



## UBC Association of Professors Emeriti

**GENERAL MEETING: Wednesday, November 21**

**St. John's College**

Agenda:

1:00 pm Coffee, tea, snacks, and conversation

1:50 pm Brief business meeting

2:00 pm ***Say it With Music***

**Diane Loomer, C.M., Artistic Director and Founder of Chor Leoni Men's Choir**

Association members are encouraged to bring guests  
**Please note the change of venue**



**Diane Loomer, C.M.** recipient of the Order of Canada, Artistic Director and Founder of Chor Leoni Men's Choir, Co-founder and Conductor Emerita of Elektra Women's Choir, and most recently, Founder and Conductor of EnChor, is internationally recognized as one of Canada's leading musicians. Her choral compositions have been published and recorded internationally, and she frequently appears on CBC national radio as a spokesperson for the classical arts. The first woman to conduct the National Youth Choir of Canada, Ms. Loomer has received many awards in her long and distinguished career. In 2008 she was named a Paul Harris Fellow to the International Rotary Foundation for her tangible and significant assistance for furthering better understanding among peoples of the world, and in 2010 the Association

of Canadian Choral Communities presented Diane with their Distinguished Service Award in recognition of her work promoting choral music in Canada. In 2011 Diane was the recipient of an honorary Doctorate of Letters degree from the University of British Columbia. She is a recipient of the Queen Elizabeth II Diamond Jubilee Medal and received an honorary Doctorate of Fine Arts from Gustavus Adolphus College in May 2012.

Diane reports: "Music has been a part of my life every since I was a little girl but became my life in my 'second professional' career when I was just entering my 40s. In the 1960s I started out as a high school teacher (teaching mathematics and English). However, my life (especially at UBC's School of Music, where I was enrolled as an adult student) presented unexpected doors and opportunities that eventually brought me six choirs—all of which are still alive, healthy, and singing well. I will talk a little about those choirs. I will also preach the value of music in anyone's life—as a listener and as a participant."

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**IN MEMORIAM — UBC PROFESSORS EMERITI****Katherine W. T. 'Kaye' Brearley**

1914–2012 Associate Professor Emerita of French  
UBC Service 1950–1980

**Howard R. Hurt**

1937–2012 Administrative Librarian Emeritus  
UBC Service 1967–1997

**Howard Jackson**

1928–2012 Associate Professor Emeritus of  
Philosophy  
UBC Service 1964–1994

**UBC Association of Professors Emeriti**

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Thanks to Derek Applegarth for the photos.

**Members enjoyed conversation and snacks at Cecil Green, before the first General Meeting of the year on October 24.**



## A LETTER FROM OUR PRESIDENT

Dear Colleagues,

October has been another active month in the life of the Association.

1. The highlight was the exchange of letters between our Past President, Judy Hall, and UBC President, Stephen Toope. The positive contribution of the Association to the life of the University was warmly acknowledged by Professor Toope.
2. A meeting of Executive members from all three BC long-established university associations of retirees was held at St. John's College, UBC, on October 12. Newsletters and medical health benefits were high on the agenda.
3. "A career in ruins" was described and comprehensively illustrated by Professor Emeritus Jim Russell (Classical Archeology) at the continuing Senior Scholars' Series, co-sponsored by Green College and the Association, on October 23. Make a note in your calendars to attend the next lecture in this series by Professor Emerita Diana Lary (History) on November 27.



4. Our Vice-President and Newsletter Editor, Carolyn Gilbert, attended the 10th Anniversary Biennial meeting of AROHE (Association of Retirement Organizations in Higher Education) in October and has provided a brief report on this North America-wide meeting in this Newsletter.

Olav Slaymaker, President  
Professor Emeritus, Geography

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## UBC-O AND ISLAND CHAPTERS

### Okanagan UBC Emeriti

While the turnout was a little disappointing due to a number of unforeseen circumstances, we concluded that optimism is, nonetheless, justified.

Kenneth and I were supported in our Co-chairman role. Claire Budgen volunteered as Treasurer and Nancy Netting as Secretary. Brenda Tournier of Alumni Relations and Mary Demarinis, representing the AVP Students, presented their views of potential functions of Professors Emeriti, while Sita MacMillan, Applicant Coordinator, sent written comments.

