



**University  
of Victoria**  
Retirees  
Association

**August 2015**

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Open: 1:30-3:30 M-F

University of Victoria Retirees Association

# Grey Matters!



[Þingvellir](#) - the Icelandic rift-valley that lies between the North American tectonic plate and the Eurasian plate, and where the Icelandic Parliament was established in 930 AD.

## *Bits from the Board*

### *Inside this issue:*

<i>Bits from the Board</i>	1
<i>Event Report</i>	3
<i>Fitness</i>	5
<i>Poetry in Motion</i>	6
<i>University Club</i>	7
<i>Elder Academy</i>	8
<i>Welcome</i>	11
<i>Volunteer Opportunity</i>	11
<i>Day of Older Persons</i>	12
<i>Across and Down</i>	12
<i>In Memoriam</i>	14

It was a little close, but thanks to some helpful volunteers just before and during the AGM, we now have a full slate of Executive Directors and some new members of the Board. Our Nominations Chair, Dave Docherty, and I thank Barb, Elizabeth, Juliana, Laurain, Patty, and Zulette for offering to help keep your Board working energetically on your behalf. At the same time, we will miss the great contributions that Linda, Rashna, Kathy, Cled, and Walter have given us over recent years. A full list of the new Board is on our website — click on 'UVRA Executive' (just above the picture of R Hut) on the home-page.

By now, you have heard of our challenges and opportunities as the University itself evolves. The new ID card and its effects will involve our new Benefits Chair, Winona Pugh, in clarifying the status of our members. We will be forming a Constitution Review Committee, as that impinges on our different membership categories. At this time also, we are in discussion about our line of reporting to the University, which ultimately will affect when and how we address the MoU that we will seek with UVic.

*(Continued on page 2)*

## *Bits from the Board (continued from page 1)*

On that last score, please be sure to respond to the online questionnaire which Colin Scarfe and his committee have compiled. It aims to define more accurately how you, after retiring, continue to enrich the activities and profile of the University. It will be the core of “hard evidence” that backs up our need for a closer, more mutually beneficial attachment to the University. Members will receive notification by email, when the Survey is accessible.

Attached to that questionnaire is an even briefer Yes/No survey put together by our Transit Committee. With UVRA members as the first respondents, the committee will take the results to various authorities concerned with transit needs for seniors in BC. The intention is that other organizations such as ours be polled in similar fashion, to form a fuller picture of the transit needs of our rapidly growing demographic group.

Our closer relationship to the [Centre on Aging](#) is another area that is evolving. They have long been key to the preparations for [Masterminds](#), and as our new “landlords” in R Hut, give us a more visible “home”, with several common areas of interest. *[Our ‘home’ will be changing office hours during August, because we are short of volunteers. If you do intend to visit the office, please call ahead, to confirm that a volunteer will be present.]*

Two recent announcements from Johnson Inc., affecting BC University retiree policy holders (who should receive confirmation by mail before the September 1<sup>st</sup> annual renewal date): Medoc Travel Insurance rates will be reduced by 6.9%; Desjardins, the underwriters of the Johnson UVRA/UBC policy have raised the rate of the Extended Health Care component by 2% (“driven by trend”) and the Dental Care by 9.8% (due to “high usage” which apparently is often the case initially, but then “typically tapers off”); The supplemental travel insurance rates on that policy (for trips beyond 62 days) are to increase by 5% (“due to trend and the weakened Canadian dollar.”)

*[If I may make one suggestion while wearing my hat as the former Chair of the Benefits Committee: rates alone should not determine your choice of policy. Your anticipated breadth and volume of usage, and annual and lifetime maxima are also important determinants, among others.]*

As the AGM wraps up one session before a summer break, I would like to thank Dave Docherty and Jane Milliken and their Program Committee for such a successful beginning to Elder Academy events. Since September, they have attracted a consistent number of participants who heard speakers on a very wide range of monthly topics. They are now planning for next season, so it would be a good time for you to suggest other topics and speakers, and other venues, as we try to reach out to our community. Please check the [COAG web-site](#) for the Elder Academy events for August 2015.

