



**University
of Victoria**
Retirees
Association

Office:: R Hut 108
Open: 1:30-3:30 M-F

Website: uvic.ca/retirees
E-mail: uvra.@.uvic.ca
Phone: (250) 472-4749

UVRA
2017

June 2017

Grey Matters!



Machu Picchu, Peru

Photo: D. Leeming, October, 2106

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Bits from the Board

Peter Liddell

Thanks to the forty or so members who attended the AGM on May 31st, you now have two new Officers on the Board: John Anderson is the new Vice-President, and Grant Hughes our new Secretary. Colin Scarfe remains on the Board as a member-at-large. We bid farewell to our outgoing Secretary, Elizabeth Bigelow, who did a masterful job as our Secretary for two years, despite not having a background at UVic (yes, we do have our 'cultural' quirks, it seems – familiar to insiders, not so for those from away). Laurain Mills and Barb Whittington have other demands on their time, so have regrettably decided to resign. Thank you to all of you for your work on our Board.

If anyone deserves the title of 'doyenne' of the Board after 18 years, it is Beverly Timmons. As one of the co-founders (with Elaine Gallagher) of the Masterminds lectures 11 years ago, and a prime mover in the discussions leading to the UVRA Elder Academy, Beverly was instrumental in setting up two of our key public outreach activities. In past years, she also curated exhibitions of retirees' art works in the Maltwood. For those and her many other contributions, UVRA owes Beverly many, many thanks, and our wishes for an equally long and productive 'second retirement'.

Two important items of business at the AGM were given unanimous approval: the newly recast Constitution and Bylaws, which can now be de-

(Continued on page 2)

Bits from the Board (continued from page 1)

posited with the BC Registry as our defining legal document; and a new Graduate Research Scholarship, to be co-funded by donors and matching funds from UVRA. Details will be finalized and a full announcement made in the coming months. We trust that you will agree that encouraging high-level research into the age-group we represent is a legacy well worth your support. We are very fortunate in having the funds on hand and the prospect of continuing healthy budgets to establish this award.

Rather than repeat the gist of the other features of our recent work on your behalf, I will point you to the various annual reports that were prepared for the AGM: <http://web.uvic.ca/retirees/about.html#section0-7>.

As for the coming year, my last as President, we expect to be negotiating the finer details of the MoU, once the University has completed its review of the document that we approved and submitted in March. David Docherty is planning the Elder Academy events 'as we speak', and John Anderson is looking for speakers for next April's Masterminds series. As Grant Hughes is taking on a new role (Secretary), his position as United Way coordinator is now vacant. Please let him or us know if you can step into his shoes. Thanks to Grant, UVic retiree contributors are now separately identified as a group, and have increased their donations beyond annual targets.

On the social front, we are hoping that one of you, or several, will step up to organize the 4 or 5 social events that UVRA puts on each year for our members and friends. Daphne and Patty arranged some intriguing events in the past year, and are creating a small handbook to make life easier for whoever coordinates the events in 2017-18; so we hope that some of you will step forward to pick up the reins. Please contact me if you are interested in organizing groups to, say, the simulator at the Naval Dockyards, another watershed tour, a local vineyard, or any number of the local attractions. Our office manager, Lou Schmidt, has got the science of registration and payment down to a fine art, which makes that aspect of the Social Events coordinators' work much less onerous. This year we will handle the arrangements for our annual lunches (three at last count) separately, relieving our coordinators of that aspect.

One early event that is already in planning is a session in October to introduce the new EFAP company which replaces Interlok/Optum counselling services, Morneau Shepell.* We hope to combine that session with a Q&A opportunity with Johnsons and Pacific Blue Cross representatives on their health, dental and travel insurance options. Details will be publicized and posted on our site when available. **Note: If you are currently using Optum services, that will continue unchanged. As of June 1st, new clients will be directed to Morneau Shepell.*

I'm now off to catch up on some overdue gardening, and wish you all a healthy, active Summer, now that it seems finally to have arrived.

Peter Liddell

President, UVRA

Editor's Note

Hopefully summer is fast approaching with replacement weather for a wet, cool and prolonged spring.

In this edition a travel piece with photos by David Docherty recounts a recent trip to Ireland. You are invited to submit brief accounts of your activities for inclusion in future editions of *Grey Matters!*

To submit a note, photo, or article simply send as an attachment to me at:

anderson@uvic.ca

The deadline dates for submissions dates for each of the upcoming editions of *Grey Matters!* are listed below.

