



University of Victoria

Retirees Association

Office: R -Hut , Room#125
In Institute on Aging and
Lifelong Health Building

NOTE: Office hours are by
appointment. Please email
UVRA to arrange.

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

Inside this issue:

News from the Board	1
Editor's Notes	3
New members	4
Zulette Gordon	
Benefits news	5
Peter Liddell	
Scholarships	6
Physical Activity	7
David Docherty	
Bits & Bytes	10
Melvin Klassen	
Members Corner	12
Don Lovell	
What's Happening?	16
Ry Moran	
University Club Report	19
Peter Liddell	
Club membership info	20
Members Forum April	21
Jane Birkbeck	
Members Forum May	23
Jane Birkbeck	
Forum Invitation June	25
Elder Academy	26
<i>Understanding China</i>	

June 2021

Grey Matters!

SUMMER 2021



University Fountain*

Drawn by: Don Lovell

News from the Board

Greetings fellow retirees.

What a year it has been - it is hard to believe that one year has passed since I took on the role of UVRA President. Currently, it feels like we are now just beginning to come out of our COVID cocoon cautiously moving around a bit more and connecting more often with others, but we are aware that we still are not quite in normal times yet.

UVRA would again like to express our appreciation for the ongoing and invaluable support of the Institute on Aging and Lifelong Health (IALH) which provides office space as well as assistance whenever needed. Our office will be relocating, with the aid of IALH, within the next few weeks but we will remain in R -Hut.

* The fountain was funded by a \$100,00.00 gift from Governor David Lam and dedicated in 1990 with the name the "Petch Fountain". That same year, the Science Building was named the Petch Building. University naming policies dictated that an individual have only one University feature named after them, so it was decided that the fountain would be renamed the "University Fountain," but the fountain is still known to many as the Petch Fountain.

Don Lovell

NEWS FROM THE BOARD (2 of 2)

I wish to welcome our new members and our ongoing members - you are what keeps this association strong. Also, I want to express our condolences to the friends and families of members who have passed away. The composition of the UVRA board of directors continues unchanged for 2021-22 and I am very pleased to be part of such an engaged and committed group.

The 2020-2021 year created new challenges and UVRA adapted to this new reality. A conversion to an online platform allowed us to continue operating and providing many of our sessions including a successful season for Elder Academy and Masterminds, as well as the launch of the UVRA Members Forum. We became part of the Later-Life-Learning Committee of the College and Universities Association of Canada (CURAC) broadening the access of our members, and those of other CURAC retiree associations, to the amazing presentations of UVRA and to those offered by other associations across Canada.

UVRA again held its-AGM online via Zoom. A highlight of this year's meeting was a very interesting presentation by our second Graduate Scholarship Fund recipient, Maltide Cervantes. Her research provided insight into the benefits of social engagement on the well-being of caregivers of older adults. It is very encouraging to hear that there is ongoing research in this area.

The Elder Academy Program Committee has been extremely active developing an exciting lineup of sessions scheduled to start in the fall - keep watch for those. Masterminds will again offer sessions in April 2022. We anticipate that the annual conference of CURAC, that UVRA will co-host with UBC and SFU, postponed in 2020, will be held in 2022 at UBC. We will update you as more information becomes available.

On July 1 2021, UVRA will become a member of AROHE (Association of Retirement Organizations in Higher Education). There are a number of benefits including access to various resources, information sharing, and the ability to connect with retiree associations both from Canada and across the United States. As members, you will now be able to access the AROHE Travel Institute which offers travel opportunities planned and conducted by Road Scholar. To check out the Travel Institute and the May 2022 trip to Portugal...<https://www.arohe.org/Travel-Institute>.

We rely strongly on volunteers, so please consider actively joining in your Association's activities including generating ideas for Elder Academy and Mastermind sessions, and/or organizing social events (including becoming the Social Events Coordinator) as well as contributing to our newsletter - *Grey Matters!* and, serving on our UVRA Board.

We remain optimistic that the upcoming year will permit more normal movement and give your association the ability to return to delivering more activities as venues reopen.

Thank you for your continuing support of UVRA.

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

Margaret Klatt

June 2021

EDITOR'S NOTES

The front page picture has been drawn specifically for this edition of *Grey Matters!* by Don Lovell. More of his excellent and fun work is shown in Members' Corner.

Margaret Klatt give us a review of her first year as UVRA's president. While unusual, due to the pandemic, it was, nevertheless, eventful and productive. Zulette Gordon, Membership Chair, welcomes our new members and Peter Liddell, Benefits Chair, informs members about changes to the extended plans available to retirees.

David Docherty's column focuses on "wellness" in this edition. He explains how the two types of vaccines presently offered to us function to repel the virus in our bodies. Do you enjoy doing brain teasers? If yes, Melvin Klassen reports how he went about finding the answer to six jumbled letters in Bits & Bytes.

My article for the *What's Happening at UVic?* Column features Ry Moran. He holds the unique (in Canada) position of UVic Associate Librarian-Reconciliation. Moran's work at UVic will include decolonizing the libraries and indigenizing the university's operation.

The UVRA Members Forum enjoyed two more successful meetings in April and May, 2021. Jane Birkbeck reports provide the salient points of both events along with information for members interested in continuing the "memory" discussions.

The guest for the June Forum is Michael R. King who will talk about *Climate Finance: Integrating Climate Change Mitigation and Adaptation Considerations into Investment Decisions*. If you have not already registered, you will find the link to do so on page 25.

While no social event can be undertaken just yet, UVRA hopes that they can be resumed in the Fall of 2021 so that we can look forward to having our annual Christmas Lunch followed by a guest speaker.

Elder Academy has planned an ambitious and diverse program of events for the end of this year and 2022. In October 2021, it is *Understanding China*, the poster for which is on page 27. David Docherty will organize and present *Body Works 3*, the third installment of this popular series in November 2021.

Ocean Networks Canada will return with a new program in 2022 and events featuring Post Pandemic Economical and Social Changes, Indigenous Knowledges, and Aging Well are some of the events presently in their planning stage for Winter & Spring 2022.

