



University
of Victoria

Welcome to New Members

Victoria Emery
Alumni Relations

Christine St. Peter
Women's Studies



GREY MATTERS

University of Victoria Retirees' Association

Volume 03/11

UVRA Newsletter

September 2011

Editorial

With all the weather disasters we have seen this year, it is timely to remind ourselves that we live in a beautiful part of the world.

Here is a photo taken in Parksville, once again, yet another fine day in paradise.



Although I have resigned from my position as Editor of the newsletter, I find myself once more at the helm of putting together some items that we think will be of interest to the UVRA membership. Being an editor can, at times, be a daunting task -- assembling the columns and fitting them into what we hope will be a readable bulletin. In saying that, I urge any of you who might be interested in putting their name forward as editor to do so -- the position has its rewards. Please consider this request, and let your President know of your interest; I will be on hand should you have any questions.

Submitted by Elizabeth Coey

Bits from the Board

I should like to take this opportunity to first thank Isobel Dawson for her outstanding commitment and contribution as President and for wisely guiding the UVRA over the last 3 years. Isobel continues to provide ongoing contributions in her role as Past President. I would also like to welcome David Turkington and Elaine Gallagher as new Board members, and look forward to their involvement and contribution to the UVRA. Mel Klassen has agreed to assume the role of Vice-President, as well as continuing to help in all matters technical. I am most appreciative of these and all the Board members and committee members who work so hard on behalf of the membership.

It has been a busy year for the UVRA Board with perhaps one of the main accomplishments being the revision of the Constitution and Bylaws under the capable leadership of Victor Neufeldt and his committee. The changes were approved at the 2011 AGM and have subsequently been approved by the BC

UVRA Executive Board 2011-12

President: David Docherty

Vice-President: Melvin Klassen

Recording Secretary: (vacant)

Treasurer: Kathy Harris

Past President: Isobel Dawson

Benefits: Peter Liddell

Communications: Judy Cryderman

Membership: George Smith

Newsletter Editor: (vacant)

Special Events: Winona Pugh



In memoriam

Irene Block

(Anthropology Department, long time UVRA member and elected councilor for Saanich) passed away on May 27, 2011. We remember Irene from her CUPE 951 days, and her passion and service to her communities – the University and the District of Saanich.

John David Herbert

(Associate UVRA member) passed away on March 25, 2011. John was Associate Professor at the University of Toronto in Graduate Studies at the Ontario Studies in Education.

Irene Pieper

(Professor, Theatre Department) passed away on July 21, 2011. Irene taught costume design and medieval theatre. She was dedicated to her students, and passionate about her many animal friends.

Brian Wharf

(Dean of Human and Social Development and Chair, School of Social Work) passed away peacefully on August 11, 2011.

On behalf of the UVRA, we offer our sincere condolences to their families.

Registrar of Societies. We are in the process of implementing the changes; many of the changes simply reflect the way the Association has already been operating and clarified some of the policies and procedures.

A number of initiatives have been undertaken by the Board, particularly our involvement with the 50th Anniversary Celebrations, the concept of an Elder Academy at UVic, and the hosting of the 2012 CURAC Conference (April 18-20, 2012), as well as the usual ongoing activities. In addition, the Benefits Committee has been pursuing options to our current Medical Plan as well as other services for UVic retirees and UVRA members. The Events committee has put together an exciting program for the coming year and we encourage you to check them out and take advantage of these opportunities.

Like many other organizations we are continually challenged with finding people to volunteer for the various positions that are needed for the UVRA. I have been most impressed by the time and effort put in by many of the members in helping to run the organization. In addition to offering a variety of programs and services to its members the UVRA is one of the main vehicles for retirees to negotiate benefits and services with the University Administration, for example, parking, library, health, and access to recreational facilities and courses. All UVic retirees currently enjoy many privileges and benefits negotiated by previous committees and Boards. However, any association is only as strong as its membership and having an active Board so I encourage you to contribute to the UVRA in whatever way you can to ensure the ongoing health of the Association. When positions become available or you are approached to volunteer for a position, please give due consideration to the request. I appreciate many of us are very busy in retirement, but we do need to fill these positions to comply with the BC Society Act as well as help to provide services to the members, which also includes us.

