



**University
of Victoria**

**Retirees
Association**

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

NOTE: Office hours are
by appointment .Please
mail UVRA to arrange.

Website: uvic.ca/retirees
E-mail: uvra@uvic.ca

**UVRA
2019**

Newsletter of the University of Victoria Retirees Association

Grey Matters!



VIKING SHIP TIALFI

PHOTO: RICHARD CHAPPELL

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News from the Board

John Anderson

The Board held its first meeting of the new term on September 18 and it was clearly noted that the Association has once again a full slate of activities planned for the upcoming year. Social events include visits to a bird banding sanctuary and the Naval base, a sky visit at the observatory, and our annual Christmas lunch at the University Club on December 11. The Elder Academy, with its new program committee, has a full schedule of 7 events, including a four-part series on Canadian politics in October – just in time for the federal election.

The endowment for the UVRA Scholarship has reached the stage at which the first UVRA Graduate Scholarship will be awarded this term. The development of the fund was slower than we had anticipated, but it is a welcome achievement of

(Continued on page 2)

News from the Board, June 2019 continued

John Anderson

the Association to make a valuable contribution to the advancement of scholarship and research at the University of Victoria. A second fund raising campaign is being launched this year to further enhance the endowment – you are strongly urged to support this initiative with a donation to the UVRA Scholarship Fund. To make your contribution on-line, simply go to the UVic Development Office website:

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

And speaking of contributions – please consider contributing a note or an article or a photo to *Grey Matters!*, our newsletter. News of member activities, accomplishments and interests are of great value to our membership.

I hope everyone had a wonderful summer and that you are looking forward to the fall along with continued engagement with the Retirees Association.

John Anderson

UVRA President

ELDER ACADEMY SCHEDULE OF EVENTS FOR 2019-2010

October 2019: “Canadian Politics: Past, Present & Future”

November 2019: “Complementary Medicine: Expanding Your Choices”

January 2020: “Substance Abuse: Lifestyle Implications”

February 2020: “Living Without Oil”, Part One

March 2020: “Living Without Oil”, Part Two

April: 2020 “MasterMinds” - co-presented with Institute on Aging and Lifelong Health – four lectures by retired UVic academics.

May:2020 “Climate Change: Cause, Consequences, Solutions & Costs”

June 2020 : “Nutrition 2”

EDITOR'S NOTES

This fall one of our field trips was to the Pedder Bay Bird Banding Station. **Betty Emery** took attendance that day and sent us this note about the trip:

“On September 10th, a small group of people had a very pleasant morning observing biologists, interns and volunteers demonstrate the banding of songbirds at the Pedder Bay Bird Banding location in Metchosin. The birds that had been caught in nets placed around the banding area were collected, gently banded and released. We saw warblers, song sparrows, thrushes, kinglets, juncos, towhees and a feisty little fly catcher. It was a fascinating experience. A special thank you goes to Mike Motek for arranging and guiding us on this wonderful field trip. “



Members Corner features an article from Richard Chappell titled ***European Odyssey 2019***. Richard takes his readers along on a Viking Cruise up the Rhine river to end in Holland. His beautiful photographs help us visualize some of the sites him and Diane, his wife, experienced along the way.

Melvin Klassen's article on ***The Rise And Fall Of Windows 7 - What's Next?*** not only provides information on what users of Windows 7 can do in preparation for its demise on January 14, 2020, it also contains useful information for all of us presented in a easily read Q&A format.

Not keen on exercising? You may find, in David Docherty's article on ***The Acute Effects of Exercise***, powerful reasons for starting a regular exercise routine.

We mourn the passing of **John Money** and welcome 8 new members.

The **2019 UVic United Way Campaign** is under way and Mary Ellen Purkis, UVRA's Representative, is asking for you help to make this year's total donations the best ever. This year's campaign focuses on addressing **#UNIGNORABLE** issues like mental health, homelessness, poverty and unemployment.

Lou Schmidt & the Editing Team

Deadline for submissions to the Winter edition of *Grey Matters!* Is January 21, 2020.

Welcoming our new members

From July 2019 to October 15, 2019

BROWNING-MOORE, Alexandra	Music (Fine Arts)
CROIZIER, Ralph	History
KATZ, April	Co-op Education
KOSTEK, Patricia	School of Music
LEE, Jo-Anne	Gender Studies
REED, Nancy	Co-op/EPHE
WALTON, Susan	IES – Vic
WILLEMS, Marleen	VPRE

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>

EUROPEAN ODYSSEY 2019

Richard Chappell

After a delightful French river cruise last year, this summer Diane and I decided to take a cruise up the Rhine river from Basel in Switzerland to Amsterdam in Holland. We booked with Viking Cruises for a seven night cruise along one of the major water highways through Europe. We were amazed to see how many enormous barges travelled along this river in both directions, taking goods to and from Rotterdam down as far as Basel. These large barges carried either containers, bulk cargo or were tankers for liquid cargo. Each day there was a steady stream of barges in both directions.



