



**University
of Victoria**

**Retirees
Association**

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

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**UVRA
2019**

Newsletter of the University of Victoria Retirees Association

Grey Matters!



First Peoples' House

Photo: G. Hughes, 2018

Bits from the Board

John Anderson

Dear UVRA Members,

At the March Board meeting, our Membership Chair, Zulette Gordon, informed us that the membership has now surpassed 700 – quite an accomplishment for our Association which began life in 1992 with far fewer members but has continued to grow throughout time.

Once again the magnificent UVRA volunteer force led by Lou Schmidt organized outstanding events for the Association including: the Ocean Networks Canada Elder Academy in February, our traditional Chinese New Year lunch; and a three part Elder Academy on Artificial Intelligence organized by Peter Liddell. Detailed information on these events is reported within this edition of *Grey Matters!*

The Association is always on the lookout for talented and interested members to serve on the Board. Nominations or questions about the Board and the nominating procedure can be sent at anytime to UVRA@uvic.ca or to me (anderson@uvic.ca) . Please consider active participation in your Association.

(Continued on page 2)

Bits from the Board (continued from page 1)

The UVRA Scholarship Fund will support graduate research focusing on 55+ age sector of the population. We need more donations in order to activate the first scholarship for the academic year beginning in September. Please consider further supporting this worthy initiative—visit the website at: <https://www.uvic.ca/retirees/scholarships/>

Our cover photo for this edition of *Grey Matters!* is a night time shot of First Peoples' House located in the centre of the UVic campus.

Best wishes for the upcoming summer,

John Anderson, President, UVRA

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.

Editor's Note

Barbara Fields recently submitted some photos of the University of Victoria in its earlier times—here on the right we have some photos (and in colour!) of the campus as it was in development. Below and to the left are photos of an early Christmas party. Perhaps you may recognize a familiar face or are simply amazed at how much the physical environment has changed at UVic.



There are more photos in Barbara's collection that could serve as a start in developing an archive of UVic history as recorded by UVRA members. 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 for what should be a delightful summer,

John Anderson



Date for the next edition of *Grey Matters!*

Issue	Submission Deadline
June 2018	June 18

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, and in addition, 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 that will have long-term positive effects on research on aging.

To contribute simply click on this link:

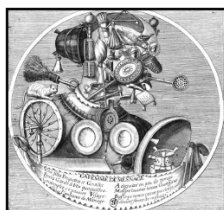
<https://www.uvic.ca/retirees/scholarships/index.php>

The Association will match your contribution yielding a doubling of your donation.

PLEASE DONATE TO OUR SCHOLARSHIP FUND

MasterMinds 2019

MASTERMINDS 2019



APRIL 3, 2019 | 7:00PM

UVic, HUMAN AND SOCIAL DEVELOPMENT BUILDING ROOM A240



**HUMANITIES IN THE DIGITAL AGE:
A QUIET REVOLUTION**

PRESENTED BY: CLAIRE CARLIN

"Digital Humanities has become an academic discipline unto itself, with its own national and international conferences, its sub-disciplines, and theory underpinning its practice. This talk will explore the ways in which digital humanities has changed the research landscape over the past 20 years, often, though not always, for the better."

PLEASE REGISTER FOR THIS FREE LECTURE:
events.epl.com/Masterminds2019 or call 250-721-6369

This series is co-hosted by the UVic Retirees Association and the Institute on Aging and Lifelong Health, with the support of the University of Victoria. For more information, please visit www.uvic.ca/masterminds



Institute on Aging
and Lifelong Health
& Retirees Association

The MasterMinds 2019 series consists of four superb presentations from a rich variety of fields. Beginning on the first Wednesday of April:

Claire Carlin

Humanities in the Digital Age: A Quiet Revolution

7 pm

Wednesday April 3

Room A 240

Human & Social Development Building

MASTERMINDS 2019



APRIL 10, 2019 | 7:00PM

UVic, HUMAN AND SOCIAL DEVELOPMENT BUILDING ROOM A240



**MUSIC FROM THE INSIDE: THE 'FLOW'
OF LIVE PERFORMANCE**

**PRESENTED BY: ALEXANDRA
POHRAN-DAWKINS**

"Music is an integral part of the human experience. Today we carry a soundtrack for our lives in a back pocket, our entire expertly-produced music libraries available at our fingertips. Has this altered our expectations and changed the way we experience music? Oboist and Professor Emeritus Alexandra Pohran Dawkins, through live and recorded music, will share her thoughts and some of her experiences of her 40-plus years as a performing, recording and teaching musician."

