

Retirees'

Volume Twenty-three, Issue One
Autumn, 2018

News

The 44th President's Reception for Retirees

The next President's Reception for members of the University of Manitoba Retirees Association (UMRA) is set for **Saturday, October 20**, at 2:00 pm in Marshall McLuhan Hall in UMSU on the Fort Garry campus. The Annual General Meeting of UMRA is scheduled prior to the reception from Noon to 1:30 pm in the same location.

What's New in Medical Genetics -- in 15 minutes!

The featured speaker will be Dr. Cheryl Rockman-Greenberg. Dr. Rockman-Greenberg is a Distinguished Professor in the Departments of Pediatrics and Child Health & Biochemistry and Medical Genetics at the University of Manitoba, and the Children's Hospital Research Institute of Manitoba. She will present a short talk on Medical Genetics.

As an academic clinician, Dr. Rockman-Greenberg has focused her research on the identification of the molecular and metabolic causes for specific genetic disorders that are over-represented in Manitoba's unique populations.

Much of her research has involved newborn screening -- which allows for pre-symptomatic detection of metabolic genetic disorders that, if detected before symptoms appear, are amenable to effective treatment. These



Cheryl Rockman-Greenberg

disorders have been the focus of the Metabolic Disorders Research Team of which she is a part.

Her research projects include DNA-based newborn screening for CPT1 deficiency in the Hutterites and Inuit and DNA-based newborn screening for glutaric acidemia type 1 (GA1) among the Oji Cree. These projects evolved with community partnership and support, and always go back to the leaders of the respective communities to present their research findings and to ensure that the patient is always at the center of health care recommendations.

Dr. Rockman-Greenberg was invested into the Order of Manitoba on July 12, at the Manitoba Legislative Building.

University of Manitoba Updates

Unfortunately, President David Barnard was unable to speak to UMRA members at the April reception. He has promised to present an update on University of Manitoba developments at the October meeting.

If you are planning on attending this fall's reception, you are asked to RSVP to Lynn Bohonos, Learning and Organizational Development, by Friday, October 5, 2018. You may telephone Lynn at 204-474-9124, or send her an email at: lynn.bohonos@umanitoba.ca.

President's Message

I hope this message finds that you enjoyed the warm and relatively mosquito-free summer.

On Tuesday July 10, 2018 approximately 20 UMRA members had an enjoyable air-conditioned trolley tour through Winnipeg's exchange district and older areas of Winnipeg, including Assiniboine Park. Historical events and landmarks were identified throughout the journey along with interesting anecdotes and comments. A number of the attendees commented that they were not aware of the many facets of Winnipeg's history and culture, and therefore found the trolley tour to be a real educational experience.

I am pleased to announce that Ed Unrau, Past President of UMRA, received an Appreciation Award from CURAC at their 2018 Annual Meeting hosted by Dalhousie University and St. Mary's University in Halifax in May of this year for editing and looking after their national newsletter.

As part of this year's University of Manitoba Homecoming celebrations, Lisa Tinley, Associate Director of Bison Sport and Recreational Services,

would like to extend an offer to UMRA members the opportunity to get two for the price of one Bison Football Homecoming game tickets. The game is scheduled for September 29, 2018 and features the Manitoba Bisons versus the Regina Rams. Interested UMRA members should contact Lisa Tinley at Lisa.Tinley@umanitoba.ca for tickets.

In our Spring Newsletter, there was a column reprinted from the Simon Fraser University Retiree Newsletter by Parveen Bawa concerning aspects of polypharmacy. As a retired Pharmacist, I am surprised that there were no responses from University of Manitoba retirees concerning its content. I would like to emphasize that polypharmacy is not invariably unnecessary and/or inappropriate. However, the concurrent use of multiple medications does increase risk of adverse outcomes. Since health care providers are a diversified community, it is strongly recommended that older persons review with them annually their medications. This review must include concurrently ingested over-the-counter products, including alternative health remedies. Important



Daniel Sitar, UMRA President

interactions are continually being recognized and updated. With respect to health maintenance, I wish to remind you that Central Administration has negotiated significant improvements to our group supplementary health plan that took effect as of July 1, 2018. I look forward to seeing you at our Annual Meeting and President's Reception for Retirees that will take place in Marshall McLuhan Hall on October 20, 2018.

