



**University
of Victoria**

**Retirees
Association**

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**UVRA
2018**

Newsletter of the University of Victoria Retirees Association

Grey Matters!



Early morning Tahsis Inlet

Photo: D. Leeming, 2016

Inside this issue:

Bits from the Board	1
Editor's Note	4
Annual General Meeting	5
Call for Nominations	6
UVRA Member Survey	7
Letter of Understanding	8
MasterMinds 2018	9
Chinese New Year Lunch	10
Elder Academy Report	11
Tax in Life & Death	12
Physical Activities Corner #28	13
Speakers Bureau 2018-2019	14
UClub Report	15
UVic Library News	16

Bits from the Board

Peter Liddell

March Board meetings usually have a full agenda, as we wrap up items that have developed in previous months, and look towards the AGM, and what that brings each year (a little different, this year, too, as you will see below).

Following the signing of the Letter of Understanding, we have formed a small committee to work with the University to spell out the mutual benefits and agreements that we now enjoy and aspire to improve. Nowhere, for example, in our wallfull of files, was there one official record of the various agreements UVRA has negotiated over past decades. That record will now be the Letter, once the details are appended. [Forgive an editorial aside -- my past bubbling up? -- but in a different context (1949 East Germany), Bert Brecht commented that even after the mountains have been scaled, more difficulties loom ("the pains of the plains"): "Die Mühen der Berge haben wir hinter uns, vor uns liegen die Mühen der Ebene." Let's hope not.]

Speaking of our files, your Board Secretary, Grant Hughes, reports that he and our office manager, Lou Schmidt, have discussed with the University

(Continued on page 2)

Bits from the Board (continued from page 1)

Archives how they might maintain and store our records there, according to approved standards. Given the fragility of the collective 'corporate memory' in retiree organizations such as ours, the Board gave Grant unanimous approval to move ahead.

Continuity and succession planning are constants in our deliberations at this time of year in particular, as Board members move on, or their 2-4 year terms expire. It is one reason that we will welcome our new president, John Anderson, in June. John is a new retiree, with much more recent contacts in the University. (No names, but 3 of us retired from UVic ten years ago, others perhaps even earlier.) Keeping active contacts in the university hierarchy is more vital than ever now. My Senate term was an opportunity to revive a high-level network, to make the case for closer cooperation. It is unfortunate then, that with a membership of well over 600 we were unable to muster another 35-40 (or 30% more) votes to bring John onto Senate to keep up those contacts.

The chair of our Nominating Committee, Dave Docherty, is keen to hear from any (more recent?) retirees who have an interest in how your association evolves. We would also welcome any Associate Member (non-UVic retiree) who can help us advocate those perspectives in the coming LoU negotiations.

Dave himself has indicated that he would like to pass the reins of the Elder Academy to fresh leadership, to begin the process of reviewing and renewing that key service of UVRA. He and I had hopes of our meeting with the new Dean of Continuing Studies and her team at the end of January. The purpose was to revisit the idea of closer Elder Academy/ Continuing Studies cooperation, as suggested by the University Executive over 3 years ago (our discussions then were not fruitful). After three successful years going it alone, we felt it timely to look again. However, the Elder Academy committee found the Dean's response from that January meeting potentially quite limiting, and options for UVRA had opened up in the interim, to ease the onus of managing registrations and to collaborate more closely with the Institute on Aging and Lifelong Health.

Coincidentally (or perhaps not?), a month later, on February 26th, the *Victoria News* published an interview with the Dean of Continuing Studies which contained some interesting information. Beginning "[i]t is in many ways an educational match made in heaven: seniors and continuing education programs," the article summarizes a recently completed survey of the division's students, whereby 84 per cent of [...] community learners (or 21% of total CS enrolments) are 50-plus and 53 per cent are over 65.

Those are valuable statistics. When we crafted the Elder Academy proposal 5 - 6 years ago, we relied on anecdotal evidence (eyes and experience) to argue that there was ample desire among Victoria's older citizens to continue learning. Our goal was, and is, to lower the walls of the ivory tower for those who feel the need, but may lack the means to keep learning from highly qualified retirees and others. That model is not 'financially viable', in that we rely heavily on the generosity of our speakers and the efforts of the volunteers who bring them an audience. If the Elder Academy's future concerns you, please contact us, to help us examine the experience of the past three years and consider other possible models of presentation. It's one very significant way to enrich our community and ourselves. The annual April Masterminds is our other high-profile contribution, which has just begun (see below).

