



University
of Victoria

Welcome to our New Members

Joyce Ancelet
Health Services &
ATRS

Carole Miller
Curriculum and
Instruction

Donna Mollin
UVic Library
Acquisitions

Susan Oldroyd
ATRS

Denis Protti
Health Information
Science

Terry Wiley
Chemistry



GREY MATTERS

University of Victoria Retirees' Association

Volume 03/10

UVRA Newsletter Sept/Oct 2010

Editorial

There are times, as editor, you get to read all kinds of interesting stories. Unfortunately, re-printing them in a newsletter format does not always work out well. Recently I was reading some stories written by an Associate UVRA member, Jack Basuk; when I next looked up two hours had passed, along with the time I had allotted to writing an editorial for this issue. Instead of my thoughts, I will direct you to Professor Basuk's web site so that you too can wile away your time on reading these entertaining and insightful stories and essays. <http://www.jackbasuk.com/stories.html>

You may get an idea on what to expect from the following extract from the web site.

Jack Basuk's Folly

I have been told I am the only person who can argue in an empty room..

I reside in two worlds. The first is the world as it should be. It has shaped my politics. The second is the world as it is. It has shaped me - into a cynic.

Everyone should have the courage of my convictions, with one exception, me.

Enjoy the read and the fast approaching fall season.

UVRA EXECUTIVE BOARD - 2010 - 2011

President, Isobel Dawson

Benefits, David Clode

Vice-President, David Docherty

Communications, Judy Cryderman

Secretary, Sharon Moulson

Membership, George Smith

Treasurer, Kathy Harris

Newsletter Editor, Elizabeth Coey

Past President, Lyle Robertson

Events, Winona Pugh



Your new slate of officers are:

Executive Board –

President, Isobel Dawson; Vice-President, Dave Docherty; Secretary, Sharon Moulson; Treasurer, Kathy Harris, Past-President, Lyle Robertson.

Committee Chairs –

Benefits, David Clode; Communications, Judy Cryderman; Membership, George Smith; Events: Winona Pugh; Newsletter Editor, Elizabeth Coey

Members at Large

Mel Klassen, Sharon Crumly, Jim Pearce, Joanne Thomas, Bev Timmons (Masterminds)

Ex Officio Life Members

Peter Darling

Thanks to all who have served and those actively supporting the association. The vitality of any organization is based on those willing to volunteer.

Bits from the Board

Welcome to the fall season and I hope that you all had a great summer.

It has been a busy summer for many of us. The 17th AGM was held on June 16, 2010. We gratefully thanked and said farewell to Doug Alexander, Colin Butterfield, John Fitch, Wendy Leyland, Dawn Neill, and John Schofield and welcomed David Docherty, Kathy Harris, Mel Klassen, Sharon Moulson and Winona Pugh to the board. Reports given at the AGM by the President, Treasurer, Auditor and Committee Chairs are available upon request and on the web site: <http://web.uvic.ca/retirees>.

Plans for the coming year include a review of the Constitution and Bylaws, implementing new procedures for obtaining parking permits, collecting member information for the new IDMS, seeking improvements to benefits, and using new formats for maintaining membership records. Events are being planned that will hopefully, appeal to many of you and also attract new members to join their fellow retirees in some of these activities. The Masterminds Series, under the direction of Beverly Timmons and her Advisory Committee, continues to be supported by Dr. Turpin, President and Dr. Kuehne, Vice-President. The upcoming Series promises to be a highlight of the year.

It is the UVRA's turn to host the retirees associations from UBC and SFU in November. We will be sharing information with the intention of enhancing our respective associations.

UVRA board meetings are tentatively planned for September 15, November 17, January 19, March 16 and May 18 from 1:30 p.m. to 3:30 p.m. in the Alumni Board Room at the Ian Stewart Complex. Visitors are most welcome.

Submitted by: Isobel Dawson, President Items of interest to Retirees

Parking Permits

The UVRA is no longer involved in the sale of parking permits for retirees. Under the new procedures you go to Campus Security and show your UVic Retiree ID card. If you had a parking permit in the previous year, you are already in the system and require no other documentation. If not, you will need to provide your vehicle registration. Your retiree parking permit is limited to 3 ½ hours per week and is valid on evenings and Saturdays.

The UVic Book Store Simplicity Card is now available to retirees; inquire at the bookstore.

UVic Library is now offering an Internal Borrower card for Associate and spousal members if they apply as a UVRA member.

A special story

The following tribute to Phoebe Noble has been submitted by UVRA member Maria Luisa Macrae and I felt it worthy of reprinting here.

