UPDATE FROM THE BOARD

Greetings fellow retirees.

I am finally starting to feel some real optimism about the coming year. We seem to be emerging from COVID with some lessons learned, a feeling of some uncertainty about the future and we are starting to move forward with increased social interaction.

I attended the recent UVic Retiree Recognition event and felt that optimism in the air and saw it on the smiling faces of those present. I want to thank those who have joined UVRA during this past year; we are inspired by your enthusiasm and your presence enriches our membership.
As you know UVRA is a member of CURAC (College and University Retiree Associations of Canada) which held its annual conference virtually in May. This year’s conference was a joint venture with the retiree associations of UBC, SFU and UVic participating. The theme of Wellness and Well Being as We Grow Older contained some excellent sessions with a speech by John Helliwell on Happiness followed by a very interesting panel discussion. One of the most intriguing facts I noted, was that in Canada, over the next 30 years, the number of people who will be over 60 years young will double!

We continue our participation in the Later-Life-Learning Committee of CURAC which provides you with information and access to a vast network of seminars and presentations from other retiree associations across Canada.

The joint UVRA-UVic Masterminds series continued to be a wonderful success in 2022.

Unfortunately, as you know the Elder Academy held its final presentation at the start of June this year. We want to thank the Elder Academy Program Committee for the incredible sessions that they presented over the years.

We must again recognize the Institute of Aging and Lifelong Health (IALH) which provides us with office space within R Hut and helps UVRA to carry out our activities in numerous other ways.

A reminder that UVRA is a member of AROHE (Association of Retirement Organizations in Higher Education) which provides access to many thought-provoking articles and sessions on their website and in their newsletter. In addition, you have access to travel opportunities via Road Scholar which includes guided tours to some extremely interesting destinations.

The link is: https://www.roadscholar.org/
We encourage you to join us by volunteering with UVRA, there are numerous ways to assist your association such as helping to set up one or more social activities or provide new ideas or articles for our newsletter Grey Matters! etc. Your input and active contribution helps make us a stronger organization.

Thank you for your continuing support of UVRA.

Until next time stay safe, keep well. Have a fabulous summer.

Margaret Klatt
June 2022

Dr. George A. Beer
January 3, 1935 - January 11, 2022

https://www.legacy.com/ca/obituaries/timescolonist/name/george-beer-obituary?pid=201209205
REQUEST FOR
SOCIAL ACTIVITIES VOLUNTEERS
(including a Coordinator)

Many of you mentioned how much you have enjoyed the UVRA social activities over the years.

With the easing of health restrictions and the associated opening up of venues, UVRA would like to offer activities to our membership; however, we currently need volunteers, as well as a Social Activities Coordinator, to assist in putting these events together.

If you are interested, or know someone who could assist, then please contact us at uvra@uvic.ca.

Margaret Klatt

Suggestions
- group walks with lunch,
- museum,
- beer tasting, and
- so many more.
Welcome to 25 new UVRA members (pages 7 and 8).

A special thank you to everyone who sent pictures and stories about their pets. We are introduced to Cha Li, Faelan, Tinkerbell, Wolfie, Zoey and Smokie, and remember Corrie and Kodie on pages 25 to 31.

The president’s notes (1 to 3 and 4) brings us up to date on UVRA’s recent happenings and reminds us that UVRA’s associations with CURAC and AROHE provides members with access to numerous events (via Zoom) and to the Road Scholar educational trips. She also reiterates UVRA’s need for volunteers to help with and/or to coordinate social events.

Peter Liddell reports on the hiring of Jeff Hanson as the new General Manager for the University Club, and provides us with some information about him (9).

Melvin Klassen’s article is a must read for anyone looking to travel in-country or abroad, as it contains important information regarding what electronic equipment is needed, how to use it, and what to buy. He also shares valuable advice based on the lessons he and his partner learned during their Scandinavia trip. (10 to 15)

Were you born between 1930 and 1946? If yes, then you are part of the special 1% generation—a generation that lived in the “best of times” for the reasons outlined on pages 22 and 23. Thanks to Kathy Harris for this article.

