

The University of Saskatchewan Retirees Association



*Keeping USask retirees connected, informed and engaged with
the university and with one another*

The USRA defines retirees broadly:

Retirees include all faculty and staff who have retired from the University, including from federated and affiliated colleges and those employed under research grants and contracts.

Retirees also include all those who have left positions at the University, who were employed for six years or more and have reached the age of 55 years.

Our Members

443

Total Membership

92 %

86 %

Lifetime members

From Saskatoon & area

Your *USRA* Board



Vera Pezer
President



Hope Bilinski
Vice-President



Jacqueline Huck
Secretary



Tom Wilson
Treasurer



Merry Beazely
Member at Large



Joseph Angel
Member at Large



Bob Card
Member at Large



David Mandeville
Member at Large



Nigel Rawson
Member at Large



Kathryn Warden
Member at Large

Objectives of the Retirees Association

- To **promote** wellness and support the interests of retirees
- To **foster** an ongoing connection between retirees and the University
- To **communicate and engage** with fellow retirees via social and intellectual activities
- To **collaborate and learn** with Retiree Associations across Canada
- To **strengthen** the outreach of the USRA to future USask retirees



Committees

- Education, Social, & Recreation
- Awards
- CURAC
- Engagement
- Honorary Degrees
- Nominations
- Membership
- USask Senate Representative

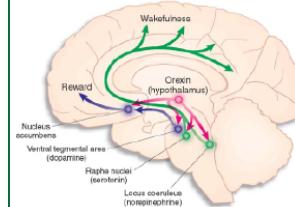
➤ *Promoting wellness and supporting the interests of retirees*



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 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.

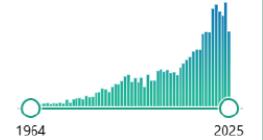
As medical students, we learned that the hypothalamus controls the "4 F's" (feeding, fighting, fever, and

Health Column: Magnesium

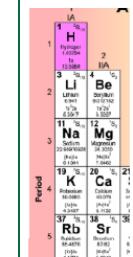
By Dr. Tom Wilson, Professor Emeritus, USask College of Medicine

Indeed it does seem that magnesium is having a moment. With all the current talk about vitamins, minerals, and supplements, magnesium seems to be "having a moment."

I've seen a number of ads on television for magnesium supplements. The ads state that almost half (48%) of Americans take in less than the recommended amount: 300 milligrams (mg) per day for women and 350 mg per day for men (2). As well, the professional literature mentioning magnesium on PubMed has blossomed (see figure).



What is the effect of low magnesium on our health and what should we do about it?



Magnesium, #12 in the periodic table (see left), is an alkali metal, in the same column as calcium (Ca) #20. Like calcium, magnesium has important functions in our bodies (1). Unlike calcium, magnesium is found mostly inside cells where it is involved in at least 300 chemical reactions related to energy production, muscle contraction, and nerve function.

"It's especially important for a healthy cardiovascular system, nerves, muscles, and bones. It helps regulate the body's calcium and blood sugar levels, and it's vital for the body's production of protein," according to Harvard Health.

Symptoms of magnesium deficiency include low appetite, nausea or vomiting, muscle cramps or tremors, and abnormal heart rhythms.

A study of 4,203 adults, followed for 10 years, found that those with low serum magnesium were seven times more likely to die (5) compared with those with normal levels. Many of these deaths were due to cardiovascular issues (heart attacks and strokes), but other causes such as diabetes and renal disease were also higher. Less serious issues such as muscle cramps, bone fractures, anxiety, mood disorders, infections, and even hearing loss are associated with low serum magnesium (6).

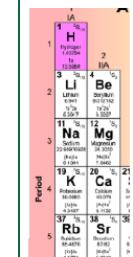
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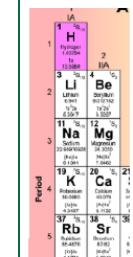
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➤ *Fostering an ongoing connection between retirees and the University*



➤ *Communicating and engaging with fellow retirees via social and intellectual activities*



