

Bura Executive

President:	Ian Brindle ibrindle@brocku.ca
Past President:	Steve Hartman shartman@brocku.ca
Vice President:	Jill Brindle jillabrindle@gmail.com
Membership Facilitator:	Patricia Miller bura@brocku.ca
Secretary:	Joan McCurdy Myers joan.mccurdy.myers@utoronto.ca
Treasurer:	Carol-Ann Farinacci buratreasurer@gmail.com
Newsletter Editor:	Ronald Ogawa rbgabadh@gmail.com
Councillor:	Pat Cane patricia.cane@outlook.com
Councillor:	Gail Neff gail@neff.ca
Brock Pension Rep.:	Terry Varcoe
Phone Ambassador:	Peggy Collins
Phone Ambassador:	Marilyn Ferracuti

Upcoming Events

The COVID-19 pandemic has disrupted all of our event planning.

As an example, Brock has cancelled all third party events, such as our annual April event at the Marilyn I. Walker Centre for Fine and Performing Arts.

Also, current recommendations include staying at home, maintaining social isolation, and exclude meeting in large groups.

Need a ride to a BURA event?

CONTACT BURA Councillor Pat Cane who will either pick you up or connect you with another BURA attendee.

Pat Cane patricia.cane@outlook.com
905-931-1951

Have you turned 90 years of age since July 1, 2019, or will you turn 90 years of age before July, 2020?

Then you qualify for our **I'm 90 Birthday Club**. Please let us know by e-mail to: Pat Miller bura@brocku.ca

In Memoriam

In sorrow, and with respect,
BURA observes the passing since
December, 2019 of the
following members:

[Jean Ormston](#), December 17, 2019
[Moreen Kaduk](#), January 13, 2020
[Lewis Soroka](#), March 17, 2020

Know of serious events in the lives of our BURA colleagues and friends?

WOULD you please let the Executive know. We'd like to send a greeting card. Contact Carol-Ann Farinacci buratreasurer@gmail.com or Pat Miller bura@brocku.ca

New BURA Members

We extend a warm welcome to the following new members:

Charles Burton, *Political Science*
Marilyn Cottrell, *Economics*
Evelyn DiFruscio, *Registrar's Office*
Frances Holland, *Chemistry*
Laurie Jackson, *Adult Ed & Community Outreach*
Josie Reed, *Research Services*
Linda Rose-Krasnor, *Psychology*
Pam Shanks, *Development & Alumni Relations*
Paul Smeltzer, *Facilities Management*

Avoid missing out on BURA Newsletters and Event Notices

Make sure we are kept apprised of any revisions to your e-mail or home address.
Please forward any change notices by e-mail to:
Pat Miller bura@brocku.ca

Past Events

photo by Pat Cane



Stretto Duet

Thursday, December 5th, 2019

Festive Holiday Luncheon
with the Stretto Duet

THE Stretto Duet (Marcela Lagunas on Cello, and Gerardo Molina on Piano) provided us with musical entertainment.

Tuesday, January 21st, 2020

“Is Sport Truly a Metaphor for Life?”
with Chris Critelli

CHRIS Critelli provided us with personal insights into developing a successful athletic career. Enthusiasm is important because skills can be learned. Clear goals are necessary in order to design a career path. Open communications with coaches is critical. Above all, the sport must be fun.



Chris Critelli

Thursday, February 20th, 2020

“What’s in your wallet?”
with Milan Plentai and Agostino Menna

AGOSTINO described where Canadians were with respect to retirement compared to citizens in other countries. We could do better.

Milan talked about “wealth management disruptive mode”. He recommended that we move away from older management systems and invest in new technologies.



Agostino Menna



Milan Plentai

President's Letter

Dear fellow BURA members,

As I write this letter, I feel that we are at the very beginning of a process that will challenge all of us. I think it is so important for us to heed the advice of health professionals across the world on practicing social distancing in the face of a highly infectious virus. Methods to avoid infection by the Covid-19 virus are pretty much the same as were used during the 1918 so-called "Spanish Influenza" epidemic: "... such as isolation, quarantine, good personal hygiene, use of disinfectants, and limitations of public gatherings." (<https://www.cdc.gov/flu/pandemic-resources/1918-pandemic-h1n1.html>). Although we have improved treatment regimens, social distancing still remains the best advice to preserve life and health in a pandemic – and this has changed very little in 600 years!

