

# Retirees'

Volume Twenty-eight, Issue One  
Fall, 2024

# News

## 53<sup>rd</sup> President's Reception for Retirees

The next University of Manitoba President's Reception for members of the University of Manitoba Retirees Association (UMRA) is set for Saturday, October 5, 2024 at 2:00 pm in McLuhan Hall in UMSU on the Fort Garry campus.

The featured speaker at the reception will be Dr. Kristin Reynolds; the title of her talk is *'The Science of Connection and the Art of Connecting in Retirement.'*

Dr. Kristin Reynolds is a Registered Clinical Psychologist, Associate Professor, and Director of Clinical Training in the Department of Psychology at the University of Manitoba, and an Adjunct Professor in the Department of Psychiatry. She is also a Research Affiliate and Board Member with the University of Manitoba Centre on Aging as well as the Director of the Health Information Exchange Laboratory.

Dr. Reynolds works with adults across the lifespan. She has co-developed and offers specific interventions focused on perinatal anxiety, perinatal trauma, and loneliness, social isolation, and

co-morbid mental health challenges among adults 55+.

Her work employs qualitative, quantitative, mixed methods, knowledge translation, and intervention science frameworks. Dr. Reynolds is passionate about the training and practice of clinical psychology and is on the Executive for The Canadian Council of Professional Psychology Programs and is a member of the Board of Directors for the Cognitive Behaviour Therapy Institute of Manitoba.

If you are planning on attending this fall's reception, you are asked to RSVP to <http://forms.office.com/r/POpAEwGxni> by September 25, 2024.



*Dr. Kristin Reynolds*

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### NOTICE OF AGM

The Annual General Meeting of the University of Manitoba Retirees Association will be held on Saturday October 5, 2024 at 12:30 p.m. until 1:30 pm (or so) in Marshall McLuhan Hall, Fort Garry Campus, University of Manitoba prior to the President's Reception. All Members are invited to attend.

# UMRA President's Message

I hope everyone has had an enjoyable summer and soaked up some of the hot weather. I prefer more moderate temperatures of about 23 degrees Celsius, but I am certainly not complaining.

Your Executive Committee members have been kept busy since our last newsletter. We continue to work on behalf of all retirees advocating for improved retirees' benefits. And we have reached outside the university to find other retiree benefits plans that might be of interest to those who have reached the age of 75 and can no longer stay in the university plan or for those who wish to supplement their university benefits.

With the help of the members of the Communication Committee, an UMRA banner was purchased this past spring. The banner was displayed at the spring President's Reception and also at the Center on Aging's Spring Symposium in May 2024, where UMRA had their own booth to provide promotional material regarding the benefits of joining the association.

I was the UMRA representative at this year's Annual Conference of the College and Universities Retirees Association of Canada (CURAC) held at the University of Waterloo from May 22 to 24, 2024. The theme for this year's conference was 'Staying Resilient in Retirement'. At the awards dinner, Dan Sitar, UMRA Past President, received a Tribute Award in recognition of his multiple leadership roles in UMRA. Dan also received an Appreciation Award from CURAC for his work on their Board, the Benefits Committee and the Health Care Policy Committee.

Mark O'Riley, UMRA Vice President, and I attended the annual

Three Minute Thesis competition for graduate students on Wednesday April 10, 2024 to award the 2nd place prize which is funded solely by UMRA. For the first time this year, the trophy awarded to the second place winner now bears the name of the University of Manitoba Retirees Association. The 2nd place prize is valued at \$1200.00; it is important for UMRA to show the wider university community that retirees have a continuing interest in the educational enterprise of the university and our willingness to provide financial support to an activity that helps students.

At last year's AGM, we announced that the Executive Committee had approved a new Awards By-law to include Service Awards to recognize the years of service of volunteers and a Merit Award to recognize a Member's exemplary contribution to UMRA. Nominations for the Merit Award have to be received by the Executive Committee by June 30th.

I am very pleased to announce that Gene Walz, Chair of the Communication Committee and editor of this newsletter is the first recipient of the new UMRA Merit Award. Gene will be presented with



*Janet Sealey, UMRA President*

his award at the Fall President's reception; so be sure to come to the reception to congratulate Gene.

