



# University of Victoria

## Retirees Association

Office: R -Hut , #108  
In Institute on Aging and Lifelong Health Building

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

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

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# Grey Matters!

## SUMMER 2020



Wines & Islands Tour

Photo: Kayleen VanderRee

## News from the Board

Greetings fellow retirees. I would like to begin my first message by thanking John Anderson for letting me peek over his shoulder throughout this past year. One thing, that quickly became evident to me was that I had joined a group of dedicated board members and volunteers. I also wish to strongly acknowledge the Institute on Aging and Lifelong Health (IALH) for its on-going support in a vast number of ways in addition to providing office space to UVRA.

Welcome to the new members who have joined us this year. In addition to my stepping into the President's role there are a few other changes to the Board. We welcome Rebecca Warburton who joins as a Member-at-Large. We want to thank two Board members who have stepped down James Pierce and Winona Pugh. Winona did a great job as our Benefits chair, a role which has now passed to Peter Liddell.

The year for UVRA began as an active one with a range of activities including an extensive list of events from the Elder Academy, and, Masterminds. We also expected to co-host the annual conference of the College and Universities Retirees Association of Canada (CURAC) in May. Then, as you know, the world entered into an unprecedented time with an overriding new "normal" which led to the postponement of the annual conference of CURAC and, furthermore, the closure of UVic facilities forced the cancellation of the 2020 Masterminds series.

## NEWS FROM THE BOARD (2)

UVRA has been adapting our processes to the current new reality. Our Board meetings as well as our successful Annual General Meeting occurred online using Zoom. A highlight of the AGM was the fascinating and extremely relevant presentation of the research by our first Graduate Scholarship Fund recipient, Lisa Ohlhauser, who graciously wrote UVRA an explanatory note about her dissertation research. (See below.)

The Elder Academy will resume its schedule in August but all events will now be conducted online using Zoom. We hope to return to our regular range of activities as soon as conditions permit. Thank you for your continuing support of UVRA.

Keep well

*Margaret Klatt*

### THANK YOU UVRA

Thank you for establishing the UVic Retirees Association Graduate Award and the opportunity to share my research at the Annual General Meeting in June 2020 and in your Summer Newsletter. I am humbled to be the first student to accept this award, which will be used to support my studies as a third-year doctoral student in the Clinical Psychology program at UVic.

Throughout my graduate program, I have been specializing in Clinical Neuropsychology, which involves the clinical assessment and treatment of individuals with conditions affecting the brain. In addition to training as a clinician, a significant portion of my time is also dedicated to research in aging populations. During my master's degree, I focused much of my research on how we can use brain imaging methods to detect the earliest stages of neurodegenerative diseases, such as Parkinson's disease and early stages of possible Alzheimer's disease or related dementia (i.e., subjective cognitive decline). The goal of this research was simple: detect earlier so we can treat earlier.

However, how do we treat early cognitive decline once it is detected? Thus far, treatment for early cognitive decline is limited, even though our society is in dire need. Canada has a rapidly rising population of older adults and the number of seniors is projected to reach 10.9 million by 2036. Unfortunately, risk of cognitive decline increases with age and these changes can lead individuals out of their independent homes and into residential care, where quality of life, mental health, and cognition can further deteriorate. Promisingly, physical activity has shown to have some benefits for individuals with cognitive decline, including those with dementia, though much of this research focuses on physical health outcomes. I am interested in investigating the impact of physical exercise for individuals with cognitive decline on other factors, such as quality of life, mood, and cognition. Incorporating outcomes that are identified and valued by older adults who are experiencing these changes is also important.

For my dissertation research, I will be conducting a randomized clinical trial of an exercise intervention using the "Motivation Cycle", a unique indoor stationary cycling device developed by CanAssist. Users of the device can use hand or foot pedals to travel through a virtual environment on a screen in front of them. Residents with early cognitive decline at one of the largest care homes in Victoria, BC (where the devices are already stationed) will be invited to take part in the study. Half of that participants will complete an exercise program using the Motivation Cycle for 12-weeks, while the other half of participants will continue with their activities as usual. All participants will wear Fitbits to monitor physical activity throughout the duration of the study. Baseline and follow-up measures to determine changes in cognition, mood, and quality of life will also be administered. This project is taking a patient-oriented approach and other variables of interest will be identified by patient partners with lived experiences of cognitive decline.

Thank you again for supporting my research and training endeavours at UVic. I look forward to providing the association with updates on my project over the next few years.

With kind regards,

*Lisa Ohlhauser, MSc*

# A BRIEF FAREWELL

John Anderson

Summer 2020

The Board has yet to hold an in-person meeting this year. The January meeting was cancelled due to the snow and the March meeting was cancelled due to the COVID-19 situation. However, we have been able to conduct necessary business via e-mail. And then along came ZOOM – we held the May Board meeting and the Annual General Meeting via ZOOM – and they seemed to work well with no external intrusions and no substantive problems of operation such as members joining the meeting, discussing and asking questions, or somehow non-voluntarily dropping out of the meeting.

Significantly, the Association suspended operations in March. Our office is closed for the duration of the pandemic. MasterMinds 2020 series was cancelled. The Elder Academy events scheduled for the March to June period were postponed. The good news is that the Elder Academy has adapted to conditions and will be back in operation soon – you can read about them in this issue of *Grey Matters!*

The Board did hold a Retreat in February at the University Club. Fifteen Board members attended and 4 UVRA members accepted our invitation to attend. We were honoured that one of the founders of the Association, Trevor Matthews, was able to spend the morning with us and contributed mightily to the discussions and presentation of views. There were no suggestions of reducing the activities of the Association – we should carry on with our current agenda of activities and events (once the pandemic subsides). And there was strong support for somehow increasing engagement of the membership in identifying and organizing events and activities. Further, there was a definite consensus that we should develop a healthy, reciprocal relationship with the University, and that the University should materially support the Association.

Winona Pugh and James Pearce who have served on the UVRA Board for many years are stepping down. We owe them thanks for their service, and they will be missed but certainly not forgotten.

At the AGM in early June we welcomed our new President: Margaret Klatt, Professor Emerita in the School of Business. Please give her your support, ideas and participation to keep the Association as a vibrant and relevant part of our lives and of the University.

