



University of Victoria

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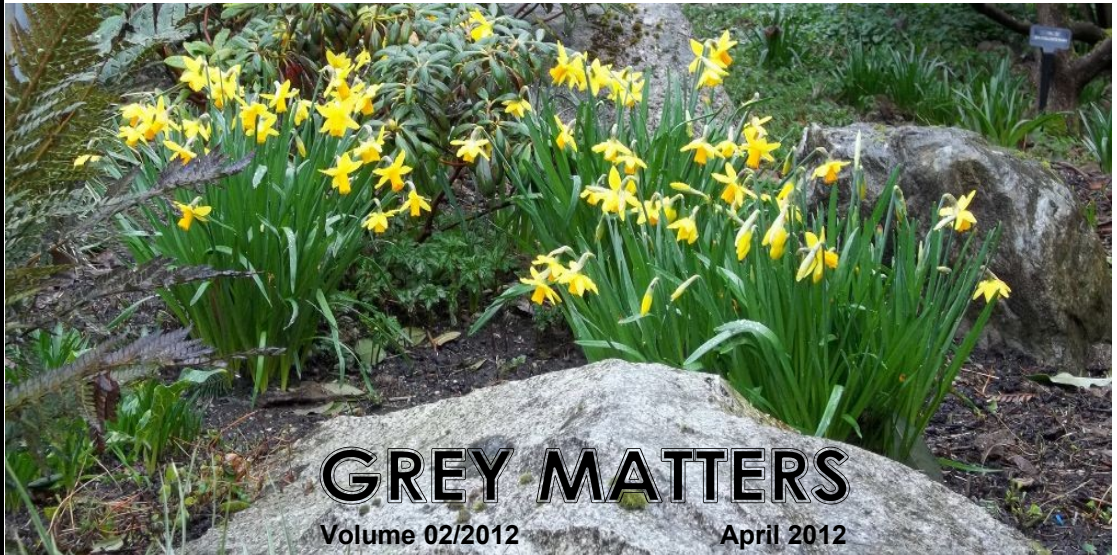
Remember the
UVRA's AGM:

Wed. June 20, 2012

10 am — noon

MacLaurin Building,
Room D110

University of Victoria Retirees Association



10th Annual CURAC/ARUCC Conference, in Victoria, BC April 18 – 20

CURAC/ARUCC is the federation of college and university retiree associations of Canada. This year's conference is being hosted at UVic in the University Centre conference room (the Senate/Board Chamber) by the UVRA in collaboration with the retiree associations at UBC and SFU.

The program appeals to a broad audience of post-secondary retirees. For full information on the program and other conference matters, click on the *CURAC/ARUCC 2012 conference* button on the UVRA web-site, or contact the UVRA office, via telephone or via E-mail.

Day registration is available Thursday 19 April and/or Friday 20 April for just \$45/day. This cost includes HST, lunch, and two nutrition breaks. If you can spare only one day for the conference, the program on Friday may be of particular interest, with its dominant focus on seniors' health and lifestyle.

For those interested in attending the full

conference, the full cost is \$150 and includes a **reception Wednesday evening 18 April** and the **conference banquet Thursday evening 19 April**, both at the Harbour Towers Hotel on Quebec Street.

Conference registration can be completed online (see the UVRA website for the link to the registration), by telephone (250-472-4747) or by downloading the registration form from the UVRA website and mailing it with a cheque to the Division of Continuing Studies, University of Victoria, PO Box 3030, Victoria, BC, V8W 3N6. Make the cheque payable to the **University of Victoria**.

Alternatively, registration forms can be requested from the UVRA office, or you can register at the door, although pre-registration is strongly encouraged.

We look forward to having as **many UVRA members as possible** join colleagues from across the country at Canada's annual gathering of post-secondary retirees.

John Schofield <jas(at)uvic.ca>
Chair, 2012 CURAC/ARUCC
conference organizing committee.

Masterminds 2012: A Lecture Series by UVic Retirees

These lectures will be held every Wednesday at 7:00 p.m. in the Hickman Building, Room 105. They are free. Please register by telephoning 250-721-6369. Plan to arrive early because seating will be limited. If you do not have a UVic parking permit, there is a charge of \$2.25 for a permit to park on campus in the evening. Parking permits are available in all parking lots. The Centennial Stadium parking lot (#4) is probably the most convenient to the Hickman Building.

