



**USRA Newsletter
November 2023
Issue No. 120**



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From Our Co-Presidents

Greetings. We hope that you have been able to enjoy the great fall weather we have experienced this year, though winter appears to be heading our way soon.

As promised in our August newsletter, please see page 6 for a report on the successful CURAC/ ARUCC conference that the USRA hosted in early summer. Our AGM was held in September, and it was great to see so many of you there. Many thanks for your attention, interest and good questions! We were pleased to welcome Bob Card, David Mandeville and Vera Pezer to the Board, which met in October to set up the standing committees (see page 5) that will enable us to deliver for you in the year ahead. Please visit the [USRA's about webpage](#) to learn more.

Rick Bunt and Jim Thornhill of the USRA Co-ordinating Committee have met with university officials twice this fall to renew our **Memorandum of Understanding (MOU)** with the university for the next three years. Good progress has been made and we are hopeful to have the MOU signed by Christmas. Legal experts at the university are currently looking at a draft of our new proposal. We are excited that, with the new MOU, there will be a strong possibility of having the former Retirement Banquet (or another celebratory event) reinstated in 2024. Importantly, the university has also agreed to help the USRA in promoting its goals and activities to current USRA members as well as those planning to retire in the future.



The USRA had a promotional booth at this year's Saskatoon Council on Aging annual exhibition, **Spotlight on Seniors**, held at TCU Place on October 11. This was a great experience for the USRA to be part of the SCOA annual event and to learn of the many sources of help (health, recreation, counseling, housing) that are available to our elderly population in Saskatoon and area. We answered many questions from the public about the USRA and what it does. Many thanks to Mary Dykes for her help in coordinating our booth.

Many thanks to President Stoicheff and Kathryn Warden for again hosting the **USRA Holiday Reception at the President's Residence**, to be held on Tuesday, December 12 from 3:30 – 5 pm. Invitations to the reception will be sent to you in the near future.

We encourage you to view the **educational and recreational events** scheduled over the next several months, organized by our Education, Social and Recreation Committee, as noted in this newsletter. We hope that you will attend these functions. We also encourage your thoughts and ideas for future topics and speakers that you feel would be of interest to the membership. Speaking of our events, Caroline Cottrell, Vice-President and Chair in coordinating events for us, was recently featured as [one of USask's Golden Grads](#) (50th Anniversary of Graduating). Congratulations Caroline!

Please let us know of any questions and concerns you have about the USRA. We can be reached by phone at 306-966-6618, by post via 221 Cumberland Avenue North, Saskatoon SK S7N 1M3 or by e-mail at ss.usra@usask.ca. We would love to hear from you.

Wishing you all the best over the holiday season!
Jim Thornhill and Merry Beazely, Co-Presidents

Board and Committee Members for 2023-2024

Board Members

- Co-Presidents: Merry Beazely and Jim Thornhill
- Vice President: Caroline Cottrell
- Secretary: Jacqueline Huck
- Treasurer: Tom Wilson
- Immediate Past President: Co-Presidents Jim Thornhill and Merry Beazely
- Members at Large: Bob Card, Bryan Harvey, Judith Henderson, David Mandeville, Yannis Pahatouroglou, Vera Pezer, Beryl Radcliffe and Kathryn Warden



From top to bottom: Jim Thornhill, Ana Maldonado, Merry Beazely, Judith Henderson, Jacqueline Huck, David Mandeville, Beryl Radcliffe, Kathryn Warden, Vera Pezer, Bob Card, Tom Wilson, Caroline Cottrell, Yannis Pahatouroglou, and Bryan Harvey.

