Inside this issue:

News from the Board 1
Editor's Notes 3
New Members 4
News from Benefits 5
Chair, Peter Liddell 6
Scholarship funds 7
United Way 2020 8
Physical Activity 9
David Docherty 10
Travel: Impressions of 11
Cambodia & Vietnam 12
Bits & Bytes: Scam infor-
mation: Melvin Klassen 14
Member's Corner 18
Roel Hurkens 19
Elder Academy: February 20
Elder Academy March 21
MasterMinds: April 22
Elder Academy: May 23
University Club 24
Members Forum Invitation 25

Life on the Mekong Delta, Cambodia  Photo: David Docherty

News from the Board

Greetings fellow retirees.

We hope that all of you are staying safe. This year has become a year of challenge but also one of adaptation. UVRA Board meetings are now held remotely on Zoom but that has not dampened the enthusiasm of the board members as we look ahead and plan for the time when things open up. It is important to protect ourselves and others right now.

Many of the activities UVRA had hoped to offer in 2020 have had to be set aside including, unfortunately, the Christmas luncheon at the University Club. However, the Elder Academy has not let this current situation hold it back from its amazing schedule of events. With a slight delay they have embraced the scope that technology provides and moved their schedule onto Zoom.
I want to acknowledge the tremendous work done by the Elder Academy Program Committee. We are extremely privileged to have such a dedicated group who have put together such a full and broad slate of incredibly interesting presentations and presenters. Please check their 2021 schedule starting on page 20 of this newsletter.

But, I warn you - you will want to register!

I am very pleased to announce that we have been able to fill our remaining vacancy on the Executive of the UVRA Board. I want to thank Rebecca Warburton for graciously stepping forward to fill the position of Vice President.

UVRA is always interested in member input, particularly if it helps connect our membership. We are delighted that two of our members have put forward ideas that would open new opportunities for you to share your thoughts on a variety of topics and to share your ideas, projects, and interests.

One of these inspired members is introducing a new avenue of communication within UVRA which will be introduced to the membership by way of a Zoom meeting to take place on December 18, 2020 from 1:00pm to 3:00pm. Your invitation is on page 25. I know that this could be only the beginning of something great for all of us in UVRA.

As mentioned in our last newsletter our first UVRA Scholarship recipient has begun her research and we have now committed to setting up a 2nd Scholarship. If you wish to make a contribution, please do so online at:

https://extrweb.uvic.ca/donate-online/UVRA

UVRA also welcomes your submissions of an article or a photo to our newsletter, Grey Matters!

Until next time,
Stay safe, Keep well.

Margaret Klatt
EDITOR’S NOTES

UVRA is launching a new venture on December 18, 2020 on Zoom:

THE UVRA MEMBERS FORUM

It is a place for retirees to meet and discuss topics of general interest, and to provide a way for members with specific pursuits to find other like-minded persons with which to form subgroups if desired. More details are to be found on page 25.

Peter Liddell, UVRA Benefit Coordinator, is conveying some very important news in the “Health and Travel Insurance” portion of his article about “UVRA Benefits in the current COVID climate”. If you are enrolled in Johnson or RTO insurance, please be sure to read his article (5-6).

A must-read article is Melvin Klassen’s column (14-17). He lists the most common ways that people are targeted on line and by phone and offers ways to help us prevent being scammed.

The University Club is truly Victoria’s ‘secret’ and now, more than ever before, it offers its members a bevy of special events, delicious food, contactless take-out, and great savings on membership dues for UVRA members. If you are thinking of joining, or re-joining, do have a look at page 24, find the category that fits your situation, and see how much you would save on your monthly dues.

Roel Hurkens backpacked his way to many countries in the world and wrote a book about it. He shares with us some interesting pictures (17-18).

This month, David Docherty invites you to share a video in his 36th “Physical Activity and Wellness” article (9).

Elder Academy’s schedule of events for February, March and May starts on page 20. Masterminds had to be cancelled last April due to the pandemic, but it will take place, on Zoom, in April 2021, with the speakers scheduled for 2020. More information is on page 22.

Have a healthy and safe Holiday Season.