In closing, as the season of charitable giving approaches, I ask you to consider the UMRA bursary and scholarship funds as suitable recipients for your donations in 2018.

Daniel Sitar, President, UMRA

From the Editor



Gene Walz

At last – a contribution by a retired UM staff member, not a retired prof!

On page three of this issue in the

space called "Retired, Not Entirely!" is a story about retired staff members who have embarked on some interesting post-retirement volunteer "work". I've been hoping to get something like this since I became this newsletter's editor.

Unfortunately, on the day that I put on my reporter's hat to cover the program, the scheduled class of students failed to show up. But I did get some photos of the volunteers in costume to enliven the article.

I know that there must be some other retirees out there who similarly volunteer at Siloam Mission or the Humane Society or some other worthy post-retirement "work". Let's hear from you.

I hope I'm not stealing any of President Barnard's thunder at this fall's

reception, but I must report that things are happening at and near University College. The residence wing is getting all of its windows replaced. And the road from the Law School around to the entrance to B Lot has been replaced down to the foundation, i.e., completely redone, not just resurfaced. For years I thought the university was saving on speed-bumps by letting the roads deteriorate. I was wrong.

Gene Walz,
Senior Scholar,
Dept. of English, Theatre, Film, and
Media

Retired? Not Entirely!

Little Vikings on the Prairie

In cooperation with the Royal Norwegian Embassy in Ottawa, Parks Canada, and the Scandinavian Cultural Centre on Erin Street, a unique program, "Everybody Wants to be a Viking," was established in May 2011 by UM retiree Natalie Denesovych. The purpose of the program is to encourage children in Grades 3 and 5 to experience the daily work, customs, and cultural traditions of the Vikings in North America. Twice a year the program's main activities take place in a simulated Chieftain's Lodge, complete with replica Viking furniture and household items, on the second floor of the Scandinavian Cultural Centre.

Under the leadership of Ms Denesovych, the honorary Norwegian consul for Manitoba since 2004, the school program seeks to dispel stereotypes that the Vikings were only pillagers and plunderers. The interactive, educational program focuses on what everyday life might have been like in the year 800 AD.

"Recreating the year 800 was our greatest challenge. You can't just go to the local mall and purchase replica clothing and artifacts from the Viking period," said Ms Denesovych. "One of the hardest items to track down," for instance, "was adult-sized patterns for costuming. Although the Internet has patterns, they are printed on regular sized paper. It wasn't until we bought a book written by Nille Glaese that we

had success. Even her patterns were challenging, but with the help of knowledgeable garment makers and a draftsman we were able to create our own set of clothing patterns." In the simulated Viking lodge, school children meet trained volunteer actors who intensify the experience with their authentic costumes and personalities. Children chat with Freya, the wife of the Chieftain; Gro, the slave who helps with the daily chores; Arne, the farmer; and Gudrun, the wise woman. They also meet a woodcarver, a blacksmith, a shipbuilder, an explorer, a storyteller and a fortune-teller.

The children, who don Viking jackets during the two-hour



Valerie Olsen (right) and Joanne Tavachek

visit, can also feel the weight of a Viking helmet, which has no horns – a surprise to most visitors – heft a non-lethal sword and axe, card wool, or handle hack silver used in trading. Young visitors learn to write their names using rune stones and take home a unique necklace. Visitors are invited to sample flatbread and an apple drink, and to watch as skilled artisans demonstrate tablet weaving and woodcarving.

"They had lots of fun decorating their rune stone necklaces, and they were thrilled to be wearing a Viking jacket," said Ms Denesovych. But the interesting thing was in how the children commented on how well the Vikings ate."

