The 32nd President’s Reception for Retirees

The 32nd President’s Reception for Retirees will be held on Saturday, October 13, 2012, at 2:00 pm in Marshall McLuhan Hall, Room 204 University Centre, the University Of Manitoba, Fort Garry Campus.

You are invited to meet with Dr. Joanne Keselman, Vice-President (Academic) & Provost, who will represent President Barnard at the reception and provide an update on the University, and to meet with other University of Manitoba retirees and with our speaker, Dr. Peter Jones, Director of the Richardson Centre for Functional Foods & Nutraceuticals, who will speak on “Putting your Best Food Forward”. Dr. Jones will review the history of food composition across the last few thousand years, which has resulted in the gradual whitening of what we consume through modern processing approaches. Now the move is towards adding back in all those nutritious, health promoting elements (functional foods!) that we were so busy removing over the past centuries.

Dr. Jones is the Canada Research Chair in Functional Foods and Nutrition and joined the University of Manitoba in 2005 as Director of the Richardson Centre for Functional Foods & Nutraceuticals. His main appointment is in the Department of Food Science, with a cross-appointment in Human Nutritional Sciences.

A native of Vancouver, Dr. Jones received a BSc degree in Biochemistry and an MSc in Human Nutrition at UBC. He completed a PhD in Nutritional Biochemistry at the University of Toronto and, as a post-doctoral fellow, completed two years with the Clinical Nutrition Research Center at the University of Chicago. He was the Director of the School of Dietetics and Human Nutrition at McGill University from 1994-1999, while being a professor in the school and holding a cross-appointment in the Department of Medicine until 2005.

Dr. Jones serves currently as President of the Danone Institute for Nutrition in Canada and is Past-President of the Canadian Society for Nutritional Science. He also serves as Chairman of the Functional Foods and Nutraceuticals Board of the Forbes Medi-tech group. Dr. Jones’ research includes cholesterol, fat and energy metabolism. His research group is actively exploring the dietary determinants that control cholesterol biosynthesis absorption and turnover in humans and how plant sterols act in functional foods as cholesterol-lowering agents. His other research areas include exploring which fats confer optimal health during weight reducing diets. He has published over 270 peer-reviewed research articles and reviews in international journals.

At the reception that follows, there will be time to greet your former colleagues and friends. Spouses/partners are also welcome to attend. Also, please invite those survivors of retirees whom you know. You are asked to RSVP by Friday, October 5, 2012, to Linda Lassman at email: linda.lassman@ad.umanitoba.ca or by telephone at 204-474-9124.

UMRA Annual General Meeting
The 2012 UMRA Annual General Meeting will be from 12:30-2:00pm, Saturday, October 13, 2012, in Room 543-544 University Centre, University of Manitoba, Fort Garry Campus. All retirees are invited to attend this meeting, which takes place before the reception.
Centre on Aging  
Spring Research Symposium  
Celebrating thirty years of research in aging, the Centre on Aging held its 29th research symposium on the University of Manitoba Bannatyne Campus, with over 400 people attending. This year marks the Centre’s 30th anniversary since its establishment at the University. To highlight this anniversary, Founding Director Dr. Neena Chappell returned to deliver the opening plenary session and the Centre celebrated with cake in the afternoon. Presentations were diverse and some of the presentations focused on care-giving, continuing education, and looking at the health care system for an aging population. In addition to the presentations, a poster session showcased 29 researchers’ work, and the Centre awarded its faculty and student scholarships.

For information, contact Centre on Aging, phone: 204-474-8754.  
E-mail: aging@umanitoba.ca  
Website: www.umanitoba.ca/centres/aging.

Love to Sing?  
The Bison Men’s Chorus is welcoming new members for the 2012-13 season.  
If you sing in the male vocal range (tenor, baritone, bass), we would love to have you join us. Rehearsals are every Tuesday, starting Sept 4th, from 5-7pm, Room 200 of the Education Building, Fort Garry Campus. No audition required.

For more information:  
e-mail: bmc-info@umanitoba.ca  
call Steve Denby at 204-889-4950  
website: www.BisonMensChorus.ca

John Mundie Honoured for his Role in Forming UMRA  
At the April, 2012, Reception, UMRA President Jay Goldstein presented an award to John Mundie in appreciation of John’s contributions to the Retirees Association and for his work on behalf of U of M retirees over the past 15 years. Jay pointed out the many “firsts” in which John was involved: becoming the first retirees’ representative for the U of M’s United Way Campaign in 1996; organizing the first retiree group at the University (the Retirees’ Committee) in 1996; and in 1997, both helping to plan the first President’s Reception for Retirees and co-editing the first issue of the Retirees’ News. John played the key role in the creation of UMRA and in 2003, he led discussions with the University which resulted in the formal recognition of UMRA as the body representing all retirees of the University of Manitoba. In 2004, John became UMRA’s first president. He has been Past President and has chaired and served on several of UMRA’s committees. In addition, John has authored a pamphlet on supplementary health options after age 75 and has written a history of UMRA, both of which are available on the UMRA website: either look under “About UMRA” then click on “History” or type http://umanitoba.ca/outreach/retirees/about/149.htm into your web browser.

