



UBC Association of Professors Emeriti

The Alumni Centre is diagonally opposite the UBC Bookstore. Park in the North Parkade or Health Sciences Parkade.

GENERAL MEETING:

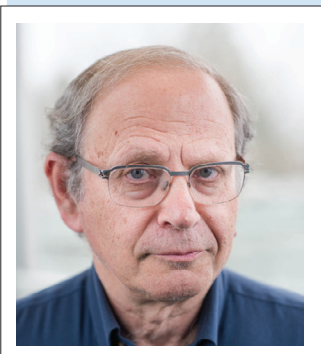
Wednesday, March 23

Robert H. Lee Alumni Centre
6163 University Boulevard

(partners and guests are welcome)

Agenda

- 1:00 pm Coffee, tea and conversation
 1:50 pm Business meeting
 2:00 pm **Dr. Philip Resnick, Professor Emeritus of Political Science**
French Canada and Confederation



2017 will mark the sesquicentennial of Confederation. A key feature of the Canadian political system has been the ongoing relationship between English-speaking Canada and French Canada, more especially Quebec. This talk will provide an overview of French Canada's place within Confederation down to today. It will touch on French Canada's ongoing concern for the defence of its language, culture, and identity, and on some of the tensions that have arisen between Quebec and the rest of Canada. It will also address some of the new challenges facing Quebec in the years to come. It will conclude with reflections on how well French Canada has fared within the federal structure created in 1867.

Philip Resnick is a Professor Emeritus of Political Science. His research interests have included Canadian and Quebec politics, comparative nationalism, and democratic theory. His publications include *Letters to a Québécois Friend*, *The Masks of Proteus: Canadian Reflections on the State*, *Thinking English Canada*, *The Politics of Resentment: B.C. Regionalism and Canadian Unity*, *The European Roots of Canadian Identity*, *The Labyrinth of North American Identities*, and most recently, a collection of poems entitled *Footsteps of the Past*.

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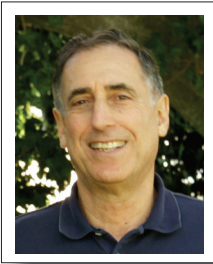
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A Letter from our President



Dear Colleagues,

We all recognize the important contributions emeriti continue to make to UBC's excellence in research, teaching, administration, and public service. However, we are sometimes less aware that emeriti also actively contribute to the success of UBC's fundraising. Figures compiled by the UBC Development Office indicate that lifetime donations of emeriti total more than \$40 million. This consists of a broad base of more than 60 gifts of at least \$100,000, with more than 900 emeriti making donations of at least \$1,000 each. In addition, emeriti assist the Development Office in identifying and approaching potential donors and by participating as speakers and volunteers in UBC fundraising campaigns.

March is a busy month for the Association. Several events have already taken place, and there are more to come. On March 15 Judith Myers will be giving a talk in the Senior Scholars' Series titled, "The Only Woman in the Room: Tales of a Female Ecologist". At our General Meeting on March 23, Philip Resnick will examine French Canada's changing role in the Canadian political system. As always, I look forward to seeing you there.

Regards,
Paul

Association News

UBCAPE Initiative: Nominating Emeriti for Major Awards



The UBCAPE Committee on Continuing Scholarly Activities is undertaking a pilot project aimed at nominating emeriti deserving of major national and international awards including discipline specific and lifetime achievement awards. The Association is willing to facilitate nominations for such individuals, including providing professional help with preparation of a nomination recommendation.

Submission to UBCAPE of a nomination should include:

1. a current CV
 2. a statement about the individual elaborating career highlights and documentation to justify the nomination
 3. information appropriate to the specific award
 4. the names of potential supporting individuals who could serve as referees for the nominee
- Applications for this nomination should be made **at least two months before the award deadline**. Please send completed applications to the Association Office.

Saving on Homeowners' Insurance



Insurance rates have escalated sharply in recent years, and many homeowners have experienced steep increases when renewing their policies. Here are some tips that may save you hundreds of dollars.

- UBC faculty, including emeriti, are eligible for discounted rates when purchasing insurance through Marsh Canada Limited. Call Marsh at 1-800-265-2196 and identify yourself as a faculty member at UBC. Marsh are insurance brokers who deal with the major Canadian insurance companies.

- My experience has been that the rates Marsh secures are significantly lower than those quoted by other companies, but you should

get comparable quotes from a number of companies or brokers to ensure that you are getting the best price for the coverage you want.

