



**University
of Victoria**

**Retirees
Association**

Office: R -Hut , Room#125
In Institute on Aging and
Lifelong Health Building

NOTE: Office visits are by
appointment. Please email
UVRA to arrange.

Website: uvic.ca/retirees
Email: uvra@uvic.ca
Phone: (250) 472-4749

SUMMER CLOSURE

The office is closed July
& August 2023. Emails,
phone messages, and mail
received are handled once/
week, on Wednesdays.

Grey Matters!

SUMMER 2023



DUBROVNIK

NEWS FROM THE BOARD

Note from the President

This is my first message to you since becoming your President at the Annual General Meeting on June 2. I want to thank Margaret Klatt for her excellent work as President, and her assistance to me in taking up the role. Thanks also to the Institute on Aging and Lifelong Health, which provides essential support to UVRA including office space in R-Hut.

As President, I preside over a Board with a couple of key vacancies. We have no Vice President, and no Secretary! The pandemic altered everyone's routines and forced UVRA to cancel most of our usual activities for members, making it harder for us to stay connected.

We have one new board member this year, Donna Mollin. Many thanks, Donna, and welcome to the Board! Unfortunately, Jane Birkbeck and Mary Ellen Purkis decided

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JULY 2023

NEWS FROM THE BOARD (2 of 2)

to step down this year. Their many contributions over the years will be sorely missed. To name only a few, Jane facilitated the Member Forum that tried to keep members connected during the worst of the pandemic, and previously had served as Elder Academy Chair; Mary Ellen chaired our last few UVRA United Way campaigns. Also this year, Susan Service stepped down as Secretary, but remains a Director at large. She is currently performing essential Secretarial duties until we can find a replacement.

The Board has the power to appoint new members to fill board vacancies at any time, and I ask everyone reading this to consider volunteering. Meetings are every two months, so the time demand is modest, and your efforts will really help UVRA serve members.

I retired from UVic and joined the Board in 2020, in the pandemic, so Zoom meetings have been the norm for all of my time with UVRA. Covid is still with us, of course, but as life returns to closer-to-normal, we hope UVRA can return to its pre-pandemic profile, including the many social and educational/information activities that members have enjoyed over the years, such as luncheons, brewery and cidery tours, walking or hiking excursions, group tours of local museums or other attractions, and many more. We do need member involvement to assist in putting these events together. This can be as simple as thinking of a place you would like to visit, or where you volunteer, contacting them to learn if a group visit could be arranged, and then passing this information on to the UVRA office. If an event is arranged, we may ask you to be there and take attendance.

If you have a suggestion for a UVRA event, or are interested in serving on the Board, please contact us at uvra@uvic.ca.

Over the next year, we hope to negotiate an enhanced Memorandum of Understanding between UVic and UVRA, which will hopefully lead to closer ties between the university and retirees, and more consistency in access to UVic services such as library and athletic facilities for retirees.

Welcome to our new members, listed in this issue. Congratulations on your retirement, and thank you for joining UVRA! I look forward to meeting you in the coming months.

Rebecca Warburton

EDITOR'S NOTES

I join our president in extending a warm welcome to our new members (4).

Some of us will never visit Rome, Pompeii, the Amalfi Coast, Positano and Split, but we can all comfortably explore these cities and areas vicariously by reading Zulette Gordon's illustrated report of her May 2023 visit to these cities (pages 8-21).

(In the Fall 2023 edition of *Grey Matters!*, Zulette will write about her cruise through the Dalmatian Islands aboard a chartered catamaran.)

Doug Porteous shares his hair-raising experience in *No Terror for Tourists: Haiti 1974. Unforgettable Memories* (6& 7).

As we know too well, not everyone has a family doctor in BC, and, for those with family doctors, there is always the looming thought that their medical provider can leave his/her practice at any time. To help with knowing what is available and what one can do, Peter Liddell, UVRA's Benefits Chair, is sharing the names of some places to contact and what kind of service each can provide. He also passes on Specsavers' offer to provide a free eye test for persons 65 and over (5).

