

The Newsletter

Volume 24 Number 2

September 2025



Here For You

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From the Editor

This fall the ADRP will undertake a survey of its membership to explore how our Association can better meet its members' communication needs. We want to learn what you want to hear about from us and how often you want to hear from us. We will ask some general questions about our communications and more specific questions about our Newsletter. Individuals who complete the survey will be eligible to enter a draw for a Tim's gift certificate. Watch out for the survey and share your thoughts with us. Your feedback is important!

This issue features several exciting events that ADRP members had the opportunity to experience over the last few months.

Your contributions to our Newsletter are always welcome. You can send your stories and photos about travel, hobbies or unique experiences, or comments on any Newsletter topic or issue, directly to newsletter@theadrp.ca or through the office email adrp@dal.ca

**MY TRIP TO SCOTLAND:
HAIRY HIGHLAND COOS IN
CALLANDER-KILMAHOG**



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ADRP Meeting Dates

- Sept 16, 2025
Board Meeting
- Oct 21, 2025
Board Meeting
- Nov 18, 2005
Board Meeting
- Dec 16, 2025
General Meeting
- Jan 20, 2026
Board Meeting
- Feb 17, 2026
Board Meeting
- March 17, 2026
Board Meeting
- April 21, 2026
Annual General Meeting
- May 19, 2026
Board Meeting

Next

General Meeting

December 16 , 2025

The Old Ashburn Clubhouse

In person

Annual membership fee of \$20.00 can be paid by
E-transfer to treasurer@theadrp.ca if you are not already
paying by cheque or payroll deduction. Please include
your contact information.

**NOTE: Membership dues are not income tax deductible
as the ADRP is neither a registered charity nor an
employee union.**

Editorial Policy: The ADRP intends to publish the newsletter or the Bulletin every three months. We hope the newsletter will serve the following purposes: To provide pertinent information; to provide a forum for the free exchange of views on issues relevant to our membership; and to serve as a documentary record of matters relating to the ADRP. The Editorial Board, under the ultimate direction of the ADRP Board, takes responsibility for the contents of the newsletter. Signed contributions will take the form of short articles and letters to the editor; these will normally represent the opinions of the author, and need not represent the views of the ADRP. Anonymous material will not be considered for publication. The Editorial Board retains the right to edit or reject contributed material and to elicit similar and opposing views surrounding any issue raised.

Newsletter Submission and Distribution Dates

Submissions Deadline	Distribution Date
November 17, 2025	November 2025

MEMBERS OF THE ADRP BOARD 2025-2026

OFFICE	NAME	PAST POSITION
President, Interim	Heather Schellinck	Sr. Instructor, Psychology and Neuroscience
Immediate Past-President	Peter Wallace	Sr. Instructor, Earth Sciences
1st Vice President	Ed Leach	Director, Centre for Entrepreneurship
2nd Vice President	David Tindall	Associate Professor, Physics
3rd Vice President	Lynn Johnston	Professor, Medicine
Secretary, Interim	Susan Holmes	Professor, Faculty of Continuing Education
Treasurer, Interim	Ed Leach	Director, Centre for Entrepreneurship
ADRP Directors-at-Large		
	Wendy Fletcher	Graduate Studies Program Officer
	Linda MacNutt	Admin Asst, Faculty of Medicine
	Susan McIntyre	Student Services
	Tarjei Tennessen	Professor, Faculty of Agriculture
COMMITTEES		
Benefits	Jenny White	Payroll & Benefits Manager
Membership	Heather Schellinck	Sr. Instructor, Psychology and Neuroscience
Communications & Newsletter Editor	Marilyn Klein	Technologist, Instructional Resources, Dentistry
Pension Advisory	Randy Barkhouse	Director, Academic Computing Sciences
Social Director	Susan Holmes	Professor, Faculty of Continuing Education

The ADRP Board of Directors meet in person by Zoom monthly.

Minutes of Board of Directors' meetings are available <https://theadrp.ca/wp/minutes>

It is hard to believe that it is September already. Much of the literature suggests that time appears to go by faster as we become older; I believe that I fall into that category. Nonetheless, it was an eventful summer for me, what with many visitors at our summer home in Port Mouton. I am currently taking some time to recover from an event filled vacation in PEI with my son and his young family. I learned the hard way that getting up and down sand dunes is not as simple for me as it used to be.

