



**University  
of Victoria**

**Retirees  
Association**

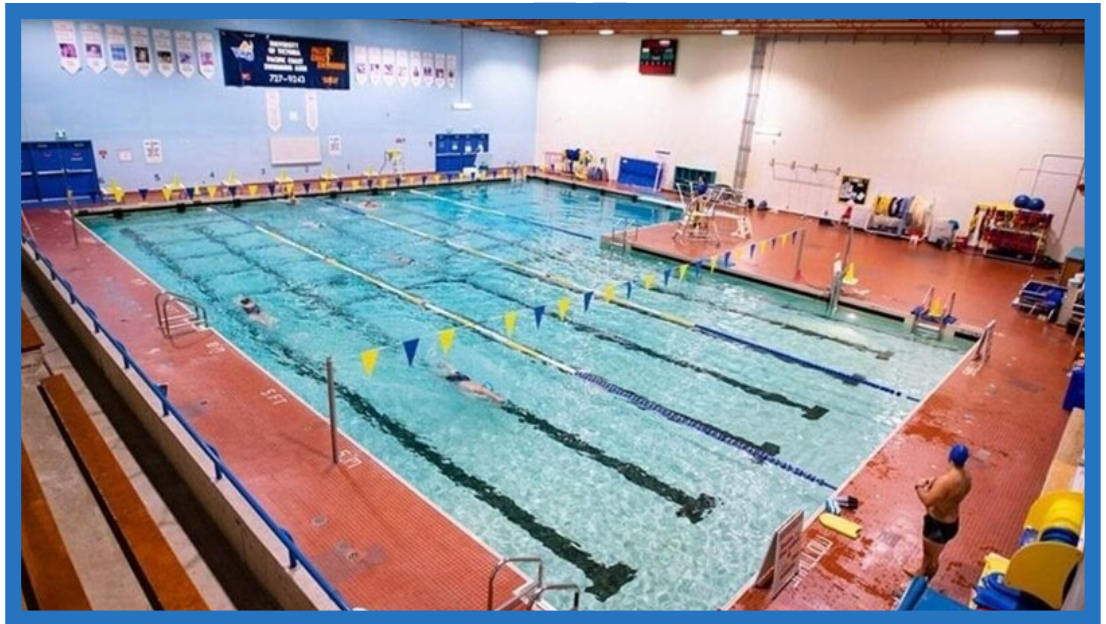
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NOTE: Office visits are  
by appointment. Please  
email UVRA to arrange.

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# Grey Matters!

**SUMMER 2024**



**McKinnon Pool at the University of Victoria**

**Credit: <https://www.uvic.ca/news/topics/2024+mckinnon-pool+news>**

## **NEWS FROM THE BOARD**

### **Note from the President**

Greetings fellow retirees. Summer took a bit of time to come to Victoria but **WOW** when it landed it did so with enthusiasm! July has been amazing and our level of enjoyment of the outdoors has increased dramatically.

I want to begin with a special word of welcome to our newest members. I met a number of you at the UVic Retiree Recognition Event in June and was pleased that many had already joined UVRA. We encourage you to spread the word about our association and the importance of staying connected with such a wonderful community.

This issue of the newsletter contains a particular emphasis on the importance of volunteering. Your association is only as strong as its level of support from its members and that is illustrated directly by the level of retiree involvement.

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**AUGUST 2024**

## NEWS FROM THE BOARD (2 of 3)

While the time involved, and the type of activities vary, it is the participation that makes things happen. Our UVRA board has a number of long serving members who have shown unwavering support but there are many vital director spots unfilled, and we need new ideas that new players generate and the support that new initiatives generate. Having sparse member representation is absolutely having a direct impact on what activities your association can offer.

We must continue moving forward by updating and strengthening the Letter of Understanding (LOU/MOU) with the University of Victoria and determine what new and improved areas exist for UVRA input and involvement as well as the design and creation of a new UVRA information brochure. However, these initiatives currently fall on too few shoulders. I ask that you read this newsletter carefully and consider what you might do to strengthen UVRA and its commitment to its members and the community.

I want to remind you that UVRA welcomes the participation of spouses and partners of UVRA members.

I am always eager to expand my learning and there are so many great opportunities – more than ever before. There is the **Pass It On Network**, A Global Peer-Learning Network for Positive Ageing Advocates” with its monthly online “PIONeer events”. It is free to join and always insightful. I recommend that, if you have not already, that you view the three-part series “Reimagining Retirement; Exploring your Life Plan” that is accessible free of charge on the AROHE website (Association of Retirement Organizations in Higher Education”. UVRA is a member association of AROHE.