McMaster University, Optimal Aging Portal, contains a wealth of information and free online lessons covering a large array of issues that are of interest to the 55+ generation. Two of the issues often associated with the aging body—osteoarthritis and joint pain—are discussed on page 22, but the Optimal Aging Portal website provides information on numerous other issues. By going to <https://www.mcmasteroptimalaging.org/age-well> and clicking on 'Browse' at the top of the page, you access a list of their offerings.

Do you think tipping is *de rigueur*? UBC's Alumni asked six UBC experts to share their opinions about tipping. Each wrote a very short explanation of why they hold a certain position about tipping. Interested? The link to read these articles is on page 23.

As Rebecca Warburton wrote, in her *News from the Board*, UVRA has numerous volunteer positions to fill as soon as possible. Please contact uvra@uvic.ca for more information.

Lou

Welcoming New Members

Zulette Gordon

MARCH 1, 2023 TO JUNE 30, 2023

| | |
|-------------------------------|--------------------------------|
| BUTTERFIELD, Christopher | School of Music |
| CASEY-WOLNICKI, Marguerite | Co-op & Career |
| CHOY, Francis | Biology |
| CROCKER, Mandy | Communications + Marketing |
| EVERARD, David | Law Library |
| GODFREY, Jane | University Systems |
| GORDON, Barbara | Library Acquisitions |
| JELINSKI, Dennis | Geography |
| KOROLL, Michelle | School of Child and Youth Care |
| PANG, Helen | Mcpherson Library |
| RUNTZ, Marsha | Psychology |
| RZEPLINSKI, Catharina (Cathy) | Anthropology |
| SHEETS, Debra | School of Nursing |
| SHELTON, Christine | Child and Youth Care |
| THOMPSON, Jaqui | Library |
| UPRIGHT, Christine | Nursing |

BENEFITS REPORT

Peter Liddell

Do you need glasses?

Specsavers offers free eye exams for individuals aged 65+

<https://www.specsavers.ca/offers/seniors-no-cost-eye-exam>

If you're 65 or over, you can get a free, comprehensive eye exam. That includes an OCT scan, which creates a detailed 3D image of your eye and its structures and helps your optometrist to spot certain eye conditions even earlier.

Are you without a family doctor?

People without family doctors can register for the Health Connect Registry and get matched with a family doctor or nurse practitioner.

The link to register is: <https://www.healthlinkbc.ca/health-connect-registry>

Do you need a prescription refilled or prescribed?

Book an appointment with a pharmacist online to access prescription medication for several minor ailments and illnesses:

<https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/macs>

Do you want 'what to do' advice when your doctor retires?

<https://www.comfortlife.ca/blog/when-your-family-doctor-retires-advice-seniors-9104>

Sources: Peter Liddell and Comfort Life Magazine.

UNFORGETTABLE MEMORIES (1 of 2)

NO TERROR FOR TOURISTS: HAITI 1974

Coming back from a conference in Grenada I stopover in Haiti. Although the dictator Papa Doc Duvalier is dead, his regime of terror continues under his portly son, Baby Doc. But I'm a geographer: it's my job to understand the world. Perhaps foolishly, I decide to take a look at the presidential palace.

I wonder why the whole street is empty? From the far sidewalk I can see anti-aircraft guns pointing up into the serene blue sky. Way behind the palace I glimpse a barracks, many soldiers, and women hanging washing on the line. So peaceful a scene. Just across the street the ornate French palace is closed off by an attractive metal railing, behind which is thick shrubbery. There's something odd in this shrubbery, so I cross the street to have a closer look. First, though, I take a few pictures, especially of the great banner proclaiming that Baby Doc is the Saviour of the People. Of course he is.

On the palace side of the street I can now see that the strange objects in the shrubbery are concrete pillboxes, each one with its soldier and its machine gun, all pointing out at the street. And now at me. The machine-gunners are open-mouthed with astonishment at my trespassing. Time, I think, to retreat.

