

PRESIDENT'S MESSAGE

Happy 2021!!! I hope you survived 2020 with "minimal damage" and the coming year will (eventually) be much better. This past year has certainly demanded a lot of patience, humility, and flexibility. I suspect that there are lots of new things (like standing in line to get the necessities) that we will be happy to leave behind, whereas there are other things (such as virtual meetings with long lost friends) that we'll be pleased to continue. I just wish that I had invested in Zoom last February.....

Let me begin the President's message with a couple of good news stories. As you can see in more detail in the **Julie Hutchins'** United Way report in this newsletter, the **University of Guelph Retirees once again were superstars** when it came to supporting the United Way. An impressive **\$79,503** was raised! Certainly \$80K should be within reach next year. UofG retirees have also continued to generously support the **UGRA scholarship** fund. Although fully endowed now, it would be nice to have a cushion to deal with volatile years on the market or to provide the winner with an award that would be nearer to the cost of tuition for a single semester. Donations to this scholarship can be made online at <https://ugra.ca/scholarship>.

In this newsletter, we are delighted to have an article about **Daniel Atlin**, describing the many complexities that he has been dealing with during the pandemic as Vice-President (External). **Vikki Tremblay** has also provided a rather philosophical look into "flying" in 2021 while, in a more down-to-earth vein, **Sue Wi-Afedzi** shares a tale of following the **Guelph to Goderich Trail**. We also have a section in this newsletter on "pandemic diversions" such as recommended TV shows,



documentaries and podcasts. If there is interest, let us know (ugra@uoguelph.ca); <https://ugra.ca/content/webform/contact-us>) and we'll start a section on the website where people can share the secret gems that we shouldn't miss.

As reported in the Fall Newsletter, the UGRA executive meetings and functions such as the Annual General Meeting and the very entertaining Fall Forum have been done on Zoom. Upcoming virtual events include **Mike von Massow**, OAC Chair in Food System Leadership <http://www.uoguelph.ca/fare/users/mvonmass> who will be speaking on the afternoon of **Thursday April 15th** at our (virtual) **Spring Forum**. If it seems appropriate, we might have another Zoom presentation on **travelling in Canada** before the end of the year. Stay tuned for further details.

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UGRA

Editor: Cathy Ralston

www.ugra.ca

UGRA Spring Forum

Thursday, April 15, 2021 by Zoom, Meeting Opens at 1:30



Featuring Associate Professor Mike von Massow

Mike is interested in how people think about food with recent work focusing on labeling, novel food products, animal welfare and antibiotic use. He is also active in the interdisciplinary Guelph Food Waste Research Project with Dr Kate Parizeau. Mike's research also considers the structure and performance of food value chains as they evolve in response to changing consumer preferences and other factors. Check out his blog (<https://www.foodfocusguelph.ca/blog>) and the FoodFocus website (<https://www.foodfocusguelph.ca/>) for his blog and podcasts for regular perspectives on current issues in food.

Mike will cover two topics in his presentation.

- ^a Food waste is an issue that is getting more and more attention from governments and others in the food sector. It is critical to have a good understanding of what is being wasted, why it is being wasted, and what, if any, policy interventions will help reduce it. Mike will provide a perspective from his research on all of those questions. He will also share some brand new data about how COVID has changed household food waste.
- ^a Demand for food is changing dramatically. Mike will highlight some key consumer perspectives and trends and discuss how they are changing what we eat, how we get it, and where we eat it.

Recent Retirees

September 2020

Edgardo Reyes	Biomedical Sciences
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November 2020

Marina Brash	LSD-Animal HLTH Lab
Bruce Cornfield	LSD-Animal HLTH Lab
William Deen	Plant Agriculture
Glenn Fox	Food, Agr & Resrce Econ
Maureen Harron	LSD-Animal HLTH Lab
Helen Kocmarek	LSD-Animal HLTH Lab
Peter Smith	Integrative Biology
Cynthia Stoaite	OVC Hsc Clinical Sup

December 2020

Gerrit Bos	Information Security
Carlos Di Lello	Hospitality Services
Laurie Mason	Academic Programs