Finally, I’m going to thank the folks who bring this Newsletter to you: Melvin Klassen has been a great Acting Editor since March 2013. He and we now welcome Lois Holizki of the Centre on Aging (and UVRA Board) who – as if she doesn’t have enough to do – has offered to help, in what must be a pretty crowded spare time. Welcome, Lois.

To them and to you, I wish a relaxing, not-too-hot-and-dry Summer.

... Peter Liddell

## *Event Report — tour of Victoria City Hall*

Twenty-two UVRA members and guests met on May 7<sup>th</sup> at 10:30 a.m. for a free tour of Victoria City Hall.

We began inside the building, with architectural plans and historic photos dating back to the late 1870's. We were shown a commemorative book, published in 2012 for the 150<sup>th</sup> anniversary of Victoria's incorporation, including many historic photos and drawings.



We moved outside to examine the exterior of the building, observing additions from over the years.

The Tiger Company Fire Hall is remembered with a commemorative plaque near the Pandora Street entrance to City Hall. The nearby Firefighters Memorial includes the original fire bell, cast in 1873. On the Centennial Square side of City Hall, we learned that Cormorant Street originally went through, so City Hall was situated on a triangle of land between Pandora and Cormorant Streets. Centennial Square was established in 1962 to commemorate the centennial of the incorporation of the City of Victoria.

We were unable to visit Council Chambers as there was a meeting underway.

At the display of mayoral portraits, we enjoyed anecdotes about past characters.



We then split into two groups.

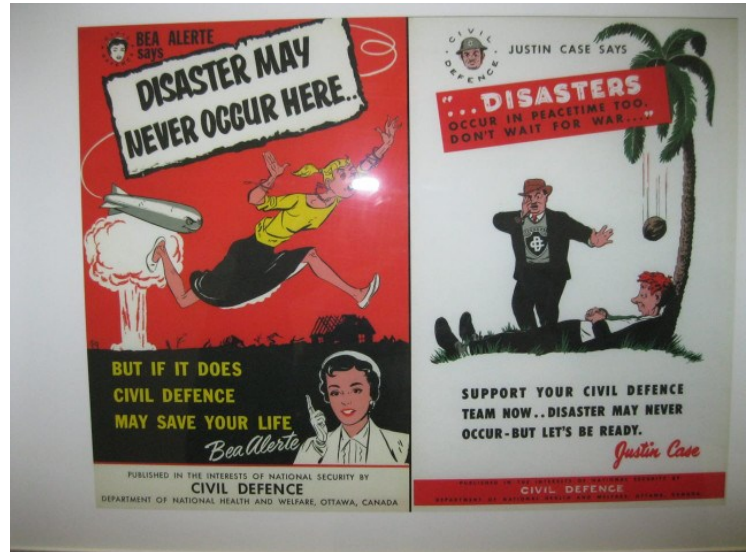
Our group walked across Centennial Square to the City of Victoria Archives. This facility is open to the public, and it has a variety of brochures related to local history.

*(Continued on page 4)*



## *Event Report (continued)*

Entering City Hall from Douglas Street, there is a hallway display from the Archives. We visited during Emergency Preparedness Week, so reproductions of posters and booklets promoting emergency preparedness from the Cold War era of the 1950s and 1960s were exhibited.