Lou Schmidt

WELCOMING NEW MEMBERS

Zulette Gordon

From March 1, 2021 to June 15, 2021

ANHOLD, Bradley	Biology
BJORNSON, Dora Leigh	SOSW
DEARDEN, Philip	Geography
GUNTON, John	Honorary
KNIGHT, Leslie	Spousal
MAYNARD, Judy	Financial Accounting
McKERCHER, Dave	Linguistics
UNDERHILL, Gerry	FMGT

NOTES FROM THE BENEFITS CHAIR

Peter Liddell

Benefits Report

June 2021

The most recent changes to the Plans available to our members are these:

Johnson Inc. was bought by Intact Financial Corporation, effective June 1st. No changes to the coverage of the UVic-Johnson plan nor, presumably, the RTO plan are expected.

The former Morneau Shepell counselling program (EFAP) has been re-named LifeWorks. No changes to those services (health & wellness, financial, legal) are involved.

Insurance Premiums

1) RTO rates are online at rtoero.ca, under 'Premiums'.

2) UVic-Johnson plan, effective September 1st 2021:

Overall (3 components below) – 5.30% decrease

Dental – no change

Ext. Health and Prestige Travel combined -- 7.5% decrease. This includes the additional 0.5% increase to cover vaccines, and an increase of 9.41% in Prestige Travel, due to rising US medical costs and anticipated increase of travel, post-pandemic.

Extended Health – 11.20 decrease

3) Pacific Blue Cross UVic Retirees plan, effective July 1st 2021:

Dental -- 10% increase

Extended Health – 3% decrease.

Peter Liddell

UVRA Scholarship Fund



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.

A second graduate scholarship has now been created.

The scholarship provides annually:

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.

Physical Activity and Wellness Corner #39

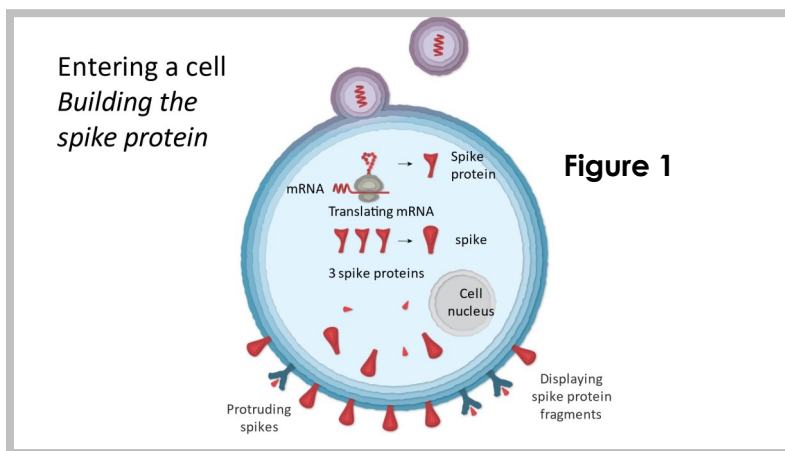
David Docherty (1 of 3)

COVID-19 AND HOW THE VACCINES WORK

COVID-19 has undoubtedly affected everyone in some way, and there has been so much about it in the media that it has been impossible to ignore. I was approached by the UVRA Forum group to do a short presentation about the difference between the two types of vaccines that have been developed to bring the virus under control. This article covers some of the main points that were discussed in the Forum. I found a useful source of information published in two articles in *The New York Times* which I have referenced at the end of the article.

It is useful to understand a little about the actual virus before describing the types of vaccines and how they work. Most of us now know it is a Corona Virus (SARS-CoV2). SARS is an acronym for Severe Respiratory Syndrome because the virus specifically targets the cells that line the respiratory tract. This can lead to Acute Respiratory Distress Syndrome (ARDS) due to inflammation in the lungs which causes extreme difficulty in breathing. The term “corona” refers to the fact that one characteristic of the virus is the spikes that protrude from the membrane which supposedly makes it look like a crown. The virus uses the spikes to attach to healthy cells, gaining entry which then allows it to reproduce and infect many other healthy cells. Without vaccination it replicates very quickly before the immune system can control it.

The two new vaccines that are proving effective in controlling the virus are using techniques that have not previously been used. Most vaccines take the actual virus and deactivate it reducing its ability to replicate and use that as the main way to stimulate the immune system and produce long term immunity. The two new vaccines use the genetic code just for the essential spike part of the virus and utilize this as the basis of the vaccine (see Figure 1).



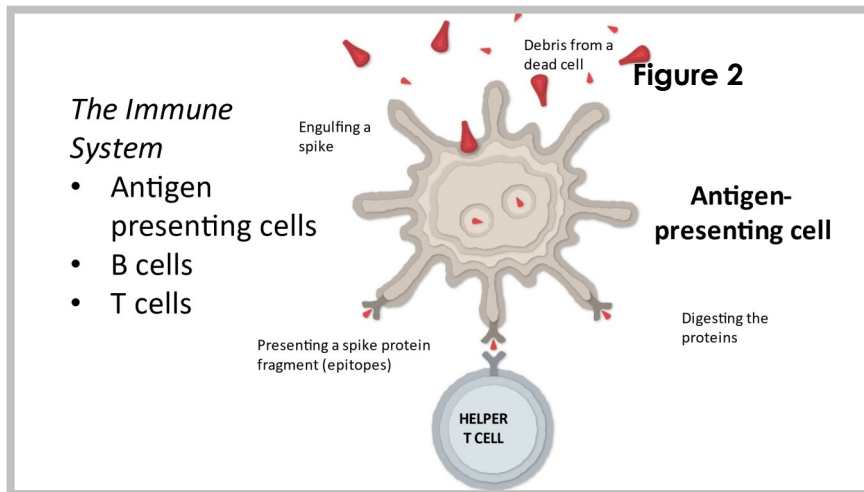
Physical Activity and Wellness Corner #39 (2of 3)

David Docherty

In the case of the Pfizer and Moderna vaccines they use messenger RNA (mRNA) embedded in a lipid membrane which is engulfed by a respiratory tract cell that will then produce the spike proteins or parts of the spike protein and place them on its membrane. The AstraZeneca and Johnson and Johnson vaccines use a genetically engineered DNA that also contains all the instructions for a cell to produce the spike proteins, and then put them on its membrane.

