

YURA Newsletter and the PTP (Person-to-Person) Bulletin

Agenda Item #6 a)

Report to the YURA AGM, November 1, 2024

**Steve Glassman, Editor
Richard Weisman, Editor**

The usual four yearly Newsletters have been published (Issues 65-68) during 2024. The Newsletter is YURA's official publication; it includes the co-presidents' messages and other reports that the Executive Committee wishes to share with members. There is an annual In-Memoriam and a list of New Members. All back issues are readily available on the YURA website, at <https://www.yorku.ca/yura/membership/communications/>

Each Newsletter issue also contains material contributed by our membership or by the Editor. Typical contents include a Reminiscence or what we call "Life as it was back then" in which members and, at times, friends, reminisce about their childhood and youth. Other articles of interest range from travelogues and reflections on environmental issues, to timely articles, opinion pieces, book reviews, and a small humour section when space is available. The majority of members receive the newsletters digitally, although a some request a hard copy in the mail.

Anne-Marie Ambert, our editor since 2012, has retired from this role. Her last newsletter, issue 67, was published in the summer of 2024. She managed this publication brilliantly, devoting energy to coaxing members for articles, writing her own content, and compiling the newsletters on a timely basis to greet each new season. Anne-Marie was assisted by John Lennox with the copy editing and proof-reading of the newsletters.

The Newsletter was supplemented with an informal bulletin, "Person-to-Person", that was intended to provide an opportunity for YURA members to exchange information of a more personal nature, for example, on health issues. It included brief articles, links to scientific literature for helpful health and lifestyle topics, suggestions for travel and other activities. It also contained quite a bit of irreverent humour in the form of "chuckles" and cartoons. The PTP used to appear once a month, occasionally twice a month. During COVID times, it was published more frequently to bring more levity to our lives. In 2023-24 the PTP was published every other month. The PTP has been retired with Anne-Marie's stepping down from the editorial role. Some of the information that may have been slated for the PTP will now be included in future newsletters. Time-sensitive information from YURA is either emailed to the membership via a listserv or posted on the YURA web site.

The fall 2024 issue 68 was compiled and published in September by the new co-editors, Steve Glassman and Richard Weisman. Our goal is to continue the YURA Newsletter traditions while being open to changes based on feedback from our membership. We welcome suggestions, letters commenting on previous articles, and of course contributions. We can be contacted at glassman@yorku.ca or rweisman@yorku.ca

YURA Web Site

Agenda Item #6 b)

Report to the YURA AGM, November 1, 2024

Steve Dranitsaris

The YURA web site, re-constructed in 2021 using a new platform of Wordpress following York University design and accessibility standards, continues to be managed by a Web Site Group consisting of Steve Dranitsaris, Steve Glassman and Alex Neumann.

Every effort is made to update the web site on a weekly basis. The frontpage features announcements of interest to YURA members with appropriate links to additional details, forms and, as applicable, registration information.

We continue to make more effective use of the YURA Events Calendar on the web site's frontpage. On this calendar, we list YURA events, other York University events open to YURA members, online events of other retiree associations and universities open to YURA members, and public events of community organizations on topics that are likely of interest to YURA members.

During the past year, we have updated a number of photos on the web site, including a new photo collage or "banner" at the top of the home page. The web site contains most everything you need to know about YURA, membership information and privileges, events and programs, and a section called "Retiring at York" which contains links to Pension & Benefits, retiree benefits booklets, other university retiree associations, and a guide to government web sites.

YURA members should rely on the web site as their primary source of information and communication with the Association. The YURA web site is found at:

<https://www.yorku.ca/yura/>

Events

Agenda Item #6 c)

Report to the YURA AGM, November 1, 2024

Diane Woody

During the past year, YURA has focused on planning events that provide opportunities for learning and discovery, and that promote strong connections with York University and amongst our members. Post-pandemic health concerns and inflationary pressures continue and thus YURA did not undertake a major outing to Stratford or Niagara-on-the-Lake. Instead, our planning focused on a variety of activities, most of them in-person. Our primary goals are to raise the visibility of retirees as valued members of the York University community and to support our membership in navigating the myriad dimensions of retirement.