Standing Committees

COMMITTEE	CHAIR	MEMBERS
Awards	Merry Beazely	Bryan Harvey, Judith Henderson, David Mandeville
College and University Retiree Associations of Canada (CURAC)	Bryan Harvey	n/a
Communication	Jacqueline Huck	Bob Card, Judith Henderson, Kathryn Warden
Education, Social and Recreation	Caroline Cottrell	Bob Card, Mary Dykes*, David Mandeville, Beryl Radcliffe, Jim Thornhill
Membership	Beryl Radcliffe	Jacqueline Huck, Judith Henderson
Engagement	Jim Thornhill	Bryan Harvey, Yannis Pahatouroglou
Campus Heritage	Yannis Pahatouroglou	Bob Card, Patrick Hayes*, Vera Pezer, Kathryn Warden
Honorary Degrees	Tom Wilson	Merry Beazely, Bryan Harvey, Judith Henderson, Vera Pezer, Asit Sarkar*
Nominations	Jim Thornhill	Merry Beazely, Tom Wilson
Ad Hoc Committee to Review Constitution, By-laws, and Policies and Procedures	Merry Beazely	Bryan Harvey, David Mandeville, Jim Thornhill
Coordinating Committee, Memorandum of Understanding Between the University and the USRA	n/a	Jim Thornhill, Rick Bunt

Hosting the National Conference: the USRA Comes Through!

Merry Beazely and LOC



A full House at Marquis Hall

Last fall, CURAC/ARUCC (College and University Retiree Associations of Canada/Associations de retraités des universités et collèges du Canada) was searching for a home for its national conference – to be the first in-person one in three years. With support from the President’s Office and University Relations, the USRA agreed to host and, in rapid time, delivered a most successful **CURAC Conference, May 31-June 2**, based out of the Marquis Culinary Centre.

The Local Organizing Committee consisted of Bryan Harvey (our USRA-CURAC representative, as Chair), Merry Beazely, Eileen Harvey, Tom Wilson, Murray Scharf and Rick Schwier. The LOC was well supported by USRA Board members and several USask units, notably the University Relations team. The LOC worked well in cooperation with the **CURAC Conference Committee**. We appreciated the financial support from the President’s Office and affinity sponsors, the Retired Teachers of Ontario, Johnson Travel Insurance and Collette Travel.

We warmly greeted 46 delegates from 23 colleges and universities, and seven provinces at the **Welcome Reception** held on May 31. President Stoicheff welcomed the delegates and we were delighted that both he and Provost Airini were present to visit with attendees.

The LOC selected **“The New World” (post-pandemic) as the conference theme..... in higher education, societal change, research and development, and health services.**

The program featured prominent USask scholars who communicated their informative and often provocative insights with us. A lunch was held at the inspiring **Gordon Oakes Red Bear Student Centre**. A post-conference tour of the **Patterson Garden Arboretum** enabled our visitors to learn about the biodiversity of this urban forest on our campus, and the Northern hemisphere.



President Stoicheff and Provost Airini with Jim Thornhill and Tom Wilson



Eric Cline, K.C., Bryan Harvey, The Honourable Roy Romanow and Merry Beazely

A special segment of the Conference marked **CURAC’s 20th Anniversary**. A celebratory afternoon included a Fireside Chat with former Premier of Saskatchewan, The Honourable Roy Romanow, in conversation with Eric Cline, K.C., long-time Cabinet colleague. A video featuring the first CURAC President Peter H. Russell (Toronto) shared the aspirational beginnings of CURAC, and speakers added interesting history! CURAC held its AGM, hosted meetings of its Board and organized an awards ceremony in conjunction with the conference banquet. Bryan and Merry were honoured to each receive a CURAC/ARUCC Tribute Award.

Evaluations of the conference were very positive, with delegates noting the excellent speakers, organization and food! Treasurer Tom reports that we planned carefully and had a modest surplus. Photos courtesy of David Mandeville. Thanks everyone!

Education, Social and Recreation Committee Report

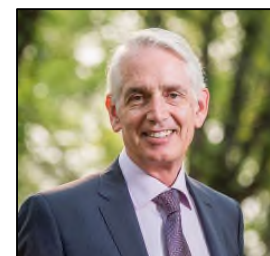
Caroline Cottrell (Chair), Bob Card, Mary Dykes, David Mandeville, Beryl Radcliffe and Jim Thornhill

Following a very successful September event/AGM and excellent attendance at the Saskatoon Council on Aging (SCOA) event at TCU Place, the committee met to discuss upcoming events in the next few months and to brainstorm future endeavours. The remaining 2023 events are as follows.



