



University
of Victoria

Welcome to New Members

Diane Beglau
Human Resources

**Myrna Ferguson
Cartlidge**
Accounting Services

Dr. Elaine Gallagher,
School of Nursing

Dr. Jeremy Wilson
Department of Political
Science



GREY MATTERS

University of Victoria Retirees' Association

Volume 04/10

UVRA Newsletter December 2010

Editorial

This October, the Events Committee arranged for a trip to share in the Victoria Hindu Parishad Diwali 2010 celebrations. The University Centre Auditorium was packed with anxious parents, excited grandparents, members of the business community as well as members of the Parishad (Hindu local government), BC politicians and curious people like me who wanted to know how harvest time and New Year is celebrated in another culture. Diwali (also spelled Devali in certain regions) or Deepavali, popularly known as the "festival of lights", is an important five-day festival in Hinduism, Jainism, and Sikhism, occurring between mid-October and mid-November. For Hindus, Diwali is the most important festival of the year and is celebrated in families by performing traditional activities together in their homes. This celebration program was rich and colourful; songs, dance skits, and, of course, Bollywood dancing at its finest. To feast our eyes on the beautiful saris, the unstoppable energy of the dancers, singers and musicians and the joy of this season gave an insight into their culture and how their

harvest celebrations are actually similar to ours in the west.

Earlier this year, I joined the UVRA group on a visit to one of my favourite places Point-no-Point. On the way we stopped at the Tugwell Creek Honey Farm and Meadery where we were given a most informative talk by the owner, Bob Liptrot. Members were also treated to a lip-smacking tasting of Tugwell's home-grown wines and honey. If you have not taken the time of late to clear the cobwebs, let the sea air, wind, and crashing ocean waves waft over you then let me recommend Point-no-Point. It is an experience for the mind, body and soul. I am attaching a photo that captures the essence of Point-no-Point so that you can re-acquaint yourself with its ambience. As we get ready for the busy holiday season it is good to have some time to reflect on where we live and the many beautiful points of interest we can get to easily. How lucky we are to live on the west coast.

To all of you and your near and dear ones, we wish you the most happiest of

UVRA Executive Board 2008-09

President, Isobel Dawson

Vice-President, Dave Docherty

Secretary, (vacant)

Treasurer, Kathy Harris

Past President, Lyle Robertson

Benefits, David Clode

Communications, Judy Cryderman

Membership, George Smith

Newsletter Editor, Elizabeth Coey

Special Events: Winona Pugh



In Memoriam

Maurice Tugwell (spouse of Claire Tugwell, Earth and Ocean Sciences) passed away peacefully on October 10, 2010.

Peter Dodd (spouse of Dr. Erica Dodd, Associate Professor, Department of History in Art and Emeritus Fellow at the Centre for Studies of Religion and Society) passed away on November 25, 2010.



Dr. William (Bill) Gordon, Mathematics Department passed away peacefully on December 10, 2010. Bill was a wonderful husband, father and grandfather. A "statesman" for the university, we owe a great debt to Bill for the tireless committee work that helped shape this institution. A gentleman in every sense of the word. Rest in peace Bill.

Our sincere condolences to their families at this time.

holiday seasons and all the best for the coming year. Cheers!



Bits from the Board

Our Board members are currently working on reviewing and updating the Constitution and By-laws, security and maintenance of our membership and data files; we have also revised the UVRA brochure and web site. On September 10, 2010 we hosted the Tri-Universities meeting here at UVic. Both UBC and SFU representatives reported on their upcoming events, membership status and ongoing efforts to facilitate a more reasonable health care plan for retirees. We agreed to pool our resources and to work collectively on this critical issue. At this meeting, the Tri-Universities proposed (and passed) a motion that the UVRA (with assistance from UBC and SFU) will host a CURAC Conference here at UVic in 2012. This will be a major undertaking, attracting retirees from all across Canada to our campus. We hope that many of you will participate in this important event. We are also gearing up to help UVic celebrate its 50th anniversary in 2013. There will be lots of events planned so perhaps you can start thinking of your own reflections and stories about your community here at UVic that you could submit to us for inclusion in the university's archives.