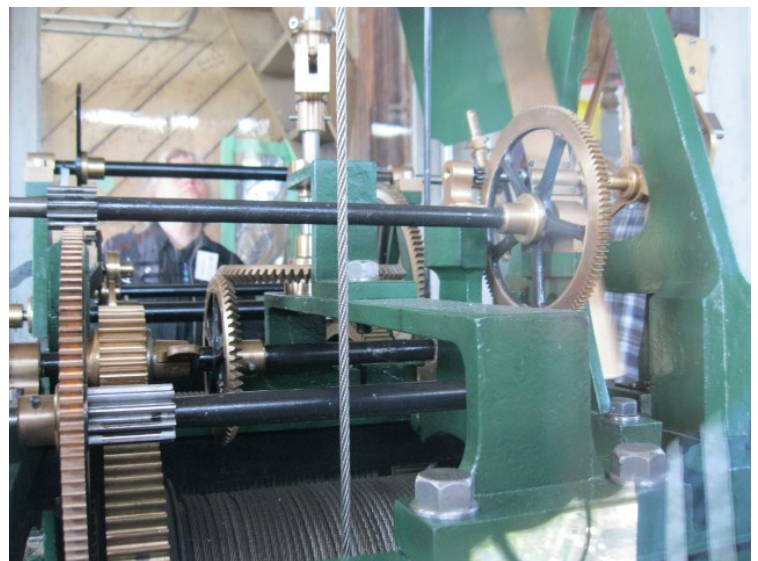
Our final stop was the third floor of City Hall. Behind the mansard roof, we found the “old” (records storage) and the “new” (HVAC system).

We were led up a narrow stairway into the clock tower, where the clock is wound daily. This seemed an appropriate finale to our tour, ending on time at noon.

Sixteen of us chose to go to **The Mint** for lunch. They opened their downstairs dining room to accommodate us, and we had pre-ordered from their online menu.

After a tasty meal together, Kathy Harris distributed City of Victoria pins as a souvenir of our tour.

Special thanks to the Events Committee for their dedicated work for the UVRA.



Submitted by Karen Carter — photos by Mick Collins and Kathy Harris

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## *Physical Activity and Wellness Corner #20*

### **Improving balance as we get older**

In several articles, I have stressed the importance of balance as we get older. Loss of balance can and often does result in a fall. According to the Centre for Disease Control and Prevention in Atlanta, falls are responsible for more than 18,000 deaths and nearly 450,000 hospital admissions, among people 65 and older, each year in the U.S.

UVic's Elaine Gallagher (a former Director of the Centre On Aging) recently made a presentation to our retirees that described some of the things related to falls in an older population, including her own unfortunate experience. *[Editor's note: Elaine wrote about it. See below.]* There are numerous reasons why older people may experience a loss of balance, including a drop in blood pressure (especially when standing from sitting or lying), foot problems, visual difficulties, confusion in unfamiliar surroundings, some medical conditions (such as arthritis), and various medications (NIH, Senior Health). There are also well known external risk factors such as loose rugs, getting in/out of baths, distraction, and poor lighting, that can all contribute. Many of these things can be controlled and corrected with simple interventions and awareness.

### **What can we do?**

However, there are other factors that contribute to a loss of balance as we age, resulting in falls, that relate to more physiological changes, such as loss of leg strength, slower reflexes, and poor or loss of sensory awareness (including proprioception). According to Dr. David Thurman from the American Academy of Neurology, balance is a complex and multidimensional human skill that degrades as we age. The good news is that, unlike many effects of aging, balance can be improved and the age-related declines can be delayed or minimized with proper training. In fact, he suggests that the preponderance of evidence shows that strength and balance training can reduce the rate of falls by up to 50%.

This was brought home to me recently, when I had a guest instructor lead my men's fitness group. I would describe my approach and goal as to increase physical fitness, along with some focus on balance. His approach would be to increase balance with some focus on fitness. After participating in his class, and seeing the response of the participants, I plan on incorporating more balance activities in my classes. Many of us have fitness programs, or go to classes, so the question is how much time is devoted to maintaining or improving balance. For some activities, such as Tai Chi, balance is an essential component. It is possible that other classes, such as yoga, are starting to include more balance activities in their approaches. However, many programs neglect this important skill. As we age, it is clear that balance becomes more important, and therefore needs to receive more attention.