November 14 – Lunch and tour of Merlis Belsher Place starting at 11:30 am. Cost is \$20 for lunch. Parking is not free but is amply available at the site.

December 12 – USRA members are invited by President Stoicheff and Kathryn Warden to attend a Holiday Reception at the President's Residence on December 12 from 3:30 to 5 pm. An email invitation from the President's Office will be forwarded to USRA members and details will be included on the USRA office phone greeting (306-966-6618).



Speaker Series in the New Year

Mark your calendar for the 2024 dates of noon-hour luncheon and speaker series at the Western Development Museum (Saskatchewan Hall). Check your email inbox (and sometimes junk folder!) for invitations to attend our presentations roughly 7-10 days before the date, and RSVP, OR you can leave a message on our office phone (306-966-6618) roughly one week ahead of the date if you want to attend. Doors open at 11:30 am for all luncheons. Luncheon menu, cost and payment options will be included with your invitation.

January 16 – Shelly Loeffler, well-known jazz radio host and former president of The Bassment will be speaking on the jazz scene in Saskatoon.

February 13 – Dr Nancy Turner, Associate VP, Teaching and Learning Centre will present a seminar regarding "Artificial Intelligence: How it affects teaching and learning at the University of Saskatchewan."

March 12 – Cheryl Avery, University Archivist, will speak to us on the history of buildings at the University of Saskatchewan.

April 16 – Dr. Brooke Milne, new Dean of the College of Arts and Science, will present on her college.

May 14 – Dr. Airini, Provost and Vice-President Academic, will give us a very special presentation that involves a grand adventure (and not of the university kind). Stay tuned!

June – To be determined.

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

Globe Walk 2024: USRA's Intensely Vigorous USask Retirees Team Now Recruiting

Mary Dykes and Lea Pennock

Globe Walk, now in its 11th year, is an annual event sponsored by the Saskatoon Council on Aging (SCOA). Our own Vera Pezer was instrumental in establishing this program to help keep seniors active in the winter months. Globe Walk runs from January to April with participants organized in teams. Team members report to their team captains monthly about how many minutes of exercise they've done that month. Team captains report their participants' time spent monthly in any activity, not just walking. The beauty is that you don't need to be in Saskatoon to participate—you could be on a ski slope in the Rockies or swimming in the Caribbean. Skiing, workouts in the gym, swimming, cycling, shovelling snow, and of course curling all count!



In the early years of Globe Walk, participants compiled their kilometers or time to walk around Earth, or go to the Moon, or back from the Moon. In this year's Globe Walk we are exploring the Blue Zones – the five regions where the world's healthiest and oldest people live – Okinawa, Japan; Sardinia, Italy; Nicoya, Costa Rica; Ikaria, Greece, and Loma Linda, California. So, no cold winters in the Blue Zones!

Globe Walk will hold monthly group events centred on the healthy lifestyle themes common in the Blue Zones. For the first time since 2020 these will return to in-person activities. In January we will learn how to move naturally; in February we will celebrate family and social connections; in March we will learn about eating wisely; and finally in April the theme is keeping a positive outlook. The windup event in May brings all teams from across Saskatchewan to Saskatoon for a luncheon celebration at the Western Development Museum.

Our USRA team, the Intensely Vigorous USask Retirees, has participated in Globe Walk for the past two years. We hope that in our third year many new members will join our team. Remember, any activity counts wherever you are, not just in chilly Saskatoon. Co-captains Mary Dykes and Lea Pennock invite you to contact either of them by email (see below). Later in December our team members will receive information about purchasing discounted passes from the Field House.

Sign up for the Intensely Vigorous USask Retirees team by **Friday, December 1**.
Contact either Mary at med970@usask.ca or Lea at lea.pennock@usask.ca
OR phone the USRA office at 306 966-6618.

