



University of Victoria Retirees Association

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Grey Matters!



Photo by John Holland

Bits from the (new) Board

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My first “Bits” as your new President give me a chance to turn a spotlight on the large pair of shoes (running shoes, I imagine) that I’m supposed to fill: Dave Docherty has set a fittingly fast pace during his three years as UVRA President. In that time, he has led or been very active in supporting a number of initiatives, such as the new series of less formal, but no less informative presentations by retirees and others, and the push towards a UVRA-inspired Elder Academy. He also brought several of us together to brainstorm new directions, one of which – a Memorandum of Understanding with the University – will, we hope, become the basis for a much clearer relationship with UVic. As President, Dave has lent great support to other association events: the very well-attended Masterminds lecture series in April each year, the various UVRA events and activities around the community, the Tri-Universities (UBC, SFU, UVic) ‘summits’, the annual Volunteer Recognition luncheon, as well as the more official representative role of his position at University functions. He also initiated a small committee to focus our efforts to improve the pre- and post-retirement experience for

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Bits from the Board (continued from page 1)

employees. Our promising ‘conversation’ with Human Resources and the Pensions Office continues, as they have both recently begun working towards similar goals.

Much to thank you for Dave – but don’t go anywhere -- we will be relying on your energies and ‘sober second thoughts’ as Past President for some time yet! In all of this, Dave has been leader of a very committed Board of Directors – almost all of whom, I’m very glad to say, are continuing to serve your interests as members of the largest University retirees’ association in BC. Like me, they want to hear your thoughts about how UVRA can improve, now that we’re twenty-something.

In May, I went to the annual meeting of CURAC, the Colleges and Universities Retirees Associations of Canada, at McMaster University – as much as anything to see how effective it is. I found it is, as it claims to be, a good forum to exchange news of achievements and initiatives among our fellow associations. It is also a potentially valuable lobby group in matters affecting retirees. Following a pattern which began 2 years ago, when CURAC was here in Victoria, Day One consisted of presentations on a wide variety of fascinating research projects around aging in which McMaster plays a lead role. Day Two was the business and information-sharing day. My fuller report for the AGM will be on our website around the time you read this.

As I begin my own term as President, I’m looking forward to moving along the initiatives that began during Dave Docherty’s term, as well as some ideas gleaned from our discussions with UBC, SFU, and CURAC colleagues. UVRA has deservedly gained wide respect for its achievements, but there is much we still aspire to bring into our portfolio. The ‘we’ is vital here: I’ve been directly involved for the past three or four years in most of the UVRA activities you read of, but I will be relying heavily on the Board members for their usually sage advice and frank comments (retirees seem to like to be frank, don’t they?). Most of all, we rely on you to inspire us. Please keep inspiring!

Best wishes for a happy, healthy summer.

Peter Liddell, UVRA President

University Club Report

Summertime is a great time to “hang out” at the University Club. As well as the usual dining amenities inside, the Patio is open offering dining by the pond or under the canopy. The pond is undergoing a significant upgrade, so come and check it out.

Some of the Patio offerings are *Family Night Patio Summer Specials* available Tuesday, Wednesday and Thursday evenings, from 5 to 8 pm. A number of selections are available for only \$9.95. Every Friday Night is *Grillen and Chillen* – a BBQ (four choices) with corn on the cob and a variety of salads and roast potatoes, for only \$16.95 (\$9.95 under 12).

Some other weekly events at the UClub during the summer are *International Buffet Lunches* (Wednesdays), *TGIF BBQ Luncheon* (Fridays) both from 11:30 to 2 pm, and *Prime Rib Saturdays* 5 to 8 pm. For full details, check the [University Club](http://club.uvic.ca) website: club.uvic.ca.

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Event Report: Visits to Cowichan Garry Oak Preserve and to Somenos Marsh

On April 25, twenty of us began the day with a private tour of the Nature Conservancy of Canada's [Cowichan Garry Oak Preserve](#), arranged by Agnes Lynn. During our visit, Irvin Banman, the Site Manager, told us the history of the site, and gave us an overview of the Garry Oak ecosystem restoration and the methods of invasive species control carried out there, since its acquisition by NCC in the late 1990s. Such work is vital, because so little of this original ecosystem remains on Vancouver Island.



Jemma Green (the Western Bluebird Technician hired by GOERT, the Garry Oak Ecosystems Recovery Team), Agnes, and Irvin took us into a large hayfield where Western Bluebirds have been released since 2012 to help re-establish a breeding population. Habitat loss and competition with non-native cavity nesters are factors which have led to their decline. The "Bring Back the Bluebirds" project is proving successful, with bluebirds raising young in the provided nest-boxes, and some birds have returned after migration. It was exhilarating to see the flash of blue as they flitted from fence to feeding station or nest-box.