I am looking forward to this year as it promises to be one of challenge and opportunity. We welcome your feedback and ideas on how we can better serve your needs so do contact us. I trust this will be a good year for you as you continue to enjoy retirement and pursue your "bucket list". May you have the time, health and assets to check them off.

Submitted by: Dave Docherty, President

Volunteers

Your Association is a volunteer organization. Annually, we ask the membership to give some of their time to help your Association. We are seeking a *Recording Secretary* as well as a *Newsletter Editor*. Please contact Dave Docherty if you are willing to take on either of these important tasks.

As always, if you have some time you can spare to work in the UVRA office, answering phones and general inquiries, please contact Sharon Crumly at [scrumly\(at\)shaw.ca](mailto:scrumly(at)shaw.ca) — **office volunteers are needed for 2 hours/1 day month during the hours of 1:30-3:30 from Monday to Friday.**

UVRA Events 2011/2012

SEPTEMBER 22 (Thursday) 10:00 a.m. Heritage Acres and Picnic (7321 Lochside Drive, Saanichton). Register by: September 7. Charge: \$5/Person. Limit: 30 + waitlist.

OCTOBER 20 (Thursday) 10:00 a.m. Craigflower Manor and Schoolhouse (1801 Admirals Road). Register by: October 6. Charge: \$10 /Person.

NOVEMBER 17 (Thursday) 10:00 a.m. Maritime Museum of British Columbia (28 Bastion Square). Register by: November 3. Charge: \$10/Person.

DECEMBER 2 (Friday) Noon. Christmas Luncheon and Presentation. Arbutus/Queenswood Room (UVic Cadboro Commons, lower level). Trevor Matthews. "Tales outside the Ring". Register by: November 18. Charge: \$22/Person.

JANUARY - MAY 2012

(Events List to be published in December)

Proposed schedule:

January 24 Institute of Ocean Sciences (North Saanich).
February 9 (tent.) Chinese New Year Buffet Lunch and Presentation (Crystal Jade Restaurant).
March 14 The Royal B.C. Museum Archive Tower.
Behind the Scenes of Restorations.
April 17 Birds and Plants of Mystic Vale and Finnerty Gardens (UVic).
April 18-20 CURAC Conference - UVic.
May 29 (tent.) Gabriola Island.

The Events Committee thanks all the members who suggested the above events.

PLEASE NOTE. Cancellation Policy: Refunds for amounts over \$5 will be provided when requested prior to the registration deadline, or at the discretion of the Executive. The comprehensive list and registration form for the planned events are available on the UVRA web site: <http://web.uvic.ca/retirees/events.html>

Registration forms can be filled in online, as well as mailed to the office:

UVRA, Room 223, TEF Building, PO Box 1700, STN CSC, Victoria, BC V8W 2Y2

Submitted by the Events Committee: Winona Pugh (Chair), Bob Allen, Jim Currie, Donna Mollin, Dave Docherty. Feedback/suggestions? Please contact the UVRA Office.

Parking Permits 2011-2012

Retiree parking-permits are now available at Campus Security. Take your old parking sticker or UVic Retiree card to the Campus Security office. Your retiree parking permit is limited to 3 ½ hours per week, and is valid on evenings and Saturdays; cost is \$74, plus HST. Cash, cheque, or debit-card — credit-cards are not accepted.

Masterminds 2012

The list of speakers for next year is not quite complete. I would ask you to please check our web-site, and look for the list of speakers for the 2012 lecture series that will be sent out to you, as soon as it becomes available.

Beverly Timmons and Dave Turkington, UVRA

UVic United Way Campaign 2011**CHANGE STARTS HERE**

Again this year, the 2011 campaign will kick-off with a lunch-time barbeque. This BBQ will be held from 11:30 am to 2:00 pm on September 21, by the Petch Fountain in front of the McPherson Library.

