



**University
of Victoria**

**Retirees
Association**

Office: R Hut , #108
In Institute on Aging and
Lifelong Health Building

NOTE: Office summer
hours are by appointment
to give our volunteers a
well-deserved rest.
Email UVRA to arrange.

Website: uvic.ca/retirees
E-mail: uvra@uvic.ca
Phone: (250) 472-4749

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**UVRA
2019**

Grey Matters!



La Mancha

Photo : Peggy Tally

Notes from the Board

John Anderson

This past year the University of Victoria Retirees Association maintained its active social and intellectual events schedules, increased its membership, and maintained its positive financial situation. In order to do all of these things, we rely on our volunteers to whom the Association owes an enormous amount of gratitude. We are also helped in many ways by the Institute on Aging and Lifelong Health – we have office space in the IALH and the staff is very generous in providing help and support for our work. In addition, the Office of UVic Alumni Affairs provides our organizational link to the University and its Director is actively engaged in supporting our initiatives.

At our recent Annual General Meeting, three new members were added to the Board: Margaret Klatt becomes our new Vice-President, Susan Service becomes our new Secretary, and Mary Ellen Purkis takes on the Chair of our United Way initiative. Julianna Saxton steps down as pro-tem Vice President but remains on the Board as a Member at Large.

Two members of the Board are stepping down this year: Melvin Klassen who has served for 10 years offering sage advice and consultation on information technology issues amongst other responsibilities; and Grant Hughes who has served as Association Secretary for the past 4 years and spearheaded the development of a rational archival system for the Association – we owe them both a debt of gratitude.

(Continued on page 2)

Notes from the Board continued

John Anderson

The Association had another active year. Some of the highlights are: Membership – we have now surpassed to 700 mark; Social Events – we held four lunches and three multi-time visits; Community Outreach – we hosted 5 Elder Academies; the MasterMinds series; a substantial United Way contribution; and, University Outreach – we are offering our first scholarship to a graduate student this year.

Activities for the 2019-2020 year include:

Developing the schedule for upcoming social and intellectual events. (see Editor's Notes)

University office support: We are working through our University linkage – the Alumni Relations Office – to secure some part-time office support to augment our volunteers.

Elder Academy:

We have reconfigured the committee structure of the Elder Academy: A Program Committee to manage the administrative aspects of the Academy, and, an Advisory Board to identify topics and individuals for Elder Academies. Jane Birkbeck has agreed to chair the Program Committee and Peter Liddell is the chair of the Advisory Board.

We are working with colleagues in the Institute on Aging and Lifelong Health to re-position the Elder Academy within an academic unit as proposed in the initial design of 2013.

Co-hosting – with UBC and SFU – the annual conference of the College and Universities Retirees Association of Canada (CURAC). The conference will be held May 13-15, 2020 at UBC.

Given our reliance on volunteerism, I ask you to please consider actively engaging in Association activities. Volunteer activities include:

The generation of ideas for social events, Elder Academies, site visits, and MasterMinds

Organizing or helping to organize social and educational events and visits.

Helping the office staff administer the activities of the Association

Serving on the Board

Contributing to our newsletter – *Grey Matters!*

Thank you for your continued support of the UVRA.

Have a wonderful summer.

John Anderson

EDITOR'S NOTES

This edition's travel article is from Peggy Tally, a 9+ years retiree and UVRA member. She regales us in print and pictures in *Highlights of Spain 2019*. She is here sitting with Pablo Picasso in Malaga.

Peter Liddell, who attended The UBC Emeritus College inaugural charter in April 2019 as UVRA's representative, reports on this event. David Docherty follows up on his #31 column (Spring 2019) by discussing the merits of committing to an active lifestyle.

Two columns make their debut with this edition: "**Bits and Bytes**" and "**Members Corner**". Melvin Klassen, UVRA's recently retired I.T. Consultant, in *Both Sides of Cloud*, informs us about cloud computing and cloud storage.



Barbara Fields' contribution to **Members Cor-**

ner is an article about her late husband's role in the development of the UVIC campus, and, of his ability as a teacher "to ignite the spark that starts a mind searching for answers". Barbara's picture was taken in her beautiful garden.

Jane Birkbeck, in *Karate and me...*, shares her experience volunteering for the Karate Study she took this spring. While initially challenging, Jane found Kata Karate to be a worthwhile endeavour.

UVRA extends a warm welcome to our 34 new members and mourn the passing of Doreen Elizabeth (Betty) Kennedy and Harvey A. Buckmaster.

The schedules for UVRA's Fall 2019 social events and Elder Academy's educational outreach events are in the process of being organized. Two Bird

Banding visits, hosted by Michael Motek, are tentatively scheduled for September 10th (Song Birds, a morning visit) and October 3rd (Owls migration, an evening visit).

Elder Academy has entered into discussion with UVic's Canadian Institute for Substances Use Research (CISUR) with the goal of inviting them to discuss their current research projects on the four Saturday mornings of September 2019. If you are interested to know more about CISUR, their website is: <https://www.uvic.ca/research/centres/cisur/index.php>

Lou Schmidt and the Editing Team

DEADLINE for submissions to the Fall edition of *Grey Matters!* is September 24, 2019