Lou Schmidt & the Editing Team

Deadline for the Winter edition of Grey Matters! is January 27, 2021
WELCOME TO OUR NEW MEMBERS

FROM JULY 1 TO OCTOBER 31, 2020

BUTLER, Susan, Computer Science

COLLINS, Laurence Facilities Management

McKINNON, Janet VP Research

PEGG, Lois Public Administration

POULTON, Cody Pacific & Asian Studies

RENNEY, Deb EPSL

SAXON, Leslie Linguistics

STOUT, Karla D. Theatre
Despite the new restrictions*, there are still many features of your UVRA membership available: the Elder Academy program continues to draw significant numbers of members and others to its new online venue; this Newsletter, of course; and the various insurance options, which are adapting to these circumstances “as we speak.”

The campus is virtually shut down in many physical aspects, but the University Club is open.
In this update, I shall try to cover the main features where change has happened, or is expected.

**Health and Travel insurance:**
The comparison chart on our Benefits page is being updated currently, to reflect some recent changes. Pacific Blue Cross rates were reduced by 4.4% for Extended Health Benefits (EHB) and Dental insurance. The Prestige Travel policy that is linked to Johnsons’ UVRA policy is being negotiated at this time, to take better account of the COVID restrictions. Information on that is expected soon. Incidentally, Johnsons have created a useful FAQ page, of particular interest to newer clients. (Google “UVRA” and look for a URL beginning “static.johnson.ca/static/”)

Following a query from a UVRA member, I asked our rep at the BC Johnson office whether they were considering adding vaccines such as Shingrix and Pneumovax to the policy which we share with UBC retirees. Answer: it could be added at an appropriately increased premium, *if both parties agree* (i.e. UVRA and UBC Emeritus College). I shall be pursuing this with my counterpart at UBC.

I put the same question to RTO. Their response: “*The RTOERO Prescription Drug benefit does cover vaccines such as Shingrix and Pneumovax not covered by any provincial health plan. It is worth mentioning that sometimes a clinic or medical professional may charge an administration fee, particularly in the case of injections. Please note any costs associated with the dispensing or supplies required to administer a medication are not covered by the plan.*”
Library:
Because physical access to the Library is restricted, some users have been frustrated that certain academic journal publishers limit online access to their materials to campus-based users. The work-around for this is: a) keep your Netlink-id, of course, then b) acquire VPN (virtual personal network) access. To do that, you may have to get permission from your former department, or, if you’re not a former UVic employee, seek an adjunct appointment via a department related to your research. VPN access is generally time-limited to one year.

Gyms etc.:
It is not clear from the vikesrec.ca site which facilities are still available to retirees. I suggest you call Vikesrec at 250 472 4000 to check. Registration is online for most activities.

University Club:
Coming soon -- a new website at club.uvic.ca! It will give details of new takeout menus and in-house dining. As your representative on the Club’s Board, I can confirm that the Club has met or exceeded all requirements of the Provincial Health Officer, as attested by in-person inspection and regular check-ups. Needless to say, the virus has done serious damage to the revenue of the Club, as it has to all restaurants. But it does remain open and so far has had a good response to special evening dining events and the Christmas Buffet. Social distancing rules apply and masking is now obligatory when away from your table.

Best wishes to all. “Stay safe, stay calm, and be kind to each other” indeed.

Peter Liddell
UVRA Benefits Coordinator

*Note: this update reflects Dr. Henry’s orders as of Friday, December 11th, 2020
UVRA Graduate Scholarship was developed with the intention of helping graduate students pursue their goal of conducting research on the many factors related to aging and health outcomes within the rapidly growing 55+ age group.

The first UVRA scholarship, administered through the Institute on Aging and Lifelong Health, was awarded Fall 2019 to Lisa Ohlhauser, a graduate student whose research project investigates the impact of physical exercise for persons with cognitive decline on quality of life, mood, and cognition. Please see page 2 for Lisa’s thank you note to the UVRA membership.

For the first endowment of a scholarship, UVRA matched the donors’ donations dollar for dollar. We have now created a second graduate scholarship and the Association will, once again, match contributions from members of the UVRA.

You are strongly urged to contribute to this worthy initiative which will have long term positive effects on furthering the research on aging.

To contribute simply click on this link:

https://extrweb.uvic.ca/donate-online/UVRA

REMEMBER
THE ASSOCIATION WILL MATCH YOUR CONTRIBUTION
YIELDING A DOUBLING OF YOUR CONTRIBUTION
Our United Way Campaign is well underway; I am humbled by the generosity you have shown to date. We are nearing 80% of our goal. Your contributions make a huge difference right here in our own community.

