

**USRA Newsletter
November, 2021
No. 114**



In This Issue

From Our President	3
Your 2021/22 Board and Committees	4
Noon-Hour Educational Series December 2021 - March, 2022	6
2021 USRA Awards News	7
Update from the USRA Ad Hoc Committee on Campus Heritage	11
Report of the Committee On Honorary Degrees 2021	12
Remembrance Day 2021 at the University of Saskatchewan	13
Dementia: The Prince Of Maladies - Part 3	14
USRA Team to Enter Globe Walk 2022	17
From the Saskatoon Council On Aging	18
Members No Longer with Us	19
Annual Membership Renewal	21
Keep in Touch!	21

From Our President

Greetings USRA Members,



In spite of the continued presence of the 4th wave of the COVID pandemic, I hope all our Prairie members were able to enjoy our great fall weather, in spite of the severe arid conditions. For our members in BC and in the Maritimes, we hope you are keeping safe during your recent times of unprecedented rainfall. Climate change seems to affect us all and in so many different ways.

The pandemic continues to hamper our ability to have in-person events and activities for our members. For the foreseeable future (at least until March/April, 2022), we will continue to use Zoom virtual technology for our monthly educational series. Please see the exciting list of topics and key-note speakers planned for 2022 in the Social, Educational & Recreational Report in this newsletter by our Vice President Mary Dykes. We are hopeful that by late spring restrictions may be lifted safely so that we could return to in-person educational seminars at a local restaurant in Saskatoon and, in addition, plan tours of interesting sites around Saskatoon or at the

University.

A big thank you to Merry Beazely and her committee for updating our USRA Constitution and By Laws and to Mary Dykes for the many updates to our website. Please check it out and let us know your thoughts.

Our Engagement Committee, chaired by Rick Bunt, has recently begun discussions through a USRA/ University of Saskatchewan Coordinating Committee to implement the terms of the Memorandum of Understanding that we signed with the University earlier this year. We will keep you posted as these discussions continue over the months ahead.

On behalf of the USRA Executive, I wish to thank Dean Jones and Brad Steeves for their years of work and support to the goals of the USRA, as they step away from the Executive, and to welcome our new Executive members, Caroline Cottrell and Rick Schwier, to the fold.

We would love to hear from you. If you have suggestions, comments, questions about the USRA and its activities, please contact us.

Respectfully submitted,

Jim Thornhill, President

Your 2021/22 Board and Committees

Board Members

President	Jim Thornhill
Vice-President	Mary Dykes
Secretary	Jackie Huck
Treasurer	Tom Wilson
Immediate Past-President	Merry Beazely
Members-at-Large	Rick Bunt, Caroline Cottrell, Bryan Harvey, Judith Henderson, Yannis Pahatouoglou, Beryl Radcliffe, and Rick Schwier



Board Meeting November 2, 2021

Top row: Jim Thornhill, Mary Dykes, Jackie Huck, Beryl Radcliffe.

Middle row: Merry Beazely, Judith Henderson, Rick Bunt, Caroline Cottrell.

Bottom row: Tom Wilson, Rick Schwier, Yannis Pahatouoglou, Bryan Harvey

Standing Committees

Committee	Chair, Members
Awards	Bryan Harvey, Caroline Cottrell, Jim Thornhill, Kathryn Warden (chair tbd)
CURAC	Bryan Harvey
Communication	Mary Dykes, Judith Henderson, Jackie Huck (chair tbd)
Education, Social and Recreation	Mary Dykes , Merry Beazely, Beryl Radcliffe, Jim Thornhill, Rick Schwie
Membership	Beryl Radcliffe , Judith Henderson, Jackie Huck
Engagement	Rick Bunt , Caroline Cottrell, Bryan Harvey, Yannis Pahatouroglou, Jim T
Honorary Degrees	Tom Wilson , Merry Beazely, Bryan Harvey, Judith Henderson, Asit Sark
Nominations	Merry Beazely , Mary Dykes, Bryan Harvey, Judith Henderson
Ad Hoc Committee on Campus Heritage	Merry Beazely , Yannis Pahatouroglou

Welcome New Board Members Caroline and Rick

At the October 2021 Annual General Meeting, Caroline Cottrell and Dr. Rick Schwier were elected to the USRA Board of Directors. Please find below just a sampling of the achievements of our two new Directors.

Caroline Cottrell has spent more than 50 years on our campus as a student, with three degrees, head of Interlibrary Loans and Sessional Lecturer. She was a Trustee for the Public School Division and Dean of St. Peter's College. This April, Caroline retired as General Manager of the University of Saskatchewan Students Union following 15-plus years of service, which included a major renovation of Place Riel. She currently sits on the Board of the Saskatchewan Intercultural Association and the Ethics Committee of the national association of professional student union managers (AMICCUS-C). Caroline was Saskatoon's Woman of Distinction for Lifelong



for Lifelong Learning and Education in 2000 and received the Award of Distinction from AMICCUS-C in 2020.



Professor Emeritus Rick Schwier, Department of Curriculum Studies, spent more than 40 years as an educator and academic in educational technology and design at the University. He notes that while he found all aspects of the position engrossing, teaching was the source of his deepest satisfaction. His teaching focused on instructional design, theory and philosophy of educational technology, multimedia design and media literacy. His research involved educational technology, instructional design and higher education, which led to an outstanding publication record. Rick has been the recipient of many honours, awards and fellowships. He continues to serve on several Editorial Review Boards and last September, he 're-retired' as Interim Associate Dean, Research & Scholarship of Teaching and Learning at our University.

Noon-Hour Educational Series December 2021 - March, 2022

Committee: Mary Dykes, Merry Beazely, Beryl Radcliffe, Rick Schwier, Jim Thornhill

Mark your calendars for the following noon-hour seminars. We will continue to use Zoom for the presentations until mid March. As Jim mentioned in his President's message we hope to organize some tours or in person seminars for April-June. Look in your email for invitations to join our seminar presentations roughly 7-10 days before the date of the presentation by one of the following keynote speakers:

Thursday December 9, 2021, 1:00-2:00pm

President Peter Stoicheff's Reception

An Update from the President on the Past Eventful Year at USask



Wednesday, January 19, 2022, 12:15-1:30pm

Dr. Baljit Singh

Vice President Research Office, University of Saskatchewan

Updates on Research at the University



Wednesday, February 16, 2022, 12:00-1:00pm

Dr. Robert Laprairie

College of Pharmacy and Nutrition, University of Saskatchewan

GSK-CIHR Research Chair in Drug Discovery and Development

Pain Management and the Use of Cannabinoids



Wednesday, March 2, 2022, 12:00-1:00pm

Dr. Susan Whiting

Distinguished Professor Emeritus, College of Pharmacy and Nutrition,
University of Saskatchewan

