



# LAR Life after retirement

Volume 31, Number 1

Winter/Spring 2024

## UCRA President's Report Spring 2024



**Sheila  
EVANS**

President  
UCRA

The University of Calgary Retirees Association (UCRA) has had a very active year. As you are aware, in October 2022, the former Emeriti Association altered its mandate from being an Emeriti Association to one that includes all retirees from the University of Calgary. This year we focused on how to make real our vision of an inclusive association.

Our approach has been two-fold. First, we needed to know what our membership and prospective members wanted and needed from the association. To that end, we surveyed current members, former members and prospective members about issues such as programming, barriers to attendance, communications (E-letters and LAR), and social activities such as luncheons and sub-groups of interest.

Response from our current membership was excellent! One hundred and fifty-eight (158) persons provided input. As expected, the vast majority of current members are emeriti. We also heard from 25 former members. Since retirement is often associated with residence relocation, we learned about how it affected retirees' membership and participation.

Gaining access to newly retired staff and faculty and those who had been retired for more than a year was challenging. Emeriti retain university emails. The UCRA is notified when emeritus/emerita status is granted. Other retiring staff and faculty rarely retain emails

and the UCRA receives no information about who these persons are or about how to contact them. As a result, we were unable to contact the vast majority of non-emeriti faculty and staff. Grace Li and Mychael Gilbert of Human Resources, Total Rewards, were very helpful in contacting faculty and staff newly retired in 2023 or anticipated to retire in 2024. They sent letters to more than 100 retirees and provided a link to our survey. Those who retired prior to 2023 were an unknown and unreachable group. To access those persons, Dr. McCauley, University of Calgary President, suggested that we pursue an article in UToday, the daily online newsletter. Aurelie Maerten authored an excellent article on the changes in the UCRA. It appeared in UToday during the week of January 8, 2024. That article also contained an invitation, with link, to participate in the survey. We heard from a total of 27 retirees through the joint efforts of Human Resources and UToday.

Although we hoped for more responses from those not currently members of UCRA, we gathered enough data to guide phase two of our plan. On February 16, 2024 the UCRA held a full day Strategic Planning Meeting. Our most supportive and excellent Colleen Bangs, Senior Director of Alumni Engagement, facilitated the session. Through the help of University of Calgary staff, the planning group included retired AUPE/MAPS participants, UCRA executive members, and other retirees known to the executive. From that day's deliberations, a sub-group of the executive is now engaged in developing strategies to recruit, retain and engage retirees in the UCRA. As part of that work on the strategic plan we are focusing on governance & committee structures, stronger connections with the university, enhancement of social activities and membership recruitment. A

further report will be forthcoming. Hopefully, you will not only hear of, but see, the results of our labours.

In the meantime, we have continued our excellent monthly programs, held festive December and June Luncheons, continued to support the UCRA Indigenous Scholarship, and disseminated our E-letter and the Fall Issue of LifeAfter Retirement. It is a busy and committed group. However, it is changing. Dr. Om Malik, Dr. Gary Krivy, Dr. Carole-Lynne LeNavenec and Dr. Andrew Pernal will be stepping away from their positions on the Executive in October. Thank you to each of them for their exemplary service.

We look forward to seeing all of you at our meetings and social events AND we hope that you will consider contributing to the UCRA by expressing interest in being part of the Executive. We welcome those from a broad variety of backgrounds. Experience with website development/maintenance would help us communicate to the wider community. We are particularly interested in hearing from any who might consider taking on a leadership role as our incoming Vice-President/President elect. The current President, Vice-President, and Executive look forward to mentoring newcomers.

We hope to see you at one of our events soon. Happy Summer!

*Sheila Evans,  
President, UCRA*

## FALL 2023 PROGRAMS

### The Mostly Broadway Trio: After All These Years

Once again, The Mostly Broadway Trio joined the Retirees Association in September at St Andrews Anglican Church. They selected a collection of 14 new and old songs spanning over 35 years from the 1930's to the 1970's. They drew on The Great American Song Book, the canon of the most important and influential American popular songs that have stood the test of time. Annual favorites were repeated including If I were a Rich Man from Fiddler on the Roof. New additions included Somewhere over the Rainbow, If I were a Bell, Send in the Clowns and Could I Leave You?