Wednesday, April 4



Dr. Stanton Tuller

The Climate of Victoria: Characteristics, Variations and Controls

Victoria's friendly climate draws visitors, retirees and envious looks from around the world. But what are the key controls of our local climate, and why do microclimates vary so markedly around the Capital Region? Dr. Tuller will explain why and how.

Wednesday, April 11



Professor Martin Segger

The Emergence of Architectural Modernism in Greater Victoria

During the 1950s and 1960s, a small number of architects changed Victoria's built environment with forward-looking plans and bold new forms. Major projects of the period were the University of Victoria's Gordon Head campus and Centennial Square in the core of the city. This presentation examines the development of a regional modernist aesthetic in the post-war Victoria urban landscape.

Wednesday, April 18



Dr. Elaine Gallagher

How Age-Friendly is B.C.?

What makes a community senior-friendly? In an attempt to enhance the activity level and independence of seniors living throughout the province, a three-year research study was conducted in over 30 communities. In this presentation, Dr. Gallagher will outline many of the lessons learned and will provide guidelines for communities wishing to implement senior-friendly initiatives.

Wednesday, April 25



Dr. Larry D. Yore

Challenging Science Illiteracy: Celebrating Canadian Successes and Building for the Future

Are our students science and math literate? This presentation will describe the successes of Canadian and British Columbia schools in promoting reading, mathematics and science literacy for all students, according to the results from the Organisation for Economic Co-operation and Development Programme for International Student Assessment. Recommendations will be provided to students, parents, grandparents, teachers, and school districts about policies, programs, practices and leadership.



Spring Events

The first events of 2012 provided diverse learning opportunities:

1. the seismic and hydrographic programs at the Institute of Ocean Sciences,
2. the origins of Victoria's Chinese pioneer families, at the Chinese New Year lunch,
3. the heritage treasures housed in the Provincial Archives Tower of the Royal BC Museum.

For the remainder of Spring, we are looking forward to:

Tuesday, April 17, 10:00am

An inside tour of birds and plants in Finnerty Gardens and Mystic Vale, with Agnes Lynn.

Saturday, April 21, 10:00am

A drive through the city, and a springtime visit to the Butchart Gardens, including a tour of the greenhouses, with time for lunch and shopping on your own.

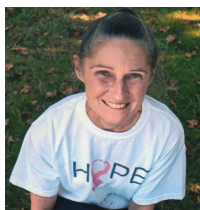
Thursday, May 17, 7:00am

An all-day tour of magical Gabriola Island, to visit the exceptional natural landscapes and cultural attractions.

Be sure to register soon, through the UVRA Office, to reserve your place.

Thank you to the committee members who have helped to organize these events: Bob Allen, Jim Currie, Trevor Mathews and Donna Mollin.

If you would like to join our committee, or have suggestions for future events, please contact me, or speak to the volunteers at the UVRA office.



Winona Pugh
<winonapugh(at)shaw.ca>

Special Event: Butchart Gardens and City Tour

10 AM (to 4:30 PM est.), Saturday, April 21.

We have arranged a special tour for all UVRA members (and guests) and attendees of the CURAC Conference.

Pick-up at the Harbour Towers Hotel on Quebec St., enjoy a casual city-tour and a relaxing drive to the Butchart Gardens. The spring season features hundreds of thousands of bulbs in bloom, complemented by flowering trees and shrubs.

While at the Butchart Gardens, a tour of the greenhouse has been arranged.

Lunch and shopping are on your own, and then there is a return bus to the hotel.

Cost is based on bookings, excluding lunch.

Please contact Winona or telephone the UVRA office by April 16th if you are interested.

Physical Activity and Wellness Corner #8

Helping your Aging Brain

In a recent UVic Idea Fest public lecture entitled *Healthy Brain Aging*, Dr. Brian Christie described 10 things you can do to preserve the function of your brain as you age.

Dr. Christie is a member of the Division of Medical Sciences, with a special interest in the mechanisms of plasticity in the brain.

The "take home" message was that the brain can adapt even in advanced age, and has the capacity to produce new nerve cells and connections between cells, a process referred to as neurogenesis.

Although certain things are beyond our control, there are many things we can do that will help preserve and improve the functioning of our brains, particularly in the area of cognition and memory.

