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## From Our Co-Presidents

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Dear Members, we hope this message finds you all doing well!

We would love to hear from you with comments or questions you have about the USRA and our activities. We can be reached by phone at 306-966-6618, by post via 221 Cumberland Avenue North, Saskatoon, SK S7N 1M3, e-mail at [ss.usra@usask.ca](mailto:ss.usra@usask.ca) or to Jim and Merry directly.

President Peter Stoicheff and Kathryn Warden's Holiday Reception in December was wonderful as always. USRA members appreciated hearing about positive USask developments and meeting with University Chancellor Grit McCreath. The President and Kathryn will again be hosting a celebration for new retirees on May 20th from 4-6 p.m., and we thank them very much for this.



Another December highlight was the appointment of Alaisha Gaudet as Stakeholder Engagement Coordinator with the Alumni Relations and Stakeholder Engagement team. Reporting to Marcy Hildebrand, Director of the team, .40 FTE of Alaisha's time is devoted to supporting the USRA Board and members. Please see page 6 for more.



Above: Walt Pawlovich, Diane Nordick, Susan Cook, Jacqueline Huck, and Jim Blackburn

Left: Penelope Stalker, Ken Coutu, Kathryn Warden, and Alanna Danelkwich

Jim and Merry were pleased to re-start their quarterly meetings with Vice-President Cheryl Hamelin and the Provost and Vice-President Academic. New Interim Provost Vince Bruni-Bossio was very interested to learn about the USRA and our activities. We sincerely appreciate the interest and support of senior leadership and the opportunities to hear about USask challenges and opportunities, including how retirees could be impacted. We have also been in contact with Doral Johnson, Pension Manager, to follow up on questions from members. Please see page 11.

Photo credits: Merry Beazely

We hope you are able to attend and enjoy the USRA monthly luncheons at the WDM. The Education, Social and Recreation Committee welcomes your ideas for future topics, speakers and potential places to tour! The Awards Committee encourages you to nominate outstanding USask retirees for one of our USRA Awards, and the Honorary Degrees Committee welcomes your recommendations for USask Honorary Degrees. Please see page 7.

Here are exciting upcoming events.

- Educational presentations - see Education, Social and Recreation Committee report
- May 21-23, 2025 – CURAC National Conference, *The Well-Being of the Person, the Community and the Planet* hosted by the McGill University Retiree Association [Conference — CURAC](#)
- June 18, 5:30 p.m. – *Be What the World Needs* Campaign Finale, Merlis Belcher Place
- June 24, 6:00 p.m. – USRA Awards and Wrap-up Celebration, Louis' Patio
- October 16, 2:00 p.m. – AGM following presentation by Jeff O'Brien, WDM

Wishing you all the best as we head into spring!

Merry Beazely ([merry.beazely@usask.ca](mailto:merry.beazely@usask.ca)) and Jim Thornhill ([jim.thornhill@usask.ca](mailto:jim.thornhill@usask.ca))

## Education, Social and Recreation Committee Report

Members: Jim Thornhill, Bob Card, Beryl Radcliffe, and David Mandeville

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### 2025 Upcoming Activities

All presentations will be held at the Western Development Museum (WDM) unless otherwise stated. Doors open at 11:30 a.m., and lunch is at noon with a presentation to follow. E-mail invitations will be sent to members about two weeks before each event with information about the speakers, lunch menu and cost.

We hope you can join us for the following events:

- |   |  |
|---|--|
| <b>Wednesday April 16</b>               | Dr. Colleen Dell relating to the use of therapy dogs in the treatment of physical and mental health.   |
| <b>Wednesday May 21</b>                 | Dr. Sarah Forgie, new Dean of the College of Medicine, will outline research, teaching and outreach activities of the medical college.                                   |
| <b>Wednesday September 24</b>           | Evert van Olst, Secretary of the Saskatoon Blues Society, will speak on the history of the Society and play some blues for our listening enjoyment.                      |
| <b>Wednesday October 15</b>             | Jeff O'Brien, City Archivist, will present "Saskatoon in the Atomic Age, 1945-1960".<br><b>Note:</b> this presentation precedes the AGM which will commence at 2:00 p.m. |
| <b>Monday November 17</b>               | Presentation to be determined.   |
| <b>December</b> – Date to be determined | President's Holiday Reception held at the President's Residence.   |

The Education, Social and Recreation Committee welcomes your suggestions for future speakers and presentation topics. Phone 306-966-6618 or e-mail [ss.usra@usask.ca](mailto:ss.usra@usask.ca).