We flew to Basel three days ahead of the cruise. The Basel airport having two exits, one into Switzerland and one into Germany. This timing gave us two full days to explore this very interesting city. We enjoyed walking across the river on the Mittlere Brücke (middle bridge) and around the old city, its town hall and adjacent street market, cathedral and older shopping streets.

Basel is a city with a very good bus and tram system (with free visitor passes) and where pedestrians rule. We were amazed to see pedestrians walk straight across road intersections without stopping or even looking for traffic: cars stopped automatically to let pedestrians pass!



One afternoon we took a tram into the countryside to see an exhibition of Picasso's paintings at the Beyeler Foundation. The second afternoon we took a bus in the opposite direction to Augusta Raurica to view ancient Roman ruins and a museum of local artifacts displayed in a recreated Roman villa adjacent to the site.

We joined the cruise ship Viking Tialfi at midday on Saturday 8th of June. Our first destination on Sunday was Breisach in Germany where we took a bus ride through the Black Forest to visit a Cuckoo clock manufacturer and a glass blowing workshop. Then back to Breisach for a leisurely walk through the small picturesque town.

Travelling overnight we arrived at Kehl, Germany, across the river from Strasbourg, France. A bus took us across the river for a tour of the French city. Strasbourg, having been under alternating French and German control over the centuries has many architectural influences from each country. It also houses the five buildings of the European Parliament in France.



European Odyssey 2019 ...continued

Richard Chappell



After the bus tour we walked around some interesting areas such as the plaza surrounding the magnificent Cathedral and a particularly picturesque area known as Petite France. This area is bounded by the Ill river and has many half-timbered buildings in which there are delightful small shops and cafés.

Again, travelling overnight we arrived the next morning in Mannheim, Germany. After breakfast we took a bus trip to the nearby city of Heidelberg. Heidelberg hosts the oldest university in Germany and from Heidelberg castle which is 300 feet above the town there are breathtaking views over the city. Heidelberg also has an 18th century stone bridge across the river.



After visiting the castle we had a guided walking tour of the older parts of the city with time for shopping, before boarding the bus back to the ship.

The next day was spent cruising down the Rhine towards Koblenz, arriving just after lunchtime. Koblenz is situated at the confluence of the Rhine and Moselle rivers. Across the river from where we were moored is the Ehrenbreitstein (the Fortress of Koblenz) standing high on a hill. A cable car crosses the river from a nearby park. Very impressive.



European Odyssey 2019 ...continued

Richard Chappell

We spent a very pleasant afternoon walking around the town and in the park that bordered the two rivers. The historic town square housed a vibrant market place, and nearby was the twin towered Liebfrauenkirche (Church of Our Lady).



Over night we sailed further down the Rhine to Cologne, docking right across the river from the UNESCO world heritage site of the Cologne cathedral. After breakfast we took a bus across the river for a guided walking tour of the city, which included a tour of the magnificent cathedral. After that we walked around the pedestrian shopping area and walked back to the ship across the Hohenzollern bridge.

We were amazed to see the literally hundreds of thousands of love-locks attached to a 4ft high chain link fence, both sides of the 410 meter length bridge. The entire fence either side of the bridge is completely covered with these padlocks.

After dinner in the evening we walked along the tow path in the beautiful riverside park there.

The next morning the ship continued down the Rhine to stop in Kinderdijk, in Holland. Kinderdijk is another UNESCO world heritage site where there are nineteen remaining windmills (originally constructed in the mid eighteenth century) which are used for water management, pumping water from low lying areas allowing the drained land to be farmed.



We took a

guided tour of the area and saw round one of the working mills still lived

in by the area manager. It was amazing to see the internal wooden gears used to turn the pumps from the rotation of the sails. It was also interesting to see the very small adapted spaces for living.



