

# USRA Newsletter

August 2019

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## From Our President



### President's Message – What should I eat? Part 1

About a year ago, my granddaughter, then age 10, announced that she was “vegetarian”. “Since when”, I asked. “Since Thursday she replied”. As this was Saturday, I thought that the lure of hot dogs, or a barbecued hamburger might change her mind. But, to her credit, she has maintained an almost “vegan” diet (no meat, dairy products or eggs). Realizing that she is entering her growth spurt years, I attempted to look into the pros and cons of a vegan diet in adolescents.

Now, I hasten to say that I'm not a nutritionist or a dietician, but I do know something about assessing evidence. Recall that the highest level of evidence is the randomized controlled trial (RCT). Good RCTs mean that we are very certain of the conclusions of the research and that further studies are unlikely to change them. In essence, groups of people are randomly assigned to one or more “arms”. They are then followed to see which treatment is

superior. RCTs can be downgraded if design flaws are identified.

“Observational” studies (case-control and cohort) are low level evidence to begin, but may be upgraded to moderate if certain stringent criteria are met. All other studies, including case series, case reports and testamentary, are “very low” quality evidence meaning that their conclusions are very likely to change.

RCTs of diet are exceedingly difficult to design and carry out. To summarize a RCT we use the acronym PICO. P is for patients. Who was entered into the trial? (age, sex, health status, etc). Nutritional requirements for a 10-year-old girl might well differ from those of a 75-year-old man.

I is for intervention: what specific diet was prescribed? This is particularly problematic; if the intervention is “low fat” what do you replace the fat with to maintain caloric intake?

C stands for control. What kind of diet was the group not assigned to the experimental one prescribed? Was it the “usual North American diet”? If so, what is usual? Finally, O is for outcome. We need to distinguish between “real” outcomes – mortality, heart attack, cancer – and “surrogate” outcomes: blood pressure, cholesterol, blood sugar, etc. In between these is the health related, quality of life outcome which measures physical, emotional and social functioning<sup>1</sup>.

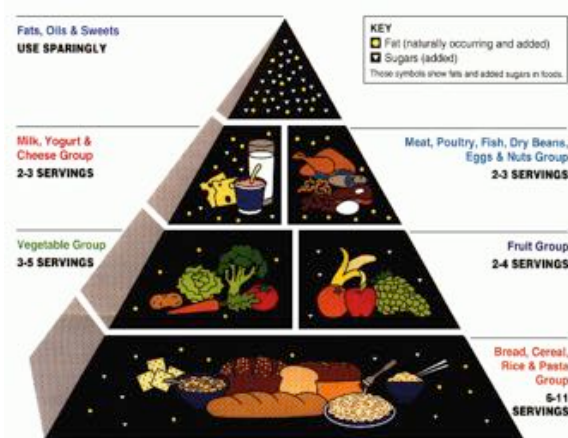
After searching UpToDate, the Cochrane library and PubMed, I found no RCTs of vegetarian or vegan diets. Schurmann and colleagues reviewed 24 observational studies of vegan or vegetarian diets in children 0-18 years<sup>2</sup>. They noted that all studies are of low or very low quality. Their conclusion: “*Due to the study heterogeneity, the small samples, the bias*

towards upper social classes, and the scarcity of recent studies, the existing data do not allow us to draw firm conclusions on health benefits or risks of present-day vegetarian type diets on the nutritional or health status of children and adolescents in industrialized countries". One study found lower levels of vitamin B<sub>12</sub> and two found lower levels of vitamin D in adolescents following a vegan diet. These deficiencies are easily corrected with oral supplements. A frequently cited study of Dutch children fed a "macrobiotic" diet found them to be shorter but leaner than controls. The diet studied emphasizes whole grains, especially brown rice, and includes vegetables, fruits, legumes, and seaweeds. Locally grown fruits are recommended. Animal foods, limited to white meat or white-meat fish, may be included in the diet once or twice a week<sup>3</sup>. On the plus side, those children who added dairy products in later childhood showed "catch up" growth and almost reached heights and weights of their peers.

