



**University  
of Victoria**  
**Retirees  
Association**

**Spring 2016**

<http://web.uvic.ca/retirees>

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Open: 1:30-3:30 M-F

# Grey Matters!



A glimpse at the past, bunnies in the quad.

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## *Bits from the Board*

Please mark the date: the **2016 UVRA Annual General Meeting is on June 1<sup>st</sup>** (D. Strong Building, C 108, 10.30-12). There, you will have an opportunity to comment on the wording and details of the proposed Memo of Understanding with the University, which the Board recently finalized. The other very important document, which will require your approval, is the revised Constitution and By-Laws of the Association. Readers will know by now that the introduction of the UVic ONECard has obliged us to make some changes. The new BC Societies Act coming into force later this year will have some effect on our Constitution. Such as they are, they will be outlined at the AGM, too.

Last week's Board meeting dealt with a number of items which may also require your attention at the AGM. Our ability to run the office effectively and make many of the arrangements for the social and Elder Academy events relies entirely on the efforts of a dedicated, small group of volunteers. You know by now how much we owe to David's sterling work arranging the monthly series that have given the Elder Academy such a

## *Physical Activity and Wellness Corner #22*

Recently I attended a presentation by Ryan Rhodes, a professor in the School of Exercise Science, Physical and Health Education and director of the Behavioural Medicine lab, in which he presented an alarming statistic. He showed graphically the percentage of people achieving the minimal physical activity guideline of 150 minutes per week. The percentage is depressingly low (<50%) and decreases with age; but what is more concerning is that it is even lower after age 65! There is no doubt many reasons why there is this trend. Most people (85%) know that they should be physically active but fail to translate intention into action. Navin Kaushal, a graduate student of Ryan Rhodes, has just completed his research into helping people turn their well-intentioned thoughts into actions and has kindly agreed to share some of his findings.



Dr. Ryan Rhodes

Submitted by David Docherty

### **Turning an Exercise Routine Into a Habit**

Most people have the best intentions when it comes to exercising, though sometimes their intentions alone may not result in the desired outcome. For instance, the majority of us have experienced a scenario where we would intend to go for a walk during the late afternoon/evening; however, we may find ourselves instead on the couch watching Netflix or surfing the web. This is an example of the intention-behaviour gap (I-B Gap), which means that our intentions (to do something physically active) do not always translate into actions.

It has been theorized that previous habits can interfere with our new goals. However, productive habits can also help us achieve our goals with less effort. For instance, think of your morning routine (e.g. shower, breakfast, shave, brush teeth, etc.). These actions have likely combined together to form a morning routine or habit. Most people's morning routines have become such strong habits that the order of doing them (e.g. shower, breakfast, shave, brush teeth, etc), never changes, unless we consciously decide to do so. When it comes to exercise, it is common to think why you should join an exercise class or go for a walk (e.g. I don't want to but it's healthy/I want to be in shape, etc). With the morning routine example, we generally do not stop to think about the health behaviours of brushing our teeth, or why we should so, we just do it as part of our regular routine or habit. Hence, exercise becomes difficult to incorporate because for many of us it has not become a habit.



My research looked at how we can make exercise or physical activity a habit. Similar to a morning routine that prepares you for the day, my research focused on making an exercise preparation routine into a habit so it helped people shift from their home or work clothes into an "exercise ready state". My latest study helped individuals (new exercisers who were not meeting the Canadian Physical Activity Guidelines) develop an "exercise preparatory habit". Previous research has shown that support for behaviour that is performed consistently (same time of the day) and supported



# 2016 MASTERMINDS

UVIC RETIREES ASSOCIATION & CENTRE ON AGING  
FREE PUBLIC LECTURE SERIES

## WEDNESDAY EVENINGS

APRIL 6 THROUGH APRIL 27 | 7:00 P.M.– 8:30 P.M.

