



**University
of Victoria**

**Retirees
Association**

Office: R -Hut , Room#125

In Institute on Aging and
Lifelong Health (R-Hut)
Building.

Office hours are by appoint-
ment. Please email
uvra@uvic.ca to arrange.

Website: uvic.ca/retirees

Email: uvra@uvic.ca

Phone: 250-472-4749

Grey Matters!

WINTER 2023



Spirit Bear, in the Great Bear Rainforest

Photo credit: Jeff Reynolds

INSIDE THIS EDITION

News from the Board	1
2022 UVRA Scholarship	
Recipients	4
Editor's notes	5
New member s	6
University Club	
Peter Liddell	7
Call for Volunteers	8
Great Bear Rainforest North	
Cruise, Zulette Gordon	9
Healthy Living Guide	21
Reading suggestions	22
Call for volunteers for	
Cancer Study	23
United Way Campaign	
Mary Ellen Purkis	24

February 2023

UPDATE FROM THE BOARD

Greetings fellow retirees

It is 2023...and as we move further into this decade, our reality is shifting to recognize that COVID continues to be part of our lives....I hope that you are well and had an opportunity to enjoy time with family and friends. I attended a few social events in December and felt some easing from the past couple of years.

Reflections and looking forward to 2023

• The UVRA Christmas Luncheon was well attended and the talk by John Adams, on the history of Christmases in Victoria, was fascinating. It was wonderful to see so many of you enjoying this wonderful tradition.

NEWS FROM THE BOARD (2 of 3)

- The return of the UVRA Lunar/Chinese New Year's Lunch in 2023 was a great start to the year. John Adams provided some intriguing facts on the celebration after a grand luncheon. Thanks to Barry Ming for setting it up and also to Sanjit Roy who helped so much in organizing beforehand and assisting at the event.
- The Mastermind series, after a successful 2022 session online, returns with another four amazing topics in 2023. As mentioned below, we currently do not have a volunteer to spearhead this excellent series.
- The UVRA Graduate Scholarship is now awarded annually to two recipients. The awards, of at least \$1,000 each, are given to graduate students whose area of study is focused on adults aged 55+. The Faculty of Graduate Studies Graduate Awards Committee approves the recipients based upon the recommendation of the Institute on Aging and Lifelong Health.

Congratulations to this year's recipients: Ashleigh Parker and Sanjit Roy.

Ashleigh's project is: Earlier Detection of Alzheimer's Disease: Investigating Brain-Based Changes in Older Adults with Subjective Cognitive Decline.*

Sanjit's project is: Elder Abuse Among Canadian Veterans: A Comprehensive Examination Using The Canadian Longitudinal Study on Aging.*

- CURAC has awarded the CURAC Association Award for 2022 to our group of three associations, SFU Retirees Association, UBC Emeritus College and the UVic Retirees Association, in recognition of the work that the associations, through their joint Organizing Committee, put into the planning of the 2022 CURAC Virtual Assembly. Peter Liddell, the UVRA representative on that committee, deserves our thanks. I attended the online assembly which was excellent.

• A CALL FOR VOLUNTEERS....

UVRA is a volunteer – based organization. I am reaching out to you, our membership, to highlight the urgent need for new volunteers.

NEWS FROM THE BOARD (3 of 3)

We have several vacancies with the following areas in need of your help:

- Social Events Coordinator
- Masterminds Lead
- Vice-President
- Board of Directors
- Benefits Chair

Whether you have retired recently or some time ago it is truly rewarding to help your fellow retirees – it is your participation that keeps this association strong. Please consider what you can do, a small amount of time or more, to make the association stronger – it needs you! Contact uvrapres@uvic.ca or uvra@uvic.ca to discuss.

· The UVRA United Way 2022 campaign is still underway and this year's goal is in sight! If you have not yet had a chance to contribute, information including the link to donate is available on the UVRA website.**Your generosity makes a difference in our community.

UVRA welcomes your ideas (your participation) as well as your submissions of an article or a photo to our newsletter, *Grey Matters!*

Again, I strongly encourage you to contact us and ask how you might contribute to UVRA.

Until next time,

Stay safe. Keep well.

Margaret Klatt

January/February 2023

Editor's note:

*The summaries of Ashley's and Sanjit's research projects are on page 4.

