



**University
of Victoria**

**Retirees
Association**

Office:: R Hut 108
Open*: 1:30-3:30 M-F

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

*Note: Office hours &
phone are actively
attended only when
volunteer available.

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**UVRA
2018**

Newsletter of the University of Victoria Retirees Association

Grey Matters!



Northern Saw-Whet Owl

Photo: Lesley Quin, 2018

Bits from the Board

John Anderson

The UVRA Board met on Wednesday, September 19 to review and consider the state of the Association—its current status and the upcoming events and activities. In summary, the Association is healthy and active (in fact active enough to ask for more volunteer engagement from the membership). This was the first Board meeting in many years that was not chaired by Peter Liddell—after an illustrious two terms as President he is now actively engaged with the Association as Past President. The Board also welcomed two new members—Jane Birkbeck and June Whitmore.

It must be noted that David Docherty has stepped down from the Board after many years of insightful and creative leadership. He will be helping in the transition of the leadership of the Elder Academy which he led to prominence at the University of Victoria—and as you will notice he is still contributing his *Physical Activity & Wellness Corner* to our newsletter (#29 and counting).

Bits from the Board (continued from page 1)

Patty Pitts, our representative on the United Way campaign, has made a significant contribution to support cancer research. Her quarter million dollar donation resulted in the establishment of the Carol Lalonde/Marlene Palmer Ovarian Cancer Research Fund at the BC Cancer Agency's Deeley Research Centre in Victoria. Her magnanimous act of philanthropy will allow for advancement in the development and testing of new treatments.

The magnificent UVRA volunteer force led by Lou Schmidt has developed a series of fall events which are described in this edition of *Gray Matters!* The first event—a visit to the Pedder Bay location of the Rock Point Bird Sanctuary (see page 8)—had to expand to 3 tours to accommodate the interest of members (the photo above is from the 3rd tour).

The UVRA Scholarship Fund is growing and at the June Annual General Meeting an increase in the Association's commitment to the fund was doubled. The scholarship will support graduate research focusing on 55+ age sector of the population. Please consider further supporting this worthy initiative (visit the website at: <https://www.uvic.ca/retirees/activities/scholarship/index.php>)

The new UVRA website is now on-line—click here to check it out: <https://www.uvic.ca/retirees/>. Peter Liddell has worked tirelessly on its creation in collaboration with Judy Nazar of the Humanities Computing and Media Centre to produce a first-rate cyber presence for the Association.

Best wishes for the fall and winter seasons,

John Anderson,

President, UVRA

Editor's Note

The summer on Vancouver Island proved to be a warm and sunny. With fall upon us, you may have more time indoors to quietly contemplate events and issues that could be of interest to the membership—books read, books written, travels completed or contemplated, research undertaken, and other accomplishments and experiences.

Once again I want to encourage members of our association to send in notes of interest they have come across, photos of events or places, notes on accomplishments and activities, and other pieces that would be of interest to colleagues. To submit a note, photo, or article simply send as an attachment to me at:

anderson@uvic.ca

The deadline dates for submissions dates for each of the upcoming editions of *Grey Matters!* are listed below (but do not feel bound by these dates, send in submissions at any time).

Best wishes as the winter season approaches.

John Anderson

2019 dates for *Grey Matters!*

Issue	Submission Deadline
January 2019	January 21
March 2019	March 25
June 2018	June 18

UVRA: New Members

Jay Bowles	Campus Security
Jane Browning	Chemistry
Diane Carruthers	Child Care Services
Barb Currie	BCMB
Sarwan Dillon	Purchasing
Julia Eastman	University Secretary's office
Diana Ellis	Social Work
Honore France-Rodriguez	Education Psychology & Leadership Studies
Rebecca Grant	Business
Diane Gray	Centre for Forest Biology
Neil Honkanen	Physics & Astronomy
Leslie Jessop	Art History & Visual Art
Gerald King	School of Music
Arthur Kroker	Political Science
Marjorie MacDonald	Nursing
Pederson, Thomas	SEOS
Mary Ellen Purkis	Nursing
Lesley Quin	Facilities Management
Marjory Reitsma-Street	HSD
Tatiana Schneider	Carleton University/Library
Valerie Shore	Communications & Marketing
Beverly Stevens	Co-op & Career Business
Trevor Trust	Microbiology & Biochemistry
Holly Tuokko	Psychology, IALH
Marie Vautier	French and English

