

USRA Newsletter

November 2019

No. 108



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From Our President



Looking around at definitions of retirement, here are some:

- To withdraw, as for rest or seclusion
- To go to bed – that would be later
- To leave one's occupation, business, or office; stop working
- And, to put out a batter (as Strasburg did recently!)

Looking back at words I shared with my long-time supervisor, Dean Dennis Gorecki when he retired, a new meaning of retirement, with acknowledgements to Sandy Berger at compukiss.com, is as follows:

“You already know you are likely to live longer than your parents. You will probably also be healthier and better able to enjoy your later years. Yet, living longer means making decisions about what to do with that retirement chunk of life, as well as how to do it. Our current generation of retirees and potential retirees are thrusting themselves happily into that chore..... and

are reinventing the concept of retirement. They are facing retirement, not by withdrawing – the old definition – but by attacking and using retirement years to restructure priorities and fulfill lifelong dreams.”

Sandy led me to another site, developed by H. and M. Stone, and their list of the **Top Ten Ways to Reinvent Retirement:**

1. Retire the word retirement from your vocabulary.
2. Realize retirement is a relatively new concept in human evolution.
3. Restructure your priorities around what is most important to you.
4. Renew your zest for education.
5. Revitalize your energy by finding a community of people who embrace growth and change.
6. Rekindle your spirit for risk taking.
7. Respond to new opportunities.
8. Recharge your system by moving your body regularly.
9. Revisit your childhood dreams.
10. Remember the power and wisdom to recognize and act on the true passion that is within you.

The USRA is an organization that enables us to work toward the goals above, notably renewing our zest for education and finding a community of people who embrace growth and change.

I am pleased and honoured to be your President. It is said that success is measured by the people that surround you, and I look to continued success for the USRA in the year ahead. Our Board members have an excellent diversity of skills, reflecting the diversity of our 450 plus members, who come from all corners of the University. I warmly thank Board members

who are stepping off for their contributions and friendship: Alan Anderson, Michael Brockbank and Lois Dumbovic. Our long-time Treasurer Ken Smith tried to leave the Board, but we are very fortunate to have reeled him back in. New Board members Hank Classen, Beryl Radcliffe and Jim Thornhill are already offering excellent ideas. Ongoing members remain wise and energetic stewards: Immediate Past President Tom Wilson, Rick Bunt, Bryan Harvey, Judy Henderson, Secretary Jackie Huck, Dean Jones, Yannis Pahatouroglou and Vice-President Brad Steeves.

Please see below the Standing Committees



*back row L to R: Brad Steeves, Tom Wilson, Jackie Huck, Jim Thornhill, Hank Classen, Bryan Harvey
front row L to R: Ken Smith, Merry Beazely, Judith Henderson, Dean Jones
unable to attend the meeting: Beryl Radcliffe, Ioannis Pahatouroglou, Rick Bunt*

of the Board for 2019-2020.

Awards: Dean Jones (chair), Bryan Harvey, Jim Thornhill

CURAC: Bryan Harvey

Communication: Dean Jones (chair), Hank Classen, Judith Henderson, Jacqueline Huck

Education, Social and Recreation: Brad Steeves (chair), Hank Classen, Beryl Radcliffe

Membership: Judith Henderson (chair), Jacqueline Huck, Dean Jones

Engagement: Rick Bunt (chair), Bryan Harvey, Yannis Pahatouroglou, Jim Thornhill, Tom Wilson

Ad Hoc Committee Determining Future Priorities of USRA: Jim Thornhill (chair), Merry Beazely, Rick Bunt, Hank Classen, Brad Steeves

Honorary Degrees: Tom Wilson (chair), Beryl Radcliffe, Asit Sarkar (former USRA President)

Nominations: Tom Wilson (chair), Bryan Harvey, Judith Henderson

Congratulations to Bryan, who was recently elected President of the College and University Retiree Associations of Canada, of which we are a member association. CURAC brings issues related to retirees and seniors to the fore, and to our members. With Judy's encouragement, Tom has kindly agreed to continue the work he did as President, bringing us, via the Newsletter, informative and often amusing medical information and stories.

Rick Bunt and his Engagement Committee colleagues have been working diligently to strengthen our relationship with the University, which we believe is providing benefits both for the U of S and for our members. We have developed excellent working relationships with Debra Pozega-Osburn, Vice President University Relations, and Guy Larocque, Associate Vice President of Alumni Relations. Guy is our conduit to the University. Further to engagement initiatives, and with impetus from the new Board, an Ad Hoc Committee has been appointed to work on priorities of the USRA into the future. We look forward to

securing your thoughts on what you need and expect from a USRA membership.

In closing, many thanks to Dean, Judy and Jackie for all their work in bringing us the Newsletter. And as always, please feel free to send us comments and ideas you have to enhance our organization.

Thank you,

Merry

merry.beazely@usask.ca

Upcoming University Events

November 11, 2019

Remembrance Day Service

The University of Saskatchewan will host its annual Remembrance Day ceremony on campus on Monday, Nov. 11 at 1:30 p.m. The service will be held at the Memorial Gates, located at the corner of College Drive and Hospital Drive, honouring those who have served in the Canadian Armed Forces. The ceremony will be followed by a reception at Louis' Loft, located upstairs in the Memorial Union Building. All members of the campus community and general public are encouraged to attend.