➤ *Collaborating and learning with Retiree Associations across Canada*



The screenshot shows the CURAC/ARUCC website homepage. The header features the CURAC/ARUCC logo with a stylized 'C' and 'A' and a Canadian maple leaf. Below the logo, the text 'COLLEGE AND UNIVERSITY RETIREE ASSOCIATIONS OF CANADA' and 'ASSOCIATIONS DE RETRAITÉS DES UNIVERSITÉS ET COLLÉGES DU CANADA' is displayed. The navigation bar includes links for 'Home', 'CURAC Blog' (which is highlighted in red), 'Conference', 'Member Benefits', 'About', 'Committees', 'Search', 'Volunteer', and 'FR'. The main content area has a yellow header bar with 'CURAC Blog' and a search bar. The main title 'CURAC Blog' is in large, bold, dark blue text. Below it, there are two news items: 'December 2025 Newsletter' (date 2025-12-07) and 'Call for nominations for the CURAC Board' (date 2025-12-01). Each news item has a 'Read more' button.

CURAC Blog

December 2025 Newsletter

2025-12-07

Welcome to issue number two of the relaunched CURAC News.

[--Read more](#)

Call for nominations for the CURAC Board

2025-12-01

We are seeking to fill out a Board of 12 to 15 members to plan and oversee the work of CURAC/ARUCC, which is a federal not-for-profit corporation.

[--Read more](#)

- Health Care Policy Advocacy
- Later Life Learning
- Pensions
- Conference
- Benefits
- CURAC Newsletter
- Retiree Associations



CURAC/ARUCC CONFERENCE

You are invited to the 2026 CURAC/ARUCC national university retirees conference, hosted by the SFU Retirees Association at the Inn at the Quay in New Westminster, May 20-22, 2026. We've checked out the conference space and hotel rooms for out-of-town attendees; all are notable for spectacular views over the Fraser River. Catering will be delivered by the adjacent Boathouse restaurant. We'll be looking for volunteers to help run the event. At the conference, you'll make connections with new ideas and new people, and perhaps even discover renewed satisfaction and purpose in your retirement. Registrations will open in January.

CURAC AGM May 20-22, 2026, hosted by Simon Fraser University

➤ *Strengthening the outreach of the USRA to future USask retirees*

President Peter Stoicheff
and Ms. Kathryn Warden
INVITE YOU TO JOIN THEM FOR THE 2025

**PRESIDENT'S
RETIREE
RECEPTION**

HONOURING USASK RETIREES

4-6 PM

TUESDAY, MAY 20, 2025

EXETER ROOM, MARQUIS HALL

The reception will feature entertainment by the USask alumni jazz trio, a selection of hot and cold hors d'oeuvres created by Chef James McFarland, and a celebration honoring your dedicated service to USask.

DRESS CODE IS SMART CASUAL.

Please RSVP by April 28, 2025 at surveymonkey.ca/r/usask-retiree
You are welcome to bring up to two guests to join in the celebration.



Examples of Benefits

USask Benefits

- Exclusive opportunity to maintain USask email for an annual fee
- Library Services
- Retirees Lounge on Campus
- Professor Emeritus Support
- Continuing Education Opportunities

Alumni Association Benefits

- Travel Opportunities
- Life, Health, Home and Car Insurance
- Scholarships for Grand/Children of Alumni
- Fitness Benefits