## A Special USRA Board Lunch: Fond Farewell to Eileen and Bryan Harvey

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Prior to the regular February USRA Board meeting, Board members and their partners, and longtime Board colleagues, met to bid a fond farewell to Eileen and Bryan Harvey. They will be moving to Ottawa soon, to be close to their sons, daughter-in-law, grandchildren and great-grandchildren! We were delighted that their son Don and daughter-in-law Jean were in town and could join us. The Harveys have been dedicated USRA members for years -- serving on the Board, Executive, committees in many capacities, playing key roles in two national USRA/CURAC conferences, and being enthusiastic, loyal attendees at our events.



Attendees at the farewell lunch on February 4<sup>th</sup>.  
Photo credit: Alaisha Gaudet

Tom served as emcee for a brief and touching program. Merry and Jim spoke, respectively, about Eileen and Bryan's distinguished service to the University and the USRA and presented them with *USRA Honorary Life Awards*. Don Harvey spoke about his Mom and Dad's love of travel and how this has been well instilled in his family and now grandchildren. Eileen's good friend Doris Hasell shared greetings from the Baker family. We were pleased that President Peter Stoicheff and Kathryn could attend. The President recalled the lasting impact Eileen had on him, as a Dean at the time, facilitating the workings of University Council. Recently in Germany for meetings, he noted that what his hosts know most about USask is Dr. Harvey's breeding of the most excellent malting barley for beer!



Front Row - Bryan and Eileen Harvey  
 Back Row - President Stoicheff and Kathryn Warden  
 Photo credit: Alaisha Gaudet

Bryan responded to the group, noting how great the USRA and the University have been, to be a part of. What he emphasized most is the wonderful role Eileen has played in his life and career. Eileen expressed her gratitude for the event and thanked those in attendance for their lasting friendship. Other members shared greetings and reminiscences. Many thanks to Alaisha Gaudet for taking photos. It was a lovely event.

## Globe Walk Update

### Getting through a Saskatchewan winter with the Intensely Vigorous USask Retirees

*Co-Captains Mary Dykes and Lea Pennock*

The Saskatoon Council on Aging (SCOA) [Globe Walk Challenge](#) is happening again this year, and once again USRA is part of it. Globe Walk provides a dynamic and fun way for us "older adults" to stay active and engaged during the winter months, from January through April.

The Intensely Vigorous USask Retirees Team has taken up the challenge and we're halfway through exercising our way through Saskatchewan's long and unforgiving winter! Our team of 16 has already racked up 4,951 kilometers this year as we (virtually) work our way through Canada's 22 UNESCO World Heritage Sites. We kicked it all off with learning how to walk with walking poles in January.

Team members have reported activities as varied as shoveling sidewalks, shoveling driveways, shoveling snow off roofs, shoveling a path for the cat...okay, not that varied, but also swimming in pools and oceans, cross-country skiing, walking on the beach, taking cardio salsa and yoga classes, walking/running the tracks at the Field House and the PAC, and strolling through the tunnels and corridors of the university.

These activities were reported from venues as far-flung as Victoria BC, Mexico, Singapore, Australia, and Florida, and as near-flung as Saskatoon.

Here are a few shots that show you how some of us got out and stayed active:



Dan took early-morning walks at Government House in Victoria, stopping to smell the late-blooming roses and greet the deer.

