



**University
of Victoria**

**Retirees
Association**

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*Note: Office hours &
phone are actively
attended only when
volunteer available.

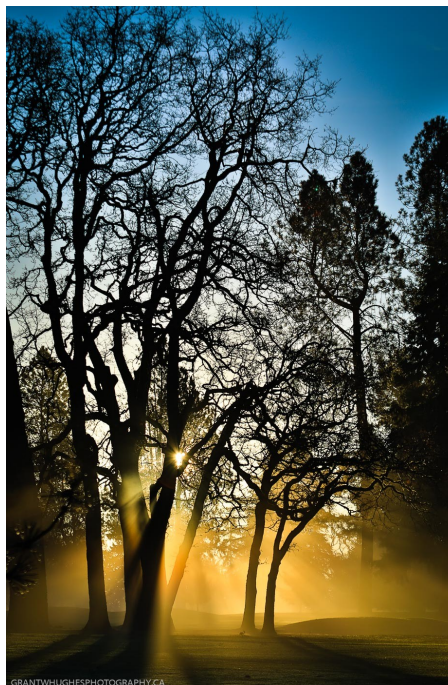
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**UVRA
2019**

Newsletter of the University of Victoria Retirees Association

Grey Matters!



Misty Morning at Uplands

Photo: G. Hughes, 2018

Bits from the Board

John Anderson

Dear UVRA Members, Welcome to 2019.

The Association is always on the lookout for talented and interested members to serve on the Board. Nominations or questions about the Board and the nominating procedure can be sent at anytime to UVRA@uvic.ca or to me (anderson@uvic.ca) . Please consider active participation in your Association.

Patty Pitts, our representative on the United Way campaign reports that the UVRA members made substantial contributions to the UVic United Way Campaign—for some more detail check her note on page 4.

The magnificent UVRA volunteer force led by Lou Schmidt organized wonderful events for the Association including: a lunch to celebrate Diwali the festival of lights; the classic Christmas Buffett; and a special edition of the Elder Academy—a presentation by the remarkable Robert Bateman. Upcoming events include the Ocean Networks Canada Elder Academy in February, our traditional Chinese New Year lunch and more. Detailed information on these events is reported within this edition of *Grey Matters!*

Bits from the Board (continued from page 1)

The UVRA Scholarship Fund will support graduate research focusing on 55+ age sector of the population. We need more donations in order to activate the first scholarship for the academic year beginning in September. Please consider further supporting this worthy initiative—visit the website at: <https://www.uvic.ca/retirees/scholarships/index.php>

We were saddened with the passing of two valued colleagues and friends of the Association—Tom Cleary and Howard Petch. Memorials have been written and included in this edition of the newsletter.

Our cover photo for this edition of *Grey Matters!* is of Uplands Golf Course which the UVic Golf Team calls home.

Best wishes for a delightful spring,

John Anderson, President, UVRA

The New UVRA Website

The new UVRA website is now on-line at:

<https://www.uvic.ca/retirees>

Please check it out and let us know what you think of the new site.

Editor's Note

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

anderson@uvic.ca

The deadline dates for submissions dates for each of the upcoming editions of *Grey Matters!* are listed below (but do not feel bound by these dates, send in submissions at any time).

Best wishes for the new year,.

John Anderson

2019 dates for *Grey Matters!*

Issue	Submission Deadline
March 2019	March 25
June 2018	June 18

UVRA Scholarship Fund

PLEASE DONATE TO OUR SCHOLARSHIP FUND

Last year the Association began the development of an endowment to fund a scholarship for graduate student research in the area of older Canadians (55+).

The UVRA has allocated \$10,000 to launch the fund, and in addition, will match all donations up to a maximum of \$25,000.

Your support will help students pursue their goal of conducting research on the many factors that influence aging and health outcomes within the rapidly growing 55+ age group.

The scholarship will be administered through the Institute on Aging and Lifelong Health.

We are strongly urging our members to contribute to this worthy initiative that will have long-term positive effects on research on aging.

To contribute simply click on this link:

<https://www.uvic.ca/retirees/scholarships/index.php>

The Association will match your contribution yielding a doubling of your contribution.