PLEASE REGISTER FOR THIS FREE LECTURE:
events.epl.com/Masterminds2019 or call 250-721-6369

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Institute on Aging
and Lifelong Health
& Retirees Association

Alexandra Pohran-Dawkins

Music from the Inside: The 'Flow' of Live Performance

7 pm

Wednesday April 10

Room A 240

Human & Social Development Building

MasterMinds 2019

MASTERMINDS 2019



APRIL 17, 2019 | 7:00PM

UVic, HARRY HICKMAN BUILDING ROOM 105



ARTHUR O'MEARA AND LAND CLAIMS IN BRITISH COLUMBIA, 1900-1928

PRESENTED BY: HAMAR FOSTER

"In the early 20th century, various organizations worked to settle what was then known as the British Columbia Indian Land Question. Their leaders - and their lawyer, Arthur O'Meara - did not live to see the legal case they put before BC and Ottawa succeed in court, half a century later. This is a part of that story."

PLEASE REGISTER FOR THIS FREE LECTURE:
events.epl.com/Masterminds2019 or call 250-721-6369

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**University
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Institute on Aging
and Lifelong Health
& Retirees Association



APRIL 24, 2019 | 7:00PM

UVic, HARRY HICKMAN BUILDING ROOM 105



CREATING A ONE PLANET REGION: HEALTHY CITIES IN THE 21st CENTURY

PRESENTED BY: TREVOR HANCOCK

"We only have one Earth, yet we take more than our fair share to support our way of life. The greatest challenge we face in the 21st century is to create communities that are healthy, just and sustainable, ensuring high levels of human and social development and a low ecological footprint. How do we do that in the Greater Victoria Region?"

PLEASE REGISTER FOR THIS FREE LECTURE:
events.epl.com/Masterminds2019 or call 250-721-6369

This series is co-hosted by the UVic Retirees Association and the Institute on Aging and Lifelong Health, with the support of the University of Victoria. For more information, please visit www.uvic.ca/masterminds



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of Victoria**

Institute on Aging
and Lifelong Health
& Retirees Association

Hamar Foster

*Arthur O'Meara & Land Claims in
British Columbia, 1900-1928*

7 pm

Wednesday April 17

Room 105

Harry Hickman Building

Trevor Hancock

*Creating a One Planet Region:
Healthy Cities in the 21st Century*

7 pm

Wednesday April 24

Room 105

Harry Hickman Building

UVRA Events Past: Elder Academies

In February **Ocean Networks Canada**, once again, presented a wonderful four-part Elder Academy entitled *Our Changing Ocean*. Linking elements of chemistry, physics, biology and geology, these sessions took an in-depth look at a number of ocean issues of societal concern and how technology is allowing us to better understand our changing ocean. The four sessions in the series were:

- Thunderbird And Whale: BC's Next Big Earthquake and Tsunami
Dr. Martin Scherwath
- An Introduction To Sound In The Sea And How It Impacts Marine Life
Dr. Tom Dakin
- Life Below Water: The UN's Sustainable Development Goal 14
Dwight Owens
- Seeing In The Deep Sea
Dr. Maia Hoeberechts



Tom Dakin



Maia Hoeberechts



Dwight Owens



Questions for Dwight Owens

UVRA Events Past: Elder Academies

In March, a three-part series was presented: **Artificial Intelligence: The Promise and the Perils**. The speakers for this series are recognized experts in developing AI programs, analysing current situations from scientific and ethical perspectives, and considering the geopolitical implication of the Internet of Things.

The three presentations were:

- *Learning from Data: Charting the Course for AI*
Derek Jacoby
- *Will Artificial Intelligence Learn to do Everything? If not, why not?*
Hugh Cartwright
- *The Real World of Artificial Intelligence*
Arthur Kroker



Peter Liddell conferring with Derek Jacoby before the session



Derek Jacoby in action

UVRA Events Past: Chinese New Year Lunch

Chinese New Year is, traditionally, a time for families to come together to celebrate over a meal. The UVRA family and their friends celebrated this joyous occasion by sharing a feast for the palate and interesting information for the mind.

On February 6, 2019 sixty members of the Association congregated at the Fountain Restaurant to indulge in a meal which was memorable given its quality, variety and quantity. Barry Mah-Ming, a friend of the Association, organized the event along with Richard Chappell.

Charlayne Thornton-Joe gave a personal perspective on growing up in Victoria's Chinese community: *Victoria's Chinatown: The History of Victoria's Chinatown Through the Eyes of Charlayne Thornton-Joe*. She is third generation Victorian who attended the University of Victoria where she received her Bachelor of Arts degree in Pacific and Asian Studies. She is a former Victoria Councillor and CRD Board Director. Charlayne was the recipient of the Honorary Citizen of Victoria in 2001; was recognized with a YM-YWCA Woman of Distinction Award; a Lion's International Brian Stevenson Service Award; and a Zonta Woman of the Year Award.