Do you know what an Oast House is? I didn’t, but do now after reading Richard ChapPELL’s informative commentary on pages 20 and 21.

Jane Birkbeck provides us with her usual excellent reportage of the Forum meetings in April and May 2022 on the “The Augmented Human” and on “Conserving Energy”. (16 to 19)

In the Loop, the newsletter of UVic’s Self Management Programs, is an excellent source of information about important issues of general interest. On page 32, you will find reprinted their article on where to access calculators to find out about one’s life expectancy, cardiovascular and dementia risks, how much salt one needs, and end of life discussions. Enjoy!

Louise Schmidt
The UVRA Graduate Scholarship was developed with the intention of helping graduate students pursue their goal of conducting research on the many factors related to aging and health outcomes within the rapidly growing 55+ age group.

The first UVRA scholarship, administered through the Institute on Aging and Lifelong Health, was awarded Fall 2019 to Lisa Ohlhauser, a graduate student whose research project investigates the impact of physical exercise for persons with cognitive decline on quality of life, mood, and cognition.

The scholarship’s second recipient, awarded Fall 2020, is Matilde (Matty) Cervantes. Matty’s research interests include aging, intergenerational relationships, and well-being. Her present research involves exploring the impact of social interventions, such as a participation in a choir, on the mental and social health of dementia caregivers.

Our latest recipient is Cynthia McDowell. Her research examines the risk and protective factors for optimal healthy aging with the goal of creating a gold standard for measuring successful aging.

The scholarship annually provides:

Two awards of $1,000 each, given to academically outstanding graduate students, with preference to PhD students, whose area of study is focused on adults aged 55+ and who are working with the Institute on Aging and Lifelong Health. Selection of each recipient will be based on a statement that explains the intent and impact of their research (max 500 words). Preference would be given to students who have received no other awards or whose total award funding in the academic year does not exceed $5,000. Approval of each recipient will be made by the Faculty of Graduate Studies Graduate Awards Committee upon the recommendation of the Institute on Aging and Lifelong Health.
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After an extensive search, and interviews with a short list of three excellent candidates, the Board has appointed Jeff Hanson as the new General Manager of the University Club.

Jeff has an extensive background in the Okanagan wine industry, and before that in food and beverage management in several Fairmont hotels, including the Empress Hotel.

Dan Angus, the previous, and current temporary GM, will be helping Jeff transition into the position over the coming weeks.

The Board has been very appreciative of Dan’s recent efforts to keep the Club operating during the past months under very trying employment challenges in the food and beverage industry generally.

With his extensive network of contacts, and the return of students to local campuses, Jeff looks forward to returning the Club to its pre-pandemic level of operations for the members, and increasing its reputation for hosting local events.
MY TRIP TO SCANDINAVIA – JUNE 2022

In June, my partner & I joined a small group on a tourism-and-folk-dance excursion in Sweden, Norway, and Denmark. There were 7 in the group, plus our leader, Lee Otter-holt, who lived for 27 years in the Oslo area, and taught both Norwegian & international folk-dances. Our group had opportunities to dance with local international, Norwegian, and Danish folk-dance groups, and to participate in a traditional Swedish *midsommar* festival. Before joining the group, in Oslo, we chose to start in Stockholm, for 6 days.

You probably have heard about airport congestion, cancelled flights, and lost suitcases. It affected us, in several ways:

1. On Wednesday, our non-stop flight (via Air Canada) from Victoria to Toronto departed nearly an hour late.

2. Our next leg, via Air Portugal, to Lisbon, departing at 11 PM, was cancelled, while we were on our first flight. So, the notice of the cancellation was not received to my iPhone, because it was in “airplane mode”. We could not find how to connect to an agent of Air Portugal to get help on what next to do, including rebooking our flights & getting overnight accommodation. So, one very expensive (and very short) night at the Sheraton Airport, before we got an E-mail that we were rebooked directly to our destination – Stockholm, on Scandinavian Airlines, the next day. So, we lost an opportunity to enjoy a Thursday evening in Stockholm – we arrived at our pre-booked hotel early on Friday morning.