- You can obtain an additional discount of approximately \$100 from Marsh, if you have an excellent credit rating and sign a consent form allowing Marsh to run a credit check.
- If you have purchased insurance through Marsh for a number of years, ask for their "flex" discount. It may save you another \$100 or so.
- If you have an optional rider to cover earthquake damage, you should be aware that this usually comes with a high deductible that is based upon the total replacement cost of your home or personal property. For example, if your personal property (not counting the cost of your dwelling) is insured for a replacement cost of \$400,000, and the deductible for earthquake damage is 8%, you would have to pay the first \$32,000 of any personal property losses (i.e., 8% of \$400,000). Given the high deductible, if you decide to insure your dwelling but not your personal property, you may be able to save as much as \$400 per year in the cost of your earthquake insurance.

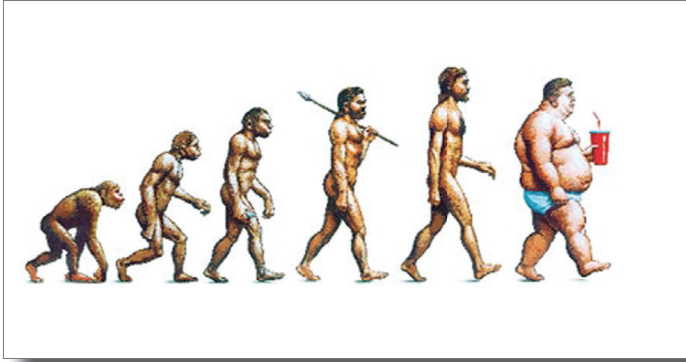
Paul Marantz, Chair

UBCAPE Benefits Committee

In Memoriam

Myer Bloom	1928-2016	Professor Emeritus of Physics University Service, 1956-1993
James Caswell	1937-2016	Professor Emeritus of Fine Arts University Service, 1971-2002
Jim Forbes	1932-2016	Professor Emeritus of Commerce and Business Administration University Service, 1967-1998
Kurt Grimm	1960-2016	Associate Professor Emeritus of Earth and Ocean Sciences University Service, 1992-2015
Phil Hill	1932-2016	Professor Emeritus of Mechanical Engineering University Service, 1976-1998 President UBCAPE, 2001-2002
Peter Murtha	1938-2016	Professor Emeritus of Forest Resources Management University Service, 1974-2003

Association Activities



Detail from the cover of **The Economist**, December 2003, entitled "The Shape of Things to Come", an illustration used in Brian's talk.

February General Meeting

Dr. Brian Rodrigues, Professor of Pharmaceutical Sciences at UBC, certainly lived up to his motto, "avoid being boring". In a richly illustrated and lively presentation at the February 17th General Meeting, Brian hammered home his main message: Type II diabetes is becoming a major global health issue. The incidence of Type II diabetes around the world is increasing at an alarming rate, largely because of the spread of the western diet and lifestyle. In Canada, the incidence has almost doubled from 1.4 million in 2000 to 2.5 million in 2016. China and India have huge numbers of Type II diabetics, 90 million and 61.3 million respectively.

Type II now accounts for 90% of diabetes cases. Brian showed a direct link to increased rates of obesity, especially linked to high consumption of sugar. He noted that one can of Coca-Cola contains the equivalent of 12 packets of sugar mostly derived from high fructose corn syrup. The body, unable to cope with large amounts of sugar, converts it into fat. Not altogether facetiously, he urged the audience to join his "ban the pop" movement.

Thanks to the Program Committee for bringing us such a wonderful speaker and to Jean and Bill McCutcheon for supplying refreshments.

China Study Group



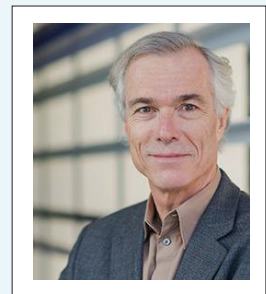
On February 2, **Diana Lary** (Professor Emerita of History) gave an engaging talk on the staggering human cost of the fierce civil war that engulfed China after the Second World War, as the Chinese Communist Party fought to oust the ruling Kuomintang from power. She began by noting that this was a much neglected topic in the study of China, since the various parties to the conflict have not wanted to draw attention to the millions who died, were forced to flee, were wiped out economically, or separated from their families. However, now that those who lived through the civil war are approaching the

end of their lives, many have written personal accounts to ensure that future generations understand the sufferings of the times. These memoirs are an important source for historians. Diana's wide-ranging talk was based on her book, published in 2015 by Cambridge University Press, *China's Civil War: A Social History, 1945-1949*.

Professor Timothy Brook (UBC History) will make a presentation in the China Series on March 22nd, at 11 a.m. entitled *Mr. Selden's Map of China*.

