



Winter 2018

## PRESIDENT'S MESSAGE



The huge news that has us dancing is that UGRA has attracted enough donations to make its student scholarship fully endowed! The fund surpassed the minimum of \$45,000 just as we entered the New Year. Thank you to our generous donors and for all the hard work that has gone into this success! Apart from the benefits to the deserving student recipients, there are the indirect benefits to UGRA's budget in that we no longer have an obligation to top up the scholarship each year from our operating fund. But please do not become complacent in considering future donations! Additional funds placed into the scholarship can be used to enrich the amount awarded each year, hedge against fiscal vagaries, and so on. Moreover, UGRA needs your financial support to continue to deliver an exciting program for all our members.

UGRA's Fall Forum on 16th November, 2017 (p. 4) was a great success, and the Spring Forum on Thursday, 19th April is in the offing (p. 2). The refreshments UGRA provides for these are paid for through our operating budget, which receives welcome support from those of you who are "Contributing Members". We will be asking for honour-system donations of \$5.00 per person from those who are not "Contributing Members" to help pay for the refreshments at

the Spring Forum. Why not become a "Contributing Member" and skip the \$5.00 for refreshments? Of course, you may want to do both. In that case we thank you twice!

In early December, 2017, the UGRA Executive held an introspective workshop on its success in accommodating its own agenda as set at the same event in 2016. In short, we were able to pat ourselves on the back while recognizing there is work still to be done.

The UGRA Executive Committee has been busy exploring the new and positive relations we have with the U of G Administration. Especially important has been the support we are enjoying through VP External (Alumni Affairs & Development) (AA&D), Daniel Atlin and his team. Special items under discussion are UGRA's web-site, communications, this newsletter, and our problems with maintaining our membership mailing lists. AA&D has been central to our success with the UGRA Scholarship and we are exploring other possibly mutually beneficial collaborations. For example, the University Retiree Associations of Canada (CURAC), of which UGRA is a member, is very interested in having its national meeting at the U of G in 2019 or 2020 and that requires support from the host institution. Hosting CURAC would be a feather in the cap of UGRA and of the U of G (see p. 3 for more on CURAC).

We continue to keep our eye on developments concerning pensions and benefits. Doug Badger writes about this on p. 6). Our travel and social events have



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Editor: Charlotte McCallum

[www.ugra.ca](http://www.ugra.ca)

## Recent Retirees

### October 1, 2017

Warren Bignell	Biomedical Sciences
Judith Renaud	OVC HSC Admin.
Kevin Spence	RC Admin.
Marie Vickery	Student Access. Services

### November 1, 2017

Mary Lou Cairney	Alumni Affairs
James France	Animal Biosciences
Karen Reimer	Co-op Education & Career S.
Marie Rush-Smyth	Integrative Biology
David Walsh	OMAFRA Research Sta.

### December 1, 2017

Bill Clausen	Athletics
Heather Male	Classroom Tech Supp.

### January 1, 2018

Christine Anastasakos	Phys. Res. – Custodian
Mike Burke	OMAFRA Research Sta.
Robert Carter	Phys. Res.–Director
Linda Graburn	Office of the CIO
James Kirkland	Human Hlth. & Nutr. Sci.
William Macdonald	Phy Res.–Grounds
Rachel Mahrer	Counselling
Karen Nakatsu	LSD-BDO & Finance
Uwe Oehler	Chemistry
Gard Otis	Environmental Biology
Fred Pries	Business & Accounting
Charles Watson	OMAFRA Research Sta.

### February 1, 2018

John Fitzsimons	Fac. Env. Des. & Rur. Dev.
Susanne Johnson	Student Health Services
Rose MacQueen	Campus Animal Facilities
Patrick Martin	Campus Comm. Police
Patricia Turner	Pathobiology
Sandra Wolting	Admissions

caught the attention of the University. UGRA is planning to continue those initiatives (see p. 6).

