



**University  
of Victoria**  
Retirees  
Association

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Lifelong Health Building

NOTE: Office visits are by  
appointment. Please email  
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# Grey Matters!

WINTER 2024



Hugh Cartwright demonstrating light emission from diodes rotated at the end of short wires. Each image is a 4-second long exposure of an experiment carried out in the dark. A single flash at the end of the four seconds has been used to illuminate the scene.

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**NEWS FROM THE BOARD**

Note from the President



MARCH 2024



## 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

## A warm welcome to all our new members. (4)

**Hugh Cartwright's** recall of some memorable chemistry demonstrations is definitely a must read. It is interesting, funny, and informative—the kind of article one wishes would not have to end. It is appropriately titled *Careful What You Wish For*. (9-13)

The two PhD students who benefited from the **UVRA scholarships for 2023-2024** are and **Poonam Sehgal** and **Sanjit Roy**. Their projects' resumes begin on page 6.

UVRA events: a **library tour** in March and **MasterMinds 2024** in April. The tour will demonstrate how today's modern libraries offer so much more than books stacked on shelves. The four MasterMinds lectures in April have a common theme which is This is Now: University, Community and Change. (15 and 16)

**Harvard's Healthy Living Guide 2023/2024** - - A Digest on Healthy Eating and Healthy Living - - is now available and you will find the link to download it on page (18)

A new British Columbia-based website is now online. Its name is the **Pacific Regional Centre for Healthy Aging** (PRCHA). It is a “collaborative network of health authorities, universities, and community organizations”. \* Its focus is on healthy aging and it promotes the AVOID Frailty Network. (See page 14 for more details.)

Richard Chappell recalls the successful **Chinese New Year Lunch** held in the beginning of February. His enthusiastic recollection makes me wishing I had attended. (17)

The word '**off label**' is used for the prescribing of a medication for a condition that was not officially approved, but the term can also be used to refer to using a non-prescription product for other than what it is being sold for. This is the sense in which I used it in this publication. I started the ball rolling by sharing some of my uses for Baby Wipes. I hope you will keep it rolling by sending your own off label ways of using certain products, so they can be shared with all of us. (19)

When you submit, do let me know if you want your name, or only initials, or a nickname, or simply 'a member' added to the article and/or picture(s).

\*The full quotation is on page ...of this publication.

# WELCOMING NEW MEMBERS

## Zulette Gordon

NOVEMBER 1, 2023 TO JANUARY 31, 2024

ARNEIL, Stewart	Humanities Computing and Media Centre
BALL, Jessica	CHIL
COSSARO, Marilyn	CARD
DIMOPOULOS, Nikitas	ECE
EDWARDS, Roderick	Mathematics and Statistics
KRULL, Catherine	Sociology
LUSZNIAK, Diane	Co-op and Career
MCGHIE-RICHMOND, Donna	Educational Psychology and Leadership Studies
MCILVEEN, Colleen	Purchasing
NEY, Tara	SPA
NIANG, Sada	French
PATTISON, Lynn	Library
WOODHOUSE, Katherine	School of Child and Youth Care



# 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. For the 2023-2024 academic year, Poonam Sehgal and Sanjit Roy each received a \$1,500.00 scholarship. See pages....for brief resumes of their respective projects.

UVRA scholarships 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>



Fall 2023  
 Recipients' projects  
 (Page 1 of 3)

***From Detection to Prevention: Reducing Hospital Transfers in Long Term Care Homes Using Artificial Intelligence.***

**Poonam Sehgal—2<sup>nd</sup> year PhD student in Nursing**

Hospital transfers of long-term care home residents with pneumonia pose risks to older individuals and strain healthcare resources. Existing assessment methods may miss early signs of decline. The proposed study aims to develop an artificial intelligence (AI) algorithm for early detection of decline in long-term care home residents with pneumonia thus reducing hospital transfers.

Using retrospective cohort data from Ontario, British Columbia, and Alberta, the study will involve two phases.

Phase 1 will involve a literature review to identify decline indicators and develop the algorithm.

Phase 2 will evaluate and compare its performance using predefined criteria.

The algorithm's successful development and implementation could positively impact older individuals in long-term care homes. Improved early detection accuracy may prevent unnecessary hospital transfers thus enhancing residents' quality of life. Reduced hospitalizations are expected to decrease stress and infection risk.