December 13, 2019

University President's Holiday Reception

President Peter Stoicheff and his wife Kathryn Warden invite members of the USRA to a Holiday Reception on **Friday, December 13, 2019** at the President's Residence, 101 President's Place.

Please RSVP to Allyssa Anton, by email at allyssa.anton@usask.ca, or by calling (306) 966-6681. **Note that regrettably RSVPs cannot be accepted beyond Monday, December 2 at 4:30 p.m.** Advise of any food allergies or restrictions. The President's office staff will not be available

to greet guests prior to 2:00 p.m., and the reception will end at 4:00 p.m. Parking is available along the south side of President's Place roadway. Additional parking is available on residential streets south of College Drive, or pay parking is available in Health Sciences Parkade on Clinic Place.

Recreational Events

USRA Members Invited to Join 'Visual Observing for Beginners'

Since September 2019 Jim Goodridge, Vice-President of the Saskatoon Centre of the Royal Astronomical Society of Canada (RASC), has been leading a group for people beginning visual observing. ***There are no fees, but participants have to be members of RASC or students of the U of S enrolled in an astronomy course or members of the University of Saskatchewan Retirees Association (spouses or significant others will also be allowed/encouraged to participate).*** The group meets after the regular RASC meetings end, around 9:30, and has an observing session or talk at the Campus Observatory, which wraps up around 11:30 pm. They will also visit the Sleaford Observatory site (near Colonsay SK). The group will focus on doing two RASC observing programs: "Explore the Universe" and "Explore the Moon." They will be using both telescopes and binoculars. For more information, please see

https://www.usask.ca/rasc/Newsletters/SS_1906.pdf.

Thank you to Yannis Pahatourogrou, USRA Board member; Daryl Janzen, Ph.D., Department of Physics & Engineering Physics and President of the Saskatoon Centre of the Royal Astronomical Society of Canada; and Jim Goodridge for

arranging this opportunity. We are hoping that Daryl can present at one of our lunches and we can also organize a tour of the Campus Observatory in the future.

Other USRA Recreation

The Social, Education, and Recreation Committee is planning future events, perhaps including a course on keeping your computer safe and operating smoothly and a tour of the spectacular Merlis Belsher Place, the newly opened multi-sport facility on campus. We welcome your input and ideas on recreation!

Upcoming USRA Events

November 20, 2019

CHEP Good Food Inc.

Jean Goerzen, Interim Executive Director
12:00 PM lunch, ~12:30 speaker
Manos on 8th St.

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

Please let us know if you plan to attend this event by contacting us at ss.usra@usask.ca or 306-966-6618 by Wednesday, November 13.

Vice President Brad Steeves, with much appreciated assistance from committee members Beryl Radcliffe and Hank Classen, has arranged the following events through April 2020.

If you and/or your partner are planning to attend any of these events, please be sure to book at least a week in advance of the event by email (ss.usra@usask.ca) or telephone voice mail (306-966-6618). Space is often limited, especially for luncheons at Manos on 8th Street. If you book and find that you cannot attend, please contact USRA to free your seat in case we are maintaining a waiting list.

We hope to see you at some of these events.

Wednesday, January 22, 2020 at Manos Restaurant, 8th Street

“Decluttering and Downsizing for Seniors”

Morag Whorton, Trained Professional Organizer, Clearing the Way|Time Management & Organizing Solutions
Learn information and strategies for decluttering and downsizing specific to seniors.

This session is geared for seniors who are considering transitioning to a smaller home, as well as those who may be in a position of managing another person's 'stuff' due to downsizing or passing away.

Monday, February 10, 2020 at Manos Restaurant, 8th Street

“A Spirited Experience: Black Fox Farm and Distillery”

Barb Stefanyshyn-Cote and John Cote, Black Fox Farm and Distillery

Monday, March 23, 2020 at Manos Restaurant, 8th Street

“The Role of Community Legal Clinics in Addressing the Access to Justice Crisis”

Sarah Buhler, College of Law

Sarah is an Associate Professor in the College of Law. She is the Executive Director and Supervising Lawyer at Community Legal Assistance Services for Saskatoon Inner City (CLASSIC)

Monday April 20, 2020 at Manos Restaurant, 8th Street

“‘To Fall in Hell or Soar Angelic’: Psychedelic Trials in Saskatchewan in the 1950s”

Erika Dyck, Department of History, College of Arts and Science

Erika is a Professor in the Department of History and is a Canada Research Chair in the History of Medicine

2019 Awards

At our awards banquet on September 23, the following awards were presented.

Prime of Life Achievement

Winfried K. Grassmann

(Computer Science, College of Arts & Science)

When he joined the new Department of Computational Science in 1969, Winfried Grassmann, an economist, turned his PhD training and interest to this new

technology. Although the department had a strong vision for research, the need to graduate students to meet the computing needs of large corporate and government organizations forced the faculty to teach in every area of the program, often outside their areas of expertise. Professor Grassmann taught a heavy load proudly and cheerfully, not only of classes in his core areas of Operations Research and Simulation but also of first-year, computer hardware, and logic classes. Although research funding was scarce, as a scholar at heart he made foundational contributions to the idea of randomization, now a core idea in computational probability that appears in textbooks on the subject. He was named a pioneer of Canadian Computer Science by the IBM Center for Advanced Studies in 2005, a distinction held by only a few. He has authored three textbooks and more than sixty peer-reviewed publications, which have received thousands of citations on Google Scholar. Since his retirement in 2006 he has continuously carried on research, published papers and supervised graduate students. He has held an NSERC (Tri-Council) Grant until age 80. He is appreciated by his colleagues and known for his fairness by the generations of students he has inspired.