3. My suitcase was retagged, but did not fly with us to Stockholm. It was sent the next day to Copenhagen, and transferred to Stockholm. So, it was Saturday before my suitcase was delivered to me.

4. Mysteriously, my partner’s suitcase stayed in Toronto, waiting 48 hours to be loaded onto the next Air Portugal flight to Lisbon, arriving there on Saturday. But, since Air Portugal does not fly to Stockholm on Saturday nor on Sunday, it was Monday before her suitcase arrived in Stockholm, and was delivered to our hotel. Yes, 6 days without her suitcase.

5. To end our stay in Stockholm, we flew to Oslo. The queues for check-in at Arlanda airport (outside of Stockholm) completely filled the whole hall. Fortunately, most of the travellers were queued for flights on SAS, while we had a “queue-free” short
5. check-in with Norwegian Airlines, once we determined that we could circumvent those long queues for SAS. This is something to remember: when choosing a short flight – book on a “regional” airline.

6. We could not avoid the long queues at Arlanda’s security-screening area – there were not enough X-ray machines for such a busy airport.

7. Starting our return to Victoria, on Tuesday, my partner accidentally left her travel documents on our flight from Oslo to Amsterdam. It was a while before we noticed. We returned to our arrival gate, but the airplane’s between-flights cabin-cleaners had not found her purse. The airplane had departed to Toulouse (France) and was scheduled for another trip (to Stuttgart, Germany). KLM was able to contact the in-flight airplane, and her purse was found. She was “stuck” in International Arrivals, with no obvious way to clear Immigration, e.g., to travel by train to the Canadian Embassy in The Hague, to get a replacement passport.

8. Since her suitcase was tagged all the way to Victoria, it was the second time that was separated from her suitcase. I was able to confirm that it was not loaded on the next KLM flight (Amsterdam to Calgary). We agreed that I should board the scheduled flight, and that she would wait for being reunited with her purse & suitcase. By the next day, she had her purse, her suitcase, and new boarding-passes. But, to compound the problem, her checked-in suitcase did not travel with her. It was returned to her, exactly one week later, with no indication about where it had been.

**LESSONS LEARNED ABOUT TRAVEL**

First, electronics, since this is a submission that usually writes about electronics & computers.

1. Take your mobile phone, and your notebook computer, to ensure that the notifications of any changes (late departures, cancellations) by the airlines will reach you. You’ll need your mobile phone to use the ArriveCan app.

2. Airport security-screening now demands that your notebook’s removable battery be stored in your carry-on bag, not in the cargo hold. So, keep the battery, the computer, and its charger, in your carry-on bag, along with the recharger & cable for your mobile phone.
3. Buy more than one adapter, for your electronic devices, since the electrical wall-sockets in Europe use two round pins, not the two flat blades as on your domestic devices, so that you can simultaneously recharge your notebook computer & your mobile phone. Keep the adapter(s) in your carry-on bag. Be sure to purchase the adapters that weigh the least. Link: https://www.bestbuy.ca/en-ca/product/5pcs-black-us-au-to-european-eu-travel-charger-adapter-plug-outlet-converter/13615919

4. One adapter I brought was so heavy that it fell out of the wall-socket. That was annoying. Finally, I bought a European power-bar, with one “male” outlet for the wall-socket, and 3 “female” outlets for my adapters. The power-bar stayed on the floor, where my cables could make a stable connection.

5. Check that your devices, such as your notebook’s charger, accept 220 volts, not just 110 volts. There do exist “step-down” transformers, if you have a device that requires 110 volts, but it might be better to buy a compatible device.

6. Before you go, check with your mobile-phone provider about “roaming” charges, and any add-on plans, e.g., “30 days for $30”, to cover your text/voice usage. I did not, and the (Shaw Mobile) bill for my infrequent usage was $38 for my 3 weeks. My partner was invoiced (by Telus Mobility) $14/day, for each day that she “roamed”. GST/PST were added to both invoices.

7. Free WiFi within the airports was always available. Although the “eduroam” world-wide academic WiFi network was sometimes present, UVic Retirees are blocked, by UVic Systems, from connecting to that network. All the hotels we used included free WiFi.

