



University of Victoria

Retirees Association

October 2012

Volume 04/12

GREY MATTERS!



Swiftsure 2012

photograph by Andrew Madding

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<i>By the way ...</i>	7	We enjoy a good relationship with Retiree Groups from UBC and SFU, and meet with them on a regular basis to share ideas and discuss matters of mutual interest such as Benefits and Social Activities. The next meeting is set for mid-October in Vancouver, and we will be well-represented there. Recently, we have been
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President's Report continued ...

exchanging newsletters. We are talking about sharing articles that we think will be of interest to all of our readers. We are attempting to reach out and connect with retiree groups from other educational institutions in B.C. which we think will be of value to everyone.

In lieu of our November meeting, the Board is planning a mini-retreat. The main objective of the retreat is to look at ways in which we can better serve the needs of our members. Those of us who attended the CURAC Conference were exposed to some excellent ideas coming from other associations which we think may work well at UVic also. In addition, we hope to explore how the UVRA can be officially recognized - by letter of agreement - as representing all of UVic's retirees.

If you can think of any worthwhile and beneficial ideas the UVRA should pursue, please forward them to me, and I will be happy to present them to the Board.

Under the steady hand of Bev Timmons, we continue to promote the concept of the Elder Academy (a working title) with the Office of External Relations at UVic. We have had several meetings recently with various people and representatives. They have created renewed energy and commitment to this concept. We are hoping it will move forward in the near future with strong support from the Office of External Relations and begin to take a more formal shape. The next step is to have a brainstorming session with all interested parties at UVic, to seek support and ideas of what an Elder Academy could mean to them, and how it may serve the needs of the University, the Community, and especially those people over 55 years who are looking for stimulating experiences and challenges.

Like last year, Dave Turkington has been working hard in putting together the slate of presenters for the 2013 Masterminds Series.

Once again, I am indebted to a busy and dedicated Board, who continue to serve the needs of UVic retirees - in particular those of you who are members of UVRA. I stress that this is a working Board who spend many hours on behalf of our members. I also appreciate the commitment of those who have served before.

However, we strive to become an even more vital association. So please let us know if there is something important you believe the UVRA should be doing.

With summer slow to leave, this autumn will witness a variety of social activities and outings, that I hope you will find interesting and take part in, under the able leadership of Winona Pugh and her Events Committee. See you there.

David Docherty, President

<angdave(at)shaw.ca>

Welcome to new members

- Jennifer White, Child and Youth Care
- Ken Beattie, Biochemistry
- Margaret Varga, McPherson Library
- Ralph Scheurle, Research Services
- Ron Stevens, Records Office
- Rosemary Ommer, Office of Community Based Research
- Thomas Burch, Sociology

George Smith

Gabriola Island tour

On a sunny spring morning, on May 17th at 6 AM, forty UVic retirees, spouses and friends bussed to Gabriola Island, about 5 kilometers east of Nanaimo. We were met at the Descanso Bay terminal by island resident and guide and UVic retiree, John King. He outlined a comprehensive tour of the 57.6 sq. km. island that has a resident community of slightly more than 4000.

Highlights of the tour included beautiful ocean and island views, Malaspina Galleries in Taylor Provincial Park, an interesting sandstone formation noted by Spanish explorers, beach explorations, many ancient petroglyphs



carved by First Nations people, and, built by early settlers, the brickyard and millstone manufactories.

Lunch and picnic facilities were available at Silva

Bay Resort and Marina.

With about an hour to spare before the 4 PM return trip to Nanaimo, the group visited the

shops and galleries in the Village. Gabriola has a large and vibrant arts community.

Novelist and poet Malcolm Lowery wrote *October Ferry to Gabriola* in 1946.

The group returned to the UVic campus about 7 PM — a long day. The UVRA is grateful to John King for planning and guiding a wonderful tour.



A footnote:

In the photo, please note that John King is crouching, so as to not block those behind him.

I assure you that John is fully capable of standing erect.

Jim Currie

A footnote from the Editor: *I could not go on that junket, because I was out of the country, but remember meeting Frank Ney years ago, who, dressed as a pirate, was rowed in the smallest of wooden boats to the Gabriola Island beach, where I was spending an afternoon. Frank, of course, was campaigning for his umpteenth re-election as the Mayor of Nanaimo.*

By the way...

Grey Matters is a fitting name for our newsletter, as it carries items of interest for our greying retirees. Retired as they are and greying as they may be, they are also vigorously involved in all aspects of life in Victoria.