Something new this past year is our monthly e-blasts. With the help of Bill Kops and Mark O'Riley, we attempt to identify events and articles that we hope you will find interesting and informative. If you are looking for something specific in the e-blasts we would love to hear from you. Please send your ideas/suggestions to [retirees@umanitoba.ca](mailto:retirees@umanitoba.ca)

I want to thank the members of our various UMRA committees for all their work, especially the Executive Committee for their hard work and commitment to enrich the lives of retirees through community and advocacy.

*Janet Sealey, UMRA President*



*Mark and I presenting the UMRA 2nd prize to the 3MT winner, Sara Crooks*

# From the Editor



Gene Walz

## Old Age

Nothing I've learned in all my years of formal education has prepared me for growing old. I had enough elderly teachers and profs along the way. But they were only interested in "big ideas" and aesthetics. I studied *The Old Man and the Sea* several times. Not much help there. Even in the potentially relevant Shakespeare classic *King Lear*, the epitome of literary "old man-hood," the truly important issues were never broached. I've had to learn lessons the hard way – by painful experience. Like:

- You can take a vigorous morning shower followed by a thorough towel-off and use up most of your energy for the rest of the day.
- You can remember the Parker Fountain Pen and the Timex watch ("Takes a lickin' and keeps on tickin'") you got for your eighth grade graduation, but you often forget where you put that dang ball-point pen and your cellphone.
- Your gut can turn from an occasional bother into a vocal instrument that feels it must contribute to the acoustics of a room – usually with friends and/or frenemies nearby.

*This newsletter is now available in alternate formats upon request to Human Resources. Please tell anyone who might need this format. (HR@umanitoba.ca)*

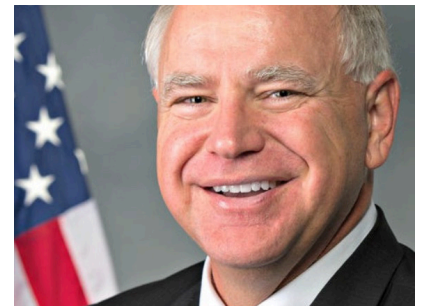
- Your bladder can develop ears: whenever you get near a waterfall or run the tap-water too forcefully, your bladder hears it and wants to respond accordingly.
- Your eyes can manufacture their own kind of Elmer's glue – a gummy sort of stuff that can make your eyelids stick together and your eyeballs itch until you tend to them carefully with warm water and a soft face-cloth.
- Your arthritis can go into hyper-drive so badly that it's not just your knees, hips, and shoulders that scream at you, but your fingers, toes, and jaw. Your bloody JAW! It can make eating a chore and talking a labor.
- Your knees forget how to be knees if you stay seated for an extended period of time. It can take a few minutes of nervous, unbalanced hobbling to get them to realize they're knees and work properly again.

Young people tend to think that oldsters are frail, weak. Remind them of the saying: old age ain't for wimps. It takes real strength to face your infirmities day after day. Maybe understanding our "strengths through weaknesses" they can become more tolerant of people with more serious disabilities. They certainly don't seem to be learning about these things in school.

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

Ever since Kamala Harris chose Governor Tim Walz as her running mate for Vice President, friends, former friends and colleagues have emailed and texted me to ask if I'm related to him. Frankly, I don't know whether I'm related or not.

While I have a pretty detailed graph of my Walz family tree dating back to the burning of the Catholic church in Kuppenheim, Germany in the



Governor and Vice presidential nominee Tim Walz

18th century, a conflagration that destroyed all official records in the town, there is one mysterious detail missing. One generation of Walzes did not have any sons to carry on the family name. But one daughter married a Walz from a different line. I have no evidence of the rest of that different line, its history and successors. Tim's past may be hiding there.

Thus there is room for the faint possibility that Tim and I could be related. So, for the time being, since a few people have even suggested that I bear some resemblance to Tim, I will be claiming that he is my long-lost younger twin brother.

# Our University Benefits Plan

By Mark O'Riley

The University benefits plan is an essential support for the UMRA membership. For many of us when we are healthy, it serves to give us peace of mind in knowing that if at some point in the future we have health issues, we will have the support to get us through without compromising our finances. When health challenges do arrive, the benefits plan and how well it serves us can have a huge impact on our lives. We want to do all we can to ensure that when these issues arise, our members don't bump up against the limitations of a benefits plan that is no longer in line with their needs. Obviously, we don't have control of University spending, but we at UMRA want to do all we can to advocate for our members.