2019 is the Year of the Pig. The Pig is the twelfth of all zodiac animals. According to one myth, the Jade Emperor said the order would be decided by the order in which they arrived to his party. Pig was late because he overslept. Another story says that a wolf destroyed his house. He had to rebuild his home before he could set off. When he arrived, he was the last one and could only take twelfth place.

The Pig is also associated with the Earthly Branch (地支—dì zhī) hài (亥), and the hours 9–11 in the night. In terms of yin and yang (阴阳—yīn yáng), the Pig is yin. In Chinese culture, pigs are the symbol of wealth.

Their chubby faces and big ears are signs of fortune as well. Pigs have a beautiful personality and are blessed with good fortune in life.



On the Lighter Side

Scientists discover heaviest known element - governmentium

Irish Times, May 15, 2009

SCIENTIFIC RESEARCH has led to the discovery of the heaviest element yet known. The new element, governmentium (Gv), has one neutron, 25 assistant neutrons, 88 deputy neutrons, and 198 assistant deputy neutrons, giving it an atomic mass of 312.

These 312 particles are held together by forces called morons, which are surrounded by vast quantities of lepton-like particles called peons. Since governmentium has no electrons, it is inert; however, according to the team of research scientists in Budapest, it can be detected because it impedes every reaction with which it comes into contact.

Governmentium has a normal half-life of two to six years. It does not decay, but instead undergoes a reorganisation in which a portion of the assistant neutrons and deputy neutrons exchange places. In fact, governmentium's mass will actually increase over time, since each reorganisation will cause more morons to become neutrons, forming isodopes. This characteristic of moron promotion leads some scientists to believe that governmentium is formed whenever morons reach a critical concentration. This hypothetical quantity is referred to as critical morass.

When catalysed with money, governmentium becomes administratium, an element that radiates just as much energy as governmentium since it has half as many peons but twice as many morons.

Recent Brexit-related update from a reliable source:

Depending on the magnetic field impacting on the element, the quantity may also become biased by very tiny processes similar to the scale of their actual structural integrity known as Borisism, Rees-Mogadonism or Corbynism.

Physical Activity and Wellness Corner #31

Anatomy of a Heart Attack

David Docherty

This is a story about a 76 year old male who has been active all his life and followed an essentially healthy diet. His blood cholesterol and blood pressure were always normal and there was no other indication of coronary heart disease such as difficulty in breathing with mild exertion or any chest pain. And then one day he is doing his usual high intensity workout on a stationary bike and has a mild tightness in this chest which he dismisses and finishes his hard work out. 30 minutes after his workout he feels absolutely fine. The next day while going for a walk he again experiences some mild tightness in his chest but carries on and it disappears. However, he feels he should probably get it checked out but it is over New Year holidays so he has to wait for a few days to make an appointment with his GP. A couple of days later he leads his usual men's fitness class and again experiences some mild tightness in his chest but in true male fashion finishes the class, has a cup of coffee, and goes home to make an appointment to see his GP. However, the GP is not in the office in the morning and is booked up in the afternoon. The receptionist suggests he check himself into Emergency as they can do the same tests that would be ordered by the GP. So off he drives to Emergency, breezes up to reception, and explains the tightness in the chest with exercise. He is immediately sat down, his BP and heart rate are measured, and an ECG and blood test ordered. 45 minutes later he is told by the attending doctor that he had a heart attack 4-5 days earlier and he has booked him into the Cardiac Care Unit at Royal Jubilee Hospital.

Once admitted to the hospital an angiogram is completed in the afternoon and he is told that there is extensive blockage in one coronary artery and another artery is badly blocked. A stent is not possible. Bypass surgery is the best option! All this for someone who five days earlier had been symptom-free of any cardiac problem. The cardiac surgeon agrees it is not very fair when someone does all the right things and still has a heart attack and requires open heart surgery. However, he also points out that because this individual had followed an active lifestyle and healthy eating his chances of survival were much increased and without such an active lifestyle the condition may have been undetected until it was too late. In fact, the surgeon suggested he had been giving himself his own stress test and this revealed the condition before it was too late. In addition, the surgery and the outcomes would be much more positive and recovery that much faster. Apparently the father of the 76 year old had a heart attack when he was 52 which probably would have happened to the son had he not lead a good lifestyle. The good news was that the father went on to reach 86 years of age without the advantage of modern medicine.