MasterMinds 2019—Nominations Requested

The MasterMinds series is an initiative to foster university-community engagement by providing high quality lectures at the University of Victoria to the public. The series has been offered for the past 13 years, delivering over 50 thoughtful and often thought provoking presentations.

The MasterMinds series is comprised of four lecture presentations, one on each Wednesday evening in April. Each lecture is created and delivered by a University of Victoria retiree on a topic in their area of expertise and of general interest.

Each year the series is developed by a collaboration of the UVRA and the University – in particular the Institute on Aging and Lifelong Health and the University's Media Relations and Public Affairs group. To see the MasterMinds 2018 website click here:

<https://www.uvic.ca/masterminds/index.php>

We are asking for your assistance in identifying retirees who are well suited to present a MasterMinds lecture.

Please consider nominating such an individual and let us know by sending a note to John Anderson at: anderson@uvic.ca

The New UVRA Website

The new UVRA website is now on-line at:

<https://www.uvic.ca/retirees>

Please check it out and let us know what you think of the new site.

UVRA Event: Coffee Tour



Coffee Tour Encore

(Note: The first tour on November 1 has been fully booked)

November 8, 2018

1:00pm- 2:30pm



Come learn the story of **Level Ground Trading Company**, a Fair (and direct) Trade coffee & tea business that has been nestled in the heart of Saanichton for 21 years. They recently moved into a larger facility off Oldfield Road and during the visit, you will get to tour the new plant, see the giant roasters, the packaging room, tasting room, meet some of the employees. But best of all you will receive a complimentary coffee. This is an awe-inspiring story told in first person as the tour guide is co-owner and founder, Stacey Toews. You will hear about a business model that wins accolades and awards and learn about their business practices which honours both the earth and her people. While there, you'll have time to purchase Level Ground products such as: vanilla, spices, heirloom rice, dried fruits, coconut oil, teas, coffees, cane sugar, and cacao nibs.

This free event is an opportunity for 30 UVRA members to meet the people who proudly say, "We shake the hands that farm the land."

1757 Sean Heights, Saanichton / 1.888.565.6633

<https://levelground.com>

Parking on site & Handicap Accessibility

Registration limited to 30

Host: **Susan Beiderwieden**

Registration information on next page . . .

UVRA Event: Coffee Tour

REGISTRATION INFORMATION

Using EventBrite

<https://eventbrite.ca/e/uvra-coffee-tour-encore-tickets-50792812670>

PLEASE READ INFORMATION BELOW
PRIOR TO REGISTERING BY CLICKING
ON LINK ABOVE



*REGISTERING: As this event is free, the automated registration system (EventBrite) lets you register more than one person using the same registration. You could, for example, register two persons under your own name. UVRA asks that you **please register each person individually** – that is, complete a separate registration for each person registering. This will provide us with individual records for the taking of attendance and for cancelling or changing a particular registration, if required.*

WAIT-LIST: When the event is full, EventBrite will wait-list you. If a space opens, EventBrite will contact you. You will have 24 hours from the day/time the notification is being sent to accept.

CANCELLATION/CHANGES: If you need to cancel your registration, want to make changes, or have a question, please contact uvra@uvic.ca, putting "Coffee Tour – Attention Susan" on the Subject line.

WHAT TO EXPECT AFTER REGISTERING: If this is your first time using EventBrite to register for an event, the company will email you a "Welcome" email. And, as part of a separate email, it will send you confirmation of your registration along with your ticket (the latter, provided by way of an attachment).