By now, you will have received your invitation to donate to our Graduate Research Scholarship. Your donation will be doubled by funds provided by UVRA, up to an initial joint maximum of \$25,000 – the minimum required to fund a scholarship of \$1,000 p.a. for a deserving research student. We hope you will give generously to this important UVRA initiative.

Periodically, UVRA does some future-gazing to see if we're on the right track. Now is an important opportunity for another look:

- relationship with the University more clear, but needing closer definition;
- Elder Academy a proven concept, but at a junction;
- membership at record levels;
- finances in good order.

But we need to know how you feel about where we might improve or redirect the Association.

At the next Tri-Universities Retiree Association meeting in Vancouver, on April 25th, we will hear more about our UBC colleagues' plans for a retirees' research college, and what SFURA plans to do to revitalize that association. Your opportunity to guide the new Board of UVRA will come on June 20th, immediately after the business portion of the AGM. Led by a specialist from UVic Human Resources, the discussion promises to renew focus for us all.

Please mark that date; the time, **Wednesday, June 20 at 10:00 am**. The room will be announced soon by email. See you there!

Three special events to round out these "Bits":

- On May 3rd, experts from RBC will advise you on tax strategies for and during retirement (announcement below);
- On May 11th, timed perfectly for Spring, a long-time friend of my family, and, for 20 years the housekeeper of the Abkhazis will return to the Gardens to tell you what life there was like, while their unique gardens evolved. Serafina's husband was their gardener for much of that time, too. A guided tour of the gardens is included in the price. Details to follow soon.
- Still in May (19th) we look forward to hearing Robert Bateman speak in the David Lam Auditorium. Entry will be by donation to Robert's educational foundation – a blessing for hundreds of Victoria schoolkids.

With that, I wish you a warm and healthy Springtime.

Peter Liddell

President, UVRA

Editor's Note

Our Annual General Meeting is scheduled for **Wednesday, June 20** and all members are encouraged to attend and participate.

And talking about participation, the Call for Nominations of new Board members—please consider joining the Board and help the Association better serve our membership and the university community in general.

Once again, I encourage members of our Association to send in notes of interest they have come across, photos of events or places, notes on accomplishments and activities, and other pieces that would be of interest to colleagues. To submit a note, photo, or article simply send as an attachment to me at:

anderson@uvic.ca

The deadline date for submissions date the next edition of *Grey Matters!* is listed below (but do not feel bound by these dates, send in submissions at any time).

Best wishes as the summer season approaches.

John Anderson

2018 dates for *Grey Matters!*

Issue	Submission Deadline	Projected Publishing date
June 2018	June 18	June 22

UVRA Annual General Meeting

The Annual General Meeting will be held at

10:00 am

Wednesday

June 20

Location: to be announced

Following the AGM a guided discussion will be held on directions and aspirations for the Association in the near future.

Light refreshments will be served.

Call for Nominations—UVRA Board

Call for Nominations for New Board Members

The UVRA Board of Directors works on behalf of all UVic retirees to secure ongoing and new benefits as well as offer many activities of interest to UVRA members. We are looking for interested members who wish to serve on the Board to be elected at the AGM: June 20th, 2018. .

Board membership is not an onerous task but a very important one with lots of opportunity for you to help shape the organization and its goals.

If you are interested or know of someone who may be interested, please contact David Docherty, Chair of the Nominating Committee at:

angdave@telus.net.

Nominations must be received by

Wednesday

JUNE 6*

* 14 days prior to the AGM (June 20), but there is the provision to accept nominations from the floor at the AGM.

UVRA Member Survey—Summary Report

A survey of the University of Victoria Retirees Association membership was conducted in November 2017 to provide the Board with information about our members – their activities and interests – and the directions the Association should take to better serve our membership.

A return rate of 45% was attained with both faculty (55% of respondents) and staff (45%) from all departments and units completing the survey. Most respondents retired in the 2000's after having worked at UVic for an average of almost 25 years.

Members of the Association are active participants in the UVRA events, such as the *Elder Academy*, the *MasterMinds* lecture series, site visits and social events, and University events such as public lectures, social and athletic events as well as University Club membership. Members participate in a wide range of activities: travel, reading, physical and social activities, and family engagement. A substantial portion of retired faculty members maintain their engagement with research and scholarship.

Members view the engagement and advocacy of the Association in developing and protecting retiree benefits as an important function of the UVRA. Members were asked about what additional retirement benefits are important to them and the most important were related to continued engagement with the University and with learning – better access to campus activities and Continuing Education courses.

In regard to views about retirement, most (94%) considered themselves to be secure in their retirement and 96% indicated that they were happy with their post-retirement experience from the University.

The two most frequent barriers to retirement were income decrease (reported by 63% of respondents) and missing colleagues (47%).