Tim Brook's 2014 book is based on a rare map that lay hidden in an Oxford library for centuries, until Tim looked at it just before his installation as Professor of Chinese at Oxford. The book traces the history and the meaning of the mysterious map. The map is hundreds of years old, but the land and the seas it covers, especially in the disputed waters to the south of China, are still enormously important.

Those who register for the session will receive a section from the book for preparatory reading. To register contact UBCAPE Administrator Sandra van Ark, admin@emeriti.ubc.ca or telephone 604-822-1752.



Photography Interest Group



On March 1, **Donald Blake** (Professor Emeritus of Political Science) and his wife **Lorna** presented a session on "Making a Travel Book" to the group. Don showed how one can produce a professionally printed "coffee table book" that combines trip photos and diary. Members of the group meet monthly during the academic year to share and critique their photographs in a non-threatening environment. If you are interested in attending please contact Derek Applegarth (derek.jenny@shaw.ca).

UBCAPE Committees

Association committees play a crucial role in the operations of the organization. Committee mandates and a list of committee members are provided below. *If you interested in working with one of these committees, please contact the Committee Chair or the Administrator, Sandra van Ark.*

Benefits

The **Benefits Committee** monitors the benefits that retired faculty receive from the University. It draws upon the concerns and priorities of our members to identify possible improvements to benefit programs and makes recommendations for the Association to pursue.

Chair: Paul Marantz (pmarantz@mail.ubc.ca)

Members:

- David Breen
- Gordon Munro
- Mark Thompson
- James Zidek

Continuing Scholarly Activity

The APE Executive Committee launched a new **Standing Committee For Continuing Scholarly Activities** in January 2013 to "foster, promote, facilitate and disseminate the continuing scholarly activities of Emeriti/ae faculty who wish to remain engaged in academic pursuits consonant with the University's mission."

The first task was to compile a Summary of the wide range of activities in which Professors Emeriti/ae are engaged. The committee is exploring how to make the continuing scholarship of retired faculty more visible in the university community, and sources of funding to optimize our continuing scholarly endeavors.

Co-Chairs: Dianne Newell (dnew@mail.ubc.ca) and Judith Hall (jhall@cw.bc.ca)

Members:

- Ken Craig
- John Gilbert
- Cindy Greenwood
- Diana Lary
- Bernie Shizgal

Communications

The scope of the **Communication Committee's** work involves all aspects of how our organization communicates with its members, our departmental reps, UBC administrators and beyond, through its newsletters, web pages, office staff, survey questionnaires, brochures, email announcements, and special reports.

Chair: Richard Tees (rtees@psych.ubc.ca)

Members:

- Derek Applegarth
- Don Blake
- Carolyn Gilbert
- Ray Hall
- Robert Schutz
- Sandra van Ark (Office Administrator)

Membership

The **Membership Committee** identifies concerns, coordinates activities, and maintains liaisons between the Association of Professors Emeriti (APE) and new and continuing members. In addition, the Committee investigates methods to improve relations between APE and the wider UBC community.

Co-Chairs: Olav Slaymaker (olav.slaymaker@ubc.ca) and Stephen Tredwell (tredwell@telus.net)

Members:

- Derek Applegarth
- Michael Davies
- Linda Leonard
- John Stager
- Sandra van Ark (Office Administrator)

Nominating Committee

The **Nominating Committee** consists of the immediate Past President (Chair) and at least two other members approved by the Executive who propose a slate of Officers and Members-at-Large to be voted on at the Annual General Meeting.

Chair (2016): Richard Tees (rtees@psych.ubc.ca)
(other members to be appointed)

Office Committee

This Committee maintains liaison between the Executive and the Office Administrator; oversees the activities of the office, explores the possibilities of better use of the office and reaches out to the members. The Administrator alerts the Committee to equipment and space needs, and IT support.

Chair: Sandra van Ark (Office Administrator)

Members:

- Paul Marantz
- Richard Tees

Programs Committee

The **Programs Committee** works to encourage and sponsor intellectual and social interactions among members by providing programming, including General Meetings, occasional lectures, workshops, tours, and special-interest groups. The programs aim to support a range of scholarly, informational, recreational, and entertainment interests. The Committee solicits and encourages members' ideas for programs and interest groups

Co-Chairs: Carolyn Gilbert (carolyn.gilbert@ubc.ca) and Derek Applegarth (derek.jenny@shaw.ca)

Members:

- Ray Hall
- Lee Perry
- Jean McCutcheon
- Michael Whitfield



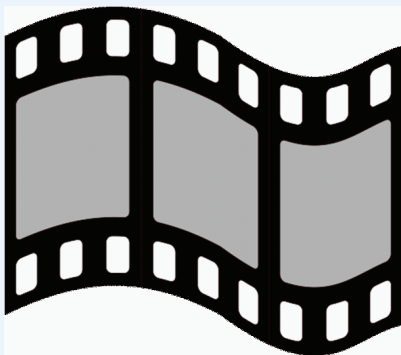
Emeritus Research Day Save the Date!

