

Retirees'

Volume Twenty-six, Issue Two
Spring, 2023

News

50th President's Reception for Retirees

The next University of Manitoba President's Reception for members of the University of Manitoba Retiree Association (UMRA) is set for Sunday April 23, 2023 at 2:00 pm in McLuhan Hall in UMSU on the Fort Garry campus.

President Michael Benarroch will be in attendance. He will talk about recent developments and priorities of the university.

The featured speakers at this spring's reception will once again be several graduate students who gave outstanding presentations at the Three Minute Thesis competition. Since these speakers were so enthusiastically welcomed by retirees at previous President's receptions, the UMRA Executive decided to repeat the program this year.

For those who missed the previous 3MT® presentations, the Three Minute Thesis (3MT®) is a research communication competition developed by the University of Queensland in Australia in 2008. The objective of the 3MT® is to compress months, even years, of graduate research into an attrac-



tive three-minute presentation. Participation in the 3MT© concept initially grew in universities in and near Australia. By 2011 the first 3MT® competitions were held in Canada, the United States and the United Kingdom. 3MT® competitions challenge students to consolidate their ideas and research discoveries so that they can be presented concisely to a knowledgeable but non-specialist audience – which is exactly the kind of audience that attends the President's Reception.

If you are planning on attending this spring's reception, you are asked to RSVP to Lynn Bohonos, Learning and Organizational Development, by Monday, April 10, 2023. Just send her an email at: lynn.bohonos@umanitoba.ca.

Masking is still mandatory on campus.

UMRA President's Message

The year 2023 got off to rough start for me with the passing of my older brother on Jan 5, 2023. My story is likely no different than many of you. In the past year many of my friends and relatives have also been dealing with a death of a loved one, caring for ailing siblings and aging parents, or just dealing with their own health issues and navigating the health care system. I have been reminded many times by friends that supporting our loved ones is noble and kind but taking care of oneself is equally important.

The World Health Organization defines self-care as “the ability of individuals, families and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider.” A number of organizations promote self-care as a means of preventing lifestyle diseases, including heart disease and stroke, cancer, respiratory disease and type 2 diabetes. Therefore, it is timely that we include an article on heart attacks and strokes in women in this newsletter. Many articles on self-care generally include the following tips:

- maintaining a healthy eating plan
- practicing good and consistent sleep habits to ensure you're getting quality sleep (e.g., same bedtime/wake time, reducing screen exposure before bed, etc.)
- staying connected to those who hold meaning in your life by

reaching out to a friend, family member, or loved one just to talk and connect.

- continuing to be physically active
- The challenge will be putting these tips into practise!

Spring is now upon us and I look forward to some exciting initiatives for UMRA. This year is UMRA's 20th anniversary and so we are planning to celebrate this milestone at the Fall President's reception.

We are looking at more ways to promote UMRA and making sure we are meeting the interests of our members related to activities/events provided by UMRA. We hope to survey the members regarding their health benefit needs and ways the website might be more useful.

“...taking care of oneself is equally important.”

We recently reached out to the university archives department to discuss the possibility of archiving important UMRA documents. The university is facilitating this for us and work will begin soon on identifying documents to be archived.

Our website continues to be a work in process due to us moving to a new platform but I must say it is looking pretty good and easy to navigate. We welcome your comments on any aspect of the website.



Janet Sealey, UMRA President

In addition to the ongoing commitment of sponsoring the 2nd prize in the 3MT competition for graduate students valued at \$1250.00, UMRA has made a further donation of \$1000.00 to both the UMRA bursary and scholarship funds. This is in keeping with the mission of UMRA to support the goals and vision of the University of Manitoba community through student awards.

I hope to be attending my first College and University Associations of Canada (CURAC) annual conference May 31st to June 2nd, 2023. It will be an in-person conference in Saskatoon, and I look forward to this event.

As always, thank you for your continuing support of UMRA.

*Janet Sealey
UMRA President*

From the Editor



Gene Walz

I battle daily, often many times a day, against becoming stereotyped as a Grumpy Old Man. I'm sure that most retirees do.

Fortunately for me, my dad was a very even-tempered man. I share enough of his DNA, I hope, that I can overcome the provocations that can cause grumpiness.

For instance, at least four or five times a week I'm phoned by "Services Canada" or "Security" or some other robotic scam artist. There's no way to stop them. I report them; they phone from another number. I hang up abruptly. They continue.

Nor can I stop their felonious buddies who pretend to be the Royal Bank, Amazon, MasterCard, and other legitimate businesses. These so-called "robocallers" are intent on scaring me into sending money or important private info to someone somewhere intent on causing anonymous mayhem. Do they somehow just target seniors like me?

