



**University  
of Victoria**

**Retirees  
Association**

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Lifelong Health Building

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appointment. Please email  
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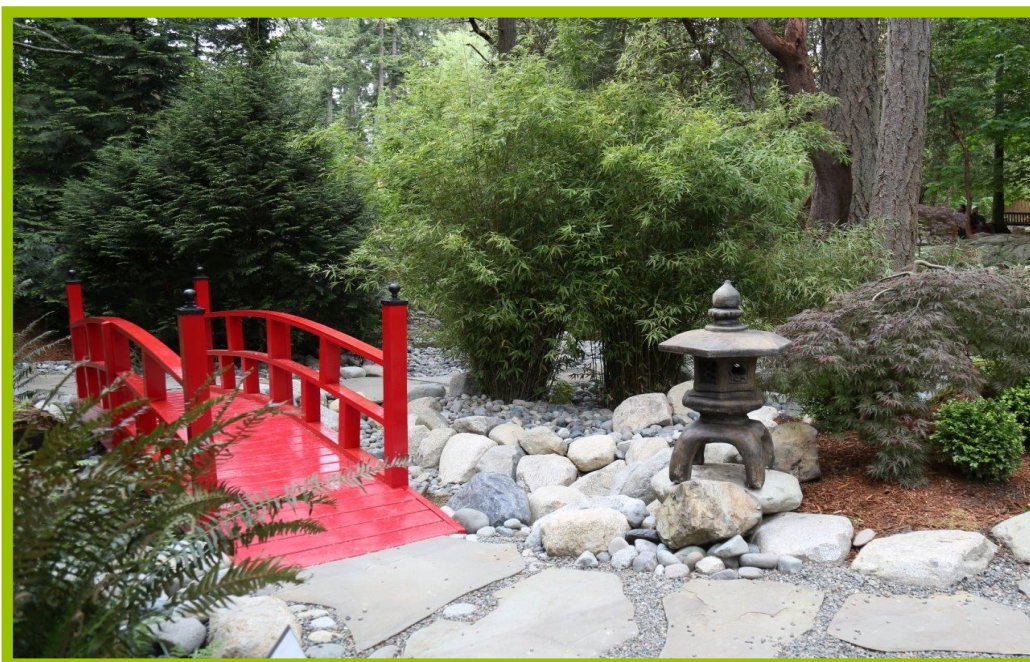
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**February 2022**

# Grey Matters!

WINTER 2022



"When you cross the Red Japanese Bridge it is immortal. A symbol of crossing from one world into the next a paradise that will bring you Happiness ."

Photo and caption credit: Jean Anderson

## News from the Board

### UPDATE

Greetings fellow retirees. It's 2022 - a new year has begun but I feel a strong presence lingering from the past year as the Omicron variant reminds us that COVID-19 is still very much present. I hope that all of you are keeping safe and remaining positive as together we will get through it. The longer days and bright sunshine provide us with optimism as we know that Spring is approaching and, before long, we will be counting the flowers and able to spend more time outdoors in this magnificent city/country.

### Reflections and looking forward to 2022

Elder Academy (EA), which ended 2021 with an extremely insightful session with UVic President Kevin Hall, has an amazing line up for 2022 beginning with *Ocean Sciences (Ocean*

## NEWS FROM THE BOARD (2 of 2)

Network Canada) followed by *The Body Works?* and *Ageing Well*. The EA Program Committee has secured some incredible speakers. I recommend that you check the Elder Academy information on the UVRA website and in this newsletter. Be sure to register when you receive notice of these events - do not miss out - \$5 per session has never been better spent!

The Mastermind series, after a successful 2021 session online, returns with another four amazing topics in 2022. See the section by John Anderson later in the newsletter.

A second UVRA Graduate Scholarship was established in 2021. At the 2021 UVRA AGM, that year's recipient, Mathilde Cervantes gave an excellent overview of her research into music and its impact on Dementia patients and their caregivers. Cynthia McDowell had just been announced as the latest recipient of this Graduate Scholarship. Her research examines the risk and protective factors for optimal healthy aging with the goal of creating a gold standard for measuring successful aging.

The Members' Forum had some very interesting discussions in 2021 beginning with *Memories* and ending with *The Benefits of Exercise on the Brain*. In 2022 the first session on *Lifeworks* was very informative. Jane Birkbeck, our wonderful facilitator, provides great recaps elsewhere in the newsletter. The Forum will be returning to its roots, as one of the idea's founders, Harry Kwok, will be taking over the lead. The Forum is a opportunity for your input, ideas and participation. **It needs your enthusiasm and support.** To provide your suggestions for discussion topics and to volunteer to assist Harry and our team contact [uvra@uvic.ca](mailto:uvra@uvic.ca).

The UVRA United Way 2022 campaign continues to show the incredible generosity of the UVRA membership. Information including the link to donate is available on the UVRA website if you have not yet had a chance to contribute.

UVRA welcomes your 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*

January 2022

## EDITOR'S NOTES

Many of you asked when David Docherty would offer another series about *The Body Works?*, so you will be pleased to know he will be presenting a third series in March 2022. The first two series were very popular and this one, offered as a hybrid model (in person and online) will not disappoint. The body parts addressed this year are the heart, joints, brain, and the immune system. The poster with registration information is on page 27.