With the expected wide variation in interests of potential members in mind, we are planning a social gathering in the spring in order to continue the discussion. By then additional Professors Emeriti will be invited to join.

If you are interested in local meetings in the Okanagan please contact David Harder at [davidharder@shaw.ca](mailto:davidharder@shaw.ca), or #10 17211 Thomson Rd, Oyama, BC V4V 2K3.

David Harder, Co-chair, Okanagan Chapter

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### Vancouver Island UBC Emeriti

The lunch gathering planned for October 25<sup>th</sup> did not take place. If you are interested in participating in a chapter serving Professors Emeriti on Vancouver Island and the Gulf Islands, call Jim Thornton at 250-743-1156 or e-mail him at [james.thornton@ubc.ca](mailto:james.thornton@ubc.ca).

**“We’re not retired,  
rather redeployed.”**

Dennis Taylor, Professor Emeritus  
of English at Boston College

## UPCOMING ACTIVITIES



### MUSEUM OF ANTHROPOLOGY VISIT

On **Wednesday, December 12, at 10:00 a.m.**, there will be a docent-guided tour of the MOA for up to 25 members of UBCAPE. The cost of the tour is \$5, payable at the door. UBC Emeriti have free entry to the museum; accompanying guests will need to pay the museum entry fee.

It is necessary to sign up in advance. If you would like to join the tour, please contact our Office Administrator, Sandra van Ark, at 604-822-1752 or [admin@emeriti.ubc.ca](mailto:admin@emeriti.ubc.ca). Please join us!

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### A NOTE to PHOTOGRAPHY CLUB MEMBERS from Derek Applegarth

I have not arranged a next meeting because I need input, please, on what you wish. I have some photos taken at the Museum of Anthropology by most of the people who attended our second meeting and had planned to show them at our next meeting and discuss them. Discussion would include such things as exposure, photographic techniques, artistic merit and the intent of the photographer. Heady stuff?

Probably a good idea for me to ask all of you if you each have 3 photos that you would like to send that we could also discuss at our next meeting, using these criteria. These could be photos you really like or ones where you are seeking comments or whatever—up to you. No one would know who took individual photos unless you discussed them at the meeting—maybe to explain, say, why you chose that subject or that viewpoint. Would you be willing to try this? Over to all of you to see if this might work for our next meeting. I also have an idea to ask a friend to give a talk on travel photographs at a meeting. A good idea? Let me know at 604-241-0340 or 778-994-2359 or [derek.jenny@shaw.ca](mailto:derek.jenny@shaw.ca).

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## **ACADEMICS WITHOUT BORDERS** **An International Volunteer Opportunity**

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Academics without Borders Canada's ([AWBC](#)) mission is to support developing countries to build capacity in higher education by sending professionals and academics—including staff, faculty, and administrators, both working and retired—on projects in the developing world. Our goal is to assist the countries to educate and train the professionals and experts they need for their development. The projects come from and are owned by our developing-world partners. They participate not only in designing the projects, but also in funding them, by providing our volunteers with housing and a stipend, if they are capable of doing so.

Since 2009, AWBC has completed or is in the process of completing over 28 projects in 14 countries with 10 partners: Benin, Chile, Indonesia, Ethiopia, Ghana, Liberia, Namibia, Nepal, Nigeria, Rwanda, Uganda, Tanzania, Kenya, and Sierra Leone. AWBC's projects have focused on a number of areas, including, health, teaching and learning methodology, various academic disciplines, student services, and back office operations. That is, it is involved in the full range of activities with which universities are engaged.

AWBC is a financially efficient organization. It does not transfer funds to the developing world. Rather, it covers the expenses of its pro bono volunteers. We were able to put a volunteer in the field for \$10,000 for a year in Indonesia and a number of our projects cost under \$6,000.

AWBC is headquartered in Montreal, but has no bricks and mortar. We operate a virtual office with those who work with and for us spread out across Canada. We were incorporated in 2007 and received Canadian charitable status in 2008. We are a bilingual NGO and do projects in both Anglophone and Francophone countries.