8. Invest in a noise-cancelling headset, and pack spare batteries for it. This device blocks the enervating “hiss” inside the airplane, and provides much-better sound for any in-flight entertainment.

9. Some hotels will rent you a battery-pack for your mobile phone, so that your device won’t run out of battery power while away from your hotel. Or, bring your own.

10. The USB port on your notebook computer can be used to recharge your mobile-phone, but only while the notebook is powered-on.
OTHER SUGGESTIONS

1. Never start a trip with a full suitcase, because you’ll need the extra space.

2. Don’t treat your carry-on bag as “overflow” from what will not fit in your checked suitcase, because that suitcase could vanish. Instead, plan for the worst, and pack it appropriately with “essentials”, some clothing, your medications, your camera, an umbrella, and your valuables.

3. While in Sweden, we had no need for any Swedish currency. Just “tap” your credit card. Some stores posted “we do not accept cash” signs.

4. Over the last 12 months, the value of one Canadian dollar has increased, relative to Swedish currency (from 6.89 to 8.12), Norwegian currency (from 7.00 to 7.77), and Danish currency (from 5.05 to 5.64). Nice! For each country, just remember one digit as your conversion-factor, e.g., “8” for Sweden & Norway, and “6” for Denmark, to estimate the cost of each purchase. Unlike Canada’s system of adding PST/GST, the item’s price-tag includes the taxes, which could be up to 25%.

5. If you purchase items totalling over $40 CAD, ask if the merchant will complete the “Tax-Free Shopping” document. As you leave a country, get your document stamped, and mail it, to get a rebate of 10% to 15% of your cost.

6. Different airlines have different policies on wearing masks. Leaving Toronto, the SAS pilot announced they were optional on the airplane, but KLM insisted on masks for the entire trip into Canada.

7. We unsuccessfully tried to find a retail outlet for the “Stockholm Pass”, which includes transit and museum-entry fees, and the Hop-On-Hop-Off bus. Later, we were told that it’s only available online. Save the image of the pass onto your mobile phone.

8. Read each hotel’s “fine print” – the hotels in the “eco-friendly” Comfort Hotel chain offered maid service only once every few days, and fresh towels for a fee.

9. Since 2019, Copenhagen has a subway system. So, we stayed in a hotel in the Taastrup suburb of Copenhagen, about 15 Km away, and travelled on the trains & subway, costing us less than a central hotel.

10. While I did my airline-ticket searching through Expedia.ca, I should have directly booked the flights with the selected airlines. Expedia did not allow me to do seat-selection on Portugal Airlines. Portugal Airlines referred me back to Expedia.
PLACES WE VISITED INCLUDE

1. Stockholm: Vasa Ship Museum (a King of Sweden ordered the building of a warship, overrode its designers to add another layer of cannons. It launched, showing full sails, and sailed for 15 minutes, until a gust of wind tipped it, bringing water through the open gun-ports, and the Vasa sank into the soft anaerobic silt at the bottom of the harbour. About 400 years later, they raised it, took 20+ years to restore it, and built a museum around it.) The ABBA Museum. Grona Lund, for its rides & wild roller-coasters.
3. Oslo: the Opera House & Bygdøy outdoor museum & Thor Heyerdahl’s museum & the sculptures at Frogner Park. There was a noticeable lack of automobiles downtown, due to tolls for cars to enter the city, and east-west tunnels underneath the city, to divert “just passing through” traffic.
4. Skagen: the most-northerly point in Jutland (Denmark), where two seas meet.
6. Denmark: mountain climbing. OK, I’m just kidding. It is the perfect terrain for bicyclists. Lisa Helps, you must visit. Bicyclists assume you know that they have absolute right-of-way in their designated lanes.

Fractured English spelling abounds – please wait to be seatet at a restaurant, homonyms on explanatory English-language plaques in some museums, including use of “og” (translation of “and”) where “and” should appear in the English-language text, e.g., “Dick og Jane”. But, thanks to those museums that did provide content in English.