UVRA: New Members

AUSTIN, Joy

FERGUSON, Gerry

HALL, Budd

KONGSHAVN, Patricia

LITTLE, Arden

MacQUARRIE, Margaret

MYRVOLD, Wendy

Political Science

Law

School of Public Administration

McGill University

Bookstore

Learning & Teaching Support & Innovation

Computer Science

UVRA Elder Academy—Ocean Networks Canada



**University
of Victoria**
Retirees
Association

Our Changing Ocean

AN ELDER ACADEMY EVENT

The ocean is largely unexplored and holds many secrets to fully understanding our planet.

Linking elements of chemistry, physics, biology and geology, these sessions will look at a number of ocean issues of societal concern and how technology is allowing us to better understand our changing ocean.

Dates: Saturdays, February 9, 16, 23 and March 2, 2019

Time: From 10:00am to noon

Location: University of Victoria, David Turpin Building (DTB), A Wing, Room A110

Cost: \$20.00 for the whole series. No per/session reduced cost and no refunds.

Session 1 on February 9/19: Thunderbird And Whale: BC's Next Big Earthquake and Tsunami

Presenter: Dr. Martin Scherwath (Ocean Networks Canada)

Session 2 on February 16/19: An Introduction To Sound In The Sea And How It Impacts Marine Life

Presenter: Dr. Tom Dakin (Ocean Networks Canada)

Session 3 on February 23/19: Life Below Water: The UN's Sustainable Development Goal 14

Presenter: Dwight Owens (Ocean Networks Canada)

Session 4 on March 2/19: Seeing In The Deep Sea

Presenter: Dr. Maia Hoeberechts (Ocean Networks Canada)

REGISTRATION: Via EventBrite. To register and pay, please click:

<https://www.eventbrite.ca/e/our-changing-ocean-tickets-55120529989>

FOR HELP IN REGISTERING, MORE INFORMATION, AND/OR FOR A FULL DESCRIPTION OF EACH SESSION AND INFORMATION ABOUT THEIR PRESENTERS, PLEASE CONTACT uvra@uvic.ca

UVRA's Chinese New Year Lunch—February 6



UVRA'S 2019 CHINESE NEW YEAR LUNCH

Chinese New Year is, traditionally, a time for families to come together to celebrate over a meal. The UVRA family and their friends are invited to come celebrate this joyous occasion by sharing a feast for the palate and interesting information for the mind.

WHEN: On Wednesday, **February 6**, 2019

WHERE: The Fountain Restaurant, located in Blanshard Plaza, 2680 Blanshard at Hillside. (Level entry into restaurant.)

TIME: Registration and seating from 11:15am to 11:45am

LUNCH: Served at 11:45am sharp

MENU: Green pea mushroom soup; Dimsum rolls; Shrimp and Japanese rolls; Gourmet sauce pork chops; Sautéed chicken wings; Beef brisket hot pot; Salt pepper squid and prawns; Scallops & veggies; Whole BBQ duck; Assorted meats crispy noodles; Beef Chow Fun; Steamed white rice and Fortune cookies.

COST: \$30.00/person

PARKING: Free parking in Blanshard Plaza (3 hours maximum).

SPEAKER: **Charlayne Thornton-Joe** (<https://www.victoria.ca/EN/main/city/mayor-council-committees/councillors/charlayne-thornton-joe.html>)

TOPIC: "Victoria's Chinatown: The History of Victoria's Chinatown Through the Eyes of Charlayne Thornton-Joe".

REGISTRATION AND PAYMENT: UVRA is now using EventBrite to handle registrations and credit card online payments. To register and pay, please click on the following link:

<https://www.eventbrite.ca/e/chinese-new-year-2019-tickets-54831923760>

DEADLINE FOR REGISTERING: January 30, 2019

DEADLINE FOR REFUND, IF CANCELLING: January 29, 2019

MasterMinds—April 2019

The MasterMinds series is an initiative to foster university-community engagement by providing high quality lectures at the University of Victoria to the public. The series has been offered for the past 13 years, delivering over 50 thoughtful and often thought provoking presentations. This year's series is no exception—we have four outstanding MasterMinds to deliver a broad spectrum of topics:

CLAIRE CARLIN: *Humanities in the Digital Age: A Quiet Revolution*

Digital Humanities has become an academic discipline unto itself, with its own national and international conferences, its sub-disciplines, and theory underpinning its practice. This talk will explore the ways in which digital humanities has changed the research landscape over the past 20 years, often, though not always, for the better.