We are run by an Executive Director and a small staff, many of whom (including the Executive Director) work pro bono. We also have a Board, a distinguished Advisory Council, and 65 Representatives at Canadian colleges and universities who assist us in our work. We have partnerships with several institutes, centres, schools, and faculties at various Canadian universities, with a number of Canadian universities, and with several professional associations.

And now to the ways you might become involved with AWBC. AWBC quite often recruits academic volunteers for various projects in the developing world. In addition, we are interested in partnering with academics who have projects that fall under our mission. Moreover, we are looking for people who would be interested in working with us pro bono as consultants. Lastly, we are always seeking people who support our mission and would wish to donate to AWBC. If you are interested in working with us or supporting AWBC, please look at our website at [www.awbc-usfc.org](http://www.awbc-usfc.org) or contact Steven Davis, Executive Director, at [sdavis@awbc-usfc.org](mailto:sdavis@awbc-usfc.org).

We want to hear from you. **Would you like to contribute to the Newsletter?**

We would love to print your news, perhaps a picture, poem, short story or opinion piece on a topic near to your heart (think 250 words). See p. 8 for some ideas. Please send to Carolyn Gilbert: [carolyn.gilbert@audiospeech.ubc.ca](mailto:carolyn.gilbert@audiospeech.ubc.ca).

### Report # 3 About the UBCAPE Survey

This is the third and final story, highlighting some of the findings of the APE survey that 146 members filled out. The entire report is on the APE webpage (<http://www.ubcemeriti.org/>), as is the opportunity to do the survey online if you missed your chance to participate.

**1. What could we do to enhance the value of the Association for you?** Most responding association members seem happy with our efforts. Only half (77/145) indicated something they would like “added”. Of those, 63 (82%) thought it would be valuable to add workshops on (e.g.) investing, social media, retirement housing, and/or computer related information), 24 (32%) thought an additional newsletter would be valuable, 29 (38%) thought some non UBC-campus (i.e., north shore) events would be valuable and 14 (18%) thought an APE- sponsored opportunity to volunteer in an organization dedicated to the less fortunate would be valuable.

In another follow-up question we asked **what special interest groups people would be interested in participating in/organizing**. Of the modest number of responses we received there was some interest displayed in participating in 1) the now established departmental APE representative network (35 responses), 2) the photography club, which actually has just started (24), 3) forming a travel club or blog (32), 4) a historical legacy writing effort (20), 5) a sports group (18), and a Finance/Investing group (28).

*We’ll see if folks step up to be organizers—because that is what you need to make such things work—but we now have ideas about areas in which to look for “leaders.”*

**2. What is APE currently doing that respondents value?** Well, there appear to be lots of positive responses to many of the APE activities, as shown in Table 1.

Table 1: What do you value (in order of the per cent of “very valuable” positive responses)?

	<u>Very valuable</u>	<u>Somewhat valuable</u>	<u>Not valuable/ignored</u>
Protection of UBC current perks	77%	11%	12%
Five Association Newsletters	68	27	5
Info on alternate medical/travel	58	16	26
APE Meeting Programs	54	27	23
Advocacy for new benefits	37	30	33
Special interest sessions	36	30	34
Social opportunities at meetings	33	31	36
Tutorials (e.g., library)	27	32	41
Social gatherings (e.g., wine/ch.	25	36	39
Arranged Visits (e.g., Truimf)	23	30	47
Info on APE Web page	20	38	42
APE Office/staff	29	31	49
Green College Scholar Program	13	25	62

(continued on p. 7)

## Report # 3 About the Survey, continued

*While all in the list are seen as having significant value to many members, the items on the list did separate themselves into the above three groupings of perceived value.*

## 3. We also asked a follow-up question on the value placed on certain features of the newsletter:

Table 2. Value and the newsletter

	Very Valuable	Somewhat Valuable	Not Valuable/ Ignored
Announcements of Meetings and Program	77%	10%	13%
News about members' awards and activities	51	30	19
Announcements of other UBC events	61	27	12
Getting a Print Copy by mail * Paper folks	65	16	19
Online Folks	9	11	80

• *There were two instances in which those taking the paper version differed from those doing the survey online. This is one of them: Those filling out the paper version wanted to get their newsletter by mail. Those doing the online version of the survey didn't value receiving the print copy.*