**Information on how to donate to United Way is on page 24.

2022 UVRA SCHOLARSHIP RECIPIENTS

Ashleigh Parker's research project summary:

Emerging research on Alzheimer's Disease has focused on the earliest detection of pre-symptomatic biomarkers so that preventative strategies can be introduced prior to significant neurodegeneration. Individuals with subjective cognitive decline (SCD), who self-report changes in cognition, but are within the normal range on neuropsychological testing, are thought to be the earliest along the cognitive continuum between healthy aging and Alzheimer's Disease. Although neuropsychological measures are not sensitive to changes in cognition in individuals with SCD, objective, physiologically based measures may be able to differentiate individuals with SCD from healthy controls. Magnetic resonance imaging (MRI) is an ideal method for detecting these early changes as it is non-invasive, easily repeatable, and widely available. This study will use data from the Women's Healthy Aging Project to investigate the relationship between MRI measures, cognitive functioning, and biomarkers in those with SCD compared to healthy controls. The proposed study represents a crucial step in characterizing individuals with SCD. The identification of changes in brain structure and function prior to measurable decline on neuropsychological measures would represent a major advance in biomarker research related to Alzheimer's Disease.

Sanjit Roy's research project summary:

With Canadians living longer, it is likely that elder abuse will affect a growing number of older adults. For veterans, military service and its aftermath may affect their ability to form relationships and to function, when returning to civilian life, thereby placing them in a particularly vulnerable position. Evidence shows that veterans live longer than non-veterans, and they report a higher prevalence of negative physical and mental health conditions compared to non-veterans. As a result, they may be at higher risk of being abused and neglected than the general population, but this possibility is presently unexplored for Canadian veterans. The Canadian Longitudinal Study on Aging offers an opportunity to fill the gap by providing a comprehensive profile of elder abuse among the veteran population. Identifying the pervasiveness, risk factors, and consequences will inform the development of targeted and strategic elder abuse prevention strategies among Canadian veterans.

EDITOR'S NOTES

This edition of *Grey Matters!* is featuring a sea journey, undertaken by Zulette Gordon, to the Great Bear Rainforest, the home of the Spirit or Kermode bears. The name Kermode “was named after Frank Kermode who was the former director of the Royal B.C. Museum, Victoria...In the Oral Tradition of the Kitasoo/Xai'xais Nation, centred in Klemtu, B.C., in the Great Bear Rainforest, the Creator Raven made the Kermode bear as a reminder to be thankful for the bountiful landscape.”¹ (pages 9-20)

UVRA is urgently in need of volunteers to fill its numerous vacant positions (pages 2, 3, and 8). Please contact the office (uvra@uvic.ca) or Margaret Klatt (uvrapres@uvic.ca), or Peter Liddell (pgl@uvic.ca) for further information.

2022 is the first year that the UVRA Scholarship is being given to 2 deserving students, each involved in a research project aimed at the 55+ demographic. One of them is Sanjit Roy, UVRA's only part time paid employee, and the other is Ashleigh Parker. The titles of their research projects are on page 2 and their summaries are on page 4.

The Harvard TH Chan School of Public Health updated and free *Healthy Living Guide 2022/2023 - A Digest on Healthy Eating and Healthy Living* is now available. The link to download this useful guide is on page 21.

Do you enjoy relaxing with a good book and would like some suggestions for a ‘good read’? If yes, then Helen Dennis’ list, on page 22, may be of use to you.

If you qualify, you may want to volunteer for the Cancer Study and enter your name for the possibility of winning one of two \$50.00 gift cards (page 23)

There is still time to contribute to the 2022 United Way Campaign. The various ways that you can do that, and ensure that your donation is credited to UVRA, is on page 24.

Louise Schmidt

¹ <https://canadiangeographic.ca/articles/animal-facts-spirit-kermode-bear>

Welcoming New Members

Zulette Gordon, Membership Chair

OCTOBER 1, 2022 TO FEBRUARY 28, 2023

BENNETT, Colin

Political Science

DOANE, Gweneth

Nursing

HOLT, Lynne P

Co-operative Education (Business)

LAPPRAND, Marc

French and Francophone Studies

LAU, Francis

Health Information Science

MACKENZIE, Patricia

Social Work

PAZO TORRES, Puri

English

RODGER, William

Education

STARZOMSKI, Rosalie

Nursing

TREMBLAY, Reeta

Political Science

UNIVERSITY CLUB REPORT

Peter Liddell

“Fancy a cuppa?”