Other members of the ADRP had a busy time as well. Attendance was excellent at many of our social events, including the boat trip to Pearl Island and the summer social held in Point Pleasant Park. If you have had some adventures this past summer, whether in your own backyard or beyond, our Communications Committee would like to hear from you. As well, our Social Director will be letting you know of upcoming fall events.

Recently, a physiotherapist who specializes in working with older adults has offered to present one or several courses including Endurance Training to test your Cardiovascular System and Floor Transfers to learn how to get down and get back up again. If you are interested in such activities, please let me know at heathers@dal.ca or president@theadrp.ca as we require a specific number to proceed.

We have had some changes in the executive recently. Because of personal issues, both the President and Benefits Committee Chair, Peter Wallace, and the Treasurer, Robin Whyte, have resigned from their positions. As one of our board members has said "As a volunteer organization, we are very much indebted to those who step up and undertake these roles. We truly value everything that Peter and Robin have done." Organizations that do not have a continual supply of volunteers generally do not survive, let alone thrive. If you are not already doing so, please think about taking on an active role in ADRP and accepting our invitation to do so if we call you.

As Nominating Committee Chair, I have been working at finding replacements for the latter positions until such time as we have another election. Peter will stay on the Board as Past President. Ed Leach has agreed to be Interim Treasurer; Susan Holmes has volunteered to be Interim Secretary, and I am prepared to be Interim President. A new Benefits Committee Chair, Jenny White, has also joined the Board. As you can see from the reports, it has been a productive summer. As we resume our fall meeting schedule, I would like to thank the Board members for their continued support.

Although the Pension Advisory Committee is not scheduled to meet again until September 24, Dalhousie pensioners paid from the Retirees Trust Fund (RTF) can anticipate a few significant announcements from that meeting.

The RTF one year returns to June 30, 2025 together with those of the previous two years will result in a three year average that exceeded the 5.05% “hurdle rate” sufficient to trigger automatic indexation at January 1, 2026. That indexation will be capped at the national one year Canadian Consumer Price Index (CPI) increase to June 30, 2025 which was 1.9%.

No decision on catch-up indexation can be made by the RTF trustees until after the current actuarial valuation has been completed early in 2026. If that valuation reveals an RTF surplus and that surplus is adequate, then the trustees can use 50% of that surplus to award catch-up indexation. Missed indexation stands at over 10% for those most affected, but it is unlikely that much of that could be caught up as each 1% of catch-up costs about \$7 million.

Although the RTF had a surplus estimated to be about \$70 million at March 31, 2025, the new valuation may show it to be quite a bit less. One factor will be the new mortality tables, updated this year for the first time in ten years. Those pensioners, such as Dalhousie’s, in the near public sector have been living longer and drawing a pension longer. In 2014 the previous mortality table added about 7% to the RTF’s liabilities. The updated tables will also increase those liabilities, but likely in the 3% range. Each 1% increase adds \$9-10 million to the liabilities.

The RTF’s liabilities are offset by its equity and fixed income assets, which the valuation will show to have been in excess of \$1 billion at June 30, 2025. The assets have grown by a few more percent since the June 30 figure until late January or February, both the estimated change since and the further outlook will be factors in their decision.

Dalhousie pensioners will have to wait for the investment markets’ performances and the RTF trustees decisions for the answer to that question.

September 2025

More members needed!

Seniors' College volunteers are busily preparing for the Fall term with lots of interesting learning opportunities for anyone over 50 years of age. The courses and coffee breaks are a terrific opportunity to connect with colleagues and friends, old and new.

Classes are offered in several locations in the HRM, as well as in satellite chapters in Mahone Bay, Truro, and Liverpool.

Visit the SCANS website for all the courses. Information sessions will be held September 8. The registration period is September 8 to 17. Register early to secure a seat in your first-choice course.