### **DIY (Do it yourself)**

Of course, you do not have to enroll in a class or hire a personal trainer to improve your balance. I found an excellent website <http://eldergym.com/elderly-balance.html> that provides some simple but effective ways to increase your balance using a minimal amount of equipment, all of which you will already have. I recommend you check out this website. If balance has not been part of your exercise regimen or you wish to begin, then this is an excellent start. The website includes video to show you what to do in an easy progressive manner. Try it! I am sure you will like it!

I suggest doing some form of balance training 2-3 times per week, or include some balance training in your regular routine. If you have not done this type of training, it may be a little frustrating at first. Stick with it, and you will get better. In turn, this will reduce your risk of falls, increase your confidence to do other things, and stay healthy longer.

Submitted by David Docherty

## *Excerpts from Elaine's presentation*

### **Part of a presentation by Elaine Gallagher, RN, PhD (retired in 2010 from UVic's School of Nursing) at the April "UVRA Volunteer Appreciation" luncheon at the University Club**

For 20 years, I studied falls among older people, and considered myself quite knowledgeable about the subject.

However, in October 2014, I had a fall. I was wearing slippery shoes, it was raining, there were leaves on the sidewalk, I was not paying attention, and I have osteoarthritis. Bad combination.

The result was a broken elbow and three cracks in my pelvis. After 4 days on pain medication in Saanich Peninsula Hospital, I faced another dilemma – I was constipated. Here's what ensued ... all true!

### **Poetry in Motion**

So you're gummed up? Well that's a shame.  
We'll have to help you out.  
Wait here my dear, I'll be right back.  
I have the cure no doubt.

A laxative will do the trick.  
You'll clear out really fast.  
So down the hatch, yes every drop.  
Your problem will be passed.

An hour later she came back.  
All smiles she asked Okay?  
I said no it hasn't worked;  
I'd like to go today.

"Oh dear" she sighed, well here's what's next  
Suppositories work.  
We'll put this where the sun don't shine.  
A little extra perk.

An hour passed and there I sat.  
No movement was in sight.  
She marched back in her left hand gloved;  
An enema in the right.

Good Lord I said, do I need that?  
On top of all the rest?  
"Relax", she said, and "please don't fear".  
It's really for the best.

So down the hatch, well up the chute  
The soapy liquid went.  
I swear to God the stuff was strong;  
Could cut right through cement.

A minute passed, a man walked in.  
It's time to go he said.  
Your absolutely right said I.  
I leaped out off the bed.

I'm taking you to VGH;  
It isn't very far.  
The bus is just beside the curb  
You're due within the hour.

I can't leave now, you'll have to wait.  
I tried to find the words.  
He won't take no, we had to go.  
Well this was for the birds.

*(Continued on page 7)*

## *Excerpts from Elaine's presentation (continued)*

I thought the trip would never end.  
The speed bumps were the worst.  
When we pulled in to VGH,  
I thought that I would burst.

This could have had an awful end,  
And I was full of dread.  
But just in time we made it there.  
I tried to find the head.

Well in the end it all worked out.  
In spite of all my fear.  
I made it through and found the loo.  
Glad I was in the clear.

## *University Club Report*

### Weekly events:

- International Buffet Lunch — every Wednesday, from 11:30 am to 2 pm, *except during August 2015*.
- TGIF BBQ Buffet —every Friday, from 11:30 am to 2 pm.
- Grillen & Chillen — every Friday, from 5:30 to 7:30 pm.

The Camas Room Three Course Dinner is only \$21.95 (*prix fixé*) – Monday through Saturday from 5 to 8 pm.



There will be a special event on Saturday, September 19th: Music Bingo, Beer, & BBQ Pub Night.

For full details of these and other events, please check their website: <[club.uvic.ca](http://club.uvic.ca)>.

All prices given are exclusive of taxes.

Submitted by David Leeming.



