

# WATtimes

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## THE MAKING OF A UNIVERSITY

E.M. BROOKES' "WATERLOO" – SEE PAGE 14



UNIVERSITY OF  
WATERLOO

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## UWRA President’s Message

# Several changes happening with the UWRA

BY SUE FRASER



I would like to start by extending much gratitude to all UWRA Board members this past year for their representation and input in their various roles. A special thank you goes to board member Mary Thompson who continues as our representative on the Pension and Benefits Committee and has agreed to serve another year. Unfortunately, we are losing Ken McLaughlin who has served as our Editor of WATtimes for the past three years. Ken has done an excellent job co-ordinating relevant news of interest to retirees. He will be missed.

I am so grateful that all other Board members have decided to stay on for another year in their respectful roles. I cannot say enough about having such an amazing team.

The Office of University Relations is the University of Waterloo liaison unit for the UW Retirees Association. Within this unit our direct contact is with Kelly McManus and her team from Community Relations and Events. Kelly also attends our monthly board meetings and updates us with what is going on at UWaterloo.

Former board member Terry Weldon was made an Honorary Member of the UWRA Board after serving 12 years on the board.

A thank you to Vice-President, Lynn Judge who over this past year has been instrumental in continuing to pursue a Memorandum of Understanding to give the UWRA formal recognition with UWaterloo to ensure notification of any changes that may affect retirees. At present, this is ongoing. Lynn has also researched other Retirees Associations to see what arrangements exist between them and their respective Universities.

I am presently the retiree representative on the Honorary Member of the University Committee. The one question that I asked was: Are retirees eligible for this award and was told they are, but they have to have the backing of their previous department administrators. This past year we have continued our luncheons with the 60th Anniversary theme with guest speakers from various departments giving us an overview of the history of these areas.

We continue to offer seminars with the Education Credit Union on topics of interest to retirees. We are extremely grateful. Some of the topics this past year were:

The Good, The Bad & the Ugly – Wednesday, November 14, 2018 and The Importance of Tax-Free Saving – Tuesday, February 19, 2019. We will continue to work with the Education Credit Union to offer seminars of interest to retirees.

Board member, Peggy Day is looking into local trips of interest and is also actively pursuing booking coach tours when the destination is further afield.

Benefits Canada Story: We were approached by Benefits Canada to write a story about the UW Retirees Association's continued affiliation with the University of Waterloo which we were delighted to comply with. Thank you to Mary Thompson and Alan George for their input for this article. Our University is unique in our continued communication with UWaterloo after retirement.

Thank you to the UW Staff Association for including retirees in collaborative events. This past year we were invited to participate in the 5th Annual UWSA Golf Social Tournament on Thursday, July 19, 2018 at Foxwood. A number of retirees participated in the tournament whilst three retirees including myself, Peggy Day and Dianne Foreman supported this event in administrative roles. We were also invited to attend another collaborative event on Wednesday, November 28, 2018 at the Drayton theatre's production of "Shear Madness" of which a large number of retirees attended the private show. Positive feedback was given on how much they enjoyed the show. We have been invited to participate in the 6th Annual UWSA Golf Social Tournament to be held on Thursday, July 11, 2019 at the Conestoga Golf

and Country Club. Information appears on the UW Staff Association website. Also, the upcoming UWRA Fall Reception on Wednesday, September 16, 2019 with special guest speaker Neil Aitchison who will woo us on the Drayton story. Registration for this event appears on the UWRA website under Events.

I was invited to attend a Special Citizenship Ceremony on Friday, March 29, 2019 at the Student Life Centre which welcomed 200 new Canadians. The event was semi-formal as the presiding judge was entertaining and made everyone feel comfortable.

A Retiree Reception was held on Wednesday, May 1, 2019 at Fed Hall; to which all retirees were invited with the 2018 retirees given special recognition. President Feridun Hamdullahpur

addressed the attendees and reflected generously on the dedication and contributions that retirees have made to the University's foundation and continued success. A special thank you goes to the Community Relations and Events team for their organization of this event.

Finally, I would like to thank Parking Services for issuing parking permits so that UWRA events can be held on campus. Parking Services has now moved to a new location across from the Davis Centre which was originally occupied by Human Resources. There is special short term assigned parking for any reason you need to visit their department.

Hope everyone enjoys the summer season. Thank you. ♥





# Making sense of our rapidly growing cities

Tackling global challenges has been something our community of students, faculty, alumni and staff have been focused on since the very creation of our University. This is only possible through the passion of our dedicated staff and faculty, some of whom I recently honoured at the annual 25-50 Year Dinner.

With nearly 100 current staff and faculty in attendance, there was more than 1,600 years of University of Waterloo experience in the room. That experience and skill has pushed our institution forward as we consistently reach for new levels of discovery, including the exciting news that one of our very own researchers, Avery Broderick, played a critical role in helping capture the first image of a super-massive black hole. These achievements and innovations are changing the way we see and experience our world, and the University of Waterloo is right there helping lead those efforts; and they do not stop with black holes.

The landscape that most of us live our lives in is at an inflexion point. As a nation and as a global community we are increasingly becoming an urbanized people. More people are born in and moving into cities than ever before. These increases are changing the face of our communities and so do all of the implications that come along with them, such as social services and labour markets. These shifts impact us all and, like countless other global challenges, University of Waterloo researchers, students and alumni are taking the consequences of unprecedented urbanization head on. Our cities are facing macro and micro issues that range from multi-generational socio-economic challenges to affordable housing, transportation and loneliness.

University of Waterloo researchers who see these changes include professor Markus Moos who founded the Generationed City research project that focuses on the generation dimensions of housing and labour markets to build an understanding of the unique challenges faced by different generations in the context of contemporary economic, demographic, and societal change.

School of Planning researcher Martine August is also looking at the financialization of the housing market and how it is assessed as a commodity and not a human right, and how that impacts municipal government policies around affordable housing and gentrification.

And, Faculty of Arts PhD candidate Robin Mazumder is using virtual reality to learn about how we are adjusting to our expanding urban environments and its impacts on our health and anxiety levels. These are only three examples of the many initiatives taken by our outstanding researchers in the area of urbanization. Our community is also taking the lead with their own ventures.

Waterloo is also proud of the continued growth of our urbanization and infrastructure-focused entrepreneurial ventures like Miovision that are helping create smart cities. Miovision's technology has been adopted by municipalities around the world, changing the way cities like Detroit, Charlotte, Edmonton and Chicago look at their transportation infrastructure for automobiles and cycling, and how pedestrians navigate their neighbourhoods.

The disruptive forces urbanization puts on our society and economy are significant, just as so many global issues do, but the University of Waterloo community has shown that these are merely opportunities. We take new angles and new approaches to increasingly complex issues. We research, we train, we foster a sense of bold and entrepreneurial curiosity, and we do it all together. That is part of our institutional legacy that we are privileged to have and one I know that will endure. ♥

**FERIDUN HAMDULLAHPUR**, President and Vice-Chancellor

# A privilege to have served

BY KEN McLAUGHLIN

UWaterloo's President, Feridun Hamdullahpur, in the midst of a grueling schedule here and abroad, enthusiastically supports our retirees and provides timely comments for each issue of WATtimes for which we are especially grateful. We are also indebted to Kelly McManus, Senior Director, Community Relations and Events, for her commitment to the University of Waterloo and for her support of both the Retirees Association and WATtimes. This support from the university makes the newsletter available to all UWaterloo retirees.



Monica Lynch, Communications Design Specialist and part of the rebranding team for the university, has created the attractive design of our newsletter which makes WATtimes a much-admired form of communication for all of us. Monica works against great odds to pull together the editor's often cryptic ramblings. Cristina Jones, Project Co-ordinator, Creative Services Marketing and Strategic Initiatives, in an ever-busy schedule, happily answered our questions and accommodated WATtimes. Antonio Chaves at Central Stores provided the timely distribution of our publication. Historical images in WATtimes were facilitated by Nick Richbell and the staff in Special Collections and Archives at the Dana Porter Library.

Paul Eagles became the resident photographer at our social events. Brandon Sweet editor of the Bulletin allowed us to use material previously published in the Bulletin and also published several of our announcements. Michelle St-Amour has kept us up-to-date with information about new UWaterloo retirees as well as the sad accounts of our colleagues and friends who have passed. I am indebted to those retirees who have sent in letters and contributions to WATtimes. Your comments continue to improve the quality of our newsletter and its interest for our members. I am also grateful to members of the UWRA executive whose reports published in WATtimes keep us informed about our university.

