Good morning fellow retirees. Here we are just about to enter fall 2021 and there are shadows of 2020 all around us. We hope that all of you have been able to find some joy this summer while keeping safe. I stayed very close to home except for a short trip on Vancouver Island and I was struck again with the magnificence of this land we call home.

UVRA is continuing to offer as many activities as we can while adapting to this current reality. The Elder Academy (EA) Program Committee has put together an amazing array of events for this, and the coming, year and are presently offering them virtually (Zoom). The EA program contains a broad range of topics, so check the UVRA Website for further details and watch your email for the announcements.
I want to thank the EA Program Committee and remind our members that this amazing work is carried on by dedicated volunteers who would welcome your assistance. Just let us know if you are interested.

Our UVRA members’ forum resumed on September 24th with “Living in the Moment” with the next two forums scheduled for October 29th and November 26th. UVRA will send out announcements for registration closer to the dates. Do join us for an always stimulating discussion.

As mentioned in our last newsletter we have joined AROHE, the Association of Retired Organizations in Higher Education, so remember to check out their website for Road Scholar and other interesting topics.

To view Road Scholar’s “Learning Adventures” click on:
https://www.roadscholar.org/2022-hub/

To look at AROHE’s offerings, click on: arohe.org

Again, consider volunteering to take part in the many activities of the Association – we value your input and participation.

Please protect yourself. We hope to see you either online or in person over the coming year.

Until next time,

Stay safe. Keep well.

Margaret Klatt
EDITOR’S NOTES

Thank you to all who have contributed to the content of this newsletter. A special thank you to David Docherty. This edition’s column is his 40th and, as usual, it provides reliable, useful information by shedding light on why many add on pounds over the years.

Margaret Klass reminds the membership that UVRA has now joined AROHE (Association of Retirement Organizations in Higher Education). Her column has the links to learn more about AROHE’s offerings including the Road Scholar’s Adventures.

UVRA is presently offering its events on Zoom to keep us all safe and healthy, but that does not mean that UVRA/Elder Academy has stopped providing the membership with a variety of excellent events in the remainder of this year, as the four invitation posters in this edition will reveal. (See pages 21 to 24 inclusive.)

The UVRA Forums, opened to members and their guests, are proving to be very popular and Jane Birkbeck’s articles summarizes the sessions’ salient points of the June and September forums.

The Elder Academy Program Committee, under the chairmanship of John Gunton, is offering to the membership, their guests, and the public, the first two events of what will be a series of “Understanding…” presentations.

Zulette Gordon’s article titled “Wild Side Cruise” describes with spectacular pictures the beauty and splendor of Northwestern Vancouver Island.

Peter Liddell brings us up to date on the happenings at the University Club, and about LifeWorks (formerly called Morneau Shepell). No change in services.

I join Margaret in warmly inviting you to contribute to Grey Matters! This is OUR newsletter and members want to read about what other members are doing in retirement. It is writing a scholarly book, your memoirs, or a novel? Or/and tending to a beautiful garden? Or/and pursuing a hobby or a new career? Or/and volunteering at an animal shelter, Hospice, a soup kitchen, or? The deadlines for submissions to upcoming newsletters in 2022 are: January 26, March 23, May 25, September 28 and November 23, 2022.

Louise Schmidt
WELCOMING NEW MEMBERS
Zulette Gordon

From June 16, 2021 to August 31, 2021

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LIFEWORKS

Recently rebranded as LifeWorks, the former Morneau Shepell services remain unchanged.

Judging by how few of our members make use of their Employee and Family Assistance Program (EFAP) and its “total wellbeing” services, not enough is known about this **FREE** benefit of membership in UVRA.

To help spread the message, UVRA will organize a presentation by a LifeWorks representative early next year, in the UVRA Members’ Forum.

Meantime, there is a wealth of information on their website:

> “Complete a health assessment, begin a self-paced wellness program, check out supports and resources. Get the help you need, anytime, anywhere. Log in to [https://lifeworks.com/en](https://lifeworks.com/en) using your Netlink ID to access the site.”