European Odyssey 2019 ...continued

Richard Chappell

Overnight the ship continued down the Rhine, but due to a particular lock undergoing maintenance we docked in Rotterdam rather than Amsterdam. The next morning, we were bussed to Amsterdam airport and flew from there to Gatwick in the UK, where we hired a car and went to stay with Diane's brother in Kent. Diane then went to stay with her sister in Cornwall and I went over to Spain to stay with my brother and play some golf. I rejoined Diane in Cornwall where we visited several of our favorite places there

The final phase of our trip was to drive to Shrewsbury in the midlands for a reunion of Diane's college friends from the 60's. Six ladies who originally met at Bulmershe teachers training college near Reading have kept in touch with each other, and periodically over the years we have met up to reminisce. One of the friends found a very modern converted barn holiday let on a farm that slept 12 persons. Exactly what we needed. With group members now living all over England, Shrewsbury was fairly central, and we all had a good three-night stay with very good weather. We visited several local places of interest during our stay. A great way to finish off our trip.

Returning to the south we stayed with an aunt of mine in Surrey before flying back to Canada from Heathrow.



Truro Cathedral from
the river Fal
Koblenz tourist train
Ledbury town center

Richard Chappell

Physical Activity and Wellness Corner #33

The Acute Effects of Exercise.

David Docherty

Most of what I write and talk about relates to the long term or chronic effects of an active lifestyle and especially the role of exercise. If we keep challenging some component of fitness, such as the muscular or cardiovascular/aerobic systems, they will undergo permanent changes that persist even for some time after we decrease our activity level. These adaptations improve performance and reduce the risk of developing a number of health problems so being regularly physically active has some clear benefits.

However, more recently I have begun to focus on the acute effects of exercise or physical activity which refers to some of the immediate benefits you can expect by being physically active, sometimes for as little as 10 minutes! Obviously if you continue to do this over several weeks or months you will produce more permanent or chronic changes. The hope of course is that you engage in physical activity as part of your daily lifestyle for the rest of your life.

So what are some of the immediate effects of physical activity in regard to your health? I have always mentioned that physical activity helps to control high blood pressure or hypertension. As more blood is pumped through the blood vessels the lining of the vessels releases nitric oxide (NO) which is a potent vasodilator. Insufficient NO can lead to high blood pressure (BP), atherosclerosis and other risk factors for heart disease. Regular physical activity has been shown to increase the release of NO from the lining leading to vasodilation of the blood vessels in people who have high BP and heart disease as well as healthy individuals. So it is a definite way to help control high blood pressure.

More of us are aware of the dangers and risk of high blood sugar levels. Certainly, monitoring what we eat is one way to control high blood sugar. However, exercise or physical activity is another way of controlling blood sugar levels. During physical activity the muscles use glucose for energy and help prevent glucose (sugar) from building up in the blood. In fact, according to Harvard Medical School website (2018) all forms of exercise, aerobic, resistance, and a combination, have been shown to be effective in lowering insulin resistance even in sedentary older adults at risk for diabetes. Of course it is often prescribed for people suffering from some form of diabetes along with diet and possible medications (Diabetes Canada, 2018).

Physical Activity and Wellness Corner #33... continued

The Acute Effects of Exercise

David Docherty

Those of us that suffer from osteoarthritis know how difficult it can be to move. However, the worst thing we can do is not move! Most joints, including the knee, hip and back, have a lining that secretes synovial fluid which is the body's natural lubricant. Secretion is stimulated by the joint moving which helps decrease the friction between the articulating surfaces. Although sometimes difficult, moving joints should reduce some of the pain and discomfort associated with various arthritic conditions. In severe cases movement is often made much easier when done in a pool such as in water-based exercises which can also lead to improvements in strength and aerobic fitness.

The final acute health benefit of physical activity relates to brain function and mood state. It has been shown that **a single bout** of exercise can improve executive functions of the brain such as cognition, enhance mood states, and decrease stress levels. This has been attributed to the release of various neurotrophic hormones from muscle that subsequently increase neurotransmitters and neuromodulators in the brain. This is one of the reasons physical activity has been found to be effective in treating depression. In addition, the brain releases hormones such as endorphins and enkephalin that enhance our feeling of well being. In other articles I have described the long-term beneficial effects of physical activity, including resistance training, in regard to decreasing the risk of various forms of dementia.

Although regular physical activity produces many long term and chronic effects on measures of health, there are also many acute or immediate benefits people can expect when being physically active, including controlling a number of health challenges. According to the Harvard website (2019) "regular exercise helps reverse age-related changes in your heart and moderate workouts most days of the week may be enough for heart health benefits". Now that is a powerful endorsement along with some of the benefits to the brain and joints and controlling blood sugar levels as an immediate effect of being physically active.

David Docherty

BITS AND BYTES

The Rise and fall of Windows 7 ...what's next?

Melvin Klassen

The end – January 14, 2020 -- is near for desktop and laptop computers running any versions of Windows 7 (Home Basic, Home Premium, Professional, Ultimate).