A specialist in 17th century French studies, Professor Emerita Claire Carlin taught at UVic from 1989-2015; she served as Associate Dean of Humanities from 2004-2009. Her major publications focus on the history of theatre and on representations of Early Modern marriage, including the online anthology *Le mariage sous l'Ancien Régime*, funded by the Social Sciences and Humanities Research Council of Canada. She currently leads a SSHRC-funded digital humanities program entitled *Endings: Concluding, Archiving, and Preserving Digital Projects for Long-Term Usability*.

HAMAR FOSTER *Arthur O'Meara and Land Claims in British Columbia, 1900-1928*

In the early 20th century, various organizations worked to settle what was then known as the British Columbia Indian Land Question. Their leaders - and their lawyer, Arthur O'Meara - did not live to see the legal case they put before BC and Ottawa succeed in court, half a century later. This is a part of that story.

Hamar Foster, QC, practiced law in Vancouver and then part-time in Victoria for a number of years after joining the UVic Faculty of Law in 1978, where he taught various subjects. His research has focused primarily on comparative criminal law, Aboriginal law and legal history. His most recent publications include an essay in a volume issued by Cambridge University Press in 2018 marking the 800th anniversary of Magna Carta. Hamar and his wife, Katherine Cook, have two adult daughters and one grandchild. He retired in 2015, and has been an enthusiastic member of the Victoria City Rowing Club since 1992.

MasterMinds—April 2019

TREVOR HANCOCK: *Creating a One Planet Region: Healthy cities in the 21st century*

We only have one Earth, yet we take more than our fair share to support our way of life. The greatest challenge we face in the 21st century is to create communities that are healthy, just and sustainable, ensuring high levels of human and social development and a low ecological footprint. How do we do that in the Greater Victoria Region?

Trevor Hancock teaches that cities wanting to improve the health of their citizens need to pay attention to both their physical and their social environments. Think increasing the amount of green space downtown or introducing community programs that connect citizens with their cities.

Over the past 30 years as an internationally recognized health promotion leader, Dr. Hancock has helped to put health on the agenda of thousands of cities and towns around the world. He has had a long-standing interest in the relationship between human and environmental health and is one of the founders of the global Healthy Cities and Communities movement.

ALEXANDRA PORHAN DAWKINS: *Music from the Inside: The 'Flow' of Live Performance*

Music is an integral part of the human experience. Today we carry a soundtrack for our lives in a back pocket, our entire expertly-produced music libraries available at our fingertips. Has this altered our expectations and changed the way we experience music? Has the connection between live musicians and their audiences changed? How does today's musician incorporate this new reality while still seeking 'flow' and spontaneity in performance? Oboist and Professor Emerita Alexandra Pohran Dawkins, through live and recorded music, will share her thoughts and some of her experiences of her 40-plus years as a performing, recording and teaching musician.

Prior to her 30 year association with UVIC's School of Music, Alexandra Pohran Dawkins was the principal oboe of the National Ballet Company. She enjoyed an active career with the Canadian Opera Company, Esprit Orchestra, the Toronto Symphony, Toronto New Music Concerts, Vancouver New Music and many other live performing ensembles. She maintains her long-standing leadership role in chamber music production and a lively interest in recorded as well as improvised music. Currently she is the Artistic Director of the newly-formed Victoria Chamber Players.

UVRA Events Past: Visit to UVic Observatory

Colin Scarfe

In the evening of October 15, 2018, about 16 members of the UVRA visited the UVic observatory on the roof of the Bob Wright Centre. We had expected four more but for various reasons they were unable at the last minute to join the rest of us. The visit was led by Dr. Karun Thanjavur, senior lab instructor for astronomy in the Department of Physics and Astronomy, whose doctorate was obtained several years ago at UVic.

The sky was nice and clear, so we spent most of the time looking through telescopes, with discussions of what we were about to see, or had seen, in between. We began by going out onto the roof, to use small telescopes to look at the planets Saturn and Mars, and of course the moon, which was in an ideal phase (almost half-full) for viewing, since lots of detail could be seen near the sunrise line, where the lunar craters and mountains cast long shadows. Both the moon and Saturn were already low in the south-western sky, so we needed to waste no time looking at them. Saturn is in a stage of its orbit around the sun when its rings are tilted up, and easy to see from the earth. And Mars is still quite close and bright, but less so than in July, when the earth overtook it in its orbit.