Check it out at: <https://www.arohe.org/>.

As mentioned in the last newsletter, I attended the CURAC (College and University Retirees Association of Canada) Conference this May. Its theme was “Thriving in Retirement” and it reminded us of the vital importance of physical activity, laughter and social relationships (this includes seeking participation in areas you enjoy). They reminded us of the “Canadian 24 Hour Movement Guidelines available online at

<https://csepguidelines.ca/guidelines/adults-65/>.

## NEWS FROM THE BOARD (3 of 3)

Among the excellent presentations at the conference, I noted two very interesting books that were recommended reading:

*Outlive, the Science and Art of Longevity*. author Peter Attia

*The Blue Zones, Secrets for Living Longer*. author Dan Buettner

I have added them to my library along with *Purposeful Retirement: How to Bring Happiness and Meaning to your Retirement* by Hyrum W. Smith.

Again, I must emphasize that your input and active contribution is vital to making UVRA a stronger more proactive organization.

Let me know if you wish to chat – please contact [uvra@uvic.ca](mailto:uvra@uvic.ca) or [uvrapres@uvic.ca](mailto:uvrapres@uvic.ca) with questions and comments.

Enjoy a wonderful summer.

Keep safe.

*Margaret Klatt*

July/August 2024

### NOTE:

UVRA recently received the following link to an article that lays out cogent reasons for universities to recognize why their retirees require continued access to university information technology services.

To view this article, please go to:

<https://eregion.eu/wp-content/uploads/2024/05/Retired-academics-Why-do-they-need-continued-access-to-IT-ChatGPT-01.08.2024.pdf>

## EDITOR'S NOTES

**Correction:** Thank you Melvin Klassen for having quickly caught that I had wrongly typed the name of the lake on the front page of the spring edition. I wrote Glenn Lake: it is Glen Lake.

This edition is dedicated to **VOLUNTEERING**—your help is urgently needed to fill up the 7 positions opened at UVRA. Starting on page 6, you will find what each position's role and responsibilities involve and, for some positions, what benefits past volunteers derived from having done them.

AROHE (Association of Retirement Organizations in Higher Education) has partnered with Road Scholar (a travel agency offering educational travel and learning adventures) to offer its members some educational adventures “reserved exclusively for retired or current college/university faculty and staff, as well as their friends and family.” The name under which this partnership is known is **AROHE Travel Institute**. By way of introducing these trips, AROHE is offering a free trip preview webinar (page 19).

While perusing the **Road Scholar** website, I was surprised to find out that it is possible to travel many places in the world for 4 or 5 days, or learn something new in one or more hours, **online**. My bucket list included a trip to Antarctica, so I will be able to take that trip without leaving home. (<https://www.road scholar.org/collections/adventures-online/>)

UVic has announced that it will be permanently closing **McKinnon Pool** “at the latest September 15th”. Richard Myers alerted the Board about a petition to keep the pool open. UVRA is encouraging its members to sign this petition. (20)

Please feel free to submit pictures and stories about your **pets**—be they alive or deceased. Sadly, in this edition, the submission is about the death of my beloved Smokie. (21)

This warm weather is conducive to outdoor **BBQing**. The *Healthy grill guide*, produced by the Heart and Stroke Foundation of Canada, contains 35 heart-healthy recipes. (22)

# WELCOMING OUR NEW MEMBERS

## Zulette Gordon

**From May 1 to July 31, 2024**

DJILALI, Nedjib	Mechanical Engineering and IESVic
DUNCAN, Susan	Nursing
HARRINGTON, David	Chemistry
HARRINGTON, Margaret	Spousal Member
KUEHNE, Valerie	Child and Youth Care
MATTHEWS, Kathleen	UVic Libraries
SHEILDS, Laurene	School of Nursing
TOOGOOD, Richard	Office of the Registrar
WRIGHT, Astri	Art History and Visual Studies (AHVS)
WRIGHT, Nancy	English
ZHANG, Hao	Gustavson School of Business

# Welcome to UVRA's Job Fair

## WHO CAN APPLY?

**Spousal Members\***

**Full Members**

**Associate Members**

**Honorary Members**

The volunteer jobs presently available are

President

Vice-President

Board Secretary

Benefits Chair

Events Coordinator

MasterMinds Lead

United Way UVRA Representative

\*Spouses and partners of Members are eligible to become Spousal Members.