New Research In the Use of Vitamin D



Wednesday, March 16, 2022, 12-1:00pm

- Angela Jaime, Interim Vice-Provost, Indigenous Engagement and Vice-Dean Indigenous, College of Arts and Science, University of Saskatchewan
 - Matt Dunn, Senior Strategic Officer, Office of the Vice-Provost, Indigenous Engagement, University of Saskatchewan
 - Bob Badger, Cultural Coordinator, Office of the Vice-Provost, Indigenous Engagement, University of Saskatchewan
- Indigenous Strategy*



Previous zoom presentations are available for viewing on our website usra.usask.ca

The Education, Social, and Recreational Committee welcomes your suggestions for future speakers and presentation topics. Phone 306-966-6618 or email ss.usra@usask.ca

2021 USRA Awards News

Written by Judith Henderson

2020/21 Awards Committee: Dean Jones, Bryan Harvey, Jim Thornhill

Presentations to the two 2020 winners of USRA Continuing Contribution Awards, Senator Emerita Lillian Dyck and union activist Dave Lepard, have not yet been made. They were delayed again in 2021 because of the CoVID-19 pandemic. However, the biographies of these 2020 award winners can be found in the November 2020 USRA newsletter, pp. 7-9, and have been announced to the public in USask media.

In 2021, the USRA Awards Banquet has again been cancelled because of the fourth wave of CoVID-19, but the Awards Committee has chosen and announced its six 2021 choices for USRA Continuing Contribution and Honorary Life Member awards, and we hope to present to members all eight of these award winners of 2020 and 2021 at a future celebration.

We announce here the five University of Saskatchewan retirees to be awarded the USRA Continuing Contribution Award and one USRA Past President and Board Member to receive the USRA Honorary Life Award.

Continuing Contribution Award Winners

The Continuing Contribution Award recognizes and expresses appreciation to persons who have retired from academic, scholarly, extension or administrative work at the University, but have continued to make research, scholarly, artistic, or service contributions. Such contributions may not have been recognized by international, national, provincial or local bodies, but have substantially benefitted the university and society.



Professor Emerita Angela Busch (Ph.D., Community Health Science, Calgary) received award recognition from professional associations and journals from 2000 to 2015 for her research, leadership, and professional development both before and immediately after her retirement as Professor Emerita on January 1, 2015, from the University of Saskatchewan's School of Physical Therapy (now Rehabilitation Science), College of Medicine. She also returned temporarily as its Acting Director (August 2015 – March 2016) when the Director was seconded as Vice-Dean Research. However, her volunteer and unpaid continuing contributions to building international capacity in rehabilitation medicine, especially in Honduras, have been her outstanding achievement since July 2015. Professor Busch has joined with community partners there and with other international stakeholders to lead

the development of local capacity for rehabilitation care, implement several interprofessional health education initiatives, and facilitate humanitarian aid in the wake of two hurricanes and the CoVID-19 pandemic. After assessing on her first trip to Trujillo, Honduras (population about 30,000), the lack of university-based physical therapy or occupational programs there and the scarcity of rehabilitation services, Professor Busch facilitated contacts between directors of a local hospital and of a technical institute, health care workers, local community leaders, Columbian physiotherapists, and USask Continuing Education in Rehabilitation Science, in order to develop training services and mentorship. On her second trip, she led development of an informal Network of Rehab Workers of the Americas (<https://rra-nrwa.com>) and of a visiting professor program supported by USask Continuing Education in Rehabilitation Science. This program had three iterations (2017, 2018, 2019), before the pandemic intervened. A research team from the University of Saskatchewan, Honduras, and Columbia, with Professor Busch as a principal investigator, submitted their first peer reviewed manuscript about their partnership in 2021. As a retiree, Professor Busch has also mentored graduate students (including two from Columbia) in programs at the Universities of Saskatchewan and of Ottawa. In 2020 she led the RRA-NRWA Humanitarian Relief Project to help people forced into unemployment by pandemic lockdowns and curfews in Cortes, Honduras. The Humanitarian Relief Project volunteers distributed food parcels to 364 families, subsequently has organized aid after Hurricanes Eta and Iota, and directed other humanitarian projects in this and other communities.



Professor Emeritus Gary Gullickson retired twice. Immediately after concluding a 35-year career as a K-12 teacher and school administrator in the public education system, he was called to a 10-year University career, teaching music education and directing University Chorus for the Department of Music and Music Education. He retired a second time as Professor Emeritus. Throughout these two phases of his career as an educator, the admiration and love he has earned not only from his students but from the Saskatoon and regional community for his hard work building its performing arts is reflected in the Governor General's announcement of December 30, 2020, appointing him to the Order of Canada. The road he followed to these achievements reflects the gradual development of music education available to Saskatchewan settlers in the 20th Century. Born in

Macoun, SK, as a child Gary took piano lessons from itinerant music teachers invited into his family home. Hoping to become a music teacher, he attended normal school (Saskatoon Teachers' College, 1954-5) and upgraded his musical skills mainly by practice, at first by singing in Saskatoon community choirs while teaching in elementary schools. During his 21 years teaching at Walter Murray Collegiate (1960-81) and developing as a choir director, band leader, music festival adjudicator, and school administrator, he also completed a B.Ed. 1961, B.A. 1964, and with a one-year leave in the United States, an M.A. Almost immediately after finishing his K-12 career as Vice-Principal of grade schools (successively Wildwood and Sutherland), he was called to a second, 10-year career teaching music education and directing the University Chorus in the USask Department of Music and Music Education.

In the community, he has been accompanist for 35 annual Christmas Carol Festivals, adjudicator for music festivals in Saskatchewan and Alberta (35+ years), director for 10 years of the Saskatoon Boys' Choir (founded by Donald Forbes), organist and choir director at Knox and Third Avenue United Churches (10 years), musical director for many Saskatoon Summer Players and Gateway Players amateur theatre productions and some productions at the Centennial Auditorium. After retiring at last from his career in higher education, he has continued some service on arts boards, and has produced two recordings of his own music (available online).