Since many UVRA members do not have a Netlink ID, HR is hoping to work with LifeWorks on a solution. However, all members can gain access to the services by calling 1 844 880 9142.
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.

The scholarship’s second recipient, awarded Fall 2020, is Matilde (Matty) Cervantes. Matty’s research interests include aging, intergenerational relationships, and well-being. Her present research involves exploring the impact of social interventions, such as participation in a choir, on the mental and social health of dementia caregivers.

A second graduate scholarship has now been created and the 2021 recipients will be announced in the Winter Newsletter.

The scholarship provides annually:

Two awards of $1,000 each, given to academically outstanding graduate students, with preference to PhD students, whose area of study is focused on adults aged 55+ and who are working with the Institute on Aging and Lifelong Health. Selection of each recipient will be based on a statement that explains the intent and impact of their research (max 500 words). Preference would be given to students who have received no other awards or whose total award funding in the academic year does not exceed $5,000. Approval of each recipient will be made by the Faculty of Graduate Studies Graduate Awards Committee upon the recommendation of the Institute on Aging and Lifelong Health.
Metabolism and age! It’s all about the calories.

In a previous article I have discussed the challenge of putting on weight as we age. A recent study has shed more light on this topic and has been published by Herman Pontzer in a recent Science Journal (Vol 373, Issue 65560, August 2021). It was an exhaustive study that looked at changes in metabolism from 8 days to 95 years using data from 6,500 people. Of concern to many of us is the possible change in metabolism as we age and how this may impact our body weight.

There have been several studies over the years that found most adults put on one and half pounds of weight each year so between 25 and 55 years this could amount to 50 lbs of body weight. Many adults have attributed this to a change in metabolism with age. However, this study showed that when you consider or correct for body fat and muscle there is little change in metabolism from 20 to 60 years and no difference between men and women. Given the fact that people can lose up to 15 lbs of muscle mass the increase in weight is primarily due to the deposition of fat which we know is not good for health and wellbeing! So, unfortunately if this happens and you are under 60 years of age it cannot be attributed to changes in metabolism due to age but is more likely a decrease in physical activity and/or increase in the calories we eat. However, the study also showed that, when again accounting for the effects of body fat and muscle, there is a decrease in metabolism after the age of 60, which implies we probably need to be more cognizant of the calories we eat and how this may relate to weight gain.

So why is this important? To appreciate the significance of these findings we need to review a bit about metabolism. Metabolism can be defined as the amount of energy (usually expressed as calories) to maintain life. It is often divided into two categories: Basal or Resting Metabolic Rate (BMR) which is the amount of energy to keep us alive while resting or sleeping; and Total Metabolic Rate or Energy Expenditure (TEE) which includes the BMR and the amount of energy we need to move around and do things, including physical activity.

It is estimated that the BMR accounts for 65-70% of the calories we use in a day. So, the lower your BMR the fewer calories you use. The rest (25-30%) of the calories are accounted for by how much you move around and 5-10% on brain and digestive functions. So how does this relate to weight gain and loss? Most women require 1600-2400
calories per day and men 2000-3000 calories due to differences in body size and composition. Of course, most of us consume more than this amount in a normal day. In the words of Dr. Samuel Klein from the University Medical School in Saint Louis the issue has always been eating more (calories) than burning! After 60 years it seems from the study described above that we should consider consuming less calories as our BMR declines. However, if we can preserve our muscle mass this will help our BMR to stay higher and prevent the addition of unwelcome body fat even when not exercising.

I am sure during the COVID pandemic that some of us will have gained unwanted weight and are now faced with the challenge of shedding it.