We were then led back to the small classroom adjoining the dome, and adjacent to the roof and the small telescopes, where Karun discussed the various stages in the life of a star. He then took us up to the dome which houses the 80-cm telescope which, when it was installed there a few years ago, was the largest on any university campus in Canada. He described briefly how the telescope worked, and then set about showing us stars in various stages of their lives. He showed us first the 'Ring Nebula', a planetary nebula, which is not a planet, but a roughly spherical hollow cloud of gas that has been ejected by a very old star at the end of its life. The star itself is in the centre of the nebula, but it is very faint and would require a larger telescope to be visible.



This was followed by a view of a bright double star, known as Albireo, which is at the southern end of the Northern Cross, or near the head of Cygnus the swan, a bright constellation in the summer sky. In Albireo the bigger and brighter star is red and approaching the end of its life and the smaller, fainter one is blue and at a less advanced stage.

Next he showed us an open cluster, known as Messier 11, the eleventh object in a short list of apparently fuzzy objects visible in the small telescope used by the French astronomer Charles Messier in the 1770's. Messier 11, also known as the wild duck cluster, is made up of about 1000 young stars, loosely bound together by their mutual gravity.

Continued on next page

UVRA Events Past: Visit to UVic Observatory

Colin Scarfe



Finally, Karun turned the telescope to Messier 13, a massive globular cluster of nearly 100,000 old stars, packed more closely together by gravity. Then we returned again to the classroom, where he discussed how we interpret those objects in terms of stellar lives. At that point I gave him our sincere thanks, with much applause from the audience. Then some people departed immediately, but others went outside again briefly for a quick look at constellations, including the Big Dipper, which was very low, near the northern horizon. All had departed by 10 p.m. Once again Karun did a splendid job of explaining things in non-technical language. He is a master of doing so, and UVic is lucky to have retained him. He ably carries on the tradition of outreach led for many years by Russell Robb, who is now a member of UVRA. Karun has already agreed to lead a future visit if there is sufficient interest. It will probably take place in the spring, when the chance for clear sky improves. Those interested in being placed on a waiting list for that visit should contact UVRA (uvra@uvic.ca).

As a footnote for those interested in history, Messier's telescope could not reliably distinguish between clusters of stars, gaseous nebulae and far more distant galaxies. For example, the Ring Nebula is Messier 57, and the great galaxy in Andromeda is Messier 31. Messier 1 is the Crab Nebula, now known to be the remnant of a supernova that was seen on earth in 1054 A.D.

UVRA Events Past: Diwali Lunch

On Tuesday, November 6, the membership met at the Royal Spice Restaurant to celebrate Diwali with a superb luncheon buffet followed by an excellent presentation on an academic's experiences at the University of Madras.

Diwali is the five-day festival of lights, celebrated by millions of Hindus, Sikhs and Jains across the world. The festival, which coincides with the Hindu New Year, celebrates new beginnings and the triumph of good over evil and light over darkness. The word "Diwali," or "Deepawali" in Sanskrit, means "a row of lamps".

Jane Birkbeck, a member of UVRA presented an excellent illustrated account of her work in India. Jane facilitated a Memorandum of Understanding between her university, Thompson Rivers, and the University of Madras, Chennai, India. Jane taught in their Social Work Department and travelled extensively throughout India for several years between 2004 and 2011.

UVRA Events Past: Christmas Lunch

On Wednesday, December 12 the membership (a solid proportion thereof) gathered at the University Club to indulge in the legendary Christmas buffet and afterwards listen to an engaging presentation by Holly Tuokko on the neuropsychology of cognitive decline.

Holly is a member of the UVRA, a Professor Emerita in the Department of Psychology and a research affiliate (and former Director) of the Institute on Aging & Lifelong Health at the University of Victoria for more than 20 years. She is a clinical neuropsychologist and worked clinically with older adults in hospital and community outreach settings.

Her presentation dealt with a complex and potentially emotion-charged field of age related decline. She had complete mastery of the field and was able to deliver an informative, accessible talk that held the complete attention of her audience (despite the robust consumption of the festive buffet) followed by a substantial question and answer session to conclude.