Grey Matters therefore is a statement of quiet affirmation, or one that should be shouted.

In both cases, the emphasis is on the second word: *matters*, as if to say: Yes indeed, *grey does matter!* A parallel can be found when asserting that size is relevant: *size matters!*

There is no punctuation mark for quiet affirmation, but there is an exclamation mark for shouting.

Hence, our slogan and newsletter name ought to appear like this: **Grey Matters!**

Peter Zingeler <Peter.Zingeler(at)shaw.ca>

In Memoriam

Gerald Sheldon McCaughey

was born in Montreal October 4, 1925, and died in Victoria June 23, 2012.

A decorated WW II RCAF Veteran, Gerald taught at Royal Roads, U of A, McGill, University of Oregon, and Los Angeles, where he was voted "Best Professor" by the students. He is dearly missed by Jennifer, his wife, by his family, friends, and colleagues.

Leslie Ann Goard

was born May 31, 1944 in Vancouver, and died in Victoria July 10, 2012.

A graduate from UBC with first-class honours in English, Asian Studies, and Anthropology, Ann was a lover of the fine and performing arts and an avid volunteer for many organizations and for many years.

Robert Carl Willihnganz

was born June 19, 1937 in Fond Du Lac, Wisconsin, and died September 11, 2012 in Victoria.

Bob enjoyed working with students, and spent most of his career as a psychologist at UVic Counselling Services. Bob's life will be celebrated at a later date. To leave a condolence, please visit <http://www.earthsoption.com>

University Club

New at the Club is breakfast, for only \$7.95, that is served Monday to Friday, from 7:30 to 11 AM.

Also, there is an International Buffet each Wednesday, from 11:30 am to 2 pm, for \$14.95.



The Club has a new website: <http://club.uvic.ca> where you will find the special events coming up this fall, e.g., the University

Club 45th Anniversary Dinner and Dance, with an Oktoberfest buffet, on Saturday October 20th.

The Club now offers a take-out menu featuring soups, salads, burgers, wraps, sandwiches, and more. For more on this new service, go to <http://club.uvic.ca/takeout-form>

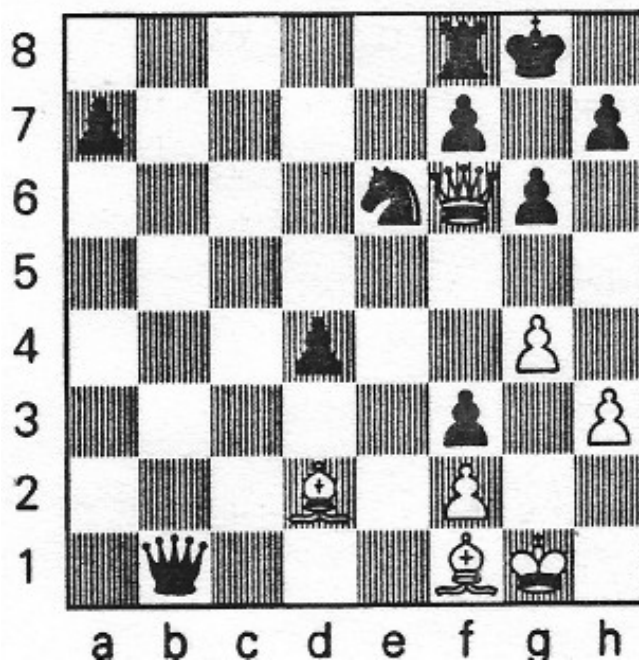


David Leeming

Chess Challenge

What would you play as grandmaster Borislav Ivkov (playing black)?

Borislav had already beaten Vasily Smyslov and Bobby Fischer, and now needed to easily defeat tail-ender Gilberto Garcia (playing white) for first place in Havana, 1965.



Oh no! Not **d4 to d3**. Why not?

Please send your analysis to the Editor:

Peter Zingeler <[Peter.Zingeler\(at\)shaw.ca](mailto:Peter.Zingeler(at)shaw.ca)>

Fall Events

For the Fall, we are looking forward to three events:

- **Tuesday, October 23, 10 a.m.**

Combined tour of **South Island Bronze Works** (6375 West Saanich Road) and **Victoria Spirits Distillery** (6170 Old West Saanich Road)

Register by: October 16

Charge: \$10 per person

Limit: 20 + wait-list

Tour the studio and foundry of Nathan Scott, sculptor and creator of many local art pieces including the *Terry Fox* statue at Mile 0 and *The Homecoming* (commemorating the 100th anniversary for the Canadian Navy) at the Inner Harbour.