The UBCAPE/PWI Research Day will be held on **Thursday April 7 from 1 to 4 pm.**

Location: Peter Wall Institute for Advanced Studies, room 207.

Speakers will be announced in an Alert and on the website.

Coming on April 28: The Magic of Movies



Ray Hall (Theatre & Film Emeritus) will screen and discuss his (with Philip Borsos, Director) 1978 Canadian Film Board theatrical short film, "Nails." The film combines 35mm cinematography, archival footage, music, and sound design to explore the ubiquitous metal fastener, which has been in use around the world for a long time. It was nominated in 1979 for an Academy Award for Best Documentary Short and was named Best Theatrical Short in 1980 at the first Genie Awards. The Academy Award nomination later led to Borsos successfully gaining funding for his first feature film, "The Grey Fox."

This event will also provide a forum for discussing the possibility of forming a special interest group on films. Details TBA.



Personal Finance Interest Group Meeting

**Thursday, March 17, 3:00 pm, 2065 Copp Building,
2010-2146 Health Sciences Mall.**

The purpose of the meeting is organizational. Group members will decide who will take responsibility for setting up future meetings, whether there should be a regular meeting schedule, preferred meeting times, and meeting content. If you are interested in joining this group, your attendance is important.

Save the Date! UBC Science Emeriti Luncheon



All Science Emeriti are invited to join us on **May 3 at UBC Botanical Garden from 2-4 PM** to share afternoon tea with colleagues and hear an update on faculty affairs from Dean Simon Peacock.

An optional tour of the garden will start at 1:30 PM. There is a \$20 charge for this event.

RSVP at events@science.ubc.ca or 604-822-4376. Payment can be made at the door, or mail cheques (payable to UBC) to Sarah Fedorchuk, Faculty of Science, Office of the Dean, 2178-2207 Main Mall, V6T 1Z4.

News from AROHE

(Association of Retirement Organizations in Higher Education)

The theme of the 8th AROHE biennial national conference, scheduled for August 14-16, 2016 at the University of Washington in Seattle, is "Transforming Retirement: ReWriting Life's Next Chapter". The last two conferences held in Minnesota (2014) and North Carolina (2012) brought together higher education retirees and leaders from across the continent to explore effective retiree participation and connection as part of campus communities. Now, retirement itself is changing.

This 2016 conference offers you tools to strengthen your association and concerned campus departments for the future and position your organization as a catalyst for change at your universities.

- Do your recent and soon-to-be retirees increasingly have new interests and goals? How will your institution respond to these new directions through programming, publicity, outreach, and retiree engagement?
- What is your association's status with your university? Which campus departments are engaged? How can you strengthen your value in the eyes of your administration and campus, position yourself as an asset to be tapped for benefit to campus research, teaching and service?

Higher education faces the double dilemma of too few faculty retiring, causing an aging professoriate—or too many staff and faculty retiring, causing a significant loss of the university's experienced brain trust.

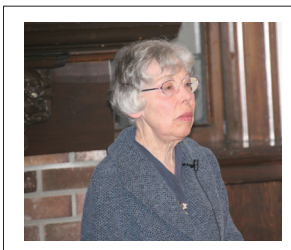
- What are effective strategies for mutually beneficial collaborations between campus departments and retirement associations to strengthen advocacy for university policy flexibility and post-retirement roles? How can we work to create smoother retirement transitions and meaningful reengagement for our own retirees?

Universities and retirement associations are in a position to influence cultural change to integrate the gifts of older adults into the fabric of the future. Let's get together to strategize about how we can move the bar, networking with each other and with AROHE.

UBCAPE is a member of AROHE and will be represented at the conference in Seattle.

Association Speakers' Series

Green College Senior Scholars' Series



On February 9, **Gail Bellward** (Emerita Pharmaceutical Sciences) presented another in the Senior Scholars' Series at Green College. Co-sponsored by UBCAPE and Green College, the series features talks by distinguished UBC emeriti on "the passions that drive academic life".

Gail Bellward traces her interest in pharmacology to her early childhood. Her father was a pharmacist and she fondly remembers growing up in an environment with lots of chocolate bars, comic books and magical chemistry.