Merry Beazely (president), Eric Neufeld (nominator and accepting on behalf of Winfried Grassmann)

Dennis D. Johnson

(Pharmacology, College of Medicine)

Born and raised in Saskatchewan, Johnson received a BSc in Pharmacy (1960), and MSc in Pharmacology (1962) from the U of S, and a PhD (1965) from the University of Washington in Seattle. He returned to the University in 1965, was Joint-Acting Head of the newly formed Department of Pharmacology, then taught and performed research for 42 years, before retiring from the University in 1997.

After retiring, Dr. Johnson was a consultant for his company “Restco”, working in the areas of research, education, science and technology. He served as Director of the Saskatchewan Synchrotron Institute from 2002 to 2004.



Tom Wilson (nominator), Merry Beazely (president), Dennis Johnson

Dr. Johnson’s many contributions have been recognized by awards from local, provincial and national bodies: Certificate of Merit, National Cancer Institute of Canada, 1996; Rotarian Golden Wheel Award, for contributions to the city of Saskatoon, 2002; Science Advocacy Award, Canadian Federation of Biological Societies (CFBS), as a longtime advocate and supporter of health research in Canada, 2006; Saskatchewan Health Research

Foundation Achievement Award, 2011; Pharmacy and Nutrition “Alumni of Influence” award as part of the College’s 100th Anniversary 2014. The StarPhoenix named him among “100 Saskatonians who made a difference” in a special section of the paper “Paying tribute to 100 individuals who made a major contribution toward enhancing the physical, social or cultural well-being of our splendid city”, May 26, 2006.

Gordon E. Johnson

(Pharmacology, College of Medicine)

Dr. Johnson (PhD, Toronto) was recruited by the U of S to the position of Professor and Head of the newly formed Department of Pharmacology in 1972. He developed an innovative program of teaching pharmacology (the study of the interaction of “drugs” with biological systems) to medical, pharmacy, and dental students. He also continued his research studies, particularly on the “non-medical use of drugs”, and was instrumental in developing the first Saskatchewan Formulary.



Gordon Johnson, Merry Beazely (president), Tom Wilson (nominator)

Since retirement in 1995, he directed the Saskatchewan Drug Research Institute (SDRI) until December 31, 1998; published two textbooks – Pharmacology and Nursing

Practice, 4th edition (W.B. Saunders, 1998) and PDQ Pharmacology, 2nd edition (BD Decker, 2002); and established Pivotal Drug Consultants, Inc. He continues to serve as President of this corporation, which provides expertise to major innovative pharmaceutical companies in their dealings with Health Canada and the Patented Medicine Prices Review Board. He has also served as Chair of 8 expert committees struck to provide Health Canada with external reviews of New Drug Submissions; from 1995 to 1998 was a member of the Board of York Medical, a corporation established to work with Cuban medical scientists in their efforts to bring new drug products to the market in Canada), and returned to teaching at the U of S from 2008 to 2011 (College of Nursing).

Continuing Contribution

Vera Pezer

(Student Affairs and Services)



Vera Pezer, Merry Beazely (president)

Chancellor Emerita Dr. Vera Pezer (B.A. English 1962, M.A. Psychology 1964) began her 35-year career in Student Counselling in 1966. While also completing her third U of S degree (Ph.D. in sports psychology, 1977), she led to national championships her teams in both women's softball (Saskatoon Imperials, 1969-70) and curling (Pezer rink,

1971-73) and coached the Canadian Junior Curling Championship rink (1975). Subsequently she became sport psychologist for the Canadian curling team at the 1988 and 1992 Olympics and member of the Canadian Curling Hall of Fame (1976) and Saskatchewan and Saskatoon Sports Halls of Fame (1982, 1990). She chaired the 1989 Jeux Canada Games Foundation, directed the 1991 Scott Tournament of Hearts, and was Ceremonies Chair of the 1989 Brier. Meanwhile, as a U of S student counsellor, Vera temporarily held Arts and Science faculty appointments (Assistant Dean, 1978, 1981), but retired as Associate Vice-President of Student Affairs and Services (1991-2001). She made her mark establishing such student retention initiatives as emergency financial assistance, disability services, and Aboriginal support programs. Post-retirement, Vera has published three books: *The Stone Age: A Social History of Curling on the Prairies*, 2003; *Smart Curling*, 2007; *The Little Community That Could* [Meskanaw, her hometown], 2019. Receiving an Alumni Award of Achievement, 2002, Saskatoon Centennial Medal, 2006, and U of S Honoured Supporter Award, 2014, she has generously volunteered as co-chair of the Campus Community Campaign, 2007, and especially as University Chancellor, 2007-13, a crucial role. She continues to represent the University with "Meskanaw energy".