Irvin Banman with Garry Oak and nest-box (photo by Nick Russell)

In the same field, we were dwarfed by a gigantic tree. It is the largest measured Garry Oak in Canada. Three numbers (the diameter at breast height, the overall height, and the drip-line radius) are plugged into an equation that gives a numerical value. The higher the resulting number, the bigger the tree.



Canada's largest Garry Oak (photo by Betty Christensen)

Controlled burns have been carried out in the Preserve. For millennia, local First Nations communities successfully used fire for grassland management for camas cultivation (camas bulbs being a valued food source) and for elk and deer grazing and hunting, but with European settlement, the meadows became full of non-native grasses, shrubs and trees. Fire suppression, along with the introduction of non-native species and land development, is one of the major threats to the endangered Garry Oak ecosystem. Irvin's experimental prescribed fires target non-native species such as grasses, Scotch broom and English hawthorn. The fires stimulate the native seed-bank, and help restore the grasslands.

Event Report (continued)



Irvin showed us round the Preserve’s native plant nursery, where various species at risk are propagated, such as the Yellow Montane Violet (*Viola praemorsa* ssp. *praemorsa*) which is [red-listed in BC](#).

Yellow Montane Violet (photo by Rosemary Balfour)



Afterwards, we followed a narrow trail through the peaceful Garry Oak woodland, with its abundance of native wildflowers.

Garry Oak Meadow (photo by Betty Christensen)



Following lunch in Duncan, we visited the nearby Somenos Marsh Conservation Area, where Agnes led us along the boardwalk and identified the bird-life, trees, and shrubs that we passed.

Our thanks go to Betty Miller and Agnes Lynn for organizing this superb field trip.

Shooting Star (photo by Nick Russell)

Submitted by Rosemary Balfour

Welcome to new members

B. Lynn Wilson	Alumni Relations	Judy Macquarrie	Advising
Chris Petter	Library	Larain Mills	Psychology
Doug Sprenger	CUPE 951 President	Kimberly Rae Hart	Law / VP Academic
Faith Collins	Continuing Studies	Lily Dyson	Educational Psychology and Leadership Studies
Gloria Smith	Bookstore	Marnie Coulter	Development
James Sacamano	Health Services	Mary Alison Kennedy	Curriculum and Instruction
James Tully	Political Science & Law	Scott Summerfeldt	Network Services
Janet House	Office of the Registrar	Wayne Macdonald	Athletics

UVic Convocation is seeking “orators”

The University of Victoria awards honorary degrees for excellence and service in a multitude of academic disciplines and other realms of public service and, as you likely know, each honoree is presented to convocation by an orator. The spoken citation is crafted by the orator to provide the audience with a brief (3 minute), engaging *raison d'être* of the honoree's accomplishments, contributions and service to the discipline and country. It is fitting that the speaker be familiar with these endeavors, so that he or she can speak confidently within the disciplinary context.



Normally, six to eight honorary degrees are awarded at the November and June convocations combined; each individual orator is called upon to serve only occasionally. Senate appoints the members of the pool of orators. The current group is comprised of both active and retired faculty members.

This convocation position has proven an exciting opportunity for those retired members who desire to remain actively involved in University affairs and to exercise their rhetorical skills.

The University is currently seeking to expand its list of orators, and invites expressions of interest from members of the UVRA. We are especially looking for people comfortable with speaking about those with careers in medicine and related professions, science, engineering, and information technologies, but we welcome hearing from all those who would like to serve in this important capacity.

Please contact Carrie Andersen, Associate University Secretary, [aus\(at\)uvic.ca](mailto:aus(at)uvic.ca), preferably prior to August 31, 2014.

International Day of Older Persons Lecture

October 1, 2014

Dr. Ed Ishiguro, “The Quest for Longevity Genes”

**Salvation Army Citadel
4030 Douglas St, Victoria**

A hosted tea will follow the VERA presentation.

Visit our website at www.coag.uvic.ca for more information.

Please RSVP to 250.721.6369 or senage@uvic.ca

New Director for the Centre on Aging

Dr. Scott Hofer has accepted the role of director of the Centre on Aging, and began his five-year term July 1st, 2014. He follows Dr. Holly Tuokko as the fifth director. Dr. Hofer is Professor of Psychology and holds the Harald Mohr, M.D. and Wilhelma Mohr, M.D. Research Chair in Adult Development and Aging.



Currently, he is President-Elect, Division 5 (Evaluation, Measurement, & Statistics) of the American Psychological Association, Past President of the Society of Multivariate Experimental Psychology and a Fellow of the Canadian Academy of Health Sciences and the Academy of Behavioral Medicine Research.