When she became a researcher, she was the only one in Canada working on drug-metabolizing enzymes—specifically, a system of enzymes called cytochrome P-450—to predict when toxicities or drug interactions will occur. She was one of only a handful of researchers studying these enzymes. Drug-metabolizing enzymes make chemicals more water-soluble so the body can excrete them. When production of the enzymes is stimulated or decreased, however, the process may alter significantly making a drug dose that would usually be safe toxic, especially if combined with another drug.

During an overview of her career, she described two other major projects: research on the effects of dioxins on wildlife and the attempt to establish a drug education program in elementary schools.

The "dioxin project" had a huge positive impact on public policy. A team of scientists, led by Gail, with researchers from UBC and other universities, as well as the federal government, convincingly demonstrated the toxic effect of dioxin, a major component of pulp mill effluent, on wild life. Armed with the results of this research, the federal government convinced a reluctant province of B.C. to act—threatening to shut down the salmon fishing industry if necessary. The pulp and paper industry was forced to shift to a different process for bleaching pulp, resulting in a 97% decrease in dioxins.

The "drug education" project was an educational "success", but a public policy failure. Although Gail and her colleagues convincingly demonstrated the positive impact of stimulating scientific thinking in a wide range of subjects in grades 4-7, a change of government cut off their access to data and they were unable to find a publisher for the workbook they had created.

She concluded on a rather pessimistic note, pointing to the decline in the quality of research being produced by government and the increasing attempts by outsiders, including academics on granting committees, to direct research. However, her enthusiasm for having been involved in cutting edge research was clearly recognized by her audience.

This series is co-sponsored by UBCAPE and Green College and organized by Emeritus Professor John Gilbert.

The next talk:



Tuesday, March 15

Judith Myers
(Zoology)

The Only Woman in the Room: Tales of a Female Ecologist

All talks begin at 5:00 pm in the Green College Coachhouse. For more information: www.greencollege.ubc.ca or GC.events@ubc.ca.

Come at 4:30 for tea and coffee in the Green College Piano Room and stay for refreshments after the talks. To stay for dinner, tickets can be purchased through the Green College Office—604-822-8660.

Philosophers' Café



February 5: Climate Change and You. Professor George Hoberg (Forestry) led a fascinating discussion of the consequences of December's Paris international gathering of world leaders discussing climate change. Topics included the feasibility of countries' commitments, what is required of Canada at the federal, provincial, local, and personal levels to make it work (and obstacles thereto), and consequences for the Canadian and world economies and personal investments.

March 4: Refugees in Canada. Carolyn Gilbert and Nichola Hall led a lively discussion of the current Syrian arrivals, set in the context of earlier waves of refugees to Canada, starting

with the pre-confederation arrivals of Loyalists and freed and escaped slaves in 1776, and including more recent arrivals of, e.g., 37,000 Hungarians in 1956 and about 50,000 S.E. Asians in 1979-81. Discussion foci included the distribution and timeline of financial support and other services (governments, churches/charities), and reactions of other countries and the reasons behind them. Nichola Hall shared the experience of her church group in sponsoring a refugee family and some of the things they learned along the way.

Upcoming Cafés

April 1 — Public Art: Enhancement or Eyesore?

Do you enjoy the art displayed around our city and other cities? Does it enhance the cityscape or is it an eyesore? What defines a successful work of public art? What criteria are important for choosing public art, and who should choose it? Is there really a public appetite for public art? Should art be permanent or regularly replaced? Voted on by the public? How much should the city pay for public art? Should the artists be local? Canadian? From other countries? Let us know what you think!



May 6 — Legalizing Marijuana

Watch for details in the April newsletter and UBCAPE e-blast.

(All Cafés take place at 10:30 am in the Tapestry Classroom, 3338 Wesbrook Mall. You may reserve to have lunch at Tapestry after the Café by calling (604) 225-5000 or by checking in with the front desk before the Café.)

A Big "Thank You" from the United Way



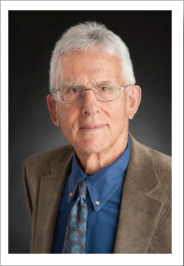
The UBC United Way Campaign Committee would like to express their gratitude to all the UBC Emeriti donors. Through-out all the faculties, the professors emeriti are a key group of contributors to the UBC United Way Campaign, participating either through payroll deduction, direct donation or getting involved in various campus awareness events.