The new year will begin with a continuation of pandemic restrictions in place and so, our Association activities will be curtailed until relatively normal social life is restored. In the meantime, we will work on developing new formats for our events.

Hopefully, this era of social distancing, washing hands frequently and vigorously, and keeping hands off the face will come to an end, and we will fully resume UVRA activities. In the meantime, stay healthy and safe.

*John Anderson*

## EDITOR'S NOTES

This issue's travel article highlights one of many tours available in our own back yard. In *Wines & Islands*, Zulette Gordon invites us to join her on a wine cruise through the Southern Gulf Island from Nanaimo to Sidney. (pages 7-13)

David Docherty, in his 35<sup>th</sup> *Physical Activity and Wellness Corner* column for UVRA, shares his non diabetic foot problem and asks readers to contact him if they have found ways to alleviate neuropathy of the feet. (pages 14-16)

Melvin Klassen, in *Bits & Bytes*, reminds us that one of the consequences of COVID-19 is making it difficult for someone to communicate safely when in need of help. He shows us how technology can be one's "window to the world". (17)

Jane Birkbeck, in *Member's Corner*, relates how her being to Antigua turned into a 40 hours ordeal, when returning to Canada became urgent. She also praises RTO, her insurance carrier, for its promptness in refunding her travel expenses. (pages 19-22)

If you are living with one or more chronic health problems, you may be interested in looking into what UVic's *Self-Management Program* offers via online discussion boards and internal messaging. (23)

In the absence of in-person meetings, Elder Academy has moved its events to UVic's Zoom. In August, David Docherty will conduct two workshops featuring squats and Therabands, while September heralds the return of Ed Ishiguro who will introduce us to two *Biomedical Advances* currently in the news: Stem Cells and Gene Editing. (24,25)

The popular "*Living Without Oil?*" series, interrupted in mid-March by the pandemic, will resume in October with the first session being a review of the presented sessions. Now that all originally registered attendees, who indicated they wanted to attend, have been re-registered, **this event is open to the public at a cost of \$20.00 for the event.** (26)

November will feature *Climate Change Anxiety*, the event originally scheduled for May 2020. John Gunton, Elder Academy's Programming Chair and this event's organizer, has mustered a stellar group of presenters for this 5-parts series. (27)

*The English Plural* is examined from a tongue-in-cheek perspective in Academic Levity. (28)

*Grey Matters!* needs your input, so please contribute: travel article, how you are handling the pandemic; hobbies; current research; a treasured recipe, pictures of your garden, etc. .

*Lou Schmidt and the Editing Team*

# WELCOME TO OUR NEW MEMBERS

FROM FEBRUARY 1 TO JUNE 30, 2020

BEATON, Ann	Island Medical Program
LEADBEATER, Bonnie	Psychology
MOSS, Pamela	Human & Social Development
OTA, Keiko	Pacific & Asian Studies
PURSE, Christopher	Office of the Registrar
WARBURTON, Rebecca	School of Public Administration
WEBSTER, Patricia (Pat)	Continuing Studies
WINN, Monika	Gustavson School of Business
ZAPANTIS, Nikiforos (Nik)	Physics & Astronomy

# 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. Please see page 2 for Lisa's thank you note to the UVRA membership.

For the first endowment of a scholarship, UVRA matched the donors' donations dollar for dollar. We have now created a second graduate scholarship and the Association will, once again, match contributions from members of the UVRA.

You are strongly urged to contribute to this worthy initiative which will have long term positive effects on furthering the research on aging.

To contribute simply click on this link:

<https://extrweb.uvic.ca/donate-online/UVRA>

**REMEMBER**

**THE ASSOCIATION WILL MATCH YOUR CONTRIBUTION  
YIELDING A DOUBLING OF YOUR CONTRIBUTION**

# WINES & ISLANDS TOUR

October 28 to November 1, 2019

Zulette Gordon

This was a wine cruise through the Gulf Islands from Nanaimo to Sidney, on Maple Leaf Adventures new ship Cascadia. It turned out to be a 4-day wine tasting with some nature added in. It was wonderful.

Full disclosure: Maple Leaf Adventures is owned by my daughter and son-in-law.

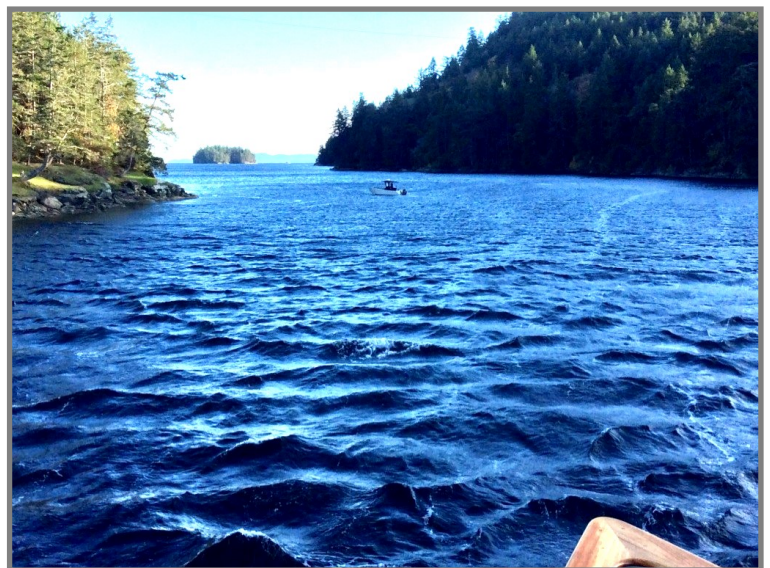


## DAY ONE



The guests boarded in Nanaimo harbour in the afternoon. We were welcomed by our Wine Guide, Tania Tomaszewska, with some champagne style wine from Zanatta Winery in the Cowichan Valley, and some goodies from the chef.

We tasted two more wines and then watched as we sailed through Dodd's Narrow between Mudge Island and Vancouver Island, where sea lions were fishing in the slack tide. That is one of the ship's tenders ahead of us.