In the Centre's last five-year review (2013), it was noted that the Centre has flourished as one of excellence in research and community engagement, and is "an outstanding and exemplary Research Centre in the field of aging in Canada and internationally." Dr. Hofer's leadership in facilitating research collaborations and engaging students and community members will further advance the Centre's mission towards knowledge discovery in the field of aging in order to assist seniors, their families, those working with seniors, health-care providers, and the government in meeting the challenges and potentials of an aging society.

The most powerful research designs and clinical interventions require the individual to supply frequent measurements of functioning and behaviour. Dr. Hofer's program of research emphasizes the influence of lifespan processes, including early life contexts, on changes in physical and cognitive functioning in later life. As Program Director (with Co-Program Director Andrea Piccinin) of the Integrative Analysis of Longitudinal Studies on Aging research network (NIA 1P01AG043362; www.ialsa.org), comprised of over 65 longitudinal studies, he is engaged in reproducible international research on aging and health-related change in cognition, personality, and well-being. Scott and his research group have also been collaborating with health care providers on Vancouver Island to develop participant-friendly internet-based assessments of cognitive functioning and patient-reported outcomes within home and clinical settings. These innovations in design and measurement permit the detection of within-person changes from prior levels of functioning, and the opportunity to trigger and evaluate the impact of clinical interventions and health-promoting behaviours.

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Two special events of note: On August 8th there will be a 50th *Anniversary Tribute to the Beatles* featuring [The Sutcliffes Band](#) and the *Summer of Love Buffet* (\$39.95). Come and join in the Beatles Trivia Contest, or win a prize for the best 60s & 70s attire. Reception starts at 5:30 pm with dinner at 6:30 pm. If you haven't yet taken advantage of the 25% discount on Club membership as a UVRA member, then the summer would be an ideal time. For Membership info. contact Manager Dan Angus (aangusdb@uvic.ca).

Looking forward to seeing you at the Club.

David Leeming

Physical Activity and Wellness Corner #16

Using “Therabands” to increase strength

I have been using **TheraBand Resistive Exercise Bands** for developing strength for several years in a men’s fitness class that I teach twice per week. They resist being stretched, and have extensive usage for rehabilitation in physiotherapy clinics.

I have found them to be very adaptable and effective, and can be used to strengthen any part of the body. It is my intention over the next few months to create a link on our website, showing a variety of exercises using Therabands. In the meantime, if you wish to get started, you can access a website www.thera-bandacademy.com that provides a number of different programs based on your needs.

I thought I would use this newsletter to provide some hints in how to get started and how to progress.

1. Getting started

Therabands come in different colours, based on how much resistance the band provides when stretching it. The eight colours, from easiest to hardest are: tan, yellow, red, green, blue, black, silver and gold.



You can change the resistance of any band, by altering the amount of band you are stretching.

Therabands can be bought off a roll, and are available from a number of stores. I buy them from **Sports Traders** (508 Discovery Street, just east of Store Street). You should purchase 5-6 feet, based on your height, or a length that would be the span of your arms out to the sides of your body, but not stretched. The cost will be between \$8-\$12, depending on the colour.

2. Using the therabands

When using the therabands, remember to do the exercises slowly in both directions or phases, e.g., from a start position, push out and resist the coming back. A good rule of thumb is 2 seconds on the first part, hold for one second, and then slowly back 2 seconds to the start position. Do not let the bands simply recoil.

Most exercises can be done sitting or standing. However, it is important to make sure the theraband is securely held. For many exercises, it is best to have the centre of the theraband under one or two feet, and the ends held in each hand.



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Physical Activity and Wellness Corner #16 (continued)

3. Exercises can be progressed:

- increase the number of repetitions. For strength development, it is suggested that you should choose a resistance and exercise that makes your muscles start to feel tired after you have done 8-10 repetitions. You should try to increase the number of repetitions up to 15-20. Doing the exercise a specific number of times is called a set.
- add another set, once you can do 1 set of 15-20 repetitions, you can add another set. Start by reducing the repetitions to 10, rest for 20 seconds, and then do another set of 10 repetitions. Gradually, rebuild the repetitions for each set up to 15-20. At this time, you can add another set, by first reducing the number of repetitions to 12 for each set, and then build back up to 15-20 repetitions.
- increase the resistance. This can be done by changing the colour of the band or decreasing the amount of band you are stretching. One way of doing this is reduce the amount of band by the width of your hand.
- decrease the rest time between each set. If you have built up to 3 sets and have been resting 20-30 seconds between sets, you can now decrease the rest time to as low as 10 seconds.
- increase the number of exercises for each body area.
- Work the same muscle group with a different exercise.

4. Frequency of exercise

It is recommended that strengthening exercises be done 2-3 times each week. However, there are many studies that have found significant increases from just one session per week for each muscle group. You should be able to do 8-10 exercises in an hour.

