Wednesday, May 8, 2024 at 2:00 - 3:30 PM Mountain Time

Speaker: Jonnette Watson Hamilton, Professor Emerita, Faculty of Law

Topic: Estate Planning: Wills, Personal Directives and Power of Attorney

Overview of the session:
1. Why everyone should have a will, personal directive, and power of attorney;
2. What happens to your property when you do not have a will;
3. Basic components of a will, personal directive, and power of attorney;
4. Trusts within wills;
5. Considerations when choosing an executor, agent, or attorney;
6. Common tax issues;
7. Problems with holographic wills and will kits;
8. Accounting as an executor, administrator, or attorney; and
9. Your questions and comments.

In-person attendance: Engineering Building, G Block, 2nd Floor, Room 207

or Join by Zoom:
https://ucalgary.zoom.us/j/96352004272?pwd=Qk8yTENUdVNlekJTUTXWC9vdWtwUT09
Meeting ID: 963 5200 4272
Passcode: 241234

Registration & Zoom Link for NON-MEMBERS:
https://events.ucalgary.ca/event/467690-estate-planning-wills-personal-directives-and

For further information regarding how to join online, or how to find the in-person attendance location, contact Meghan at: meghan.whitehead@ucalgary.ca
Tel: 403-220-8500
Invitation to UCRA Members and Guests

University of Calgary Retirees Association
PRESIDENT’S LUNCHEON

“We would love to have you join us for fellowship and good cheer.”
Sheila Evans, President of the UCRA,

Date: Wednesday: June 12, 2024,
Location: Carriage House Inn:
          (Desert Palms Room)
Time: 11:30 am – 2:30 pm
Lunch Buffet at 12 noon.
Cost of Ticket: Cost of Ticket per person $50.00: cash bar
               Must be prepaid by cheque, cash, or Interac by June 3, 2024

If you’re paying by cheque, make it out to Retirees Association and send it to
Arvi Rauk, 5287 Dalcroft Cr NW, Calgary, AB, T3A 1N6
If you’re paying by Interac, the address is: retirees@ucalgary.ca

Address for Carriage House Inn
9030 MacLeod Trail South, Calgary, AB
Parking: there is plenty of free parking at and behind Carriage House Inn
For further Info or Questions, Contact:
Claire Mills cmills@ucalgary.ca Tel: 587-899-1145

FALL 2024 SESSIONS, which will continue to be available by zoom and in-person,
begin September 11 to November 13, 2pm to 3:30pm MT.
The preliminary information is as follows (but the Zoom link is to be announced later):
September 11, 2024: *Maintaining Health from 65 – 100: The evidence for diet, exercise, medications and supplements* by Maeve O’Beirne.

October 9, 2024: *AGM, followed by Cyber Security* by Ken Barker

November 13, 2024: *Carbon Capture and Storage* by Don Lawton

December 11, 2024: Christmas Luncheon (Location: To Be Announced)

Have you submitted your Membership Application/Renewal yet? ($25 for Calgary & area; $15 for outside of that area). **Membership year is September 1st to August 31st** of each year. Payment can be done by mail, or by Interac transfer (send email to retirees@ucalgary.ca), or in-person at any of the upcoming events. If you are not sure if you have updated it, or wish to have a form sent to you, or have any questions, send message to retirees@ucalgary.ca

ANNOUNCEMENTS:

Regularly visit the website for our University of Calgary RETIREES ASSOCIATION (UCRA): [https://www.ucalgary.ca/retirees-association](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 Past President and previous webmaster would like to pass on the following message:

“The positions of **Vice-President (President-Elect 2025-2026), LAR Editor 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), Chair, UCRA Nominations Committee.”
Invitation to Volunteer during Convocation sessions at University of Calgary, which are being held May 30-June 5, 2024. The link for volunteering at convocation is here: [https://app.betterimpact.com/Application?OrganizationGuid=1ed1d5d5-348b-41ad-bcf1-ac540ec49460&ApplicationFormNumber](https://app.betterimpact.com/Application?OrganizationGuid=1ed1d5d5-348b-41ad-bcf1-ac540ec49460&ApplicationFormNumber)

To sign up you’ll need to make a profile. For further information or questions, contact Meghan at: meghan.whitehead@ucalgary.ca

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THE CALGARY INSTITUTE FOR THE HUMANITIES invites you to this free in-person session of the 43rd Annual Community Forum,

[Image of a rabbit and a rabbit hole]

**Topic:** CONSPIRACY THINKING  
**Date & Time:** Friday, May 10, 2024 9:30 a.m. - 3:30 p.m.  
**For further info & REGISTRATION:** [https://events.ucalgary.ca/arts/calgary-institute-humanities/event/467056-conspiracy-thinking-the-calgary-institute-for](https://events.ucalgary.ca/arts/calgary-institute-humanities/event/467056-conspiracy-thinking-the-calgary-institute-for)

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Thursday, May 9, 2024, 8:30am to 1pm MT: The Office of the Vice-President (Research) at the University of Calgary invites you to join “Towards Shared Understanding: A Catalytic Pluralism Symposium”. Location: Cenovus Energy Great Hall Rozsa Centre, University of Calgary, Main Campus. This in-person event includes a light breakfast and a hot lunch