Having learned all this, I reached into theory. Humans are omnivorous. Our eyes face forward, meaning that we can see in 3 dimensions and are predators. Herbivores usually have laterally facing eyes giving them a wider field of vision and a better chance of avoiding predators. Our teeth, while relatively small, can slice through tough meat. Herbivores are endowed with larger teeth, especially molars, best suited for grinding fibrous plants. They also have different guts than we do. The cow's rumen allows digestion of plant materials by bacteria. It can benefit from eating grass; we can't. Our cousin, the great ape, is primarily a herbivore. Its intestine is relatively longer than ours, allowing it to absorb hard-to-digest food.

It also seems true that humans can survive on markedly different diets, both energy content and ratio of protein, fat and carbohydrate. Canada's Food Guide divides diet into three categories: fruits and vegetables, protein and whole grains. It suggests limiting saturated fat (often found in red meat), simple sugars and sodium<sup>4</sup>. It is silent on the presence or absence of meat.

I like the old US Department of Agriculture food pyramid.



As seen here it suggests using carbohydrates as the base, with fruits and vegetables next, then dairy products and meats but limiting fats, oils and sugar. On a recent trip to Portland, OR, Merne and I saw this variation of the pyramid:



I don't recommend the "pizza diet".

So how to advise my granddaughter? Please consider eating eggs and dairy products and take vitamin B<sub>12</sub> and vitamin D supplements. Consult a dietician.

I'll expand on these thoughts on diet for our age group in a future message.

#### FURTHER READING

1. <https://clinmedjournals.org/articles/jmdt/jmdt-2-023-figure-1.pdf>2019;accessed 2019-06-11
2. Schurmann S, Kersting M, Alexy U: Vegetarian diets in children: a systematic review. *Eur J Nutr* 2017;(56): 1797-1817.
3. Van DM, Arts IC, Bergsma JS et al: Catch-up growth in children fed a macrobiotic diet in early childhood. *J Nutr* 1996;(126): 2977-2983.
4. <https://food-guide.canada.ca/en/2019/>; accessed 2019-06-11

Thomas W. Wilson

## Update from the Education, Social and Recreation Committee

The Education, Social, and Recreation Committee (Merry Beazely, Tom Wilson and Alan Anderson) has been busy organizing upcoming USRA events and luncheon programs and exploring new social and educational opportunities for our members (such as stargazing) for the coming academic year (see below). We have also been addressing audio and space issues at our venue, Manos on 8<sup>th</sup> Street. Board members Rick Bunt and Yannis Papatouoglou respectively have advised the Committee on purchasing and setting up a sound system (complete with a bright red muff!) and securing a podium to use at our Manos lunches. Many thanks to them and to the obliging staff at Manos.

With USRA membership now almost twice the size it was before USNARA members joined us in 2017-18 and with a maximum number allowed in Manos private room, occasionally our luncheons have become full even before the RSVP deadline. Twice last year luncheon reservations had to be refused. If you have booked and find that you cannot attend an event, please contact USRA to free your seat in case we have a waiting list. After scouting several other venues and trying one out, the Board surveyed members for their reactions. The membership indicated a strong preference for Manos, so we remain there. What we have done in the past is arrange an encore presentation. But if this is not possible, we will certainly provide an update and/or slide presentation of the talk on our USRA website.



## Recent Events

“Adventures in Data World” in March  
**Troy Harkot**, Director of U of S Assessment and Analytics, presented Adventures in Data World – a look at how data are used to support decision making at USask. Troy’s March 29, 2019 presentation focussed on our data environment, the growing demand for more data and the many uses of our data. The **Data Governance Process** at the U of S aims to ensure **quality** (accuracy, integrity, and completeness of data); **access** (authorization of who can access the data); and **use** (guidance/oversight on how the data can/should be used).



He described the **University Data Warehouse** and some of its many user groups: space/facilities, students, people/contacts, alumni/donors, research, employees, finances 3<sup>rd</sup> party, course tools and others. Troy explained how data are used for planning, budgeting, assessment, quality assurance and external reporting. He ran us through real-time examples, such as how data can be used to identify at-risk students, for improved retention but most importantly to enhance the quality of the student experience. Pictured above are (l to r) Rick Bunt, Troy and Garnet Packota. Please see the USRA homepage for a link to Troy’s presentation.

## “Turning the Page at the U of S Library” in April

**Dr. Melissa Just** (pictured) joined the U of S Library as Dean in February 2017. On April 15, 2019, we had the opportunity to hear her presentation: ***Partnerships on Campus and Beyond: Library Strategic Framework 2025***.