As I have previously noted, and most of us know, physical activity is not an effective way to shed those unwanted pounds! After 36 minutes of hard work on an exercise bike I am always disappointed it seems to translate into expending 250 calories! It is estimated that to lose 1lb of body fat we need to expend approximately 3500 calories. That's a lot of physical activity. So, the most effective way to lose or maintain body weight is controlling how many calories we eat. I have mentioned before that most diets don't work long term in that they often involve a reduction in caloric intake to 900-1200 calories per day which for most people is not sustainable and often results in a lack of essential nutrients. So, the recommendation is to try and reduce portion size and avoid empty calories (i.e., food high in calories and low in nutritional value) which can become part of your lifestyle. This seems like it is even more important for those of us over 60 years. Of course, we need to maintain our physical activity as it helps preserve muscle mass, especially if it includes some form of resistance training, and increase our BMR which accounts for nearly 70% of the calories we burn in a day.

So, there you have it. If you have put unwanted weight on after turning 60 years you can blame it some degree on the decrease in your metabolism. I think that just means we need to be more discerning in what we eat but also maintaining or maybe increasing the amount of our physical activity.

So, stay safe and stay active.

David Docherty
MEMBERS CORNER   (1 of 7)
Zulette Gordon

WILD SIDE CRUISE, July 16-22, 2021

Day 1  Friday, July 16

We boarded the ship Cascadia in Port Hardy harbour. We had to send in proof of vaccination ahead of time, but we still were tested with a Rapid Covid test as we boarded. We each had to wait on the deck until we passed the test [a few minutes], and then were allowed inside the lounge. We all passed! We were tested again 3 days later. After this we went without masks on board.

This afternoon we anchored on the mainland, in the Southgate Group of islands. We then zipped up in the tenders to Nakwakto Rapids that drains 7 inlets through one opening.

Then the high tide came at 6pm, we rode the whirlpools in the rapids. Kevin said it was better than the PNE. It was like Tilt-a-whirl in bumper cars, but with no cars, just the water bumping us. We have avoided going west around the top of the Island, since there is a large swell coming in from the Pacific. We will be back to the Island tomorrow.

Today we saw many orcas and a couple of humpback whales, and also sea otters, an eagle and many birds in the afternoon.
Day 2  Saturday, July 17

Today we sailed back down to Vancouver Island. We anchored in Shushartie Bay. The others took the tenders to Cape Sunil, the northern most tip of Vancouver Island. They needed to hike a bit over a very rough path to get to the actual beach on the tip. I didn’t go because they were to be gone too long. I had my steak dinner well before they got back.

Tomorrow we are finally braving Cape Scott, since the weather has improved.

Day 3  Sunday, July 18

Today we rounded Cape Scott, and met the seas. I’m glad we waited a day, because they were still high enough to cause me some mal-de-mer.

As we sailed, the Canadian Geographical Society explorer, George, gave us a talk about all the exciting exploring he has done. It included chasing hurricanes, going into floods and caves, and down into an active volcano to take samples for scientists. I asked him about his insurance and he said that was a very good question. I gather it was a good part of the expenses of the expeditions. We steamed all day around the Brooks Peninsula until about 5 before we anchored in Nasparti Inlet for the night. We took an hour tour in the tenders before coming back for dinner.

The cruise down the west side was better for me when I sat beside the bridge behind glass, as the sea was following us.
MEMBERS CORNER  (3 of 7)
Zulette Gordon

Day 4  Monday July 19

Today we sailed from Nasparti Inlet to the Mission group containing Spring Island. We then anchored Clanninick Cove. Later we took a tour of Walters Cove and the town of Kyuquot in the tenders, ending on Spring Island.

We saw many sea otters. Some were floating on their backs alone, and others were floating in the kelp in rafts of many together. They are easy to see because they look as if they have two heads until you get closer and see it is one head and two feet pointing up.

Then we took a tour of the West Coast Expedition Camp on Spring Island and tried to weave cedar baskets. The freshly caught salmon were barbecued over a fire on planks.

Later we all returned to the ship, including our Kyuquot friends and the salmon. We had a wonderful meal on the ship with the salmon and halibut and bannock bread from our new friends and vegetables and dessert from our ship’s chef.