UGRA's more conspicuous profile is opening other doors for its membership. We are exploring ways by which the Library can serve retirees more extensively. It has been suggested that UGRA become more involved with Senate and make a brief presentation to explain the benefits that UGRA conveys to the U of G and how membership in UGRA benefits retirees in general. UGRA is examining the process used in the various colleges for retiring faculty who wish to benefit from continued association with the University through appointments as professors emeriti. UGRA expects to provide a summary of findings to the membership and to the Deans across campus for the June Annual General Meeting (AGM). We have had overtures from some colleges as to how to foster positive interactions. Yes, it is clear as crystal that UGRA and its members are becoming more and more involved in activities across campus.

UGRA needs your help! We need nominations for our Executive Committee for the elections at the AGM. Please consider volunteering, or suggesting other retirees, to help with the running of our increasingly active association. It has been suggested that UGRA have College/Departmental connections. Please suggest to us the names of retirees who would like to increase connectivity between UGRA and Deans, Directors, or Chairs. The UGRA Executive Committee is looking for input from you to help with such events as the possible CURAC meeting, social events, involvement with issues on benefits of membership, the United Way campaign (see p. 8), and anything else you may care to suggest.

*Peter Kevan, President, UGRA*

## UGRA Spring Forum 2018

The Arboretum Centre

Thursday, April 19, 2017

Doors open at 1:00 p.m. - Refreshments

Program: 1:30 - 4:00 p.m.

## Money Matters: Protect Your Financial Assets

### Speakers:

**Doug Badger** CPA CGA (retired) UGRA Pension Rep.

**David Stanley** U of G Professor (retired),  
Financial Literacy Specialist

**Gerrit Bos** U of G IT Security Officer

Introductory Remarks

U of G Pension Plan Update - Doug Badger

Achieving Financial Success - David Stanley

The Changing Wealth Management Landscape - Doug Badger

A Retiree's Personal Experience - David Stanley

Cyber Security Tips for Seniors - Gerrit Bos



## Classified Ads

### A New Feature

Do you have something to sell, rent, buy or announce for the Spring edition of the UGRA Newsletter? For a modest price, you may purchase space for a classified ad in this department. Contact the editor for details by early May. You may also purchase a larger box or banner ad for commercial purposes.



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**For members of the University of Guelph Retirees Association**



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## Passings

Teresa Kuipers	September 3, 2017
Elva Lewis	September 7, 2017
Michael R. Booth	October 2, 2017
David MacRae	October 8, 2017
Usher Posluszny	October 10, 2017
Paul Stack	October 16, 2017
Gerald Stephenson	October 17, 2017
Martha Jane Trento	October 29, 2017
James Mahone	October 31, 2017
Theodore Ferwerda	November 18, 2017
Patrick Kyba	November 23, 2017
Maxine Crispin	November 25, 2017
Angelo Maggiolo	December 5, 2017
Catherine Kerrigan	December 16, 2017
Gerardus Van de Ven	December 18, 2017
John Goddard	December 20, 2017
Anna Blewett	December 22, 2017
Melvin Tolton	December 24, 2017
Donal McKeown	January 16, 2018
George Bubenik	January 23, 2018
John Foster	February 4, 2018



## Register Now for CURAC 2018 Halifax, May 23-25, 2018

The annual conference of the College and University Retiree Associations of Canada (CURAC) will be hosted by the Association of Dalhousie Retirees and Pensions, with partner, the Saint Mary's University Retirees Association. Come down to "Canada's Ocean Playground" for a series of discussions and presentations that are designed to be informative on several topics and relevant to

activities to university retirees.

Information on the conference and how to register online, plus a link to Halifax tourist information, is available at <http://adrp.dal.ca/curac2018> Early bird registration discount expires March 15. Off campus accommodation with the Westin Hotel group rate expires in early April and is dependent on room availability.



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

# UGRA

**Winter 2018**

## UGRA's Fall Forum November 16, 2017

The Fall Forum of last November on nutrition and health was a success. Despite the damp and grey weather, some 63 members were present at the Arboretum Centre to hear about nutrition and health from some experts in the field. A lively Q & A session followed. Before the main program, UGRA president Peter Kevan brought us up to date on our Scholarship (now fully endowed). As well, a representative from the United Way gave a brief report on the campaign and the many contributions by the retirees. Two representatives from Michael's House, one of the beneficiaries of the United Way in Guelph, spoke about its supportive housing program.