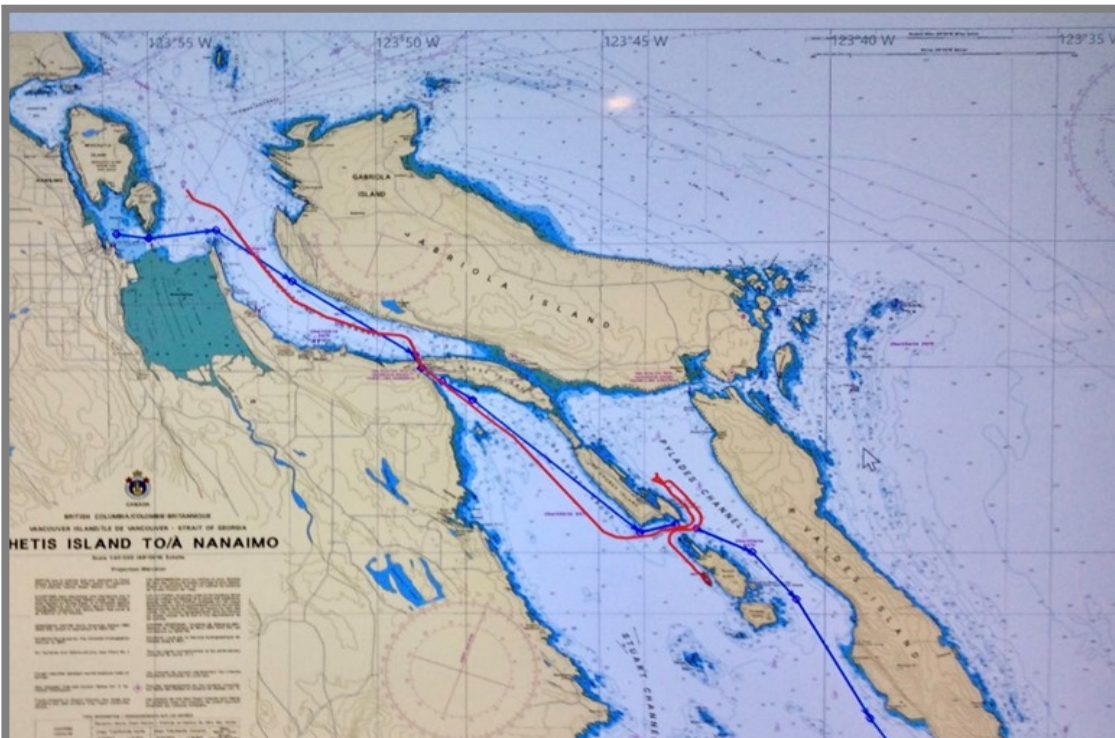


## WINES & ISLANDS TOUR (2)

We then proceeded south to De Courcey Island and walked through Pirates Cove Marine Park. It was full of arbutus trees and had lots of water views.



The red line traces our route.





## WINES & ISLANDS TOUR (3)

We then rode the tenders back to Cascadia to anchor and have dinner. We had more wine tasting before, and with dinner. I particularly liked the Riesling from Tantalus, South Kelowna, and Late Harvest Botrytis Optimism from Quail's Gate, Kelowna.



After dinner, we had a get acquainted time to find out about our crew and fellow guests.

### DAY TWO

This morning we cruised south to Saltspring Island to pick up the owner of Kutata's Winery in Ganges. We brought him on board and he talked about 3 of his wines that we tasted with our lunch.



My daughters and 3 other guests braved the cool air and enjoyed the hot tub.

## WINES & ISLANDS TOUR (4)



Then onto North Pender Island where we took a ride on the tenders between the two Penders, under bridges into Port Browning, and then taxis to Sea Star Winery. We anchored in Bedwell Harbour for the night.

We brought the owner back to the ship for tasting his wines and then pairing three of his wines with dinner. Fortunately, the tastes were small or we would all have been under the tables.



Sea Star Winery

### DAY 3



This morning the group left for a short shore hike along South Pender. I stayed behind because I had a muscle spasm in my knee that came up overnight.

## WINES & ISLANDS TOUR (5)



Then we left for a journey to Saturna Island. There, we left the ship and zoomed in the tenders to Tumbo Island on the North side of Saturna, to Cabbage Island with a nice sheltered sandy beach.

I sat on a log while the others wandered.



Back to Cascadia then for a sushi lunch with a sparkling rose, then another hike up to a viewpoint on Saturna.

## WINES & ISLANDS TOUR (6)

### DAY FOUR

Kevin, our Expedition Leader [and my son-in-law] announced today (October 31st) is “Hallowwine Day”. We spent all day visiting 3 wineries in the Cowichan Valley.

First we sailed into Cowichan Bay. When we neared the dock there were hundreds of Sea Lions basking in the sun, having taken over a couple of docks. They apparently live there for months, feeding on the salmon coming into the Cowichan River. And there were many lions circling together in the water, raising their toenails. Maybe they had a pedicure.



We met our bus for the day at the top of the docks and went to winery #1, Blue Grouse. We tasted 4 wines there and I bought one, after a tour of the winery. We had our picnic lunch there that we had brought from the ship made by Joe, our excellent Chef.



Then onto # 2, Averill Creek Vineyard. We toured and tasted 4 wines there.

#3 was Alderlea Vineyard, a small winery. We were offered several tastes there, but I chose to sit outside in the sun, instead. At every wine tasting, we were given the opportunity to drink the whole sample or use the provided spittoons. Maybe I should have.

Then back to the ship and this time the winds were against us, and the Sea Lions were very smelly! We met the crew left on board: the Captain, Chef and Steward.

## WINES & ISLANDS TOUR (7)



We then sailed between Salt Spring Island and Vancouver Island to Burgoyne Bay on Salt Spring Island for the night.

At dinner, we had 5 courses and 5 wines to taste. I had small sips only. I was wined out.

### DAY FIVE

On the 5th day we sailed back through the narrow channel to Sidney, to dock and say goodbye to everyone. Two humpback whales entertained us on our route through the channel. We even had two more sparkling wines for the goodbye.