In fact, the phone itself is a continuing source of irritation. Does this sound familiar?

"We apologize for the delay. Please stay on the line. We will be with you shortly. And thank you for your patience." Followed

by "elevator music" -- an annoying instrumental piece designed to soothe you but having just the opposite effect.

A 3 ½ hour wait at 3:30 on Sept. 7. Later a 4 ½ hour wait at 7:15 pm. I awake early to phone on the 8th at 6:30 am, and I'm told there is a 15-minute wait – that turns into 40 minutes.

Do you sometimes wonder if all the big Canadian corporations have pooled their money and hired one only one poor schlub with a heavy, impenetrable accent) to handle ALL of their combined customer service calls?

The Internet these days is sludged with scores of alarming emails. Fake notices, bogus warnings, and connived advertising cannot be stopped anymore by our guardian systems. On any given day I can get a half-dozen unwanted messages. It doesn't infuriate me anymore. I simply click DELETE and calmly carry on.

A couple of weeks ago (as I write this), my computer even

conspired against me. I logged on, went to my UMRA Newsletter page, and discovered that all of the files I'd worked on for this spring's issue had somehow been expunged. GONE! Never, evidently, to be recovered. And, unfortunately my mistake, no back-up. (I'm hoping they won't pop up miraculously once I've re-done the issue, or that, if they do, I won't get apoplectic.)

Fortunately, my dad never had to face these onslaughts!

Other members of the UMRA executive have helped me put together what I think is a pretty good issue. I hope all you readers agree. There's news, info, and opinions. Read on.

(Once again, my thanks to the newsletter's designer, Karen Armstrong.)

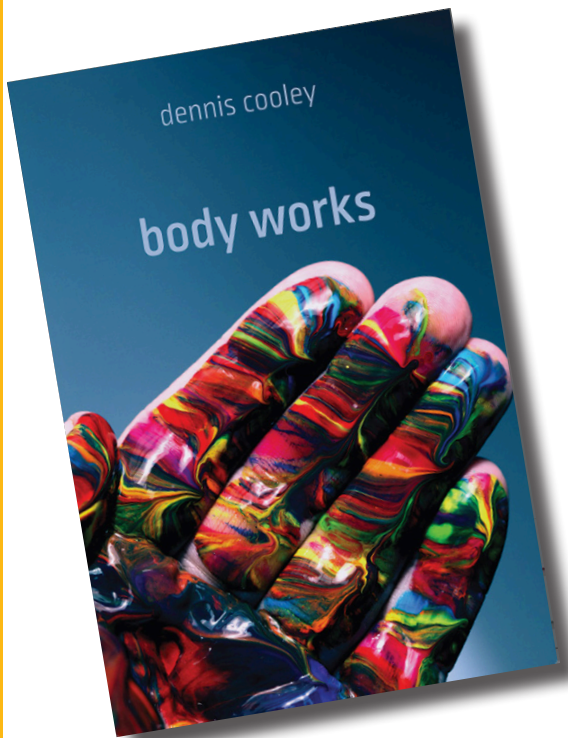
*Gene Walz (retired, but not entirely)
Senior Scholar,
Department of English, Theatre,
Film, and Media*



Photo Credit: Bob Talbot

April Is National Poetry Month

The University of Calgary Press has just published *body works*, the latest book of poetry by UMRA member Dennis Cooley. The poems should be of special interest to fellow retirees because they are written from the perspective of a poet who acknowledges his aging circumstances. They have been described as “sometimes playful, sometimes anxious, and often thought-provoking.”



he returns

*she was not surprised when he said
each breath at night caught him
off guard, he heard*

*the air when his chest moved,
a ship rose in bubbles that
squeaked against each other,
wet cracklings that could be candy,
peanut brittle softly breaking.*

*he heard wheezy sounds in the throat,
small gasps in the sternum,
the complaint of block and tackle
noticed the sounds of rigging at night.*

*he listened to the sea,
gasping into the Gulf of Gaspé,
could not miss the scratch of wind on rope
the sound of cardboard ripping.*

*once he thought of plates in the cupboard,
remembered scraping noises a file makes over wood,
a lot of creaking in his thorax,
the breathings of a coping saw—*

*listened until his daughter said it's a
cabinet maker, you got in there.*



Dennis Cooley has lived his creative life on the prairies, where he has been a poet, publisher, teacher, critic, theorist, anthologist, reviewer, organizer, mentor. He was a founding member and three times president of the Manitoba Writer's Guild, founding editor with Turnstone Press and professor at St. John's College at the University of Manitoba. He is now Secretary on the UMRA executive.

