



**University  
of Victoria**

**Retirees  
Association**

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

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

Website: [uvic.ca/retirees](http://uvic.ca/retirees)  
Email: [uvra@uvic.ca](mailto:uvra@uvic.ca)  
Phone: (250) 472-4749

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# Grey Matters!

Winter 2021



**Lily in bloom**

**Credit: Richard Chappell**

## News from the Board

Greetings fellow retirees.

Well, 2021 has begun - it is bringing with it the expectation that within this year we will see progress on the COVID-19 battle. There have been many lost to this dreadful virus and we must continue to be vigilant to do what we can to protect others.

I was rereading the first 2020 newsletter and that year began with a "snowy wintery blast" and while the ending holiday season did see some snow for a few days there were many more grey days with dry windy conditions. But the roadways did not have the same level of traffic as in previous years as the majority of us stayed home in our "bubbles" to enjoy a quieter holiday.

# NEWS FROM THE BOARD

A short review of UVRA for 2020:

- The Elder Academy once again held an excellent series of presentations this year. The sessions normally held live in-person, were adapted to the new reality of COVID and moved onto Zoom later in the year. The sessions included *Sex, Drugs and Alcohol; Living without Oil?; Home Exercises with David Docherty; Biomedical Advances; and Climate Change Anxiety*. The Elder Academy program committee is to be congratulated for their commitment to ensuring these valuable educational experiences continued.
- The MasterMinds series, normally held in April each year, was unfortunately cancelled in 2020. We were pleased to learn that it will resume this year in an online format. Look for this great news in John's article on page 16 of this newsletter.
- The Board Retreat, held early in 2020, was a wonderful chance to exchange ideas and determine the direction for new initiatives.
- Unfortunately, the 2020 Christmas Luncheon at the University Club was cancelled.
- The first UVRA Graduate Scholarship was awarded to Lisa Ohlhauser who provided a wonderful overview at our UVRA AGM of her research into the changes in the brain during aging.
- The board began discussions on the establishment of a second UVRA Graduate Scholarship. (This has now received final approval by the board at our January 2021 meeting)
- Two members stepped forward to help establish the Members Forum which is now providing an opportunity for members to exchange ideas on a variety of topics. The first meeting in December 2020 covered a variety of topics; the second Forum meeting in January 2021, focused on the shortage of Healthcare Providers. You never know what we might discuss next. Meetings (currently held via Zoom) are held monthly - these are lively chats so watch for upcoming announcements of the next session and join us. \*
- The United Way campaign once again illustrated the wonderful generosity of the UVRA membership. Check out the article in the newsletter for the highlights of the campaign.\*

\*Editor's note: Forum article and invitation on pages 22-25 inclusive and

United Way is on page 7.

# NEWS FROM THE BOARD

The new year has already begun with a highlight.

The second recipient of the UVRA Graduate Scholarship was recently announced. Mathilde Cervantes has been investigating the impact of music, specifically singing in *Voices in Motion*, on Caregivers of Dementia Patients.

UVRA continued to welcome new ideas ,as well as your submissions of an article or a photo to our newsletter, ***Grey Matters!***

Until next time, stay safe and keep well.

*Margaret Klatt*

## New UVic President : Dr. Kevin Hall

“Hall is an innovative academic leader and civil engineer, known for his strong commitment to community engagement and research excellence. Before UVic, Hall’s [35-year career](#) is defined by his leadership in issues of equity, diversity and inclusion, access to education and sustainability. He has held leadership roles at Queen’s University, the University of Guelph, and most recently, the University of Newcastle (Australia). Over the coming years his experience will help to advance UVic’s global reputation in these areas and more.”

Dr. Hall began his five years term on November 2, 2020.



Sources: *Friends of the Library* Newsletter, December 2020. Photo: UVic Photo Services, and, <https://www.uvic.ca/about-uvic/governance-and-administration/about-our-president/>

# EDITOR'S NOTES

This issue introduces a new series titled *What's Happening?* The idea to have this informative series came about because of a comment I heard having to do with how little of what's happening on the UVic campus - be it research, awards, innovations, new constructions, changes in management, and so on - is known to the public. While most of the articles will be about what's happenings at the University of Victoria, the door is not closed to relating happenings occurring elsewhere.