To view Dean Melissa’s presentation, please click on

<https://www.slideshare.net/secret/FK4Cq747EGURtY>.



Melissa described the core purpose of the Library: “We advance **learning, research and collaborations** across our diverse community through the unique combination of academic support **services**, inclusive **spaces** and relevant and distinctive **collections**,” of which she noted the Duff Spafford Collection is one. She relayed some recent numbers about the 7 Library locations on campus: 3474 seats across the Library; 1,822,173 visitors last year (half in Murray); 2,292,656 titles; 70,317 items checked out; 6060 items borrowed from other libraries; and 5323 items we loan to other libraries.

She closed her presentation with the **Grand Challenge: The Current Academic Publishing Model**. And indeed, the Library is facing this grand challenge. An article published this month by **Alex MacPherson**

of the *Saskatoon StarPhoenix* (August 8, 2019) reports the U of S has cancelled more than 3,800 academic journals in response to “unsustainable rising costs of subscriptions set by publishers.” Our University is not alone in doing this. Concerns about access and timely access have been raised by our faculty and graduate students. The article goes on to say that Dean Just is working on identifying priority titles and that cancelled journal articles will still be available through interlibrary loans.

Thanks to **Rick Bunt** for confirming Library access and privileges for our members: 150 item limit; extended loan; 10 item hold limit; \$30 fine limit; free access to interlibrary loans; access to U of S Library online materials from a Library computer; Learning Commons computers; pay for print available at logon public computers; and access to public MicroScanner at the Murray site.

“Genealogy Detectives” in May ..... on two occasions!

**Drs. Jane Richardson and Linda Suveges** presented Genealogy Detectives on May 13, 2019 to a full house and kindly agreed to give an encore presentation to a second full house on May 22! Dr. Richardson retired from the Saskatoon Health Region as Coordinator of Clinical Pharmacy Services and Clinical Assistant Professor with the College of Pharmacy and Nutrition. Dr. Suveges is Professor Emerita of Pharmacy. Jane and Linda have developed a keen interest and knowledge of the study of families and tracing lineages and history. They spoke about what genealogy is and who may be good at it; when and how to start; sources of information and relevant examples; genealogical versus genetic family trees; DNA testing; and why they really are detectives! The crowds on both

dates had interesting questions and comments.



Linda and Jane suggested a good place to start learning is to join the Saskatoon Branch of the Saskatchewan Genealogical Society (SGS). Founded in 1971, the Branch is part of a volunteer provincial heritage organization whose purpose is to promote and develop the study, research, and preservation of genealogy and family history. The many programs and services they offer are all designed to achieve this mission. See <https://www.facebook.com/SaskatoonGenealogy/>.

#### USRA Spring Barbeque

Our annual barbeque was held on June 10, 2019 at Louis' Patio. We welcomed 2018-19 retirees and others who have left the University and meet USRA eligibility for membership. We were pleased to have Debra Pozega Osburn (Vice President, University Relations) and Guy Larocque (Associate Vice President, Alumni Relations) join President Tom Wilson in welcoming them. Board member and CURAC President Bryan Harvey described the USRA and extended an invitation to new retirees to join us. Many thanks to Mel Hosain for capturing our event in photos (see below). And our appreciation to Louis' staff, who kindly and quickly set us up in their event centre once the rain started. Attendees had just about finished the delicious buffet when we quickly moved downstairs!

## Outdoors and Indoors at the BBQ



from left to right: Debra Pozega Osburn, Tom Wilson, new USRA member, Guy Larocque



President Tom Wilson (blue shirt) with 9 new retirees welcomed to USRA

## USRA Booth at 2019 U of S Staff Appreciation Picnic

Jackie Huck, Rick Bunt and Tom Wilson set up our USRA booth at the Staff Appreciation Picnic. In the photo, Jackie is ready to go, and let future retirees know about our organization. Judy Henderson and Merry Beazely from the Board helped as



well. Judy signed up new members and we distributed USRA information to many, as well as the traditional Timbits. Our booth was not quite as popular as the Balloon Twister Booth next door, but we were pleased with the interest generated, and believe this is one good way to promote the USRA and its mission.

