



**Message from the President**

We have just completed the 2009-2010 USRA Speaker Series held monthly at Mano’s Restaurant. We express our sincere appreciation to the following presenters who took time from their busy schedules to speak to USRA members: Vice Presidents Richard Florizone and Brett Fairbairn; Daniel Béland from the Johnson-Shoyama Graduate School of Public Policy; Peter England on the Fine Arts Scene in Saskatoon; Donavon Swinnerton from the Sask. Trade and Export Partnership and Retired Chief Justice Gerald Seniuk. Please see the list of upcoming programs featured in this newsletter.

Thanks to the efforts of Dean Jones, our USRA web site ([www.usra.usask.ca](http://www.usra.usask.ca)) is in the process of being updated and we pledge to maintain the web site with current information in the future.

The Ad Hoc Committee on the Future of the USRA, under the chairmanship of Michael Hayden, has recommended that we investigate the possibility of engaging retired faculty and staff more fully in the life of the university. In February the Executive Committee met with President Peter MacKinnon and Dr. MacKinnon subsequently requested that the

Alumni Relations office coordinate the interface between the Retirees Association and University departments interested in such engagement. We will be reporting more details on this proposal over the coming months.

You are encouraged to nominate a worthy USRA member for “The Prime of Life Achievement Award” described in this issue of the Newsletter.

Please mark the following dates on your calendar: USRA Spring Barbecue on June 7 and the USRA Annual Meeting and Banquet on September 20. Both of these events are being held at the Faculty Club.

**U of S Retiree Honours**

**Dr. K.W. (Kay) Nasser**

Professor Emeritus Karim (Kay) Nasser was recently honoured by the University of Saskatchewan for a 12 million dollar gift to support students at the University. The gift in-kind will be used to improve student experience at the U of S by creating new undergraduate needs-based awards, helping hundreds of students each year. The Nasser family gift will also support two important capital projects at the University of Saskatchewan: the addition of a student amenities building as a part of the recently announced undergraduate student residences in the College Quarter Development, and the Gordon Oakes–Red Bear Student Centre.

The donation, the largest in the history of the university, is the latest of many given over the years by the Nasser family. President MacKinnon, in acknowledging the gift, said that: “among the thousands upon thousands of stories accumulated to express the enormous richness of life at the university over the years, that of the Nasser family is a source of inspiration.”

## Workshops and Activities

### Historic Tour

**Thursday, May 20th:** 9:00 am. to 4:00 pm.

Lt. Col. Larry Wong – Batoche Tour

(Larry Wong is very well informed on the military aspects of the Louis Riel Rebellion. He has been an important resource for the school tours to the Batoche Historical Site).

Assemble at parking lot at Batoche at 9:00 a.m.

Distance from Saskatoon = 86 km.

Park Fee for Seniors = \$6.55

For carpooling, phone Marj or Murray Scharf 374-0874

### Horticulture Tour: Fruits, Berries, Etc.

**Tuesday June 1st.:** 9:00 a.m. to 12:00 noon

(If inclement weather, alternate date and time: June 8th, 9:00 to 12:00 noon)

Tour Leader: Jackie Bantle, Department of Plant Sciences

Place: Horticulture Field Lab, 2909 14th Street East (Park on south side of 14th Street)

Event: A tour of the fruit and berry plots of the Horticulture Group: A tour of Patterson Gardens.

(Attendees will be transported to the various sites within the Field Lab and Patterson Garden areas. Leave personal transportation parked on 14th Street).

Note: The Fruit Programs plant sale will be on Friday, June 4th starting at 9:00 a.m. at the Field Lab site.

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*As a senior citizen was driving down the freeway, his car phone rang. Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on 280. Please be careful!" "Hell," said Herman, "It's not just one car. It's hundreds of them!"*

## Gleanings From the Minutes

(This is a new column to highlight important items from Executive Committee meetings)

### February 1st Executive minutes

- Jim Blackburn welcomed President Peter MacKinnon to the USRA Executive meeting and asked him to provide an update on new developments on campus.
- President Mackinnon described the many capital projects under construction at the present time and several still in the planning stage—such as the proposed student housing project, the replacement for the Rutherford Rink, and the Aboriginal Student Centre.
- A useful discussion was held with President MacKinnon on services the USRA could perform for the university and on benefits the university could extend to retirees.
- Michael Hayden briefed President MacKinnon on the preliminary work of the Ad-hoc Committee on the Future Role of the USRA. Dr. Hayden mentioned that a recent survey by CURAC indicated that some universities offer more benefits to retirees, such as free parking or access to recreation facilities.
- There was consensus that it would be useful for the university to appoint a coordinator to facilitate dialogue between the Retirees and the university on these issues.
- There was discussion with President MacKinnon on the usefulness of the Retirees' Lounge, especially since the door is often locked, making the room inaccessible for retirees wanting to drop in to spend some time.
- After President MacKinnon's departure, Jim Blackburn gave the President's Report and Ken Smith delivered the Treasurer's Report indicating a break-even financial year.
- Murray Scharf presented the planned noon lectures at Mano's Restaurant for January, February and March. He also outlined the two field trips planned for May and June, which appear in the present edition of the USRA Newsletter.

- Eileen Harvey reported on all the work she and her committee had done to revitalize the Prime of Life Awards. An update of the work is published in the present edition of the Newsletter.
- Duff Spafford agreed to attend the CURAC conference and to report on behalf of the USRA.