However, cells are generally resistant to absorbing DNA, so the cell has to be tricked into engulfing it. This is done by inserting the DNA in an actual virus (called a vector) which has been modified so it will not replicate or cause disease. Hence the term vector vaccine. So, both types of vaccines cause a cell to make the spike protein which will then stimulate the immune system to start the process of developing immunity to the SARS-Co2 virus spike, should it ever invade the body.

So how does this stimulate the immune system and produce long term immunity? It is an extraordinarily complex, complicated and miraculous process so this will be a very



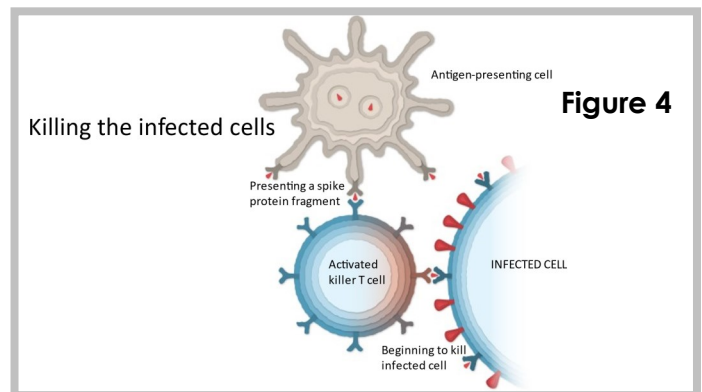
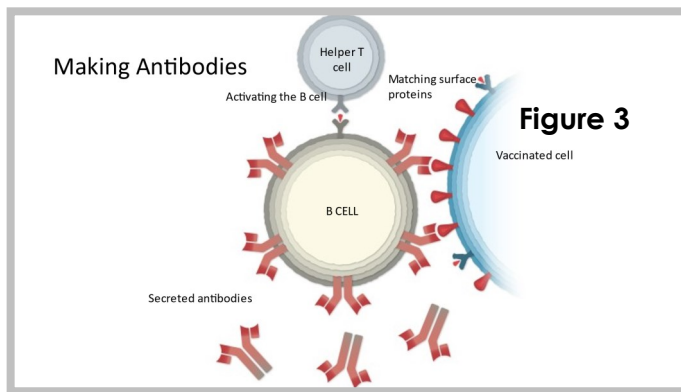
simple and partial description of how it works. The infected cell will break down and release the spike proteins or fragments of the spike. A special cell called an antigen presenting cell (APC) will engulf the spike proteins or fragments, recognizing them as not belonging or foreign to the body; they then place them on their own cell membrane in a modified form (see Figure 2).

The main actors are then two white blood cells or lymphocytes called T cells and B cells that work together. Both have special receptors on their membranes that are specific to only one type of antigen or pathogen, in this case the spike protein. The T cell attaches to the antigen now displayed on the antigen presenting cell and becomes activated.

Physical Activity and Wellness Corner #39 (3 of 3)

David Docherty

Once the T cell has made contact it starts to replicate into one of several other types of T cells. One of these cells is called a helper T cell (Th) and will eventually work with the B cell to produce antibodies (see Figure 3). One of the other T cells (killer T cell) will search for any infected cells showing the spike protein and kill them (see Figure 4). At the same time, the B cell has also attached to an infected cell and becomes activated. However, the B cells do not really start producing huge amounts of antibodies until the T helper cell has attached to it (see Figure 3).



The antibodies block the spike protein and stop it entering any other cells as well as targeting infected cells and bringing other immune cells to help fight the pathogen. Another B cell is produced that will become part of the long-term immunity called a B memory cell. Some T cells are retained and become T memory cells. The memory cells will now recognize any pathogen in the future that contains the spike protein, in this case the SARS-Co2 virus, and immediately start to fight it before it can take hold. The good news, now, is that the memory cells can recognize slight variations in the spike protein, such as in the variants, and are equally effective in attacking them.

And of course, remember that physical activity boosts the immune system so be sure to stay active!

David Docherty

The New York Times References:

<file:///Users/docherty/Desktop/How%20the%20Pfizer-BioNTech%20Covid-19%20Vaccine%20Works%20-%20The%20New%20York%20Times.html>

<file:///Users/docherty/Desktop/How%20the%20Oxford-AstraZeneca%20Covid-19%20Vaccine%20Works%20-%20The%20New%20York%20Times.html>

Note: The 4 figures are reproduced from *The New York Times*, May 7, 2021

Bits & Bytes

Melvin Klassen (1 of 2)

Jumble – Bits & Bytes

Subscribers of the Times Colonist may have noticed the “JUMBLE” brain-teaser immediately below the daily “SUDOKU” puzzle. I try to complete it every day, but one of the scrambled words on Friday April 16 had me stumped. The 6 letters in that word: E T M I D U.

Being stumped, it was time for me, a retired computer-programmer, to write a computer program to cheat.

I had used the REXX programming language on the IBM mainframe computer at UVic. The author of REXX is an IBM Fellow named Mike Cowlishaw. In IBM, a “Fellow” is given freedom, and pay, to be creative. Generously, REXX has been made available to run under Microsoft Windows, and a variety of flavours of LINUX, e.g., RedHat, Ubuntu, and Mint. See: www.oorex.org to download the free software.

In a few minutes, I wrote a REXX program to run on my Windows computer.

My biggest problem was how to generate every possible combination of those 6 letters, while not picking each letter more than once. With 6 letters, there are 46,656 combinations, but my REXX program determined that there were only 720 combinations that did not duplicate a letter. Great! Looking at 720 results seemed like a reasonable task. Note: a statistician will say that 46,656 is “sampling with replacement”.



The trick that worked for me was to take the first 6 prime numbers: 2, 3, 5, 7, 11, and 13. If I multiplied those numbers, I got a “target” number that I needed to match. I chose prime numbers, because I did not want to select permutations of the 6 numbers, e.g., “2 with 4” and later “4 with 2”.