The YURA café, ably hosted by Fran Wilkinson, reaches many members during the Fall, Winter and Spring months and affords us all the opportunity to discuss a range of topics. In the past year we have commiserated over the challenges of downsizing and finding

places to donate possessions, and we learned about how to avoid scams. We have heard guest Mike Layton, York's Chief Sustainability Officer, explain the institution's sustainability strategy, initiatives underway and the challenges that lie ahead. Lighter themes included sharing our travel plans, our favourite local outings and sites of interest. Some themes were truly uplifting, including the notion of an "age-friendly" university, and the inexhaustible topic of "resilience in retirement", the theme of the Spring 2024 CURAC conference which many of our members attended and found stimulating. We express our thanks to Fran who launched the café and continues to provide inspirational leadership.

With respect to strengthening YURA's link with York University, we flag our collaboration with YU-CARE and the success of our Charity Challenge Walk on campus on October 1st to raise funds to help eliminate student food insecurity on campus. Also, every November, YURA participates in the Remembrance Day Ceremonies held at York University.

Last year we had many opportunities for learning and discovery while simultaneously enjoying social interactions. In February, members viewed stunning photography in Roy Thomson Hall during a National Geographic Live presentation called "Wild Cats of India". In March, members had a virtual tour of the Allan I. Carswell Astronomical Observatory, home to a one-metre telescope, the largest on any Canadian University campus. The tour was conducted by Professor Elaina Hyde and her students from the Department of Physics and Astronomy. The session was informative and enjoyable and included a "primer" on the astronomical science about planets and eclipses, as well as advice for viewing the solar eclipse of April 8th. In August, YURA members walked from Sunnybrook Park along a branch of the Don River to the Glendon Campus where they had a tour of the campus, its historic buildings and public art, expertly conducted by Rosanna Furgiuele and Audrey Pyée. The outing concluded with delightful conversation over a delicious lunch offered to the group by President Emerita Lorna Marsden. In September, members visited the Queen's Park Legislative Building, followed by a traditional English-style "high tea". The guided tour focused on the history, art and architecture of the historic building, including commentary about the original design and construction. The events were successful at bringing our members together to enjoy one another's company while engaging in "fun learning". It was heartening this past year to note that different outings attracted different sub-groups within our membership.

We remind all members that the YURA website is frequently updated and provides links to a wealth of learning opportunities, both at York, in the broader community and with other relevant organizations such as CURAC and AROHE. We are particularly grateful that the monthly Scholars' Hub @ Home online lectures and the quarterly York Circle events organized by the University's alumni and advancement offices warmly welcome the participation of York retirees. There have been some excellent presentations by

many of York's exceptional scholars. All YURA members are encouraged to check regularly the YURA Events Calendar on the main page of our website.

We offer sincere thanks to Executive members who have worked on planning events, in particular Jane Grant, Pat Murray, Donna Smith, Sheila Forshaw and Debbie Hansen. We thank also the many members who have participated in our "brain-storming" sessions as we plan outings and activities. Suggestions and ideas from members are indeed welcome – please send them to yura@yorku.ca.

Scholarly Presentation Skills Workshops

Report to the YURA AGM, November 1, 2024

Agenda Item #6 d)

*David Leyton-Brown
& Richard Weisman*

YURA offers workshops for York University graduate students to rehearse and hone their presentation skills in conditions approximating those of scholarly meetings, and receive constructive feedback on the effective communication of their presentations from a sympathetic panel of retired faculty researchers from a cross-section of different disciplines.

Our intended workshop in the spring of 2024 was a casualty of the labour disruption. At this writing, we are working with the Faculty of Graduate Studies to try to organize a workshop for November 2024, as well as our usual workshop in the spring of 2025.

Each workshop normally involves a three-person panel of retirees. We invite other retired faculty from across the disciplines to take up the torch and join in future workshops.

2024 Charity Challenge sponsored by TCS

Report to the YURA AGM, November 1, 2024

Agenda Item #6 e)

Sheila Forshaw & Debbie Hansen

Thirteen members of the York University Retirees' Association, accompanied by members of University staff, walked 5 km around the Keele Campus on October 1st in support of food insecurity on York campuses. In total, more than \$16,000 has been raised to date from donations received from retirees, friends, family and former co-workers and colleagues who sponsored our fund-raising team. (Note: Donations to sponsor the YURA team can still be made until the end of October.)

