



**University  
of Victoria**

**Retirees  
Association**

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

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

Website: [uvic.ca/retirees](http://uvic.ca/retirees)  
Email: [uvra@uvic.ca](mailto:uvra@uvic.ca)  
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# Grey Matters!

FALL 2023



## Dalmatian Cruise

### NEWS FROM THE BOARD

#### Note from the President

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Welcome to another fall term and a new academic year. I hope everyone had an enjoyable summer.

In August, Margaret Klatt and I had our much-delayed Zoom meeting with Chris Horbachewski, UVic's VP External Relations, to discuss our goals for a closer relationship between UVic and UVRA, including some improvements to our current (2018) MOU. It was a very cordial and productive meeting.

We opened by emphasizing the many connections that our members have to UVic, and the many services they provide, mostly on a volunteer basis, as revealed by the member survey that we conducted last year.

Areas mentioned included the active participation by UVRA members who assist with UVic research and events, our significant financial donations, and support for campus facilities such as Farquhar, the Phoenix Theatre, and the University Club.

November, 2023

## NEWS FROM THE BOARD (2 of 2)

Our hope is that a revised MOU could strengthen these connections, and we hope to negotiate this with UVic in the coming months.

Our main goals are to achieve consistency in access to UVic services for retirees, and to start accurate tracking of retiree donations to UVic, as is done for our United Way contributions. We had hoped that an improved MOU might see UVic support retirees' research with internal research grants and travel grants, as UBC does, but this will need to await a better fiscal climate.

As some of you may know, the global pandemic greatly reduced UVic's overseas student enrollments, and the University's financial situation is very difficult at present. As a result, over the summer UVic had to withdraw funding for the paid staff that supported the all-volunteer Speakers' Bureau, which featured many of our members.

On a more positive note, with updated Covid boosters now here, we are restarting in-person social events and educational/information activities, to help us rebuild personal connections after the pandemic.

We particularly want to reach out to new retirees from the past three years, of whom I am one (2020), because you missed our usual ways of welcoming new members. If you have not attended in-person events recently, or ever, please consider coming to the Christmas Lunch and other events that will be announced in our weekly Friday email. And, if you have suggestions for in-person social or other events that might appeal to UVRA members, please pass this information along to the office ([uvra@uvic.ca](mailto:uvra@uvic.ca)).

Welcome to our new members, listed in this issue. Congratulations on your retirement, and thank you for joining UVRA! I look forward to meeting you, whether by Zoom or in person, in the coming months

*Rebecca Warburton*

Reminder:

We still need to recruit a Vice-President and Secretary. I ask all UVRA members, including current and former Board members, to reach out to any retirees you know who might be able to fill these positions, or to serve as regular members of the Board. The Board has the power to appoint new members to fill board vacancies at any time, and I ask everyone reading this to consider volunteering. Meetings are every two months, so the time demand is modest, and your efforts will really help UVRA serve members.



## This might interest you

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

**Among the items currently occupying our agenda are:**

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

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

UVRA urgently needs to find nominees for Vice President, Benefits Chair, Events Coordinator, Board Secretary, MasterMinds Lead, and United Way Representative. The current incumbents will be happy to show you the ropes.

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

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

*Peter Liddell*

Chair, UVRA Nominations Committee  
My email is: [pgl@uvic.ca](mailto:pgl@uvic.ca)

# EDITOR'S NOTES

The Mini Med School (MMS) event is a series of 6 free lectures, held in November 2023 and January and February 2024 this year, delivered by medical students on topics of interest to the public.

Its purpose is to put the students in situations where they can work on developing presentation and explanation-related skills. Through Q&A at the lectures and questionnaires voluntarily completed by the audience, they are able to find out if their explanations and presentations yielded the intended results. And, if not, how it could be remedied.

