

USRA EXECUTIVE 2004-2005  
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## Pat's Place

Greetings from Saskatoon in the springtime. I returned on April 2nd and couldn't have been more pleasantly surprised - very little snow and warm temperatures. I am sure everyone is enjoying the nice weather.

On April 6th we had a wonderful "travel" lunch at the Cave restaurant. Twenty-five attendees shared their travel experiences and had a great time. The luncheon began with the reading of a very funny travel story from the retiree's new book that will go on sale April 24th (See page three). Travel is a topic worth repeating and I urge those interested to attend its next session on May 31st.

Don't miss the "Digital Camera" seminar May 7th at the Kinesiology building with Professor Barry Brown (see article opposite) Join others, like myself, to learn about digital cameras and the computer software that goes with them. Happily, I reveal that, on Saturdays, campus parking at meters will be free.

On June 6th we hope you will come to the

**Pat's Place: continued on page two.**

## DIGITAL CAMERA SEMINAR STARRING BARRY BROWN, SATURDAY MAY 7th REGISTRATION AT 0900

Whether you already own a digital camera or have taken pictures with one for several years, join Barry Brown at the Digital Camera Seminar in the Kinesiology Building. Seminar registration (set at \$5.00, with coffee, tea and cookies). Registration begins at 0900 and the session starts at 0930.



Barry will reveal how to improve your 'snaps' before printing them, making your time with your camera an artistically complete hands-on endeavor. Be a participant and bring up to three digital photos for a wall display.

Perhaps you regularly sharpen images, enlarge the size of pictures, or crop them, but there is so much more that can be done.

Suppose you thought you had a perfect picture when you pressed the shutter button, but its appearance on the large computer screen sadly depleted your expectations and you deleted it, but should you have waited?

Barry Brown will show that many problems are readily solved and that a picture that seems quite good

can be brought closer to perfection.

Barry Brown has been an audio-visual expert with a strong interest in digital photography. Years back his career began as a campus photographer. Eventually he became an audio-visual professor, earning his PhD from Indiana University.

Barry, no doubt, was one of the first on campus to own and use a digital camera. Not inhibited from doing so, he got in early and paid a premium for his equipment. He has learned much about using software to operate without film, the darkroom and enlargers. During the seminar he will share his knowledge in his inimitable style, so join us.

If you have not bought a digital, or are thinking of upgrading, one to three Saskatoon photography stores will display selections of their cameras, with staff present to talk about them.

The Digital Seminar, with free parking at meters or in lot R, is certain to be time well-spent, regardless of the day's weather. Indeed, it could lead to another session in the next academic year or to the formation of a USRA digital camera interest group.

Please call the USRA office and let us know how many will be coming with you, and if you intend bringing pictures. You may, however, decide to join the seminar the last minute, so just come and have fun learning.

Pat's Place: continued from page one

Faculty Club for our annual barbecue. Things get underway at 5:30 . It is always a good time to meet colleagues and enjoy the outdoors. Again parking should not be a problem. Go to "R" lot and park after 5:00 PM in any space that does not have a meter. This is a policy the parking office has instituted for the summer months. WARNING: meters during the week still gobble your coins till 10:00 PM.

I had talked before about hoping we could be represented at the annual CURAC meeting in Vancouver on May 11th to 13th. I am elated to say that Duff Spafford is going to combine the meetings with a visit with their daughter. We are very grateful to Duff and look forward to his report about the sessions. You can look at the agenda and other issues at <http://www.curac.ca>.

You have also read in the Newsletter that we have been asked to consider another space for our office. At the moment, it looks like we will retain our office in the Toxicology building, but will lose our lounge. I recently had a phone call from Howard Nixon who had the novel idea of looking into the old horticulture "headers" that are now hidden behind the Kinesiology building. They have been declared heritage buildings and would be a wonderful location. However, they would require extensive renovation to be offices. As Howard said "we are heritage material too!"

The Prime of Life Achievement Award is given by the USRA to retirees who have been recognized for their achievements since they retired. We ask departments and Colleges to nominate people. USRA members may be aware of deserving recipients, so feel free to make nominations. You can get further information from Faye Kernan or Peter Cribb by leaving an e-mail or phone message at the USRA office.

**Make the editor's job easy!**  
Inundate him/her with your stories, pictures, whatever.  
Send by snail mail or e-mail, but force him/her to make choices for each issue - that's work too!