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### April 6 | BUILDING FOR ETERNITY

*John Peter Oleson*

Underwater marvels of the ancient Roman world

Harry Hickman Lecture Theatre | Parking lot #4 (Stadium) recommended

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### April 13 | WHEN THE HEART STARTS THINKING

*Lorna Crozier*

Poetry exploring the language of the heart

Bob Wright Lecture Theatre | Parking lot #1 recommended

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### April 20 | GAIA CITIZENSHIP

*James Tully*

On the ideals and challenges of ecological responsibility

Bob Wright Lecture Theatre | Parking lot #1 recommended

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### April 27 | REDUCING FALLS, FIRES AND INJURIES

*Elaine Gallagher and Vicky Scott*

A First Nations approach to fall and injury prevention

Harry Hickman Lecture Theatre | Parking lot #4 (Stadium) recommended

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Please register for the free lectures by calling 250-721-6369 or emailing [aging@uvic.ca](mailto:aging@uvic.ca)  
Plan to arrive early, as seating is limited.

There is a \$2.50 charge in all campus parking lots after 6 p.m.

## University Club

There are a number of special events at the University Club in March and April as well as the on-going regular events – now including the Good Life Friday buffets. If you are not currently a member of the UClub then this is an ideal time to join. Remember that UVRA Members get a 25% discount on UClub Membership, which works out to only \$15 per month (plus tax).

### Special Events

- On Saturday, April 9, the Club presents Music Bingo, Beer and Pub Night, a fun evening of music, bingo, hockey and great food. Reception 5:30, Dinner at 6:30 (\$29.95). The Canucks vs Oilers hockey game will be featured on three Big Screen TVs in the Main Dining Room at 7 pm.
- On Saturday, April 23, the Club will host The Mixers Cocktail Club 5-7 pm.



### Regular Events

- Lunch Buffet every Wednesday (\$15.95)
- Chef's *Prix Fixé* three course Dinner every evening in the Camas Room (\$24.95)
- Good Life buffets every Friday night 5:30 to 7:30 (\$18.95). Each Friday in April, Toronto Blue Jays Games will be shown on the three Big Screen TVs in the Main Dining Room.

### Past events

- On Saturday, March 19 the Club hosted a St. Patrick's Day Ceilidh featuring a Buffet Dinner followed by entertainment by the very popular Jocelyn Pettit Band plus Jennifer Parkinson-Dow. A reception at 5:30 was followed by a dinner at 6:30



Submitted by David Leeming

## Do you have photos of UVic?

Would you like to contribute to Grey Matters? We would love to have your photographs to use on the cover page. They could be of any of the campus, any UVRA events, or things you find fascinating. We would love to include you as part of the newsletter team! Please contact the editor at [uvra@uvic.ca](mailto:uvra@uvic.ca)

## *Are you a UVic retiree willing to volunteer a few hours a month?*

The UVic Retirees Association (UVRA) needs to staff its office in R Hut afternoons from 1:30 to 3:30 p.m. If you can help, we'd appreciate it.

Volunteers will be given instructions and direction prior to their first shift. If you don't already have a parking pass, free parking is available in a Centre on Aging designated spot—but please notify the office you are there.

The office isn't a busy one but there are tasks that need to be done! If you are interested, please email your availability and contact information to [uvra@uvic.ca](mailto:uvra@uvic.ca).

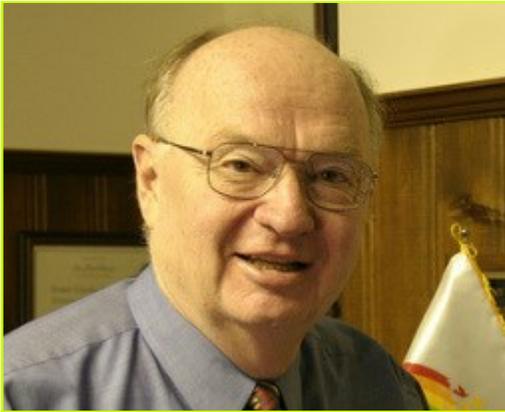
*Get*  
**Involved**

## The UVRA is creating a new website

Do you have suggestions for content? We would love to hear your ideas. Please contact the Communications chair at [uvra@uvic.ca](mailto:uvra@uvic.ca) with the subject line 2016 website.