A New Year brings new ideas. Jeff Hanson, the General Manager of the Club, has expanded the hours and brought in some promising new services for members and guests. From 8–10.30, Monday to Friday, complimentary coffee and tea are now available, and, at the suggestion of some of the earliest guests, morning pastries are now on offer for purchase. It’s proved to be a popular venue for early meetings or a break during a morning walk on campus.



At the other end of the day (2--4.30) you can now enjoy a traditional Afternoon Tea; but you’ll need to reserve your seats. A signature occasion at some of Victoria’s historic hotels, the Club teas are already proving popular. At \$26 per person (\$19 for children 12 and under), Afternoon Tea at the Club is an added benefit of your membership. You may even be able to help, if you have a china tea set to spare – especially if you have the tea pots. Jeff says he’s had over 100 cups and saucers donated, but could use more, because he’s getting enquiries for larger groups.

Some of us with smaller appetites will appreciate another innovation that Chef Jean has developed for the lunch menu – 6 new “Lighter Meals” options.

Things are indeed looking promising for the New Year.

Respectfully submitted,

Peter Liddell

Retirees’ Representative, UClub Board



This might interest you

There's a lot going on behind the scenes for members of the UVRA board.

Among the items currently occupying our agenda are:

- creating more established criteria for encouraging retirees to assist the University in its mandate, e.g. on academic committees, supervision of graduate students, community outreach, or mentoring new faculty and staff;
- encouraging the University to support retirees who wish to continue their research and hence continue to increase the University's national and international profile;
- improving liaison between retirees and their former departments, for example to take advantage of retirees' networks and experience, or advise pre-retirement colleagues;
- ensuring continued equitable access for retirees to the library, email, fitness facilities;
- arranging events for our members and friends, such as tours and celebratory dinners;
- helping UVRA beat another annual target for our United Way contributions.

There's one slight problem in working towards these goals, and continuing our efforts to support and represent our members — **there aren't enough of us!** In particular, we would welcome retirees who would bring their more recent experience and network of contacts to the table.

Before next year's AGM, we will need to find nominees for Vice President, Benefits Chair, Events Coordinator, MasterMinds Lead, and United Way Representative. The current incumbents will be happy to show you the ropes.

(Our bylaws allow us to appoint new members to the board, subject to their ratification at the next AGM.)

If you see yourself as a candidate for these positions, or just to join us in some of the efforts I have listed above, please contact me.

Peter Liddell

Chair, UVRA Nominations Committee
My email is: pgl@uvic.ca

September 2022

GREAT BEAR RAIN FOREST NORTH CRUISE

Zulette Gordon

Page 1 of 12

People are coming from all over the world to experience what we have here on the coast, in the Great Bear Rainforest. On this cruise, 11 passengers were Canadians, 6 came from the UK, and 5 from Australia. With natural highlights from fjords to humpback whales to bears catching salmon, a Great Bear Rainforest trip is for people who want to both see its natural world up close and learn from local interpreters.



Here is my day-by-day experience of a Great Bear Rainforest trip in September 2022, with *Maple Leaf Adventures*.

SEPTEMBER 12

The day started early when my alarm went off at 6 am. I was on my way to another *Maple Leaf Adventures* cruise, out of Kitimat. I got to airport at 8 for my 10 am flight to Vancouver. My next flight to Terrace wasn't supposed to leave until 1:20 so I had a long wait at the gate that was the end of nowhere. The only things I found for lunch that I could eat were a pepperoni and cheese stick, with a granola bar I brought with me. There were two very large flights that were supposed to leave 15 minutes before mine, so we were VERY late leaving. I think it was after 2. Then we had to wait at the airport in Terrace for two people's bags that didn't arrive. We got to the ship very late.

I had difficulties flying just up the coast to Kitimat in this year of 2022, as is described alongside. We had to sail during dinner to get to our anchorage for the night. All is well now and chef Joe delivered a wonderful meal. I had some of Joe's homemade [ship-made?] soup and ice cream while the rest had a full dinner.