Dr. Karim W. (Kay) Nasser, CM, SOM, born in a village in Lebanon, pursued high school and university education as a civil engineer (AmericanU, Beirut, 1949), in tandem with a career in construction. The StarPhoenix magazine Bridges (November 25, 2021) provides the details. His employer in Lebanon, Trans-Arabian Pipeline Company, paid his way to Kansas for his Master's degree. Later working in Saudi Arabia, he married his wife Dora; they moved to New Jersey for his further education. He worked in Montreal and North Bay, Canada, and sixty years ago accepted a teaching position in Saskatoon, where he finished his Ph.D. (USask 1965). It became their home. Kay retired from USask in 1994 after 33 years in the College of Engineering, during which he won acclaim as the "king of concrete" for his research and inventions, especially "the K-Slump Tester" of the consistency of concrete, used in building the CN Tower in Toronto in 1973. Meanwhile, he was spending summers developing apartment, business, and other high-rise structures in Saskatoon and region. USRA recognized him with a Prime of Life Achievement Award in 2010. His other awards have included a Queen Elizabeth II Diamond Jubilee Medal, 2012; Induction into the Business Hall of Fame, 2013, for visionary leadership and outstanding contribution to the Province; Member of the Order of Canada, 2017 (inducted 2018). The University has recognized the Nasser family's record-breaking philanthropy by naming the downtown campus of the Edwards School of Business the "K.W. Nasser Centre." The family have also shared their entrepreneurial wealth to support students in need, including those struggling in the current pandemic; to develop a Lebanese and Middle Eastern collection supplementing the primarily Greco-Roman emphasis in the University's Museum of Antiquities; and to build a downtown study centre for the School of Business. For development (2010-21), by the family's Victor Major Investment Corp., of Parcel Y, River Landing, in the South Downtown, the City of Saskatoon on August 3, 2021, opened this stunning complex of two office buildings, a hotel, and a condominium by naming its public centre the "K.W. Nasser Plaza." This civic honour recognizes that K. Nasser, together with his son John (current president of Victory Major), their family and business partners, had finally achieved the City's dream for this prime downtown riverbank property after other entrepreneurs had failed.



Professor Emeritus Ron Steer, Chemistry, College of Arts and Science, has also been celebrated recently in Bridges (July 8, 2020). Matthew Paige, current Department Head of Chemistry, is quoted as praising Ron for "his ongoing research and collaboration with scholars around the world," his teaching ability, and past service as Department Head and faculty representative on University Council," and thus for having set ... "the gold standard ... for what a faculty member should be." In research "he still has the energy of a twenty-year-old." Ron is a USask alumnus (Bachelor's with High Honours 1964, Ph.D. 1968 in Physical Chemistry). Professor (and later Dean) Ken McCallum guided him to chemistry and to post-doctoral study of the effects of light on things, then hired him in 1969 after his post-doctoral year at the University of California – Riverside. In 1973, Ron, with a post-doctoral fellow, examining what seemed a failed experiment, by chance discovered "anti-Kasha fluorescence," which has proved applicable to developing photovoltaic solar power cells. It became the

subsequent research focus of his career. Ron has a distinguished record of awards and titles in research, teaching, and administration: Fellow, Chemical Institute of Canada 1978; USask Thorvaldson Professor of Chemistry, 1993-98; Earned D.Sc. 1995; Master Teacher Award, 1996; Distinguished Professor, 2011; Canadian Society for Chemistry, John C. Polanyi Award for research in solar energy, 2013; Director, Saskatchewan Structural Sciences Centre, 2001-4; Member, Laser Chemistry Group. He has been a tireless adjudicator for and editor of scientific journals, an adjudicator of grant applications and member of committees on grants for NSERC, and organizer of scholarly conferences, both before and after his retirement in 2013. For 12 years he was North American Editor of the Journal of Photochemistry and Photobiology. Recently, Ron's ongoing collaborative research was awarded a Special Issue of the Canadian Journal of Chemistry by NRC Research Press, June 2019. In their leisure time, Ron and his wife Sheilagh, who met in Greystone Singers, have helped to make Saskatoon a vibrant arts community by continuing their participation in community choirs, including Saskatoon Chamber Singers and Saskatoon Summer Players. Ron has performed with Summer Players in key roles in musicals, delighting audiences with his rich singing voice.



Professor Emeritus William (Bill) Waiser, Department of History, College of Arts and Science, is a University of Saskatchewan alumnus and Distinguished Professor Emeritus who has won local, national, and international recognition as a teacher, graduate supervisor, Canadian researcher and popular historian, especially of Western and northern Canadian history. He has been appointed to the Order of Canada, awarded the Saskatchewan Order of Merit, elected a fellow of the Royal Society of Canada, named distinguished university professor, and granted a D.Litt. His early books often reflect his first career as Yukon Historian for the Canadian Parks Service. After joining USask in 1980 as a graduate student, he had a 30-year career (1984-2014) in the Department of History as professor, Director of the Graduate Program, and Department Head, before “retiring” to a full-time career as writer and speaker. He has published 20 books as author, co-author, or co-editor, including a dozen single-authored volumes. For *A World We Have Lost: Saskatchewan Before 1905*, he won the 2016 Governor General’s Award for Non-Fiction. The Saskatchewan public has embraced him as provincial historian and media star through his CBC Saskatchewan television broadcasts—“Looking Back” 1999-2001; “Saskatchewan Centennial Stories” 2005; and his StarPhoenix column of historical anecdotes, reprinted in “History Matters,” a series of printed books in progress, 2018-. In 2018, Bill won the Governor General’s History Award for Popular Media and the Royal Society of Canada’s Tyrrell Medal for outstanding work in Canadian History. Bill has also given several hundred public lectures to schools and organizations on topics in Canadian history, including to USRA, most recently his October 23, 2019, preview of his revisionist biography of an Indigenous “renegade” killed by Mounties: *In Search of Almighty Voice: Resistance and Reconciliation* (2020). This book was launched at the One Arrow First Nation powwow in 2021, and this year the Saskatchewan Writers’ Guild announced that Bill has been given the \$10,000 Cheryl and Henry Kloppenburg Award for Literary Excellence.