These efforts are tempered by the fact that not everyone in the University community can afford expensive benefit coverage; so we are constantly trying to thread the needle to ensure that the coverage is affordable but still resilient enough for as many of our members as possible. UMRA has an eight-person Pensions and Benefits Committee to deal with this issue.

The committee has also been looking for alternate benefit plans to cover gaps that exist in the University's benefits' supports in areas like travel insurance. We want to do all we can to ensure that our members don't have to go to the open market on their own to negotiate benefits, that we use the size of our membership to negotiate better rates. Currently our members have access to the

CURAC benefit plan (<https://curac.ca/en/member-benefits/insurance>) that can be used to enhance coverage at competitive rates. We are constantly looking at other ways to offer our members access to affordable enhancements to their coverage, but we recognize that for most of our members the University plan is the only plan that is affordable.

As I mentioned at the beginning of this article UMRA has been expressing its concern to the U of M administration about their retirees benefits plan for several years. While the plan for active employees has seen numerous enhancements over the last several years, our retiree plan has had only minor adjustments. Several times UMRA has almost gotten the university to the table to begin negotiations only to have some external event, like a provincial freeze on public wage & benefits expenditures, the pandemic, and major changes in staffing at the university, interrupt our efforts.

After a number of these external events set back our cause, members of the UMRA Benefits and Pension committee decided to launch a specific campaign to get our needs in this area prioritized by the University. We reached out to several unions and gained their support to help raise this issue. On Tuesday July 30th we met with Jamie Gerlach, Director, Total Compensation and HR Systems. The discussion centered on the following enhancements in several key areas to bring our plan closer to the active member coverage:

- Addition of Vision Care
- Enhancements to Diabetic Supplies
- Removal of Annual Drug deductible
- Increase of Drug Maximums
- Increase to the Overall Lifetime Maximum
- Increase to the coverage for Para-medicals
- Increase to the cap on Dental Care

In the coming months the Benefits and Pension Committee will be negotiating with Jamie to find a mix that works well for our members. Once again we want to ensure that we provide as much coverage as possible in the areas that our members need without excessive cost. We are interested to hear from you if there are any concerns or ideas you have on this issue. We would ask that you email the UMRA general account at: [retirees@umanitoba.ca](mailto:retirees@umanitoba.ca).

These are early days and pricing has yet to be solidified. As we get closer to an agreement, we may still have some key questions that we will survey about. Please feel free to email your thoughts to us, and if we do send out a survey, take the time to let us know how you feel on this issue. I know that I can speak on behalf of all the members of the committee that we take this work very seriously and want to be sure that we get the mix right. The best way to ensure this is through your input. So, please share your thoughts with us.

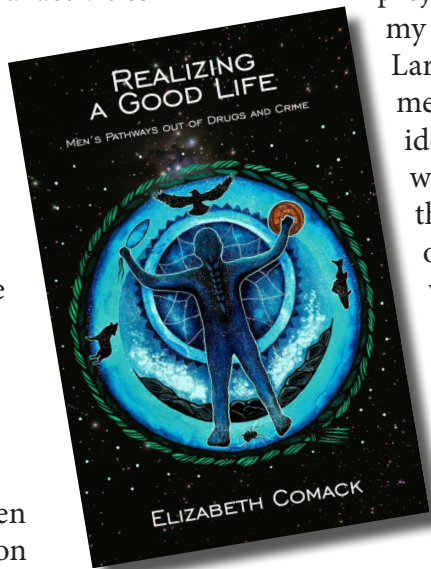
## Retired? Not Entirely! “I’m Not Done Yet”

By Dr. Elizabeth Comack

Having spent more than four decades in an academic career focused on researching and writing about social justice issues, it seemed untenable to assume my retirement in 2020 would mean that work would simply come to a halt. Thankfully, that hasn’t been the case. These first four years of being in “retirement mode” have opened up space to engage in projects that I otherwise might not have had the time (or energy) to undertake.

I retired in the midst of the COVID pandemic, when so many normal activities seemed impossible. Despite all the disruptions, I was able to complete a research project in collaboration with Pauktuutit Inuit Women of Canada on gender-based violence against Inuit women and the criminal justice response, conducting interviews on Zoom and by telephone with 35 criminal justice actors in three regions of Inuit Nunangat and writing the final report.