Ron Verrall

(Chemistry, College of Arts & Science)

Before officially “retiring” from Chemistry in 2004, Professor Emeritus Ronald E. Verrall, B.Sc., Ph.D., was leading a research group that, among other projects, used thermodynamic, dynamic, and spectroscopic methods to investigate



Ron Verrall, Merry Beazely (president), Ildiko Badea (nominator)

complex amphiphilic systems as possible models of fundamental biological interactions. Since then, he has mentored and collaborated with his former graduate students in Chemistry and in Pharmacy, some now in faculty positions: his name appears on publications in 1998-2019 with Lee D. Wilson, U of S Chemistry professor in the Global Institute for Water Security, 2001-10 with Shawn Wettig, Ph.D. in Physical Chemistry, now teaching Pharmacy at UWaterloo, and 2006-19 with Ildiko Badea, now U of S associate professor, Pharmacy. She and Pharmacy Professor Anas El-Aneed attest that Dr. Verrall “masterminded” a synthesis of gene/drug delivery carriers for their research, mentored them in successful grant applications, served on student advisory committees, fostered “the creation of a team science,” and helped their faculty-

student team prepare for good journals the 38 publications that resulted. Their students Drs. Mays Al-Dulaymi and Waleed Mohammed-Saeid agree with both that Dr. Verrall “shaped our careers.”

Honorary Life

Asit Sarkar

Dr. Asit Sarkar retired from the University of Saskatchewan after 37 years of service in the Edwards School of Business as Professor, Department Head, Associate Dean and Acting Dean. He was the founding Director of the U of S International Office and Special Adviser to the President.



Asit Sarkar, Merry Beazely (president), Bryan Harvey (nominator)

He played a key role in internationalizing the University through increases in the number of source countries of students, study abroad programs, exchange agreements around the globe and award-winning engagements in international development initiatives involving multiple colleges in countries such as Mozambique, Ethiopia, Mongolia, Vietnam and Guatemala. He helped revitalize academic linkages with universities in Ukraine and other emerging democracies. For his leadership Chernivtsi National University awarded him an Honorary Doctorate. He remains active within the U of S serving on

student committees, supporting student wellness through the Faith Leaders Council and providing advice on new international initiatives.

His service on the USRA executive included work on the Awards committee and Programs committee, culminating with service as President. In the community, he served as President of the Multicultural Council of Saskatchewan and Assistant District Governor of Rotary International, as well as on several Boards of the City of Saskatoon and outside on the Saskatchewan Higher Education Quality Assurance Board.

Ken Smith

Dr. Ken Smith has had a distinguished career at the University, first as a Marketing professor in Commerce and eventually as an Associate Dean of that college, and second as Registrar from 1986 through 2001. He was honoured for his service by being made Registrar Emeritus in 2001-02. Post-retirement he served as Board Chair of STM from 2001 through 2007 and then as interim President of STM in 2010-11.



Ken Smith, Merry Beazely (president), Dean Jones (nominator)

Since his retirement he has contributed extensively to the Saskatoon and Saskatchewan communities as Board Chair of Jubilee Residences from 2004-11, as Vice-Chair of the Remai Modern Board from

2013-17, as a member of the Executive Committee of the College of Physicians and Surgeons from 2014 and as president of the Regal Terrace Condominiums board from 2017.

He first joined the Board in 2004 and, over two separate terms, served as Treasurer to the USRA for 12 years as well as serving on several other committees including the Honorary Degrees and Education, Recreation and Social committees.

Recent Events

“In Search of Almighty Voice”

Dr. Bill Waiser, Distinguished Professor Emeritus of History, shared the story of Almighty Voice with USRA members on October 23, 2019. As always, Bill prepared extensively, in this case working with members of the One Arrow Reserve, near Batoche. Almighty Voice was born in 1874 and came of age at One Arrow. He grew up amid significant tension between his people and their way of life, and the colonizers, represented by federal Indian Agents. A series of unfounded and ill-fated events led to Almighty Voice becoming the most wanted ‘renegade’ of the time. A final confrontation with the North-West Mounted Police ended his life. Bill reports that the original version of the story of Almighty Voice has been distorted, exaggerated and abused. He tells a very different account of the life and death of

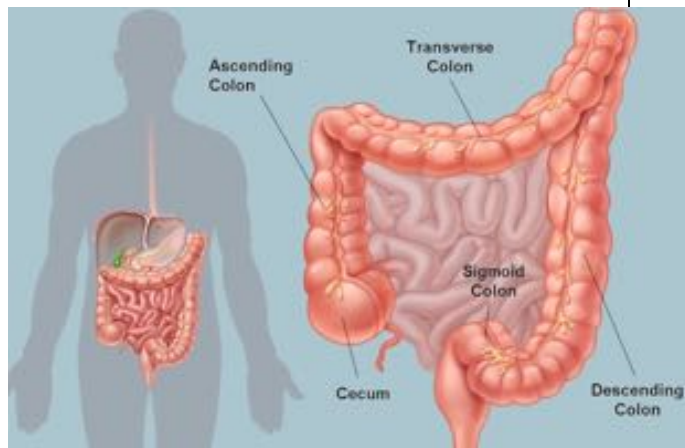


Almighty Voice and relates this to the ongoing hard truths that Canadians are confronting, in reconciliation with our First Peoples. Bill is chronicling the story of Almighty Voice in a book expected to be published in Spring 2020.