Bits & Bytes

Melvin Klassen (2 of 2)

The trick that worked for me was to take the first 6 prime numbers: 2, 3, 5, 7, 11, and 13. If I multiplied those numbers, I got a "target" number that I needed to match. I chose prime numbers, because I did not want to select permutations of the 6 numbers, e.g., "2 with 4" and later "4 with 2"

So, the heart of my REXX code became "nested loops":

```
Do A = 1 to 6; Do B = 1 to 6; Do C = 1 to 6; Do D = 1 to 6; Do E = 1 to 6; Do F = 1 to 6;
[calculations]; End; End; End; End; End; End; End;
```

That gave me all 456,656 combinations. When the value of "A" was "1", the program picked the 1st prime number. When the value of "A" was "2", it picked the 2nd prime number, and so on. It did the same for the other variables – "B" through "F". The program multiplied the 6 picked numbers together. If that product matched my "target", it was one of the 720 "good" combinations of the values of "A" through "F".

The next step was to use those 6 values to select from that "E T M I D U" string, and to write the 6-character string to a file.

Finally, being really lazy, I found a way to reduce the **tedium** of manually scanning that file. I copied the contents of that file into Microsoft Word, and let Microsoft Word do a spell-check. It underlined, in red, 719 words as being incorrectly spelled. It underlined, in green, the one word that had the correct spelling, but was detected as an incomplete sentence. So, visually, I did a quick "scroll" through the words, looking for the green, to spot the answer.

Now, for better or for worse, I have a computer program that can be used the next time I get stumped. However, when I processed the letters "spyrot" (June 5, 2021), Microsoft Word flagged all (!) of the permutations as having incorrect spelling. Sigh.

Melvin Klassen

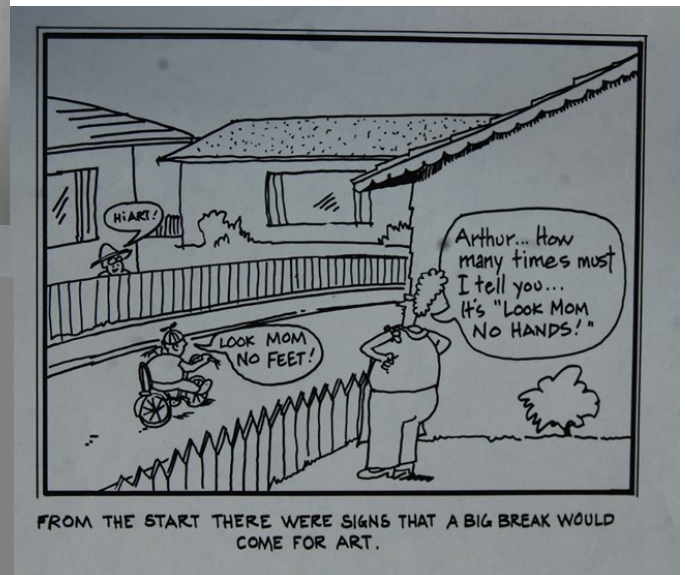
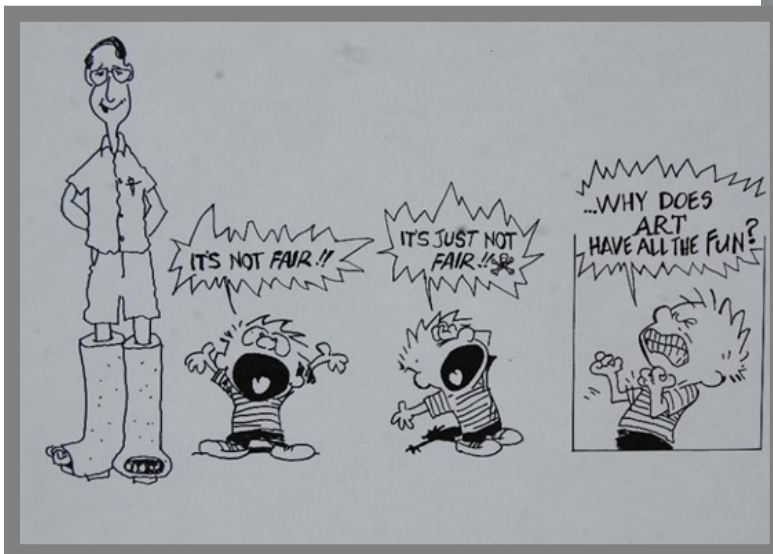
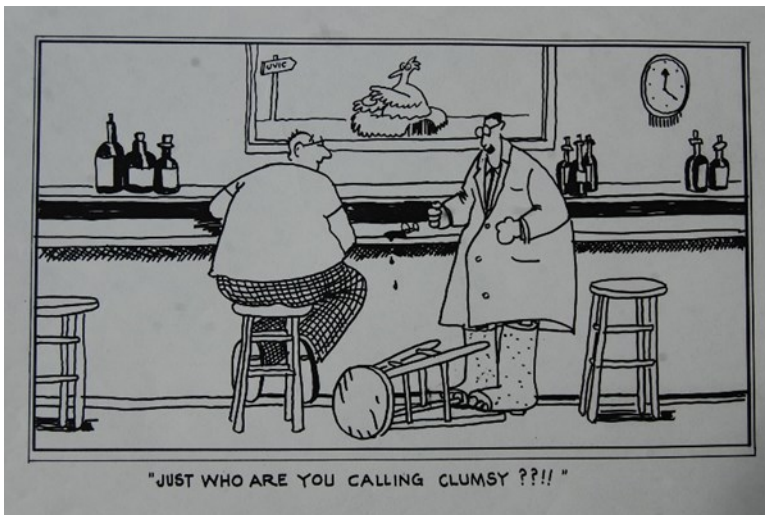
MEMBERS' CORNER

Don Lovell (1 of 4)

Memory, Memoirs and Family History

I was the first Registered Architect employee at the University. I held the positions of Manager Design and Manager Campus Planning from 1990 to 2007.

I have always loved to draw. During my work life I have done cards for retirements, weddings, and other special events. The cards were large enough to allow staff to sign with comments. One example was a get-well card for Art, a colleague, who broke both his legs in separate incidents two weeks apart.