On pages 18 and 19, the readers are given a peek into the research of two scientists, both Tier 2 Canada Research Chairs, whose work benefits the 55+ demographic.

Margaret Klatt, in *News from the Board*, recaps the highlight of 2020 and informs the membership about UVRA's newest Scholarship recipient.

Melvin Klassen, in *Bits & Bytes*, shares his recycling project. While not everyone can bring life back to dead electronic equipment, it does leave us with food for thought, given the level of pollution that exists in our world.

David Docherty, in *Physical Activity & Wellness Corner*, tells us about the health benefits to be derived from just walking - music to my ears.

Peter Liddell's *Benefits Report* raises the issue of vaccines - a timely subject these days.

John Anderson informs us that the *MasterMinds* series will be held online in April 2021. It will feature the four presenters originally scheduled to present in 2020.

Yvonne Hsieh, in *Members Corner*, shares her volunteering experiences. The need is great and there are numerous volunteering opportunities that can be done from home.

Jane Birkbeck, in *Members Forum*, relates why a UVRA Members Forum was started, what was discussed January's meeting, and what is planned for February and March 2021.

**Submissions deadline for the Spring 2021 newsletter is:**

**March 26, 2021.**

*Lou Schmidt and the Editing Team*

# NOTES FROM THE BENEFITS CHAIR

Peter Liddell

## NON-COVID VACCINE COVERAGE

RTO/ERO Extended Health Benefits policy already includes vaccines.

The UVic Retirees policy under Pacific Blue Cross does not cover vaccines.

I have just been informed that the Johnson/UVRA/UBC EHB policy *could* include them, if both UVRA and UBC retirees associations agree.

The correspondence was initially about vaccines like Shingrix and Pneumovax, but then went on to include travel vaccines.

All of these could be included, under the following additional premium costs: 0.5% of the current EHB premium for \$100/person/year coverage, 1% for \$200/person/year and 1.5% for \$300/person/year.

Two caveats:

1. If you are already exceeding your annual maximum for drug costs (\$2,000 or \$4,000 per household per year, depending on which policy you chose originally, then you would not benefit financially from this added coverage.
2. The cost of some of the vaccines exceeds the \$100/200/300 reimbursement amount.

UVRA will be in touch to gauge member interest, once the board has considered this option.

*Peter Liddell*

REMINDER:

UVRA members enjoy free access to the many support and counselling services of Morneau Shepell.

To find out more, go to the Benefits page of our website:

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

# UVRA Scholarship Fund



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 successful applicant for the 2020/2021 UVic Retirees Association Award is Matilde (Matty) Cervantes. Matty is a second year Masters student in the Social Dimensions of Health program. Her research interests include aging, intergenerational relationships, and well-being. She is particularly interested in the mental and social health of older adults and their caregivers.

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**



# UVRA UNITED WAY CAMPAIGN 2020



## UVRA United Way Campaign 2020

~ A special campaign for a special time in our Community ~

When I sent out my first 2020 UVRA United Way Campaign message last September, I asked you all to join us in achieving an ambition goal. The challenge was to contribute 15% of the larger UVIC Campus Campaign. The total needed to achieve this challenge was \$42,000.

I am so pleased to be able to report to you all that we have surpassed that goal – and we have surpassed it in a major way! To date, the UVRA United Way Campaign total is **\$49,545!**

Our Campaign is powered by some very loyal donors – you know who you are! And I want to extend a huge message of gratitude to all of you! Many donors increased their donations this year – and in so doing, they doubled their impact because of a matching campaign arranged by the United Way of Greater Victoria. The donor relations team at our United Way secured an anonymous donation in support of the More Than Meals Program ([uwgv.ca/news/more-than-meals](http://uwgv.ca/news/more-than-meals)). For any donor who increased their donation in 2020 over what they were able to donate in 2019, the increased portion of their donation was “matched” by that fund. This match resulted in more meals being delivered to more isolated seniors in our community. So thank you to all who made this possible!