Reflections on Retirement *By John R Wiens*

Reflections on retirement, it seems to me, are the prerogative of the retired, as are the sixth senses of what retirement entails and means.

To me retirement is humanly created metaphor for life after work, work being the supposedly meaningful, worthwhile and useful activity which precedes it. The feedback of the unretired often reveal their idealized idyllic images of retirement. The comments of my fellow retirees imply that I haven't learned what retirement is supposed to be. The perspectives of my former professional colleagues suggest that I and the work I did have reached our expiry, or best before, date. These reactions, rather than frustrate, anger or deter me fill me with gratitude, joy and a need to "educate" them on retirement.

My own retirement has proven to be a joyful, mostly undeserved, reward for an incredibly rich earlier life which still informs my attitudes and actions. It is filled with rich, grateful memories of early life on the farm with my "farmer philosophy" parents. I often recall, or am reminded, in my daily musings of the many thousands of wonderful young people, professional colleagues, and kindred spirits I have met and of the many diverse communities who welcomed me into their midst. I meet many in my wanderings wherever I go in Manitoba and Canada, often at the most opportune times, too often to be considered mere coincidence.

My web of relationships, enhanced by the friendships of our children and grandchildren, provides me with powerful reminders of the vastness and variety of the human condition, and its poten-



tial for novelty, optimism and enrichment. My spirit is uplifted by my human connections and by the hope and potential for good that endures in our young people, my retired friends and the people I encounter every day, especially evident in times of adversity.

Farmer philosophy is that you make the best

of the situation you find yourself in. If it calls on something to be done and you happen to be there and might be capable of doing something about it, you step up and do it. My parent's voices continue to ring in my ears, and I use

their attitude to inform my current activities and justify my actions to my fellow retirees.

So I find myself engaged in a variety of activities for which I

think my past experiences have prepared me and now, perhaps more than ever, I realize that I was destined to be a teacher and teaching for understanding gives me the greatest joy. This year I have been teaching in the Faculty of Education

again, about Canadian school systems to undergraduates and Educational Politics to practicing teachers.

Teaching adults is, of course, politicizing rather than educating,

“...I find myself engaged in a variety of activities for which I think my past experiences have prepared me”

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Participants Wanted

Zach Havens, a Master's student here at the U of M in the Department of Computer Science, along with Dr. Celine Latulipe, is conducting a study as part of his research into older adults, caregivers, and banking technologies. They are looking to recruit older adults (65+) who bank online, or people currently supporting older adults using online banking to perform financial tasks. To this end, they want to reach out to see if it would be possible for the Retirees Association to share recruitment materials with their members so they can participate if they wish. Below is some information about the study.

The purpose of this study is to gather information about how informal caregivers who provide support for an older adult with banking tasks make use of online banking. Their study will make use of a prototype of a theoretical online banking interface to give participants the opportunity to interact proposed design changes and gather feedback. Results of this study will help with the development of new online banking interfaces that more securely support older adult banking clients and their caregivers.

We are looking for individuals who meet the following criteria:

- Must be 18+ years of age
- Must use online banking to perform financial transactions or other tasks

- Must either:
- Support an older adult (65+) with their banking
- Be 65 or older

Participation in the study will consist of a single session lasting approximately 90 minutes and **can be conducted in-person or online.** We will ask you about your current

caregiving relationships that involve older adults with banking tasks, how caregivers access accounts, and

what concerns and challenges you see. We will then ask you to interact with a prototype of an online banking interface while you discuss your experience aloud. This prototype will have elements designed to support close others when conducting banking tasks on behalf of an older adult. Finally, we will ask you about your perceptions of the potential effectiveness and impacts of these nudges. Risks associated with participating in this study are no greater than in everyday life. The benefit of participation is making sure that your experiences with informal care are considered when we make suggestions for future designs intended

“Results of this study will help with the development of new online banking interfaces that more securely support older adult banking clients”

to support you and other caregivers.

Once you consent to taking part in the study, as a token of thanks for your cooperation, you will receive \$30 compensation. This can either be e-transferred to you directly or given as a donation to one of 5 pre-selected charities. Those

who participate in-person will also be given a parking token for a University parking lot.

If you are interested and meet the above criteria, please follow the link to the

consent form found on the [study website](#), and send the completed form back to us.

This research has been approved by the Research Ethics Board at the University of Manitoba, Fort Garry campus. If you have any concerns or complaints about this project you may contact any of the above-named persons or the Human Ethics Coordinator at 204-474-7122 or humanethics@umanitoba.ca.

