President's Report

This has been a very busy year for the UVRA, with a number of initiatives underway or completed:

The hosting of the 2012 CURAC Conference in April was a great success, thanks to the tireless work of John Schofield and his committee. The well-attended conference had representation from across Canada and parts of the USA. Members of the UVRA Board came away with some good ideas that we think may be applicable to our organization. To explore these ideas, we will have a retreat in November.

Many of you will also be aware of the 50th Anniversary Project that is being undertaken by the UVRA. The project involves interviewing UVic retirees and recording what they consider to have been transformative moments in their own careers, or in the evolution of the University. It is a major undertaking, ably coordinated by Peter Liddell. Collaborating with a class taught by Elizabeth Grove-White on developing interview skills was one particularly gratifying spin-off. Twenty-two of our members were interviewed by students in the class. At the end of the project, more than 77 people will have shared their transformative moments, a valuable addition to the UVic Archives.
President’s Report continued ...

As indicated in the last newsletter, the UVRA is now identified in several places of the UVic Strategic Plan. It is clear that the Retirees are seen as a valuable resource which can contribute greatly to the UVic mission. In particular, we are still com-mitted to establishing an Elder Academy in UVic. We believe that this can serve the needs of seniors in providing stimulating educational opportunities as well as promote physical and mental health.

As you will see in the report from the Benefits Committee, they have been working hard in identifying benefits in Extended Health Benefits and in travel insurance. Unfortunately things have not progressed as quickly as we had originally hoped. But we are optimistic that we will have more to report this time next year, in time for the July 1 renewals of policies.

Under the leadership of Winona Pugh, the UVRA offered many and varied social events. They were well-attended by our members. The Committee is exploring the idea of arm-chair travel, which will give our members the opportunity to share some of their exciting trips to exotic and perhaps not-so exotic places, plus a chance to share all those photos you have taken! Stay tuned for more information on this offering.

UVRA has been most fortunate in having many dedicated members who spend a lot of time and energy on your behalf to keep the Association vital and active. However, we are always looking for members to come forward and share some of the work. If you have an interest in making your special skills available, especially those related to databases and formatting, we would be most appreciative. Please contact any member of the Board if you’d like to become involved with the UVRA, and help out in small or large ways.

I would also like to thank the outgoing Board members, Elaine Gallagher and Joanne Thomas, who have given generously of their time. Also, a special thanks to Elizabeth Coey, who was editor of the UVRA newsletter for many years, who helped make it an excellent publication.

I would also like to welcome Peter Zingeler, who replaces Elizabeth as the editor of the newsletter.

The Board has appreciated your support over the year, and is always keen to hear how we can better serve your needs. So, please give us your suggestions. We are looking forward to this coming year, and to the opportunities it presents to the Association.

Respectfully submitted,
David Docherty, President

Welcome to new members

- Anne Knudsen, Computing
- Anne Parkinson, Biology Co-op
- Cled Thomas, Records Office
- Dale Olesky, Computer Science
- Don Jamieson, affiliate
- Don Lovell, Facilities Management
- Janet Ray, Health Services
- Joe Sparrow, Computing
- John Newcomb, Geography
- Lois Edgar, Centre on Aging
- Marnie Swanson, McPherson Library
- Rashna Charania, University Club
- Steve Brodsky, affiliate (RRMC)
- Tom Gore, Biology
- Yvonne Hsieh, French

George Smith

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Peter’s Notes

News from the AGM

By now, you’ve heard that the Annual General Meeting of our organization was held June 20, 2012 at UVic’s McLaurin Building. The reports presented at this meeting pretty well sum up last year’s activities and especially the most recent ones. So, rather than rehashing the events for you, deserving of a rehash they may be, I am giving you the minutes and reports below. All I can say at this point is that everyone involved came away with the most positive and gratifying impressions. I hope that you too were able to take advantage of this year with the UVRA. The following reports can be downloaded from our web-site — click on the ‘About’ button, and then on the ‘AGM Minutes and Reports’ tab:

- AGM 2012 Agenda
- Minutes from 2011 AGM
- Benefits Committee report
- CURAC Conference report
- Events Committee report
- Masterminds report
- Membership Committee report
- Newsletter Editor’s report
- Nominating Committee report
- Report on Office Volunteers
- President’s report
- Treasurer’s report
- Treasurer’s Balance Sheet
- United Way report
- UVic 50th Anniversary report

For those who cannot access this information, I will make available the printed version upon request. Please include your most-recent mailing address.

If you wish to pose questions and suggestions, please ask them of the executive.

What I like about coming back to Victoria

Take heart, those of you who are about to leave town on a vacation, because there are things you can look forward to when coming home.

Everybody knows about the inevitable stuff you can expect upon your return, like knee-high weeds, dead flies in the window, toilet-rings, and a piece of cultured stow-away cheese.