I encountered some young retail employees who apologized as they said “this is my 1st (or 2nd) day working here”, as they fumbled with the cash-register. This was excusable, because our visit happened to be a few days after their high-school year had ended, so they just started their summer employment.
In Stockholm, electrically-powered scooters were everywhere. They were also available for short-term rental – find one (easy to do), tap your credit-card to unlock it, use it, tap your credit-card to “logoff”, and just leave it.

We made two excursions on Stockholm’s “Tunnelbana” trains, from Sentrum to the north-east end of one line, and then another one from Sentrum toward the south-west end of another line.

It was this second trip that gave us a surprise. The train stopped at Liljeholmen, there was an announcement, in Swedish. We expected that the train would continue to Norsborg, as the route-maps indicated. Instead, the doors closed, and the train moved for a very-short time, and then stopped, for many minutes. The interior lights dimmed. Looking through the windows, we were in a black tunnel. The overhead LED-panel read mörda stasjon. We were worried. After about 10 minutes, much to our relief, the lights brightened, and the train returned to Liljeholmen, where the doors opened. We exited, and took a different train to Norsborg, as our previous train returned to Sentrum.

On our excursion, we learned that people can reside in these “satellite towns”, with their local shopping centres, while still having quick access to the heart of Stockholm, without needing an automobile to get there.

These are just a few of my memories of my trip, to “pre-celebrate” my 70th birthday.

Melvin Klassen
Dr. Miguel Nacenta joined us at the Forum on April 29th to explore with us his research on *The Augmented Human: How computers can make us smarter (and dumber).* We agreed at the outset that yes, we did remember the movie *2001: A Space Odyssey*, brought to the screen in 1968. Billed as an epic science fiction film, it was produced and directed by Stanley Kubrick. Who remembers the humans who starred in the film? No? That makes sense, because if you look it up you will see that the four who voyaged to Jupiter on the spaceship were names you might not recognise today, but … what was the name of the computer? Of course, it was HAL, and if you saw the movie, you probably remember his name - more than 50 years later! We were drawn to the story of the computer who became smarter, and more dangerous, than the humans he was built to serve.

With this encouraging backdrop, Migual introduced his topic, beginning with computer augmentation of perception. This refers to the power of visualization: when we see a map we have a way to communicate cities and countries - if you show me a picture I will better understand your concept. So what about visual illusions? We can read a pie chart, but it is prone to misinformation just by the way it is presented. What if we change the circles to a bar chart? The information is much clearer. A computer can make those changes in seconds. What if we want to track the best route to climb Everest? Miguel showed us how we can trace the route into our computer, create altitude colours, plot altitude changes and choose the best route.

Then there is motion amplification. Miguel has a baby monitor that amplifies his baby’s movements - he can see the baby more clearly. Neil Harbisson wears a webcam and calls himself the first cyborg.* He was born without the ability to see colour, but created a camera, attached to his head, that sends sounds attached to colour. He now sees colour even without the sound. Miguel likened this technological wonder to a pacemaker - another extension of the body. (* For pictures of cyborg Neil, please see next page.*)
Here is an example of how a computer can assist in a rather complex of personal task: You are planning a wedding, and you have several problems. The hall holds 200 people, and you have 20 to 30 tables that each seat 5 to 10 people. The family must be seated together, but you cannot add their creepy uncle to their table. As well, you want a healthy mix of the other 180 people. You can figure all of this out using computer language. Miguel assured us a computer will do a good job if we can accurately tell it what we want.

We can use computers for cognitive augmentation - to improve our cognition. What is cognition? It is attention, augmentation, creativity, communication, calculation pattern recognition, memory, and perception. It is everything the brain does, and through that, how we interpret the world.

The computer is a tool that can augment our intellect through the internet, graphics, video conferencing - and *life logging* that will augment your memory. Don’t know about life logging? Well, you won’t be surprised to learn there’s an app for that: you can look it up on your favorite Google platform.

*Jane Birkbeck*
When my children lived at home, I felt like the Electric Mama, following after them, turning out the lights they left burning in every room. To this day, I rarely leave lights burning when I leave a room. Is this an important way to save electricity? To my absolute amazement, the answer is NO!