The UBC Community has pledged over \$540,000 to fund over 150 community partners and 300 programs, creating better lives for children, families and seniors. The UBC Emeriti contributed \$47,621.56 of this amount. Your generosity played a pivotal role in the success of the 2015 campaign.

Thank you for all your contributions. Together we are possibility!

If you have any questions or wish to learn more about the UBC United Way Campaign, please contact the Campaign Coordinator, Patty Gallivan at united.way@ubc.ca or call 604-822-8929.

Emeritus Awards & Honours



Michael Klein (Professor Emeritus of Family Practice and Pediatrics) was the recipient of two major awards in 2015. In June he was recognized by the College of Family Physicians of Canada for “One of the top ten research papers by a family physician over the past 30 years” for Randomized Controlled Trial of Routine Episiotomy compared to Selective Use—demonstrating that routine episiotomy caused the very problems it was supposed to prevent, leading to a dramatic reduction in episiotomy use in Canada and the USA and a parallel drop in severe rectal trauma.

In July he was recognized by the College of Family Physicians of Canada as one of the Top 20 Pioneers in Family Practice Research.

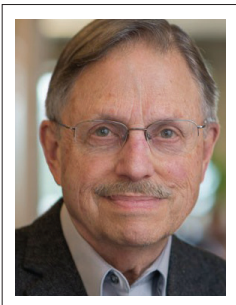
At age 78 he is still teaching wannabe family physicians and students in the School of Midwifery.

Recent publications:

Karen Grant, Maureen Mayhew, Lorena Mota, **Michael C. Klein**, Arminée Kazanjian (2015), “The Refugee Experience of Acquiring a Family Doctor”, *International Journal of Migration, Health and Social Care*, Vol. 11 Iss 1 <http://dx.doi.org/10.1108/IJMHS-12-2013-0047>.

Klein M. C. Nothing fails like success—the great immunization debate. *Birth*. 42(2):97-9, 2015 June.

In May 2016, he gave three presentations to the annual meeting of the *Association of Texas Midwives* at La Torretta Lake Resort (Montgomery, Texas), and in October 2015 a presentation at the *International Conference on Stillbirth* in Vancouver.



Gordon Munro (Professor Emeritus of Economics) was named a co-recipient of the Murray A. Newman Conservation Action Award for highly significant recent work in aquatic conservation. The award was presented at a ceremony at the Aquarium on February 16th. Through his writing, Professor Munro was a driving force in attracting world wide attention to to an agreement negotiated over several years between the B.C. groundfish trawl industry and a consortium of environmental NGOs to limit dramatically the impact that the industry has on the aquatic habitat. The agreement, which has now concluded its fourth year in operation, has been hailed as a global first.



German publishing house Axel Springer has just published a two-volume collection of edited and updated writings by **Kal Holsti** (Professor Emeritus of Political Science) over his 39 year teaching career at UBC. The essays include analyses of Exceptionalism in American Foreign Policy, the Olympic Games and the creation and sustenance of states, the medieval and modern in warfare, the relationship between the great peace conferences and the subsequent pattern of war, and conflict in multicultural states. These volumes are part of a Springer Series on *Pioneers in Science and Practice*. More information and complete tables of contents are available at

http://afes-press-books.de/html/SpringerBriefs_PSP_Holsti.htm.

Membership in social/community groups after retirement linked to longer life



Membership in social groups, such as book clubs or church groups after retirement is linked to a longer life, with the impact on health and wellbeing similar to that of regular exercise, suggests research published in the online journal *BMJ Open*. The more groups individuals belong to in the first few years after they stop working, the lower their risk of death, the findings show. Retirement represents a major life change, with the evidence from large long-term studies suggesting that the health and wellbeing of a substantial number of retirees goes downhill after they stop formal work. But some people adjust to this transition better than others.

In a bid to assess the potential impact of social group memberships, the researchers tracked the health of 424 people for six years after they had retired. They were compared with the same number of people, matched for age, sex, and health status, but who were still working. All the participants were at least 50 years old, living in England, and taking part in the English Longitudinal Study of Ageing, which started in 2002-3. Each participant was asked how many different organisations, clubs, or societies, s/he belonged to, and which ones. They were also asked to complete a validated scale to assess quality of life, and another, to assess subjective physical health.

The results showed that individuals whose quality of life was good before retirement were more likely to score highly on quality of life assessment after retirement.

But membership in social groups was also asso-

ciated with quality of life. Compared with those still working, every group membership lost after retirement was associated with around a 10% drop in quality of life score six years later.

Some 28 (6.65%) of the retirees died in the first six years after stopping work. Unsurprisingly, the strongest predictor of death was age, with someone at the age of 55 running a 1% risk of dying compared with an 8% chance for someone aged 65.