I was also asked to write a report for the complainants in a case before the Canadian Human Rights Tribunal that involved allegations of systemic racism by the RCMP in its investigation of his-



toric cases of child abuse against Indigenous students who attended a British Columbia day school. Testifying as an expert witness before the tribunal was definitely a new experience for me, one that I likely wouldn’t have been able to accommodate had I been holding down a full-time academic appointment.

Three years into retirement I also completed my fourteenth book, *Realizing a Good Life: Men’s Pathways Out of Drugs and Crime* (Fernwood Publishing). The book is based on a research project I began in 2015 with my friend and collaborator, Larry Morrissette. Larry and I met with men (most of whom identified as Indigenous) who were in trouble—caught up in the gang life, cycling in and out of jail, and struggling with addictions to drugs and alcohol. We followed them on their journey as they endeavoured to move out of those troubles and realize a good life. After Larry passed away in September 2016, the men and I agreed to

continue with the project as a way to honour him and the important work he had done in Winnipeg’s inner-city communities. The book is built around the men’s stories, drawing out the challenging social conditions in which they found themselves and highlighting the importance of social support — caring for and caring about others, and being cared for — that all of us require to realize a good life.



Elizabeth Comack

*Realizing a Good Life* was launched in April 2023. That summer was spent doing the narration for an audio version of the book, which took place at Collector Studio here in Winnipeg. My son happens to be a sound recording engineer. More accustomed to working with various musicians in the city, he took on the job of producing the audio file for his mother’s book. While he was stationed in front of a ginormous recording console, I sat in the sound booth in front of a large mic with headphones on, reading the script of the book. That experience was the closest I’ve come to feeling like a rock star — and certainly not something I had expected to be doing in retirement.

Since 2005 I’ve been involved with the Manitoba Research Alliance, a large consortium of academics and community partners. The MRA has been fortunate to secure successive SSHRC funding for our work. In May 2020, we were successful in obtaining another seven-year SSHRC Partnership grant. In July 2020, though, we lost our intrepid leader, John Loxley, who had served as the PI on all of our grants. While John’s passing was a huge loss, we’ve managed to

*continued on page 9*

# Adult Companionship Services Directory Launched

By Bill Kops

## Connecting older adults with student companions

A new program aims to connect older adults and their caregivers within the UM community with students offering support through companionship services. The Adult Companionship Services (ACS) Directory, launched by Family Resources in collaboration with the Centre on Aging and the UM Age-friendly University Committee, will serve as centralized hub to locate companionship service providers and post job opportunities.

## Addressing a need in our community

Last year, approximately one in four Canadian adults provided care for someone who had a long-term health condition, a physical or mental disability or problems related to aging, according to Statistics Canada. This responsibility can be demanding, and many caregivers rely on others for various types of support in their caregiving duties. That is why when William Kops, Professor Emeritus and member of the Age-friendly University Committee, learned about the UM Babysitter Directory, he immediately thought a similar resource could benefit UM members who are caregivers of older adults.

The program seeks to contribute to the health and well-being of older adults within our UM community, a demographic in society who are at higher risk of isolation and loneliness. **Targeting**

Isolation, a research group from UM and Brandon

University, reported that in 2021, 30% of Manitobans aged 55 or older were identified as being socially isolated and 25% of the same age group have reported feeling lonely. Therefore, facilitating opportunities for support and companionship for older adults is important and can have profound impacts on an individual's overall health.

Michelle Porter, Executive Director of the Centre for Aging and a collaborator in the development of the ACS directory says, "This new service shows how the University of Manitoba can make strides as an Age-friendly University by bringing together different units to work collaboratively to improve the lives of students, staff, faculty, and their families. Students can gain volunteer/employment opportunities, and both students and clients can benefit from inter-generational engagement."

## How the directory works

The directory will contain service provider profile, stating their availability, contact information and any certifications they may have. Clients can choose to list a job opportunity or contact a service provider directly to discuss a service opportunity.

Companionship services can include a variety of tasks, such as regular check-in visits and phone



calls, going for a walk, playing cards, fixing light snacks or coffee. It will not include services reserved for professionals, such as lifting, dressing, and feeding.