Photo credit: Lea Pennock

Below: Merry worked at home on perfecting her Warrior 2 while strengthening her core. Photo credit: Don Beazely



Above: Lea and Beryl stayed warm and limbered up with a one-hour circuit of the tunnels, corridors, stairwells and walkways of the university. Here they pause in the Retirees' Reading Room for a shot in front of a snowy landscape. Photo credit: Lea Pennock



Above and right: Lucky Lin lifted weights on a beach in Florida! Photo credit: Lin Whitworth



Below: Kathryn got her daily steps in by walking to, from and around some iconic landmarks in Australia and Singapore: here she is at the Sydney Opera House. Photo credit: Kathryn Warden



We hope even more of you will join us for next year's Globe Walk Team. Contact Mary Dykes ([med970@mail.usask.ca](mailto:med970@mail.usask.ca)) or Lea Pennock ([lea.pennock@usask.ca](mailto:lea.pennock@usask.ca)) for more information.

## Welcome to Alaisha Gaudet

We are pleased to welcome Alaisha Gaudet to the USRA fold and tell you about her. Alaisha joined the University this December as Stakeholder Engagement Coordinator with the Alumni Relations and External Engagement team. Reporting to Marcy Hildebrand, Director of the unit, Alaisha works on a .60 FTE basis to support a portfolio of alumni engagement programs. For the other .40 FTE of her position, Alaisha is working to support the USRA, tailored to the needs of the Association.



The position was created a few years ago by the Provost and the Vice-President University Relations and has been of great help to the USRA Board and membership. Alaisha has quickly come up to speed and is providing support to Jackie and her newsletter team and updating our website; coordinating monthly lunches at the USRA with Jim and the ESR Committee; and

assisting our Treasurer Tom. She will be supporting the Awards Committee nomination process and June celebration, Beryl with memberships and our other committees as well.

Alaisha grew up in the small French community of St. Isidore de Bellevue, about 15 minutes from the Batoche National Historic Site. In 2018, she completed her degree in Management with the Edwards School of Business. Following graduation Alaisha's career has included exciting work experience at Walt Disney World Florida as a Cultural Representative at the Canada Pavilion in the Epcot theme park, interacting with guests from around the world and sharing fun facts about Canada and Saskatchewan. Prior to joining USask, she served on the development team at Ronald McDonald House Charities Saskatchewan and supported planning of annual and third-party fundraisers. An avid traveler, she and her sister have a goal to visit the seven continents! Great to have you with us!

## USRA Awards: Please Nominate Admirable Colleagues

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We encourage USRA members and friends to nominate worthy candidates, who have retired from the University, for one of our USRA Awards. Retirees includes those who worked in federated and affiliated colleges, on research grants and contracts or 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 of Merry Beazely, Bryan Harvey, David Mandeville, Vera Pezer and Kathryn Warden will be happy to assist in the nomination process. **The deadline for nominations for this year's Awards program is May 1, 2025.** 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 retirement, have been recognized for outstanding scholarly, artistic or service contributions by international, national, provincial or local bodies.
- **ohpahotân/oohpahotaan ("Let's Fly Up Together") USRA Award** recognizes significant contributions towards achieving the commitments of the University's Indigenous Strategy.
- **Duff Spafford Award** recognizes a USask retiree based on total contribution made to the university community over the period of the retiree's association with the university, including any contributions made during student years by a candidate who is an alumnus.

An **Awards Ceremony** to celebrate recipients will be held on **June 24, 2025, at 6:00 p.m. on Louis' Patio**. For more information please see <https://usra.usask.ca/awards.php> and send any questions and/or nomination ideas to [merry.beazely@usask.ca](mailto:merry.beazely@usask.ca).

### HELP WANTED USRA Honorary Degrees Committee

The USRA Honorary Degrees Committee solicits suggestions from the membership for recipients of Honorary Doctor of Science, Laws, Civil Laws or Letters. We forward our suggestions to the University Secretary and the Senate Honorary Degrees Committee. They are taken seriously as evidenced by our successful nominees: Ali Rajput, David Carpenter, Joy Kogawa, That Ngo, Wilf Keller, and our own Bryan Harvey.

For information on the nomination process, see:

<https://governance.usask.ca/documents/senate/GuidelinesForHonoraryDegrees.pdf>.

