

Retirees'

Volume Twenty-five, Issue One
Fall, 2021

News

BIG NEWS! AGM Scheduled

COVID-19 caused UMRA to cancel our Annual General Meeting for the past two years. We can postpone no longer. So, a ZOOM meeting has been scheduled for 2:00 pm in the afternoon of October 26th. Usually the AGM occurs right before the Fall President's Reception. With COVID-19 restrictions still in place, there will again be no speaker and no tables full of finger sandwiches, cookies and punch to lure you into participating.



Please join our ZOOM AGM. We need a quorum. There are important matters to be considered. Remember: October 26, 2021 at 2:00 pm.

Join UMRA Or Renew

After a two-year freeze, UMRA is reinstating our membership fees. Accompanying this newsletter (at the end) is a membership form. New for this year is the possibility of paying by e-transfer. If you wish to join or renew your membership, please check the end of this newsletter.

UMRA's renewal campaign for the 2021-22 membership year will get underway in September. If your annual or biennial membership is about to expire, you'll receive a renewal notice and a stamped, return envelope in the mail. If you have any questions about your membership, please contact us: retirees@umanitoba.ca.

UMRA Website

The U of M has decided to migrate from RedDot to Drupal. In the not too distant future the UMRA website will follow suit. So, the UMRA website will have a whole new look. To this end our UMRA webmaster Janice Mann has forwarded ID's of all our pages and the URL's so that the RedDot URL's can be mapped to the Drupal URL's. This will help in redirecting the pages from RedDot to Drupal at the as-yet-undecided launch date.

UMRA President's Message

I have visited the Newsletter archives to review my past columns, the first one being published in the Spring 2018 edition. At that time, I declared that I would serve only one two-year term as President, since I believe that renewal in Executive positions is important for the growth and evolution of our Association. However, COVID-19 got in the way, and I found myself serving a second two-year term as your President. I am pleased to announce that this Fall, I will complete my time as President, and our Nominating Committee has identified persons who we believe are eminently qualified to take our Association forward after our virtual Annual General Meeting this year.

Our Association continues to be visible to the University and to the greater Winnipeg community. Our endowed Graduate Research Scholarship in Aging Research has reached a sufficient value that an Award is available this year for the first time. Our other endowed fund, the Undergraduate Bursary continues to reward annually a deserving student. We continue to

sponsor the second prize Award for the annual Three Minute Thesis Competition. Retiree contributions to the annual United Way of Winnipeg campaign continue to increase and reflect positively on the charitable nature of University of Manitoba retirees.

With respect to our qualification for the University of Manitoba Retiree Supplemental Health Plan, some of our members have found that their needs are better met by similar plans available through our national body, CURAC. Those of you who are active UMRA members are also members of CURAC and qualify for membership in these alternative group insurance vehicles. I encourage you to access their website, and review benefits available to CURAC members to determine whether you would find their offerings of benefit, especially for those of you who are now 75 years old. With the increasing proportion of Canadians who have been vaccinated against COVID-19 viral infection, I believe we will soon be able to travel



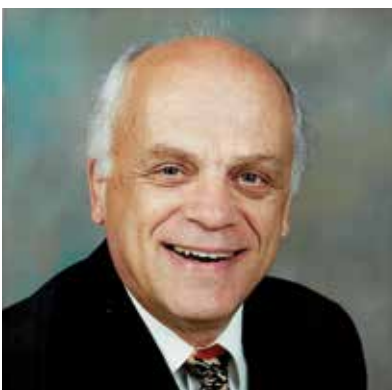
Daniel Sitar, UMRA President

“ Thank you for the opportunity to have served as your President for the past four years.”

and gather again in face-to-face meetings among our family members and with other colleagues.

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 2021. As well, I will continue to represent University of Manitoba retirees in the annual United Way of Winnipeg campaign.

From the Editor



Gene Walz

Without any fore-planning at all, this issue has become a theme issue. The theme: congratulations! Lots of people are accomplishing great things. Read on to see who they are and what they've accomplished. There are so many plaudits to hand out that I couldn't find adequate space for a couple of UMRA members. Fortunately, Doug MacEwan and Judy Anderson have both garnered space in, among other media,

the Free Press, and they both appeared in the previous issue of this newsletter. Doug earned a Manitoba Arts Council Award and Judy has managed to hitch a ride on a future flight into space. Congrats to them both!