UVRA Events Past: Elder Academy—Robert Bateman

On Saturday, January 19 of this year the Elder Academy presented a special session with the renowned naturalist artist Robert Bateman. His work is evocative, accessible and compelling – leading the viewer to engagement with the natural world.

He has been recognized widely through books and documentaries, naming of schools, the Order of Canada, the Order of British Columbia, 14 honorary doctorates – one of which I am proud to say is from the University of Victoria, the Audubon Society named him one of the 20th centuries *Heroes of Conservation*— these are but a few of his many honours.

Beyond his art, his dedication to conservation is astounding – not only through active participation in many naturalist and conservation organizations but through his *Robert Bateman Foundation* – which reconnects people to the world of nature through its many programs. The Robert Bateman Centre is located in the Steamship Terminal at 470 Bellville Street by the inner harbour. The donations from this Elder Academy went to the Bateman Foundation.

Over 300 attendees spent the morning listening to a well illustrated story of a remarkable life of adventure and accomplishment told by a superb raconteur.



In Memoriam: Tom Cleary, 1940—2018

Michael Best

When one of Tom Cleary's students heard of his death last October, she responded that he was "a wonderful teacher—very inspiring and larger than life." Members of the UVic community will remember Tom as a brilliant teacher, a skilled administrator, a deeply learned scholar, and a generous colleague.

At the celebration of Tom's life, Bill Pfaffenberger (Mathematics) described Tom's command of audience as a teacher:

On [one] occasion, Tom and I were invited to a forum at the Learning and Teaching Center. Tom had won the 3M national teaching award and I the UVIC Alumni Association award. We were asked to try and explain good teaching to a large group of graduate students. I went first and gave a spiel on what I thought was good mathematics teaching. Then it was Tom's turn. He proceeded to give a snippet of one of his lectures on a story from English lit. His description of the characters and the story totally blew us all away.



It was typical of Tom that he extended his dedication to teaching beyond the classroom by providing an administrative infrastructure to assist others; he was Chair of the UVic Task Force on Teaching in the early nineties and was one of the founders and continuing supporters of the UVic Learning and Teaching Centre.

Tom was one of those wonderful people who are not only good at administration, but actually agree to take it on. As an administrator he brought the same generosity of spirit, awareness of audience, ability to bring out the best in people, and unfailing sense of humour that characterized his teaching. No wonder he was asked to take on positions across the university spectrum: many retirees will remember him for his tireless work as President of the Faculty Association, where he was instrumental in negotiating the first Framework Agreement with UVic administration; he was twice Chair of the English Department, Ombudsman, and member both of Senate and the Board of Governors. Beyond UVic he served a term as President of the Association of Canadian College and University Teachers of English (ACCUTE).

Tom grew up in New York, spent three years in the military, then changed direction, becoming a student of English, first at Queen's College, CUNY, then Princeton. He took up his appointment at UVic in 1969. At that time, UVic was still very new, and he was part of a whole cohort of recently hired, inexperienced graduates full of ideas in what was an exciting period of reevaluation in the world of education, and keen to talk about all the big issues: education, life, the universe, and everything. And many of these best times of talking involved Tom. As his colleague and close friend Patrick Grant puts it, Tom was "a talker, a raconteur with such an endlessly fertile verbal resource and quick imagination." Patrick continues,

How unsurprising, then, that Tom should have found his way to Henry Fielding, the great 18th century novelist about whom Tom wrote an excellent, indeed, a landmark book. Who else in English literature packs in so many lively tales, full of colourful rogues and hard cases, and yet all of that contained within the moral view for which Fielding is so well known, based on sound temperament, generosity, and a broad tolerance and confidence about people in general. . . . Tom represented in real life the virtues that Henry Fielding puts into fiction.

Continued on next page

In Memoriam: Tom Cleary, 1940—2018

Michael Best

I might add that Tom also possessed a quick wit and a genial sense of humour. But while he was cheerfully gregarious and loved company, there was also a deeply thoughtful side to him and he was always ready to listen as well as to talk. Those who knew him well came to know this quieter, more reserved quality.

At the celebration of Tom's life, members of Tom's two families—his children with his first wife, Ruth, and those of his second, Jean—offered glimpses into a personal life that was as rich and generous as the public face we so valued in the university community.

Tom was on many levels inspiring. His contribution to UVic was outstanding, and his large presence will live in our memories.