January 2021

James Ballantyne	Integrative Biology
Paula Brennan	Hospitality Services
Anthony Cengija	Campus Animal Facil
Esther Codner	CEPS-Dean's Office
Brenda Coomber	Biomedical Sciences
Roy Danzmann	Integrative Biology
Elizabeth Ewan	History
Cindy Ferraro	OVC Hsc Clinical Sup
Joan Flaherty	Hosp & Tourism Mgmt
Stephen Fleischauer	Plant Agriculture
Edith Galbraith	Academic Programs
Graziella Mammoliti	Hospitality Services
Perry Martos	LSD-Exec Office
Wendy McGrattan	Animal Biosciences
Robert McMullen	Office Uni Librarian
Richard Mosser	Molecular & Cellular Biol
Lucy Mutharia	Molecular & Cellular Biol
Ken Okrafka	Phys Res-Grounds
Cheryl Rosenow	PR/SHS Environmental
Joseph Weston	Hospitality Services

February 2021

Debbie Bowie	CSAHS Dean's Office
Donna Foran	LSD-Bdo & Finance
Phyllis May	RC-Academic
Michelle Smart	OOL-Distance Ed

Continued from page 1

In addition to our virtual events, we are also continuing to **expand our website** (<https://ugra.ca>) with links to both **internal and external lectures and classes**. Hopefully, some of you have already joined the 400 students and 200 alumni/retirees who are taking advantage of the UofG course "Pandemics: Culture, Science, and Society (UNIV*2020)". There are also links on the UGRA website to the University of Toronto Senior College Free Wednesday Lectures by Zoom that run from January 12th to April 6th, 2021 (<https://seniorcollege.utoronto.ca/>). Topics include "Tracked and Fit: FitBits, Brain Games, and the Quantified Aging Body" and "The Role of Libraries and Archives in the Performance of 18th-Century Music".

Over the past year, UGRA has been trying to simplify our activities and organize the executive duties to let people focus on "communications", "governance", or "activities". If you're interested in **becoming a member of the UGRA executive**, please do not hesitate to contact me (macinnes@uoguelph.ca) or any of the current executive members ~ it is not a very onerous undertaking. Executive meetings will continue to have a virtual element so even if you live outside of Guelph (for part or all of the year), you would be eligible to serve.

As always, we **encourage your input** (<https://ugra.ca/content/webform/contact-us>) and hope that you will continue to be, or become, a contributing member (<https://ugra.ca/join-us>). In the middle of February, we will be sending out an email letting you know that we have you on record as a contributing member for 2021 and for those of you who aren't, we'll instead be reminding you how **easy and painless it is to be a contributing member**.

Stay safe, stay patient, stay kind!
Jan MacInnes, President UGRA

Introducing Daniel Atlin, Vice-President (External)

Daniel Atlin joined the University of Guelph in 2015 as Vice-President (External). Previously, Daniel was Seneca College's Vice-President of Strategy and College Affairs, a position he held since October 2009. He joined Seneca from the University of Toronto, where he served as Assistant Vice-President of Government, Institutional and Community Relations.

Daniel has accountability over four main areas as the VP External – a new role created in 2015 to allow for greater cross-pollination and leveraging of strategically important functions that are largely focused outside the University. He is responsible for government relations and community engagement - positive relationships with all three levels of government and our community partners. A government and community engagement department was created soon after Daniel's arrival. He oversees communications and public affairs and has built a new team focused on digital engagement and marketing - to enhance the University's brand and profile in the increasingly important digital world. He also leads University Advancement and Alumni Relations. As with all universities, this area has become even more important - securing public and private support and attracting champions as public funding continues to diminish. The final area that Daniel oversees is ceremonies and events; this includes events such as convocation, and university-wide events such as the community breakfast and start-up events in September.

COVID-19 has impacted our university community in many ways and the entire VP External portfolio has had to adapt and pivot. Flexibility and improvisation have been critical skills, especially as all team members moved to a work-from-home environment last March. Since the pandemic began, the communications and

public affairs team has been critical in ensuring consistent and effective communication throughout and that the “waterfall” of communications is integrated across colleges and departments so all faculty, staff, and others have accurate and consistent information. Every significant message is approved by a COVID communications hub that includes the President, all the Vice Presidents, and several others. These messages went out daily for the early part of the pandemic, but now are sent approximately twice per week. And, of course, all these messages had to be easily navigated through a new COVID-19 web page and amplified through social media.

The government relations and community engagement team was critical in ensuring we had the best information about the policy and regulation changes that were happening frequently, and being modified constantly, as we dealt with restrictions to operations and paid close attention to what was deemed “essential services”. The department paid particular attention to the restrictions placed upon international students – many of whom remain outside of Canada and are waiting for our borders to be open to them again.

The advancement and alumni team has adapted to a virtual environment and has used this time to move from in person face-to-face contact with donors and alumni to using Zoom and other programs to have video contact with our champions. The team has been able to connect with more people than ever before and has increased the number of donors, as people are keen to help students who have been struggling through the pandemic. The team has also been focused on more “behind the scenes” strategic efforts, such as improvements to its “giving” page, that will be launched in the



coming months, and finalizing a strategic plan for the department that will provide a road map for advancement and alumni efforts for the years to come.