With Dr. Christie's permission, Peter Zingeler and I thought it worthwhile to share his "Top 10 Recommendations" ...

Number 10: Choose the right parents

As with most things in life, choosing the right parents has a lot to do with how we age. Up to 67% of our genes are used in the running of your brain, so it is not surprising that genetics influences the rate of neurogenesis. Thanks, Mom and Dad!

Number 9: Make lots of money

Increased income is associated with reduced risk of death, so I guess, as a university retiree, you can only advise your children and grandchildren. Canadians can take heart though, because the disparities in income are much lower in the great white north, we all tend to be on the "longer living" end of the scale.

Number 8: Be in charge

A study of government workers in Britain showed that there is stepwise improvement in health with better employment, especially the higher up you are in the administrative food-chain. This would presumably also apply to any of us retired folks, as we demonstrate forthright healthy self esteem and respect for others in our daily lives.

Number 7: Try to remember ...

Okay, now we are getting to the part that you can control. You can train your brain to be forgetful, or you can train your brain to remember. Telling yourself that you are forgetful will only exacerbate the problem.

Instead, focus on learning important information. Learning new things is a good way to stimulate formation of those nerve cells.

I am sure we all have moments when, as we try to remember something, we panic when it just doesn't happen. Be calm. Don't panic as this impairs memory. And remember to remind yourself that you do remember a lot of things every day!

Number 6: Quench your thirst!

Dehydration can cause mental confusion in anyone, and can exacerbate the problem in people with dementia. So make sure you are well hydrated, which means drinking about 9 cups of water a day. Dehydration can reduce neurogenesis. One simple way of checking your hydration is to check the urine. It should be clear or light yellow, and not dark, which is exactly what we tell athletes.

Number 5: A diet to remember!

Low carbohydrate diets can actually impair memory in the elderly. The energy derived from carbohydrates can enhance neurogenesis, especially from those carbohydrates with a low glycemic index, such as fruits, vegetables, old fashioned oats, brown rice, and whole grains.

Number 4: Anti-oxidants!

Long-term consumption of anti-oxidants, especially vitamins C and E, has been found to raise memory performance. However, there have been some suggestions of side-effects from taking vitamin E. So, you may wish to check with your physician on this one.

Regular use of Omega-3 has been found to enhance memory in healthy people with memory complaints, not however in people already diagnosed with Alzheimer's disease. Anti-oxidants can increase neurogenesis.

Number 3: Keep Engaged

Albert Einstein: *"Intellectual growth should commence at birth, and cease only at death"*. I think the UVRA members embrace this observation.

Real-life, serious, competitive challenges can slow cognitive decline in older people, as can strategic games like Sudoku, crossword puzzles, video games, and chess.

Stay socially connected, because this also enhances neurogenesis, whereas loneliness and isolation decreases it.

Number 2: Sleep on it!

Lack of sleep decreases neurogenesis.

The value of sleep is receiving more attention, and is related to cognitive function. Sleep studies indicate that most of us don't get enough sleep. As we age, sleep can become a challenge.

Therefore:

- sleep only when sleepy.
- if it takes longer than 20 minutes to go to sleep, get up and do something else.
- develop a sleep ritual.
- use your bed only for sleeping, not reading or TV (although reading a book is a sure way for me to fall asleep, which is why I don't read hard cover books in bed).
- avoid caffeine, nicotine, and alcohol, four hours before bed.
- make sure you get some natural light in the morning.

Finally, the Number 1 recommendation: Stay tuned for the next newsletter!

In the next newsletter, I will share the silver bullet, the **Number 1** way in which you can help your aging brain.

David Docherty, Ph.D., Professor Emeritus
<angdave(at)shaw.ca>

F1gur471v3ly 5p34k1ng?

Good example of a Brain Study: if you can read this, you have a strong mind:

7H15 M3554G3 53RV35 7O PR0V3 H0W
0UR M1ND5 C4N D0 4M4Z1NG 7H1NG5!

1MPR3551V3 7H1NG5!

1N 7H3 B3G1NN1NG 17 WA5 H4RD.

BU7 N0W, 0N 7H15 LIN3 Y0UR M1ND 1S
R34D1NG 17 4U70M471C4LLY W17H 0U7
3V3N 7H1NK1NG 4B0U7 17.