Professor Andrea Buchholz, of the Department of Family Relations and Nutrition (FRAN) spoke on some advancements in food science at the University of Guelph which now makes it "Canada's Food University." The success of the Yukon Gold potato is well-known (see page 5) and there have been advances in soybeans and tomato varieties. A number of other innovations include those in packaging technology, a technical DNA study for sausage labelling, the Guelph Family Trial for Nutrition and Life-style, the Nutri-Step program for young children, the Catalyst Centre, the Feeding 9 Million Project and the Arrell Food Institute which researches food security.

Next was Professor Janice Randall Simpson, now retired from FRAN and serving on UGRA's Board, spoke about

## OMAFRA & University of Guelph

It was announced on February 13 that the Ontario Ministry of Agriculture, Food and Rural Affairs and the University of Guelph will continue their long-standing research and innovation partnership for another 10 years, taking effect on April 1. This partnership, active since 1997, will support world-class agri-food research and innovation. The University will receive up to \$71.3 million a year to manage research and innovation programs and related facilities, including the Ridgetown Campus, the Agriculture and Food Laboratory program, the Animal Health Laboratory program, and 15 research stations and centres. Good news for all involved!

the work of registered dietitians and their rigorous professional training and certification in the Registered College of Dietitians of Ontario. Janice reported that a new Canada Food Guide is being prepared, following some heavy stakeholder lobbying. She noted that a good diet should provide all our vitamins without the need for mineral and vitamin supplements. Nevertheless, there is a special need for Folate (Vitamin B), which is now added to food to prevent neural tube defects (such as spina bifida). As well, seniors are often deficient in Vitamin B12, which only comes from animal sources. The supplements often prescribed to combat age-related eye diseases such as macular degeneration were mentioned too. Other benefits of vitamins were covered, along with their recommended daily amounts. Highly recommended for us to read was the Eat Right Ontario website, which you can find at [www.eatrightontario.ca](http://www.eatrightontario.ca)

Professor Alison Duncan of the Department of Human Health and Nutritional Sciences was the final speaker, discussing Functional Foods for Healthy Aging. She reported that seniors are increasing in numbers and that 34 percent

were at risk nutritionally in 2013. Functional foods are those that may provide health benefits beyond those of basic nutrition as they contain a particular bioactive compound. For example, spearmint tea has anti-inflammatory properties, as does rosmarinic acid, found in a number of common cooking herbs, including rosemary. Lentils are a nutritional powerhouse and diabetics will be interested to know that resistant starch bagels contain a "good starch" that does not raise blood sugar to the extent that normal starches would. Alison provided a number of useful sources for those who would like to read further, such as: The Love of Lentils Study, The Healthy Aging Toolkit and the Journal of Food and Nutrition for the Elderly.

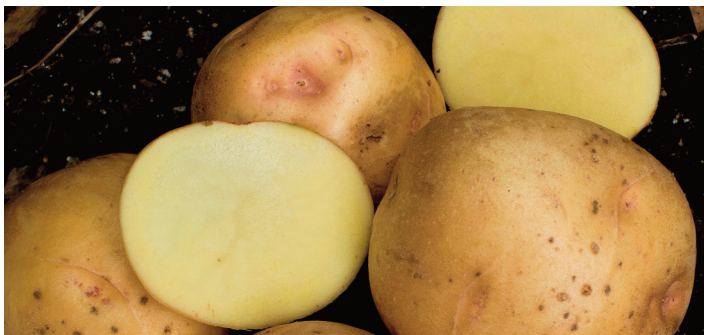
We all enjoyed the beverages and delicious snacks that accompanied the session, where members could mingle and chat. Be sure to join us for the Spring Forum on April 19, where we will hear about money matters and how to protect our financial assets (see p. 2 for details). And, yes, there will be time for conversation and refreshments.

*Charlotte McCallum*





## Yukon Gold



At our Fall Forum on nutrition, one of our members observed that what she was now finding as Yukon Gold potatoes were not of the high quality of those she had bought in the past. We now offer an explanation for her observations.