In preparing for retirement, 80% of respondents have attended a workshop on retirement planning, and most met with UVic Pension Services (62%) and a financial advisor (65%). The most frequently reported help in regard to retirement was reasonable income (92% of respondents).

The full Survey Report will be posted on the UVRA website.

UVRA:UVic Letter of Understanding

The Association and the University created a Letter of Understanding (LoU) after many months of conversations, consultations and deliberations. The LoU formalizes the relationship between the University and the Association—with details to be specified as further time passes.

On February 2, 2018 The document was signed by UVic President Jamie Cassels and UVRA President Peter Liddell. The signing was witnessed by past Presidents of the Association Isobel Dawson and David Docherty, the incoming President John Anderson, and Carmen Charette the UVic Vice-President of External Relations.



MasterMinds 2018

Remaining Lectures



APRIL 11, 2018 | 7:00 PM

HUMAN AND SOCIAL DEVELOPMENT BUILDING, ROOM A240

WATCHING LEARNING HAPPEN: FROM NEURAL NETWORKS TO SOCIAL NETWORKS

GERALDINE VAN GYN

"Learning is a ubiquitous and perplexing phenomenon. Studied across disciplines and philosophical perspectives, learning resists a single explanation or description. It may be as an effortless experience or a struggle, result in measurable outcomes or ones that defy explanation. In this presentation, the complexity of learning is explored through research and educational instances that highlight challenges of understanding how we learn."



Photo credit: Mountain Legacy Project

APRIL 18, 2018 | 7:00 PM

HUMAN AND SOCIAL DEVELOPMENT BUILDING, ROOM A240

LET THE IMAGES SPEAK: HISTORIC RE-PHOTOGRAPHY IN CANADA'S MOUNTAIN WEST

MARY SANSEVERINO

"For 20 years Mountain Legacy Project researchers have stood in Canada's high places listening to images speak. Working with historic mountain photos, MLP teams accurately rephotograph these pictures to explore landscape change. Join researcher Mary Sanseverino for an image-rich evening of mountain landscape discovery as she unpacks the interdisciplinary practices that give voice to the Mountain Legacy Project."



Photo credit: Ocean Networks Canada

APRIL 25, 2018 | 7:00 PM

HARRY HICKMAN BUILDING, ROOM 105

ON LAND AND SEAFLOOR: EARTHQUAKE EARLY WARNING SYSTEMS

BOB CROSBY

"Ocean Networks Canada is in a unique position to detect subduction earthquakes through the operation of sensor networks on land and on the seafloor. Learn how an earthquake early warning system is being developed."

PLEASE REGISTER FOR THIS FREE LECTURE:

www.eply.com/Masterminds-2018-Registration or 250-721-6369

The series is co-hosted by the UVic Retirees Association and the Institute on Aging and Lifelong Health, with the support of the University of Victoria. There is a free lecture every Wednesday evening from April 4–25, 2018. For more information, please visit www.uvic.ca/masterminds.



**University
of Victoria**

Institute on Aging
and Lifelong Health
& Retirees Association

UVRA Chinese New Year Lunch—February 15, 2018



Traditionally, Chinese New Year is a time for families to come together to celebrate over a meal. The UVRA family and their

friends celebrated this joyous occasion by sharing a veritable feast for the palate and timely information for the mind at the Fountain Restaurant on February 15, 2018.



Dick Chappell & Pat Ferns

The event was concluded with a riveting talk on *Changing China* by Pat Ferns, C.M., O.C. Pat Ferns is President of Ferns Productions Inc., a firm which has produced some of Canada's finest award-winning programming and the world's leading media events. (<http://www.fernsproductions.com>).

Pat is currently engaged in a Canada/Germany co-production *Whale Talk*. He recently completed *China: The Miraculous Transformation*, a feature-length documentary of Deng Xiaoping, and served as Executive Producer for an 8-part series titled *1491: The Untold Story of the America Before Columbus* which premiered in November 2017. Called in his native land 'the father of independent production', Pat was awarded the Order of Canada in 2005 for his services to the industry.

Pat Ferns first visited China in 1979 in the aftermath of the Cultural Revolution. His filmic relationship with China includes films on *China's Hollywood*, and, *China: The Miraculous Transformation*. Pat was instrumental in the rise of the Guangzhou International Documentary Film Festival, which is now recognized as the nation's premier documentary industry gathering.