"Spousal Members are not required to pay dues, are not entitled to vote and do not have direct access to any other benefits...." To read this paragraph in its entirety, please go to: <https://www.uvic.ca/retirees/membership/index.php>

# UVRA PRESIDENT

## Role & Responsibilities (1 of 2)

### Why Volunteer for UVRA?

#### Why did I join the UVRA Board of Directors?

When I retired, I stopped into the UVRA office for information. UVRA's Lou Schmidt advised that the board was looking for volunteers. I then decided that I wanted to play a role in my retiree community beyond being a member and that this would be a good way to learn more about the organization. I felt it was important to me to be an active contributor and help strengthen my association's benefits and undertakings. I also believed that I still had a contribution to make as a retiree that was broader than making time for more personal activities.

I felt that if I gave time to UVRA that it would be rewarding to me personally. It struck me that this community needed us to step forward or we risked falling into the common perception held about being "retired" and instead that we have much knowledge and experience to share with our community. For example, UVRA had been proactive in obtaining extended health and travel benefits for its members. Additionally, UVRA contributes to the broader community through the annual Masterminds series, and in the past; offered the Elder Academy. I still ask myself – why wouldn't I want to be a part of UVRA.

#### Primary Responsibilities of the President:

- Presiding at UVRA Board of Directors meetings and AGM
- Primary contact for general queries from both inside and outside the association
- General supervision of all Association affairs
- Representing UVRA in meetings with UVic Executive and with other retiree associations and networks such as CURAC and AROHE

●

#### Skills/Qualifications Needed:

- Leadership skills
- Ability to develop and work with a team

# UVRA PRESIDENT

## Role & Responsibilities (2 of 2)

### **Skills/Qualifications Needed: (continued):**

- Knowledge and experience of board activities, such as developing agendas and working to ensure effective board and committee meetings
- Focus on strengthening the association and its connection to the community
- Taking initiative when action required
- Desire for open communication within the board and its membership

### **Training:**

- The UVRA board includes a Past President who is a key resource for the President
- Other board members recognize that, in the early period as President, to be available for advice or assistance as required

### **Time Commitment:**

- Five board meetings in period Sept - May (normally 1.5 hours in length); AGM (approx. 2 hours)
- Monitor emails regularly (approx. 30 minutes each session – minimum 3 days per week)
- Time spent is impacted by the number of initiatives undertaken by the board and the participation level of the President - central or supportive
- This category is strongly influenced by the number of fellow board members and their time commitments. A strong and active team will have a marked impact on the time commitment of the President.

We can only be an effective UVic Retirement Association if we all contribute our talents to enrich our collective well being. If we are to continue to be relevant, then we must have your support and active involvement. Believe me, when I say that

**YOUR PARTICIPATION MATTERS**

*Margaret Klatt*



# UVRA VICE-PRESIDENT

## Role & Responsibilities

### Why volunteer for UVRA Vice President?

Becoming Vice President is a key role in the Executive as it comprises a broad range of activities and is normally the stepping stone to becoming President. It involves gathering information, learning about the actions and responsibilities of the President, asking questions, seeking opinions and guidance and discovering the “ways of the board”.

The President has many decisions to make, but the Vice President has an opportunity to learn the history and the perspectives behind the decisions and actions of the President without the actual pressures of being the final decision maker. It is a period of learning at a high level.

### Primary Responsibilities:

- Available to step in to the duties of the President when and if required
- Gain knowledge and experience about the association, the board and the role of President.
- Preside over one or more key committees as determined by the President and board of directors.

### Skills/Qualifications Needed:

- Leadership skills (developed or developing)
- Ability to work with a team
- Desire to gather knowledge and experience about the board and its activities, such as the preparation required for board meetings and designing effective board and committee meetings
- Ability to ask questions and take action when required
- Desire for open communication within the board and its membership

### Training:

- The President is the key resource in learning about the responsibilities and activities of UVRA.
- Other board members provide guidance as requested or needed to assist the VP in understanding the key aspects of decision making in the association.

*Margaret Klatt*

# UVRA SECRETARY

## Role & Responsibilities

### **Election/Appointment:**

The Board Secretary is a director and officer and, as such, is on the slate of candidates presented for election or appointment by the membership at an AGM.

### **Role and Responsibilities:**

The role and responsibilities of the Secretary are set out in the UVRA Bylaws\* and in the Societies Regulation under the Societies Act\*. . Both governing documents provide for the Secretary to "make arrangements" (i.e. delegate) for the duties and responsibilities to be done.