Years ago I came from Chile as a foreign student to the University of Victoria. At that time, Mrs. Noble was the Dean of Women. I arrived by bus and unfortunately, Greyhound had lost my luggage. I was very upset and approached Mrs. Noble for advice. I don't know how she did it but three days later I was supplied with all kinds of clothing, fitting me perfectly, all donated by members of the University. Greyhound was offering very little compensation for my loss but Phoebe never gave up and kept pressuring the company. Almost three months later, they had found my luggage in Texas and it was returned to me intact.

When I returned to Chile after attending UVic, for many reasons, I wanted to come back to Canada as an immigrant. Again, I was helped by Phoebe who so kindly introduced me to two ex-students of hers working in immigration and, even more than that, she offered herself to be my sponsor. A year later, thanks to Phoebe, I was back in Victoria – now as a landed immigrant. I was able to make many friends, worked in several places until I had a permanent job in the Library at the University. I had met my future husband and Phoebe honoured me by attending my wedding.

When I retired and decided to do some voluntary work one of my choices was with "Friends of Government House Gardens". It was there at a reception that I met Phoebe again. I was so happy by the encounter and I approached her saying "Mrs. Noble, do you remember me?" She embraced me and answered "How could I forget the girl from Chile that lost her luggage".

I am sure many of you will have your own "special" Phoebe Noble story; thank you Maria for sharing yours with us.

Upcoming Events 2010/2011

SEPTEMBER 28 (Tuesday), **10:00 a.m.**
Tugwell Meadery Tour and Point No Point Lunch. Register by: September 20. Charge: \$10/Person, plus cost of lunch. **Limit: 25** (First come first served + Wait List).

OCTOBER 20 (Wednesday), **9:30 a.m.**
CFB Esquimalt Tour and Four Mile Pub Lunch. Register by: October 12. Charge: \$5/Person, plus cost of lunch. **Limit: 30** (First come first served + Wait List).

OCTOBER 23 (Saturday), **7:00 p.m.**
Diwali Festival. University Centre Farquhar Auditorium. Register by:

October 8. Charge: \$15/Person. Limit: 25 (First come first served + Wait List).

NOVEMBER 20 (Saturday), **9:30 a.m.**
Butchart Gardens Greenhouse Tour and Winter Gardens (800 Benvenuto Avenue). **Register by: November 1. Charge: \$21/Person** (Admission) or **\$5/12-Month Pass Holder. Limit 12**

DECEMBER 10 (Friday), **12:00 Noon.**
Christmas Buffet Luncheon and Presentation. University Club. John Krich (UVic Theatre Department, retired). **Register by: December 2. Charge: \$33.50/Person.**

JANUARY – JUNE 2011

(details will be available in January):

- January UBC. Day trip.
- February Chinese New Year. Luncheon and Presentation.
- March Ross Bay Cemetery and Ross Bay Villa. Guided Tour.
- April Todd Inlet. Guided walk. Historic properties.
- May Saturna Island. Day Trip.
- June MV Uchuck. Overnight Trip (Proposed)

Please note that the comprehensive list and registration form for the events planned are available on the UVRA web site, <http://web.uvic.ca/retirees/events.html>

Registration forms can be filled in manually or directly typing into a fillable form, printed and mailed in.

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

Submitted by the Events Committee: Winona Pugh (Chair), Trudy Byers, Jim Curry, John Fitch, Trevor Matthews, Donna Mollin.

Any Feedback/Suggestions please contact the UVRA Office (250-472-4749 or the web site uvra@uvic.ca).



In Memoriam

Percy John Bandy, (spouse of Helen Bandy, Continuing Studies) passed away on August 1, 2010. John truly loved the natural world, as a fisherman, boater, hunter, gardener and, always, as a field biologist.

Gerd Bell (spouse of Professor Marc Bell, Biology) passed away peacefully on April 28, 2010. Gerd brought joy and compassion to many in the community where she worked and played; her favourite song "What a Wonderful World" reflected her attitude to life.

Jens Block (spouse of UVic's Irene Block) passed away on April 11, 2010. Jens served his country during the war as well as serving his chosen country throughout his life becoming an active member of Victoria's community.

Phoebe Noble, a long-time UVRA member, passed away on July 31, 2010. Phoebe taught high school in Victoria before being recruited into the Mathematics Department at Victoria College, now the University of Victoria, in 1945. In the thirty-three years that she taught there, she also served in many administrative capacities, including Dean of Women and Head of the Mathematics Department (twice). She was a Professor Emerita of the University.

On behalf of the UVRA, we offer our sincere condolences to their families.

A Guided Autobiography Workshop for Adults

Are you interested in telling your life story? The UVic Retirees Association will be able to offer the successful "Guided Autobiography Workshop" in September. We would like to know if you are interested in participating in this opportunity to develop your own autobiography.