September 2022

GREAT BEAR RAIN FOREST NORTH CRUISE

Zulette Gordon

Page 2 of 12

SEPTEMBER 13

This morning we took a long transit south to Campania Island. After lunch we walked on a beautiful sandy beach on the island. Here is a painting of the beach:



We didn't see a wolf but we saw tracks. Then we took a trail in the forest through a bog to a ridge.

In the bog we saw a Sundew, a carnivorous plant.

It was fairly rough walking, and I needed quite a bit of help. We were back to the ship for dinner.

September 2022

GREAT BEAR RAIN FOREST NORTH CRUISE

Zulette Gordon

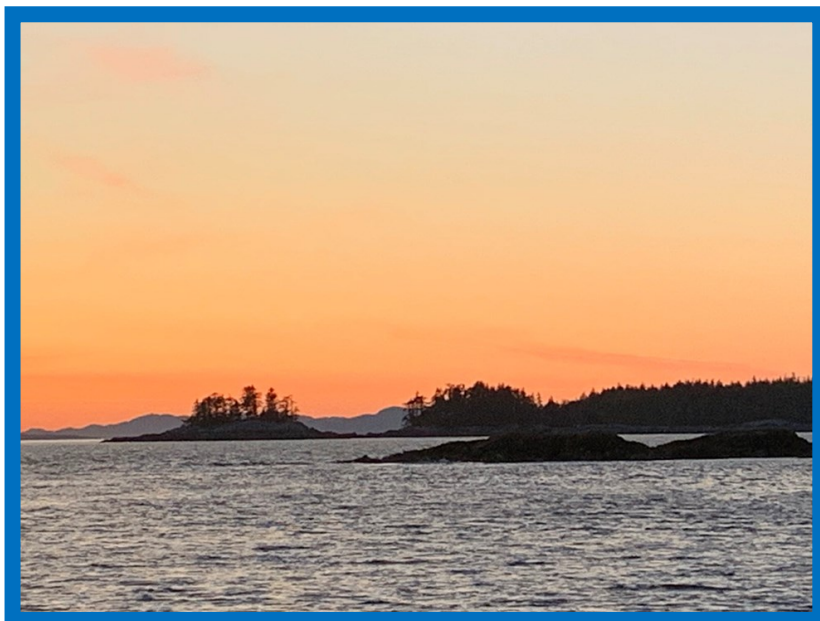
Page 3 of 12

SEPTEMBER 13 CONTINUED

A little later we went for a sunset cruise in the tenders. We had rose wine (or beer for some) to toast the sunset and the first-year wedding anniversary of a couple from Australia.



It was a lovely evening. In the dark we made our way back to the ship.



September 2022

GREAT BEAR RAIN FOREST NORTH CRUISE

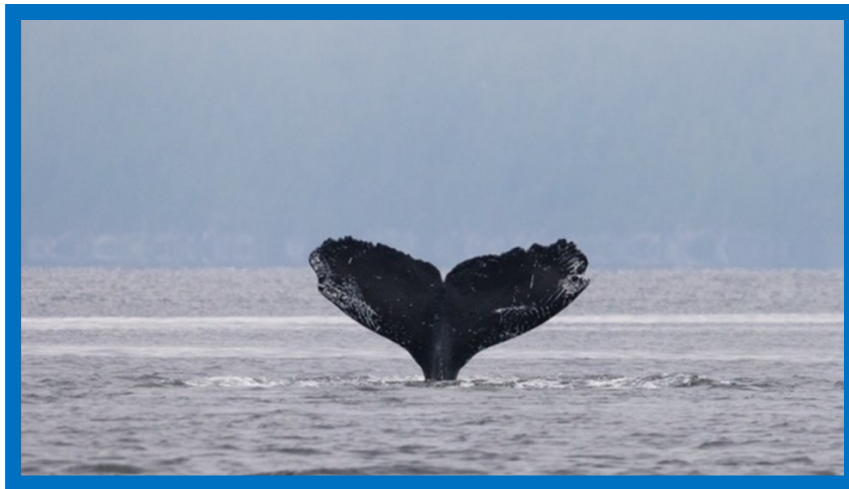
Zulette Gordon

Page 4 of 12

SEPTEMBER 14

Today was a long day. Some got up early for a tender tour of the bay to look for wolves, but no luck.