Welcoming our new members: January – June 2019

Baer, Douglas	Sociology
Burke, Janice	Student Awards & Financial Aid
Cartwright, Hugh	Oxford University, England
David, Mark	University Club
Ehrenberg, Marion	Psychology
Favarger, Michele	SAFA
Fergusson, Susan	MKTG-UCAM
Forcada, Nieves	Office of the President
France, Yasuko,	Pacific & Asian Studies
Frisch, Noreen	Nursing
Gaston, William	Fine Arts
Hayes, Michael	PHSP
Humpartzian, Cindy	Co-Op
Katzman, Faye	SIAST
Klatt, Margaret	Gustafson School of Business
Knott, Deborah	University of Toronto
Kovach, Jane	University Systems
Lattman, Don	Facilities Management
Macdonald, Scott	Health Information Science
Marshall, Anne	EPLS
McConachie, Doreen	HSD Nursing
McCutcheon, David	Gustafson School of Business
Pankhurst, K.V.	University of Wales
Pogue, Christine	English Language Centre
Romaniuk, Elena	Library
Roth, Eric	Anthropology
Ruskey, Frank	Computer Science
Schaefer, Valentin	Environmental Studies
Tally, Peggy	University of Alberta
Wakefield, Philip	Geography
Walker, R.B.J. (Rob)	Political Science
Wharf-Higgins, Joan	Education
Wilmut, Michael	Mathematics
Winter, Darlene	FMGT

UVRA Scholarship Fund

**PLEASE DONATE TO OUR
SCHOLARSHIP FUND**



Last year the Association began the development of an endowment to fund a scholarship for graduate student research in the area of older Canadians (55+).

The UVRA has allocated \$10,000. to launch the fund. In addition, it will match all donations up to a maximum of \$25,000.

Your support will help students pursue their goal of conducting research on the many factors that influence aging and health outcomes within the rapidly growing 55+ age group.

The scholarship will be administered through the Institute on Aging and Lifelong Health.

We are strongly urging our members to contribute to this worthy initiative which will have long-term positive effects on the research on aging.

To contribute simply click on this link:

<https://www.uvic.ca/retirees/scholarships/index.php>

HIGHLIGHTS OF SPAIN 2019

Travelling with UVic Study Travel Tours

Peggy Tally

Are you newly retired, ready to travel, or perhaps both? Are you excited to learn about the history, art, culture, food, and music of a country but feel daunted by the planning that goes into a 3-week tour? Hey, have I got the answer for you! Consider going on a UVic study travel tour through Continuing Studies, where you get the best of it all. Everything is planned, organized and paid for including air fare, quality accommodations near the centre of the downtown action, most meals, tickets to museums and special events, local tour guides and all ground transportation. And that's not all. There's more! So read on.

I recently returned from a fabulous 3-week tour in April-May of the Highlights of Spain with 20 fellow travelers, along with academic resource person Rosa Stewart and on-the-ground coordinator Chrissie Forster. What an absolute treat to just show up and have someone else organize and take responsibility for every detail. The trip itinerary caught my interest immediately but then we had the bonus of 6 classes at UVic prior to leaving, giving us a chance to dive into the history, culture and geography and even the language before we arrived in Spain. An added bonus, we got to know our fellow travelers.

Thanks to our very experienced and ever pleasant resource people, Rosa and Chrissie, our daily itinerary was well thought out and planned down to the hour with a balance of guided tours and activities along with plenty of free time to explore on your own. Hotels, buses, restaurants, museums and special events were all booked ahead so we would sail in, receive a warm welcome and relax and sleep well before starting a fun day. We were not travelling every single day. Two to 4 nights in one city happened often. This gave us a chance to relax and really explore the cities.

The bus tour started in Madrid then Segovia, back to Madrid for 3 days, La Mancha, Cordoba, Sevilla for 3 days, Jerez, Algeciras, Gibraltar, Malaga for 2 days, Nerja, Granada for 2 days, Valencia for 3 days, Barcelona for 4 days with a side trip to Girona and Figueres. Just wonderful.

Here are my top moments:

Most romantic- La Mancha, the setting where Cervantes created Don Quixote tilting at windmills.

Most moving- Gibraltar for its critical importance as a strategic military base, essential to the outcome of WWII.

Favourite city- Valencia because it was a beautiful contrast of the old historical centre where we stayed, and the energetic innovative contemporary design of the stunning new Arts and Science Centre.

Best food- Tapas and paella in Spain are delicious and with all the cured Iberico ham and fresh seafood, it would be tough to stay vegan. Fresh produce, olives and red wine were abundant.

Highlights of Spain...continued

Peggy Tally

Best architecture- just try not to be amazed by the Moorish palaces and mosques, then walk into the splendor of the Cathedrals. But wait. Then there is Gaudi in Barcelona. Oh my. An aesthetic feast. And don't get me started on the many Art museums!

My top tips for travelers:

Try going carry-on. I did it for 3 weeks and it made life so much easier. I had plenty of coordinated outfits for all occasions and weather and I saved tons of money – there is no point in shopping when you don't have room to bring it home!

Take a small day pack and a small thermal water bottle. You won't faint as easily on a 4 hour walking tour in the heat.

Use your iPhone for photographs. You don't have to carry around a heavy camera, you can edit the photos right on your phone and send them immediately through email or What's App. Check out my photos, all done on my iPhone.

Use the "Journi" app. Download before you leave and keep a daily diary with favorite photos and text of your travel highlights. It helps keep it all straight (after the 4th Cathedral if you know what I mean...). You don't have to edit when you get home, and you can invite friends and family to follow you and leave comments. No long emails to do every night and it even tracks your location. And it's more private than Facebook.

If travelling alone, consider the single supplement. We had a delightful mix of couples and singles but if you are not married to someone who's on the trip, it's really relaxing to go to your own room at night to completely relax and have a good night's rest. And you are happy to see your fellow travelers the next day.

Take ear plugs and a good eye mask for the plane. It's a long flight over the Atlantic in a very small space, and the more sleep you get the less jet lag you will feel.

Study the language before you go. It's way more fun when you can converse a bit with the locals.

Do the numbers. Before you decide that one of these tours is too expensive, try calculating how much it would cost you to plan and organize it all on your own, without the benefit of group rates and without someone's valuable travel experience. I found it well worth the cost.

Where to next?