## USRA Member Receives Award

### Saskatchewan Seniors Mechanism Award to Murray Scharf

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USRA member Murray Scharf received the Volunteer Award for Advocacy from the Saskatchewan Seniors Mechanism (SSM) at the *2024 Celebrating Seniors* event on September 29 in Regina. This award is given to an older adult, or group of older adults, who aim to influence political, economic or social aspects of society, with the goal of improving individual and community life. Their dedication has impacted communities all across Saskatchewan. Congratulations, Murray.

With acknowledgments to the [Saskatchewan Seniors Mechanism](#).

## Spotlight on USask History: Telling the Stories of Superwomen of Saskatchewan

By Chancellor Emerita and USRA board member Vera Pezer

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Coping with the onset of the COVID-19 pandemic in early 2020 required a range of strategies. Mine was to write a book. *Saskatchewan Superwomen* became my project to cope with isolation when the epidemic was at its worst. Hilary and Chelsea Clinton's book, *Gutsy Women*, which celebrates the accomplishments of American women, led me to wonder about the successes of Saskatchewan women. Telling their incredible stories became my COVID therapy. More than 60 of the 142 women cited in the book are connected with USask.

I prepared a definition of a "superwoman", drafted an outline, and began to write. Some women I knew well, others I discovered, and friends offered suggestions. My stories were never intended to be inclusive because I might overlook someone, and besides, readers could define their own superwomen. The women in my sample were chosen because they achieved significant successes, including in areas historically dominated by men. Many overcame gender, racial and personal disabilities to succeed. All proved to be strong and persistent despite obstacles.

My outline committed me to five chapters: public service; education; success in sport, music and the arts; and a fifth chapter focusing on less common areas such as the military.

One woman I chose for contributions to public service was **Doriese Nielsen**, Saskatchewan's first Member of Parliament in 1940. She served only one term once voters learned she was a communist. Without the communist label, she should be remembered as the woman who addressed problems in prairie agriculture, the internment of Japanese Canadians, equal pay for women in the military, and ensuring that the new family allowance benefit would go to the mother.

**Lydia Gruchy** was a Saskatchewan teacher and theologian. She was the first woman awarded the Governor General's Gold Medal from the University of Saskatchewan and the first to graduate with honours with a theology degree. Because she was female, it took 12 years for the all-male General Council to ordain her. Their excuses would not be accepted today.

In sport, Saskatchewan's **Joyce McKee** earned the first Canadian Women's Curling Championship in 1961, and in 1988, Sandra Schmirler won the first Olympic gold medal in curling.

In arts and music, Saskatoon's Madame **Helen Davies Sherry** served for decades as a choir leader, music teacher, and adjudicator. Her reputation as an opera singer led her to perform on stages nationally and internationally.

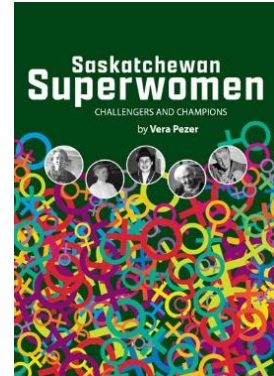


**Edna Jaques'** legacy to Saskatchewan is her 3,000 poems housed in the Provincial Archives. She dismissed criticism that she was insufficiently Shakespearean by choosing topics familiar to ordinary citizens. She was popular throughout Canada by choosing to cheer a Canadian public that had coped with the hardships of homestead life, the Great Depression, and the Second World War.

**Elizabeth Scott Matheson** and **Joan Bamford Fletcher** deserve Superwoman status. Elizabeth was the first female physician before Saskatchewan became a province, faithfully serving the large Onion Lake Cree settlement north of Lloydminster for 24 years. Joan is remembered as the Regina woman who successfully rescued 2,000 prisoners of war, most of them ill women and children, in Indonesia near the end of the Second World War.

The few women described here are a small sample of the achievements of many Saskatchewan women who, over time, contributed to a richer, more equitable Saskatchewan and beyond.

