



LAR Life after retirement

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Winter 2026

UCRA President's Report



Maeve O'BEIRNE

President, UCRA
The University of Calgary

alerting our members to university events and volunteering opportunities. Many of these avenues are described below in this newsletter including summaries of past seminar events (for future events please see our website at <https://www.ucalgary.ca/retirees-association>). Seminars can be attended in person or online.

The UCRA also highlights recognition and achievements obtained by our members. If you have received recognition or published a book this year please let us know at lmcollin@ucalgary.ca.

Please consider contributing to our Indigenous Scholarship endowment through the University of Calgary especially during Giving Week when your funds may be matched. It is a little bit tricky to figure out

which is the correct award to contribute to, but it should have the University of Calgary Retirees Association in the wording.

In June UCRA will hold our President's luncheon. Come and connect or reconnect with other retirees in a relaxed atmosphere over a buffet meal.

If you have ideas for other activities that you would like to engage in with UCRA members please let me know at obeirne@ucalgary.ca.

Hope you are enjoying an active fun-filled winter and spring.

*Maeve O'Beirne, PhD, MD
Associate Professor Emerita
University of Calgary*

FALL 2025 PROGRAMS

Conflict, Nuclear Deterrence and Nuclear Warfare in the Arctic: Dangerous Times for Canada



Robert HUEBERT, MA, PhD,

Professor, Department of Political Science, Faculty of Arts & Director, Centre for Military, Security and Strategic Studies
University of Calgary

existential threats to Canada as climate change, new transformation of nuclear deterrent systems, and changing western rules-based systems. In describing each of them, he used a Strategic Triangle framework with Trump (USA), Xi (China), and Putin (Russia) at the corners and Carney situated in the centre. He expressed concern that many Canadians lack understanding about the existential threats which he predicts will get worse.

Relative to climate change and the Arctic, he noted the disappearance of ice from the Arctic, the changes in weather patterns, and the speed with which they are accelerating. He linked the collapse of the climate change regime to Trump pulling USA out of the Paris Climate Change

Accord, to Russia's dependence on oil and gas, and China's dependence on coal.

In speaking about the transformation of nuclear deterrent systems, he spoke about military force with China having a very large military force which is smaller than that of the USA. However, Dr. Huebert questioned the sustainability of the latter with the imposition of tariffs by Trump. In Russia, Putin uses the military to seize land, e.g. Crimea, Ukraine.

Canada has enemies. According to the Houge report and the National Security and Intelligence Committee of Parliamentarians, Russia, China, India, Iran, and Pakistan are all involved in political interference in Canada.

Dr. Huebert captured our attention with a dynamic presentation about the dangerous times for Canada emanating from threats arising from conflict, nuclear deterrence and nuclear warfare in the Arctic. He categorized the

Conflict, Nuclear Deterrence and Nuclear Warfare in the Arctic: Dangerous Times for Canada

(continued from page 1)

Non-Arctic states including China are seeking greater influence in the governance of the Arctic. Canada must assert and protect her sovereignty. Doing so requires strong collaborative ties with its 5 Nordic allies all of whom are NATO members. In response to outdated policies such as the Arctic Foreign Policy Framework, the Defence Update 2024 called for a focus on defending the Arctic and the north, and on approaches against new and accelerating threats such as weapon delivery systems coming from Russia, China, North Korea. Government promises include financial, focus on Aerospace, and meeting American defence needs.

Dr. Huebert described The New Battlefield in which security is confounded by conventional

warfare. Relative to the Arctic, security is confounded by nuclear deterrence and nuclear warfighting, modernization of nuclear weapons and delivery systems by USA, China, Russia, North Korea, Iraq, France, Israel, UK, and India, new means of delivery, and new nuclear politics.

The core security issues and threats coming from Russia are its expansion of bases in the Arctic, increasing aggressiveness in seeking to restore lost territory and power status, and protection of its regime perceived to be threatened by NATO Articles 2 and 5. Chinese threats include increasing nuclear capabilities, its polar extension to Silk Road, interference in Canadian elections, and spying on corporations such as Hydro Quebec. Pertinent to the

USA, the Trump Effect introducing corrupt authoritarianism threatens both economic and political systems with new nuclear policies and modernization relative to fighting a nuclear war plus an Arctic strategy. Responses to the issues and threats are challenged by time, procurement of equipment such as an icebreaker, and the long term dynamic strategic environment, e.g., the 3-way action-reaction Strategic Triangle.

Dr. Huebert concluded by saying that the newest and most important challenge of the future geopolitical environment is the nexus between the U.S. and Russia nuclear weapons policy and modernization, and the rise of China. Canada must do all it can to add to deterrence but be ready to act if deterrence fails.

The Smart City Revolution and Artificial Intelligence

Seiran HESHAMI, PhD, PEng, MBA,

Assistant Professor,
Sustainable Systems
Engineering, Department of
Civil Engineering, Schulich
School of Engineering
University of Calgary



Artificial intelligence (AI) is driving city development, design and infrastructure. AI simulates human intelligence in machines programmed to think and learn like humans. As such, AI systems are capable of performing tasks such as recognizing patterns, understanding language and solving complex problems.