Sad news, UVic just cancelled my September trip due to low numbers. But there are more tours in the works with more information from Janet MacDonald in Continuing Studies:

April/May 2020- Mexico City to Oaxaca

May/June 2020- From Paris to Bayeux and the Loire Valley

June 2020- London and Southwest England

Summer 2020- Art history of our Northwest Coast- Emily Carr and First Nations

Fall 2020- Israel

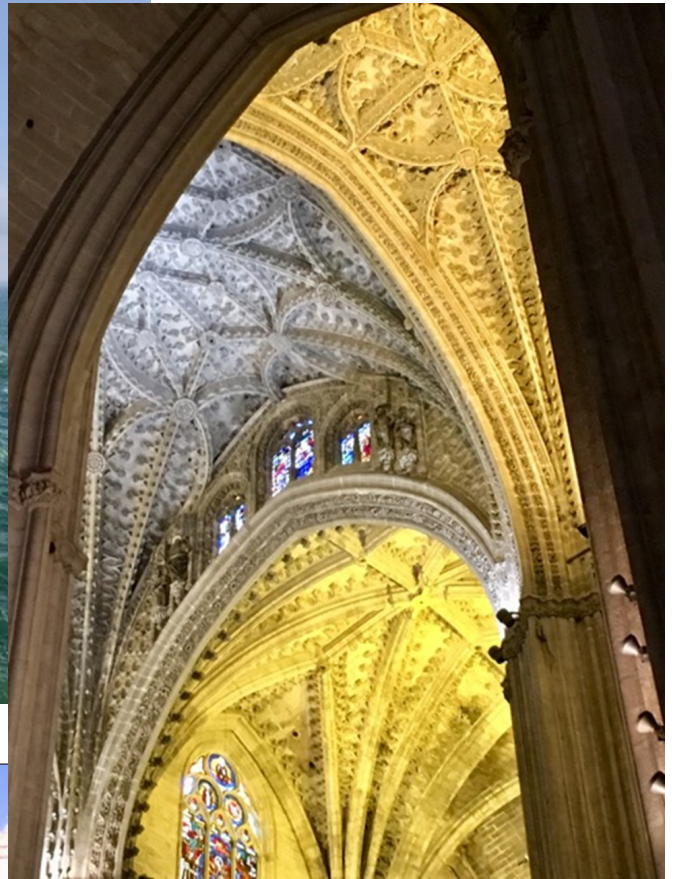
I have my eye on the France trip next Spring- want to come?

Peggy Tally

Highlights of Spain 2019 pictures by Peggy Tally



Gibraltar



Cordoba



Gaudi in Barcelona



Salvador Dali Museum in Figueres

Physical Activity and Wellness Corner #32

So why bother with all this exercise? David Docherty

In the last newsletter I shared the experience of a 76-year male (me) who had a heart attack. At the end of the article I indicated I would explain why it is still really worthwhile and advantageous to commit to an active lifestyle but unfortunately this part inadvertently got omitted. So, stay with me a little longer on this journey of discovery! I think it is a story worth sharing and in fact I have received more feedback from the last article than any of the other 30 I have written for *Grey Matters!*

It is clear from mine and others' experience that being physically active is no guarantee that you will not have a heart attack or any other cardiac problem. As often said, the only two guarantees in life are death and taxes! However, there is ample evidence to say being physically active will decrease the risk but not prevent a cardiac event from happening. Since telling my own story I have had numerous people recount similar stories about themselves or people they know, and most have been physically active with no prior indication of any problem. However, I compare it to most drug advertisements which make extravagant claims but always with the disclaimer that it decreases risks but there is no 100% guarantee! The advantage of physical activity over pharmaceuticals is that there are little of no side effects other than the odd aching muscle!

What is clear is that not only does being physically active decrease the risk of a heart attack, as well as many other health issues, but it significantly increases your chances of survival as well as decreasing the chance of a recurrence. When this happened to me the cardiac specialists all commented on the fact that being physically fit would significantly help in my recovery. Without wanting to blow my own recovery trumpet, a physician in my men's fitness class commented that in all his years of practice he has never seen anyone recover so quickly from open heart surgery. My main concern was doing too much too soon because after my release from hospital I was told to take it easy and come back slowly. The cardiac rehab guidelines suggested walking for 10 minutes every other day and to rest if needed. I was walking for 10 minutes three times per day every day from the time I was released from the hospital (5 days after surgery) and quickly built to 20 minutes in three weeks adding hills and gradually over the next three weeks progressing to two one hour walks per day including hills. And then it snowed (remember). So, I started doing high intensity interval work on the stationary bike twice a day for an hour each time. By the end of about week 8 I was back doing the cardiac/aerobic workouts I was doing before the surgery.

Physical Activity and Wellness Corner #32... continued

So why bother with all this exercise? David Docherty

However, the muscular strength part of the recovery was much slower due to the fact I had to wait for the sternum to heal which I was told would take 12 weeks. Now that can be painful. During this time, I did gradually build up the resistance and in fact started teaching my men's fitness class in week 8 including the upper body strength exercises (but very carefully!). I was very thankful I had maintained my leg strength through squats and lunges as I was not allowed to use my arms when getting into and out of a chair. So, everything became a squat exercise! In fact, I have now incorporated what I call the "cardiac squat" into my exercise class that involves a half squat while hugging your shoulders to protect your sternum. The other fitness part I found helpful was having good core or abdominal strength as without it I would have had considerable difficulty in getting into and out of bed without using my arms.

I don't say all this to brag but to try and show the positive outcomes of trying to stay fit. As we age one thing is for sure and that is our risk of having some health problem increases but if we are fit it will certainly help us cope, survive, and recover.