September 2023



Katheryne Perri Edwards, Richard Heyman, Malcolm Edwards and Om Malik

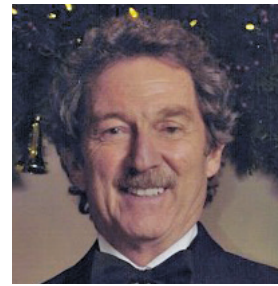


Katheryne Perri Edwards and Richard Heyman



**Ms. Katheryne  
PERRI EDWARDS**

Soprano



**Dr. Richard  
HEYMAN**

Baritone



**Dr. Malcom  
EDWARDS**

Pianist

### Métis Matters: Then and Now



**Yvonne Poitras  
PRATT**

Werklund School of  
Education—  
Indigenous Education  
University of Calgary

Yvonne Poitras Pratt sought to dispel the many myths and beliefs about the Métis people. The Métis exist as one of three groups of constitutionally recognized Aboriginal peoples in Canada, the other two being First Nations and Inuit. They have a unique language (Michif) and culture, distinct from but reflective of both their First Nations and European heritages.

Governance structures are premised on central concepts of independence (Otipemisiwak—or people who own themselves) and inter-relatedness (Wahkohtowin—being related to one another). The national criteria for Métis citizenship requires that people (1) self-identify as Métis and have an ongoing connection to a historic Métis community, (2) have an ancestral connection to an ancestor who received scrip or a land grant generated under the Manitoba Act or the Dominion Lands Act or was recognized as Métis in other government, church or community records, and (3) are accepted by the Métis community through a past and/or ongoing relationship with the community. Dr Poitras Pratt described the importance of digital story telling within the broader project of decolonization

of individuals, their families and communities. For further reading and understanding of the Métis, read her book, Digital Storytelling in Indigenous Education: A Decolonizing Journey for a Métis Community (2020). <https://www.routledge.com/Digital-Storytelling-in-Indigenous-Education-A-Decolonizing-Journey-for-Pratt/p/book/9780367785178>

In the book, she describes how a remote Métis settlement community collectively imagined, planned and produced a collection of unique digital stories representing counter-narratives to the dominant version of Canadian history (see: [www.metisvoices.ca](http://www.metisvoices.ca))

October 2023

# Understanding the Energy Transition at the Intersection of Policy, Business and Technology



**Sara HASTINGS-SIMON**

Science—Earth, Energy and Environment and School of Public Policy

*University of Calgary*

and internationally, the economics and finances required to bring on new projects or sustain old energy sources; and the technology that is required for new systems. For example, policies have to recognize and encompass a commitment to reducing carbon emissions and other pollutants along with the financial incentives or disincentives to do this. The policies require that government procedures are robust when contracts are awarded or approved for large scale, multi-year projects since there will be financial and technological risks that will be incurred by the public or private sector. Newer

technologies (wind, solar) require attention to scale-up costs, reliability to ensure demand is met and blackouts don't occur. The advent of newer technologies also requires attention to the impact this may have on capacity for both pipelines and gas plants. Progress and change require a recognition that energy transition drivers are mutually reinforcing and accelerating. Do check out podcasts prepared by Dr Hastings-Simon, Energy vs Climate: How climate change is changing our energy systems. <https://www.energyvsclimate.com/>

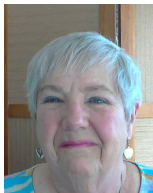
*November 2023*

Canada and other countries are at the mid transition point for energy requiring the phase in of new systems and phase out of historical systems. Moving ahead requires a recognition that there is a dynamic balance between policy created provincially, nationally

## WINTER/SPRING 2024 PROGRAMS

### Homelessness in Calgary

#### Post-pandemic homelessness in Calgary: A shifting landscape



**Jeannette WAEGEMAKERS SCHIFF, PHD**

Professor Emerita & Research Professor, Faculty of Social Work

*University of Calgary*

domestic violence shelters), the provisionally accommodated who are in temporary housing or couch surfing to those who are at risk of homelessness as their current economic and housing situations are precarious or don't meet public health and safety standards. Almost 70% of housing losses stem from insufficient income, conflicts with partners/spouses, landlord/tenant conflict and substance abuse. The size of this population in Calgary is significant. Between 4,000 and 8,000 experience this as a chronic problem, while 6,000-