Microsoft's	"Product Lifecycle" policy for Windows 7
October 22, 2009	Date of general availability
October 31, 2013	End of retail sales
October 31, 2014	End of sales for PCs with Windows (other than Professional) preinstalled
January 13, 2015	End of mainstream support
October 31, 2016	End of sales for PCs with Windows Professional pre-installed
January 14, 2020	End of extended support

During "mainstream" support, one could have asked Microsoft to add new functionality into Windows 7. During "extended" support, Microsoft fixes all security-related issues that are reported to them.

Note that Windows 7 is often embedded within medical technology devices, such as ECG machines (e.g., *LifeLabs*), and software packages used by some dental practices. It is the responsibility of those business-owners to contact their vendors, to upgrade/replace, or to assess and manage the risk of using an unsupported operating system that is Internet-connected to send ECG results to a M.D., or submit claims to Blue Cross.

Can I continue to use Windows 7 after its "sunset" date ?

Yes, but not safely. Microsoft completely disabled their anti-virus software within Windows Vista after Vista's "sunset" date. My worry is that Microsoft will do the same, in January 2020, making your computer more likely to get virus-infected. Also, when Microsoft releases security-updates for Windows on February 11, 2020, there will be no updates for Windows 7.

Can I buy a new computer, and "downgrade" it to Windows 7 ?

Microsoft states that prior versions of Windows have limited support when running on new processors and chipsets from manufacturers like Intel, AMD, NVidia, and Qualcomm. In my experience, those manufacturers do not release software to support their "new" hardware on the "old" Windows 7. In summary, I recommend that you "do not go there".

BITS AND BYTES

The Rise and fall of Windows 7 ...what's next?

Continued

Is my computer capable of running Windows 10 ?

My response is a "qualified yes", but I have concerns. With the announcement of Windows 10 in July 2015, Microsoft indicated that there will never be a "Windows 11". Instead, about twice a year, Microsoft issues a major upgrade to Windows 10:

ver- sion	First available	End of service
1511	November 10, 2015	October 10, 2017
1607	August 2, 2016	April 10, 2018
1703	April 5, 2017	October 9, 2018
1709	October 17, 2017	April 9, 2019
1803	April 30, 2018	November 12, 2019
1809	November 13, 2018	May 12, 2020
1903	May 21, 2019	December 8, 2020

Your Windows 7 computer probably was purchased between November 2009 (the first release of Windows 7) and July 2015 (when new computers began to be shipped with Windows 10). So, my primary concern is that the disk-drive inside your computer is at least 4 years old, and could be over 9 years old. Note that the manufacturer's warranty for most disk-drives is either 1 or 2 years. Thus, the disk-drive's warranty has expired, which implies that the disk-drive itself may soon expire, taking all your personal documents & pictures & music into a "black-hole".

Compare to driving your automobile with tires that are 4 to 10 years old -- at some time, the tires are worn-out, and need to be replaced, before there is a disastrous failure.

So, if you do upgrade your computer, you really should replace the disk-drive, at a cost of \$60 to \$80.

For the computer-enthusiast: Microsoft allows a free download of Windows 10, for one to "test-drive" it, for a few days. So, you could install Windows 10 onto a "spare" disk-drive (if you have one), and experiment to see if your computer has the "beefiness" to run Windows 10 with acceptable performance.

How old is my computer?

There might be a sticky-label on the side/bottom of the computer, giving the manufacture date. For a powered-off laptop, you may need to remove the battery, and then look for that label.

BITS AND BYTES

The Rise and fall of Windows 7 ...what's next?

Continued

Can my computer be upgraded ?

The answer depends on the "beefyness" of your computer's components. Over 5 years ago, what was "top-of-the-line" computer hardware today is "entry-level". Processors have doubled (or more) their speed, and modern processors have 4 to 16 independent sub-processors.

Compare the modern processor to the staff behind the counter at the local fast-food store, where there are 4 staff facing the customers, and 4 more in the kitchen. The store can handle 4 times as many orders in the same time, but no single order is fulfilled more quickly than if there was only 1 customer and 1 clerk.

The amount of RAM (random access memory) per computer has also greatly increased. The usage of RAM can be compared to the dimensions of the top of your office desk -- the larger the surface, the more items can simultaneously be within "arm's-reach", and the fewer items that need to be "off-loaded" (onto a chair, or a shelf, or the floor). If your desktop becomes full, moving items off the desktop will take time -- having a physically-bigger desktop avoids such movement. Similarly, more RAM inside the computer avoids similar "swapping" overhead.