## Upcoming Events

### USRA Members Invited to Join 'Visual Observing for Beginners'

Starting in September 2019 Jim Goodridge, Vice-President of the Saskatoon Centre of the Royal Astronomical Society of Canada (RASC), will be leading a group for people beginning visual observing. ***There are no fees, but participants will have to be members of RASC or students of the U of S enrolled in an astronomy course or members of the University of Saskatchewan Retirees Association (spouses or significant others will also be allowed/encouraged to participate).*** The



group will meet after the regular RASC meetings end, around 9:30, and have an observing session or talk at the Campus Observatory, which will wrap up around 11:30 pm. They will also visit the Sleaford Observatory site (near Colonsay SK). The group will focus on doing two RASC observing programs: “Explore the Universe;” and “Explore the Moon.” They will be using both telescopes and binoculars. For more information, please see

[https://www.usask.ca/rasc/Newsletters/SS\\_1906.pdf](https://www.usask.ca/rasc/Newsletters/SS_1906.pdf).

Thank you to Yannis Pahatouoglou, USRA Board member; Daryl Janzen, Ph.D., Department of Physics & Engineering Physics and President of the Saskatoon Centre of the Royal Astronomical Society of Canada; and Jim Goodridge for arranging this opportunity. We are hoping that Daryl can present at one of our lunches and we can also organize a tour of the Campus Observatory in the future.

[AGM and Awards Banquet](#)

[September 23, 2019](#)

[University Club](#)

We hope that many of you can attend our **Annual General Meeting** on Monday, September 23, 2019 at 4:30 at the University Club. Please come to provide your input on USRA’s activities and elect the Board for 2019-20 (see slate in this

Newsletter). The AGM will be followed by cocktails (cash bar) at 5:30 and our **Annual Banquet** at 6:00. This is our opportunity as an Association to recognize people who have continued to contribute to their disciplines, to the University or to the wider community after their retirement. The following awards will be presented:

Continuing Contribution:

- Vera Pezer
- Ron Verrall

Prime of Life Achievement:

- Dennis Johnson
- Gordon Johnson
- Winfried Grassmann

Honorary Life:

- Ken Smith
- Asit Sarkar

The cost to attend and enjoy a delicious dinner buffet is \$55. Watch for an invitation and RVSP request soon. We look forward to seeing you!

[Dr. Bill Waiser](#)

[In Search of Almighty Voice](#)

[Wednesday, October 16, 2019 at Manos](#)

Dr. Waiser, S.O.M., B.A., M.A., Ph.D., is a western Canadian historian who has published more than a dozen books, many of them recognized by awards. *A World We Have Lost: Saskatchewan Before 1905* won the 2016 Governor General’s Literary Award for Non-Fiction. He most recently received the 2018 Governor General’s History Award for Popular Media: The Pierre Berton Award.



## CHEP Good Food Inc.

November 20, 2019

On November 20, 2019, come to find out more about this wonderfully important resource in our city. CHEP Good Food “offers a variety of programs for schools, families and individuals in Saskatoon. Whether you are interested in purchasing produce at a great price, learning more about cooking on a budget, ensuring every child has healthy food to eat at school, or getting involved in urban gardening, we can help. **Our programs are open to everyone.** We focus on increasing access to fresh food, providing nutritional education, building food skills, and supporting our city’s community garden network” (from <https://www.chep.org/>).

President Stoicheff’s Holiday Reception in November/December TBA

We will send you the President’s invitation to this much looked-forward-to event as soon as we hear the date.

## Recreational Events in Planning Stages

One of the mandates of our Committee is to plan recreational events for members. We’ve collected some intriguing ideas and will work in the coming months to move ahead on these. Potential events include a course on keeping your computer safe and operating smoothly and a tour of the spectacular Merlis Belcher Place, the newly opened multi-sport facility on campus. We welcome your input and ideas on recreation!

## USRA Election at 2019 AGM

USRA’s Annual General Meeting will be held in the University Club at 4:30 p.m. on Monday, September 23, immediately before the Awards Banquet at 6 p.m. (cash bar opens at 5:30). In preparation for the election of the Executive Committee at this AGM, the Nominations Committee here presents to the membership the following slate of Officers and Members-at-Large for the 2019-20 academic year (one-year terms). The current members of the Nominations Committee are Past Presidents Judith Henderson (Chair), Bryan Harvey, and Dean Jones.