By bridging the knowledge gap and developing an evidence-based algorithm, it is anticipated that this study will contribute to improving preventative care and healthcare practices in long-term care homes. Potential benefits for older individuals include enhanced care, reduced hospitalizations, and improved well-being within the familiar and supportive long-term care home environment. Further, the findings have the potential to inform healthcare decision-making, policies, and interventions, ultimately benefiting the health outcomes of residents in long-term care homes.





Fall 2023  
Recipients' projects  
(Page 2 of 3)

***Elder Abuse Among Canadian Veterans:  
A Comprehensive Examination Using the Canadian Longitudinal  
Study on Aging***

**Sanjit Roy —3<sup>rd</sup> year PhD student  
in the Social Dimensions of Health Program**

With Canadians living longer, it is likely that elder abuse will affect a growing number of older adults. In Canada, evidence shows that veterans live longer than non-veterans, and report a higher prevalence of many negative health conditions compared to non-veterans. Veterans are more likely to be living in vulnerable housing situations such as boarding homes and Single Residence Occupancy (SRO) hotels, are more likely to be homeless, users of alcohol or other substances, or in poor physical and mental health. In addition, many veterans suffer from Post-Traumatic Stress Disorder (PTSD) which makes it difficult for them to become and remain employed. So, they are at high risk based on established elder abuse risk factors.

To date, this area of research remains unexplored among Canadian veterans, currently estimated at 617,800. The Canadian Longitudinal Study on Aging (CLSA) offers an opportunity to fill the knowledge gap, because it asked about elder abuse and captures veteran status.

Using data from the CLSA, the proposed study will use a multi-methods approach. The prevalence, types, nature of perpetrators, risk factors, and consequences of elder abuse and neglect will be investigated using quantitative methods, and veterans' verbatim self-reported perceptions of healthy aging will be explored using qualitative methods. Propensity Score Analysis will be used as a part of the quantitative methods, and Thematic Analysis will be used as a part of the qualitative methods.



**Fall 2023**  
**Recipients' projects**  
**(Page 3 of 3)**

Basic descriptive statistics will compare the raw differences between eight groups (veterans and non-veterans, reporting or not reporting elder abuse, separately for the Comprehensive and Tracking Cohorts), showing how the groups are similar or different. However, veteran characteristics are different than the general population in terms of many socio-demographic factors and other abuse-related factors.

The raw differences of the risk factors of abuse between veterans and non-veterans will be biased based on the imbalance of these covariates. Propensity Score Analysis is a strong technique for finding a valid and matched control group where comprehensive data are available. Among the matched samples, the covariates will be balanced, and the risk difference for elder abuse between these two groups will not be by chance; results will be reliable.

The qualitative data on Canadian veterans' views on healthy aging will be analyzed using a Thematic Analysis approach for comparing the same eight groups to understand their perspectives on healthy aging based on established themes.

It is anticipated that identifying the pervasiveness, risk factors, and consequences of elder abuse, and creating a comprehensive profile of elder abuse will inform the development of targeted and strategic prevention and mitigation strategies to improve the physical health, mental health, and overall well-being of Canadian veterans.





# UNFORGETTABLE MEMORIES (1 of 5)

## CAREFUL WHAT YOU WISH FOR

It began with a minor misjudgment.

Five decades ago the President's Fund for Innovative Teaching offered small grants to departments. If a request for a proposal reached the Chemistry Department, a response might be thrown together over coffee. My recollection is that our proposals were forward-looking, but at the same time subtly daft, to guard against the possibility that they might be funded. In due course, the President would reply ("I regret that on this occasion lack of funds...") and life would move on.

And then the unexpected happened. Following discussions about how interest in science dulls as children grow up, Reg Mitchell proposed that a chemistry show be created to enthuse middle-school students. The show's victims might be contacted a few years later to discover whether more of them than students in some control group chose science at University.

To minor consternation, the idea was rubber-stamped by the President, and Chemistry was on the hook. Reg pulled together a few demonstrations, gave the show a couple of times and that was that.

Only it wasn't.

Children who hadn't seen the show complained about their bad luck. Schools that had missed out were aggrieved. The President had funded a can of worms, but, undaunted, Reg ripped off his white coat, revealed himself to be the hitherto unknown Dr Zonk, and the show exploded. The one-off presentation spawned a show a month, then one a week, and finally, for a heady period, several shows a week. Faculty, staff and postdocs were pressed into service.

From the start, two elements were central: explanation and safety. Magic shows exist in some form in many Universities, but UVic's version was to be no mere collection of pretty demos. Instead, whether the audience comprised six-year-olds or high school teachers, ad-libbed and appropriately detailed explanation was key: fun created routes into understanding.