And we are not done yet! The Campaign remains open so if you have not had a chance to make a donation, there is still time. Please visit the e-pledge site (<https://uwgv.ca/donate/uvicretirees/>) to make your donation.

Also, there is an opportunity, if you are a trivia fan, to take part in the United Way Trivia Afternoon! Teams representing UVIC are entering into a friendly competition with colleagues from Royal Roads University in this fun, online event taking place just ahead of Valentine’s Day – **February 12 at noon!** Participants have a chance of winning a 64GB iPad! Check out the website (<https://www.uvic.ca/unitedway/>) and make sure you register by February 8<sup>th</sup>. Registration is \$10 per person. All proceeds go to the United Way Campaign!

On behalf of a grateful community – thank you to all for your generosity!

Mary Ellen Purkis, UVRA United Way Campaign Chair

# Physical Activity and Wellness Corner #37

**David Docherty**

## Moderate intensity exercise compared to high intensity exercise!

There has been considerable interest in high intensity exercise or interval training (HIIT) over recent years and its effect on health and fitness. As indicated in other newsletter articles HIIT consists of exercising as hard as possible for short durations (20 s up to 4 min) followed by an active recovery and then repeating it a set number of times. It has been used on people with a variety of ages and health conditions. However, as previously noted it should not be undertaken without first receiving medical advice. Numerous studies have found benefits to fitness and different health markers from HIIT. Because it takes much less time than continuous moderate exercise it has proven very popular. In addition, it is recommended to do only 3 times per week due to the metabolic demand which also reduces the amount of time you have to spend on fitness.

Moderate exercise consists of continuous activity from 30-60 minutes at a lower intensity (END) in order to sustain the effort. Subjectively it can be described as exercising (such as walking) with “purpose” or a heart rate at 60-70% of maximum. Previous studies have shown that a variety of HIIT programs are as effective in improving aerobic fitness as 40-60 min of moderate intensity exercise. However, a recent study completed at the University of Guelph (Petrick et al., MSSE, Dec 2020) compared the effects of sprint interval training (SIT) and moderate exercise on markers of cardio-metabolic health. The study is not without its limitations, in particular, the age and gender of the participants, which makes it difficult to generalize to other groups. Much more research needs to be done to really understand the different outcomes. The participants in this study consisted of 23 male adults who were described as sedentary and overweight. They were tested on a number of health and fitness markers at the start and end of a 6 week training program on a stationary cycle as well one week in which daily glucose and lipid tolerance were measured.

The SIT group did 30s of all out effort followed by 2 min of active recovery 4-6 times, 3 times per week. The END group did moderate exercise for 30-40 min 5 times per week. Both groups increased their aerobic fitness and their glucose tolerance improved on the days of exercise. Only SIT increased lean body mass. However, END also decreased blood pressure, post-prandial lipidemia (tolerance), as well as body fat.



## Physical Activity and Wellness Corner #37

### David Docherty

The authors concluded that the higher frequency of the END program may favourably improve cardio-metabolic health. In other words, regular daily physical activity is beneficial to health and especially lipid and glucose tolerance, blood pressure and loss of body fat. This is hardly surprising given the known acute effects of exercise discussed in a recent article for the newsletter as well as the fact that in the 6 week study SIT exercised for less than 1 hour compared to 15 hours for END. However, if time is an issue there is still value in doing HIIT or SIT. In fact, the authors suggest “the optimal prescription may involve alternating exercise days between END and HIIT to achieve both a high frequency of exercise and the time-effective benefits of HIIT”, reiterating the importance of doing something every day or as many days of the week as possible. However, HIIT is not for everyone and there is clearly much benefit in achieving the recommended 30 min of moderate physical activity at least 5 days per week. In fact many people prefer this form of exercise especially during the restricted activities during COVID. It seems more and more people have taken to walking as a way of passing time as well as getting outside the home. Let’s hope this is one of the lingering benefits of the pandemic.

Stay active and stay safe.

