

## PRESIDENT'S MESSAGE

With snow on the ground and the prospects of many more weeks of lockdown, it's hard to wax lyrical about the joys of spring but by the time you receive this newsletter, I hope that the weather will have improved and you and yours are well and are starting to get vaccinated. These last few months on the way to (the new) normal will no doubt be trying.

Like most organizations, UGRA has tried to keep things going during the pandemic with Zoom meetings and an expanded website. We hope you've been able to take advantage of some of the courses and talks that we've posted at <https://ugra.ca/>. In addition to the University of Guelph presentations, through our association with the College and University Retirees Associations of Canada (CURAC), we've also been able to bring you offerings from other Canadian institutions. At our **Spring Forum** (yet another Zoom event), **Mike von Massow** gave an illuminating talk on food waste and on just how little cooking the average person does these days. It hadn't escaped our notice that the day of our Spring Forum was hardly springlike and despite all of the talk of food, we were not able to offer any. Hopefully, at our **Fall Forum** we will be able to address at least the latter. We have tentatively booked the fall forum for the afternoon of **November 18, 2021. Please save the date.**

In the current issue of the UGRA Newsletter, we're delighted to have a piece about the University's new vice-president (finance and operations), **Sharmilla Rasheed**. Her mandate is much broader than at least I thought and is no doubt made much harder by the pandemic. In addition to some excellent viewing and reading recommendations, our **Pandemic Pastimes** section this issue features an Easter Bread recipe from our soon to be president, Peter Krell. Also, in her **UGRA Adventure article** Vikki Tremblay reminds us of two recent UGRA "trips of a lifetime" and asks for your help to plan the next expedition. Please take a minute and **complete the very brief survey.**

The **2021 annual general meeting**, on the morning of **Thursday June 17th**, is our next scheduled event. Like the 2020 meeting that we held at the end of September, the 2021



AGM will be held using Zoom. In addition to approval of the budget and auditors, there will be a "housekeeping" motion to change our year end. We will also be saying goodbye to three members of our executive: Frances Sharom, Julie Hutchins, and Toni Pellizzari who are transitioning off the board. Their wisdom and efforts will be sorely missed! With their leaving, we will be considering a slate of new board members so if you, or someone you know, are interested in sitting on the UGRA executive, please get in touch with Vikki Tremblay ([ugra@uoguelph.ca](mailto:ugra@uoguelph.ca)). In addition to the "business" aspects of the AGM (which shouldn't be much longer than an hour), we are excited to have an **opening presentation** by the new dean of the Lang School of Business and Economics, **Lysa Porth**. She will speak about how COVID has affected our economy. As well, we'll have some breakout rooms in Zoom after the meeting where you can get together with your colleagues in a slightly more "intimate" venue. Stay tuned for further details and registration information.

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>). Can't remember if you made your 2021 contribution, do not hesitate to contact us ([ugra@uoguelph.ca](mailto:ugra@uoguelph.ca)).

Stay safe, stay well, stay patient!

*Jan MacInnes, President*

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# UGRA

Editor: Cathy Ralston

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

# Agenda for Annual General Meeting 2021 | Thursday, June 17, 10:00 am - noon

## By Zoom (will open at 9:30 am)

**10:00 Keynote Speaker:** *Lysa Porth: How COVID Shaped the Economy*

### Annual General Meeting Agenda (will start at approximately 10:30 am)

Welcome and Call to Order

Approval of Agenda

Approval of the Minutes of the September 24, 2020 AGM

[\[https://ugra.ca/about-us/ugra-annual-general-meetings\]](https://ugra.ca/about-us/ugra-annual-general-meetings)

Business Arising from the Minutes of the 2020 AGM

Reports from the Executive Committee

- President's report
- Governance report, change to the bylaws to change the fiscal period of UGRA
- Report on the UGRA scholarship
- Pension and benefits update
- United Way
- UGRA Adventures
- Treasurer's report and nomination of the auditor

Election of the 2021-2022 Executive

Questions and Comments from Members

New President's Remarks

Other Business

Adjournment

### Call for Nominations

The UGRA Executive Committee is the leadership team that acts on behalf of the interests of University of Guelph retirees:

- Advocating for retirees on university matters such as pensions, benefits, and privileges
- Communicating university news relevant to UofG retirees
- Organizing educational and social events for UofG retirees

At the annual general meeting in June, UGRA members elect persons to the Executive for a 2-year term (2021/2023). All UofG retirees are members of the UGRA, eligible to vote at the AGM, and are eligible to hold an executive position.