### **The Secretary's responsibilities are to:**

- conduct the correspondence of the Association
- issue notices of meetings of the Board and of the Association
- keep minutes of the meetings of the Board and of the Association
- have custody of all records and documents of the Association in accordance with the Societies Act, except those required to be kept by the Treasurer
- ensure that a register of members is maintained
- ensure that the administration of the Association complies with the Societies Act
- file the annual report of the Association and make any other filings with the registrar under the Societies Act
- Oversee library archive of UVRA documents

### **Term of Office:**

The Secretary shall not serve for more than two (2) consecutive two-year terms in that position. However, at the discretion of, and by majority vote of the Board, should the Secretary be willing to serve more than two (2) consecutive terms, this will be permitted for a maximum of a further two (2) consecutive two-year terms.

\*The relevant UVRA Bylaws and the Societies Act are available to view on request.

# UVRA BENEFITS CHAIR

## Role & Responsibilities

### About volunteering for UVRA Benefits Committee

A former UVRA President told me when I first joined the committee that Benefits was the most important committee we have. It may still be true, insofar as it's the first place after the HR retirement site that most retirees check as they plan their post-employment years.

A lot has changed, though, since I started in this role: the benefits themselves have become more established; the webpages are often the first point of contact (not emails to the Benefits chair!), so the number of enquiries has dropped significantly as we try to put as much information up there as will answer most questions.

Of course our information needs to be kept current, as University policies or priorities and information technologies change. That's why it is important that the Benefits committee stays abreast of those shifts — and why the chair needs to check periodically what's going on at the library, at CARSA, at the Club, and, of course, with the perennial favourite — parking!

I suspect that extended health and travel insurance are the main focus for new retirees. They certainly make up most of the queries we receive; but even that has taken up less time than in previous years, because of the website and the link to the website of our co-sponsors in the Johnson policy, UBC Emeritus College, which has some very good advice on choosing the right policy for each applicant. Most people now fully understand that we may be sponsors but are not agents for the three policies on offer, so we no longer get queries asking for advice on which policy to choose.

### How much of your time would it take?

Latterly, I've been getting 2-3 queries a month. Areas of most concern are the insurance policies and library access. Library access is one area that is usually problematic for Associate members and non-faculty, who do not have a Netlink id. A priority this summer is to clarify that situation with the library and post the most current information on our website.

You are also an *ex officio* member of the UVRA Board. Meetings are currently on zoom, last a couple of hours, and happen every second month September - May, with the AGM in June. Those are times to meet others from across the university spectrum, and work towards a closer relationship with the University and its mandate for outreach, research and teaching.

### What's in it for you?

Above all, the knowledge that you are making the transition from employment to retirement less of a stress for others. A good asset to bring to the position is having or being able to create a network of contacts on campus and with the insurance companies (I can help you there!).

Finally, I will add that volunteering is literally good for you — socially, intellectually and even, they say, healthily.

**Being on Benefits is a real benefit for you.**

*Peter Liddell*

# UVRA EVENTS COORDINATOR

## Role & Responsibilities (1 of 2)

We all have our own reasons for volunteering, but if your reasons involve having fun, meeting new people, going to places **you** wanted to see, hearing talks on topics of interest to **you**, and doing it all with a minimum of work on **your** part, then becoming UVRA's events coordinator may be the job for you.

### **The role and responsibilities of the events coordinator:**

That person wears many hats. X (as I will call her, him or them, were two persons to take on this job as co-coordinators) does not only **coordinate** the organization, timing, and presentation of the events scheduled for each cycle (September-December and January to June), X is also a **recruiter**, an **organizer** and **host** of events, and the **supervisor/overseer** of their implementation.

As **coordinator**, X is responsible for ensuring that all the events offered to the UVRA membership are scheduled such as to, ideally, provide one event/month in each cycle, and, to have all the data required submitted on time so that the event's implementation can proceed without a hitch.

X is also responsible to actively **recruit** others to organize, with X's help if required, one, more or all events. Recruits can do as little as visit a place where they would enjoy going, arrange for a suitable time and date for a group visit, negotiate a cost if any, and pass on this information to X. Then the recruits can be at the venue on event day, or send a delegate, to welcome and register the attendees.

As **organizer**, X is responsible for organizing UVRA's **recurring events**. Right now, they are the Christmas Lunch, the Chinese New Year and the AGM.\*\* X also organizes his/her own events and functions as co-organizer when there is someone else involved.

### **What is involved in organizing an event?**

An example will help explain what is involved when the event is a visit. In 2018, Mike Motek was volunteering at the Pedder Bay Bird Banding Station. He organized what he initially thought would be one visit (it turned out to be three to accommodate everyone who wanted to go) to that station to learn about how and why birds are banded.\*

Mike's role as primary organizer of this event was to make the needed arrangements with the facility for dates and times of visits and to pass the information on to the events coordinator. Also arranged was someone (Betty Emery) to welcome and register the attendees on event days. Then, this information was given to the office, whose job is implementation, with X being the **supervisor or overseer** of this work.