Honorary Life Award



Dean Jones

Dean Jones, our genial digital technician and frequent host of USRA Zoom meetings, has been especially visible recently helping our elderly membership cope with virtual communication in the CoVID-19 pandemic. But Dean has been a blessing to the administration of the University of Saskatchewan and, in his “retirement,” to the USRA, for a combined total of more than 50 years. He is a USask alumnus (1968-72) who worked in the University’s administration as Systems Analyst, holding various positions from Programmer through Director, for almost 37 years before officially retiring from Information and Communications Technology in March 2008. In the Saskatoon community he has also been generously volunteering his digital and organizational skills to help the less privileged. He has also served the Saskatoon Jazz Society as Board member since 2015, and is currently an officer. From at least 2009, Dean has been an active member of the USRA Board. The November 2010 USRA Newsletter expressed thanks to Dean for his “major work” over the past year to redesign the USRA website. Dean served as USRA President (2013-14) and as Secretary (2016-18). He has been a member of almost every USRA committee and a chair of many, offering his wisdom, administrative experience, and expertise by stepping into vacant leadership roles. After USRA Newsletter editor Robert Sanche resigned in December 2012 after five years of service, leaving a hole that soon reduced the frequency of newsletter publication from four issues to one per year, Dean finally took over this role and leadership in other USRA communication. It has been his major ongoing focus. He has restored and improved the content and layout of the newsletter, and developed new forms of communication, more recently assisted by Jacqueline Huck (his successor as USRA Secretary in 2018) and Judith Henderson (newsletter editor), and Mary Dykes (website design and newsletter layout) on the Communications Committee. Thank you, Dean, for all you have done for USRA. You richly deserve our Honorary Life Award.

Update from the USRA Ad Hoc Committee on Campus Heritage

Merry Beazely, Committee Chair

In October 2020, in response to concerns from members and current faculty and staff, the USRA established an **Ad Hoc Committee on Campus Heritage**. We have discussed a potential model and sequence of steps we could suggest to our University to establish an ‘umbrella’ heritage initiative, including campus artifacts, historic buildings and folklore. We recognize that the academic mission of the University needs to drive this. We see the USRA’s role as reaching out to assist, be advocates, provide guidance and input (eg, relevant history/historical facts). We also appreciate that such an initiative will not be ours to manage or sustain.

At our October AGM, we reported on a recent development - the establishment in September 2021 of the “Friends of the Stone Barn.” While not initiated by the USRA, this ad hoc group includes current and former University faculty and staff, alumni, and individuals across the city, province and country interested in proposing ways to preserve and reuse this wonderful historic structure. Professor Emeritus Dave Christensen and the Sask Ag Grads Association (SAGA) have expressed their support in restoring the barn for the benefit to the whole University.



We recently reached out to one of the “Friends,” Cheryl Avery, who is Associate Librarian and Archivist, University Archives and Special Collections. We shared information on our Ad Hoc Committee and Cheryl forwarded to our committee the 1st and 2nd edition of Friends of the Stone Barn, with the 3rd edition coming soon. Once the links to these are available we will post them on our USRA webpage.

We look forward to working with “Friends” in the future and hearing back from University leaders to begin our involvement in campus heritage initiatives, when it becomes possible to do so.

Ad Hoc members Yannis and Merry welcome your comments and questions, to yannis.home@sasktel.net or merry.beazely@usask.ca.

Report of the Committee On Honorary Degrees 2021

Committee: Thomas Wilson (chair), Merry Beazely, Bryan Harvey, Judith Henderson, Asit Sarkar

We can be proud that four of our nominees to the University Senate Honorary Degrees Committee were awarded degrees in 2020-2021. As reported in our November 2020 newsletter, USask alumna **Joy Kogawa**, an award-winning Japanese-Canadian novelist, poet, and autobiographer, received an Honorary Doctor of Letters at Fall Convocation in 2020. In our September 2021 newsletter we reported on two more Honorary Doctor of Science recipients. At the preceding Spring Convocation 2021, the University of Saskatchewan had awarded this prestigious honour to our nominees **Dr. That Ngo**, a biochemist who earned his Ph.D. at USask and went on to improve testing of blood glucose levels, and our own Past-President of USRA and of its umbrella organization CURAC, **Dr. Bryan Harvey** the “barley king.” He continues to serve on our Executive and that of CURAC. Now another recent USRA nominee, **Wilf Keller**, received his Honorary Doctor of Science at the 2021 Fall Convocation.

Wilf Keller



Wilf Keller (PhD) was awarded an Honorary Doctor of Science on November 10, 2021. Born in Melville, SK, he earned his BSA (1969) and his PhD (1972) majoring in crop science at the University of Saskatchewan. After a post-doctoral fellowship at the Max Planck Institute in Germany he accepted a position with Agriculture Canada where he quickly began contributing to the agriculture industry through trailblazing research endeavours.

Keller helped lead numerous major research initiatives, including the application of genomics in canola breeding that had a tremendous impact and contributed to making the crop a made-in-Canada success story. Keller’s work also contributed to the development of the first herbicide-tolerant canola variety in North America. A recognized global leader in agricultural biotechnology research, management and promotion, Keller has worked with the major research players in the

industry, from Agriculture and Agri-Food Canada to the National Research Council, to Genome Prairie, and most recently served until 2020 as president and CEO of Ag-West Bio Inc., a non-profit organization in Saskatoon that advocates for agriculture science. Keller currently serves as vice-president of outreach with the Agri-Food Innovation Council, after previously serving as the board chair. Among his many accomplishments, Keller was as a member of the group that launched the Saskatchewan-based Protein

Industries Canada Supercluster, projected to take advantage of the growing plant-based protein market and contribute billions to the Canadian economy. The supercluster was one of five proposals selected out of 55 applications to share in \$950 million in federal funding, attracting both capital investment and industry-leading scientists to the city. During his remarkable career, Keller has been honoured with multiple major awards, including the Saskatchewan Order of Merit – the province’s highest honour – in 2015, the Saskatchewan Agriculture Hall of Fame in 2017, the Canadian Agriculture Hall of Fame in 2018. Keller has also received three National Research Council Outstanding Achievement Awards, as well as Lifetime Achievement Awards from AgWest Biotech and from The Society for In Vitro Biology.

Remembrance Day 2021 at the University of Saskatchewan

Merry Beazely

In November 2020, the campus community was not able to gather in person on Remembrance Day. However, the University produced a lovely webpage in tribute, and wreaths, including one from the USRA, were laid at the Memorial Gates.

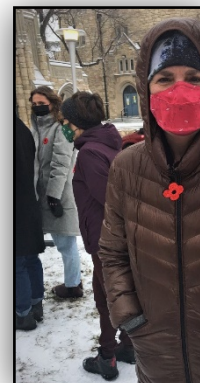
This November 11, 2021, we were most pleased to take part in the 93rd Remembrance Ceremony, in person, with COVID precautions. The Ceremony honours those who have served, and continue to serve, our country during times of war, conflict and peace, and recognizes the enormous sacrifices and contributions of the University community since the First World War.

Board members Jackie Huck, Beryl Radcliffe, Rick Schwier, Jim Thornhill and Merry Beazely attended the service, along with students, faculty, staff and members of the public.

Dara Hrytzak, Chief of Staff in the Office of the President, led us through the service. She read the poem *For the Fallen* by Robert Laurence Binyon, published in September 1914, and the attendees responded with “We will remember them.” (Copyright © www.greatwar.co.uk) Elder Ermine (Roland) Duquette, from the Mistawasis community, provided greetings and remarks in both Cree and English.