This has been an interesting and educational experience for me, although one I would have been happy not to be able share. So, when life deals you a lemon make lemonade and keep on trucking. I have always focussed on the preventative side of exercise but can certainly, now, appreciate the role your fitness level can play regarding dealing with and recovering from some health challenges and the odd "curve ball".

David Docherty



Editor's note: Pictures taken from free
Google Images



THE UBC EMERITUS COLLEGE Peter Liddell

The first of its kind in Canada, and one of a very small number in North America, the UBC Emeritus College celebrated its inaugural charter at a ceremony on April 12th. [I attended as our representative. PL] Its foundation follows years of sustained commitment by a handful of UBC colleagues, including regular surveys of UBC Association of Professors Emeritus (APE) members' out-of-pocket funding of their research, grants received, and priorities vis-a-vis continuing research and academic engagement.

When the new President of UBC, Dr. Santa Ono, returned to his Vancouver roots after years in university research, teaching and senior administration in the US, he came with an agenda for UBC's academic retirees that not only matched but exceeded their aspirations: a College to (in his own words) “ensure emeriti remain an integral part of the UBC community, with links to their academic departments and faculties that are mutually beneficial. In addition, the culture and environment of the college provides a natural growth opportunity for interdisciplinary projects. In the college, emeriti will form and strengthen intellectual, social, and community volunteer networks. ”

<https://president.ubc.ca/blog/2019/01/07/emeritus-college/>

Before the inauguration, the emeriti convened a two-day conference, funded by the President's office. Topics included some contemporary concerns: the future university; internationalization of higher education; the commodification of knowledge; the historical lessons to be learned from Indigenous lore; and one that must have boggled a few minds -- a session on “Interdisciplinary Approaches to Outer Space/ Outer Space Studies” with professors of Sociology, Political Science, and Physics and Astronomy, moderated by a Psychologist! Attendance, as I saw when I got there on a warm Friday afternoon, was as it had been on both days, close to 100, of all ages.

The final session – a panel on “Scholarship in the Age of Populism and the Era of “Fake News” - was moderated by President Ono himself. The intention is to make this an annual event.

At the reception which followed, to present the College's charter, President Ono reported that the decision to found and fund the college was unanimously supported by the university's executive council, and a “very excited” Board of Governors. Funding of the new college is assured for 10 years, reviewable and renewable as experience warrants. Two years ago, as an exploratory exercise, President Ono offered research support funds of \$100K *per annum*, to be applied for retroactively and competitively, and adjudicated by UBC APE. As part of the charter those grants are now to be funded for 10 years minimum through the VP Academic, and reviewable if demand warrants.

THE UBC EMERITUS COLLEGE

Continued

Peter Liddell



The College itself is to consist of office and meeting space, supported by two 60% FTE office staff, and provision for executive members to attend CURAC conferences and their American equivalent, AROHE.

The basis for the charter and the substantial support was an online survey in early 2016. It was the key validation of the need for more focussed support, garnering 72 responses from faculty with a collective retirement total of 800 years. During that time, they had given 1450 invited or conference papers, published 1220 peer-reviewed papers, 56 books and 276 book chapters. Their research involved 178 graduate students and 74 post-docs. Twenty-seven of the respondents taught 102 courses during their research work. Twenty-eight faculty contributed almost \$900K of their personal funds to support their research. Thirty-five respondents had attracted \$14 million in research grants. Collectively, respondents estimated their need for \$160K in research support, based on \$5,000 p.a. (Dr. Newell has since told me that the average has been about \$3,000 p.a., which so far roughly matches the \$100K total available).

As a footnote: I did ask Dr. Ono if he would spread the message among his BC colleagues.

Peter Liddell



Top picture: Professor Dianne Newell, College Principal
Bottom picture: Reception. Can you spot your correspondent?

BITS AND BYTES

BOTH SIDES OF CLOUD

Melvin Klassen

Both sides of clouds

(with apologies to Joni Mitchell, Companion of the Order of Canada)

Outside of the world of computing, clouds are just “up there somewhere and everywhere” – accumulations of millions of discrete drops of water, refracting light.

Inside the world of computing are the terms “cloud computing” and “cloud storage”. All the big names, such as Apple, Amazon, IBM, and Google, participate in this world of “clouds”, because all of them want to provide their presence in this presumably-profitable business.

Cloud computing

Is this something that we individuals want, or need, to use? Maybe.

For example, one reason for a scientific researcher, such as a meteorologist trying to use a computer program to model the weather to generate an accurate forecast, is to allow that researcher to focus solely on the modelling rather than trying to deal with the care-and-feeding-and-repair of the computer hardware. All the researcher needs is a good Internet connection, to send the computer program to the remote computer, and to retrieve the results, plus a “modest” computer – not a super-duper high-performance “gaming” computer with its electrical power and cooling needs (computers transform power into heat) and its need for “floor-space” in the researcher’s lab. Instead, the researcher lets somebody else manage that “overhead”, for a fee, of course.

So far, “off-the-grid” homes that generate their own electricity are a rarity; most people pay BC Hydro for electricity, and those people usually don’t ask BC Hydro where the power was generated. The electricity seems to come from a “cloud”, out there somewhere. You pay BC Hydro only for what you use. Similarly, you pay a provider only for the computing-power that you temporarily need.

Another comparison: you don’t buy a bus from BC Transit, and store it on your property; you just “pay-as-you-go” to rent a seat on the bus, for a short time.

Cloud Storage

Is this something that we individuals want, or need, to use? I say “definitely”.

Put your hand up if your computer’s disk-drive has “crashed”, and none of your personal files can be recovered, except by a professional “Data Recovery Service”. It can cost over \$1000 to

BITS AND BYTES

BOTH SIDES OF CLOUD....continued

Melvin Klassen

disassemble the disk-drive and “part-swap” its components to bring it back to life just long enough for the files to be copied to a brand-new disk-drive. Expensive!

