“Off and running” best describes your new Board’s start to the season.

The UVRA Elder Academy has launched the first of its latest monthly 4-part themes with a well-attended series on the election. As you know from our postings here and on email, there are more excellent offerings coming in the next two months. The committee is finalizing topics for the New Year ‘as we speak’.

Social events have begun again too, starting with a review by Optum of their counselling services. Jane Milliken would like to hear your suggestions for social events, tours, talks…. (Contact details for her and our other position leaders are listed at the bottom of our homepage).

Changes to the BC Societies Act and the tribulations over the introduction of
the UVic ONECard have made it necessary for us to review our Constitution and Bylaws again. The Chair of that committee, Winona Pugh, would like your suggestions, asap.

As the electronic world turns, we try to improve our administrative efforts to take advantage. A small committee under Zulette Gordon’s guidance is working on the improvements that will help her and others to manage our membership data more effectively.

A second small group is working with Computing Services to upgrade our website so that it better reflects your needs. Likewise, if you have suggestions for improvements to design, navigation, or content, please let us know.

Two of our adjunct Board members have recent requests for your assistance. Grant Hughes keeps us up to date on the United Way drive, and the UVic retirees’ contributions. Last year, our total beat the target, so it’s a little higher this year. But so are the needs of those who benefit. One good source of funds every year is the annual United Way book drive at the Library in November. Book sales start on the 17th.

Our University Club delegate David Leeming is asking for suggestions on how to encourage more retirees to join the University Club — at reduced membership rates, too.

Over the summer, the VP External Relations, Carmen Charette, realigned some of the departments and responsibilities in her portfolio. This has led to a new line of reporting for us, via Alumni Relations. (UBC retired profs’ association [UBC-APE] have been under the administrative wing of their Alumni office for some years, with mixed but generally positive results.) In early October, four of our Board met with Carmen, Tamas Zsolnay, the Associate VP Alumni & Development, and Terry Cockerline, the Director of Alumni Relations, for a very open discussion of how the new line of reporting might work. David Docherty and I then had a follow-up meeting with Terry to map out some of our priorities and aspirations for improving relations with the University. It’s not an exact match of interests by any means, but does promise to bring new focus to some of our collaborative and outreach efforts. Terry will attend our next Board meeting in November to share some of his reactions and hear ours.

When I first thought of standing for election to Senate, one of our Board members — an ex officio Senate member for decades — questioned my sanity: “Do you really want to spend hours looking at grading practices?” Ah well, he was right; I’m on the Senate Committee on Academic Standards (aka grading practices review committee) and their exam invigilation sub-committee! But I have an agenda: there may be a role for UVRA and retirees more generally. If you have thoughts, other than condolences, please let me know.

With best wishes for an interesting and healthy Fall

Peter Liddell

"He has all the virtues I dislike and none of the vices I admire."

... Winston Churchill
The University Club of Victoria (established in 1967 and formerly called the Faculty Club) opened in its current location on March 16, 1982. The building’s west coast design and cedar construction lends itself gracefully to the natural picturesque setting in a wooded dale. Artistic landscaping with flowers and shrubs blooming year-round are reflected in the adjacent pond. The building’s west coast design and cedar construction were completely renovated last year!

A member-focused social hub of the University of Victoria Community, providing a variety of spaces and environments in which to meet, eat and socialize with colleagues and guests. The Club’s home-like setting provides an atmosphere conducive to relaxing in comfort, meeting and enjoying the company and conviviality of others, or conducting business away from home. The University Club hosts breakfasts, luncheons, dinners, banquets, weddings, dances and meetings for groups of 10 to 275 featuring an award winning Culinary Team!