The UGRA executive has five officers - president, vice president, past president, secretary, and treasurer - and seven additional directors. With re-election at the subsequent AGM, each director may serve up to two additional, two-year terms (six years total). The vice president serves for one year and transitions to the president in the following year and then serves as past president for the third year. The positions of secretary and treasurer are normally for a two-year period.

The value and strength of the UGRA depends on a strong executive committee. That strength comes through the nomination of persons willing to commit to building and sustaining the UGRA program. This involves participating in 10 executive meetings each year and volunteering to support and participate in UGRA member activities.

If you would like to be part of the UGRA leadership team (executive committee), or if you know someone who would be a good candidate, please forward your nomination by email and copy the nominee indicating their willingness to stand for election, to Vikki Tremblay as this year's Chair of the UGRA Nomination Committee at [ugra@uoguelph.ca](mailto:ugra@uoguelph.ca). Nominations should be sent to Vikki no later than June 1, 2021 to allow ample time for the membership to review the list of nominees prior to the annual general meeting.

### Motion to Change the Fiscal Year Period:

A motion will be brought forward at the AGM to change Article VII, Section 4 of the constitution from "The fiscal year shall be from April 1 to March 31 of the succeeding year" to "The fiscal year will be the calendar year January 1 to December 31."

This change will help facilitate administration and eliminate members' confusion regarding the due date for the annual support payments. As this is a change to the constitution, the motion will require the support of the membership by vote at the AGM meeting.

More information on the UGRA constitution can be found at:

<https://ugra.ca/sites/uoguelph.ca.ugra/files/public/uploads/2015/12/Constitution-of-the-UGRA.pdf>

## UGRA 2020-2021 Operating Statement and 2021-2022 Budget

	2020-2021		2021-2022
	Budget	Actuals	Budget
<b>Receipts</b>			
Member Contributions	\$8,500	\$6,133	\$6,500
Interest	100	127	100
Ad Revenue	1,000	800	1,000
<b>Total Receipts</b>	<b>\$9,600</b>	<b>\$7,060</b>	<b>\$7,600</b>
<b>Expenditures</b>			
Newsletters	\$5,100	\$4,977	\$5,100
Website	1,000	750	1,000
Board Meetings	120	0	120
CURAC Membership	190	300	300
CURAC Conference Attendance	1,200	0	0
Office Supplies and Operating	50	502	595
AGM	500	0	0
Fall Forum	0	0	500
Spring Forum	600	0	0
<b>Total Expenses</b>	<b>\$9,020</b>	<b>\$6,528</b>	<b>\$7,615</b>
<b>Surplus/(Deficit)</b>	<b>\$580</b>	<b>\$531</b>	<b>(\$15)</b>



## Introducing Sharmilla Rasheed

Vice-President (Finance and Operations)



The University of Guelph named Sharmilla Rasheed as its new vice-president (Finance and Operations) on December 3rd, 2020. Sharmilla was previously vice-president (Financial and Information Services) and chief financial officer (CFO) of St. Joseph's Health Centre Guelph. A

chartered professional accountant, Sharmilla completed a Master of Business Administration degree at Wilfrid Laurier University and undergraduate studies at the University of Waterloo.

In her role as the Vice-President (Finance and Operations) Sharmilla provides strategic leadership, planning oversight and stewardship for all aspects of the university's financial operational services, facilities (building operations including construction), human resources, physical resources, campus community police, fire prevention and parking services, hospitality services, investment management and the real estate division.

Sharmilla is responsible for providing strategic financial leadership and direction to the organization, ensuring excellence in financial and strategic capital planning, and reporting to several Committees of the Board of Governors. She is also responsible for the University's non-academic support functions and for the development and implementation of related innovative business and fiscal policies, regulations, and practices with a goal of leading and achieving operational effectiveness and efficiencies.

Sharmilla's top strategic priorities for the upcoming year include:

- developing a real estate strategy to better position the financial health of the institution,
- campus master plan refresh which will integrate with the real estate strategy that includes the perimeter of the core campus to support the academic and research missions.
- embedding fiscal sustainability that supports the university's strategic framework and
- in partnership with the Provost, plan for a safe return to campus for face-to-face learning.