22,000 face episodic homelessness and 176,000 – 188,000 encounter transitional lack of housing. While the data from 2022 suggest a decrease in numbers of people who are unhoused, post-COVID inflation, including escalation of rental costs has driven up use of food banks from 98,000 to 149,909 annually and an 83% rise in unhoused families serviced by the leading family shelter. Both are harbingers of an alarming increase in those in dire need of adequate housing.

*January 2024*

There is a continuum of homelessness in Calgary ranging from those who are unsheltered and sleeping rough, the emergency sheltered (e.g., overnight shelters and

### Late-life homelessness: Structural drivers and opportunities



**Lara NIXON MD**

Associate Professor, Department of Family Medicine, Cumming School of Medicine

*University of Calgary*

vs 15%). Many have health issues including lung disease, joint problems, chronic pain, brain/head injury, low mobility, skin/foot problems, dental problems, tobacco use, anxiety and depression. Substance use may be a problem as pain is more common in older people and those who are homeless have a higher prevalence of substance abuse than the general population. Abstinence is not possible or desired by some older people. Harm reduction strategies that focus on positive change and working with people without judgement and coercion are more likely to be successful if coupled with policies, programs and practices that truly support people. Successful Calgary-based innovations integrate

medical and social models of care. Providing on-site primary health care and therapeutic recreation, peer support and staff has been shown to improve quality of life and self-perceived health as well as to decrease health care service costs for older people with experiences of homelessness. These programs require provincial and federal policies and resourcing to support continuing care, harm reduction, and housing.

For information on Integrated models of care please check the video: <https://vimeo.com/758087728?share=copied> or <https://www.youtube.com/watch?v=c5Te-Y9SypY>

*January 2024*

There are growing numbers of older adults (>50 years) experiencing homelessness. Many are hidden as they are sheltered living in a car or couch surfing, at risk of homelessness due to high rent, or are in institutions (e.g., hospitals). Single women over 65 years are disproportionately impacted by poverty compared to single men (21%

# The Changing the Face of Academia: Ethical Use of Artificial Intelligence (AI) in Higher Education



**Sarah Elaine  
EATON, PHD**

Associate Professor, Werklund  
School of Education  
*University of Calgary*

Examinations of academic integrity require a more holistic and comprehensive discussion and policies that go beyond student conduct. Consideration needs to take into account institutional ethics, ethical leadership, instructional ethics, research integrity and ethics, everyday ethics, professional and collegial ethics, student academic conduct and publication ethics as they all create the University's environment for academic integrity, plagiarism and misconduct.

New Artificial Intelligence (AI) and anti-cheating technologies have created a cycle for teaching, learning (and cheating), followed by new anti-cheating technologies and enable students to find hacks and share ideas about how to beat the anti-cheating technologies which then promotes a new cycle of technologies.

In a post plagiarism world, advanced technologies will become a normal part of life including how we teach, learn and interact daily. In this era, historical definitions of plagiarism will no longer apply and must be re-written in the context of artificial intelligence. In this evolution, it will be important to recognize that hybrid human- AI writing will be normalized, human creativity enhanced and language barriers overcome. Nonetheless, while

AI will enable humans to relinquish control teachers and students must continue to assume responsibility, attribute appropriately and learn to cite and reference sources. Given that AI is here to stay and there is no holding back the clock, faculty need to prioritize integrity as a pedagogical imperative, advocate for the ethical use of technology to prepare students for a future with AI and neurotechnology and be a teacher above all.

For further insights, check out: Eaton, S. E. (2021). *Plagiarism in higher education: Tackling tough topics in academic integrity. Libraries Unlimited.*

<https://www.bloomsbury.com/ca/plagiarism-in-higher-education-9781440874376/>

February 2024

## GRADUATE COLLEGE PRESENTATIONS

The Graduate College in the Faculty of Graduate Studies and the UCRA Graduate College have partnered in an annual program. This provides graduate students with an opportunity to describe their research projects and for members of the UCRA to learn about activities of selected graduate students.