The United Way uses a robust process, consulting widely to ensure that your donor dollars go to the most pressing community issues and that those dollars contribute to the delivery of programs that draw on evidence from research projects conducted right here in our community. Many University of Victoria faculty researchers, graduate students and staff make contributions— not only through donations but also in the form of intellectual capital.

The Little Phoenix Daycare project is an example of this sort of partnership. The United Way, in partnership with Family Services of Greater Victoria (FSGV) and Victoria Immigrant and Refugee Centre Society (VIRCS) are raising funds to launch Canada’s first “trauma-informed daycare.” The design of programs that will be offered at this Daycare are supported by a research partnership led by Dr. Alison Gerlach from the University’s School of Child and Youth Care. Read more about this amazing new resource for children in our community: Little Phoenix Daycare Media Release. View a video about this remarkable project here: Little Phoenix Daycare Video

I have a couple more updates to share with you:

Increase your donation and the increase can be matched. Thanks to a matching fund established by senior members of our University of Victoria executive team to encourage new or increased donations, you have the potential to double your impact.

Many people plan their donations to align with end of year tax planning. The United Way offers information to donors about how your charitable donations can impact the amount of federal income tax you can expect to pay. Use this handy calculator as a guide to tax savings: https://uwgv.ca/tax-calculator/

Donations may be made through an E-Pledge site here: UVic Retiree Donation Site. Please feel free to contact me directly to assist with questions you may have about making a donation. You can contact me by e-mail at: emmie@uvic.ca

Mary Ellen Purkis, UVRA United Way Campaign Chair
I thought I would do something a bit different in this newsletter and share a video of a session I did for the Victoria Round Table in September 2020.

https://youtu.be/zEpoxHgCyxI

In the video I talk about the value of fitness but, in a particular, the components of strength and to a lesser degree cardiovascular health. I also provide some practical ways to achieve this, especially during this difficult time of COVID when we are restricted in what we can do. In particular, I talk about how muscles work and ways in which we can make them stronger with no equipment or minimal equipment using the simple and economical theraband. I also include the value of aerobic activity and especially walking for those of us who are able. Check my last article for more on walking as well as this link on walking routines at home by Leslie Sansone! Adapt to your own pace and comfort level. You will also find several other walking routines by Leslie you can do at home. Definitely a fun way to get some exercise.

https://www.youtube.com/watch?v=cvEJ5WFk2KE

I can appreciate it is often hard to find the motivation to exercise or be physically active and I am no exception. Many of you have heard me say I don't really like exercising but still manage to make it an important part of my daily life. We all know why we should be physically active but, as I say in the video, not many of us achieve the minimal recommended amount. I find the best way to stay active is, as in the Nike slogan says, “just do it!” Make it a habit and plan some form of physical activity into most days of the week. Don’t wait until you feel like doing or it may never happen. “Just do it” and you will feel so much better once you start and especially when you finish! I know I do.

Of course it is often easier to comply to something when you do it with others so maybe this is a good time to reach out to similar-minded people and encourage each other or get together (of course following all the recommended guidelines to stay safe) and enjoy the outdoors and socially distanced interaction. It looks like COVID is with us for a while longer so we need to find ways to stay active.

If you have the time please check out the videos and see what you can do for your strength and cardiovascular health without having to go to a gym.

Good luck. Stay safe, stay active, and stay healthy.

David Docherty
Landing in Ho Chi Minh city was an eye opener! Typical of many south east Asian cities it was hustle and bustle and a cacophony of sounds, sights and smells. However, it was the amount of traffic that proved the most daunting, dangerous and intriguing aspect of the visit. Traffic builds up at intersections with the popular scooter or motor bike (would you believe nearly 9 million) seemingly the choice of transport and always manoeuvring their way to the front. When the light changes to green it looks more like a race track. They come in all shapes and sizes, occasionally with one person riding them but often with multiple passengers including pets and children hanging on for dear life. Crossing the road became a game of Russian roulette. We were told by our guide that the only way to cross the road is to just head out, keep a steady pace, don’t stop and they will miss you. Not always very comforting words as many vehicles seemed to want to come as close as possible bringing new meaning to the term a narrow miss! Even the pavements at times were no safer as they too became part of the race track for scooters and you had to watch out for them as they jumped from the road to the pavement without slowing down or any concern for the pedestrians.