Best wishes for a wonderful warm and dry summer,

John Anderson

2017–2018 dates for *Grey Matters!*

Issue	Submission Deadline	Publishing date
September 2017	September 25	September 29
January 2018	January 22	January 26
March 2018	March 26	March 29
June 2018	June 18	June 22



United Way Committee Liaison

OPPORTUNITY TO BE THE UVRA 2017 UVIC UNITED WAY
COMMITTEE LIAISON



United Way
Greater Victoria

The UVRA is looking for a volunteer who would be interested in leading or assisting in liaising with the UVic United Way campaign from September – December for this year's fundraising season.

A strong and growing group of retirees committed over \$26,000 in the past year to the United Way through our component of the UVic United Way campaign. This generosity supported programs for over 111,000 people in poverty and need here in Greater Victoria under the broader umbrella of the United Way of Greater Victoria.

The UVRA provides an ongoing commitment to the UVic United Way Campaign by having the retiree representative appointed to the local campaign committee. The role of the representative is to attend biweekly meetings in the fall, complete with coffee and goodies, and to coordinate the participation of those UVic retirees who are interested and able to support the United Way campaign.

A database of UVRA contributors is in place as the foundation of the campaign. As more UVic faculty and staff retire and join the UVRA our campaign has the promise of continued growth from these additional retirees, as well as our existing members who may consider increasing their level of support for the United Way.

If you are interested in more details, or in volunteering for this important role, please feel free to contact Grant Hughes at gwhughes@uvic.ca

Singing Opportunities with the Victoria Male Voice Choir

Eric Sager

SO YOU ALWAYS WANTED TO SING? Consider joining the Victoria Male Voice Choir. The choir is eager to have new members who would start in September.

I joined last October and I have had a great time.:

- No auditions,
- Rehearsals once a week, and
- Occasional concerts from September through June.

For more information contact Eric Sager at ewsager@uvic.ca or the choir's President Jim Johnson at jimmysj@shaw.ca.

See the web site: <http://victoriamalevoicechoir.com>.

Retirees in Action

Ronald Crelinsten (an associate member of UVRA) was appointed Academic Advisor for an Experts Conference on a comprehensive approach to counterterrorism, to be held in Ankara, Turkey in October 2016. While the conference was cancelled due to unforeseen political circumstances (the July 2016 failed coup), some selected papers have just been published.

Dr. Crelinsten edited the papers and also contributed an introductory chapter.

To read the full publication, follow this link:

http://www.coedat.nato.int/publication/conference/TEC2016conference_papers.pdf

Reflections on a Visit to Ireland

David Docherty

Recently my wife and I did a bus tour of Ireland starting in Dublin and circumnavigating the coastal areas back to Dublin. So these reflections are based on probably a biased perspective from the areas we visited as well as the comments provided by our guide from the Republic of Ireland. It is clear from the start that the Emerald Isle is well named due to the green textures that spread out across the fields as you leave the big cities and towns. The Irish say there are only two types of weather in Ireland- raining and if it is not raining it is about to rain. We experienced our share of rain and the famous Irish Mist and not the type that comes in a bottle.



However, it did not take long before our guide started recounting the history of Ireland which is nicely encapsulated by Rick Steves in one of his websites (www.ricksteves.com/plan/destinations/ireland/irehist2.htm) in a short article he calls "Ireland's History in a Nutshell". He succinctly divides the history of Ireland into four major periods: 500 BC-500 AD (Iron Age), 500-900 (age of "Saints and Scholars"), 900-1900 (age of invasions and colonization), and the 20th century (independence and the question of one Ireland). The focus on our tour seemed to be the history that still surrounds the issue of one Ireland and the continuing impact of the English, starting with the invasion of William of Orange in 1690, which has divided Ireland down religious lines for centuries. It seems it is still very much an issue and, although recent peace agreements have resulted in some resolution, at times it flares up as in the case of the Orange Parades that take place every July 12th in various parts of Northern Ireland, especially in Belfast. It is still manifested in other parts such as Derry/Londonderry which is an attempt to appease both the Protestants and the Catholics. However, the locals see a humorous side to such a compromise by calling it "Slash city". Unfortunately, the divide between the Catholics and Protestants is kept alive by generations of conflict passed down from father to son and it looks like it will take time before the old animosities can be completely forgotten.