Too late. Around the corner trots a squad of khaki-clad soldiers with rifles. They point their rifles at various parts of my body, particularly at my belly, and begin to shout. I can't understand them – they are shouting in Kreol. I try to explain in schoolboy French that I'm just a tourist who has wandered into the wrong location by mistake. They can't understand me, and they jerk their guns up against my chest and shout some more. One calls in to the palace on a walkie-talkie.

UNFORGETTABLE MEMORIES (2 of 2)

Out of the palace steps a real dandy – Italian suit, shades, pert fedora, fine footwear. He’s a Tonton Macoute – the secret police. He speaks to the soldiers in Kreol and then to me, slowly, in French I can understand. By now I have a plan: ‘I’m here because I’d like a photograph of your esteemed president.’ First, he laughs. Then he takes me seriously; here’s a way to defuse the situation. He tells the soldiers to lower their guns while he re-enters the palace. I try to converse with them, but to no avail. Then out comes the Tonton Macoute with a black-and-white picture of Baby Doc dressed in presidential regalia. A fine figure of a man. By now I’m relaxed enough to be disappointed that the photo isn’t autographed.

The soldiers are dismissed. And so am I. The Tonton Macoute and I shake hands and I murmur my thanks; for the photo, of course. There has been no messy incident. Everyone has done their duty and all have saved face. I am as innocent as I look. I walk away down the street and turn my head to see the secret policeman watching me. He watches until I’m out of sight.

I still have the photograph. Baby Doc was ousted some years later and retired to the South of France. A few years ago the palace collapsed in an enormous earthquake. But you can still relive the Papa Doc years of terror by reading Graham Greene’s novel *The Comedians*.

Doug Porteous

Retired from Geography 31.12.2008

Rome, Dubrovnik, Split and our cruise through the Dalmatian Islands Zulette Gordon (page 1 of 14)

PART 1—ROME, DUBROVNIK AND SPLIT

In May 2023 our family took a trip to Rome and the Adriatic Coast. I went to Rome and Dubrovnik with one daughter and her family and met up with the rest of the family in Split to meet on our chartered catamaran.

MAY 4 & 5

We left Victoria about 1 pm on May 4th and flew to Calgary. We left Calgary for Rome about 6 pm and arrived in Rome about noon on the 5th. We were picked up at the airport to be driven to our B&B.

We walked around the district and we got a few groceries and had lunch (which was our dinner) and collapsed.



MAY 6

We had an easy morning and in the afternoon we had a guided tour of the Colosseum and Forum, which were nearby, across the Tiber River.



Rome, Dubrovnik, Split and our cruise through the Dalmatian Islands Zulette Gordon (page 2 of 14)