• *The other difference between the two kinds of responder involved when they retired. Not surprisingly more of the "paper" respondents retired before 1995.*

### AN INVITATION FROM TAPESTRY— "CLUB" MEMBERSHIP

**Alison Howard**, the new General Manager of Tapestry at Wesbrook Village, has generously offered UBC APE members the opportunity to join Tapestry as a **club member** for the next 6 months without a fee. This entitles members to use the food facilities at Tapestry if space is available. Reservations must always be made ahead of time (604-225-5000). To obtain club membership, contact Alison's office by Nov. 15, 2012. ([ahoward@discovertapestry.com](mailto:ahoward@discovertapestry.com) or 604-225-5000). Aren't we lucky!!! The facilities at Tapestry are the very best on campus and dining at Tapestry is quite a reasonable price.

You're invited...

### by Tapestry at Wesbrook Village 3338 Wesbrook Mall, UBC

Wed. Nov. 6 7:00 pm	Dramatic Discoveries: Pre-play lecture on <i>Dancing at Lughnasa</i> , playing at the Frederic Wood Theatre, Nov. 14–Dec. 1. \$10.
Fri. Nov. 16 10:00 am	University Neighbourhood Association lecture on Arthritis. Room 101. Free.
Wed. Nov. 21 8:00 pm	Vancouver Concert Band. Free. Sign up ahead of time: 604-225-5000.

## WE HEAR FROM OUR MEMBERS

### Sahara Force India Formula One Team— Take Your Mother to Work Day

**Peggy Ross**, Anesthesiology, recently drove a souped-up Mercedes on the Montreal Circuit—on the Formula One simulator at Silverstone, the Sahara Force India factory near London. She was on a visit to her older daughter, Leslie, who is the lawyer for the London-based Formula One team. Go, Peggy! When are they going to let you drive the real one?



**George McWhirter**, Professor Emeritus of Creative Writing, has a new book of translation out from Fondo de Cultura Económica, Mexico D.F., and City Lights, San Francisco: *Tiempo de ángeles/A Time of Angels*, by Homero Aridjis, illustrated by F. Toledo. George continues to write his own poetry and short stories. *The Fiddlehead*, U. of New Brunswick, published "Sittings for a Photograph in a Green Room" in the winter 2012 issue; the *Ambit* (London, England) Spring 2012 issue has his short story "Arrivederci." His latest published poem and portrait appear in *111 West Coast Literary Portraits*, Mother Tongue Publ., 2012.

George is a faithful lap swimmer in the early morning at UBC and especially loves the old outdoor pool that is near the end of its days. His wife, Angela, swims, too; what they love is that they "get to know new undergrads and stressed-out grads and exhausted post-docs in many different departments, not to mention the faculty and staff we already know. It is quite a fraternity of the chlorinated," says Angela. So here is something from George:

Beowulf, the Iliad, and epics expend a great number of lines on the donning of battledress prior to legendary struggles for life and limb, honour, a place on earth or in history. In the UBC Aquatic Centre, we Emeriti undress, down to our bare feet,

step into our swim pants or shorts and sneakers to extend our shrinking lives and limbs. We pedal, take to the modern treadmill, do weights, or swim, Olav and Fred, historic figures of Geography and English, in the exercise room below, Cal and Bruce of PoliSci and Physics (to summarize the scene with a few) in the pool above. Between pulling socks on and off, we greet and talk as we have, since the Faculty Club shut, in the men's changing room. I cannot speak for the women's, although my wife reports. Consider us, collectively, as UBC's Hecuba and Priam, engaged in the long siege of age beneath the skin with built-in Trojan horses. Gaze we may from the palace of our retirement, but are subject to and suffer from the same efforts and effects of the intellectual and physical fray, all about, in the kingdom of heavy thinking:

we emeriti, whose motto  
is exercise till we're too blotto  
or we die, who keep a loose roll  
call of the toll,  
but otherwise, puff and blow  
like right (old) whales, ever more slow,  
who do reps with smaller and smaller weights  
in shorter and shorter spates,  
prepping, doing our best  
to keep the tombstones off our chests.

George McWhirter.