USRA at Spotlight on Seniors

Mary Dykes

The 24th annual Spotlight on Seniors, the fall trade show hosted by the Saskatoon Council on Aging, was held at TCU Place on Wednesday, October 11. Spotlight on Seniors is typically scheduled in conjunction with the Canadian National Seniors Day and Senior's Week in Saskatchewan.

For the first time, USRA booked a table at this popular event with the goal of reaching university retirees who had not joined USRA. In fact, many of the visitors to our table did not know about USRA and there was a lot of interest in our activities and the benefits of membership. We are happy to welcome six new members and hope to see them at our upcoming events.

Following the success of our first appearance at Spotlight, USRA will likely be a regular exhibitor at this trade show where seniors can discover the latest products and the many services and organizations that promote physical activity, life-long learning and social engagement – in short, active aging – in a safe community.



Caroline Cottrell, Vera Pezer and Mary Dykes with a Saskatoon City Police Officer

USRA Awards: Nominations Timeline Extended ... Please Nominate

Awards Committee: Merry Beazely (Chair), Bryan Harvey Judith Henderson and David Mandeville

We encourage USRA members and friends to nominate worthy candidates who have retired from the university. This includes those who worked in federated and affiliated colleges, on research grants and contracts, and also persons who have left positions after 6 or more years with the university and reached the age of 55. It is not required that nominees be USRA members. Our Awards Committee will be happy to assist in the nomination process. **The new deadline for nominations for 2023-2024 is March 30, 2024.**

Our Awards

- **Continuing Contribution Award** recognizes retirees who continue to make research, scholarly, artistic or service contributions at an exceptional level.
- **Prime of Life Achievement Award** honours those who, after their retirement, have been recognized for outstanding scholarly, artistic or service contributions by international, national, provincial or local bodies.
- **ohpahotân/oohpaahotaan (“Let’s Fly Up Together”) USRA Award** recognizes meaningful and significant contributions of a USask individual retiree, or a pair or group that includes one or more USask retirees, Indigenous or non-Indigenous, towards achieving one or more

of the commitments of the foundational document “ohpahotân/oohpaahotaan – Let’s Fly Up Together” Indigenous Strategy for the University.

- **Duff Spafford Award** recognizes a USask retiree based on total contribution made to the University community over the retiree’s employment with the University, including those during student years if the candidate is an alumnus/a.

We also grant an **Honorary Life Award** to recognize a USRA member who has made significant contributions over a long period to the USRA and USask community and is nominated by the Board.

An **Awards Ceremony** to celebrate recipients will be planned for Spring or Fall 2024 in conjunction with another USRA event. See our [USRA awards webpage](#) for more information. Please send any questions and/or nomination ideas to merry.beazely@usask.ca.

So please talk to your friends and colleagues and send names of potential nominees for our five USRA Awards to merry.beazely@usask.ca. Our Awards Committee of Merry, Bryan, David and Judy will be glad to assist you in preparing the nominations.

University Honorary Degree to Fr. André Poilievre

Tom Wilson

The USRA has an Honorary Degrees Committee that nominates individuals who have been recommended by our membership and other colleagues to receive the highest honour that the university bestows. All previous nominations to the university have been successful. Thus, a number of outstanding nominees have received this high honour.

We are delighted to report that recent USRA nominee **Fr. André Poilievre** was honoured at the November 8, 2023, Fall Convocation ceremony for his lifetime of contributions to the community, including co-founding STR8 UP, a healing and support program for those who wish to leave a criminal lifestyle. Quoting from Dr. Robert Henry (in his letter of support), Father Poilievre “continues to push us in the field of Indigenous justice, criminal justice, street lifestyles, and gangs to improve the lives of some of the most marginalized in our communities.” Please also see the [USask article](#) and the [Star Phoenix article](#) to read more about Father André’s story.



Photo credit: Diocese of Saskatoon

The Honorary Degrees Committee thanks Dr. Frank Vella for suggesting Fr. Poilievre’s name.