In compiling this tribute, I have been much indebted to Jean Cleary, Patrick Grant, and Bill Pfaffenberger. Tom's obituary, and the tributes from his colleagues presented at the celebration of his life are [posted online](#).

In Memoriam*: Howard Petch, 1925—2018

It is with great sadness that the university community marked the passing of Dr. Howard Petch, former President of the University of Victoria, on November 26 at the age of 93. He was the university's fourth President, and is well-remembered for his 15 years in office guiding the campus through an era of immense change, and prioritizing programs and values that have become the defining characteristics of UVic today. During his term, the UVic student body nearly doubled, from 7,400 to 13,000, with a corresponding transformation of the teaching and research environments both on and off campus.



A distinguished nuclear physicist and farsighted advocate for materials science—a field which has only recently begun to show its transformative potential in full—his turn to academic leadership was an enormous boon to UVic. Historian Peter L. Smith wrote that he “was a charmingly shy man. . . honest, razor-sharp, plain-speaking. No guile, no rhetoric, no frills.”

Petch “showed unusual strength and composure. Having chosen to live at first in the student residences on campus, he was ideally placed to sense the concerns of the student body and to gauge the general mood of the university,” Smith added. “Unpretentious in manner, highly visible and readily accessible, he displayed a simple but dignified style of leadership.” Viewing off-campus learning as a valuable supplement to the academic curricula, he championed the cause of co-operative education, ensuring that UVic became an early adopter—the second university in Canada to found a co-op program—and national leader, helping UVic students participate in dynamic learning and building their careers at the same time.

Petch also helped define the university's athletic program, supporting the development of a select group of sports programs in which UVic could pursue and achieve excellence, in events with low barriers to engagement and participation. The parameters for Vikes athletics were in large part set by his strong conviction that our athletes were student-athletes—exemplifying excellence in that they were expected to excel both in their academic pursuits and athletic fields. Sport success, no matter the platform, would not come at the cost of academic success as a student.

As an academic leader, he was widely praised for cultivating trust and accountability—a stabilizing influence which helped restore the university's collegial campus environment after a period of fractious turmoil in the early 1970s. In *Reaching Upward and Outward*, the historian Ian MacPherson noted that these shifts, coupled with improvements in procedures for appointments, tenure and promotion, “made possible a remarkable expansionist phase in UVic's history.” That expansion included the establishment of professional schools in nursing, child care, social work, business and law, as well as a new Faculty of Engineering. The era also saw improvements in community-university engagement, locally and globally, that were marked by Petch's support and advocacy. These included a First Nations teacher education program in Hazelton, BC, becoming one of the first Canadian universities to establish formal relations with a Chinese university, the founding of UVic's Centre for Asia-Pacific Initiatives, research partnerships that sent UVic physicists and astronomers to the world's leading research facilities, and smaller initiatives that brought the Greater Victoria community together, such as Finnerty Gardens—which remained close to Petch's heart throughout his life.

In Memoriam*: Howard Petch, 1925—2018

He was also sympathetic to emerging concerns about gender equity. With the leadership presence of Norma Mickelson, who became the first female academic dean in Canada when she was selected to lead the Faculty of Education in 1975, he recognized that the academy was changing—and rapidly. In the third year of his term, of the 417 full-time faculty at UVic, only 52 were women. Ten years later, in 1987, UVic had launched a minor in Women's Studies, and appointed one of the first tenure-track professors in Canada in the developing field. And in 1990, 132 women were full-time faculty, with new tenure-track hires almost evenly split by gender.

Despite periods of government cutbacks, the built environment on campus grew dramatically during Petch's presidency—including construction of the University Centre, McKinnon, the Phoenix and Fine Arts buildings, a new science and engineering building, a building for the Faculty of Law and the Interfaith Chapel—without overshadowing the natural beauty of the well-treed campus.

"Howard was the right man in the right place at the right time," recalls Trevor Matthews, who served as Vice-President Administration throughout Petch's presidency. "He was guided by strong principles. He believed in the truth, freedom of the press, freedom of expression, academic freedom, in minorities, and that women had not been given fair opportunities. It was a privilege to be involved and a privilege to work for someone who had both feet on the ground."