The next event will be the **Plasma Car races** at noon on November 2, in the SUB, Michele Pujol Room.

The **Hearts and Hands Craft Fair** will be held on 11:00 am to 2:00 pm on November 15, in the foyer of the University Centre.

The **Book Sale** will be held from 9:00 am to 5:00 pm from November 29 to December 2, in the SUB, Michele Pujol Room.

Please check <http://unitedway.uvic.ca> for the times and dates of all UVic Campus United Way events.

This year, the target will be \$290,000. In 2010, UVic exceeded its goal of \$280,000.

Three community impact areas have been determined by a series of focus group meetings held over the past year. These targeted areas are:

- *All that Kids Can Be,*
- *From Poverty to Possibility, and*
- *Healthy People, Strong Communities.*

If you donated last year, pledge forms will be automatically mailed to you. Otherwise, please access <http://unitedway.uvic.ca> and click on "pledge form". Print a pledge form, and mail it to: **UVic United Way Campaign, Accounting Services, PO Box 3040 STN CSC, Victoria, BC V8W 3N7.** Or, if you wish to donate online, click "Donations" on the web-site.

Please ensure that you note under "Comment" or "Department" that you are a member of the UVic Retirees Association, so that the United Way officers can credit UVic's total with your contribution.

Should you have any questions, please contact me at [idawson\(at\)uvic.ca](mailto:idawson(at)uvic.ca) or at 250-721-0232.

Submitted by: J. Isobel Dawson, UVRA Representative to UVic United Way campaign.

CURAC Conference – UVic 2012

The UVRA has agreed to host next year's College and University Retirees' Association of Canada (CURAC) annual conference and AGM. The dates are **April 18 – 20, 2012**. Social events will be held at the Harbour Towers Hotel, with sessions offered on campus. While the program is still to be developed, early plans are to have topics that will further the interests of retiree associations and their institutions, as well as covering issues of interest/importance to seniors. Plan to attend!

UVic's 50th Anniversary Celebrations

As you may recall from an earlier edition of the UVRA Newsletter, the UVic Retirees Association has been approached to compile a collection of reminiscences and reflections by our members of their UVic experiences. The UVRA Executive has established a sub-committee to develop a format and process for this endeavor. Members of the committee plan to meet with the University Archivist to determine how best to compile the input from our members, so that it can be permanently preserved as part of UVic's Archival History.

The first and most important step is to establish a list of those members who are willing to provide input either through interview or through written submission. A number of members have already agreed to participate; they will be contacted sometime over the next three months. To those who have already responded, the Committee offers its thanks and its assurance that you definitely will be contacted this fall.

Much of UVic's history is vested in the memories of its retirees. Without input from our members much of UVic's history may be lost forever or be subject to interpretation by those who were not there. Many of the transformative events in UVic's development over the past 50 years are not well documented, but rest in the memory of the current retiree base. Therefore, it is important that as many as possible of our retiree base offer to participate in this project, so that UVic's history can be recorded in an authentic manner by those who experienced or observed some of the transformative developments at UVic during its first 50 years.

If you have not already responded, please consider doing so now. All you have to do at this stage is just

respond by email to uvra@uvic.ca with your name and phone number and the subject line "50th Anniversary" or write to: UVRA 50th Anniversary Sub-Committee, TEF 223, University of Victoria, P.O. Box 1700, STN CSC, Victoria B. C. V8W 2Y2.

Please take the time to provide such an initial response.

Submitted by: Trevor Matthews, UVRA

University Club Report

If you are not a member, or if you are, but recently have not been to the University Club, there are some new and exciting 'happenings' taking place this fall. The Club has several ongoing events of note, as well as some special events coming up.

As a member, you are able to enjoy lunch at the Club from Monday to Friday, and dinner from Monday to Saturday. In addition, you can go to Casual Pancake Breakfast Fridays (7:30 to 10 am) or seasonal TGIF Luncheon BBQs – Fridays, noon to 2 pm.