The invitation to the May 27th Forum read: “Do you know how much electricity you use in your personal office, cubicle or home? Do you know how much energy your desktop computer or laptop uses? Will you save more electricity by turning off your computer at night or shortening your daily shower by 5 minutes? Discover some counterintuitive facts about saving energy, money and the environment.”

At the Forum we were treated to “Conserving Energy & Saving Money One Home at a Time” by Rich McCue. Rich works full-time as a Systems Administrator in the UVic Libraries system, at the same time as he is completing his Masters of Education.

Rich introduced himself: “Besides having a strong interest in technology and energy efficiency, I am also the father of 5 wonderful children. How many of you struggle to get your kids, roommates, or yourself to turn off lights when leaving a room? It was only fairly recently that I learned that, AND THIS IS IMPORTANT…” And Rich proceeded to teach us that a 15-minute shower uses the same amount of electricity as 10 LED lightbulbs burning for TEN hours! This is because a hot water tank uses 4500 watts of electricity, compared with 9 watts for that LED bulb. Information like that really makes me think…

Rich went on to show us what our electrical consumption could be around the house:

- The iPad Pro uses 4 watts and costs $1.75 per year, with the display at 50% brightness.
- A 60-watt incandescent bulb = a 9-watt LED bulb.
- A Dell Optiplex 780 laptop uses 22 watts if the display is at 50% brightness, for a total of $10 per year.
- A 65” LCD TV & Xbox? Run for 2 hours a day, it uses 210 watts and costs $15 per year.
- How about your clothes dryer? You are looking at 6,000 watts – run it for ½ hour per day for $120 per year.
Last, but never least, that 60-gallon hot water tank uses 4500 watts, and if it only runs for 2 hours a day it will cost $360 per year.

Many of us, including me, were surprised when faced with these costs. Rich posed the question of how people can reduce those costs, and showed us the extensive changes he has made in his home. For the rest of us, he posed the question: Where should we start to reduce our use?

He suggests we begin with some low cost, high impact items: Use a clothesline and/or a dryer rack; invest in LED bulbs; move to a programmable thermostat; take shorter showers; add more insulation and seal up a leaky house.

AS well, it is possible to get a Home Energy Assessment: by contacting:

bettermhomesbc.ca/connect

Rich ended his fascinating presentation by asking us: “What is one thing you will do to reduce your energy consumption in the net days or months?” I’ve covered most of the low cost, high impact items, but now it is time to cut a few more minutes off my shower time!

What are you ready to do?

Jane Birkbeck
Oast Houses are a perfect place to stay while on vacation

Diane and I spent a month in the UK visiting family and friends recently. While there we spent a week with Diane’s brother Michael near Woodchurch in Kent, in this converted Oast House. The name of the house is Cold Blow Oast, on account of the breezes that occur in the area. The stowage building next to the circular oast, along with the circular oast, has been converted into a modern 3 bedroom, 2 bathroom residence with the upper round oast floor being a bedroom, and the lower floor being the dining room.

An oast, oast house or hop kiln is a building designed for kilning (drying) hops as part of the brewing process.

They can be found in most hop-growing (and former hop-growing) areas and are often good examples of vernacular architecture. Many redundant oasts have been converted into houses. The names oast and oast house are used interchangeably in Kent and Sussex. In Surrey, Hampshire, Herefordshire and Worcestershire they are called hop kilns.
They consist of a rectangular one- or two-storey building (the "stowage") and one or more kilns in which the hops were spread out to be dried by hot air rising from a wood or charcoal fire below. The drying floors were thin and perforated to permit the heat to pass through and escape through a cowl in the roof which turned with the wind. The freshly picked hops from the fields were raked in to dry and then raked out to cool before being bagged up and sent to the brewery. The Kentish dialect word *kell* was sometimes used for kilns ("The oast has three kells") and sometimes to mean the oast itself ("Take this lunchbox to your father, he's working in the kell"). The word *oast* itself also means "kiln".