All regular University of Victoria faculty and staff are eligible for Regular membership in the University Club. Members of the Victoria community, University of Victoria Alumni Association, Faculty Clubs at other universities who have retired to the Victoria area, sabbatical visitors to UVic and sessional instructors of UVic courses who are recommended by a current member may apply for Associate or Corporate memberships. **UVRA Members are eligible for a 25% reduction in Club Membership fees and a 50% reduction after five years.**

UVic alumni are eligible for a one-time, one-year, free University Club associate membership if they have not previously been a club member. Present your Alumni Card at the club to obtain your new club membership card.

The Club is a member of the Better Business Bureau, Victoria Chamber of Commerce and The Association of College and University Clubs. The Club also hosts events for the Saanich Rotary Club, Zonta Club of Victoria, The Victoria Principals Society, UVic Presidential receptions, UVic departmental meetings, receptions, seminars and banquets, The Victoria Optometrists, Retirees Association, Victoria Men’s Newcomers Club and the Round Table Club. The Club also contributes to the success of the UVic United Way campaign on an annual basis.

Dan Angus, Manager
University Club of Victoria
More Sociable Media?

For over 20 years, I’ve been subscribing to the Oldie. The magazine published the following Letter to the Editor in this August’s edition. It was spotted by Stephen Fry and other public figures who posted it on their Facebook pages, at which point, ironically, it ‘went viral’.

My own social media by Peter White, Holbrook, Derbyshire

SIR: I haven’t got a computer, but I was told about Facebook and Twitter and am trying to make friends outside Facebook and Twitter while applying the same principles.

Every day, I walk down the street and tell passers-by what I have eaten, how I feel, what I have done the night before and what I will do for the rest of the day. I give them pictures of my wife, my daughter, my dog and me gardening and on holiday, spending time by the pool. I also listen to their conversations, tell them I “like” them and give them my opinion on every subject that interests me… whether it interests them or not.

And it works. I already have four people following me; two police officers, a social worker and a psychiatrist.

(The Oldie is available at some local bookshops, and in print and/or electronic versions by subscription at: http://www.theoldie.co.uk/)

Submitted by Peter Liddell

"He is not only dull himself; he is the cause of dullness in others."

… Samuel Johnson.
COAG COLLOQUIUM SERIES 2015
“OPTIMIZING HEALTH AND AGING”

Mark your calendar!

The goal of these presentations is to address the needs of researchers and students who wish to increase their knowledge and expertise in the field of aging. The sessions are free to attend, and will be live-webcast and recorded.

**WHEN**
Tuesday mornings, starting October 13th
10:30AM—12:00PM

**WHERE**
Medical Sciences Building—Lecture Hall 160

**REGISTER**
Email Leah Potter at: lmpotter@uvic.ca

Please go to uvic.ca/research/centres/aging/education/colloquium/index.php for more information.
UVRA Elder Academy Series — Fall 2015

The Immune System: Function and Dysfunction

We are fortunate to have Ed Ishiguro, Professor Emeritus, Department of Biochemistry and Microbiology and the UVic Speakers Bureau, do another 4 part series for the UVRA Elder Academy, this time presenting recent developments in the fight against bacteria and viruses, including the latest advances in vaccines. Ed has received numerous awards for his teaching and ability to make difficult concepts easy to understand and apply to our daily living. All sessions will be presented in nontechnical language. Those of you who have heard Ed present know what to expect and if you haven’t heard Ed present you are in for a real treat of information and insight into how our bodies respond to attack from outside agents.

Session 2. Tuesday November 24th, 2015, 9.30-11.20 am: “Vaccination”

In this presentation learn: The theory underlying vaccination, a centuries-old practice designed to prevent infectious diseases; controversies and misunderstandings surrounding vaccination; how vaccines are prepared and what they are composed of (not all vaccines are the same); the next generation vaccines designed to treat existing disease rather than preventing them; and current priorities and challenges in vaccine development including a summary of milestone accomplishments to date.

