



# University of Victoria

## Retirees Association

January 2013

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# Grey Matters!



The Gabriola Island hand-bell ringers (2012)      courtesy of Margaret Taylor

## From the President

At the end of another year, we hope you enjoy this latest newsletter, and once again we encourage you to provide feedback to the Board about how we can be more effective in what we do.

I was unable to attend the Tri-Universities Retirees Association meeting in Vancouver held in mid-October, but was ably represented by Peter Liddell, Lois Jones, and Peter Zingeler. The meeting provided a good opportunity for the sharing of ideas by UBC, SFU and UVic retirees.

In November, we did have the mini-retreat for the Board, along with several other invited members who have played significant roles in the UVRA over the years. From my perspective, it proved a most productive day.

The sharing of many new ideas will result in actions we intend to pursue in the coming months. With these actions, we hope to establish a stronger presence in the University, and better serve the needs of our members, along with all UVic retirees. A special thanks to Winona Pugh for helping to organize the day.

As usual, the committees have been busy.

The Benefits Committee still soldiering on in the pursuit of options for Extended Health and Travel. In particular, they conducted an on-line survey to assess the needs of all UVic Retirees, followed in November by a workshop to answer questions. Peter Liddell and Lois Jones are to be commended on these initiatives.

## From the UVRA President (continued)

In this newsletter, you will see that Dave Turkington has been busy in putting together the slate of presenters for the 2013 Masterminds Series.

Winona Pugh and the Events Committee have put together an interesting list of activities.

The concept of the Elder Academy (which I stress, is a working title) is still being pursued and making slow but steady progress. We are hoping things will soon move faster and, under the dogged guidance of Bev Timmons, we will be able to provide more complete information in the next newsletter.

Quietly, behind the scenes, Victor Neufeldt has been writing a history of the UVRA and provided a tantalizing, short presentation at the mini-retreat.

We are still in need of members to serve on the Board, especially as Treasurer and Secretary. So if you have the **interest** and the **inclination**, please contact any Board member, especially Isobel Dawson, who chairs the Nominating Committee. You will note I did not include the **time**, as I realize that all our volunteers seem to be involved in many things and simply make the time to contribute to the UVRA. To them, my continued thanks and appreciation.

Finally, on behalf of the Board, I wish you all a very happy holiday and a healthy and fulfilling 2013. No matter our beliefs or convictions, Christmas is an opportunity to spend precious moments with family and friends, but also a time to think about others in the world who are less fortunate than we are, and have to deal with adversity on a daily basis. Above all else, we hope that 2013 brings a safer and more peaceful world.

David Docherty

## 2013 Events Calendar

I am just confirming the events now, but the Events Committee does have two events in place.

### Thursday, January 17 at 10:00 AM

We have arranged for a tour of the Viking Air Factory (9574 Hampden Road, off Anson Drive), followed by lunch at the Spitfire Grill (9681 Willingdon Road).

Viking Air showcases the success of this company with the legacy of the deHavilland aircraft.

The tour will give us an understanding of the role of the deHavilland design in opening northern Canada, and in developing the commuter airline system.

### Monday, February 12 at noon

We will celebrate the Chinese New Year at the Crystal Jade Restaurant (Saanich Plaza Shopping Centre). Our speaker will be May Wong, author of *A Cowherd in Paradise*, the story of her own family experiences as immigrants to Canada during the time of the Chinese Head Tax.

A comprehensive list of planned 2013 Events will go out as more details emerge and dates can be confirmed.

Winona Pugh

## Becoming Alone

This story appeared in the Fall 2012 issue of Simon Fraser University's Retirees newsletter. Your president, David Docherty, discovered it at the CURAC Conference, and thought it a compelling story. We obtained permission from the author and from editor Maurice Gibbons to reprint it here. It was written by Marilyn Bowman. [I hope you found this account as poignant as I did, perhaps sufficiently so as to try your hand at putting down your experience in a story for the next Grey Matters! ed.]



Earlier this year, my life's companion of 45 years, Andrew Ross, died after a short, sharp ten weeks -- destruction by cancer. In the time since then I have been learning to live alone.