<https://www.thescans.org/courses-fall-2025.html>

A sample of Fall courses:

- *Popular music in the age of rock*, with the entertaining Steven Baur
- *Everything you ever wanted to know about the Canadian healthcare system*, with Mary Jane Hampton, former Commissioner for Health Reform in NS
- Retiree Susan Hutchinson, School of Health and Human Performance, will lead a workshop entitled, *Are you living your best retirement life?* THIS COURSE IS FREE FOR ADRP MEMBERS. Email Secretary@theadrp.ca with your name, address, and phone number to add your name to the SCANS registration list.
- *The Highland bagpipe: Its history and cultural significance for Nova Scotia Gaels*, in Truro, with instructor George Macintosh.

SCANS is always interested in course ideas, potential instructors, and adding satellite locations.

SCANSinfo@gmail.com

Thank you to the many Dalhousie retirees who support Seniors' College.

CURAC (College & University Retiree Associations of Canada) Report

September 2025

Susan Holmes

Board meetings have continued over the summer, chaired by President Walter Archer, Association of Retired Academic Staff, University of Alberta.

Two issues have dominated the agenda: securing a host and location for the 2026 annual conference and arranging clerical assistance for CURAC.

The Annual Conference

The Board was unanimous in the preference for an in-person conference for all the benefits that flow from meeting colleagues face to face to share, learn, and discuss issues of mutual concern. Gladys We, Simon Fraser Retirees Association, has led the frantic search for a location. CURAC was very close to settling on Whistler, due to very reasonably priced accommodation. At the last minute, a huge deposit was required that scared Board members away from this option. It now appears that the conference will be in Vancouver in late May, with every effort made to keep the costs down for attendees. (Dates and hosting university unconfirmed.)

ADRP encourages our members to attend the conference and usually offers financial assistance. Watch for updates.

Clerical Assistance for CURAC

An arrangement with the Canadian Society for the Study of Education (CSSE) is in the final stages. This will provide clerical support for the annual conference and affinity agreements, website maintenance (French & English), and support for the Board and other committees, as required. The term of the proposed contract is one year.

Take a look at the CURAC website, Member Benefits tab. Affinity agreements with travel agents, insurance providers, etc., provide ADRP members with discounts.

CURAC also provides input to federal and provincial governments on a regular basis in the form of policy papers. The Honourable Stephanie McLean, Secretary of State (Seniors) recently acknowledged CURAC's letter of congratulations for her appointment. CURAC works to keep retiree associations on the radar of policymakers.

<https://curac.ca/en/home>

Thanks to all of you who came out to celebrate ADRP's 25th Anniversary at our Annual Ice Cream Social. We had the largest turnout ever!

We especially appreciated the evening in nature, given that most trails are closed. Special thanks to the volunteers who helped carry supplies to the park, cut cake, and scoop ice cream. The performance of Robin Hood was a hoot!

Our next event is a hike led by Peter Wallace, Retired Earth Sciences Senior Instructor and Past President. Join the group to explore the abandoned gypsum quarry and exposed rocks along the shore and cliffs of the Minas Basin at Kipps Beach, Cheverie. After working up an appetite in the fresh fall air, lunch will be served at nearby Flying Apron Inn & Cookery. Chef Chris Velden is guaranteed to offer us tasty "honest, local, and seasonal fare."

David Hoskin will again host the opportunity to experience the wonders of the night sky through telescopes at York Redoubt in October. Watch for details.

How the Other Half Loves, a Neptune performance on the Studio Stage, will be hosted by Francoise Baylis on November 1, 7:30 pm. "You will leave with a smile plastered on your face...it delivers pure, mischievous fun." (The Kingston Whig Standard, June 6, 2025)

Plan to attend ADRP General Meeting and Holiday Social at the lovely Old Ashburn Golf Club on December 16, 2025. Unlimited parking!

Your suggestions for social events are welcomed. I also appreciate it when others offer to host—it's really easy and provides me with the freedom to travel. Secretary@theadrp.ca

Watch bulletins and visit the website for details on how to pay and register for social events. Retirees are relaxed, chatty and fun! <https://theadrp.ca/wp/>



PHOTO: STEWART CAMERON

We would like to get input from our members about how and what you would like to hear from the ADRP. Linda MacNutt, a new Board member, is busy preparing a survey to be available soon.

We will be meeting monthly to figure out how best to communicate with our membership and set policies.

Website:

Our ADRP website, theadrp@dal.ca, maintains documents and relevant resources about the ADRP. If you want to be advised of new ADRP postings on the website, sign up for the email subscription on the home page.