Common examples of AI in use in cities today include solid waste and street cleaning (e.g., collection route optimization, bin fill-level prediction and contamination detection in recycling), public safety and emergency response (e.g., 911/311 call triage and prioritization, optimal unit placement for dispatch, and real-time incident detection), and health and social services (e.g., eligibility pre-screening assistants, risk/outreach targeting for heat and food insecurity, and case-note summarization and translation).

AI is particularly important today with aging infrastructure, the increasing availability of data and the ability to forecast in real time. From these advances, 'smart cities' are emerging to leverage the availability of digital data and improve residents' well-being and sustainability. There are five generations of smart city application. At the lowest level, Smart City 1.0 would include those that are vendor driven and lead by global tech firms drawing on command centres and sensors. Early in the 2000's, Pittsburgh created a decentralized multi-agent traffic signal control to ensure traffic moved along more efficiently and effectively. With Smart Cities 2.0 city authorities define the problems and commission digital solutions with public services beginning to align with local needs. During the mid 2010's, Singapore created a digital twin to provide a data-rich 3 D model for planning, to anticipate problems across the city and be used across agencies. With Smart City 3.0, city authorities involve residents, startups and NGOs to use open data, have hackathons and draw on participatory budgets to improve the quality of life. In the late 2010's Barcelona created an open-source participatory platform for proposals, deliberation and participatory budgeting. With Smart City

4.0, hyperconnected metropolis strategies including AI, block chains, and real time analytics are used to manage energy, mobility, while advancing sustainable development goals. Smart City 4.0 scales up 3.0 by building stronger data platforms and service integration but haven't re-centred on human well-being as the primary goal. Some examples include the India Urban Data Exchange and the UK National Digital Twin. Finally Smart City 5.0 would enable a super intelligent city where digital innovations serve human well-being including equality, health, climate resilience and a circular economy while upholding ethics and data privacy. This is emerging in Japan which prioritizes well-being, sustainability, resilience, comfort and access for all residents, and fast recovery from shocks.

As cities embrace AI and move towards higher levels of digitization, there are a number of cautions. These include data quality; bias, equity and access; privacy and surveillance; transparency and explainability; safety and real-world control, cybersecurity; governance and compliance; contracts and vendor lock-in; running models in production; interoperability and breaking down silos; sustainability for computing energy and water, and public trust and legitimacy.

One Health: What are the risks of transmission of disease and antimicrobial resistance from animal to human?



Diego NOBREGA
DVM, PhD,

Assistant Professor, and
Canada Research Chair in
Antimicrobial Resistance,
Faculty of Veterinary Medicine
University of Calgary

One Health is a term referring to the collective health of all individuals, animals and the environment. The approach is a collaborative, interdisciplinary and holistic approach recognizes the interconnections amongst human and animal health and the environment. Its study is based on interdisciplinary collaboration, a holistic and global approach, systems thinking, prevention and preparedness and policy engagement.

Animals can make us ill, but it depends on the animal, the environment and the pathogen. Poultry is a big culprit in this related to foodborne pathogens resulting

from inadequately cooked and handled poultry as well as avian influenza which disproportionately affects workers in hatcheries, live bird markets and culling operations. Pigs, while less problematic than poultry, have pathogens related to slaughter/processing and environmental contamination.

Food can be contaminated during *production* while eggs touch bird droppings and when the egg is formed inside the chicken, during *processing* if contaminated water is used to chill carcasses or organisms from the hide/intestines enter the meat, in *distribution* if unclean bins and trucks are involved, and during food *preparation*. The common culprits are norovirus, listeria, salmonella, e. coli 0157, and campylobacter. Each carry different risks of illness, hospitalization and death with listeria being most responsible for deaths, norovirus responsible for most hospitalizations and illness. Foodborne diseases have increased in the recent past in industrialized nations due to changes in agricultural and food processing

methods, globalization in food distribution as well as social and behavioral changes in the human population.

Antimicrobial resistance (AMR) is an increasing problem as medicines normally used to treat infections become ineffective. This occurs as these medications are used in livestock increasing the numbers of resistant genes in the environment and the risk of untreatable human infections. The effects are particularly problematic for farm workers. Reduction in the use of antimicrobial use in livestock is a priority that has called for the reduction in specific medications (e.g., cephalosporins in 2014, penicillin in 2018) and work towards reducing with a current plan to reduce bacitracin and tetracyclines.

In summary, the bottom line is to assume food is always contaminated particularly food at room temperature. Don't count on organic food, only getting an upset stomach, reheating food, eating a vegetarian diet, picking up dropped foods within 5 seconds or rinsing chicken/turkey to remove harmful bacteria!!!