Another innovation in computer hardware is the "solid-state-disk" (**SSD**). Rather than having a "spinning" disk-drive, the SSD has no moving parts. Compare a CD-ROM to a USB memory-stick, both containing music. Physically switching from track-to-track on the CD-ROM is much slower than doing an electronic track-switch on the SSD.

So, if you do decide to replace your current disk-drive, I recommend that you purchase a SSD, because it greatly out-performs any "spinning" disk-drive, for the entire life of the computer.

Should I try to upgrade my 6-year-old laptop computer?

I think that the answer is "no".

Trying to do any "part-swapping" on such a computer is very difficult -- some were designed to not be easy to upgrade -- assemble it once, in the factory. Also, disassembling a laptop computer to get "inside" it is a job for a qualified technician, at a charge of \$60 to \$80 per hour, for 1 to 2 hours of labour. That is money that should be spent on a new computer. Also, the battery on the computer probably is weary -- it works for fewer hours than when it was new. Replacing the battery is another \$50 to \$100 that should be spent on a new computer.

BITS AND BYTES

The Rise and fall of Windows 7 ...what's next?

Continued

Also, the labels on the key-caps may be wearing off.

Also, a new laptop probably will have the benefit of a larger/brighter "senior-friendly" screen that offers "wide-angle" viewing.

Finally, replacing the disk-drive – again, plan to purchase & use an SSD, is another cost.

Add up the above costs, and buying a new laptop computer becomes the better investment.

How do I recycle my old computer?

Do it at no cost to you. Any computer store -- the smaller, the better -- will receive your old computer, and may "re-purpose" some of the components.

Ask them to "wipe" the disk-drive, to permanently delete all the files.

Or, ask them to physically remove the disk-drive, and give it to you. Then, take your disk-drive to "EDDIE the Shredder" (Evil Destroyer of Delicate Internal Electronics). Reference:

<https://www2.gov.bc.ca/gov/content/governments/services-for-government/bc-bid-resources/goods-and-services-catalogue/secure-electronic-media-destruction>

For a small fee, EDDIE mechanically shreds disk-drives into tiny pieces. Humpty Dumpty, indeed! There is a video on the above web-site that shows EDDIE in action.

Or, see: www.eTrashToCash.com -- they are in Victoria, and they write that they pay \$0.25 per pound for your old computer (and other electronics), and they will pick it up.

Buying a replacement computer

One possibility is to replace your desktop computer with a brand-new laptop computer. If you do, your current display-screen can be connected to it, as a secondary screen.

Be wary of buying "too much" computer -- it's too easy to spend over \$1000, for a computer that exceeds your current & future needs.

If you're on a budget, the web-sites for two local stores (BestBuy and Staples) offer "refurbished" desktop computers. Such computers have been professionally reconditioned, and come with Windows 10. The price is in the \$150 to \$300 range (taxes included).

BITS AND BYTES

The Rise and fall of Windows 7 ...what's next?

Continued

Similarly, some local "owner/operator" computer-stores also sell refurbished computers, with Windows 10 pre-installed. One "gotcha" here is that they may have installed Windows onto the original disk-drive, not a much-newer disk-drive. Always ask them to show you the "date-code" on the label of the disk-drive, e.g., '15123' implies that it was manufactured on the 123rd day of 2015, making it over 4 years old. In that case, pay extra for an SSD to replace that "old" disk-drive.

Hint: if you choose to purchase from Staples, first sign-up for their promotional E-mail messages. Often, they give discounts on any purchase of over \$100. Also, Staples is an AirMiles partner.

Also, note that BestBuy's web-site lists "open box" desktops, at a significantly-reduced price. These are computers that were sold, and then returned to BestBuy.

Personally, I would not buy a reconditioned laptop -- I have too much "fear" about its history.

Definitely, make the effort to include a SSD (see above) as a component of your new desktop or laptop computer. The increased performance of your computer will be significant. Also, with a laptop with a SSD, the battery will last longer, before needing to be recharged.

Computers at a sale price ?

Coming soon are the seasonal sales, e.g., "Black Friday", and "Cyber Monday", pre-Christmas sales, and "Boxing Week" sales – all before January 14, 2020. Watch the flyers.

Summary

I hope that the above article helps you get ready for the "sunset" of Windows 7.

Melvin Klassen



UNITED WAY

Mary Ellen Purkis



United Way 2019 Campaign:
Let's address **#UNIGNORABLE** issues!

Again this year, the UVRA is proud to support the 2019 UVic United Way campaign. Last year our members set a record for generosity by pledging over \$41,500—an increase of 42% per cent over the previous year!