YURA's 5 km walk was held in conjunction with the TCS Toronto Waterfront Marathon Charity Challenge, which offers a "virtual" option for registrants to do a 5 km, half marathon or full marathon run or walk on their own. Holding this year's walk on campus was intended to raise awareness about food insecurity among York students and to bring attention to YURA's efforts to help.

YURA's goal this year has been to raise funds to assist the YFS Student Food Bank, the Glendon Food Bank, as well as the open fridge and grocery card programs at the University. In March 2023, more than 2,500 students relied on the YFS Food Support Centre -- an increase of 1000% over the previous 12-month period. Additional funding has become somewhat critical in order to avoid a reduction in the food provided to students in need.

The YURA contingent was delighted to have Steven Chuang and Art McDonald of Athletics and Recreation and Marisa Barlas of the Advancement Office join the walk on October 1st.

The 5 km event was organized by York retirees Sheila Forshaw (captain of the 2024 YURA Charity Challenge team) and Debbie Hansen; fundraising team members also included Steve Dranitsaris, Peter Victor, Agnes Fraser and Donna Smith. Other YURA participants who joined the team for the walk included Gwyn Buck, Marla Chodak, Grace Chui, Amina Hussain, Claudia Hungerson, Lynn Taylor and Diane Woody. YURA Executive members Jane Grant and Marla Chodak, were on hand to host the group back at YURA's office in the Lorna Marsden Honour Court, following the walk. Thanks to everyone who participated in this event!

Donations to assist with student food support can continue to be made directly to the University until the end of December. This is the link for online donations:
<https://www.yorku.ca/alumniandfriends/give/>

The 2024 Charity Walk was well publicized through Y-File and on the University's news feed on the LCD screens located in buildings throughout the campus.

This is the sixth year that YURA has taken part in the Charity Challenge. From 2019 through 2022, YURA's participation raised sufficient funds to endow in perpetuity three graduate student awards given annually at York University. Last year, \$20,000 was raised in support of the YFS Food Support Centre.

Student Awards

Agenda Item #6 f)

Report to YURA AGM, November 1, 2024

Sheila Forshaw & Debbie Hansen

In each of these awards there is a financial need component. Because of this, we are not able to publish full names of the award recipients without written permission.

The William W. Small Award

Multiple awards will be awarded by the York University Retirees Association (YURA) to mature undergraduate students who have sustained, after at least nine credits, a grade point average of 7.00 or above. Preference will be given to students who have a clear focus on

their program of study and their selection of courses. Recipients must be Canadian citizens, permanent residents or protected persons, residents of Ontario and demonstrate financial need. William W. Small was the second employee hired at York University after its first president Dr. Murray Ross in 1960. As vice-president of University Services, 1964-1973, he oversaw the design and construction of 36 of the University's buildings. He was a founding member of York's Retirement Planning Centre.

Student Name	Program	Year	Award Amount
Taha	Faculty of Science, B.Sc., Hons. Chemistry	2023/24	\$1,700
Mohamad	Faculty of Health, B.Sc., Global Health	2023/24	\$1,700
Total			\$3,400

York University Retirees' Association Mature Student Bursary

Awarded to multiple mature students in any undergraduate Faculty, including Osgoode. The recipients must be Canadian citizens, permanent residents or protected persons, and Ontario residents with demonstrated financial need.

Student Name	Program	Year	Award Amount
Dhurgham	Faculty of Health, B.A., Hons. Psychology	2023/24	\$1,200
Believe	Faculty of Health, B.H.S., Dbl. Maj. Health Studies & International Development Studies	2023/24	\$1,200
Azza	Glendon College/Collège universitaire Glendon, B.A., Bilingual, Psychology	2023/24	\$1,200
Total			\$3,600

Thank you message received from Student Believe :

I would like to take this opportunity to thank you for your support, it really assisted me a long way as I am able to attend classes and buy the required reading materials. Certainly, helped in academic success as I can travel and attend classes. I am quite certain of what's ahead of me as I able to make informed choices regarding my career path.

York University Retirees' Association Graduate Student Award

The York University Retirees' Association Graduate Award will be granted to a full-time master's student in either the first or second year of their master's program. The candidate must have achieved a minimum academic standing of B+ and must show financial need. The candidate must also demonstrate either a strong commitment to volunteerism in the community or active engagement in a student leadership role while in the Master's program.