## Easter Bread (Osterzopf) *by Peter Krell*

*Origin of recipe from my mother, Elisabeth Krell, from the original recipe by Evelyn Mancuso both living on Third Line in Sault Ste Marie in the 1950s. Modified by my sister, Maria Frederick who added the actual measurements.*

### For activated yeast

Yeast	1 pkg dry (2.25 tsp or 20 gm wet)
Sugar	1.5 tsp
Water or milk	0.5 cup (warm)

### For preparing dough

Flour	5 cups
Milk (lukewarm)	1 cup
Sugar	0.5 cup
Salt	1 tsp
Vanilla extract	1.5 tsp
Butter, soft	100 gm
Eggs	4
Juice from one lemon	



### Method

**A.** Mix yeast with  $\frac{1}{2}$  cup warm water or milk, and sugar. Let stand till ready (about 10 minutes)

### B. Prepare dough mixture

1. Slightly beat the eggs and mix in sugar, salt, vanilla extract, butter, activated yeast into the lukewarm milk. Add the lemon juice last.
2. Put flour in a big bowl and add the liquid mix to the middle
3. Mix with a mixing spoon (or cheat with a dough hook). Add flour if too sticky or milk if too dry

### C. Making the dough and baking

1. Remove mixed dough (about 500 g) and knead for 10-12 minutes on a lightly floured surface (Note: if it is too sticky, flour your hands as you knead)
2. Let dough rise (2-3 hours), punch down and knead again and let it rest for 10 minutes
3. Roll out dough and divide into three equal portions
4. For each portion, knead into three ropes of equal length and braid them into loaves (don't know how to braid, watch <https://www.youtube.com/watch?v=EB4NWC9SNBY>)
5. Place on parchment paper on a large baking sheet (or put in greased loaf pans) and let rise
6. Allow loaves to proof (about 1-2 hours), then beat one egg and brush on the loaves
7. Bake at 350°F for 25 minutes, remove from pans and let cool





## Pension

by **D. Doug Badger, CPA CGA (retired)**

Executives from the new University Pension Plan (UPP) joined the March 12 Board of Governors Guelph Pension Committee meeting by Zoom. With UPP start-up targeted for this July 1, the UPP Chief Executive, Barbara Zvan, shared her goal of "an issue-free day one with no disruption to members".



There was also recognition of a phased multi-year transition to the fully operational new UPP-Ontario. Each of the three founding universities will continue member services administration as UPP 'agents' effective July 1, 2021 and beyond. The UPP team pledged an increased communications effort including a new website, and messaging/social media initiatives.

In the regular business of the University Pension Committee, members reviewed the actuarial valuation of Guelph's current plans as of October 1, 2020. The combined 'going-concern' funding deficits for Guelph's two major plans (Professional and Retirement) rose from \$97 million in the prior year to \$178 million. The market value of Guelph's plans as of December 31, 2020 was \$1,719 million, a one-year investment increase of 5.6%.

NOTE: We received a letter telling us that **starting July 1, 2021 our pensions will be paid on the first of the month**, not the last business day of the month.

## Passings

Douglas Killam	November 17, 2020
Vladmir Pavlicik	January 31, 2021
Betty Ware	February 12, 2021
Elton Yerex	February 13, 2021
Mark Baker	February 21, 2021
Charles Ferguson	February 22, 2021
Levi Cox	March 3, 2021
Ole Mardov	March 6, 2021
Anna Digravio	March 8, 2021
Shirley Ann Gowan	March 10, 2021
Muriel Auld	March 15, 2021
Herbert Driver	March 16, 2021
Victor Reimer	March 26, 2021
Mae French	March 30, 2021
Steven Sadura	March 30, 2021
Gunnar Boehnert	April 1, 2021
Helen Klemencic	April 5, 2021
Don Gordon	April 16, 2021
John H Lumsden	April 18, 2021
Irene Teeter	April 22, 2021
Hendrick Malik	April 23, 2021





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UGRA members are eligible for this CURAC group program



Spring 2021

UGRA

Happy Spring everyone. Let's hope the warmer weather brings us a brand-new outlook on our future and we'll soon be post-COVID (well, I hope it will be).

Now that we are getting vaccinated in great numbers, hopefully everyone will be vaccinated by the end of the summer and we can start looking forward to traveling safely again.

We are looking forward to going on another one of our fabulous UGRA Adventures for 2022. There are so many options to choose from – do we stay safe in Canada or do we spread our wings to international destinations?