Or, put your hand up if you have accidentally “drowned” your mobile device—by dropping it into a sink full of water, or you have fallen overboard from your sailboat with your smart-phone in your pocket, or if a game with water-filled balloons has drenched you and your pocketed phone.

Or, put your hand up if the smart-phone slipped out of your shirt-pocket while you’re on top of a ladder, and it fell, like Isaac Newton’s apple, to become a Humpty Dumpty type of jigsaw puzzle.

Wouldn’t it be nice if your computer, and/or your smart-phone, would automatically copy all your personal files into some provider’s “cloud storage”, and it did so automatically, when needed?

Well, this “nicety” can happen, with today’s level of technology.

Let’s assume that you are at home, and have chosen the “cloud” provided by Apple. What more do you need?

1. A computer (Windows or Mac), or a smart-phone, in working order, i.e., not yet drowned or otherwise non-functional;
2. A one-time sign-up with a “cloud-provider”, to create an ID and a password;
3. A bit (pun intended) of software on your computer. Here, the good news is that the Apple iPhone and any Apple desktop/laptop computer will already have the “iCloud” software, preloaded. Users of Microsoft Windows will need to download the iCloud software from Apple’s web-site;
4. A network connection cable from your computer to your Telus or Shaw “network-adapter” device, or a WiFi connection from your smart-phone to that same device, and through that device to the Internet.

On your computer/smart-device, launch the iCloud application, and enter your ID & password. The first time, the application will tell you which files & file-folders that it will be monitoring, and will be copying from your computer, over the Internet, into Apple’s “cloud storage” cluster of storage devices.

Then, check that your computer will not go to “sleep” too quickly, or will not “power-off” too quickly, because the iCloud software might wait for a time when your computer is on, but you are not actively using it, before it uses your computer, and your Internet connection, to copy your files.

BITS AND BYTES

BOTH SIDES OF CLOUD ...continued

Melvin Klassen

Note that the iPhone insists on three conditions:

1. That it is powered-on;
2. That it is “locked” (press the button on the top of the iPhone to make the screen go dark – this is “locked”);
3. That it is connected via WiFi to your home wireless network;

before it starts to make copies of your files, including your pictures, and your “settings”.

The software does not want to run down your phone’s battery, and it does not want to compete with your usage of your Internet connection. So, it “waits”.

An interesting side effect of having a copy of your iPhone’s files stored on the cloud is that you can get a new iPhone, and the first-time “setup” of the new iPhone will ask you if you want to use that copy of your files on the cloud to preload your iPhone with everything that existed on your old iPhone. I have experienced this “migration”, when upgrading from a very old Nokia “flip-phone” to my first iPhone. The files stored to the cloud by the Nokia phone were leveraged to preload the iPhone. Very cool!

Melvin Klassen



[Writer’s block, of a different nature. Prior to writing this article, I found a seller of a Samsung smart-phone, on the UsedVictoria web-site, asking only for \$20. I wanted to write about both an iPhone and a “non-iPhone” device. I drove out to Millstream Village, to meet with the seller. There, he admitted that he had two such phones, and that he sold the “better” one to a friend, and that the remaining phone did not “ring”, when somebody called. That was fine with me, because I wanted it solely to write this article. Well, he rationalized that because I drove from my home to his location, only to find that the phone had a major (to him) problem, he just gave the phone to me, at no charge. Well, it worked fine, for a while, using it as a “time-piece”, an “alarm-clock”, and as a “camera” while in Seattle. But, as I started to write, it is now “dead”; it does not power-on. So, this article is focused on the iPhone. M.K.]

MEMBERS CORNER

KARATE AND ME... JANE BIRKBECK

... and Paul & Hajer & Aimee & Yao. Reflecting, I cannot help but think, “It takes a village”. This is certainly true for those smart and patient people who directed this study with our group of older persons. Here’s the story:

In March I received an email from the Institute of Aging and Lifelong Health (*IALH*): Would I like to participate in a study to see if 15 hours of learning karate would increase my hand strength, balance, and reflexes? Would I? Sign me up!

Curious, I looked up E. Paul Zehr, a Professor in the Centre for Biomedical Research, and Rehabilitation Neuroscience Laboratory. His on-line bio says, in part, “My life is about facilitating empowerment. I have a passion for sharing knowledge of moving, martial arts, and the mind. Martial arts got me into science. Shortly into my scientific career, I shifted to the neural control of movement and rehabilitation of walking after stroke and spinal cord injury. I marvel at the capacity for adaptive plasticity that the nervous system has after injury. This continues as my main research focus. In fact I’m now coming full circle—we are working to see if martial arts training can help with balance, walking, and self-efficacy in Parkinson’s, Multiple Sclerosis, and after stroke. It’s called ‘K.I.C.C.: Karate Intervention for Chronic Conditions’ and I’m very excited about it!”

Pretty inspiring. After I was accepted into Paul’s study, I had three pre-test visits – post-test to follow - in the Neurology Research Lab. Mild electrical stimulation tested my reflexes, a Wii board my balance, and a ‘squeeze machine’ my less-than-optimum hand strength. These tests were conducted with humour and precision by two Kinesiology graduate students, Aimee Harrison and Hajer Mustafa, and at least one of them attended every karate training session. Both women are supervised by Dr. Zehr, and Aimee is co-supervised by Dr. Ryan Rhodes at IALH.

Hajer’s research interests include motor control, neural/ spinal cord plasticity and rehabilitation. She has seen changes in both her brain & body through exercise and introducing karate into her daily movement practice. Aimee was herself a research subject when we met - my tests were pretty easy, I learned that hers required a lot of strength and stamina. Aimee is a member of the Canadian Diving Team and her athletic abilities made her a perfect research subject.