MAY 6 Rome



Colosseum



The Forum



Original obelisk brought
back from Egypt



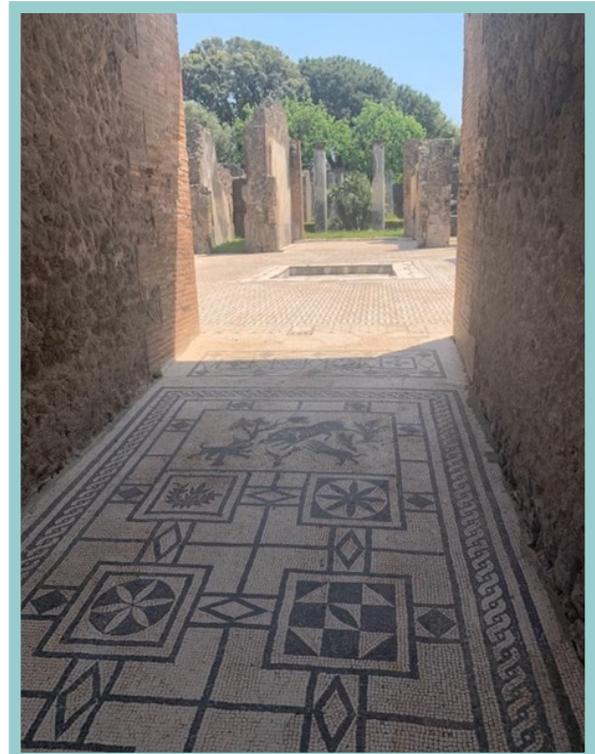
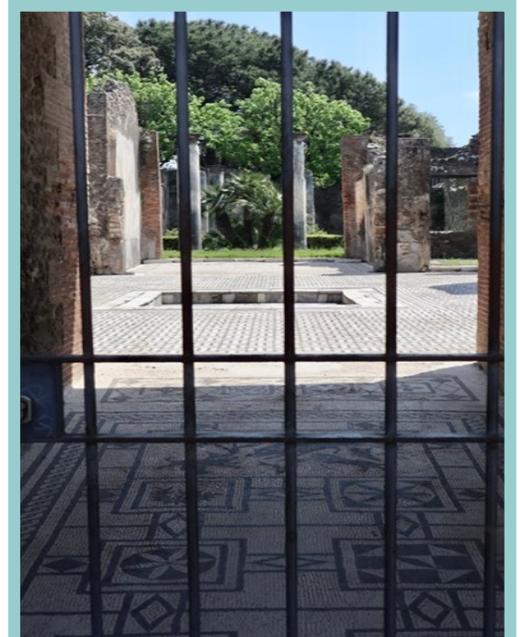
Julius Caesar

Rome, Dubrovnik, Split and our cruise through the Dalmatian Islands Zulette Gordon (page 3 of 14)

MAY 7

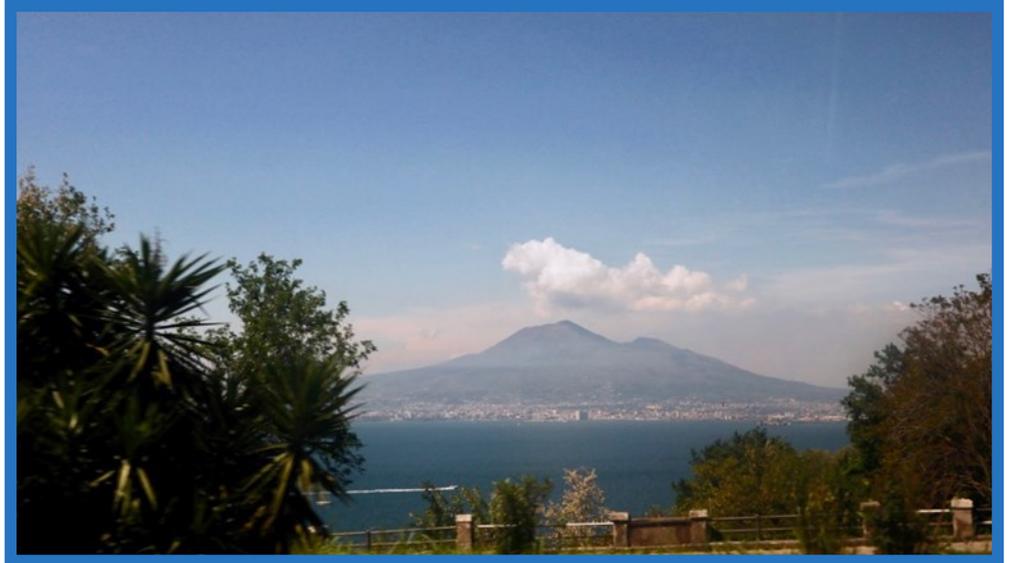
Today we took an all day [13 hour] van tour to Pompeii, the Amalfi Coast and Positano.