Physical Activity and Wellness Corner #31 (continued from page 10)

Anatomy of a Heart Attack

David Docherty

Why do I know so much about this 76 year old male? That's because it is me. Those of you who know me were as surprised as I was with this turn of events and it still seems a bit surreal nearly 12 weeks after until I sneeze! It is probably one of the ultimate ironies given how I bang on about the importance of physical activity. Some of the surprise from my friends I think was more related to their concern for themselves as they thought if this happened to him there is no hope for me! Of course we can do all the right things and bad stuff still happens. The genes come back to haunt you and of course we don't have any option in choosing our parents! It is estimated we produce 80% of the cholesterol in our bodies and based on our genetics this can start very early in life and we are totally unaware it is happening. I recall in graduate school in Oregon, the original hot bed for cardiac rehabilitation programs, one of the professors talking about autopsies conducted on the young soldiers killed in the Vietnam War and finding evidence of extensive plaque deposition in their coronary arteries. Coronary heart disease (CHD) is aptly called "the silent killer" and often the first symptom is sudden death! It can start early and continue quietly throughout life.

David Docherty

University Club Report

Peter Liddell



The
UNIVERSITY CLUB
of Victoria



The Best Kept Secret in Victoria!

University Club Memberships are available to anyone in the Victoria Community!
UVic Alumni are eligible to receive a ONE YEAR FREE Membership!

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

Upcoming Special Events

- ☺ Celebration of Wine and Food – **SOLD OUT – THANK YOU!**
- ☺ Beers For Cheers – Featuring Hoyne Brewery – April 6!
- ☺ Mother's Day – May 12
- ☺ Grand Opening Of The Patio – May 25!

For more information in the **UClub Connector** click here:

<http://club.uvic.ca/wp-content/uploads/2019/03/Mid-March-University-Club-Connector.pdf>

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

Institute on Aging & Lifelong Health—NEWS



Get Active

Join a physical activity research study with your partner

Try a Fitbit

For more information
email: bml@uvic.ca
call: 250-472-5288

We are looking for couples 45-75 years old who are living together to participate in the research study "Physical activity promotion through wearable monitors."

Participants will receive a Fitbit activity tracker (worn like a watch) to use for 3 months. Participants will also complete an online questionnaire and wear an accelerometer (worn like a belt) 3 times, and come to our lab twice for measures of height and weight.

You must have a smartphone or tablet with bluetooth technology to participate and one or both partners must be achieving less than 2.5 hours of moderate to vigorous physical activity per week.



If you are interested or have any questions,
contact the lab at 250-472-5288 or email bml@uvic.ca



Institute on Aging & Lifelong Health—NEWS

University of Victoria RESEARCH STUDY



Voices in Motion is a joy-filled intergenerational choir for persons with memory loss, their caregivers and high school students.

We're recruiting for two new choirs now!

Both choirs will be part of the research study that explores the impact of participation in an intergenerational choir on social connections and quality of life.

Interested?

If you have mild to moderate dementia or you're a family caregiver for someone with dementia, check out the eligibility and study requirements at uvic.ca/voicesinmotion.

If you have any questions or are interested in participating, please contact: **250-721-8595** or voicesinmotionchoir@uvic.ca

The project is funded by the Alzheimer's Society Research Program and Pacific Alzheimer Research Foundation. Community collaborators include St. Andrews High School, Pacific Christian School and Island Health.



UVic Library News

You're invited to the 2019 University of Victoria
University Librarian's Lecture

Building Reconciliation through the Archive:
The past, present, and future of Indigenous documentary heritage

A conversation with Carey Newman, Shelagh Rogers, and Ry Moran



Thursday, April 4, 2019

6 - 8 p.m.

First People's House

University of Victoria

Archives related to the Indigenous peoples of Canada have a past; they have a present; they have a future – and the three are patently NOT the same according to Ry Moran, Carey Newman, and Shelagh Rogers. The panel will invite the audience to join them in considering the implications for Canada's documentary heritage in the wake of the Truth and Reconciliation Commission's recommendations.

In an increasingly digital world, is the power of the physical object obscured by its digital surrogate? Does ceremony have a role in animating the archive? What is the relationship between documents and their oral history, and their connection to land and historical context? Should documentary heritage held by institutions be returned to communities? Will the destruction of documentary evidence lead to modern versions of past moral and ethical vicissitudes? Can how we approach Indigenous archives to deepen our understanding of the meaning of truth and reconciliation?

Through conversation and audience engagement, the 2019 University of Victoria University Librarian's Lecture will surface tensions and explore paths towards the role of archival evidence in shaping a new vision for Canada.

Arrive early as seating is limited.

Admission is free.

Suggested donation of \$10 to support

The Bruce Parisian Library at the Victoria Native Friendship Centre.

[Click for more information](#)