Homing in on the Microbiome

By Tom Wilson

How things change. When I was a medical student, we knew that the large bowel, or colon, or at least its contents, harbored lots of bacteria. Further, we knew that when those little beasts escaped into the surrounding abdomen, they caused a life-threatening infection called peritonitis. We then found that up to one fifth of patients



who received certain antibiotics developed diarrhea. In retrospect, this was the first demonstration that bacteria in the colon could be our friends. It seems that certain carbohydrates, starches, can make it all the way to the colon, where normally they feed the resident bacteria. If those bacteria are knocked off by antibiotics, the starches remain, suck water into the colon, leading to diarrhea (1). When the antibiotic is stopped, these friendly bacteria rebound, and the diarrhea stops too. Rarely, when the resident bacteria are killed, spores of an

ubiquitous type of bacteria called *Clostridium difficile* germinate and produce toxins causing a more serious form of diarrhea. Interestingly introducing “healthy” bacteria into the colon, known as a fecal transplant, is an effective treatment(2).

We now know that the ten trillion or so bacteria, archaea and fungi, collectively known as the microbiome, are important contributors to our health. Our microbiome is established in our first year and is unique to us. It appears to play a role in preventing cardiovascular disease, cancer, inflammatory bowel disease, and even neurologic and psychiatric conditions.

Obesity is increasingly common and increases the risk for diabetes,

cardiovascular disease and some types of cancer. Obese patients have a higher number of fecal bacteria that are able to digest cellulose and provide extra energy to their host. Transplanting feces from an obese mouse to a lean one leads to weight gain, while transplanting feces from a lean mouse does not(3).

Heart attack and stroke are mainly due to “ruptured” atherosclerotic plaques.

Atherosclerosis is the buildup of localized plaques in our artery walls. These plaques are composed of collagen fibers, inflammatory cells, calcium and cholesterol and are found in 100% of adults. Normally the plaques are stable and cause few symptoms. When the plaque ruptures, its inner contents are exposed to blood. Platelets stick, the clotting cascade is activated, and the vessel can be partially or completely occluded. What causes the plaque to rupture? The answer is complex but appears to involve increased activity of inflammatory cells within the stable plaque. Our microbiome produces both pro-

inflammatory and anti-inflammatory substances which are absorbed into the circulation and can invade the plaque. When the ratio is tilted toward more inflammation, the plaque ruptures. When rats were fed *Lactobacillus plantarum* bacteria, that produce anti-inflammatory substances, they suffered less damage to their hearts following coronary artery injury(4)

How should we maintain a healthy microbiome? First, avoid unnecessary antibiotics. While antibiotics have saved countless lives, they can alter the microbiome. Remember that antibiotics don't cure viral diseases such as the common cold or influenza. Fortunately, our microbiome is quite forgiving and will usually reconstitute itself in a few days.

Next, increase dietary fiber. Canadians eat 14 grams of fiber, on average, while Health Canada recommends 25 grams for women and 38 grams for men(5). While whole grain cereals hold top spot, other good sources of fiber include pears (5.5 grams per pear), apples (4.4 grams per apple), and even dark chocolate (3.1 grams per 1-ounce piece). Fiber provides nutrients to those "friendly" bacteria in our colon. Moreover, a meta-analysis of cohort studies, suggested a 10% reduction in death rates for each 10 grams per day increase in fiber intake(6).

How about probiotics? Defined as "live organisms which when administered in *adequate* amounts confer a health benefit", the concept has been around since 1907! The problem is getting those good bacteria past our stomach and small intestine to the colon. Stomach acid, small intestinal enzymes and bile salts play havoc with bacteria of all sorts. Of 10 randomized controlled trials reviewed in 2016(7), "functional yogurt" capsules compared with

soy milk capsules, showed no change or small benefits in surrogate endpoints like cholesterol levels, or visceral fat.



What is a "prebiotic". Rather than adding friendly bacteria, prebiotics seek to augment those we already have. Inulin consists of molecules of a simple sugar called fructose linked together in such a way that our bodies can't digest. Bacteria in the colon can. Barengolts reviewed 5 RCTs comparing inulin supplements 10 grams daily to maltodextrin 10 grams daily. Inulin users showed modest weight loss and lower blood sugar levels. However, given that maltodextrin is essentially corn syrup containing a lot of sugar, was inulin a benefit or was maltodextrin a hazard(8)? Remember that food supplements need only demonstrate short term safety. As per the advertisement pictured above, claims for efficacy are non-specific. Exactly how

does “supporting a healthy microbiome” make us live longer or better?

Finally, we have “fecal transplantation”. Feces from a healthy donor are “transplanted” into the colon via colonoscopy. Currently used as a last-ditch method for treating *Clostridium difficile* infections, it has been touted to provide a “healthier” microbiome. In turn this could improve asthma, diabetes and even depression. Such uses must be classed as experimental. As for all experimental therapies adverse effects can occur. One woman received a fecal transplant from her 16 year old obese daughter, and then gained 34 pounds in a year(9)!

In summary, the microbiome may offer insights into the cause of our common scourges as well as their cure.

Further Reading

- (1) Young VB, Schmidt TM. Antibiotic-associated diarrhea accompanied by large-scale alterations in the composition of the fecal microbiota. *J Clin Microbiol* 2004; 42(3):1203-1206.
- (2) https://www.hopkinsmedicine.org/gastroenterology_hepatology/clinical_services/advanced_endoscopy/fecal_transplantation.html. 2019.
- (3) Turnbaugh PJ, Ley RE, Mahowald MA, Magrini V, Mardis ER, Gordon JI. An obesity-associated gut microbiome with increased capacity for energy harvest. *Nature* 2006; 444(7122):1027-1031.
- (4) Lam V, Su J, Koprowski S, Hsu A, Tweddell JS, Rafiee P et al. Intestinal microbiota determine severity of myocardial infarction in rats. *FASEB J* 2012; 26(4):1727-1735.