The Yukon Gold potato was developed at the University of Guelph by G. R. Johnston, R.G. Rowberry, and N. Thompson over a period of about 25 years. It was released to the market in 1980. Now in its 51st year, it has been recognized as an agriculture research game-changer, received awards, kudos and international acclaim! You can find a large number of glowing testimonials on the University of Guelph website by entering “Yukon Gold potato” into the search engine.

I contacted my friend, R. Coffin, a potato breeder once at the University of Guelph and now living in PEI. He provided useful insights. The Yukon Gold potato is a medium-sized, smooth skinned potato with yellow flesh and pinkish eyes (if you do not see that the eyes are pinkish, then the potato is not a true Yukon Gold). Yukon Gold potato plants have a suite of other characteristics in the leaves, flowers, buds, etc. which set them apart from other varieties.

Unlike some other potato cultivars with white or yellow flesh, Yukon Gold can be cooked both by dry-heat (potato chips, baking) and wet-heat. Its waxy, moist flesh and sweet flavour make it ideal for boiling, baking and frying, but this potato will

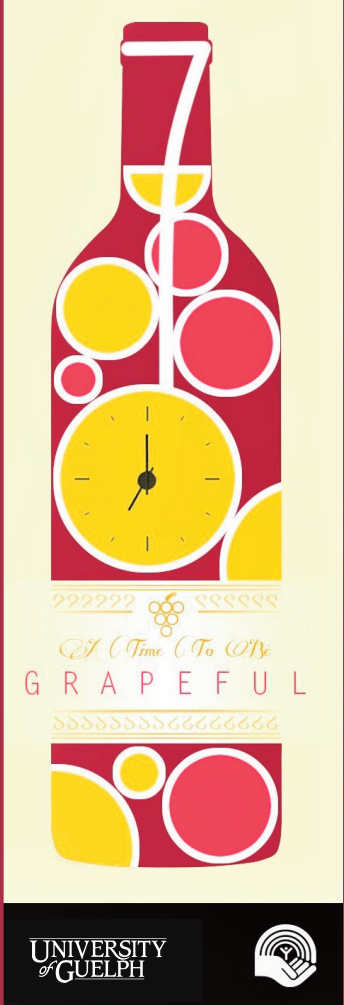
also withstand grilling, pan frying, and roasting. It also stores well. A disadvantage to the Yukon Gold is that it is not as prolific a tuber-bearer as some others. Hence the cost of production/hectare is higher. All in all, however, it is a superior cultivar in the potato world.

Because of the reputation of the Yukon Gold, other yellow-fleshed potatoes have become common in the grocery. Some may be mislabelled as Yukon Gold, some may carry the word “Yukon” on the bag, and others may be honestly labelled simply as “yellow.” Caveat emptor! Consumers should be on guard when buying yellow-fleshed potatoes, however labelled, and expecting the quality of Yukon Gold. If the eyes are not pinkish or only the word “Yukon” is used on the bag, bring the issue to the attention of the grocery chain and the manager where you shop. It seems a great pity, but some potato packagers, wholesalers or producers do not wish to market high quality potatoes by cultivar (varietal) name. Please remember that food labelling fraud is rampant especially in the meat and fish trades (as we learned at the Fall Forum). Now we can, to some extent, check out a Yukon Gold potato by looking at it in the eye.

Peter Kevan

## Serve as UGRA's Rep on the United Way Campaign

The importance of retirees to the success of the University of Guelph's United Way campaign is well-known, both as donors and in representing UGRA on the organizing committee. This position is now vacant and we invite members to serve as UGRA's representative. The incumbent attends the United Way Committee meetings and activities in the Spring and Fall (more often in the Fall), reporting to the UGRA Executive as requested. Activities for UGRA members are then recommended and information notes for the Newsletter and website are prepared. If interested in this important position please contact UGRA President Peter Kevan.



**A United Way Invitation**  
Your University of Guelph United Way Campaign Co-Chairs, Carolyn Kerr and Peter Routledge are inviting UGRA members to join the University of Guelph community in a fundraising event, “**A Time to be Grapeful**” for great food, great company, and great wine. It is also a worthy fundraiser for the United Way. Cultivate your wine tasting expertise and learn about a variety of wine-related topics from the university's own Linda Watt, a certified sommelier. The university's executive chef, Vijay Nair, will create a delicious appetizer pairing for each wine. Cheers!