## Recovery of caribou in Western Canada: Decoding DNA and gut microbiome for conservation purposes



**Charlotte  
BOURBON**

2nd-year Ph.D. Student,  
Faculty of Veterinary Medicine  
*University of Calgary*

Populations of caribou (*Rangifer tarandus*) are declining in Western Canada; therefore, they are currently considered of special concern, endangered, and extirpated under SARA (Canada's Species At Risk Act). Small population sizes could lead to genetic problems due to inbreeding (i.e., mating between related individuals). Additionally, they could alter the gut microbiome (i.e., microorganisms in the digestive system) of animals because of habitat deterioration, disease transmissions, and environmental changes. Genetic and microbial problems can further alter caribou survival and, in the worst-case scenario, lead to extinction.

For my Ph.D., I am focusing on exploring the genetic variations and microbiome composition of Western Canada caribou. The main objective is to identify at-risk populations and use this knowledge to support current and future conservation plans. To achieve this, I am using two different types of data: 1/ DNA data: from blood and tissue samples, I obtained the unique genetic blueprint which codes the characteristics of an individual. With the DNA data, I characterized inbreeding and genetic diversity of caribou populations. I aimed to determine causes, evolutionary and ecological consequences of inbreeding. Preliminary findings suggest that smaller and more endangered populations show elevated levels of inbreeding, stemming from recent declines over the last 50 caribou generations. In a second step, I will assess the impact of inbreeding on the reproduction and survival of individuals, a phenomenon known as inbreeding depression. 2/ Microbiome data: from fecal samples, I collected the DNA codes of each

bacterium, virus or fungus. Therefore, I can find out which micro-organisms are present in which populations and in what quantities. I will examine how it varies among populations in different locations, habitats, and size. I hypothesized that small populations would have a less diverse gut microbiome and the composition will be related to diet, habitat and location. The last step is to assess the impact of the gut microbiome on the health of individuals, which microorganisms affects which function and to what extent for the survival. I predicted that a less diverse microbiome will negatively affect the health and the survival of an individual. In a nutshell, my goal is to connect the dots between genetics and conservation. By doing so, I will provide valuable information that can be used to support efforts to save caribou populations from further decline and extinction.

Contact information: [charlotte.bourbon@ucalgary.ca](mailto:charlotte.bourbon@ucalgary.ca)

March 2024

# Small, Minimum, Mass: Small, Minimum Dwelling Within Mass Affordable Housing Projects



**Yaser  
RAHMANIANI**

Year 3, PhD Student,  
School of Architecture,  
Planning, and Landscape  
University of Calgary

This research delves into the historical evolution and contemporary significance of small, minimum dwellings within mass housing projects since the 1920s. Rooted in the concept of Existenzminimum, the study addresses the challenge of reducing dwelling size while ensuring adaptability to evolving user needs. Examining Karel Teige's assertion that minimum dwelling goes beyond floor plan simplification, the research traces the concept's emergence during the 1920s mass housing crisis, known as "the dwelling for minimum substance" or Existenzminimum.

The multifaceted history of minimum dwelling, spanning diverse interpretations of Existenzminimum, unveils opportunities

and challenges for contemporary affordable housing. Recent trends, encompassing micro-flats, tiny houses, and studio apartments, reflect a shift in lifestyles, including delayed marriages and an increase in single-person households. This study explores the architectural evolution of small dwellings from the early 20th century to contemporary mass housing, investigating the extent to which houses can be designed small in this context.

Analyzing various case studies through cross-case comparative analyses, the research aims to reveal successes and shortcomings, providing insights into challenges and opportunities in designing minimal living spaces. Key questions include: 1. To what extent can a house be designed as small in the context of mass housing projects? 2. How have architects adapted initial small-sized units, both horizontally and vertically, to meet the evolving needs of inhabitants, while considering social, economic and environmental factors? 3. What are the key challenges in balancing design strategies

for reducing housing size with the adaptability needed to accommodate the changing needs and resources of residents in mass housing projects?