B3 PR0UD!

0NLY C3R741N P30PL3 C4N R3AD 7H15.

PL3453 T311 0TH3R5 1F U C4N R34D 7H15.

Bits from the Board

Things at the Board level have been quite smooth during the past few months, with the usual cast of characters working hard behind the scenes.

However, we are still in need of a secretary, someone to run the office or someone to be the Recording Secretary. If you have the inclination to help the UVRA in either capacity (or both), please let me or any Board member know.

Peter Liddell and Trevor Matthews have been forging ahead with the 50th Anniversary Project. It involves ongoing interviews of UVic Retirees about events that occurred during their years at UVic.

One of the really exciting developments in this project is linking the interviewing with a university course by Elizabeth Grove-White which teaches interview skills. Students have been paired with members of the UVRA. The UVRA member and the student then contact the UVic retiree-with-the-storied-past to set up a time and place for the living-history interview.

Another development for UVic retirees has been the recent recognition of the role we can play in helping the University fulfill its mission. In the recently published Strategic Plan, the UVic retirees are recognized for what we may bring to the University. The Senior Administration requested input from the retirees. The UVRA responded, so we have them to thank for their valuable contribution to the Strategic Plan.

For your information, I have copied the relevant section below so you can see how our retirees and the Association fits into the Plan.

A Vision for the Future – Building on Excellence
A Strategic Plan for the University of Victoria
Planning and Priorities Committee
February 2012

Objective 9: To engage the University of Victoria Retirees Association and UVic retirees who are willing and able to make significant contributions in research, teaching and other important aspects of the life of the university and the community.

Key strategies:

9a) engage retirees in programs and activities that meet the mandate of the university and incorporate their knowledge, skills and abilities in research, teaching, student recruitment and mentoring, learning, university development and university service.

9b) develop a program or programs that engage(s) older adults to promote the value of being mentally and physically active in retirement, and to engage retirees in program delivery and outreach.

9c) provide support to retirees and the Retirees Association in their efforts to contribute to the mission of the university, where there is capacity within existing UVic resources.

We seem to be well-placed for future university projects -- please look for ways that you can be involved.

David Docherty

Dr. W.H. (Bill) Gordon Scholarship

Approximately a year ago, it was announced in the Newsletter that a Scholarship Fund was being established in his name.

It was hoped that sufficient funds would be contributed by former friends and colleagues for the scholarship to be fully endowed. Thanks to the response from many of Bill's UVic colleagues and friends that objective has now been achieved. Approximately \$30,000 is now vested in the University of Victoria Foundation to provide an ongoing annual scholarship in Bill's name. Thanks to all of those who made this happen. The terms of reference for the award are currently working their way through the University's scholarship award system. It is expected the first scholarship will be awarded in the Fall of 2012. The fund remains open for further contributions — contact Mary-Lynne Britt at the UVic Development Office.

Trevor Matthews

Health and Travel Insurance

For some weeks, we and our counterparts at UBC and SFU have been considering a proposal from a different insurer to cover Extended Health and Travel Insurance. We have had the proposal checked by a professional in the field, who had questions on exact interpretation of some of the items. We have passed those questions to the company concerned and, once we have clarification, we will be in a much better position to make our recommendation to the UVRA Board. This recommendation will be mailed to you well before the July 1st renewal deadline. Any such new offer would include a "no-medical-questions-asked" grace-period during which to switch. You will appreciate that comparisons are seldom "black and white" with insurance policies, and whatever decision is reached would result in each person or family having to make their own choice as to the best option, based on individual circumstances.

Peter Liddell Chair, UVRA Benefits Committee

UVic's 50th Anniversary – a UVRA Project

Your Association is contributing to the University's 50th Anniversary Celebrations by recording a series of interviews of a wide range of retirees-with-a-story, to capture their take on one transformational aspect of their time at UVic (personal or otherwise).

Twenty of the interviews (75 are anticipated) are being conducted by students of Elizabeth Grove-White's English 406 Communications class. Elizabeth is a former CBC journalist, who trains her students in different aspects of the topic, including interviewing. The interviews, summaries, and an essay on the respective interview forms part of the course grades.

Up to one hour long, the interviews are being held in the Humanities Computing & Media Centre in Clearihue, and will be passed, unedited, to University Archives, for access by future researchers, or, more immediately, by one of the university committees seeking good stories, to publicize the Anniversary.