The Human-Animal Bond and Health Implications



Alvaro Jose Guzman
DAIREAUX

DVM and Masters Student,
Faculty of Veterinary Medicine
University of Calgary

Companion animals play an important role in stress management, mental health, social support, cardiovascular health, and overall quality of life. However, this close bond between pets and humans also introduces specific health challenges, including the potential bidirectional transmission of infectious agents. Zoonotic diseases—those transmitted between animals and humans—are increasing in frequency and can be caused by a wide range of pathogens, including bacteria, viruses, parasites, and fungi.

Human-driven ecosystem disruptions are major drivers of the rise in zoonotic diseases. Climate change is altering the seasonal activity, survival, and geographic ranges of vectors such as ticks and mosquitoes. Urbanization and

land-use changes are increasing contact among wildlife, pets, and humans. Extreme weather events can also displace animals and heighten spillover risk.

A number of zoonotic diseases are associated with cats and dogs. These include viral infections such as rabies and cowpox; parasitic diseases such as giardiasis, roundworms, toxoplasmosis, and echinococcosis; fungal infections like ringworm; and bacterial diseases such as salmonellosis. Dogs may carry Salmonella without showing signs or may develop diarrhea, but they can still transmit the pathogen to people—especially young children, older adults, pregnant individuals, and those who are immunocompromised. This risk is significantly higher in dogs fed raw meat-based diets.

Dr. Guzman's research focuses on antimicrobial resistance (AMR) in companion animals through a One Health lens. Preliminary findings show high colonization rates of MRSA and extended spectrum beta-lactamase (ESBL)-

producing organisms in dogs, particularly ESBL positivity in dogs fed raw diets and MRSA colonization in owners. Comparable AMR levels in dogs and owners suggest that household factors and pet ownership may play an important role as drivers of AMR.

Reducing AMR and preventing infections requires avoiding raw diets and raw treats, maintaining good hygiene around pet feeding, ensuring regular veterinary care, avoiding unnecessary antibiotics, and supporting good skin and ear health. For humans, prevention includes proper handwashing after handling pets, pet food, treats, or waste; careful management of wounds or infected skin on pets; and avoiding direct contact with infected areas. Dogs should not be allowed to lick faces, wounds, or food preparation surfaces. These prevention measures are especially important for immunocompromised individuals, young children, pregnant people, and older adults, who are more susceptible to severe outcomes from zoonotic and resistant infections.

WINTER 2026 PROGRAMS

All speaker events for the Winter session (January to May) are held on Wednesdays at 2:00-3:30 PM. These sessions are available both **in person** (Engineering Block G, Room 207), and **online**: <https://ucalgary.zoomus/j/98212498606?pwd=3v6aXD7H3QUH4wwiaEMkZlpxfr5xzc.1> **Meeting ID:** 982 1249 8606; **Passcode:** 228056

Please check the UCRA website for up-to-date information: <https://www.ucalgary.ca/retirees-association>.
[For instance, the May 2026 session will be held in Engineering Block B, Room 112.]

UNIVERSITY OF CALGARY 60th ANNIVERSARY

The University of Calgary is turning 60! For six decades, our community of students, alumni, faculty, staff, donors and partners has built momentum through bold ideas, groundbreaking research and lasting impact. As part of our UCalgary60 celebrations, we're sharing the stories that have shaped our past — and will inspire our future.

Do you have a UCalgary story to tell? We'd love to hear it! Please submit your story today through the online intake form (see below link) and be part of celebrating 60 years of momentum.

Your story idea could be selected to be shared widely through UCalgary communication channels.

Share your story here <https://form.asana.com/?k=TKHCZF1Fy5LPPpL0DkQ0tw&d=1203980736124169>



UNDERGRADUATE AGING EDUCATION REVIEW

In 2023, Canada reached a historic demographic milestone: for the first time, adults aged 65 and older outnumbered those under 18. This shift reflects a global trend. By 2030, nearly 1 in 4 Canadians will be 65 years of age or older. As the population ages, expertise in aging has become increasingly important.

Yet aging-related content remains limited in most undergraduate programs. Students in disciplines such as medicine, nursing, social work, kinesiology, engineering, science, business, and the arts will encounter aging-related issues throughout their careers. There is a growing need for graduates who have the knowledge and skills required to support older adults.

Post-secondary education offers an essential opportunity to introduce students to the fundamentals of aging. Because aging intersects with many fields, strengthening aging-focused education supports workforce

readiness while also fostering critical thinking, empathy, and communication.

The University of Calgary's Centre on Aging is addressing this gap through a project launched in 2025. The project aims to identify the core knowledge and skills related to aging that undergraduate students should acquire, and to assess the extent to which these competencies are currently taught.

The project includes two phases:

- **Phase one** will develop two frameworks: one for students in healthcare disciplines and one for students in non-healthcare disciplines. Grounded in the literature, these frameworks will outline foundational aging-related knowledge and skills. A modified Delphi method will be used to refine and validate the frameworks with input from experts in aging and undergraduate education across disciplines.