WATtimes has begun a series of initiatives to introduce the directors of the UWRA to our readers as we are also seeking input from all UWaterloo retirees about enhancing our services. Finally, contributions from the other directors of the Retirees Association ensure that the content of WATtimes is relevant for our readers. In this issue of WATtimes, in addition to the notices about social events for retirees, we are also publishing a series of articles relating to services for retirees. The UWaterloo Retirees Association seeks to provide up-to-date information about new initiatives on campus as well as about policies and procedures that affect all of us. For more information please check our website which is a treasure trove of information and contains the reports and documents from our Annual Meeting held on 15 May.

This will be my last issue as Editor of WATtimes and in addition to those mentioned above, I want to express my personal thanks to the directors of the UWRA for their friendship, patience and support during my three-year tenure as editor. ♥

# Get to know your UWRA team

*In this and future issues of WATtimes we are including short biographical sketches the directors of the UWRA.*




## Alan George: A man for all seasons

In another life when Alan George was Vice-President, Academic and Provost we spoke often about sometimes sensitive and critical issues. I was always amazed when he answered the telephone with the salutation, “how may I be of help?” Not a man of many words, but when he spoke his words mattered, and I knew that I could count on his wisdom and judgement. At the time of UWaterloo’s 50th anniversary book *Out of the Shadow of Orthodoxy*, I included a photo of Alan with the caption, “A Man for All Seasons” as a small way of trying to capture Alan’s remarkable career of service to this university. Read below this somewhat modest summary of Alan’s dedication to his and our university.

Alan George obtained degrees from the University of Alberta and Stanford University (PhD, 1971). He joined Waterloo’s computer science department, and not long after was persuaded to become Dean of the Faculty of Mathematics from 1980 to 1986. He then accepted an appointment as Distinguished Scientist at the prestigious Oak Ridge National Laboratory, but two years later returned to Waterloo this time as Vice-President, Academic and Provost, for a five-year term. Again, he was called upon to serve as Dean of Mathematics from July 1998 until December 2000, when he became interim Vice-President, Academic and Provost, resuming the deanship in August 2001, and completing his term June 30, 2005. He also served as Associate Provost, Information Systems and Technology from July 2003 to June 2012, and concurrently served as interim Vice- President,

University Research from January 1, 2006 until June 30, 2007 and as interim Dean of Graduate Studies from October 2007 until June 30, 2009.

In the midst of all of the administrative work that he contributed to the University of Waterloo Alan is the author or co-author of more than 100 research articles and two books, and co-editor of two other books. He is a Fellow of the Institute for Mathematics and its Applications, the Fields Institute for Research in the Mathematical Sciences, the Institute of Electrical and Electronics Engineers, the Society of Industrial and Applied Mathematics, and the Royal Society of Canada.

In 1992 he received the Governor-General’s Commemorative Medal for the 125th Anniversary of Canada, in 2008 the Canadian Applied and Industrial Mathematics Society Research Prize, and in 2015 a lifetime achievement award from the Canadian Association of Computer Science. He has also been an active member of the UWaterloo Retirees Association serving as President and now Past President where his knowledge of the university has proven invaluable in guiding our policies and procedures. In his note to me about his career at Waterloo he suggested that I might omit the honours and awards and the recognition of his many scholarly achievements. I decided to exercise my editorial prerogative and at my peril decided to print the larger version of some highpoints of his career in WATtimes. KMM 



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## Shining a light on an electric career: Jim Ashworth in his own words

*Jim Ashworth tells WATimes editor Ken McLaughlin how he was born in nineteen-forty-seven in the Northern English city of Salford, within walking distance of old Trafford, home ground for Manchester United.*

Salford was then in the county of Lancashire, but is now absorbed into the huge cosmopolitan area of Greater Manchester. A famous folk song ‘Dirty old Town’ written by Ewan MacColl paints an accurate picture of the industrial city and is nearly always performed by Irish singers confusing it, I think, with Belfast. Note: Repeating this lesser known fact at the wrong bar could result in a black eye.

My father, who owned his shop, was a watchmaker and jeweller as was my grandfather. Fortunately, I never went into the now almost defunct trade. I have memories of ladies grimacing, my father piercing their ears with some sharp contraption, a small drip of blood forming on the lobe. Salford was a fun place to live when I was under ten. The bombing blitz of Christmas nineteen-forty had left many a factory and house in ruins and a joy for young boys to find trouble. Where else could a lad walk across a wide river striding on the bricks of a collapsed wall? Unfortunately, many other countries I suppose.

When I was ten, my father became ill and we moved to the town of Bury a few miles further north at the foot of the Pennine hills and a town famous for the birth place of both Sir Robert Peel, originator of the English Police Force, and of British black ( blood ) puddings although I don’t suppose Sir Robert ever tried a taste. Even now one can attend the annual black pudding throwing contest in the adjacent town of Ramsbottom; not recommended even with or without mustard.

At high school level I attended a school named Wellington Secondary Modern until the age of fifteen. The school was situated next to a busy railway line where dirty black steam engines puffed to such towns as Wigan and Aintree. This was Nirvana to an avid train spotter like myself and I spent many a wasted minute gazing

out the windows until a chalk projectile would come my way after leaving the hand of a teacher.

I left school with a basic education but a good knowledge of steam locomotives that were fast becoming extinct like slide rules. I was offered two jobs after playing billiards for a couple of weeks; one, an electrical apprentice and two a ‘bag tackler’. I never did find out what a ‘bag tackler’ did but apparently an acquaintance of mine did rather well ‘bag tackling’ in China. After worldly advice from my mother I’ve been working in the electrical field ever since, pun possibly intended.

I worked for a subsidiary of English Electric in the town of Heywood, a few miles from Bury. The plant’s premises known as Times Mill was originally built for the Victorian cotton industry alike many industries situated in the northern counties of Lancashire and Yorkshire. The mill was much later demolished to make way for ... You might have guessed, The Times Mill shopping centre.

At that time young apprentices started with low pay then with yearly increments earned a decent pay at the age of twenty-one if one passed muster. The low wage situation presented problems especially with friends who had money through higher paying non-skilled jobs. However, my parents were always good for a bob or two. I attended technical school one day a week for six years excluding summer and at first many evenings while learning the trade. Every year there were the requisite examinations and if I failed I would at worst lose my job or at best be spurned and relegated to a dark cold tower stripping wire. This was a good incentive and after successfully concluding my examinations and time taken in the trade, I received a certificate covered with illegible signatures from ‘The Bolton Institute of Technology’ stating that I was an electrical technologist.

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## Jim Ashworth profile CONTINUED

Just prior to my certification I had decided to emigrate to Canada for a while. I believe the northern English weather, after a long spell of dark brooding clouds, rain and penetrating dampness was the impetus. I attended a presentation given by the Ontario government in Manchester where a film showed a station wagon with a camper in tow coursing through tree covered hills beneath an azure cloudless sky as well as some unrelated stick welding and I was hooked. In those days skilled trades were in demand and after a medical and check for mental illness in the family I was on my way; nobody told them about Auntie Francis.

I had some distant relatives residing in Niagara-on-the-lake and there I went. And it was there at The Prince of Wales where I was introduced to the strange Ontario drinking laws of the time.

Through 'Manpower' I secured a job in Vineland where at a small farming industry I overlooked, repaired and ran specialized machinery that sorted and discarded blemished cherries under optical filters at high speed from those that were shipped for maraschino cocktail use. When the machinery failed cherries were machine gunned all over the small building wherein other workers took cover behind barrels.

During this period the farm owner and I travelled to Houston, Texas for further instruction where the day time August heat was terrific and the night clubs cool. The job was seasonal and towards winter I was unemployed.

I had heard that Kitchener-Waterloo was a good location for a job search with many diversified industries being situated there, and a good place for skilled workers to locate. This turned out to be true and with the aid of a road trip and a newspaper ad I was hired at The Uniroyal Tire plant on Strange Street and while there, with proof of qualification sat for my electrical license.

For the next twenty-two years I worked for Uniroyal and then eight years for B.F. Goodrich. Each was a complex web of evolving machinery in the many steps of building a tire. Within those thirty years I married and we had triplets. On their day of birth our photograph made the front page of the K.W.Record, they being the first triplets born at St. Mary's Hospital and on the specialist's birthday too; what a co-incidence! Seriously though, a wonderful doctor. Our children are thirty-eight of this writing.

So, after thirty years and good benefit plan, I retired from the tire business and began working for Automation Tooling Systems. There, as the name suggests, electricians wired new machinery to be shipped and installed on customer's site with a view to increased or new automation. This involved a good deal of travel which I enjoyed, and my off-spring had left home which alleviated my responsibilities. After eight years and during a period of slowdown I was laid-off and compensated fairly. I was later called back but was already working at the university where I was happy to be. I only lived up the road and I found the people on campus very interesting and there were, and still are, lots of light bulbs. As a plus, the same week that I started at the university my daughter graduated and I was there to help her elderly Grandma climb the evil bleachers. My daughter went on to get a PhD and is now a child psychologist, which comes in handy when talking to me.