The earliest surviving oast house is at Golford, Cranbrook near Tunbridge Wells. It dates from sometime in the 17th century and closely mirrors the first documentary evidence on oasts soon after their introduction of hops into England in the mid-16th century. Early oast houses were simply adapted barns, but, by the 18th century, the distinctive tall buildings with conical roofs had been developed to increase the draught. At first these were square, but around 1800 roundel kilns were developed in the belief that they were more efficient. Square kilns remained more popular in Herefordshire and Worcestershire and came back into fashion in the south-east in the later 19th century. In the 1930s, the cowls were replaced by louvred openings as electric fans and diesel oil ovens were employed.

Hops are today dried industrially and the many oast houses on farms have now been converted into dwellings.
Were you born between 1930 & 1946?
If yes, then you are part of the 1% Age Group  (1 of 2)

INTERESTING FACTS

• You are the smallest group of children born since the early 1900s.
• You are the last generation, climbing out of the depression, who can remember the winds of war and the impact of a world at war which rattled the structure of our daily lives for years.
• You are the last to remember ration books for everything from gas to sugar to shoes to stoves.
• You saved tin foil and poured fat into tin cans.
• You saw cars up on blocks because tires weren’t available.
• You can remember milk being delivered to your house early in the morning and placed in the ”milk box” on the porch.
• You saw the 'boys' home from the war build their little houses.
• You are the last generation who spent childhood without television; instead, you imagined what you heard on the radio.
• With no TV until the 50's, you spent your childhood ”playing outside.”
• There was no little league. There was no city playground for kids.
• The lack of television in your early years meant that you had little real understanding of what the world was like.
• On Saturday afternoons, the movies gave you newsreels sandwiched in between westerns and cartoons.
• Telephones were one to a house, often shared (party lines) and hung on the wall in the kitchen (no cares about privacy).
• Typewriters were driven by pounding fingers, throwing the carriage, and changing the ribbon.
• INTERNET and GOOGLE were words that did not exist.
• Newspapers and magazines were written for adults and the news was broadcast on your radio in the evening. As you grew up, the country was exploding with growth.
The government gave returning veterans the means to get an education and spurred colleges to grow. Loans fanned a housing boom.

- Pent up demand coupled with new installment payment plans opened many factories for work.
- New highways would bring jobs and mobility.
- The veterans joined civic clubs and became active in politics.
- The radio network expanded from 3 stations to thousands.
- Your parents were suddenly free from the confines of the depression and the war, and they threw themselves into exploring opportunities they had never imagined.
- You weren’t neglected, but you weren’t today’s all-consuming family focus. They were glad you played by yourselves until the streetlights came on. They were busy discovering the post war world.
- You entered a world of overflowing plenty and opportunity; a world where you were welcomed, enjoyed yourselves and felt secure in your future though depression poverty was deeply remembered.
- You came of age in the 50s and 60s. You are the last generation to experience an interlude when there were no threats to our homeland. The second world war was over, and the cold war, terrorism, global warming and perpetual economic insecurity had yet to haunt life with unease.
- Only your generation can remember both a time of great war, and a time when our world was secure and full of bright promise and plenty. You grew up at the best possible time, a time when the world was getting better.

You are ”The Last Ones.” More than 99% of you are either retired or deceased, and you feel privileged to have ”lived in the best of times!”

**Article submitted by Kathy Harris.**

*(The original author of this list is unknown)*
Here are two photos of my love-ly miniature long haired Dachshund “Wolfie”.

She was a Covid era puppy and consequently has been poorly socialized during the pandemic. Wolfie barks incessantly at strangers and I am struggling to find a dog sitter who will appreciate her quiet, loveable side.

Wolfie’s favourite place is the laundry basket - she is no doubt a dog of discerning if not impeccable taste.

I would be happy to speak to any UVic retiree who may be interested in puppy sitting or visitation for short period of time.

Carol Amaratunga
INTRODUCING ZOEY

The story behind this photo is that Zoey, our rescue dog, won the “Best Rescue” category in a local dog show when we were visiting Borrego Springs California earlier this year.

The bottom part of the photo shows my husband Craig walking Zoey out in front of the judges; the top part shows Zoey with her blue ribbon win.