Session 3. Tuesday, December 1st, 2015, 9.30-11.20 am: “Dysfunction in the immune system”

Included in this presentation: What goes wrong when the immune system fails; current understanding of what causes conditions such as inherited and acquired immunodeficiencies; various forms of allergies, chronic inflammatory diseases, and autoimmune diseases; the basis for successful tissue and organ transplantation and what causes transplant rejection.

Session 4. Tuesday, December 8th, 2015, 9.30-11.20 am: “Cancer and its interactions with the immune system”

The final session in this series explores: the biology of cancer; how tumor cells evade the immune system; and current strategies to train the immune system to fight cancer.

Cost: Attendance will be by donation. Suggested $5.00 donation per session to Eldercare Foundation directed to the UVRA Elder Academy.

Location: All four presentations will held at the Yakimovich Wellness Centre (within the Hillside Seniors Health Centre, 1454 Hillside Ave). The Centre is located on Hillside Ave between Cedar Hill Rd and Shelbourne – if coming up Hillside from Shelbourne, the centre is on the right hand side beside Aberdeen Hospital. NOTE: The Yakimovich Wellness Centre has a seating capacity of 58. Registration will be on a “first registration basis” so register early to avoid disappointment.

Registration: Give your first & last name, name of session, phone number and how many people in your group.
Email: WellnessCentreRegistration@viha.ca or
Call: 250-370-5641, press ‘2’ – this is an automated system and checked regularly throughout the day – leaving your message confirms your registration.

Getting there: take bus #4; ride your bike – we have bike racks; HandiDart drops off at the front, as do taxis.

Parking: behind the Aberdeen Hospital ($2.25/2 hours), free parking on the streets around the Centre – Gosworth St off Hillside or by Oaklands Elementary School on Belmont St, or park at Hillside Mall and walk up to the Centre.

Submitted by David Docherty, Program Chair, UVRA Elder Academy
The Power of You
UVic Retirees Support the UVic United Way Campaign

The UVic Retirees Association is proud to support the UVic United Way campaign, which kicked off on campus on Thursday, October 1st.

We are building on the success of last year’s UVic United Way campaign, which exceeded the goal of $250,000 by raising over $268,000, including the contributions of the UVic Retirees Association (over $22,000). Thanks to all who were able to support this important cause!

UVRA members, and indeed all UVic retirees along with staff and students, are asked to consider pledging their support to the United Way during the 2015 campaign. The need in the community is great. Your donation will 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. These programs support all kinds of people, including impoverished children and families, those dealing with addictions or violence, the injured and ill, and isolated seniors, amongst others. In total, the lives of 80,000 people were impacted by the over 100 programs the UWGV helped fund last year.

Donations can be made online at www.uvic.ca/unitedway/donate/online. In addition, all UVRA members with email addresses will receive an email over the next week or so with more information and a donation form that can be printed at home and mailed in with your contribution. All UVRA donations will be credited to our sector of the campaign and rolled up into the UVic total.

UVRA members are also invited to attend the upcoming United Way events on campus, including the United Way Book Sale (November 17-19) and the Holiday Artisan’s Market (December 1). Information about these events is available at the United Way page of the UVic website at www.uvic.ca/unitedway.

Please feel free to contact our UVRA representative on the campaign committee, Grant Hughes, at gwhughes@uvic.ca if you wish more information.

"Some cause happiness wherever they go; others, whenever they go."
… Oscar Wilde.
**Masterminds 2015**

Save the date!

The UVRA, along with the Centre on Aging will once again be presenting this exciting series of lectures on Wednesday nights in April.

**Dates to save:**
April 6, 13, 20, and 27

Details about the lectures to follow in the next newsletter.

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**Centre on Aging Open House 2015**

The Centre on Aging invites you to an afternoon of food, fun and information!

Join us with our co-hosts: the UVRA and CanAssist at R Hut.