## How co-operatives make a fundamental contribution to peace

The co-operative model has made a fundamental contribution to peace-making initiatives, according to *The Relevance of Co-operatives to Peace*, which contains the distillation of Dr. Ian MacPherson and Dr. Yehudah Paz's convictions on how peacebuilding is at the core of the co-operative model of enterprise.



Dr. Ian MacPherson

Drawing on their many years of direct experience in the co-operative sector and their contributions to the field of Co-operative Studies, the authors lay out their insights on the subject of co-operatives and peace. Looking at a review of the historical record, as well as the development of the Co-operative Identity Statement in 1995, the authors illustrate how peace has been a significant theme in the life of the international co-operative movement.

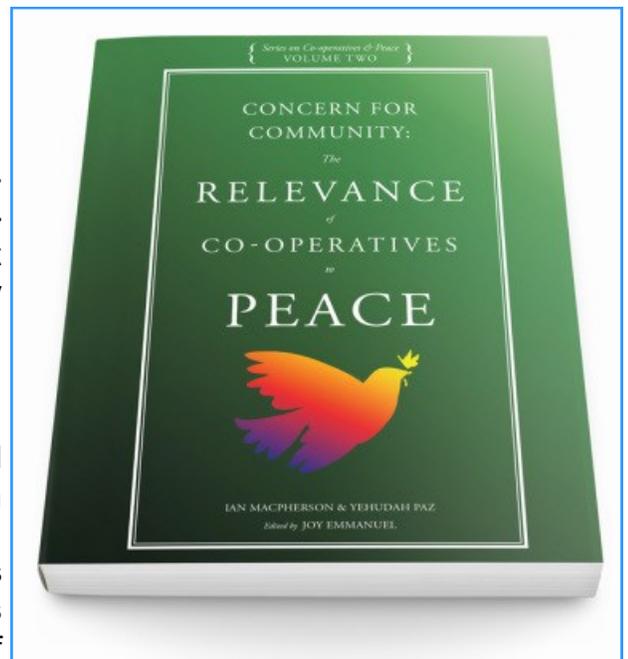


Dr. Yehudah Paz

From an examination of how co-operatives empower their members to address inequalities and social tensions in local communities, to defining the role co-operatives can play in building cross-conflict relationships in war-torn regions, the book looks at how the co-operative movement has developed a set of values and practices that build on a concern for community and form a natural bridge to building a more just, peaceful world.

**Download your e-book** on the history, theory, and practice of co-operatives and peace by the late Dr Ian MacPherson and the late Dr Yehudah Paz. It's free to download, but you are invited to send a donation to one of the legacy funds in Ian's and Yehudah's names. Download at: <https://gumroad.com//nvEMY/discount?wanted=true>

As part of several initiatives focused on co-operatives and peace, Ian and Yehudah were working on this publication at the time of their unfortunate passings in November 2013. *Concern for Community: The Relevance of Co-operatives to Peace* contains the distillation of the authors' convictions on how peacebuilding is core to the co-operative model of enterprise.



Submitted by Elizabeth Coey, UVRA member

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## *Bits from the Board (continued from page 1)*

strong first two years; and Jane has been arranging most of our social events this year, often single-handedly. The Board has been considering how we can lighten their respective loads, and improve procedures in the office — perhaps with the assistance of a part-time, paid assistant, such as our UBC colleagues have enjoyed for years. The long-term requirements and implications of that thought will take up much of our next Board meeting in May.

The topic of how we retirees relate to our former employers will feature in the annual Tri-Universities' retiree associations' meeting, tentatively scheduled for early April. We are this year's host, and I am currently assembling an Agenda. The meetings are usually brief but intense, and over time have led to very useful exchanges on such things as health insurance, event-planning, MoUs and research support. That last topic will no doubt be one of this year's bigger issues. Some deans at SFU have created support funds of up to \$5,000 to support retirees who continue to do research; and UBC are now seeking similar help, by gathering the evidence in an online survey.