For the attendees, it is a rare opportunity to be able to participate in helping future doctors learning how to better communicate with them. It also provide them with timely and up-to-the-minute accurate information on topics of interest to them. (7-10)

Part 2 of Zulette Gordon's trip—the Dalmatian Cruise—is on pages 12 to 25. This catamaran type of trip makes it possible to pack/unpack only once and sleeping in the same bed all the time, yet be in a different place daily. Beautiful pictures of the various sites visited.

You are invited to participate in a UVic study whose aim is to “understand how attention guides our visual system to process everyday objects.” Participants receive \$30.00 and bus fare for 2-2.5 hour single session. ( 11)

UVRA's annual Christmas Lunch will be held on December 13, 2023 this year at the University Club. (26)

# WELCOMING NEW MEMBERS

## Zulette Gordon

**JULY 1, 2023 TO OCTOBER 31, 2023**

BANERJEE, Sikata

GNDR

CAMPBELL, Keith

Facilities Management

CROIZIER, Ralph

History

PELTON, Tim

EDCI

PERKS, Stephen

Law

SEITZINGER, Sybil

Environmental Studies

WALKER, Deborah

Development

WALSH, John

Educational Psychology (EPLS)

YORE, Larry

Curriculum and Instruction  
(Faculty of Education)



# Scholarships

The 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 scholarship annually provides:

Two awards, of \$1,000.00 each, are given to academically outstanding graduate students, with preference to PhD students, whose area of study is focused on adults aged 55+ and who are working with the Institute on Aging and Lifelong Health. Selection of each recipient will be based on a statement that explains the intent and impact of their research (max 500 words).

Preference is given to students who have received no other awards or whose total award funding in the academic year does not exceed \$5,000.

Approval of each recipient is made by the Faculty of Graduate Studies Graduate Awards Committee upon the recommendation of the Institute on Aging and Lifelong Health.

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>

# MINI MED SCHOOL

## The UVic Island Medical Program

The University of British Columbia (UBC) MD Undergraduate Program (MDUP) is based on a distributed model of education and is comprised of four geographically distinct sites, including the Island Medical Program (IMP) at UVic.

The Mini Med School (MMS) has now been running for several years and the UVRA has been a strong supporter of the program. In essence, the MMS can make up part of the medical degree requirements as part of the FLEX course that runs during 1st, 2nd and 4th year. The MMS involves presenting a series of presentations on a variety of medical topics by medical students enrolled in the UBC Medical Program at any location and asking a related research question. It provides an opportunity for medical students to practice giving presentations and interacting with the community and general public. In addition, it helps the attendees to better communicate with their health care providers and gain insight into the health care system.



The concept was conceived by Dr. Jane Gair who is a Teaching Professor in the Division of Medical Sciences at UVic and is also a Case-Based Learning (CBL) Site leader and Tutor Trainer. She has done a number of presentations for the UVRA Elder Academy on Genetics and the Genome. She came up with the idea to do an MMS as an off-shoot of a program she was directing at UVic called “Let’s Talk Science (LTS)”. This program, and a sub-program she created called “Let’s Talk the Science of Medicine”, provided opportunities for the medical students to gain course credit for developing and delivering scientific talks to the general public and provide education and outreach.

A couple of students, who had been part of the LTS program, wanted to do something more than what was possible in these programs and so Jane developed the concept of the Mini Med School. In essence, she wanted to create a program of lectures that the students could deliver as a group and ask a research question associated with that endeavour. MMS is something she was aware was offered by other medical schools, including UBC. Since UVic is a distributed site of the UBC Medical Program, the Greater Victoria community did not have access to the MMS Program they were offering.

Dr. Gair decided to start an MMS Program at UVic that was also different from the one offered by UBC. In particular, she wanted the IMP Program to be student-run and delivered. The program also provided an opportunity for local UVic and larger Vancouver Island community members to meet the students, become aware of the IMP, and allow the medical students to practice giving presentations and interacting with the community and general public.