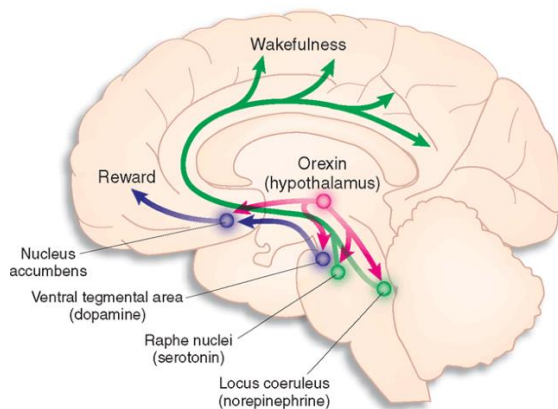
**Editor's Note:** *The book was produced and launched with the support of the USask President's Office, the Chancellor's Office, Libraries & Archives, and University Relations. All proceeds from the sale of the book—available at McNally Robinson bookstore, the USSU kiosk at Place Riel, and online at the USask bookstore—will be donated to the Huskie Athletics Female Leadership Award Fund.*



## Health Column: Orexin

### A Brain Molecule with Potential to Treat Insomnia, Obesity, and Addictions

By Dr. Tom Wilson, Professor Emeritus, USask College of Medicine



Out of the billions of cells in the brain, there are only 10,000 to 20,000 that produce orexin, a neuropeptide hormone which recent research suggests has the potential to help with some of our most important health problems. As this picture<sup>1</sup> shows, orexin—a name derived from the Greek word *orexis* meaning appetite or desire—is produced by nerve cells (neurons) in a small part of the brain called the hypothalamus.

As medical students, we learned that the hypothalamus controls the “4 F’s” (feeding, fighting, fever, and reproduction 😊), as well as blood pressure. Orexin-producing neurons connect with many other parts of our brain, which suggests that orexin has many actions.

Indeed it does. “Wakefulness”, the opposite of sleepiness, is stimulated by orexin. If we’re not wakeful, we should be sleepy. Lemborexant (Dayvigo™), a drug which blocks orexin, was approved as a sleeping pill in 2020 by Health Canada.

In a pivotal randomized controlled trial, 971 subjects (aged 18 to 88, two-thirds women) with a history of delayed sleep onset or frequent wakening, took either a placebo or lemborexant at bedtime (either 5 or 10 milligrams) for up to 12 months<sup>2</sup>.

Participants submitted a sleep diary documenting time to sleep onset, number of awakenings during the night, quality of sleep, daytime drowsiness, and other adverse effects. Over 90% of the participants completed the study.

The researchers found that sleep onset was reduced by 20 minutes or more in 30% of the placebo group and in 40% to 44% of those receiving lemborexant. Sleep quality showed a similar improvement. There was no evidence of the effect wearing off at 12 months. Serious adverse effects occurred in 3.1% of placebo users and in 2.5-4.1% of those receiving lemborexant.

The authors concluded that lemborexant was of similar efficacy to other sleeping pills.

A more recent study<sup>3</sup> found lemborexant to be safe in patients with obstructive sleep apnea (OSA). More traditional sleeping pills can cause more severe reduction in blood oxygen in patients with sleep apnea.<sup>4</sup>

Another possible target for orexin-based drugs is weight: too much or too little. About 40% of Canadians are obese or overweight<sup>5</sup>. In one study, an orexin blocker reduced appetite, weight, and blood sugar in obese mice<sup>6</sup>. But I could find no studies involving human subjects (up to January of 2025). Perhaps drug companies fear competing with Ozempic™ and Wegovy™.

Anorexia nervosa is a debilitating disease which affects predominately adolescent females<sup>7</sup>. Defined as “restriction of energy intake relative to requirements, leading to a significantly low body weight in the context of age, sex, developmental trajectory, and physical health”, anorexia increases mortality up to six-fold. Interestingly, research has shown that patients with anorexia have lower levels of orexin in their blood<sup>8</sup>.

The researchers who discovered orexin noted a marked increase in food intake in rats treated with orexin<sup>9</sup>. Mice given a synthetic drug which mimics orexin also increased their food intake. But again, there are no published papers of studies using an orexin-based treatment approach with human subjects.