Did you know?

As the university approaches preparations to celebrate its 50th anniversary I thought it might be timely to start a "factoid" column. We all have little/well known facts about UVic and I invite you to share yours with us all. It would be fun as well as interesting to hear recollections of UVic; please email your factoid to

uvra@uvic.ca and I will put them in upcoming newsletters. My hopes are that by 2013 we will have compiled a fairly extensive list of UVic memorabilia.

Did you know that in 1969 there were 3,500 students registered at UVic?

Items of interest to Retirees

Mel Klassen was a volunteer at the Vancouver 2010 Olympics, working in a temporary building on the east side of Canada Hockey Place and has submitted this photo and comments.

The picture is of the east-side marshalling area for spectators, showing the "mag-and-bag" (magnometer scanning and handbag inspection) ticket-check area.



The picture shows a sea of hockey fans, many of them wearing their red-and-white Team Canada jerseys, but a few of them wearing their white-and-red Team Swiss jerseys waiting in the sunshine for admission to a preliminary-round men's ice-hockey game.

The game's final score was Canada 3 - Switzerland 2, but it needed a shoot-out (misses by Sidney Crosby, Jonathan Toews, Ryan Getzlaf) before Crosby scored on his second attempt, to record the win.

Hmm. Think about it -- Crosby, scoring, in overtime -- a foreshadow of the men's Gold Medal game?!

Masterminds 2011

With the generous support of the University of Victoria, the UVic Retirees Association and the Centre on Aging will present a series of four free lectures by UVic retirees from April 6 through April 27. The lectures will be held every Wednesday at 7 p.m. in the Hickman Building, Room 105. **Please register for the lectures by calling 250-721-6369 and plan to arrive early because seating will be limited. If you do not have a parking permit, there is a charge of \$2.00 to park on campus at night.**

April 6 Dr. David Docherty: Move for Health of It: Fun, Fitness, and Mental Functioning

David Docherty is Professor Emeritus in the School of Exercise Science, Physical and Health Education (formerly the School of Physical Education), and was its Director for 15 years. He continues with his research in the areas of Occupational Physiology and Bona Fide Fitness Testing for physically demanding occupations. He has taught Anatomy and Exercise Physiology at the undergraduate and graduate level and continues to review for major journals in the area of exercise physiology. He was the exercise physiologist for both the men's and women's National Rugby teams for many years and directed their strength and conditioning programs, combining the science and the art of training. In addition to developing their fitness programs, he has also coached in both the men's and women's National Rugby Programs, including attending two World Cups with the Men's and Women's National Senior teams. He continues to assist with the University of Victoria Men's rugby program as well as serving as the Chair of Sport Science for the Men's National Rugby program. He has made numerous presentations on fitness, health, and lifestyle, and enjoys the opportunity of sharing his interest and knowledge in the area of physical activity and health.

April 13 Dr. Christopher Barnes, Understanding the Ocean: New Approaches and Early Results from Neptune

Chris Barnes is Professor Emeritus and former Director of the Centre for Earth and Ocean Research and the School of Earth and Ocean Sciences. Currently he is Director of NEPTUNE Canada (2001), the large Canadian ocean mega-project that will help transform the ocean sciences. He has helped secure over \$140 million toward the installation and operation of the world's first regional cabled ocean observatory and leads a staff of over 40 specialists. From 1987-89, he was the Director General of the Sedimentary and Marine Branch of the Geological Survey of Canada. He is a Fellow of the Royal Society of Canada and the National Academy of

Sciences, Cordoba, Argentina. In 1996, he was appointed a Member of the Order of Canada. Chris has served on many boards and councils, including as President of the Geological Association of Canada, the Canadian Geoscience Council, and the Academy of Science of the Royal Society of Canada; also as Group Chair of both Earth Sciences and Interdisciplinary for the Natural Sciences and Engineering Research Council of Canada (NSERC); and as a commissioner of the Canadian Nuclear Safety Commission and a member of the International Ocean Drilling Program and the International Commission on Stratigraphy.