The first MMS was offered in conjunction with the UVRA Elder Academy series and proved to be a great success. The lectures were held in person in the Medical Sciences Building at UVic and attracted 75 registrants. In addition to presenting six lectures the two students included a research question that examined if the information enhanced the health literacy of the participants. The paper was subsequently published in a refereed journal. Dr. Gair found working with the UVRA and the Elder Academy was such a positive experience for everyone involved! The two students gained valuable skills in developing and delivering talks, doing research, writing a manuscript, and interacting with their potential future patients.

Based on this initial success the Island Medical Program has offered an annual MMS whenever possible. Unfortunately, COVID hit in 2020 which resulted in moving the delivery of the program to a Zoom platform. This has allowed for a few benefits in that the talks can be recorded and watched later, it eliminated the need for parking on campus, and made the program more accessible to people with mobility issues. The format has also allowed students from the other UBC medical school locations (like Vancouver) to be involved.

This year there will be a two-person team of 2nd year medical students delivering the MMS. One of them is a local IMP student (Michael Smith) and the other is a Vancouver Fraser Medical Program (VFMP) student (Derek Anderson).

Michael



Derek





Their talks will be delivered online via zoom starting in November and ending in February. They will be asking another exciting research question related to participants having their questions answered effectively. The feedback from past participants, which has included many UVRA members as well as UVRA Elder Academy members from the Greater Victoria area, has been very positive.

The MMS provides an excellent opportunity for the public to gain more insight into a variety of medical issues and insight into the health care system which at times can be confusing and complicated.

If you are interested in attending all or some of the presentation you should check the poster in this edition of *Grey Matters!* which provides a list of the topics, dates and times, as well as the registration procedures. [See below for the topics of each presentation.]

**Attendance is free but you do need to register.**

Article Submitted by Dr. Jane Gair and Dr. David Docherty

### **TITLES AND DATES OF THE SIX PRESENTATIONS**

Saturday, November 18th, 2023 - New Canadian Alcohol Use Guidelines

Saturday, November 25th, 2023 - Accessing a Family Doctor in BC

Saturday, January 13th, 2024 - Skin: Conditions and Concerns

Saturday, January 20th, 2024 - Depression in the Elderly

Saturday, February 3rd, 2024 - Ozempic and other GLP-1 Agonist

Saturday, February 10th, 2024 - Artificial Intelligence (AI) in Health Care

### **REGISTRATION**

<https://forms.gle/GVEZ9i68DbfEgMuW9>

# Mini Med School Lecture Series

**Confused about the new Canadian recommendations for alcohol use?**

**Want to know more about finding a Family Doctor?**

**Curious about the role of artificial intelligence (AI) in health care?**

Join two second-year students from UBC's medical school as we address the topics above and more, including common and concerning conditions of the skin, depression in the elderly population, and the role of Ozempic and other GLP-1 agonist medications. Everyone is welcome to attend any or all of the six talks we will be giving during November, January, and February.

**Presenters:** Michael Smith (IMP) & Derek Anderson (VFMP)

**Dates and registration:** Please see topics and dates on our  
registration form at: <https://forms.gle/GVEZ9i68DbfEgMuW9>

**Where:** Online via Zoom (links/instructions provided via email after registration)

**For more information, please contact:** [uvicminimed@gmail.com](mailto:uvicminimed@gmail.com)

**Faculty Contact:** Dr. Jane Gair, Island Medical Program, [jgair@uvic.ca](mailto:jgair@uvic.ca)

Interested attendees can choose to participate in optional surveys before and after the lecture series as part of a research project to evaluate the effectiveness of Mini Med School in addressing questions from its participants.



# Participants Needed

For UVic Psychology Research Study



University  
of Victoria  
Psychology

## Research Description

The aim of this study is to understand how attention guides our visual system to process everyday objects. In this study, you will look at various pictures of objects on a computer screen and make judgements about them while your eye movements are recorded using a remote eyetracking system.