*Gene Walz
Senior Scholar,
Department of English, Theatre, Film,
and Media*

UMRA Endowment Fund bursary provides relief, opportunity



Shirley Wang

As the first wave of a global pandemic gained momentum across Canada and uncertainty was in the air, a sense of stability came from close to home for University of Manitoba (UM) student Shirley Wang [BSc/17]. COVID-19 hit

during Wang's second year of dentistry. That year, she was awarded the 2019-2020 University of Manitoba Retirees Association (UMRA) bursary.

"It was very nice to know that there was something I could fall back on," said Wang, "that there was a bursary to help me worry less about the financial things."

The University of Manitoba Retirees Association bursary is awarded to a deserving UM student pursuing an academic program who is facing financial challenges. The \$975 bursary provided Wang, who usually works part-time over the summer to help pay for her living expenses, comfort in the uncertainty.

"It was very difficult because it was really up in the air," said Wang. "Everything was kind of unknown."

Wang, who began her studies at UM in 2013, already had a Bachelor of Science and a passion for microbiology when she discovered dentistry.

"I like the idea of it being very hands on," Wang said about dentistry. "It's very artsy. I like that you ... shape someone's smile."

She added that the bursary also lessened the stress on her parents who help to support her studies. With the pandemic affecting their own business, the bursary provided relief to them all.

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Award Citation

Jay Goldstein retired from the Department of Sociology, University of Manitoba in June of 2002, and became a member of the Retirees Committee at the University from 2003-4. Jay's work on University of Manitoba Retirees Association (UMRA) committees has been extensive. He drafted the Constitution and By-laws that were adopted at the first Annual General Meeting of the newly established UMRA in 2003. Jay then served as Chair of the Publicity Committee for the inaugural CURAC National Conference, co-sponsored by UMRA and the University of Winnipeg Retirees Association held in Winnipeg in 2004. From 2005 to 2009, Jay served as Vice-President of UMRA, followed immediately as its President from 2009 to 2013. From 2013 to 2017, Jay then served as Past-President of UMRA and chaired the Nominating Committee. From 2013 and continuing to the present, Jay serves on the Membership Committee of UMRA, maintains its database and participates in the revision of applicable forms. Jay also provides UMRA with ongoing statistical information that we require for various reports. From 2016 and continuing to date, Jay serves as Co-Chair of the Executive Committee's Retirement Planning Subcommittee, which has been instrumental in having the University implement a number of the Committee's recommendations regarding retirement planning. Jay continues to serve as a member-at-large of the UMRA Executive Committee, is our expert on the historical evolution of UMRA, and mentors those of us who have subsequently agreed to serve on its Executive Committee.



Jay Goldstein

PLAUDITS! CURAC/ARUCC Tribute Award

Dr. Jay E. Goldstein was recognized this year with a Tribute Award from CURAC for his multiple leadership contributions to the formation and evolution of UMRA and CURAC. His continuing contributions to the leadership of UMRA are much appreciated.

More Plaudits!

Fundraiser Honours Retirees' Passion for Field Research

(Reprinted from UM TODAY – with permission)

The Faculty of Agricultural and Food Sciences has launched a fundraiser that is being championed by two recent retirees well-known to many in the Manitoba agricultural community.

Over his 33-year career at the University of Manitoba, **Don Flaten** has taught hundreds of diploma and degree students all about soil fertility and nutrient management. The professor known internationally as Dr. Phosphorus, Don is also a highly recognized researcher, well-known for his outreach efforts to the agricultural community, and was also a dedicated administrator, serving as the Director of the School of Agriculture for 12 years.

Alvin Iverson, the long-time manager of the Ian N. Morrison Research Station, also recently retired after 40+ years in the Faculty. A plant science graduate himself, Alvin has been the bedrock of the Department of Plant Science's Carman crop facility, always ensuring researchers and graduate students from across the Faculty were well-equipped to conduct field trials. Alvin was also an integral organizer of the Manitoba Crop Diagnostic School, one of the Prairies' longest running and most successful field scouting workshops.

Those who know Don Flaten or Alvin Iverson can attest to their warmth and true concern for our students, friends and colleagues. Many of us have been privileged to know Alvin or Don in one way or another, and so what better way to honour their deep impact on the



Prof. Alvin Iverson at the Ian N. Morrison Research Farm

Faculty and Manitoba's agricultural community than to support a project they are passionate about.