Can we be even more successful in 2019?

The 2018 UVic campus campaign contributed just over \$230,000 to United Way Greater Victoria to help fund programs that improved the lives of over 80,000 people accessing 109 different programs in our community.

This year's campaign focuses on addressing **#UNIGNORABLE** issues like mental health, homelessness, poverty and unemployment. These are issues we all know about but that are often ignored in our busy lives. The United Way of Greater Victoria works with local partners to fund effective programs aimed at making a difference in the lives of people in need. You can learn more about the many ways your donation makes an impact on these **#UNIGNORABLE** issues by reading Nadine's story at <https://uwgv.ca/news/help-level-the-playing-field-for-kids-like-nadine/>.

Money raised in Victoria stays right here to help build strength and resilience in individuals like Nadine as well as families and our wider community. As in previous years, your donation 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.

Many of our members are Leader Donors to the United Way of Greater Victoria. As your salary increased over the years, many of you increased your annual giving up to Leadership levels of \$1,200 - \$9,999 annually (<https://uwgv.ca/ways-give/leadership-giving/>). If you donated as a Leader last year, and can maintain that level, the campaign would deeply appreciate your ongoing support. We can more easily meet our goals by sustaining our major donors through retirement.

There will be several fund-raising events and activities on campus during the campaign. Check the UVic United Way website at <https://uvic.ca/unitedway/> for more details.

Mary Ellen Purkis

UVRA-United Way Campaign Representative

IN MEMORY of

John Money, PhD



MONEY, John, Professor emeritus, fellow royal historical society John was born in Coventry UK to Harry and Dorothy Money née Poole. He was educated at Uppingham, and after national service in the Royal Navy, he went to Cambridge in 1960 to study History. The result in 1967 was a PhD thesis, the first of its kind which sought to break new ground by looking at the Social History of ideas in the Provinces, specifically the West Midlands, instead of London.

John came to the University of Victoria in 1967 and remained there till his retirement in 2004. During that time he served as Chair of the History Department, Dean of the Faculty of Arts and Science, and was a long serving member of the Senate. He very much enjoyed being involved in the beginnings of a university, which is now one of the leading schools in Canada.

John was a voracious reader and researcher. His first book, *Experience and Identity: Birmingham and the West Midlands 1760-1793* (which discussed the cultural history of the Industrial Revolution) is still acknowledged as a pioneering work in the field. John had wide ranging interests and contributed to prestigious journals in the areas of the commercial marketing of knowledge, the evolution and influence of freemasonry, the emergence of a "middle class" mentality, and the interactions of science, technology and dissent in the English Provinces. One of these articles, appearing in the *Cambridge Historical Journal*, is distinguished by being one of the ten most cited by other Historians.

More recently, John devoted himself to producing an edition (with commentary) of the Diarist John Cannon, a self-taught Somerset Farmer's son. This was seen as a work of lasting value as it documented the writer's growing awareness of himself and his times, again largely in the Provinces outside of London. Even during the last 5 years, while suffering from complications following surgery in 2013, John continued to research and write. One of John's colleagues said that John led a well-rounded life.

IN MEMORY of

John Money....continued

He always played sport: rugby with the Castaways (continuing to be vocal at their games even during the time of his diminished mobility), cricket for Albion, field hockey with Oak Bay, tennis at the Oak Bay tennis club and latterly golf, where he had a huge drive veering right! It seems strange now but in 1967 John's picture was in the papers as a Professor who rode his bike to the University.

He rode his bike everywhere and two summers ago, bought himself a tricycle, which he was able to use for a short time during his health challenges.

John was also an avid musician. He sang in several community choirs: The Amity Singers, The Byng Singers, and most recently with the Victoria Philharmonic choir. He was founding President of the Greater Victoria Youth Orchestra and served on the Board for many years. An amateur cellist, he rejoiced in the musical expertise of his children, Kirsty a violinist and Alasdair a cellist.

Predeceased by his brother Nigel and sister June, John leaves Helen, his loving partner of nearly 52 years, daughter Kirsty, son Alasdair, son-in-law Ethan Neville, grandchildren Kyla and Eli, brother Adrian, and sisters in law Carole and Elisa....Friends may direct donations to the John Money Memorial Scholarship at the University of Victoria by calling 250-721-7624. Tributes and memories can be shared by visiting:

www.earthsoption.com

Published in Victoria Times Colonist from Aug.9 to August 11, 2019

UVIC LIBRARY NEWS

October 22

Collections in Conversation: Royal City Music Project

Glenn Parfitt (Royal City Music Project)

The Royal City Music Project, co-founded by Glenn Parfitt in 2002, documents music history in Victoria and the West Coast. Parfitt will discuss the Royal City Music Project website, which won the Hallmark Heritage Society Communications Award in 2016, and his collection of documentaries, publications, pictures, posters, records, cassettes, and memorabilia dating from the 1950s to today. Join us for a trip back in time to learn about Victoria's musical past.