See <https://alumni.usask.ca>

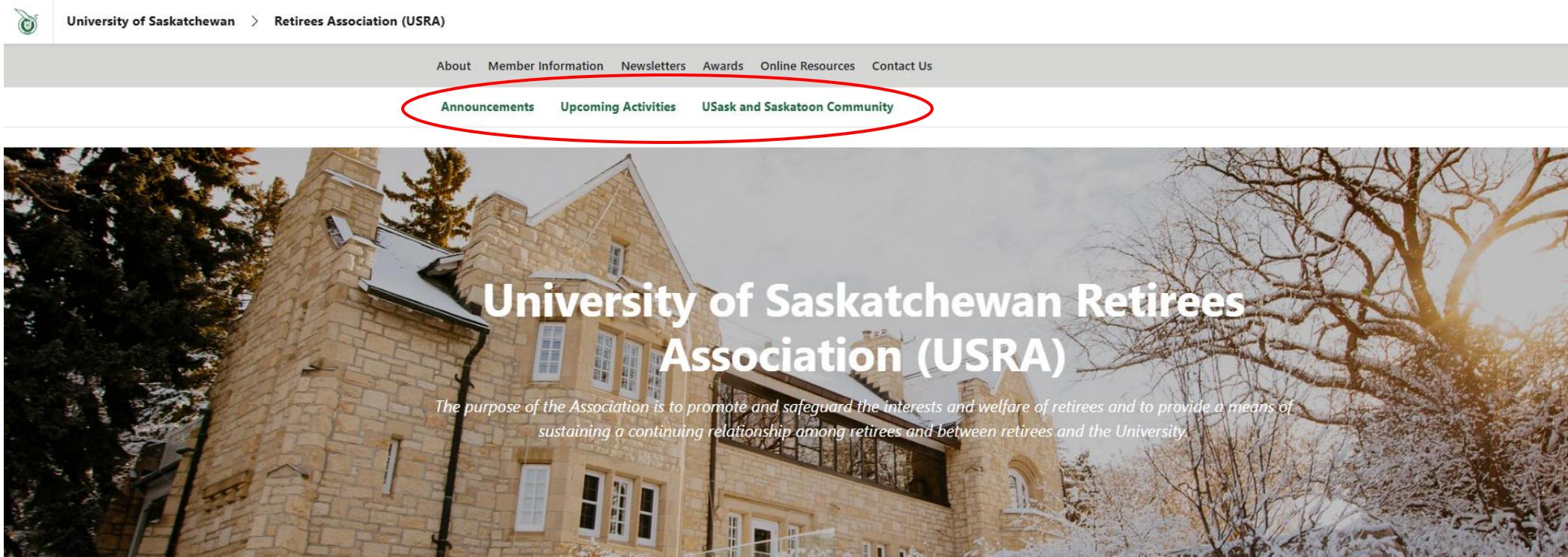
CURAC Benefits

- Travel Opportunities
- Travel Insurance Options
- Other Insurance Recommendations
- Scholarships for Grand/Children of USRA Members

See www.curac.ca

Visit our Website

Stay up to date with announcements, upcoming activities and USask and Saskatoon Community news.



University of Saskatchewan > Retirees Association (USRA)

About Member Information Newsletters Awards Online Resources Contact Us

Announcements Upcoming Activities USask and Saskatoon Community

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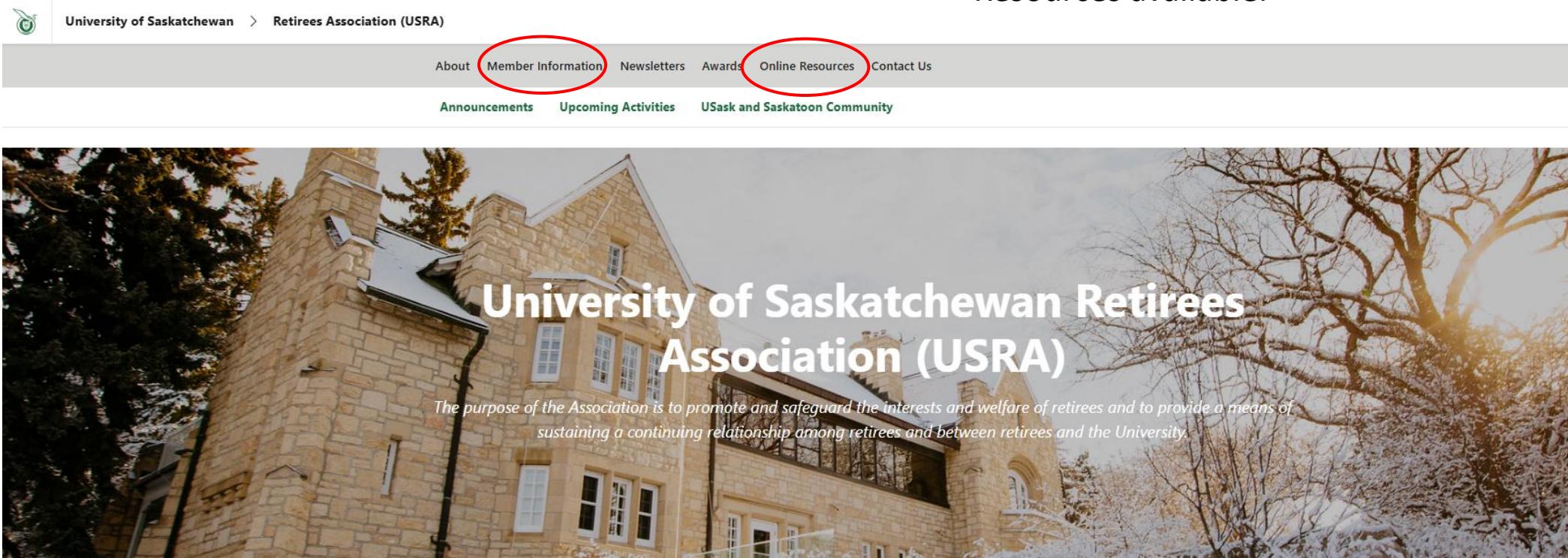
Announcements