Through a comprehensive data collection process encompassing architectural plans, historical documents, user feedback, and policy information, the research ensures consistency across diverse cases. Case selection considers different time periods, geographical regions, architectural styles, and user demographics. Content analysis involves examining written and visual content related to the topic, including design guidelines and expert perceptions, accompanied by a historical analysis of small dwellings since the 1920s. The subsequent data analysis includes individual case analysis and cross-case comparison, identifying key findings, patterns, and common themes.

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March 2024

# The War in Ukraine—Origins, Course, Possible Conclusions and Consequences

**Dr. Alexander  
HILL**

Professor, Department of  
History, Faculty of Arts and  
Military History Centre for  
Military, Security and  
Strategic Studies  
University of Calgary



This talk sought to understand the Ukraine war from a Russian perspective. It started by looking at the origins of the war, going back to the incorporation of the Donbass and Crimea into the Ukrainian SSR during the Soviet period and moving through the breakup of the Soviet Union and the increasingly divided Ukrainian electoral politics of the new millennium. The Ukrainian revolution or coup of 2014 was a pivotal moment that would see the emergence of a

strongly nationalist Ukrainian government opposed to close relations with Russia at the expense of growing ties with the EU and NATO. The emergence of this government prompted Russian seizure of the Crimea and Russian separatist uprisings in the Donbass. Attempts to bring the resulting conflict to a close through diplomatic means resulted in the flawed Minsk Accords of 2014 and 2015, that were supposed to give the Russian dominated regions of eastern Ukraine considerable autonomy within Ukraine. The implementation of the accords was not on the horizon in February 2022 as - in the face of Ukraine's drive to join the EU and NATO and suppress the Russian language - Russia invaded Ukraine. While that invasion failed to force a settlement on Ukraine sought by Moscow, it

did lead to the Russian occupation of much of eastern Ukraine and the formal incorporation of that territory into the Russian Federation. It also prompted a strong NATO response in terms of material support for Ukraine - and NATO commitments to support Ukraine that seem to have derailed peace negotiations between Russia and Ukraine in the spring of 2022. With an end to the war not in sight, the talk concluded by outlining some possible ways in which the war might ultimately end and the wider ramifications of those scenarios.

April 2024

# Wills, Personal Directives and Powers of Attorney



**Jonnette Watson**  
**HAMILTON**

Professor Emerita,  
Faculty of Law  
*University of Calgary*

Everyone should have a will, personal directive and power of attorney. Wills are required to give an executor authority to act and to distribute property on the death of the maker of the will. An executor can make decisions related to burial/cremation, notify and deal with CPP, OAS, and banks, and much more. In the event of mental incompetency, a personal directive enables an agent to make non-financial decisions related to health care, accommodation, participation in social, educational and employment activities

and legal matters and a power of attorney authorizes the appointed attorney to make the donor's financial decisions. In the absence of a will, application needs to be made to the Surrogate Court of Kings Bench to have an administrator appointed. Similarly, without a personal directive or power of attorney, application must be made to the court for an order appointing a guardian and a trustee under the Adult Guardianship and Trustee Act. Getting an appropriate volunteer to step forward for these roles may be contentious and always takes time.

Without a will, both the grant of administration and the distribution of the estate follow specific rules that prioritize the spouse, children of the deceased, and others. While holographic wills, entirely handwritten, are

legal documents in Alberta, they should identify that they are wills, the name of the writer, the date, revoke former wills and codicils, appoint an executor and alternate, direct the executor to pay debts and distribute the maker's property. In selecting an executor, agent or attorney, it is important to ensure that the person is well-organized, financially astute, and trustworthy. Lawyers and accountants can be hired by the executor. The executor is responsible for filing the final personal income tax return for the deceased to the date of death and filing estate returns from the date of death to the date when the estate is distributed. It is also important to recognize that upon death there is deemed disposition of all of the deceased's property at fair market value and all taxes must be paid before the distribution of assets.