**Thursday, March 22**  
**6:00 – 9:00 p.m.**  
**Summerlee Science Complex Atrium**  
**Tickets: \$75**

Attire: Business casual  
For online reservations:  
<https://grapeful.eventbrite.ca> or  
contact Garrett May by email at  
[grapeful@uoguelph.ca](mailto:grapeful@uoguelph.ca) or phone  
519-824-4120 ext. 58850

UNIVERSITY OF GUELPH

## The Travel Survey Results are In!

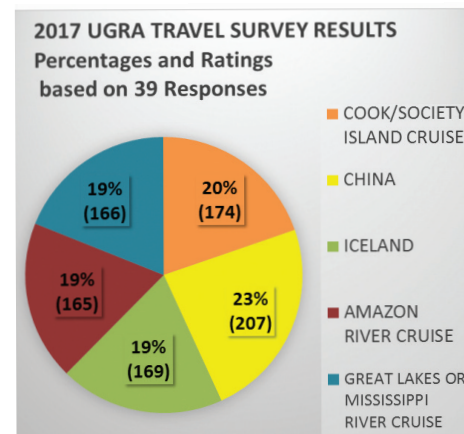
In our last issue Vikki Tremblay (one of the UGRA Board executives) surveyed the membership about their interest in a trip to various destinations. The price range was from modest to about \$3500 Cdn. Some expressed concern about the cost of any single supplement. Others suggested a two-week trip. The results are shown below in both percentages and as a rating that she calculated. The results are evenly split but it seems that China noses out the others as a preferred destination.

It seems the desire to travel is lively! Other possible destinations mentioned by the

respondents were: Churchill or other wildlife destination, Costa Rica, Newfoundland and Labrador, Chile, Galapagos, New Zealand, Oregon, Washington, Ireland, the Arctic, Vietnam, Cambodia, Greenland, Europe or a European river cruise. A British or European walking/cycling tour, Norway, the Maritimes, Australia, Jordan, Dawson City, Whitehorse, Thailand, Bali, a Hawaiian cruise and New York City.

Vikki, an industry pro who also did a lot of the organization on last year's Churchill trip, along with the rest of the Board will be discussing the results and putting some plans into action. Do follow developments here, at one of our gatherings or on the

UGRA website. Many thanks to all who responded to the survey.



## Did You Know?

### About those Multiple E-mailings

Some members have reported receiving duplicate mailings of our news or news from our partner organizations; our apologies and a brief explanation. Membership in UGRA is open to anyone who has retired from the U of G and their survivors, including those who chose to commute their pension funds (opt out). We have, however, email addresses only from those who receive a monthly pension and who have given formal permission to use their email addresses. UGRA actively supports or partners with the campus United Way and Alumni Affairs and Development, which maintain their own email lists. Despite our best efforts, some duplication of announcements may occur. If you know

someone not receiving our mail, but would like to, please let them know how to contact us (p. 8).

**College Royal** is on March 17 and 18 this year. Since 1925, the undergraduates of the University have been showcasing their departments, their work and their fun. The veterinary and agricultural roots of this hugely popular event remain prominent, but lots of other departments are featured too. Bring the youngsters and join the fun!

**Gryphons for All!** Feel like going out to a hockey, basketball or other game? It's only \$10.00 for an adult ticket to one of the many exciting Gryphons sports events on campus. Kids under six are free! Unlike the downtown situation on a Storm night, there is plenty of parking on campus. To see the Gryphons Composite Schedule go

to <https://gryphons.ca/calendar.aspx>

**Music Too!** For an interesting free and public showcase of music plan to attend a one-hour concert of the Thursdays at Noon series held in the Goldschmidt Room in MacKinnon Hall most Thursdays at 12:00 noon sharp. Or go to one of the concerts offered by the University Choir, students and faculty performers both on and off campus. See <https://uoguelph.ca/arts/sofam/events>

**Nature at our Door** We all know the university Arboretum is a treasure, especially during the growing season. If winter is getting you down, why not pay a visit to the Conservatory some sunny day for a breath of warm, moist air and a view of tropical plants there. It's just beside the University Centre.