## Participation Requirements

- 65+ years of age
- Fluent English speaker
- Normal or corrected-to-normal vision (no bifocal lenses)
- No severe visual impairments (i.e., a prescription of +/- 5.00 or higher)
- No history of psychiatric or neurological disorder or head injury

Participation only requires 2 - 2.5 hours of your time for \$30 compensation plus transit costs.

If you are interested in participating, please contact:



(250) 472 - 5014



[uvic.mva.lab@gmail.com](mailto:uvic.mva.lab@gmail.com)



**Location:**  
University of Victoria



**Principle Investigators:**  
Dr. Tarek Amer, Assistant Professor, University of Victoria  
Dr. Jordana Wynn, Assistant Professor, University of Victoria

# Rome, Dubrovnik, Split and our cruise through the Dalmatian Islands

Zulette Gordon (page 1 of 14)

## PART 2 DALMATIAN ISLANDS CRUISE

**May 13**

We boarded our chartered catamaran - the *Adriatic Lion* - in the afternoon at Kastel Gomilica Marina near the main port of Split. It has 5 ensuite cabins for 10 guests [we were 9] and a crew of 3.



Our catamaran is the big one on the left of the picture above.



We celebrated my granddaughter Erica's 20<sup>th</sup> birthday after we boarded.

We sailed to the port of Milna on the island of Brac the evening of the 13th.



# Rome, Dubrovnik, Split and our cruise through the Dalmatian Islands

Zulette Gordon (page 2 of )

## May 14

We went for a walk around the island followed by a tour by van of Brac, including the fogged in summit, a stonemason school, and an olive oil museum.



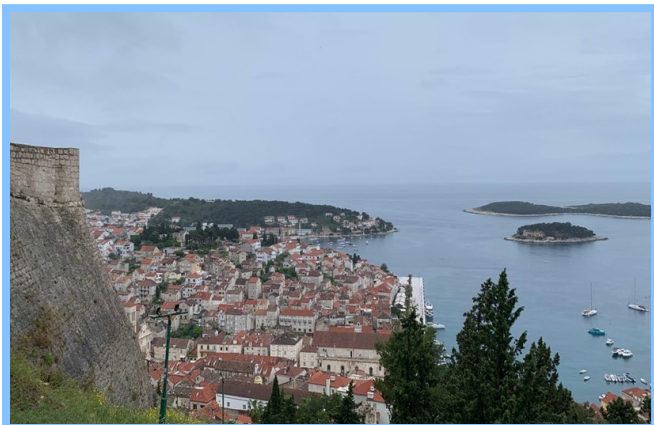
# Rome, Dubrovnik, Split and our cruise through the Dalmatian Islands

Zulette Gordon (page 3 of 14)

## May 15



Our breakfast spread on the ship



After lunch we took a quick dash across to the island of Hvar, when there was a one-hour break in the size of the waves [they had been 6 metres!]

There were a number of other boats making the mad dash.

We took a scenic van tour to the town of Hvar.



# Rome, Dubrovnik, Split and our cruise through the Dalmatian Islands Zulette Gordon (page 4 of 14)

## May 16

This afternoon we had a tour of 3 wineries on the island.



We liked this one best.

