

BURA Executive

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Upcoming Events

December social: POSTPONED

Due to the rising case count of COVID-19 in Niagara, BURA is postponing its December social until it is completely safe to gather.

For those members who have already paid the luncheon fee, you may opt to apply your payment towards the rescheduled event or receive a refund. Questions can be directed to buratreasurer@gmail.com.

January 12, 2022

Volunteer for the Niagara 2022 – Canada Summer Games

with *Barry Wright*

at the *Meridian Volunteer Centre*,

Pen Centre,

Arrive: 2:30pm

Cost: free

February 9, 2022

Consumer Fraud

with *Ellen Roseman*

on *Zoom*,

Arrive: 2:00pm

Cost: free

BURA Coffee Club

December 15th, 2021

January 26th, 2022

February 23rd, 2022

March (TBD)

 **In Memoriam** 

In sorrow, and with respect, BURA observes the passing since December, 2020 of the following member:

Julia Frankel, November 24, 2021

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

PLEASE let our membership facilitator know of any major life changes you wish to share. Contact: Pat Cane buramembership@outlook.com

New BURA Members

We extend a warm welcome to the following new members:

Sharon Mason, *Organizational Behaviour, Human Resources, Ethics and Entrepreneurship*

Jennifer Roberts, *Chemistry, Cool Climate Oenology and Viticulture*

Heather Whipple, *Library*

Are you 90 years of age or will you turn 90 in the next year?

YOU qualify for our **I'm 90 Birthday Club**, and your membership is free forever! (The change to free membership was discussed and unanimously approved at a recent Executive meeting for anyone 90+. Your membership card will be mailed to you each year at no charge.)

Please let us know by e-mail to: Pat Cane buramembership@outlook.com

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 email any changes to: Pat Cane buramembership@outlook.com

Past Events

September 16th, 2021

Enjoy Autumn in Niagara! Age-friendly Cycling and Hiking with *Rita Dillon & Margaret Northfield*

RITA Dillon is president of the *Niagara Freewheelers Bicycle Touring Club*. She introduced us to the club programs and goals. They offer rides with varying speeds, distances, and hills. The rides are organized from March to October. Their motto is “No cyclist left behind”. More information can be found on-line at <https://thefreewheelers.com>

Margaret Northfield is on the executive of the *Niagara Bruce Trail Club*. Its primary activity is hiking and maintenance of the section from Queenston to Grimsby. Hikes of varying levels are offered daily. For newcomers, there is the “Hiking 101” course. Margaret recommended that one should be able to walk for 1½ hours for a start. More information can be found on-line at <http://niagarabruceclub.com/wp/>

October 19th, 2021

Your Next Car Will Be Electric with *Tim Burrows*

TIM Burrows is an electric car enthusiast and a proud Tesla owner. Modern batteries last 400,000 to 500,000 kilometers which means the batteries will outlast the car. The car is cheap to run as the electricity cost is equivalent to 30¢/litre of gasoline. The car is convenient to refuel because 95% of the time it will be charged at home. Publicly available charging stations are becoming more common. There are even a few stations at Brock University.

November 10th, 2021

Understanding Truth & Reconciliation with *Robyn Bourgeois*

Dr. Robyn Bourgeois (Laughing Otter Caring Woman) is a mixed-race nêhiyaw iskwew (Cree woman) whose Cree family comes from Treaty Eight (Lesser Slave Lake) territory. She was born and raised in Sylix and Splats’ in territories of British Columbia and is connected through three of her children to the Six Nations of the Grand River.

She began with a brief outline of her own experiences suffering from racial discrimination. *Truth* is a starting point. We must recognize the injustices. *Truth* leads to *Reconciliation* where relationships are repaired and respect, friendship, and peace grow.

Upcoming Events

January 12, 2022

Volunteer for the Niagara 2022 – Canada Summer Games with *Barry Wright* at the *Meridian Volunteer Centre, Pen Centre*

JOIN Professor Barry Wright, CEO of the Niagara 2022 Canada Summer Games for an overview of the Games coming to Niagara next August. Barry will provide our members with an update on the progress of preparations for this massive event, as well as an overview of the volunteer opportunities for BURA members. The Games will be a great opportunity to reconnect with your fellow retirees, current Brock faculty, staff, and students who will also be volunteering!

This presentation will be offered in-person at the Meridian Volunteer Centre (Pen Centre) and via Google Meet for virtual participation. Limited in-person seats are available on a first-come, first-serve basis. Masks must be worn and completion of a COVID-19 Declaration must be completed upon arrival.