I worked for Plant Operations and actually there are innumerable things going on behind the scenes – and I don't mean at Hagey Hall theatre – that Plant Operations take care of with very many talented people keeping the university running. So, if you're boiling in summer and freezing in winter then think of Plant Ops.

So why did I join the University Retirement Committee? After all I only worked at Waterloo for eight years and do not receive full retirement benefits, but fortunately *do* receive benefits from my thirty years at the tire plants including some dental and optical remuneration. And consequently, I know how important benefits are. And so, does the Association committee which can and do voice an opinion.

It seems to me the retirement's association is a way of bringing retirees together which isn't easy with such a differing community. There's faculty, academics, grounds, staff, plant ops etc ... Pensions differ and therefore so does disposable income. However, there are groups within the retirees with common interests. One concern for all should be good health. I play pickle ball twice or three times a week with people from all walks of life and so do many retirees. Perhaps with enough interest the association can facilitate a meeting of players. How about Tai Chi? Swimming? Keep an eye on the WATimes for coming events and for talks which may or may not be of interest to everybody but are always insightful.

To conclude I have been blessed with a healthy life, which some may say interesting, and enjoy meeting new people and I still have an inquiring mind and so I joined the Association. And the price is right. ♥



# Former President James Downey donates his papers to UWaterloo's Special Collections and Archives

BY KEN McLAUGHLIN, DOUGLAS LETSON AND NICK RICHBELL

*On learning that Jim Downey had agreed to donate his wonderful collection of private papers to join those already in the archives from his years as President of UWaterloo I asked Douglas Letson, the former President of St. Jerome's University, to provide us with a review of some of the highlights of Jim's papers, and Nick Richbell, the Librarian in charge of Special Collections and Archives, to give us an introduction to some of the other collections and papers that might be of interest to UWaterloo retirees and thereby to whet their interest in this aspect of their careers at Waterloo.*

James Downey's recent donation of his personal papers is a welcome addition to UWaterloo's archival collection. His papers include documentation, which is sometimes autobiographical, sometimes biographical, sometimes historical, sometimes administrative or professional. As such, the collection will be of interest to a cross-section of the University and non-University researcher.



The autobiographical material traces Downey's personal and family histories from small-town Winterton on Trinity Bay in eastern Newfoundland, histories that bring to life a segment of Newfoundland's early and mid-20th-century history in a reflective and graphic fashion. (Downey was born on April 20, 1939.) That history not only documents the difficulties and the austerities of small-town Newfoundland life in the mid-20th century, but it also sketches the unlikely possibilities of youngsters in towns like Winterton of not only achieving university admission, but also of heading off to England in pursuit of graduate studies as Downey had done.

Downey clearly loved his homeland, as his "Protectorate to Province: Newfoundland, 1934-1957" affirms, as does his analysis of the divisive politics of Newfoundland's road from independent country with ties to mother England to

the controversial pathway to Canadian province. It was inevitable, therefore, that Downey would include in his personal history the arrival of his clan, complete with an analysis of the social implications of that clan's planting of its Irish flag in Winterton.

Those of us who have admired Downey's near-poetic mastery characteristic of his public addresses will discover that that style is imbedded in his Irish ancestry and is academically polished by his study of 18th-century homiletics and the clever prose and poetry characteristic of that Augustan period.

Anyone wondering where Downey turns for his colorful witticisms might want to dip into his "Excerpts from J. Downey's Commonplace Book June 1985 to February 1989." It's only one from his varied collection of such materials.

Before accepting the position of UWaterloo's fourth president in 1993 Downey had accumulated presidential experience at both Carleton University and the University of New Brunswick. During that time, he was immersed in the political give-and-take of Atlantic Canada and beyond. As a result, the biographical elements captured in his archival donation include introductory citations of speakers ranging from politicians to poets to academics. The biographical element also includes eulogies of individuals who were key members of the UWaterloo community during his tenure

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*“Downey is a consummate orator and literary perambulator. His archival materials are interesting, informative, and insightful. Documents to be treasured.”*

**DOUGLAS LETSON**

as UWaterloo’s president (1993-99). Administratively, that tenure was rooted in the political turmoil of the Rae Days and the succeeding early political restructuring introduced by Ontario’s Premier Mike Harris. Difficult times in Ontario and on campus as government funding decreased and, by necessity, student tuition rose in lockstep, embedding the current notion that university studies are the enclave of the Upper Middle Class and beyond, a member of which Downey clearly had not been.

Downey’s eclectic collection “The Past That’s Always Before Me” preserves his varied eulogistic tributes which include, for example, a heart-warming reflection “For Ian Lithgow, Friend and Colleague”, tributes to Lyle Hallman, Burt Matthews, Jim Kalbfleisch, Russell Legge, Robin Banks and Mary Bales. There is also a compendium of various “Toasts, Roasts, & Remembrances” as well as his binder of “Speeches: 1994-2006.”

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The University of Waterloo Library’s Special Collections & Archives (SCA), formerly the Doris Lewis Rare Book Room, is located in the Dana Porter Library’s main campus. With a mandate to collect material that supports teaching and learning on Campus, SCA has collections for every researcher, including students, faculty, staff, and the public. We proudly manage over 425 archival fonds and collections as well as over 70,000 volumes in our rare book and periodical collection.

The University of Waterloo Archives (UWA) is also part of Special Collections & Archives. The University Archives houses official records of the University of Waterloo. Included are correspondence, reports, minutes, publications, architectural and building plans, photographs, ephemera, and memorabilia.

The Waterloo Digital Library [digital.library.uwaterloo.ca](http://digital.library.uwaterloo.ca) is our online repository highlighting select items from SCA, including the UWA, and you can browse these treasures from the comfort of your home or office.

We encourage you to check our website [uwaterloo.ca/library/special-collections-archives](http://uwaterloo.ca/library/special-collections-archives) to learn more about our many varied collections or visit us in person (opening hours and location found on our website).

**Whilst our collecting mandate is wide, we actively collect in the following areas:**

- › Architecture and urban planning: including William Dendy; ACO North Waterloo Branch
- › Local history: including Dare Foods; Electrohome; K-W Record Photographic Negative Collection; Breithaupt Hewetson Clark families
- › Environment: Grand River Conservation Authority; Muskoka Lakes Association
- › Gender and social justice: including Dorothea Palmer; Kay Rex; Claire Wallace; Elizabeth Smith Shortt
- › Spiritualism and theosophy: including Maines Pincock family; Thomas Lacey séances
- › World Wars: Bolender Ball family; Harry Byers; Kenneth Rowntree

**We are also fortunate to hold the papers of the following University of Waterloo faculty:**

Anne Dagg  
Virgil Burnett  
Don Cowan  
Henry Crapo  
Robert Dorney  
James Downey  
John English  
Wes Graham  
Noel Hynes  
Stan Johannesen  
Rota Lister  
Isobel MacKay  
Eric McCormack  
Frances Montgomery  
E. Palmer Patterson  
Nancy-Lou Patterson  
George Reaman  
Bernard Suits  
Tony Urquhart  
Sally Weaver

# Research into healthy living comes of age

BY EUGENIA XENOS ANDERSON

The human body is a messy, complicated, intertwined network of systems that miraculously allows us to walk, breathe, talk and understand others, normally without any thought to how we do it. However, this network of systems has a life span, and as we age, we notice that what used to work well at one point in our lives, does not work necessarily the same any more.

Universities take the research on aging seriously, especially because one quarter of Canadians are expected to reach 65 years of age or over in just over 15 years. In fact, all over the world, populations are aging, yet there is so much we still need to know to ensure we live our older years comfortably and meaningfully.

While treatment for disease and other ailments is important, many in the Faculty of Applied Health Sciences at UWaterloo understand that prevention and intervention strategies can have a bigger impact on the future of health. As such, researchers work in a number of different areas to find evidence for practices that are effective in ensuring healthy living and well-being at all ages. These areas are varied and connect to other Faculties and organizations in the community. They range from nutrition and the effects of exercise on diabetes and dementia, to fall prevention and living well with dementia.

The end game, though, is to ensure that the research they conduct is translated into practice so that we can all live with dignity, mobility and connectedness, even as our systems break down or lose some of their resilience.

## Warning: Delicious

Remember the days when you could eat anything you wanted with minimal consequences? Many of us today don't have this luxury. As we age, not only do we need fewer calories, but our bodies require increased amounts of key nutrients, including more vitamin D, calcium and protein. Kinesiology Professor Heather Keller, Schlegel Research Chair in Nutrition and Aging, is working with two researchers from the University of Guelph to devise



and test proven ways to increase nutrient levels without sacrificing taste or texture in food.