### Election Slate:

<b>President</b>	<b>Merry Beazely</b>
<b>Vice-President</b>	<b>Brad Steeves</b>
<b>Secretary</b>	<b>Jacqueline Huck</b>
<b>Treasurer</b>	<b>Michael Brockbank</b>
<b>Immediate Past President</b>	<b>Tom Wilson</b>
<b>(ex officio)</b>	

**Members-at-Large: Rick Bunt, Henry Classen, Bryan Harvey, Judith Henderson, Dean Jones, Ioannis (Yannis) Pahatouroglou, Beryl Radcliffe, and Jim Thornhill.**

All terms are for one year. Tom Wilson and Merry Beazely have each served for two years as President and Vice-President respectively. The current President becomes, *ex officio*, the Immediate Past President. Normally the current Vice-President runs for President. Jacqueline Huck has agreed to continue as Secretary.

There are two new nominees to USRA offices, both of whom have served on the USRA Executive Committee for a year as Member-at-Large. Brad Steeves is standing

for Vice-President after retiring from a distinguished management career in Health Sciences; Finance and Resources; and Facilities Management. Michael Brockbank is standing for Treasurer after retiring from the University Library (Interlibrary Loan). He has been an active member of CUPE 1975 and an observer on behalf of retirees on its Pension Committee.

Of the current candidates for Member-at-Large, Rick Bunt, Bryan Harvey, Judith Henderson, Dean Jones, and Yannis Pahatouroglou are standing for re-election to the Executive Committee. Two of the three new candidates for Member-at-Large, Beryl Radcliffe (a specialist in Research Ethics) and Jim Thornhill (Professor Emeritus, College of Medicine), recently retired from positions in the University's Research and Ethics Office. The third, Henry L. Classen, is Distinguished Professor Emeritus, Animal and Poultry Science.

The Nominations Committee thanks for their generous service to the USRA the members who are stepping down from the Executive Committee: 2018-19 Members-at-Large Alan Anderson and Lois Dumbovic, and USRA's faithful and prudent Treasurer since 2014, Ken Smith!

The election at the AGM will be by acclamation unless further nominations, each signed by three members of the Association, are received by the USRA Secretary at least 15 days prior to September 23 (see below). See USRA's By-Laws (Section 10) on the website for procedures allowing Ordinary Members of the Association to submit nominations of additional candidate(s) to the USRA Secretary, Jacqueline Huck:

[http://homepage.usask.ca/~ss\\_usra/resources/Home/About-USRA/Bylaws-170925.pdf](http://homepage.usask.ca/~ss_usra/resources/Home/About-USRA/Bylaws-170925.pdf)

The Nominations Committee urges USRA Ordinary Members to attend the AGM and participate in the 2019 election. Their partners (non-voting Associate Members) are also welcome to attend.

## Members No Longer with Us

The USRA has learned of the deaths of the following members. We extend our sympathies to their families. Surviving partners of deceased Life Members remain members of the Association.

Jack **Call**, died March 28, 2019, age 100, predeceased by his wife Edna.

Leslie C. **Coleman**, October 22, 1926 – July 12, 2019, predeceased by his wife Helen "Bubs".

Mary Isabel **Houston**, November 7, 1924 - July 19, 2019, survived by her husband Stuart.

Rosemary **Hunt**, April 2, 1931 – August 19, 2019, survived by her husband Dennis.

Man-Kam **Leung**, December 2, 1937 (China) – June 27, 2019 (Ottawa), predeceased by his wife Joan.

Marjorie **Linwood**, April 5, 1932 - July 11, 2019, Prof. Emerita, Nursing.

Christine E. **McLean**, died January 25, 2019, age 76, survived by her husband Wells.

Edith Margaret **Sumner** (née Clark), August 8, 1927 (Melfort) - July 11, 2019 (Kingston, ON), predeceased by her husband Arthur.

Leila 'Lee' Margaret **Wood**, January 8, 1934 - July 12, 2019, survived by her husband James D. (Jim).

For notices in memoriam of former employees of the University, as well as current students, employees, and others honoured when the flag on the Thorvaldson

Building is flown at half-mast, please see U of S In Memoriam (<http://www.usask.ca/secretariat/documents/flag-at-half-mast.php>), maintained by the University Secretary.