Of course there are not always traffic lights at intersections when it becomes a time of “making the gap” if such a thing even existed. It looks like absolute chaos but actually seemed to work. There is so much traffic that in many ways having some orderly system in place, like stop signs or traffic lights, probably just wouldn’t work. Of course there is much blaring of horns which we initially thought was irate people but soon learned it they were just alerting others of their presence and they were coming through. It was particularly disconcerting when we did a tour on a bicycle with the peddler in the back and me, the passenger, in the front! Driving front first into mayhem without anything in front of me certainly raised my anxiety much to the amusement of my rider.
I must confess to not being well informed about the old and recent history of both Vietnam and Cambodia and the impact on the current political situation in both countries. I cannot begin to do it justice in a brief article and confess after much reading to still not fully grasp the complexity and machinations of the situation. So forgive my brief synopsis of both countries. In my historical ignorance I didn’t realize the impact of French colonization on Vietnam starting in 1858 and how it can be traced as much of the source of recent history with the most notable being the Vietnam War or as the Vietnamese call it “the American War” (1964-1973). They have devoted the War Remnants Museum to the war in Ho Chi Minh City which, understandably, does not reflect well on the USA. One floor of the museum is devoted to the use of “agent orange” and the lingering effects of such a chemical on subsequent generations. Ironically Vietnam is now building economic connections with the US, apparently in part because they are always concerned with the ambitions of China who of course share a common boundary and a lot of economic clout.
In Hanoi, the infamous Maison Centrale, which housed 2,000 political dissidents during the French colonization period until 1954, is now also a museum showing how atrociously the prisoners were treated during that time. Many will know that during the “American War” the Maison Centrale was used as a prison for the USA pilots who were taken prisoner after being shot down and euphemistically called the “Hanoi Hilton”. Of course there was much propaganda during and since their incarcerations on how well they were treated but the truth has never really been revealed. Even John McCain, one of the more well known guests of the “hotel”, has remained silent.

Cambodia was occupied by Vietnam between 1979 and 1993 which brought an end to the reign of terror imposed by the Khmer Rouge under the infamous leadership of Pol Pot. No trip to Cambodia would be complete without a visit to the “Killing Fields” (Genocidal Centre) and the associated prison in which prisoners were housed and tortured. What a sobering experience! It is hard to imagine such inhumane acts for which Pol Pot was never brought to justice. Only three of the perpetrators were ever convicted by the UN of crimes against humanity.
Politically Vietnam is a communist country and Ho Chi Minh, the founder of the party, is still revered as reflected in the huge mausoleum in his honour. The guides were extremely cautious in what they shared about the political situation in Vietnam, especially when in public places. Although Cambodia is regarded as a Constitutional Monarchy, it too is dominated by a strong socialist government with a very weak opposition party. In fact, while we were there a scheduled visit to the Royal Palace had to be postponed because of the political unrest. The day before we arrived in Phnom Penh the leaders of the opposition party had been arrested for alleged charges of fraud and misappropriation of funds. But apparently the real reason was that their popularity had been growing among the people! The way Vietnam live in the shadow of China, Cambodia lives in the shadow of Vietnam. They are concerned with the economic power Vietnam has over them and in particular the number of businesses and enterprises owned and run by the Vietnamese.

Of course you do not go to Cambodia without visiting Siem Reap and the famous temples or wats. What an experience! There are over 50 wats around Siem Reap including the famous Ankor Wat which we of course visited. The first temples were built in the late 800’s and were the vision of Hindu Monarch, Jayavarman II) and his heirs. Initially they were Hindu Temples as reflected in their architecture as well as the many reliefs and statues that adorn them. Later they became Buddhist temples and now primarily function as tourist attractions and film locations. In fact Ta Prohm was the set for Tomb Raider with Lara Croft. The history of the area of the Kmer Empire and the wats is apparently not well documented and most of what is known has been gleaned from archeological digs, the reliefs and stone inscription that adorn the walls, and chronicles of Chinese traders, diplomats and travellers.

Our main reason for visiting Vietnam and Cambodia was to do a river cruise on the Mekong Delta but that will have to wait for another day.