*David Docherty*



# Bits & Bytes

Melvin Klassen

This month, I am writing about my experience on “recycling” an Apple Macbook notebook-style personal computer.

A friend called me when her adult son gave her an “early 2008” Macbook, hoping that she could use it for Zoom – specifically to connect its video-output to her large-screen TV, to connect to “online folkdancing” sessions in her living-room.

Unfortunately, Apple terminated all support and updates for this 2008-vintage computer in mid-2014. So, the Operating System resisted my attempts to install newer software (such as Firefox) to make it usable.

I was not willing to give-up. I noticed that the Macbook was constructed using “standard” personal computer components – as one will find inside any current notebook computer running Microsoft Windows. In its early years, Apple used hardware components that were proprietary. But, when Apple announced their “OS X” Operating System, this software supported “standard” hardware. Great!

I replaced the “antique” disk-drive – I would replace any automobile tires that are the same age – with a brand-new SSD (solid state device), which is very much faster than the original disk-drive.

I purchased a copy of Microsoft Windows 10, and installed it onto the Macbook. Success, mostly. Windows 10 was running, but Windows 10 did not support the Macbook’s web-cam, audio circuits, and video circuits. Fortunately, on Apple’s web-site, I found their “*Bootcamp*” software; Apple had written the necessary software to support those components. Installing that software added support. Yes!

My labours brought “new life” to a computer that otherwise would have gone to an end-of-life recycling location. Total costs were around \$200 – Windows 10, the SSD, and a video-adaptor cable – before replacing the dead battery. Buying a new Macbook would have cost at least six times as much.

My friend is happy. It is quite unusual to hear the Apple “chime” sound immediately when the Macbook is powered-on, followed by seeing the “4-panes-of-glass” logo as Windows starts.

*Melvin Klassen*

# MEMBERS' CORNER

Yvonne Hsieh

## Harnessing Grey Power!

I always look forward to receiving the newest issue of *Grey Matters*, with its wealth of information on UVRA lectures and activities, advice on physical and mental wellness, entertaining travel stories, and other interesting writings. One important component of retirement hasn't received much coverage though: volunteer work.

The other day, while checking out the website of the Shelbourne Community Kitchen, I noticed that two former UVic colleagues were serving on their committees. I'm curious to find out what other kinds of volunteer work other UVRA members may be doing. Most of my retired friends volunteer on a regular or an occasional basis. Their work is as varied as helping out at food banks, knitting hats, scarves and mittens for the homeless, maintaining the grounds at Abkhazi Gardens or Government House, or chairing the Board of Directors of non-profit organizations. And let's not forget how the UVRA is run—entirely by a dedicated team of volunteers! I deeply believe that volunteerism is essential to a retiree's overall well-being: it provides us with mental stimulation and a sense of purpose, as well as ways to meet new people and connect with a community.

Some colleagues might want to know what I've been doing. When I retired in 2012, I began by accepting more functions at my parish (Holy Cross Catholic Church). Four years later, I agreed to chair its new Social & Ecological Justice Committee – despite the fact that I had little idea what “ecological justice” meant! I had to educate myself on climate change and its terrifying effects, particularly on the developing countries. I read about fair trade, restorative justice, and about residential schools and their legacy. With fellow parishioners, I went to serve breakfast at Our Place many times, thus getting a close look at poverty and homelessness in our city. Our Committee organized workshops and fun events for our Congregation, aimed at raising awareness on various social justice and climate issues. Our most successful activity was a St. Patrick's Day “Green” Dinner. No, we did not serve green beer; the “green” referred to food choices that were best for the environment. We improved recycling practices within our parish. Now that indoor events are prohibited, we've started a project to transform our parish gardens into more drought-resistant and insect-friendly green spaces.