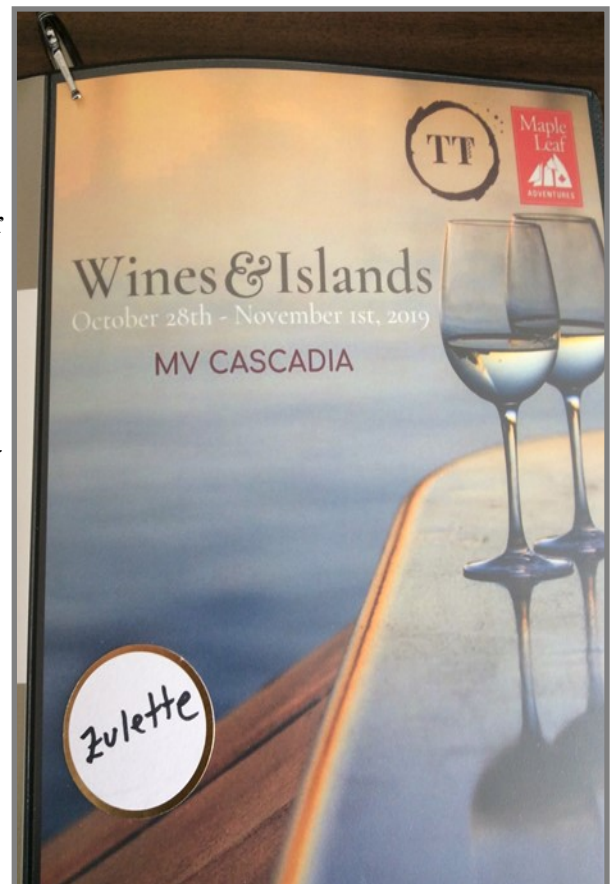
I counted up the total number of wine we tasted. We had 8 small glasses on Monday, 9 on Tuesday, 7 on Wednesday, 14+ on Thursday and two on Friday for a total of 40 glasses of wine for me plus two or three more for the others. No wonder I was wined out! I did not have a glass of wine with my supper for a week!

We were given this booklet to put our printed notes into everyday.

*Zulette Gordon*

Note 1: The photos were taken by crew members Tania Tomaszewska, Kevin Smith and me.

Note 2: Maple Leaf Adventures also had other trips around Vancouver Island and to the Great Bear Rainforest, Haida Gwaii, and Alaska.



# Physical Activity and Wellness Corner #35

## David Docherty

### RELEARNING HOW TO WALK!

Walking is something we take for granted and assume we do it correctly. We know it is one of the best and most convenient ways to achieve the recommended 30 minutes of physical activity at least 5 days per week. Recently I was/am having problems with neuropathy of the feet. Non-diabetic neuropathy is considered to be caused by collapsing of the transverse metatarsal arch in the foot (the ball) that puts the pressure on the plantar nerves that serve the toes causing pain, burning and/or numbness along with general discomfort. Morton's neuroma is no doubt related and caused by a thickening of the nerve tissue. So I began to explore ways to resolve the problem including visits to a podiatrist, physiotherapist, and of course my doctor. Unfortunately none have provided any solution. I thought maybe I should change my walking gait to relieve some of the pressure on the ball of my foot and so the internet search. Imagine my surprise when I got 182 million hits in 0.48 seconds by typing in "walking correctly! So it seems I am not alone!

I began to troll through many of the websites to find some commonalities on advice and also if it was based on any valid research or made sense to me based on my background in exercise science and lifetime study of anatomy. So what I am sharing in this article is what I feel is good advice to pass along for those of you who may be having some joint problems in the back, knees or hips or just to improve your walking gait especially as we get older and experience some changes that have gradually happened that are not conducive to efficient walking.

First, I was not able to find much definitive research on walking gait and the strain placed on joints as a result of poor mechanics although must confess my search was not extensive. However, general consensus, and supported by my own observations, is that as we age our gait definitely changes. Our steps may become shorter, our feet drag along the ground in almost a shuffle, and our head pokes forward as our eyes focus on the ground and probably where we are placing our feet.

## Physical Activity and Wellness Corner #35 (2)

### RELEARNING HOW TO WALK!

I would encourage you to take a look at yourself when walking by a shop window or even have someone video you while walking.

So a few things to think about as we walk:

- (1) Check your posture: Make sure your head is up and eyes looking forward. This of course suggests you walk on a flat surface and are not likely to trip over anything. Walk with the chest “proud” and shoulders back, not slumped forward. I find Nordic walking poles really help maintain an upright posture.
- (2) Some physios suggest you lean slightly forward as you begin to walk. Walking is often described as a series of near accidents in that it stops you from falling flat on your face!
- (3) Foot placement and action: Try and have the feet parallel and not toed “out” or “in” as your lead foot strikes the ground. Feel as though you push off the toes with the back foot and especially the big toe or inside of your foot. Try and lean slightly forward as you walk which will keep some of the pressure off the heel as the foot lands. If you use your feet to optimal effect you will find your head does move up and down as you walk.
- (4) The arms should swing naturally and in opposition to the legs. This engages the “chains” of muscles that produce a smooth walking gait.

Of course trying to implement all these points at the same time could be like learning the golf swing and produce what is referred to in motor learning as “paralysis through analysis”. So the recommendation is to focus on one or two of these pointers for a week or so until it becomes automated and then add one or two of the other points.

## Physical Activity and Wellness Corner #35 (3)

### RELEARNING HOW TO WALK!

In my trolling of the internet I found a few videos I think are helpful in implementing some of these ideas into walking efficiently, pain free, and rediscovering the joy of walking.

The first is by Joanna Hall <https://joannahallwalkactive.com/> who has put together a series of free videos that address some of the issues above. She is upbeat and engaging and in my opinion well-informed. You can subscribe to her website and updates.

The second is a YouTube video by James Braithwaite, a physiotherapist, on the mechanics of walking: <https://www.youtube.com/watch?v=2H0d9z318AA>

Of course if you google “Correct walking technique” you will find literally thousands of other videos and websites but they all tend to repeat the points in this article and the websites listed. But feel free to explore.