MailChimp:

We are using Mailchimp to send bulletins to our members via email. These bulletins are a better way of communicating with our members because they can incorporate images, graphics, and hotlinks, which the notifications about new website posts cannot. The rate at which recipients open those emails range from 44%-94%, which is high compared to similar organizations.

Newsletter:

4 will be published this year. Please send any submissions to newsletter@theadrp.ca.

Communications Committee Members

Marilyn Klein, Chair

Lynn Johnston, web author

Heather Schellinck, interim President and Membership Chair

Susan Holmes, Social Director

As of August 26, 879 individuals were members of the ADRP. Forty-two of these members are paying by e-transfer or cheque; fifteen of the latter members are six months or more in arrears. Most of these members generally pay by e-transfer; I sent reminder notices by regular post to these members. If they do not pay by year-end they will be removed from the roster.

Other Reports & Updates

Information will be updated when available.

DFA Lockout

As you no doubt know, Dalhousie University Faculty who are members of the Dalhousie Faculty Association (DFA) were locked out of their work place on August 20 and subsequently initiated a strike. To keep up to date on the situation, you can check the DFA website: <https://www.dfa.ns.ca/bargaining/bargaining-2025>

In February I enjoyed a once-in-a-lifetime river cruise along the Nile on the new Viking ship, Sobek. The “Pharaohs and Pyramids” tour took me from the Great Pyramids of Giza, near Cairo, through temples, tombs, and museums around Luxor, to the Aswan Dam and the rock-cut temples of Abu Simbel.

The first image of Cairo that stuck in my mind was a gigantic KFC billboard on the drive from the airport to the hotel. Our hotel was across from the Nile, separated by six or seven lanes of traffic, depending on volume. The constant horn-blowing made it difficult to sleep. I soon discovered the necessity of the toots to announce, “Hey, I’m here! Don’t hit me!”

The highway was straight along the Nile—no stop lights, no crosswalks—with buses, cars, rattletraps, motorcycles, bicycles, tuk-tuks, donkeys loaded with people or harvest, horses pulling carriages, and locals walking amongst the traffic to cross the highway or sell their wares. I can’t imagine that anyone but a local would dare to drive in Cairo. I walked to a distant skywalk to cross the chaos, paid to walk along the Nile, and then realized I had to retrace my steps. There was only one skywalk!

The pyramids were much larger than I expected. In many of the tombs and temples every surface is covered with carvings and paintings, including the ceilings. The temple at Luxor was illuminated against the dark blue evening sky, and truly breath-taking, as well as crowded. The guides were experienced, knowledgeable and multilingual. Their accents and the names of Pharaohs, gods, and places were constantly chattering in my head.

We were told that the two main industries are the Suez Canal and tourism. Even though school attendance is mandatory, many young children are instead learning the art of aggressive selling to supplement the family income. I was guilty of a subtle response to a small child’s “maybe later?” He waited for me to reboard the ship and reminded me that it was now “later.” I ended up with five scarab bracelets. Scarab beetles are ancient Egyptian good luck symbols.



The highlight of the trip was a 30-minute hot air balloon ride over the Valley of the Kings. I departed the ship before sunrise on a cool, clear morning. White vans came from every direction, transporting thrill-seekers to the dusty field of limp balloons. Everyone waited for the official word that weather conditions were favourable, and then frenzied activity erupted. The balloons were quickly filled with hot air, we stepped up and over the side of the square basket, and we were aloft! The view from the air of the colorful drifting balloons, the lush green farmland, and the wonder of the tombs and temples, are best appreciated by viewing the photos.



In addition to the tours offered by Viking, I planned for a bird guide to take me along the marshy Nile. I was hoping to see Pied Kingfishers and was thrilled when they occasionally landed on the railings of the boat. The most beautiful bird I saw was the White-throated Kingfisher, with the Purple Heron a close second. It was a challenge to overlook the trash and focus on the birds; I was somewhat successful with 17 new species added to my eBird list after three hours.

I am very thankful to have spent time exploring Egypt within the safety and convenience of a guided tour. The Egyptian achievements dating back to 3,000 BC are astounding, including a prosthetic toe! There is so much to see and learn. I realize that one could spend years visiting historic sites and appreciating the art and culture.