On our last 2 adventures, our recurrent theme seems to somehow involve bears.....

In 2017, we went to Churchill Manitoba for an amazing trip to the Northern Science Center enjoying exploring the tundra, Aurora Borealis, beluga whale watching, and the star of the trip were those big white bad boys, the polar bears.

They were a hit. So many members have expressed a desire to do this trip again.

In 2019, members enjoyed a 17-day trip to China. It was amazing and one of the big highlights of the trip was the Pandas in Xian. They were amazing and we also saw the red pandas. Can you imagine seeing a baby panda still in the nursery – so cute!



It seems that there are bears, bears everywhere..... koala bears, grizzly bears, black bears, even teddy bears..... Where will we go next, and will they have bears??



Below you will find a link to our Adventures survey to help find out to where you want to travel in 2022. We appreciate your feedback and will let you know the results of the survey in the next newsletter. I wait with bated breath to find out!

Click on this link to take the 1-minute survey: <https://www.surveymonkey.com/r/26VM8T2>

Keep traveling and exploring the world. We're never too old to learn about our planet.

Enjoy the upcoming summer and keep safe!

## UGRA 2021 Spring Forum Hosted Dr. Mike von Massow

Like the Fall Forum, the Spring Forum, held, April 15, was a virtual affair by Zoom. It featured Dr. Mike von Massow on "A Look at the Future of Food." Mike is a faculty member in the Department of Food, Agriculture and Resource Economics (FARE) at the University of Guelph and OAC Chair in Food Systems Leadership. His research focuses on food labelling, animal welfare, novel food products, antibiotic use and, more recently, food waste.

During his seminar, Dr. von Massow noted that the perception of food depended very much on the consumer's knowledge of food production and is influenced by wording used to describe it. He reported that Canadian consumers generally felt good about the Canadian food system, though often they had poor knowledge of how food is produced. For example, when given the statement that "A dairy cow gives milk only after calving", most responders were unsure and there were about as many that agreed with the statement as those that disagreed.

However, they are also influenced by the words used to describe food production. For example, they respond favourably to hearing that chickens have access to "nest boxes", but negatively to words like "cages" or "antibiotics", without appreciating that antibiotics are used to treat diseases in animals to improve animal welfare and that their use is highly regulated. While many consumers are moving toward plant-based protein, many still like red meat. He pointed out that before Covid-19, about 40% of our food dollar was spent in restaurants. This was attributed in part to the fact that restaurants communicate directly to us and make the choices for us, despite providing fewer choices. During Covid-19, this changed slightly. Though many learned how to bake, they also still ordered from restaurants.

Much of his talk focused on food waste. Using data collected from Guelph green bins, the study showed that for average Guelphite households, weekly avoidable food waste amounts to \$18 and 3,300 calories and contributes 23 kg of CO<sub>2</sub>. While most waste was from vegetables (couldn't that be used to make vegetable soup?), he also documented waste of food that was well before their best before dates. During Covid-19, the amount of food waste remained about the same, while the amount of avoidable food waste declined about 30%. In trying to determine what drives food waste, his research showed that even families that are aware of food waste tend to buy at big box stores and do big shops. Even once the food is at home, the convenience of going out to eat or use of processed foods is a greater determinant than trying to decrease food waste. From the point of view of food supply during Covid-19, he noted that the supply chains were relatively robust. However, some producers had to change the format of their products, e.g., fewer individual creamers for coffee but more bulk containers of milk. For example, although Covid-19 outbreaks in some Cargill plants reduced meat supply in Canada, the overall supply chain was able to source meat elsewhere. Canadians were not really affected directly.

During his talk, Dr. von Massow gave us plenty of food for thought and most of it was not wasted. We were left with a better appreciation for what drives attitudes for food choice, vulnerabilities of supply chains during a pandemic, changes in the industry as a consequence of a pandemic and the need to address food waste. For those who would like to know more about the food industry, Dr. von Massow hosts a blog at <https://www.foodfocusguelph.ca> and a podcast at <https://www.foodfocusguelph.ca/podcast>

*Report by Peter Krell*

# PANDEMIC PASTIMES

## Recommended Lockdown Viewing/Listening/Baking (Page 3)

Remember to check the CURAC website for Later-Life Learning events where many virtual events and courses, hosted by member universities, can be found clicking on the "Committee" page for Later Life Learning.  
<https://curac.ca/committees/lll-committee/>