REMINDER: Forty-eight hours prior to the event, you will receive a reminder email from EventBrite.

AT THE VENUE: Susan will be there to welcome you, when you arrive at the Level Ground Trading Factory. She will, at that time, take attendance. It will not be necessary to bring your ticket.

THANK YOU for having taken the time to read this information.

UVRA Event: Diwali Luncheon—November 6



THE FESTIVAL OF LIGHTS

About Diwali: Diwali, the five-day festival of lights, is celebrated by millions of Hindus, Sikhs and Jains across the world. It coincides with the Hindu New Year in celebrating new beginnings and the triumph of good over evil and light over darkness. "Diwali," or "Deepawali" in Sanskrit, means "a row of lamps".

About the presenter: Jane Birkbeck facilitated a Memorandum of Understanding between her university, Thompson Rivers, and the University of Madras, Chennai, India. She taught in their Social Work Department and travelled extensively throughout India between 2004 and 2011.

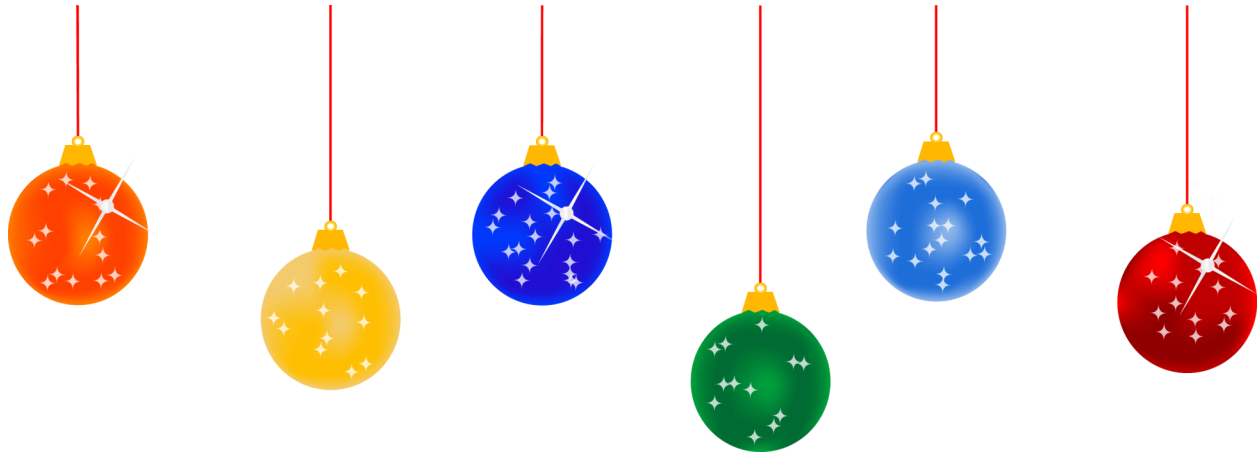
Her slide presentation will focus on Indian food: its preparation and presentation –from the mundane to the exotic.

About the restaurant: Royal Spice is "proud to offer you the culinary adventure of Indian cuisine, world famous Indian food, art, culture and classical music. Indian cuisine is a combination of subtle taste...Fragrant spices, pungent and warm spices from all the corners of the country are delicately blended in meticulous proportions to create the dishes."