But this time, at the end of May, I really liked getting back from overseas, because most everybody here understands my language, my place is nice and clean, the television still has the Knowledge Network, all of the walking surfaces are smooth (no cracks or cobbles or ruins), and Victoria traffic actually stops on a red light.

Sure, your dog may not immediately love you and may go nuts just a little too late, and the backyard neighbour might not even know you were gone.

But my chess buddy did miss me (because he’s better, I think), and oh, Tim Hortons coffee you don’t have to add hot water to. Best of all though, you have your own shower and your very own bed. Ahhh.

Peter Zingeler <Peter.Zingeler(at)shaw.ca>

In Memoriam

Jean Iris Whiffin, Librarian Emeritus, passed away April 4, 2012 at Victoria General Hospital. By request, no service was held.

Helen Darling, spouse of UVRA life-member Peter Darling, passed away June 4, 2012. Helen and Peter were married in 1953, and lived in New York, Montreal and Victoria. She worked in forensic pathology in Toronto, then in real estate until 1994. Helen leaves behind a legacy of love and kindness. A service was held at the UVic Interfaith Chapel.
Reports from the treasurer

Money in the bank

We have approximately $11,500 in the Coast Capital chequing account, with $41,500 in term deposits, and $3,900 in the UVic Financial System. Discussions are being held to explore the possibility of:

- creating scholarships or bursaries on behalf of the UVRA, and/or
- renting space, to provide activity and learning facilities for UVRA members.

The 2011-2012 Financial Statements are now available in the UVRA Office, for members to review.

Membership Analysis for 2011-2012

<table>
<thead>
<tr>
<th>Type</th>
<th>Count</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual</td>
<td>221</td>
<td>42%</td>
</tr>
<tr>
<td>Life</td>
<td>303</td>
<td>58%</td>
</tr>
<tr>
<td>Honorary</td>
<td>1</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Total</td>
<td>525</td>
<td>100%</td>
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Birth-dates:

<table>
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<tr>
<th>Decade</th>
<th>Count</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before 1920 (? 90’s)</td>
<td>12</td>
<td>2%</td>
</tr>
<tr>
<td>1920’s 80-90’s</td>
<td>43</td>
<td>8%</td>
</tr>
<tr>
<td>1930’s 70-80’s</td>
<td>167</td>
<td>32%</td>
</tr>
<tr>
<td>1940’s 60-70’s</td>
<td>140</td>
<td>27%</td>
</tr>
<tr>
<td>1950’s 50-60’s</td>
<td>12</td>
<td>2%</td>
</tr>
<tr>
<td>Total responses:</td>
<td>374</td>
<td>71%</td>
</tr>
<tr>
<td>Not responded:</td>
<td>151</td>
<td>29%</td>
</tr>
<tr>
<td>Total:</td>
<td>525</td>
<td>100%</td>
</tr>
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The UVRA has still not had replies from 151 members reporting their birth-date for inclusion in the UVic Identity Management System (IDMS). We request those who have not completed the form to please do so, and send it to the UVRA office as soon as possible, as the data-entry will soon be commencing. You can find the form under Application for Membership on our website.

If you require a form to be sent out to you, please leave a message on the UVRA office phone, with your name and address.

I hope you enjoy looking at the above statistics, and will report your birth-date, so that we can include you in next year's report.

Kathy Harris

University Club Report

The University Club now has a new roof. By September, repairs and an upgrade to the outside will be completed. These repairs are necessary, as years of wet weather have taken their toll.

While you are in the Club, check out the wonderful new works of art on display.

Inside, there are two exciting specials of note: the Beer Club meets on August 23rd, and Lobster Fest is August 25th.

Other July and August evening events to mark on your calendar: the Celebration of Pasta buffet occurs every Wednesday (starting July 4th), while barbecues happen every Thursday and Friday, starting July 5th.

In addition, there are Camas Room and Fire Place Lounge specials (5 to 8 pm) every Tuesday, Wednesday, and Thursday.

Weekdays, you can now enjoy lunch on the patio (weather permitting), or dine inside. On Fridays, you would enjoy the TGIF Barbecue by the pond.

For more information on the University Club, go to <club.uvic.ca> or phone 250-721-7935.