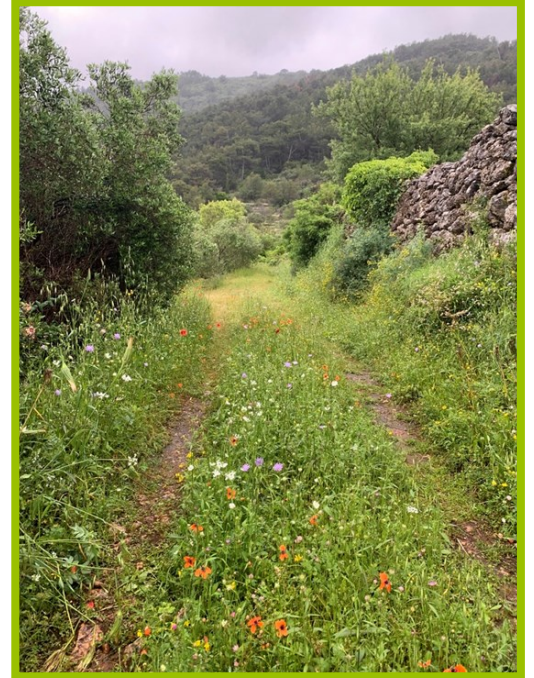
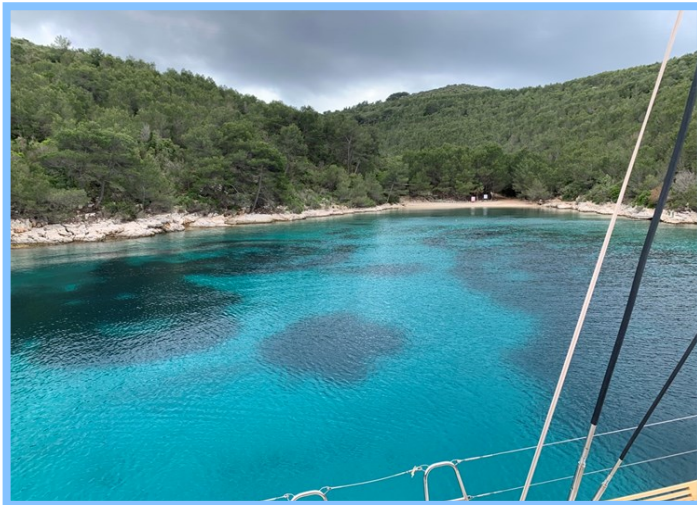
# Rome, Dubrovnik, Split and our cruise through the Dalmatian Islands Zulette Gordon (page 5 of 14)

## May 17

The sun came out at last!

The early birds went for a walk on Hvar, before we set sail for the next group of islands, called Pakleni Otoci, located SW of Hvar. They are in the shape of a sea serpent.

We had lunch in a beautiful bay on Hvar before we crossed to the new islands.



Sailing!



I was finally brave enough to climb to the flybridge. Here I am with my pina colada.



# Rome, Dubrovnik, Split and our cruise through the Dalmatian Islands Zulette Gordon (page 6 of 14)

## May 18

Early birds went off for runs and or walks and coffee again, leaving on the catamaran's zodiac.



Our beautiful anchorage



# Rome, Dubrovnik, Split and our cruise through the Dalmatian Islands Zulette Gordon (page 7 of 14)

May 18 continued

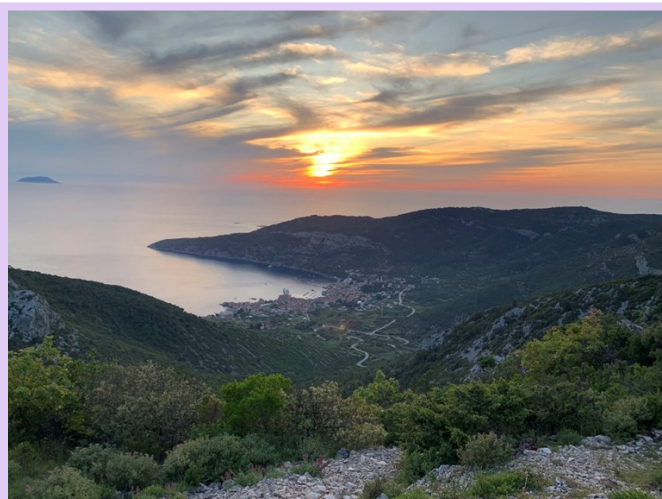


Six swam from the ship before lunch, while others sunbathed.

After lunch, we sailed to the island of Vis, where we took a tour of the island. We first went to St. George's Fort, which had a great view of the bay and we had wine from the island of Vis.