Nevertheless, we all need to stay connected with our friends and the people we love. Some of us are living alone or living with a disability. A phone call, an e-mail, a Facebook chat, a tweet – these can provide such valuable ways of interacting.

I now want to fill you in on our current plans for the BURA Annual General Meeting and on BURA membership renewal. Currently, we do not have a clear idea regarding the status and impact of the Covid-19 pandemic. In light of this situation, BURA events for April and May are cancelled, and we are rescheduling the AGM for a date in September. Please be assured that the 2019/20 memberships of current BURA members will be extended up to and including that time when the AGM is held. As we get closer to September, members will be informed with more details about the AGM and its date through email (or post in some cases). Holding a BURA membership has significant benefits including receiving invitations to BURA programs and events, receiving BURA newsletters and emails, having BURA voting rights, and obtaining a reduction in Brock parking fees for membership card holders.

This pandemic will come to an end, and we look forward to more promising times. Please note the upcoming BURA event on October 8th, luncheon at the Niagara-on-the-Lake Golf Club and Shaw Festival Performance of Charley's Aunt.

Best wishes,
Ian Brindle President

Upcoming Event

COVID-19 may cause cancellation of the performance

Brock University Retirees' Seventh Autumn Outing in Niagara-on-the-Lake

Thursday, October 8th, 2020

Lunch at the Niagara-on-the-Lake Golf Club and
**Matinee Performance of *Charley's Aunt* at
the Royal George Theatre**

"How the dickens am I to remember that I'm a real old lady with my trousers on?"

ONCE again, we are extending an opportunity for members to dine at the historic Niagara-on-the-Lake Golf Club prior to attending a Shaw matinee performance. *Charley's Aunt* promises to have us rolling in the aisles with laughter.

We have taken advantage again of the Special Matinee Seniors Group rate available to the end of January and have reserved 38 of the best Royal George Theatre seats possible at time of booking. This outing has been a popular event with BURA members over the years. We hope that those who have participated in the past will do so again and that those who haven't will consider joining us this time.

If you would like to attend, please complete and return this form as early as possible and no later than July 24, 2020 when we must confirm our ticket numbers to the Shaw Festival. Ticket and lunch prices are detailed below. We have reserved 38 seats. **These tickets will be allocated as per request and as reservations are received.**

11:30 a.m. Niagara-on-the-Lake Golf Club

Please reserve ___(number) seat(s) for us at lunch @\$28.59 each \$_____

2:00 p.m. Royal George Theatre

Please reserve ___(number) ticket(s) for Shaw @\$47.98 each \$_____

My cheque (payable to BURA and dated July 24, 2020) is enclosed. **Total** \$_____

My name and the name of the person(s) who will be accompanying me: (please print)

Please send this form together with your cheque by **July 24, 2020** to:

Joan McCurdy-Myers, 2755 Effingham, St. Catharines, L2R 6P7.

BURA Executive Team Update

BURA Notes

2020 has arrived and with that comes the consideration of who will serve on the next BURA Executive Team. The following executive positions will become available after the annual general meeting, however we welcome volunteers for the positions to shadow the current incumbents for a couple of months prior to assuming their executive role. For further information please contact any of the current incumbents listed below.

Vice President (current incumbent Jill Brindle, jillabrindle@gmail.com)

- to serve as President in the absence of the elected BURA President including the chairing of Executive Team meetings and the Annual General Meeting; and the coordination of the various activities of the BURA Executive
- the Vice President normally is expected to stand for nomination to the Presidency at the close of the President's term in office

Membership Facilitator (current incumbent Pat Miller, bura@brocku.ca)

- to encourage and assist potential members to join BURA, and to welcome and enable returning members to renew their membership annually
- to maintain the BURA electronic Record of Membership including contact information and Freedom of Information & Personal Privacy preferences
- experience with Excel spreadsheet software is required

All members of the Executive (including Councillors) are expected to assist with BURA's event planning and implementation in addition to their assumed role/tasks. Executive team members normally serve for two years.