This year’s committee, chaired by Tom Wilson and including Merry Beazely, Bryan Harvey, Judith Henderson, Vera Pezer and Asit Sarkar, welcomes and encourages your recommendations for this highest award. We will be pleased to work with you to prepare the documentation needed.

For information on the nomination process, see Guidelines for [Honorary Degrees](#). Please send your suggestions to Tom Wilson at thomas.wilson@usask.ca.

Can Frailty Be Reversed? Research Offers PROMISE

Tom Wilson, Professor Emeritus, USask College of Medicine

As we age, we are likely to see some of our friends, relatives or ourselves becoming “frail.” Frailty is loosely defined as the inability to complete activities of daily living (dressing, eating, toileting, transferring from bathtub to chair or chair to bed) without help from another person. The prevalence of frailty in high-income countries is 10% to 12%, increasing to 26% at age 85¹. Diagnosis can be simple or complex.

A complex example is the Frailty Index². This 46-item questionnaire asks about 13 “co-morbidities” (e.g. previous stroke, heart attack, diabetes, kidney failure, etc.), results of eight lab tests, 12 questions on functioning (e.g. difficulty using a knife and fork, getting in and out of bed, managing money, etc.), eight symptoms or signs (urinary incontinence, heart rate at rest, etc.), and five “other” possible indicators of frailty. Needless to say, not all seniors can complete this complicated questionnaire! For example, they may not know their lab results. Nevertheless, this complex questionnaire and similar ones have become the gold standard.



A much simpler approach is shown in the chart below³. There are only four simple questions. Frailty is defined by the answers in the right-hand column. People who answer “no” to all are “robust”, while those who admit to three or four are “frail.” Those with one or two frailty answers are deemed “pre-frailty.”

PARAMETER	QUESTION	FRAILTY
EXHAUSTION	How much difficulty do you have walking from room to room on the same level?	Some difficulty, OR much difficulty, OR unable to do
LOW PHYSICAL ACTIVITY	Compared with most (men/women) your age, would you say that you are more active, less active, or about the same?”	Less active
WEAKNESS	How much difficulty do you have lifting or carrying something as heavy as 10 pounds (like a sack of potatoes or rice)?	Some difficulty OR much difficulty OR unable to do
LOW BODY WEIGHT	Body Mass Index (BMI)= Weight {kg}/Height {m ² }	Less than 18.5

National Health and Nutrition Examination researchers in the United States compared these two methods³. A total of 4,096 people (53% women), age 50 or older, completed both questionnaires. The two methods were in broad agreement: all individuals classified as “frail” were captured by both. But the outcomes from the two questionnaires diverged for individuals classified as “robust.” Of those deemed “robust” by the simple method, only a quarter were classified so by the complex method. Presumably the co-morbidity questions and lab tests caused some people deemed to be “robust” to be transferred to the “frail” category.

Now that we can diagnose frailty, how do we prevent and treat it?

Researchers in South Korea, a high-income country with an aging population, are at the forefront of prevention⁴. Half of South Koreans are considered “pre-frail.” In 2021, 32% of Canadians were so classified in a [Statistics Canada health report](#). The Korean physicians published guidelines for preventing pre-frailty from advancing to frailty. They recommend a simple mnemonic: “PROMISE.”

“P” is for physical activity and includes aerobics, strength, balance, and flexibility. “R” is for resilience: dealing with aches and pains, both physical and mental. “O” is for oral health, both teeth and gums. “M” means management of chronic conditions including diabetes, high blood pressure, and chronic pain. “I” for involvement means maintain social contacts. “S”: stop smoking, and “E”: eat a balanced diet with adequate calories. The researchers found that following PROMISE, with the help of physicians, dentists, exercise therapists and dietitians, could reduce progression from pre-frailty to frailty by half.

