After a summer for the record books, I hope you are enjoying the mists and mellow fruitfulness that mark Fall out here on the coast. Judging by what my own garden has produced, the results are fruitful indeed. Your Board has had a productive summer, too – organizing new events and launching the first round of lectures under the aegis of the UVRA Elder Academy, among other things. Details are included in this issue of Grey Matters, and on our website.

On a more somber note, I am sorry to report the death of one of UVRA's founding members, Peter Darling. Trevor Matthews, who worked with Peter for many years at UVic, and during the first years of our Association, has written a very fitting memorial to one of our formative stalwarts.

You may have noticed that our website is in sore need of an update, not only for its content, but also to match the University's new standards. Setting priorities in terms of your preferences will be an important aspect of the changes. Which sources of information are important for you? How about things like font size, if your computer can't change that quickly for you? What else should we try to incorporate? Our web guru, Mel Klassen, will be working with the UVic Web Services team to make the site more accessible and adaptive to your needs, so please E-mail us to let us know.

(Continued on page 2)
The UVRA Elder Academy series of lectures, talks, panels, etc. is starting off with grouped series of four talks, to make it possible for speakers to explore the topics (aging, physical health, psychological health, and wellness in its broader sense) in more depth. Dave Docherty has assembled a strong starting roster of speakers, with Jane Milliken’s help. One exciting new aspect of these presentations is that UVRA will now be partnering with the Yakimovich Wellness Centre, which broadens the range of speakers, topics, audience and venues in exactly the sense conceived for the Elder Academy – the idea of engaging the community at large, in particular (but certainly not exclusively) the 55+ age group. Other aspects of this new collaboration are also in the works. Stay tuned!

Those of you who retired from UVic before this summer and wish to take advantage of campus-based benefits, such as use of the gym, the Library or retiree parking stickers, have hopefully already got your new ONECard from the University Centre foyer. Recent retirees simply keep using the ONECard they already have. We are still trying to clarify the status of our Affiliate and Associate members with regard to the card or on-campus benefits otherwise. To obtain Library and Parking privileges, those of you without a ONECard will first need to obtain a UVRA membership card from our office.

Because we believe that size does matter – i.e., the UVRA membership numbers do speak volumes – we are encouraging new retirees to become members for the first months of their retirement ‘for free’. But they must join, by completing a written, signed, application form (available via our web-site or in person at our office). Those who retire on or before December 31, 2014 may apply for free membership until March 31st, 2015. After that, those retiring in calendar 2015 may apply for free membership until March 31st, 2016. Why the difference? It’s in order to bring membership renewal dates into line with our fiscal year-end on March 31st. Completed membership is necessary in order to access benefits such as the UVRA-Johnson insurance policies or the Optum counselling services. Of course, new or impending UVic retirees can sign-up just once for a lifetime membership, at the usual cost of $160, and avoid the annual paperwork in future!

Finally, I look forward to meeting many of you at our new Elder Academy presentations, the various events our committee (Jane, Linda, Rashna, and others) is planning for this year, and of course at the Masterminds lectures in April 2015.

With best wishes for a healthy and mellow autumn, and what follows.

… submitted by Peter Liddell, President, UVRA

University Club Report

The University Club has recently added a display of art from the University collection. It is worth seeing, and can be found in the Members Lounge, the Fireplace Lounge and in the hallways of the University Club. This art display will be replaced on a regular basis.

The Octoberfest event is back again this year, featuring the popular Sutcliffes Band and the Octoberfest buffet. The event will be held on Friday, Oct. 24th. Reception at 5:30; dinner at 6:30; dancing and entertainment will follow. $39.95 per person – reservations recommended.

For details on the event, see the University Club website <club.uvic.ca>.

Some other weekly events at the UClub are International Buffet Lunches (Wednesday, 11:30 am to 2 pm) and Prime Rib Saturdays (5 to 8 pm). Also, there is the Chef’s Prix Fixé 3-course Dinner for only $19.95 – Monday through Saturday.

For full details of these and other events, check the University Club website <club.uvic.ca>.

… submitted by David Leeming
In Memoriam

PETER A. DARLING
(September 25, 1925—August 19, 2014)

Peter passed away in Victoria on August 19, 2014. With his passing, UVic lost one of its most dedicated, focussed, and long-serving stalwarts.