The University ceremonies and events team found new ways to celebrate our convocating class of 2020. The team shifted the plans for celebrations and took UofG on the road for cap and gown photos and launched a new initiative called “unboxing”. Students received their degree in a custom box and filmed their opening for social media to share with their peers. A video that was created using some of the cast of “The Office”, who congratulated our new alumni, was watched by hundreds of thousands of viewers and was the envy of many other universities.

The past year has been a busy one for Daniel and the portfolio even without the COVID-19 pandemic. Dealing with huge media issues, a presidential transition and a new president as well as new members of the senior executive team, kept everyone busy. But the biggest role that Daniel, as VP, had to play this past year has been to support team members and colleagues, as the pandemic and the challenges of working from home and family situations put a strain on everyone. He has tried to reinforce the need to check in on colleagues and to reach out if you need to talk to someone. Those words are as important today as they were in March 2020, as it seems we still have a long way to go until we are anywhere close to being back to “business as usual”.

United Way Update

by Julie Hutchins



This United Way campaign was quite different because of COVID. The City of Guelph needed our help more than ever. Retirees continue to go beyond the call and this year it really showed! Retirees raised \$79,503! Absolutely fantastic! Thank you to all who contributed!

This year, there was a prize for one lucky retiree. The prize was for a gift card to Sweet Distractions: Elora's Candy Boutique and another to Café Crêperie in Elora. These were won by Toni Pellizzari, congratulations! Toni was a co-chair for United Way a few years ago!

An amazing 3-part video series was made that looks at some of the issues our community is facing due to COVID-19. It is called "An Act of Local Love". It really shows how some of our citizens are suffering due to this pandemic. It can be viewed at the following links:

Episode 1: A Crisis Like No Other (<https://youtu.be/m3HsV3-F0BI>)

Episode 2: Meeting the Moment (<https://youtu.be/gY0a8CWklxQ>)

Episode 3: United In Local Love (<https://youtu.be/DIKmZzZBAw4>)

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Passings

James Hunt	October 5, 2020
David Murray	October 7, 2020
Michael Hall	October 12, 2020
William Clair	October 14, 2020
Donald Harris	October 16, 2020
Robert Sheard	October 21, 2020
Irene Pereira	October 30, 2020
Samuel Cole	November 7, 2020
Tim Sullivan	November 17, 2020
David Noakes	December 1, 2020
Malcolm Mclean	December 2, 2020
Dina Roberts	December 4, 2020
Mary Elliott	December 6, 2020
Peter Di Reto	December 7, 2020
Donna Kangas	December 9, 2020
Isobel Lander	December 13, 2020
James Mutter	December 19, 2020
Gabriel Karl	December 26, 2020
James Purdy	December 28, 2020
Norman Arbuckle	January 2, 2021
Norman Boreham	January 6, 2021
Gordon King	January 7, 2021
Mary I Roe	January 21, 2021
John Tofflemire	January 23, 2021
Marisa Di Francesco	January 24, 2021



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All UGRA members are eligible for this CURAC program

Winter 2021

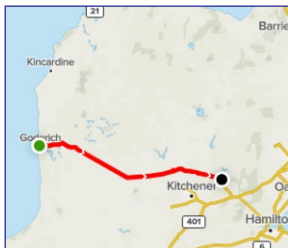
UGRA

Cycling the Guelph to Goderich Trail

By Sue Wi-Afedzi

They tell you that keeping active is essential, especially so for us seniors. The question is, how to keep

active without actually causing undue pain on this aging body? When I read an article this spring in the local paper about the improvements made to the Guelph to Goderich Rail Trail (g2g) this year, an idea started to ferment. Surely some of my friends could be persuaded to join me in cycling this 131-kilometre, relatively flat, relatively easy route. Luckily, I have some adventurous friends. Dave Robinson, another Guelph retiree, and his spouse decided to join me once their latest Algonquin canoeing trip was over. The extent of our cycling experience is



somewhat limited compared to many of the people we met on the trail but that didn't discourage us. The plan was to do it in sections, taking two cars and shuttling between the start and end of each section.