There are constant stark reminders of the conflicts, euphemistically referred to as "The Troubles", especially in the area of Belfast called the Falls Road and Shankill Estate where murals on the side of buildings honor the heroes of the conflict on both sides. In addition, the 10 metre high peace wall, erected by the British Armed Forces in 1969, made of rein-

Reflections on a Visit to Ireland (continued)

David Docherty

and steel separates the two areas. You can write your own message of hope on the wall. The area has now become a tourist attraction with guides that will take you in Black Cabs to visit both areas. The cabs are operated by both Catholics and Protestants but it is probably inappropriate to ask the religion of your guide. They are very professional and they try to present both sides of the conflict. Ireland does not have a strong economic base so tourism is a very important industry that has been badly affected by the religious tensions that have been such a part of Northern Ireland for so long. They are clearly trying to change the image and it is certainly a safe place to visit at this time. The Republic of Ireland has of course escaped much of "The Troubles" but its tourism industry has no doubt suffered by association.



Being aware of the history of Ireland, particularly in regard to its relationship with England over the years, does give you some insight into the challenges that face Ireland and why there has been such tension and conflict. However, despite this history it is clear they are trying to resolve these differences and build a strong economy around tourism. There are of course many beautiful areas of Ireland that we visited with lakes, mountains, rolling hills and coastal drives, such as the Ring of Kerry, to match any in the world. The varied landscapes and of course the Irish hospitality, culture, and legends all make it worth visiting the Emerald Isle. Just remember to take a rain coat and umbrella!



UVRA Elder Academy — 2017



The 2017 Elder Academy offered three series of lectures—all of which were very positively received.

The Elder Academy got off to a good start at 10 am precisely on Saturday January 14th. The series of six lectures were presented by Sam Harder and Sergiy Shatenko—both students in the Island Medical Program. The Mini Medical School was organized by Jane Gair from the Island Medical program and our own David Docherty.

The PowerPoint slides that accompanied each presentation are available at: uvic.ca/medsci/mms.php

The second UVRA Elder Academy offered an exciting series on astronomy: *Planetary Systems and the Search for Extraterrestrial Life*. The four part series featured some of the leading researchers in the field. This series explored everything from new regions of our solar system, how stars are born, the new ALMA observatory, as well as the search for alien life!

A third series of four lectures on and performances of German Lied music was presented by Harald and Sharon Krebs.

In April, the UVRA Elder Academy was pleased to announce that Dr. Jane Gair has kindly offered to repeat her very popular series entitled *Genetics: Can we really blame it on our genes?*

The series was offered on May 10th, 17th, 24th and June 7th at the Yakimovich Wellness Centre, as part of their ongoing educational programming.



UVRA Membership Report

Zulette Gordon

As of April 1, 2017 the UVRA membership totalled 631 active members. Of these 549 (87%) are life members and 81 (13%) hold an annual membership. We also have 1 honorary member. Last year, 12 members converted from an annual membership to a life membership.

The types of members within the Association are:

⇒ Faculty:	281 (44.5%)
⇒ Librarian	1
⇒ Staff	254 (40.3%)
⇒ Spousal	22 (3.5%)
⇒ Associate	58 (9.2%)
⇒ Unknown	15

This year we are pleased to welcome 25 new members to the Association. Their names are listed on the following page.

Zulette Gordon

Membership Chair

Welcome to our new UVRA members

Gregory Andrachuk	Hispanic & Italian Studies
Helen Bochonko	U. Manitoba
Leslie A. Brown	Social Work
Wayne Brunsdon	Continuing Studies
Douglas Bryman	UBC
Maureen Campbell	OREG
Eileen May Clode	Library
Behram Dadachanji	Internal Audit
Yolande du Gardein-Matson	Library
Thomas (Tom) Fyles	Chemistry
Thomas Hukari	Linguistics
James LaMorte	Spousal
Nicola LaMorte	IESS
Nadica Lora	University Archives
Wendie A. McHenry	Library
Robert Park	Grounds
Eva Roman	Spousal
Robin Mary Scobie	HSD Nursing
Nancy Sherwood	Biology
Ahmed Sourour	Mathematics
Angus Taylor	Philosophy
John Tucker	Spousal
Pamela Welgan	ECS, Math Co Op
Elizabeth Wheaton	Law & UCOM
Eileen Zapshala	History

Institute on Aging & Lifelong Health—upcoming

DO YOU KNOW SOMEONE WHO HAS VOLUNTEERED
FOR 10 YEARS OR MORE IN THE CRD?



NOMINATIONS ARE OPEN FOR THE
VALUED ELDER RECOGNITION AWARDS!