Peter’s roots were steeped in B.C. His great-grandfather established the venerable Union Steamship Company, which his grandfather subsequently managed. That company serviced the B.C. coastal communities from Vancouver to Prince Rupert. His father founded the Darling Paint Co. in Vancouver, which was subsequently acquired by one of largest international paint companies in the world.

Peter was born in Vancouver and grew up in Burnaby. He obtained his Bachelor Applied Science and Master of Applied Science in Chemical Engineering from UBC. Following graduation from UBC, Peter joined DuPont Industries in Montreal. In 1953, he married Helen (McKay). They raised a family of four (Glen, Nancy, Linda and Mark).

In 1963, Peter returned to B.C. to accept a position as the Director of Computing Services at the freshly-minted University of Victoria. He served as the Director of Computing Services for 9 years, during which time he helped launch UVic into the computer age. Through rapid expansion and skillful recruiting, Computing Services became a focal-point for burgeoning research and administrative systems. At one point during Peter’s tenure as Director, UVic had the largest and most heavily-utilized mainframe computer in B.C.

In 1972, Peter left Computing Services to join the Office of the Vice President, Administration. He served in that office for 20 years until his formal retirement in 1992. During Peter’s 29 years of UVic service, he helped develop some of the administrative structures and operations required to guide UVic through its period of rapid growth and development as one of Canada’s premier comprehensive universities. Peter accepted every challenge which was presented. He carried such titles as Assistant Vice President, Director of Supply and Technical Services, etc. Peter was usually the first to arrive at the office in the morning, and one of the last to leave at night. On Saturdays, he would often be found in his office preparing for the next week’s relentless onslaught.

His solid family life and his dedication to swimming no doubt preserved his positive outlook and willingness to serve. Peter won every form of recognition given to UVic recreational swimmers. His administrative responsibilities were many and varied. For example, he was for many years the administrative force behind the Bamfield Marine Station (WCUMBS), he provided oversight for UVic’s multimillion-dollar Ancillary Services, and he presided over the consolidation of UVic’s many individually-titled properties to create the single-titled property of more than 400 acres of the present Gordon Head Campus. None of these major responsibilities was ever noted in his job description, nor did he ever suggest they should be. He always felt the most important thing was to get the job done; window dressing was never a requirement.

Peter somehow found time to be actively engaged in such things as the United Way, the B.C. Professional Engineers Association, the UVic Faculty of Engineering and the Swan Lake/Christmas Hill Sanctuary. He was a founding member of the UVic Retirees Association, and its President from 1996 -1999. Many of the Association’s initiatives were brought to full fruition under his dedicated and committed leadership.

Peter was a valued colleague to all who knew him. His fingerprints are indelibly marked on the fabric of the University of Victoria, and stand as a tribute to his contribution and dedication to the University.

… submitted by Trevor Matthews, Retired VP Admin.
Physical Activity and Wellness Corner #17

The challenge of cruising!

In the last newsletter, I indicated I would be providing some practical ideas on the use of therabands, as well as a link to the UVRA website to access exercise programs using therabands. I must apologize that I have not been able to fulfill this promise, given several extenuating circumstances, including the logistics of setting up a place and time to do the photographs to support the information I wanted to share. In addition, I have been away for the last 4 weeks, which included a visit to my 100-year-old mother-in-law as well as a 14-day cruise of the Mediterranean. In the absence of not being able to put together the information on the use of therabands, I thought I would share some of my experiences of the last 4 weeks related to health.

My mother-in-law turned 100 years last March, and is doing incredibly well, still living independently, with a little help each week from care-workers. Her mind is incredibly sharp, and she takes much pleasure in learning new things and sharing them. I wish in some ways I could say it was her commitment to a lifestyle that incorporated physical activity, but alas this isn't the case. She has obviously been blessed with great genes, and always has followed a healthy diet. She still does all her own cooking! However, she is basically housebound, and really not able to function without a walker or wheelchair. To me, this is a pity as I think, had she made some commitment to staying active, she would have retained her leg-strength and mobility, and been able to get out and about.