Applications for these awards are available to eligible students in Faculties on a rotational basis. During 2022-23, the Award was available for students in the Faculties of Engineering, Environmental Studies, Health and Science. For 2023-24, students in Business or Law are eligible. In 2024-25, the Award will be available for students enrolled in the School of the Arts, Media, Performance & Design (AMPD), Liberal Arts & Professional Studies (LA&PS), Glendon and Education; In 2025-26, the three-year cycle will be repeated.

Student Name	Program	Year	Award Amount
Angelica	Faculty of Graduate Studies, M.A., Sociology	2023/24	\$1,500
Ilana	Faculty of Graduate Studies, M.A., Socio-Legal Studies	2023/24	\$1,500
Rita	Schulich School of Business, M.B.A., MBA/JD Joint	2023/24	\$1,500
Total			\$4,500

York University Pension Fund Board of Trustees
Report to the YURA AGM, November 1, 2024

Agenda Item #7
Bruno Bellissimo

ROLE

- I am your nominee on the Pension Fund Board of Trustees (BOT).
- Our role as Trustees is to oversee the investments of the fund.
- This means ensuring that the money is prudently and effectively deployed to give the best returns possible while managing risk.

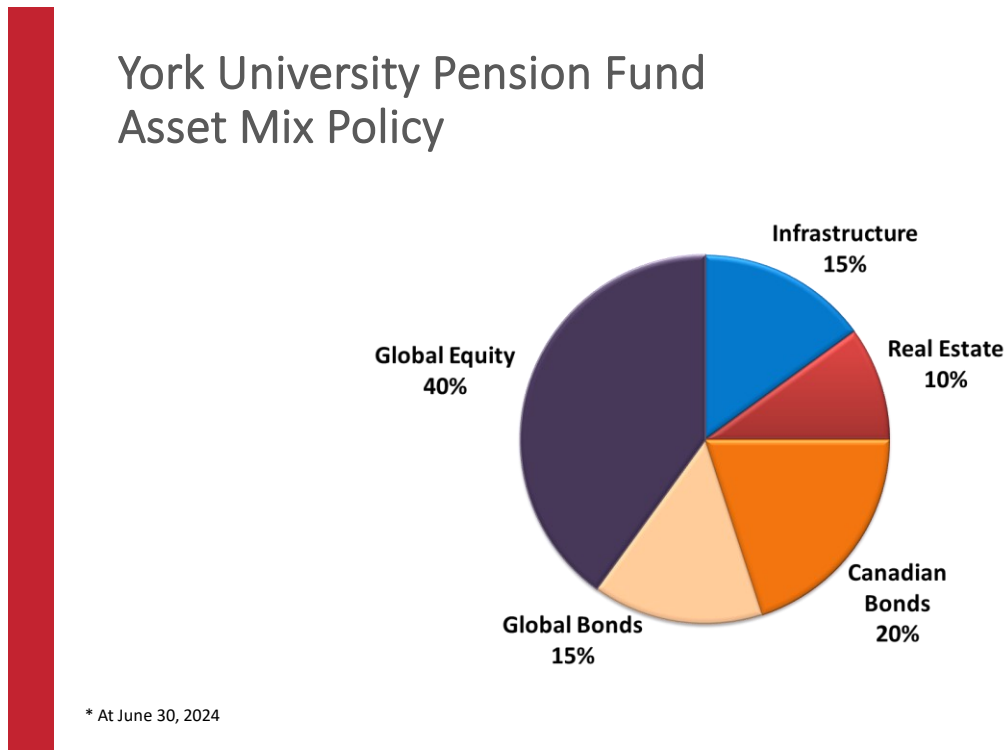
- The BOT meets at least quarterly to review the investment returns and to approve the hiring of investment firms - our money managers across the world, and the allocation of funds etc.
- We also approve the audited financial statements and Actuarial Assessment.

INVESTMENTS

The first slide (below) shows how the fund is being invested in terms of asset classes.

Our objective is to ensure that the fund is well diversified to obtain the best returns while withstanding volatility in the marketplace.