The Guided Autobiography Workshop provides participants with informal group discussions to explore common life themes that have been influential in shaping our lives. Over ten weeks the group will meet once a week for two hours, with an experienced workshop facilitator, to discuss and explore their life stories. The workshop is useful for people interested in leaving a legacy for family members, facilitating life transitions, enhancing personal growth, beginning an autobiography or memoir and enjoying the thrill of self discovery.

The workshop will be offered on Tuesdays, 2:30 p.m. – 5:00 p.m. from September 14 to November 16. Registration fee: \$75

Please contact Winona Pugh, UVic Retirees Association if you are interested in registering or learning more about the program. The contact information is winonapugh@shaw.ca or 250-479-2886.

United Way Campus Campaign 2010

The campaign will officially kick off with a lunch-time barbeque in front of the Library on September 21st; campaign runs until mid December. Last year we set a target of \$275,000.00 and to our amazement raised \$303,410.00, despite the tough economic climate. This year, the UVic Committee has set a target of \$280,000.00 and hopes to be amazed again.

Each year, United Way helps one in three people in Greater Victoria. This year the need will be more acute than ever. Your donations will help to fund over 100 programs that will address one or more of the three priorities for the coming year: Family and Community Well-being; Housing for the Homeless, Low Income and Working Poor; Mental Health and Addictions.

With the support of over 1,000 volunteers, United Way keeps campaign costs among the lowest of any agency in Canada, allowing them to do the greatest good for the greatest number right here in Greater Victoria.

Just in case the good feeling you get from giving isn't enough incentive, the committee has gathered many attractive prizes for donors. To see a complete list of prizes, visit <http://unitedway.uvic.ca>

UNITED WAY BOOK SALE

The United Way Book Sale will take place from November 29 - December 2 in the Michelle Pujol Room Student Union Building, 9:00 a.m. to 5:00 p.m. Items for sale will include books, records, cassettes, CDs, videos, DVDs, games, and blank books. The price for most items will be \$2.00 or less.

A silent auction of collectable items contributed to last year's record-breaking total of \$13,500.00. Donations of books, etc., especially for the silent auction, would be greatly appreciated and can be delivered to the Library Help Desk on the main floor of the McPherson Library.

For further information, contact Jean Macgregor at 250-472-4977.

CRAFT FAIR

UVic Hearts & Hands Craft Fair
Tuesday, November 16th, 2010
University Centre Lobby
10:00 a.m. to 5:00 p.m.
Free admission! Wheelchair accessible.

All vendors are currently registered UVic students or current employees and the work they offer for sale is original and handmade.

Several baskets filled with vendors' handicrafts are raffled off to raise more funds for the UVic United Way campaign. Tickets are reasonably priced at \$2 each or three for \$5 and are available at the fair. The draw takes place at about 4:30 on craft fair day.

If you would like more information, please contact Helen Rezanowich at 250-721-7378.

PLEDGE FORM

If you donated last year, you will automatically receive a pledge form in the mail. Remember to identify yourself as a member of UVRA under “Comments” or “Department” when you fill out your donation form.

If you need a pledge form you can print one off from the web site below, by clicking on “pledge form”.

OR,

If you wish to donate online, click the address below and follow the links under “Donations”. Please ensure that you note under “Comment” or “Department” that you are a member of the UVic Retirees Association so that United Way can credit UVic towards its total for this year.

www.unitedway.uvic.ca

If you have any questions, please contact me at vaneuf@shaw.ca or at 250 477 1791.

Victor Neufeldt
UVRA Representative
United Way Campus Campaign Committee

Physical Activity and Wellness Corner

It is now well documented in the scientific and popular press that over half the Canadian population exceeds the guidelines for a healthy body weight. Many of us exercise to lose weight or to maintain a healthy weight. In this edition of the “Wellness Corner” I will address the issue of exercise and weight control and try and show why trying to reduce weight or maintain a healthy weight through physical activity (or exercise) alone is very difficult. This is not to say that exercise is not important when undertaking any maintenance or weight-loss program. In fact I will try and indicate why it is very important to exercise and why dieting alone is not a very effective way of maintaining a reduced body weight.

We are what we eat!