**When:** December 9, 2015 starting at 3 pm

**Contact the centre for more information:** 250-721-6369 or aging@uvic.ca

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**UVRA Online Survey**

The UVic Retirees Association needs your help to determine how much we retirees contribute, directly and indirectly, to the University. The current UVic Strategic Plan ([www.uvic.ca/strategicplan](http://www.uvic.ca/strategicplan)) specifically mentions the UVRA as a potential partner, as well as containing numerous references to improving the University's community engagement. With your help, we believe the evidence from your responses to this survey will strengthen that resolve immensely, to great mutual benefit.

Part II of this survey reflects our wish to improve usage of public transit by our demographic group. In this sense, you are contributing to pioneering research that could well extend much beyond the UVRA membership, as both BC Transit and the BC Ombudsperson for Seniors ([www.bcombudsperson.ca/seniors](http://www.bcombudsperson.ca/seniors)) show some interest in this area. It consists of 10 Yes/No questions that could make a significant first step onto better transit options. If your partner wishes to respond, please invite her/him to answer only that part of the survey. Thank you for your time and interest in these important efforts. All answers (which are anonymous) are strictly confidential. Thank you for participating.

The whole 2-part survey will take you about 10 minutes, and can be found at:


The Survey will conclude on November 11th (Remembrance Day).
**UVRA Events**

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

**Wednesday, November 18**

*Celebrate Diwali*

Come to learn about and celebrate **Diwali** on Wednesday, November 18, 2015.

Place: The Spice Jammer Restaurant, 852 Fort Street  
Time: 12 pm to approximately 2:30 pm  
Price: $25 per person – Lunch Buffet (including taxes and gratuities)  
Presentation after lunch: Mr. Andy Jani  
Register by: Friday, November 13  
Limit: 30 – 60 persons

Diwali, also known as ‘The Festival of Lights’, is an ancient Hindu festival celebrated in autumn every year. It is one of the biggest and the brightest festivals in India, which spiritually signifies the victory of light over darkness.

**Wednesday, December 16**

*Annual UVRA Christmas Luncheon*

Place: University Club, for their famous Christmas Buffet  
Time: 11:30 am to approximately 2 pm  
Price: $32.00 per person – (including taxes and gratuities)  
Speaker: TBD  
Register by: Friday, December 11  
Limit: 80 persons + wait list

Join us at the University Club again this year for our traditional Christmas luncheon. Wrap up a Christmas tree ornament, and bring it for our gift exchange – a little bit of fun and holiday cheer for everyone.

Plans are in process for the 2016 calendar of events.  
Please call Jane Milliken (250 472-1448, or jmillike@uvic.ca)  
with your **suggested activities** for UVRA members to explore and experience.

Looking forward to seeing you, Jane Milliken, Events Coordinator  
With very special thanks to Rashna Charania for her amazing assistance.
UVRA Fall 2015 Events – Registration Form

Enclose a cheque for one or both events, and mail your registration:

*UVic Retirees Association, PO Box 1700, STN CSC, Victoria, BC V8W 2Y2*

Please make your cheque payable to UVic Retirees Association.

You may also reserve your place by phoning the UVRA office: 250-472-4749. Include the following information in your voice mail message, and then send your payment.

**NOVEMBER – CELEBRATE DIWALI**
Event: Wednesday, November 18, 12 pm
Register by: Friday, November 13

Name(s): ___________________________ Phone: ___________________________

Payment: _____ X $25.00 = $________________________

Email: ___________ Need a ride? ____ Provide a ride? ____ How many? ______

If yes to either, provide your address: ______________________________________

______________________________________________________________

**DECEMBER – CHRISTMAS LUNCHEON**
Event: Wednesday, December 16, 11:30 am
Register by: Friday, December 11

Name(s): ___________________________ Phone: ___________________________

Payment: _____ X $32.00 = $________________________

Email: ___________ Need a ride? ____ Provide a ride? ____ How many? ______

If yes to either, provide your address: ______________________________________

______________________________________________________________

A special thank you to Victor Neufeldt for the “glorious insults (that) are from an era before the English language became boiled down to 4-letter words”.