WHEN:	Tuesday, November 6, 2018
REGISTRATION:	11:00am to 11:20am
SPECIAL DIWALI BUFFET:	11:30am -Vegetarian and gluten-free friendly
WHERE:	Royal Spice Restaurant, 212-815 Cloverdale Avenue www.royalspicevictoria.ca
PARKING:	Free mall parking (Cloverdale & Blanchard)
COST:	\$25.00 all inclusive (no host bar)

**PLEASE REFER TO YOUR EMAILED INVITATION FOR REGISTRATION
AND PAYMENT INFORMATION**

UVRA Event: Christmas Lunch—December 12



UVRA'S 2018 CHRISTMAS LUNCH
WEDNESDAY, DECEMBER 12, 2018
UNIVERSITY CLUB
11:00AM TO 2:00PM

PRESENTER: HOLLY A. TUOKKO, PhD

Holly Tuokko, is Professor Emerita in the Department of Psychology and a research affiliate (and former Director) of the Institute on Aging & Lifelong Health at the University of Victoria for more than 20 years. She is a clinical neuropsychologist and worked clinically with older adults in hospital and community outreach settings.

TOPIC: AM I LOSING MY MIND?

THE NEUROPSYCHOLOGY OF COGNITIVE DECLINE

REGISTRATION AND PAYMENT INFORMATION PROVIDED IN THE INVITATION
THAT WILL BE MAILED TO THE UVRA MEMBERSHIP

UVRA: Pedder Bay Bird Banding Visits Jane Milliken

Eleven intrepid UVRA members (twelve if you count our guide and bird banding volunteer, Mike Motek) woke up early on September 11 to be at Pedder Bay by 9:00 a.m. for a fascinating couple of hours watching and learning about bird banding. The banding station at Pedder Bay is run by Rocky Point Bird Observatory, a non-profit organization dedicated to "conservation and ecological management practises of migratory birds in western North America through monitoring, scientific research and public education " (<http://www.rpbo.org>).

The birds become caught in nets that are set up in the forest at the beginning of each banding session and taken down when the banders leave. The nets are difficult to see and visitors have to be careful not to get entangled too. One of the volunteers frees the bird and takes it to the banding station. There, the bander weighs the bird and assesses and records its age, sex, wing condition and length, and the amount of sub-cutaneous fat, before securing a metal band around one of its legs. There are different sized bands depending on the size of the bird, and each band is engraved with a unique number, enabling the bird to be identified and its migration tracked, when it is later caught or otherwise found. Once banded, the birds are set free to fly away.

The bander, David Bell, taught us about the different species, as well as about the process of banding. While there, we watched him band several birds: a Fox Sparrow, two Oregon Juncos, a Swainson's Thrush that had been banded at the same station six days before, two Spotted Towhees, and my favourite, a tiny Wren. The smallest birds can get quite tangled in the nets, and this one was no exception. After the volunteer tried for some time to free it, David was called over and worked for half an hour before the bird was free and could be banded with the tiniest band imaginable. They also band hummingbirds there and that band must be miniscule.

This was a very popular UVRA event. By the morning after the email went out to members, we had a waiting list long enough to hold a second session on September 13, when another group of eleven were equally enthralled.

On the evening of September 26, seven of us headed out there again to watch Rebecca Golat band owls. We saw two of the adorable little Northern Saw-Whet owls (see photo on front page) and heard more, so they may have been caught after we left at 10:30. We could also hear two barred owls hanging around and they prey on the little Northern Saw-Whet. The volunteers were watching the nets very closely, to be sure to extract the birds from the nets quickly, before the bigger owls could attack.

We owe a very big thank-you to Rocky Point Bird Observatory at Pedder Bay for welcoming three UVRA tours instead of the one originally planned, and to Mike Motek for arranging these most informative tours.

Travel: Newfoundland

Dick Chappell



Having spent two years in the Maritimes in the mid-seventies, and having not been back since, Diane and I decided to explore Newfoundland, a Province we had heard a lot about. We piggybacked on a

friend's experience last year and spent a great three weeks driving around through spectacular scenery and among the very friendly inhabitants. We learnt a lot about the history of the place and of some of the past notable inhabitants.