The paper that caught my eye looked at the title question: reversing frailty⁵. Researchers in Ireland recruited 168 people (67% women) over 65, and about one in five met criteria for frailty. They were randomized to an intervention or a control group for three months. The former were asked to walk 30 to 45 minutes three or four times weekly and perform resistance exercises with light weights four times per week. They also received dietary advice on how to increase daily protein consumption to 1.2 grams/kg of body weight—about 85 grams for a 70-kilogram (155 pounds) person. To put that in perspective, six ounces of beef or poultry has 44 grams, two eggs 12 grams, a cup of lentils or kidney beans 11 grams, and a cup of yogurt 12 grams.

The primary outcome was a measure of frailty using the SHARE (Survey for Health Aging and Retirement in Europe) instrument⁶ which measures five parameters: fatigue, appetite, grip strength, functional difficulties, and physical activity.

After three months, 6.3% of the intervention group and 18.9% of the control group were frail—a huge difference. Whether this would carry over to fewer hospital admissions or fewer deaths remains to be seen.

In summary, frailty is common, is easily diagnosed, and can possibly be reversed. A protein-rich diet and regular aerobic exercise and strength training may do the trick.

Further reading:

1. Collard RM, Boter H, Schoevers RA et al: Prevalence of frailty in community-dwelling older persons: a systematic review. *J Am Geriatr Soc* 2012;(60): 1487-1492.
2. Searle SD, Mitnitski A, Gahbauer EA et al: A standard procedure for creating a frailty index. *BMC Geriatr* 2008;(8): 24-

3. Blodgett J, Theou O, Kirkland S et al: Frailty in NHANES: Comparing the frailty index and phenotype. Arch Gerontol Geriatr 2015;(60): 464-470.
4. Ki S, Yun Jh, Lee Y et al: Development of Guidelines on the Primary Prevention of Frailty in Community-Dwelling Older Adults. Ann Geriatr Med Res 2021;(25): 237-244.
5. Travers J, Romero-Ortuno R, Langan J et al: Building resilience and reversing frailty: a randomised controlled trial of a primary care intervention for older adults. Age Ageing 2023;(52):
6. Romero-Ortuno R, Walsh CD, Lawlor BA et al: A frailty instrument for primary care: findings from the Survey of Health, Ageing and Retirement in Europe (SHARE). BMC Geriatr 2010;(10): 57-

Our national 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](#).

Spotlight on USask History: Herzberg Experimental Hall Officially Named at the CLS

Kathryn Warden

Fifty-two years ago this month, Gerhard Herzberg learned he had been awarded the Nobel Prize in chemistry—Canada’s first Nobel Prize in the physical sciences.

This achievement in 1971 affirmed that Canada was a world leader in spectroscopy—the science of using light to understand the structure of molecules.

“That work—both here at the University of Saskatchewan (USask) and at the National Research Council (NRC) in Ottawa where Herzberg worked for more than 40 years—has led to ground-breaking discoveries that have had, and continue to have, global impact,” said University of Saskatchewan President Peter Stoicheff.

“Herzberg’s legacy is evident today in many ways, including at our Canadian Light Source (CLS) where scientists from across Canada and around the world continue to use light produced in the synchrotron to unravel the mysteries of atomic structure.”

As former CLS director Michael Bancroft has stated, the hiring of Herzberg can be seen as “the most important event” in USask eventually becoming home to the CLS.

In recognition of this legacy, a [plaque unveiling ceremony](#) was held Nov. 1st at the CLS overlooking the main experimental area to officially name the Herzberg Experimental Hall.

In attendance along with USask President Stoicheff and CLS Executive-Director Bill Matiko was Canada Foundation for Innovation president Roseann Runte and NRC Research and Development Director Kelly Soanes. Two USask master’s students—Grace Flaman and Nicole Boyle—spoke about building on Herzberg’s legacy by using spectroscopy at the CLS to explore how to make safer, greener and cheaper compounds for industry.

President Stoicheff noted that Canada and the University of Saskatchewan welcomed Herzberg and his wife “when no other country or university did.”

Herzberg and his wife and fellow scientist Luise were refugees from Nazi persecution in 1935. They spent 10 productive years at USask, and Herzberg later called this period “the 10 best years of my life.”