# MEMBERS' CORNER

Yvonne Hsieh

In 2018, my parish joined **GVAT (Greater Victoria Acting Together)**, a newly created alliance of 33 member organizations representing about 70,000 local people and including faith groups, front-line service organizations, unions, post-secondary student associations (UVic Graduate Students Association and Camosun Students Society), and more. As a representative of Holy Cross Parish, I joined the GVAT Housing Action Research Team, which works towards increasing the supply of housing for all – not just for the homeless, but also for lower- to mid-income households who cannot find an affordable place to live anywhere in core Victoria. When Covid19 struck and I had to cancel my scheduled trip to Germany last May, I decided to also join the GVAT Climate Action Team. We launched a campaign to pressure the B. C. Government to halt the logging of old-growth forests, and we're also pushing for improved infrastructure for public transportation in Greater Victoria.

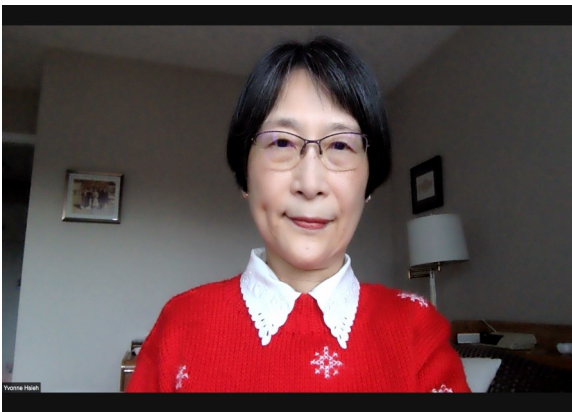
At this point, you're probably thinking that my career at UVic was in social work, urban planning, environmental studies, or some related area. None of the above! I was a professor of French Literature! So how did my academic background prepare me for my current work in housing and climate action? Very poorly indeed! At GVAT team meetings, I often feel like I'm attending a fourth-year class, without having taken any of the pre-requisite courses. But since there are no exams, I'm happy to hang in there, learn as much as I can about complex issues, and contribute in whatever capacity possible. And to my surprise, my teammates have never expressed anything but appreciation for my participation.

This leads me to the main objective of this article. Except for the lead-organizer, the only salaried staff member, GVAT is run entirely by volunteers, many of whom are retirees from all walks of life. I cannot help thinking that some UVRA members might be tempted to join a non-partisan, grassroots organization seeking to encourage and support government actions that will result in a greener, more just society. Anyone with interest, expertise or experience in the three main areas GVAT currently focuses on – Housing, Climate Action, Mental Health and Addictions – would be invaluable as a new member. (Individuals not affiliated with a GVAT member association can join as a "Friend of GVAT.") Could I ask you to take a look at the GVAT website ([www.gvat.ca](http://www.gvat.ca)), and if you're curious to know more, send me an email ([yhsieh@uvic.ca](mailto:yhsieh@uvic.ca))? I would be happy to answer your questions.

# MEMBERS' CORNER

Yvonne Hsieh

I'll reserve for the next issue of *Grey Matters* [!] a write-up on my experience as a volunteer teaching assistant at the ICA (Intercultural Association of Greater Victoria). GVAT is my challenging work; ICA is my fun escape! During these unusual times, when most of my normal activities have been curtailed, I can honestly say that it's thanks to my volunteer work – all done on line in the safety of my own home! – that I've staved off boredom and remained firmly engaged with the community.



I look forward to hearing more about other colleagues' volunteer work. For those who may remember my name but not my face, here's a screen shot of me preparing to sign in to a Zoom meeting. That's how everybody sees me these days. And of course, I'm wearing sweatpants and slippers below.

*Yvonne Hsieh*



Photo credit: Google, Clipart



**University  
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# 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 DeCross & 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](mailto:UVRAElderAcademyevents@uvic.ca) to get Zoom link

Questions? Please email: [UVRAElderAcademyevents@uvic.ca](mailto:UVRAElderAcademyevents@uvic.ca)





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## POLAR OPPOSITES

### Why are our polar regions so different?

#### AN ELDER ACADEMY EVENT

This series explores why and how Earth's Polar Regions are so different from one another. Despite the differences, both regions play an integral part in the way they influence global climate. This series will be of interest to travelers and to those with a curiosity for political, historical, socio-economic and technical issues