To ask questions about this study, please email Zach Havens: havensz@myumanitoba.ca or Dr. Celine Latulipe: celine.latulipe@umanitoba.ca.

Audience Wanted

The Bison Men's Chorus will present its spring concert on April 30, 2023 at 2:30pm in the St. Paul's Anglican Church on Point Road. Admission is \$15.00. The chorus is comprised of men from all walks of life but contains several UM retirees, among them: Bill Guenter (Animal Sciences), Richard Ellis (Libraries), John Long (Education), Gene Walz (English, Film, Theatre, and Media), and Paul Hope (Language Centre).

Upcoming Events:

UMRA Group Tour of the Royal Aviation Museum



Mezzanine view, overlooking the galleries. David Lipnowski photo

Save The Date:

Wednesday, May 17, 2023!

Tour start time- 2:00 pm

Limited to first 50 registered participants

Two tour groups 15 minutes apart, 25 in each group

Tours are 45 - 60 minutes long

Admission rates:

Members (Lifetime, Annual, Biennial) - \$11.00

Associate member, spouses, guests - \$16.00

Your admission allows you to come earlier and stay as long as you want. There is a coffee shop in the museum.

Parking is available near the museum for \$5.00. Check their website for details.

Registration and payment for the event is required prior to May 5, 2023. Payment options: by cheque payable to University of Manitoba Retirees Association, forward to Event Coordinator, 353 Brock

Street, Winnipeg, Mb, R3N 0Y8; or by INTERAC e-Transfer to “retirees@umanitoba.ca” (with the message “your full name and Aviation Museum Tour”).

If you are not certain of your membership status, please email retirees@umanitoba.ca or call 204-474-7175.

Further details will be made available and posted on the umra website <https://umanitoba.ca/um-retirees-association/events-activities>



Exterior of museum. David Lipnowski photo

CURAC Seminars

The College and University Retiree Associations of Canada (CURAC) offers many interesting workshops and seminars. Please check the UMRA website on the Events and Activities page at <https://umanitoba.ca/um-retirees-association/events-activities> and then click on the CURAC Later Life Learning events calendar link found on the right-hand side of the page. The Later Life Learning link takes you to a CURAC calendar and then you click on the date and event that interests you.

Centre On Aging Symposium

Join the Centre on Aging as they celebrate 40 years at the University of Manitoba! The 40th Annual Spring Research Symposium will take place in a hybrid format on Monday, May 1, 2023, 8:45 a.m. to 4 p.m. (Central Time) at the Bannatyne Campus. The sessions will reflect on the Centre's history at the University of Manitoba over the past 40 years. Additional sessions will focus on cannabis use and the older adult, COVID's effects on older people and in personal care homes, and cohort studies in aging. Further details will be posted on the UMRA website and sent via email in early April.

‘It was my heart’:

Women with heart disease face barriers to care in Canada, report says

by Teresa Wright, Global News Reprinted by permission.

Heart attacks and strokes are the leading cause of premature death for women in Canada, yet little progress has been made to address systemic inequities in how these conditions are diagnosed and treated.

That’s according to a new report titled *System Failure* released Wednesday from the Heart and Stroke Foundation of Canada, which identifies alarming gaps in diagnostics, care and even basic understanding of risk factors and symptoms that exist for women with heart and brain disease in Canada.

Half of women who experience a heart attack have their symptoms go unrecognized because health workers and patients alike are often unaware that men experience symptoms differently than women, the report says.

“Heart disease for the longest time has been on decline in men and it’s been static or even in some groups, in young women in particular, on the rise,” says Dr. Tara Sedlak, a cardiologist based in Vancouver.

“The concern is that if we don’t take care of some of these early signs and symptoms, if we don’t take care of the risk factors, that it could continue to rise and not only will be the number one premature cause of death (for women), but will be a real leading, worldwide health issue for women.”

Biological differences mean that women face different risk factors and at different points in their lives than men, the report highlights.

For example, pregnancy and menopause can lead to health conditions that increase the risks of heart disease and stroke. Scientific studies also show smoking, high blood pressure, diabetes, obesity, physical inactivity and depression also all have a greater impact in females.

The report is a follow-up to a pair of reports completed by the Heart and Stroke Foundation in 2018 that drew attention to systemic inequities that compromise women’s heart and brain health in Canada.