We then left Campania to come to the whale research station Cetacealab after lunch. We saw lots of Humpbacks.



After landing on the rocky beach, we navigated up large boulders with seaweed to a small woodland path that was a 5-minute walk to the research station. I found it very difficult and needed a lot of help from the crew. We were shown their hydrophone equipment and listened to recordings of whales. After some questions and answers we returned to the ship and prepared for the dinner we invited the researchers to. They were interesting guests and we all had a good time.

Later our travelers from England were reunited with their missing suitcases, via the ship *Pacific Yellowfin*.

September 2022**GREAT BEAR RAIN FOREST NORTH CRUISE**

Zulette Gordon

Page 5 of x12

SEPTEMBER 15**BEAR DAY**

Today we got up early to go to Gribble Island to see bears. It was a difficult hike into the bear watching site on the river. I needed help (sometimes double) to get me up and down the steep bits.

We saw a black bear shortly after we arrived. He came right up to 10 feet in front of us, and then wandered down the river.



Then nothing happened for quite a while until we noticed several salmon in the pool of the river in front of us. We were quite entertained by watching the male salmon fighting for dominance. The females were just patiently waiting for the river level to increase. They were all dark, with some whitening from dead scales, so they were not sockeye. There were also some juvenile salmon, who had yet to go to the sea.

That was all until we had our lunches that the crew brought from the ship. After that 6 of us went back to the ship with a few crew members. The rest brave ones stayed until after 5 and saw a Spirit (white) bear, followed by another black bear.

After the rest got back to the ship, we had a wonderful dinner we shared some information about ourselves in the form of lies and truths. I couldn't think of any good lies so I told 3 truths.

September 2022

GREAT BEAR RAIN FOREST NORTH CRUISE

Zulette Gordon

Page 6 of 12



The Spirit bear (*ursus americanus kermodei*, also called a kermode bear) is a subspecies of the black bear found with a relatively high frequency in the Central and North Coast regions of British Columbia, Canada. Spirit bears are not albinos, as they still have pigmented skin and eyes. They have a double recessive gene that causes melanin to not be produced.

Our Expedition Leader for this trip was Jeff Reynolds. His Spirit Bear photos are in this article and on the front page of this newsletter.

September 2022

GREAT BEAR RAIN FOREST NORTH CRUISE

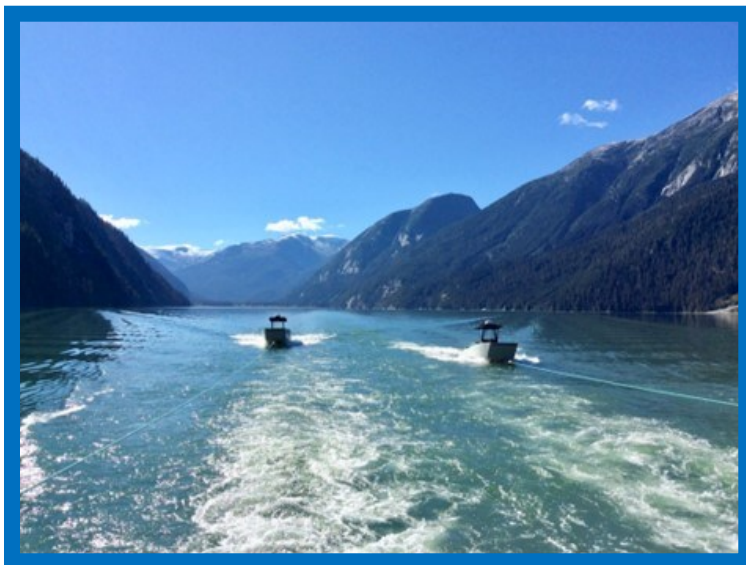
Zulette Gordon

Page 7 of 12

SEPTEMBER 16

In the morning half our group went to a hot spring.

I went with the other half in the tenders, for a tour of the bay.



Later we had a blessing ceremony and sprinkled a pinch of tobacco before our entrance to the Kitlope.

Entering the Kitlope.