#### WHEN, WHERE, HOW MUCH?

**DATES:** March 6, 13, 20, 2021

**TIME:** 10:00am to Noon. Zoom entry available starting at 9:45am for all 3 events

**WHERE:** Online via Zoom

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

**COST:** \$15.00 for the three sessions. (A 'bonus' session may be offered on May 27th, See [Eventbrite for details.](#))

**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

### 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](mailto:UVRAElderAcademyevents@uvic.ca) to get Zoom link

Questions? Please email: [UVRAElderAcademyevents@uvic.ca](mailto:UVRAElderAcademyevents@uvic.ca)

# MasterMinds 2021

John Anderson

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 on-line format. We are fortunate that the presenters scheduled for April 2020 have all agreed to participate in the 2021 series:

Cecelia Benoit, Professor Emerita, Sociology

*Prostitution: A Problem of Gender or Social Inequality?*

Richard Keeler, Professor Emeritus, Physics and Astronomy

*Elementary Particles: The Fundamental Building blocks of Nature*

Mary Ellen Purkis, Professor Emerita, Nursing

*Thinking About Aging in Place*

Nancy Turner, Distinguished Professor Emerita, Environmental Studies

*Plants, People and Places: Lessons in Stewardship and Reciprocity*

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.

*John Anderson*



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# Modern Day Democracy: Current Perspectives

## AN ELDER ACADEMY EVENT

Thanks to populism, presentism, extremism and the pandemic, the face of democracy looks much different today than ever before. This series offers four topics which explore the impact of these forces not only on our present context but on the past and the future as well. Our presenters will share their insights and perspective on these timely issues.

## WHEN, WHERE, HOW MUCH?

**DATES:** Saturdays, May 1, 8, 15, 22, 2021

**TIME:** 10:00am to Noon. Entry to meeting 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.

**May 1: “Truth, Reason and Democracy”**

**Presenter:** Colin Macleod, PhD, UVic Dept. of Philosophy

**May 8: “Restoring Democracy in an Age of Populists and Pestilence”**

**Presenter:** Jonathan Manthorpe, Author and Journalist

**May 15: “Democracy and Colonialism in Canada: A Long-term Perspective”**

**Presenter:** Peter Cook, PhD, UVic Dept. of History

**May 22: “Extremist Politics, the “Culture War”, and the Annihilation of History”**

**Presenter:** Edwin Hodge, PhD, UVic Dept. of Sociology

## REGISTRATION AND PAYMENT

Registration, payment and presenters' bios and abstracts at EventBrite.  
Please click on: <https://www.eventbrite.ca/e/democracy-tickets-134224598387>

Students attend free but need to register by emailing  
[UVRAElderAcademyevents@uvic.ca](mailto:UVRAElderAcademyevents@uvic.ca) to get Zoom link

Questions? Please email [UVRAElderAcademyevents@uvic.ca](mailto:UVRAElderAcademyevents@uvic.ca)

## WHAT'S HAPPENING AT UVIC ?

Let's peek into the laboratories of two UVic scientists, both Tier 2 Canada Research Chairs\* to find out what they are working on.

Dr. Templeman's research involves finding a way to delay the progress of age-related decline; Dr. Tremblay is looking at the physiological tasks of immune cells across the individual's lifetime.

While only a brief overview of their research programs is given here, links are provided for readers interested in learning more.

### **NICOLE TEMPLEMAN, PhD** **Cell Biologist – The Templeman Lab**



Dr. Templeman's research seeks to "better understand how to delay and slow the progression of age-related deterioration." To this aim, the Templeton Lab "uses techniques based on genetics physiology and molecular biology to study age-related changes from the molecular and cellular levels to the whole organism." This is done by "studying signaling pathways and regulatory mechanisms that control cell maintenance, longevity, and the age-related decline in female reproductive capacity."

Of particular interest to this research is "how nutrient levels determine reproductive function and health during aging."

To learn more about Dr. Templeman's research, please consult the sources cited above and given below:

<https://www.templemanlab.ca/research>

<https://www.uvic.ca/science/biology/home/news/current/new-crc---dr.-templeman.php>

## WHAT'S HAPPENING AT UVIC ?

### MARIE-EVE TREMBLAY, PhD

#### Neurobiologist - Division of Medical Sciences

Dr. Tremblay's research "focuses on aging and cognition using both animal and human brain models to explore the significance of microglial remodelling of neuronal circuits and elimination of synapses in the pathogenesis of brain disorders."

