



UNIVERSITY OF CALGARY

RETIRES ASSOCIATION

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

E-letter 147

June 2024

SCHEDULE FOR JUNE 2024 and FALL SESSION 2024
University of Calgary Retirees Association (UCRA)

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 (in Desert Palms Room): see address below

Time: 11:30 am – 2:30 pm (Lunch Buffet at 12 noon)

Cost of Ticket: \$50.00 per person. 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

Contact **Claire Mills** for further information or questions regarding the UCRA President's Luncheon at: millsc@ucalgary.ca or cell/text # 587-899-1145

FALL 2024 SESSIONS, which will continue to be available by zoom and in-person, begin September 11 to November 13, 2:00 pm to 3:30 pm Mountain Time (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, Professor Emeritus-Family Medicine, Cumming School of Medicine.

October 9, 2024: *AGM*, followed by *Cyber Security* by Ken Barker, Professor-Computer Science and Director, of University's Institute for Security, Privacy and Information Assurance (ISPIA).

November 13, 2024: *Can Carbon Capture and Storage Secure a Future for Alberta's Oil and Gas Industry?* by Don Lawton, Professor Emeritus-Geology and Geophysics, and Director, Carbon Management Canada

December 11, 2024 : *Christmas Luncheon* (Location: To Be Announced—but likely will be on campus)

Please mark your calendar regarding the date for UCRA Membership

Application/Renewal: Membership year is September 1st to August 31st 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), 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**

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 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."*

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 and/or have an online/zoom meeting. To book a meeting, go to [Calendly - ARTA Bookings](#)

Calgary's RICHARD WHITE Blogs—many of you may remember when we had Richard as a speaker about sites to visit in Calgary. However, he has a range of travel blogs, including one which takes you to Africa, Paris twice, across Canada, Berlin and New York City without leaving home. Have a read and let him know if you think "I am a lazy traveler" or should I say, "lazy tourist." LINK to the session:

<https://everydaytourist.ca/globe-trekking-international-travel/am-i-a-lazy-traveller>

If you wish to subscribe to his blogs, send note to him at: Richard White, aka Everyday Tourist (rwhiteyc@gmail.com) Tel: 587-998-2416; (www.everydaytourist.ca)

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. Feel free to contact him anytime.

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)).



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. J. (May14, 2024). *Why you should consider reinventing yourself after retirement*. In University Affairs, **Academic for Life** column (click on the following link: <https://universityaffairs.ca/career-advice/academic-for-life/why-you-should-consider-reinventing-yourself-after-retirement/>)

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

A report about the discussion items pertaining to the Later Life Learning Committee, and other key Conference topics will soon be available.

I am pleased to say that another member from University of Calgary Retirees Association (UCRA) was nominated to the CURAC Board of Directors---Dr. Sandra Hirst. She will serve as CURAC's Vice-President, May 2024-May 2026.

- **CURAC Academic for Life Column in University Affairs (UA)**
<https://universityaffairs.ca/career-advice/academic-for-life/>

--see the May 14, 2024 article by our UCRA Vice-President's, Dr. Werner J. Becker that I have included in the previous column -- *Your Recent Achievements Column*
Please consider doing an article of your choice (1000 words or less) --- just send it to the Editor: cllenave@ucalgary.ca (I need 6 more very soon)

- **Visit CURAC's website for other info**, including the **3rd National Benefits Survey (2023) Report of CURAC's Retiree Associations** (<https://curac.ca/en/home>) and 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 RTO/ERO 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 do not wish to receive these monthly UCRA e-Letters, please email retirees@ucalgary.ca with your unsubscribe request