## A Bumpy Road to Pension Reform

The University of Guelph is continuing to move toward participation in a new multi-university sector Jointly Sponsored Pension Plan (JSPP). Progress, however, has not been easy.

The University Pension Project was formally launched in 2014, led by the Council of Ontario Universities (COU) and the Ontario Confederation of University Faculty Associations (OCUFA), with the goal of creating a multi-employer, jointly-sponsored pension

plan. The University of Guelph has been an enthusiastic participant, with representation from the administration, the Faculty Association and other bargaining groups.

As of last August, a tentative agreement had been reached between three universities: Guelph, Toronto and Queen's to move forward with a new JSPP. The tentative agreement included the three faculty associations and the United Steelworkers union. It has not been an easy negotiation process however. Several universities in Ontario did not take part in the initiative and numerous bargaining groups in each of the remaining

universities withdrew from the discussions.

The target date for implementation of the new JSPP is July of 2019. The participants are now entering the "communications" phase. Current employees of each university will have to vote in favour of proceeding. Although current retirees are not significantly affected by the move, we also have a voice regarding the proposal. Please stay tuned; UGRA is prepared to assist the University in communicating information to Guelph retirees.

*Doug Badger*

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## Be a Contributing Member of the UGRA (2018)

We hope you enjoy reading the UGRA Newsletter, our informative website and attending our various functions, such as the Spring and Fall Forums. As you might know, the considerable commitments of time and talent to advocate on your behalf are freely given by your Board members. While membership in UGRA is free, we depend almost entirely on voluntary financial contributions from you, our members, to finance the Newsletter and room rentals for these activities. We are proud and grateful for our members' generosity in giving to the United Way and to the UGRA Scholarship, but contributions towards operating costs are down and expenses are rising. A contribution of even \$25 would go so far towards sustaining our aim. Join us in supporting UGRA, so we can continue to work on your behalf. Use the form below or make your contribution at the Spring Forum or AGM.

### University of Guelph Retirees Association Contributing Membership (2018) 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:

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: <http://www.ugra.ca>



# UGRA

Winter 2018



## Library Privileges for U of G Retirees

In case you have not been to the McLaughlin Library recently, you may be unaware that it has undergone the largest renovation in its history over the past year. The library's second floor and lower level have both seen major transformations that have helped us enhance user space and the services we offer. We invite you to stop by the library next time you are on campus to see the changes that have resulted.

With this, we would like to provide a reminder of your library privileges. As a U of G retiree, you retain your borrowing privileges with the same rights and responsibilities that you had when you were an employee. You may also request items from the Annex (our off-site storage facility), as well as visit Archival & Special Collections to view materials that are only available for use in the Archives area.

Your privileges do not include off-campus access to library e-resources due to licensing restrictions. However, you can access them by



using public computers in the library. There are a number of open access e-resources that can be accessed from anywhere and are easily found by visiting the Retirees page on the library's website.

While at the library, retirees are welcome to use space for reading or research, including quiet study space. Given the high demand for study carrels by students, we ask that you refrain from using these. The same is true for closed offices—these are reserved for use by current graduate students and/or faculty.

To learn more about the resources the library has to offer and your library privileges, please visit the library's Retirees page. Or, call us at 519-824-4120, Ext. 53617.

We look forward to seeing you soon!

## The UGRA Executive Committee Needs Feedback

The UGRA Executive Committee acts on behalf of the interests of University of Guelph retirees. Without input from our members, we operate partly in a vacuum where we try to imagine what retirees see as important issues and concerns. To do our job well, we could use more information, so please take the opportunity to let us know what's on your mind.

Here are the ways you can contact us. Please provide your name, address and phone number. This will enable us to follow up on requests promptly.

**By Email:**  
president@ugra.ca

**Via the 'Contact Us' tab on the website:**  
www.ugra.ca

**By Phone:**  
519-824-4120, Ext. 52197.  
This is phone mail only, so please leave a message with your name and phone number.

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

PUBLICATIONS MAIL AGREEMENT NO. 40064673

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GUELPH, ONTARIO  
CANADA N1G 2W1