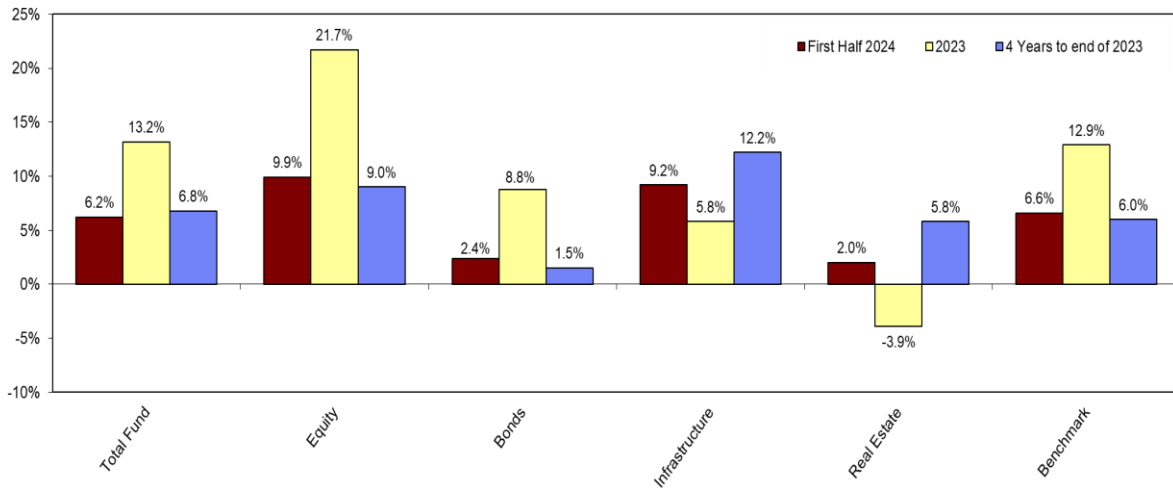
Over the years, we have moved away from higher risk equity investments by introducing investments in infrastructure and real estate. We also carry a healthy amount of quality bond investment.



RETURNS

The second slide (next page) shows the returns by asset class over the years.

York University Pension Fund Investment Performance Summary



Looking at the slide, you will see that the results over the last 4 years have been excellent with returns over 6.8% per year. We have done well relative to others in our benchmark group with returns at 6.0%. This average was affected by the low results due to the pandemic in 2022. Over a larger horizon of 10 years, the plan has exceeded 8% -- better than most university plans in Canada.

Last calendar year's returns were solid at 13.2%. We outperformed others in our benchmark group which show average returns of 12.9%.

To the end of June 2024, the overall fund results were around 6.2% with equities at 9.9% and returns on infrastructure were 9.2 % respectively. Real Estate is still low due to the residual results of the pandemic.

While the diversity in the fund has dampened the impact of world equity and bond markets, more diversity is being added in the form of private equity and infrastructure.

The plan is well funded as confirmed by our independent actuarial review.

Since we are partners with York University in this pension plan, as retirees we should work together to ensure that the University is successful.

Recently, the University has enhanced its website to share pension plan results on an ongoing basis. The link is included below:

<https://www.yorku.ca/finance/pension-investments/fundinfo@yorku.caROLE>

All University Pension Committee (AUPC)

Report to YURA AGM, November 1, 2024

Agenda Item #8

Donna Smith

The All University Pension Committee (AUPC) is an advisory committee to the Vice-President Finance & Administration and serves as a forum where representatives of plan members may learn about, review, discuss and make recommendations on pension plan operational issues.

The AUPC is comprised of twelve members, representing each employee group at York, University senior management and one representative from YURA. The committee is supported by staff resources from Pension and Benefits, Finance, HR and Labour Relations. A summary of each meeting is provided to the YURA Executive.

AUPC normally meets three times per year with the schedule set at the fall meeting. At the May 16th 2024 meeting, the committee received its annual update on the Pension Valuation to December 31, 2023, and an explanation of the Non-Reduction Reserve (NRR) from AON, the plan actuaries.

The next meeting of the committee is October 10th where the agenda includes a discussion of the significant operational changes to the Pension Plan which took place in 2014 as well as the ongoing NRR issue.

Potential changes to the calculation of the NRR which guarantees pension payments to retirees remain constant, and do not dip below current payments received regardless of the market return on the funds in the York Pension Plan has been recommended by the plan actuaries, AON.

When an employee retires, 5% of the money purchase component of the employee's pension is removed and put into the non-reduction reserve before the individual pension is calculated. The plan actuary has recommended an increase in this percentage. The University has signaled that it will not change the calculation at this time but the actuarial position of recommending change remains under discussion with the committee. Please note this is a matter which does not affect current retirees as pensions are set at time of retirement.