### **March 1st Executive Minutes**

- In business arising from the minutes, it was resolved to remove the e-mail addresses of the Executive committee from the USRA web site—for purposes of privacy.
- The Executive decided that there was no reason to incorporate, because there would be no benefit to the USRA to do so.
- Murray Scharf reported that because of too few registrants, the computer workshop scheduled for February 27 had to be cancelled.
- Eileen Harvey presented the report of the Prime of Life Achievement Award Committee and the eligibility criteria were approved by the Executive.
- A delegation from the USRA Executive—consisting of Michael Hayden, Kurt Tischler and Duff Spafford—was formed to meet with Melana Soroka to negotiate the coordinator position mentioned in the February minutes.
- Dean Jones reported on the modifications and updating he had done to the USRA web site. President Jim Blackburn thanked Dean for agreeing to assume the management of the web site.
- Jim Blackburn agreed to consult with the Faculty Club and later set Monday, June 7, as the date for the USRA Spring BBQ.

### **USRA Spring Barbecue, Fall Banquet**

We have booked the Faculty Club for the USRA Spring Barbecue on **Monday, June 7**.

The Annual General Meeting and Fall Banquet will also be held at the Faculty Club on **Monday, September 20**.

## **Prime Of Life Achievement Award**

### **The USRA invites nominations for the Prime of Life Achievement Award.**

The Prime of Life Achievement Award honours and expresses appreciation of persons who have retired from work at the University and who, *after their retirement*, have been recognized for outstanding scholarly, artistic or service contributions. Such contributions would have been recognized by international, national, provincial or local bodies (for example, Order of Canada, Saskatchewan Order of Merit, honorary lifetime recognitions from national or provincial professional societies or associations, honorary degrees, national artistic commissions, Saskatoon Citizen of the Year).

The Prime of Life Achievement Award Committee invites nominations from the university community; however, anyone may nominate a worthy candidate. If you require a nomination form or additional information, email the USRA at [ss.usra@usask.ca](mailto:ss.usra@usask.ca) or call the Office at 966-6618. You can also download a form from the USRA web-site [www.usra.usask.ca](http://www.usra.usask.ca). Please note that two signatures are required for the nomination. Nominations may be made at any time but must be received by April 30 to be considered for an Award that year.

### **Missing In Action!!**

Faye Kernan, Chair of the Pictorial History Committee, is asking all retirees to please check their shelves and desktops at home for a missing historical picture album that has gone astray. Faye believes someone may have taken the volume home to help with photo identification, placed the album in a safe place and in their busy-ness, forgotten they have it. Please do check your shelves, since these photos are a part of the USRA history and are not replaceable. Thanks for your help!

## E-Mail Addresses Requested

In addition to the distribution of the USRA Newsletter to some members via e-mail, we also send e-mail reminders just before our USRA events to those living in or near Saskatoon. We request that you send us your e-mail address so we can keep you up to date with our activities.

Please send an e-mail to [ss.usra@usask.ca](mailto:ss.usra@usask.ca) requesting to be added to our e-mail distribution list and, if you wish, to receive the Newsletter by e-mail. In order to respect privacy and keep addresses confidential, we take care to send these e-mails as "blind carbon copies."

## USRA EXECUTIVE 2009-2010

President: Jim Blackburn

Past President: Murray Scharf

Vice President: Kevin Wilson

Secretary: Yvonne Cuttle

Treasurer: Ken Smith

Members at Large:

Yvonne Brown  
Les Coleman  
Eileen Harvey  
Michael Hayden  
Faye Kernan  
Dale Miquelon  
Bob Sanche  
Nancy Senior  
George Sofko  
Duff Spafford  
Kurt Tischler  
Bob Woods

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*WHEN I was a maintenance worker at a senior citizens' residence, I spent much of my day responding to service calls. I remember the time I was called to fix a door that wasn't locking properly. Arriving at the apartment, I knocked and, getting no answer, knelt to examine the lock. At that moment the door opened to reveal a woman in her eighties obviously startled by my kneeling posture. Then it was my turn to be surprised. She threw up her hands and laughingly exclaimed, "I accept!"*

## Of Interest To Retirees

### Specialized Wellness programs

Spring is a time for rebirth and renewal of our aging selves! As retirees age, we sometimes neglect activities that could help us to be well even into advanced years. The Saskatoon Leisure Guide, under the sub-heading: **Specialized Wellness Programs**, offers four programs of interest to seniors. These programs have been developed jointly by the Saskatoon Health Region and the City of Saskatoon Community Services Department.

The programs are: **Arthritis Aquatic Exercise Program** – to increase flexibility and endurance; **Osteoporosis Exercise Program** – specifically designed for persons with osteoporosis; **Bosom Buddies** – to help regain fitness during breast cancer recovery; and **Stroke and Parkinson's Exercise Program** – to improve functional ability through improving fitness.

Another excellent wellness program for seniors is **The First Step Program** – a supervised exercise program for people with pre-diabetes, diabetes, high blood pressure, abnormal cholesterol, increased body weight or arthritis.

Details of these special programs, as well as many other programs and activities for people of all ages, are printed in the Saskatoon Spring and Summer Leisure Guide. They can also be accessed on-line at:

<http://www.saskatoon.ca/DEPARTMENTS/Community%20Services/LeisureServices/Leisure%20Online/Pages/default.aspx>

Or just Google: Saskatoon "leisure guide"

The fall edition of the Saskatoon Leisure Guide will include community association programs, which provide a wide range of activities at low cost.

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If you have items or information for the Newsletter, please contact:

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or

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