The ACS Directory is open to all UM faculty members, staff, retirees, and students. The vetting process is the responsibility of each family. Using their UM credentials, a student, employee or retiree can request access to the directory for themselves or on behalf of a family member. Most listings will be for paid services, however in some instances volunteer services may be available.

"The Adult Companionship Services Directory is part of our continued efforts to build a supportive environment for our UM families," says Francene Pehinec, Family Resource Coordinator. "We hope this platform will enhance the lives of many people and foster strong intergenerational bonds and connections within our community."

For more information and how to access this service go to: <https://umanitoba.ca/faculty-and-staff/family-resources> and click on *Older Adult Care*

# NORAD Modernization

by James Fergusson

On June 20th, 2022, then Minister of National Defence (MND) Anita Anand in a speech at Canadian Forces Base (CFB) Trenton announced a major investment in NORAD modernization. A month later, National Defence released details of the projects attached to NORAD modernization, and the 38.6 billion dollar twenty year investment. In so doing, the Minister and the Department filled in the missing part of the 2017 Defence White Paper, Strong, Secure and Engaged. Whereas NORAD

and North American defence modernization had been identified as a priority, neither the details, nor funding for modernization had been provided.

The modernization plan entails five inter-related investments areas, and roughly twenty major projects. While all these projects have value for NORAD's mission suite, which includes aerospace early warning, aerospace control (air defence as ballistic missile defence remains a U.S. only mission), and maritime warning, in reality some the projects are only indirectly related to NORAD, and some are actually outside of the twenty year funding envelope. For example, the projects include two important new space-based capabilities funded separately—Defence Enhanced Surveillance from Space and Enhanced Polar Satellite Communications. In



addition, the acquisition of a new generation of short, medium and long range air-to-air missiles is simply a logical requirement for the new generation of F-35 fighters regardless of NORAD modernization requirements per se. Similarly, the requirement to upgrade the two fighter bases at Cold Lake and

Bagotville respectively is essential for the new generation of fighters.

In other words, the envelope of investment areas and projects speak to more than just NORAD. They are

part of the modernization of the Royal Canadian Air Force for national, continental and overseas operations. They are also the aerospace component of a much larger program to modernize the Canadian Armed Forces (CAF), evident, for example, in the acquisition of a new generation of combat ships to replace the out-dated frigates, possibly a new generation of submarines, and the acquisition of ground-based air defences for the Army (which when looking at the overall modernization program, the Army has largely been ignored).

Regardless, this ambitious modernization programme, whether just the NORAD component or for the CAF as a whole faces many

challenges ranging from the ability of the government to follow through with its funding commitments, the likelihood of significant cost overruns, resource limitations in terms of personnel and the complicated Canadian procurement, future new technologies, and the government's commitment to local and indigenous communities especially in terms of Arctic infrastructure. If the past tells us anything, modernization will take more time, and be more expensive, with the uncertainty of the future itself the real wild card.

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*James Fergusson is a newly retired Professor of International Politics and Strategic Studies, and a Senior Research Fellow with the Centre for Defence and Security at the University of Manitoba. He is the co-author with Andrea Charron of **NORAD: In Perpetuity and Beyond**, published by McGill-Queen's University.*

## Dan Sitar Nominated for Award

The University of Manitoba Retirees Association (UMRA) is very pleased to nominate Dan Sitar for a CURAC/AURCC Tribute Award.

Dan joined UMRA in 2009 as a Member-at-Large of the Executive Committee. In 2013, he became Vice-President, and was President from 2017 - 2021. As President, Dan took advantage of every opportunity in dealing with the university administration to lobby for improved benefits for retirees. He persuaded the administration to extend the time the spouse of a retiree would have to find other health benefit coverage after the death of their spouse. He regularly reminded the university (the first Age-Friendly institution in Canada), that retirees are an important source of support for their institution.

Since 2021, Dan has been UMRA's Past President (which in-



cludes chairing of the Nominating Committee), and the retirees' representative on the University's United Way campaign. As representative to the United Way, he was instrumental in increasing the donations from the retirees and ensuring accurate retiree contact data for the campaigns. His efforts helped to raise the profile and value of retirees within the university community.