POMPEII



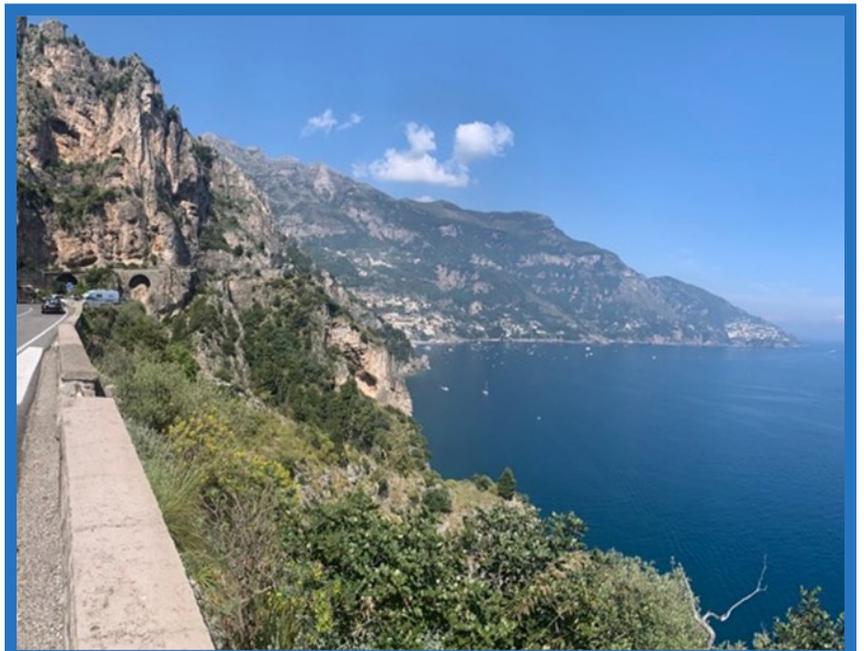
**Rome, Dubrovnik, Split
and our cruise through the Dalmatian Islands
Zulette Gordon (page 4 of 14)**

MAY 7



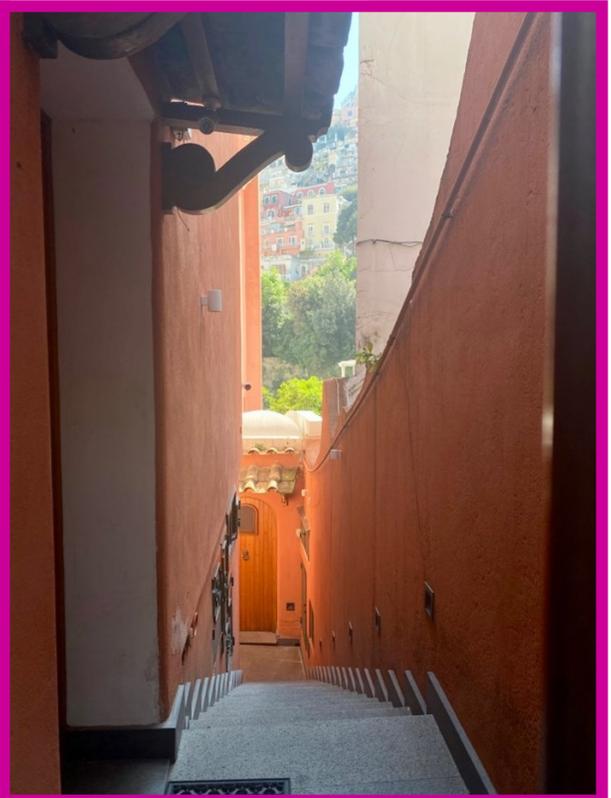
Vesuvius

Amalfi Coast Road



Rome, Dubrovnik, Split and our cruise through the Dalmatian Islands Zulette Gordon (page 5 of 14)

MAY 7: POSITANO



Rome, Dubrovnik, Split and our cruise through the Dalmatian Islands

Zulette Gordon (page 6 of 14)

MAY 8

Today was a relaxing day after our long day yesterday. I did laundry, went to the bank, and had lunch. The others went for a walk along the river and we had dinner across the street in a sidewalk café.

MAY 9

We left Rome to fly to Dubrovnik.