The previous articles have described the amount of physical activity that is associated with health benefits and expressed the amount in the form of caloric expenditure. Losing weight or maintaining a healthy body weight is really a matter of the calories

we expend compared to the calories we ingest. If they are the same our body weight will stay the same. If we want to lose weight then we need to expend more calories than we consume. The average Canadian consumes about 3000 calories per day but expends 2000-2500 calories. The calories not used are stored in the form of body fat which is clearly contributing to the current epidemic of obesity at all age levels. So, we can lose weight by decreasing our caloric intake (diet), increasing our caloric expenditure (become more active), or both. Most “diets” obviously reduce the number of calories we consume and in fact most are restricted to 1000 calories or less for the first few weeks so it is not surprising most people lose weight. Most “diets” then increase to about 1200 calories which is still well below what most people consume during an unrestricted diet. This is, in part, why diets generally do not work for the long term. It is very difficult to sustain such a reduction in calories for many reasons, including social.

The other important fact to note is that there are about 3400 calories in a pound of fat; to lose a pound of weight we need to either reduce this number of calories in what we consume, increase our physical activity to burn this number of calories, or preferably a combination of both.

Monitoring caloric intake.

It is sometimes surprising how many calories are in the foods we eat. This information is readily available through many sources including the packaging on foods we purchase. Here are a few common foods with their caloric content in brackets: chocolate bar (267); slice of pizza (345); cheeseburger (562); chocolate shake (580); 355 ml of coke (151); a big gulp (600); and a “supersized” big Mac meal (1754). If you consumed two pieces of bread per day, a Caesar salad, pasta, glass of wine, and a few bites of desert (a modest diet) you would have consumed about 2300 calories.

Monitoring caloric output.

Unfortunately we need to do a lot of physical activity to burn the calories we consume. For example one reference I use is that a 70 kg person burns about 600 calories jogging for one hour or 400 calories if they walked for one hour. Another way of considering caloric expenditure through physical activity is to consider how many steps it takes to burn the equivalent of the food we eat. It takes about 20 steps to burn 1 calorie so you can calculate how many steps you need

to burn off the foods listed above e.g. it would take 11,600 steps to burn off the chocolate shake and 35,080 steps for the full meal deal!!

Clearly it takes a lot of physical activity to burn 3400 calories or lose 1 lb of body weight. So although physical activity is great for many things, it really isn't a very effective way to lose weight. The recommendation is, therefore, to combine some type of dietary restriction with an increase in your level of physical activity.

Why is physical activity important?

You may be wondering why I advocate the inclusion of physical activity for losing weight or maintaining a healthy weight. If you lose weight solely through dieting then you will also be losing muscle as well as fat because the body will begin to metabolize muscle when there is insufficient caloric intake. About 70% of the calories we burn are related to basal metabolic activity (BMR) which is the amount of energy we expend for normal body functioning when not being physically active. This relates to our body composition. The more muscle mass we have the greater the BMR so the more calories we expend in the day. Once a person goes off their diet their BMR will be less, therefore, if they start consuming the same number of calories as they did before their diet, they will, in fact, put the weight back on more rapidly. In addition, it is hard for people to sustain such a drastic reduction in the number of calories they consume in most extreme diets so once they have achieved their target weight they usually go off the diet and return to their old eating habits.

In the next "Physical Activity and Wellness Corner" I will share some ways to determine if your body composition is healthy as well as ways to lose weight and maintain the "new you".

Submitted by: David Docherty, PhD, Professor Emeritus, School of Exercise Science, Physical and Health Education Email comments/suggestions to: angdave@shaw.ca

Mentoring Opportunities for Retirees

The following was submitted by Karolien Swaak, Host Mentoring Facilitator, kswaak@icavictoria.org (250-388-4728 ext. 122.) Inter-Cultural Association (ICA)

The Host Mentoring program is the perfect opportunity for retirees who still maintain connections in their fields,

to share their skills and experiences. Benefits of mentoring include promoting cross-cultural understanding, meeting new people, helping to build a more diverse and welcoming labour market, combating racism and discrimination in hiring practices, and making a difference to a newcomer's life.

For more information on Host Mentoring, including mentor requirements and profiles of our mentorship matches, please see our webpage: <http://www.icavictoria.org/community/mentoring>.

ICA is a unique non-profit organization that combines arts and social services to address the needs of immigrants and refugees, and to promote the embracing of cultural diversity in our community.

Also of interest to retirees, the **Senior Mentors Assisting Researchers and Trainees (SMART)** is launching a new program that brings together the BC Network for Aging Research (BCNAR) and UBC's Care for Elders (CfE) to create a provincial database of older British Columbians who are interested in advising, participating, and/or mentoring research and education on aging age-related issues. To get more information and comprehensive details you can email smart@bcnar.ca or call Andrea at 778-782-7789.

If you wish to submit articles that may be of interest to our retirees for consideration and inclusion in future editions of Grey Matter, please submit by email or hard copy to Eliza-beth Coey, Editor: elizcoey@shaw.ca

Please keep in mind, that we reserve the right to edit articles, depending on the number of articles for the next issue and space commitments.