



# UNIVERSITY OF CALGARY

## RETIRES ASSOCIATION

<https://ucalgary.ca/retirees-association>

E-letter 148

September 2024

### SCHEDULE FOR FALL Session 2024 University of Calgary Retirees Association (UCRA)

All sessions will continue to be available in-person in the Engineering Building, G. Block, 2<sup>nd</sup> floor, Room 207 (except for the November session—room location will be announced soon, and also posted on the UCRA website). **Note that the start time for the September 11th session is 1:30 pm** and it will end at 3:00 pm Mountain Time (MT) because of the University of Calgary’s President’s Reception . The zoom link for the September session for UCRA members is indicated below—see speaker session. For non-members, Register at: (TBA)

Date	Speaker (s)	Title of Session
<b>September 11, 2024</b> <b>Begins @ 1:30pm</b>	Maeve O’Beirne, Professor Emerita, Department of Family Medicine, Cumming School of Medicine <b>Zoom Link for Members (which will be the same each month) :</b> Join Zoom Meeting <a href="https://ucalgary.zoom.us/j/96352004272?pwd=Qk8yTENUdVNiekFTUThXWC9vdWtwUT09">https://ucalgary.zoom.us/j/96352004272?pwd=Qk8yTENUdVNiekFTUThXWC9vdWtwUT09</a> <b>Meeting ID: 963 5200 4272</b> <b>Passcode: 241234</b> <b>For further info: contact <a href="mailto:meghan.whitehead@ucalgary.ca">meghan.whitehead@ucalgary.ca</a></b>	<i><b>Maintaining Health from 65 – 100: What is the evidence supporting healthier living?</b></i>
<b>October 9, 2024</b> <b>Begins @ 2pm</b>	<b>Annual General Meeting (AGM)</b> , which usually finishes by 2:30pm, <u>followed by</u> presentation by Ken Barker, Ph.D., I.S.P., ITCP, Professor, Computer Science, and Director, Institute for Security, Privacy and Information Assurance (ISPIA) <b>Zoom link for members:</b> <a href="https://ucalgary.zoom.us/j/96352004272?pwd=Qk8yTENUdVNiekFTUThXWC9vdWtwUT09">https://ucalgary.zoom.us/j/96352004272?pwd=Qk8yTENUdVNiekFTUThXWC9vdWtwUT09</a> <b>Meeting ID: 963 5200 4272</b> <b>Passcode: 241234</b> <b>For further info contact: <a href="mailto:meghan.whitehead@ucalgary.ca">meghan.whitehead@ucalgary.ca</a></b>	<i><b>Understanding AI Threat to Cybersecurity and Privacy</b></i>

<b>November 13, 2024</b> <b>Begins at 2pm</b>	Don Lawton, PhD Professor Emeritus Department of Earth, Energy and Environment, Faculty of Science <b>NOTE: <u>The Room location for this Nov. session will NOT be in Room 207. New Location to be announced by early October.</u></b>	<i>Can carbon capture &amp; storage secure a future of Alberta's oil and gas industry?</i>
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**December 11, 2024 Luncheon**—Mark your calendar for this happy get-together, which may be on campus and will begin around Noon hour. Details to be announced soon.

**The Winter sessions** (January to May 2025) will be posted in an upcoming e-Letter. The preliminary information for these sessions are available on the UCRA website: (<https://ucalgary.ca/retirees-association>)

**If you have not yet renewed your membership** , see attached to this e-Letter the **UCRA Membership Application/Renewal form. The Membership year is September 1<sup>st</sup> to August 31<sup>st</sup>** of each year. \$25/yr for Calgary & area; \$15/yr for those outside of the Calgary region. Payment can be done by mail, or by Interac transfer (send email to [retirees@ucalgary.ca](mailto:retirees@ucalgary.ca)), or in-person at any of the upcoming events. **If you wish to have a form sent to you, or if have any questions, send message anytime to [retirees@ucalgary.ca](mailto:retirees@ucalgary.ca)**

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**ANNOUNCEMENTS:**

**Regularly visit the website for our University of Calgary RETIREES ASSOCIATION (UCRA):** <https://www.ucalgary.ca/retirees-association> (Note: you may have to enter the link more than once to ensure the listings appear.)

Additional content and some modifications of existing data will be ongoing during 2024. However, Dr. Om Malik, our current Past President and previous webmaster would like to pass on the following message:

*“The positions of **Vice-President (President-Elect 2025-2026), and Webmaster on the UCRA Executive Committee** are vacant and the Executive wishes to fill these positions for the year 2024-2025 effective October 2024. UCRA members interested in taking any of these positions are invited to show their interest by writing to Om Malik ([maliko@ucalgary.ca](mailto:maliko@ucalgary.ca)), Chair, UCRA Nominations Committee.”*

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**The UCRA will be participating in two webinars hosted by the Brenda Strafford Centre on Aging during UFlourish.** UFlourish will take place October 30 to November 15, 2024 and include a variety of events and activities focused on community well-being and mental health. **Please mark your calendars to attend these online events, particularly the two indicated below**(event details and registration links will be sent to you by early October, and also posted on our website: <https://ucalgary.ca/retirees-association>)

