
Kimberly Burgess	CCS Central Office
Mary Clark	Pathobiology
Marlene Eberhardt	Phys Res - Custod
Sherry Kinsella	Arts - Dean's Office
Daniel MacLachlan	Phys Res
Sanaa Ragae	Food Science
Henry Staempfli	Clinical Studies

August 1, 2019

Barb Baxter	Phys Res - Custodial
Sally Cherry	OVC Shared Serv

Godfrey Chu	Plant Agriculture
Anthony Clarke	Molec & Cell
Maria D'Ulisse	CSAHS Dean's Office
Colleen Jones	Phys Res - Proj Mgmt
Maureen Mancuso	Political Science
Nancy McCarvell	Treasury Operations

September 1, 2019

Manfred Brauer	Molec & Cell
Susan Cahill	Hosp Serv
Jane Coventry	LSD - Animal Hlth Lab
Cheryl FitzGibbon	Env Sci
John FitzGibbon	Fac Env Des & Rural Dev
George Harauz	Molec & Cell
Brenda Hearn	Hosp Serv
Tracey Jandrisits	Provost & VP - Acad
Leon Kuczynski	Fam Rel & App Nutr
Xining Li	Schl of Comp Sci
Ralph Martin	Plant Agri
Grant Maxie	LSD - Animal Hlth Lab
Caterina McDonald	Student Hlth Serv
Kelly Meckling	Human Hlth & Nutr Sci
Blair Nonnecke	Schl of Comp Sci
Mary Thomson	Phys Res - Custodial
Kathy Waltner Toews	Counselling
Lynne Watson	Hosp Serv
Brenda Whiteside	Div & Human Rights
Anthony Winson	Soc & Anthr

October 1, 2019

Paula Brauer	Fam Rel & App Nutr
Zuzana Havelka	Hosp Services

(continued from page one)

us updated on your address and email addresses so that you can continue to receive news of events and activities of interest. One such is our upcoming Fall Forum on Thursday, November 14th from 2:00 to 4:00 p.m. at the Arboretum Centre (doors open at 1:30). The full notice is on page two. Thank you all for your support and we hope to see you there in November.

Vikki Tremblay



Honours

UGRA congratulates **W. Allan King** and **Hung Lee**, who have been named University Professors Emeriti.

CURAC 2019 Conference Report

The 2019 CURAC conference was attended by more than sixty members of university retiree associations from every province except P.E.I. and was supported financially by thirteen sponsors. UGRA particularly appreciates the generous sponsorship provided by the University of Guelph toward the cost of the opening reception at the Art Gallery of Guelph and hospitality during the conference. The program included presentations by current and retired U of G faculty and staff, as well as a number of Guelph community members. We anticipate surplus conference revenue that will be shared equally by UGRA and CURAC.

CURAC's summer newsletter includes summaries of most of the presentations as well as the presenters' slides at <https://www.curac.ca/newsletters/curacarucc-nl/nl-summer2019/>

It takes hard work and planning to organize any conference. The success of the 2019 CURAC conference is due to the efforts of Peter Kevan, Kent Percival, Janis Randall-Simpson, Roz Stevenson, Vikki Tremblay, Glenn White and Sue Wi-Afedzi. To quote an email received from one conference attendee: "Many thanks for all your hard work in organizing a flawless conference."

Janet Kaufman,
Local Organizing Committee Chair



College and University Retiree Associations of Canada
Associations de retraités des universités et collèges du Canada

Thanks to our CURAC Conference Sponsors: RTO, Village of Arbour Trails & Schlegell Village, Hearing Life.

**It's never too early
(or too late!)
to get planning.**

Who should sign up?

Employees from the broader education community (early years, K-12, post-secondary, etc.) within 5 years of expected retirement... or anyone else who wants to learn more about retirement planning.

rto-ero.org/retirement-planning



**Sign up for RTO/ERO's
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workshops and plan the
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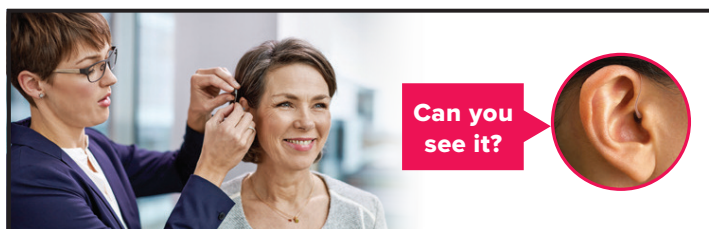
Ailsa Craig at The Village of Arbour Trails

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UGRA

Fall 2019

UGRA AGM and New Executive

On June 13, UGRA held its Annual General Meeting at the Arboretum Centre, with some 36 members in attendance (quorum is 21). Some details are mentioned in Vikki's President's Report on the front page. The minutes of this meeting are available on the UGRA website at www.ugra.ca through the *About Us* tab. The new executive board was elected, shown in the photo; from left to right back row are: Roselyn Stevensen, Cathy Ralston, Kent Percival, Sue Wi-Alfedzi. Front row left to right are: Charlotte McCallum, Vikki Tremblay, Julie Hutchins and Dana Paramskas. Missing: Doug Badger, Janet MacInnes, Glenn White and Frances Sharom. Since the AGM, Janet MacInnes, has been selected by the Executive Board to be Vice-President.