(5) <https://www.canada.ca/en/health-canada/services/nutrients/fibre.html>. (accessed 2019-10-05).

(6) Yang Y, Zhao LG, Wu QJ, Ma X, Xiang YB. Association between dietary fiber and lower risk of all-cause mortality: a meta-analysis of cohort studies. *Am J Epidemiol* 2015; 181(2):83-91.

(7) Barendolts E. Gut microbiota, prebiotics, probiotics, and synbiotics in management of obesity and prediabetes: review of randomized controlled trials. *Endocr Pract* 2016; 22(10):1224-1234.

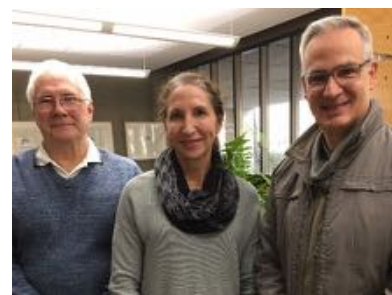
(8) <https://www.healthline.com/health/food-nutrition/is-maltodextrin-bad-for-me>. (accessed 2019-10-05).

(9) Alang N, Kelly CR. Weight gain after fecal microbiota transplantation. *Open Forum Infect Dis* 2015; 2(1):ofv004.

We Are All Huskies! *But Wait.... We Are All Alumni!*

We usually think of alumni as individuals who receive a degree, certificate or diploma from an educational institution. However, the broader definition of alumni includes retired or former employees of an organization.

At a recent Board meeting, where our guest was Guy Larocque, Associate Vice-President of Alumni Relations, we learned that retired and former members of faculty and staff, including those in research posts, are



Pictured: Rick, Cara and Guy

considered Alumni by the university. Board members Rick Bunt and Merry Beazely recently met with Guy and Cara Cowen, EA to the AVP Alumni Relations, to find out more about all this.

So.....USRA members are all eligible to be members of the USask Alumni Association, in one or more of the following categories:

- **Ordinary members** – are those who hold a degree, certificate or diploma.
- **Associate members** – include retired or former faculty and staff. This category also includes students who have completed certain components of an academic program.
- **Honorary members** – are those who have been granted membership, in recognition of exceptional service or support of the university. Jackie Huck, our Treasurer, was given Honorary Membership prior to her retirement.
- **Governance members** – are individuals who serve on the Board of the corporation.

Many of us will have 'dual' memberships!

What does/or will having an Alumni Association membership mean to you?

- You can call yourself an alumnus or alumna of the University of Saskatchewan;
- You have the right to voice concerns to the USAA;
- You are invited to participate in engagement activities, including attending events;
- You will receive communications from the University and the Association;
- You can enjoy alumni privileges, services, benefits, including participation in the USask Ballroom

Dancing Club and the Fit Centre, and travel advantages; and

- You will have access to various volunteering opportunities.

How to join the Alumni Association as an Associate Member? Please call 306-966-5186 or 1-800-699-1907 or email alumni.office@usask.ca to join the Alumni roll. If you would like to also obtain a USask Alumni Card, please submit the following: https://alumni.usask.ca/benefits/Benefits-and-Perks/alumni_card.php.

Saskatoon Services for Seniors

Retirees who age-in-place in their own homes often find themselves needing help with such basic tasks as housecleaning, laundry, yard work, eavestrough cleaning and other odd jobs, snow shovelling, grocery delivery, light meal preparation, taking out garbage, and walking pets. Seniors may need assistance with preparations for a move or with filling out tax returns and other forms. Snow Birds need affordable oversight of their homes and mail, as well as some snow clearance.

Saskatoon Services for Seniors was founded in 1988 to help. It is a registered, not-for-profit, local charity, with "minimal funding from the City" and both paid staff and volunteers. It helps almost 1000 seniors (55+) and physically challenged individuals in the community live independently by providing reliable services at reasonable prices, negotiable for those with low income:

Fees for home support services are charged by the hour. Rates are scaled as follows, with proof of income required for all but the highest rate:

- Less than \$16 000/year—\$18.00/hr.
- \$16,000-\$23,999/year — \$20.00/hr.
- \$24,000-\$30,999/year—\$24.00/hr.
- \$31,000-\$38,000/year— \$26.00/hr.
- \$38,000+/year or no proof—
\$28.00/hr.

Services can be booked at regular intervals or for occasional needs. Payment is required if a scheduled visit is cancelled fewer than 48 hours ahead. A care package for your home while you are away is \$40/visit or \$150/week. SSFS also offers for free a Friendly Caller (scheduled weekly contact) or Personal Aid (path finding, help with forms, and referral services). Call 306-668-2762 for more information.

SSFS is licensed and insured. Employees undergo a police security check and have Workers' Compensation Board coverage. Volunteers must be at least 16 years old, complete an application form, and meet requirements that depend on the service they offer. Volunteering can be a good step toward testing a career or establishing one.

Seniors who can afford to pay full price need not be shy about accessing the services: "A large portion of the non-subsidized fees we charge are used to cross-subsidize a low income individual," according to the SSFS newsletter. The website (www.saskatoonservicesforseniors.ca) also suggests purchasing SSFS gift certificates of services for seniors in your life. And donations to SSFS of \$10 or more are eligible for a tax receipt. The SSFS office is number 103 at Clinskill Manor, 115 - 19th Street East, Saskatoon SK S7K 7Y8.