## *UVRA Elder Academy Series #1 — Fall 2015*

### **The UVRA Elder Academy presents – Election 2015: Everything you need to know to vote!**

The 2015 federal election is unlike any other, as polls suggest the closest race in generations among the national parties. This series of presentations is designed to provide us with the information we need to make an informed decision when we go to cast our vote, and hopefully cut through the party rhetoric that tends to cloud many important issues. There are four presentations as part of the series, with 3 leading-up to the election on October 19<sup>th</sup>, and the last one examining the outcome and the possible aftermath. We are fortunate to have lined-up three outstanding people with insights into the political process and positions, to help us deal with the major issues surrounding this election.

#### **1. September 23rd – All You Ever Wanted to Know About the Canadian Electoral Process But Were Afraid to Ask!**

**Presenter: Dr. Michael Prince, Lansdowne Professor of Social Policy, Faculty of Human and Social Development, University of Victoria**

The writ has been dropped and the election is on – now what? Dr. Prince will look at how political parties actually organize themselves for an election. He will also consider whether the new Fair Elections Act is actually fair, and how the redistribution of electoral seats in British Columbia and elsewhere in Canada may affect the election. Many of you will know Dr. Prince from his frequent contributions on local and national media. His fresh and well-informed political insights bring clarity to the issues that affect all of us as BC citizens. Bring your questions for a lively discussion to follow his presentation.

#### **2. September 30 – Platforms: What Is Each Party Promising and What Are the Implications for BC Voters?**

**Presenter: Dr. James Lawson, Associate Professor, Department of Political Science, Faculty of Social Sciences, University of Victoria**

We live in a diverse and many-sided province, with sub-regions and population groups that often differ greatly from one another. Some problems and policy areas, however, affect or concern British Columbians differently than people in other parts of the country. In an election that has turned more than ever before on targeting sub-groups of the population, how have the different federal parties come down on issues of special concern to BC? Dr. Lawson will consider these issues in his presentation, which will be followed by a Q&A session.

*(Continued on page 9)*



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## *UVRA Elder Academy Series (continued)*

### **3. October 7 - Changing role of Social/Media in the Contemporary Electoral Process**

**Dr. Janni Aragon, Assistant Professor, Department of Political Science and Director, Technology Integrated Learning, University of Victoria, plus a special guest from local media (TBD)**

Dr. Aragon is a powerhouse in the local social-media scene in Victoria. She brings her expertise to understanding its influence in contemporary politics. Increasingly, all political parties are recognizing the expanding possibilities of sharing their message with a broad audience, through media such as Facebook, Twitter, and an ever-increasing range of niche social media vehicles. But what does this mean for us as voters? How has the expansion of social media changed political electioneering? What are social media's possibilities and limitations? And how does social media affect traditional media such as radio, TV and newspapers? Dr. Aragon will bring a local reporter (still to be named) with her to her session to extend the discussion, and to participate in the Q & A session that will follow their presentations.

### **4. October 21 – Election Results Are In ... Now What?**

**Dr. Michael Prince, Lansdowne Professor of Social Policy, Faculty of Human and Social Development, University of Victoria**

The excitement that this close electoral race generated is over, the polls have closed, and the results are in, but what will it all mean for us as BC citizens and as Canadians? Of course, no one can predict the future, but Dr. Prince will provide us with an expert overview of what changes we may see in the future and what they might mean for Canadian citizens. His presentation will help us make sense of the reality that will be revealed on October 19 after one of the most exciting elections in Canada in generations. A Q&A session will follow his presentation.

**Location:** TBA (contact the UVRA Office for details)

**Cost:** All 4 presentations for \$20, or \$6.00 per session.

**Registration:**

For online registration, go to: <http://conferences.uvic.ca/index.php/uvraevents/elections>

You can also register at the office of the UVic Retirees Association between 1:30 and 3:30pm after September 7th (located on the UVic Campus in the Centre on Aging (Hut R — room 103) or by phoning the UVRA office: (250) 472-4749

## *UVRA Elder Academy Series #2 and #3*

Following the successful series on Physical Activity workshops offered this summer, in conjunction with the Department of Athletics and Recreation, we are in the process of setting up activity courses specifically designed for participants aged 55+. We will keep you posted about the progress of these courses.