September 2022**GREAT BEAR RAIN FOREST NORTH CRUISE**

Zulette Gordon

Page 8 of 12

SEPTEMBER 16 CONTINUED

After lunch on the ship we took the tenders up two estuaries, looking for grizzly bears. We had no luck in the first, but found two together in the second. They looked almost black because they had been swimming, instead of a lighter brown. But they had the distinctive hump on their backs.



In the evening we watched a National Film Board movie about the repatriation of a very old [1880's] first nation's pole, that was taken from the Kitlope, to Sweden. Two replicas were made before they would return the original. The original was to go into a museum in BC, one replica to the original site and the other was sent to Sweden.

Replica of Cecil Paul's family pole

September 2022

GREAT BEAR RAIN FOREST NORTH CRUISE

Zulette Gordon

Page 9 of 12

SEPTEMBER 17



In the morning, we took the tenders around the bay, looking at waterfalls and partial caves.



September 2022

GREAT BEAR RAIN FOREST NORTH CRUISE

Zulette Gordon

Page 10 of 12

SEPTEMBER 18

This was a transit day. We travelled back up the Gardiner canal. We saw pictographs in the morning. There are some on the left side of this beautiful rock.



Then we traveled towards Kitimat traveling by Kemano. We anchored around 4 pm and half the group went exploring in the tender and the other half went in the kayaks.



September 2022

GREAT BEAR RAIN FOREST NORTH CRUISE

Zulette Gordon

Page 11 of 12

SEPTEMBER 18, CONTINUED

We had a special final night dinner.



A highlight of our dinner was four Australian guests taking over as waiters for the crew.

September 2022

GREAT BEAR RAIN FOREST NORTH CRUISE

Zulette Gordon

Page 12 of 12

SEPTEMBER 19

We all returned home after a wonderful brunch on Cascadia.



Photos by Zulette Gordon, Jeff Reynolds, and two MLA guests.

Full disclosure: My daughter and son-in-law own *Maple Leaf Adventures*

Harvard TH Chan School of Public Health

Healthy Living Guide 2022/2023

The Harvard TH Chan School of Public Health has released its updated free downloadable *Healthy Living Guide 2022/2023 - A Digest on Healthy Eating and Healthy Living*. The authors encourage us to incorporate healthy behaviours wherever we can and say that no change is too small. The 32-page guide features printable tip sheets and summaries. Topics include eating on a budget, building healthy meals, vitamins, healthy longevity, clean eating, processed foods, the science of snacking, tips on staying active and the latest sleep research.

To download your copy, please use the following link:

<https://www.hsph.harvard.edu/nutritionsource/2023/01/04/healthy-living-guide-2022-2023>

Source of the above information:

In the Loop — e-newsletter

University of Victoria, Self-management programs

Issue #314—January 25, 2023



SUGGESTED READING LIST

Compiled by Helen Dennis for AROHE 20th Year Celebration

“Ageism Unmasked: Exploring Age Bias and How to End it” by Tracey Gendron, (Steerforth Press, 2022)

“Breaking the Code: How Your Beliefs About Aging Determine How Long & Well You Will Live” by Becca Levy (William Morrow, 2022).

“Don’t Retire, Rewire! By Jeri Sedlar and Rick Miners (Alpha, 2018).

“Elderhood: Redefining Aging, Transforming Medicine, Reimagining Life by Louise Aronson (Bloomsbury Publishing, 2019).

“How to Live Forever: The Enduring Power of Connecting the Generations” by Marc Freedman (PublicAffairs, 2019).

“Project Renewment: The First Retirement Model for Career Women by Bernice Bratter and Helen Dennis (Scribner, 2008, 2013 pb).

“The Inner Work of Age: Shifting form [sic] Role to Soul” by Connie Zweig (Parker Street Press, 2021).

“Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom and Wonder” (Harmony, 2015).

“The Upside of Aging: How Long Life is Changing the World of Health, Work, Innovation, Policy & Purpose” by Paul Irving (Wiley, 2014).

“This Chair Rocks: A Manifesto Against Ageism” (Caledon, 2019).

“What Retirees Want: A Holistic View of Life’s Third Age by Ken Dychtwald and Robert Morison (Wiley, 2020).