President Peter Stoicheff shared stories of soldiers. He underscored that these are “four of the thousands of stories of service and sacrifice by members of the university community, spanning more than a century — a proud and solemn legacy that continues to this day.” Highlights of his tributes are provided below with our acknowledgements.

- Lieutenant Lorne Elliott was working as a teacher at a rural school near Saskatoon, before enlisting in 1916. He served on the front lines in Flanders fields and died in November 1917 at the age of 21.
- Captain Donald Cowie, a high school track star who graduated from the University in 1937, went on to become a teacher and vice-principal before volunteering to serve in the Second World War. Three months after taking part in the historic D-Day landings at Juno Beach, Captain Cowie was killed in September 1944.
- Gordon Patterson served with distinction in the Second World War, the recipient of Canada’s first Distinguished Flying Medal of the war. Taking part in a deadly mission, he was wounded and taken prisoner after bailing out over Belgium. He returned home after the war, earning an Engineering degree and serving as a Physics faculty member.



*Board member Beryl Radcliffe.
Photo credit D. Beazely.*

- Dr. Margaret Brooke studied at the University, before and after serving in the Second World War. In October 1942, she survived a terrifying torpedo attack in the icy waters of the North Atlantic Ocean and was named a Member of the Order of the British Empire for gallantry and courage in trying to save a colleague. A Royal Canadian Navy ship was named HMCS *Margaret Brooke* in her honour.

USSU President Tasnim Jaisee poignantly recited *In Flanders Fields*, the world's most famous memorial poem, by Lieutenant Colonel John McCrae, a Canadian doctor and teacher who served in World War I and died in January 1918.

Elder Duquette then blew the Eagle Whistle four times in the four directions to honour all veterans. This was followed by trumpeter, student Samuel Boyd, playing the Last Post, which symbolizes the soldier's last duty of sitting sentry. This began the moment of silence, followed by Reveille, signifying the soldier rising above mortal duties.

Attendees were then invited to lay wreaths at the Memorial, and President Jim and Secretary Jackie laid our wreath on behalf of the USRA. Student Elise Parsonage closed the Ceremony, leading us in *O Canada*.



Jackie and Jim after the Ceremony.
Photo credit D. Beazely.

Dementia: The Prince Of Maladies - Part 3

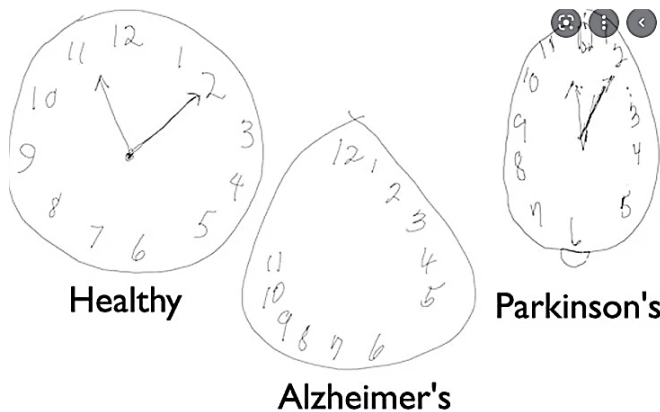
Tom Wilson

Previously in this series (April and September 2021): I defined dementia, noted its prevalence in seniors, examined the pathology of the most common cause (Alzheimer's), and looked at genetic abnormalities and animal models. For this installment, I'll tackle the problem of early diagnosis.

It seems obvious that the earlier we can make the diagnosis of Alzheimer's, the better chance we have of changing its course. After all, a hallmark is the death or degeneration of neurons (nerve cells) in the brain. Once those cells are gone, we can't make replacements. Even if we could, it would be almost impossible to recreate the myriad of cell-to-cell connections that characterize the human brain. Research in early diagnosis has focused on three areas: psychological tests, imaging studies and biomarkers¹. I should emphasize that autopsy is the only way to be 100% sure of the diagnosis of Alzheimer's.

A problem with memory is the most common reason people with Alzheimer's come to the attention of health care providers. Most of us of a certain age, will admit to forgetting things from time to time. A "red flag" for psychiatrists occurs when forgetting things interferes with our daily functions. Forgetting where we placed our spectacles is less serious than forgetting we wear glasses! Psychologists have developed several tests to help distinguish between normal aging and Alzheimer's. One of the most useful is the clock drawing test <https://neurosciencenews.com/dcdt-digital-pen-ai-alzheimers-2429/>

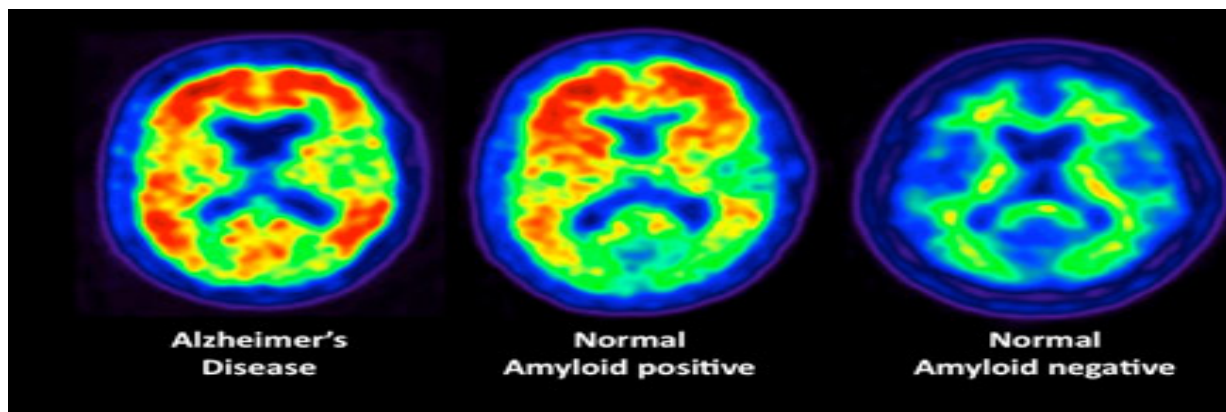
Given a blank sheet of paper and a pencil, you are asked to draw a clock showing 11:10 (see next page). If you can draw a clock with a round face, whose numbers are evenly distributed, whose hour hand is shorter than the minute hand, and the time is 11:10, you are very likely to have only age related memory difficulty². I wonder how millennials who have seen only digital clocks will fare! This and other psychological tests do not confirm the diagnosis of Alzheimer's. Another concern is by the time these tests are definitely abnormal, the disease is advanced.