Following this visit, we will head 260 meters north, and then 900 meters south, to visit **Victoria Spirits**, a family-owned-and-operated distillery that makes premium spirits, in a gleaming wood-fired still. Master Distiller Peter Hunt makes a number of fine spirits, including Victoria Gin, Canada's first premium gin.

Finally (after travelling 900 meters north and 4600 meters south) we will end our tour with lunch (not included) at **Tia's Heritage Café**, located in the 100-year-old building that began life as the Prospect Lake General Store (5303 West Saanich Road).

- **Tuesday, November 13, 11 a.m.**

British Columbia Aviation Museum
(1910 Norseman Road, North Saanich)

Register by: November 6

Charge: \$5 per person

Limit: 30 + wait-list

This museum features aircraft and artifacts related to the history of aviation, with an emphasis on BC aviation history. View the most-recent restorations including the Vickers Viscount and the Conair Water Bomber, as well as the projects currently in-progress. The museum also includes historical displays of the evolving Pat Bay Airport and the Memorial Room, dedicated to the efforts of our three air forces during the wars.

We will continue the aviation theme with lunch (not included) at nearby **Mary's Blue Moon Café**.

- **Friday, December 7, noon**

Christmas Luncheon and Entertainment
Queenswood Room, Cadboro Commons, UVic

Register by: December 1

Charge: \$22 per person

Limit: 70 + wait-list

This is our traditional gathering to visit with friends and colleagues.

Enjoy an elegant buffet lunch, and be entertained by UVic musicians.

Winona Pugh

Physical Activity and Wellness Corner

... will resume in the next issue of Grey Matters! with installment #10.

David Docherty

By the way...

Your editor welcomes any and all submissions – news of upcoming events, idle thoughts, personal reflections and experiences, or plans and photographs that would be of interest to even some of us. Thanks to each of you who contributed to this issue, by labour or by letter.

Peter Zingeler <Peter.Zingeler(at)shaw.ca>

One hour of increased brain activity via innovative thinking or experiencing new stimuli can make you smarter, more energetic, more creative, more sociable, and more open to new experiences and ways of thinking.

How to Exercise an Open Mind

The key ingredients are to be open to new experiences, and to make changes in previous ways of thinking about these experiences.

Here are some of the endless numbers of activities that can stimulate your brain:

1. **Reflect on your own belief system.** Every decision you make in life is based on your belief system. To open your mind, start to list your fundamental beliefs, and for each one ask yourself why you believe it. Then ask yourself whether you could imagine being you if you didn't exactly believe it anymore, but believed something marginally different. Then marginally different from that. Pick a belief a week, and work at it. Ask some really good friends what they believe, and how they acquired their beliefs. Understand this: your belief system is absolutely unique to you; your friend's belief system is unique to them. An open mind is comfortable with differences and with using a variety of lenses to view an issue.
2. **Push the limits of your body.** By using your body in new ways, you can learn more about yourself and expand your mind. Walk backwards through your whole house for a completely new spatial perspective (being careful not to trip over anything or fall down the stairs). Take martial arts classes. Try some hip-hop classes or learn a break-dance move. Can you touch your toes? Work on it. Try skiing, snowboarding, jet-skiing, hang-gliding, parasailing, surfing, and anything else that pushes the limits of your comfort zone!
3. **Explore other cultures and religions.** Start by trying new foods. Have you had sushi? What about Vietnamese? Mediterranean? Indian? Native-American? Cajun? Have you ever tasted a boba? A shot of wheat-grass? Have you smoked a hookah or eaten durian or the Filipino delicacy, balut? While you're at it, attend churches, synagogues, mosques, temples, trade union meetings, and meditations.
4. **Travel.** Becoming an outsider really exposes a mind to new things. You can even travel inside your province or country! How well do you know your own city? Have you tried using only a bike, or only using your own two feet and public transportation? (Ever considered what it's like if that was the only means to get around, say if you were physically unable to drive around? Being a pedestrian once in a while will make you a better driver.) Go off the beaten path!
5. **Talk to someone you wouldn't normally talk to.** Chat up your bus driver, a protestor, someone on his or her lunch break, a homeless person, or anyone else you might not otherwise give much thought to. Everyone likes to tell the story of their life.
6. **Learn something new.** Take unusual classes at a community college or community-based educational program near you: pick up a catalog and open your mind to learning things like art history, basket-weaving, first-aid training, or business ethics. Look for easy survey courses with no prerequisites, such as meteorology, nutrition, or Japanese pop culture. You could even find unexpected topics such as Vampires and Werewolves. Learn different languages (Norwegian, Japanese, French, Arabic, Italian, Finnish, Saami, Chinese, Navajo, etc.), especially those with roots very different from your own. The internet is a great place to find obscure classes cheaply or for free. Look for free lectures on the YouTube or

How to Exercise an Open Mind (continued)

KhanAcademy.org sites. Join clubs based on things you have no knowledge of. A Scrabble club, investment club, folk-dance club, etc., would not only teach you something new, but also make you new friends. Build ridiculous things like radios, Lego castles, robots, and trebuchets.