ALL PHOTOS SUSAN HOLMES

Hangman's Beach, Thrumcap Shoal, Mauger's Beach, Garrison Pier.



These are all names of long note in the history and literature of Halifax. On July 20 at 9:30 a.m. an eager band of ADRP retirees, spouses, and friends cast off from the A&M Sea Charter's Wharf in Eastern Passage for a guided tour and stories of those locations on McNabs Island. The sunny morning and low wind made the 20-minute ride to Garrison Pier on the harbour side smooth sailing and provided a comfortable view of both sides of the harbour.

Once on McNabs we immediately were assembled at a covered set of murals outlining 300+ years of McNabs history and of individuals prominent in that. Few are probably aware that until the mid-1920s the Findley Fairground on McNabs was the summer playground for residents of Halifax and Dartmouth. That Fairground lives on in the Bill Lynch show which tours Nova Scotia exhibitions each summer. The island was also the site of several farms and a soft drink bottling plant. From the 1749 founding, up until post WWII, it had been the site of military installations through every major conflict in which Great Britain, and later Canada, were engaged. This history provides many interesting locations and structures to explore.

Our three guides from The Friends of McNabs Island Society brought our attention to many natural and historical sites. South McNabs exposure to the Atlantic storms has resulted in substantial erosion, both of the shoreline and of structures. A previous large freshwater pond was inundated by the Atlantic during a recent storm and now is evolving into a saltwater ecosystem. This pond is adjacent to the long-gone site of the Peter McNab II homestead, a site visited many times by Joseph Howe in the late 1820s when he would row out from Halifax to McNabs to visit his future wife, Susan McNab.



A highlight of the tour was a visit to Fort McNab, built late in the 19th century, but manned to the late 1940s. Three huge gun barrels on the ramparts pointed out to the magnificent view of the harbour mouth and beyond. Lunch at the Fort was an enjoyable picnic with much conversation as the group enjoyed the weather, the site, and the swallows who have taken over the interior of the Fort for nesting.

Our walk back to the Pier included a slight diversion to Back Cove where several sunken wrecks of ships and barges can be seen. Another diversion took the group to the McNab Cemetery with its several large tombstones and one ghost story. The last McNab interred there was Ellen McNab in 1931.

Back at the Pier we were given a history of the submarine nets that were strung across the harbour in both WWI and WWII from that vicinity over to the opposite shore near York Redoubt. Defense of “an east coast port” began very close by the city, with passage through the gates in those nets rigorously administered.

The insights into 300 years of life on McNabs provided much to reflect on as we rode the waves during the boat ride back to the A&M dock, arriving about 4:30 after several hours of walking and learning. Lead guide Patricia Manuel, a former head of the School of Planning at Dalhousie, and her two assistants made it easy to imagine centuries of civilian and military life on McNabs.

PHOTOS BY JEAN BURNELL. PERMISSION GIVEN.

The 2025 trip to Pearl Island was fun, interesting, and involved some minor drama at sea.

Pearl Island (or Green Island) is a 'rock barren' and bird sanctuary, in one of Nova Scotia's Wildlife Management Areas. It's small (12.4 hectares) and flat and landing is prohibited, although there is still a lighthouse. It's about 15 k from Peggy's Cove and equidistant from Lunenburg. Its chief attraction is its Puffin colony, though birders will recognise several other nesting species such as razorbills, guillemots, gannets, gulls, etc.



The trip started with a wharf-side meeting at 09:45 where we were introduced to our host birders (and biologists), Dominic and Melanie. The tour was provided by and manned by Peggy's Cove Boat Tours with two good-humoured and very responsible crew members. The vessel was a 42-foot Northumberland twin-engine motorboat which could accommodate 20 passengers. It was comfortable with largely open bench seating and had an innovative (and clean) toilet (head).



The passage to the island took just under an hour. The route was far enough off the coast to experience the Atlantic offshore swells and the fascinating changes in the nature and surface of the water. A breaching fin whale was spotted as were various sea birds in flight, identified for us by our resident birders. The crew was good enough to divert or slow down for features of interest.

The island itself is low, rocky and is a stunning bright green with shore grasses and weed.

