



University of Victoria Retirees Association

UVRA 2017

January 2017

Grey Matters!

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Maple Bay Sunrise.

Photo: J. Anderson, June, 2016

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Bits from the Board

So here we go into another New Year – as many no doubt hope, a less startling one than its predecessor. Our 2017 resolutions for your Association include reaching a mutually beneficial written agreement with our former employer, and bringing our statutes up to snuff with the new BC Societies Act at the AGM. True, we made some adjustments to defining our membership categories at last year's meeting, but the opportunity to look at all aspects of how we define ourselves in law is apposite in other respects too.

On the topic of fresh starts, this is our chance to welcome the new Editor of this newsletter, John Anderson. He introduces himself below, but I will add that he is a great addition to your Board in other ways too, helping Beverly Timmons to finalize arrangements for this year's Masterminds talks in April. As a recent retiree, with impressive experience in many aspects of campus life (Senate committees was one), his street-savvy on current campus events will be a valuable asset to all of us.

A small committee of your Board has been meeting with our University liaison, Terry Cockerline, to hear reaction from the upper echelons to our draft Memorandum of Understanding. With the help of another recent addition to your Board, Grant Hughes, who formerly held the liaison position, we have begun to

Bits from the Board (continued from page 1)

redraft the existing document to better reflect the mutual advantages of this document. Previously, our major concern had been to cement in writing the benefits which retirees currently enjoy. Our added goal now is to spell out the benefits that the University might expect to accrue from a formal agreement. We hope to bring the new draft to the Board at our January meeting, and to have a final version ready for this year's AGM.

As John reports, the Christmas lunch was a great success. Jan Ross is a gifted natural speaker, and generous custodian of Emily Carr House. The capper of the event for me was that the final door prize – a CD of female artists such as Emily Carr and Frieda Kahlo – was won by 'our own' eminent UVic retiree and artist, Pat Martin Bates.

Looking back briefly on how we fared in 2016, I think it appropriate to say that things were and will continue (as you may see in this edition) humming. Financially we are very solvent; our membership numbers still lead our sister institutions across the Salish Sea; the social events are drawing dozens of you to hear interesting speakers, to visit and to eat in outstanding local places of interest; and the Elder Academy series often reach full capacity; behind it all, the new payment method is working very well; and to boot the United Way contributions exceed last year's!

You'll find out much more about the events that are planned between now and April, as you read on.

I hope I may speak for you, our members, in saying a year-end/year start. Thank You to all the Board members, coordinators and our ever-efficient office manager who volunteer so much to keep your Association so vibrant.

Peter Liddell

President of UVRA

Happy New Year from UVRA

The University Club's 50th Anniversary—1967 to 2017

The UVic University Club is celebrating its 50th anniversary with an open members cocktail reception featuring culinary stations, live music and historical presentations (1967—1982):

Saturday, February 18

5:30—8:30 pm

At

The University Club

Reservations are required. Contact the Club at 250-721-7935 or reservat@uvic.ca

Editor's Note

I thought I should introduce myself as the new editor of *Grey Matters!* I am John Anderson, a recently retired faculty member of the Department of Educational Psychology & Leadership Studies. I am stepping into the position that Lois Holizki so admirably held for the past number of years.

Grey Matters!, the newsletter of the UVRA, is published quarterly and aims to keep UVRA members informed of association events and activities. The newsletter relies on the members of the UVRA for its news, information, updates, photos and critical comment—and so I am asking that you submit your news and views to *Grey Matters!* in order that we can better serve our readers.

To make a submission simply send me your contribution as an e-mail attachment (anderson@uvic.ca) or drop it off at the UVRA office which is located in Hut R.

I look forward to hearing from you and meeting many of our 600 UVRA members in the coming days. As you can see from reading the current newsletter there are many opportunities to participate—the Elder Academies, the MasterMinds Series, social events and more.

John Anderson

anderson@uvic.ca

2017 dates for *Grey Matters!*

Issue	Submission Deadline	Publishing date
March	March 13	March 20
July	June 30	July 7
September	August 31	September 6

Christmas Lunch December 13 at the University Club

The UVRA celebrated the holidays with the legendary Christmas Buffet at the University Club. Patty Pitts and Daphne Donaldson organized the event that included very well received readings from Emily Carr's writings by UVic alumna Jan Ross. Jan is the Curator of the Emily Carr House and augmented her readings with rich insight into the life and times of one a Victoria's noted citizens from Christmas' past.

Our President, Peter Liddell, not only conducted traffic to the buffet tables but also admirably served as master of ceremonies for the day.