“We are taking food that people want to eat, like desserts, and adding high-nutrient foods like squash, sweet peas, hemp or chia seeds – putting them into foods you don’t typically put them in – without it negatively changing the taste or texture,” says Keller.

The team has partnered with two long-term care chefs at the Schlegel-UW Research Institute for Aging’s Research Kitchen to come up with recipes. They now have 10 recipes testing with older adults in long-term care, as well as other demographics. The project began in 2018, and will have several outputs ready for the end of 2019, including fact sheets and recipes. “We want older adults to know why they should be increasing their intake of these nutrients, and to highlight for chefs and others at long-term care facilities ways in which to do so. Cost and preference should not be the only considerations when planning menus,” says Keller. “Increasing nutrition levels should be the main one.”

## Is all exercise created equal?

It’s no secret that as we age, the risk of contracting type 2 diabetes increases. Some of us have to watch that blood sugar levels don’t go too high or develop insulin resistance, meaning the cells in our body can’t absorb

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## Healthy living CONTINUED

glucose effectively. Health Canada reports that 25 to 33 per cent of men between 65 and 84 years old are diagnosed with diabetes, with women faring a little better at a diagnosis rate of 19 to 27 per cent. Insulin resistance and high blood sugar levels are serious: they can lead to heart disease, stroke, kidney or nerve damage.

The good news is that exercise can help lower your risk. But is all exercise created equal? Kinesiology Professor Michaela Devries-About researches the effects of exercise strategies on muscle metabolism and insulin resistance. She and a team are embarking on a trial to examine the effects of different types of exercise on blood sugar in older adults with high glucose levels.

“Blood sugar levels can be improved for up to three days after a single bout of exercise. We are going to look at different modes of exercise to see which ones best control these levels for three days after exercise,” says Devries-About. “Since the risk of type 2 diabetes is lower in women, we are also going to see if there is a difference in how exercise influences glucose control in men versus women. We are also hoping to determine if there are metabolic differences like inflammation or reactive oxygen species that can explain these differences.

“These findings will help older adults determine the best exercise strategy for them to take to improve their blood glucose levels, and hopefully their overall health and quality of life.”

Perhaps surprisingly, astronauts can also help us learn about insulin resistance. Richard Hughson, Schlegel Research Chair in Vascular Aging and Brain Health, has been working with David Saint-Jacques and other astronauts for the last few months to test insulin resistance and vascular health in space. That’s because the effects of space mirror those of the aging process, and give us insight into the connection between physical activity and insulin resistance. The crew wore a Canadian made ‘smart shirt’ with sensors that monitored their daily activity levels, and they took blood samples to determine if they were developing insulin resistance.

### **So many benefits**

Other researchers are also studying the role exercise plays in preventing bone fractures, and even dementia.

For example, Kinesiology Professor Lora Giangregorio is a Schlegel Research Chair in Mobility and Aging whose team conducts clinical trials to see if exercise can reduce fractures in high-risk individuals. They translate research into practice by working with organizations such as Osteoporosis Canada, and have developed BoneFit, a workshop for health-care professionals on how to assess and prescribe exercise for individuals with osteoporosis. They also led in the development of a guide called ‘Too Fit To Fracture,’ with recommendations for people with osteoporosis.

There is evidence that exercise may also play a role in mitigating the effects of dementia. Laura Middleton, also from Kinesiology, investigates the role of exercise in the prevention and management of dementia. Her team conducts randomized controlled trials to see how combinations of exercise with cognitive training, vitamin D and diet affect brain function among people at risk for dementia.

“Working with teams of people living with dementia, care partners, dementia advocates and health care professionals, we want to identify and address problems that are important to the real world,” says Middleton. “We also conduct translational research to understand how we can facilitate exercise for people living with dementia.”

### **“One minute you’re standing, the next you’re not.”**

Sometimes we may want to incorporate exercise into our lifestyles, but other factors prevent us from taking the leap, so to speak. Falls are a key area of concern for older adults, and university researchers are approaching this challenge from several different angles. Some kinesiology researchers, like Andrew Laing and Michael Barnett-Cowan, study the mechanics of falls and balance. Laing uses mathematical models to measure and predict the loads applied to the body during falls, as well as the effectiveness of protective devices, including flooring materials, and Barnett-Cowan uses virtual reality to test how head movement combines with other senses to coordinate movement and balance in aging individuals, among others. Kinesiology Chair Bill McIlroy studies the brain’s ability to control balance, and works to improve recovery after strokes and reduce age-related effects on mobility.

Hughson, whose work on vascular health we saw earlier, has also worked on a project called ‘The Second Heart’ with Engineering Professor Sean Peterson. The ‘second heart’ is a device worn on the leg that helps bring blood flow back to the brain. The goal is to make it smart enough so that it compresses the muscle when a fall is imminent. “One minute you’re standing. The next you’re not. We want to prevent that from happening,” says Hughson.

### **Putting it all together**

Of course, there is so much more research being done at the university that relates to the aging process, and the Network for Aging Research (NAR) brings these researchers together. Founded by Steven Mock from the Department of Recreation and Leisure Studies in response to a university strategic plan goal in 2014, NAR is now headed by Applied Health Sciences Interim Dean Paul Stolee. Stolee has spent many years focusing on the health care of older adults, and one of the themes that keeps emerging is the importance of systems – looking at the body and person as a whole rather than as discrete elements. He says, “Older adults often have multiple chronic health issues at the same time. However, the healthcare system is designed to treat one problem at a time. Caring for older adults requires a comprehensive, interdisciplinary response.”

One such response is set of assessment tools from interRAI, an international organization which is headed in Canada by John Hirdes from the School of Public Health and Health Systems. The assessments collect data to guide care, planning and a comprehensive care approach for residents in long-term care settings, hospitals and community care and other settings.

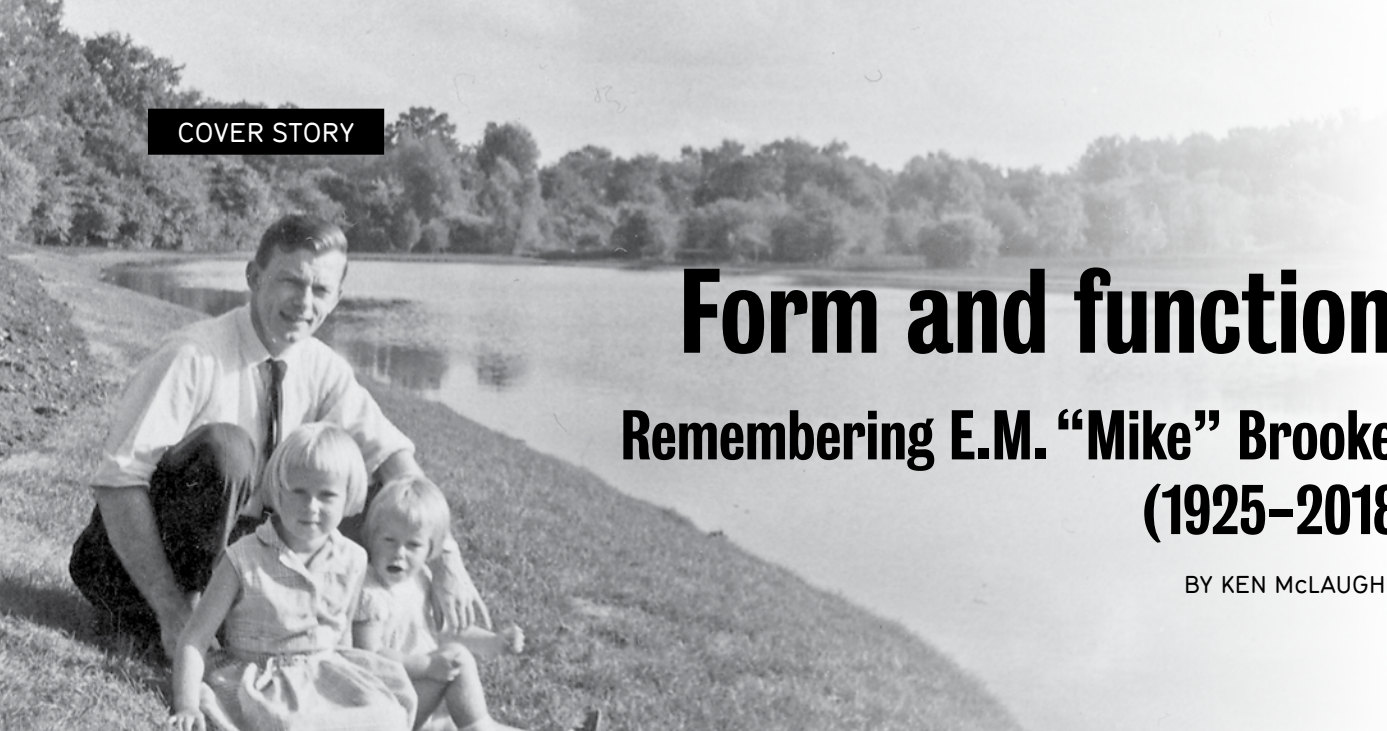
Dr. George Heckman, a physician and Schlegel Research Chair in Geriatric Medicine, applies these assessments and others in his day-to-day work. He recently conducted a study that found a history of heart failure, when combined with an interRAI assessment score, could accurately identify which long-term care residents were most at risk of hospitalization or death within three months of admission. In short, the more complete a picture we have of our health, the better the outcome.