LAUGHTER - *Laughter feels good all over, but it only shows in one place.*  
*George Burns*

**Top 10 dumb questions asked by cruise passengers.**

10. Do these steps go up or down?
9. What do you do with the beautiful ice carvings after they melt?
8. Which elevator do I take to get to the front of the ship?
7. Does the crew sleep on the ship?
6. Is this island completely surrounded by water?
5. Does the ship make its own electricity?
4. Is it salt water in the toilets?
3. What elevation are we at?
2. There's a photographer on board who takes photos and displays them the next day... the question asked... "If the pictures aren't marked, how will I know which ones are mine?"
1. What time is the Midnight Buffet being served?

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One day, three men were hiking and unexpectedly came upon a large, raging, violent river. They needed to get to the other side, but had no idea of how to do so.

The first man prayed to God, saying, "Please God, give me the strength to cross this river."

Poof! God gave him big arms and strong legs, and he was able to swim across the river in about two hours, after almost drowning a couple of times.

Seeing this, the second man prayed to God, saying, "Please God, give me the strength ... and the tools to cross this river."

Poof! God gave him a rowboat and he was able to row across the river in about an hour, after almost capsizing the boat a couple of times.

Finally the third man also prayed to God, saying, "Please God, give me the strength and tools...and the intelligence ...to cross this river."

And poof! God turned him into a woman. She looked at the map, hiked upstream a few hundred yards, then walked across the bridge!

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A Polish guy, on a tour, goes to the ophthalmologist, who shows him a card with the letters:

**C Z W X N Q S T A C Z**

"Can you read this?" the doctor asks.

"Read it!" the Pole replies, "I know the guy!"

**ALWAYS CHECK...**If you have a life membership, stop reading. When a date, other than the current one, appears beside your name, it indicates that your membership is not paid up. In that case, we urge you to renew your membership or to consider one for life. Life membership overcomes forgetfulness and keeps you informed of USRA news and upcoming events you would not want to miss.

Annual Membership dues are \$15; think One-Time Lifetime.	
Age on July 1 (less than) 60	\$180 for life
60 to 64	\$160
65 to 69	\$140
70 to 74	\$110
75 to 79	\$ 80
80+	\$ 50

Think about which photos (up to three), you will bring or send to the digital seminar in May.

## First Travel Luncheon Meeting A Success

By 11:30, most of the luncheon folk at the Cave restaurant had settled in, even though no one could be certain what the afternoon meeting might bring, except that it should be about travel. The attendees shared their travel experiences. The afternoon was so successful that many agreed to hold another session about six weeks into the future (See ad page four).

Some attendees brought photographs to pass around. Others stood up in front and discussed slides projected on a screen. Two and a half hours sped by ending with travel suggestions and the decision to regroup in six weeks.

Joel Gajadharsingh (Language Arts) shaped the program as attendees arrived. No sooner than they settled into their seats and were studying menus, some were looking at photos being circulated at tables.

While they were eating, first up was Joe Campbell (U of S News & Publications Office) who read the first chapter from his new book, "Take Me Out of the Ball Game" (Thistledown Press). It told how people whom he met made life difficult for him on his travels across Canada, in the United States and even in England when they mistook him for the English actor Alex Guinness.

Ted Hammer (Biology) showed slides and described why a tour of the Galapagos islands is spectacular. Gary

Hanson (History) then stood up to introduce his two thick photo albums and make his case that, though he has travelled the world, Syria, to his mind, is the globe's most fascinating land.

Doris Hasell (Home Ec) brought pictures of a Costa Rican rain forest. John Owen (Medicine) and his wife, Jacqueline, showed slides and told stories about the paradise-like Seychelle Islands where Jacqueline grew up. Then, Peter and Doris Bietenholz (History) shared pictures and described their visit to museums and to Paderewski's estate in Krakow, Poland.

It does not take but

a few minutes of sharing to appreciate how much traveling U of S people have done and continue doing as retirees. Many speak, almost nonchalantly, of having gone around the world several times. One woman on the Executive and her husband have taken over 10 cruises.

The USRA acting president, until the return of Pat Lawson from California, missed the April meeting because he went to Australia. A second member was about to leave on a Mediterranean cruise, while a third one had sojourned for three weeks in Victoria. Pat spent several months of California golfing and returned the day before the meeting. Wouldn't you want to hear some humorous travel stories from Executive members at the May 31st meeting?