Two members took to their keyboards to submit great articles for *Members Forum*. One takes you on a leisurely stroll through a magnificent Japanese garden; the other describes a person's active retirement, where "active" entails much more than exercise! (16-21)

Following the exercises described by David Docherty's in his column on 'balance' may be instrumental in saving you the pain of a broken hip. As one of the thousands who experienced having her hip broken in a fall, I can categorially state that "an ounce of prevention is worth a pound of cure".(9-11)

Microsoft has launched Microsoft Windows 11. Melvin Klassen, our tech expert, walks us through some of the options open to those of us who do not have a new device or an older device incapable of supporting this new program. (12-13)

You won't want to miss the next Forum on February 25<sup>th</sup>. The presenter is Rennie Warburton, PhD (Sociology) Retired. The title of his talk is *The Many Faces of Racism and Why It's so Difficult to Eradicate* - a most timely topic. (26)

MasterMinds is one of the perks given to use freely each April and this year, the four sessions featuring great topics and presenters will be on Zoom. (14-15)

The annual CURAC Conference is co-sponsored by UVRA this year. It will be held on Zoom on May 19th and the registration information will be sent to UVRA members when it becomes available. See pages 5-7 for the names and topics of the presenters.

Enjoy!

*Lou Schmidt*

# WELCOMING NEW MEMBERS

September 1, 2021 to January 31, 2022

Zulette Gordon

ALBERT, Deborah

CST, ELC, UVic

BODDEN, Michael

Pacific and Asian Studies, UVic

CHUN, Kin-Yip

Physics, U of Toronto

CONNOR, Vincent

University Systems, UVic

ENGINEER, Merwan

Economics, UVic

FLANAGAN, Greg

Management, University of Leth-  
bridge

JONES, Douglas

Physiology and Pharmacology and  
Medicine, UWO

LEIGH, Krista

McPherson Library, UVic

NYLVEK, Judith

Linguistics, UVic

REIMER, Monica

Chemistry, UVic

SANGSTER-GORMLEY,

Nursing, UVic

Esther

TAYLOR, Duncan

Environmental Studies, UVic

WHITING, David

Civil Engineering, University of  
Portsmouth, UK

# UNIVERSITY CLUB CURAC CONFERENCE 2022

## UNIVERSITY CLUB

The Club was able to re-open on February 9th, as scheduled, after the kitchen cooler was successfully replaced.

The new chef, **Jean Bertin**, began work on February 8<sup>th</sup>. Chef Bertin trained in Switzerland, and comes to the Club from Laurel Point.

If and when indoor events return to a more normal state, the Club Team is looking forward to fulfilling the many bookings for events over the coming months.

## HOLD THE DATE! 2020 CURAC CONFERENCE

This year's annual CURAC Conference will be **online on May 19<sup>th</sup>**.

CURAC (College and University Retiree Associations of Canada) negotiates national contracts (RTO/ERO insurance, group travel), and lobbies Ottawa on behalf of its members. UVRA joined over a decade ago, and hosted the 2012 annual conference).

UVRA is a co-sponsor of the 2022 event, along with SFURA and UBC Emeritus College – this year's main host.

The annual conference is an opportunity for the hosts to highlight some of their outstanding research relating to our age group.

*UVRA members will be notified when details of how to log in become available.*

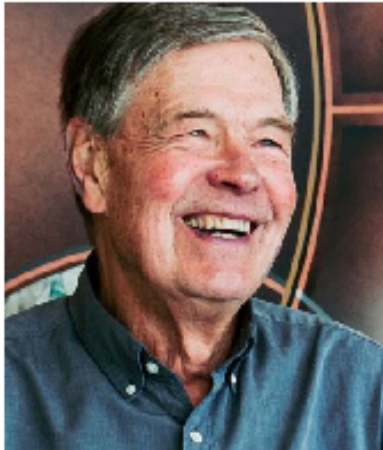
*Peter Liddell*

UVRA Representative  
University Club & CURAC Program Committee

Editor's note: The year's conference will discuss "wellness and wellbeing as we grow older". See pages 6 & 7 for more information and for the presenters' biographies.



## Looking ahead to the CURAC conference, May 19, 2022 (1 of 2)



The morning will start with a welcome by CURAC President, **Kent Percival**, UBC College Principal, **Joost Blom** (Professor Emeritus of Law), followed by a presentation by **John Helliwell**, Professor Emeritus of Economics at UBC and Senior Fellow of the Canadian Institute for Advanced Research (CIFAR) and Co-Director of the CIFAR Programme on Social Interactions, Identity, and Well-Being, as well as Board Director of the International Positive Psychology Association. In recent years, his interest in social capital and subjective well-being has led him to collaborate on and use measures of subjective well-being from around the world to help understand what makes lives better, with special attention to social factors. He is Editor of the [World Happiness Report](#). Dr. Helliwell will talk about happiness as we continue to grow older.

Dr. Helliwell's talk will be followed by presentation of the annual CURAC awards.

The second session will be a panel of three of Canada's top gerontology scholars, who will address the topic of wellness and wellbeing as we grow older. **Dr. Brooks-Wilson** will talk about Super Seniors, individuals 85 and older who have never been diagnosed with cancer, cardiovascular disease, major pulmonary disease, diabetes or dementia. **Dr. Gutman** will talk about adapting communities to be more liveable to adults as they age, and options for living in the community. **Dr. Martin-Matthews** will talk about the heterogeneity over the 30 years or so of what the government designates 'old age' and implications for policy. The panelists will all contribute to the general discussion.