April 20 Dr. Bill Zuk, Spirit of the Arctic: New Directions in Art and Culture

Bill Zuk is Professor Emeritus of art education in the Faculty of Education. He has a long-standing interest in the art and culture of indigenous people, particularly in the Pacific Northwest. Bill's teaching career began among the Inuit of the Canadian Arctic and then a coastal Tsimshian village in British Columbia. He has written numerous articles and co-authored a series of texts called *Art First Nations: Tradition and Innovation in the Circumpolar World*. Their descriptions and interpretations compare traditional and contemporary art forms. Prior to the release of the circumpolar textbook series, Bill collaborated with another colleague to create a set of textbooks focused on the traditional and contemporary art of aboriginal peoples from various geographic regions of Canada and the United States, consulting with aboriginal elders and artists in their role as rightful guardians of knowledge. Bill also played a prominent role in bringing aboriginal artists from circumpolar regions to the 1994 Commonwealth Games in Victoria, resulting in his participation in the making of an award winning documentary film called *Spirit of the Arctic*. His awards include: Award of Merit for best documentary film, Spirit of the Arctic, 1995, Association for Media and Technology, Guelph, Ontario; Post Secondary Excellence Award, 2001, British Columbia Art Teachers' Association, Kelowna, BC; Gaitskell Award for Art and Scholarly Excellence, 2007, Canadian Society for Education through Art, Toronto, Ontario.

April 27 Dr. Janet Storch, Continuing Cuts in Health Care: Ethics and Safety Concerns in Hospital and Home Care

Janet (Jan) Storch is Professor Emeritus in the School of Nursing and served as its Director from 1996-2001, following which she served as Professor and Chair of the Human Research Ethics Board at UVic until 2005. Prior to her appointment at UVic she was Dean of Nursing at the University of Calgary. Throughout her career Jan has been actively involved in teaching, research, publication and community service in bioethics, health ethics, nursing ethics and research ethics. She continues to be actively engaged with her research team on funded studies in nursing ethics, and has lead the revision of the Canadian Nurses Association Code of Ethics for the past three revisions (1997, 2002, 2008). She has also been involved with the Canadian Patient Safety Institute and is a member of a team involved in Pan-Canadian research on patient safety in home care. She serves as Chair of the Health Canada and Public Health Agency of Canada Research Ethics Board, Co-Chair of the BC Ministry of Health Ethics Consultation Committee, President of Luther Court Society, and is a member of the Vancouver Island Regional Ethics Committee as well as Mount Saint Mary's Ethics Committee.

*Submitted by: Beverly Timmons, UVRA
Masterminds Coordinator and Victor Neufeldt*

Retirees in the News

Michiko Warkentyne, and co-author Judith Patt, formerly of the History in Art Department, have just published a book **Haiku Japanese Art and Poetry**. The book has 34 pictures of Japanese woodblock prints and scroll paintings from the Art Gallery of Greater Victoria Collection provided by Asian Art Curator, Barry Till. The contents are divided into four seasons; each image goes with appropriate haiku calligraphy, transliteration in romaji, and English translation of the haiku. The books are available at the Art Gallery's Gift Shop with proceeds from the sales entirely donated to the Art Gallery.

United Way Campaign 2010

In today's economic climate the various agencies supported by the United Way need our help more than ever.

The UVic Campaign, under Campaign Chairs Nikki Macdonald and Peter Keller, is well on its way to meeting its target of \$280,000.00. As of November 26 the total stood at \$229,696, 82% of the goal, with 480 donors. 51 of 68 retirees who initially were sent pledge forms have responded to date.

To those of you still planning to contribute, the sooner you send in your donation the sooner we will know that we have once again reached our target.

If you wish to print off a pledge form, complete it and return it to UVic-United Way Campaign, Accounting Services, PO Box 3040 STN CSC, Victoria, BC, V8W 3N7

OR, if you wish to donate online: go to the address below and follow the links under "Donations". Please ensure that you note under "Department" that you are a member of the UVic Retirees Association so that United Way can credit UVic towards its total for this year.