While President of UMRA, Dan became actively involved in CURAC, serving on the CURAC Board and Chair of the Benefits Committee. As a member of the Health Care Policy Committee, he co-authored a number of health care bulletins.

UMRA is very fortunate to have Dan as a member as we have benefited greatly from his dedication and hard work.



*The UMRA logo, adopted in 2007, was designed by Maureen Johnson who describes it as representing our circles of friendship in UMRA, the University, and the community.*

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## "I'm Not Done Yet" *continued from page 6*

continue on with that work. Being associated with the MRA keeps me connected to the important work being done to address the myriad manifestations of racialized, complex poverty in our province. It also keeps me connected with the numerous colleagues and community folks engaged in that work.

While I may be "off the UM payroll," my work as an academic is not yet done. It's often said that a "good life" is one with meaning and purpose. We find that in the relationships we foster — in my case, spending quality time with

two young granddaughters is a definite bonus — but also in contributing in whatever way we can to making life better for others. For me, that involves continuing in my efforts to expose social injustices and contribute to the movement for change.

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*Elizabeth Comack is a distinguished professor emerita in the Department of Sociology and Criminology at the UM and a research associate with the Canadian Centre for Policy Alternatives – Manitoba*



*UMRA prez Janet Sealey with new UMRA banner*



# Human Rights Museum Tour



UMRA Members and their guests enjoyed a special guided tour at the Canadian Museum for Human Rights on May 14, 2024. This included a visit to the new temporary gallery **Beyond the Beat: Music of Resistance and Change** focused on the many history-making moments when music made a difference.

*UMRA members at Human Rights Museum tour on May 14, 2024*

UMRA's next organized event will be scheduled this fall. An email announcement will be circulated. Or check the UMRA website.



Photo Credit: Bob Talbot

## 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 published obituaries.

Tributes to and information regarding deceased retired employees not listed is welcome. Please e-mail to UMRA at [retirees@umanitoba.ca](mailto:retirees@umanitoba.ca)

Here is a list of UMRA members 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.)

Dr. Douglas Booth Craig, Medicine (1971 – 2010). Decd. August 4, 2023.

Dr. Walter Stephen Good, Business (1969 – 20??). Decd. July 27, 2024.

Dr. Ian Robert Hamilton, Oral Biology (1964 – 2001). Decd. Dec. 30, 2023.

Dr. Klaus Klostermaier, Religion (1970 – 1999). Decd. Feb. 26, 2024.

Dr. John S. McIntyre, Psychology (1968 – 1999). Decd. Nov. 25, 2023.

Gary Asa Nuttal, Bus. Admin. (1966 – 1995). Decd. June 23, 2023.

Donna Lee Odgers, Libraries (1982 – 2004). Decd. May 17, 2024.

Kenneth Poole, Employee Relations (1969 – 1995). Decd. June 2, 2024.

Arvind Shah, Psychology (1970 – 2009). Decd. Feb. 20, 2024.

Gerry Strom, Arts, Engineering (19?? – 202?). Decd. July 14, 2024.

Dr. Juris Peteris Svenne, Physics (1969 – 2004). Decd. May 24, 2024.



## Contact information

### UMRA'S MAILING ADDRESS HAS CHANGED

The new address (effective immediately) is:

University of Manitoba Retirees Association

c/o Learning & Organizational Development

309 Administration Building

University of Manitoba,

Winnipeg, Manitoba R3T 2N2

Phone: (204)474-7175

E-mail: [retirees@umanitoba.ca](mailto:retirees@umanitoba.ca)

Website: <http://>

[umanitoba.ca/outreach/retirees](http://umanitoba.ca/outreach/retirees)