There are plenty of puffins, nesting on groups on the rock face or flying out on their short

wings to fish. They are small birds, best appreciated with binoculars, but there are enough on the surface of the sea to get occasional close-up views. Razorbills are equally abundant and stand in groups. There were probably a good dozen other species around to satisfy devout birders.

Several of us had lenses sufficiently powerful for bird photography (this takes dedication and heft; 400-800 mm with good image stabilisation) but my standard telephoto to 200 mm max was good enough for documentation, and there were some lucky iPhone shots. For birders, all shots are taken from a moving boat, so the lens must be fast. Puffin appreciation does not depend, however, on photography, which can be a distraction. Dominic (as a bird biologist) provided a running commentary on bird habitat and behaviour, and this is both sufficient and essential for the watching experience. There are plenty of seals on the island and in the water to watch.



Either the seals or the birds (or both) contributed to a powerful downwind stink just prior to leaving. This, combined with the idling diesel in a rocking boat, proved too much for a couple of passengers. This is a warning for those known to be prone to seasickness.

During our stopover and slow cruise round the island a fog came up (none of my fog-bound photos were useful) and out of the windless fog emerged a very beautiful schooner, under slow motor power. This dramatic image was a wonderful part of the experience.

On our way back we encountered (and cruised around) the vertical fin of a sunfish, close enough to see the green discoid monster below (these weird creatures can grow to 1000 kg).

Just over half-way back to Peggy's Cove, just in site of land but still far off, we passed a large white buoy free in the water. Except it wasn't free, as a trailing line had become entangled in our port propellor and we stopped. The captain and his mate made multiple attempts to free the line without success. While I was happily anticipating an exciting coastguard rescue, the decision was taken to cut the line and return home on the remaining engine, which didn't take long but probably disabled the tour boat for the rest of the weekend. The next tour group was cancelled, so we were lucky.

We were in good time for our lunch reservation at the Sou'Wester. The reservation was duly honoured and filled. This was vital because otherwise the tourist line-ups were long. Service was good and cheerful. The menu is exactly what you should expect for this very busy 'Gift shop and Restaurant' at the prime site for Peggy's Cove, so you would be well advised to stick to the regular fare.

Notes

- This is a very good deal for ADRP at \$42 each adult. Going rate is \$80 plus tax per adult.
- Our 10:00 am sailing is the best time to go. Earlier was foggy and later would be hopeless for food and parking.
- You don't have to be a birder or a photographer to enjoy this trip. Some people find open water boring or frightening. Well, there's lots of open water.
- There's not much point in going without an informed wildlife or birder guide.
- Common birds at Pearl Island as listed by Peggy's Cove Boat Tours:

Atlantic Puffin, Black Guillemot, Razorbill, Common Murre, Double-crested Cormorant,

Arctic Tern, Common Tern, Great Black-backed Gull, Herring Gull, Black-legged

Kittiwake, Sooty Shearwater, Great Shearwater, Cory's Shearwater, Manx Shearwater, Wilson's Storm Petrel, Leach's Storm Petrel, Great Blue Heron, Peregrine Falcon and Bald Eagle, but none with hair.

- You could be seasick if you're prone.
- Peggy's Cove is Nova Scotia's biggest tourist target and its main charm is that it's small (tiny). Parking used to be easy, but not now. To get a spot in the main park you need to be there by 09:30. On our way out, we saw cars parked way down on highway 333.



IPHONE PHOTO (JENNIFER WHYTE) OF SCHOONER (NOT THE MARY CELESTE) COMING OUT OF THE FOG OFF PEARL ISLAND.

DOMINIC CONFIRMED THE BIRD IN FLIGHT IN THE FOREGROUND AS A PUFFIN.



RAZORBILLS



AIDAN EVANS, JENNIFER AND ROBIN WHYTE, MARIAN BINKLEY, SUSAN GUPPY, FRANK SMITH, GUIDE DOMINIC CORMIER.



INGRID SKETRIS, CATHERINE CONNORS, FRANK SMITH, JACK CROWLEY, MARIAN BINKLEY.



BRUCE GREENFIELD, BOAT OPERATOR, DOMINIC CORMIER, NIGEL KEMP, ANNE SIMONS, AIDAN EVANS.