Enter the radiologists. Early imaging focused on patients with late stage Alzheimer's and found atrophy (loss of volume) in the brain. More recent studies use ¹⁸fluorodeoxyglucose (FDG). Our brain's favorite food is glucose; diabetics whose blood glucose becomes too low lose consciousness. FDG is taken up by brain cells, which give off detectable particles (positrons) on a brain scan. If a brain doesn't take up as much FDG as it does in normal people, we can assume that its cells are sick or dead. Jagust and colleagues studied 60

people over age 60 who tested normal in several psychological tests, but were at risk for Alzheimer's (family history, ApoE4)³. After 3.8 years 6 had cognitive decline. Their baseline FDG-PET scans showed lower uptake of FDG than those who remained normal. Although this and other studies are promising, experts agree that FDG-PET scanning cannot be used to diagnose "preclinical" Alzheimer's⁴.

Another possible test uses compounds that attach to amyloid deposits between nerve cells in the brain. Such a molecule is ¹⁸fluorabetaben. When injected into the blood stream, it seeks out and attaches to, amyloid plaques in the brain⁵. It emits positrons, which can be detected with Positron Emission Tomography (PET scanning). The figure below shows amyloid deposits in red, and both the promise and problems with this technology. It is very *sensitive* meaning that everyone with Alzheimer's will have a positive test for amyloid; no amyloid, no Alzheimer's. A negative PET scan rules out Alzheimer's.



https://www.google.com/search?q=brain+amyloid+imaging&rlz=1C1GGRV_enCA751CA751&source=lnms&tbn=isch&sa=X&ved=2ahUKEwio_8213YPzAhWpY98KHZCYAuwQ_AUoAXoECAEQAw&biw=1920&bih=937#imgrc=cr9JCa4w8GBk5M

The problem is that amyloid can be detected in people who are apparently normal, meaning that it doesn't diagnose Alzheimer's.

A second Method of PET scanning searches for Tau protein which is present in "tangles" inside nerve cells in patients with Alzheimer's. Tangles are found in Alzheimer's and other forms of dementia including CTE (chronic traumatic encephalopathy; now do you see why doctors like abbreviations?). Several compounds containing the positron emitter ¹⁸Flouride have been developed. PET scans show more Tau proteins in severe Alzheimer's than mild cases. Normal elderly seldom exhibit positive Tau PET scans. Moreover, Tau positive scans do not occur in normal people who show increased amyloid⁶, but are not demented. As mentioned, positive Tau PET scans are seen in dementia cases other than Alzheimer's.

A final possibility for early diagnosis uses “biomarkers”. Defined as “a measurable substance in an organism whose presence is indicative of some phenomenon such as disease, infection, or environmental exposure,” biomarkers have been used for decades for diagnosis and monitoring of treatment. Examples include measuring TSH concentrations in blood to diagnose thyroid deficiency, lead levels for lead poisoning, and blood troponin to confirm a diagnosis of heart attack. Research into Alzheimer’s has focused on measuring amyloid protein (called A β) and “hyperphosphorylated Tau” (P-Tau) in cerebral spinal fluid (CSF)⁷. CSF, the fluid that surrounds the brain, is harvested via lumbar puncture: an uncomfortable and sometimes dangerous procedure. Nevertheless, elevated CSF levels of A β and P-Tau seem to predict more rapid deterioration of cognition. More useful in screening for Alzheimer’s would be blood tests. Researchers are now able to measure blood concentrations of A β . Those with high levels could be referred to a specialized center for further evaluation, including psychological testing and imaging.

In my final (I hope) installment, I’ll look at emerging therapy for Alzheimer’s.

Further reading

1. Leifer BP: Early diagnosis of Alzheimer's disease: clinical and economic benefits. J Am Geriatr Soc 2003;(51): S281-S288.
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3. Jagust W, Gitcho A, Sun F et al: Brain imaging evidence of preclinical Alzheimer's disease in normal aging. Ann Neurol 2006;(59): 673-681.
4. Sperling RA, Aisen PS, Beckett LA et al: Toward defining the preclinical stages of Alzheimer's disease: recommendations from the National Institute on Aging-Alzheimer's Association workgroups on diagnostic guidelines for Alzheimer's disease. Alzheimers Dement 2011;(7): 280-292.
5. Krishnadas N, Villemagne VL, Dore V et al: Advances in Brain Amyloid Imaging. Semin Nucl Med 2021;(51): 241-252.
6. Okamura N, Harada R, Furukawa K et al: Advances in the development of tau PET radiotracers and their clinical applications. Ageing Res Rev 2016;(30): 107-113.
7. Blennow K, Zetterberg H: Biomarkers for Alzheimer's disease: current status and prospects for the future. J Intern Med 2018;(284): 643-663.

Did you know: Our sister organization, College and University Retiree Associations of Canada (CURAC) has a Health Care Policy Committee which includes among its members our very own **Dr. Tom Wilson**. The committee publishes their annual reports and bulletins on topics such as chronic pain, medications, social isolation, opioids, and more on the CURAC website at <https://curac.ca/committees/health-policy-committee/>.

USRA Team to Enter Globe Walk 2022

Lea Pennock and Mary Dykes

Are you looking for a way to start the new year off on the right foot? Do you sometimes need a little nudge after the Christmas holidays to get you off the couch and moving? If so, we have an invitation for you—join your fellow USask retirees on this year's Saskatoon Council on Aging (SCOA) Globe Walk.

Globe Walk is an annual event that addresses the need of Saskatoon seniors for more physical activity and social opportunities during the winter months. It runs from January to April, and involves participation by individuals and teams. The theme for Globe Walk 2022 is *Moving Through the Decades*. Full details for Globe Walk 2022 will be available by the end of November; in the meantime you can explore previous years' online events at <https://scoaglobewalk.net>.

For the first time, we would like to enter a USRA team for Globe Walk 2022. Despite the name, it's not just about walking! You can walk, run, swim, or do gym workouts, distance or time exercising—all of these count to earn kilometres to take us to a goal. Each week, participants log their exercise kilometre count (or equivalent) and send it in to the team captains, who register the team total on the Globe Walk website.

You don't have to live in Saskatoon or to be here over the winter to participate. If you're a USRA member, wherever you live during the Globe Walk timeframe, you are invited to join our team. Contact Lea Pennock or Mary Dykes, your USRA captains. What's our team name? It can only be ***The Intensely Vigorous College Nine +***. (And that means we definitely need at least ten of you to sign up!)