**Date & Time: November 5, 2024, 2:00 to 3:30 PM Mountain Time**

Location: Zoom webinar

Title: ***Empathy Across Ages: Strengthening Our Campus Community***

**Date & Time: November 14, 2024, 3:00 to 4:00 PM Mountain Time**

Location: Zoom webinar

Title: ***Charting Your Course: Transitioning to Retirement and Life Beyond***

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### **University of Calgary Retirees Association Award for Indigenous Students: Update**

The Office of the Vice-President (Development and Alumni) has provided an update about our Award. The market value of the Award as of March 31<sup>st</sup>, 2024 is \$121,269 due to the generous donations of our membership. Please note this does not include donations made in April, 2024 which will be included in next year's report. The Award (\$2,400) for 2023-2024 was granted to Zoe Kreutzer; a student in the Faculty of Arts, Bachelor of Arts (Psychology) who wrote the following:

*"Thank you so much; this award is so meaningful to me. I am a mature psychology student, pursuing a master's in counselling psychology. I hope to explore Indigenous mental health and sport and make a difference in my community. This award allows me to focus on my studies and to put my best foot forward as I apply to graduate school. Thank you for helping those dreams come true!"*

The projected award for 2024-2025 is \$3,400. Our thanks to our members for supporting this Award.

**ALBERTA HEALTH PROFESSIONALS FOR THE ENVIRONMENT** (<https://aenweb.ca/ahpe>).

The head of this working group, which is part of the Alberta Environmental Network ([www.aenweb.ca](http://www.aenweb.ca)) is UCRA member, Dr. Norman Campbell, Professor Emeritus, Medicine ([ncampbel@ucalgary.ca](mailto:ncampbel@ucalgary.ca)). Dr. Campbell has now updated his invitation to Retirees Assoc members, including those not involved in health care, to become involved in this organization. Feel free to contact him anytime.

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**YOUR RECENT ACHIEVEMENTS COLUMN**

If you have a recent achievement that you'd like your colleagues to know about (e.g., a book, an award, an exhibition, a lecture tour, a community service project) send an email to Carole-Lynne Le Navenec ([cllenave@ucalgary.ca](mailto:cllenave@ucalgary.ca)) for posting here.

Poewe, K.O (2024). *Defeat as childhood experience: WWII's shadow remembered, revisited, and researched* (2024) . Vogelstein Press. Available from

<https://www.amazon.com/Defeat-Childhood-Experience-Remembered-Researched/dp/1989977065>

(The author , Karla Olga Poewe [[kpoewe@ucalgary.ca](mailto:kpoewe@ucalgary.ca)] is a Calgary Professor Emerita , Dept of Anthropology and Archaeology.

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**CURAC: COLLEGE AND UNIVERSITY RETIREE ASSOCIATIONS OF CANADA**  
**(ASSOCIATIONS DE RETRAITES DES COLLEGES ET UNIVERSITÉS DU CANADA)**  
**REPORT FOR SEPTEMBER 2024**

By: CURAC Representative (& CURAC Board member elected for another 2-year term May 2023-May 2025), Carole-Lynne Le Navenec, RN, PhD, Associate Professor Emerita, University of Calgary ([cllenave@ucalgary.ca](mailto:cllenave@ucalgary.ca))

- **CURAC new redesigned Website**. Be sure to visit it at: <https://curac.ca/en/home>
- **CURAC's 2024 National Conference & AGM, THRIVING IN RETIREMENT** was held on May 22-24, 2024, hosted by the University of Waterloo Retirees Association (<https://uwaterloo.ca/retirees-association/conference-2024>)

---One major item that I would like to make available to our UCRA membership is the Summary of the responses of the conference participants to the 7 questions included in the Round Table discussion regarding the various ways that CURAC could be involved

with the Retiree Associations (RA). Although a link to these data may one day become available on the CURAC website, I could send out a PDF copy (4pages) to anyone who is interested. Send your note to: [cllenave@ucalgary.ca](mailto:cllenave@ucalgary.ca))

- **CURAC Academic for Life Column in University Affairs (UA)**

<https://universityaffairs.ca/career-advice/academic-for-life/>

--see the interesting articles done, including many by UCRA Retirees.

Please consider doing an article of your choice (1000 words or less) --- just send it to the Editor: [cllenave@ucalgary.ca](mailto:cllenave@ucalgary.ca) (I need 6 more very soon)

- **Visit CURAC's website for other info** for information re **Member Benefits**

(<https://curac.ca/en/member-benefits>), which includes good rates for individuals, plus pay back to CURAC and to your retiree association for the following:

(1) **Travel Planning** ( Colette and some from Trip Merchant)

(2) **Insurance** (Medoc Travel Insurance; Stand Alone Insurance, and RTOERO Extended Health Insurance [EHI] & Travel Insurance\*).

More information re RTO ERO plans to be added to UCRA website in the near future, including a comparison chart with Alberta Retired Teachers Association (ARTA).

(3) **Johnson Insurance** (operating as Belair Insurance Company Inc: for Home & Auto Insurance ). More information to follow soon regarding this new program.

\* *If you are interested in gaining a more indepth knowledge of **RTOERO Extended Health Insurance and Travel Insurance**, mark your calendar to attend CURAC's Later Life Learning zoom session that will be presented by RTOERO staff on THURSDAY October 17, 2024 @ 10am Mountain time, 12 noon Eastern Time . Zoom Link: TBA*

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If you do not wish to receive these monthly UCRA e-Letters, please email [retirees@ucalgary.ca](mailto:retirees@ucalgary.ca) with your unsubscribe request