My wife and I, with my brother-in-law and sister-in-law, went on a 14-day cruise of the Mediterranean, which we thoroughly enjoyed. Most of the passengers were of British nationality, and it was clear that the current epidemic of obesity is not limited to the US or Canada. It was hard to find tables around the buffet table, but easy to find a place to work out in the gym! I am sure most of the passengers appreciated the need for healthy eating combined with physical activity, but clearly did not implement it. You may say a cruise is not a fair place to judge people’s healthy behavior, but my point is that healthy behavior, for most, is a lifestyle choice -- people do not become overweight on one cruise. It really is a matter of sensible eating and a reasonable level of physical activity. Many people see the need but are unable to do it.

As previously noted, diets are unhealthy, and don’t work in the long term. Sensible eating is more about portion size, and not just the quality of the food. At the buffet, food was heaped on plates -- far in excess of the needs of most of the people. I appreciate the food is tempting on a cruise, and readily available 24 hours per day, but is this a reason to eat more than we need with the resultant consequences? The excessive food consumption, along with the lack of physical activity, exacerbates the problem.

By his own admission, my brother-in-law needs to lose some weight, and although well-intentioned, has trouble in following through, both in eating and activity. I am the first to admit I really don’t like going to the gym, but have tried to make it a habit, just like brushing your teeth, and going to the bathroom. Regardless of how you feel before you go to the gym or for a walk, you always feel much better afterwards. So, for most of us, don’t think about whether or not you feel like doing it. As they say in the Nike advert, just do it. My brother-in-law loves food, and is a self-professed “foodie”. He actually lost weight on the cruise, because we ate in the restaurants where the portions of the food were controlled. He actually consumed less food than normal. Had he made going to the gym a habit, he would have lost even more weight. This is his next goal. However, it is too easy to find other things to do and procrastinate. I appreciate it is not easy. Weight loss should be a long term project that involves adapting a lifestyle you can sustain. A decrease in how much we eat, and 30 minutes of physical activity at least 5 days per week, is a great start. We know the physiology related to a healthy lifestyle, but implementation is about behavior, and this is far more difficult to understand and to change.

… submitted by David Docherty
UVRA Elder Academy has launched

After more than a year of preparation, the UVRA has introduced an Elder Academy for Victoria. Our motto is better mental and physical health for seniors through stimulating educational experiences. With our community partner, Elder Care (Victoria), we are encouraging people over 55 to attend three different lecture series aimed at intellectual stimulation, increased knowledge of current research, and lifelong learning. Two of the series will be held at UVic on Mondays, and one will be at the Wellness Centre on Hillside Avenue on Fridays. Please consider registering for and attending some or all of the presentations, as outlined below.

1. Scientific Advances in Aging and Longevity

Presenter: Edward Ishiguro, Ph.D., Professor Emeritus, Department of Microbiology

Aging is a complex process that results in the progressive functional decline that occurs over the lifespan of an organism. As noted by the World Health Organization, this process is a biological reality and is universal in almost all living organisms. Over the course of the four sessions the topics selected for discussion (in nontechnical language) include the following:

i. a summary of key research findings that have led to the identification of some of the major root causes of aging;
ii. the influence of diet on the aging process and a critical evaluation of other anti-aging strategies;
iii. the genetics of aging and longevity;
iv. the basis of age-related diseases;
v. the latest on the role of the human gut microbiome, the 100 trillion bacteria that inhabit the human digestive tract, in the aging process; and
vi. the consensus recommendations for healthy aging.

Dates: Mondays, October 6th, 20th, 27th, and November 3rd, 2014 from 2:30-4:00 pm
Place: MacLaurin Building, Room D116
Cost: $6.00 per session or $20.00 for all sessions.
Register: Use the link on the UVRA website, http://web.uvic.ca/retirees

2. Physical activity: The Elixir of life!

Presenter: David Docherty, Ph.D., Professor Emeritus, School of Exercise Science, Physical, and Health Education

Every day we read about the importance of physical activity in preserving health as we grow older. These four presentations will address the areas of cardiovascular health, back health, the importance of strength, as well as maintaining or reaching a healthy body weight, to offset some of the effects of getting older. The role of physical activity in the control and treatment of age-related medical conditions, such as Type 2 Diabetes, Parkinson’s, and dementia, will also be included. The presentations will be based on the latest research findings and provide practical recommendations to meet our physical activity needs as we grow older. Time will be allocated for questions and dealing with individual concerns.