# UVRA EVENTS COORDINATOR

## Role & Responsibilities (2 of 2)

**Implementing** an event involves preparing an invitation poster, sending it out to the membership, receiving and recording payments and registrations using Eventbrite, handling questions received or passing them on to the organizer, keeping a waiting list, and providing an attendance list to the person handling on-site registrations.

If the event is a presentation, the organizer is responsible for finding a speaker expert in the topic chosen and for arranging for a presentation time and date. Once it is known what audio/equipment the speaker requires, a suitable classroom is booked (at UVic) by the UVRA office free of charge. The organizer is also responsible for introducing the speaker to the audience, thanking her/him afterwards, and for securing an honorarium from the UVRA Treasurer.

### **What qualities define a good events coordinator**

Good communicator

Strong organizing skills with attention to details

Ability to quickly accommodate or resolve un-anticipated issues and problems

An interest in involving others while retaining overall control

Truly enjoying this type of work and having fun doing it

### **Permission and Help:**

Once an event's location or topic is decided, it is submitted to the UVRA Board for acceptance. That is done either at a Board meeting or via email. Board members can be a great source of help once they learn what events are to be presented.

Sanjit Roy, the present office manager, is fully cognizant with all the facets of events organization and implementation, so he can be mined for his knowledge.

\*\*The Christmas Lunch is quickly organized by making use of emails from past events for how-to info. The AGM data is provided by the President. Barry Ming may, again, volunteer to organize the Chinese New Year Lunch 2025.

\*(The Fall 2018 edition of *Grey Matter!* carried a most instructive report (pertaining to bird banding) masterfully written by Jane Milliken. It can viewed by going to: <https://www.uvic.ca/retirees/assets/blocks/content/tabs/grey-matters-fall-2018.pdf>

# UVRA MASTERMINDS LEAD

## Role & Responsibilities (1 of 3)

### MASTERMINDS LECTURE SERIES

#### **Description for chairing the MMs:**

June Whitmore and I took on this activity because we were distressed to learn that the MMs would have to be cancelled otherwise. So, it was a bit of a fit-up but we found it to be highly interesting and pleasant, with lots of opportunities to meet new people and learn a lot! We recommend it! Also, we did it together and so you, too, might enjoy doing this in partnership.

#### **Qualifications**

You are confident speaking in public and comfortable organizing and asking for help.

#### **What is it?**

MasterMinds is a series of lectures by retirees that are given in conjunction with our partner organization the Institute for Aging and Lifelong Health (IALH)

#### **The job before the lecture:**

Your first decision with the Board is to decide whether the series will be hybrid or only delivered to an audience who are personally present. Last year, we did hybrid offerings. Generally speaking, our two audiences combined were small, approximately 30 people per lecture. This may well have been due to the cancellation of a number of PR personnel by the university because of cutbacks. (This happened just as we were about to start the MMs' Publicity!!).

Your main duty to "fill the bill" with four speakers who are prepared to give a 40-45 minute lecture on a subject about which they are passionate.

Next year, we are changing the month for the series from April (which is a busy month for everyone at the university) to May in order to see how that new time frame works.

The lecture subjects can be individual or linked under a theme, as we did for 2024. Because June and I took it on late, we built the program around the possibility of our audiences being interested in how things might have changed over the past years, in terms of the university and its relationships. The lecture subjects are, therefore, under your control!

# UVRA MASTERMINDS LEAD

## Role & Responsibilities (2 of 3)

### **The job before the lecture (continued):**

Once the speakers are lined up, the rest is pretty well taken care of in that Leah Potter of IALH and her assistant, Ashleigh Enright, have the contacts and the means to run the publicity and to connect with an audiences digitally, should you decide to create a hybrid lecture series. or Ashleigh know; and to confirm the presentation schedule with each of the speakers. In other words, the PR and the technical knowledge is all there and available to you, which is super! Your job is to order the speakers in terms of their availability for presentation dates; to send this tentative schedule to the speakers and ask for their confirmation of availability for the dates for which they are scheduled; then to send the confirmed schedule to Leah or Ashleigh along with the relevant information regarding each of the speakers and their notes regarding what their presentation will address.

### **Where does MMs take place?**

Last year, we held the MMs in the Roger Bishop Theatre at the Phoenix. For next year, it was decided to change the venue and several suggestions are in the works, including the new commons building: Sḡéqə ʔéʔləḡ (Sḡgequ House), so you would be involved in that decision (along with finding out how to pronounce the name of the venue).