5. Types of exercises

With therabands, you can basically exercise every muscle in your body. Some exercises just target one muscle group (single joint) whereas some exercises can challenge more than one muscle group (multi-joint). There is value in doing both.

6. Exercises

When doing a strength program, it is recommended that if you exercise one side of a joint, you should do a complementary exercise for the other side. Some refer to exercises as pushing or pulling, so if in one exercise you are pushing with muscles that cross one joint (e.g. the elbow) you should follow with an exercise that involves pulling. Ensure you go through the full range of motion. Using therabands, you can virtually exercise every muscle group in your body: arms, legs, back, shoulders, chest, trunk.

In the next newsletter, I will begin to share some specific exercises with you, and lay out a program for you to try.

David Docherty <angdave(at)telus.net>

The Hope Through Achievement Foundation

MISSION: The mission of the foundation is: *Transformation through education*. We are a BC-registered non-profit organization dedicated to supporting people from low-opportunity sectors of society in their efforts to change their circumstances. This is achieved by funding a return to formal education or vocational training. For our part, we will encourage, promote and facilitate a return to formal education or training for people living in underprivileged or disadvantaged circumstances, and to offer our program to agencies (public or private) which help the disadvantaged. This will be accomplished by fulfilling our society's pledges to every person enrolled in our program. In turn, all participants will sign their pledge to strive to achieve and to fulfill the criteria for program inclusion and retention.

PLEDGES: *The Hope through Achievement Foundation will:*

- Encourage and support people to further their education or training, thereby increasing employment potential and to be with them in their efforts to create positive change.
- Provide each person with a peer counselor and/or education mentor from start to finish with follow up and accountability.
- Provide a level of funding tailored to the specific requirements of each person.
- Strive to insure that each person's progress is coordinated with other community services.

All support components of the above pledges must be in place prior to start.

You have a story. **Every** person has a story. Our foundation exists to partner with people in Victoria as they strive to create positive new chapters in ***their*** unfolding story.

A warm invitation to volunteers

Members of the University of Victoria Retirees Association constitute a treasure of knowledge, experience and accomplishment. Accordingly, our growing foundation invites you to consider our volunteer needs. Details will be supplied in discussion. If interested in discussing any of the volunteer positions below, please contact Jim Sullivan at 250-592-1212. [Sullivans6\(at\)shaw.ca](mailto:Sullivans6(at)shaw.ca)

We are convinced that THTAF will be making a major contribution to the quality of people's lives in Victoria and beyond. We are grateful for your consideration.

Positions needed: Two board members. Research Librarian. Communications Coordinator. Mentors Coordinator. Community Development Coordinator. Cultural Development Coordinator. Education Mentors. Legal Advisor. Graphic Advisor/Web Designer. Funding/Accounting Advisor.

Our web-site: www.hopethroughachievement.org

Dedicated to the Memory of Saide Cancar Sullivan

Report on 2014 CURAC Meeting

The 2014 [CURAC](#) (College and University Retiree Associations of Canada) annual meeting was held at [McMaster University](#), from May 28-30, 2014.

Approximately 55 delegates, from 29 college & university retiree associations. Mainly Ontario-based, but signs of broader involvement to come (UBC and SFU Board members in important roles, a first Quebec member).

All sessions were very well attended, responsive.

Day 1: five 40-45 minute reports by McMaster researchers on aging-related projects:

- new digital hearing aid,
- testing older drivers [UVic a co-researcher],
- political & standard-of-living impact of our aging demographic,
- “resilient aging” through social interaction,
- early stages of massive Canadian longitudinal study on healthy/unhealthy aging.

Comment: No parallel sessions, high quality, seems to be the new pattern of CURAC meetings (following UVRA lead of 2 years ago).

Day 2: began with a rousing, audience-participation session by a psychiatric nurse-researcher on the Power of Humour (at 8.30 a.m. Eastern Time!)

This was followed by 3 sessions of 4 ten-minute Best Practices presentations:

- the importance of University executive-level engagement (Windsor, SFU),
- departmental retiree reps (UBC),
- continuing support for research and other scholarly activities (SFU, UofT),
- communications,
- social & cultural activities of mutual (retiree/university) benefit,
- retiree Board succession planning (AKA ‘grooming!’),
- multi-college retiree collaborations,
- our 50th Anniversary projects.

The **AGM** took place in the middle of these brief presentations. Main concern was financial (current 50c. levy on paid-up member totals raised to 75c., to a max. total of \$300 per association {Biggest problem is definition of “paid-up”: Several universities offer free automatic membership of 1-3 years to new retirees; McMaster has 2200 members, none paying any dues, etc. etc. - UVRA implications for our associate-member numbers).

2015 venue TBA, but Queen’s University possible.

One final comment: I went as a skeptic, returned thinking there is much value in CURAC’s ability to exchange info on retiree recognition, benefits and initiatives.

Peter Liddell