Joan Wharf Higgins
OUR PETS & THEIR STORIES

REMEMBERING KODIE

Reminiscences of a much loved pet

38 years ago when our oldest son Neil was 10 years old we bought an American retriever as he loved dogs and wanted one of his own. He named him Kodie and Kodie became an integral part of the family for the next 14 years. Our two sons often played street hockey in front of our house with the neighbourhood children, and Kodie was often called upon to find the hockey ball when it disappeared into bushes or hedges. Kodie had a incredible aptitude for finding these “lost” balls.

Kodie loved sitting on the picnic table on our deck where he could see all that was happening in the neighbourhood, being high enough to see over the deck railings. We have a framed collage of Kodie photos on our dining room wall, and it was one of these photos of Kodie sitting on our picnic table that our daughter in law saw and, being a talented artist, painted the attached portrait. We have this framed portrait hanging on our living room wall.

Richard Chappell
OUR PETS & THEIR STORIES

INTRODUCING TINKERBELL

This is Tinkerbell, fur baby of Cheryl Hebb, former Director of University Fundraising, and husband Brian Hebb. She is chilling during the recent heatwave.
INTRODUCING CHA LI

This is where Cha Li spends the winter.

His name is a joke that went wrong.

I had just returned from Vietnam and he was supposed to turn into a little black Siamese–type cat, like one I had before.

He’s a sociable 14lbs, about 40” stretched out and brings sticks home. I think he’s part Labrador.

Jennifer Waelti-Walters
REMEMBERING CORRIE

I am sending a picture of my therapy dog Corrie. Corrie spent 12 years visiting nursing homes, schools and libraries. She visited The Lodge at Broadmead weekly and the residents loved her.

When she visited schools and libraries she had children reading to her. Corrie also attended the pet therapy sessions for students at UVic in the chapel. She was very friendly and the students loved her. Especially the foreign students who had dogs at home.

Corrie was certified under the St John Ambulance Dog Therapy program.

Corrie lived a good life as a working dog and sadly left this world recently at the age of 14.

Cora Thomson
Retiree from student financial aid services at UVic.
INTRODUCING FAE LAN

These are photos of my Sheltie, Faelan (Celtic name for "Little Wolf") who got me addicted to Agility 9 years ago. It has been a wonderful journey and after a two year break due to COVID, we competed in the Provincial Championships in Langley where he placed fourth in his class.

Winona Pugh
Smokie, the rescue cat I adopted six months ago, turned out to be suffering from hyperthyroidism. When oral and topical medications did not help, she went to a special clinic in Vancouver to get treated with radioactive iodine. That required her flying to/from Vancouver via Harbour Air (sea place) and spending nearly a week at the Vancouver facility. This is where this photo of her was taken.
The staff at the Clinic told me Smokie thoroughly enjoyed her stay including getting into their ‘treats’ drawer where they made a video of her surveying its content and posted it on their Facebook page.

Lou Schmidt
Link to video is below. Once there, scroll down to June 16, 2022.
https://www.facebook.com/NorthWestNuclearMedicineforAnimals/?fref=ts
“Canadian researchers, clinicians, data scientists and developers, and organizations such as the Bruyere Research Institute and the Ottawa Hospital Research Institute make up Project Big Life.

“This group wanted a way to show how research and public health policy could affect people, their families and their community. The group quickly created an online calculator to demonstrate how healthy living affects a person’s life expectancy, using the same approach they use to assess how healthy living affects entire communities. They realized the algorithms they create to predict disease risk in the community are just as accurate, if not more so, than the algorithms they use in their clinics with patients.

“Since the beginning, millions of people from over 200 countries have used Project Big Life’s calculators. The group has developed the following calculators that take between 3 to 10 minutes to complete:

- Life expectancy - Learn how long you’re going to live.
- Dementia - What is my risk of developing dementia?
- Elder-Life - Should I have a conversation about end-of-life care?
- Cardiovascular Disease - What is my risk of suffering cardiovascular disease?
- Sodium - How much salt do I eat in a day?

Visit their [website](https://www.projectbiglife.ca/) for more information and to access the calculators.”

Please use the following link to access calculators

https://www.projectbiglife.ca/

The source for this article is the University of Victoria, Self Management Programs, *In the Loop* newsletter, Issue 301, July 28, 2022.