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Elder Academy—Report from the Program Committee

David Docherty, Chair

1. Since the last newsletter the series on “Are You Prepared for the Inevitable” concluded. Over 100 people attended the series which is the largest number of attendees to any of the series put on by the UVic Retirees Association Elder Academy. A huge thanks should go out to Lou Schmidt (UVRA) and Leah Potter (IALH) for all the work they did in putting on this series. It was clearly a topic of great interest and those who attended seemed to find the information invaluable.
2. We have just concluded the series on “The Theory and Practice of Getting Fitter and Stronger” which was held in partnership with the Saanich Commonwealth Recreation Centre, The Cordova Bay 55+ Association, and the UVRA. Over 70 people attended part or all of the series of presentations. The proceeds from this series is to be split between the UVRA newly launched Graduate Scholarship Fund and support for families in need in a local elementary school.
3. In April we have arranged for two visits to the Gallery and Studio of Maarten Schaddelee (<http://www.maarnada.ca/>). Maarten is a local national and internationally recognized sculptor. The dates are April 17th and 24th from 10.00-noon. There are a few spots left if you are interested in attending. Contact the UVRA Office. There is no charge for this event but you are invited to make a donation at the venue that will go to ChoirKids” which is a non-auditioned choir program, run through the Victoria Conservatory of Music, for school-age kids that focuses on singing for fun to foster a love and appreciation for music.
4. On May 19th we have been most fortunate to arrange a presentation by Robert Bateman from 10.30-noon. We will be sending the details on venue and registration procedures in the near future. We believe this will be very popular so you are encouraged to register early to avoid disappointment. There is no charge to this presentation but you are invited to make a donation at the door to a group of the presenter's choosing.
5. A Nutrition series presented by Greg Mulligan from the School of Exercise Science, Physical and Health Education is being scheduled for June. So look out for more details on dates, times, and topics for this series as it is one that has been requested by many attendees of the Elder Academy presentations. Greg will address many topics related to diet and food that will be of particular interest to the 55+ demographic. Many of the topics have been raised at other series and relate to what to eat to keep those good bacteria happy in the gut along with other really interesting topics related to the food we eat to stay healthy.

A call for help: If you have any topics you would like to see covered by a series please let me know. Also if you have a topic you think would be of interest to a 55+ demographic and you wish to present by yourself or with others please let me know.

My personal take on this is that I was fortunate to spend 40 years being paid to learn and advance knowledge in my discipline and it seems a shame that once we retire it is simply locked away and no longer shared. I would hope retirees have a fund of knowledge and information that others would be interested in hearing and learning about! Many of us in the UVRA believe we are a valuable resource that is under-utilized.

Tax in Life and Death

Keeping taxes away from your savings and passing on wealth
through estate planning.



**University
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Association



**Wealth Management
Dominion Securities**



Please join us for an informative panel discussion for retirees and individuals considering retirement, featuring specialists in tax, legal and wealth planning who will highlight important ways to prepare for the future and minimize taxes.

Hosted by

Ahsen Ansari

*Investment Advisor
RBC Dominion Securities*

Featuring Special Guest Speakers

Emma McArthur

*Lawyer
Farris, Vaughan,
Wills & Murphy LLP*

Rod Lindquist

*Manager
Field & Company*

Thursday, May 3rd 2018

1:00 p.m. - 3:00 p.m.

David Turpin Building, A104

The presentation will be followed by a Q&A period with all the speakers.
Light refreshments will be served.

Physical Activity & Wellness Corner #28

David Docherty

“Don’t like to exercise? Take a pill!”

No doubt you have seen or heard the current media attention in regard to the “exercise pill”. A few weeks ago Anna Maria Tremonti of the CBC *Current* interviewed Ronald Evans, who is a lead researcher at the Salk Institute for Gene Expression Laboratory in La Jolla, California, who along with some of his colleagues has developed a pill that mimics the effects of exercise without moving a muscle. Needless to say this has been embraced by couch potatoes as well as high performance athletes. I should say up front that the “pill” has not yet been approved for humans and according to most researchers is several years away from being available. However, a form is already available on the internet. It is considered a “banned” substance and has been tested for at international athletic events since 2009. There are many anecdotal comments in regard to its efficacy. I have provided a link for the interview and would encourage you to listen to it all the way through:

<https://itunes.apple.com/ca/podcast/the-current-from-cbc-radio-highlights/id151487761?mt=2#episodeGuid=current-ab1be501-8ae3-4c44-b428-9f5b2e25015c>

The goal of the researchers, of which there are many others throughout the world, was to develop a “pill” that provided all the benefits of exercise for those people who are not able to be active, such as people with debilitating diseases or mobility challenges. In essence the “pill” (GW1516) activates a gene (PPAR delta) which is normally turned on by running or aerobic activity. The researchers found that sedentary mice who received the drug improved their endurance by 70% as well as burned more fat. The effect of the drug appears to minimize the use of glucose and increase the utilization of fat as a fuel source thus prolonging endurance or aerobic capacity. It is the latter finding of increased fat utilization that suggests the drug may also be used to treat obesity and other metabolic disorders.