In addition to "Series #1" on the 2015 federal election, two additional short series have been planned as part of the UVRA Elder Academy for this coming Fall. Because the sessions are very diverse, I am hoping there is something you find of interest. We are always looking for possible topics and presenters; if you have ideas, please forward them to me. *David Docherty, Program Chair, UVRA Elder Academy* <angdave(at)telus.net>

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### **Series Two: Who am I? What do I want? What is preventing me from achieving what I want? What are my choices?**

We are indeed fortunate to have **Bernard Turgeon** present this series. Most of us know Bernard as a talented singer, but he is also a Master Practitioner in Neuro-linguistic Programming, and is a renowned presenter on this topic. This will be a very interactive series, with lots of time for discussion and questions. More details will be provided later.

- **October 23rd** (2:30-4 pm) Environment: Present state and desired state. External constraints/when and where?
- **October 30th** (2:30-4 pm) Behaviour: Self behaviours, side effects and stress, making a choice.
- **November 6th** (2:30-4 pm) Capabilities: Expanding one's awareness of resources. Strategies and state of mind.
- **November 13th** (2:30-4 pm) Beliefs and values: Permission and motivation. What makes me think this way?

During this series, you will be challenged to examine much about yourself that may lead to transformative changes, or confirm you are doing well.

### **Series Three: The Immune System: Function and dysfunction**

We are fortunate to have **Ed Ishiguro** do another series for the UVRA Elder Academy, this time presenting recent developments in the fight against bacteria and viruses, including the latest advances in vaccines. Ed has received numerous awards for his teaching and ability to make difficult concepts easy to understand and apply to our daily living. The four presentations will take place from the week of November 20th and through to the week of December 11th on a day and time TBD. More information on the sessions along with details of time and place will be released later in September.

- Week of November 20th: Overview of the immune system, organization, development, and function.
- Week of November 27th: Protective functions of the immune system: innate versus adaptive immunity, vaccination, etc.
- Week of December 4th: Dysfunction in immune system: Allergies and auto-immunity.
- Week of December 11th: Recent breakthroughs in immunotherapy.

## *Welcome to new UVRA members*

Welcome aboard to:

- Albert Labossiere
- Claire Carlin

## *Volunteer Opportunity for Women*

Are you a 55+ woman who is looking to improve your physical activity? We have an exciting opportunity for you!

We are looking for participants to take part in a 12-week study looking at behavioural components of physical activity in women aged 55-70 years. To be eligible, you must be in good health, not regularly participating in physical activity, and living in the Greater Victoria Area.



Individuals will be randomly placed in a dance program, a walking program, or a wait-list group.



The dance and the walking programs will meet for two 1-hour sessions per week for 6 weeks at UVic.

For more information, or to participate, please contact Samantha Gray at 250-472-5288 or [graysam@uvic.ca](mailto:graysam@uvic.ca). This project has been approved by the [UVic Human Research Ethics Board](#).



## 2015 International Day of Older Persons Event

**The Centre on Aging and Candrive bring you one spectacular afternoon of food, music, awards and information!**

The afternoon of Friday October 2 will begin at 1:30 pm with the presentation of the *Valued Elder Recognition Award (VERA)*. This award honours and recognizes dedicated volunteers who have given exemplary service helping others in the Capital Regional District.

After a break for refreshments, the *Canadian Driving Research Initiative for Vehicular Safety in the Elderly (Candrive)* panel will take the stage to celebrate and thank their participants, as well as give information on Candrive. The panel, composed of researchers Drs. Holly Tuokko, Phyllis McGee, Malcolm Man-Son-Hing, and Saanich Councillor Ms. Judy Brownoff, will discuss the background of the study, the results obtained, and give insight as to why this study is so important for the public, the province, and the rest of Canada.