Please email Lea or Mary or phone the USRA office at 306-966-6618 by **December 20**. We hope you'll join us and "do yourself a world of good" this winter.

Lea Pennock lea.pennock@usask.ca

Mary Dykes med970@usask.ca



From the Saskatoon Council On Aging

Mary Dykes

The Saskatoon Council on Aging presentation, **Fall Prevention: Be Proactive, not Reactive**, by Dr. Cathy Arnold, Professor and Director School of Rehabilitation Science, USask College of Medicine, is available on the SCOA YouTube channel at: <https://youtu.be/3-ZkrydzY40>.

“In a new 2021 report of the Costs of Injury in Canada (parachute.ca), falls have a substantially higher total cost than any other type of injury, accounting for \$10.3 billion annually. Seventy-seven percent of injury hospitalizations for older adults in Saskatchewan are due to falls. Falls and related injuries are preventable. Our provincial team of health decision-makers, patient/family advisors, clinicians and researchers first conducted an environmental scan of international and provincial practices for fall risk screening and assessment, and second gathered stories from older adults and health care providers of lived experience of fall risk screening and subsequent care across the province.”

In our September newsletter we posted an announcement that October 1 is the United Nations International Day of Older Persons. Dr. Arnold mentioned in her presentation that the United Nations General Assembly has declared 2021-2030 the **Decade of Healthy Ageing**. “Health is central to our experience of older age and the opportunities that ageing brings. Initiatives undertaken as part of the Decade will seek to: change how we think, feel and act towards age and ageing; facilitate the ability of older people to participate in and contribute to their communities and society; deliver integrated care and primary health services that are responsive to the needs of the individual; and provide access to long-term care for older people who need it.” Read more at <https://www.who.int/initiatives/decade-of-healthy-ageing>.

Perhaps in 2030 a USRA member will do a follow-up on the Decade of Healthy Ageing, but first some of us should probably review Dr. Tom Wilson’s January 2018 presentation **How To Live To Be 100!** (<https://usra.usask.ca/documents/presentations/how-to-live-to-be-100-usra-annotated.pdf>).

SCOA Research Study: Beyond the Pandemic: The Impact of COVID 19 Pandemic Public Health Measures On Older Adults and Strategies To Address Future Needs

“As communities emerge from the pandemic, the Saskatoon Council on Aging [SCOA] and researchers from the University of Saskatchewan want to hear from older adults about their experiences during this public health crisis. We want to understand how the COVID-19 pandemic and public health measures affect older adults in Saskatoon and area. Study results will be used to make recommendations to best respond to needs of older adults, now and in the future. *This research project has been approved on ethical grounds by the University of Saskatchewan Research Ethics Board (REB) on November 19, 2021; REB# 3007.*”

Participants in the study are asked to complete a questionnaire which will take approximately 30 minutes. The consent form is available at <https://ca1se.voxco.com/SE/90/SCOA/> or phone 306-966-8933. Participants will be entered into a prize draw. For more information contact: KC Hall kelly.hall@usask.ca or Dr. Donna Goodridge Donna.Goodridge@usask.ca, Principal Investigator.

Members No Longer with Us

Judith Henderson and Beryl Radcliffe

The USRA has learned of the deaths of the following members. We extend our sympathies to their families. Surviving partners of deceased Life Members may inherit their partner's membership if they wish to remain members of the Association. (Please contact the Membership Committee for further information.)

Emily Blanche Farnham (April 14, 1937 – November 20, 2021) is survived by her wife of 33 years, Sandra Sheppard. “Em and Sandi” have been living in Airdrie, AB. Emily is survived by her brother Robert Farnham, sister-in-law Susan Earle, brother-in-law John Sheppard, and their families. An obituary on the Funeral & Cremation Services (Calgary and area) website, www.myalternatives.ca, recalls Emily's careers with the Bank of Montreal in Prince Albert and Saskatoon (7 years) and at the University of Saskatchewan (Dean of Arts and Science Office, Office of the Registrar, College of Dentistry over 35 years). Emily retired in 1999. In Saskatoon she had been an avid member of the Nutana Curling Club, and a volunteer administrator from club to national levels, as well as a successful competitor. She is a member of the Saskatchewan Curling Association Legends of Curling Honour Roll and was inducted as a builder into the Canadian Curling Hall of Fame and the Saskatoon Sports Hall of Fame. Her 1974 and 1989 Championship teams also received Hall of Fame recognitions. She was voted by her peers three times for the all-star skip award at the national level. Friends and colleagues also recall her good humour, quick wit, and the twinkle in her eyes. In lieu of flowers, donations to Ronald McDonald House, 1011 University Dr., Saskatoon S7N 0K4, or to the Canadian Cancer Society, 200 – 325 Manning Road NE, Calgary AB T2E 2P5, are suggested.

Orest Fosty (October 27, 1939 – November 18, 2021) was born on the family farm of Peter and Ann Fosty at Gronlid, SK. He was predeceased by his first wife, Jeanette (nee Matieshin) and is survived by his second wife, Frances Hanson, and by a large family of siblings, children, stepchildren, and their offspring. Orest worked at the University of Saskatchewan for 28 years. In retirement he traveled and volunteered at the Fringe Festival, the Vanier Cup, and Grace-Westminster United Church.

Gary Alan Hanson (Des Moines, Iowa, January 8, 1941 – Saskatoon, September 6, 2021), earned his BA at Grinnell College, MA and PhD at UWisconsin. International travel and research in Spain and the Soviet Union as a student also prepared him for his career (1969 – 2000) as a learned USask professor of Russian and European history. He was also active in Amnesty International, the Canadian International Council, and the Saskatoon Stamp Club, enjoyed Saskatoon's arts cinemas (especially the Roxy), and continued to travel globally, often with his sister.

William Klassen (died March 23, 2017, age 93, in Regina) was survived by his wife of 60 years, Margaret, their five children and families, including six grandchildren. Born on a homestead near Rosemary, AB, he was a Usask alumnus who graduated from the University of Toronto in 1954 as a medical doctor. During his 43-year medical career in Saskatchewan, he practised as a family physician at the Medical Arts Clinic in Regina. In 1980 he completed a specialty in geriatrics and joined the Family Medicine Unit at the Regina Plains Health Centre, training medical residents as an associate professor in the USask Faculty of Medicine. Named Saskatchewan's Family Physician of the Year in 1989, after semi-retirement in 1997 he stayed active into his eighties around issues of aging, especially teaching RCMP Training Depot cadets about the neglect and mistreatment of elderly people.