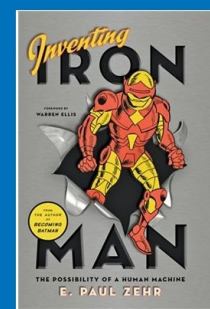
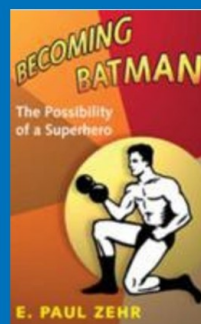
Get more information at www.uvic.ca/aging

Join us on Friday, September 29, 2017 to celebrate the
2017 International Day of Older Persons



Enjoy a presentation
by Dr. Paul Zehr

School of Exercise Science,
Physical & Health Education



University
of Victoria

SAVE THE DATE!

Physical Activity & Wellness Corner #25

David Docherty

The Added Value from High Intensity Exercise

Quite a few Grey Matters ago I did a column on high intensity exercise and the value it had for people with a limited amount of time to commit to their exercise regimen. In the last year or so there has been a resurgence of interest in high intensity exercise and the health values attributed to it, especially for people combatting some type of neuronal deficit. The general belief is that working a muscle hard releases neurotrophic hormones, such as brain-derived neurotrophic factor (BDNF), glial-derived neurotrophic factor (GDNF), and others within the substantia nigra and striatum that are very important in the production of neural transmitters in the brain as well as the functioning of the actual neurons in the brain. Consequently, recent studies have examined the effects of high intensity exercise on conditions such as Parkinson's and Alzheimer's. Many of you will have read in the paper or seen on TV people diagnosed with Parkinson's doing "boxercise", including punching bags. Another study used "forced exercise" on a specially adapted tandem stationary bike. The results of the various studies have been encouraging and often found either better control of the condition or a reversal of the symptoms. For those of us fortunate not to suffer from these conditions there is much value in doing high intensity exercise for the prophylactic effects. In a recent study published in *Cell Metabolism* high intensity exercise was also found to be the best type of exercise in reversing age-related changes at the cellular level. In particular, high intensity exercise encouraged the production of the cellular mechanisms that are responsible for powering the cell which is considered to arrest some of the effects of aging.

It would be remiss of me not to add a cautionary note to high intensity exercise and ***it should certainly not be undertaken without approval from a medical practitioner***. For those with some neurological condition it can only be considered under medical guidance and then with the supervision of someone who knows what they are doing. Clearly such a program has to be undertaken with a personal trainer. However, with the current interest level there are no doubt fitness and recreation centres offering this type of program for people with some form of neurological deficit and by instructors who are specialized in implementing these types of programs. The studies published in the last two years suggest this is certainly worth pursuing or exploring.

For those of us without any current neurological impairment it is also wise to consult your physician before embarking on high intensity exercise to make sure there are no contraindications. No doubt they will be on the conservative side which may not be a bad thing. However, given the current body of evidence there is much to be gained by upping the intensity of what you may be doing as long as it is safe for you to do so.

I should reiterate what is meant by high intensity exercise (HIT) or what is often called high intensity interval training (HITT) which is a better descriptor of what is involved. It refers to working hard for a short period of time (20s-60s) and then doing some form of active re-

Physical Activity & Wellness Corner #25 (continued)

David Docherty

covery and repeating the process a number of times. I am reluctant to assign heart rate to describe different levels of intensity as it is not always a good indicator of intensity with older groups. So I suggest you use a more subjective approach really based on your rate of perceived effort. On a scale of 1-10, 10 would reflect an all-out effort that leaves you exhausted. 5 suggests you could continue this level of effort (a vigorous walk or walking with a sense of purpose) for a prolonged period of time, such as 30 minutes, or an effort during which you could carry on a conversation. Once you increase the work beyond this point you will find the depth and rate of your breathing will increase and you will have trouble carrying on a conversation. High intensity would be closer to 10 than 5 (7-9) but you will want to build up to this. Remember you will be doing more than one “high” intensity effort. Most of the studies have used slightly different work:rest ratios but all of them have found this to be equivalent to 45-60 minutes of continuous moderate physical activity (such as jogging) and of course takes much less time to perform. Now there is the added advantage of increasing neurotrophic hormones which should help keep our brains healthy as well as improve cellular adaptations to offset some of the detrimental effects of aging. In the next newsletter I will give you several options in doing high intensity exercise based on the research that will give increased health benefits as well as provide some variety to your exercise regimen.

Of course any exercise or activity is better than no exercise so if HITT isn't for you by all means try and get your 30 minutes of moderate physical activity 5 days per week! And remember even 5 minutes of physical activity is better than 0 minutes and still provides health benefits.