Not so me! On the first day of class I met Yao, a PhD candidate from the Rehabilitation Neuroscience Lab. Yao’s research interests include “the cross-education effects in strength training after stroke as well as the modulatory effects of sensory input on movement control.” A warm and supremely patient woman, as well as an amazing teacher, every practice Yao led us slowly through a series of warm-up exercises, smiling and gently reminding us, ‘the *right* arm’ or ‘the *left* foot. Then we would practice the movements, called a kata: *move your left foot-low block, step forward right foot– high block*, and much more.

I could feel my brain struggling to find the moves, my feet searching vainly for the *correct* foot, my left-handedness forgetting my right hand, and sometimes, suddenly - I’d be facing the wrong way!

MEMBERS CORNER

Karate and me... continued

Jane Birkbeck

The lessons continued. Yao repeatedly encouraged us, smiling and telling us how well we were doing. On Fridays Paul, a master in the art of karate, would join us to do the kata and to help when we worked in dyads. One day he reminded us that our brain was working hard to assimilate a whole group of new moves, and not to worry, we would be working them out in our sleep!

People progressed in stages.

One man brought in a video of his 2-year-old grandson following grandpa in the kata. Wow, no way was I showing *my* family any 'moves'. But slowly my hands and feet began to tune in to Yao's quiet voice, my brain became less vigilant, and then - I started to move without thinking. It was an exciting day when we followed Yao silently through the practice – yes, self-efficacy!

The lessons, three mornings a week, were challenging, motivating, and fun.

I plan to practice at home.

JANE BIRKBECK



MEMBERS CORNER

Remembering W. Gordon Fields (via an article submitted by his wife Barbara)

Just when you feel you have Dr. W. Gordon Fields' main contribution to UVic tied down, someone mentions another aspect of his career. Fields, who officially retired July 1, is back on campus this fall as a "visiting professor", an ironic title for the man who has spent 37 years in the biology department at UVic and its predecessor, Victoria College. His teaching-contribution is enormous, with thousands of his students spread across Canada. "He's an enthusiastic, highly-respected and very popular teacher and his influence is felt from coast to coast through the students he has taught," says Dr. Arthur Fontaine, chairman of the biology department.

Ask Dr. John Mcinerney, who is director of the Bamfield Marine Station while on leave from UVic, about Fields' contribution to the biology department and he answers simply, "he built it".

Fontaine concurs. "He was chairman of the department for 20 years and laid the whole physical and academic foundations of this department."

One would imagine that with teaching and running a department, planning buildings and building programs, Fields must not have had much time for research. This is true but not entirely so. Fontaine points out that Fields has published some "very fine papers" in respected journals and is regarded as "Canada's leading authority on squid".

When you ask Fields himself what has given him satisfaction during his years at UVic, he mentions another aspect along with teaching, administration and research. "It's a feeling which many others share, that we've had a part in building a university in which we can take pride and a department which is effective in teaching and research and has good rapport within itself and with its students." The most satisfying experience for Fields has been the teaching and contact he's had with students. "It's fantastic how much students will do if you catch their interest," he said. "They'll go to incredible lengths if you can get them enthused about something."

The affection for Fields among students is evident from the many former students who return to visit him. At the end of the 1976-77 academic year, students in his third-year biology class held a surprise dinner for him and presented him with a hand-sewn, three-foot-long, cloth squid. Faculty, staff and graduate students also held a dinner for the popular professor. Fields, as a teacher, follows a basic principle. "Teachers and parents should try to make themselves dispensable as soon as possible. "If you can transmit your own enthusiasm to students and get them interested in seeing and doing things for themselves, then you can fade away while they carry on." Fields said he always feels he is talking to equals in the classroom. "My chief aim in teaching is not to fill students with facts but to arouse their interest so that they will continue to learn after the classrooms are behind them."

Born in Victoria, Fields was a student at Victoria College in 1929-30 and again in 1934-35. During his second year he was taught by Dr. Robert Wallace, chancellor of UVic, whose teaching connection with UVic and Victoria College goes back even further than Fields', to 1933. After a stint as a teacher in Duncan, teaching all high school sciences and playing with the local basketball team, Fields joined the staff of Victoria College in 1940 and he's been here ever since.

He first taught at Craigdarroch Castle, moving with Victoria College in 1946 to the Lansdowne campus now occupied by Camosun College and finally to Gordon Head with the establishment of UVic in 1963. "We started with two people giving two courses in biology," he recalls. Fields has seen the department grow from two faculty and a handful of students to the present 22 faculty members and 2,567 students registered in courses.

MEMBERS CORNER

Remembering W. Gordon Fields ...continued

For much of that time, from 1951 to 1971, he was the chairman of the department, guiding the development of a two-year program into four undergraduate years and graduate studies. "He's taught practically every subject in biology," says Mcinerney. "And he recognized the importance of research because he hired excellent researchers as the department developed."

Fields also played a major role in planning the Elliott building, constructed in 1963 to house the departments of physics, chemistry and biology.

He also initiated the planning and carried out the move by biology to the Cunningham building in 1971.

Fields was instrumental in the development of Bamfield as a field research centre and in the acquisition by UVic of the research vessel, the "John Strickland"

He is not surprised that biology courses are now among the most popular for UVic students.