A third area of potentially great interest is addiction. Humans and animals are prone to becoming severely addicted to several substances: nicotine, alcohol, opiates (e.g. heroin), and cocaine. Animal studies suggest that orexin blockers reduce alcohol intake in addicted mice<sup>10</sup>. And one human study involving orexin blockers showed reductions in relapse of cocaine addicts.<sup>11</sup>

In summary, drugs affecting orexin—either increasing or decreasing its effects—seem promising for many of our health challenges.

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## Your Pension: Information and Questions

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Back in 2022, we included a report on all things pensions, and you can find this in our October newsletter at <https://usra.usask.ca/documents/newsletters/2025-2021/newsletter2022-10-final.pdf>. Since that time, there is a new Pension Manager, Doral Johnson, and he welcomes questions you may have about pensions ([doral.johnson@usask.ca](mailto:doral.johnson@usask.ca)). He refers us to <https://wellness.usask.ca/benefits/pension.php> which includes a lot of information and annual reports.

Merry and Jim recently reached out to Doral with questions about keeping retired members of the Academic Money Purchase Pension Plan informed, including about the AGM for the Plan and related reports. As a result, Doral sent us AGM information that we provided to members and noted that video-records of past AGMs are available on the Pension website. He will also be scheduling semi-regular meetings with the USRA Co-Presidents, to ensure that the Pension Office is meeting the information needs of USRA members.

## Reminder: Benefits of Using CURAC Affinity Programs

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Planning a vacation or need insurance? When booking a trip or insurance, USRA benefits through rebates from members using the affinity programs through our national umbrella organization, CURAC. Check Member Benefits on the CURAC [website](#).

## Members No Longer with Us

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The USRA has learned of the deaths of the following members and extends our sympathies to their families.

Note: Surviving partners of deceased Life Members may inherit their partner's USRA membership if they wish to do so. Please contact USRA via e-mail at [ss.usra@usask.ca](mailto:ss.usra@usask.ca) or phone 306-966-6618 for further information.

### **Anna Marie Andree (October 9, 1940-September 18, 2024)**

Anna Marie Andree, who worked at the Western College of Veterinary Medicine (WCVM) for almost 37 years, was born in 1940 in Bracken, SK. and grew up on the family farm. After graduating from high school, she attended the University of Regina where she earned a diploma in medical hospital laboratory technology.

She pursued further studies at the University of British Columbia in biochemistry and microbiology, and later studied at Sir George Williams University in Montreal, earning a B.Sc. in advanced biochemistry and industrial chemistry. She then worked in hospitals in Edmonton, Montreal, Prince Albert, and Saskatoon.

In 1967, Anna Marie joined the USask physiology department teaching lab where she worked out of a trailer lab prior to the opening of the WCVM building in 1968. She instructed labs for animal science students and biology students.

Anna Marie belonged to various CUPE union committees and was a member and chair of the USask Alcoholism Committee from 1970 until her retirement in 2003. As a member of the USask Occupational Health and Safety Committee, she was instrumental in setting up the Employee Assistance Program (EAP), helping to shape it into what it is today.

By 2007, Anna Marie made Swift Current her home to be closer to family. In 2017, she moved into a senior retirement home and then to the Foyer Nursing Home in Ponteix in 2019 where she remained until her death.

### **James Edward Beamer (September 23, 1937-March 16, 2024)**

USRA life member James (Jim) Beamer moved to Saskatoon in 1971 where he taught mathematics at the University of Saskatchewan. He retired in 1995 with Professor Emeritus status. Then he and his wife Patsy moved to Owasso, Oklahoma where Jim accepted a position at Northeastern State University, retiring in 2005.

### **Elizabeth "Betty" Burwell (nee Collyer) (July 5, 1934-December 18, 2024)**

USRA life member Betty Burwell graduated with honours from the University of Manitoba. She became director of home economics in the Manitoba Department of Agriculture from 1958 to 1966 where she developed innovative programs, expanded district offices and personnel, narrowed the gender pay gap, and improved hiring practices. Betty and her husband Tom then lived in Regina, SK and Wisconsin, MN before settling in Saskatoon where Betty was employed with the USask colleges of home economics and education.