I realize that even when our loved ones are near, unless we are physically in the same place, they reside most of the time in our memories. After death, our loved one's existence in our thoughts has not really changed, they are still with us there. But what has changed is our future expectation of being alone. When those we love are alive we always expect to see them again, to talk with them, share stories, and test ideas with them. When they are gone from our lives, we no longer have that expectation, and this is what creates a profound feeling of being alone.

When I return to my house after a trip now, I feel solitary in a way I never did before. There is no real "home" there because home is just me, and I can be anywhere. The absence of an expectation to be joined again with a loved one completely changes the experience of life. Planning to go to a movie or public event is different when we are alone; the absence of a dear person to share events with and to remember them with changes the nature of those events.

As I drift alone through weekend expeditions we used to share, the meaning of routine encounters is changed in subtle ways. Buying flowers from the Lonsdale Quay vendor we knew for years no longer interests me, because Andrew is not there to give me his unique comments on my choices. I always had great pleasure asking for them, because his aesthetic sense was more complex and interesting than mine. The changed meanings can be quirky too. The Steveston floating dock no longer means I can thrill myself with walking on the outside edge in spite of my erratic tendency to topple, because Andrew is not at my side to save me.

I am still learning how to be alone, and it is a new kind of learning. In the past, it was easy to be solitary without feeling lonely, because of the expectation that the solitude and separation from my loved one was only temporary. Knowing that it is permanent makes living different in a way that cannot be truly remedied by seeking social activities. It is a new way of life. I am learning how to be alone.

## We welcome our new members

Huguette Beaudet, Res. Services  
 Edward Berry, English  
 Karen Carter, Interlibrary Loan  
 Lily Dyson, Education (EPLS)  
 Gwynneth Hart, Affiliate  
 Henryk Jedynak, Staff  
 Greg Knowland, Foods/Chemistry  
 Neil MacLean, Accounting Services  
 Yvonne Martin-Newcombe, Education  
 Linda Metters, Financial Services  
 Jane Milliken, Nursing  
 Patty Pitts, UVic Communications  
 Peter Sanderson, Human Resources

George Smith

## Masterminds 2013: Lecture Series by UVic Retirees

The Masterminds lecture series highlight the continuing contributions of the University of Victoria's retirees to the University and to the community. With the generous support of the University of Victoria, the UVic Retirees Association and the Centre on Aging, a series of four free lectures by UVic Retirees will be presented each Wednesday from April 10th through May 1st .

All lectures start at 7:00 PM, in Harry Hickman Building, Room 105, University of Victoria



April 10, 2013

### **Probiotics for Better Health – Time to Switch Gears**

Dr. Ed Ishiguro

Claims that preparations of certain live microorganisms, known as probiotics, are beneficial to human health date back over 100 years. The most popular probiotics are yogurts and related fermented milk products. This presentation focuses on recent research into the validity of these health claims and the prospects of using probiotics to treat infectious diseases.

Ed Ishiguro has been a faculty member at UVic since 1977. During this time he has served as chair, Department of Biochemistry and Microbiology, and has received several awards for his outstanding teaching and research. They include; Faculty of Science Teaching Excellence Award (2005), UVic Alumni Association Harry Hickman Award for Teaching Excellence (2006). He is also the Inaugural Master Teacher in UVic's Learning and Teaching Centre (since 2007).

Contrary to popular notion, he has never contemplated retirement.



April 17, 2013

### **"Gearing Up For High Performance: The Athlete's Quest**

Dr. Howie Wenger

In the world of elite sport, the difference between winning and losing, or achieving a personal best, is very small. This presentation attempts to pull together many of the critical factors that must be developed and then combined to make success possible. A person's genetic endowment is the initial piece that provides the potential for success. These gifts must then be crafted and augmented through hard work, integrated support, and quality competition. We will explore a number of factors that are critical in building a high-performance athlete and citizen.

Howie Wenger is a Professor Emeritus in the School of Exercise Science, Physical and Health Education, at the University of Victoria. Since receiving his PhD in Exercise Physiology from the University of Alberta in 1971, he has served in many capacities in the world of sport and exercise. He has been awarded many awards for his teaching and research.