MEMBERS' CORNER

Don Lovell (2 of 4)

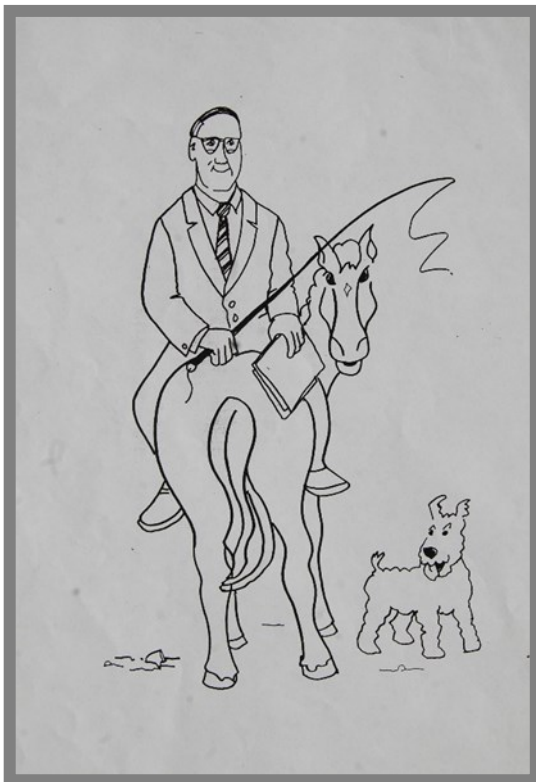
In addition to retirement cards for notables such as Dr Andy Farquharson and Dr Sam Scully I did a large drawing of a potential future Campus Plan which was given to VP Administration Trevor Matthews on his retirement. The future campus was complete with palm trees, a ferris wheel, luxury hotel, mega church and Trevor's favorite - a 40,000 seat stadium with weekly tractor pulls!



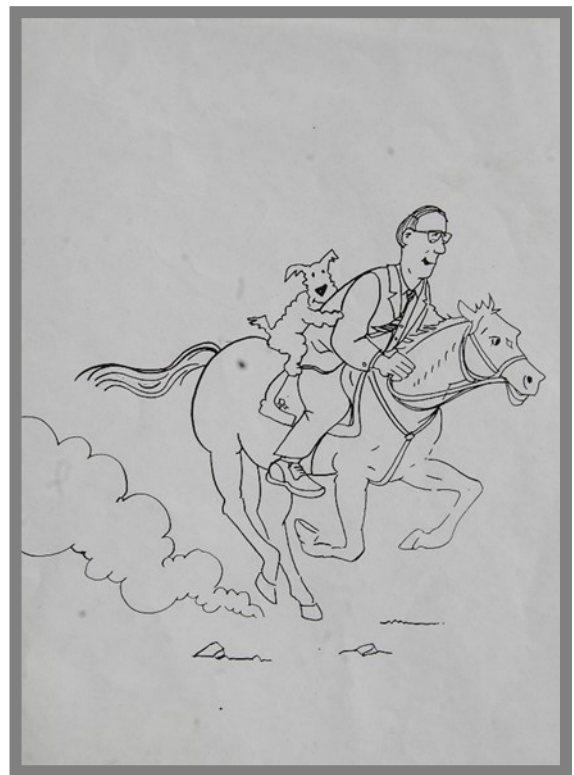
MEMBERS' CORNER

Don Lovell (3 of 4)

During my first lunch meeting with VP Don Rowlatt at the University Club and after the dishes were cleared from the table, I noticed that Don was staring at my paper placemat. I looked at the placemat and to my surprise I saw a cartoon that resembled the VP. Don asked me if I liked to draw and if I would like to do some cartoons for him. I said "Yes" to both. I ended up doing several drawings for him.



VP Rowlatt starting the job, a "dog and pony" show



VP taking control

MEMBERS' CORNER

Don Lovell (4 of 4)

For retirement I wanted to record my family and personal history. I also wanted to do more cartooning. A solution which combined both was a graphic memoir. Gramps...Was your hair always grey? was three years in the making. Stage one was putting all my parents' and my own papers and photographs in order and creating a chronology. Stage two was verification research. Stage three was developing a format to marry personal history with cartoons. Stage four was finding uninterrupted time to do the work.

That time was supplied by COVID 2020, almost four months of no after school care for grandchildren and a social lockdown.

The book is dedicated to our four adult children and our five grandchildren with the hope that they will gain a better understanding of their Dad and Gramps.

My 69-page book was reviewed in the alumni newsletter for my undergrad college.

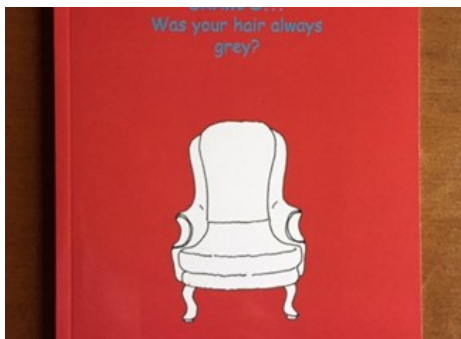
<https://everitas.rmclub.ca/12570-mike-kennedy-reviews-gramps-was-your-hair-always-grey-by-10263-don-lovell/>

The book was self-published in Victoria. Copies are available for \$15 (\$3 postage if required)

Don Lovell

250-216-1206

donwlovell@gmail.com



WHAT'S HAPPENING AT UVIC ?

RY MORAN (1 OF 3)

Some people perceive the University of Victoria as being surrounded by an imaginary moat which prevents information, regarding the research , and the work, being undertaken inside the university's buildings, from reaching the public. In this article, our journey across the moat takes us to the University Libraries to virtually meet **Ry Moran**.

The University of Victoria created the first of its kind (in Canada) position of **UVic Associate Librarian-Reconciliation for Ry Moran**, a member of the Red River Métis Nation and a UVic alumnus.

Moran was the founding director of the National Centre for Truth and Reconciliation (NCTR), at the University of Manitoba. He also served for 3 years as Director of Statement Gathering at the National Research Centre at the Truth and Reconciliation Commission of Canada (TRC)



Ry Moran, along the banks of the Red River in Winnipeg.
Photo Credit: Nardella Photography

In this article, Moran's work at UVic will be discussed under the topics of **reconciliation, decolonization, and indigenization**. But it is important to keep in mind that no true reconciliation can take place without decolonization and indigenization.

Moran's understanding of what reconciliation means is thought-provoking and inclusive. While federal and provincial inputs are needed for items like monetary remuneration and national apologies, Moran wants every Canadian to "take responsibility and action to repair the damage done..."¹

To take responsibility, we must first be cognizant of the harm done and of its repercussions. Simply stated, we must educate ourselves. This is where the decolonization of the UVic libraries can be of help to us.