We saw a sunset from the top of Vis and had dinner onshore before we reboarded.



We also saw tunnels and hidden fortifications, including a sea cave for boats

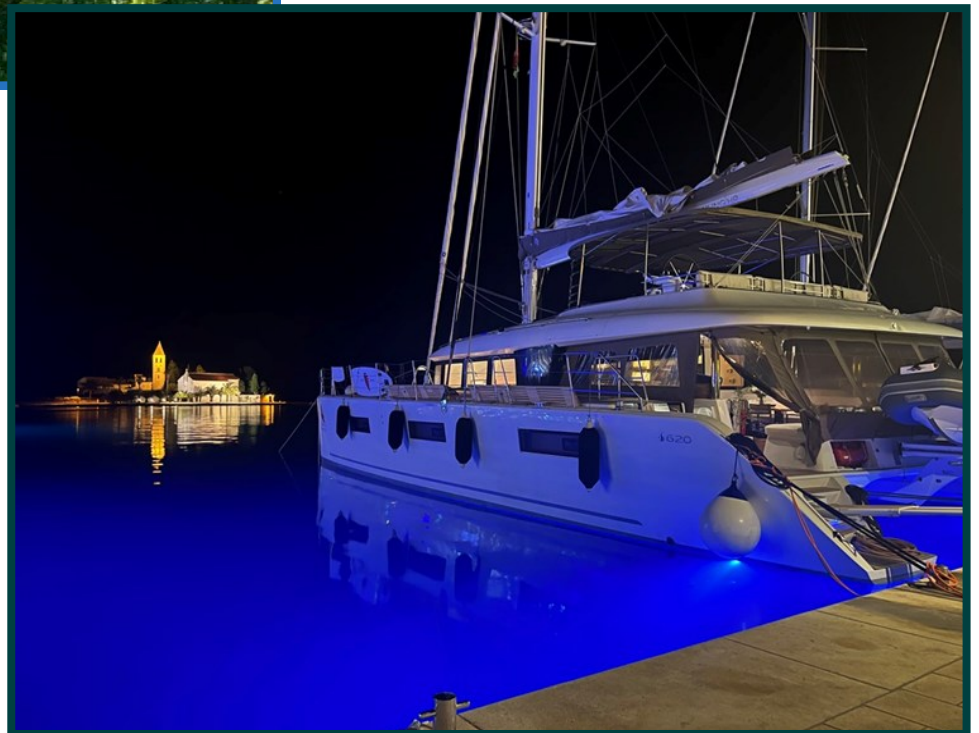
**Rome, Dubrovnik, Split  
and our cruise through the Dalmatian Islands  
Zulette Gordon (page 8 of 14)**

**May 18 continued**

Sea cave for boats



Photo taken as we reboarded.



# Rome, Dubrovnik, Split and our cruise through the Dalmatian Islands

Zulette Gordon (page 9 of 14)