One Senate item that may arise in our June AGM: following a pressing call from student leaders, the Senate Committee on Academic Standards — of which I am a member — was charged with amending the rules for exam invigilation. The students' concern was that the rules of conduct in the exam room itself and the 'exam environment' were not specific enough to take account of some of the opportunities for cheating (use of new technologies, corridor conversations, prior 'seeding' of materials in washrooms, etc.). The new policy which comes into effect on May 1<sup>st</sup> redefines the exam environment to include corridors and washrooms and which materials may or may not be brought into the exam room. The new policy strongly implies the requirement for more than one invigilator, but since that is a resource issue, it fell beyond the mandate of the committee and of Senate to make budgetary recommendations. The matter now rests with the VP Academic. So how might that affect you? Well, in an effort to show continuing interest in the affairs of the University, I offered the thought that some UVRA members might be willing to help invigilate exams (Note: I specifically ruled out bathroom duty!). That suggestion was also passed on the VPAC. Implications, such as parking passes, expenses or honoraria were not discussed, but obviously would be, if the matter goes further.

I will close by adding that my wife and I returned from three weeks in Thailand and northern Vietnam both exhilarated and shocked at some of what we saw, and eternally thankful that we could return to this wonderful corner of Canada and the lung-cleansing air that we enjoy.

Wishing you an active and healthy post-Equinox, doing whatever keeps you engaged.

Submitted by Peter Liddell

President, UVRA

## *Physical Activity and Wellness Corner #22*

### *(continued from page 2)*

with environmental cues help in developing a habit. I advised participants to choose a consistent time and location to prepare their exercise clothing prior to their workout. Examples included “after work at 5:30 pm” or “before work at 7:00 am”. They were also instructed to use cues to help them build the habit based on an exploratory approach. This approach suggested that cues work best when they are turned on/off. For example I suggested that during the morning they could select their favourite gym clothes from the closet and place them on the bed before you leave for work. When you return home, the clothes remain on the bed and will continue to cue you until you use them for your workout. After returning from your workout, it is critical to turn off the cue by placing the clothes in your closet. This ritual can be applied using different objects such as running shoes or a water bottle. After eight weeks of incorporating their context ritual, my study found that those who received the intervention were found to exercise significantly more than those who did not receive any instructions. You should try some of these ideas, such as setting a specific time of the day for your physical activity and putting out your shoes or other cues that will help you remember to follow through with your intention. Don't think about it. In the words of the Nike slogan, “Just do it”.

Submitted by Navin Kaushal

“THE SECRET OF CHANGE IS TO FOCUS ALL OF YOUR ENERGY, NOT ON FIGHTING THE OLD, BUT ON BUILDING THE NEW.”

— SOCRATES

### **Grey Matters submission and publications dates**

Please note that while we endeavour to meet these deadlines it is not always possible.

**Next issue:** Summer 2016

**Please submit content by:** June 10, 2016

**Published by:** June 17, 2016

Please note that content needed from the AGM may delay the publication date!

## *UVRA Elder Academy*

### **Upcoming series:**

#### **Genetics: Can we Really Blame it all on Our Genes?**

Genetics is a key element in health and propensity for age-related disease. This series will explain the basics of genetics and how the human genome project has enhanced our understanding of disease and disorders. In addition an understanding of genetics can have profound implications on how treatment and medications are individualized for optimal effects.