With the creation of what Moran calls "thoughtful spaces" in these buildings, the Indigenous archival material can be made accessible to everyone. There is, writes Moran, a "huge collection of voices that are waiting to be heard. Part of animating that is recognizing that they are alive, and that they need to be cared for, and they need to be brought out, and they can't just sit and collect dust."²

WHAT'S HAPPENING AT UVIC?

RY MORAN (2 OF 3)

Those thoughtful spaces will not only contain written and oral archival material because, writes Moran, “Indigenous knowledge comes from many sources—some written down but much of it can only be accessed through relationship, dialogue and listening. If we’re actually going to start to embrace the concept of decolonizing our archives and libraries, we have to...start changing how we think about where knowledge is kept, what it looks like when it’s kept, and what we need to do in order to preserve it.”³

As I understand it, not having yet spent time in a library’s thoughtful space, it would be a place where visitors would have the opportunity educate themselves about Indigenous Peoples, their various ways of knowing, their culture and history, and, if desired, where they can engage in a dialogue with an Indigenous person. As Moran puts it, “I see myself as a different type of book that has been put on the shelf at UVic Libraries. So if people want to check me out of the library from time to time, and see what this book has got inside of it, they’re welcome to do it”.⁴

While the creation of thoughtful spaces, the airing of existing archival material, and the incorporation of other than written material and video– and audio- recordings into archival resources, are needed to engage in a process of reconciliation, that is not enough. The Aboriginal Peoples ways of knowing, being, doing, and relation needs to be indigenized into our public institutions (educational, legal, governmental, social, cultural, etc.). Transformational changes need to be undertaken and the voices of Aboriginal Peoples must be heard, heeded and incorporated into those changes. This is one aspect of reconciliation that Moran strongly stresses: “How we run and operate those major public institutions is absolutely at the heart and truth of reconciliation.”⁵

The paddle Moran is holding in the two photos accompanying this article, is one of three reconciliation paddles commissioned by the University of Victoria for the 2019 *Building Reconciliation* Forum. They “represent Coast Salish canoe teachings of everyone paddling together and encourage post-secondary institutions to work together to honour truth and reconciliation.”⁶

With Moran steering our reconciliation ‘canoe’ and the stoker equipped with the educational tools discussed earlier, our journey towards a true and lasting reconciliation with the Aboriginal Peoples is well on its way.

WHAT'S HAPPENING AT UVIC?

RY MORAN (3 OF 3)

Notes:

1 - <https://indigenouspeoplesatlasofcanada.ca/section/truth-and-reconciliation/>

2 - <https://indigenouspeoplesatlasofcanada.ca/section/truth-and-reconciliation/>

3- <https://www.uvic.ca/news/topics/2020+indigenous-libraries-rymoran+news>

4- <https://www.uvic.ca/news/topics/2020+indigenous-libraries-rymoran+news>

5- <https://www.cbc.ca/news/canada/british-columbia/uvic-ry-moran-librarian-1.5625443>

6- <https://www.uvic.ca/services/indigenous/assets/docs/iace-dec-2019-newsletter.pdf>

Source for picture on page 16: <https://www.uvic.ca/news/topics/2021+rymoran-residential-school-system+expert-advisory>

Source for picture on this page: <https://www.uvic.ca/news/topics/2020+indigenous-libraries-rymoran+news>

Source for "About the pictures:": <https://www.uvic.ca/news/topics/2020+indigenous-libraries-rymoran+news>

About the Pictures

On both pictures, "Ry Moran holds one of three paddles carved by Kwagiulth and Coast Salish artist Carey Newman, UVic's 6th Audain professor, and designed by artists from different generations and nations for the 2019 *Building Reconciliation* forum. This paddle, painted by residential school Survivor Victor Newman, rests at the National Centre for Truth and Reconciliation (NCTR). One remains at UVic while the other continues to travel across post-secondary institutions.

"This paddle is a symbol of the ceremonial bond created between the NCTR, UVic and the long work of Truth and Reconciliation in the country. As described by Moran: 'Together, the three paddles represent that we are all in this together as we heal the past, present and future.'

"Pictured behind Moran is the Truth and Reconciliation Commission (TRC)'s **Bentwood Box** carved by Coast Salish Artist Luke Marston and the TRC's eagle staff."



Louise Schmidt



The Brentwood box was specially carved to house over 1,300 items presented to the Truth and Reconciliation Commission.

"They represent commitments to work toward reconciliation between indigenous and non-indigenous peoples."

UNIVERSITY CLUB REPORT

PETER LIDDELL

Following Dr Henry's most recent announcement, the Club will be welcoming up to 50 guests for events indoors and on the deck.

However, there can be no mingling indoors yet (max. 6 per table, no table-hopping). But enquiries for meetings and special events are ramping up, and the search is on to hire more staff, in a very tight market.

The Patio has been so popular on good-weather days that it has been selling out on occasion. The hope is that by September, more tables may be added outside.

The staff of the Club look forward to greeting you soon!

Peter Liddell



Credit: University Club



The
UNIVERSITY CLUB
of Victoria

UNIVERSITY CLUB MEMBERSHIP BENEFITS FOR THE UVRA

UClub management and staff are always coming up with entertaining Members-only events at reasonable prices. These events include bi-monthly dinner specials, wine pairing dinners, Cocktail Culture Club, Robbie Burns dinner, Mother's Day brunch, kids' Halloween Christmas brunches, annual Christmas buffets and much More!

The UClub's wine, beer, and cocktail menus are below industry standards prices and we feature a variety of local craft beers, wineries, and distilleries.

Our Lounge Supervisor & Head Bartender, Adam Bonneau, is constantly reviving our wine and cocktail list to ensure that there is always a diverse selection.

Our culinary team and Executive Chef, Michael Allin, create delicious weekly dinner specials on top of our flavourful dining menu.

UNIVERSITY CLUB OF VICTORIA MEMBERSHIP CATEGORIES FOR UNIVERSITY OF VICTORIA RETIREES

Retiree's Association Sponsored One Year Free Membership

Members of the University of Victoria Retiree's Association (UVRA) that have never held a membership at the University Club, are eligible for a one free membership.