* This memoriam was extracted from the UVic Communication's memoriam

UVIC RETIREES ROCK THE UNITED WAY CAMPAIGN

UVic's retirees set a record for generosity in 2018, donating over \$41,500 to the UVic United Way Campaign. The total smashed last year's record final donation of \$29,349.56 by 42 per cent. UVic donated over \$221,000 to the 2018 Greater Victoria United Way Campaign.

Several speakers at a special Nov. 1 breakfast event "Living a Life of Significance" at the University Club also had United Way connections. The breakfast was sold out and featured presentations on topics of significant meaning during retirement.

This year's campaign slogan "Show Your Local Love" emphasized that funds raised in Victoria stay in the community to help build financial stability and independence for individuals and families, help children and youth grow up healthy and achieve success, and develop the capacity of people to care for themselves and build an inclusive community.

Thanks to everyone who supported the United Way through a direct donation or support of any of the many campaign fund-raising events held on campus throughout the campaign.

Physical Activity & Wellness Corner #30

David Docherty

WHY PHYSICAL ACTIVITY CAN MAKE YOU YOUNGER!

As promised in the last newsletter article I will discuss the idea of cellular decay and growth as presented by Henry Lodge, M.D. in the book *Younger Next Year** along with an approach about incorporating physical activity into your daily living.

The premise of Henry Lodge is that cells are in a process of decay and need to be replaced on a regular basis or the decay will simply continue. For example, he contends the cells in your thigh muscles are replaced one at a time so that in a four month period they have been completely replaced. Without the right stimulus the cells continue to decay and we continue to lose function. He admittedly and clearly oversimplifies a very complex process that is really a chemical dance of proteins constantly going on in the body. He has simplified the process by focussing on two of these proteins that are probably the most active in this chemical dance but certainly don't dance alone, in particular, Cytokine 6 (C6) and Cytokine 10 (C10). C-6 is released as cells break down as a natural process. The immune system responds to the release of C-6 which triggers an inflammatory response by sending the cells responsible for breaking down the cells and disposing of them. The production of C-6 causes a delayed reaction for the release of C-10 which results in the building and repair of cells and not just in the area where the release of C-6 was initiated. However, C-10 is only released when there are large amounts of C-6 released. When C-6 trickles out it is not sufficient to cause much release of C-10 so the overall effect is the breakdown and loss of cells with no subsequent repair. Large amounts of C-6 stimulate the release of large amounts of C-10, enhancing the repair and rebuilding process. And of course the best way to cause large levels of C-6 and the subsequent production of C-10 is physical activity. This is why, according to Henry Lodge, physical activity makes you younger.

Of course we have known this for a long time in the training of athletes. High levels of physical activity cause micro-tears in muscle fibres. High intensity exercise, such as in heavy weight training or high intensity interval training, causes massive disruption to the internal structure of muscle cells— so much so that it takes days for the muscles to regenerate and repair; but the good news is they respond by increasing their capability. We now plan the recovery and regeneration phase into an athlete's training program. Overtraining is when we do not allow sufficient time for recovery and regeneration.

What Henry Lodge adds to the concept of hard physical training is that the response is not limited to the muscles or cells that have been directly worked. C-10 is released into the blood stream, so it can potentially have an impact on all the cells of the body and offset the negative effects of C-6. This is why they recommend physical activity as the means for getting "Younger Next Year". Of course even with the positive effects of physical activity, cells ultimately wear down and their capability diminishes; so although we can be younger next year we will never be as young as we were when we were 29!

The other concept he and his co-author raise in the book is that we need regular physical activity, they actually recommend daily and, if you are able, at least two or three of

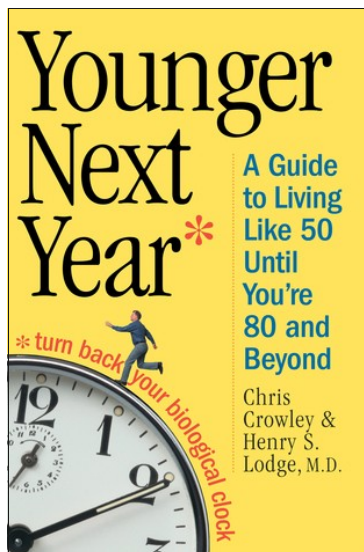
Physical Activity & Wellness Corner #30 (continued)

David Docherty

these should be physically intense. I have spent a lot of time and effort in encouraging people to engage in moderate levels of physical activity for at least 30 minutes for 5 days per week. But this is of course the MINIMAL amount of physical activity that is recommended. To help reach the goal of daily physical activity (and they recommend 60 minutes per day) they suggest you regard physical activity as your new job. You never questioned if you needed to go to work each day so they suggest you apply the same discipline to your physical activity regimen. They do suggest you try and vary your activity, and find the things you like to do. This of course helps.