**Dr. Angela Brooks-Wilson**, PhD, is Assoc. VP Research, Simon Fraser University, Professor of Biomedical Physiology and Kinesiology, SFU, Professor, Department of Medical Genetics, University of British Columbia, Distinguished Scientist, BC Cancer Research Centre, BC Cancer Member, Cancer Control Research, BC Cancer, and a distinguished scientist at Canada's Michael Smith Genome Sciences Centre. She studies the interaction between genetic susceptibility and environmental triggers in causing lymphoid cancers. Her interest in cancer is complemented by her work on healthy aging, in which she studies "super seniors".

## Looking ahead to the CURAC conference, May 19, 2022 (2 of 2)



**Gloria Gutman, PhD, CM, OBC**, developed the Gerontology Research Centre and Department of Gerontology at Simon Fraser University (SFU) and was Director of both from 1982–2005. Currently, she's Research Associate/Professor Emerita at SFU, Vice-President International Longevity Centre-Canada and President, North American Chapter International Society for Gerontechnology. Her awards and honours include Order of British Columbia, LLD (honoris causa- Western University), Queen Elizabeth II Diamond Jubilee medal and Order of Canada for her work "as an international authority in the field of gerontology". She is author/editor of 23 books. Her research interests include seniors' housing, long-term care, health promotion, gerontechnology, prevention of elder abuse, advance care planning, and seniors and disasters. She is past president Canadian Association on Gerontology, International Association of Gerontology and Geriatrics, and International Network for Prevention of Elder Abuse.

**Anne Martin-Matthews, PhD, OC**, is Professor of Sociology at The University of British Columbia, most recently serving also as Associate Vice-President Health. Over a 40-year career, she has conducted research on social aspects of aging, and health and social care of older people. As Scientific Director of the Institute of Aging of the Canadian Institutes of Health Research, she championed creation of the Canadian Longitudinal Study on Aging and CIHR's Summer Program in Aging. She is a member of the Board of AGEWELL: Canada's Technology and Aging Network, and the Health Data Research Network Canada. She holds honorary degrees from Newcastle University (UK) and Memorial University. In 2018, she was inducted as an Officer of the Order of Canada, for contributions to advancing research on aging.



# 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 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 a participation in a choir, on the mental and social health of dementia caregivers.

Cynthia McDowell had just been announced as the latest recipient of UVRA's Graduate Scholarship. Her research examines the risk and protective factors for optimal healthy aging with the goal of creating a gold standard for measuring successful aging.

The scholarship annually provides:

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.



# Physical Activity and Wellness Corner #41

David Docherty (1 of 3)

## MAINTAINING BALANCE AS WE AGE.

As we grow older the risk of a fall increases and often with very serious consequences. Falls are the leading cause of injury among older Canadians with 20-30% seniors experiencing one or more falls each year. Falls cause 85% of seniors' injury-related hospitalizations, 95% of all hip fractures, \$2 billion a year in direct healthcare costs, and over one third of seniors are admitted to long-term care following hospitalization for a fall. And of course the "fear of falling" often reduces an older person's mobility and activity. So the challenge is to try to prevent falling which is often attributed to loss of balance. There are many strategies to reduce the risk of falling, including making homes safer by eliminating hazards and improving lighting, but the focus in this article will be on how specific exercises can improve balance, increase confidence and decrease the risk of a fall.

In researching the topic I found a very useful website titled Compass by WeMD <https://www.webmd.com/healthy-aging/best-balance-exercises-for-seniors#> that covers all aspects of staying healthy as we age, including this article on recommended balance exercises. "The WebMD Medical Team works closely with a team of over 100 nationwide doctors and health experts across a broad range of specialty areas to ensure WebMD's content is up to date, accurate, and helps you live a healthier life". It is worth checking out. Here are the exercises recommended in the article that I have also used in various classes I have taught to older groups over the years so I feel confident to share them with you.

### Single Leg Balance

This is a simple exercise for improving balance. You should do this while holding onto a chair if you're just starting out.

Step 1: Stand with your feet shoulder-width apart.

Step 2: Extend your arms out to the sides and slowly lift your right knee up off the floor.

Step 3: Straighten your leg out in front of you, hold that position for 30 seconds, and relax.

Repeat this exercise for both legs at least three times.



# Physical Activity and Wellness Corner #41 (2of3)

## David Docherty



### **Tree Pose**

Follow up your single-leg balance with the tree pose, an excellent and easy exercise for balance. This exercise is also a popular yoga move. Keep a chair handy while you do it. Try to hold for 5 secs and slowly build to 10 secs.

### **Tightrope Walk**

This exercise can be performed using a line of tape, the lines between flooring tiles, or any straight line you can find.

Step 1: Pick a destination to walk toward.

Step 2: Like walking a tightrope, extend your arms out to the sides and start walking slowly, being careful to keep your feet on the line at all times.

Step 3: Walk from heel to toe, counting at least five seconds before each step.

Try this exercise once a day to keep your coordination sharp.