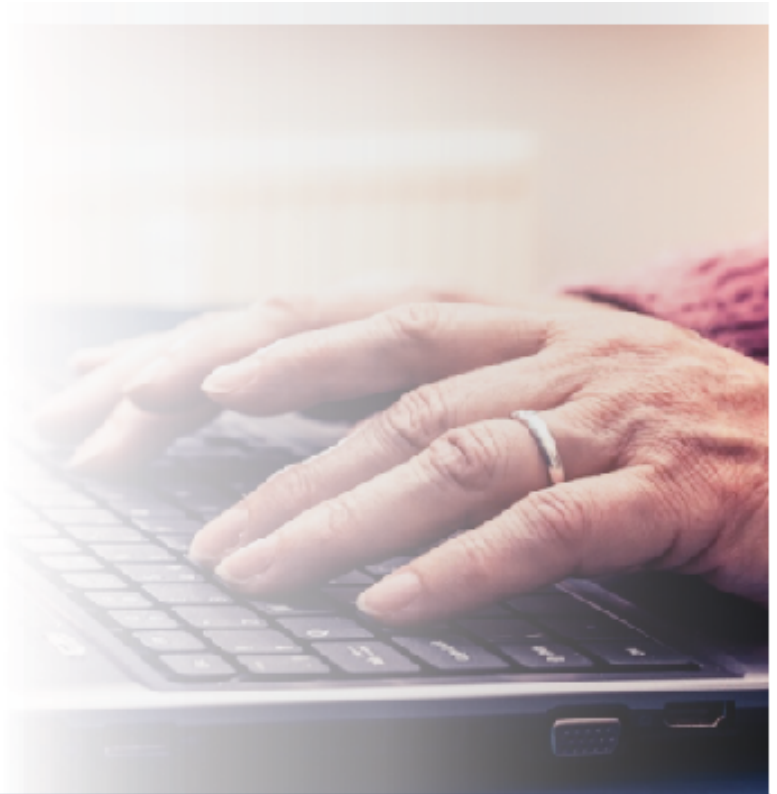
“Who Do You Want to Be When You Grow Old? The Path of Purposeful Aging” by Richard J. Leider and David A. Shapiro (Berrett-Koehler Publishers, Inc., 2021).

“Wisdom @ Work: The Making of a Modern Elder by Chip Conley (Currency, 2018)

Source; <https://emeriti.usc.edu/health-and-wellness/recommended-books-for-the-arohe-20th-year-celebration/>



Are you a British Columbian age 70+ years that has completed cancer treatment within the past 3-8 years?



If so, we want to understand more about your experiences of accessing digital health information. If you are interested in participating in a survey for a nursing research project entitled **Digital Information Needs & eHealth Literacy of Older Adult Survivors of Cancer Living in British Columbia** please scan the QR code with your phone camera or click the link below



<https://www.surveymonkey.ca/r/R5SV8HW>



Participants can choose to enter a draw for one of two \$50 gift cards or donate to the BC Cancer Foundation. Please share this invitation with others. Thank you for your time!

IF YOU WOULD LIKE MORE INFORMATION, PLEASE CONTACT DR. LORELEI NEWTON (PI)



Call: (250-721-6462).

Email: lorelei@uvic.ca



**United Way
Southern
Vancouver Island**

Thanks to all our wonderful donors, we have had a very successful campaign! There are still a few weeks left to contribute to the 2022/23 campaign and so I wanted to bring you this brief update.

This year's campaign has raised ... \$52,700.00!!

We are just shy of our goal of \$55,000.00. The Campaign continues through to the end of March so may I ask anyone who has not yet had a chance to donate, please do so now!

I invite all new retirees to join our campaign by making a one-time gift or signing up for monthly donations.

How to give:

Online at <https://uwsvi.ca/donate/uvicretirees/>. Please note, if you have been giving monthly, you do not need to go through the donation process again.

Personal Cheque: please add "UVic Retirees Association" in the memo line. Cheques can be mailed to:

United Way Southern Vancouver Island
201-633 Courtney Street
Victoria, British Columbia V8W 1B9

QR Code: get quick access to donor links by using this QR code. Just point your camera at the code and press on the yellow flag that appears!

UVic United Way Campaign
Donation Page for UVic Retirees



 <https://uwsvi.ca/donate/UVicRetirees>

**Mary Ellen Purkis
UVRA United Way Campaign Chair**