¹ The above information is provided by the Saskatoon Police Service, Saskatoon Fire Department, and the City of Saskatoon. See

SSFS memberships are \$10 a year (April to March) and are used for advocacy for independent seniors and communication with members, including a newsletter. Clients of SSFS are required to join. The application for membership form can be accessed on the website.

The SSFS membership fee is included in the even less costly Urban Camp program, offered by crews for yard work in partnership with the Saskatoon Correctional Service, but this service is not available to Snow Birds for insurance reasons. The flat seasonal fees of the program depend on net household income: over \$70,000, the fee is \$150 for the season; less than \$70,000, the fee is \$130. The crews offer fall and spring cleanup and less frequent snow shovelling: within 72 hours for normal snowfall but up to five days for heavy snowfall. They do not shovel during a snow or in extremely cold conditions. The program is limited to 250 applications from April 1 until the maximum is reached, usually in September. Lower income households are given priority; those with incomes from \$150,000 to 180,000 "typically do not make the cut."

Applications for the Urban Camp program must be accompanied by a cheque and the household's most recent CRA Notice of Assessment.

Community Police and Fire Academy Age-Friendly Engagement¹

"When it comes to the safety of adults, 55 and older, the Saskatoon Police Service and the Saskatoon Fire Department, in

<https://www.saskatoon.ca/services-residents/fire-emergency/public-education/community-police-and-fire-academy>

partnership with the Saskatoon Council on Aging, are putting the focus on prevention. And they're doing this through a fun, innovative age-friendly program called the Community Police and Fire Academy.



“This new collaborative venture aims to empower and educate older adults by providing information about safety and security issues that will help them live safely and independently.

“Participants will gain valuable knowledge about the police and fire services such as: home and personal security, fraud prevention, internet safety, traffic safety, elder abuse, K-9 policing, emergency preparedness, fire safety, fall prevention, the 911 system and how to report a crime.

“The Community Police and Fire Academy is a ten-week program beginning February 12, 2020 and ending on April 15, 2020. The 2.5-hour sessions will be held on Wednesday mornings between 9:30 am and noon in the Community Room of the Saskatoon Police Service (76 25th Street East) or the Community Room of Fire Station No. 3 (2613 Clarence Avenue South).

“Enrollment is limited to 25 participants and is free to attend. Anyone interested in attending should complete an application form and submit it to the Saskatoon Police Service no later than January 15, 2020.

“Application forms are available at the SCOA office (2020 College Drive) or online at <https://saskatoonpolice.ca/pdf/general/S>

P4-135_Community_Police_and_Fire_Academy_-_Saskatoon_Age-Friendly_Engagement_Form.pdf. Applicants must be 55 years or over, live in the Saskatoon area, commit to attending all sessions and have an interest in learning more about the police and fire services here in Saskatoon. Applicants are encouraged to fill out the application completely, including why they would like to attend and how they will be able to share the knowledge they gain with our community (networks, family, friends, etc.).

“Application Instructions:

Fully complete the Community Police and Fire Academy Age-Friendly Engagement Form available at https://www.saskatoon.ca/sites/default/files/documents/fire-department/sp4-135_community_police_and_fire_academy_-_saskatoon_age-friendly_engagement_form.pdf

You can apply by

Email: cpfa@police.saskatoon.sk.ca

Mail: P.O. Box 1728 Saskatoon,
SK S7K 3R6

Drop off at the Police Station: 76-25th
Street East, Saskatoon

“Deadline to apply is January 15, 2020

“If you have any questions, please contact one of the Community Police and Fire Academy Coordinators:

Saskatoon Police Service
Community Liaison Officer
306-975-8032
cpfa@police.saskatoon.sk.ca

Saskatoon Fire Department
 Community Relations
 306-975-2520
fire-communityrelations@saskatoon.ca

Register Soon for SSCL's Winter 2020 Term

In collaboration with the College of Arts and Science, Saskatoon Seniors Continued Learning Inc. offers non-credit classes for adults 55 and over on the University campus in three terms of eight weeks (Fall, Winter, and Spring) each academic year. There are no prerequisites, textbooks, assignments, or exams. The classes to be offered for the Winter 2020 term had not yet been announced as this newsletter went to press, but decisions about topics and instructors were being made, and the registration period is scheduled for November 25 to December 3, 2019, according to Tonya Kaye in the SSCL office. The classes usually fill quickly, so registering early is advised. The process is online through Amilia at:

<https://www.amilia.com/store/en/saskatoon-seniors-continued-learning-inc/shop/programs>

The Public Library usually schedules assistance with online registration for prospective students at the beginning of each registration period. Watch the website for announcements. In addition to \$5 for a one-year SSCL membership, the cost is \$55 for each class. The instructors lecture and answer questions for two hours once each week on their announced topic in "a wide range of literary, political, scientific, religious and artistic subjects". Some classes have more than one lecturer. Students are given the opportunity to raise questions and get to know each other.

USRA/CURAC Benefits to Our Members from Collette Travel

The College and University Retiree Associations of Canada (CURAC), of which the USRA is a member association, reports it has had four successful years of partnership with Collette Travel, a Rhode Island-based tour company that operates through the USA and Canada.