The children were surprised to learn that the Vikings ate blueberries and raspberries. The actor who was making the "fake stew" explained that the stew contained meat, carrots, peas, cabbage, onions, and leeks,



Richard Castro and "Leif the Explorer"

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On “Retirement”

Some Personal Musings and Comments

by Ab Chudley

I have practiced academic medicine (university-based medical practice, teaching, research and administration in Medical Faculties) at both the University of Saskatchewan and University of Manitoba since completing my MD degree in 1974 and five years of postgraduate specialty training (in pediatrics, neonatology and medical genetics). The positions I had were very rewarding. I was able to contribute in my clinical practice to benefit my many patients. I was active in the community with various boards and our church. I helped develop postgraduate programs locally and nationally, teaching students at all levels, doing clinical and bench research, writing and obtaining research grants, publishing in peer reviewed journals, books and book chapters and contributing to academic and clinical program administration. I was on call on many days, evenings and weekends throughout my almost 40-year career, and my greatest relief after retirement was no longer carrying and responding to that “dreaded” beeper. I am grateful for the opportunities and proud to have served in various capacities at the University of Manitoba to enhance undergraduate and postgraduate educational programs over the many years.

The decision of when to retire varies and depends on our own unique circumstances. For me, I thought age 65 or 66 years of age seemed reasonable, and as it turned out that is when I retired. I did not want to be forced to retire for health reasons or because my skill level was diminished. I wanted to leave my



Ab Chudley

work on my own terms, at my own time and when I was still productive and at the top of my game. However, I also wanted to continue working as long as I enjoyed the work and felt the passion and energy to do it. I did not want to hold a salary that was needed by a young and bright professional who would benefit the profession and our patients. Now almost 3 years since retirement from into retirement I have no regrets.

A recent analysis of age of retirement of GFT (geographic full time) university-based physicians (i.e. academic physicians) at the University of Manitoba, was 66 years. In a 2017 article published in the Canadian Medical Association Journal the researchers determined that the age of retirement of physicians in British Columbia was 65 years, with no differences based on general vs. specialty practices. This was interesting and reassuring to me since I retired at 65 years 3 months of age.

The trend for full-time university professors in Ontario and presumably those in Manitoba is for delaying retirement, where 71 is the new 65 (Macleans Magazine, March 6, 2018). In the cohort of professors over the age of 65, the

majority are over 70 years of age. In 2012, Statistics Canada reported that 24 percent of Canadians aged 65 to 69 were still in the workforce, compared with 11 percent in 2000. This trend can limit the hiring of younger professors which does not bode well for increasing diversity and may possibly reduce the quality of education. This trend, in part, is due to changes in legislation that no longer allows mandatory retirement (this law was passed in 2012 for all of Canada). These laws were the result of human-rights legislation and age-discrimination lawsuits.

It is best not to retire “cold turkey”, regardless of your university profession. Retirement ideally should be planned in a deliberate and transitional manner. The year before my planned retirement I purposely reduced my administrative load by stepping down as Medical Director in the Program in Genetics and Metabolism. As a result, a large number of meetings and committee commitments were dropped from my schedule as well as a fair reduction in responsibility. I also took a lighter teaching load. Thus my last year was the most enjoyable year of my career.

Following my formal retirement and for about two years subsequently, I continued a limited clinical practice, provided some teaching at the University and continued on graduate student MSc. and PhD committees. I had been awarded Professor Emeritus status that allowed me to stay connected to the University and allows me to do research and teaching. After retirement I was blessed to have

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more work than anticipated. My last day was December 31, 2015, and my new role in the political arena with full time responsibility began January 1, 2016 entailed work almost every day, evening and weekend for four months. I took on this new role after my daughter was nominated by a provincial political party to run in the April 19, 2016 provincial election. In mid-December 2015, my daughter asked me and my wife Jenny to assist her in the political campaign, and I acted as the campaign manager. I must admit I had no big "P" political experience what-so-ever, but my interest in medical politics probably helped a bit. I did learn that "manager" really meant managing to stay out of the way of the political professionals! I am proud to say that my daughter was successful; she is now serving as my MLA.

The reaction from others about my plan to retire was generally

well received. However, I also got comments such as: "How is your wife going to cope with you being around home all day?" or "What are you going to do with all your free time?" or "Aren't you going to miss your work and your colleagues?" or "You will need to take up hobbies to fill your empty days" or "We expect to see you coming back to work soon after you find you are too bored in retirement". Does this sound familiar to the readers?