Event Details:

Time : 2:30pm

Venue: *Meridian Volunteer Centre, Pen Centre,*

Cost : free

February 9, 2022

Consumer Fraud with *Ellen Roseman* on *Zoom*

ELLEN ROSEMAN is a journalist who sticks up for ordinary Canadians. She's been advocating for consumer rights for the past 40 years. She is interested in alerting seniors to frauds specifically targeting them.

Event Details:

Time : 2:00pm

Venue: *Zoom,*

Cost : free

BURA Coffee Club

Mark your calendar and join your BURA Executive for Coffee on the following dates:

December 15th, 2021, at 9:30am

January 26, 2022, at 9:30am

February 23, 2022, at 9:30am

March, (TBD)

UN**TIL** we can meet again at our favourite breakfast venues, we will continue to meet on Zoom. A formal invitation will be sent to you prior to each event. Coffee events are informal discussions. We look forward to hearing about some of your favourite books, films, television shows or generally what you have been involved in recently.

CURAC/ARUCC

College and University Retiree Associations of Canada

Chronic Pain in Adults: Challenges in Understanding and Care

CANADA needs a national pain strategy. We need to transform the way health services work together and transform the way health professionals and the broader community understand and deal with pain. This work has begun and an action plan has been published in the Canadian Pain Task Force's 2021 Report.

This bulletin is now available to read online or to download from the following link:

<https://curac.ca/2021/08/health-care-policy-bulletin-19/>

Historical Society of St. Catharines

Celebrating the history of St. Catharines and its vicinity

Presentations – January to March 2022

THE Society was founded in 1927 and maintains its mission to increase the knowledge and appreciation of the history of St. Catharines and vicinity.

January 27, 2022, 7:30 pm – “Mill Races in St. Catharines” by *Brian Narhi*.

February 24, 2022, 7:30 pm – “Understanding Ugly: Human response to buildings in the environment” by *Dr. Ian Ellingham*, local architect.

March 24, 2022, 7:30 pm – “Was your Grandmother a British Home Child?” by *David Hemmings*.

There will be different *Zoom* invitations to these meetings in the coming months. More information can be found at the following link:

<https://stcatharineshistory.ca> under the meetings and video replay menu item.



Winter Lecture Series 2022

Lectures will be presented via Zoom webinars on Tuesdays from 10 AM to 12 PM. *Lectures are subject to change without notice.*

Cost: \$50 for 6 lectures or \$10 per lecture

Register from January 4th to February 3rd at the following link:
<https://llniagara.ca>

February 15th – Hot Zones: Why pandemics and inequality are neighbourhood-level problems,

Doug Saunders, Author and journalist; International-affairs columnist, The Globe and Mail
The growing suburbanization of immigration and poverty has created islands of vulnerability on the edges of cities. Find out what turns neighbourhoods into traps, and the best approaches to freeing their residents from vulnerability.

February 22nd – Percussion: A World of Colour, Melody and Rhythm,

Dr. Jamie Drake, Percussionist, drummer and composer; member of TorQ Percussion Quartet.
Join Jamie on a tour of some of his favourite instruments, from antique cymbals to the vibraphone, and open your ears to some beautiful music that features the wide world of percussion.

March 1st – Managing Canada-U.S. Relations in Unpredictable Times,

Dr. Adam Chapnick, Professor of Defence Studies, Royal Military College of Canada; Deputy Director of Education, Canadian Forces College.
Ottawa's political agenda continues to be dominated by the United States. Gain new insights into what we can and should do about it.

March 8th – Architecture: Now I Get It! Understanding the Elements of Architecture,
Marta O'Brien, Architectural historian.

Learn how the use of the components of a building's exterior, including ornament, materials, colour, and proportion, has changed over the centuries, and some of the reasons for the changes.

March 22nd – Writing Technologies and the Flow of History: How we got here and what it means ,

Dr. Marcel Danesi, Professor Emeritus of Anthropology, University of Toronto.

Dr. Danesi will look at the relation between writing, language, and thought. What does literacy mean today? What does it tell us about who we are and where we are going? Will there ever be a time when writing, as we know it, will be obsolete?

March 29th – Nutritional Advice: Is there a solution to the confusion?,

Dr. Joe Schwarcz, Director, Office for Science and Society, McGill University.

Using proper science, Dr. Schwarcz will separate sense from nonsense to guide us through the growing amount of nutritional advice and the often contradictory information surrounding food.