- **Phase two** will review undergraduate curricula across faculties and departments. Programs will be assessed against the appropriate framework to determine how well they are currently integrating aging-related competencies. Faculty and staff involved in undergraduate education will be consulted to clarify curriculum content, and the review will identify strengths and areas for improvement.

Findings from the project will inform recommendations to strengthen aging-related education and training across the University. The goals of this work are to better prepare graduates to support an aging population, advance the University's Age-Friendly University Action Plan (led by the Centre on Aging), and contribute to impactful, future-focused education.

*Centre on Aging
Cumming School of Medicine
University of Calgary*

RETIRES ASSOCIATION AWARD FOR INDIGENOUS STUDENTS

The University of Calgary Retiree's Association (formerly Emeritus Association) established the "Award for Indigenous Students" in 2017. This annual award is open to 2nd, 3rd, or 4th year continuing undergraduate students enrolled in any faculty.

The 2025-2026 award recipients were **Brittney Dunn and Hayden Klukus**



Brittney Dunn – Bachelor of Community Rehabilitation, Cumming School of Medicine

"I am overwhelmed with gratitude to be named recipient of the UCRA Indigenous Student Award for this academic year. It is difficult to fully express how appreciative and humbled I am to receive such a generous honour. This award has meant so much to me. With this, a significant financial burden has been lifted, and this has allowed me to focus more deeply on my studies. This award has made me feel supported and it has given me renewed motivation to live up to this recognition. It has allowed me to feel proud of myself in a way that I will carry forward. Being able to worry less about the financial pressures of my academic journey has been an immense relief and an incredible gift. I am someone who cares deeply about my education, and I truly love my Bachelor of Community Rehabilitation and Disability Studies program. Being able to fully commit my energy to my studies has meant more than I can say. This year has been pivotal in my journey. Through my practicum and coursework, I have found a strong sense of direction for my future career. I am hoping to apply to a Master of Social Work program,

with a passion for pursuing work grounded in anti-oppressive, anti-colonial, and disability justice centred practice. My goal is to help cultivate communities of care and support for all.

I sincerely feel that this award set a beautiful ripple effect in motion. It has helped open the doors for me to discover the kind of professional I aspire to become, and I am deeply grateful for the encouragement, support, and recognition this semester. Thank you, truly, for believing in me."



Hayden Klukus – Bachelor of Arts (Political Science), Faculty of Arts

"Hi! My name is Hayden. I am a third-year Political Science and Economics student, and a native Calgarian. I am also one of your recipients of the 2025-26 UCRA Indigenous Student Award.

I spend a lot of time doing homework, probably too much for my own good. On top of that, I dedicate plenty of time to my various extracurriculars. All that time dedicated to my studies and my other interests is what has led to so much of my success (along with a little bit of luck). However, I can afford (figuratively and financially) to spend all that time on my courses and my extracurriculars because of the generous support of people like yourselves.

Not only will this award help me in my current endeavours, but my success now is the basis of all my future successes. My dedication and my focus (enabled by your support) will, in the future, get me through law school to become a member of the Alberta bar. Because

of your generosity, you may even see me argue in front of the Supreme Court of Canada one day.

By selecting me as a recipient, you decided that I was one of the best out of what I am sure were other qualified and deserving candidates. I do not take that vote of confidence lightly. Rest assured that with the help of your award I will continue to dedicate myself to academic excellence, and to being a leader both in my extracurriculars and in my everyday life.

This award not only supports bright, driven Indigenous students, but also supports our local community and the young people in it. It is impossible to give sufficient thanks for such an accomplishment. Nevertheless, thank you for your support of my home community, and thank you for the honour of being one of your 2025-26 UCRA Indigenous Student Award recipients."

Donations to the Retirees Association Award for Indigenous Students can be made online (<https://engage.ucalgary.ca/RetireesAssociationAward>) or by sending a cheque to:

Office of Advancement
2500 University Drive, N.W.
University of Calgary
Calgary, Alberta
T2N 1N4

[Please indicate that your donation is for the *Retirees Association Award for Indigenous Students Endowment*.]

Note: Donations may be matched by the University during the annual UCalgary Giving Days in April.

UCRA OUTREACH AT THE UNIVERSITY— WHAT I DID AND DIDN'T KNOW BEFORE I RETIRED

Members of the UCRA Executive have been working with People and Culture (formerly Human Resources) and with the Dean's Office at Cumming School of Medicine to deliver panel discussions within Pre-Retirement Programs on retirement from the perspective of University of Calgary Retirees. UCRA panelists discuss the Association and its benefits; time and volunteer work; health and wellbeing; accommodation/housing and travel.

Other sections of the program focus on pensions (UCalgary and CPP/OAS), financial planning, wills and estates, transitions, and wellbeing. These are presented by UCalgary and Telus Health personnel.

If you have resources or perspectives that you would like to share about your experiences, do send a note to Jocelyn Lockyer [lockyer@ucalgary.ca].