The day was wonderful.
Day 5  Tuesday, July 20
This morning we tootled around visiting 3 beaches important to the Checleset people. In the afternoon we rounded the Brooks peninsula again. When we got to Solander Island, we were in the middle of a pod of Orca. [Note on the map the hairpin turns that the ship took.]
Two breached right in front of us. At first, we thought we had a humpback whale too, but it was not quite right. When we saw at a better angle, we could see that it was an Orca with a very bent dorsal fin. She had a calf with her. That was a big clue, because Orcas and humpbacks don't mix together.
Lastly, we saw an albatross swimming in front of us, then it took off with a great expanse of wings. In the evening we had wine and cheese on the deck, followed by a wonderful dinner.
We finished our 3-D puzzles in the afternoon, the girls against the boys and the girls won by one second.
After dinner we formed into 3 person teams to play a quiz of 25 Canadian Geographic questions. My team didn't win.

Plans change; we added "whale time".

A great day.
Day 6  Wednesday, July 21

This morning half of us took the kayaks around the bay we were anchored in. The rest went in a tender to visit one of the Brooks peninsula beaches.

It took us 3 tries to find one we could land on. One had rocks and the other had too much surf. We saw many wolf tracks on our beach, but no wolf.

On our way back we entered a lagoon that was full of bird life, including a kingfisher. We just got in at the highest tide. It was lovely.

After lunch, we repositioned the ship into the Quatsino Sound for the night. This evening we had the farewell dinner followed by a slide show of many photos from the crew and guests. We then had an auction for two Wild Side illustrated maps of the voyage, with the proceeds going to scholarships provided by the Canadian Geographic Society.
Day 7  Thursday, July 22
We had anchored last night in a bay just inside Quatsino Sound, for an easy run up through the narrows at 8 am. I missed it, since I was asleep. We finished our cruise at Coal Harbour, a small town that was a short bus ride from Port Hardy. [See map.] Four of us took the bus into town and had a walk around. That didn’t take long, since Port Hardy is not large. We then had lunch and rode a taxi to the airport for our flights home.

Zulette and Kevin, her son-in-law and co-owner of Maple Leaf Adventures.

The photos in this article were taken by: Zulette Gordon, Kevin Smith, George Kourounis, and the Maple Leaf Adventures crew.

Zulette Gordon
The latest public health protocols for restaurants and other establishments apply at the Club: proof of vaccination, plus one piece of government issue photo id, and masks when not seated. To date, the management report no problems, and understanding on the part of the few who arrive not having the required documents.

By the end of August, there was a welcome surge of interest in special events (weddings etc.). Almost all available times for special events in September and October have been booked. (*Note: Special events are what keeps the Club solvent. One example: our low membership dues are largely possible because of income from special events.*)

The ability to cater for events still depends on having sufficient staff, though. The search for new staff continues, and so far, 4 new casual staff have been signed on. Unfortunately, the shortage still means that the Club remains closed on Mondays, and the Camas Room unavailable.

Membership numbers are also beginning to increase – 23 new members in August, for a total of 1,259.

Events for members and their guests coming up are:

- **Oktoberfest** - October 16
- **Members’ Appreciation** - November 20
- **Christmas Dinner-Dance** - Dec. 18

Reminder: Those of you who have not been Club members are eligible to join free for the first year. Other UVic retirees who have been Club members for 5 years or more may join as Retiree members ($10/month plus tax). Retirees who have been members for less than 5 years pay $15/month plus tax until they reach 5 years, then $10/month plus tax.

**Club Closure from December 20, 2021 to January 31, 2022**: The Club will be closed from December 20th to January 31st, to enable replacement of the aged, defective kitchen freezer. The length of the closure depends on whether the ground beneath is frozen to a significant depth.