As it turns out, we picked one of the best times of the year to do it – the fall colours were spectacular. The trail passes through fields and fields of farmland bordered mainly by deciduous woodlots. The colours this fall were especially brilliant, and we drank them in as we trundled along the trail. We were probably amongst the slowest of the cyclists trekking the g2g (as it is affectionately called) but we like to think we enjoyed it more than all those speed demons. We covered the distance in five sections, making sure that the last two ended and started with the Cowbell Brewery in Blyth. I must warn you, there are three detours around missing bridges – two of them being 3 kilometres each and one of 10 kilometres. The 10-km one can be avoided

by fording the Maitland River (another good reason to do this in the fall with the low water levels) midway between Goderich and Blyth.

The g2g is a great way to discover some of the beautiful villages hidden in southwestern Ontario. And it is fairly easy to maintain a healthy social distance while benefitting both body and soul.



UGRA Adventures By Vikki Tremblay

We've made it out of 2020 slightly damaged but still on the right side of the ground. Our travels are gone because of the pandemic and we have occupied ourselves with other activities and found new ways to pass our time. Let's pray that 2021 and the upcoming vaccines allow us to get out and travel again safely.

The following was sent to me and I thought I would share it with you as it has great meaning to me.

Now boarding.....

"Hello and welcome to **Flight #2021**. We are prepared to take off into the New Year. Please make sure your **Attitude** and **Blessings** are secured and locked in an upright position. All self-destructive devices should be turned off at this time.

All negativity, hurt, and discouragement should be put away. Should we lose **Attitude** under pressure, during the flight, reach up and pull out your affirmations and mantras. Affirmations will automatically be activated by **Energy**. Once your **Energy** is activated you can assist other passengers.

There will be NO BAGGAGE allowed on this flight. The Captain of your beautiful life has cleared us for takeoff.

Destination ➔ **GREATNESS**
Happy New Year!

*Borrowed and Shared
From Author Iyanla Vanzant*



UGRA

Winter 2021

Recommended Lockdown Viewing/Listening

TV MINI SERIES

Trust

Written by Simon Beaufoy
Directed by Danny Boyle
Recommended by Sue Wi-Afedzi

I highly recommend Trust – a mini-series set in 1973 starring Donald Sutherland and Hilary Swank. With chilling detail, it follows the kidnapping of John Paul Getty III (grandson of the richest man in the world – so it was thought at the time) and along the way portrays an extremely dysfunctional family headed by a narcissistic patriarch (hmm – where have I heard that term before?). It is a telling story of money and power and the resulting ultimate corruption of the human spirit. It is available on DVD from the Guelph Public Library.

DOCUMENTARIES

76 Days

2020, Directed by Hao Wu, Weixi Chen, 93 min.
www.76daysfilm.com
Recommended by Krys Mooney

On January 23, 2020, the city of Wuhan, China, was placed under lockdown in an effort to choke out the coronavirus that had already made the densely populated city ground zero for the outbreak of Covid-19. The film is discreetly shot in four Wuhan hospitals without government approval. It is an agonizing account of the battle against Covid where it all began, through the eyes of frontline first responders. We see their courage, dedication, empathy and sometimes humour in the face of an unseen enemy. It's one of the year's essential documentaries.

A Thousand Cuts

2020, Directed by Ramona S. Diaz, 110 min., PBS
www.athousandcuts.film
Recommended by Krys Mooney

This powerful documentary examines the way that the Philippines' President Rodrigo Duterte has waged a war of disinformation and legal assaults against the media, focusing especially on the media outlet Rappler and its co-founder Maria Ressa, a Filipino-American journalist. The filmmaker exposes the challenges of being a journalist in an increasingly anti-press democracy in which leadership labels the entire media industry fake. This film is fascinating, inspiring and terrifying at the same time. It is a must see for those who care about freedom of the press and democracy. Prepare to be inspired.

PODCASTS

This American Life:

Episode 664 – The Room of Requirement

December 28, 2018; 58 minutes
Hosted by Ira Glass
Produced with Chicago Public Media
Recommended by Sue Wi-Afedzi

This American Life is an award-winning weekly podcast that has been on the air for more than 20 years. It explores some of the quirky and even mundane parts of our lives in a lively and often fascinating manner. This episode is broken into three acts each dealing with different aspects of the role the local library plays in our lives – how a library (with the help of its librarians) can be the 'Room of Requirement' by providing what you need when you need it.