*May 2024*

## University of Calgary President's Lunch & Performance by Jennifer Buchanan

The June lunch was enhanced with music. Jennifer Buchanan, Founder and President of JB Music Therapy and member of the University's Mathison Centre for Mental Health Research and Education joined us talking about the value of music and music therapy. She selected two songs with audience participation for the chorus—Joni Mitchell's Circle Game and Bill Withers' Lean on Me.

JB Music Therapy employs a specialized team of 20 certified music therapists who serve infants to elders in medical, education and wellness settings including 4 acute care hospitals in Calgary.

For further information about Jennifer and her work, check out:

**JB Music Therapy:** <https://youtu.be/6y4oO19smOk?si=sjxBaEDziCPQP>

**Jennifer Buchanan:** <https://youtu.be/q8uMbKCbGkI?si=kCXWC1Jk-HX9JIUu>

**Website:** [www.jbmusictherapy.com](http://www.jbmusictherapy.com)



*Jennifer Buchanan*



*Leianne Vye-Rogers, Carol Rogers, Meg McDonagh, Kathleen Oberle, Claire Mills, Joanne Boyda, Pat Morgan (left to right)*



*Jocelyn Lockyer, Sheila Evans, Gary Krivy and Colleen Bangs. (left to right)*



*Werner Becker and Tom Feasby (left to right)*

# Christmas Lunch Photos

(Persons identified from left to right) Photos contributed by Sue Chivers and Sheila Evans



Ernie Enns, Carol Dixon, Diane Latter



Colleen Bangs, Sheila Evans, Kathleen Oberle



Joan Black, Nady el-Guebaly, Anne Belenkie



Richard Ramsey, Mary Valentich, Valerie Matwick



Tom Feasby, Eldon Smith, John Latter, Sheila Smith



Diane Lyons, Eric de Ridder, Gus Brannigan, Terry Brannigan



Arvi Rauk, Ken Stevenson, Linda Leonard



Tom Swaddle, Ken Stevenson



Jim Frideres, Lynn Meadows, Claire Mills, Brenda Toth



Johanna Voordouw, Gerrit Voordouw, Cheryl Campbell, Glen Campbell



**SEPTEMBER 11** Maintaining Health from 65 – 100: What is the evidence supporting healthier living? **Maeve O’Beirne**, Professor Emerita, Department of Family Medicine, Cumming School of Medicine.

**OCTOBER 9** Cyber Security **Ken Barker**, Professor, Department of Computer Science, Faculty of Science and Director Institute for Security, Privacy and Information Assurance, University of Calgary.

**NOVEMBER 13** Carbon Capture and Storage, **Don Lawton**, Professor, Department of Earth, Energy and Environment, Faculty of Science.



## Executive Committee 2023 / 2024

<b>PRESIDENT</b>	Sheila Evans	<b>PROGRAM DIRECTOR</b>	Jocelyn Lockyer
<b>PAST PRESIDENT</b>	Om Malik	<b>LAR DIRECTOR</b>	Andrew Pernal
<b>VICE-PRESIDENT / PRESIDENT-ELECT</b>	Werner Becker	<b>WEBMASTER</b>	Om Malik
<b>SECRETARY</b>	Gary Krivy	<b>KEEPING IN TOUCH / SOCIAL</b>	Claire Mills
<b>TREASURER / MEMBERSHIP</b>	Arvi Rauk	<b>MEMBER AT LARGE</b>	Elaine McKiel
<b>CURAC REP AND E-NEWSLETTER</b>	Carole-Lynne Le Navenec	<b>MEMBER-AT-LARGE</b>	Linda Leonard

## Membership Renewal

**Please renew your membership by September 1st, 2024.**

\$25 (\$15 if you live outside of Calgary). You can e-transfer to [retirees@ucalgary.ca](mailto:retirees@ucalgary.ca)  
Or mail it with a cheque made out to Retirees Association, to Arvi Rauk, 5287 Dalcroft Cr. NW, Calgary, AB, T3A 1N6.

By applying for or renewing your membership, you agree to receive occasional emails from the University of Calgary Retirees Association.

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>      **E-MAIL** [retirees@ucalgary.ca](mailto:retirees@ucalgary.ca)

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Photographs supplied by S. Chivers, S. Evans, C. Mills