We also made sure that each speaker was able, if they wanted, to see the venue before speaking so that they were comfortable with the space—that arrangement can simply mean they come early on the event night, or they may choose to make an appointment with you to see the space on an earlier day.

It is also important that the speakers let us know if they want their presentation to be done with the help of Powerpoint so that Leah can include this information in her arrangements for digital delivery, and for the set-up of the speaker's podium.

### **On the night itself:**

On the night of each lecture, you or your deputy arrive early to greet the Speaker and later, you will welcome the audience. You or your deputy or a selected person will introduce the Speaker and, if previously agreed, remind the audience that there will be a question period following the talk, You or your deputy will also thank the speaker and invite the audience to remain for a question period. As we are partnering with IALH, you might want to ask Leah or someone from that institute to be a part of the event.

Leah (or Ashleigh or yourself) conducts the question period—also asking the questions sent in from the digital audience. You will keep time (15 minutes or so) and end the question period, reminding the audience of the next speaker and subject and inviting them to return.

# UVRA MASTERMINDS LEAD

## Role & Responsibilities (3 of 3)

### **Afterwards:**

Thank each speaker with a hand-written letter. This year, unexpectedly, \$100.00 was available for each lecture. Such a recompense is unusual and any honorarium needs to be settled with the Board and the Treasurer (and best that this be done ahead of time) .

Our sense is that flowers or perhaps a meal or drink at the University Club might work as well.

### **Note**

If we change the month for lectures to May, rather than April (as we have done in past years), your final report\* may not be possible until the following September Board meeting. This matter will need to be discussed with the Executive of the Board.

Juliana and June are available to help see you through any issues that may arise and look forward to working with you. if needed, during your first time at the helm. Also, Leah is a font of knowledge and wisdom and a great supporter of the work and the lecture series itself.

Please consider taking on what we believe to be an important and really interesting UVRA activity and if you have questions, Juliana is available by email. Just send your request to Sanjit at [uvra@uvic.ca](mailto:uvra@uvic.ca).

*Juliana Saxton*

\*The 2024 MasterMinds report can be viewed at:

<https://www.uvic.ca/retirees/assets/docs/mms-review-for-agm-2024-lp-edits.pdf>



## UVRA UNITED WAY REPRESENTATIVE Role & Responsibilities (1 of 2)

### August

The University seeks leadership for the United Way Campaign from amongst academic and administrative leaders each year. Often that person will lead the Campaign for two years and, ideally, they are replaced by the co-chair when they complete their term. The Leader taking on responsibility for the Campaign on behalf of the University typically calls the first meeting of the campaign committee to allow those members who can attend to meet each other and learn about the campaign goal and meeting schedule for the coming year. Since the advent of COVID-19 protocols, these meetings have been held virtually via Zoom.

The UVRA rep does not have to attend all the meetings. It's useful to attend the first couple in September to report on the UVRA strategy but then it isn't usually necessary to attend unless there is a specific development in the UVRA campaign that requires an update.

### September

Confirm the deadline for copy for the fall edition of *Grey Matters!* and draft a short announcement about the upcoming campaign that informs members they will be contacted by email in October.

### October

Confirm this year's donation URL link to the UW e-pledge site from the UW representative. Obtain a PDF of the pledge form for those who prefer to mail in a donation. Confirm that those who donate monthly by credit card will automatically have their donations roll over (and include this info in the email).

Update UVRA President's letter to the membership that accompanies the email to UVRA members with the link and have the UVRA President approve it.

Send the approved copy and the PDF to the Office Manager, currently Sanjit Roy, in the UVRA office (uvra@uvic.ca) and ask that person to distribute via email to all members, and, to add a "United Way" direct link on the landing page of the UVRA website (provide a line of copy for this) and reference this handy access point in the email.

## UVRA UNITED WAY REPRESENTATIVE Role & Responsibilities (2 of 2)

### November

Track responses by liaising with UW rep. At an appropriate point, provide the office manager with a reminder email with embedded link and attached PDF donation form to pick up any stragglers.

### December

Obtain list from UW rep of UVRA members who donated the previous year but have not yet in this year's campaign. Work with UW rep to follow up by phone or email with those who have not yet had a chance to renew.

### January

Explore options for a second round of invitations to donate to the Campaign. The United Way is a 12-month/year organization as far as donations go. Based on events planned by the UVIC Workplace Campaign, over the last few years, the Campaign has continued to be active until about March or April.