He has been an exercise physiology consultant to many national teams such as: Ice Hockey, Rowing, Alpine and Freestyle Skiing, and Soccer. In addition, he has been an exercise physiology consultant to several NHL teams: Vancouver Canucks, Los Angeles Kings, New York Rangers, and St. Louis Blues.

## Masterminds 2013: Lecture Series by UVic Retirees (continued)



April 24, 2013

### Using Chemistry to Enhance Our Bodies – the Good, the Bad and the Ugly

Dr. Reg Mitchell

Chemicals are often thought of as bad! That is unless we really need them – for example, to remove wrinkles, and make our skin look young again; to enhance our sexual prowess; to stave off the effects of aging.

Reg will take a light-hearted look at the effects of some of the chemicals we happily use to enhance our bodies, be they good, or bad, or ugly. Questions are very welcome.

Reg Mitchell was born and educated in South London. In 1962 he went up to Cambridge, obtaining his B.A. in 1965 and his Ph.D. in 1968. He went to the University of Oregon in 1968, and in 1970 returned to Britain for employment in the Research Division of Formica International at Maidenhead, near London. In 1972, he came to Canada as an assistant professor at the University of Victoria, and was promoted to full professor in 1982, becoming Professor Emeritus on his retirement at the end of 2008. He has published more than 160 research papers and three book chapters.



May 1, 2013

### An Unusual Job for a Lady: The Intriguing Role of an Orator

Juliana Saxton

In her role as University Orator, she has had the opportunity to introduce many remarkable people during UVic Convocations, and at other important gatherings.

In this presentation she will share the delights and challenges of this unusual job, and meditate on some of the individuals whose lives she has researched and summarized, driven always by the question with which all orators wrestle: *How do you catch lightning and bottle it, in just five minutes?*

Juliana Saxton is a Professor Emeritus, Department of Theatre, University of Victoria. She is an author and co-author of a number of texts on drama/theatre in education, applied theatre and applied drama. An internationally recognized keynote speaker and master teacher, she is the recipient of a University of Victoria Alumni **Teacher of Excellence Award**, the **Campton Bell Lifetime Achievement Award** from American Alliance for Theatre and Education (AATE), and two AATE **Distinguished Book Awards** (2005 and 2009).

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Please register for each lecture by calling 250-721-6369. As seating is limited, plan to arrive early.

If you do not have a UVic parking permit, there is a charge of \$2.25 to park on campus in the evening. Ticket-spitters for parking permits are available in all parking lots.

The Centennial Stadium parking lot is probably closest to the Harry Hickman Building.  
See: <http://www.uvic.ca/maps> for a map of the UVic campus.

Dave Turkington



## Event report: October Studio Tour of the South Island Bronze Works

Iona directed traffic, and two dozen of us met owner Nathan Scott who introduced his artisans, sculptors and finishers in a rambling workshop on West Saanich Road.

Turns out, that it all begins with an ever-malleable lump of clay and an image in the artist's head. And if you thought that the technology of bronze casting had been vastly improved since the Bronze Age, tell that to the guys in the leather aprons who do the firing and puddling of the copper-tin alloy in the time-honoured fashion. Only the finishing is now a bit quicker, owing to electric Dremel™ power-tools and drills. Work-in-progress pieces in all stages of completion showed the labour-intensive process from sand-blasting to high-gloss finishes.



How those utterly solid pieces manage to be elegant and hollow and pleasing to handle is amazing.

I now appreciate why bronzes cost so much.

At 3 feet diameter, the clay shell of the not-so-Little Mermaid is almost ready for multi-stage casting job, as is the legless clay cowboy, below.



Other tables displayed finished originals and copies, from small statuettes to imposing metal portraits.

A thoroughly enjoyable, surprising, and satisfying experience indeed.

(continued on next page)

## Event report: October Studio Tour (continued)



Next, our visit to the local Victoria Spirits Distillery was anticlimactic. This small business, just around the corner, offered a unique glimpse into the making of a commodity whose quality and consistency we take for granted every time we open a bottle of gin.