Entering the Pile Gate

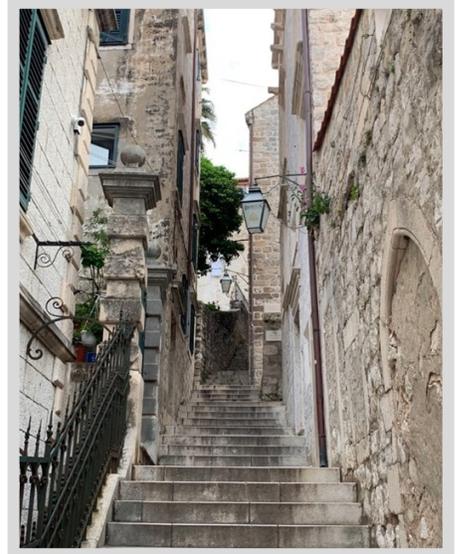
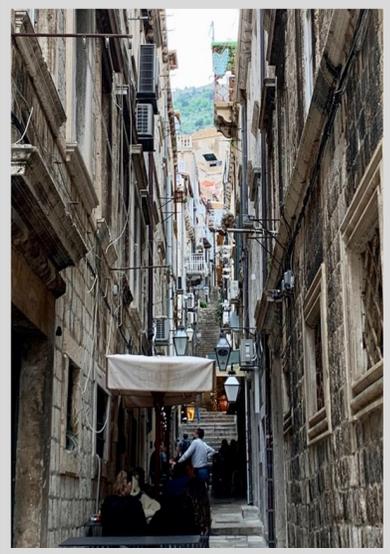


Our B&B is halfway up
the stairs



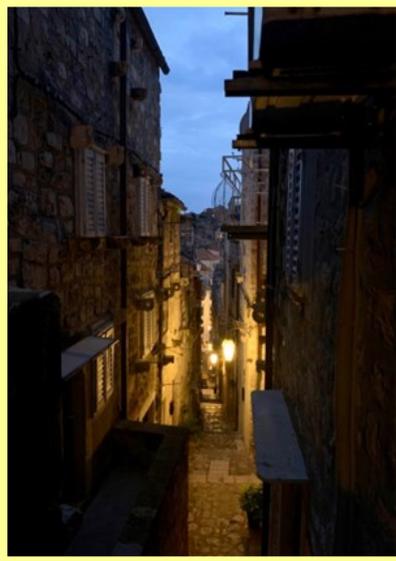
Rome, Dubrovnik, Split and our cruise through the Dalmatian Islands Zulette Gordon (page 7 of 14)

MAY 9 Dubrovnik: Some sights.

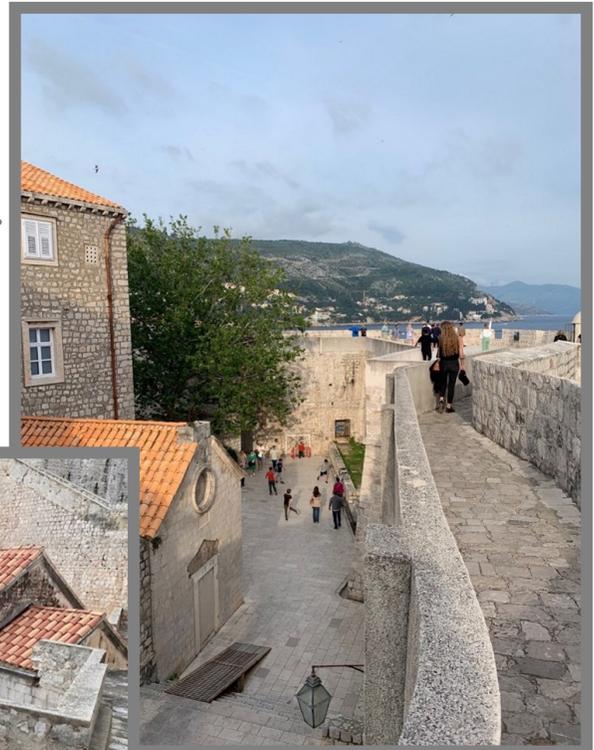


Rome, Dubrovnik, Split and our cruise through the Dalmatian Islands Zulette Gordon (page 8 of 14)

MAY 9 Dubrovnik: Some sights continued



These 3 pictures
were taken while
on a walking tour
of Dubrovnik on
May 10th.