The Vikings were the earliest European visitors in 1000. They established a summer community in L'Anse Aux Meadows at the northern end of the Northern Peninsula and made contact with the indigenous Beothuk communities there. They sailed to and from Greenland. For some unknown reason they only stayed for about ten summers and then left, burning their peat sod dwellings before departing. The next recorded European visit was by Giovanni Caboto (John Cabot) who landed at Bonavista in 1497 and became aware of the plentiful cod fishery around the Island. The English and French fought for control of this fishery in the 18th century.

At the North American Aviation Museum in Gander there is a very detailed exhibition of the events during the days immediately after the 911 disaster when the North American airspace was closed down. Residents in the Gander area opened up their homes and boarded the many people who were temporarily stranded in that Newfoundland town. The exhibits include voice recordings of the Gander air traffic controllers talking to the pilots of the affected planes.

Trinity Harbour



Viking huts at L'Anse aux Meadows

Travel: Newfoundland

Dick Chappell

Newfoundland wildlife includes moose, caribou, and beautiful puffins who nest in burrows on clifftops and spend most of their life riding the waves out at sea. We were really amazed at the sight of some of the 500,000 gannets nesting on a clifftop at the Cape St. Mary's Ecological Reserve. We were able to get within 50 feet of the nesting birds who didn't seem at all bothered by the tourists taking pictures.

Newfoundland is a great place to visit and we would recommend it as a summer travel destination.



Nesting gannets at Cape St. Mary's



Rocky Harbour Lighthouse



Houses of St. John's

UVic Event: Living a Life of Significance Breakfast

You are warmly invited to a special breakfast on November 1st, including presentations on topics of significant meaning during retirement.

- UVic Professor, Dr. Denise Cloutier, will discuss her research into community models for aging.
- Peter Brimacombe, community volunteer and United Way advisor, will share studies and insights on the power of doing good. Bill Israel, from the Centre for Earth and Spirit, will talk about living well and loving well.
- Dr. Mary Ellen Purkis (former Dean of Human and Social Development and new UVRA member) will share a new and novel approach she is taking to support volunteerism and collaboration in the local community.

Be Inspired at the Life of Significance Breakfast

8:30 a.m.,

Thursday, November 1st

at the University Club.

Cost is \$10 to help cover breakfast costs.

To register please contact Zillah Erickson by October 24th at

zillah.erickson@uwgv.ca, tel. 250-220-7380.



Dr. Mary Ellen Purkis (with her father Jack), is finding meaning through supporting community collaboration and volunteerism, in an unusual way.

UVRA: United Way

Patty Pitts

Give some “Local Love” to the 2018 United Way Campaign

Again this year, the UVRA is proud to support the 2018 UVic United Way campaign. Last year our members pledged over \$29,000—an increase of seven per cent over the previous year!.

In 2017 UVic's campus campaign contributed \$231,000 to United Way Greater Victoria to help fund programs that improved the lives of nearly 87,000 people in our community. This year's campaign slogan is “Local Love” to emphasize that funds raised in Victoria stay in the community to help build financial stability and independence for individuals and families, help children and youth grow up healthy and achieve success, and develop the capacity of people to care for themselves and build an inclusive community. Once again, your donation this year will be credited to the UVRA sector of the United Way campaign.

Later this fall members will be sent an email with a link to make a donation online. A printable PDF of a pledge form will also be attached for those who prefer to submit donations by mail.

If you donated as a Leader last year, and can maintain that level, the campaign would deeply appreciate your ongoing support. The loss of major donors through retirement makes it a challenge for UVic to maintain its United Way campaign goals.

If you increase your pledge by a minimum of 15 per cent, a new program will **match** that amount **and the amount of any new donor**, to boost the campaign even further.

There will be several fund raising events and activities on campus during the campaign. Check the UVic United Way website at [uvic.ca/united way/](http://uvic.ca/unitedway/) for more details.

Physical Activity & Wellness Corner #29

David Docherty

Why you cannot afford not to exercise!