The tour company was started in 1918 by Jack Collette. Reading from the Collette website:

"The first Collette tour to ever run was made up of a jitney bus of travelers that left Boston

headed for Florida. This three-week adventure cost just \$68.50! At that time



few could have foreseen that nearly 100 years later, that same company would be taking guests to all seven continents."

www.qocollette.com/en-ca

USRA Board members Bryan Harvey and Merry Beazely met this September with Danielle Martins, Collette's Business Development Manager for Manitoba & Saskatchewan. We reviewed the benefits available to the CURAC, USRA and our members, family and friends, as well as groups organized by retiree associations.

170 Collette tours (and cruises) to destinations in Africa, Antarctica, Asia, Australia, Europe, North America and South America. Planned itineraries and the services of a Tour Manager can be tailored to activity levels to ensure everyone will enjoy pacing comfortably. Inquiries about

tours can be made to your local travel agent or to Collette at 844-269-4583. There are also tour catalogues to view in the Retirees Lounge in the Peter MacKinnon Building.

USRA members and their spouse/partner/friend save \$100 per person on a tour.

Additional perks such as sedan service benefit as long as members (or non-members) book their tour with air included. This is called an “air transportation package” since it includes the overnight flights to the destination, arrival and departure transfers as well as private door to door sedan service from the members’ home to and from the airport, as long as member is 100 km or less from the airport.

USRA members can obtain these benefits, booked in different ways:

If a tour is booked by a member through local travel agent, be sure to inform the travel agent that the individual and spouse/partner/friend are eligible for CURAC Member Benefit Discount.

Individual members can book tours through Collette reservation agent by calling 844-269-4583.

USRA members can book group travel with Collette, and the USRA can receive additional benefits.

Collette Consumer Show – Danielle will come to Saskatoon to speak about travel and benefits, likely not at a luncheon but at an afternoon event. USRA would not pay for her travel to Saskatoon, but we would cost share for venue and refreshments.

Collette Group Travel Promotion – Collette will plan tours of interest, as selected by USRA members, and create promotional

material and plan presentations on specific tours for our members.

Currently seasonal offers with code CURACSAVE could be as much as \$500 off per person.

Members No Longer with Us

Since our August 2019 Newsletter, we have learned of the deaths of the following members:

- Thelma **Bergen**, died April 23, 2019, predeceased by her husband Bill.
- George Gibbs **James**, December 14, 1934 – September 4, 2019, predeceased by his wife Phyllis.
- Patricia A. (Pat) **Lawson**, November 18, 1929 – October 10, 2019.
- Vernon James **Racz**, September 23, 1945 – October 19, 2019, survived by his wife Charlene.
- Edward H. **Scissons**, August 29, 1946 – October 5, 2019, survived by his wife Karen Dellow.

We extend our sympathies to their families. Surviving spouses of deceased Life Members remain members of the Association.

For notices in memoriam of former employees of the University, as well as current students, employees, and others honoured when the flag on the Thorvaldson Building is flown at half-mast, please see U of S In Memoriam maintained by the University Secretary:

<http://www.usask.ca/secretariat/documents/flag-at-half-mast.php>

Do You Know Anyone Who Deserves an Honorary Degree?

USRA is always interested in nominating candidates for an honorary degree from our University. They need not have a USask connection. (Anyone who has been employed here in the past five years is ineligible. Faculty may apply instead to the College of Graduate and Postdoctoral Studies for an Earned Doctorate.) If you know of a deserving candidate for an Honorary Doctorate, please contact USRA in strictest confidence (see our address, phone, email below) so that our Honorary Degrees Committee can verify eligibility.

Renewing Your USRA Membership

The deadline for registering for the President's Reception for USRA members is December 2. Last year, the President's Office asked the USRA to verify membership of guests who had accepted the invitation to the President's House so that nametags could be prepared for them. For many of us, the warm and elegant hospitality (with delicious food and beverages) at this beloved event, the highlight of our academic year, is another good reason to keep our annual memberships up-to-date or become Life Members. But in spite of enclosing a membership form with the August Newsletter, USRA has still not heard in 2019 from many members who accepted a free membership after retiring in 2018 or from others who renew annually.

Approximately 80% of our members (including former USNARA members) avoid the hassle of annual renewals by holding Life Memberships. The Life Membership fee (which can be inherited by the spouse of

a deceased Life Member) is prorated by age:

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

Often, Life Membership turns out to be less expensive than paying \$20 dues annually.

Once again, a copy of the membership form is attached. If you don't need it, please help us recruit by passing it to another former USask employee. If you do need to renew, send your cheque for either the annual \$20 membership or your Life Membership to USRA, Williams Building Room 310, 221 Cumberland Ave. N., Saskatoon SK S7N 1M3, and update your membership information by completing the form online at <https://usra.usask.ca> or by sending it by mail with your cheque. If you have questions about membership, contact the Membership Committee through the USRA. See full USRA contact information below and membership form on the back of this newsletter.

University of Saskatchewan Retirees'
 Association

221 Cumberland Ave N
 Saskatoon, SK S7N 1M3
 306-966-6618

ss.usra@usask.ca / <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) _____

Choose Membership Type (choose one):

New Retiree (you will receive the newsletter for one year following your retirement) <input type="checkbox"/> \$0 Date of Retirement _____	
Annual Membership (July – June): <input type="checkbox"/> \$20.00	Life Membership (choose one): <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

Choose 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.

Send this form and your membership fee (if required) to:

Membership Committee
 USRA
 221 Cumberland Ave N
 Saskatoon, SK S7N 1M3
 ss.usra@usask.ca