Rome, Dubrovnik, Split and our cruise through the Dalmatian Islands Zulette Gordon (page 9 of 14)

MAY 10 Dubrovnik
Our walking tour of Dubrovnik.



Steps up
to the
wall



'Wildlife' in the garden of our B&B in Dubrovnik

Rome, Dubrovnik, Split and our cruise through the Dalmatian Islands

Zulette Gordon (page 10 of 14)

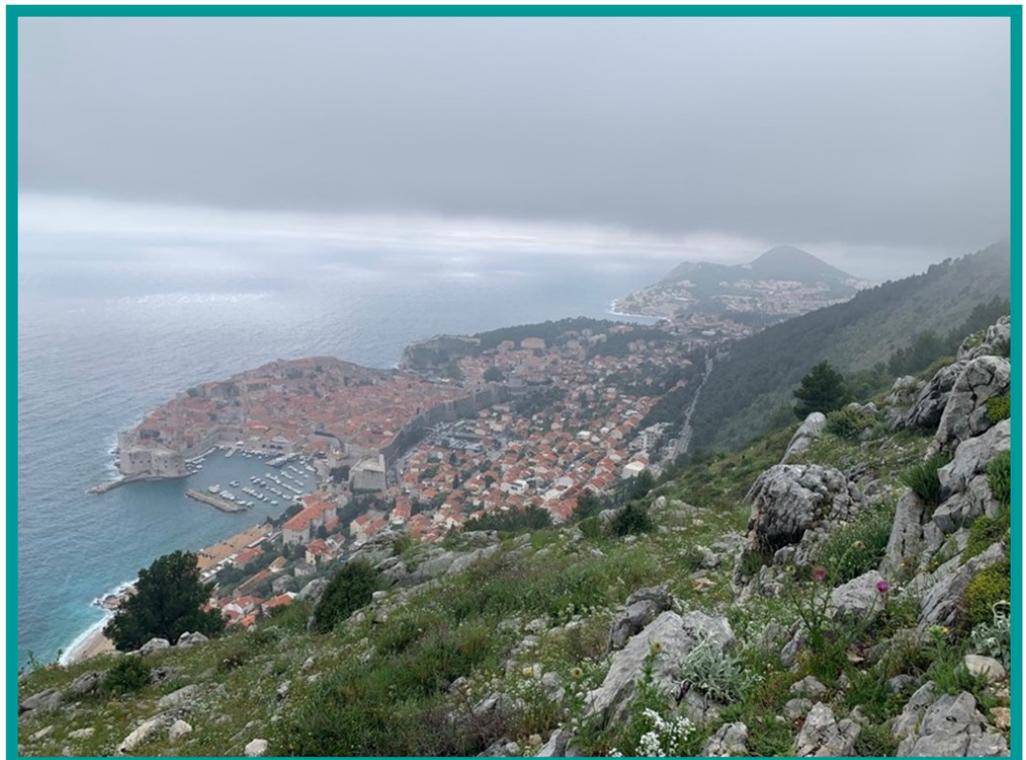
MAY 11 Dubrovnik (continued)

We hired a car to take us to the top of the gondola above Dubrovnik. It was just as well we didn't go up the gondola, because we couldn't have seen a thing.

This is the view from our lunch stop at the top.



View from halfway down.



Rome, Dubrovnik, Split and our cruise through the Dalmatian Islands Zulette Gordon (page 11 of 14)

MAY 12 - Ston

We traveled in our hired car from Dubrovnik north to Split, with a lunch stop in Ston. Ston is on a peninsula that avoids driving through Bosnia to get to the rest of Croatia, now that the new bridge was built last summer.