Having taught and researched in the field of exercise and physical activity all my adult life I am always looking for ways to motivate people to regularly include physical activity in some form into their lifestyle. I have extensively written and presented on this topic for many, many years and from a number of different perspectives and angles. I have shared with you before the fact that 85% of people believe in the value of physical activity for health and wellness as well as leading a fulfilling life. However, only 15 % of the Canadian population achieve the recommended minimum (yes, minimum) level of being physically active at least 30 minutes per day for 5 days per week. And the really sad part is that number declines after 65. So when I come across something I think may motivate people to get off the couch or increase their physical activity level I jump on it right away.

I was given a book recently that I found might motivate a small percentage of people (especially males) to look differently at physical activity. It is now a bit dated, including some of the information. Yes, I know most of us are fully aware of the amazing benefits from being physically active but many choose to ignore them. Even those of us committed to regular physical activity occasionally need a bit more motivation to go the gym, that exercise class, or even get out and walk. The book* is written by Chris Crowley, who provides the motivation, and Henry Lodge, M.D., who provides the facts. It is an easy read and has received glowing reports from the media as well as converts. They have also written other books, including one for women, which I have not read. I thought I would share a few of their perspectives as they are phrased in a way I haven't seen before.

One approach with which I was particularly taken related to the need for some form of resistance or strength training 2-3 times per week. They are fans of weight training but as I have discussed before in previous newsletters there are other forms of resistance training equally effective. As we age we obviously lose muscle strength and size. This is an inevitable fact of getting older. We all know that muscles are stimulated by nerves. It seems from a study by researchers in the UK that it is the connection between the nerve and the muscle (the motor end plate) that is the main cause of loss of muscle strength and size that occurs from lack of use as well as part of a normal aging process. Normally, such as when we walk, we only recruit about 10% of the muscle fibres in our legs and consequently 90% are not used and as with all things if you don't use itwell you know the rest! There are also two major types of muscle fibres that are used under different conditions. The slow twitch fibres are used primarily for aerobic activity and activities that do not require a lot of force or intensity. The fast twitch (also called high tension) are recruited when we need to move a heavy load or resistance. If we do not use these fibres on a regular basis the connection between the nerve and muscle deteriorates and the muscle loses its function. The only way to recruit and, therefore, preserve these fibres is by exposing them to high loads as in weight training.

continued on next page . . .

Physical Activity & Wellness Corner #29 (continued)

David Docherty

The theory in weight or resistance training is to work the muscles against a resistance for about 12-15 repetitions (for an older group) at which point the muscle should be fatigued, meaning you can no longer do another repetition. When working at this number of repetitions and load the principle is that at the start you are recruiting about 75-80% of those high tension muscle fibres. As you do more repetitions some of the fibres tire and then others take over until on the last few reps all the muscle fibres have been used.

So why is it important to try and increase or maintain our muscle strength and size? I have described in previous articles some of the benefits of resistance training but the one pointed out by Henry Lodge is the ability to prevent or recover from falls. He maintains that older people do not trip any more often than younger people but younger people are able to react quicker and have the strength in the legs to recover and avoid falling. However, older people, due to the loss of muscle strength and slowness to respond, are unable to prevent themselves from falling. He suggests we can maintain our strength and the speed of muscles to react through strength training and maintaining the function of those fast twitch muscle fibres.

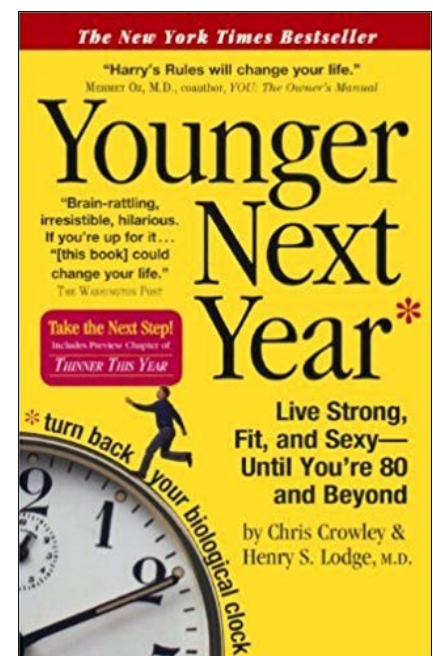
They also have an interesting approach on the concepts of cellular decay and repair which I will discuss next time.