Note: the above was excerpted from:
<http://www.wikihow.com/Exercise-an-Open-Mind>

- Spouses Allowance to Old Age Security;
- Over 65 years: would qualify for OAS and GIS except having less than 10 years residency in Canada;
- BC Employment and Assistance (60 years and older); or
- BC Employment and Assistance PWD Disability Assistance (18 to 64 years).

Bus pass information

A universal bus pass is available for low-income seniors and persons with disabilities, providing unlimited access on any scheduled BC Transit bus.

To qualify for the BC Bus Pass Program, you must be receiving any of the following:

- Old Age Pension and Federal Guaranteed Income Supplement or Federal Spouse's Allowance;

For more information, contact:

BC Bus Pass Program

Ministry of Social Development

PO Box 9950, Station Provincial Government
Victoria, BC V8W 9R3

Toll-free: 1-866-866-0800

(Choose option 4, then option 3)

Source: <http://transitbc.com/transitpasses/>

By the way ...

You are forgiven for being confused as you leave any of the inner-circle University buildings at night and say (to no one in particular): *Are these the doors that I used coming in?*

Yep, our campus is getting pretty crowded: with concrete and glass and parking lots and signs and everything but an honest-to-goodness landmark by which to navigate.

On Wednesday, I read through the UVic Strategic Plan. It called for creating a community atmosphere and for building additional residences to house the out-of-town students from Taiwan and Vancouver Island (about the same size, incidentally).

The UVic Plan has 37 great ideas but does not contain a single proposal for erecting a landmark to help all those keen students (and new faculty) from Taipei and Bowser find their way around the new neighbourhood, night or day.

I am sure, the idea of such a university icon has been raised before and rejected, but if you, dear reader, think that the time has come to build another Eiffel Tower, or a Sphinx on campus, please get busy and design something. Preferably a bit more West Coast. Now wouldn't a lighthouse with a real light be a perfect beacon? Symbolical and practical, eh.

Finally, a word of caution: if any of you writes in with a suggestion or a complaint, you are automatically entered in my book as a troublemaker, and asked to become a member of the **Grey Matters!** Advisory Committee.

... the Editor

United Way

The final fund-raising tally for 2011 came to \$271,165 with \$ 36,641 being raised from July to December.

The campaign also welcomed 62 new donors.

The Victoria United Way Community Campaign kick-off was held on September 12, 2012 at Ogden Point, with a pancake breakfast.

The UVic campaign will begin the first week in October, with a goal of \$ 300,000.

Events will include a Start-up Breakfast, a lunch-time Barbecue, a Book Sale, Plasma Car Races, and a Craft Fair.

Other events to be organized by the students and departments will be announced at a later date.

The McPherson Library will be seeking volunteers from the UVRA membership to help with the Book Sale. Information on how to participate will soon be made available.

Please watch the UVic web site:

<http://unitedway.uvic.ca>

for events, pledge forms and further information

If you have any questions, please contact me.

J. Isobel Dawson, UVRA Representative to the UVic United Way Campaign Committee
idawson(at)uvic.ca or 250-721-0232



A funny thing happened on the way to the London 2012 Olympics

In the fall of 2011, both the UVRA Treasurer Kathy Harris and I applied to be *Games Maker* volunteers at the recent Summer Olympics.

Kathy received a “no thanks” response before Christmas, but I waited and waited and waited to hear a response. Finally, on July 3rd, I received a “no thanks” response — exactly 24 days before the start of the Games. So, part of my European vacation was hastily rescheduled.

My picture below is of “Gullfossen” (the golden waterfall) in Iceland — one of my stop-overs on my journey towards London.

Melvin Klassen



The Raptor Tour



The fall's first outing arranged by the UVRA Events Committee was to the **Pacific Northwest Raptors Centre** on Wednesday, September 26th, and Ralph Scheurle took these three pictures.