Date: Tuesday, October 22, 2019

Time: 2 p.m.

Location: Special Collections and University Archives, Mearns Centre for Learning - McPherson Library, Room A003

Collections in Conversation brings together the campus and the community to explore and share highlights from Special Collections and University Archives. Refreshments follow the informal talks.

November 4

Collections in Conversation: The American Mountaineer Who Invented Canadian English

Dr. Stefan Dollinger (Associate Professor, Department of Languages and Literatures, University of British Columbia)

This talk introduces Charles J. Lovell, an amateur philologist of outstanding qualities despite - or because of - his grade 8 education. Lovell, a long-forgotten mountaineer and word buff, convinced the Canadian Linguistic Association in 1957 to support the creation of Canadian dictionaries of English. This talk reconstructs the stories of Lovell and the five other pioneers, from archival material, of the codification of Canadian English, all of whom are connected to the University of Victoria, but who are long forgotten. It offers a peek into the full story recently made available as *Creating Canadian English: the Professor, the Mountaineer, and a National Variety of English* (Cambridge University Press, 2019).

Date: Monday, November 4, 2019

Time: 1 p.m.

Location: Special Collections and University Archives, Mearns Centre for Learning - McPherson Library, Room A003

Collections in Conversation brings together the campus and the community to explore and share highlights from Special Collections and University Archives. Refreshments follow the informal talks.



UVIC LIBRARY NEWS

November 16

Collections in Conversation: Poetry, Paper and Prints

Jeanne Iribarne PhD (Department of English, Camosun College)

Frances Hunter (Red Tower Bookworks, book artist and publisher)

Thekla Albrecht-Iribarne (visual artist, printmaker)

A reading by poet and playwright Jeanne Iribarne (J. Iribarne) from two new poetry chapbooks, *Ocean Echoes* and *Urban Echoes*, published in Victoria by Red Tower Bookworks. Following the reading, Frances Hunter will comment on the design, papermaking, printing, and binding of the special and regular editions with a hands-on display of materials and tools used in making the chapbooks.

Printmaker Thekla Albrecht-Iribarne will display work made in collaboration with her daughter Jeanne which introduces an alternative approach to integrating poetry and image.

Date: Saturday, November 16, 2019

Time: 3 p.m.

Location: Special Collections and University Archives, Mearns Centre for Learning - McPherson Library, Room A003



WORKSHOP **An Introduction** **to Bookbinding**

Joan Byers, Canadian Bookbinders and
Book Artists Guild (CBBAG)

November 1, 4 - 6 p.m.

Mearns Centre for Learning - McPherson Library, Room A003

uvic.ca/library/specialcollections



ELDER ACADEMY: OCTOBER 2019 INVITATION

CANADIAN POLITICS

PAST, PRESENT & FUTURE

AN ELDER ACADEMY EVENT

This series explores the before and after of our October 2019 political election; some political scandals, and philosophical questions involving justice, the state and our communities.

DATES: Saturdays, October 5,12,19,26, 2019

Oct 5: The 2019 Election So Far...

***Michael Prince, PhD**

Oct 12: Who is the State For? Communities & Justice in Political Philosophy

***Cindy Holder, PhD**

Oct 19: Scandals & the Shaping of Canadian Elections: From Macdonald to Trudeau

***Penny Bryden, PhD**

Oct 26: Booth & Consequences: Aftermath of the 2019 Canadian Election

***Michael Prince, PhD**

TIME: 10:00am to noon

WHERE: University of Victoria, David Turpin Building, Room A102

COST: \$20.00 for the whole series.

No per session reduced cost, and no refunds.

Parking: Lot 4 off McGill Road. Venue is across Ring Rd from this parking lot.

REGISTRATION, FURTHER DETAILS, AND PAYMENT

Registration, full details of each session, presenters' biographies, and credit-card payment information available by going to:

<https://www.eventbrite.ca/e/canadian-politics-tickets-70649603867>

ELDER ACADEMY: NOVEMBER 2019 INVITATION

COMPLEMENTARY MEDICINE

Expanding Your Choices

Complementary and alternative healthcare and medical practices (CAM) are a group of diverse medical and health care systems, practices and products that are not considered to be part of conventional [mainstream] medicine. (*Int J Health Sci, Qassim, 2008 Jan; 2(1)*). After acquiring some background regarding CAM, this series examines Ayurveda, Qigong, Cannabis and Naturopathy.