On a broader scale, the Schlegel Centre of Excellence for Innovation in Aging, envisioned by UWaterloo alumnus Ron Schlegel, is designed to take this type of comprehensive approach. It opened in 2015 and comprises a series of buildings in the west end of Waterloo that are meant to foster community among different sets of people: older adults, researchers, students and educators. It includes long-term care living, student training programs, research labs, the Schlegel-UW Research Institute for Aging and a primary care health centre. In 2020, it will add a retirement living component and a community hub, with three new floors currently under construction. The idea is that this model of health integration will improve quality of life for older adults and others.

### **Living with dignity**

What most people want – at any age – is dignity, connectedness and purpose. But often, older adults, especially if they are living with conditions such as dementia, are treated as if they have no more agency, no more say in what their decisions or quality of life should be. Thankfully, researchers are making quality of life for older adults their focus, including recent Schlegel Research Chair in Dementia Carrie McAiney from the School of Public Health and Health Systems, and Professor Sherry Dupuis from the Department of Recreation and Leisure Studies. The two researchers lead the Partnerships in Dementia Care Alliance, an initiative that aims to change the way we think about dementia care, creating a new culture in long-term care and how we engage people living with dementia in their own care.

Just because our bodies no longer respond the way they once did, it does not mean we need to live a life without dignity or meaning. Researchers in Applied Health Sciences and elsewhere are examining the question of aging from many different angles and seeking answers to issues such as nutrition deficiencies, the effects of exercise, fall prevention and how systems can work effectively. The goal is to prevent or intervene in the conditions that compromise our abilities, and to optimize our quality of life as we age. This research allows us to embrace our aging years and live them meaningfully, in optimal health and in community. ♥



# Form and function:

## Remembering E.M. “Mike” Brookes (1925–2018)

BY KEN McLAUGHLIN

When I learned of the death of Mike Brookes, Waterloo’s first Superintendent of Buildings and Grounds, I felt an overpowering sense of loss. Everywhere I looked I could see Mike Brookes’ Waterloo. The campus and buildings that he had created, let alone his later intervention that made possible the university’s invitation to take part in the famous Oxford Dictionary project, had profoundly influenced the look and feel and history of Waterloo. Brookes believed that universities should function as communities, and his designs strove for a ‘village’ feel, with complex, varied landscaping and student residences that felt like homes rather than dormitories.

Hired in 1958 by Gerry Hagey and Al Adlington to lead in the creation of a campus in the face of the momentous split with the Lutheran-based Waterloo College, Brookes’ first task was to relocate the two Annex buildings which in 1957 had held the first class of engineering students to the rough farmland that under his direction became the University of Waterloo. Photographs of this event mark the beginning of a new university. Then came the story of Brookes and Hagey having coffee together on the veranda of the Schweitzer Farm house and President Hagey confiding to him that had he known what was involved with founding a new university, he doubted that he would have had the courage to do it. The stories multiplied over time.

There were the peacocks that he introduced to the campus to add interest and life. There was the time when Brookes’ success in persuading the university to build the Theatre of Arts with its thrust stage modelled after the recently-

opened Festival Theatre in Stratford led to a dramatic confrontation with President Hagey over the expensive array of lighting leading to Brookes’ threatened departure to McMaster University, but luckily for us he and Hagey reconciled. Another defining moment was the massive expansion of the campus lands in 1963 and Brookes’ idea of creating a student village rather than a linear residence complex. So too is the development of what was sometimes jokingly called Hagey Pond based on Brookes’ love of nature mirrored in a photograph of Stourhead Gardens prominently displayed in his office. And the list could go on much further.

The University of Waterloo was Brookes’ very personal statement of what was best in the university tradition and his love of the Waterloo County landscape as he set out to build a campus that would separate Waterloo from the other “new” post-war universities. As Canadians turned to the Canadian landscape as expressions of Canadian identity in art and literature, the Waterloo landscape became an important aspect of the feel of the campus. To achieve this Brookes worked in concert with Shore and Moffat, the University’s first architects, and with Hideo Sasaki the Harvard University landscape architect, whose ideas for university development shaped campuses across North America.

In the beginning Waterloo’s buildings would not provide the architectural impression that a University College or Hart House at the University of Toronto. Those buildings reflected Toronto’s Victorian beginnings and Vincent Massey’s anglophile predilections. Waterloo was a

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Each building, he explained, would  
“provide the best possible background for the provision of  
knowledge rather than [serve] as monuments in the community.”

MIKE BROOKES

university built in the post-war era with new ideas and new conceptions of the social role of universities in Canadian society. Our buildings eschewed classical or traditional collegiate architectural styles. Efficient, modern, using the latest building materials, they were erected at a hectic pace to meet enrollment patterns that seemed to grow exponentially. Each building, he explained, would “provide the best possible background for the provision of knowledge rather than [serve] as monuments in the community.” The requirements of speed also determined the nature of building development; buildings were needed in a hurry, and for a university without a development fund or alumni to contribute to their alma mater, buildings would be simple and practical, and built within the budget that was allowed. The structural design of the buildings used pre-finished materials, like aluminum windows and pre-cast concrete, no cut stone or university gothic structures here. The interiors reflected the practicality of the exteriors; the design employed colour sparingly and used tile that would be impervious to student wear.

Waterloo’s students would not be overwhelmed by the traditions of other universities. Waterloo was self consciously a new university, but each Spring as the campus emerged from winter its students would be inspired by new ideas and a sense that they too could make a difference. The Waterloo philosophy was spelled out by Brookes in January, 1959. “The greatest regard,” he explained, “must be paid to the spaces between buildings and the relationship of one to another.” “Imaginative treatment of these spaces is essential. Landscape, the treatment of levels, of planting, of verges and terraces, roads and road furniture must all be regarded as of vital importance. ... By the careful use of landscaping and by the inter-relationship of buildings, a campus centre which will be both seen and sensed must be established ... subsidiary points of emphasis must be provided. The traditional method – the use of inspriing architectural style – is now not feasible. Instead, building

inter-relationships, the sensitive use of space and imaginative variety in architecture must fulfill this visual need.”

The internal aspect of the campus would be designed to offer a controlled environment in which landscaped walks would provide a pleasant and restful pedestrian circulation throughout the academic area. Academic quadrangles would be interconnected so that one may move from one to the other passing between and around buildings and across open commons.

Perhaps equally important was the rule that except under very restrictive circumstances, vehicular traffic would not be permitted on the campus centre, or in any of the sub-units. Instead, a peripheral ring road would be the main route for traffic, with side service roads for the buildings within a cell or quadrangle. This campus would not be dominated by automobiles. Traffic would occur on the edge, as Alan Adlington later expressed it, “so as to allow people to walk through the campus with their hands behind their back as university people properly should.”

In 1992 the University conferred on Mike Brookes an honorary LL.D, of which he was enormously proud. This provided an opportunity for him to reminisce about the early days at Waterloo. Some of this is retold in *Waterloo @50, Out of the Shadow of Orthodoxy* in a section entitled, *The Brookes’ Years*. I have chosen photos of him and the early campus which were rescued from the attic in his home in England. I hope that for many retirees it will bring memories of the design for the original campus plan in 1958/1959, some 60 years ago. Where has the time gone? And as you look at the new cluster of buildings taking shape around the Quantum-Nano Centre or the William G. Davis Computer Research Centre creating forms of architecture and landscapes that look to the future rather than to past precedents of other universities, Brookes’ original philosophy endures albeit in new modern forms. ♥

# Report of the Pension and Benefits Liaison Member of the Board of Directors

BY MARY THOMPSON

## 1. The State of the UWaterloo Pension Funds as of January 1, 2019

The University's retiree pension benefits are paid out of two funds: the Registered Pension Plan (RPP) and the Payroll Pension Plan (PPP). Each is subject to a hard limit on maximum pension payable per year of service. In addition, RPP is subject to yet another limit specified by the Income Tax Act, which is indexed annually by the increase in the average industrial wage. Pension benefits earned prior to January 1, 2014 are fully protected against inflation rates of 5% or less, while those earned after January 2014 are guaranteed indexation of 75% for the same rates.