HONOURS/AWARDS



Tris Chivers (Professor Emeritus, Department of Chemistry) received the inaugural Wolfgang Günther award for his lifetime achievements

in *Selenium and Tellurium Chemistry*. Tris presented an award lecture at the "16th International Conference on Selenium and Tellurium Chemistry" in Halle, Germany in August 2025.



Marvin J. Fritzler (Professor Emeritus, Cumming School of Medicine) was a recipient of the 2025 *Top 7 Over 70 Awards* in Calgary. He is a

leader, mentor and researcher in the medical field. Dr. Fritzler has spearheaded key research into autoimmune and autoinflammatory diseases, with recent projects including research into COVID-19, juvenile arthritis and lupus. A ceremony for the Top 7 over 70 was held at Heritage Park in Calgary on September 18, 2025.

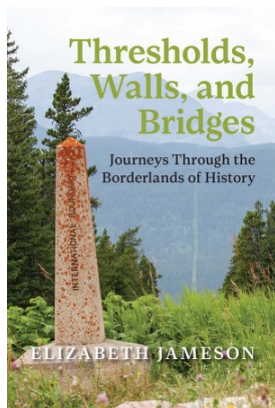
NICKLE GALLERIES EVENTS

The new season of **Nickle at Noon** talks launches on January 22 with Rami Ghazali talking about Persian carpets. The (free!) talks happen on **Thursdays at 12 pm at Nickle Galleries** (<https://nickle.ucalgary.ca/nickle-at-noon-talks/>).

New exhibitions open on February 6, featuring the work of Yvonne Mullock and Heather Leier. Yvonne Mullock is a multi-disciplinary artist, working with textiles, sculpture, video, print and ceramics to interrogate iconic symbols of dominant culture. Heather Leier uses quilt-like prints, textile patterns and soft sculptures to expose and elevate labour and creative practice.

The latest brochure is available at the Nickle Galleries front desk (Ground floor, Taylor Family Digital Library) or online at https://nickle.ucalgary.ca/wp-content/uploads/2026/01/nickle_brochure_winter_2026.pdf.

BOOK PUBLICATIONS



Jameson, Elizabeth (2025). *Thresholds, Walls, and Bridges: Journeys Through the Borderlands of History*. University of Calgary Press. <https://press.ucalgary.ca/books/9781773856629/>

Thresholds, Walls, and Bridges: Journeys Through the Borderlands of History.

E. JAMESON

A collection of essays inspired by public lectures given by historian Dr. Elizabeth Jameson during her tenure as Imperial Oil-Lincoln McKay Chair in American Studies at the University of Calgary from 1999 to 2017.

Together, these essays represent the intellectual evolution of an important and

influential scholar told through engaging original research. *Thresholds, Walls, and Bridges* presents insightful and challenging discussions of historical questions informed by contemporary debates. Ranging from the gold camps of California to northwest Alaska, from North Dakota homesteads of the late 19th century to New Jersey cities of the 1960s, they address the boundaries that divide people and the ways that private acts in everyday lives can make meaningful change.

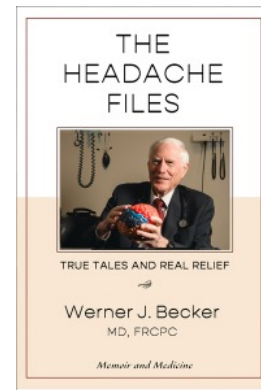
The Headache Files: True Tales and Real Relief.

W.J. BECKER

The Headache Files: True Tales and Real Relief offers a fascinating look inside the world of headache medicine. When it comes to the clinical features of headache syndromes, truth is often stranger than fiction, and this book explores many different types of headache disorders. Desperate diseases sometimes require desperate remedies, and given the suffering caused by many headache disorders, people will go to great extremes to find relief. Dr. Werner Becker shares insights from his decades of practice, revealing the

causes, treatments, and human stories behind headaches and migraine. Migraine has been with us for as long as there have been humans, and the book also discusses how patients and doctors have thought about and dealt with migraine attacks over the past two millennia.

Woven throughout the book is Dr. Becker's own memoir, tracing his journey as a physician and researcher dedicated to understanding pain. Written with warmth and clarity, the book transforms complex science into an engaging exploration of suffering and relief—providing insight and hope for anyone who has ever experienced the torment of a headache attack.



Becker, Werner John (2026). *The Headache Files: True Tales and Real Relief*. Durvile & UpRoute Books. https://www.durvile.com/Downloads/Media/Headache_Files.pdf

Challenges in Gerontological Care

**K.L. SHARMA
S.P. HIRST**

Challenges in Gerontological Care explores a wide range of topics. These include the diversity of vulnerability in older adults, strategies to help address their diminished reserve, and ways to improve their well-being in the last phase of their lives. The domains of challenges and required nursing care, family care, and tertiary care have been discussed, emphasising demographic and other influences on the availability of family, social, and governmental support. The promotion of healthy lifestyles and the development of coping skills, strong family and social ties, and active interests throughout the life course will build reserves and ensure they

are robust in later life. Some physical and psychological challenges that adults may face as they age cannot be modified, but others can. Interventions to develop compensatory supports include access to stable housing, good acute care and rehabilitation when needed, substitute professional, social, and psychological help in times of crisis, long-term assistance, and income support. Policy initiatives to reduce vulnerability can ensure that adults reach later life with 'reserve,' thus reducing the challenges they face later.