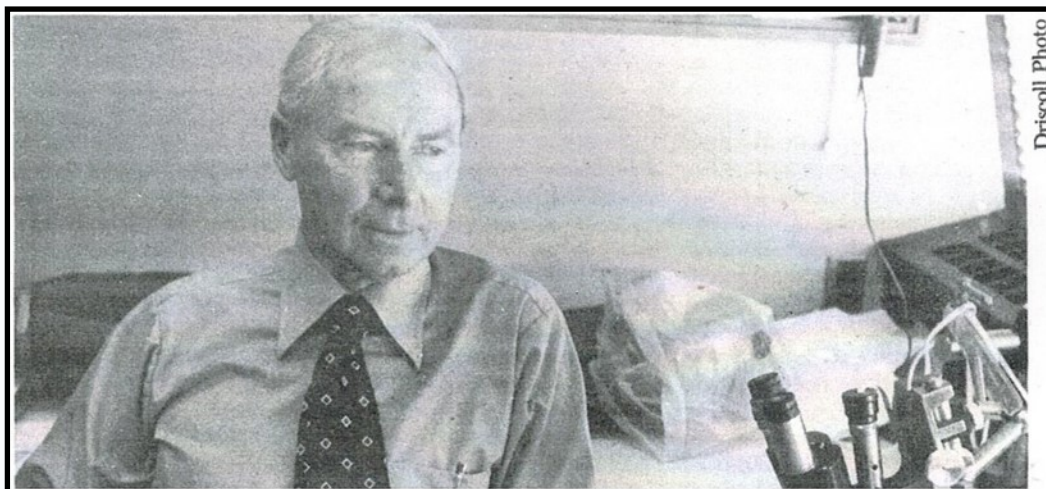
"There has been a tremendous increase in interest among the general public and students about ecology. And the popularity of scuba diving resulted in a tremendous growth of interest in marine biology. " He feels that opportunities in marine sciences should increase with the recent adoption of the 200-mile limit for Canadian boundaries. And on a world-wide scale he feels more attention must be paid to managing marine resources.

Fields could see long ago that Victoria is an ideal location for biologists and biology students. "We're tremendously fortunate in having an open winter where terrestrial subjects can be studied on a year-round basis. We have an ideal marine environment for the study of live animals and plants rather than preserved specimens." Fields has taken countless classes on field trips to Bamfield and other locations where, often in bitter weather and often at night with head-lamp, teacher and students would explore exposed rocky shores.

This year [1977] Fields finds no let-up in his teaching load. He's been giving lectures and participating in team-teaching and seminars at undergraduate and graduate levels. He gives no sign of slackening in his enthusiasm for teaching. But then, Fields has always been enthusiastic about what he has been doing, whether it was planning a building for biology, working in a clothing store during the depression, or participating in curling, tennis or badminton.

Entering his 38th year of teaching at UVic, Fields continues to attempt to ignite the spark that starts a mind.

*Article taken from
The Ring—Page 5,
September 21, 1977*



IN MEMORY Harvey A. Buckmaster (1929-2018)

BSc., MA, PhD, P.Phys., C.Phys., P.Eng.

Harvey was born in Calgary and died in Victoria. He is survived by his wife, Margaret, his nephews Hunter (Connie), Peter, step-nephew Scott, step-nieces Michelle and Andrea, Judy, his cousins and their extended families. He was predeceased by his first wife, Pat Wood (1967).

Harvey received degrees at the University of Alberta, mathematics and physics (BSc. I Hon.50) and at the University of British Columbia, applied mathematics (MA 52) and experimental physics (PhD 56). His post doctoral fellowship took him to Cambridge University from where he returned to become a professor at the University of Alberta, the University of Calgary, and an adjunct professor of the University of Victoria.

Gifted with a keen intellect and an endless sense of wonder and curiosity, he saw the natural world as full of mysteries to unravel and complex problems to be solved. His combination of theoretical and experimental skills gave him a unique ability to function in both the academic and non-academic worlds.

At the University of Calgary he played leadership roles in TUCFA, academic pensions, salary negotiator, was an elected member of the Board of Governors, and received an induction into the Order of the University of Calgary.

He was a founding member of Calgary CPAWS, and member and chair of Science Advisory Committee of the ECA which lead him to be a proponent for climate change long before it was fashionable. In his community he was President and played a leadership role in the Bankview redevelopment plan. He photographed and documented the graves of God's Acre Military Cemetery for Veteran's Affairs Canada, and was the compiler and editor of the 2014 edition of the Veterans Cemetery.



He also found time for the Arts and was a keen outdoorsman. Since he was 14 he spent as much time as possible hiking in his beloved Rocky and Purcell mountains. He worked tirelessly for parks particularly in the creation of Nose Hill Park. He shared a wonderful, loving, rich, fulfilling partnership with his wife Margaret for 50 years particularly working together on their many projects.

The mountains have called and he has gone hiking.

IN MEMORY

Doreen Elizabeth (Betty) Kennedy



KENNEDY, Doreen Elizabeth (nee Jenkinson) June 12, 1922 - April 24, 2019 It is with great sadness that we announce the death of Dr. Elizabeth Kennedy at the age of 96. She was predeceased by her first husband Peter Dodwell only months after their wedding in 1946 when he drowned in a tragic boating accident that Betty survived. She was also predeceased by her husband of 51 years, Gilbert, her daughter Patricia, her brother-in-law Frere and her sisters-in-law Beatrice and Shelagh.

She is survived by her daughters Gloria Dragomatz (Gary) and Louise Longridge (James), their children Michael and Sara (Rene Young); her great-grandchildren Spencer, Alison and Ella Longridge and Grayson and Emma Young; and by her brother-in-law Cas Lindsay. She will also be greatly missed by close friends Paul and Darlene Longridge and many others in Victoria and on Galiano Island.

Betty was born in Victoria, but grew up in Vancouver, where after high school she attended and graduated from UBC. She then began teaching mathematics at UBC, and it was there that she met Gilbert who was on the Law School faculty. They married in 1948. In 1957 Gilbert accepted the position of Deputy Attorney General in W.A.C. Bennett's government, and the family moved to Victoria. Betty began her long teaching career at Victoria College which became UVic in 1963. She taught mathematics to hundreds of students, many of whom come forward to this day to thank her for her teaching and to say that their careers were shaped by her.