Three of Herzberg’s books were published during that time—with considerable help from his wife Luise—and these books are still considered classic works on atomic and molecular structure—research that has advanced knowledge in chemistry, physics, and astronomy.



Bill Matiko and President Stoicheff unveiling the Herzberg Experimental Hall plaque.

In his Nobel acceptance speech, Herzberg thanked USask, acknowledging “the full and understanding support” of successive USask presidents and faculty who “did their utmost to make it possible for me to proceed with my scientific work.”

Stoicheff pointed out that Herzberg was a catalyst for many talented Saskatchewan young people to develop illustrious careers of their own and become leaders in Canadian and international science. Among them was Henry Taube who went on to win a Nobel Prize himself (1983) after he left USask for the U.S.



Dr. Herzberg accepting the Nobel Prize in Chemistry.

Herzberg’s master’s student Alex Douglas followed Herzberg to Ottawa and contributed greatly to the Nobel-Prize winning research.

Another of Herzberg’s USask students—Cec Costain, who later joined Herzberg’s NRC lab in Ottawa, remarked that Herzberg “made scientists of us farm boys”; Herzberg recognized the ingenuity and innovation that growing up on a farm can bring to science and instrument building.

Earlier this year, a lecture hall in physics was named the Dr. Gerhard Herzberg Lecture Theatre—across from an exhibit where the spectrograph that Herzberg built in 1941, which was then the most advanced instrument of its kind in Canada, is displayed.

After Herzberg died in 1999 at age 94, the USask Herzberg Fund (now more than \$2.64 million) was established with gifts from many donors who have provided scholarships, fellowships, and travel awards for more than 150 graduate students since 2004.

The Herzbergs' daughter Agnes, who became a brilliant statistician and a member of the USask Senate, has been a long-time supporter of USask and of her father's legacy.

She has written that the day she heard the news of her father's Nobel Prize remains very vivid for her. "But the excitement was tinged with sadness as my mother, Dr. Luise Herzberg, had not lived long enough to enjoy and celebrate the occasion," she wrote. Her mother had died a mere six months before the Prize was awarded.

She has also stated: "In a public address during the 1980s, my father reflected on his scientific journey and highlighted three attributes that he valued as a scientist: humanity, humility and humour. They are attributes that may well serve as guideposts for life."

Through these two plaque unveilings, USask has proudly honoured a man whose devotion to scientific excellence raised the research profile of this university and this country.

More information about the Herzbergs can be found on the [USask Research webpage](#).

Members No Longer with Us

Judith Henderson

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 USRA via e-mail at ss.usra@usask.ca or phone 306 966-6618 for further information.

Dennis John Dibski (Camrose AB July 8, 1932 – August 14, 2023) is survived by his wife Joyce of 66 years, his brother Peter (Nola), his children Kathryn, Denise (Kelly), Maria (Quinn) and John (Dian); grandchildren, Tyler, Cory (Ashley), Curtis, Ashton (Kevin), Kelsey (Cainan), Lindsay, Ian and Claire; great grandchildren, Nora, Casey, Rowen, Emmett and Lucas. Dennis was predeceased by his sister Mary and son-in-law Garth. Dennis attended a two-room school in Dinant, AB and high school in Round Hill and Camrose before completing his education at U Alberta: B.Ed. 1954, M.Ed. 1963 and Ph.D. Educational Administration 1970. He started his career in 1952 in Radom School (grades 1-7) in Alberta, then taught as Vice Principal at Ferintosh, AB, then as Principal at Kingman, AB. He married the Home Economics and Grades 5 and 6 teacher, Joyce Macdonald. The family lived from 1962 to 1965 in Fairview, AB where Dennis was Provincial Superintendent of Schools. In 1965 Dennis was appointed Director of Education by the Saskatoon Roman Catholic Separate School Division. In 1967 he joined the Department of Educational Administration in the USask College of Education. From 1973 to 1977, Dennis was Head of the Department of Educational Administration. Beyond the university, Dennis received awards recognizing his work as a journal editor and his distinguished service in the study of educational administration. Post retirement he was recognized by City of Saskatoon service awards. He was also elected to represent academic pensioners of the University. Beyond the academic, Dennis enjoyed

hobbies with friends, world travel with Joyce, and was an active member with family of Saints Peter and Paul Ukrainian Catholic Church.