Subjectively rated health was not a significant predictor of death, but the number of group memberships was. If a person belonged to two groups before retirement, and kept these up over the following six years, their risk of death was 2%, rising to 5% if they gave up membership of one, and to 12% if they gave up membership of both. No such patterns were seen for those still in formal employment.

The researchers separately assessed whether changes in physical activity levels affected risk of death and compared this with the magnitude of the effect of social group membership.

They found that if a person exercised vigorously once a week before retirement, and kept up this frequency afterwards, their chance of dying over the next six years was 3%, rising to 6% if they reduced the frequency to less than once a week, and to 11% if they stopped altogether. Among those who were still working, the equivalent figures were 3%, 5%, and 8%.

"Accordingly, we can see that the effects of physical activity on health were comparable to those associated with maintaining old group memberships and developing new ones," write the researchers.

This is an observational study so no firm conclusions can be drawn about cause and effect, but the findings have unique practical implications for retirement planning, say the researchers.

"They suggest that as much as practitioners may help retirees adjust by providing support with financial planning, they may also help by providing social planning," they write.

"In this regard, practical interventions should focus on helping retirees to maintain their sense of purpose and belonging by assisting them to connect to groups and communities that are meaningful to them," they conclude.

Abstracted from Science Daily, February 15/16

Moving around more linked to longer life



“Get up and move.” That’s the take-home message from a new study from Ezra Fishman, a doctoral candidate in demography at the University of Pennsylvania, and colleagues from Johns Hop-

kins University, the National Cancer Institute, the National Institute on Aging and others.

Even for people who already exercised, swapping out just a few minutes of sedentary time for some sort of movement was associated with reduced mortality, according to the research, published in the journal *Medicine & Science in Sports & Exercise*.

Fishman, part of Penn’s Population Studies Center, and the other researchers looked at data from approximately 3,000 people aged 50 to 79 who participated in the National Health and Nutrition Examination Survey conducted by the Centers for Disease Control and Prevention. For the study, subjects wore ultra-sensitive activity trackers, called accelerometers, for seven days, generating data compiled by the CDC. For these same people, the agency then tracked mortality for the next eight years.

The results were striking. The least active people were five times more likely to die during that period than the most active people and three times more likely than those in the middle range for activity.

“When we compare people who exercise the same amount, those who sit less and move around more tend to live longer,” said Fishman, the lead author on the paper. “The folks who were walking around, washing the dishes, sweeping the floor tended to live longer than the people who were sitting at a desk.”

Previous activity-tracking studies have drawn similar conclusions. But, according to Fishman, such studies usually ask participants to monitor their own exercise frequency and quantity, numbers they notoriously over-report. Also,

the trackers used for NHANES have a higher level of precision than what’s typically employed.

“Because the device captures the intensity of activity so frequently, every minute, we can actually make a distinction between people who spent two hours a day doing those activities versus people who spent an hour and a half,” he said.

To account for chronic conditions or illness influencing mortality rates, Fishman and colleagues statistically controlled for factors like diagnosed medical conditions, smoking, age and gender. They also completed a secondary examination from which they entirely excluded participants with chronic conditions. Their analysis didn’t extend to anyone younger than age 50 because not enough of that subset met the study requirements.

Though the scientists didn’t discover any magic threshold for the amount a person needs to move to improve mortality, they did learn that even adding just 10 minutes per day of light activity could make a difference. Replacing 30 minutes of sedentary time with light or moderate-to-vigorous physical activity produced even better results.

“You didn’t have to even get a good sweat to experience the reduced likelihood of mortality,” Fishman said. “Activity doesn’t have to be especially vigorous to be beneficial. That’s the public health message.”

In an ideal world, Fishman said the research would continue with an experiment that randomly assigned people to two groups -- one that received an incentive to increase physical activity, one that didn’t -- to establish conclusively that replacing sedentary behavior with light exercise can reduce mortality risk. He said he would also like to see public health officials get more creative about ways to encourage people to move more. Until these happen, however, it’s up to individuals to substitute movement for sitting still.

“When it comes to physical activity,” Fishman said, “more is better than less, and anything is better than nothing.”