Some upcoming special events of note are the **Seafood Extravaganza Buffet Dinner and Dance** on September 17, and the **Wine Club Dinner** featuring Duncan's Averill Creek wines on September 22.

There will be an exhibition of paintings of renowned local artist Robert Amos at the Club September 19 to 24. During the exhibition, Mr. Amos will be painting on the patio from 11 am to 3 pm every day.

For all of the details of these and more events October through December, see the Club's website: <http://club.uvic.ca>

A few UVRA Members took up on my offer of a tour of the University Club. My offer still stands, only after October 1.

In the meantime, the Club staff would be delighted to give you a tour during business hours. The Club's Manager is Dan Angus: [angusdb\(at\)uvic.ca](mailto:angusdb(at)uvic.ca).

Submitted by: David Leeming: [leemingd\(at\)uvic.ca](mailto:leemingd(at)uvic.ca)

Physical Activity and Wellness Corner

Over the past newsletters, I have tried to show the many benefits from incorporating physical activity into your lifestyle. A few times, I have mentioned that a lot of research has found a positive association between physical activity and cognition, especially memory, as we

enter our golden years. I am sure most of us are aware that increasing age is associated with declining cognition, and in particular an increasing risk of dementia and other forms of memory loss. I thought it might be worthwhile to focus on the topic of physical activity and cognition in this newsletter, and finish with some guidelines in the type and volume of physical activity that has been found to help offset the cognitive decline associated with getting older. Doing your crossword and Sudoku are good, but adding some physical activity is better. It may even help your puzzle prowess!

Recent research

There have been a number of studies recently published that have found a positive relationship between various forms of physical activity and cognition that has also been reported in the popular press and prompted such headlines as "Boosting your brain power could be as easy as a walk in the park". Depending on the type of physical activity, the positive effects of physical activity on cognition have been attributed to maintaining brain size and the parts of the brain associated with memory (such as the hippocampus), increasing the number of connections between brain cells, as well as generating new brain cells and retaining those we have. These effects are attributed to improved and maintained blood flow to the brain as well as the release of various hormones responsible for maintaining the integrity of brain cells. Such physiological effects have been measured and associated with improved performance on a variety of cognitive tests, not just memory, such as verbal reasoning, intellectual functioning, and fluid intelligence.

Types and volume of physical activity

The original studies were retrospective, and looked at how much physical activity people reported they did, and how this was related to their current cognitive abilities. Although these studies indicated a positive relationship, intervention or prospective studies were needed to establish a definite connection between physical activity and cognitive abilities. In the last few years, there have been many studies that have led to the fact that physical activity provides clear benefits for cognition among seniors. The various studies have found positive effects from walking, running, resistance and balance training, as well as dancing. In fact a meta-analysis (a study of studies) found that combined programs of aerobic-based activities and resistance training had the greatest effect as well as being more effective in reducing falls in the elderly than aerobic and resistance training alone.

Guidelines

The studies above have used:

- walking for 6-9 miles (9.7-14.5 km) per week.

- walking for 40 minutes 3 days per week around a track.
- running or cycling on a stationary bike) for 40 minutes 3-4 times per week.
- doing resistance training (weights or air-pressure machines such as "Curves") at least once (pre-ferably twice) per week, even if it is only 1 set per exercise.
- dancing 3-4 times per week for 30-60 minutes.
- doing some form of aerobic activity 3-4 times per week, combined with some form of resistance training 1-2 times per week, which was also found to improve balance and reduce the risk of falls.

I am sure that most forms of physical activity done for 30-40 minutes for 3-4 times per week, at a moderate intensity, will produce similar positive effects.