May 19

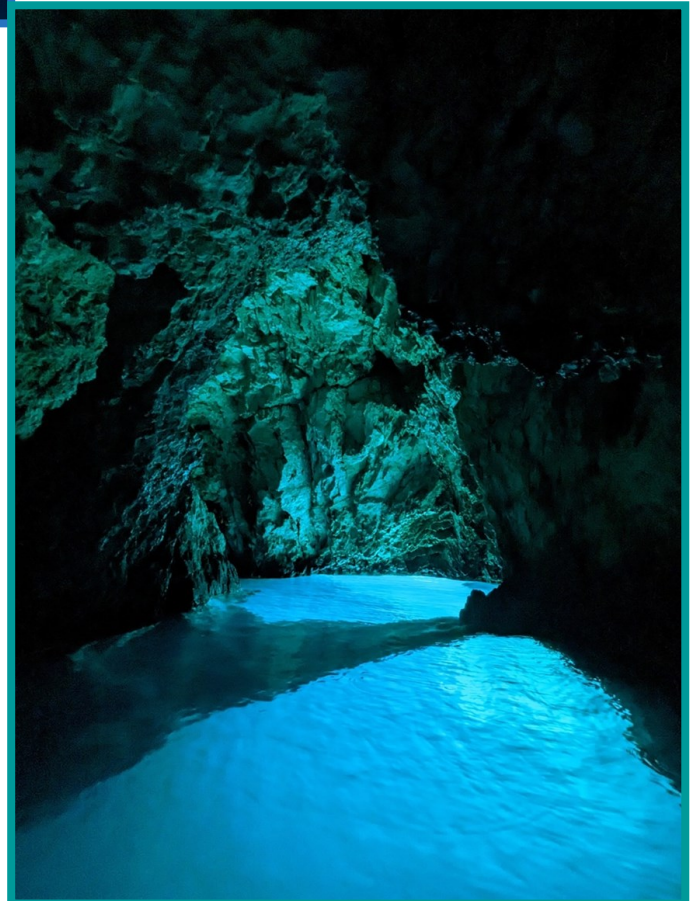


The youngsters went on a zodiac tour to a number of caves and beaches on the small islands nearby. One of the beaches had a cute little micro beach bar. On the tour, they saw more hidden fortifications as they went around Vis.

Fortunately, it was judged too difficult for a nearly 83 year-old. But the others took pics.

The picture above was the previous tour group.

Meanwhile, I took pictures of our ship and what I could see from the deck.



# Rome, Dubrovnik, Split and our cruise through the Dalmatian Islands Zulette Gordon (page 10 of 14)

## May 19 - pictures of our ship



# Rome, Dubrovnik, Split and our cruise through the Dalmatian Islands Zulette Gordon (page 11 of 14)

## May 19 - leaving Vis



We took one last look  
around Vis before  
leaving.



In the afternoon we sailed back to a cove near our  
original dock in Split.

The picture on the right was taken from the  
ship that night.



# Rome, Dubrovnik, Split and our cruise through the Dalmatian Islands Zulette Gordon (page 12 of )

May 20, Split

I checked in to our Split hotel in the old town, with my daughter Maureen and her husband Kevin.

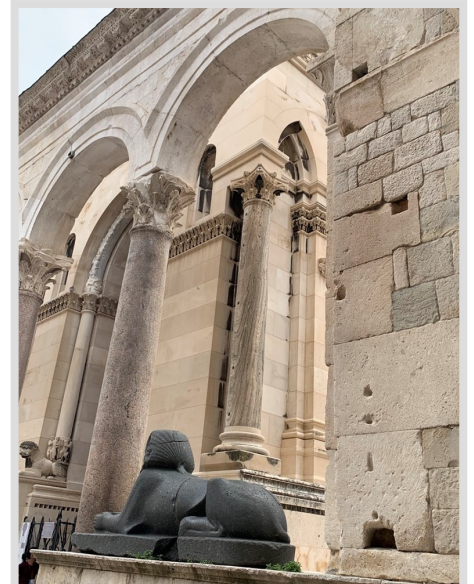
This is the balcony outside the entrance. Note the people going by in the street below.



We explored a bit before having lunch nearby.



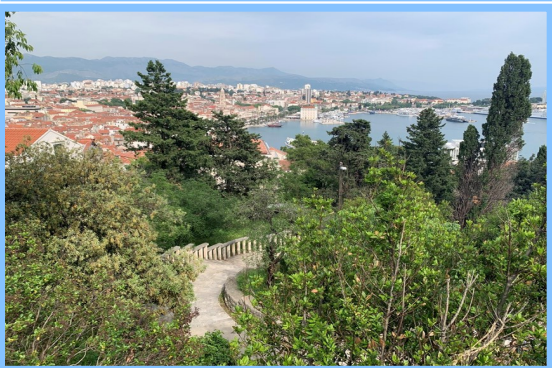
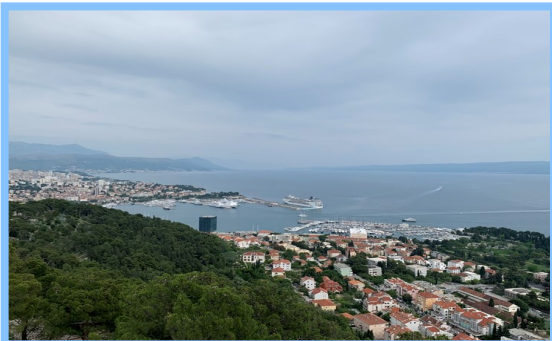
A Sphinx from Ancient Egypt