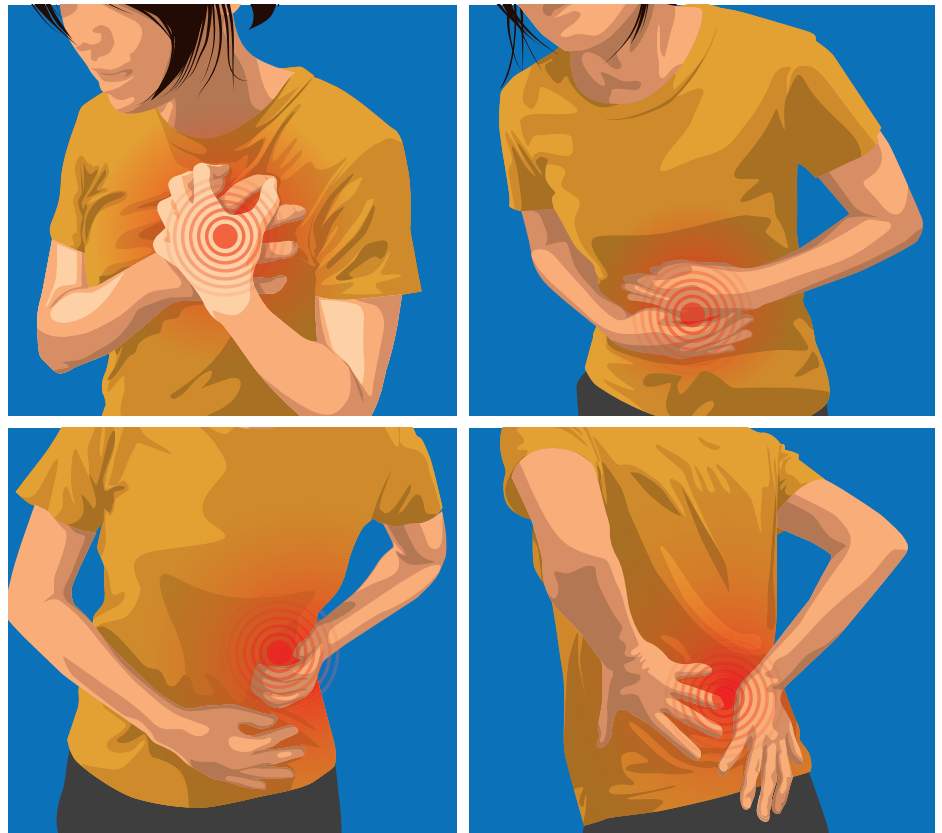
Five years later, there have been some advances in research, care

and education, but many issues still need to be addressed, according to the latest findings.

“There has been some progress but as we highlight in this report, much more needs to be done to ensure all women across Canada get the care they need when it comes to their heart and brain health — care that is sex- and gender-appropriate, equitable, culturally relevant and safe.”

Sedlak says one of the biggest underlying reasons for these gender inequities is that women have not traditionally been as involved or included in medical research.

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Women may feel a persistent pain in the back, neck, jaw, or stomach. Before or during a heart attack, women are also more likely to experience fatigue, sweating, and nausea, as well as indigestion.

It was my heart *continued from page 8*

“Because of that, we don’t have as much data on their heart health,” she said.

Two-thirds of participants in clinical trials on heart disease and stroke are men. When women are included, researchers don’t always analyze the data by sex and gender, the report found.

As a result, approaches to prevention, diagnosis, treatment and care often do not always apply to women.

In addition, conditions that are more common or serious in women but rare in men typically get less attention, the report says, and risk factors and symptoms that are unique to women are often not always clearly understood, the report states.

As a result, women who may be experiencing a heart attack or stroke are sometimes left to navigate a health system that may not recognize their emergency.

Bobbi-Jo Green was just 30 years old when she first knew something was wrong with her heart.

It was 2013 and she had just given birth to her second child and was a conditioned runner. Yet, every time she tried to go for a run, she felt extreme fatigue and was short of breath. She experienced flu-like symptoms after her workouts and felt pressure in her chest.

But when she went to see a doctor, she was told everything was normal and that it was probably just stress.

A year later, she was cleaning cupboards in her summer home when she experienced a major heart



event.....left sided chest pain, pain in the left arm, jaw and shoulder.

Initial tests seemed to indicate low oxygen to the heart, but nothing urgent was found, so she was sent home from the emergency department with only some tips on stress management and a muscle relaxer.

Over the next several years, she experienced similar incidents and a revolving door of emergency rooms, specialists and general practitioners who offered no answers or treatment, even though Green was sometimes experiencing heart attack symptoms daily.

She was in the ER so often she told her children she was volunteering at the hospital so they wouldn’t worry.

Some physicians suggested it was all in her head -- a form of medical gaslighting that Green describes as deeply frustrating.