The project

The Ian N. Morrison Research Farm located in Carman, Manitoba, has been an important home to many of the Faculty's education programs, research trials, and outreach activities. However, the Research Farm has a critical shortage of space to properly store essential field research equipment. Don and Alvin have expressed their support for a new machinery storage building to address this fundamental need. The **Carman Field Equipment Facility** will sustain the crop production programs of researchers, graduate students, trainees and research collaborators across multiple disciplines, to ensure that they can continue to

apply their research to real world challenges under field conditions.

Every dollar donated will be matched 2:1 by the Faculty, and will directly enhance agronomic training, research and service in support of Manitoba's agri-food sector. Help us celebrate our friends, mentors, and colleagues, Don and Alvin.

Donate today at <https://give.umanitoba.ca/carman>

Night Raid at Sobey's!

By Gene Walz

Delivery services saved my life during COVID-19.

For fifteen months, because of a stroke and the restrictions of the COVID pandemic, I didn't dare go into any stores at all. I couldn't get there anyway. My driver's license, suspended because of my stroke, should have been returned in two months; blaming COVID, Manitoba Public Insurance got it back to me in one year less one day. I couldn't even get to take-out or curbside delivery for over a year.

During that time, I survived, like many people, through the kindness of friends and by shopping online or by phone. Don't get me wrong: I was grateful for delivery services. I ate what was delivered to me. But it wasn't always what I ordered.

Often items I signed up for were sold out by the time my orders were filled. That meant I didn't get everything I needed. All the necessary ingredients for a recipe, for instance, except the most important one. No sirloin steak? No broccoli? How can a huge chain store run out of broccoli?! Or Mini-Wheats.

More often I got substitutions. The dreaded substitutions. Ketchup-flavored potato chips, for instance, instead of chips with a hint of lime. I HATE ketchup-flavored chips. They got "gifted."

Once I got the worst looking bananas I'd ever seen, crushed so badly even a monkey wouldn't eat them.

Another time I ordered six Royal Gala apples. I got six BAGS of Royal Gala apples. 38 of them!

Overnight I became Johnny Apple-gifter.

A month after my second Pfizer shot, when the COVID restrictions were lifted a bit, I decided I'd had enough. I plotted a quick run into a store to get some necessities. Ten items. Indoor shopping, finally.

I planned it out like a cat burglar. I even dreamed about it the night before – a dream that turned to a nightmare when I realized that they'd probably switched all the items around again – as some sadistic marketing guys feel it's necessary to do periodically to thwart shopping habits and force people to consider options.

At 8:00 pm on a weekday night, one hour before closing, I ventured, masked but with some considerable trepidation, into a Sobey's store. Pushing a cart, I figured I could get in and out in five minutes. I put on my mask and checked my list: salad fixings, lunch meat, bread, cereal, soup, milk, razor blades. Five minutes. Go!

There was nobody, NOBODY, in the produce section. Right away my carefully conceived strategy went out the window. I was gonna have time to touch, actually TOUCH, and choose the best head of lettuce. And tomatoes and green onions. And maybe add peppers and/or radishes if no one showed up. No one did. So, I grabbed some beets. And broccoli and cauliflower. And blueberries and strawberries. Oops. Five minutes almost up.

I rushed toward the meat section. A lady was there with her

mask off her nose. So, I diverted to the seafood section. Big mistake. I hadn't thought much about fish products for quite a while; I don't like store clerks picking my fish products. I need to see the stuff myself. (That's why it's called see-food!) Minced crab on mushrooms. Oh boy! Juicy prawns. Cod that didn't smell fishy. Salmon packaged for one.

And that started the avalanche. I turned into a raving, craving impulse buyer!

When I surveyed the meat section, I realized that there were at most eight other people in the entire store. After I inspected and snagged one package each of beef, pork and turkey, and a luncheon meat, I sneaked a peak down the first aisle. It was empty, totally void of other customers; I entered warily -- as I did every other aisle. If someone was there or someone entered from the opposite end, I did a fast U-turn, and exited quickly, stage left.

Despite those fast exits, I actually got to browse. I felt like a hunter-gatherer again!

Negotiating the entire store, I never got closer than ten feet away from any other shoppers. And that's how I got out of the store in 55 minutes instead of five and spent twice as much money, maybe more, than I usually spend in a supermarket.

I had to buy a couple of extra fabric bags to carry my added purchases out of the store. (I now have at least a dozen non-plastic tote bags.) And I had to stop two check-out lines over to re-bag

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UMRA Bursary Winner

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Daniel Sitar, the president of UMRA with just over 1,000 members, said the UMRA Endowment Fund benefits both UM students and the community.