Open to everyone, and free to attend, however **REGISTRATION IS REQUIRED by September 25, 2015.**

Register by phone: 250-721-6369 or E-mail to [aging@uvic.ca](mailto:aging@uvic.ca)

For more information on this event, please visit the COAG website: [www.aging.uvic.ca/events.html](http://www.aging.uvic.ca/events.html)

## Happy Birthday ... to Michael Ashwood-Smith (Professor Emeritus, Biology)



On June 19th 2015, the day of his father Michael's 83rd birthday, the [New York Times](http://www.nytimes.com) ran a crossword created by Martin Ashwood-Smith. It was the first such (albeit tacit) commemoration by the Times.

Martin (a fiendish cruciverbalist, as I can attest), with a little editorial help from his sometime collaborator George Barany, created an easier version of the puzzle, which was then framed and presented to his father.

The editors at the Times have given their permission through Martin for us to publish their grid (on the next page), along with those 'easier' clues. Thanks, too, to Martin for the picture.

Charles Picciotto set us on the trail of this story. I'm sure he joins us in wishing belated birthday greetings to Michael.

If this encourages you to subscribe to the NY Times puzzles, welcome to an addiction in the making, at: [www.nytimes.com/crosswords/](http://www.nytimes.com/crosswords/)

By the way, the solution can be found on the UVRA website.

Submitted by Peter Liddell

## The "happy birthday" puzzle

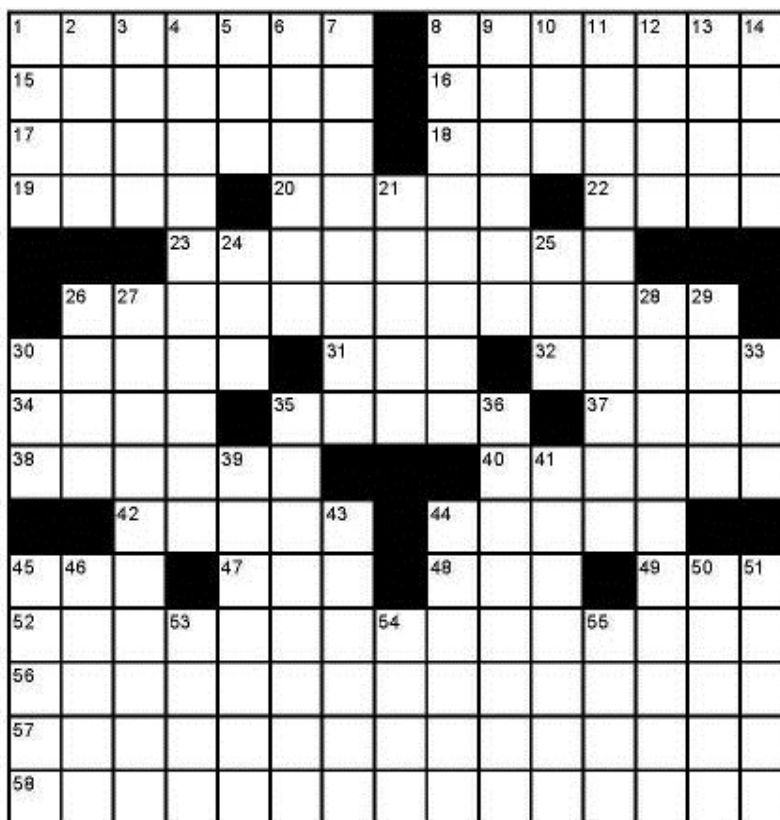
New York Times puzzle of June 19, 2015 reclued to be easy

By Martin Ashwood-Smith / Edited by Will Shortz

### ACROSS

1. Louis Armstrong, informally
8. Medium of many all-talk stations
15. Piled haphazardly
16. Kenya's largest city
17. Never, never, never
18. Elvis musical comedy of 1960, set in Germany
19. Prez or veep
20. Cosmetics queen Adrienne (anagram of PEARL)
22. Single-named Art Deco artist
23. Like "Animal Farm" or "1984"
26. Author of "The Grapes of Wrath" and "Of Mice and Men"
30. They often get towed away
31. Sun shade?
32. Hersey's "A Bell For \_\_\_\_"