### **Flamingo Stand**

This exercise builds your hip muscles and stabilizes your core. Do this while standing near a wall you can steady yourself with.



Step 1: Begin standing with your feet shoulder-width apart and touch your hands to a wall.

Step 2: Now raise your right leg up to your hip as though marching. Lower it and do the same for the left.

Step 3: Increase the difficulty by going a little faster or raising your legs higher.

Repeat for both sides about 10 to 20 times.

# Physical Activity and Wellness Corner #41 (3of 3)

## David Docherty

### Lunges

When you lose your balance while walking, you usually take a step forward or back to regain it. Lunges help you keep this ability strong.

Step 1: Begin standing straight with your hands on your hips.



Step 2: Now step your right foot forward, bending at the knee. Lower yourself until your right thigh is parallel with the floor below.

Step 3: Breathe, hold for 30 seconds, and slowly return to the starting position. Repeat for the left leg.

Do this for each leg about five to 10 times.

### Safety Considerations

Although balance exercises are certainly important for older adults, they must be done carefully. Be sure you have something nearby to stabilize you, like a chair, wall, or even another person. Take plenty of breaks and don't try to do too much at once. If you have any concerns about starting a new balance program or you experience any pain doing these exercises, talk with your doctor before continuing.

So lots of useful ideas to try and improve your balance and reduce the risk of falls. The usual advice applies to proceed slowly and build up gradually.

Stay active and stay safe.

*David Docherty*

docherty@uvic.ca

NOTE: Pictures taken from free Google/Images.

## **Microsoft Windows 11**

In May 2015, the message from Microsoft employee Jerry Nixon, a developer evangelist, speaking at the company's Ignite conference, was "Windows 10 is the last version of Windows, we're all still working on Windows 10."

Microsoft's plans have changed. Thus, a new version of Microsoft Windows is now available.

So, what can one do? Unfortunately, Microsoft is in control of the options, because Microsoft has defined some hardware requirements for computers to be able to run Windows 11.

If your computer is over 5 years old, your computer is not likely to meet those requirements, and it will be very costly, if possible at all, to upgrade your computer, to try to meet their requirements.

So, with your non-compatible computer, you have two options: buy a new computer, or continue to use Windows 10 until October 2025, the "sunset" date for Windows 10 -- when Microsoft will terminate all support for Windows 10. Of course, you may combine these options, and buy a new computer sometime before October 2025.

I will assume that your computer is still in good condition -- like a 5 year old automobile that you hope to keep for another 3 years. But, if your computer has been having problems, it has become time to consider a new computer.

If your computer is compatible with Windows 11, you should expect that Microsoft, through "Windows Update", will eventually offer the free upgrade to Windows 11. If your computer is not yet getting the offer, assume that Microsoft has not yet completed their testing on your brand of computer, to ensure a successful upgrade. So, have some patience.

I have one caution about staying with Windows 10. Given that your computer is over 6 years old, because Windows 10 was released in July 2015, it's likely that the disk-drive inside the computer is the same age.

Because most disk-drives have a warranty of only 1 or 2 years, the disk-drive is becoming old.

[If you upgraded your computer from Windows 7 or Windows 8 to Windows 10, your computer is really old.]

# BITS & BYTES

(2 of 2)  
Melvin Klassen

So, if you plan to use your computer for another 3+ years, your disk-drive will become an "antique", which might unexpectedly fail -- causing you to lose access to all your files. Ouch!

I recommend something proactive: replace the disk-drive before it fails.

A still-working disk-drive can be "cloned", byte-for-byte, onto a brand-new disk-drive. Here, there is one interesting opportunity, namely to replace the disk-drive with a SSD (Solid State Device), because the SSD will be over 5 times faster -- which makes your computer work faster.

As a plus, the dimensions of a SSD are the same as the current disk-drive in any notebook/laptop computer, making it an easy "swap". For a desktop computer, a simple metal tray can adapt the 2.5-inch-wide size of the SSD to the 3.5-inch-wide size of the desktop's drive-bay.

The price for a SSD has fallen, in the last 5 years, to make it competitive with the type of disk-drives in your current computer.

To summarize, unless you have an Apple computer, Windows 11 is in your future, sooner or later.

*Melvin Klassen*





## MASTERMINDS

(1 of 2)

April 2022

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. The series has been offered for over 15 years, delivering more than 50 thoughtful and often thought-provoking presentations.

The series is comprised of four lecture presentations, one on each Wednesday evening in April. Each lecture is created and delivered by a University of Victoria retiree on a topic in their area of expertise and of general interest. Each year 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. UVRA is responsible for identifying and contacting UVic retirees who can and will develop thoughtful and stimulating presentations that are of interest to the community. The committee to do this consists of Peter Liddell, Margaret Klatt, and me. We have an outstanding group of MasterMinds this year presenting lectures on a variety of significant and interesting topics. Their names and topics are listed on the next page.

The series has been, once again, moved on-line (Zoom format) due to the continuing COVID-19 pandemic. Registration is free but required – details for registration will become available on the UVRA and the UVic MasterMinds websites in due course.