With its comprehensive exploration of the challenges in gerontological care, this book has the potential to inspire significant change in the field. It will be a valuable resource for geriatric nurses, social workers, healthcare professionals, and gerontologists, equipping

them with the knowledge and strategies to serve older adults better.



Sharma, K.L. and Hirst, Sandra P. (Eds) (2025). *Challenges in Gerontological Care*. Rawat Publications.

RECOGNIZE EXCELLENCE WITH UCALGARY'S HIGHEST AWARDS

Do you know someone whose leadership, creativity or service has made a profound and lasting impact? UCalgary's **Honorary Degree** and **Order of the University of Calgary** awards celebrate individuals who reflect the university's values through meaningful contributions to society. The Honorary Degree is UCalgary's highest academic honour, acknowledging individuals whose outstanding achievements and contributions to the community deserve special recognition. The recipients will address to the graduating class, sharing insights from their distinguished careers and leadership experiences. The Order of the University of Calgary is awarded to individuals with a significant history of service to the university. Recipients may include current or former members of the UCalgary community. For further information, see <https://ucalgary.ca/chancellorandsenate/honours>

NOTEWORTHY ACHIEVEMENTS

Eugene (Gene) F. Milone (Professor Emeritus, Department of Physics & Astronomy) was the plenary speaker for the *Astrophysics* section on the “XXV Gamow International Astronomical Conference”, Odesa, Ukraine in August 2025. This was the 25th annual meeting, named after the big-bang cosmologist, George Gamow, a native of Odes(s)a, of scientists across Ukraine and the world. [Due to war-time conditions, it was held exclusively on Zoom.]

On January 6, 2026, CBC Calgary featured the story “*How a medical pioneer’s cocaine addiction helped shape modern-day residency programs*” from the publication by **James R. Wright, Jr.** and **Norman Schachar** (Professor Emeritus, Cumming School of Medicine) in the Canadian Journal of Surgery on William Steward Halsted and his role in establishing surgical training in North America.

Robert Bratton (Professor Emeritus, Faculty of Kinesiology) will be inducted into the *Alberta Sports Hall of Fame* in June 2026 for his contribution to Sport in our province. Dr. Bob Bratton was instrumental in transforming volleyball in Alberta from a casual activity into a leading sport, elevating the province’s status nationally and internationally.

ASSOCIATION OF RETIREMENT ORGANIZATIONS IN HIGHER EDUCATION

AROHE and Fidelity invite you to “*Charting the Journey to a Fulfilling Retirement*” an exclusive six-session webinar series designed to help members thrive in life’s next chapter. Featuring thought leaders such as Arthur Brooks, Jordan Grumet, Cassie Mogilner Holmes, and more, these sessions explore evidence-based strategies to harmonize financial security, identity, and emotional well-being. Register now

for all six sessions to start your journey to a fulfilling retirement (<https://www.arohe.org/Webinars>). In addition, Fidelity’s Study Guide offers personalized financial guidance, interactive planning tools, and educational resources tailored to university retirement plans (<https://studyguide.fidelitymicrosite.com/>). These tools help faculty and staff reduce stress, build resilience, and embrace retirement with clarity and confidence.



CURAC / ARUCC

The latest issue of the **CURAC/ARUCC Newsletter** is available at: <https://curac.ca/en/blog/december-2025-newsletter>. We’re pleased to have a longer list of stories from our members in this issue and hope you will enjoy reading news from colleagues across Canada. This issue also includes several opportunities for university retirees to become involved with CURAC/ARUCC, from participating in the *Later Life Learning* committee to joining the CURAC/ARUCC board.

The University of Manitoba has been selected to serve a four-year term as the **North American Regional Lead for Age Friendly University global network** (<https://www.afugn.org/>). This designation recognizes

the University of Manitoba’s longstanding commitment to age-inclusive teaching, research, and community engagement, and positions it to help coordinate and support AFU efforts across North America. <https://curac.ca/en/committees/late-life-learning-committee>

The CURAC annual conference will be held May 20-22, 2026 at the Inn at the Quay on the Fraser River in New Westminster, BC. The theme for the 2026 Conference will be **Making Connections**. For more information, please visit: <https://curac.ca/en/blog/please-join-us-for-our-2026-conference-in-vancouver>

The **2028 CURAC Conference and Annual General Meeting** is scheduled to take place in **Calgary**. Please see the *Preliminary*



Announcement in this newsletter from Dr. David B. Hogan.