The state of a pension plan may be gauged by the market value of fund assets as well as its actuarial valuation. The University must periodically (once in three years) file with the government the results of its actuarial valuation of the RPP. Such submissions are not required for the PPP. The most recent valuation filing concerned the state of the plan on January 1, 2018.

Actuarial valuations are carried out on several bases, each providing a different perspective: Going Concern, Solvency, and Wind Up. The Going Concern basis assumes the University will remain in operation for the foreseeable future.

Of necessity actuarial valuations are based on a number of demographic and economic assumptions that combine actual experience with future expectations. Among these, assumptions regarding the rate of return on pension assets, the rate of inflation and the interest rate are perhaps the most crucial.

It should be recalled that December 31, 2018 coincided with a large downturn in the stock market; the positions of the pension plans have improved substantially since that date. The draft January 1, 2019 valuations below were presented in March 2019.

### (i) RPP – Going Concern

As of January 1, 2019, the actuarial value of assets in the plan was \$1.694 b, up from \$1.676 b a year earlier. With estimated liabilities at \$1.715 b plus Provision for Adverse Deviation, the valuation showed a deficit (unfunded liability) of \$147.3 m compared to that of \$76.2 m at last filing in 2018. The asset mix on December 31, 2018 was: Cash (11%), Fixed Income (38%), Equity (41%) and Alternatives (10%).

### (ii) PPP – Going Concern

As of January 1, 2019, the market value of assets was \$38.920 m. The accrued liabilities amounted to \$47.075 m, implying unfunded liabilities of \$8.155 m. PPP valuation is not filed with the regulators. The University adds to the fund as needed.

### (iii) University contribution for 2019

Based on the 2018 filed valuation, the University will in 2019 contribute 1.69 times the total of member contributions, to pay the University current service cost under RPP, plus statutory special payments to amortize unfunded liability, plus additional contributions allocated to fund the unfunded liability.

For more details of these valuations, see:

[uwaterloo.ca/secretariat-general-counsel/committees-and-councils/pension-benefits-committee](http://uwaterloo.ca/secretariat-general-counsel/committees-and-councils/pension-benefits-committee)



## 2. Benefits Adjustments

- (i) The Cost of Living Adjustment (COLA) is automatically applied to pensions, and no action is required. Effective May 1, 2019, pension payments increased by 2.27% and 1.70% respectively for benefits earned before and after January 1, 2014.
- (ii) The extended health care benefits maxima increased on January 1, 2019 based on one-year inflation results for the various services. The new maxima can be seen at:

[uwaterloo.ca/human-resources/support-employees/benefits/annual-benefit-maximums](http://uwaterloo.ca/human-resources/support-employees/benefits/annual-benefit-maximums)

## 3. Government Pension Plan Initiative

The new Ontario government, like the previous one, is supportive of the idea of jointly sponsored pension plans (JSPPs). As reported last year, Queen's University, University of Guelph, and University of Toronto are working together to form a JSPP known as the University Pension Plan (UPP) – Ontario, and once it is established, other universities will be able to join. The UPP is expected to be in operation on July 1, 2021. [www.universitypension.ca](http://www.universitypension.ca)

## 4. Pension Investment Committee (PIC)

A new Pension Investment Committee is being formed to replace the former Registered Pension Plan Investment Committee, to advise the Pension and Benefits Committee on investments and related matters. Its terms of reference were approved at the October 2018 meeting of the Board of Governors. It is expected that the UWRA will have an appointee on this committee.


## 5. Responsible Investing Policy

The Board of Governors approved in principle a policy on Responsible Investing on June 5, 2018. The Statement of Investment Policies and Procedures (SIPP) for the pension plan has been revised to incorporate the consideration of Environmental, Social and Governance (ESG) factors, subject to the University's obligation to act in the best interest of the Plan and seek to deliver superior financial performance over the long term.

## 6. Holistic Benefits Review

In 2017 a plan was developed and work initiated to review the benefits (pension and group benefits) offered to employees and retirees. This review was to encompass plan benchmarking, potential options for plan redesign, and marketing of benefits. The benchmarking exercise (comparison with plans of other employers) has been completed. A Working Group (with retiree representation) has been formed to consider and investigate possible plan changes on the health care and insurance side. It is expected that input will be sought from stakeholders a few months from now. The entire process will take until at least the middle of 2020.

## 7. P&B Committee Report to the Community

A detailed report of the activities of the Pension and Benefits Committee in 2018 is available on the committee's website. 

# Report on the UWRA Annual Banquet Lectures

BY PAUL F. J. EAGLES

During 2017, 2018 and 2019 the University of Waterloo Retirees' Association (UWRA) organized and offered banquets dealing with University of Waterloo history. All banquets were held at Federation Hall on the University of Waterloo campus. The banquet talks continued the series entitled: Memories of Waterloo. All of the speakers had intimate knowledge of their topic, having lived through the formative years of their departments.

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## University of Waterloo Retirees' Association Autumn 2017 Banquet

The 2017 autumn banquet for the UWRA continued the 2017 theme of the History of the University of Waterloo during the 60th anniversary year.

This banquet reported on the history of three prominent programs that have developed significant national and international profiles in the last 60 years. The speakers included:

1. Professor Jake Sivak reporting on the School of Optometry.
2. Professor Murray Haight reporting on the School of Planning.
3. Professor Jim Frank reporting on the Department of Kinesiology.

The banquet occurred on Tuesday October 17, 2017 from 11:30 a.m. to 2:30 p.m. at Federation Hall. The attendance was 40 people.

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## University of Waterloo Retirees' Association Spring 2018 Banquet

The 2018 spring banquet for the UWRA continued the 2017 theme of the History of the University of Waterloo during the 60th anniversary year.

This banquet reported on the history of two programs with significant national and international profiles:

1. Professor Grant Russell talked about the creation and extraordinary success of Canada's unique School of Accountancy.
2. Professor Pat Rowe talked about the fascinating history of the Department of Psychology which began in 1960 as a small department in the newly-formed Faculty of Arts.

The banquet occurred on Tuesday April 24, 2018 from 11:30 a.m. to 2:30 p.m. at Federation Hall. The attendance was 64.

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## University of Waterloo Retirees' Association Autumn 2018 Banquet

The 2018 autumn banquet was held at Federation Hall at the University of Waterloo on Tuesday October 19, 2018 from 11:30 AM to 2:30 PM. The Memories of Waterloo theme was extended, with two more talks on the history of Waterloo programs. The audience was 39 people.

1. Professor Daniel Younger talked about the history of the Department of Combinatorics and Optimization,
2. Professor Paul Eagles talked about the history of the Department of Recreation and Leisure Studies.

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## University of Waterloo Retirees' Association Spring 2019 Banquet

The 2019 spring banquet was again held at Federation Hall on Thursday, April 25, 2019 from 11:30 a.m. to 2:30 p.m. The Memories of Waterloo theme was extended, with two talks on significant Waterloo programs. The audience was 45 people.

1. Robert Gillham talked about the history of the Department of Earth and Environmental Sciences at the University of Waterloo.
2. Roly Webster talked about the history and the future of the Department of Athletics at the University of Waterloo.

MONDAY  
JULY  
1

## Canada Day 2019

Hosted annually at Columbia Lake field, the University's Canada Day celebrations welcome between 50,000 and 60,000 attendees



each year to this celebration of our nation. The event first began in 1984 as a student initiative, and evolved over the years into a full day including family friendly activities, food trucks, live music, and everyone's favorite fireworks. As you might expect after 35 years, our community and the way that our students connect to it has changed. As a result, July 1, 2019 will mark the final celebration of Canada Day at the University of Waterloo. The University is engaged with the City of Waterloo and other local partners as the community considers its celebrations for Canada Day 2020 and beyond. The University is also working with its Federation of Students in the months ahead to explore new and enhanced year-round student engagement experiences in the community. We are proud to have been an integral part of these celebrations for 35 years. ♥

The 2019 celebration will be fireworks only, beginning at 10:00 p.m. More information on the event can be found at

[uwaterloo.ca/canada-day/](http://uwaterloo.ca/canada-day/)

### Comments on PowerPoint Programs and Videos

Paul Eagles collected the PowerPoint programs used by the presenters. Eight were collected and are being contributed to the University of Waterloo archives. Professor Murray Haight did not use a PowerPoint, so none is available.