David Docherty

Note: The picture of a tree retaking a temple was taken at Ta Prohm (Siam Reap).
How Do I Love to **Scam** Thee? Let Me Count The Ways

(with apologies to Elizabeth Barrett Browning’s *Sonnets from the Portuguese* – *Sonnet 43*)

You should realize that you are being scammed if you receive E-mail or a telephone-call that includes any of the following:

I am calling from **Card Services**, and want to reduce your credit-card’s interest-rate to zero. (If the call is legitimate, it will come from the Bank or Credit Union, and they will know your credit-card number, and will ask you other questions, for verification.)

The message is “urgent”, and an “immediate reply” is demanded.

Your Social Services Number has been compromised from Southern Texas. (Only citizens of the USA have a S.S.N. Not me.)

We need to **verify** your credit-card number. Tell us the 3-digit code on the back, the last 8 digits of your credit-card number, the expiry-date, and which bank issued the card. (All MasterCard numbers have 5191-2300 or 5191-2301 or 5191-2302 as the first 8 numbers. So, after just two guesses, the scammer will have all 16 numbers, and everything they need.)

I have inherited millions of dollars from my late husband, but now I am in hospital, with a fatal illness, and need your immediate help in donating the money to a charity of your choice. (They want you to pay some “fees” – shipping, bank-transfer, bribes – before you get anything.)

I will pay you $700/week if you allow us to apply a vinyl “wrap” on your car, and drive your car around, to show advertising to promote our company, for at least 3 months. (There will be up-front fees that you will be required to pay, and weekly payments to you will probably be made by forged or stolen cheques.)

E-mail with one E-mail ID in the “From:” field, but the body of the E-mail (or the “Reply-To:” field) cites a different E-mail ID for all replies. (Probably, the E-mail was sent from a compromised ID. Another “red-flag”: the ID for the reply is on AOL or HOTMAIL or LIVE.COM or OUTLOOK.COM or GMAIL or YAHOO.)

E-mail claiming to be from an accounting officer of some institution, with a claim that the sender has a “confidential” request, and thus is sending to you from a personal ID, rather than through an ID supplied by his employer, because they have “over-invoiced” some client, and want you, not the client, to get the refund.
Any E-mail citing an international telephone-number starting with “44-7”. (The "44" is the country-code for the U.K., but all numbers starting with “7” are forwarded to some other telephone-number, anywhere in the world, including Africa. In Africa, it is common for cell-phone owners to be allowed to receive calls at no cost, but it costs them money to initiate a call. Related to this, there legitimately are “cell-phone-ladies” in Africa. They have cell-phones, and when you need to make a call, you pay the lady, by the minute, to place a call. Their income is the difference between what they pay for service and what you pay to them.)

If you have “Caller-ID” on your phone, do not trust the name and telephone-number that are displayed. (All it takes is a $50 VOIP – Voice Over Internet Protocol – adapter. The adapter can be configured to show any values, including the name and the toll-free number of your bank.)

If the “name” field of the Caller-ID display starts with “V”, followed by many digits, it probably is a VOIP adapter that has not been completely configured. (Just hang up, unless you recognize the voice as being a friend of yours whom you know is a user of VOIP.)

The E-mail message cites an official, by name and by employer. (Do a Google-search, and you may find that the person has recently died, or has left that employer; maybe, voted out of office, or is a deposed bureaucrat/politician.)

Watch for bad grammar (Some writers do not add a “space" after a sentence-ending “period”.)

Watch for incorrect usage of homonyms -- there/their/they’re.

Take part in our Tim Hortons Satisfaction Survey and we will give you an exclusive offer worth over $50 and more. (This one was sent to me, from a GMAIL account, but with no references to Tim Hortons’ corporate address, nor to any corporate contact information. Also, it was sent to an ID that I have never revealed to Tim Hortons.)

Answer our survey, and qualify get a new iPhone for $1. (Too good to be true; just a way for them to harvest your personal information, including your credit-card details.)

I have $14.5 Million US Dollars at UBA BANK here in Burkina Faso, and i instructed the UBA management to transfer the capital to a foreigner that will apply in my name after I have gone to released [sic] the riches to the person, because i sent to UBAbank [sic] the doctor report of my physical condition says [sic] i will not survive ovarian cancer. ... make sure you take 50% out of this total amount of capital to the charity orphanage home in your country and survive with the remaining 50% okay. (Of course, there will be up-front fees to be paid, and then a “problem” will arise in transferring the full amount into Canada, requiring more money.)
I am calling from your credit-card company. There have been charges against your card, in the amount of $400 and another over $1000. Press “1” if you accept these charges. (My bank sends me a text-message for every transaction over $1000. No message? No such charge! Ask your bank to set up a similar notification for your accounts.)