### February-April

Submit a final report on the campaign to the Spring edition of the UVRA newsletter.

### Additional information (from the editor):

Most of the work involved can be done at home on the doer's own schedule.

Samples of published UW documents can be viewed for the newsletter at:

Page 17 for: <https://www.uvic.ca/retirees/assets/blocks/content/tabs/grey-matters-fall-2019.pdf>

Pages 14 for: <https://www.uvic.ca/retirees/assets/docs/spring-2023-newsletter-final.pdf>

for the website:

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

Click on United Way—located on the top banner

# AROHE TRAVEL INSTITUTE

“Welcome to the AROHE Travel Institute. We invite you to join us for educational adventures that are reserved exclusively for retired or current college/university faculty and staff, as well as their friends and family. Connect with former colleagues in academia or make new acquaintances as you learn and travel together on inspiring trips led by Road Scholar, the leader in educational travel for adults. Learn from experts in their field, get a local’s look at culture and cuisine and explore locations that you’ve always dreamed of experiencing. “( Source: <https://www.road scholar.org/arohe/welcome/>)

## AROHE Travel Institute Trip Preview Webinar

Wednesday, September 11

10-11 a.m. PDT, 11 a.m.-12 p.m. MDT, 12-1 p.m. CDT, 1-2 p.m. EDT

“Learn more about the AROHE Travel Institute’s worldwide learning adventures for retired or current college/university faculty/staff and their friends and family during this trip preview webinar. Cherie Hamilton, AROHE Travel Institute Committee Chair, and Frania Monarski, Director of Group Sales at Road Scholar, will discuss the exciting new partnership between AROHE and Road Scholar and share highlights of upcoming trips.

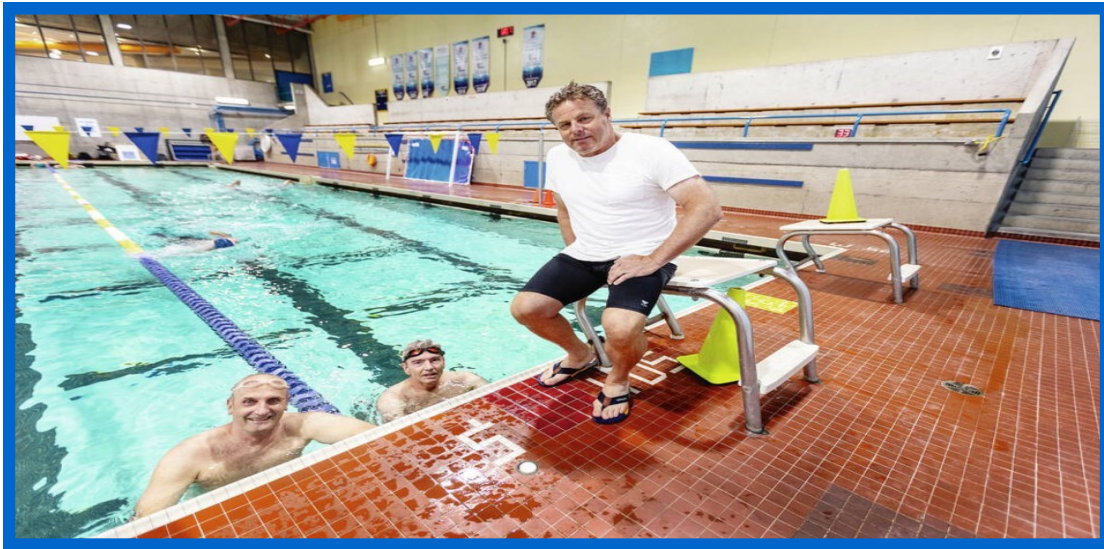
This collaboration will connect you with former colleagues in academia and introduce you to new acquaintances as you learn and travel together on inspiring trips led by Road Scholar, the leader in educational travel for adults.

We will be offering five learning adventures in 2025 in the US and abroad in Canada, Spain, and Portugal. During the webinar, we will review itineraries for these trips and provide enrollment information.

To whet your appetite, our first program is scheduled for March 2025 – **The Civil Rights Movement: Atlanta, Montgomery, Selma, Birmingham**, where you will join fellow AROHE members as you journey south into the heart of the civil rights movement to gain a deeper understanding of the historic and continued struggle for racial equality in the United States.”