The well-attended event concluded with draws for a number of wonderful prizes of cards, photos and books related to Emily Carr—and passes to Carr House and Craigdarroch Castle. And each attendee brought a non-perishable food item for the UVSS food bank.



Jan Ross reading Emily Carr

An Invitation from Rotary of Saanich

Jim Sparling, the Chair of the Membership Committee of the Saanich Rotary Club wrote to invite any interested UVRA members to consider involvement with Rotary. He noted that Rotary meets every Monday at 6:30 in the University Club for supper to enjoy varied meetings and listen to an interesting speaker each night. Jim asked that we pass on his invitation to our membership to join him any Monday and he will be glad to welcome anyone who may wish to learn more about Rotary and its many community initiatives.

You can find out more about the Rotary at <http://portal.clubrunner.ca/688/> or contact Jim at sparling@shaw.ca

Social Events—January & February

CHINESE NEW YEAR'S LUNCH—Monday, January 23

Celebrate the Year of the Rooster at a special Chinese New Year lunch on Monday, January 23 at Don Mee's Restaurant, 538 Fisgard Street, in the heart of Victoria's Chinatown.

Following the meal UVic history professor **Zhongping Chen** will present "Victoria and Modern Chinese History," covering the period from the first large-scale Chinese immigration to Vancouver Island and all Americas in 1788-89 to the founding of the Republic of China in 1912.

Contact the UVRA office: 250-472-4749 or uvra@uvic.ca for queries and registrations (including information on using Interac e-Transfer for payment).

TIME OF LUNCH:	noon to 2:30 pm
PRICE:	\$24 – including GST and a gratuity
REGISTER BY:	Friday, January 13, 2017
LIMIT:	50 people

Please note: Don Mee's is only accessible up a long flight of stairs.

THE CHAPEL IN EAST SOOKE—Tuesday, February 14

Some 40 years ago former UVic Math professor **Lowell Hinrichs** assembled a small co-op to purchase 112 acres of land in East Sooke, where he built a spectacular home for himself and his family with lumber from his property that he milled himself. When diagnosed with stage 4 lung cancer a few years ago, the non-believing son of a Lutheran pastor nonetheless responded by constructing a chapel on his compound. The project, an exercise in geometry that shares the features of a Norwegian stave church and a Burmese pagoda, is nearing completion and Hinrichs will discuss how and why he embarked on this project.

This presentation will take place on Tuesday, February 14 in UVic's Human and Social Development Building, Room A240 at 7:30 pm. This talk will be illustrated with Hinrichs's photos taken throughout the project.

This session is jointly sponsored with the Vancouver Island Woodworkers Guild.

SCANNING TRANSMISSION ELECTRON HOLOGRAPHY MICROSCOPE—TBA

What's a STEHM and how does it work? UVic's STEHM, or Scanning Transmission Electron Holography Microscope, is one of the world's most powerful. It weighs seven tonnes and stands 4.5 metres tall and its installation was a complex operation. STEHM allows researchers to see atoms in a manner never before possible.

A tour of the facility and an explanation of STEHM's operation and installation are being planned for the spring.

Stay tuned for details!

United Way Update

UVRA UNITED WAY CAMPAIGN SUPPORT IS UP 22%

The UVic Retirees Association support for the 2016 UVic United Way campaign was a great success based upon interim results available in late December. At this point our campaign contributions from UVRA members exceed at \$28,000. This is a 22% increase over last year.

As everyone knows, there are many needy individuals and organizations in our community. Your donations support the United Way's three priority areas: *All That Kids Can Be*, *From Poverty to Possibility*, and *Strong Communities*. Funding within these areas is carefully allocated to community programs that will have the greatest impact. The lives of 97,000 people were assisted by the 110 programs the United Way of Greater Victoria helped fund last year.

Thanks to everyone for considering the United Way as an important cause worthy of your support in 2016.

If you have any questions please feel free to contact our UVRA representative on the campaign committee, Grant Hughes, at gwhughes@uvic.ca.

Volunteers Needed for the UVRA Office

Hello Everyone,

I'm very lonely all alone here, so I thought this would be a good time to share my company for a couple of hours, twice/month in the newly re-organized UVRA office in Hut R.

We're not usually busy, so you would be able to use the office computer for anything you like, enjoy a cup of coffee or tea *on the house* and the full comfort of my company.

Please do not be concerned if you are not an *office person*—full training is provided a a very nice lady named Lou.

I'm booking dates days now—do you want to be the recipient of my undivided attention? If yes, please contact Lou, the person I've delegated to take reservations.