*John Anderson*

## MASTERMINDS

(2 of 2)

April 2022

John Anderson

## SCHEDULE FOR APRIL 2022

April 6 @ 7pm

**Philip Dearden**, Professor Emeritus, Department of Geography*Challenges and opportunities in community conservation: reflections from the tropics*

April 13 @ 7pm

**Leslie Saxon**, Professor Emerita, Department of Linguistics*Grammar and Placenames: A Settler Linguist in Indigenous Language Revitalization*

April 20 @ 7pm

**David Docherty**, Professor Emeritus, School of Exercise Science, Physical and Health Education*Boosting and maintaining brain power as we age may be as easy as a walk in the park or riding a bike!*

April 27 @ 7 pm

**Hugh Cartwright**, Retired, University of Victoria & Oxford University Chemistry Departments*The unstoppable rise of Artificial Intelligence: Should we be worried?*

# Members Corner (1 of 2)

## An Active Retirement

## Rennie Warburton



As I was approaching retirement two decades ago, after having been a member of the UVic faculty for 38 years, I found myself wondering what I would do with my newly available time. Would I maintain my good physical condition, take cruises or other vacation travels, drive to Ottawa and Montreal to visit our sons, fly to the UK, my homeland, and to Switzerland where my wife came from? Would I take up a new activity or hobby? One obvious question was:

would I continue to do research, write and/or teach?

Well, I continued to do morning exercises, 2-3 hour hikes and worked out at the local Rec Centre. After having both hips replaced I joined a Pilates class which has greatly improved the flexibility of my muscles and joints. I have also been doing a certain amount of garden work.

In less than a year after I retired our first grandchildren (twins) were born in Ottawa. Later in Victoria two more grandchildren appeared. Bonding with these kids and keeping up with their growth and personal development has given us great pleasure and satisfaction.



We did one Alaska cruise, paid visits to Long Beach, made a couple of trips to the interior of BC and western Alberta and did visit family several times in Switzerland and Eastern Canada, the latter including three drives to Ottawa. I also flew to the UK twice to visit places I had never been before.

I have always enjoyed singing, continued to participate in a ukulele group and joined the Arbutus Singers choir. I have read more novels in the last few years than I did in my whole preretirement life. Ruth and I have played numerous card games with friends in the Victoria Swiss Society and have provided care and friendship to several older citizens with no relatives in Canada.

## Members Corner (2 of 2)

### An Active Retirement

### Rennie Warburton

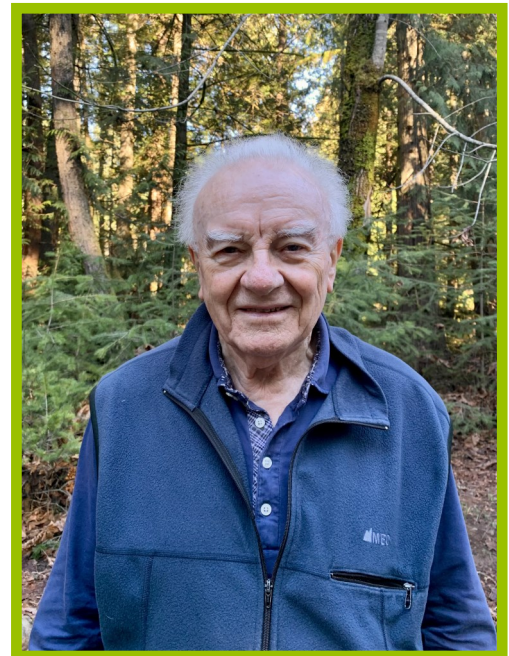
Regarding academic work, a few weeks of enjoying retirement made me quickly realize that I would not be teaching the odd class at UVic. However, one of my most rewarding experiences has been the many presentations I have made as a member of the UVic Speakers Bureau.

Speaking to high school classes, men's and women's clubs, church groups, physicians and teachers, government employees offers a unique opportunity for educators to ply their trade without having to set exams, grade assignments and perform other tedious duties. It is also a way to keep up with recent literature in one's field and to be part of the outreach of the University to local communities.

So I encourage UVic retirees to join the Speakers Bureau and give others, particularly those who may not (or not yet) have had a university education, the benefit of their knowledge and expertise.

*Rennie Warburton*

Professor Emeritus  
Sociology Department



PS: In exchange for your performance you might receive a gift certificate for Tim Hortons or a sum of money to donate to your favourite charity.



# MEMBERS CORNER

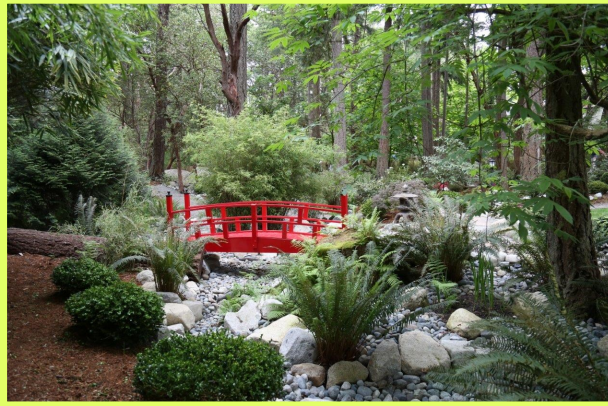
(1 of 4)

A Journey of Exploration...

Jean & John Anderson

## IN OUR JAPANESE STROLL GARDEN

Jean and John Anderson invite you to take a magical journey of exploration to discover the beauty in our Japanese stroll garden. Thirty years ago, our property was a thick, deep forest. Jean designed and created the gardens and we both worked tirelessly over the years to complete our many gardens in the moving of rock, stone, and earth.