34. And others, briefly
35. Chairwoman's address
37. Way, way off
38. Former sporty Toyota
40. Announcement upon arriving
42. Cut-rate, commercially
44. Sicily, to Sicilians
45. \_\_\_\_ gratia artis (MGM motto)
47. Badger State: Abbr.
48. Bert Bobbsey's palindromic twin sister
49. PC port for a flash drive
52. Commemorative coin first issued in 2000, featuring a Native American
56. Light-colored brew from the western U.S.



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57. Gold, diamonds, etc. found naturally
58. "Please say again, but slower"

### DOWN

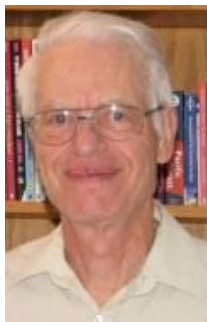
1. Trig. ratio
2. Strong as \_\_\_\_
3. Gallery of London
4. One who loves Hershey Bars
5. One that lays around the farm?
6. Parrots' larger relatives
7. "The Mikado," e.g.
8. Jolie of Hollywood
9. Submit by post
10. Chest bone
11. Old-time film star who shares the same last name as author Roald

12. Gloomy
13. "Yeah, sure!"
14. River to the Seine
21. "How do you \_\_\_\_?" (court question)
24. Hosp. staffers
25. Org. for attorneys
26. Ballet leap
27. Resembling an October birthstone
28. Coffee drink served with hot milk
29. Wood knot
30. \_\_\_\_ room (play space)
33. Beaver State: Abbr.
35. Stark raving mad
36. Adjust unsatisfactorily
39. Lass with a lasso
41. Opening late-night talk show feature
43. Lee Harvey \_\_\_\_
44. Corralled, as pigs

45. Phrase of agreement
46. "Groundhog Day" director Harold \_\_\_\_
50. 1972 U.S./Soviet missile agreement
51. French city with a name that sounds like a chicken part
53. "Whoever you \_\_\_\_ hope you have nice day"
54. Ecto's opposite
55. \_\_\_\_-majesté (high treason)

Need the solution? See: <http://retirees.uvic.ca/newsletters.html> for a link to the solution.

## *In Memoriam*

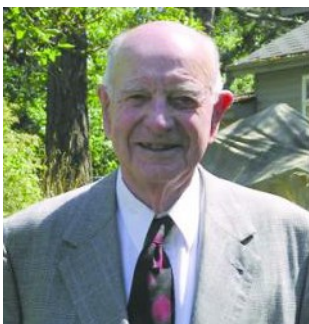


Martin B. Hocking (1938 — 2014)

Our dear Martin left us on October 14, 2014, with loved ones at his side.

He is survived by Diana (his wife of 52 years), his children Jennifer (James), Philippa (Kurt), and Jeffrey (Lise), sister Linnet, brother Drake (Anna), and grandchildren Eva, Julias, and Tobin.

Donations may be made to the [Martin and Diana Hocking Scholarship in Chemistry](#) at the University of Victoria.



Robert (Bob) Neville O'Brien (1921—2015)

He served as a pilot with the 435/436 RCAF Burma Squadrons in 1944-45, returning to earn a BAsC and MASc at UBC, followed by a Ph.D. from the University of Manchester in 1955.

He taught in the Chemistry departments at the University of Alberta (1957-1966) and University of Victoria (1966-1986), and was still often to be found working in the Elliott building until a few months before his death.

Bob was a tireless inventor, and started several businesses. He never stopped researching. Throughout his life, Bob indulged his passion for flying; he gave up his private pilot's license in his 80's. Bob was a generous man, especially to his students and his children, and is missed by us all. See more at: [www.legacy.com](http://www.legacy.com)