Details: <https://www.road scholar.org/arohe/exclusive-programs/>

## CLOSURE OF UVIC'S MCKINNON POOL



**Caption: Wayne Kelly, former Olympian and national team swimmer, right, with former UVic swim teammates Petr Schmidt, left, and Brian Adams. DARREN STONE, TIMES COLONIST**

**Source: <https://www.timescolonist.com/local-news/former-olympic-swimmer-leads-effort-to-save-mckinnon-pool-at-uvic-9218001>**

UVic announced in early July it would be closing the 50-year-old pool in September, saying it has reached the end of its life and is too costly to maintain.

The pool, which is expected to close by Sept. 15 at the latest, is used by varsity teams, the Pacific Coast Swimming club, students, alumni clubs and UVRA members.

Wayne Kelly, a UVic Alumnus and Olympic athlete with long ties to the facility, has launched a petition on July 11th aimed at preventing the pool's closure.

UVRA is encouraging its members to add their names to his petition.

<https://www.change.org/p/prevent-the-closure-of-our-community-mckinnon-swimming-pool>

Thank You, Richard Myers, UVRA member, for bringing this petition to the attention of UVRA.

## OUR PETS & THEIR STORIES

### SMOKIE

Smokie was my best friend, my companion and my confidante. We ate, slept, napped and played together. She loved being brushed and would start purring the moment she saw the brush. Her favorite food was rotisserie chicken breast which she ate with gusto.

This tiny older lady never weighed more than 2.7 kilos, but her presence filled up our home with love, joy, and laughter.

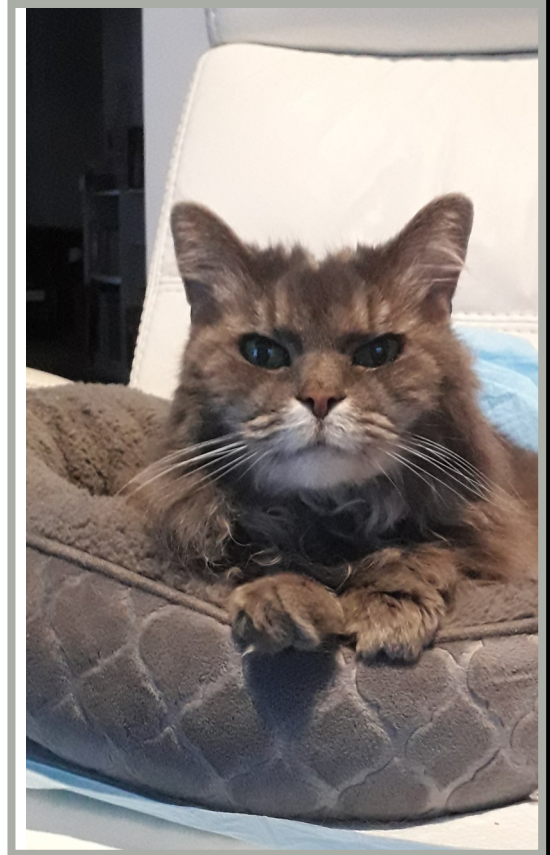
Smokie, a rescue cat with an unknown medical history, was never well medically, but that did not stop her from having a great quality of life. The one illness she could not beat was oral cancer but, then, she managed to live much longer than normal for this illness. It was only when the cancer had metastasized to her brain and bones that it became time to say goodbye.

I wanted Smokie to die at home on my lap (her favorite place), be cremated on the island, and have her ashes returned to me. The Vet Clinic could not satisfy my requirements, so they provided me with a list of veterinarians who offered mobile services.

Dr. Bryanne Leuenberger of South Island Mobile Veterinary Services ([southislandvet.com](http://southislandvet.com)) was using Honor Your Pet Aftercare Services ([honoryourpet.ca](http://honoryourpet.ca)), an island-located pet crematorium, so I chose her.

When the time came, I gave Smokie's her last rotisserie chicken meal and she settled on my lap for her usual after-dinner nap. When Bryanne arrived, she briefly woke up but quickly resumed her napping. Then, with Bryanne's gentle help, she peacefully went on to sleep eternally.

Her ashes are all that I physically have left of my beloved best friend, but the memories are forever etched in my heart.



*Lou*

## Heart and Stroke "Healthy Summer Grill Guide"

The Heart and Stroke organization encourages you to expand your horizons beyond burgers and hot dogs and discover all the heart-healthy options. From seafood and vegetables, chicken and steak - even fruit - there's something for everyone. This free downloaded guide provides

you with:

35 dietitian-approved recipes

Make the perfect marinade

Nutrition advice and safety tips



Link to download the Healthy grill guide:

<https://www.heartandstroke.ca/-/media/pdf-files/healthy-living/f21-grillguide-en.pdf?rev=f9e9eb94566447a68131ea4cc9774074>

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