As you enter our mystical garden through wrought iron gates your world will begin to change. Stroll Gardens are pleasure gardens that date back centuries. In the spring, you will be at first overwhelmed with the profusion of color as Rhododendrons and Azaleas will be ablaze with

bright red, pinks and whites symbolizing their fragile and ephemeral beauty and chosen for their esthetic appeal.

When you first walk onto large steppingstones you must slow down and move with mindfulness in order to observe the beauty around you of carefully composed landscapes mixed with different elements: stone, pebbles, river rocks representing serpentine rivers. Stones are a symbol of the forces of nature that anchor the garden to the ground.



As you continue to stroll along the large steppingstones that lead to the side of our home you will descent down a long stone path. To the right you will observe red bamboo fencing that serves as a framework for the gardens and bamboo groves. Large irregular stones that flow down the side of the path symbolize a mountain with cascading pea gravel creatively placed symbolizing water. You must begin to use your imagination – the primary elements of Japanese Stroll gardens are designed to symbolize something larger in nature, a compilation of metaphors.



# MEMBERS CORNER (2 of 4)

## A Journey of Exploration...

Jean & John Anderson

Steppingstones lead you to the entrance of our enchanted forest. Beauty surrounds you with magnificent red Japanese maples (*Acer Palmatum Inabe Shidare*) in full bloom framing each picture. A canopy of magnificent fir and arbutus trees shelter shade plants along a maze of pea gravel paths edged with soft velvet green moss.

The paths wind their way through beautiful picturesque garden beds of rocks, flowering rhododendrons, azaleas, Japanese boxwood, hostas, ferns, sedge and heavenly bamboo to name just a few, all creatively placed to create an ideal nature. Carefully shaped boxwoods



are metaphors symbolizing hills, azaleas symbolizing clouds – the garden is designed to stimulate all our sensory qualities like three dimensional paintings and the eye is to wonder and explore. Each plant, each rock was specifically chosen for its aesthetic appeal to create an elegant picture.

In order to comprehend the beauty of a Japanese Garden one must also understand the beauty of stones shaped by nature until you can feel that stones have character, have tones and value – then the whole artistic meaning of a Japanese garden will be revealed to you. Every stone is chosen with a view of its expressive form. As you continue to stroll along the paths you must be mindful to stay on the path as you begin to sense the crunching of the stones beneath your feet.

Ahead is an expansive ridge of rock marked by a large Fuji Lantern to guide you and a Red Bench for you to stop, reflect and admire the beautiful scenes and settings. Paths lead to beds of flowering hellebores nestled in velvety moss. You will feel the wind rustling through beautiful Bamboo groves.



# MEMBERS CORNER (3 of 4)

## A Journey of Exploration...

Jean & John Anderson

The garden soon reveals that Rocks, Lanterns and Bridges are symbols that tell a story. The path leads you to large steppingstones. Along the sides of the path are boulders on a dry rock riverbed that runs to the sea. These boulders support a magnificent Red Japanese Bridge that is totally in harmony with nature as Red represents a life force and the Bridge is a metaphor, symbolizing crossing from one world onto the next Paradise.



The Fuji Lantern at the foot of the bridge guides your journey and another magnificent red Japanese maple frames the picture. On this beautiful red bridge you must stand, pause, look out and reflect on a journey you have taken through our stroll garden that can arouse emotional instincts, feelings, for you have embarked on a walking meditation of your immutable timeless bond with nature.

The journey ends on a lush lawn symbolizing the sea and the round gardens surrounding the lawn symbolize islands that represent immortal and everlasting happiness – for you cannot have Sea without Islands. These gardens are a metaphor for islands and shaped like tortoises for their longevity.



a





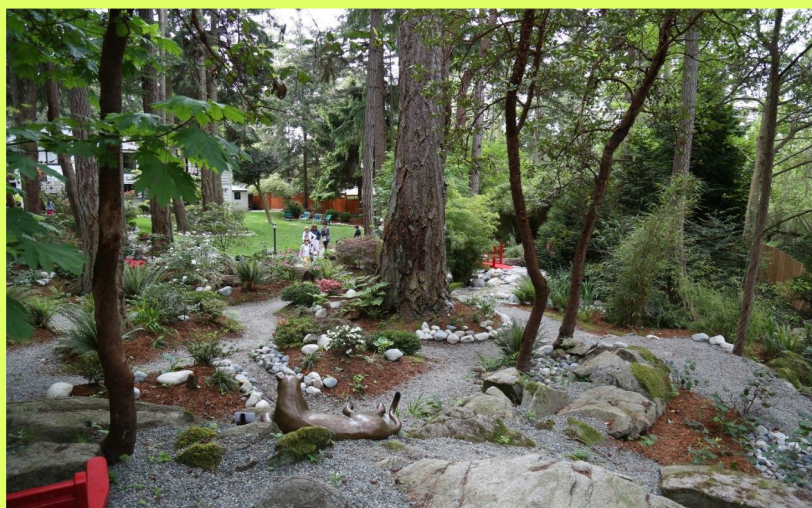
# MEMBERS CORNER (4 of 4)

## A Journey of Exploration

Jean and John Anderson

In our picturesque Japanese Stroll Garden my goal was to design a garden that exudes tranquility and beauty, allowing you to experience a spiritual sense of Peace, Harmony and Serenity: a place where our souls could find nourishment. In this primordial forest of giants, you have discovered *Shinrin-Yoku* – Japanese forest bathing – a spirit of Shinto that imbues meaning and life in everything in nature: trees, rocks, and plants. Here you can connect to the healing power of nature that benefits you both physically and mentally. The gardens and the forest have magical properties that have stimulated all your senses.