Footnote: Unfortunately I have not been able to find a way to relieve my neuropathy but will continue to experiment and see if I can find something that works! I will keep you posted. If any of you have some ways of dealing with this, please let me know.

*David Docherty, PhD*

Email: [docherty@uvic.ca](mailto:docherty@uvic.ca)



Pole Walking: Photo taken from Google



# Bits & Bytes

Melvin Klassen

Summer 2020

This month, I am writing about the use of technology, specifically about a web-camera, during the COVID-19 pandemic. While people are socially-isolated at home, their web-camera has become their “widow to the world”.

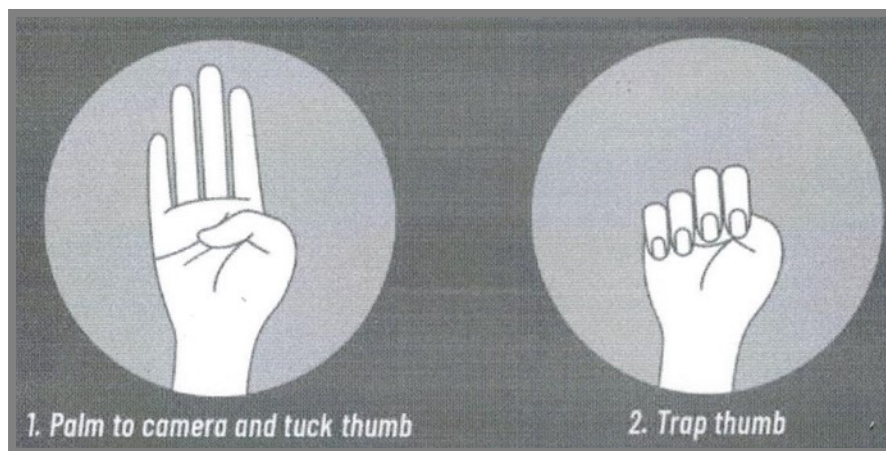
The Canadian Women’s Foundation - [www.CanadianWomen.org](http://www.CanadianWomen.org) - has noted an increased in domestic abuse and violence, because the victims have fewer opportunities to be out in public, to seek help.

A page on their website - - [www.CanadianWomen.org/signal-for-help/](http://www.CanadianWomen.org/signal-for-help/) - - states:

“Signals for help” is a simple one-handed sign someone can use on a video call. It can help a person silently show they need help, and want someone to check in with them in a safe way. The sign does not leave a visible trace.

If you see someone using the signal, check in with the person safely, to find out what they need, and what they want you to do.”

The above web-page has suggestions for ways to safely check-in.



Watch for this signal, when using Skype or Zoom or Face Time or any other app.

*Melvin Klassen*



***IN MEMORY******Charlotte Girard***

GIRARD, Dr. Charlotte Dr. Charlotte Sylvia Marie Girard passed away peacefully in her sleep on April 27, 2020. Charlotte was predeceased by her parents Emile and Sylvia, brother John Girard (Geraldine) and sister Therese Parker. The oldest of six children, Charlotte leaves sister Marie Weicker (Wilfrid) and brothers Peter Girard (Kathy) and Joe Girard (Mickey); many nieces and nephews.

Charlotte was born in France on September 3, 1924 and immigrated to Canada with her family in 1937. She deeply valued education and learning, graduating from the University of British Columbia. She then earned a PHD from Bryn Mawr University. She enjoyed a long and fulfilling career as a professor in the History Department at the University of Victoria.



Throughout her life, Charlotte enjoyed traveling the world and fully immersing herself in other cultures. She was a great patron of the arts, and especially enjoyed attending the opera and ballet. Charlotte was held in high regard by her family, who admired and loved her dearly. She would often recount stories of her adventures to the younger generation. Her humour and passion would captivate her audience. She was a long time member of Holy Cross Catholic Church and participated in the choir for many years. During this time, she made several dear friends.

In 2016, Charlotte moved to St. Charles Manor in Victoria, BC. Her years there were happy ones filled with visits from friends and family. The family thanks the staff at St. Charles Manor, especially Lara and Wilma, for all their care. Her ashes will be interred at First Memorial in Victoria. Due to current restrictions on large gatherings and travel, plans for a service will be announced in the future.

## MEMBER'S CORNER

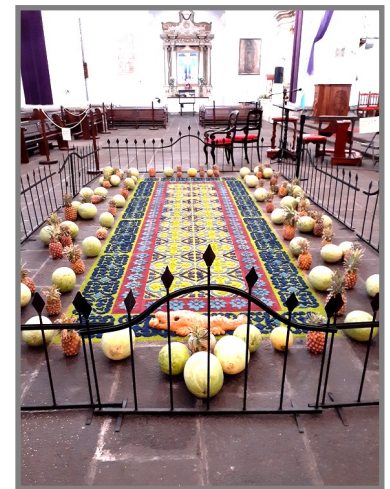
Jane Birkbeck

### FLIGHT FROM ANTIGUA, GUATEMALA

It was the perfect winter holiday: private room and bath in the Spanish speaking home of a warm and outgoing couple, parents of four and grandparents of seven. Vinicio, working his small coffee plantation and Delia offering wonderful meals to her guests, with recipes; both intent on improving my Spanish verb tenses.

When I wasn't studying Spanish at Don Pedro Escuela, I wandered the streets of this beautiful little city, delightfully cobblestoned, flat and easy to negotiate. Indeed, my decision to return again this year was based in large part on the ease with which am able to travel about the town on foot. and my comfortable return to the same school and residence was like coming home. Last year, Delia had decided I was family and so I was invited to stay through *Semana Santa*, Holy Week, in 2020. Even with her rapid-fire Spanish, I was able to understand that it was unheard of for Delia and Vinicio to house students during Holy Week. This is when the house swells to accommodate all four adult children, their spouses, and the even grandchildren. But I was 'family', so I could stay. Gulp.

*Semana Santa* is when Antiguans prepare for the Holy Week Processions and miles of cobblestone streets become a riot of coloured sawdust symbols, extending curb to curb, bounded by fruits and vegetables. Tens of thousands of international travellers fill every hotel and hostel, while owners advertise apartments and single rooms with shared baths. There is no bed to be booked for months in advance of Holy Week in Antigua.