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UVRA Elder Academy (continued)

Dates: Mondays, November 10th, 17th, 24th, & December 1st, 2014 from 2:30-4:00 pm
Place: MacLaurin Building, Room D116
Cost: $6.00 per session or $20.00 for all sessions.
Register: Use the link on the UVRA website, http://web.uvic.ca/retirees

3. Engaging in Healthy Aging

This series takes place off-campus at the Yakimovich Wellness Centre. It consists of a potpourri of issues important to those of us (maybe all of us!) who want to age gracefully and with the best possible level of health. There are five sessions addressing different topics, each presented by a different person. Most take place on a Friday afternoon, although one is scheduled for the morning. There is no cost associated with these sessions, thanks to the funding provided by Island Health to our community partner.

Note that the Yakimovich Wellness Centre is part of the Hillside Seniors Health Centre, 1454 Hillside Avenue. (Two-hour free parking on some side streets; paid parking behind Aberdeen Hospital.) To register, call them: 250-370-5641, ext. 2.

The sessions are outlined below:

**What is Elder Academy?**

Date: Friday, October 31, from 1:30 to 3:00 p.m.
Facilitator: David Docherty, Ph.D., Professor Emeritus, School of Exercise Science, Physical, and Health Education
Facilitator: Jane Milliken, Ph.D., R.N., Professor Emeritus, School of Nursing

What is Elder Academy? Who is involved and how can you become involved? What are some topics that you would like to learn about potentially through the Elder Academy? You are invited to participate in a Conversation Café, a chance to share ideas and raise questions in a relaxed atmosphere. Cafés are for adults who want to make connections and have meaningful conversations. Please come on your own or invite a friend to come with you.

**The New Science of Aging Well**

Date: Friday November 14, from 1:30 – 3:00 p.m.
Presenter: Debra Sheets, R. N., Ph.D. Associate Professor, School of Nursing

Many people think that aging well is just genetics and good luck. Join Dr. Debra Sheets in a conversation on what we are learning from the Canadian Longitudinal Study on Aging (CLSA) about living a longer and healthier life. This groundbreaking study will follow 50,000 Canadians, ages 45 to 85, for the next 20 years. You may be surprised by what we know, what we are learning and what you can do to ensure better overall health and well-being. What new knowledge will the CLSA provide about aging well and maintaining a high quality of life?

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Deliberate Death: Some Ethical Considerations

Date: Friday November 21, from 10:00 – 11:30 a.m.
Presenter: Eike-Henner Kluge, Ph.D., Professor, Department of Philosophy

Even though we all die, how we die very much differs from person to person and depends on the socio-medical embedding of the individual in question. This presentation considers ethical and legal issues associated with deliberate death in contemporary health care, and presents some ethically-grounded suggestions.

What Makes a Community Age-Friendly? Lessons Learned

Date: Friday November 28, from 1:30 – 3:00 p.m.
Presenter: Elaine Gallagher, R.N., Ph.D., Professor Emeritus, School of Nursing

Most seniors want to remain in their homes as they age. However, cities and towns were not conceived with the needs of an aging population in mind. Thus, amenities and services may not be conducive to their well-being and safety. With the active input of local residents, many communities are beginning to recognize this issue. This talk will share some of what we have learned about what can be done locally to improve the age-friendliness of towns and cities.

Nurse Practitioners: Who are They and What Can They Do for Me?

Date: Friday December 5, from 1:30 – 3:00 p.m.
Presenter: Esther Sangster-Gormley, R.N., Ph.D., Associate Professor, School of Nursing

In this presentation, Dr. Sangster-Gormley will provide an overview of the Nurse Practitioner role, and how it is being enacted in BC. She will also share findings from her research of patient satisfaction with care received from Nurse Practitioners.

UVic United Way

The UVic Retirees Association is proud to support UVic’s 2014 United Way campaign. The need in the community is great. Please pledge your support, by making an online donation — click “UVic Retirees” at: www.uvic.ca/unitedway/donate to demonstrate that the UVRA supports the campaign. The UVic campaign raised over $240,000 in 2013; the Campaign Committee has targeted $250,000 as this year’s goal.