*Jean Anderson*



*Jean & John  
Benson & Tess*



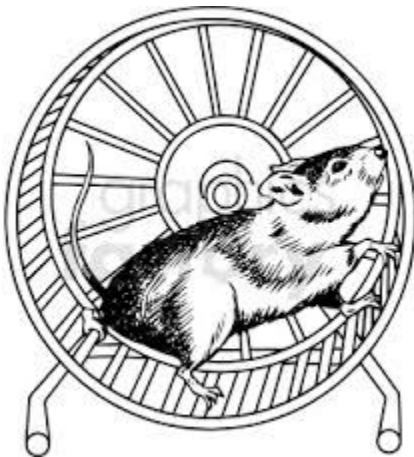
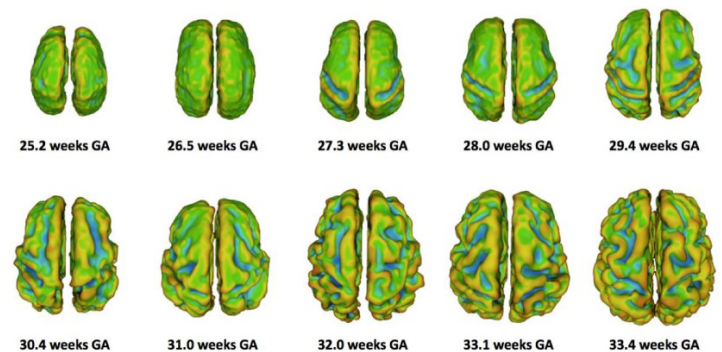
# UVRA MEMBERS FORUM (1 of 2)

## November 26, 2021

## Jane Birkbeck

### The Benefits of Exercise for Your Brain

The November 26<sup>th</sup> UVRA Forum featured Dr. Brian Christie, a neuroscientist with the Division of Medical Sciences at UVic. He began his presentation with a riveting video demonstrating the development of the fetal brain from conception to birth. The video showed an infant's brain development month to month, until it reached 10 million cells a birth - newly born and ready to learn.



Experiments with rats helped to answer the question, “Does exercise improve learning?” The first rats belonged to a scientist who allowed his children to play with his lab rats at home - when they returned to the lab these animals showed distinct cognitive advantages over the rats that had no opportunity to exercise. Then, Henrietta van Pragg began to study the effects of an enriched environment for these little creatures: Do they show brain changes when they exercise for hours on wheels? The answer was yes.

In fact, the exercising rats showed better focus, faster learning and improved retention and memory. At the end, this study showed that the exercising rats were smarter - they increased the number of their brain cells 2 to 3-fold. These studies transfer well to the human brain. The *New York Times* recently published an article titled, “How Exercise Keeps Memory Sharp.”

# UVRA MEMBERS FORUM (2 of 2)

**November 26, 2021**

**Jane Birkbeck**

Dr. Christie offered us a fascinating slide presentation, showing how physical exercise increased synaptic plasticity in rats - and people. Pictures encouraged exercise: no or little exercise looked like a bedraggled Charlie Brown Christmas tree, while the tree benefiting from exercise was full, deep green, and beautifully decorated.

Dr. Christie showed us how exercise is critical for learning and memory. He made it clear that all brains are developing and it behooves us to add at least 2.5 hours of exercise to our week. Along with a brisk walk, exercise can also include activities such as yoga, a standing desk, tai chi, painting or other artistic endeavors, or even standing while you watch a television program. The idea is to engage in effortful processing, how we use our brains.

One part of this presentation generated a lot of questions, the benefits of fasting to enhance synaptic plasticity. Dr. Christie noted that 14 hours of fasting for women, and 16 hours for men, offers significant advantages for the brain. The idea is no consumption of food outside of eating hours, not including water or tea - without milk or sugar of course. And he talked about going easy on ourselves, fasting just won't work into every day.

This was a fun and energizing presentation, and we thank Dr. Christie and the UVic Speakers Bureau.

There is no Forum planned for December 2021. In January 2022, the Forum will be welcoming a representative from *Lifeworks* who will discuss that company's (free to UVRA members) services.

*Jane Birkbeck*





# UVRA MEMBERS FORUM (1 of 2)

## January 28, 2022

## Jane Birkbeck

### ***LIFEWORKS AT THE FORUM***

A fun and fast Forum on Friday, January 28<sup>th</sup> looked at how we can enhance our well-being as the darkness of January gives way to more light in February, and maybe a crocus? While we waited to start at 2:00 o'clock I dipped into my Google feed and read from "Ten things to start your morning well." Ideas included: resist the snooze button - but snooze your smartphone for the first hour, drink a glass of water, make coffee at home, brush your teeth, eat a healthy breakfast, exercise, get outside in the sun, plan your day, and my personal favorite - get dressed. A show of hands revealed that most of us contemplate some form of exercise, and no one asked if I was wearing sweat pants under the half-view of Zoom.