Recently added:

- The November 2025 newsletter is available for viewing and download on the Newsletters page above.
- The 2025-2026 Board members and Standing Committee members are listed on the About page above.
- Read about our 2025 USRA award recipients on the Awards page above. Information regarding nominations for the upcoming 2026 awards also on this page.

Visit our Website

Learn more about membership rates and benefits and check out the list of Online Resources available.



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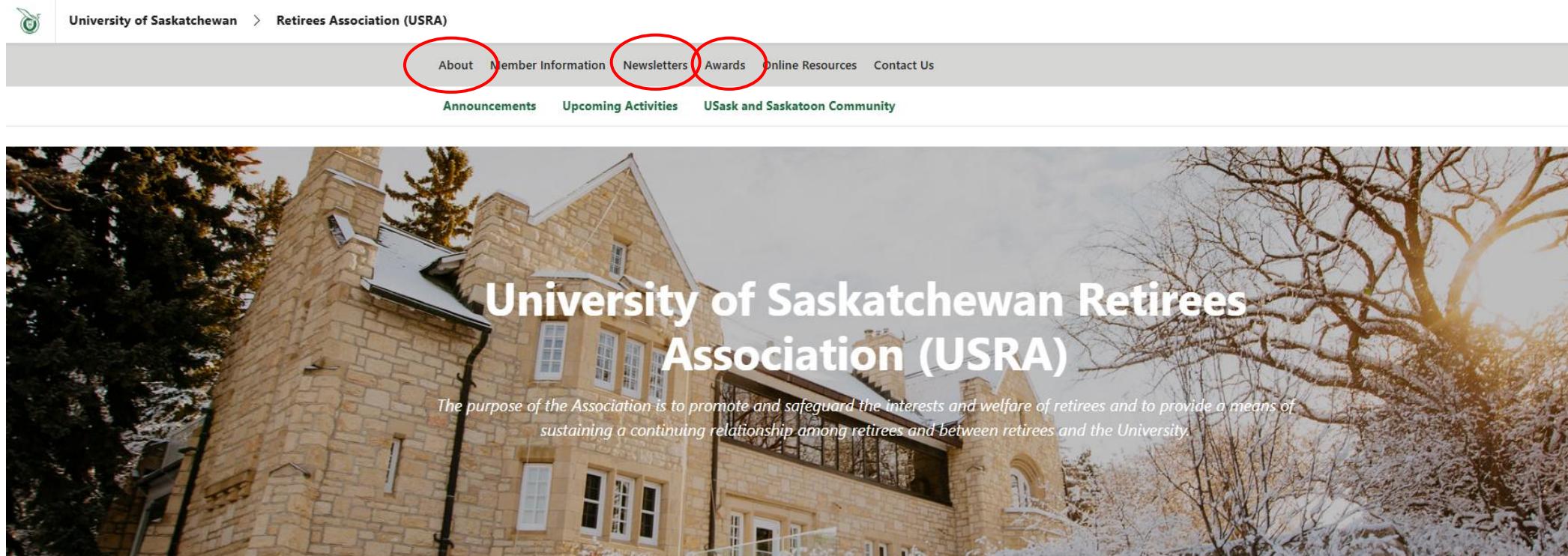
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Be informed about tax scams and other scams described in [The Little Black Book of Scams](#), 2nd Canadian edition published in 2018. This Canadian edition is based on the Australian Competition and Consumer Commission publication [The Little Black Book of Scams](#)

Visit our Website

You can also view previous newsletters, award recipients, and learn more about the history of the USRA.



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Contact Us

You can contact us in any of the following ways. We'll respond as soon as we can.

E-mail:

ss.usra@usask.ca

Canada Post:

USRA
221 Cumberland Ave N
Saskatoon, SK S7N 1M3

Telephone:

306-966-6618

Thank you!

Any questions?



Aspire to Retire!

usra.usask.ca