We saw the chemistry of liquor production on a small scale, and the beautiful machinery from Germany used to refine our favourite summer drink.

Partner in the distillery, Peter, explains the pressures, densities, boiling points, and condensations going on in this gleaming, wood-fired oversized samovar.

Of course, we could taste and buy what we tasted at the gin and vodka bar.

Goes to show that you don't need to travel far and wide to meet unusual, interesting people and see unexpected sights.

Thanks to the Events Committee for a wonderful morning just up the peninsula.

Peter Zingeler

## In Memoriam

**Arthur Douglas Cryderman**, 1931 in Saskatchewan - November 2012.

Married to Judy in 1967, and raised three sons in Victoria. A Celebration of Life will be held Dec. 28. Condolences to <http://www.earthsoption.com>

**Nels Granewall**, 1940 in Sweden - October 2012, came to Victoria in 1951, married Carolyn, and joined UVic's Financial Aid Office, and later worked in the Alumni Office.

A memorial service was held in November.

**Robert Allen Shimmin**, 1924 in Vancouver – April 2012.

Married Beverly, and raised six children. A career soldier until 1969, Allen worked for UVic until 1978.

**Alexander (Sandy) Slade**

The UBC School of Library, Archival & Information Studies announces his sudden death in October, age 62. Sandy was known for his work on Library Services for Distance Education. He joined UVic in 1981, and became Program Director for Continuing Studies.

**Margaret Mary Travis**, 1933 in Melbourne, Australia – November 2012.

She became a teacher. A '74 Ph.D. in BC completed her education.

An Associate Professor at UVic, she married Travis, and together they developed a commercial kiwi farm in Saanich. A family gathering was held in November.



## Trying to make a difference in Tanzania



I spent all of October near Dodoma in Tanzania, helping to build two small nursery and primary schools, as part of a team sponsored by the **For the Love of Africa Society** — a Victoria-based organization that raises funds for the building of schools, medical clinics, and orphan centres.

Each year, a team of 14-16 volunteers pay their own way to go and work alongside the local people in the construction and finishing of the buildings.

There are many organizations doing similar things in other African countries.

This was the second time I have been in Dodoma with a team.

FTLOA have now completed 7 projects in this area over a period of 8 years.

At times, it seems that these efforts accomplish so little, when the needs are so great. However, in addition to the rewards of seeing the two new schools come to completion, it was really rewarding to visit the other projects, and see how they are flourishing. Collectively, they do seem to be having a real impact in the community.

The jewel in the crown would have to be the medical dispensary that is now seeing nearly 1,000 patients per month, primarily for pre- and post-natal care. It now includes two offices devoted to family planning, run by the Maria Stopes Foundation.

At the grand opening of the clinic, while we were there, they invited 1500 local people, including 500 children, in classic African-style, with singing, dancing and acrobats.

A short play on HIV kept even the children enthralled with its powerful message.

I think I speak for all the members of the team: you end up receiving much more than you give. The level of appreciation and acceptance at times is overwhelming, and of course you cannot help but being moved by the children. If you wish to know more about the FTLOA Society, visit <http://www.fortheloveofafrica.org> where you can also access the latest newsletter.

David Docherty





## News about Members

Congratulations to **Daphne Dunbar** are in order for attaining her Life Master in Duplicate Bridge. She usually plays three times a week at one of the four city clubs accredited by the American Contract Bridge League. She has also played in tournaments held in Anchorage, Vancouver, Ottawa, up-Island and most recently in Seaside, Oregon, where she won her Life Master and Bronze Life Master titles.



**GW Stephen Brodsky** (and Kit) correctly analyzed the solution to our Chess Challenge. He also promised to look into finding a sample of his writing for *Grey Matters!* Brodsky was an infantry paratrooper, a UN Peacekeeper, college professor (PhD in Literature), and is a prolific writer of scholarly articles and novels.

ed.

## By The Way

October 15 began as one miserable day, and at night it got stormy.