WHEN, WHERE, HOW MUCH?

DATES: Saturdays, November 2, 9, 16, 23, 30, 2019

TIME: 10:00am to noon

WHERE: University of Victoria, David Turpin Building (DTB), A Wing, Room A102

November 2 -CAM: Where it comes from, and where it is going.

November 9: Ayurveda

November 16 -Medical Qigong

November 23 -Cannabis

November 30 -Naturopathy

REGISTRATION AND PAYMENT

Registration and credit-card payment done through EventBrite.

Please click on this link:<https://www.eventbrite.ca/e/complementary-medicine-tickets-72640478627>

Full description of each session and biographies of all presenters are available for viewing at the Eventbrite link, or by emailing <uvra@uvic.ca>

UVRA CHRISTMAS 2019 LUNCH



CHRISTMAS LUNCH

University Club

December 11, 2019

11:30am to 2:00pm

\$35.00 includes tax and gratuity

GUEST SPEAKER

MILES LOWRY

Visual artist

INVITATION FROM THE INSTITUTE ON AGING AND LIFELONG HEALTH

VADAC | VICTORIA ASSISTIVE DEVICES AND COACHING STUDY



Take part in an exciting new study!

THE VADAC STUDY IS RECRUITING SENIORS WHO:

- Are living in the Greater Victoria area;
- Have one or more chronic conditions; and who
- Have an internet connection with wi-fi.

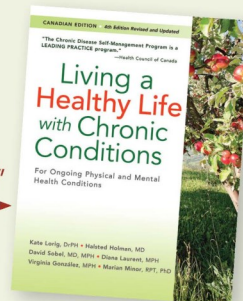
Eligible seniors will be randomly assigned to one of 3 groups.
For a period of 3 months, seniors in:

Group 1 will receive weekly 30-minute telephone calls from a trained peer coach starting immediately.

Group 2 will receive weekly 30-minute telephone calls from a trained peer coach after a 3-month wait.

Group 3 will receive weekly 30-minute telephone calls from a trained peer coach AND will use assistive devices that are installed in their home by the study team at no cost.

ALL PARTICIPANTS WILL RECEIVE A COPY OF "LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS"



For more information or to enroll in this study, please contact the Health Coach Coordinator, Suzanne, at 1-866-902-3767 (toll free) or email VADAC@uvic.ca

University of Victoria | Institute on Aging & Lifelong Health

Self-Management
British Columbia

CIHR IRSC
Canadian Institutes of Health Research
Instituts de recherche en santé du Canada

This study has been funded by the Canadian Institutes of Health Research (CIHR) Program.

MEMBERS CORNER

An UPstanding article

This two-letter word in English has more meanings than any other two-letter word, and that word is **UP**. It is listed in the dictionary as an [adv],[prep], [adj], [n] or [v]

It's easy to understand **UP**, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake **UP**.

At a meeting, why does a topic come **UP**? Why do we speak **UP**, and why are the officers **UP** for election (if there is a tie, it is a toss **UP**) and why is it **UP** to the secretary to write **UP** a report?

We call **UP** our friends, brighten **UP** a room, polish **UP** the silver, warm **UP** the leftovers and clean **UP** the kitchen. We lock **UP** the house and fix **UP** the old car.

At other times, this little word has real special meanings. People stir **UP** trouble, line **UP** for tickets, work **UP** an appetite, and think **UP** excuses.

To be dressed is one thing but to be dressed **UP** is special.

And this **UP** is confusing: A drain must be opened **UP** because it is blocked **UP**.

We open **UP** a store in the morning but we close it **UP** at night. We seem to be pretty mixed **UP** about **UP**!

To be knowledgeable about the proper uses of **UP**, look **UP** the word **UP** in the dictionary. In a desk-sized dictionary, it takes **UP** almost 1/4 of the page and can add **UP** to about thirty definitions.

If you are **UP** to it, you might try building **UP** a list of the many ways **UP** is used. It will take **UP** a lot of your time, but if you don't give **UP**, you may wind **UP** with **UP** to a hundred or more.

When it threatens to rain, we say it is clouding **UP**. When the sun comes out, we say it is clearing **UP**. When it rains, the earth soaks **UP** the water. When it does not rain for awhile, things dry **UP**. One could go on and on, but I'll wrap it **UP**, for now. because

My time is **UP**! So I will shut **UP**!