Donna Smith is the YURA representative on AUPC.

YU-CARE Executive Board

Report to the YURA AGM, November 1, 2024

Rosanna Furgiuele

**YU-CARE (York University Centre for Aging Research and Education)
Certificate in Aging**

- The Cross-Disciplinary Certificate in Aging, offered to students enrolled in degree programs in the Faculty of Health, brings together students from across different programs (Kinesiology and Health Science, Psychology, Health Studies, Nursing) at the 3000 and 4000 levels to engage in a concentrated and inter-disciplinary study with the underlying theme of aging.
- The YU-CARE Certificate in Aging involves extensive research on understanding ageism, aging policy, practices to promote healthy aging, and approaches to aging equity. YURA members are often invited to participate in studies and research projects.
- During the past few months, the Executive Board has focused on a revisioning of the Aging Certificate with the hope of creating a two-tiered certificate program. One tier will be self-directed allowing the student to take a selection of IHST (Interdisciplinary Health Studies) courses, thus providing more flexibility. The other tier is based on a pre-selection of required courses.

Seminars

- Seminars are held (via ZOOM) throughout the year. Two types of YU-CARE seminars are offered:
 - i) Aging Research Collaboratory Seminars presented by employees of York University.
 - ii) Aging in the City Seminars presented by speakers from outside York University.
- These events are free, but registration is required. Information regarding these seminars is available on the YURA website.

VoltAge Student Symposium

- The VoltAge Student Symposium, held last year for the first time, will be repeated this year on **Tuesday, April 29, 2025.**

- Undergraduate and graduate students and post-doctoral trainees have the opportunity to share their research in areas related to aging by submitting multimedia projects in various categories: infographics, podcasts and short videos. Prizes are awarded for the best submissions. YURA members are invited to serve as judges in this competition.

Rosanna Furgiuele is the YURA representative on the YU-CARE Executive Board

Retirement Planning Centre Advisory Board
Report to YURA AGM, November 1, 2024

Agenda Item #10
David Leyton-Brown

Terms of Reference

The Advisory Board is responsible to the University Administration, its participating employee groups, and the York University Retirees' Association (YURA) for the development of policy to establish and maintain the retirement planning activities for the benefit of present and past members of the York University community. The members of the Advisory Board represent all constituents of the University including CPM, CUPE 1356, CUPE 3903, IUOE, Osgoode Hall Faculty Association, University Administration, VP Finance & Admin, YUFA, YUSA/APUY, YURA and the Pension & Benefits (P&B) manager. Pension & Benefits is now under the new University Services Centre (USC).

Meetings

The Advisory Board normally meets twice a year. The Board met June 19, 2024 virtually by Zoom. At this writing the Fall 2024 meeting has not yet been scheduled.

Retirement Planning Guide

The Retirement Services office within York's Pension & Benefits department has produced a Retirement Planning Guide with plenty of helpful information and answers to common questions from employees about retirement, pension, post-retirement benefits, etc.

https://retire.info.yorku.ca/files/2021/02/2021_22-Retirement-Planning-Guide.pdf?x89967

Seminars

The Pension & Benefits department provides a wide range of "e-seminars" about pensions, financial planning, understanding pension statements, taxation, investing, planning for retirement, post-retirement benefits and other related topics. Updated information on these webinars can be found at: <https://retire.info.yorku.ca/e-seminars/>

2024 Statistics

Number of one-on-one Consultations

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Ocr	Nov	Dec	Total
2016											43	14	57
2017	42	29	44	34	29	33	16	23	39	36	46	9	380
2018	25	34	24	21	24	16	24	20	15	27	32	13	275
2019	27	20	52	40	22	30	35	23	28	26	21	10	334
2020	29	25	28	5	13	15	17	6	13	24	13	16	204
2021	13	29	12	20	27	13	9	24	22	30	10	21	245
2022	20	15	29	17	15	16	19	29	15	20	20	11	226
2023	22	22	37	14	27	25	17	29	34	28	24	16	295
2024	29	18	34	41	31								153

Active Employees in Pension Plan by Age Group

Age Range	Number of Employees in Pension Plan
70	42
66-69	305
60-65	615
55-59	661
45-54	1460
under 45	1907