## UNFORGETTABLE MEMORIES (2 of 5)

With no script, new presenters could be nervous, but they soon picked up the repartee and audience interaction which has made the show so successful. Chemists were real people, even – in a way – Dr Zonk.

Safety was (and is, for the show still thrives) just as important. To those who knew Reg, that might be a surprise; he searched tirelessly for louder bangs, bigger flashes, more excitement.

He believed that experiments that were too dangerous to perform in a laboratory brought opportunity not limitation. They would be moved to the grass in front of the UVic library, where clouds of purple iodine gas could disperse and chunks of burning cotton could be thrown twenty feet out of liquid oxygen baths without injury.

Things generally ran smoothly, but over several decades occasional mishaps were inevitable. Two of us, invited to christen a new school lecture theatre, burnt a line of holes in a carpet that ran the length of the theatre.

Before a show for a large teachers' conference in Winnipeg, a wad of gun cotton I was testing leapt onto the waxed floor of a laboratory, setting the floor alight, though fortunately not the whole laboratory.



1



2

A couple of incidents (let's call them glitches) were particularly memorable. Taking the show to Oak Bay High School one afternoon, Reg and I were delayed by a breakdown. Upon arrival, we hastened to set up in front of the entire student body, gathered noisily in the school hall.

## UNFORGETTABLE MEMORIES (3 of 5)



Reg's favourite experiment at the time – and my nemesis – was a delayed, very violent explosion. At the start of the show a mixture of damp explosives would be heaped on an asbestos sheet placed on some convenient table or chair. As the show proceeded, the mixture would simmer silently, warming and drying. Eventually a point would be reached at which the temperature would rise in sudden, uncontrolled fashion, causing a fierce detonation.

I hated this. There was no way to predict when the bang would come, only that it always seemed to be when one of us was carrying out some delicate manipulation.

Reg piled the explosive mixture on a bar stool at the side of the stage and we began. Everything went swimmingly until, 40 minutes in, the audience's attention abruptly shifted. We turned and saw that the stool was engulfed in flame. In his hurry, Reg had forgotten the asbestos sheet; 40 minutes of gradual heating had set light to the stool, creating a conflagration instead of an explosion. Use of a fire extinguisher might have knocked over the stool and set light to the stage: we could only let the stool burn itself out. The audience was delighted (and thought, mistakenly, that destroying the school's furniture was all part of the show).

By this time the show had already made waves internationally. Chemistry had been invited to put on more than a dozen shows at the Pacific Science Centre in Seattle over three days in the summer holidays. Preparing, presenting and clearing up many shows in a short time was a challenge, so six of us agreed to take part. After an evening arrival in Seattle we went to the Science Centre early the following morning to get ready for the first show.

Looking around the substantial, high-ceilinged area we'd been allocated, Reg decided that our normal large explosions would be inadequate in such a space: Mastodon-sized detonations were required.

We prepared accordingly.

## UNFORGETTABLE MEMORIES (4 of 5)

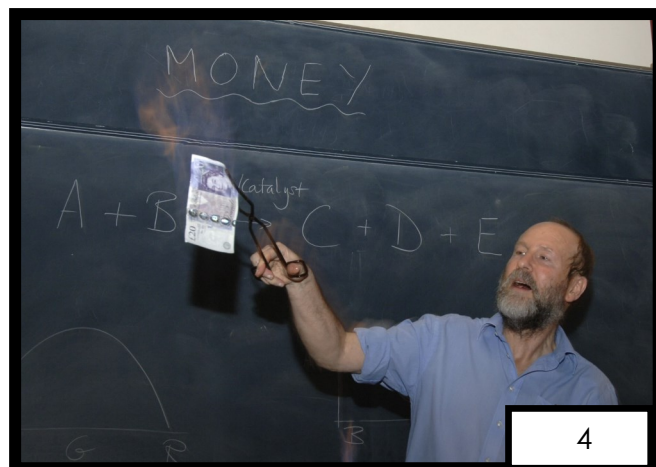
The doors opened and crowds poured in. The show-ending bangs were ear-splitting, ground-trembling. We loved them. The audience loved them. The building shook. And within 90 seconds, the Science Centre was surrounded by police.

It turned out that the main attraction that weekend was not our Chemistry show, but the “Treasures of Tutankhamun”; the possibility that irreplaceable Egyptian artifacts might be under attack triggered the huge response.