*Peter Liddell*

UVRA Club Representative
UNIVERSITY CLUB MEMBERSHIP

BENEFITS FOR THE 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 UNIVERSITY OF VICTORIA RETIREEES

Retiree’s Association Sponsored One Year Free Membership

Members of the University of Victoria Retiree’s Association (UVRA) that have never held a membership at the University Club, are eligible for a one 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.

Retiree’s Association Sponsored Membership

Members of the UVRA are eligible for University Club membership with a 25% discount off of 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% of 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
AT THE FORUM ON JUNE 25, 2021

In the face of rising temperatures and rising fuel costs, the June Forum was delighted to welcome Dr. Michael King, who holds the Lansdowne Chair in Finance at UVic’s Gustavson School of Business. Dr. King [‘call me Michael’] told us that before joining academia, he worked in investment banking in Zurich, New York, and London from 1990-1998, and central banking in Ottawa and Basel from 2001-2011. Michael completed his PhD at the London School of Economics in 2001 and his Chartered Financial Analyst designation in 1999. He has taught finance to undergraduates, MBAs and executives. His research focuses on climate finance, FinTech, banking, international financial markets, and corporate finance.

Michael’s research, the Climate Finance Project, is a timely and important topic, made even more so as we reflect on the heat dome and wildfires that plagued Western Canada this summer. Few would dispute the suggestion that this 3-year project, “Climate Finance: Integrating Climate Change Mitigation and Adaptation Considerations into Investment Decisions” is important and significant, considering the current climate catastrophe. This research studies decision-making tools and frameworks for integrating climate risk and opportunities into investment portfolios. For those of us whose primary source of income is passive investments such as pensions, discussion of investment decision making is of particular importance.

To be clear, Dr. King, in his presentation, did not speak for the UVic Pension Office, the Pension Board or the Staff Pension Committee. And, of course, nor does this Forum recap.

Michael began his presentation with a review of the Paris Agreement, a legally binding international treaty on climate change. It was adopted by 196 Parties in Paris, on December 12th, 2015, and came into force on November 4th, 2016. Its goal is to limit global warming to well below 2, preferably to 1.5 degrees Celsius, compared to pre-industrial levels.

To this end, Michael explained that climate finance is needed for mitigation, because countries will have to make large-scale investments to significantly reduce our emissions. Climate finance is equally important for adaptation, as significant financial resources are needed to adapt to the adverse effects and reduce the impacts of a changing climate.

Michael noted that while finance is not going to solve climate change, it has a critical role to play in supporting the real economy through the transition. The emerging field
of ‘sustainable finance’ is focused squarely on channeling financial sector expertise, ingenuity and influence towards the challenges and opportunities posed by climate change.

Michael commented on one aspect of these challenges and opportunities - the fact that large asset owners, such as pension funds, need to address climate risks and opportunities to ensure long-term sustainability for their plan beneficiaries. And we, as asset owners, can also accelerate the shift to a net-zero economy through our portfolio choices and investment activities.

During the question period, the benefits of electric vs. hydrogen cars was one of the topics, while another considered recipients of the Canada Pension Plan, or of a pension managed by any of the “Big 5” pension boards. For them, the question of portfolio choices may not compute. How do we register our climate fears to those companies with high investments in fossil fuels?

This challenge continues to confront us, as recently as May 26th, 2021, when the Financial Post published the article, “Canada’s top pension funds boost investments in oilsands amid promises to green portfolios.” The article identifies an increase of almost 3 billion Canadian dollars in oil sand investments over the first three months of this year, a 147% increase over last year - investments mostly held by the big five funds - the Canada Pension Plan Investment Board, the Province of Quebec Pension Plan, the Ontario Teacher’s Pension Plan, the B.C. Investment Management Corporation, and the Public Sector Pension Fund Investment Board. Two factors appear to be in play: the rising prices of shares already owned, and the new purchase of more shares. The entire article may be accessed at https://financialpost.com/commodities/energy/oil-gas/canadas-top-pension-funds-boost-investments-in-oilsands-amid-promises-to-green-portfolios but one paragraph relating to the Canada Pension Plan Investment Board is worth highlighting:

CPPIB, which manages $497.2 billion in assets, saw exposure to fossil fuel producers rise 51.5 per cent to $17.6 billion at the end of March 2021, after falling for at least five years. The fund’s investments in renewable energy producers rose 16 per cent to $7.7 billion over the last year by comparison. CPPIB declined to comment.