Data updated June 2024

Retirements

	Total	CPM	YUSA	YUFA/OSG	1356	Others **	
2024	51	13	21	7	8	2	to May 1st
2023	146	32	51	36	7	20	
2022	177	24	61	48	20	24	
2021	34	4	11	10	3	6	
2020	149	27	40	51	11	20	
2019	160	29	43	45	15	28	
2018	171	24	51	43	20	33	
2017	164	21	37	57	13	36	
2016	157	24	40	54	8	31	
2015	165	18	45	50	5	47	
2014	155	27	51	50	8	19	
2013	125	16	25	44	11	29	
2012	116	23	31	38	7	17	

** Others are made up of deferred pension plan members and other affiliations not listed here

David Leyton-Brown represents YURA on the Retirement Planning Centre Advisory Board.

Agenda Item #11

Association of Retired Faculty and Librarians (ARFL) – York University

Report to YURA AGM, November 1 2024

Fred Fletcher

As most York retirees are aware, we have two retiree associations. ARFL is the “other” one. While YURA encompasses all York University retirees, ARFL represents retirees who were members of YUFA (faculty and librarians). YURA and ARFL share three important priorities:

- To represent to the administration the interests and concerns of York’s retirees
- To preserve and enhance a sense of community among York’s retirees
- To assist retirees in continuing to contribute to York as an institution

Not surprisingly, therefore, both institutions bring in speakers, contribute to scholarships, and volunteer in a variety of capacities. ARFL, for example, supports the Lee Lorch Memorial Scholarship for Indigenous students. This year, ARFL endowed a Bursary for students faced with a family emergency that might prevent them from continuing their studies.

In the context of these goals, the executives of both organizations are in regular communication, assisted by the fact that each executive committee appoints an ex officio non-voting member of the other committee. Peter Victor represents YURA at ARFL Executive Committee meetings. In addition, both organizations are members of CURAC/ARUCC.

Of course, the level of attention given to the three priorities differs. For example, ARFL's mandate is to represent the interests of retirees within YUFA and, where appropriate, to the administration. Much attention is devoted to preparing for collective bargaining and dealing with issues around pensions and benefits. On the other hand, YURA devotes considerably more effort to various forms of community-building, organizing outings and other activities. We continue to explore areas of potential collaboration.

The ARFL priority is to protect and expand post-retirement benefits for YUFA retirees. ARFL representatives have had some success in this respect in recent bargaining cycles and further advances may result from ongoing negotiations.

The 2024 ARFL AGM will be held Friday November 8 online and will feature a virtual presentation by Eric Demers from 1 to 2:30 pm. His topic is: Doctors Without Borders: Then and Now. YURA members are welcome. The link will be shared with ARFL and YURA members by email prior to the event.

ARFL also holds a General Membership Meeting in the spring, usually in May, to bring members up to date. Information on the agenda and speaker will be circulated in the new year.

Many members of ARFL are also members of YURA. Given the reasonable annual dues for each, the executive of ARFL strongly recommends that all eligible York retirees join both.

Fred Fletcher (ffletch@yorku.ca) is the ARFL representative on the YURA Executive Committee.

**College and University Retiree Associations of Canada (CURAC) /
Associations des retraités des universités et collèges du Canada (ARUCC)****Report to YURA AGM, November 1, 2024***Steve Dranitsaris*

CURAC/ARUCC is an association of some 40 retiree associations (RAs) at post-secondary institutions across Canada. YURA is a founding member and a model for other associations. The mission of CURAC/ARUCC includes promoting and sharing information among member associations, encouraging the growth and development of member associations and speaking publicly on issues of importance to its member RAs (representing more than 21,000 individual members).

CURAC's annual AGM and conference was held at the University of Waterloo, May 22 to 24, hosted by the University of Waterloo Retirees Association. The conference offered many exceptional talks and roundtables, at which leaders of retiree associations across Canada exchanged information and ideas. The theme of the 2024 CURAC conference was *Thriving in Retirement*. The conference program was designed to inform and inspire on topics of importance to older adults, including health and wellness, recreation and leisure, housing options, services for seniors, finance and safety and security. Participants heard from experts from the University of Waterloo, the UW-Schlegel Research Institute on Aging (RIA) and from professionals in the local community. Several of the presentations were video recorded and are now posted for viewing on the CURAC website: <https://curac.ca/en/library/2024-conference-highlights-and-videos>
These include:

- Designing Your Retirement: Thriving in Life's Next Chapter
- Aging Well with Artificial Intelligence: Possibility or Pipe Dream?
- Eating for Vitality: Nutrient-dense Diets to Promote Physical and Cognitive Wellbeing as We Age
- Resilience in Retirement

The conference also included the presentation of the CURAC Awards, given for outstanding service to CURAC and to individual university and college retiree associations. Fred Fletcher, a long serving member of both the YURA and ARFL Executive Committees as well as the CURAC Board of Directors, was presented with the CURAC Tribute Award and the CURAC Appreciation Award. The conference was well attended with 240 delegates from university and college retiree associations from coast to coast.