<http://www.unitedway.uvic.ca>

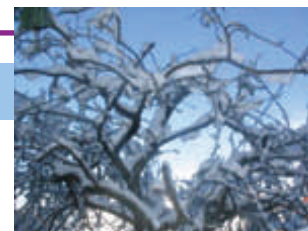
Many thanks to all who have donated. Your support will be greatly appreciated by those less fortunate who receive help from an agency supported by United Way.

Also, congratulations to Martin Hocking, Peter Darling and Otfried Spreen, winners of weekly draw prizes to date.

*Victor Neufeldt
UVRA Representative
United Way Campus Campaign Committee*

Items of interest to Retirees

The Centre for Studies in Religion & Society and the Centre on Aging are sponsoring a film series. You can check on upcoming films at www.carc.uvic.ca
January 28, 2011—**Harry and Tonto**,
February 25, 2011—**O'Horten**,
March 25, 2011—**The Savages**,—Free and Open to the Public.



Physical Activity and Wellness Corner

In the last edition of the newsletter I addressed the challenge of losing weight through physical activity. In this edition I will address the issue of determining if your body weight is healthy and some things you can do to get it to a healthy level. Excess body weight from being over fat is referred to as obesity which is now considered a global epidemic by the World Health Organization (WHO). Being over fat is associated with increased risk of heart disease, high blood pressure, joint problems, back pain, and the growing incidence of type II diabetes and even some cancers.

Measuring healthy body weight

Most of us are familiar with the term body mass index or BMI. It is calculated by dividing your mass in kilograms by your height in metres squared (kg/m^2). You can simply find your BMI by going to a number of web sites such as <http://www.nhlbisupport.com/bmi/>. Based on the number that is calculated you can roughly determine if you are in an "at risk category". If you are between 18.5 and 24.9 you are not at risk; 25-29.9 you should think about losing some weight; and 30 and over definitely consider losing some weight. Of course such a gross measure can be misleading, much like the old life insurance charts that indicated what you should weigh based on your height. If you have a large muscle mass rather fat mass you will have a high BMI but would not be considered at risk. BMI is usually used when looking at large groups of people and gives a good idea of population trends but does not always work for individuals. In addition it is not just the amount of fat we carry but where it is located that is related to health risk. Abdominal fat is more associated with risk than fat in other areas of the body.

Consequently many health authorities recommend the inclusion of waist circumference (WC) in addition to BMI when assessing health risk due to being overweight. Just to be clear WC is measured as the widest part of your abdominal area and not sucked in! According to WHO, men are at low risk of health problems if they are less than 91 cm (37"); increased risk from 91-101 cm (37"-40"); and at high risk if over 101 cm (40"). Women are at low risk if they are less than 80 cm (31"); increased risk from 80-87 cm (31-34"); and at high risk over 87 cm (34"). So, all you need is a tape measure. Or you can try the UVic fat test where you stand naked in front of a mirror with a stop watch, jump up and down and stop suddenly, start the watch and time how long it takes you to stop moving. Greater than 10 seconds puts you at risk!!

What to do if you want to lose weight

The general tendency is to become less active as we get older but keep the same diet. Consequently, many of us weigh heavier now than we did when we were younger. It

has been estimated that the average North American male puts on 1 lb of body weight per year between 25 and 55 years of age which of course amounts to a total of 30 lbs of body weight. Unfortunately they also lose 15 lb of lean body mass (muscle) which suggests they put on 45 lbs of body fat. We usually notice this by having to adjust our belt or gradually wearing our pants lower. Not always a pretty sight, especially if you are a plumber!