Her research looks at **microglia**, "the resident immune cells of the brain, by showing their essential contribution to the experience-dependent remodelling of neuronal circuits." Her goal is to find out if microglia "could be implicated in the loss of synapses that best correlates stress, depression, schizophrenia, aging, and neurodegenerative diseases."



At the University of Victoria, Dr. Tremblay's plan is to investigate "therapeutic interventions promoting resilience of the brain immune cells to stress that will, in turn, promote healthy cognitive aging and theoretically prevent related brain conditions through the maintenance of its complex circuitry and plasticity."

To learn more about Dr. Tremblay's research, please consult the sources cited above and given below:

<https://www.uvic.ca/medsci/people/faculty/tremblay-marie-eve.php> and <https://neuroimmuneplasticity.ca/>

#### \*ABOUT CANADA RESEARCH CHAIRS

"**Tier 2 Canada Research Chairs** are for exceptional emerging **researchers**, acknowledged by their peers as having the potential to lead in their field. A **Chair** is tenable for five years and renewable once. For each **Tier 2 Chair**, the institution receives \$100,000 annually for five years ."

Source: <https://www.mcgill.ca/provost/academics/distinguished-professorships/canada-research-chairs/crc-tier2>

## UNIVERSITY CLUB REPORT

PETER LIDDELL

The Club continues its excellent dine-in and take-out service, despite the constraints of the virus situation. As those of us who try to use these services regularly can amply attest (and as provincial health officials regularly affirm), the safety procedures are first class.

I've also seen some of the messages sent to the Club by others. They use words like “wonderful place of comfort in these difficult times”, and “so impressed with the safety procedures and excellent service by the staff”.

To see some of these precautions and the menus, check the new website at <https://club.uvic.ca>

The beautiful Peking ducks are still patrolling the pond by the way; and one of the most beautiful ducks of all visited not long ago – a male wood duck.

See you there soon, I hope!

*Peter Liddell*



Source of pictures: [club.uvic.ca](https://club.uvic.ca)





The  
UNIVERSITY CLUB  
of Victoria

## 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 RETIREES

### **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](mailto:reservat@uvic.ca) | Website: [club.uvic.ca](http://club.uvic.ca)**

# UVRA MEMBERS FORUM

## WHY HAVE A UVRA FORUM?

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.

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 formulate the Forum's mandate and to invite the membership to the first UVRA Members Forum.

## THE FORUM'S REASON FOR BEING

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 subgroups, if desired.

## UVRA FORUM MEETING: JANUARY 19, 2021

The UVRA Member's Forum met on Monday January 19<sup>th</sup>. \* Our topic was *Health Care* and we were fortunate to have a nurse practitioner, a physician, and a health economist on our screens, so the discussion covered a lot of ground.

We began with a review of the work done by nurse practitioners, who have been providing primary health care for years in various locations and are

## UVRA MEMBERS FORUM (2 of 3)

certainly in evidence at the Island Health Urgent and Primary Care Centres set up in and around Victoria. Nurse practitioners are trained to care for patients with both acute and chronic conditions: they diagnose, treat, order tests, prescribe or renew prescriptions, and more. These health care professionals will also refer you to a specialist if that is required.

We agreed that we would want our health care professional to be the same person we see each time we need medical care – this is not an option at the various Walk-In Clinics in Victoria. We learned a bit more about these Urgent and Primary Care Centres that Island Health offers in Sooke, Langford, on Yates Street, and in James Bay. They are easy to find with Google, or you might want to check out the website <https://www.findadoctorbc.ca/> Unfortunately, even these Centres quickly fill with patients.