After I finished a course at Camosun College around 9 PM, I managed to miss my ride home. I decided to catch a bus — any old bus to get out of the wind. I arrived at the Bank of Nova Scotia downtown at 10 PM, thinking to take the #22 home. A #11 breezed through, but no #22. Turns out, they only go every hour. Very few people take the bus from here this late, a few kids maybe, and building cleaners.

Brrr... I swear, the bus shelters are draftier than street corners. I hopped the next #11 to warm up. It would only take me half way to my destination, but the driver was nice, and before we got to Tillicum, we had a rapport. I had explained my dilemma, and Bob told me he and his wife would go to Phoenix for Christmas.

You could tell Bob liked his job. Matter-of-factly he said, *If there aren't any passengers boarding, I'll take you to your street, okay?* Well, I could only think to say: *Sure, that would be terrific, thanks.* The extra 4 or so kilometers just flew by. I felt great and some guilt, like I used to when I got a super ride hitchhiking — a lifetime ago.

Monday, October 15, 2012 ended with a little miracle, after all.

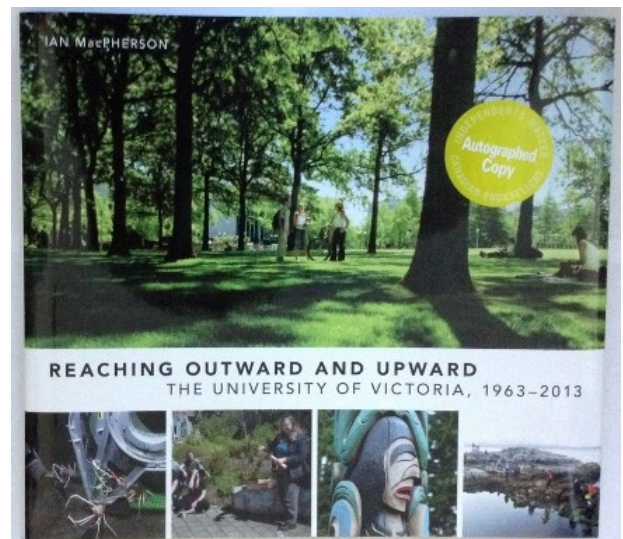
ed.

## UVic's 50th Anniversary

Dr. Ian MacPherson's book: *Reaching Outward and Upward: The University of Victoria, 1963-2013* is available for sale at the UVic Bookstore.

Aside from a great read, there are interesting photos of UVic, faculty, staff, and surroundings.

It's a wonderful gift for those who have contributed to the history of our university.



## Physical Activity and Wellness Corner #10

After a brief hiatus, the Physical Activity and Wellness Corner is back.

In previous columns, I have addressed the benefits of physical activity. With the New Year approaching, it may be time to get active again.

For those of you who have not made some form of physical activity a part of your daily routine, here's what I suggest you do:

1. Don't be overambitious at the start. You need to set realistic goals and do things in small steps. A colleague's suggestion of buying a quality pair of walking or running shoes is a good first step. Then, get your first pair of lycra shorts! Once you have taken these important steps, you should start slowly and build up. Start walking briskly for 15 minutes, two to three times per week, and slowly increase the time to 30 minutes. Once you have reached 30 minutes, 2-3 times per week, build to 4-5 times per week. Once you have reached 30 minutes, 5 times per week, you have reached the recommended daily requirement. Some people like strapping on a pedometer to track their exercise.
2. Walking is not for everyone, but as indicated in the last column, it is one of the best forms of physical activity. There are numerous walking and hiking groups in Victoria with great places to go and trails to use. I am a member of a local seniors walking group in Cordova Bay that meets once per week. I am always amazed at the number of interesting places to walk that in 47 years of living here I did not know about. So check around and see if there is a walking group near you that you can join. Walking with a group, plus deciding where to have coffee after the walk, can add to the fun! Of course, when you have a dog, you don't really have a choice.
3. I am often asked to recommend the best thing to buy for exercising, and I always suggest a dog! I guarantee that this piece of equipment won't collect dust in a corner, or under the bed.
4. Stationary bikes, rowing machines, treadmills are all good for physical activity. The main thing is to do it. Cross-training affords people a choice of physical activity that helps you to avoid monotony and overuse injuries. So try mixing it up.
5. Many people find it more enjoyable to exercise with a group, especially when music is involved. There are so many exercise classes with music such as jazzercise, and more recently Zumba! So, if jigging your parts appeals, get on those lycra pants you bought, and join a class. Normally, you can pay as you "dance" or pay for a session. Unless you are really motivated and committed, I would caution you about joining fitness clubs or gyms. After the initial good intentions, many people do not continue.
6. Of course, your retiree status gives you free access to the UVic Fitness Centre in the McKinnon Gym where you will find me on most days. If you want to go more upscale, pay a modest amount and go to the Ian Stewart Complex. It is the best value in town if you use it on a regular basis.
7. Most recreation centres offer water-based exercises which are particularly well-suited to people with joint problems, but of value to everyone. Of course, swimming is also a good low impact exercise.
8. As indicated in my last column, I am impressed with how people have adapted exercise programs to their mobility problems, such as chair-yoga. Your local recreation centre is a good place to check out classes that are suited to your abilities and preferences.