Avoid any request for payment that requires you to purchase gift cards, scratch off the security-code on the back of the card, and send the front/back codes to the requester. (A favourite seems to be Apple Store cards, to be used for “in-app” purchases, or purchases of computer games.)

Please keep this transaction completely confidential. (Never. Talk to your friends about it.)

Grandma, I’m on vacation in Europe, and my bank-card has been lost/stolen, and I need to Pay the hotel bill. Please send money. (Check the grandchild’s social media, to see if they really are in Europe. Check with the grandchild’s parents. If they took their smart-phone, call it.)

You receive an E-mail with an attachment, alleging that the attachment contains an invoice for something that you have purchased. (Probably, the attachment contains a computer-virus.)

You receive an E-mail that looks like it was an invoice sent from the Apple Store, to confirm that you made some online purchases, via your Apple ID, and to click a hyperlink to dispute the charges. (Do not “click” the hyperlink.)

What can you do?

Be aware of the above schemes.

Never supply any personal information.

Be vigilant. Logon to your online banking, about once per week, to look for suspicious transactions. If anything looks suspicious, then contact your bank (credit-union) immediately, using the telephone-number on the back of your credit/debit card. At least one bank has the option, via online banking, to “freeze” a credit-card, to prevent more charges, until you can talk to your bank.

E-mail headers, especially the “From:” line, can easily be falsified. If you know the cited person, ask yourself if that person would send you a “get rich quick” type of message. Telephone the sender, to get them to confirm that they sent that E-mail to you.
Listen to the voice-quality of any telephone-caller. Some VOIP systems sound “scratchy”, or will “stutter”.

Listen for background noise at the caller’s end. It might be a room-full of scammers, each talking to a different potential victim. An officer of a bank will call from a quiet office, if they are not working-from-home.

If you get a telephone-call, allegedly from your bank, get a few details, e.g., “you have an overdraft”, then hang up, and call the bank, using the telephone-number on the back of your credit/debit card, to confirm the status of your accounts.

If the E-mail message references your UVic NetLink-ID, do not delete the E-mail message. Then, contact the UVic Computer Help Desk (250-721-7687) or helpdesk@uvic.ca to help them protect other people with an affiliation to UVic – they may have received a similar message.

Do not click any “hyperlink” in the body of an E-mail message.

Any attachment to an E-mail should NOT be opened. Instead, let it “age” for a few days, until your computer’s anti-virus software has updated, to protect your computer, if the attachment is accessed.

The CRA (Canada Revenue Agency) has a comprehensive web-site: www.canada.ca/slam-the--scam

Also, check the web-site of your bank (or credit union). They also will display anti-fraud information.

Never use a company like Western Union to send money to a stranger. Western Union cannot “reverse” the transaction, to recover your money. I hope that their employees are trained to recognize such scams, and they should advise you to not proceed.

It’s your money. If you have been scammed, talk first with your bank, and be insistent with their employees, until you are satisfied with their response. Report it to the local police. Still unsatisfied? See the CBC News “Go Public” team: http://cbcnews.ca/news/gopublic
Roel Hurkens (formerly of Co-op Education) is pleased to announce that his travel book, "Travelling at the Speed of Delight: An Escape From the Rat Race", is now published as an eBook. He wrote this book in 1995, soon after he finished nearly four years of backpacking in Europe, South East Asia and the South Pacific, mostly away from the usual tourist routes. It is now published and available on Amazon Kindle. (a free Kindle app is available to read the book on most devices.

In these days of pandemic, when travel is quite restricted, perhaps those who wish to travel but cannot, might at this time instead enjoy Roel’s tale of places seen, people met, impressions made, and adventures and cultures experienced.

Roel’s ebook is available on the Canadian site at:
www.amazon.ca/dp/B08JQR5NXZ/ref=sr_1_3

and on the US site at

https://www.amazon.com/dp/B08JQR5NXZ/ref=sr_1_1

It is even available free for those who are members of Kindle Unlimited.