Jerry Lawrence Park with Guide Marty Finch



The weather cooperated, as it usually does for our events, and a fine group of Dal retirees and friends braved the bugs to enjoy a pleasant walk in nature on May 27.

Our guide, Marty Finch, has keen ears that are attuned to birdsong, and with his help we soon were able identify the “zipper” song of the Northern Parula and the loud “teacher, teacher” call of the Ovenbird. We also got good looks at these birds and a few others.



Some folks were keen to see the warblers high amongst the leaves, while others enjoyed the gentle stroll and opportunity to chat with colleagues.

We were so pleased to have Helen Wojcik participate in an ADRP event for the first time!

After the walk we met at Lefty’s Restaurant for lunch. Everyone enjoyed their meals and Eva and Susan couldn’t resist the delicious lemon cake.

We hope you will consider joining a future ADRP event. Suggestions are always appreciated.

With permission of the attendees, comments and photos are included.

“I was motivated to come out because it was taking place not far from my home and parking wouldn't be a problem. Since it was during daylight hours it was a good opportunity to get outside, get a bit of exercise and learn something new. I don't usually drive after dark.

I really enjoyed the enthusiasm of everyone. I had driven by that park many times and wanted to investigate it so this was a good time to walk through it. Eating together as a group was lovely. Everyone was welcoming. Thank you for organizing it.”

Regards,

Helen

“I was motivated to attend by my pleasant memories of other events that you have organized, including earlier May warbler walks. It is a pleasure also to meet others that one has known by name or area of study, and to discover shared interests.”

Robert



OVENBIRD MOORE



COMMON YELLOWTHROAT MOORE



NORTHERN PARULA MOORE



B. VERCAEMER, D. SILVER, J. CROWLEY, M. BINKLEY J. SILVER, C. HERBINGER, L. FANNING, SUSAN HOLMES PHOTO

I don't think anyone in the group was prepared for the scale, variety, and beauty that we witnessed. I believe John and Donna said that the garden covers eight acres. It includes a significant hill, three large ponds (with islands!) and connecting streams. They have lived on the property for over fifty years, and the paths and lanes that run through the site are named after their children, and now grandchildren,



On June 26 a group of about ten gathered near Prospect at the home of Donna and John Silver for a tour of their garden. It was a perfect summer day, sunny but not too hot. Our visit started around ten o'clock and it was past 11:30 when we said goodbye to our hosts, not because we had exhausted the wonders of the site, but because we had a lunch reservation. Speaking for myself, I could have continued to explore indefinitely.

commemorating the growth of family and garden over the decades.

One has the sense of being in a curated space, but the contours of the site feel natural, and the native large trees, as well as smaller local flora, are the matrix within which the gardeners have worked. There is no sense of a definite boundary between garden and nature. That said, Donna told us that she has a record of over 400 rhododendrons that they have planted, some of which of course are now enormous and stunning. I'm not enough of a plant

person to be able to name the many other types of plants that we observed, but the paths are lined with things of interest, to the extent that we proceeded very slowly indeed. There was something catching your eye wherever you looked.

The garden has suffered the effects of recent hurricanes. Juan toppled many large trees that once grew on the top of the hill. Of course new growth is taking over, and John continues his path and bridge building on this higher, relatively open, ground. I asked how many chain saws he has gone through over the decades, and he said four, with the fifth waiting.

One sensed the respect for living things in this space. Human hands have intervened, but with love for the natural surroundings. I was moved to witness what two people working together for a lifetime have created.



**C.HERBINGERB, VERCAEMERD, SILVER-L., FANNING,
G.-PATERSON_SUSAN-HOLMES-PHOTO**



NOTE:

This tour will be offered in 2026 but a bit earlier in June when more rhododendrons are blooming.

Susan Holmes



PHOTOS:THE SILVERS

Reflections of a Boomer

I've seen fire and I've seen rain.
I've been through the desert on a horse with no name.

I've gone to Kansas City, I sang in the sunshine.
I've been on the road again, with Georgia on my mind.

Like a rolling stone, I've given peace a chance.
I've put a camel to bed and danced the last dance.

Mr. Tambourine man played a song for me,
I've whispered words of wisdom, let it be.

I've fallen into a burning ring of fire and walked the line,
To all the girls I've loved before, you were always on my mind.