Please attend the upcoming United Way events on campus, including the annual United Way Book Sale in the SUB (November 18-20) and the brand-new Winter Artisans Market (November 25-26).

If you have any comments or questions please feel free to contact the UVRA’s representative on the Campaign Committee: Grant Hughes (gwhughes(at)uvic.ca) for more information.
Your Events Committee announces three events for this Fall, and is working on events for early 2015.

Guided Tour of the Viking Exhibit at the Royal BC Museum
Friday, October 17, 10 am or Friday, October 24, 11 am
(both dates are fully booked)

The response to this event has been phenomenal. Within two days of the email to UVRA members, we had twice as many people registered as we initially could accommodate. Dr. Erin McGuire, our guide, a UVic Anthropology faculty member, and special consultant for the Viking Exhibit at the RBCM, graciously agreed to do a second tour, so that we could avoid disappointing too many members.

The October 17th group will meet in the front entrance of the Museum at 9:45. The tour will be followed by lunch at 11:30 in the Legislative Dining Room (not included in the $16.00 ticket price) and a guided tour (free) of the Legislative Building at 1 pm.

The October 24th group will meet at 10:45 in the Museum’s front lobby, have lunch at 12:30 in the Legislative Dining Room, and will take the tour at 2 pm.

For those lucky people attending, if you have not already done so, please advise us whether you will be staying for lunch and/or the tour. Also, beforehand, if possible, please send your cheque made payable to the UVic Retirees Association, to the UVRA office. Otherwise, you may pay at the Museum.

If, for any reason, you wish or need to cancel, please let us know, as there is still a waiting list.

UVRA name tags will be provided, as we will be escorted into the Legislative Building (security).

If you are wishing to return to the Museum after lunch and tour, you will receive either a ticket or stamp on your hand. Please ensure you receive it, if you are planning to do so.

Guided Historical Tour of the Empress Hotel
Thursday, November 13, 10:00 – 11:30 am

Register by: Monday, November 10, via the UVRA Office
Charge: $13 per person — your cheque must be made payable to UVIC RETIREES ASSOCIATION
Limit: 20 persons
This is your chance to go behind the scenes at the grand and historical Empress Hotel.
You will learn about famous people who visited the Empress, or lived there, the challenges of building the hotel, the scandal surrounding the architect’s life, and maybe even meet a ghost! The tour starts promptly at 10:00, so we will meet at 9:50 outside the Empress gift shop, next to the Tea Lobby (on the Belleville Street end of the hotel).
If this tour is also oversubscribed, we will try to arrange another date. After the tour, you may wish to join the rest of the group for lunch (optional, but you must tell us if you wish a reservation) at the Spaghetti Factory.

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Upcoming events (continued)

Christmas Luncheon
Tuesday, December 9, 11:30 am
University Club Christmas Buffet

Register by: Friday, December 5, via the UVRA Office
Charge: $32.00 — your cheque must be made payable to UVIC RETIREES ASSOCIATION
Limit: 60 persons + wait list

Join us at the University Club this year for our traditional Christmas luncheon. If you have never attended the Christmas buffet at the Club, you are in for a real treat. This year we are asking each person to bring a small wrapped “gift,” something that you have around your house that you no longer need or want. This could be an item that you have stored away under the bed or at the back of a cupboard, which hasn’t seen the light of day for some time – possibly a gadget of some kind or a book or DVD that you aren’t interested in reading or seeing again. The novel idea that we have for a gift exchange will provide a bit of fun for everyone.

Plans for 2015

Plans are underway for the following events in the new year -- details will be announced later.

January: “Reaching Blue” -- a documentary film on the health of the Salish Sea.
Learn about ground-breaking research being conducted by Ocean Networks Canada -- located in the same building as our UVRA office

February: The annual Chinese New Year luncheon

March: A tour of Pearson College UWC (Pedder Bay)

April: The annual Volunteer Appreciation luncheon

May: Tour of the First People’s House on the UVic campus

Please let us know if you have any ideas for interesting places for UVRA members to explore and experience.

… submitted by your Events Committee: Jane, Linda, Rashna