The 2025 AGM and conference will be held in Montreal, co-hosted by the McGill University Retiree Association and Association des professeurs et professeures retraités de l'Université du Québec à Montréal.

CURAC's Later Life Learning initiative continues, in which retiree associations from universities across Canada share information about lectures and seminars being offered online by either the association or its University. The purpose is to make these virtual presentations available to retirees of all member associations across Canada.

In return for a modest membership fee (\$300 per annum for larger associations such as YURA), CURAC provides a number of services:

- An annual conference – open to all individual members of CURAC/ARUCC associations – and AGM that promote networking, sharing of best practices and learning from expert presentations
- Presentations from the AGM are recorded and are posted on the CURAC/ARUCC web site for association members unable to attend in person
- Periodic reports on pensions and benefits affecting member RAs (a report on the 2023 Benefits Survey is now available on the CURAC/ARUCC web site)
- A web site redesign continues with the goal of making it an **information hub** for post-secondary retirees and their associations
- A key feature is an **events calendar** to inform members of online seminars and other events
- The content and delivery of information from CURAC to RA associations and their members is being reviewed, including webinars and networks of newsletter editors and webmasters
- Bulletins on health-related issues relevant to RA members (and seniors in general)
- A bi-monthly column is produced by CURAC member contributors in *University Affairs* magazine (on-line) on the roles and activities of academic retirees
- Liaison with academic institutions (including granting agencies) and organizations representing seniors across Canada and in the United States and Europe
- Discounts and opportunities for CURAC members
 - ◊ Travel planning and access to special tours
 - ◊ Extended health benefit insurance
 - ◊ Travel / trip cancellation and interruption insurance
 - ◊ Home and auto insurance (and even pet insurance)

For organizations negotiating with their institutions, the periodic survey of CURAC member organizations regarding the benefits available to their members is particularly useful.

Questions about CURAC may be addressed to Steve Dranitsaris (sjdranit@yorku.ca or sdrano@rogers.com), who serves as YURA's liaison with CURAC/ARUCC.



**ASSOCIATION OF RETIREMENT ORGANIZATIONS IN HIGHER
EDUCATION**

Report to the YURA AGM, November 1, 2024

Patricia Murray

AROHE organizations include universities, colleges and businesses plus individual members (US and International). Located in Los Angeles, California at the University of Southern California, its members are college and university administrators, retiree organizations and individuals seeking to serve and engage their retired faculty and staff. It has a volunteer Board of Directors and a half time executive director, Valerie Sutton who arrives in her new role on November 1, 2024.

Founded in 2002, AROHE supports all phases of faculty/staff retirement through a dynamic member network that links retired faculty/staff associations, retiree and emeriti centers, and campus offices that engage retirees such as human resources, academic affairs, alumni, and advancement/development. YURA has been a member of AROHE for the past several years.

AROHE provides resources and connections to increase retirees' value to their colleges/universities, communities, and professions in the areas of philanthropy, advocacy on behalf of the institution, volunteerism, and institutional knowledge and commitment.

Resources include: E-newsletter; recorded webinars; workshops such a three-part virtual learning series that explores the social, psychological, and emotional aspects of transitioning to, and living in, retirement; expert/distinguished scholar presentations; conference transcripts (both virtual and in-person, etc).

Executive Director, Valerie Sutton: A recent retiree from Harvard University, brings a robust background in technology, member association management, and adult education. Before her retirement, she served for nearly 20 years as the career services director for the Harvard Graduate School of Education, where she created courses, implemented a constituent management system, managed virtual events, oversaw marketing outreach efforts, built and maintained websites, and much more. Prior to working at Harvard, she held management positions at Temple University, the University of Pennsylvania, and the University of Maryland.

Pat Murray serves as YURA's liaison with AROHE.