### DOCUMENTARIES

#### Crip Camp

2020, 1 hr. 46 min. | Directed by James Lebrecht and Nichole Newnhan  
<https://cripcamp.com>  
Recommended by Kryz Mooney

*This story focuses on the early days of the disabled rights movement. In the 1970s, a group of disabled teenagers met at Camp Jened, in the Catskill mountains of upstate New York. Some of the campers went on to become the most prominent civil rights activists and were instrumental in pushing lawmakers to pass the federal Americans with Disabilities Act in 1990. Produced by Barack and Michelle Obama, this as an uplifting and inspiring documentary. Available on Netflix.*

### BOOKS

#### On Looking: A Walker's Guide to the Art of Observation

Written by Alexandra Horowitz  
Recommended by Sue Wi-Afedzi

*Alexandra Horowitz takes us on a series of walks mainly through her neighbourhood of Manhattan, accompanied by an "expert" in various aspects of perspective. Her companions range from a three-year-old, a geologist, an artist, a blind friend, and ultimately to a dog with a whole range of dynamic characters in between. Each walk is its own chapter, revealing the richness of the world surrounding us exposed by her current companion. It is a fun and absorbing read.*

### TELEVISION SERIES

#### The Life-Sized City

Available free streaming at TVO.org  
Recommended by Frances Sharom

*This ground-breaking series (three Seasons, 6 episodes each) is hosted by urbanist par excellence, Danish-Canadian Mikael Colville-Andersen (and his children), as they visit various unique cities around the world to examine how well they are serving their inhabitants at the local level. Features interviews with activists, hands-on involvement, and lots of innovative approaches to urban living that could be implemented in Canada. A fascinating look at how the modern metropolis works around the world.*

### MOVIES

#### The Dig

Available on Netflix  
Starring Carey Mulligan and Ralph Fiennes  
Recommended by Frances Sharom

*This beautifully made period movie is based on the true story of the discovery of the Sutton Hoo "hoard" in Suffolk, southwest England in the late 1930s. A local gardener/amateur archeologist is encouraged by his employer, a rich widow, to start excavation of several ancient burial mounds on her estate. Months of back-breaking work led to the discovery of the remains of a massive 6th century Saxon burial ship, filled with spectacular objects made of gold, silver and jewels from Sri Lanka, precious goods from around Europe and the Mediterranean, as well as military equipment including weapons, helmets and shields. The discovery of the richest medieval burial ever found in Europe stunned historians, and forever changed their view of the Dark Ages. Highly recommended.*

## Recent Retirees

### March 2021

Joanne Campbell	OVC HSC Administration
Jay Dunlop	Phys Res-Custodial
Ivan O'Halloran	Ridgetown-Academic
Mark Rogers	Phys Res-Bldg Mech
Kim Zinken	Hospitality Services

### April 2021

Lina Fracasso	Fam Relns & App Nutr
Joan Holland	LSD-Analytical Biol
Carolyn Lucio	Ridgetown-Cont Ed
Joyce Rousseau	Pathobiology
Arthur Schaafsma	Ridgetown-Academic
Douglas Schaefer	Learning Technology

### May 2021

Carolyn Bennett	OVC HSC Clinical Sup
Brent Densmore	CCS - IT Communications
Barbara Grabowska	Hospitality Services
Robert (Verne) Harrison	Art Gallery Guelph
Janette Hogan	Admissions
Eve Ketchum	Hospitality Services
Clare MacMartin	Fam Relns & App Nutrition
Paul Nequest	Phys Res-CUP
Altat Virani	Hospitality Services
Barry Wheeler	Student Access Services
Patricia Wright	Integrative Biology



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## Did you have questions?

If you have questions about your benefits, please contact Sun Life by checking your claim at <https://www.sunnet.sunlife.com/signin/mysunlife/home.wca> or calling 1-800-361-6212. If you have questions about your pension or to change your address or status, please check out this website: <https://www.uoguelph.ca/hr/retire>. If you other questions or concerns, please contact UGRA at [ugra@uoguelph.ca](mailto:ugra@uoguelph.ca) and we will see if we can help.



## 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 financial support we can 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.

## 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

Spring 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](mailto: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

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## 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, September 3, 2021.

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PUBLICATIONS MAIL AGREEMENT NO. 40064673

RETURN UNDELIVERABLE CANADIAN ADDRESSES TO:  
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