Retired Membership

A Regular member who has retired from the University of Victoria and has been a University Club Member for at least five (5) years, is eligible for a 50% reduction off the regular dues.

Retiree's Association Sponsored Membership

Members of the UVRA are eligible for University Club membership with a 25% discount off of regular dues for the first five (5) years of their Club membership. After five (5) years of Club membership, their dues are reduced to 50% of the regular dues.

In this category, dues are pro rated for current memberships; for instance, if the Retiree has been employed by UVic and has held a membership at the University Club for two (2) years prior to retiring, then they would receive the 25% discount for three (3) years (making their Club membership a full five years), then have their dues reduced to 50% off the regular dues.

UClub Contact information:

Phone: 250-721-7935 | Email: reservat@uvic.ca | Website: club.uvic.ca

UVRA MEMBERS FORUM/April 2021 (1 of 2)

MEMORY TWO AT THE FORUM

The Member's Forum met on April 30th, amid comments about how we would love to forget Income Tax Day. This fit well with the topic, *Memory and Forgetting*. Almost everyone had a story, but the one with the most laughs came from a person who went on a 3-week trip. Arriving back home, this person found a jar holding some greenery, sitting in the middle of the kitchen table. What could it be? Three days later memory dawned - it was a jar of rosemary, said to be a useful memory assist!

There were many tales of differential remembering, when a shared experience offers memories so different to those of the two persons involved. When we talk with our children, and learn how different from ours is their memory is of a past event, whose remembering is more accurate? This led us to consider perception, ethics, and memory. How we remember events depends so much on our perceptions at the time - and perceptions are personal. Memory may be an ethical issue when, for instance, those memories bump up against the legal system - which is why 'eye witness' testimony is so suspect. And memory has an important evolutionary quality, necessary for our survival.

Memories may evolve when we meet old friends, or simply 'pop up' as a specific remembrance triggered by a sound, smell, taste or other stimulus. These memories may have the effect of surprising us - where did that thought come from? And when we stand at the open refrigerator door we may wonder, where did that thought go?

Herb Weil had many thoughts on memory. He started our discussion with a tribute to James McConkey who recently died at the fine age of 98 years. McConkey's book, *The Anatomy of Memory*, is over 500 pages, and is the best collection that Herb has found on memory.

In the preface, the author writes, "Memory is responsible for our identity; it is the faculty where we perceive connections between past and present; ... it underlies our creative achievements...directed either to the nature of memory or to the values it can provide us with." He quotes E.M. Forster in aiming "Not for completion but for opening out...liberating what went before."

Herb proposed that many topics suggested in our Forum in March could be divided into two groups: Memory and Fact, and Memory and Imagination. In the first, we discussed how different persons have very different memories of the same events, and how we ourselves have changed the way we recall major decisions and activities. How do we now, with greater distance, decide which aspects were primary and which were less important? As V.S. Pritchett wrote, "Every time a story crossed the water, it doubled itself." Patrick Leigh Fermor in his highly regarded *A Time of Gifts*, when describing his teenage hike across Europe from Holland to Constantinople in the mid-1930s, frequently combined several incidents into a single event. This is a frequent technique of Shakespeare in composing his History plays.

Examples of misremembering may be well remembered, as when Charles Laughton, as Macbeth, offered, "How full of scorpions is my wife, dear mind" when he reversed the sequence of his last pairs of words. This is not an unknown event in our own lives.

UVRA MEMBERS FORUM/April 2021 (2 of 2)

We then moved to much more complicated aspects of memory in which facts were more closely related to truth mixed with a variety of falsehoods and our pleasure when complete truth is not even attempted. We considered those times when we were not necessarily pleased, but nevertheless politely praised a hostess or host, to the complexity of the character among the most famous for lying, fat Falstaff. No doubt he lies, but he is the only character in his plays who dares tell those in power the truths they do not want to hear. Many in our Forum enjoyed the sequence when Falstaff says “I am a rogue if I drunk today” seconds after we have all watched, or imagined seeing, him drink, brag about this, and wipe his mouth. Is this a lie when the speaker has no intent to deceive?

We can enjoy this sequence with no knowledge of Falstaff's reputation. But this pleasure increases in contrast to our memory of the context, and our initial exposure to the scene, of his fame as a character exceptionally famous as a liar. This provides a clear example of how memories, even when preconscious, help provide complexity, depth or subtlety that enrich our return to any masterpiece after our first exposure, when we concentrated more on simplicity, or concentrated on what will happen.

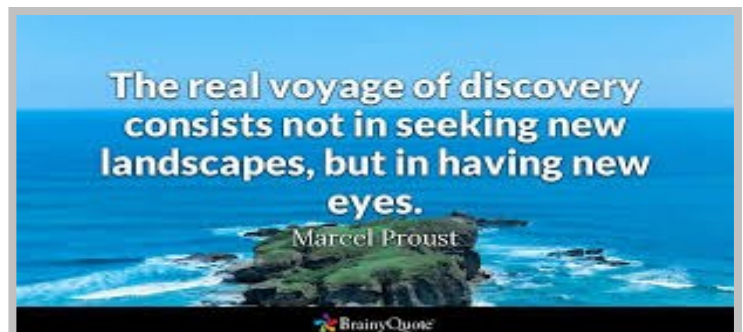
Herb mentioned two quite different books that relate to memory: Thriller writer Michael Connelly in his book *Two Kinds of Truth*, writes about a case that haunts the protagonist, offering two kinds of truth, the kind that sets you free, and the kind that leaves you buried in darkness. And Marcel Proust, often acclaimed as the greatest fiction writer of the 20th century, wrote *Remembrance of Things Past*, a novel in seven volumes.

All of us of course care about matters we face. Some care mostly about physical recovery, others about examples in fiction, plays, or movies, some more about the history of changing ways since early times of training and rewarding outstanding memory. Herb will be pleased to suggest reading materials on memory that address your areas of interest. See Note below for how he can be reached.