See you soon,

The Empty Chair

E-mail: retireesoffice@shaw.ca



UVRA Elder Academy—Upcoming Events

If you are interested in registering for either of these series or finding out more information, please contact the UVRA Office (250-472-4749) or email: uvra@uvic.ca

1. MINI MEDICAL SCHOOL:

The series will cover the following topics and issues. What does a positive test result mean? Why does it matter how many pillows you sleep with? What is this drug doing to your body? Medicine can seem mystifying at times. This lecture series will focus on explaining the basics of a variety of medical topics ranging from cardiac issues and mental health to preventative medicine and navigating Canada's complex healthcare system.

Dates: January 14th, 21st, 28th, February 4th, 11th, and 18th.

Time: 10.00am -12.00 noon, Saturday morning

Location: Medical Science Building, Room 150

2. THE GERMAN LIED: BIG EMOTIONS IN SMALL PACKAGES:

The series will introduce listeners to one of the important genres of 19th-century music—the German Lied. A Lied (song in the German language) usually involves only two performers—a singer and a pianist—and usually lasts only a few minutes. But within this small frame, one finds the most profound emotions and ideas. The series will trace the history of the genre and will present a wealth of examples. The speaker, music theorist and pianist Harald Krebs, will collaborate in performance with soprano Sharon Krebs. Knowledge of the German language is not required; translations of all texts will be provided.

Dates: March 4th, 11th & 25th Saturday mornings 10.00am-noon

April 2nd Sunday morning, 10.00am-noon.

Location: MacLaurin Building B-037 <https://www.uvic.ca/home/about/campus-info/maps/maps/mck.php>

3. ASTRONOMY SERIES: EXPLORING NEW FRONTIERS (registration not yet available)

UVic has internationally acclaimed astronomers who will be sharing their insights in "beyond earthly things". Plan on going where "no man (sic) has gone before" into the new frontiers of space. This is great opportunity to learn about space and the universe and approaches to increasing this knowledge. Make a note in your **new** calendars. The series will be held on Thursday mornings from 10.00am-noon.

Dates April 13: J.J. Kavelaars: Journey to the edge of the solar system

April 20: Jon Willis: Search for extraterrestrial life

April 27: Helen Kirk: The birth of stars

May 4: James Di Francesco: ALMA and the art of planet formation

MasterMinds Lecture Series—April 2017

The MasterMinds Lectures consist of a series of four lectures on divergent and important topics developed and delivered by one of our University of Victoria retirees. Each lecture will be presented on consecutive **Wednesdays in April at 7 p.m. on campus.**

The MasterMinds Series is made available through the generous support of the University of Victoria, The Institute on Aging & Lifelong Health, and the UVic Retirees' Association.

The MasterMinds schedule for 2017 is:

April 5., **A MIXED BLESSING: ADAPTING TO RETIREMENT AFTER 40 YEARS.**

Dr. Lynne Van Luven, Professor Emerita, Department of Writing

April 12, **HARASSMENT AND HUMAN RIGHTS**

Dr. Barbara Whittington, Professor Emerita, Department Youth and Child Care

April 19, **PERSONALIZED DIAGNOSTICS HEALTH AND DISEASE**

Dr. Terry Pearson, Professor Emeritus, Environmental Studies

April 26, **THERE'S MAGIC IN THE WEB OF IT: PUTTING SHAKESPEARE ONLINE**

Dr. Michael Best, Professor Emeritus, Department of English

There is no cost to attend the Mastermind Lectures but because seating is limited, registration is recommended.

Please register by calling 250-721-6369 and plan to arrive early to secure seating.

If you do not have a parking permit, there is a charge of \$2.00 to use parking lots on campus at night.

The locations of the lectures is still undetermined and once the auditoria have been confirmed their location and directions will be communicated.

For more information, visit www.uvic.ca/masterminds

Physical Activity & Wellness Corner #23

So a new year has begun. My general wish to people is to have a happy and healthy New Year but I sometimes wonder if that is a faint hope. Health clearly comes from inheriting good genes over which we have little control. However, much of our health comes from the choices we make and especially what we eat and how much we exercise. Recent data from many sources, including a relatively new study by the U.S Centers for Disease Control and Prevention (CDC), estimates that nearly 80 percent of adult Americans do not get the recommended amounts of physical activity each week, potentially setting themselves up for years of health problems. The problem of not getting the recommended amount of weekly physical activity is exacerbated by the alarming statistics on the epidemic of obesity and associated increase in Type II diabetes. No doubt these two things are related. So the question to you is relatively simple: Are you eating sensibly and getting enough exercise? If so, good for you and keep on doing it. If not, are you planning on doing something about it?