For the University Club's latest E-newsletter, see: http://bit.ly/LDKVQB

David Leeming
2012 AGM Election Results

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<th>Executive Officers</th>
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<tbody>
<tr>
<td>President</td>
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<tr>
<td>Vice-President</td>
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<tr>
<td>Secretary</td>
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<tr>
<td>Treasurer</td>
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<td>Past President</td>
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<tr>
<th>Standing Committee Chairs</th>
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<tr>
<td>Benefits</td>
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<tr>
<td>Communications</td>
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<tr>
<td>Events</td>
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<tr>
<td>Masterminds</td>
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<td>Membership</td>
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<td>Newsletter Editor</td>
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<table>
<thead>
<tr>
<th>Members at large</th>
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</thead>
<tbody>
<tr>
<td>Sharon Crumly</td>
</tr>
<tr>
<td>Lois Edgar</td>
</tr>
<tr>
<td>Melvin Klassen</td>
</tr>
<tr>
<td>Jim Pearce</td>
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</table>

Of interest to our members

One of our newest members, Dr. Gabriel (Steve) Brodsky was elected as Trustee to the Board of the Joseph Conrad Society of America, at their AGM, held in Seattle, in January 2012.

Physical Activity and Wellness Corner #9

Helping our Aging Brains

You will recall (I hope), in the last newsletter we shared some things, recommended by Dr. Brian Christie, that you can do to help retain cognition and memory as we get older. We covered the top nine of ten recommendations and indicated we would share the number one strategy to preserve or even improve our cognition and memory. For the regular readers of this column, it should not come as much of a surprise. Of course, it is EXERCISE.

In Physical Activity and Wellness Corner #6, I shared a number of recent findings from studies that showed that a number of different activities have been found to be beneficial to maintaining brain function, including memory. Dr. Christie lists exercise as his number one recommendation and suggests that just 30 minutes per day of some form of physical activity can result in neurogenesis, or the formation of new brain cells, as well as the other numerous health benefits I have mentioned in previous editions of the newsletter.

He suggests walking as the #1 choice for people 65 years and older but he also lists other forms of physical activity that can be equally beneficial such as golfing (without the cart), yard work, propelling a wheel chair, cycling, skating, swimming, tennis and of course dancing. You will recall in the previous newsletter I also included resistance training, which some studies have found to be even more beneficial than aerobic activity. So there are lots of choices, but of course you have to do it.

Dr. Christie concluded his presentation by indicating the Do's and Don'ts for maintaining brain health, especially in our later years:

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Physical Activity … continued

**Do’s**

- Physical Activity
- Get Good Sleep
- Social Interactions
- Anti-Oxidant Rich Foods
- Mental Exercise
- Omega-3 Fatty Acids
- Eat "low-glycemic" Carbs
- Drink Water
- Remember to remember
- Be Happy

**Don’ts**

- Inactivity
- Isolation
- Depression
- Brain Irradiation
- Alcoholism
- Drug Use
- Stress
- Being negative
- Poor sleep

The Do’s were explained in the last newsletter, so hopefully you have incorporated these into your lifestyle, and are avoiding the Don’ts as much as possible. I also gave some guidelines, repeated below, in regard to the types and duration of physical activity that studies have found effective in maintaining cognitive function:

- walking for 6-9 miles (9.7-14.5 km) per week.
- walking for 40 minutes, 3 days per week, around a track
- running or cycling on a stationary bike) for 40 minutes, 3-4 times per week.
- doing resistance training (weights or air-pressure machines such as “Curves”) at least once (preferably twice) per week, even if it is only 1 set per exercise.
- dancing 3-4 times per week for 30-60 minutes.
- doing some form of aerobic activity 3-4 times per week, combined with some form of resistance training 1 or 2 times per week, which was also found to improve balance and reduce the risk of falls.

I am sure most forms of physical activity done for 30-40 minutes 3-4 times per week at a moderate intensity will produce similar positive effects.

**The virtue of walking**

I appreciate that walking can present difficulty to many people, but if you can get out and do it, the benefits are many. There is little or no cost to walking, and there are so many wonderful areas to visit. It is also something you can do anywhere you are, including cruise ships. It is low impact and presents minimum risk of injury. I use walking (Nordic) poles which increase the exercise volume by involving the upper body, decrease the stress on knees and hips, as well as provide some security for balance. Nordic poles can be relatively cheaply purchased from Capital Iron, and adjusted to your height as well as shortened for packing in your suitcase. Be sure to buy some rubber tips for walking on hard surfaces and be prepared for the odd looks you may receive! If walking does present a challenge to you, there are many aqua-fit programs in local recreation centres that should allow you to get the exercise volume and intensity you need for health benefits without the impact on your joints. I have also been impressed with the creative adaptations that allow people to exercise while sitting in a chair. There really is an amazing choice.

**Conclusion**

So you have now heard the benefit of physical activity to cognition from a psychologist, and from me. On a daily basis, there are studies published supporting this relationship. As always, heredity is still a major factor, but we cannot do much about that at this point in our lives. However, we do have a choice in adopting a healthy lifestyle. If you are doing it, keep up the good work. Now is the time to get going. Summer has arrived, so put on the shorts or swimsuit, and get physical!

Email comments/suggestions to:

David Docherty <angdave(at)shaw.ca>

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