We had lunch in a hidden garden set back from the street.

There is a massive wall that goes up the hill above Ston.



**Rome, Dubrovnik, Split
and our cruise through the Dalmatian Islands
Zulette Gordon (page 12 of 14)**

MAY 12 enroute to Split



The new bridge connecting the two parts of Croatia



Rome, Dubrovnik, Split and our cruise through the Dalmatian Islands Zulette Gordon (page 13 of 14)



MAY 12: Walking around Split in the evening



Rome, Dubrovnik, Split and our cruise through the Dalmatian Islands Zulette Gordon (page 14 of 14)

MAY 13

Today is the day we boarded our chartered catamaran for our cruise. We took a last look around Split in the morning but we would be back in a week.



End of Part 1

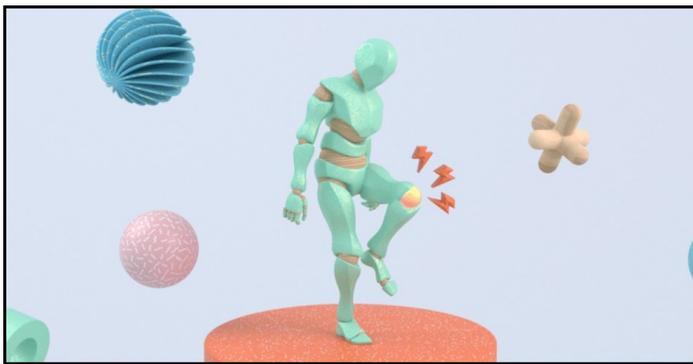
HELP FOR OSTEOARTHRITIS AND JOINT PAIN

McMaster
OPTIMAL AGING PORTAL



LABARGE
Optimal Aging
INITIATIVE

Your source for healthy aging information you can trust



Do you have osteoarthritis of the hip or knee and want to reduce your symptoms and improve your mobility?

Learn how by taking our short [online lesson](#)

Use link below if above link does not work

Link: <https://www.mcmasteroptimalaging.org/e-learning/mobility>

[Acupuncture for joint pain: Does it work?](#)

Acupuncture involves the insertion of very thin needles through your skin at strategic points on your body and is most commonly used to treat pain. In this video, Enoch Ho discusses how acupuncture is thought to work, the potential risks of treatment, and the research evidence to support the use of acupuncture to complement traditional approaches to pain relief treatment.

Link:

<https://www.mcmasteroptimalaging.org/blog/detail/videos/2022/04/27/acupuncture-for-joint-pain-does-it-work>

Should Canada dispense with its tipping culture?

The University of British Columbia MAGAZINE

A publication of Alumni UBC, May 19, 2023

If it feels like you're being asked to tip more often and at higher amounts these days, that's because you are — at least in Canada.

But why do we tip waiters, stylists, and drivers but not fruit-pickers, substitute teachers, or others in similarly precarious service jobs? Does Canada's tipping culture make sense for the times we're in? Six UBC experts share some incisive insights.

AMY HANSER, Assistant Professor of Sociology: *Tipping Reinforces Social Inequalities.*

DAVID SILVER, Chair in Business and Professional Ethics: *Improve How We Compensate Workers.*

DAVE KORZINSKI, Research Director at the Angus Reid Institute: *Canadians Have Tip Fatigue*

KIMBERLEY BROWNLEE, Professor, Department of Philosophy: *The Tipping Culture is Unfair*

SUPRIYA ROUTH, Associate Professor, Allard School of Law: *Tipping Shields Businesses from Operating Costs.*

AZIM SHARIFF, Professor, Department of Psychology: *Tipping is Discrimination*



Please click on the link below to read the six “incisive insights”

<https://magazine.alumni.ubc.ca/2023/spring-2023/collective-wisdom/should-canada-dispense-its-tipping-culture>