Evelyn Myrtle (née Burnett) Ross (Selkirk, MB, August 26, 1925 – Regina, SK, October 5, 2021) died at home in her sleep at age 95. She is survived by two children, five grandchildren, and six great-grandchildren, among other family. She was predeceased by both of her husbands, Eli Ross and Hans

Dommasch. (See March 2018 USRA Newsletter for the November 20, 2017, death of Professor Dommasch.)

Margaret Kahala Wolfe Steeves (Amarillo, TX, December 4, 1929 – Toronto, ON, September 30, 2021) was raised in New York City and attended the Dominican Academy (a Catholic preparatory school for girls in Manhattan), Rutgers University (BSc), and Radcliffe College, Harvard (Ph.D. 1959 in Geology). Specializing in paleobotany, especially fossilized pollens, she married Taylor Armstrong Steeves, a junior professor in Biology, in 1956. After research in Costa Rica (1957) and a sabbatical at Stanford (1958), they moved to Saskatoon, where her husband became a USask Professor of Biology and Margaret pursued research and supervised graduate students in Biology and Geology. She also was central to the formation and development of the Saskatoon French School. Taylor died in 2011. They are survived by three children and two grandchildren. (See StarPhoenix B12, Oct. 9, 2021, for further details.)

James Douglas Wood (Aberdeen, Scotland, January 25, 1930 – Saskatoon, September 16, 2021), Ph.D. U.Aberdeen 1954, DSc USask 1985, emigrated to Canada in 1954, where he worked fourteen years in federal government research laboratories in Ottawa, Vancouver, and Toronto before becoming USask professor (1968 – 97) and department chair (1968 - 1987) of Biochemistry, retiring in 1997. He also served in 1975-78 as assistant dean of Medicine (research) and was appointed to the Medical Research Council in 1982. His wife of 62 years, Leila (Lee), whom he met and married in Ottawa, predeceased him in 2019. They are survived by three sons and their families, including four grandchildren.

Members No Longer with Us Who Were Honoured at 2021 AGM

Listed below are the names of the twenty-three USRA Ordinary and Associate Members and other spouses of members whose deaths we remembered at our September 2021 Annual General Meeting. For additional information about most of these deceased members, please consult our November 2020, April 2021, and September 2021 newsletters, which are accessible under **Newsletters** on our website: ss.usra@usask.ca

Lothar Emil Bartz (January 7, 1931 – December 10, 2020)

Julianne Carol (née Hampel) Bidwell (May 11, 2021, age 77)

Susan Buczkowski (September 5, 1948 – September 4, 2021)

Maha Maya (née Mukerji) Chakravarti (June 28, 1934 – February 14, 1921)

Margaret Crowle (1928 – June 14, 2021, age 93)

Frederick Ernest Fulton (August 12, 1928 – December 29, 2020)

Jean Elizabeth (née Haight) Peterson Hamilton (August 26, 1929 – January 29, 2021)

Clarence Stuart Houston (September 26, 1927 – July 22, 2021)

Eiler Humbert (December 15, 2020, age 93)

Faye Kernan (1932 - July 20, 2021, age 88)

Don Cameron Kerr (1936 – December 8, 2020)

William Klassen (March 23, 2017, age 93)

Che Kan Leong (May 10, 1931 – November 30, 2020)

Doris Colleen (Firor) MacLachlan (d. April 8, 2019)

Isabelle Mills (September 3, 1923 – August 10, 2021)

Thelma Vivian (née Stevens) Pepper (July 28, 1920 – December 1, 2020)

Leonard F. Proctor (d. May 21, 2021)

Edith Irma (Bergman) Riekman (June 11, 1932 – January 19, 2021)

Margaret Ruth Robinson (d. August 27, 2021)

Faye Frances Sheppard (October 11, 2020, age 82)

Gail Sparks (March 15, 1946 – April 13, 2021)

Peter Michael Swan (October 4, 1931 – April 24, 2021)

Margaret Kahala Wolfe Steeves (December 4, 1929 – September 30, 2021)

James Douglas Wood (January 25, 1930 – September 16, 2021 [day of death corrected after AGM])

For notices in memory 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 the In Memoriam website maintained by the University Secretary:

<https://governance.usask.ca/about/flag-at-half-mast.php#InMemoriam>

Annual Membership Renewal

Beryl Radcliffe, Chair Membership Committee

Annual memberships cover July to June of the following year. If you are an annual subscriber, it's time to renew! The membership form is on the last page. (Life members need not renew.) For convenience we have added the E-Transfers option.

New members, those who retired anytime in 2021, will not need to pay until June of 2022.
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Keep in Touch!

We welcome your letters to the editor. Write, phone or email us.

Moving? Changing your email address? Don't miss an issue of our newsletter or notices about upcoming activities! Make sure you let us know your new contact information.

University of Saskatchewan Retirees' Association 221 Cumberland Ave N Saskatoon, SK S7N 1M3
phone: 306-966-6618 email: ss.usra@usask.ca website: <https://usra.usask.ca>

University of Saskatchewan Retirees Association Membership Application



Membership in the Association is open to any **retired employee** of the University of Saskatchewan and its federated and affiliated colleges, including staff employed under research grants and contracts. Also eligible are persons who have been employed by the University of Saskatchewan for 6 or more years and have reached the age of 55 years. **The partner of a member may be a non-voting Associate Member and may inherit his/her Life Membership.**

Provide contact information:

Name _____

Postal Address _____

E-mail Address _____

Telephone Number _____

Name of Partner (Optional) _____

Membership Type (choose one):

New Retiree (you will receive the newsletter for first year following your retirement)	
<input type="checkbox"/> \$0	Date of Retirement _____
Annual Membership (July – June):	Life Membership (choose one):
<input type="checkbox"/> \$20.00	<input type="checkbox"/> <60 years \$200
	<input type="checkbox"/> 60-64 \$180
	<input type="checkbox"/> 65-69 \$160
	<input type="checkbox"/> 70-74 \$130
	<input type="checkbox"/> 75-79 \$100
	<input type="checkbox"/> 80+ \$ 70

Newsletter Delivery (choose one):

- I prefer to receive my newsletter via e-mail.
- I prefer to receive my newsletter via Canada Post.
- From time to time we take pictures at our events. These pictures may be used in newsletters and on our website. Check here if you **do not** want to be identified in these pictures.

Mail this form and your cheque for an annual or Life membership fee to: Membership Committee, USRA, 221 Cumberland Ave N, Saskatoon, SK S7N 1M3 **OR** e-mail this form to ss.usra@usask.ca and use etransfer to remit your annual or Life membership fee. Make your etransfer payable to USRA and send to Treasurer, Tom Wilson (thomas.wilson@usask.ca).