For a reasonable explanation of how the drug works I suggest reading an article in the *Medical News Today* (<https://www.medicalnewstoday.com/articles/317263.php>). Of course you can Google “fitness pill” and see this topic has been covered by virtually every newspaper across the globe. The original study was published in *Cell Metabolism*—if you wish to check it out ([Volume 25, Issue 5](#)), p1186–1193.e4, 2 May 2017.

So I guess the question is no longer if we will ever have a fitness pill but when will it become available and would you take it? It is interesting that all the researchers who are involved in the studies indicated they would not take it as they value physical activity per

Continued . . .

Physical Activity & Wellness Corner #28 (continued)

David Docherty

se and its many other benefits. Clearly the long term use of taking such a pill has not been determined in mice nor humans and neither has it yet been scientifically tested with humans. Many people interviewed in "The Current" listed many other reasons why they would still exercise even if such a pill was available.

For the time being it looks like you still need to put on the walking or running shoes and shorts and do it the "old fashioned" way!

Once again if you have any topics you would like me to address please let me know. I often feel a bit like the "Maytag Man".

David Docherty

The UVic Speakers Bureau Program 2018-2019

Dear UVic Retirees Association,

The current Speakers Bureau season is coming to a close on April 30 and I have enjoyed working with many of the University of Victoria Retirees who participated with this volunteer venture during the 2017-2018 season. The Retirees who volunteered to share their knowledge and expertise have made a significant impact out into the surrounding community.

In mid-April I will be sending out my broadcast email to all faculty and staff with an invitation to join the UVic Speakers Bureau for the next season and my deadline to receive the membership forms back to me for processing is May 2 in order to meet our summer print deadlines.

I have included the link to the membership form which covers the information we require for the 2018-2019 Speakers Bureau Guide to Topics and for the website:

<http://www.uvic.ca/communications/speakersbureau/join> .

Thank you for your consideration.

Mandy

Mandy Crocker | Speakers Bureau Coordinator
University of Victoria Communications + Marketing
Email: speakers@uvic.ca <<mailto:speakers@uvic.ca>>

University Club Report

David Leeming



For those UVRA members who have not taken advantage of membership in the University Club, this would be a good time to consider it.

So far this year two special events at the UClub have sold out. Don't miss out on upcoming events - book early.

Upcoming Events at the UClub.

Mother's Day Brunch – Sunday May 13.

Seatings at 11 am, 11:30 am and 12:00 pm.

Adults \$39.95, children 3-12 \$19.95, children under 3 complimentary.

Reservations required – call 250-721-7935 or reservat@uvic.ca.

Grande Opening of the Patio BBQ Bash! - Saturday May 19th!

Reception 5:30-Dinner 6:30

Live Music Featuring the Band (Back By Popular Demand) BACKBEAT!

Lobsterfest – Saturday May 26th!

Reception 5:30 – Dinner 6:30

Featuring the Band – Black Angus (Maritime Fun)!

For more details on these special events and also the weekly events please go to the UClub website club.uvic.ca.

For more details on these special events and also the weekly events please refer to the [UClub website](http://club.uvic.ca)

UVic Library News



TREASURES AND TEA

Typographic Ornaments of
The Girl's Own and
The Boy's Own Annuals, 1880-1905

Gillian Mothersill (Associate Professor, School of Graphic
Communications Management, Ryerson University)

April 11, 1 - 2 p.m.

Mearns Centre for Learning - McPherson Library, Room A003

uvic.ca/library/treasuresandtea

University of Victoria Libraries

AN EVENING WITH J.E. (TED) CHAMBERLIN
MODERATED BY VAL NAPOLEAN

**How Stories
Transform
the World**

Ted Chamberlin will read passages from his works
Harrowing of Eden | If this is Your Land, Where are Your Stories?
& The Banker and the Blackfoot
Followed by an onstage interview and question period

WHEN: April 12, 2018
TIME: 7:00-9:00PM
WHERE: The Robert Bateman Centre
470 Belleville Street

FREE AND OPEN TO THE PUBLIC
Please register at: <https://bit.ly/2pLYwgo>

University of Victoria Humanities

The Library website now has an easy way to sign-up for their Newsletter—
simply go to the library website (www.uvic.ca/library) or click on
<https://www.uvic.ca/library/about/home/newsletter/index.php>