In the last newsletter I showed how hard it is to lose weight through exercise alone and recommended a combination of physical activity and diet. However, diets generally don't work in the long term because they are hard to sustain due to the restricted calories and the tendency to cause loss of muscle which affects the number of calories you burn when not exercising or being physically active (your basal metabolic rate or BMR). So the suggestion is that you take a long term approach to weight loss by reducing your caloric intake to something you can live with. For example, I reduced my caloric intake by having only one piece of toast (160 calories) for breakfast rather than two, dropped the chocolate covered granola bar at lunch (180 calories), and the cookie at bedtime (50 calories) for a total of 290 calories in the day. Over 4 weeks this amounts to 8120 calories or over 2 lb of weight loss. If I increase my activity as well I can lose more weight in a healthier way. I also try and adjust my diet based on how active I am. If I know I am going to be a bit sedentary for some time I resist the odd desert and extra drink. It really is a matter of avoiding foods high in calories and low in nutritional value or empty calories (yes, usually the things that taste the best). I do believe in moderation in most things and a little bit of what you like is fine.

Increasing your BMR

Because most of the calories we expend tend to be the result of our BMR, we can help control our body weight by changing our BMR, which is best done through resistance training. However, this is not the only benefit to be gained by resistance training. In the next newsletter I will talk about the benefits of resistance training and how it can easily be included in your physical active lifestyle.

Submitted by; David Docherty, Ph.D. Professor Emeritus School of Exercise Science, Physical and Health Education.

Email comments/suggestions to: <angdave@shaw.ca>

UVic RETIREES ASSOCIATION / EVENTS / JANUARY - MAY 2011

JANUARY 24 Monday 9:00 a.m. Day Trip: Museum of Anthropology, University of British Columbia. The Museum of Anthropology at the University of British Columbia is world-renowned for its collections, research, teaching, public programs, and community connections. It is also acclaimed for its spectacular architecture and unique setting on the cliffs of Point Grey. MOA has just completed a major expansion and renewal project which includes the completion of the reflecting pool envisioned by MOA's architect, the late Arthur C. Erickson, and landscape architect Cornelia Hahn Oberlander. Visit www.moa.ubc.ca The trip includes transportation from the Tsawwassen Terminal to MOA, catered lunch at the Sage Bistro, museum admission and guided tour and return transportation to the Ferry. Cost is \$60.00 per person. Members are encouraged to car pool to Swartz Bay for the 9:00 a.m. ferry and are responsible for parking charges at the BC Ferry Terminal. Ferry fare is free to members over 65. Tour is limited to 36 (or 48?) registrants. Members can expect to return to Victoria 7-7:15pm.
Register by: January 10. Charge: \$60.00 per person

FEBRUARY 17 Thursday 12 Noon. Chinese New Year Buffet Lunch and Presentation. Crystal Jade (801 Vernon Avenue). This is our 13th annual Chinese New Year celebration. We are trying something different this year – a buffet lunch.
Register by: February 3. Charge: \$14 per person.

MARCH 24 Thursday 11.00 a.m. Ross Bay Cemetery and Ross Bay Villa.
Step back in time with a visit to the Ross Bay Cemetery and the Ross Bay Villa. The Ross Bay Cemetery tour includes the stories of some of British Columbia's most prominent people as well as the folklore, symbolism and customs associated with cemeteries. Then learn about the careful restoration process that has brought the historic Ross Bay Villa from planned demolition back to its original elegance. Meet in front of the Peoples Drug Mart in Fairfield Mall, dress for varied weather and three hours of walking.
Register by: March 10. Charge: \$10.00 per person.

APRIL 19 Tuesday 10:00-11:30 a.m. Walk: Tod Creek Trail to Tod Inlet.
Interesting to naturalists and historians, this easy-to-moderate walk provides exceptional wildflower viewing and glimpses of the lives of the workers who supported the Butchart cement plant in the early 1900s. Carpooling will be arranged. Meet at the Tod Inlet access on Wallace Drive (south of Benvenuto Avenue). Parking is limited. Lunch with the group at Tia's Heritage Café. (not included). Please bring a water bottle and wear hiking or walking shoes.
Register by: April 4. Charge: \$5.00 per person.

MAY 18 Wednesday 9:00 a.m. Day Trip: Saturna Island
This will be a driving tour around Saturna including Mount Warburton Pike, East Point, and Winter Cove for picnic lunch. **Car pooling will be required.** 60% of Saturna is within the newly-established Gulf Islands National Reserve of Canada. A local certified National Park guide may be available at key locations.