Margaret Mundie, also received an award at the reception. Lois Brockman, UMRA’s Past President, presented Margaret with a gift certificate in appreciation of her generosity as hostess during the many UMRA meetings that have been held in the Mundies’ home.

New Libraries Policy Affects Retirees’  
Remote Access to Electronic Resources & Document Delivery  
A new Libraries policy concerning document delivery services and remote access to electronic resources (such as databases and journals) by retirees has come into effect. Because of license agreements with vendors, individuals who retire on or after July 1, 2012, can access electronic resources on campus only, not remotely, and will not be eligible for document delivery services. Retirees with continuing appointments (e.g., Senior Scholars and Professors and Deans Emeriti) can access electronic resources remotely regardless of their retirement date. Individuals who retired before July 1, 2012, continue to be eligible to access electronic resources remotely (as well as on campus) and for document delivery services. To see the services available to retirees, please visit http://www.umanitoba.ca/libraries/services/borrow_privilege.html. If you have questions about the new policy, please contact Lisa O’Hara, Head of Discovery & Delivery Services, at 204-474-7852.
Healthy Aging & U

Join us on Wednesday October 3rd, 2012, to kick off Seniors Month. The University of Manitoba Lifelong Learning and Bison Recreation Services invite you to “Healthy Aging & U”, a day of education and activities. Try a variety of physical activities designed for older adults to learn about healthy living, such as Zumba Gold, Urban Poling, Yoga, and Joint Works. In addition to these active sessions, you can attend information sessions on topics of interest such as nutrition or the impact of muscle strength on aging. This is also a great opportunity to socialize and spend a day improving your health.

Fall Forum Series
Care Giving/Caregivers
This one-day forum will look at the topic of care giving and caregivers from economic, social/psychological and legal perspectives.

Healthy Bones & Muscles
The second health forum will look at how the aging process affects bone and muscle health, along with ways to incorporate healthy active aging into your lifestyle.

Lifelong Learning Website
For events and activities at the U of M and in the community, visit the website www.umanitoba.ca/extended/life. The latest details on Healthy Aging & U and the Fall Forum Series are also available here.

For more information and to register please contact: Janine Drennan Alsip 204-474-6661 or E-mail: Janine_Drennan@umanitoba.ca

Retiree Centre Development on Southwood Golf Course Land

The Retiree Centre Committee continues to work with the Campus Planning Office on the plans for the development of the golf course lands, which were purchased by the University from the Southwood Golf Club. Formal title to this property was received by the University on November 1, 2011. To keep continually updated on the progress of development plans, go to the UMRA website homepage at http://umanitoba.ca/outreach/retirees and click on “Golf Course developments more” on the right side.

United Way Winnipeg Campaign 2012

Retirees of the University of Manitoba annually demonstrate their commitment to the improvement of the lives of others through their substantial support of the United Way Campaign. In 2011, over $126,000 was contributed by retirees to the United Way Campaign in Winnipeg. This fall, you are encouraged to once again recognize the important work done by agencies funded through the United Way.
Employee Assistance Program

UMRA is pleased to announce that the University has accepted our proposal that retirees and their immediate family members be eligible for the Employee Assistance Program (EAP)*. The EAP is a free, confidential counselling service which allows you to discuss your personal problems and concerns in an understanding and professional environment. The program is designed to help with a wide range of personal issues (including those related to the transition from work to retirement) before they become more serious. A complete list of EAP services, which include e-counselling, an on-line wellness library, and on-line stress management, is available at: http://umanitoba.ca/admin/human_resources/eap/services/index.html.

Retirees can reach EAP counsellors by phoning 1-800-387-4765. Counsellors also may be contacted on-line at https://www.shepell-fgiservices.com/ec/index.asp.

*Please note that at the time this issue of the Retirees’ News went to press, Human Resources had not updated the EAP brochure found at http://umanitoba.ca/admin/human_resources/eap/media/eap-brochure-pswd.pdf to indicate that retirees are eligible to use the program’s many services.

UMRA Membership Application

If you are not yet a member of the Retirees Association, please join us by sending in the application for new membership which is enclosed with this issue of Retirees’ News. Information about UMRA and about our membership categories is on the reverse side of the application form. The membership year is October 1-September 30. Membership fees are $15/year and $100 for a Lifetime Membership. If you are currently an Associate Member of UMRA, you can use the application to change your status to that of Member. A copy of the membership application form is also available on the UMRA website at http://umanitoba.ca/outreach/retirees/membership/59.htm.

Submissions to Retirees’ News

All Retirees are invited to submit articles or announcements by e-mail for inclusion in the next Retirees’ News at: retirees@cc.umanitoba.ca

Deadlines for submission of articles to Retirees’ News:

July 15 for September newsletter

January 15 for March newsletter

Spring 2013 Presidents’ Reception

The next Presidents’ Reception for Retirees will take place Saturday, April 13, 2013, at 2:00 pm in Marshall McLuhan Hall, 204 University Centre, University of Manitoba, Fort Garry Campus.