Paul Eagles used a Nikon D750 camera to video record each of the presentations. Each of these is being donated to the UWaterloo archives. Many of these videos are in two parts, due to the limitations of the recording camera that limits all recordings to only 20 minutes. ♥

## Welcome to new retirees and other notes for the summer season

BY KELLY MCMANUS

In 2018, the University of Waterloo welcomed 104 new retirees. In partnership with the University's Retirees Association, the University hosted a special retiree celebration event on Wednesday, May 1 at Federation Hall. New retirees and their guests were joined by over 100 previous retirees, and senior university leaders including President and Vice-Chancellor Feridun Hamdullahpur. The program included remarks from Human Resources. University Waterloo Retiree Association President, Sue Fraser, brought greetings to guests. Jim Frank, co-chair of the Keystone Campaign, asked all retirees to consider supporting the fundraising campaigns of their choice on campus. ♥

# We Remember

Retiree **JOSE GOUVEIA** passed away January 19, 2019  
 Started – August 9, 1976  
 Plant Operations – Custodian  
 Retired – May 1, 2015  
 Survived by spouse Maria Gouveia

Professor **RONALD READ** passed away January 7, 2019  
 Started – September 1, 1970  
 Professor – Combinatorics and Optimization  
 Retired – September 1, 1990

**SHIRLEY MOORE** passed away January 26, 2019  
 Predeceased by her spouse, retiree Reginald Moore

Retiree **ANTONY POWELL** passed away February 1, 2019  
 Started – December 9, 1985  
 Duty Attendant – Housing – Village One  
 Retired – November 1, 1997

Retiree **TERENCE PATTON** passed away February 26, 2019  
 Started – January 3, 1989  
 Plant Operations – Custodian  
 Retired – January 1, 2000  
 Survived by spouse Wanda May Patton

Retiree **GABRIEL CSANADY** passed away December 21, 2018  
 Started – September 1, 1963  
 Professor – Mechanical Engineering  
 End Date – August 31, 1973  
 Retired – July 1, 1989

Retiree **JOEL MAJONIS** passed away January 31, 2019  
 Started – July 1, 1985  
 Professor – Social Development Studies at Renison University College  
 Retired – January 1, 2014

Retiree **CHRISTINE MATULEWICZ** passed away February 24m 2019  
 Started – May 14, 1962  
 Alumni Secretary – Dean’s Office, Environment Studies  
 Retired – June 1, 1987

Retiree **DONALD MCINTYRE** passed away March 12, 2019  
 Started – September 1, 1971  
 Professor – School of Architecture  
 Retired – September 1, 1996

**EILEEN MASON** passed away March 8, 2019  
 Predeceased by her spouse, retiree Lloyd Russell Mason

**MELBA FARRELL** passed away February 14, 2019  
 Predeceased by her spouse, etiree Shaun Farrell

Retiree **GRAHAM GILLESPIE** passed away December 13, 2018  
 Started – April 18, 1988  
 NRC – Industrial Technology advisor at the Innovation Centre  
 Retired – March 1, 1992

Retiree **BORIS BRUDER** passed away February 3, 2019  
 Started – October 2, 1967  
 Dana Porter Library  
 Retired – June 1, 1996

Retiree **ELMER LESLIE MATYAS** passed away March 31, 2019  
 Started – September 1, 1965  
 Professor – Civil Engineering  
 Retired – September 1, 1996  
 Predeceased by spouse Violet

Retiree **RUTH SHAFER** passed away April 1, 2019  
 Started – November 13, 1968  
 Retired – July 1, 1988

Retiree **RAYMOND GEORGE VICKSON** passed away May 13, 2019  
 Started – September 1973  
 Retired – September 2004  
 Professor, Management Sciences  
 Spouse: Lynne Vickson, retiree from the Book Store

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## Athletics and Recreation mourn loss of former cross country/track coach Brent McFarlane

The Department of Athletics and Recreation was deeply saddened by the loss of one of their most accomplished and well-known coaches, Brent McFarlane (BSc '73) after a long battle with Parkinson’s Disease.

“Brent was a tremendous person and coach and paved a bright future for both our cross-country and track and field programs at the University of Waterloo,” commented director of athletics and recreation, Roly Webster.

“Brent has left an ever-lasting impression on our department and we are truly thankful for everything he has done for the Warriors and beyond. McFarlane, an alumnus of Waterloo, was the head coach of the Warriors track and cross country teams from 1989-2000, reaching the pinnacle in 1996 where he guided the women’s cross country team to both an Ontario Women’s Interuniversity Athletic Association (OWIAA) and Canadian Interuniversity Athletic Union (CIAU) Championship.

That was Waterloo's first national title in twenty years. That same year he was named the OWIAA and CIAU Coach of the Year. He was also the recipient of Waterloo's Coach of the Year Awards in 1991 and 1997 presented at the annual year-end banquet.

He coached more than 30 national teams, including four Canadian Olympic teams, serving as head coach for the 2000 Olympic Games in Sydney, Australia.

He was a highly scientific coach who worked with athletes on every detail of their mechanics and training and went on to write more than 500 articles on biomechanics, speed, and strength. He also published a pair of books; *The Science of Hurdling and Speed* and *The Science of SAC (Speed-Agility-Conditioning)*.

McFarlane served as a volunteer coach for more than 38 years with the Kitchener-Waterloo Track and Field Association. Athletes from his training group have produced 22 Canadian records, 37 provincial records and 40 national champions, and was inducted into Waterloo's Hall of Fame on April 20, 2002 and in 2005 the Brent McFarlane Track and Field Endowment Fund was established to enhance the track and field program at UWaterloo. In 2007, Brent was recognized as one of 50 University of Waterloo Alumni for his outstanding commitment to the University at the 50th Anniversary Alumni Awards.

"Our sport across North America has lost an incredible man who will forever be remembered for his sense of humour, knowledge and passion for the athletes and track and field itself," said current head coach of track, *Kate Bickle-Ferth* who explained that, "Brent

paved the way for the track program at Waterloo and always showed interest in every single athlete, no matter their skill level. He was a huge part of why I chose Waterloo and I am forever grateful for what he has done for the program and myself. Brent will be deeply missed."

We are indebted to the Department of Athletics and Recreation for this edited summary of Brent McFarlane's career at Waterloo. – KMM ♥

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## Math, music and so much more: Remembering Ron Read

Ronald (Ron) Cedric Read (Professor, Combinatorics and Optimization) died peacefully on January 7, 2019, aged 94. Professor Read joined the University of Waterloo in 1970 and retired in 1990. His fields of research included the enumeration of graphs. He was born in England and served in the Royal Navy during World War II. After the war he completed a degree in mathematics at the University of Cambridge before joining the University College of the West Indies in Jamaica. In 1969 he organized a conference in Combinatorics which was attended by mathematicians from around the world, including Bill Tutte, Adrian Bondy, and U.S.R. Murty from the University of Waterloo.

Following the conference Ron was offered and accepted a position in Waterloo's Department of Combinatorics and Optimization. He published many books and papers, primarily on enumeration of graphs, graph isomorphism, chromatic polynomials, and particularly, the use of computers in graph-theoretical research.

He was well known for his 1968 conjecture that the sequence of absolute values of the coefficients of a graph's chromatic polynomial is unimodal. Read's conjecture was proven forty-two years later by June Huh.

As many UWaterloo retirees may recall, Ron Read was an accomplished musician and played many instruments including violin, viola, cello, double bass, piano, guitar. In the late 70s and early 80s he was a member of the University of Waterloo's "Music Four" early music group and played the lute and many other early music instruments, some of which he also built. He had diplomas in Theory and in Composition from the Royal Conservatory of Music in Toronto, Canada, and composed four works for orchestra and several pieces for smaller groups.

Though Ron's primary passions were mathematics and music, his family explain that his innate curiosity led him to explore many areas of knowledge. While in Jamaica he became interested in cave exploration, and in 1957 he founded the Jamaica Caving Club and explored and mapped many of the major caves in Jamaica. In 1965 his book on Tangram puzzles was published, and he collaborated with other Tangram experts until his death. He had a lifelong interest in the making of string figures and is the inventor of the Olympic Flag String Figure which can be seen on YouTube. ♥

*A version of this material was submitted to WATimes by Professor Read's daughter Helen Read, and his step-daughter, Gillian Burns. We are grateful for their interest in UWaterloo. – KMM*

# New Retirees

Reported by **Human Resources**, University of Waterloo

NAME	POSITION	DEPARTMENT	HIRE	RETIRE
Allan Fleming	Information Systems Manager	Earth Sciences & Chemistry	18-Feb-85	1-Feb-19
Kathryn Griecken	Receptionist	Health Services	1-Sept-03	1-Feb-19
David Ogilvie	Technician, Ophthalmic	Optometry	27-Nov-95	1-Feb-19
Fernando Silvestri	Client Services Manager	Plant Operations	1-Jan-79	1-Feb-19
Thomas Manning	Sessional Instructor	School of Accounting and Finance	1-Sep-09	1-Jan-19
John Dvorachek	Univ Shipper/Traffic Coord	Central Stores	30-Aug-82	1-Feb-19
Patricia Folkerts	Business Process Analyst IV	Coop Education & Career Action	3-Sep-13	1-Feb-19
Guido Noccetti	Custodian	Plant Operations - Custodial	19-Jan-09	1-Feb-19
Luanne McGinley	Admin. Coordinator	Office of the Registrar	28-Aug-95	1-Feb-19
Lynne Wight	Manager, Graduate Admissions	Graduate Studies and Postdoctoral Affairs	11-Apr-94	1-Mar-19
Mark Havitz	Faculty	Recreation & Leisure Studies	1-Jul-92	1-Mar-19
Susan Shifflett	Adaptive EducTechnologist	SSO - AccessAbility Services	16-Sep-02	1-Mar-19
Jerry Hutten	Supervisor, Grounds	Plant Operations	19-Nov-84	1-Mar-19
Carol Steele	Library Associate: Information Management & Collection	Library	22-Feb-82	1-Mar-19
Dean Murray	Adjunct Faculty	Dean of Math Office	15-Aug-04	1-Mar-19
Ann Wendt	Examinations and Scheduling Specialist	Office of the Registrar	29-Aug-77	1-Apr-19
Keith McGowan	Information Technical Specialist	Arts Computing Office	01-Jun-84	1-Apr-19

WEDNESDAY  
**SEPT  
18**

UPCOMING EVENT

## UWRA Fall Reception

*3 to 5 p.m. at the University Club*

The keynote speaker at our reception and meeting in September will be **Neil Aitchison**.