I do miss my colleagues, students and patients, but I have no regrets. I enjoy relaxing at home with my wife when we aren't busy with family responsibilities involving our five adult children and 13 wonderful grandchildren. Hobbies are important. Mine is stamp collecting; but sometimes it is difficult to fit in with the 'busy-ness' of my retirement. Jenny and I have also done some travel abroad on vacation and to visit friends.

Teaching (genetics and pediatrics) still occupies some of my time, and with Jenny I have become involved in teaching EAL (English as Alternate Language) to new immigrants on weekends. I have also been asked to give lectures abroad over the past year (Minneapolis, Florida, Boston most recently), and in September Jenny and I plan to go to Belize to speak to physicians, health care providers, social workers and teachers on Fetal Alcohol Spectrum Disorder. Recently I have taken on being chair of the Board of a local health care facility. Perhaps of interest to members of UMRA, I look forward to serving as a member-at-large on the UMRA executive. Life can be full and rewarding in "retirement".

Ab Chudley
Professor Emeritus

Retired? Not Entirely!

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prompting a child in attendance to remark, "The Vikings ate pretty good!"

The program, nearly three years in the planning, is designed to offer a meaningful field trip for children while meeting the schools' social studies curriculum needs. After a successful test-run in May 2011, the program opened in October and runs in one-week blocks twice a year. All of the October 2018 slots are now filled, and only one slot remains in May 2019.

Funding has come from a mix of private and public donors, including from the clubs that...make up the Scandinavian Cultural Centre, the Consulates of Denmark, Iceland, Norway, and Sweden as well as the Danish and Norwegian Embassies in Canada. Local volunteers enthusiastically make up the backbone of the project. Two other UM retirees, Marilyn Loat and Judy Powell, are volunteers in the program, helping in the craft area where children make their own rune stone necklaces.



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Natalie Denesovych was the manager of Protocol and Special Events for the office of the Vice President External when she retired in 2008 after forty years of service. In the fall of 2006 she was awarded the President's Award for Excellence.

Marilyn Loat retired in 2013 as Administrative Assistant for Classics, Film and Theatre after 23 years at the UM.

Judy Powell retired in 2011 from the Department of Agricultural Economics where she was the Graduate Studies Assistant.

In Memoriam

You may not be aware of the In Memoriam section of UMRA's website. It provides information about deceased retirees (including links to obituaries).



University of Manitoba - Outreach - Retirees - Corner - In Memoriam

In Memoriam has been created to keep UMRA members and other interested individuals informed of the passing of retired employees of the University of Manitoba.



Contact information for UMRA

The University of Manitoba Retirees
c/o Learning & Organizational
Development
137 Education Building
The University of Manitoba,
Winnipeg, Manitoba R3T 2N2
Phone: (204)474-7175
E-mail: retirees@umanitoba.ca

Website:

<http://umanitoba.ca/outreach/retirees>

Email contact to Retirees

UMRA is using e-mail to send reminders and notices of events of interest to retirees. To receive these, retirees should forward their e-mail address to:

retirees@umanitoba.ca

Do you have a new email address?

If you are one of the retirees who has registered for the university's ".umr" email address, please send your new email address to:

retirees@umanitoba.ca

If you have changed internet providers and/or you prefer to use another email address, this request for an update of your email address applies to you as well. This will ensure that you will continue to get regular retiree updates and other missives, including *Retirees News*, the twice-yearly UMRA newsletter.

Computer help still available

Retired university staff members who are also members of UMRA are eligible to use the computer support service provided by three graduate students in the department of computer science. The assistance available covers both hardware and software problems.

The computer service is not "instant" in that it may take a day or two or three for your call for help to be fully processed, partly because the graduate students

are not able to drop everything and partly because incoming telephone and email message are monitored by UMRA executives from their homes.

Computer support is a "fee-for-service" arrangement and you should discuss this at the outset, either as an estimate of time or as a project cost. The service can be provided in your home where desktop equipment is involved, or in the case of laptops on campus or some other

convenient location.

This computer support service is only available to UMRA members with paid memberships; that is, holders of the life membership or those who are paying the annual membership fee.

Call the UMRA telephone number, 204 474 -7175, or send an email to:

retirees@umanitoba.ca