So a few things to ponder and hopefully motivate you to stay active as we age and maybe we will be "younger next year"!

David Docherty



C. Crowley and Henry S. Lodge, (2007), *Younger Next Year*,
Workman Publishing Company, New York, N.Y.

University Club Report

Peter Liddell



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

Special events at the UClub have been selling out. Don't miss out on upcoming events - book early.

Upcoming Special Events!

Robbie Burns Luncheon – January 25 – **SOLD OUT!! THANK YOU!!**

Chinese New Year Celebration – February 2 – **SOLD OUT!! THANK YOU!!**

Valentine's Day Dinner – February 9.

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

UVic Library News

The Library website now has an easy way to sign-up for their Newsletter—

Simply go to the library website (www.uvic.ca/library) or

Click on <https://www.uvic.ca/library/about/home/newsletter/index.php>

Previous editions of **Friends of UVic Libraries newsletters** have now been archived and can be accessed here: <http://e1.envoke.com/mq/3765>

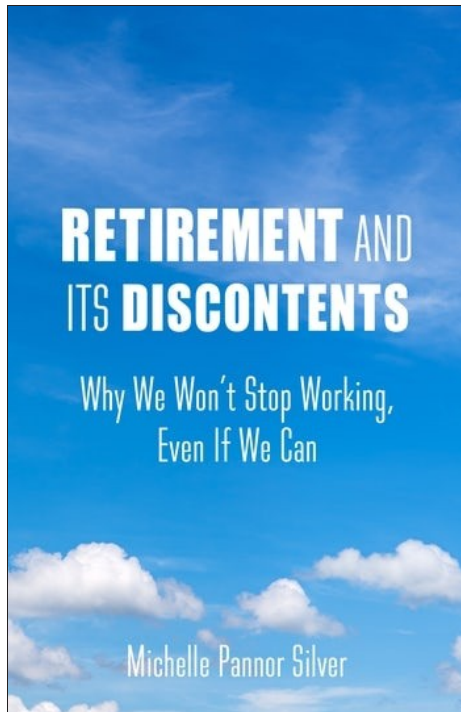
Rotary Club of Saanich

The Rotary Club of Saanich meets every Monday at 6pm. in the University Club for dinner.

We enjoy warm fellowship, stimulating programs and want to share our community projects with like minded retirees.

Call Jim Sparling 250-208-9452 or John Wilton at 250-477-9972 to be our guest and to learn more about all we do.

Books



Retirement and Its Discontents

Why We Won't Stop Working, Even if We Can

Michelle Pannor Silver

Columbia University Press

August 2018, **ISBN:** 9780231188562, 296 Pages

In the popular imagination, retirement promises a well-deserved rest—idle days spent traveling, volunteering, pursuing hobbies, or just puttering around the house. But as the nature of work has changed, becoming not just a means of income but a major source of personal identity, many accomplished professionals struggle with discontentment in their retirement. What are we to do—individually and as a culture—when work and life experience make conventional retirement a burden rather than a reprieve?

In *Retirement and Its Discontents*, Michelle Pannor Silver considers how we confront the mismatch between idealized and actual retirement. She follows doctors, CEOs, elite athletes, professors, and homemakers during their transition to retirement as they struggle to recalibrate their sense of purpose and self-worth. The work ethic and passion that helped these retirees succeed can make giving in to retirement more difficult, as they confront newfound leisure time with uncertainty and guilt. Drawing on in-depth interviews that capture a range of perceptions and common concerns about what it means to be retired, Silver emphasizes the significance of creating new retirement strategies that support social connectedness and personal fulfillment while countering ageist stereotypes about productivity and employment. A richly detailed and deeply personal exploration of the challenges faced by accomplished retirees, *Retirement and Its Discontents* demonstrates the importance of personal identity in forging sustainable social norms around retirement and helps us to rethink some of the new challenges for aging societies.