Reg glad-handed the local police (the discovery that he had studied Chemistry at Cambridge University seemed to explain everything for them) and was thrilled by the extensive newspaper and TV coverage that followed.

In 1984 I moved to a UK University, taking along the experience, recipes and explanations of the show, which was still very much Reg’s scientific baby. In time, Oxford hosted the first Chemistry show to be broadcast live on the internet.

Back in Victoria, the show continued to thrive, being taken around the Island, and then, when someone observed that students in the rest of the province were missing out, to the BC interior. Sadly, I was too far away to participate in this “Gourmet Tour”, so named as the locations visited fortuitously (?) hosted the best



restaurants in the province. Both scientific and edible aspects of the trip were apparently a huge success.



Did the show meet its original aim of encouraging students to retain an interest in science? That’s hard to judge, but over more than four decades, many thousands of students, teachers and members of the public have seen at first hand that chemistry can be loud, entertaining and, crucially, understandable.



## UNFORGETTABLE MEMORIES (5 of 5)

Dozens of people have prepared and presented shows, and many continue to be involved, having as much fun as the audience. Though Reg's fingerprints remain everywhere, sadly, Dr Zonk has gone to the great laboratory in the sky. Nevertheless, the legacy of which Dr Zonk was so proud continues, as Chemistry's outreach now includes not just the show itself but workshops, open houses and more. Those few dollars passed to Chemistry nearly fifty years ago were a wise investment.

### *Hugh Cartwright*

Hugh Cartwright demonstrating light emission from diodes rotated at the end of short wires. Each image is a 4-second long exposure of an experiment carried out in the dark. A single flash at the end of the four seconds has been used to illuminate the scene.



All pictures provided by Hugh Cartwright. Captions for the numbered ones are below:

- (1) A school student igniting a hydrogen balloon.
- (2) This image shows how standing waves can be formed by natural gas that burns as it escapes from a narrow tube through which sound waves are passed.
- (3) Another hydrogen balloon.
- (4) This image shows the burning of a twenty pound bill—a demonstration in which the bill often (but not always) emerges with no more than a singed edge.
- (5) This image illustrates the inhuman treatment chemists like to give to flowers—soaking them in liquid nitrogen before crushing them.

# NEW HEALTH-RELATED WEBSITE

## Pacific Regional Centre for Healthy Aging (PRCHA)

<https://pacifichealthyaging.ca/>

“The Pacific Regional Centre for Healthy Aging (PRCHA) is a B.C.-based collaborative network of health authorities, universities, and community organizations. It focuses on healthy aging and promotes the AVOID Frailty framework created by the Canadian Frailty Network.

### Learning about frailty can facilitate healthy aging

Frailty is a medical condition that can affect older adults’ health and wellbeing. It is not a natural part of aging. Frailty can be caused by inactivity, poor nutrition, social isolation and poor medication interactions. It can lead to loss of mobility, function in daily activities and reduced quality of life. Learning ways to prevent and reverse frailty is an important step in healthy aging.

### How does the website support healthy aging?

The PRCHA website is a one-stop shop for information and resources. On the website you will find:

**Plain language, evidence-based, and action-focused information on healthy aging** (e.g. how to address incontinence, recognizing social isolation, the importance of a good diet, caregiver self-care, etc.)

Information that is **easy to print out** to share with others

Community and health resource lists and maps throughout BC

**A free online Healthy Aging Assessment tool** that can generate personalized plan and recommendations on how to maintain good health....”

Source:

*In the Loop* — e-newsletter

University of Victoria, Self-management programs

Issue #341—February 21, 2024

NOTE: The above data was copied verbatim from the newsletter.

Accessing the PRCHA website gives you access to the resources mentioned above.

The link to access the Canadian Frailty Network directly is:

<https://www.cfn-nce.ca/frailty-matters/avoid-frailty/>

To e-receive *In the Loop* newsletters, please fill out the form at:

[https://selfmanagementbc.us2.list-](https://selfmanagementbc.us2.list-manage.com/subscribe?u=43bc52c036e0bdceb52a0d238&id=9819c68f5a)

[manage.com/subscribe?u=43bc52c036e0bdceb52a0d238&id=9819c68f5a](https://selfmanagementbc.us2.list-manage.com/subscribe?u=43bc52c036e0bdceb52a0d238&id=9819c68f5a)





University  
of Victoria

Retirees  
Association

# LIBRARY TOUR

When? Tuesday, March 12, 2024

Where? McPherson Library

Time? 2:00pm

Duration? 1.5 hours

Cost: Free, but registration required

Tour is limited to 25 persons:

one guest/member

The emphasis will be on the modern library: how the library has changed since the days of rows of books and records on tightly stacked shelves. Some of the departments we will be visiting are Archives, Special Collections, Music and Media and other areas of interest.