It wasn’t until 2020 when she finally got a proper diagnosis: ischemia with non-obstructive coronary arteries (INOCA) -- a heart disease more commonly experienced by women.

Green was ultimately connected with Dr. Sedlak, Canada’s only certified woman’s heart health cardiologist who finally diagnosed Green’s disease.

Because of experiences like Green’s, Sedlak says she’s seen a shift in the last few years that has seen more women getting involved in advocacy and public awareness to shine a light on women’s unique risks and symptoms of heart disease.

Green’s advice is to ‘advocate for yourself, ask for second opinions, know your symptoms, know your signs, know your risk factors, and come armed with information. Education is key.’

“...risk factors and symptoms that are unique to women are often not always clearly understood.”

Reflections on Retirement *continued from page 5*

but not in the partisan sense. It is about assisting people in preparing to enter into, and participate in, the dialogue of life and its betterment. And it is what occupies most of my waking hours. I am in regular contact, in a non-partisan way, with politicians at all levels of government. I write op. ed.'s for consideration by the Winnipeg Free Press and respond to radio and TV requests, particularly on matters pertaining to public education and democratic politics.

I work frequently with trustees, superintendents, teachers and their organizations doing presentations, conducting workshops and responding to a variety of queries and requests. I serve on church committees. Most of this work is done pro bono as my past life has granted me a life mostly free of financial want. To the chagrin of some of my fellow retirees, this leaves little time for golf and cottage life.

These are my ways of acknowledging and "paying back" for the incredible personal and professional life and good health I have been

gifted with, something which I do not take for granted. My code is a code of obligation which suggests that, only when one's circumstances have reached a point when one is unable to contribute or contribution becomes overbearingly difficult, then one should step aside and leave the work to others.

There is enough important work for all of us in this world, and we all have something to offer regard-

less of our age. Stepping aside, in this sense, is different from when I stepped aside from certain duties by retiring – that was to leave room for other, younger people to also enjoy some of the opportunities and advantages I had.

Retirement, to me, offers just other, albeit different, prospects for living a fulfilling, enjoyable life!

John is an active lifelong educational leader and public education advocate, and Dean Emeritus and Senior Scholar at the Faculty of Education at the University of Manitoba. In the past he has been a teacher, guidance counsellor, principal, superintendent of schools and university professor. He retired from the U of M at the end of 2015.

He has also served as President of the Manitoba Teacher's Society, the Canadian Education Association, the Manitoba Research Council, and the Manitoba Educators for Social Responsibility. John spent numerous years as the Chair of the Universities' Grants Commission; and as a Director of: the Canadian Teachers' Federation, the Board of Teacher Education and Certification, the Manitoba Association of School Superintendents and the National Society for the Study of Education. He is the past chair of the Board of the Canadian Centre for Child Protection and is a past member of the Premier's Advisory Council on Education, Poverty and Citizenship and the Campaign 2000 Steering Committee for the Elimination of Child Poverty.

John earned his Ph.D. in Education from Simon Fraser University in Vancouver in 2000, and the same year received an honorary doctorate from Brandon University for contributions to teacher professional development. He has also received numerous awards for service to education and teacher education.

Currently, he is speaking and writing about education for democracy, First Nations governance of education and student achievement beyond standards.

United Way Update

Retirees of the University of Manitoba continue their generosity in supporting the 2022 campaign by the United Way of Winnipeg. Last year, 239 UM retirees donated a total of \$341,334. This amount represents 54% of all donations from the UM campaign. Given the pressures of inflation, this continuing generous support is greatly appreciated.

- Daniel Sitar, Retiree Representative, UM United Way Campaign

Southwood Greenspace

The Southwood Circle Development Plan, that would oversee the development of approximately 112 acres where the old Southwood Golf course used to be, was adopted by the Board of Governors at their January 31, 2023 meeting.

(See p. 21 https://umanitoba.ca/governance/sites/governance/files/2023-01/2023_01_31_BOARD_OPEN_AGENDA.pdf).

The plan provides the framework for developers to follow. It is ambitious in providing guidelines for social, economic, cultural and environmental sustainability and wellness with an emphasis on following Indigenous principles.

The plan to develop the property currently is set out in stages over a 40 year period, with the first three stages that will allow developers to sublease land to build on beginning almost immediately. The aim is to create approximately 11,000+ high-end residential units; these are not buildings aimed at housing the student population. The development is expected to also contain retail businesses to meet the everyday needs of the residents. While vehicle parking for residential units is part of the plan, the design focuses on pathways and bicycle routes to mainly encourage active transportation.