And the Processions? Every Sunday during Lent there are hundreds of men dressed in long purple robes and carrying on their shoulders a huge exhibit, crafted to represent one aspect of the crucifixion. Then comes Good Friday. On Thursday afternoon and evening, sometimes early into Friday morning, the streets are prepared. And then every exhibit, from Gethsemane to the empty tomb, is carried over the carefully crafted cobblestone streets. The Good Friday Procession begins at one of the pueblos near Antigua and ends at the *Iglesia de la Merced*, right around the corner from Vinicio and Delia's.

## MEMBER'S CORNER (2)

With the pandemic's arrival though, I missed it all. I'm still sad, but for Antiguans to have missed Holy Week, it has been more than sad. Antigua missed it all, and they are devastated - *Semana Santa* cancelled, purple robes superfluous, families locked down, forbidden to exit their homes, the most important influx of crucial tourist dollars gone, overnight. 'Devastating' barely touches the personal and economic loss of *Semana Santa* in this already impoverished country. Today, the curfew has lifted slightly. On weekdays, pedestrians and vehicles are allowed to move within the boundaries of their own municipalities, on weekends no one may leave their home.

I knew it was coming, but I had no idea how quickly travellers would be forced to return home. I had remained steadfastly focused upon my travels, my excited escape from another winter in Canada. On March 3<sup>rd</sup>, I read this expanded headline in the *Globe and Mail Online*:

"Person-to-person spread of the coronavirus within Canada, unrelated to travel to an outbreak region, is inevitable, experts say as they call for more aggressive testing."

Things were not going well in many parts of the world, but noting no cases in Latin America I carried on, plans unchanged. Yup!



I spent the week of March 9 – 13 in northern Guatemala, exploring the fabled ruins of Tikal. Each day was filled with awe, contemplating the ancient ruins and what they revealed of Mayan civilization. Their fame is warranted, they are fabled for good reason. I was enthralled every day. Those days in northern Guatemala were wonderful, and all the while I remained detached from what was happening in the

news. I did not know the Government of Canada had issued an advisory to avoid all non-essential travel outside Canada until I returned to Antigua on Saturday March 14<sup>th</sup>, when I read this email from the Retired Teachers of Ontario, dated March 13<sup>th</sup>:

... until further notice. RTOERO trip interruption and emergency medical coverage is limited to a period of 10 days, or to a period **that is reasonably necessary for you to safely evacuate the country, region or area.**

Thinking back, I'm amazed at my sanguine response: "Okay, 10 days, time to say goodbye to my friends and maybe get that jade piece I promised my daughter." What was I thinking! I proceeded to book flights from Antigua to Victoria for Thursday the 19<sup>th</sup>.

Twelve hours later, at 4:30 on Sunday morning Google sounded an alert on my smartphone; 4:30 is a wake and walk time for me, otherwise I might have slept through the ping.

## MEMBER'S CORNER (3)

I read that the Government of Guatemala would close its borders on Monday morning – a ‘get out now’ alert that threw me from my bed, first to cancel my flights for the 19th and then to a frenzy of packing. By 8:00 AM I’d said goodbye to my host family, written notes with tips to my teachers at the school, and culled from my belongings some things to leave for the families the school supports.

The taxi took 45 minutes to get to the airport in Guatemala City, but on arrival I saw there had been no need to rush. Four airline gates were open, with approximately 250 people packed in line in front of each desk. It was pandemonium. loud, frantic, fearful... words can’t properly describe that day. One airline, Avianca, had not a soul standing by. I soon learned its most recently scheduled flight had only just departed. I hung around Avianca; we practiced our Spanglish on one another. The woman at that desk told me she would check with AeroMexico to see if I might buy a seat. No luck. All I could do was wait in line and hope for a standby seat.

I stayed with Avianca and then inexplicably, after I’d stood around for about 30 minutes, the man on the desk suddenly announced, “Maybe I can get you to New York.” Energized by the smile I returned at this news, he began to tap the keys of his computer again and again, for what seemed another half hour, and then eureka! He had found a flight with a seat for me. He looked at me with some trepidation and said, “It’s US \$1,087.” Overjoyed by the news, I practically threw my credit card across the desk and yelled like a lottery winner, “BOOK IT, PLEASE!” I did a quick calculation, and yes, I was spending more than \$1,500 for a flight to New York City, not including the charge for my bag, and I was thrilled.

It was an interesting series of flights: Guatemala City to San Salvador, then to New York. At a Subway in San Salvador’s airport, a woman coughed in my face. On another day I would have been taken aback, but this time it was scary. Before we boarded for New York I read about the frantic air travellers at JFK the day before. I wondered how would I ever get a flight to Canada?

We reached New York shortly after 3:00 AM and once away from Immigration, there was barely a soul in sight. Exiting from one echoing hall another, I called out to two maintenance men, “Where is the Air Canada desk?” They thought Terminal 7. Boarding the terminal train with my suitcase, my backpack and my purse, I was tired but hopeful. At Terminal 7, there was not a soul, nor an Air Canada desk, but there was a sign for British Airways - I was getting warm. I walked around for a bit, then got back on the train and headed for Terminal 8. Nope. Terminal 8 was a storehouse. I was ready for some good luck by the time I arrived to find a few people milling around at terminal 4. Yes! Several staff were

## MEMBER'S CORNER (4)

Yes! Several staff were present at the Delta desk. My bag suddenly rolled more easily, my smile reappeared, and I gratefully accepted the tickets Delta prepared: New York to Salt Lake City, then to Vancouver, and finally to Victoria for a bargain CAN \$376.95, plus a charge to check my bag. Salt Lake City looked interesting from the airplane – maybe a road trip destination in the far future?

Arriving in Vancouver, I trudged through Immigration and a woman handing out COVID-19 information sheets asked me how I was feeling. Hmm. Nearly 40 hours of waiting and flying and waiting some more, exhausted and still worried about my contact with the coughing woman in San Salvador, I wasn't feeling too good, but I was almost home! when I landed in Victoria I was absolutely ready to self-isolate, and my son was standing by, ready to bring me groceries and let me love my grandkids from a distance.