“Retirees from the University of Manitoba believe that assisting deserving awardees will not only provide personal benefit to them,” said Sitar, “but also contribute to the continuing desire to improve the quality of life of Manitobans and Canadians by supporting access to postsecondary educational opportunities.”

Four recipients, one per year since the 2017-2018 academic year, have received the bursary to date for a total amount awarded of \$3,300. Sitar said the goal is to grow the fund itself and also offer a scholarship to UM students interested in pursuing a postgraduate career in aging research. He hopes “that both of these endowed awards will continue to grow so that the amounts will increase relative to the ever increasing costs of obtaining a postsecondary education.”

The UMRA bursary helped Wang continue with her studies and look to the future – a future where she, in turn, helps others. Wang, heading into her fourth year of dentistry this fall, plans to work in a small, rural community and provide access to health care services to those without.

“I think it will be very fulfilling,” she said.

Wang discovered her passion and a desire to help others – just as the UMRA bursary did for her.

“I think this bursary itself is very special,” said Wang. “I think it’s very heartwarming to know that retired faculty and staff continue to support students like us to kind of help us achieve our professional and educational goals.”

“And one day,” she promised, “I hope to do the same for someone else.”

To donate to the UMRA Bursary and Scholarship Fund:

<https://give.umanitoba.ca/fsr/um-retirees-association> <https://give.umanitoba.ca/fsr/um-retirees-association> ■



everything the young clerk packed. (Don’t they have proper bagging classes for clerks anymore?) But this small aggravation did not diminish the great pleasure I took from once again shopping in-person in a store.

I don’t envisage another ravenous supermarket raid. I’m sure I’ll be content with sane, in-person shopping from now on. I just hope a fourth or fifth COVID wave doesn’t close everything down again. I love touching, smelling, and choosing the stuff I buy. And browsing. You can’t do these simple, satisfying things on-line.

Some pundits have predicted that we are about to undergo a second Roaring Twenties once the pandemic eases. Whether that actually happens is anybody’s guess. My raid on Sobey’s was like a personal return to my own “roaring twenties,” 1962 to 1972, a fast, nostalgic visit to a time when I had a twenty-eight-inch waist, a high metabolism, and the voracious appetite of a mako shark. No going back to that!

Like most retirees, I doubt that I’ll roar again in the 2120s. I’m hopeful that these will be the Soaring Twenties when I can fly off once again to see my children and grandchildren in person and can jet to the places I’ve always wanted to visit. ■

Even More Plaudits! 2021 3MT Competition Winners

For several years students from the UM's Three-Minute Thesis competition have been selected as the speakers at UMRA's President's Reception in April. COVID-19 has cancelled these presentations for the past two years, but UMRA continues to support the competition by awarding a bursary to the second-place prize winner. This year's UMRA bursary was presented to Danah Alhattab.

Here is a list of the four UM winners.

First Prize

Nolan De Leon (Dept: Physiology and Pathophysiology)

Supervisor: Dr. Richard Keijzer.

Thesis Title: Assessment of circular ribonucleic acid expression profiles in biofluids for the prognosis and diagnosis of congenital anomalies.

Second Prize

Danah Alhattab (Dept: Physiology and Pathophysiology)

Supervisor: Dr. Michael Czubryt.

Thesis Title: Role of scleraxis in perivascular fibrosis.

Third Prize

Sristi Mundhada (Dept: Biosystems Engineering)

Supervisor: Drs. Jitendra Paliwal and Chyngyz Erkinbaev.

Thesis Title: Safe storage for flaxseed (*Linum usitatissimum*).

People's Choice Award

Sonu Varghese (Dept: Physiology and Pathophysiology)

Supervisor: Dr. Davinder Jassal.

Thesis Title: Exercise to prevent AnthraCycline-based Cardio-Toxicity (EXACT 2.0) in women with breast cancer.

Later Life Learning (LLI) Project Seeks Volunteer

CURAC (College and University Retirement Associations of Canada) has recently established a Later Life Learning Committee with a goal to create an information network to share later life learning opportunities. It is seeking a volunteer from our Retirees Association.

The objectives of CURAC's Later Life Learning Committee are:

- (1) exchanging information regarding upcoming educational sessions (primarily online) that are available from member organizations and approved national and international associations that involve retired staff from colleges and universities;
- (2) offering information about free access online options, as well as providing referrals to groups that provide free online training sessions to keep our digital skills up to date;
- (3) disseminating information regarding publications and related scholarly work by members of CURAC/ARUCC member associations;
- (4) developing innovative strategies for LLL.