Above photo: Book Cover (Source: Amazon)

Roel's photo at the top of Mount Ruapehu, an active volcano and tallest mountain on New Zealand’s North Island.
Photo at right: No, NOT a hostel dormitory. These are mummified monks in Brno, Czech Republic

Below: A very close encounter with Komodo dragons on Komodo Island, Indonesia

Bottom: Temple of Poseidon, Sounion, Greece
END OF LIFE MATTERS!

AN ELDER ACADEMY EVENT

Preparing for death is not an easy conversation to have. It is a subject that many of us prefer to avoid or postpone. This series offers four topics aimed at helping us to make informed decisions when it comes time to do so. We have been most fortunate in securing presenters with “front line” experience who will share their insights and experiences dealing with these challenging issues.

WHEN, WHERE, HOW MUCH?

DATES: Saturdays, February 6, 13, 20, 27, 2021
TIME: 10:00am to Noon. Zoom entry available starting at 9:45 am for all 4 events
WHERE: Online via Zoom
LINK TO JOIN THE SESSIONS: Emailed to registrants two days before first session
COST: $20.00 for the four sessions.

Feb 6: “Medical Assistance in Dying (MAiD): What’s old and what’s new?”
Presenter: Rosanne Beuthin, PhD, RN, CNS, End of Life, Island Health.

Feb 13: “LONG Term Care: a definite misnomer”
Presenter: Patricia Gunton, MD, Family General Practitioner and Hospitalist.

Feb 20: “Navigating Palliative Care Services in Island Health”
Presenter: Shelley Tysick, RN, BSN, BSW, South Island Palliative Care Coordinator.

Feb 27: “Recognizing your Journey as a Caregiver”
Presenters: Laurie De Cross & Glenda Kopperson,
Support and Education Coordinators for the Alzheimer Society of BC

REGISTRATION AND PAYMENT

Registration, payment and presenters’ bios and abstracts at EventBrite. Please click on: https://www.eventbrite.ca/e/end-of-life-matters-tickets-130066649851

Students attend free but need to register by emailing UVRAElderAcademyevents@uvic.ca to get Zoom link

Questions? Please email: UVRAElderAcademyevents@uvic.ca
POLAR OPPOSITES
Why are our polar regions so different?

AN ELDER ACADEMY EVENT
WHEN, WHERE, HOW MUCH?

DATES: March 6, 13, 20, 27, 2021
TIME: 10:00am to Noon. Zoom entry available starting at 9:45am for all 4 events
WHERE: Online via Zoom
LINK TO JOIN THE SESSIONS: Emailed to registrants two days before first session
COST: $20.00 for the four sessions.

Feb 6: “Feeling Hot, Hot, Hot: Politics & Transformation in the Global Arctic”
Presenter: Dr. Wilfred Greaves. Assistant Professor, UVic Dept. of Political Science

Feb 13: “Exploration, Explanation & Exploitation: Their Historical Relations in the Antarctic Peninsula Region”
Presenter: Dr. Jim Gardner, Adjunct Professor, UVic Dept. of Geography

Feb 20: “The Rapidly Changing Arctic Marine Environment and Potential Impacts”
Presenter: Dr. Randy Scharien, Associate Professor, UVic Dept. of Geography

Feb 27: “Antarctica: The 7th Continent”
Presenter: Dr. John Gunton, Retired Geologist/Geochemist

REGISTRATION AND PAYMENT
Registration, payment and presenters’ bios and abstracts at EventBrite. Please click: https://www.eventbrite.ca/e/polar-opposites-tickets-128090814073

Students attend free but need to register by emailing UVRAElderAcademyevents@uvic.ca to get Zoom link

Questions? Please email: UVRAElderAcademyevents@uvic.ca
The MasterMinds series is an initiative to foster university:community engagement by providing high quality lectures at the University of Victoria to the public. Each lecture is created and delivered by a University of Victoria retiree on a topic in their area of expertise and of general interest. The series has been offered for the past 16 years, delivering over 50 thoughtful and often thought-provoking presentations.

The 2020 series scheduled for this past April was cancelled due to the COVID pandemic. We are planning on offering the MasterMinds series this coming April in an online format. We are fortunate that the presenters scheduled for April 2020 have all agreed to participate in the 2021 series. They are:

Cecilia Benoit  
Professor Emerita, Sociology

Richard Keeler  
Professor Emeritus, Physics and Astronomy

Mary Ellen Purkis  
Professor Emerita, Nursing

Nancy Turner  
Distinguished Professor Emerita, Environmental Studies

The MasterMinds series is comprised of four lecture presentations, one on each Wednesday evening in April. The series is developed by a collaboration of the UVRA, the Institute of Aging and Lifelong Health, and the University’s Media Relations and Public Affairs group. The presentations will take the form of a webinar and details of these on-line presentations will be made available as they are developed.