Earlier in this story I referenced the Retired Teachers of Ontario [RTO] and their email warning me to move quickly, to return to Canada. My travel insurance through RTO costs me a bit over \$30.00 per month. While I was happy to be home, flight costs to the tune of \$1939.94, plus bag check charges, loomed on my credit card. I emailed all required information to RTO, and waited – but not for long. On the 5<sup>th</sup> of May a cheque for \$2063.00 arrived in my bank account, covering my return flights, and even the cost to check my large suitcase! With everything we continue to hear about travel insurance claims not honoured and companies folding, I'm feeling pretty grateful. Who knows, in a few years I may be watching the *Semana Santa* Procession in Antigua. After the road trip to Salt Lake City.



Stencil for sale

*Jane Birkbeck*



Over the cobblestones



Mayan street art

# put life back in your life

Join a free health program and become an expert self-manager!



## Better Choices, Better Health Online

This web-based, 6-week program uses content from the *Chronic Conditions Self-Management Program* and focuses on decision making, problem-solving, and action-planning. New lessons are presented each week, and sessions are highly participative through internal messaging and online discussion boards. There are no requirements that participants log in at the same time.



**This program is open to adults of all ages who are living with one or multiple ongoing health conditions.**

### Content Includes:

- ✓ Techniques to deal with problems such as frustration, fatigue, pain and isolation
- ✓ Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- ✓ Communicating effectively with family, friends, and health professionals
- ✓ Healthy eating
- ✓ Making informed treatment decisions
- ✓ Disease-related problem solving

### Program Features & Benefits:

- ✓ Ideal for those who cannot or do not wish to attend an in-person program, but would like interaction and discussion with others
- ✓ Log on at your convenience 2 to 3 times each week (for about 2 hours per week)
- ✓ Weekly lessons and activities keep participants on track
- ✓ Mutual support and success builds confidence to manage health, and maintain active and fulfilling lives

## FOR MORE INFORMATION

Visit: [www.selfmanagementbc.ca](http://www.selfmanagementbc.ca) | Email: [selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca) | Call: 1-866-902-3767 (toll-free)

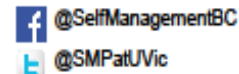
*For programs in Chinese or Punjabi, please contact the Program Coordinator directly:*

Chinese: Courtney Kang - [ckang@uvic.ca](mailto:ckang@uvic.ca) | Punjabi: Jay Bains - [jaybains@uvic.ca](mailto:jaybains@uvic.ca)

### Also available:

- Health Coach Program
- Tool Kit for Active Living with Chronic Conditions
- Tool Kit for Active Living + Telephone Calls

### Connect with us:



Subscribe to our e-newsletter by emailing: [theloop@uvic.ca](mailto:theloop@uvic.ca)



Institute on Aging  
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Self-Management BC is supported by the Province of British Columbia



**University  
of Victoria**

Retirees  
Association

# STAYING ACTIVE WHILE STAYING HOME!

Presented by David Docherty, PhD

## AN ELDER ACADEMY EVENT

Maintaining or developing strength as we age helps in carrying out everyday activities as well as improving health in many other ways. These two workshops will cover the importance of improving or maintaining strength as we get older and how someone can stay active by practicing some simple exercises while staying at home. The first workshop will show how to safely perform the squat exercise and the many variations that are possible. The second workshop will show how the “Theraband” can be used to develop strength in every muscle in the body and how to progress the exercises to get the most out of them. Registrants are encouraged to try the exercises as they are being demonstrated. A video of the two sessions will be made available on You Tube to registered participants, so you do not have to take notes during the presentation. The link to access the video will be sent to you via Eventbrite, when available.

### WHEN, WHERE, HOW MUCH?

**DATES:** Saturdays, August 15 and 22, 2020

**TIME:** 10:00 am to noon (Zoom entry available starting at 9:45am)

**WHERE:** Online via Zoom

**LINK TO JOIN THE SESSIONS:** Emailed to registrants via Eventbrite

**COST:** \$10.00 for the series

TO ACCESS REGISTRATION, PAYMENT METHOD,  
biography of presenter, information about Theraband and  
abstracts of both workshops, please click:

<https://www.eventbrite.ca/e/home-exercises-tickets-110559907660>





**University  
of Victoria**

Retirees  
Association

# TWO NEWSWORTHY BIOMEDICAL ADVANCES THAT YOU SHOULD UNDERSTAND

Presented by Edward E. Ishiguro, PhD

## AN ELDER ACADEMY EVENT

These presentations are designed to introduce, in a non-technical manner, the audience to two topics presently in the news: Stem Cells and Gene Editing.

### WHEN, WHERE, HOW MUCH?

**DATES:** Saturdays, September 12 and 19, 2020

**TIME:** 10:00 am to noon (Zoom entry available starting at 9:45am)

**WHERE:** Online via Zoom

**LINK TO JOIN THE SESSIONS:** Emailed to registrants via Eventbrite

**COST:** \$10.00 for the series.

**PRESENTER:** Edward E. Ishiguro, PhD

**TO ACCESS REGISTRATION, PAYMENT METHOD,  
the biography of the presenter and abstracts of both  
presentations, please click:**

<https://www.eventbrite.ca/e/biomedical-advances-tickets-111254400908>

**STUDENTS** attend free but must register by emailing [uvra@uvic.ca](mailto:uvra@uvic.ca) using their NetLink ID email address to obtain Zoom link.



# University of Victoria

## Retirees Association

# LIVING WITHOUT OIL?

## Presentations to Series Conclusion

Presented by UVic Retirees Association, in partnership with  
the Institute for Integrated Energy Systems (IESVic)

The “Living Without Oil?” series began with a Keynote Address on January 30 when a case was made for “Living Without Oil”. The series progressed on the 4 Saturdays in February (Phase 1) when presenters described the current status of various technologies. These included the hydrogen fuel cell, nuclear, wind energy and wave energy. We continued the series (Phase 2) in March by looking at BC’s future electrification plans and the province’s capability of meeting these needs using hydro generated power. On March 13, Elder Academy postponed the balance of the series due to the COVID 19 pandemic. We are now pleased to offer the remaining presentations as listed below using Zoom software. The series was originally planned to conclude with a moderated panel discussion. However, we have decided to cancel this event and replace it with a lecture as noted.