P.S. As with all the research I reference I can provide you with the actual studies if you would like to follow up on them.

David Docherty

University Club Report

David Leeming

The Patio BBQ'S Officially Open for Summer Every Friday



With summer fast approaching you can now enjoy lunch or dinner on the UClub Patio overlooking the pond.

☺ TGIF BBQ lunch every Friday (weather permitting) 11:30 to 2 pm

☺ TGIF BBQ Grillen and Chillen on the Patio 5:30 to 7:30 pm..



Another 50th Anniversary event will be the **'SUMMER OF LOVE' DINNER AND DANCE** on

Saturday July 22

Featuring Backfest.

Dress up in 60s and 70s attire for the event.

All this at a special price of \$19.67 per person.

Please reserve as this one will sell out.

For more details on these special events and also the weekly events please refer to the [UClub website](#)

UVic Animal Care Committee

The Association has received a request regarding a community member on the University of Victoria's Animal Care Committee (ACC). There presently is one community member on the committee and they are looking for one more. However, the position is not open to former employees of the University – so we are being asked for names of community members (perhaps spouses, partners or colleagues) that would fit the “community member” description as described by our regulatory body, the Canadian Council on Animal Care, and be interested and willing to serve on the UVic Acc..

The Committee meets once per month from September - June. Meetings average approximately 2 hours. Reserved parking is covered for community members.

The CCAC Terms of Reference for Animal Care Committees is located here:

http://www.ccac.ca/Documents/Standards/Policies/Terms_of_reference_for_ACC.pdf

Information specific to community members is found on page 2 - 3 of this policy document. The University's policy on the use of animals for Research or Teaching is found [here](#), with the UVic Animal Care Committee terms of reference located in Appendix A:

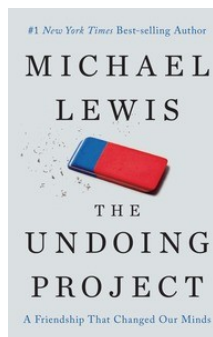
If you have questions or require further information ,please contact:

Michele Martin, B.Comm, DVM, PhD <acsvet@uvic.ca>
Veterinary Director | Associate Professor |
Office of Research Services | University of Victoria
Michael Williams Building | PO Box 1700, STN CSC | V8W 2Y2 |
Ph: (250) 853-3694 (office)

Books of interest

The Undoing Project, A Friendship That Changed Our Minds

Michael Lewis, W.W. Norton & Company, 2016



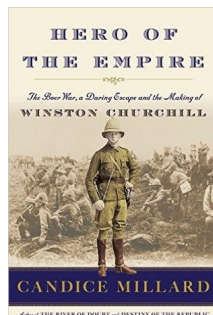
Publisher's overview:

The book tells the story of how a Nobel Prize-winning theory of the mind altered our perception of reality.

Forty years ago, Israeli psychologists Daniel Kahneman and Amos Tversky wrote a series of breathtakingly original studies undoing our assumptions about the decision-making process. Their papers showed the ways in which the human mind erred, systematically, when forced to make judgments in uncertain situations. Their work created the field of behavioral economics, revolutionized Big Data studies, advanced evidence-based medicine, led to a new approach to government regulation, and made much of Michael Lewis's own work possible. Kahneman and Tversky are more responsible than anybody for the powerful trend to mistrust human intuition and defer to algorithms.

Hero of the Empire, The Boer War, a Daring Escape, and the Making of Winston Churchill

Candice Millard, Doubleday, 2016



The author's overview:

At age twenty-four, Winston Churchill was utterly convinced it was his destiny to become prime minister of England one day, despite the fact he had just lost his first election campaign for Parliament. He believed that to achieve his goal he must do something spectacular on the battlefield. Despite deliberately putting himself in extreme danger as a British Army officer in colonial wars in India and Sudan, and as a journalist covering a Cuban uprising against the Spanish, glory and fame had eluded him.

Churchill arrived in South Africa in 1899, valet and crates of vintage wine in tow, there to cover the brutal colonial war the British were fighting with Boer rebels. But just two weeks after his arrival, the soldiers he was accompanying on an armored train were ambushed, and Churchill was taken prisoner. Remarkably, he pulled off a daring escape—but then had to traverse hundreds of miles of enemy territory, alone, with nothing but a crumpled wad of cash, four slabs of chocolate, and his wits to guide him.

The story of his escape is incredible enough, but then Churchill enlisted, returned to South Africa, fought in several battles, and ultimately liberated the men with whom he had been imprisoned.