I've been everywhere, I've been so lonesome I could cry,
I've driven my Chevy to the levee when the levee was dry.

I've been to Fitchy coo Park in a yellow submarine.
I've made the scene in a time machine.

I've done the Hickey Pokay and turned myself around.
I've welcomed baby back to the poor side of town.

I've followed the tracks of my tears down a long and winding road.
I've kept on searching for a heart of gold.

I've sought shelter from the storm, I've sat on the dock of the bay
I've rocked around the clock, on a sunny day.

I've knocked on Heaven's door, while blowing in the wind.
Joy to the world, those were the days my friend.

Lay lady lay, in crimson and clover
It's been a hard day's night, the party's over.

off the mark.com

by Mark Parisi
offthemark.com



*Since millennials can't read
cursive, we older folks attack at
dawn.*

Celebrating Bold Beginnings: Top 7 Over 70 Gala Coming to Atlantic Canada

Do you know someone who redefined what's possible after 70?

The inaugural Top 7 Over 70 – East Coast Edition Gala will take place in Halifax, Spring 2026, marking a milestone celebration of older adults who continue to innovate, inspire, and ignite change across our region.

Launched originally in Calgary in 2017, the Top 7 Over 70 is more than an awards program — it's a powerful movement challenging outdated views of aging. This gala doesn't honour lifetime achievements. Instead, it spotlights new ventures, creative projects, social initiatives, or bold career pivots started after age 70.

Why It Matters

Tapping into Untapped Talent

With more than 22% of Nova Scotians over age 65, the Atlantic provinces are rich in experience, resilience, and wisdom. The gala celebrates these assets — and repositions aging as a time of purpose and potential.

Shaping a Culture of Possibility

Nominees have broken ground in fields from business and science to the arts, reconciliation, philanthropy, mental health, and beyond. Their examples remind us that impact doesn't have an expiry date.

Driving Economic & Social Value

Older adults returning to work or launching new ventures help bridge labour gaps, stimulate local economies, and mentor younger generations. Through the sister initiative InterGen, the program also fosters cross-generational innovation.

A Night to Remember

Set against the vibrant backdrop of East Coast music, culture, and storytelling, the 2026 gala will honour changemakers in front of a live audience, shining a national spotlight on their stories of transformation and triumph.

Nominate Someone Today!

Nominations are now open for individuals aged 70+ from across Nova Scotia, New Brunswick, Prince Edward Island, and Newfoundland & Labrador who have started something new — a business, a social project, a creative work, a mentorship program, or any pursuit that's making an impact.

Whether they're artists, activists, entrepreneurs, scientists, or community champions — if they've started something remarkable after 70, we want to hear their story. There will be a nomination page on the event website - <https://top7over70.com/> in a month's time. In the meantime, reach out to Dr. Ed Leach at cedwardleach@gmail.com.

Let's celebrate what's possible — at any age.

[Past nominees can be seen here](#)

In Memoria

Please email any additions/omissions to newsletter@theadrp.ca



Bill Charles



Markus Kienast



David Wilson



Sir Graham Day



William Forest Birdsall



Peter Perina

Association of Dalhousie Retirees and Pensioners (ADRP)

Membership

Open to all retirees from the University staff, non-academic and academic. Associate membership is available to those within 5 years of retirement.

Mission

To facilitate and promote the dissemination of information of interest to Dalhousie retirees; and
To enhance and promote the sense of continuing membership in the Dalhousie retirees' family.

Formal Objectives

To represent the interests of retirees from Dalhousie University, their spouses and beneficiaries;
To further the understanding of the retirement pension and benefits;
To cooperate with other groups that have similar objectives; and
To provide a conduit for information between the University and retirees.

Informal Objectives

To promote social interaction among its members;
To investigate and negotiate group benefits that a significant number of members may desire;
To provide information to its members about general and specific retirement issues; and
To pursue other issues as the membership directs.

For Further Information

Visit us at our web Site: <http://theadrp.ca> or phone us at (902) 494-7174. Our email is adrp@dal.ca. Our unstaffed office is on the lower floor of the Life Sciences Centre, Room 2831.

Links of Interest

- [Why Join the ADRP?](#)
- [ADRP Membership Form](#)
- [Read about and Support the Dalhousie Retirees and Pensioners Bursary](#)