### WHEN, WHERE, HOW MUCH?

**DATES:** Saturdays, October 3, 17, 24, 31, 2020 (no session on October 10, 2020)

**TIME:** 10:00 am to noon (Zoom entry available starting at 9:45am)

**WHERE:** Online via Zoom

**LINK TO JOIN THE SESSIONS:** Emailed to registrants via Eventbrite

**COST:** \$20.00 for the series

Oct 3: “Review of Presentations Given Prior to Postponement in Mid March”,

Presenter: Dr. John Gunton, UVRA EA

Oct 17: “Energy Storage and Electrification”,

Presenter: Dr. Andrew Rowe, IESVic

Oct 24: “Solar: Cost and limiting Efficiency of Silicon Solar Panels”,

Presenter: Dr. Tom Tiedje, UVic ECE Faculty.

Oct 31: “Impact on Society of Life Without Oil”,

Presenter: David Yager, Energy Policy Analyst and Author

ACCESS TO REGISTRATION, PAYMENT, BIOGRAPHIES OF PRESENTERS AND SESSIONS’ ABSTRACTS ARE AVAILABLE ON EVENTBRITE. PLEASE CLICK:

<https://www.eventbrite.ca/e/living-without-oil-tickets-111932394806>

**STUDENTS** attend free but must register by emailing [UVRAElderAcademyevents@uvic.ca](mailto:UVRAElderAcademyevents@uvic.ca) using their UVic Netlink ID to obtain the Zoom link.



**University  
of Victoria**  
Retirees  
Association

**CLIMATE CHANGE ANXIETY:  
CAUSES, CONSEQUENCES, SOLUTIONS AND  
COSTS  
AN ELDER ACADEMY EVENT**

This series complements the “Living Without Oil” series offered earlier this year. Climate change is insidious; it has occurred since the beginning of time. Is current climate change acceptable? If not, can we effect change: can society stop change or reduce the rate of change? Is reducing the rate of change sufficient? Can we go too far, and cause change we don’t want? What are the costs of attempting it (financial and societal)? What are the costs if we don’t address change? If we fail, what will be the consequences? What makes you anxious about climate change and is this anxiety warranted? You may share some of these questions and perhaps the presentations, which form this series, may provide you with answers.

**WHEN, WHERE, HOW MUCH?**

**DATES:** Saturdays, Nov 7, 14, 21, 28 & Dec 5, 2020

**TIME:** 10:00 am to noon (Zoom entry available starting at 9:45am)

**WHERE:** Online via Zoom

**LINK TO JOIN THE SESSIONS:** Emailed to registrants via Eventbrite

**COST:** \$25.00 for the five-sessions series

Nov 7: “Key Climate Research Activities in the Canadian Centre for Climate Modelling and Analysis, CCCma”,

**Presenter:** Dr. Ellie Farahani, Manager CCCma

Nov 14: “Climate Change an Earth Scientist’s Perspective”,

**Presenter:** Tom Gallagher, Explorationist & Researcher

Nov 21: “The Importance of Oceans to Climate Change”,

**Presenter:** Dwight Owens, ONC

Nov 28: “Is Geoengineering the Naloxone for our Fossil Fuel Addiction”

**Presenter:** Dr. Hadi Dowlatabadi, Professor UBC

Dec 5: “Tackling the Adaptation Imperative: International Best Practices”,

**Presenter:** Dr. Hannah Teicher, Researcher, PICS.

**REGISTRATION, PAYMENT & PRESENTERS’ BIOGRAPHIES AND ABSTRACTS ON  
EVENTBRITE. Please click:**

<https://www.eventbrite.ca/e/climate-change-tickets-111938872180>

**STUDENTS** attend free but must register by emailing [UVRAElderAcademyevents@uvic.ca](mailto:UVRAElderAcademyevents@uvic.ca) using their UVic Netlink ID, to obtain Zoom link.

# ACADEMIC LEVITY: The English Plural

We'll begin with a box, and the plural is boxes,  
 But the plural of ox becomes oxen, not oxes.  
 One fowl is a goose, but two are called geese,  
 Yet the plural of moose should never be meese.  
 You may find a lone mouse or a nest full of mice,  
 Yet the plural of house is houses, not hice.  
 If the plural of man is always called men,  
 Why shouldn't the plural of pan be called pen?  
 If I speak of my foot and show you my feet,  
 And I give you a boot, would a pair be called beet?  
 If one is a tooth and a whole set are teeth,  
 Why shouldn't the plural of booth be called beeth?  
 Then one may be that, and three would be those,  
 Yet hat in the plural would never be hose,  
 And the plural of cat is cats, not cose. We speak of a brother and also of brethren,  
 But though we say mother, we never say methren.  
 Then the masculine pronouns are he, his and him,  
 But imagine the feminine: she, shis and shim!

Let's face it - English is a crazy language.  
 There is no egg in eggplant nor ham in hamburger;  
 Neither apple nor pine in pineapple...

We take English for granted, but if we explore its paradoxes,  
 We find that quicksand can work slowly, boxing rings are square,  
 And a guinea pig is neither from Guinea nor is it a pig.  
 And why is it that writers write, but fingers don't fing,  
 Grocers don't groce and hammers don't ham?

Doesn't it seem crazy that you can make amends but not one amend?  
 If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?

If teachers taught, why didn't preachers praught?  
 If a vegetarian eats vegetables, what does a humanitarian eat?

Sometimes I think all the folks who grew up speaking English  
 Should be committed to an asylum for the verbally insane.  
 In what other language do people recite at a play and play at a recital?  
 We ship by truck but send cargo by ship...

We have noses that run and feet that smell. We park in driveway and drive in parkway  
 And how can a slim chance and a fat chance be the same,  
 While a wise man and a wise guy are opposites?

You have to marvel at the unique lunacy of a language  
 In which your house can burn up as it burns down,  
 In which you fill in a form by filling it out,  
 And in which an alarm goes off by going on.

And in closing..... If Father is Pop, how come Mother's not Mop?