TELEVISION SERIES

Trickster

Available free on CBC Gem, CBC's streaming site
Recommended by Frances Sharom

This series was adapted from the first book in a trilogy by indigenous author Eden Robinson. Created by Tony Elliott and acclaimed Director Michelle Latimer, set in Kitimat BC (shot in both Kitimat and North Bay), it features a largely indigenous cast and film crew. The Haisla teenage protagonist Jared and his friends are trying to paddle along in their somewhat chaotic lives as they usually do, and the first episodes reflect that. Then things turn wacky when a stranger arrives who turns out to be Jared's real father. As a shapeshifter involved in indigenous magic, he is determined to claim his destiny, and the supernatural and physical battle begins between him and Jared's mother. Filled with both gentle humour and mysticism, the young indigenous actors steal the show. Trickster was named the Scripted Series of the Year, by Playback, the Canadian film and TV magazine.

For the Record

Available free on CBC Gem, CBC's streaming site
Recommended by Frances Sharom

This is an entertaining "circular" series of 6 short, interconnected episodes, each about 15 minutes long, so you could binge-watch them in one night! Each vignette is built around a well-known song from Universal Music's catalog of hits. The first episode features a young couple breaking up as they divide their prized collection of records, and the second episode takes one of these individuals and continues the story with a new group of characters. A character from the second episode leads into the third, and so on, until we end up at the first two individuals again. The series is very cleverly put together, hilarious at times and highly enjoyable.

After Life

Seasons 1 and 2 are available on Netflix
Recommended by Frances Sharom

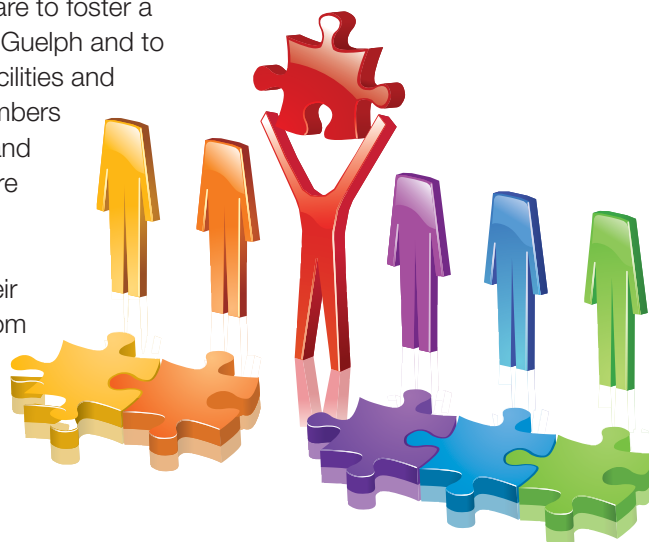
This series (Season 1 and 2 have 6 episodes) will be welcomed by fans of Ricky Gervais and the original English version of The Office. We meet Tony, a writer at a trashy free newspaper in a small town, 6 months after his beloved wife has died of cancer. He is in great pain and determined to end his life. Little by little, we see how those around him, including his dog, the other newspaper staff, a sex-worker with a heart of gold, a grieving widow, and a care home nurse who looks after his father, change his mind. Irreverent, funny, with many basic truths about the nature of humanity.

PANDEMIC
PASTIMES

Did you know?

The main objectives of the University of Guelph Retirees Association are to foster a mutually beneficial relationship between retirees and the University of Guelph and to advocate for our members in matters such as access to University facilities and resources on retiree benefits. The UGRA works hard to keep our members up to date on the University community through emails, newsletters and meetings and from time to time, also shares information that is of more general interest to retirees.

The UGRA is run by a group of fellow retirees who freely volunteer their time and talents. The funds needed to run the UGRA come mostly from our members' contributions. With your support we are able to maintain an electronic presence, produce the newsletters, as well as hold the AGM, Spring and Fall Forums and other events and activities to keep you connected to the university and fellow retirees. We receive email and you can mail in contributions.



Be a Contributing Member of the UGRA

We hope you enjoy this newsletter, our informative website (<https://ugra.ca/>), and our various on-campus functions throughout the year. An annual contribution of \$25 from you goes a long way in sustaining the UGRA so we can continue to work on your behalf.

University of Guelph Retirees Association Contributing Membership (2021) 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 your cheque payable to the University of Guelph Retirees Association. Mail this form with your cheque to: University of Guelph Retirees Association • PO Box 48-4916 • University of Guelph • Guelph Ontario, N1G 2W1

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: <https://ugra.ca/join-us>



UGRA

Winter 2021

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:

ugra@uoguelph.ca

By using the 'Contact Us' tab on the UGRA website:

<https://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

Advertising in the Newsletter

Do you have something to sell, rent, buy or announce for the next edition of the Newsletter? You may purchase space for a coloured box ad of various sizes, or a simple classified ad by contacting the Editor for prices. The next deadline is Friday, Friday, April 2, 2021.



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