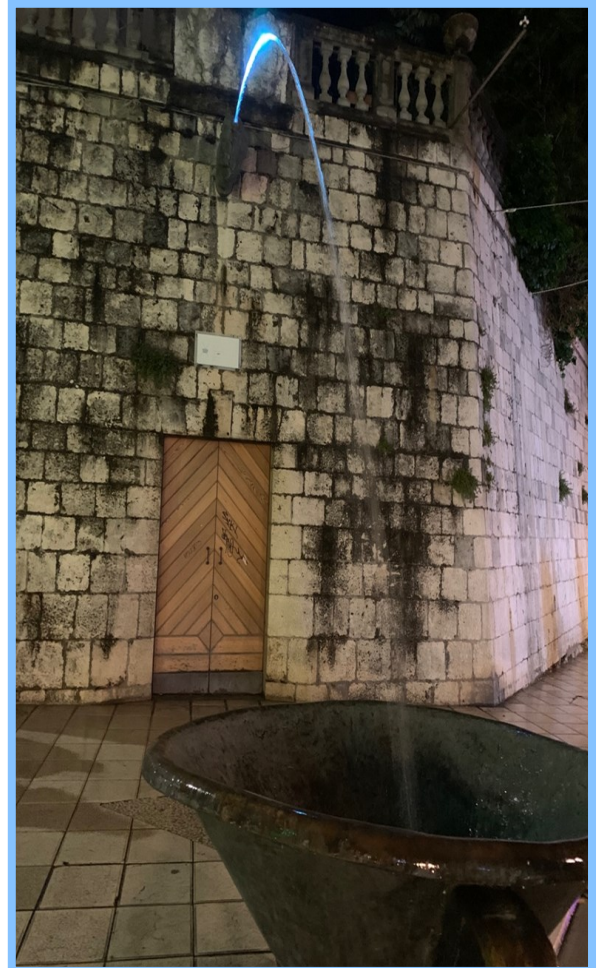
# Rome, Dubrovnik, Split and our cruise through the Dalmatian Islands

Zulette Gordon (page 13 of 14)

## May 20 - Split, continued



Photos  
taken later from  
a hill above Split.



A new fountain, seen on my last walk on the 20th.



# Rome, Dubrovnik, Split and our cruise through the Dalmatian Islands Zulette Gordon (page 14 of 14 )



May 21

We left Split by the Main Gate.

Then M&K and I flew to Frankfurt, staying in the airport hotel overnight, and flew back to Vancouver and Victoria.

The route the cruise took is in black. The red lines on the map were the plan which had to be changed due to the weather.



## 2023 CHRISTMAS LUNCH

**WHEN?** December 13, 2023

**WHERE?** University Club

**TIME?** 11:30am to 2:00pm

**SEATING/REGISTRATION:** from  
11am

**COST?** \$60.00 includes tax and gratuity  
but excludes bar drinks.

**TICKETS:** Each member can purchase a  
maximum of 2 tickets.

**DEADLINE FOR REGISTRATION:**

November 24, 2023

**LAST DAY TO BE REFUNDED FOR  
A CANCELLATION:**

November 24, 2023

**QUESTIONS?** [uvra@uvic.ca](mailto:uvra@uvic.ca)