In the meantime you might want to think about hitting the gym and pushing a few weights. A word of caution! Be sure to do it correctly or you could end up doing more harm than good. If you need help hire a personal trainer or seek professional help or catch me at the gym!

As usual, I am looking for feedback or topics you would like me to cover
<docherty@uvic.ca>

* C. Crowley and Henry S. Lodge, (2007), *Younger Next Year*, Workman Publishing Company, New York, N.Y.

David Docherty



Institute on Aging & Lifelong Health News

How can a public health palliative care approach inform initiatives to support family carers at end of life?

October 16, 2018 from 6:30PM- 8:00PM

Medical Sciences Building, Room 150, University of Victoria



Speaker: Dr. Merryn Gott has been a palliative care researcher for over 20 years and has a particular interest in exploring the needs and experiences of structurally disadvantaged populations. She directs the bicultural Te Arai Palliative Care and End of Life Research Group based at the School of Nursing, University of Auckland.

This presentation is open to everyone and free to attend.

Please register at aging@uvic.ca by

Friday, October 5, 2018. Thank you!

Light refreshments will be available.

Parking is located in Parking Lot #6

Merryn has published over 200 papers in peer reviewed journals, as well as a number of books, including *International Perspectives on Palliative and End of Life Care for Older People*, published by Oxford University Press.

University Club Report

Peter Liddell



For those UVRA members who have not taken advantage of membership in the University Club, this would be a good time to consider it.

Special events at the UClub have been selling out. Don't miss out on upcoming events - book early.

Upcoming Fridays at the UClub.

- Friday, October 5th – Thanksgiving Buffet – 5:30-7:30
The Karel Roessingh Trio plays until 8:30
- Friday, October 19th – Oktoberfest Buffet – 5:30-7:30
The Band Knackers Yard plays until 8:30
- Friday, October 26th – Curry Buffet – 5:30-7:30
The Big Island All Stars Band plays until 8:30

Upcoming Special Events!

- Club Transylvania Family Halloween Bash – October 27th
- UClub Member Appreciation Open House – November 17
- Traditional Christmas Lunch Buffets – December 11 – 19
* Christmas Buffets Weekdays Only*
- Children's Christmas Party – December 8
- Members' Christmas Dinner & Dance – December 21

For more details on these special events and also the weekly events please go to the UClub website club.uvic.ca.

UVic Library News

Did you know? - The University of Victoria Libraries offers library services to community members and visitors—this includes associate member of UVRA.

As a visitor to the library, you are welcome to use our collections and resources. Material in the general collection is available for in-library use. If you would like to borrow materials, you can obtain a library card from the main loan desk. You will need to present a piece of government-issued photo ID. More details can be found on our [Community borrowers](#) page. Should you have any questions or issues with your card, please contact the Main Loan Desk at loandesk@uvic.ca or 250-721-8230.

While visiting the library, you can use our kiosk computers to get access to the library website, catalogue and other library resources. You will have to ask at the loan desk for a guest Net-link ID to get access to resources outside of the library website.

Access to library resources from off-campus is limited to searching the library catalogue as licensing restrictions prevent us from making journal databases available to you. Check your local public library to discover available online resources.

There is a small charge to receive materials from other non-UVic libraries. Contact [Infoline](#) or phone 250-721-6488 for more information.

The Library website now has an easy way to sign-up for their Newsletter—

Simply go to the library website (www.uvic.ca/library) or

Click on <https://www.uvic.ca/library/about/home/newsletter/index.php>