Please remember UCRA members are eligible for a number of **travel, insurance, and health benefits** negotiated with CURAC / ARUCC’s affinity partners (see the notice from Ron Champion, Chair, CURAC Affinity Marketing Committee).

WINTER HOLIDAY LUNCHEON • BLUE ROOM • DECEMBER 9, 2025

(Persons identified from left to right.) (Photos courtesy of David Bininda and Sue Chivers)



Maeve O'Beirne



Kathleen Oberle, Elaine McKiel



John Collins, Marie Collins



UCRA Presidents



Brenda Tweedie, Susan May, Carol Clarke



Colleen Bangs, Cheryle Chagnon-Greyeyes, Barb Barnes



Werner Becker, Ruth Becker



Tris Chivers, Dennis Salahub, Richard Oakley

PARTICIPATE IN RESEARCH

Participate in Research is a searchable database for community members to connect with UCalgary researchers recruiting participants for a variety of studies. Depending on the nature of the study, individuals may engage in a variety of research activities. Participation in UCalgary research offers valuable opportunities to learn about emerging technologies, therapies, and concepts. For further details, please visit <https://research.ualgary.ca/participate>

UCALGARY TUITION FEES FOR SENIOR CITIZENS

Did You Know?

The University of Calgary waives UCalgary tuition fees related only to undergraduate, direct-entry bachelor's level courses for senior citizens (excludes programs that require prior postsecondary education).

A senior citizen must be 65 years of age or older by the first day of the term in which they are registered. Students are responsible for application fees, mandatory supplementary course fees (if applicable) and group study fees (if applicable). Please

see P.4.12 Senior Citizens at <https://calendar.ualgary.ca/tuitionandfees>

Also, depending on the course a 5-10% discount might be offered on Non-credit programs for older adults age 50+ (<https://conted.ualgary.ca/>)

Preliminary Announcement – 2028 CALGARY CURAC CONFERENCE AND ANNUAL GENERAL MEETING

**Dr. David B. Hogan
Chair, Planning Committee
December 14, 2025**

The potential worth and feasibility of a national organization of academic retirees' associations was first seriously explored at a session held during the 1994 Learned Societies Conference (or Learned) held at the University of Calgary.¹ After an absence of nearly 35 years, Calgary will hopefully again host a national meeting organized around the interests of post-secondary retirees - the 2028 Calgary CURAC Conference and Annual General Meeting.

The Emeritus Association of the University of Calgary had been founded in late 1992.² To capitalize on the opportunity offered by the 1994 Learned being held in Calgary, the Association's first president, Dr. R.D. (Bram) Bramwell (1913-2007)^{2,3}, successfully negotiated both time and space for a session on

retirement for academics with local Learned organizers. Dr. Helen Diemert (1927-2020) was responsible for detailed planning.² To spread word of the session, all members of participating Learned Societies were informed, and Canadian university emeriti associations then in existence were notified.

It took place on June 9, 1994. Dr. Claude W. Fawcett (UCLA) was the keynote speaker. Dr. Fawcett had helped to develop the Council of University of California Emeriti Associations (CUCEA), a federation of the nine University of California campus-based emeriti associations. His talk was titled "What Has Been Learned and Gained Through Emeriti Associations?" Representatives of emeriti associations from two other western Canadian universities – the UBC Association of Professors Emeriti (which held its first meeting in 1988) and the University of Alberta Association of Professors Emeriti

(established in 1986) – were invited to join local faculty in a symposium on "Is there life after retirement?" followed by an open forum addressing the question "Shall we organize a National Society?"⁴ At the end of the day, Dr. Bramwell in a carefully worded statement concluded that "... a reasonable start towards the possible founding, somewhere along the road, of a Canadian National Network of Emeriti Associations" had been made.⁴

After the meeting a task force chaired by Dr. Bramwell (Dr. Diemert was another member) was struck to examine the feasibility of a national network of emeriti associations. This led to the creation of the Canadian Association of Emeriti and Retired Academics (CAERA) in 1997 followed by the College and University Retiree Associations of Canada (CURAC) in 2003.⁵

REFERENCES

¹ Rea K. Our History I – the CAERA Years. Accessed December 14, 2025 at source - <https://curac.ca/en/about/our-history/the-caera-years>

² Tener J. Emeritus History – the first 10 years. LAR (Life After Retirement)/The Emeritus Association of the University of Calgary Fall/2002, 9(1):1-7. <https://www.ualgary.ca/retirees-association/news-and-newsletter>

³ Diemert H. On the Occasion of Dr. R.D. Bramwell's 90th Birthday. LAR (Life after retirement)/The Emeritus Association of the University of Calgary Spring/2003, 9(3): page 5.

⁴ Bramwell RD, Chairman on behalf of the University of Calgary Emeritus Association. Summary of the Canadian Association of Emeriti and Retired Academics: Exploratory Meeting (June 9, 1994).