**Dates:** Thursday mornings 10.00-noon: April 28th, May 5th, May 12th, and May 19th.

**Venue:** Medical Science Building 150 (MSB 150)

**Presenter:** Jane Gair, Ph.D.

*Jane Gair has been teaching in UBC's undergraduate medical program here at UVic, called the Island Medical Program, for the past 11 years. She has a PhD in Medical Genetics and is fascinated by how certain traits are inherited and how our DNA impacts our health and well-being. Jane will explain some of the complex language of genetics and relate this to family history, disease and current breakthroughs in medical care.*

#### **(1) April 28th, 2016 An Introduction to Genetics** What is DNA? What is a gene? A chromosome?

Genetics is a field that appears to have its own complex language. Learn what all of these words mean, so that you can understand how it all applies to you. We will talk about what chromosomes are, which ones you carry, where those chromosomes came from, and what makes you, you!

#### **(2) May 5th, 2016 How is Genetics Important for your Health?**

So now that you know that we all have genes, how do they affect your health? You will learn what a pedigree is, look at family trees, and understand how some genes and mutations in those genes may put you at risk for certain diseases. I can help explain why some people are more susceptible to diseases than others, why some things "run in families", and why a clear family history is an important part of your visits to your family doctor.

#### **(3) May 12th, 2016 Understanding the Genetics of some Common Diseases and Disorders**

I will talk about some of the common diseases we are all familiar with and how genetics is involved. Get a basic understanding of what is going on in the body and how our genes play a role.

#### **(4) May 19th, 2016 How Medicine can work with your Genetics to Improve your Care**

Modern medicine is advancing quickly and you may have already heard about the Human Genome Project. This amazing project helped to give geneticists and medical doctors a greater understanding of our bodies, our illnesses, and how to best treat them. Medicine has made some amazing progress in personalizing medications to our genes, and you can find out more about some companies that will provide you with your genetic information.

Submitted by David Docherty, Program Chair

## *UVRA Events*

The UVRA Events Committee has scheduled two events this spring. You will find the registration form on the next page.

### **Upcoming UVRA Events**

#### **April**

There is no regular UVRA Event scheduled in April. Instead, we will hold our annual volunteer lunch during Volunteer Recognition Week, on April 13. This is a closed (by invitation only) event for those people who have volunteered their time and talents to our organization over the past year.

#### **May**

Every year during BC Drinking Water Week, the CRD hosts tours of the Greater Victoria Watershed and water supply facilities. Tours will take place during the week of May 2-6 this year, lasting from 0930 to about 1500. There are several stops including a walk to the shoreline of Sooke Lake Reservoir, a look at Rithet Creek that supplies a quarter of the water to the reservoir, a short forest walk, a lunch stop at the dam at Sooke Lake Reservoir, a stop at Goldstream Lake Reservoir, and a tour of the ultraviolet disinfection facility.

The CRD is not booking tours until some as yet unnamed day in April at 0800. However, when I am told when telephone registration opens, I will need to be informed about your wishes. Please provisionally register on the form below, indicating which day or days of the week will work for you.

Event: CRD Watershed Tours – Victoria’s Drinking Water  
Place: Place to meet the bus – TBD, possibly Goldstream Park  
Time: 0930 to 1500  
Price: No charge. Lunch is, as far as I know, BYO – a picnic.  
Pre- Register: By mail or by phone – see instructions above.  
Pre-Register by: ASAP  
Registration Limit: 43 (the number of seats on the bus)

Submitted by Jane Milliken, Events Coordinator

## CRD Watershed Tour – Pre-registration Form May 2 – 6, 2016

Please print this page. Fill in this form and mail to UVRA. You may also register by phone, (250) 472-4749, but please provide all of the information below.

Please Pre-Register **as soon as possible**

Name(s): \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Need a ride to the bus pick-up?  Yes  No

Can you provide a ride to the bus pick-up?  Yes  No How many? \_\_\_\_\_

If yes to either, provide your address for matching drivers/passengers:

Please indicate with an X on the chart below which day or days would work for you. I will request the most popular day. If that is already taken by the time I manage to connect on registration day, I will choose the 2<sup>nd</sup> most popular day.

MONDAY MAY 2	TUESDAY May 3	WEDNESDAY May 4	THURSDAY * May 5	FRIDAY May 6

\* Note: May 5 is one of the sessions for the new Elder Academy series on Genetics.