The University is trying very hard to ensure the property is developed sensitively. Instead of the nine acres required under city policy, the property will maintain 21 acres of parkland, including 9 acres along the Red River. The greenspace will include two dry retention ponds that will allow for rainwater to be collected and will help mitigate against flooding. However, the old 18 hole Southwood golf course is a rare, large greenspace well inside the city limits. Part of

the land was purchased from the Manitoba Agricultural College, which makes up the Fort Garry campus of the University of Manitoba, when the Southwood Golf Club was formed in 1919. Trees were planted throughout the course; some of those still remain, providing a mature canopy with a bushy undergrowth that is ideal wildlife habitat and a sanctuary for animals such as deer, fox, muskrat, racoon, and rabbits, among others. Furthermore, because part of the property abuts the Red River, it acts as a major flyway for birds. It is an essential ecological corridor for wildlife and pollination.

While 9 acres for a public riverside park sounds impressive, potential inclusion of a promenade, a 10 foot wide dike, and an active transportation corridor and pathways, will substantially reduce what is left for nature.

Habitat loss has been implicated in a severe decline of bird populations and wildlife; according to Nature Canada, for example, every year 270 million birds die in Canada because of humans! “The Montréal Pledge,” arising from the recent UN Biodiversity Conference (COP 15), enjoins cities to conserve existing natural environments and ensure the conservation of vulnerable species. While Southwood does make a good

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Southwood Greenspace *continued from page 9*

attempt to preserve greenspace, the high density development undoubtedly will have a substantial negative effect on wildlife.

Further, consider that 11,000 units will likely have at least 20,000 residents. According to the World Health Organization, they estimate that each person should have 9 m² of greenspace or upwards of 44 acres for this development instead of the 21 planned for Southwood.

There are many things to celebrate about this development. The National Centre for Truth and Reconciliation will have a permanent home in Southwood Circle. There will be pathways throughout for active transportation. A Living Lab concept will gather data that will allow researchers to make improvements to design as the development progresses. The buildings will achieve a LEED gold standard. The bank of the river will be reinforced with a thousand rock columns to stabilize the soil. Rolling meadow will allow people to easily access the river. A complete inventory of all trees was carried out presumably so that the most important parts of the forest can be preserved. Meanwhile trail cams are currently inventorying wildlife on the property. The entire project will be measurable so that UM Properties, the entity that is overseeing the development, will be able to keep track of how the



*From Southwood Development Plan:
A Complete Urban Community, p.23
https://umanitoba.ca/governance/sites/governance/files/2023-01/2023_01_31_BOARD_OPEN_AGENDA.pdf*

development is progressing and how well it conforms to the standards outlined in the development plan.

All that being said, it will be important for the University community, including retirees, to keep the development under scrutiny. While plans are not set in cement and adjustments are being made even as this is being written, as pressure increases from developers eager to make maximum profits, UM Properties will need our support to withstand making compromises detrimental to the vision set out by the University. And if we can encourage UM Properties into saving more greenspace, everyone, human and animal alike, will benefit.

Shelley Sweeney
Archivist Emerita

“...UM Properties will need our support to withstand making compromises detrimental to the vision set out by the University.”

Pelicans resting on the banks of Southwood Circle, July 22, 2020. Photographer: Shelley Sweeney

In Memoriam

In Memoriam is a regular column in this newsletter, included to keep UMRA members and other interested individuals informed of the recent passing of retired employees of the University of Manitoba. It's also available on our UMRA website – where there is a link to obituaries. Tributes to and information regarding deceased retired employees not listed is welcome. Please e-mail to UMRA at retirees@umanitoba.ca

Here is a list of UM retirees who have passed away in the last six months. To view the obituary, please go to the In Memoriam & All Obituaries pages on our website. (It sometimes takes a while to add information – employment times at UM and obituaries – to the website.)