⁵ Rea K. History of CURAC/ ARUCC. Accessed December 14, 2025 at - <https://curac.ca/en/about/our-history>

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As a member of The University of Calgary, you can take advantage of the products and services of CURAC's Affinity Partners.



More than 40 retiree associations, including The University of Calgary, are members of the College and University Retiree Associations of Canada (CURAC), which negotiates partnership agreements with companies and organizations on behalf of its association members and the tens of thousands of retirees they represent.



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Read on for a summary of current offers. For more information about the partners and their offers, visit the CURAC website, Member Benefits (<https://curac.ca/en/member-benefits>)

By Ron Champion, Chair, CURAC Affinity Marketing Committee

Travel		
	<ul style="list-style-type: none"> • Travel • Guided tours 	<ul style="list-style-type: none"> • Save \$100 /person • Plus 5% loyalty bonus
	<ul style="list-style-type: none"> • Travel – book anything you see online! 	<ul style="list-style-type: none"> • Member Travel Savings Up to 50% Off • Plus any third-party loyalty bonus • Plus TM's 2% loyalty bonus • Custom website for CURAC • Trip giveaways

Insurance		
	<ul style="list-style-type: none"> • Extended health care <i>with travel insurance included</i> • Dental plan • Trip cancellation and travel interruption 	<ul style="list-style-type: none"> • Mention CURAC and identify your retiree association
	<ul style="list-style-type: none"> • Travel (formerly Johnson) • Car and home 	<ul style="list-style-type: none"> • Mention CURAC and identify your retiree association

Health		
	<ul style="list-style-type: none"> • Eye exams, eyewear, contact lenses 	<ul style="list-style-type: none"> • Two pairs of eyeglasses for \$149 (with single-vision lenses, a scratch-resistant coating, and UV protection) • 60% off lens upgrades with proof of CURAC membership
	<ul style="list-style-type: none"> • Hearing aids • Custom noise protection 	<ul style="list-style-type: none"> • 10% discount for member, spouse, children, parents

Retirement Living		
	<ul style="list-style-type: none"> • Independent living • Retirement apartments • Full-service retirement suites • Assisted care • Memory care • Long-term care 	<ul style="list-style-type: none"> • Complimentary meeting space and more for CURAC retiree associations • Ontario, various cities

For legal and other reasons, products and services may not be available in your province or city. You may be asked to provide proof of your retirement or membership status. For more information, visit the CURAC website or search for "CURAC membership benefits."

What other affinity partnerships should CURAC explore? Send your suggestions or comments to CURAC, c/o Ron Champion, ron.champion@uwaterloo.ca.

THE SOCIAL CORNER

The inaugural UCRA **Wine Tasting Event** took place on November 14, 2025, at Market Wines University District. Attendees were presented with a curated selection of seven Canadian wines, making for an educational and engaging experience. Some participants signed up for a 'Dry January' tasting on January 17, 2026 which focused on delicious alcohol-free wines, cocktails and beverages!

UCRA members have been fortunate this past year to experience full working concert rehearsals by attending the **Calgary Philharmonic Orchestra (CPO) Open Rehearsals** at the Jack Singer Concert Hall in the Werklund Centre. Described as a behind-the-scenes experience, we as the audience, have had the pleasure of enjoying the music while gaining insight into the time and dedication required to perfect a performance. During the 2025-26 season, open rehearsals featured: Gil Shaham plays Beethoven, Beethoven's Fifth Symphony, Slavonic Dance, and Shostakovich. Upcoming open rehearsals are Postcards from Italy (May 8, 2026) and Mahler's First Symphony (May 22, 2026).

UCRA is pursuing the establishment of **new interest groups** to enhance social engagement among its members. If you are interested in leading or joining a group, please contact obeirne@ucalgary.ca and specify your preferred level of involvement.



UNIVERSITY OF CALGARY
Retirees Association



Executive Committee 2025 / 2026

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PROGRAM DIRECTOR	Jocelyn Lockyer	MEMBER-AT-LARGE	Elaine McKiel

Membership Renewal

The UCRA membership year is **September 1 to August 31**. Please renew or join by completing the membership form at: <https://ucalgary.ca/retirees-association/membership/membership-application-form>. If you have any questions about your membership status, please send a message to info@ucramail.ca

If any members have additional ideas about how to enhance the role of our Association, please don't hesitate to contact us.

THE RETIREES ASSOCIATION OF THE UNIVERSITY OF CALGARY

Mailing Address: : Box 7, Craigie Hall D. 2500 University Drive NW, Calgary AB Canada T2N 1N4

Location of Office: Art Building 615, University of Calgary, 2500 University Drive NW, Calgary AB Canada T2N 1N4

WEBSITE <https://www.ucalgary.ca/retirees-association> **NEW E-MAIL** info@ucramail.ca **NEW E-TRANSFERS:** retirees@ucramail.ca

Newsletter compiled by Linda Leonard

LAYOUT & PRODUCTION