We looked at the current state of health care in our province and in Canada: For example, the importance of expanding our Medical Services Plan to include prescriptions, dental care, and long-term care. The point was made that when prescriptions are eventually covered in Canada it might be a good idea to first serve those children with costly health care needs, before moving to cover chronic conditions - for instance, in Canada's older population. We thought about how poorly prepared we were to tackle the coronavirus in Canada – where were the public health experts, the stockpiles of PPE, and the clear directions that we needed to keep ourselves safe?

That took us to the ethics of living and dying, what to do if the intensive care unit is unable to care for all the patients who require ventilation? That led to a discussion of how to make certain our *Advanced Care Directive* works the way we hope it will, when we are ready to direct our care, or, to have our health care representative direct that care.

## UVRA MEMBERS FORUM

### NEXT FORUM MEETING: FEBRUARY 19, 2021

Our topic will be :

***“Time in the Time of the Pandemic...”***

How are you spending your at-home time during the pandemic?

Perhaps it is by starting or reviving a home garden? Peter will join us with timely tips and smart suggestions.

What shows are you watching on TV these days?

Have you read a book you would recommend to others?

Have you started a project you had set aside until retirement?

Has the lure of “diamond painting” enticed you into its spell? \*

Is volunteering from home on your ‘to do/doing’ list? Yvonne shares her experiences volunteering from home in this edition of *Grey Matters!*

### FUTURE UVRA FORUM: MARCH 2021

In March, Herb Weil will lead us on a trip through the many facets of Memory – *don’t forget to register*. Yes, even bad puns are allowed at our meetings!

*Jane Birkbeck*

\*One of the joys of the Zoom universe is that it can encourage us to laugh at our “technological teething troubles.” Indeed, we had a few of those at the January meeting, but in the end 14, of the 36 members registered, were able to Zoom in for a spirited and informative discussion on Health Care.

\*Editor’s note: <https://www.marthastewart.com/7845420/diamond-painting>



## **INVITATION MEMBERS FORUM**

**Date:** February 19, 2021

**Time:** 2:00pm-4:00pm

**Cost: Free** - Please register with Eventbrite (link below) to receive the Zoom link two days prior to the event.

**Session Topic\*:** Time in the Time of the Pandemic

How are you spending your at-home time during the pandemic?

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

### **Registration Link:**

<https://www.eventbrite.ca/e/time-tickets-139013207245>

### **Facilitator: Jane Birkbeck**

#### **What is the Members Forum?**

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 subgroups, if desired.



**HAVE YOU RECENTLY RETIRED OR HAD  
YOUR LAST CHILD LEAVE HOME?**

# **JOIN A PHYSICAL ACTIVITY STUDY!**

**THIS STUDY WILL PROVIDE TOOLS  
TO HELP INCREASE YOUR PHYSICAL  
ACTIVITY LEVEL.**

**If you are interested please contact us at the  
Behavioral Medicine Lab at 250-472-5288 or  
[bml@uvic.ca](mailto:bml@uvic.ca)**



**University  
of Victoria**



**BEHAVIOURAL  
MEDICINE  
LAB UVIC**





**Participate in a study  
exploring how technology  
supports the aging process.**

# **CART- Victoria**

## **Collaborative Aging Research Using Technology**

The Collaborative Aging (in Place) Research using Technology (CART) study assesses how smart devices, including wristwatches, weigh scales, and sleep pads can help us understand physical activity patterns and how those patterns relate to memory and health.

By participating in this nine month long study, you'll be contributing to the development of future devices that aim to increase the quality of life of older adults.

### **Eligibility Criteria**

- 62 years or older
- Physically independent
- Own a smartphone
- Have internet connection

### **What is involved?**

- Continuous measurement of activity patterns using devices like a watch, scale, sleep pad and the MyCogHealth app
- Assessments and questionnaires covering your health and personal and medical history
- Online surveys
- \$40 honorarium

### **What does the technology measure?**

- Mobility
- Sleep patterns
- Full body composition
- Daily activities
- Cognition

**For more information or to  
enroll in this study, please  
contact the Research  
Coordinator at 250-472-5239  
or email at  
[cartstudy@uvic.ca](mailto:cartstudy@uvic.ca)**



**University  
of Victoria**

**Institute on Aging  
& Lifelong Health**