The remaining 50 or so interviews will be conducted by our retired UVRA members.

Can you help?

We are still in need of a few more interviewers ("prior experience not required"). We can provide links to professional 'how-to' videos on interview techniques, if you wish.

Peter Liddell <pgl(at)uvic.ca>

Volunteering for the UVRA Office

How to become an UVRA office volunteer –

- two hours, once a month
- no weekends
- free training
- free parking while in the UVRA office

Please consider becoming an office volunteer. It involves a two-hour shift, once a month, Monday to Friday 1:30 – 3:30 pm. Office tasks include answering the phone, opening the mail, events registration, and other miscellaneous duties.

If you require further information, please contact Sharon Crumly, Coordinator of Office Volunteers, at the UVRA office.

We would like to have you, and look forward to hearing from you.

Editor's Delight

This newsletter sort of wrote itself:

Articles, news items, and announcements are mostly deadline-driven.

Our contributors are passion-driven.

Production (Melvin) is eager to experiment.

So this newsletter is rolling on wheels. Besides, we're actually getting a few more photographs and more ideas for turning out a better looking document. We're getting encouragements.

But you're not entirely off the hook: I would be even more delighted if you could finally send in your long-delayed short story, your anecdote, a poetic moment, a profound question, or a scathing critique. And if you can transmit a photo of yourself, of your garden, of the family pet, please do it. And I thank you.



Peter Zingeler

<peter.zingeler(at)shaw.ca>

P.S. On a somber note, it was Dr. John Hayward (see the following article) whom I remember as the positive, friendly force behind getting me hired for the Bamfield Marine Station.

In Memoriam

Dr. John Stanley Hayward

February 14, 1937 to
February 11, 2012



It is with sadness that the family announce the passing of Dr. John Stanley Hayward, a much loved husband, father, grandfather, brother and friend. Educated at the University of British Columbia and Harvard, John enjoyed a fulfilling career as a professor of Zoology/Biology, most recently at the University of Victoria.

Among his many career achievements, John will be best remembered for his globally recognized expertise and leadership in preventing death due to hypothermia. John was not only an academic but also a very practical man, evidenced by building his own log cabin and fixing just about anything that can be fixed. But most important to John was his family, and spending time on his property where he enjoyed the simple pleasures of life like chopping wood, raking leaves or chasing his grandchildren in a fun game of hide-and-seek.

Thank you to his family physician and friend Dr. Ross McKay, and also the caring staff of Kiwanis Pavilion 3D who helped make him comfortable over the past year, as he endured the sad consequences of dementia. A piece of John will live on in each of us; he will never be forgotten.

UVRA 2011-2012 Executive

President: David Docherty
 Vice-President: Melvin Klassen
 Recording Secretary: (vacant)
 Treasurer: Kathy Harris
 Past President: Isobel Dawson
 Benefits: Peter Liddell
 Communications: Judy Cryderman
 Membership: George Smith
 Newsletter Editor: Peter Zingeler
 Special Events: Winona Pugh
 University Club: David Leeming
 CURAC/ARUCC coordinator: John Schofield
 50th Anniversary: Peter Liddell & Trevor Matthews
 Members at large:
 Elizabeth Coey Sharon Crumly (volunteer coordinator)
 Elaine Gallagher Jim Pearce
 Joanne Thomas Beverly Timmons (Masterminds)
 Dave Turkington (Masterminds)

University Club Report

In mid-March, the Club will be getting a (long-overdue) new roof. Under it, however, it will be "business as usual" during the upgrade.

There are some special events to note:

The inaugural meeting of the Beer Club is at 5 pm on Thursday, April 19. It will feature products from Hoyne Brewery.

The monthly Family Dinner will showcase a Mexican Night, on Thursday, April 26 from 5:30 to 7 pm.

The Fireplace Lounge now has a display of First Nations paintings to complement the three sculptures mounted on the wall.



David Leeming

<leemingd(at)uvic.ca>

Welcome to New Members

Marilyn Callahan

Social Work

Paul Dunae

History

Chris Garrett

Physics

Cleveland Patterson

Associate Member

Ralph Scheurle

Biology

Alex Slade

Professional Employees Staff

Alistair Watt

Thompson Rivers University