## SOME THINGS AT UBC YOU MIGHT NOT WANT TO MISS

### GREEN COLLEGE SENIOR SCHOLARS' SERIES: More to Come in November and the New Year

With two highly interesting sessions so far this year, there are more to come in November and the new year. These sessions will usually be the last Tuesday of each month in the Green College Coach House from 5 to 6 pm. Come at 4:30 pm for tea and coffee in the Green College Piano Room and stay for refreshments after the talks. To stay for dinner at Green College, make a reservation through the Green College office, 604-822-0912.

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|--------------------------------|--|
| Nov. 27<br>5-6:30 pm           | Diana Lary, History<br><i>A Career Working on China</i>  |
| Jan. 29<br>(Wed.)<br>5-6:30 pm | Robert Silberman, Music<br><i>On Performing Beethoven</i><br>(in the Piano Lounge)   |
| Feb. 26<br>5-6:30 pm           | Sid Katz, Pharmacology (just for a start ... on through administration to Man. Director of the Chan Centre)<br><i>Confessions of a UBC Lifer</i> |

For further information see Events at [www.greencollege.ubc.ca](http://www.greencollege.ubc.ca)

### UPCOMING UBCAPE GENERAL MEETING TALKS

- |         |   |
|---------|---|
| Feb. 6  | Stephen Owen: title tba   |
| Mar. 13 | Dr. Ashok Aklujkar: <i>The Different World of Classical India</i> |
| Apr. 24 | Dr. Roy Bentley: <i>Life Writing/Telling Stories of our Lives</i> |

### UPCOMING VANCOUVER INSTITUTE LECTURES

- |         |  |
|---------|--|
| Nov. 17 | Professor Nicholas Rawlins, Pro-Vice Chancellor, Oxford University and Professor of Psychology<br><i>Pain, the Brain, and Decisions</i>  |
| Nov. 24 | Professor Jerry Wasserman, Head, Theatre and Film Department, UBC<br><i>Being at Home with Elvis: Canadian Theatre and American Power</i>  |
| Dec. 1  | Professor Thomas Flanagan, Department of Political Science, University of Calgary<br><i>Harper's Team: Behind the Scenes in the Conservative Rise to Power</i>                               |
| Jan. 26 | Dr. Jerome Groopman and Dr. Pamela Hartzband. Harvard Medical School, Boston<br><i>When Experts Disagree: The Art of Medical Decision Making</i>   |
| Feb. 2  | Professor Alex Himmelfarb, Director of the Glendon School of Public and International Affairs, York University, and Former Clerk of The Privy Council<br><i>Tax Isn't a Four-letter Word</i> |

Please visit the VI website for more information: <http://vaninst.ca>.

Over 500 past Vancouver Institute lectures are now available in either audio or video format on line at either <https://circle.ubc.ca/handle/2429/12708> or [www.library.ubc.ca/archives/vaninst.html](http://www.library.ubc.ca/archives/vaninst.html).

For more information, please call 604-822-1444.