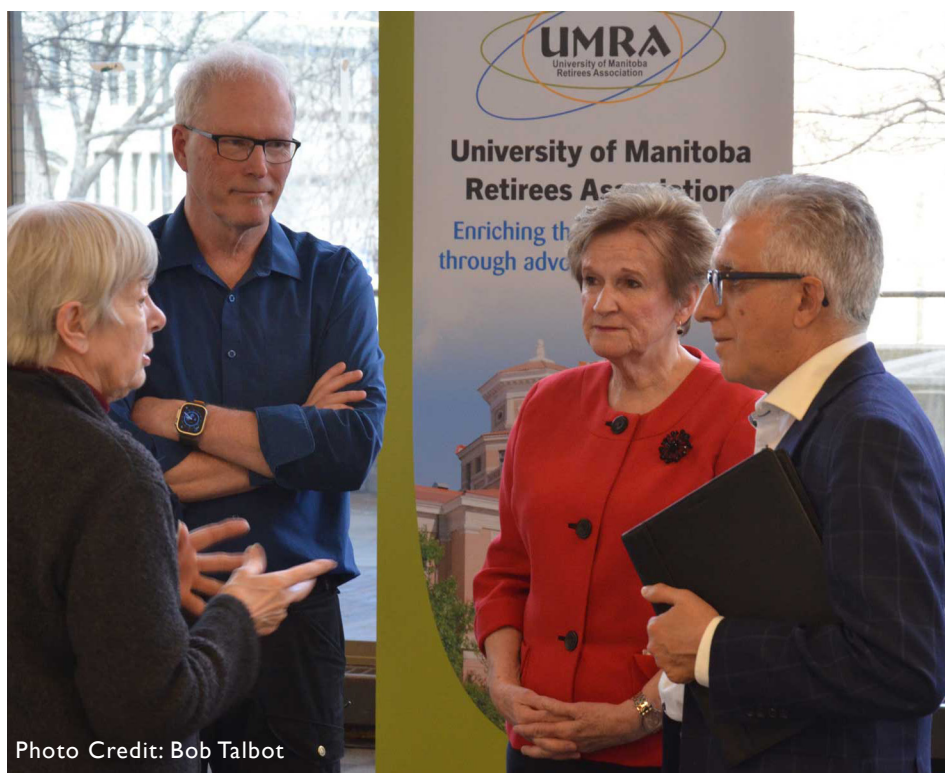


Photo Credit: Bob Talbot

UMRA Exec talks with UM president, left to right:  
June Stewart, Mark O'Riley, and Janet Sealey

## 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](mailto: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  
309 Administration Building  
Winnipeg, MB Canada R3T 6G2  
(204) 474-7175  
retirees@umanitoba.ca  
[www.umanitoba.ca/outreach/retirees](http://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



University of Manitoba Retirees Association  
c/o Learning & Organizational Development  
309 Administration Building  
University of Manitoba  
Winnipeg, MB Canada R3T 2N2  
(204) 474-7175  
umanitoba.ca/um-retirees-association/

## Membership Application

[Please Print]

Name: \_\_\_\_\_  
(First name or initial) (Middle name or initial) (Last name)

Status:  Retiree  Spouse/Partner of Retiree

Year Started U of M Employment: \_\_\_\_\_ Year Retired from U of M: \_\_\_\_\_

Department/Unit: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone Number: (\_\_\_\_) \_\_\_\_\_

E-mail address\*: \_\_\_\_\_

*\*Required to receive news and notices.*

### I want 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, 309 Administration Building, University of Manitoba, Winnipeg, MB, R3T 2N2. **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 \$ \_\_\_\_\_

# What is UMRA?

The University of Manitoba Retirees Association (UMRA) evolved from the 1996 University of Manitoba United Way Campaign Committee. Under the leadership of John Mundie, that committee continued on as the Retirees Committee. The Retirees Committee focused on monitoring retiree benefits and promoting the interests of retirees. In 2003, the University recognized the Retirees Committee as the University of Manitoba Retirees Association, which was authorized to represent all retirees at the University. In October, 2004, UMRA held its first Annual General Meeting, at which time its constitution and privacy policy were ratified.

In 2003, UMRA became a founding member of the College and University Retiree Associations of Canada (CURAC/ARUCC). CURAC is a federation of retiree associations at colleges and universities across Canada. In 2004, UMRA and the University of Winnipeg Retirement Association co-hosted CURAC's annual national conference.

Since 1997, the former Retirees Committee and now UMRA has been instrumental in organizing the semi-annual President's Reception for Retirees. The reception features a guest speaker followed by refreshments and an opportunity for retirees to renew acquaintances. Information about the date and location of the President's Reception is published in the *Retirees' News* which is sent to all retired employees of the University.

For more information about UMRA's history please visit our website: [www.umanitoba.ca/outreach/retirees](http://www.umanitoba.ca/outreach/retirees).

## 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.

## 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 1<sup>st</sup> to September 30<sup>th</sup>. 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.