I do many presentations around Greater Victoria on the importance of physical activity and eating properly but when I do these presentations I always feel I am preaching to the converted. Those that are interested come to confirm whereas those who need to hear the message usually don't come. I think the same problem exists as I write this column. Those of you who are meeting the guidelines probably read it and find some comfort in knowing you are doing the right things. However, the ones that maybe should be hearing the message will avoid reading anything on physical activity and health. In the last column I quoted Ryan Rhodes as saying 85% of people know they should engage in regular physical activity but only 20% actually do. You may also recall this depressing percentage actually goes even lower once people are over 65 years of age!

Some of you attended the recent UVRA Elder Academy series on "The Body Works?" in which one of my co-presenters was Dr. Chris Pengilly. He is still active as a physician and sees many patients on a daily basis. His recent comment to me was that it is crystal clear, when he examines elderly patients, to see those who follow a healthy lifestyle and those who don't. For many patients he is now actually writing a prescription such as "Take 30 minutes of physical activity 3 times per week". I presume he has unlimited renewals! He is totally convinced it makes a huge difference in a person's health. Of course he is not alone in the medical profession in recognizing physical activity combined with sensible eating are the two ways to significantly improve one's health. Of course there are no guarantees and bad things still happen to people who seem to do the right thing. However, as some wise person once said we should only worry about things we can control.

So my wish for you for 2017 is to eat well and stay active. If you have been thinking about this maybe 2017 is the year you really do something about it. We have shared how you might do this in other newsletters. There is no one solution in getting sedentary people active and at some point, like quitting smoking, it really does have to come from within. However, we have shared different strategies for you to regularly engage in physical activity such as: make it a habit (don't think about it "just do it" and you feel so much better afterwards); find something you like to do (it may be the activity or meeting other people); join a group (there are so many walking groups around Victoria); or join a class (the local recreation centres offer a variety of classes specifically for older populations). Many activities are combined with some social aspect. I know one of the big decisions for a walking group I belong to is where to go for coffee afterwards and many in my Men's Fitness group only attend so they can socialize after it is all over! Or, if you know someone, especially if they are not avid readers of this column, perhaps you can invite them along and help them get started. Doing something good for others has also been found to be good for your health.

My true confession is that I really don't like exercise! Many days it is a bit of a struggle. But one thing I do know is that I ALWAYS feel so much better afterwards. And of course I need to "walk the talk" and feel very guilty if I don't follow my own advice.

So all the best to you and yours for 2017. I do wish you much health and happiness.

David Docherty

Progress Report from The Office of the Seniors Advocate

New data show progress on some key health care indicators in residential care, but drug use in B.C. is still high

Late last year the Office of the Seniors Advocate, Isobel Mackenzie, released a progress report on her April 2015 report, *Placement, Drugs and Therapy... We Can Do Better*. The progress report highlights that some improvements are being made in the provision of rehabilitative therapies to seniors in residential care, as well as the use of antipsychotic medications. Data also show that premature placement of seniors into residential care is declining. "I was pleased to see progress on these key health care indicators in residential care and I congratulate all frontline staff and administrators for their efforts," said Mackenzie. "While more improvement is possible, it is important to acknowledge that we are moving in the right direction. The challenge will be to sustain this momentum."

The progress report uses health assessment data for 27,000 seniors in residential care for 2015/16. The data show the following changes since 2013/14:

- A decrease of 9.6% in potentially inappropriate admission to residential care
- An increase of 7.8% in the percentage of residential clients receiving physiotherapy
- An increase of 10.6% in the percentage of residential clients receiving recreational therapy
- A decrease of 16.9% in the percentage of residential clients receiving occupational therapy
- No change in the percentage of residential clients receiving speech therapy
- A decrease of 14.2% in the potentially inappropriate use of antipsychotic drugs

To view the progress report click here: <https://www.seniorsadvocatebc.ca/wp-content/uploads/sites/4/2016/11/PDT-Update-Report-Final-November-2016.pdf>

To view the original *Placement, Drugs and Therapy* report click here: <http://www.seniorsadvocatebc.ca/osa-reports/placement-drugs-and-therapy-we-can-do-better/>

The Office of the Seniors Advocate is an independent office of the provincial government with a mandate of monitoring seniors' services and publicly reporting on systemic issues affecting seniors.

The Office also provides information and referral: phone toll-free 1.877.952.3181 or visit www.seniorsadvocatebc.ca