

THE EDITOR'S REPORT FOR AGM 2025

As I said before, it takes a village to produce a 'good' newsletter, and this year, many villagers have submitted great articles for the membership's reading pleasure. To add to this bounty, outside agencies and associations were also featured when what they had to offer was of likely use to the membership.

In the Summer 2024 edition, the link to view (and download, if desired) the ***HEALTHY GRILL GUIDE***, published by the Heart and Stroke Foundation of Canada, was made available. Some of the recipes make one hungry just reading them, so do have a look if you want to grill something different, and dietitian-approved, this summer.

That edition also featured the **UVRA JOB FAIR**, detailing eligibility criteria and outlining the roles and responsibilities for each UVRA volunteer position seeking candidates.

It also introduced the inception of the **AROHE TRAVEL INSTITUTE*** "educational adventures" for faculty and staff retired from institutions of learning. The Institute also provides the option of taking guided journeys to various places around the world from home. What a wonderful way to tick off items on one's bucket list without having to leave home. *AROHE – Association of Retirement Organizations in Higher Education.

The Fall 2024 and Winter 2025 editions contain the conversation I had with **Stephen Brodsky**, a wordsmith and highly talented sketch artist who, in his nineties, wrote and had published a scholarly book about Joseph Conrad. Not one to find solace on the couch, Stephen reminds us that age is just a number.

Don Lovell is a published writer and gifted artist whose latest work is a graphic historical novel about the son of James Dunsmuir. From what the reviewers had to say about this book, it sounds like it would make for a great summer read.

Cecilia offered us a glimpse of her thoughts about deer in her yard in that edition. In subsequent ones, she shared her thoughts about artificial intelligence and revealed the presence of rats on her roof. Cecilia has mastered the art of packaging an experience in one page – not easy to do, particularly when what she writes about is both educational and interesting.

For lifetime learners, the **MCMASTER (UNIVERSITY) AGING PORTAL** is the go-to place. Their latest offer is providing FREE micro e-mail based series on topics like anxiety, dementia and depression. This permits receivers to learn at their own pace at a time and place of their choice.

Winter 2025 introduced the first of a two-part presentation of **Tom Gore's** exquisite photographs taken when walking the streets and buildings of Paris with his wife. Each photograph is a work-of-art - candy for the eyes to view. As a group, they serve to relay life as it is presently lived by Parisians. UVRA was privileged to be trusted to show the work of this highly gifted professional photographer and winner of numerous international awards.

Retirees (faculty and staff) who enjoy traveling and learning about different cultures while sharing their knowledge with them may want to look at **ACADEMICS WITHOUT BORDERS**. This group helps enrich, in various ways, institutions of learning located in low and middle income countries.

Melvin Klassen submitted a BITS AND BYTES report about Microsoft Word 11. What he had to say was of help to me when, recently, I had to decide whether to update my laptop or purchase a new one. His submissions are always sought and welcomed as not everyone is computer savvy.

UVRA is presently unable to offer many events to its membership due to the lack of volunteers stepping up to organize them. Not everyone is able to gift hours and months of their precious time to UVRA, but just a few hours, just one time/year should be possible for many of us. So doing would result in UVRA being able to offer more events, many of which could be repeats of 'best sellers' in the past.

On page 16 of the Spring 2025 edition, I wrote exactly what is expected of volunteers willing and able to donate a few hours/year of their precious time to UVRA for this task. They are as follows:

---Email the UVRA office at uvra@uvic.ca and ask to be emailed the list of 16 possible events. This list provides the name of each event, useful to have information about them, and, when applicable, the name of the member who organized this particular event in past years, for consulting email help if needed.

---Email, phone or visit the venue you have chosen, or a venue of your own choice, to arrange for a group visit: day, time, cost (if any), quantity

of persons that can be accommodated, and anything else that should be known to UVRA.

---Email this information to the UVA office.

---On the day of the event, arrive a bit early to take attendance. If you cannot attend and have nobody you can ask to go in your place, then let the office know and it will see to it that someone is there to greet arrivals.

That's it!

Thank you to everyone who submitted items; thank you to Sanjit, UVRA's Office Manager, for his help with ensuring that every publication makes it to its intended destination; thank you to the great people at IALH (Institute on Aging and Lifelong Health) for their help when we need it; and thank you, readers, for taking the time to read *Grey Matters!*.

Respectfully submitted,

Lou

NOTE: Access to UVRA's newsletters:

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