## New Arts Certificate Program Expands Adult Learning Options

The College of Arts and Science continues to expand its adult learning options this fall by introducing a new Arts and Artisanry Certificate Program. The website explains, "The certificate programs are for students who would like formal acknowledgement of their studies, who are looking to build a portfolio before pursuing an art degree, or who simply enjoy creating art while working towards a goal." The Program remains non-degree. It will be introduced to the public at a free open house on Friday, September 6, from 5 to 8 pm in the Williams Building, 221 Cumberland Avenue N., Studios 117 and 118. RSVP by ordering a free ticket from Eventbrite under the heading Open House at:

<https://artsandscience.usask.ca/noncredit/communityart/adultclasses.php>

The new Certificate Program builds on the College's established offerings of non-degree courses for adults. Experienced artists teach drawing, painting, sculpture, photography, mixed media, metalwork, glass art, and textiles to students at all levels, including beginners, in 3-hour weekly classes for ten weeks from September 16, 2019 (no classes on October 7 and November 11). Register for courses or weekend intensive workshops online or by calling 306-966-5539.

Neither the Community Art nor Conversational Language courses require University matriculation or prerequisites,

but their registration fees are much higher than the \$55 plus \$5 membership for the popular, assignment-free, weekly lecture courses that the College offers adults 55 and over in partnership with Saskatoon Seniors for Continued Learning (SSCL).

Unfortunately SSCL registration (announced to USRA members by email) closed at 5 p.m. on August 20 for the Fall Term, September 9 to November 6. This year the President's Lecture Series features 15 outstanding female researchers. Seven other courses cover announced topics in archaeology and anthropology, history, literature, and mythology. Seniors interested in signing up for SSCL will have to wait now until late November for the Winter Term registration. Stay posted at [sscl.usask.ca](http://sscl.usask.ca).

Weekly 3-hour conversation classes in Cree, French, German, Italian, Japanese, Portuguese, or Spanish (at various levels of proficiency for ages 16 up) are less expensive than Art classes, which vary widely in cost, in part due to the supplies needed. Registration for a 10-week language course September 16 to December 2 is \$260-265 plus tax, and the fee sometimes includes a manual. The Fall Term begins September 16 (with no classes on October 7 and November 11). Registration continues (subject to availability) up to the second weekly class.

Preparing your language skills in the Williams Building for a sun holiday in Hispanic America with the Spanish Weekender Immersion October 18-20 costs \$340 (plus tax). After that, the native speakers you meet can take you on from there. Olé! Olé! Olé!

## Do You Know Anyone Who Deserves an Honorary Degree?

The Honorary Degrees Committee is always looking for candidates who may be deserving of an honorary degree from the University. If you know of anyone you feel is deserving, please forward their name to us so that we may investigate and possibly recommend them to the University.

## Renewing USRA Membership

Approximately 80 per cent of USRA's members hold Life Memberships. However, recent retirees and others with annual membership cards may be surprised to see that their membership expires on June 30. That is because USRA operates on the academic year, July 1 to June 30.

The June BBQ and September AGM or Awards Banquet are good occasions to renew your annual membership in person, but at any time you can renew by filling out and submitting with your cheque the membership application that you will find online at <https://usra.usask.ca>

Either way, you can pay \$20 for the academic year, or avoid in future the hassle of annual renewal by signing up for a Life Membership at a fee prorated by age:

- <60 years: \$200
- 60-64: \$180
- 65-69: \$160
- 70-74: \$130
- 75-79: \$100
- 80+: \$ 70

Often, Life Membership turns out to be less expensive than paying \$20 annually, and it can be inherited by the surviving partner of

a Life Member who passes away, even if he or she is not a University retiree. Thus, a former Associate Member (the non-paying, non-voting partner of an Ordinary Member) can continue to participate as a Life Member in the familiar activities and fellowship of USRA and enjoy its other benefits after the death of a loved one.

If you have questions about membership, contact the Membership Committee. See USRA contact information at the end of this newsletter or consult the website. This Newsletter includes a membership form for the convenience of those with annual memberships who need to renew. Those who already hold Life Membership are invited to pass it on to a friend eligible to join USRA.

## U of S Women Kick Off Their Year

U of S Women kick off their year with a coffee party at the W.A. Edwards Family Centre at 333 4th Ave. N on Sunday, September 15, from 2:00 until 3:30. U of S Women is a social club open to females who have been or are associated with the University of Saskatchewan. The coffee party is when women join (membership is \$15 per year) and sign up for various interest groups. Prospective members are welcome to come to the Coffee Party and see what we are all about. For further information contact Helen Aikenhead at (306) 653-3564.

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