It all sounds awful. However, for the UVRA retirees, there is new information about our investment choices and activities. Prior to his presentation, Michael sent us a survey with a variety of questions. One asked if we would be willing to take a somewhat reduced pension to mitigate, or reduce the severity, of climate change. Forum attendees were gratified to hear that fully 2/3 of respondents answered “yes.”

Jane Birkbeck
LIVING IN THE ‘NOW’

September, 2021

On September 24th the UVRA Forum welcomed Wendy Lum, a clinical counsellor who has worked with UVic students through the Counselling Office since 2003.

Wendy shared a wealth of information with Forum participants, presenting ideas she first began speaking about in 2003. Her interest is the impact the past and the future has on the present. She noted that in fact our past and our future creates our present - all in this exact moment!

Wendy follows the Satir model of counselling and reminded us of Virginia Satir’s quote: “Look at the past, don’t stare at it.” She talked about the importance of a growth focus where we forgive, let go, release, accept and learn from the past.

She also stressed the importance of being kind and compassionate toward ourselves. This is because, “Every time you worry, you give yourself negative energy.”

Wendy has developed a framework for experiencing the actions of negative and positive energy, symbolized by a figure eight infinity symbol, where negative thoughts pull us down, and positive ones lift us up.

Questions revolved around how to forgive, and then, having forgiven, how to forget. After Wendy left the Forum, we discussed what to do with difficult feelings and/or situations. The consensus was that sometimes we must reach out beyond our family and friendship circles to speak to a therapist. This led to talking about the UVic Employee and Family Assistance Program, free to full-time members of UVRA - for more information see Peter Liddell’s column in the present Newsletter.

Living in the present is an idea the world has considered for millennia. While I have no idea about the age of this Sanskrit Proverb, the language itself dates back 3500 years. The Proverb reminds us that:

“Therefore, to this day. Such is the salutation to the dawn.”

Jane Birkbeck
INVITATION
MEMBERS FORUM

Date: October 29, 2021
Time: 2:00-4:00pm on Friday afternoon
Cost: FREE on Zoom.

Please register to get Zoom link two days before session

Session Topic*: Voting: Why is it Compulsory in Australia and Voluntary in Canada?
*Session topic is intended to stimulate not limit discussion ideas.

Registration Link:
https://www.eventbrite.ca/e/voting-tickets-181245689737

Guest speaker: Andrew Buck, PhD, UVic Faculty of Law

Organizers: Margaret Klatt & Rebecca Warburton

Facilitator: Jane Birkbeck

The UVRA Members Forum is a social connector for retirees where topics of general interest are discussed and members with specific interests may find like-minded individuals to form sub-groups, if desired.
INVITATION
MEMBERS FORUM

Date: November 26, 2021
Time: 2:00-4:00pm on Friday afternoon
Cost: FREE on Zoom.

Please register to get Zoom link two days before session

Session Topic*: The Benefits of Exercise for Your Brain

*Session topic is intended to stimulate not limit discussion ideas.

Registration Link:
https://www.eventbrite.ca/e/brain-tickets-183054690507

Guest speaker: Brian Christie, PhD, Neuroscientist

Organizers: Margaret Klatt & Rebecca Warburton

Facilitator: Jane Birkbeck

The UVRA Members Forum is a social connector for retirees where topics of general interest are discussed and members with specific interests may find like-minded individuals to form sub-groups, if desired.
UNDERSTANDING CHINA

AN ELDER ACADEMY EVENT

As globalization takes hold as never before, it is important that we take every opportunity to learn about the major influencers of globalization. China has and is asserting itself as a major influencer, perhaps THE major influencer in the world. This 6-part series provides an opportunity for us to learn from expert and experienced journalists, ex-diplomats, and commentators on China’s environmental, economic, social, political and cultural issues of the day.