*Having fun is good  
for your health!*

**UBCMUSIC—Selected Events**

- Nov. 7 Touch of Brass Tentet: *Brass Originals*. Works by Michael Nyman For, André Previn, Rolf Wilhelm, and local composers. 12 noon. Barnett Hall, Music building. \$5 at the door. (Cash only)
- Nov. 7 UBC Chamber Choir and UBC Women's Choir. Schubert—Mass in G (excerpts); Pergoles—Stabat Mater (excerpts). 7:30 pm. Barnett Hall, Music Building. Free.
- Nov. 9 “The larks, still bravely singing, fly”: Music of wartime, remembrance, and peace. Dodson Music Series. 12:00 noon. Dodson Room, Irving K. Barber Learning Centre. Free.
- Nov. 9 UBC Symphony Orchestra, Jonathan Girard, conductor. Bach arr. Stokowski, Toccata and Fugue in D Minor; Webern, Passacaglia, Op. 1; Brahms, Symphony No. 4 in E Minor, Op. 98. 8:00. Chan Centre. Free. **Tickets required, available at Chan Centre ticket office starting at noon.**
- Nov. 14 Cats, Cockatoos, Queens, and the Moon. R. Dridger-Klassen, soprano, and T. Dawson, piano.
- Nov. 16 UBC Wind Ensemble—UBC Concert Winds, Emily Threinen, guest conductor. Works by Gossec, Van der Roost, Weill, Schoenberg, Strauss, and Wagner. 8:00 pm. Chan Centre. Free. Tickets required.
- Nov. 17 String Fest: UBC Chamber Strings. 8:00 pm. Chan Centre. Free. Tickets required. Works by Uyeda, Britten, Burritt, Larsen, and Golijov. 12 noon. Barnett Hall, Music Building. \$5 at the door.
- Nov. 21 Lorraine Min, piano. Works by Liszt, Chopin, and Bartók. 12 noon. Barnett Hall. \$5 at the door.
- Nov. 25 Opera Tea on the Stage, UBC Opera Ensemble. 2:00. Old Auditorium. Senior \$15. Tickets at the Old Aud. box office. Check online for hours of operation.
- Dec. 1 Magnificat. University Singers, UBC Choral Union, UBC Symphony Orchestra. Chatman, Magnificat; Mozart, Great Mass in C Minor. 8:00. Chan Centre. \$20 seniors. Tickets required.
- Dec. 3 Early Music Ensembles. 8:00. Barnett Hall, Music Building. Free.
- Dec. 4 Early Music Ensembles. 12 noon. Barnett Hall, Music Building. Free.
- Jan. 16 M. Fewer, violin; J. Novacek, piano. Repertoire TBA. Barnett Hall, Music Building. \$5 at the door.

For more information, see [www.music.ubc.ca](http://www.music.ubc.ca). For ticket information call 604–822–5574.

**UBC THEATRE: See [www.theatre.ubc.ca](http://www.theatre.ubc.ca)**

*Dancing at Lughnasa*, by Brian Friel. Nov. 15 to Dec. 1. 7:30. Frederic Wood Theatre. Individ. tickets \$15 seniors.

*Rhinoceros*, by Eugene Ionesco. Jan. 24 to Apr. 6. 7:30 pm. Frederic Wood Theatre. Individ. tickets \$15 seniors.

**Association of Retirement Organizations in Higher Education (AROHE)  
10th Anniversary Conference: Innovations for the Next Decade: A Triangle of Adventures in North  
Carolina, October 21–24, Chapel Hill, North Carolina**

Report submitted by Carolyn Gilbert

AROHE (estab. 2001) aims to advocate for, educate, and serve retired faculty and staff in USA higher education. (CURAC is our Canadian equivalent.) As in Canada, AROHE serves associations for Emeriti and for Emeriti plus Staff. It holds conferences biennially, hosted by member associations. The 10th anniversary conference was jointly sponsored by The University of North Carolina at Chapel Hill, North Carolina Central University in Durham, and North Carolina State University in Raleigh. The theme of the conference was Living Life, Health and Wellness, and Connectedness, with a plenary address on each topic, followed by concurrent sessions on a variety of topics. The evening meal/entertainment each night was graciously provided by each of the three universities, with conference participants bussed to Durham and Raleigh on Monday and Tuesday nights. I was one of five Canadians at the Conference. Here are some highlights of the conference.

**AROHE** surveyed its members in 2008 and again this year. Its Executive Director presented results of the current survey, which is ongoing. Since 2008 there has been an increase in the number of associations. The purposes of the organizations remain much the same (e.g., retiree fulfillment, community service), but with noticeable increases in providing university service or teaching, preparation for retirement, and advocacy for retirees.

According to the survey, best practices of associations include social and academic classes/lectures (with food!) as the most popular activities, followed by advocacy, special discounts and privileges, student scholarships, and special interest groups (e.g., travel and book clubs, cards, discussion groups, photography). Also important are newsletters and e-mail communications, wellness events, oral histories and archivist support.

Almost all associations' members have library privileges (90%) and e-mail service (89%). Quite a few get university identity cards (79%) and free or

reduced parking fees (72%). Other privileges include: free or reduced cost athletics/arts (62%); healthcare subsidies (28%); use of institution's computer services (55%); individual office space for academic work (21%); **membership in university health care (51%)**; free notary service (15%); recognition (47%); health facilitator staff to help retirees (14%); service on university committees (46%); dental insurance premium paid (14%); designated association office space (38%); discounted on-campus health services (vision and hearing clinics) (12%); and formalized opportunities for institutional involvement (32%).