Charlotte McCallum



Thanks to our CURAC Conference Sponsors: Economical and Johnson Insurance

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UGRA Travel Adventures

The 10-day China trip is departing October 10, 2019. I am working on a few ideas for our next outings, perhaps to cruise the Grand River on the dinner cruise, attend a mystery theatre dinner, or go to Stratford for the Festival or to Niagara-on-the-Lake for the Shaw Festival. In the meantime, happy travels everyone!

Vikki Tremblay



Fall 2019

UGRA

2019 UGRA Scholarship Recipient

Hi, I'm Isaac Wismer, the latest recipient of the UGRA scholarship. I am currently in my fourth year of a five-year computer science co-op degree, with a minor in geographic information systems and environmental analysis. I just finished a summer co-op in Vancouver, BC, developing software for Minerva Intelligence, and also spent lots of time climbing mountains and hiking. I am back in Guelph for the fall, but will be starting an eight month co-op in January, where I hope to work in Switzerland, or if not, to head back to Vancouver. I come from a big family of Gryphons, with two of my grandparents, both my parents, my sister, a cousin, seven aunts and uncles all being Guelph students or alumni. I will be graduating in the spring of 2021 and plan to take that summer off to travel before finding a job as a software developer.

Isaac Wismer



Passings

Onkar Atwal	July 16, 2019
John Botter	June 25, 2019
William Braithwaite	August 9, 2019
James Cann	July 13, 2019
Allan Colter	July 20, 2019
Terence Conroy	June 17, 2019
Richard Franceschi	April 23, 2019
Kenneth Gemmell	June 17, 2019
Joseph Gerrath	August 10, 2019
Maria Gorasso	August 1, 2019
Winnifred Halina	September 18, 2019
Chandler Kerwin	August 22, 2019
Judith Knight	June 7, 2019
Norman McCollum	July 9, 2019
Helen McKinnon	April 30, 2019
Douglas McLachlan	June 20, 2019
Lloyd Ross	July 6, 2019
Beverley Vandervelde	August 25, 2019
Eileen Wiegand	June 22, 2019
Robert Woods	June 29, 2019



The U of G President's Retiree Social, August 28, 2019, J.T. Powell Building

As we can see, a good time was had by all! See Vikki's President's Report on the front page for some details. Photos are by Joseph Lam.



UGRA

Fall 2019

2019 United Way Campaign

As the United Way Retiree Rep it is my duty to attend meetings with the committee members on a monthly basis. I enjoy working with this great group of staff. This year the **United Way Kickoff** was held on Tuesday, September 24, 2019 in Branion Plaza from 11:30 to 1:30, with a rain location in Peter Clark Hall. They were serving chicken dogs, veggie dogs, corn-on-the-cob, pop and apple crumble with U of G ice cream. There was also popcorn and candy floss available.

This year there will be an **incentive draw** just for retiree pledges, so make sure to get your pledge in by the deadline of November 30, 2019! The pledge cards will be mailed out shortly.

Julie Hutchins



The Bean Study

Adults (≥ 18 years) with elevated LDL cholesterol (3-5 mmol/L) are needed for a nutrition study to examine the cholesterol-lowering effects of beans.

Participants Needed!

This study will involve:

- 1 screening phone call (5-10 min)
- 1 screening study visit (30-45 min; includes LDL cholesterol test)
- 1 study orientation (30-45 min)
- Three 4-week treatment periods (details on the right)

Each 4-week treatment period will involve:

- Three study visits (30-45 min)
- Body measurements (start, middle and end)
- Fasting blood sample and fecal sample (start and end)
- 3-day food record (once in the middle)
- Appetite and tolerance survey (5 days on 3 occasions)
- Study treatment consumption log (every day)

Financial Compensation Provided

This study is being conducted by the Department of Human Health and Nutritional Sciences and has received clearance from the University of Guelph Human Research Ethics Board (REB#18-10-045).

If you are interested, please contact 519-824-4120 x58081 or beans@uoguelph.ca

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Be a Contributing Member of the UGRA (2020)

We hope you enjoy this newsletter, our informative website, and our various functions throughout the year. While membership in UGRA is free, we depend almost entirely on voluntary financial contributions from you, our members, to finance the Newsletter, room rentals, refreshments and other operating expenses. Our board members offer their time and talents freely, on top of their financial contributions. A contribution of even \$25 from you would go so far towards sustaining UGRA so we can continue to work on your behalf. Please use the form below or make a contribution at the next event.



University of Guelph Retirees Association Contributing Membership (2020) Form

☐ **YES!** I want to help promote the welfare of retirees and to foster a mutually beneficial relationship between retirees and the University by contributing to the UGRA's administrative costs.

My contribution is \$.....

Name..... Date.....

Address.....

City/Province..... Postal Code.....

Email..... Phone.....

(Note that the email address will be used for UGRA communications only.)

Please make cheque payable to the University of Guelph Retirees Association.

Mail this form with your cheque to:

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Electronic Payment

Instead of mailing in a cheque you can now make a secure donation to UGRA electronically using PayPal and your credit card on our web page at: <http://www.ugra.ca>



UGRA

Fall 2019



How to Contact Us

Don't hesitate to contact us with your questions, comments, and concerns. To advocate on your behalf, we truly *want, and need*, to hear from you. Here are the ways to contact us – don't forget to provide your name and contact information in your message so we can follow up promptly.

By Email:
president@ugra.ca

By using the 'Contact Us' tab on the UGRA website:
www.ugra.ca

By Phone:
519-824-4120, Ext. 52197

By Letter:
University of Guelph
Retirees Association
P.O. Box 48-4916
University of Guelph
Guelph, ON N1G 2W1

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