Happy New Year!

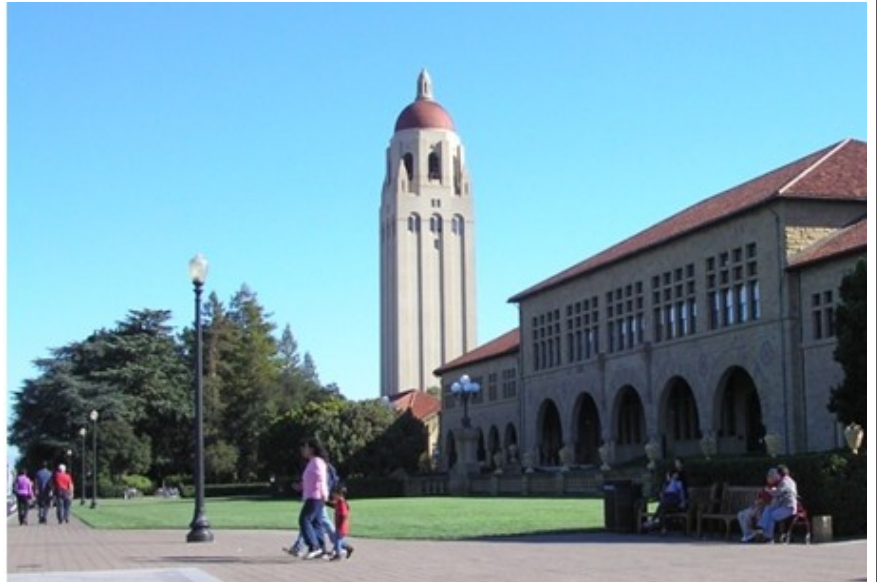
David Docherty

## By The Way

A Landmark for the UVic campus?  
(See the October 2012 *Grey Matters!*)

Alert reader A. Nonom discovered Hoover Tower poking up above everything in the enormous Stanford University complex at Menlo Park, California.

ed.



## Humour

I just received my tax-assessment for 2011 back from the Revenue Canada. It puzzles me! They are questioning how many dependants I claimed. I guess it was because of my response to the line: "List all dependants". I replied: 7.3 million unemployed people, 100 thousand people in prisons, 105 persons in the Federal Senate, 308 Members of Parliament, and 13 local Mayors. Evidently, this was **not** an acceptable answer.

I keep asking myself *who in H-E-double-hockey-sticks did I miss?*



We just don't get it.

What's so great about **Reindeer Games** that makes humans sing about it?



## The Editor's final words

Your editor welcomes any and all submissions, especially those with photos.

He thanks everyone who contributed to this newsletter, especially Melvin Klassen for his keen eye, his sense of propriety, and his computer-skills in fashioning this document.

The **white-space** below is provided for your convenience as you get inspired to jot down a story for the April 2013 issue of *Grey Matters!* Happy New Year!

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