Schedule: 9:00 a.m. Ferry from Swartz Bay to Saturna Island.
4:10 p.m. Ferry from Saturna Island to Swartz Bay
6.10 p.m. Arrive back at Swartz Bay

Note: Warm clothes and good walking/hiking shoes are required. This daytrip would not be suitable for anyone with any major mobility issues as some walking will be required over uneven ground. Further details will be provided to those who register.

Register by: May 4. Charge: \$5 plus Car/Ferry ~\$33/Return, plus Gas (share expenses with driver); Passenger Ferry fare free with Gold Card. Bring a picnic lunch. **Limit: 40 (10 cars) + Waitlist.**

PROPOSED EVENTS:

Please indicate your **interest** on the form at the bottom of the enclosed Events **Registration Forms** sheet. Also indicate “double, single, or will share.”

Deadline: January 7, 2011 (forms to be available on the UVRA website and in the UVRA Office))

Do **not** include money at this time. Interested members will be contacted and plans will be finalized by the **end of January 2011**.

MAY 6-8, 2011 (Friday-Sunday).

West Coast Adventure: Gold River and MV Uchuck III. Limit: 30 + Waitlist.

Each year the MV Uchuck 111 (a former 136' WWII Yard Minesweeper) sails from its home port of Gold River to Victoria for its annual refit. During the year the Uchuck serves as a small packet freighter to communities in Nootka Sound and points north. On the trip to Victoria for annual refit, the Uchuck will accept **30 passengers** to join the crew on the journey to Victoria (down Nootka Sound into the open Pacific Ocean). If 30 UVRA members are interested in embarking on this adventure, we could book the whole boat and possibly persuade the Captain to make a short stop in Friendly Cove on Nootka Island.

Price: Subject to change. Will be set in January 2011. Very good value.

(2010 rate) **\$700/Couple** (double occupancy) or **\$425/Single Room** (single occupancy).

Includes: Train (to Courtenay), **bus** (to Gold River), **motel** (Gold River), **B&B** (Bamfield, with **dinner and breakfast**), and **boat** (to Victoria).

Extras: 3 Lunches and 1 Dinner .

Schedule:

May 6 8:00 a.m. **Train** departs from **Victoria** (Via Rail Station)
 12:30 pm Arrive in **Courtenay**; met by chartered **bus**

Lunch at own cost in local restaurants during brief stop in Courtenay

 5:00 p.m. Bus arrives in **Gold River**

Accommodation at motel in Gold River (One of two better-class)

Dinner at own cost at local restaurants within walking distance of motel in Gold River.

May 7 6:00 a.m. **Depart Gold River on MV Uchuck.** Light continental breakfast likely available at motel prior to departure. Breakfast and lunch available at own cost from galley on the MV Uchuck.

 4:00 p.m. Arrive in **Bamfield**

Accommodation at B&Bs in Bamfield (Two people—better-class)

Dinner at B&Bs.

Breakfast at B&Bs.

May 8 8:00 a.m. **MV Uchuck III** departs from **Bamfield**

Lunch at own cost available from galley on MV Uchuck.

 6:00 p.m. Arrive at **Victoria** (Point Hope Shipyard, downtown)

NOTE: The MV Uchuck is a working ship; it is not a cruise ship. Some of the trip is in open waters. This trip is not recommended for those easily susceptible to motion sickness or those with mobility problems as there are several steps between decks (no elevators!). Also, one must embark and disembark via gangways. If the weather is good and the seas are calm, it should be a joyous trip to remember, if not, it may still be a trip to remember, but not with much joy.

PLEASE NOTE. Cancellation Policy: Refunds for amounts over \$5 will be provided when requested prior to the registration deadline or at the discretion of the Executive.

The Events Committee listed below thanks all the Members who suggested the above events.

Committee: Winona Pugh (Chair), Bob Allen, Trudy Byers, Jim Curry, Trevor Matthews, Donna Mollin.

Feedback / Suggestions: UVRA Office (250-472-4749, uvra@uvic.ca).