- James George Blanchard, Libraries (1992 – 2015). Decd. September 23, 2022.
- Richard Burleson, Music (1970 – 2010). Decd. October 30, 2022.
- Dr. Alan Catchpole, Geography (19?? - 1999). Decd. November 25, 2022.
- Dr. Ioan Matei Ciric, Engineering (1980 – 2017). Decd. December 2, 2022.
- Dr. Krishnamurti Dakshinamurti, Medicine (1965 – 1997). Decd. Oct.13, 2022.
- Dr. Fernando De Toro, English (19?? – 20??). Decd. December 4, 2022.
- Dr. Raj Dhruvarajan, Economics (197? – 20??). Decd. November 1, 2022.
- Dr. Allan R. Downs, Medicine (1966 – 1997). Decd. January 12, 2023.
- Dr. Ivan Kenneth Eyre, Art (1959 – 1993). Decd. November 5, 2022.
- Irene Garus, Law (1987 – 1996). Decd. September 13, 2022.
- Walter Hunnie, Physical Plant (1964 – 1990). Decd. October 8, 2022.
- Donald Johnson, Engineering (1976 – 2013). Decd. October 26, 2022.
- Dr. Robin C. Krause, Medicine (1980 – 199?). Decd. December 6, 2023.
- Blanka Kucera, Medicine (1974 – 1992). Decd. October 16, 2022.
- Dr. Garland Laliberte, Engineering (1967 – 1997). Decd. July 30, 2022.
- Dr. Romulo F. Magsino, Education (1988 – 20??). Decd. November 25, 2022.
- Dr. Bill Muir, Ag. Engineering (1967 – 1998). Decd. September 16, 2022.
- Geertrui C. Oliver, Libraries (1952 – 1989). Decd. December 19, 2023.
- Dr. Frixos Paraskevas, Medicine (?? - ??). Decd. August 22, 2022.
- Margaret Wallace Parker, Senate (1981 – 1991). Decd. September 11, 2022.
- Dr. Joseph J. Pear, Psychology (19?? - ???). Decd. December 29, 2022.
- Bill Poluha, Libraries (1995 - 2022). Decd. August 20, 2022.
- Dr. Fred Shore, Native Studies (19?? – 2021). Decd. October 27, 2022.
- Dr. Gordon Daniel Thomas, Commerce (19?? – 1996). Decd. January 16, 2023.
- Gordon L. Toombs, Student Services (19?? – 1986). Decd. November, 2022.
- Darryl Keith Travis, Science (1998 – 2019). Decd. August 24, 2022.
- Dr. Colin Sinclair Walley, Education (19?? – 19??). Decd. November, 2022.
- Marilyn Dale Wright, IST (1970 – 2004). Decd. November 11, 2022.
- Dr. Peter Wilfred Zetner, Physics (1989 - 2016). Decd. February 8, 2023.



Contact information for UMRA

The University of Manitoba Retirees
c/o Learning & Organizational
Development
100 Innovation Drive Suite 300
The University of Manitoba,
Winnipeg, Manitoba R3T 6G2
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.



University of Manitoba Retirees Association
100 Innovation Drive Suite 300
University of Manitoba
Winnipeg, MB Canada R3T 6G2
(204) 474-7175
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www.umanitoba.ca/outreach/retirees

Dear Retiree,

If you are not already among the 800 members of the University of Manitoba Retirees Association (UMRA), please accept this invitation to become one.

One of UMRA's objectives is to promote awareness of the contributions that retirees make to the university community. For example, UMRA has spearheaded the creation of retiree bursary and scholarship endowment funds to provide financial support to students. UMRA also plays an active role in the annual United Way campaign. Through its committees UMRA ensures that retirees have input into post-retirement benefits and pensions decisions. We encourage your participation by becoming a member of our committees and a potential future leader of our Association.

To learn more about UMRA, visit our website: <http://umanitoba.ca/outreach/retirees>. A modest fee to become a Member entitles you to full participation and to benefits available through UMRA's affiliation with the College and University Retiree Associations of Canada.

Sincerely,

Janet Sealey, President



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c/o Learning & Organizational Development
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University of Manitoba
Winnipeg, MB Canada R3T 6G2
(204) 474-7175
retirees@umanitoba.ca
www.umanitoba.ca/outreach/retirees

Membership Application

[Please Print]

Name: _____
(First name or initial) (Middle name or initial) (Last name)

Status: Retiree Spouse/Partner of Retiree

Year Retired from University _____ Department/Unit _____

Street Address: _____

City: _____ Province: _____ Postal Code: _____

Telephone Number: (____) _____

E-mail address*: _____

**Required to receive news and notices.*

I wish to become a(n):

Member

___ 1 year @ \$15

___ 2 years @ \$25

___ Lifetime @ \$100

Associate (no fee)

Members and Associates are invited to serve on our committees. Check the one(s) that you would like to join:

Benefits and Pensions Membership Endowment Fund Communications

Signature: _____ Date : _____

Please send your completed form to: UMRA, 100 Innovation Drive Suite 300, University of Manitoba, Winnipeg, MB, Canada R3T 6G2. Payment options: by cheque payable to "UMRA" or by INTERAC e-Transfer to retirees@umanitoba.ca (with the message "membership".)

(For Office Use Only)

Date received _____ Cheque # _____ Amount \$ _____