Then we were pleased to welcome Denise Cuthbert, a certified Life Coach, who brings 15 years of experience to her current position as a Customer Success Manager at *LifeWorks*. She has experience enhancing employee wellness and understands the importance of utilizing tools and support available to manage stress, whether it be personal/emotional, financial, legal or social. Personal counselling for mental health takes priority when it is requested. *LifeWorks* offers short-term, solution focused counselling, expert advice, helpful resources, and practical strategies to help achieve goals and handle a variety of issues and concerns.

And best of all, LifeWorks offers 24/7/365 support by phone – a qualified, professional consultant to talk with - *absolutely free of charge* to UVRA retirees and immediate family members. All counsellors have a Master's degree in educational counselling, psychology, or social work, and at least 5 years' experience.

There is a *LifeWorks* Website and mobile app that provides access to a range of helpful information. To get started, go to [www.login.lifeworks.com](http://www.login.lifeworks.com) and login. To do this, type in UVRA for your user name, and UVRA for your password. You can do this on your computer, or download *the Lifeworks* app onto your Smartphone.

## UVRA MEMBERS FORUM (2 of 2)

**January 28, 2022**

**Jane Birkbeck**

Once in, contact information includes phone, chat or email links. And there are ToolKits available to do some work online. To make contact immediately, you may call the Employee Assistance Line at 1-844-880-9137. LifeWorks offers a variety of counseling options, some in-person, by video, on the phone, or by email. One of our attendees noted that she completed all her counselling goals using email. And for those who want to exercise, in the morning or later in the day, there is a virtual fitness program called LIFT.

Want to do more work on your own? I downloaded the app and the top of the site offered a click to “Start and Assessment.” The available assessments are Financial, Mental, Physical and Social. You might want to create an account to access the CareNow programs. Denise noted there are benefits to logging in and creating an account. Foremost is the Wellbeing link for CareNow, which will take you through various exercises using a Cognitive Behavioral Therapy approach. This approach interests me because I’ve left Freud and my mother back there in the dust. Instead I focus on what is happening now, and what action I could take.

Denise ended her presentation with a reminder that it is a hard time for many people. *LifeWorks* has seen an influx of calls due to the pandemic, fires, floods, and our general sense of trouble in the air. Nevertheless, all requests for help, by email, chat, or telephone, will be answered within 5 days. The length of time for a response will vary due to the nature of the issue presented - is it general? specific? is there an immediate risk? If so, your call will take priority.

The Beatles reminded us that it is okay to “get by with a little help from my friends.” Denise gave us an overview of the various ways to do that, and we thank her for her time and expertise.

*Jane Birkbeck*



## **INVITATION**

### **MEMBERS FORUM**

**Date:** February 25, 2022

**Time:** 2:00-4:00pm, on Friday afternoon

**Cost: Free** – Please register to get Zoom link.

**Session Topic:** The Many Faces of Racism  
and Why It's so Difficult to Eradicate.

### **Registration Link:**

<https://www.eventbrite.ca/e/racism-tickets-262837593317>

**Guest speaker:** Rennie Warburton, PhD

Prof. Emeritus, Sociology Department

**Organizers:** Margaret Klatt

**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.



**University  
of Victoria**  
Retirees  
Association

## THE BODY WORKS?

### AN ELDER ACADEMY EVENT

This is the third in the series that looks at different systems in the body and how they work, followed by what can go wrong and how to fix it. As we age many of these systems break down and require some intervention by you or by a medical practitioner. The aim of this series is to allow you to have more informed discussion with your medical support team and better understand the options that might be available. In this series the heart and joints (articulations) will be revisited along with a new look at the brain and the very topical immune system. David Docherty will review the basic anatomy and function of the different systems followed by Chris Pengilly who will discuss the medical aspect when things go wrong.

### WHEN, WHERE, HOW MUCH?

**DATES:** Saturdays, March 5, 12, 19, 26, 2022.

**COST:** \$20.00 for the series.

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

**VENUE:** This will be a hybrid presentation using face-to-face and zoom. The in-person presentation will be at Cordova Bay 55+Association, 5238 Cordova Bay Rd, Victoria, BC V8Y 2L2 which is located in Cordova Bay Elementary School. There is parking in the front of the building and access is via the entrance to the left. Attendees must show proof of vaccination and identification. Zoom link will be sent one week prior to the start date.

### PRESENTERS

David Docherty, BSc., MSc., PhD  
&  
Chris Pengilly, M.B., Ch.B.

**Mar 05:** "The Heart of the Matter!"

**Mar 12:** "What's a bad joint like this doing in a nice person like you?"

**Feb 19:** "The Control Centre"

**Feb 26:** "The War Against Invaders!"

**REGISTRATION AND PAYMENT:** via Eventbrite.

1. Attending in person: <https://www.eventbrite.ca/e/the-body-works-tickets-256313770387>
2. Attending via zoom: <https://www.eventbrite.ca/e/the-body-works-tickets-256307260917>

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

Need to know more? Email [UVRAElderAcademyevents@uvic.ca](mailto:UVRAElderAcademyevents@uvic.ca)