If you are interested, please email UMRA: retirees@umanitoba.ca

Info About Umra Membership

UMRA's Purposes

- To act as a liaison between retirees and the University.
- To promote and defend the interests of retirees in the pension and benefit plans of the University.
- To provide a means for continuing the associations which members enjoyed as employees.
- To organize and promote recreational, educational, and other events.
- To facilitate interaction with other retiree/older adult organizations.

UMRA Membership Q & A

Q. Who can join UMRA?

A. Anyone who has retired from the U of M, or who is the spouse/partner of someone who retired from the U of M, is eligible to join UMRA.

Q. What's the difference between being a Member and an Associate?

A. There are several differences: (1) Members pay a fee which supports the operations of UMRA, Associates do not pay a fee; (2) only Members can participate in the governance of the Association, e.g., voting in elections and serving as voting members of the Executive Committee; (3) only Members can take advantage of benefits that may become available from UMRA and/or CURAC.

Q. I'm a Member paying the annual/biennial fee. When do I have to renew my membership?

A. Our membership year runs from October 1st to September 30th. When it is time to renew we'll notify you by mail.

Q. Do Associates have to renew their membership?

A. No. However, please be sure to notify us if your contact information changes.



In Memoriam

The following list of retirees who have died since the previous newsletter lacks some crucial information – especially on dates of employment. If anyone can supply any information about these retirees or make corrections, it will be included in the “In Memoriam” section of the UMRA website.

- Dr. Margaret Jean Allen: English (19??–19??). Deceased June 26, 2021.
 Dr. Edward Frederick Anhalt: Medicine (19??–??). Deceased March 7, 2021.
 Helen June Bates: Deceased Feb 4, 2021.
 Dr. Mark James Bernier: Medicine (19??–2021). Deceased August 14, 2021.
 Patricia (Patti) Bonas: Special Functions (19??–??). Deceased Feb 28, 2019.
 Drummond Hyde Bowden: Pathology (??–??). Deceased April 20, 2021.
 Dr. Lois M. Brockman: Family Studies (196?–1997). Deceased: August 26, 2021.
 Christine Burns: Secretarial Services (??–??). Deceased May 2, 2021.
 Dr. Alan Mitchell Clayton: Engineering (1980–2010). Deceased March 1, 2021.
 Norma Olive Drosdowech: Education (1995–??). Deceased April 15, 2021.
 Mildred Gutkin: English (1945–46, 19??–19??). Deceased April 11, 2021.
 Katalin Homola: Physical Plant (2003–2016). Deceased January 16, 2021.
 Dr. Christopher Johnson: Theatre (1979–2015). Deceased June 20, 2021.
 Mary Mandziuk: Food Services (??–??). Deceased May 6, 2021.
 Dr. John Duncan Mundie: Business (19??–19??). Deceased April 23, 2020.
 Dr. James B. Nickels: Psychology (1967–2004). Deceased March 19, 2021.
 Noreen Margaret Peeler: Food Science & Physical Plant (??–??)
 Deceased July 30, 2021.
 William (Bill) Philip: Security Services (??–??). Deceased May 9, 2021.
 Dr. G. N. Ramu: Sociology (1972–??). Deceased March 13, 2021.
 Rudy Rosenthal: Physical Plant (1982–2014). Deceased February 21, 2021.
 Dr. Marvin E. Seale: Animal Science (1951–1991). Deceased August 15, 2021.
 Lisa Seymour: Student Counselling Centre (??–??). Deceased March 26, 2021.
 Dr. Mohti Gharib Shojania: English (??–??). Deceased July 19, 2021.
 Gordon Trider: (1947–1985). Deceased June 9, 2015.
 Dr. Harvey Williams: Education (1971–1995). Deceased January 16, 2021.
 Anita Wilson: Deceased October 13, 2018.



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

Important Retiree Reminders

For info on Supplementary health for surviving spouses, reset dates for annual coverage limits, and the lifetime limit in the supplementary health plane: Go to the UMRA website and look for the tab “MEMBERSHIP” and then click on “IMPORTANT REMINDERS.”

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
c/o Learning & Organizational Development
137 Education Building
University of Manitoba
Winnipeg, MB Canada R3T 2N2
(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, 137 Education Building, University of Manitoba, Winnipeg, MB, R3T 2N2. Payment options: by cheque payable to "UMRA" or by INTERACT e-Transfer to "retirees@umanitoba.ca" (with the message "membership").

(For Office Use Only)

Date received _____ Cheque # _____ Amount \$ _____