NOTE: If you would like to find out what each presenter’s topic is about, please go to https://www.uvic.ca/masterminds/
First session: May 1, 2021
Title: Features of a Healthy Democracy:
the nature of justice (Working title)
Presenter: Dr. Colin Macleod, Uvic Dept. of Philosophy

Second session: May 8, 2021
Title: Restoring Democracy in an Age of Populists and Pestilence
Presenter: Jonathan Manthrope, Author and Journalist

Third session: May 15, 2021
Title: Presentism in the Canadian Context
Presenter: Dr. Peter Cook, UVic Dept. of History

Fourth session: May 22, 2021
Title: Countermemory and Conspiracy: Extremist politics, the
“culture wars”, and the annihilation of history
Presenter: Dr. Edwin Hodge, UVic Dept. of Sociology

NOTE: Sessions’ titles are subject to change
University Club Membership Benefits for UVRA

- UClub management and staff are always coming up with entertaining Members-only events at reasonable prices. These events include bi-monthly dinner specials, wine pairing dinners, Cocktail Culture Club, Robbie Burns dinner, Mother’s Day brunch, kids’ Halloween & Christmas brunches, annual Christmas buffets, and much more!

- The UClub’s wine, beer, and cocktail menus are below industry standards prices and we feature a variety of local craft beers, wineries, and distilleries.

- Our Lounge Supervisor & Head Bartender, Adam Bonneau, is constantly reviving our wine and cocktail list to ensure that there is always a diverse selection.

- Our culinary team and Executive Chef, Michael Allin, create delicious weekly dinner specials on top of our flavourful dining menu.

University Club of Victoria Membership Categories for The University of Victoria Retirees Association

Sponsored One Year Free Membership
Members of the University of Victoria Retirees Association (UVRA) that have never held a membership at the University Club, are eligible for a one year free membership.

Retired Membership
A Regular member who has retired from the University of Victoria and has been a University Club Member for at least five (5) years, is eligible for a 50% reduction off the regular dues.

Sponsored Membership
Members of UVRA are eligible for University Club membership with a 25% discount off regular dues for the first five (5) years of their Club membership. After five (5) years of Club membership, their dues are reduced to 50% off the regular dues.

In this category, dues are pro rated for current memberships; for instance, if the retiree has been employed by UVic and has held a membership at the University Club for two (2) years prior to retiring, then they would receive the 25% discount for three (3) years (making their Club membership a full five years), then have their dues reduced to 50% off the regular dues.

UClub Contact information:
Phone: 250-721-7935 | Email: reservat@uvic.ca | Website: club.uvic.ca
INVITATION TO THE UVRA MEMBERS FORUM

WHEN: Friday, December 18, 2020 from 1:00 to 3:00pm
HOW: Via Zoom—entry to meeting opens at 12:45pm.
ZOOM LINK: To be sent to registrants via Evenbrite on December 17, 2020
COST: Free

PURPOSE: Social get-together of UVRA retirees to discuss topics of general interest, and, to provide a way for members with specific pursuits to find other like-minded persons with which to form subgroups, if desired.

UVRA offers the membership social events in the form of day visits, one-of-a-kind presentations, and lunches, while UVRA-Elder Academy provides an educational component in the form of multi-sessions events. Lacking was a safe place for members to meet socially, virtually for now, and in person, perhaps at the University Club, later on.

When Harry Kwok and Herbert Weil, two UVRA members, approached UVRA with their ideas about forming a Members Forum, the UVRA Board’s enthusiastic support paved the way for the formation of an ad hoc committee charged with getting this social ball rolling. The result of the committee’s meeting was to invite you to the first UVRA Members Forum.

The first meeting will be hosted by Margaret Klatt. After introducing themselves, attendees will be asked how they would like this venture to be structured. Then, on to discuss a topic of general interest. So, if you plan on attending, you may want to think about something you would like discussed. Ideas for interesting and fun topics could include asking other members what benefits they derived out of being home so much these past months, and/or if they were able to make lemonade out of the lemons generously bestowed by COVID-19.