Jane Birkbeck

Note:

When Herb Weil and Harry Kwok first proposed the idea of a Member's Forum, they envisioned smaller groups that could meet away from the Forum, to continue discussions of interest. For follow up small group meetings, volunteers could organize and lead small **focused** groups. And so, if you want to pursue more books on memory, or if you want to continue this discussion, Herb is happy to have you email him at herbweil33@gmail.com



UVRA MEMBERS FORUM/May2021 (1 of 2)

VACCINES AT THE FORUM

On May 28th, the UVRA Member's Forum met on Zoom to talk about our many thoughts regarding the Corona virus. Before David Docherty joined us with his awesome presentation, '*Covid 19 Vaccines and How They Work*', we queried each other about what we had read, heard, and thought. Everyone had received their first shot, and there was a good deal of discussion about when and how to register for the second one. We were happy about Dr. Henry's plan for us to receive the second jab a mere 8 weeks after the first, and we wondered about the restrictions that just won't quit.

We talked about vaccine hesitancy and saw from raised hands that fully one-third of the people in our Zoom room knew one or more persons who either refused to consider taking the vaccine or were frightened to go forward. At the end of his presentation David spoke to this, and the fact that when 75% of people have been vaccinated, we will develop the 'herd immunity' that will keep us safe. Good to know.

In the meantime, some rules abound, others do not, and we had questions about these. Why have the travel restrictions been extended to June 15th? What is it about vaccine passports that various political people don't like? And what is happening at UVic, where offices that house a number of faculty are being retrofitted with plexiglass shields? If UVic doesn't plan to restrict the campus to vaccinated people, will it be safe for everyone to return to class in September? And, when will we be able to meet in person for our fun and informative Elder Academy events?

A question about how many people contract Covid-19 after their first vaccination was answered through a CTV News story that David sent us before the Forum. It turns out that, out of more than 13 million people vaccinated, fewer than 7,000 confirmed Covid-19 cases emerged, most within less than 14 days after receiving the vaccine.

David joined us for the last hour of the Forum, with a very detailed and instructive presentation on Covid 19 and the vaccines. He started with a slide showing the picture we've often seen of the actual virus - that ball that looks like grey wool, punctured by red spikes. It turns out that those red spikes, called spike proteins, are perhaps more numerous than angels dancing on a pin ... I was amazed to learn that more than 2000 would fit on the head of that pin.

UVRA MEMBERS FORUM/May 2021 (2 of 2)

David broke his presentation down into four parts: How Covid-19 infects the body, The two types of vaccines, How those vaccines work to create an immune response, and the possibilities for Long term immunity. It was a fascinating and informative overview, but I'm not going to even try to capture the essence of David's work. After all, when I look at the virus, I see a grey wool ball with a whole lot of red spikes ...

At the beginning of his talk, David reminded us that his teaching fields include anatomy and physiology, not necessarily vaccines and the immune system. However, his preparation for today had worked well for him, he said, because it was a first crack at his upcoming Elder Academy event, *Body Works 3*, which he will offer in November 2021. We were grateful to David for his time and expertise, and like many of us, I expect, I'll be there for David's longer look at the immune system in November - be it on Zoom or, fingers crossed, in person.

Be sure to tune in at 2:00pm, on June 25, 2021, when Michael King, PhD, Associate Professor Finance in the Gustavson School of Business, will be our guest speaker. He will talk about *Climate Finance: Integrating Climate Change Mitigation and Adaptation Considerations into Investment Decisions*.

Watch for Dr. King's survey, sent to UVRA members prior to the Forum, which he will use to seek your opinions.



Jane Birkbeck





University
of Victoria

Retirees
Association

INVITATION MEMBERS FORUM

Date: June 25, 2021

Time: 2:00-4:00pm on Friday afternoon

Cost: Free – Please register to get Zoom link.

Session Topic*: **Climate Finance:** Integrating Climate Change Mitigation and Adaptation Considerations into Investment Decisions

*Session topic is intended to stimulate not limit discussion ideas.

Registration Link:

<https://www.eventbrite.ca/e/climate-finance-tickets-158269679873>

Guest speaker: Michael R. King, PhD

Organizers: Margaret Klatt & Rebecca Warburton

Facilitator: Jane Birkbeck

The UVRA Members Forum is a social connector for retirees where topics of general interest are discussed and members with specific interests may find like-minded individuals to form sub-groups, if desired.

UNDERSTANDING CHINA

AN ELDER ACADEMY EVENT



**University
of Victoria**

Retirees
Association

As globalization takes hold as never before, it is important that we take every opportunity to learn about the major influencers of globalization. China has and is asserting itself as a major influencer, perhaps THE major influencer in the world. This 6-part series provides an opportunity for us to learn from expert and experienced journalists, ex-diplomats, and commentators on China's environmental, economic, social, political and cultural issues of the day.

NB: This is the first of several planned "Understanding..." series offered by Elder Academy. Understanding the EA" is planned for the Fall of 2022.

DATES: Saturdays, October 2, 9, 16, 20*, 23, 30, 2021

TIME: 10:00am to Noon. Zoom entry available starting 15 minutes prior to scheduled time

WHERE: Online via Zoom **AND** In-person in a UVic venue, if possible

LINK TO JOIN THE SESSIONS: Emailed to registrants via Eventbrite

COST: \$30.00 for the six sessions.

Oct 2: "China and Global Green Prosperity"

Presenter: Art Hanson, Officer of the Order of Canada (OC), and Advisor

Oct 9: "China As A Global Neighbor: Towards A Rethinking Of Canada-China Relations"

Presenter: Senator Yuen Pau Woo, Senator- Senate of Canada (public policy issues – Asian affairs).

Oct 16: "Learning About China: Sipping Through a Firehose"

Presenter: Joann Pittman, Senior Associate ChinaSource and Author.

Oct 20*: "China's 14th Five Year Plan: New Policy Directions."

Presenter: Mark Kruger, Opinion Editor Yicai Global .

(*NB: Wednesday 7pm – presentation from Shanghai)

Oct 23: "Claws Of The Panda, Beijing's Campaign of Influence and Intimidation in Canada"

Presenter: Jonathan Manthorpe, Political Commentator, Journalist and Author.

Oct 30: "The Dragon and the Snow Lion: China's Relationship with Tibet"

Presenter: Dr. Tsering Shakya, Professor UBC (Institute of Asian Research).

REGISTRATION AND PAYMENT

Registration & payment done through EventBrite. Please click on:

<https://www.eventbrite.ca/e/understanding-china-tickets-158856663557>

Students attend free. To get Zoom link, email UVRAElderAcademyevents@uvic.ca