Congratulations to Robert Nunn and Margaret Nunn, née Chapman

On October 26, 2019, friends filled the Coldstream Quaker Meeting House in south-western Ontario to witness and celebrate the marriage of the joy filled couple, Margaret and Robert. The celebrations included a potluck dinner.



CURAC

College and University Retiree Associations of Canada

Newsletter: Winter 2020

THE Winter 2020 Newsletter is now available to read online or to download from
<https://www.curac.ca/newsletters/curacarucc-nl/nl-winter2020/>

Bulletin: Medications And Older Persons

CONCLUSION: “The greatest danger in inappropriate use of drugs, especially those that impair brain function, is the premature loss of independence, with reduction in ability to perform activities of daily living and the risk of institutionalization.”

For more information, download the complete document at:

<https://www.curac.ca/2020/01/new-healthcare-bulletin-for-seniors/>

Contribute to the BURA Newsletter!

The BURA Newsletter continues to publish three times a year—the first week of September, December and April. Your contributions may include reports, notices of events, travelogues and photos, humour, poetry, and other information of interest to members.

Send your submissions to: Ron Ogawa rbgabadh@gmail.com

Other Events

Pelham Art Festival Show and Sale

THE *Pelham Art Festival Show and Sale* is being held on May 8, 9 & 10, at the Meridian Community Centre, Fonthill. Over 80 talented fine art artists and artisans exhibit art ranging from original artwork in oil, acrylic, watercolour, pastel, mixed media, sculpture, photography, and segmented and turned wood, glass, ceramic, and jewellery.

For more information, go to www.pelhamartfestival.com

CANCELLED



Spring Lecture Series 2020 (Subject to change)

Wednesdays, 10 am to 12 pm
Armenian Community Centre
156 Martindale Road, St. Catharines
(Wheelchair accessible)

Register at
lifelonglearningniagara.com
\$50 for 6 lectures, or
\$10 per lecture

April 29 – Black Holes Dr. Michael Reid, *Associate Professor, Teaching Stream, Dept. of Astronomy & Astrophysics, University of Toronto; Public Outreach Coordinator, Dunlap Institute*. Black holes are some of the most fascinating objects in the universe. Do you know where these curious objects come from? What would it be like to fall into one? Do they pose any threat to Earth?

May 6 – The Post-Cold War World: Change and Instability Dr. Dan Madad, *Professor Emeritus, Department of Political Science, Brock University*. The end of the Cold War brought a major structural change in the international system: the collapse of the former Soviet Union and the rise of China. Learn about the resulting rising insecurity in their adjoining regions in Europe and Asia..

May 13 – Dealing with Pain as a Senior Dr. Lydie Hatcher, *MD, CCFP, FCFP, CHE, D-CAPM, Associate Clinical Professor of Family Medicine, McMaster University; Chief of Family Medicine, St. Joseph's Healthcare, Hamilton*. Dr. Hatcher will discuss how to apply healthy lifestyle choices to avoid pain and illness, and how to avoid frailty or manage it more safely if it is a concern. She will also offer guidance in pain management.

May 20 – Canadian Trade Policy for Dummies Dr. Adam Chapnick, *Professor of Defence Studies, Royal Military College of Canada (RMC); Deputy Director of Education, Canadian Forces College*. How well do you understand what was being negotiated in trade agreements that Canada has signed, or exactly why any of it matters? Learn how trade policy works (and doesn't work), and why it plays such a significant role in the Canadian economy and, by extension, in all of our lives.

May 27 -What Way Does Your Compass Point? David Newland, *Writer, Speaker, and Musician*. Featuring personal photographs, songs and stories inspired by northern journeys, David's performance speaks to the Canadian fascination with the north during a time of immense change.

June 3 – Bitcoin, Cryptocurrencies and Blockchains Karim Hamasni, *Lead, Crypto Asset Innovation, Royal Global Asset Management*. Karim will cover a brief history of money, introduce Bitcoin and how it works, and provide an overview of the next generation of Blockchains and Smart Contract platforms that may drive commerce in the future.