## 2019 UWRA AGM nominations committee report

As Past President of the UWRA, I serve as Chair of the Nominations Committee. To begin, I want to acknowledge the important contributions that all members of the UWRA Board make on behalf of UWaterloo retirees.

The current members of the UWRA Board are as follows:

Sue Fraser	President
Lynn Judge	Vice-President
Alan George	Past President
David Matthews	Treasurer
Jim Marshall	Membership Co-ordinator
Pam Van Allen	Secretary
Peggy Day	Coach Tour Co-ordinator
Ken McLaughlin	WATtimes Editor
Mary Thompson	Pension and Benefits Representative
Paul Eagles	Social Events Co-Chair
Dale Weber	Social Events Co-Chair
Ian Fraser	UWRA Web Site Manager
Jim Frank	Keystone Fund Rep and Scholarship Program
Bob Hicks	Member-at-Large
Ron Champion	Member-at-Large
James Ashworth	Member-at-Large

Ken McLaughlin has other heavy commitments and has indicated that he will step down from the Board. He has done an outstanding job as WATtimes editor and we are profoundly grateful for his service.

Fortunately for the Nominations Committee, the other members of the Board listed above have indicated that they are willing to let their names stand for re-election.

Ken's leaving the Board presents a major challenge since editing WATtimes is a key responsibility. The Board has discussed various options including appointing co-editors to lighten the editorial burden or identifying a subset of the UWRA Board to serve as a WATtimes editorial board. In the latter scenario it would still be important to identify someone to assume lead responsibility in liaising with Creative Services, University Relations.

Alan George  
Chair, Nominations Committee

## BOARD OF DIRECTORS

2018-2019

Email: UWRA@uwaterloo.ca

retirees.uwaterloo.ca

President

**SUE FRASER** (2012)  
fraser@uwaterloo.ca

Vice President

**LYNN JUDGE** (2015)  
judgefamily@rogers.com

Past President

**ALAN GEORGE** (2015)  
Alan.George@uwaterloo.ca

Treasurer

**DAVID MATTHEWS** (2018)  
dematthews@uwaterloo.ca

Membership Co-ordinator

**JIM MARSHALL** (2016)  
jim.marshall@uwaterloo.ca

Secretary

**PAM VAN ALLEN** (2015)  
pam.vanallen@uwaterloo.ca

Coach Tour Co-ordinator  
and Reservations  
vacant

WATtimes Editor

**KEN MCLAUGHLIN** (2016)  
kmclaugh@uwaterloo.ca

Pensions and Benefits Rep

**MARY THOMPSON** (2016)  
methompson@uwaterloo.ca

Social Events Co-Chair  
(Luncheon)

**PAUL EAGLES** (2016)  
eagles@uwaterloo.ca

Social Events Co-chair  
(Fall Reception & AGM)

**DALE WEBER** (2017)  
dweber@uwaterloo.ca

UWRA Website

retirees.uwaterloo.ca  
**IAN FRASER** (2018)  
igfraser@uwaterloo.ca

Keystone Fund  
Representative and  
Scholarship Program

**JIM FRANK** (2017)  
frank@uwaterloo.ca

Member-at-Large

**BOB HICKS** (2018)  
bob.hicks@uwaterloo.ca

Member-at-Large

**RON CHAMPION** (2018)  
ron.champion@uwaterloo.ca

Member-at-Large

**PEGGY DAY** (2019)  
peggy.day@uwaterloo.ca

Member-at-Large

**JAMES ASHWORTH** (2019)  
jamesashworth2001@rogers.com

University Liaison

**KELLY MCMANUS**  
kmcmanus@uwaterloo.ca  
Community Relations  
and Events  
University of Waterloo  
(EC5-2053)  
519-888-4567, ext. 31882

### HONORARY MEMBERS

Kay Hill\* (1995-2001)  
Harold Ellenton (1995-2007)  
Marlene Miles (2001-2008)  
Robin Banks\* (2000-2012)  
Jim Kalbfleisch\* (2001-2012)  
Shirley Thomson (2007-2014)  
Ester Kipp\*  
Bob Norman (2008-2016)  
Terry Weldon (2006-2018)

\*with us in spirit

(start dates on Board in brackets)

# JOIN US!

## Membership in the University of Waterloo Retirees Association

### MEMBERSHIP APPLICATION AND RENEWAL FORM

Date \_\_\_\_\_

Amount  Lifetime \$130.00  
 Annual (calendar year) \$15.00

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Postal Code \_\_\_\_\_

Email \_\_\_\_\_

Telephone \_\_\_\_\_

**PLEASE NOTE:** All those receiving UWaterloo pensions, including both UWaterloo retirees and survivors of UWaterloo retirees, should inform **Human Resources**, EC1 1128C, University of Waterloo, N2L 3G1 ([hrhelp@uwaterloo.ca](mailto:hrhelp@uwaterloo.ca)) of any change of address or name.

If you have taken your pension out of the University and wish to ensure that you continue to receive WATtimes, please send **Jim Marshall**, UWRA Membership Co-ordinator, any change of address or name to [jim.marshall@uwaterloo.ca](mailto:jim.marshall@uwaterloo.ca) or mail him at 709-125 Lincoln Rd., Waterloo, ON, N2J 2N9.

**UWRA members should send email addresses or any changes to email addresses to Jim Marshall.**

[jim.marshall@uwaterloo.ca](mailto:jim.marshall@uwaterloo.ca)

*take note!*

RETURN UNDELIVERABLE CANADIAN ADDRESSES TO  
University of Waterloo Retirees Association  
University of Waterloo  
200 University Avenue West  
Waterloo, ON N2L 3G1

As a retiree, each year you will receive three issues of WATtimes, the newsletter of the University of Waterloo Retirees Association (UWRA).

All retirees, their spouse, ex-spouse, or surviving spouse plus those having had a significant association with the University are eligible for membership in UWRA. We encourage you to become a member (\$130 for a life membership or \$15 annually). Membership offers benefits and opportunities such as facilitating Pension and Benefits committee representation and publishing WATtimes, keeping in touch with the University and with former colleagues, making new friends, and enjoying a variety of social activities throughout the year at a special members' rate. Information is also available on the UWRA website, [retirees.uwaterloo.ca](http://retirees.uwaterloo.ca).

In addition, the Board of UWRA has a comprehensive email list of all members who would like to receive additional members-only information from time to time between issues of WATtimes. Such information might include updates on pension and benefits discussions and changes, openings on bus tours, volunteer or part-time paid UWaterloo activities and other timely and relevant information as it becomes available. Joining this email list is entirely optional and does not change your membership in any way or add to the cost of membership. It is simply intended to improve communication with members who would like more current information sent directly to them as it becomes available. This email list will not be passed on to any other group or agency or used for any other purpose. The list is used occasionally as required.



To join UWRA, just fill out the form on this page and mail it, with a cheque payable to UWRA, to **Jim Marshall**, Membership & Records Co-ordinator, 709-125 Lincoln Rd., Waterloo, ON, N2J 2N9. Including your email address on your application will ensure that you receive additional information as described above. If you have any questions, please email Jim Marshall, [jim.marshall@uwaterloo.ca](mailto:jim.marshall@uwaterloo.ca).

### MEMBERSHIP STATUS

To determine your membership status, check the line above your name in the mailing address of WATtimes which shows your status. For example, DEC2016 means that you are an Annual Member and are paid up through December, 2016. LIFE2012 means that you took a Life Membership in 2012, and **no further fees are required**. An empty space indicates that you are not a member of UWRA.

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