Information on how to register and more details about the tour in your mailbox.

*Donna Mollin &*

*Peter Liddell*





University  
of Victoria

Retirees  
Association



MASTERMINDS

# This is Now: University, Community and Change

This April there will be four MasterMinds lectures  
centered around the theme of change.

They will be held on four consecutive Wednesday  
April 3, 10, 17, 24 at 7:00pm.

We are happy to report that we have secured the very comfortable and accessible Roger Bishop Theatre in the Department of Theatre for our lectures.

Good parking will be available with parking attendants to assist you.

There is an exciting line-up of speakers and we will let you know when they are affirmed.

We look forward to enjoying the evenings with you.

*Juliana Saxton*

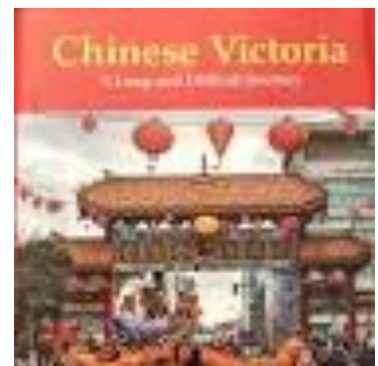
# The year of the Dragon



## *Chinese Lunch 2024*

At the beginning of the year of the dragon, a Chinese lunch was held at Lee's restaurant on Shelbourne street on February 6th. Twenty eight members and guests enjoyed a good variety of delicious dishes prepared by very attentive staff.

After the meal John Adams, a well known local historian, gave a very interesting talk on Victoria's Chinese history, based on his book "Chinese Victoria". The Chinese immigrants came to (Canada) Victoria in the mid 1800's, and kept coming, despite the head tax levied by Ottawa, segregated education, and the Chinese Exclusion Act, with a goal of ending Chinese immigration rather than simply reducing it.



Any one wanting to know more about local Chinese history and how this segment of the population thrived, despite all of the obstacles, should read this book.

I look forward to future lunches such as this, as this was such a success.

*Richard Chappell.*

# Harvard's Healthy Living Guide 2023/2024

## - A Digest on Healthy Eating and Healthy Living

The Harvard TH Chan School of Public Health has published its fourth edition of the **Healthy Living Guide (2023-2024)** which is available for free to download.\* The 30-page guide features tip sheets, summaries and links to online articles. Topics include:

- Mindful eating
- Strategies to reduce red meat and elevate your plate
- Plate and the planet
- A blueprint for building healthy meals
- Intuitive eating
- Healthy beverage guide
- Spotlight on low-calorie sweeteners
- Staying active
  - Zumba
- Updates on sleep

Source:

*In the Loop* — e-newsletter  
University of Victoria, Self-management  
programs  
Issue #340—January 24, 2024



\*Please use this link to download the 2023-2024 Guide:

<https://www.hsph.harvard.edu/nutritionsource/wp-content/uploads/sites/30/2024/01/HLGuide2023-2024.pdf>

## OFF LABEL USAGES

The term off label refers to using a medication officially prescribed for the treatment of X for the treatment of other than X. Here, it is used to refer to using certain products for other than the use or uses for which they were designed and sold.

### BABY WIPES

I keep unscented baby wipes in the car to:



- wipe windshield and windows when a bird leaves an unwanted deposit
- wipe face and hands when eating take-out in the car
- use as a substitute for a tissue
- clean up mud, dirt, food, etc., on floor and seats
- when weather is hot, used to refresh face and hands

I also keep a box at home for various usages. Here are some of them.

- as napkin substitutes –great when eating popcorn and finger food
- when eating on the patio, they serve numerous purposes including capturing insects
- to wipe my cat's fur after each brushing —it picks up loose hair
- in the guest bathroom—for refreshing of face and hands of guests
- to clean up finger marks on windows and mirrors
- to clean the leaves of artificial plants –being damp, wipes cleans better than dry dusters



# 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. Tarak Amor, Assistant Professor, University of Victoria  
Dr. Jordana Wynn, Assistant Professor, University of Victoria