**REGISTER** as soon as possible at: [Towards Shared Understanding: A Catalytic Pluralism Symposium · Luma](#)

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**Alberta Retired Teachers Association (ARTA) Calgary office Grand Opening:** Visit us in person at Suite N125, 6815-8th Street NE, Calgary, AB for all your ARTA Membership or Benefit Plan needs. If you know someone who is interested in joining ARTA, but has a few questions they want to ask first, let them know they can stop by for a chat. To Book a meeting, go to [Calendly - ARTA Bookings](#)

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28 May 2024, 6pm to 8pm MT: Today’s Science in the Cinema movie is *A Walk in the Woods*. Held at the Central Library, 800 3 St SE, Calgary, AB. Sponsored by the Brenda Strafford Centre. [Science in the Cinema | Cumming School of Medicine | University of Calgary (ucalgary.ca)](#)
After the movie, join the University of Calgary's Dr. Sonya Jakubec, RN, PhD, and Dr. Cindy Barha, PhD, for a discussion and Q&A about physical activity, outdoor experiences, and wellbeing as we age.

REGISTER at: https://go.ucalgary.ca/2024-05-28AWalkintheWoods_LPRegistration.html

**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) is UCRA member, Dr. Norman Campbell, Professor Emeritus, Medicine (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. See attached a copy of his invitation.

Some of you may already belong to a related group called *Climate Action for Lifelong Learners* (CALL: https://staging-wp191757.wpdns.ca/). A video recording of one of their recent presentations, *Why Climate Change is a Health Emergency* is available (here is a link to the video recording of the event by President-Elect of Canadian Assoc of Physicians for the Environment (CAPE).

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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) for posting here.

- Becker, W. (March 2024). *The Nahanni Revisited After Nine Years of Graceful Living*. In ARTA: Alberta Retired Teachers Association News (a Post in the Living Well section, which can be accessed by clicking on the following link: https://viewer.joomag.com/news-views/M0350456001536695370 and then go to pages 18-20).
  [Werner Becker is a Professor Emeritus-Clinical Neuroscience and Vice-President of our UCRA. The pictures and article convey someone who has a strong connection with nature and its positive effect on well-being. While reviewing this article, maybe you should play some background music that fits well with it, which might include a]
collection done by one of the musicians that he likes:  
https://www.youtube.com/watch?v=keScU.VKI4

(Apparently it is a huge success, and has now sold over 10,000 copies)

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CURAC: COLLEGE AND UNIVERSITY RETIREE ASSOCIATIONS OF CANADA  
(ASSOCIATIONS DE RETRAITES DES COLLEGES ET UNIVERSITES DU CANADA)  
REPORT FOR MAY 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)

• CURAC new redesigned Website. Be sure to visit it at: https://curac.ca/en/home

• CURAC’s 2024 National Conference, *THRIVING IN RETIREMENT* to be held on May 22-24, 2024 hosted by the University of Waterloo Retirees Association  
(https://uwaterloo.ca/retirees-association/conference-2024)

This is an in-person only conference (i.e., nothing available online)

Registration information: Early bird Conference Registration (up to April 12, 2024) is $195; otherwise, registration is $225. (regular) or $250 (late). For registration go to: https://eventworx.uwaterloo.ca/onlinereg/Register/default.aspx?code=C000951

The above link also contains information about:
(1) The conference programme, presenters, and breakout sessions, click here.
(2) Accommodation information or to reserve accommodation, click here.
(3) For all other conference information, click here.

One of the CURAC Board nominees, Dr. Sandra Hirst, will be attending the conference and tending to the display table, section on CURAC’s Later Life Learning group

• CURAC’s 2024 AGM: Date and time, and the Agenda will be available around May 2, 2024. This segment will also be available online, but only for the one elected delegate from each retirement association (RA; for UCRA, our delegate, who will attend in person, is Arvi Rauk) plus those from the Board of Directors who are not able to attend in-person (and that includes C. Le Navenec)
-- I am co-chair of the Nomination Committee and WOULD WELCOME YOUR NOMINATION for either a Board of Directors role, or as a volunteer for one of the committees. Please send your info as soon as possible to: cllenave@ucalgary.ca.

• **CURAC Academic for Life Column in University Affairs (UA)**
  [https://universityaffairs.ca/career-advice/academic-for-life/](https://universityaffairs.ca/career-advice/academic-for-life/)
  --see the March 2024 article by one of UCRA ex-President’s, Dr. Tris Chivers titled A chemistry professor reflects on his decision to resign
  Please consider doing an article of your choice (1000 words or less) --- just send it to the Editor: cllenave@ucalgary.ca

• **Visit CURAC’s website to keep up to date regarding other info**, including:
  (b) information re **CURAC Member Benefits** ([https://curac.ca/en/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 members who participate in one or more of the following:
  (1) **Travel Planning** (Trip Merchant and Colette)
  (2) **Insurance** (Medoc Travel Insurance Stand Alone Insurance, and RTO/ERO Extended Health Insurance [EHI] & Travel Insurance). More information re RTO/ERO plans to be added to UCRA website in the near future.
  (3) **JOHNSON INSURANCE** (operating as Belair Insurance Company Inc: for Home & Auto Insurance). More information to follow soon regarding this new program.

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