The **plenary speakers** provided much food for thought. **David Perlmutter** (Professor and Director of the School of Journalism and Mass Communication at the University of Iowa) spoke about **Retirement in Academics**. His main point was that there is a lack of discussion about the intellectual transitions of retirement, and that even phased retirement does not prevent the feeling of having fallen off a cliff, due to the sudden loss of community

Some of his ideas for Emeriti:

- Mentor new administrators. Who knows better how the university works?
- Coach others on whether to retire or not; help with the intellectual transition, showing them how they can still use their intellects.
- Help make the case for education to government.
- Demonstrate that Emeriti are an important voting constituency.
- Be more assertive. Ask why we don't have someone who connects with us.
- Organize to have one voice.
- When called for university fund raising, bring up the question: How are Emeriti treated? How can you have a great university without generations of great professors?

*Promotion and Tenure Confidential: the People, Politics and Philosophy of Career Advancement in Academia* (2010) is one of his books. (cont. p. 12)

(AROHE Report, continued)

**Trudier Harris** (Professor of English at the University of Alabama) talked about “**The Mars of Retirement.**” For everyone who enters retirement, it is new space. She spoke of outer space—whatever surrounds us when we retire (houses, possessions, people, activities)—asked how much we need, and advises that we aim for a leaner, fitter space, better fitting a new life, leading to a better quality of life. She described the inner space of Mars, cultivating an attitude to explore the new Mars, and not wasting time regretting or resenting. This includes health and health-promoting activities and dealing with loneliness, including sexual loneliness. We should design our own new space and claim it. Finally, she spoke of creative space: “What is this Mars thing?” This is where lifelong learning programs and imagination come in. She advises that we happen to the territory, rather than let the territory happen to us. Her books include *The Scary Mason-Dixon Line: African American Writers and the South* (2009).

**Norton Hadler** (Professor of Medicine and Professor of Microbiology at the University of North Carolina at Chapel Hill) gave a plenary address called “**Rethinking aging.**” He talked a lot about decreasing medication and insisting on proof of efficacy of tests and treatments before taking them. He defines Type II Malpractice as “doing the unnecessary and doing it well.” He has written a book about this, *Rethinking Aging: Growing Old and Living Well in an Overtreated Society* (2010).

Talks and networking at the AROHE conference provided a great many ideas about what Emeriti and their associations can undertake and accomplish, as well as what support can be provided for Emeriti by universities. I will include some of these in a future newsletter. In the meantime, a fuller version of this report will be available on our website.

## CAN EATING TOMATOES LOWER THE RISK OF STROKE?

Eating tomatoes and tomato-based foods is associated with a lower risk of stroke, according to new research by Dr. J. Karppi published in the October 9, 2012, print issue of *Neurology*<sup>®</sup>, the medical journal of the American Academy of Neurology. Tomatoes are high in the antioxidant lycopene. The study found that people with the highest amounts of lycopene in their blood were 55 % less likely to have a stroke than people with the lowest amounts of lycopene in their blood.

The study involved 1,031 men in Finland, aged 46 to 65. The level of lycopene in their blood was tested at the start of the study and they were followed for an average of 12 years. During that time, 67 men had strokes. Among the men with the lowest levels of lycopene, 25 of 258 men had a stroke. Among those with the highest levels of lycopene, 11 of 259 men had a stroke. When researchers looked at just strokes due to blood clots, the results were even stronger. Those with the highest levels of lycopene were 59 % less likely to have a stroke than those with the lowest levels. The study also looked at blood levels of the antioxidants alpha-carotene, beta-carotene, alpha-tocopherol and retinol, but found no association between the blood levels and risk of stroke. (from *Science Daily*, Oct. 8, 2012)

## MINUTES OF HARD EXERCISE CAN LEAD TO ALL-DAY CALORIE BURN

In a new study, Sevits et al. showed that exercisers can burn as many as 200 extra calories in as little as 2.5 minutes of concentrated effort a day—as long as they intersperse longer periods of easy recovery in a practice known as sprint interval training. The finding could make exercise more manageable for would-be fitness buffs by cramming truly intense efforts into as little as 25 minutes. (*Science Daily*, Oct. 10, 2012)