Betty had other roles at UVic. She was instrumental in the founding of the Schools of Nursing, Social Work, and Health and Information Science. She also played a big role in organizing the graduation ceremonies. She was awarded an Honorary Doctorate in 1988. Betty and Gilbert set up funding for entrance scholarships in the faculties of engineering, law, mathematics and music which have helped many students attend UVic and will continue to do so.

IN MEMORY....continued

Betty Kennedy

As an early sign of her interest in volunteering Betty became a Girl Guide leader at the age of 17. She would eventually become the Commissioner for Southern Vancouver Island and was an Honorary Secretary for the Province.

After retirement Betty was active in many other volunteer fields. She was known for her ability to conduct board meetings efficiently. She sat on or chaired many boards including the Friends of the Royal BC Museum, the Family and Children's Services, the CRD Hospital and Health Planning Commission, the Finnerty Gardens at UVic, the Victoria Rhododendron Society, the annual Plant Sale at UVic, the Oak Bay Board of Variance, the Galiano Island Parks and Recreation Commission, and the Galiano Community Loan Fund Association. She was still active on the loan group and voted on an issue last week.

In 1962 Betty and Gilbert bought property on Galiano Island overlooking Active Pass and built a cottage there. At first it was a weekend getaway, but it became a second home after retirement. There she had the space and time to pursue her favourite pastime of gardening. Betty had many wonderful years there and decided some years ago that the best future for her Galiano home was for it to be open to the public. To that end she has donated it to the CRD who will carry out her wishes.

Besides giving so much to UVic, Betty has been a long-time supporter of many charities in her community.

Special thanks to very dear friends Paul and Darlene who have been with her every day and also thanks to the caregivers Michael, Bes, Carly, Natalie and Jade. ...

Any donations could be made to the Betty and Gilbert Kennedy Scholarship Fund at UVic

University Club Report

The University Club and the University

Peter Liddell

As your representative on the Board of the University Club, I thought it might be interesting to explore some of the details of our Club and perhaps explode a couple of myths along the way. I won't attempt to recap Trevor Matthews' unique take on the Club's history, as it 'sailed' across campus from E Hut (behind the Security Building) to its present 'anchorage' next to Mitchell's Moat [see club.uvic.ca under About---> Club History]. The agreement underlying the 'new' Club's relationship with the University, signed in 1984, is interesting, though:

"That Club membership be open to all University employees; that the Club be self-sustaining for all its future capital and operating expenditures; that the construction of the Club not affect any element in the University's prioritized 5 year Capital Budget Plan; and, that the word Faculty Club was never to appear on the Agenda of any future meeting of the Board of Governors!"

Myth #1 is the belief that the Club is somehow subsidized by the University as a result of this agreement -- as most similar clubs are, in Canada. Not so at UVic: The Club pays a monthly rent for the use of the University's building. That rent contributes to an amortization fund, to enable the University to maintain its asset -- i.e. to cover capital costs of the building itself and to replace the major equipment in it. All other expenses must be covered by the Club, including wages and salaries, groundskeeping, janitor, general repairs, and kitchenware.

The Club operates as a non-profit society under the BC Societies Act. It is sustained to a degree by membership dues and individual members' food and beverage expenses -- like many similar clubs; but the clear majority of its income derives from special events (internal/departmental, or external, such as weddings). With relatively low membership dues for employees (even less for retirees) and a free first year for full UVic employees, alumni and retirees, to attract new members, individual membership dues alone would not be economically viable. It is a great credit to the current management team and a very loyal staff, that the Club survives so well, away from the city, in a difficult employment climate (pace UBC's Club, for example).

Myth #2: on the subject of staff, members may assume that the cost of food and beverages includes an amount for gratuities. On the contrary, we enjoy privileged price points as club members. Staff gratuities are paid out of the club's special events -- a further reason to be grateful for the success of these events. However, members have always had an option to add a percentage (typically 15%) to their monthly bill.

Trevor Matthews' history considers the continuity of one central function of the Club, beginning with its pre-war origins as a social club for trainee troops and, later, returning PoWs, through to its renewal as a social club for the new university. Beyond that role as a social hub, and recognizing more recent economic constraints, our University Club must now succeed as an independent business by other means. In return for modest dues, the almost 1400 members enjoy excellent fare (as much as possible, locally sourced), in a relaxed setting, coupled with an array of interesting seasonal events. What's not to like!

Peter Liddell,

UVRA Rep, University Club Board

UVIC LIBRARY NEWS

PUBLICATION LAUNCH

Thursday, September 26, 2019

4:30 p.m. - 6:30 p.m.

Legacy Maltwood Gallery, lower level

Mearns Centre for Learning - McPherson Library, University of Victoria

Join us in celebrating the launch of our latest publication, *[untitled]:The Artists' Archives at the University of Victoria Libraries*, and the opening of UVic Legacy Art Galleries' newest exhibition, *Object Biographies: Artists' Lives through their Archives*.

Refreshments will be provided. Copies of the publication will be available.

Full program and further details to be announced closer to the date.

ALCUIN BOOK DESIGN AWARDS

Until July 26, Special Collections and University Archives will be showcasing the winners of the 2018 Alcuin Society Awards for Excellence in Book Design in Canada. This is the only national competition for book design in the country. For 2018, the jury selected 35 winning titles from 261 submissions, 9 provinces, and 113 publishers.

The Alcuin Society is a non-profit organization supported by people who care about the past, present, and future of fine books. Founded in 1965, the society is the only organization in Canada dedicated to the entire range of interests relating to books: publishing, book design and production, bookselling, book buying and collecting, printing, binding, papermaking, calligraphy, and illustration.

The 2018 Alcuin Award winners are on display in the Special Collections and University Archives reading room, 10:30 a.m.- 4:30 p.m., Monday to Friday, until July 26.