DATES: October 2, 9, 16, 20*, 23, 30, 2021—Five Saturdays and one Wednesday night
TIME: 10:00am to Noon. Zoom entry available 15 minutes prior to start of sessions

*7:00pm to 9:00pm on Wednesday, October 20, 2021

WHERE: Online via Zoom

LINK TO JOIN THE SESSIONS: Emailed to registrants two days prior to first session

COST: $30.00 for the six sessions.

Oct 2: “China and Global Green Prosperity”
Presenter: Art Hanson, Officer of the Order of Canada (OC), and Advisor

Oct 9: “China As A Global Neighbor: Towards A Rethinking Of Canada-China Relations”
Presenter: Senator Yuen Pau Woo, Senator- Senate of Canada (public policy issues- Asian affairs).

Oct 16: “Learning About China: Sipping Through a Firehose”
Presenter: Joann Pittman, Senior Associate ChinaSource and Author.

Oct 20*: “China’s 14th Five Year Plan: New Policy Directions.”
Presenter: Mark Kruger, Opinion Editor Yicai Global . (*Wednesday 7pm – presentation from Shanghai)

Oct 23: “Claws Of The Panda, Beijing’s Campaign of Influence and Intimidation in Canada”
Presenter: Jonathan Manthorpe, Political Commentator, Journalist and Author.

Oct 30: “The Dragon and the Snow Lion: China’s Relationship with Tibet”
Presenter: Dr. Tsering Shakya, Professor UBC (Institute of Asian Research).

REGISTRATION AND PAYMENT

Registration & payment done through EventBrite. Please click on:

https://www.eventbrite.ca/e/understanding-china-tickets-158856663557

Students attend free. To get Zoom link, email UVRAElderAcademyevents@uvic.ca
We follow the “Understanding China” series by looking at the European Union (EU). The EU is an amazing organization, quite unique in today’s global village. It is a collection of states which have come together over time each bringing a variety of cultures, ethnicities, values and languages but with the common goal of being united. The history of the union is fascinating, the way it operates and indeed survives is remarkable. The average North American is unfamiliar with a part of the world that is exceedingly important on the global stage. Here is an opportunity to learn more about it.

**DATES:** November 6, 13, 20, 27 and December 4, 2021—Saturdays  
**TIME:** 10:00am to Noon. Zoom entry available 15 minutes prior to start of sessions  
**WHERE:** Online via Zoom  
**LINK TO JOIN THE SESSIONS:** Emailed to registrants two days prior to first session  
**COST:** $25.00 for the five sessions.

**Nov 6:** “Evolution of the EU, how it functions and Canada-EU relations”  
**Presenter:** Valerie D’Erman, PhD. UVic Instructor, Department of Political Science  
**Nov 13:** “European Border Issues”  
**Presenter:** Emmanuel Brunet-Jailly, PhD. UVic Professor, School of Public Admin.  
**Nov. 20:** “Understanding Fiscal Solidarity in the EU”  
**Presenter:** Paul Schure, PhD. UVic Associate Professor, Department of Economics  
**Nov. 27:** “European Law and National Sovereignty: Exploring Europe’s Constitutional Pluralism”  
**Presenter:** Keith Cherry, PhD. UVic Instructor, Associate Faculty, RRU.  
**Dec 4:** “COVID-19 and the EU: a game changer or same old?”  
**Presenter:** Amy Verdun, PhD. UVic Professor, Political Science  
Founding Director of the European Studies Program

**REGISTRATION AND PAYMENT**

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https://www.eventbrite.ca/x/understanding-the-eu-tickets-178965950977

Students attend free. To get Zoom link, email UVRAElderAcademyevents@uvic.ca