Conclusion

So you can see that with a minimal time commitment and effort using a variety of exercise or physical activities, you can improve or maintain your cognitive function as you get older. Some studies have actually shown that physical activity can reverse some aspects of cognitive decline, especially in women. If the many other benefits of a physically active lifestyle have not motivated you to get off the couch and start moving, then perhaps this will prove the metaphorical carrot or stick. Of course, I hope by now that we are all getting our 30 minutes of moderate physical activity five days per week (or more vigorous activity 3 times per week) combined with 1-2 resistance training sessions. If you are doing this, you are above the minimal guidelines for looking after your "brain" health.

In the next newsletter, I will address the role of exercise in back health.

Submitted by David Docherty, Ph.D. Professor Emeritus, School of Exercise Science, Physical and Health Education.

Email comments/suggestions to: [angdave\(at\)shaw.ca](mailto:angdave(at)shaw.ca)

Items of interest for Retirees

Make a Difference

Are you recognized by your peers and colleagues as a community leader dedicated to making a positive impact in the lives of our students? By naming the University of Victoria as a beneficiary in your Will, you can create an endowed fund in your name, or that of a

loved one, that will support future generations and make a lasting impact on the lives of our students.

I can work with you to ensure that your wishes can be met, and that your gift goes to the area you wish to support. To learn more about Planned Giving options, please contact Natasha Benn, Planned Giving Officer, at (250) 721-6001, or by e-mail at nbenn(at)uvic.ca

CARP: A New Vision of Aging for Canadians

Save \$10 off the regular price to join CARP, including a subscription to Zoomer magazine.

Bringing you Advocacy, Benefits, and a sense of Community, CARP is the largest association for the benefit of the 45+ in Canada.

CARP is a ticket to great savings, an award-winning magazine and a strong national voice for the aging population, baby boomers – that's you!

Join us, and support CARP's mission to enhancing the quality of life for all Canadians as we age by:

- advocating for social change that will bring financial security, equitable and timely access to health care and freedom from discrimination;
- ensuring that the marketplace serves the needs and expectations of our generation and providing value-added benefits, products and services to members; and
- building a sense of community and shared values among our members in support of CARP's mission.

Some of the great savings with a CARP membership include discounts on: Home and Auto insurance Travel, Hotels and Car rentals, Financial services, Optical and Hearing products, GoodLife Membership, In-home care.

To register, see: <http://www.carp.ca/groupdiscount>
Select the big orange button "Join CARP Now".
Then, from the drop-down menu on the next page, please click the "U-Z" tab and select "University of Victoria Retirees Association".

You can also call us at 1-800-363-9736
Quote "GDUVRA11" to get your reduced rate.

2011 International Day of Older Persons

Lecture on Cognitive Fitness: Strategies for Aging Successfully

by Dr. Stuart MacDonald

The average lifetime has increased considerably in the past few decades – truly wonderful news for many reasons! However, this also means the average person will live longer with various age-related diseases. Dr. MacDonald's lecture will focus on cognitive health. Key themes to be addressed will include:

- an overview of the "use it or lose it" adage of cognitive aging (do I really need to do crossword puzzles 30 minutes each day to maintain my cognitive health?)
- a discussion of the meaning of chronological age (is age really just a number?)
- some insights from his research laboratory regarding patterns of usual and successful aging (what are the early risk factors for dementia, and how can I minimize my risk?)

During the course of the lecture, he hopes to dispel some of the myths about memory and aging.

The Salvation Army Victoria Citadel
4030 Douglas Street
Friday, September 30, 2011
Tea is served at 1:30 pm; lecture at 2:00 pm

Dr. Stuart MacDonald has been selected as the 2011 recipient of the Faculty of Social Sciences Research Excellence Award. His research focuses primarily on individual differences in cognitive aging and the cognitive neuroscience of aging. In particular, he is interested in biological aging, and how it relates to changes in memory and other cognitive functions. This research has implications for early identifications of cognitive disorders and possible effective interventions to slow or stop these changes from progressing.

This event is free to attend. To help us ensure adequate catering, please register by contacting the Centre on Aging at 250-721-6369 or carablan(at)uvic.ca