### **Vera Gorgchuck (January 31, 1929-February 26, 2025)**

USRA life member Vera Gorgchuck served as CUPE 1975 Secretary for a number of years and then retired from the position.

**Peter (Pete) John Curtis Harnestone (September 27, 1950-September 12, 2024)**

USRA life member Pete Harnestone began his career in the USask Facilities Management Division in 1971 as a custodian working in the Thorvaldson Building and VIDO. He retired in 2017.

**Gordon Edward Johnson (September 21, 1934-March 11, 2025)**

After earning a PhD from University of Toronto, USRA life member Gordon (Gord) Johnson was recruited to lead the newly formed USask Department of Pharmacology in 1972 where he developed an innovative program of teaching pharmacology to medical, pharmacy, and dental students and was instrumental in developing the first Saskatchewan drug formulary.

After retiring as Professor Emeritus in 1995, he directed the Saskatchewan Drug Research Institute until 1998, published two textbooks, and established Pivotal Drug Consultants, Inc. corporation, providing expertise to major innovative pharmaceutical companies. He chaired expert committees struck to provide Health Canada with external reviews of new drug submissions. He also served as a board member for Board of York Medical, a corporation that helped Cuban medical scientists bring new drug products to the Canadian market. In 2008, he returned to USask to teach until 2011 in the College of Nursing.

Gord traveled the world, sharing his expertise, inspiring students, and contributing to the advancement of science. His research included discovering how some animals dealt with extreme cold (compounds made by the adrenal glands increased heat production by “brown fat”, which serves as an internal furnace) and shedding new light on how drugs (of all types) are handled by the human body (while some drugs are known to be excreted unchanged in urine and others changed by the liver and then excreted, he discovered that some drugs are transported unchanged into bile). He also published one of the first papers on drug prescribing to the elderly, finding that seniors consume prescription drugs much more than younger folks which can lead to serious adverse effects.

Though he was the author of more than 100 research publications, he was most proud of his teaching awards—the USask Master Teacher Award in 1987 and the USRA Prime of Life Achievement Award in 2019 (for more information, visit the USRA Awards page). Through his continuing medical education efforts, he taught hundreds of physicians and dentists how to avoid untoward events with a focus on the meme: “Right patient, right drug, right dose, right time.”

Gordon, along with his wife Mary-Jane, attended many USRA events. He always had a smile on his face and there was always a joke or story to be told.

**Laurence Kitzan (September 18, 1936-February 4, 2025)**

USRA life member Laurence Kitzan began his faculty career with the USask Department of History in 1962 and retired as Professor Emeritus.

**Sarv Krishna Lakhnopal (July 31, 1928-December 25, 2024)**

USRA life member Sarv Lakhnopal began his career in the USask Library in 1966. He retired as Librarian Emeritus in 1996.

**Serge Nazarenko (January 26, 1930-December 20, 2024)**

USRA life member Serge Nazarenko was employed in the USask Facilities Management Division.

**Ruth Doreen Reiter (October 29, 1937-February 20, 2025)**

USRA life member Ruth Reiter began her career as a clerical assistant with the USask Pediatrics Department in 1974 and retired in 1997.

Note: 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*

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Annual memberships cover July to June of the following year. Although notices are sent out in June, if your membership will be up for renewal, please consider renewing now. Life members do not have to renew annually.

The membership form is available on our website: <https://usra.usask.ca/member-information.php#MemberBenefits>. For convenience, we have added the option of e-transfer.

**Keep in Touch!**

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We welcome your letters to the editors Jackie, Bob, Joe, and Kathryn. Do you have an event of interest to retirees and seniors you want to let other members know about? We are happy to pass on news about your event by e-mail and in the newsletter. Please send the information by e-mail.



**Moving? Changing your email address?**

Don't miss an issue of our newsletter and our e-mail notices about upcoming activities!  
Make sure you send us your new contact information.

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