Executive members will be in contact with those who

left their names at the luncheon and those who missed the first session, but who would like to be part of a Travel interest group. We need to know who you are, so send either an e-mail or phone the office, telling of or reaffirming an interest in being a part of a future luncheon.

Picture one - Joe Campbell

Picture two - Ted Hammer

Picture three - John Owen



### MARK YOUR CALENDAR!

JUNE 6th at 5:30 PM  
Annual Barbeque



Faculty Club  
\$15.00 per Guest

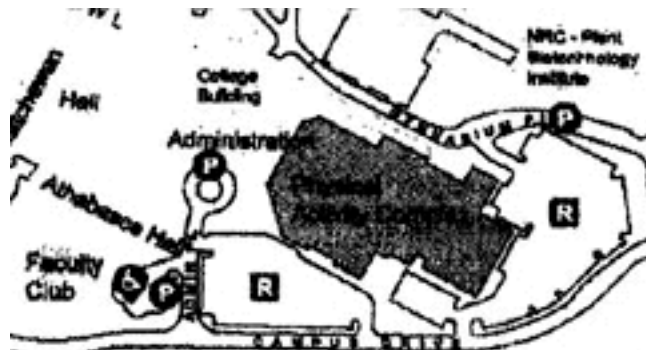


Planning to buy a digital camera? Check out - [www.steves digicams.com](http://www.stevesdigicams.com); it has over 370 million visits.

### *Ye Gads, Free Parking at Meters Saturdays on U of S Campus*

At this time of the year when the campus is a magnificent spectacle and students are relatively few, much is done to encourage visitors to spend as many hours as they wish on campus. Forget feeding meters on weekends. After five o'clock the "Reserve" R lot is available for free parking on weekends. On week days it is available after five in the evening.

Beginning Friday night through Sunday, parking meters need not be fed. This is important news for those attending the Digital Camera Seminar at the Kinesiology Building Saturday, May 7th. They can park at meters free or they can use R lot. The USRA has been advised that parking should be plentiful during the morning because no other major events are scheduled at the



Kinesiology Building that day.

The June 6th BBQ at the Faculty Club unfolds somewhat differently. Attendees will not have to pay for parking if they arrive after 5:00 PM and use the non-metered spots in R Lot.

### **THERE ARE ALL SORTS OF DIETS, BUT A PEANUT BUTTER ONE FOR ADULTS???**

Not since reflecting on how laughter improves health has the editor included much about health in the newsletter. But, in your fondest thoughts, did you ever think that peanut butter could be a choice diet food? Read on.

#### **Lose Weight on the Peanut Butter Diet (with U.S. Brands)**

Eat 4 to 6 tablespoons of peanut butter every day. You'll lose weight and you won't be hungry.

Yeah, yeah, peanut butter is loaded with calories. But it's also packed with monounsaturated fats, which Men's Health magazine calls the original death-defying potion. In fact, the magazine goes so far as to say we should all be on the Skippy Diet to reduce the risk of heart disease AND to lose weight.

Researchers at Brigham and Women's Hospital concluded that people who consumed foods that were high in monounsaturated fats, including olive oil, avocados, and peanut butter, were more likely to lose weight and keep it off than people following a more regimented, lower-fat diet. These amazing claims were backed up by researchers at Purdue University. It's really pretty simple: Peanut butter is filling. BUT: limit your Jif Diet to no more than 6 tablespoons of the gooey stuff a day.

What do you eat on the peanut butter diet? Men's Health offers this menu:

Breakfast: Peanut Butter and Banana Shake (1 cup of fat-free milk, 1 medium banana, and 2 Tbsp. peanut butter liquefied in a blender)

Lunch: Peanut butter and jelly sandwich and an apple

Snack: Peanut butter on a rice cake

Dinner: It's peanut-butter free! But be sensible and enjoy a skinless chicken breast, chopped nuts, an avocado, and a salad, for example.

P.S. George Washington Carver, whose father was a slave, invented peanut butter.

### **USRA TRAVEL LUNCHEON** May 31, 2005. 11:30 A.M. THE CAVE (8th East)

Join others for a second Travel Luncheon bringing with you your photos, slides and recollections, especially some "Humorous Moments," as well as travel tips.



If another restaurant is substituted for the Cave, you will be contacted well before May 31, 2005. Therefore, please phone 966-6618 early to let us know who will be attending and who will be using the available slide projector.