Ishwar Chand Gupta (Delhi India December 29, 1930 – Victoria BC April 1, 2023), eldest son of Tej Ram and Kalawati Devi Gupta, studied physics at Delhi University (1949-52) and earned a M.Sc. degree. He spent a period at Purdue University in Indiana as a candidate for a Ph.D. degree in nuclear physics. In 1961 he was admitted by the College of Graduate Studies to do the required thesis work in nuclear physics for his doctorate but he did not complete his degree because he was in the meantime hired by the Physics Department at the USask as a Lecturer and later on as a Professor. He taught 33 years and he also served as Assistant Dean of Arts and Science. He was a very good teacher and he was very much loved by his students. He was proudest of having helped women science students succeed. In 1966 he married his landlady Erika Agger (Kirschstein) and became stepfather to her five-year-old son Niels. He became a Canadian citizen in 1972. They traveled extensively, sometimes with Erika's close friend from Germany, Heidi Bormann. Before Erika died in 1995, she urged Ishwar to keep their travel plans to Yellowstone with Heidi. He did in 1996, and they married in 1997. In 2020 Ishwar and Heidi became housebound with COVID with assistance from Niels and his wife, Dorothy Agger-Gupta, for errands. In October 2021 they moved to Sunrise Senior Living in Victoria, where Heidi died soon after in December. They leave behind family in Canada, USA and India. A visitation was held at Sands Funeral Chapel on April 6, 2023, followed on April 7 by cremation and a small reception at Rose Bank Gardens in Victoria. See www.sandsvictoria.ca for condolences.

Alice F. McAuley (died May 21, 2023) was the spouse of deceased life member Angus Earl McAuley who retired from the Physical Plant and passed away in April 2017. No obituary will be published.

Members No Longer With Us Who Were Honoured at the 2023 AGM

We have learned of the deaths of the following 12 members since our report at the November 16, 2022, Annual General Meeting. For additional information about these deceased members, please consult our December 2022, March 2023 and August 2023 newsletters, which are accessible under Publications on our [website](#).

Moishe Black (January 23, 1931 – November 24, 2022)

Dennis John Dibski (July 8, 1932 – August 14, 2023)

Leonard (Len) Murray Findlay (December 14, 1944 – May 25, 2023)

Lawrence (Larry) Fowke (June 6, 1941 – December 13, 2022)

Ishwar Chand Gupta (December 29, 1930 – April 1, 2023)

Kathleen (Kay) Lillian Johnstone (April 27, 1927 – November 20, 2022)

William (Bill) Phillip Lampman (February 18, 1920 – December 1, 2022)

Victor Allan Laxdal (passed away on May 7, 2023)

Carol Morrell (December 11, 1944 – November 30, 2022)

Verna Nettie Rielkoff (July 1, 1944 – February 28, 2023)

Carol Teed (December 23, 1927 – April 17, 2023)

Guy Tourigny (August 22, 1936 – February 7, 2023)

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.

Timely Reminder for Winter Travellers

Going south for a few months? Taking a bucket list vacation? All travellers need insurance and USRA has a deal for you through our sister organization CURAC. This insurance is less expensive than other providers and comes highly recommended by some fellow USRA members. Check Member Benefits on the [CURAC website](#).

With thanks to Murray Scharf for suggesting this reminder!

Keep in Touch!

We welcome your letters to the editors Jackie, Kathryn, Bob, Judith and Ana. Do you have an event you want to let other members know about? For example, recently we have advertised a book launch at McNally Robinson and an art installation at the Remai Modern. We are happy to pass on news about your event by email and in the newsletter. Please send information by email.



Moving? Changing your email address?

Don't miss an issue of our newsletter or the email notices about upcoming activities!
Make sure you send us your new contact information.

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