Abstracted from Science Daily, February 25/16

“What are they up to now?” Department

In September 2015, **Ashok Aklujkar** (Professor Emeritus of Asian Studies), was invited to São Paulo, Brazil, to give the concluding address at a conference on non-Western philosophies. In November he published a short article on the history of the Sanskrit saying *vasudhaiva kutumbakam* “The world is but one family” in a book published at the time of the conference on “Contribution of Vedānta to Humanity,” which was held at the village of Kolwan, near Pune. In December, he gave a lecture on the importance of Sanskrit at the College of Arts and Commerce in Thane, near Mumbai, and a lecture in memory of Prof. R.N. Dandekar on “History of Vedānta: some new proposals” at the Bhandarkar Oriental Research Institute, Pune.

acyrologia

An incorrect use of words - particularly replacing one word with another word that sounds similar but has a diffident meaning - possibly fuelled by a deep-seeded desire to sound more educated, witch results in an attempt to pawn off an incorrect word in place of a correct one. In academia, such flaunting of common social morays is seen as almost sorted and might result in the offender becoming a piranha, in the Monday world, after all is set and done, such a miner era will often leave normal people unphased. This is just as well sense people of that elk are unlikely to tow the line irregardless of any attempt to better educate them. A small percentage, however, suffer from severe acyrologiaphobia, and it is their upmost desire to see English used properly. Exposure may cause them symptoms that may resemble post-dramatic stress disorder and, eventually, descend into whole-scale outrage as they go star-craving mad. Eventually, they will succumb to the stings and arrows of such a barrage, and suffer a complete metal breakdown, leaving them curled up in the feeble position.

Around Town

Friday, March 11
8:00 pm, Chan Centre

UBC Symphony Orchestra
UBC Opera Ensemble
Edmund Chung, violin

Tickets: \$8.00 from
tickets.ubc.ca

Friday, March 18
7:30 pm, Barnett Hall

UBC Chamber Strings

FREE

Wednesday, March 23
7:30 pm, Barnett Hall

UBC Men’s & Women’s Choirs
UBC Grad Student Conductors

FREE

Philosopher’s Café

April 1—*Public Art: Enhancement or Eyesore?*

May 6— *Legalizing Marijuana*

(All Cafés take place at 10:30 am in the Tapestry Classroom, 3338 Wesbrook Mall.

You may reserve to have lunch at Tapestry after the Café by calling (604) 225-5000 or by checking in with the front desk before the Café.)



ART & SPIRIT

a speaker series
**4 Wednesdays
in March
at 7:30 pm**
free/donations welcome

exploring the spirit of creativity

march **2**



**Robert
Bateman**

artist, photographer,
and conservationist

march **9**



**Bramwell
Tovey**

Conductor and
Music Director of the
Vancouver Symphony
Orchestra

march **16**



**Megaphone
Magazine**

three writers share
their Downtown
Eastside experiences

march **23**



**Vikram
Vij**

celebrity chef, author
and TV personality



St. Anselm's
ANGLICAN CHURCH

5210 University Blvd, Vancouver
(across from UBC Golf Course)
604.224.1410
info: stanselms.ca/events

Click HERE to RSVP.

<http://eepurl.com/bP6sW1>



This long-running series is ideally suited to those who prefer daytime concerts (and a seniors' discount). All performances take place at the Vancouver Academy of Music, 1270 Chestnut Street (Kits Point). Concerts begin at 10:30 am but are preceded by coffee, tea and refreshments beginning at 10:00 am. The same organization also offers a program called "Tuning In", where well-known CBC host Eric Friesen interviews musical celebrities as well as musicians on their way up. For more information or to purchase tickets visit www.musicinthemorning.org or telephone 604-873-4612.

Remaining performances of the 2015-16 season

Main Concert Series

March 16-18: Stanislav Pronin, violin;
Alexander Seredenck, piano

April 20-22: Barry Shiffman, violin; Jeanie
Chung, piano

Tuning In

April 6: Tania Miller

Vancouver Institute Lectures



March 12: Dr. Turi King, Lecturer in Genetics and Archaeology, University of Leicester, **RICHARD III: THE RESOLUTION OF A 500-YEAR-OLD COLD CASE.**

March 19: Professor Tanya Luhrmann, Department of Anthropology, Stanford University, **WHEN GOD TALKS BACK: UNDERSTANDING THE AMERICAN EVANGELICAL EXPERIENCE OF GOD.**

April 2: Professor Valerie Hansen, History Department, Yale University, **THE INTERCONNECTED WORLD OF THE YEAR 1000.**

April 9: Professor Rita Charon, College of Physicians and Surgeons, Columbia University, **THE POWER OF NARRATIVE MEDICINE: HELPING CLINICIANS UNDERSTAND WHAT PATIENTS ARE TELLING THEM.**

*All lectures
take place in
IRC 2 at 8:15 pm.*

UBC School of Music Wednesday Noon Hour Concerts 12:00 pm, Barnett Hall Admission \$5

March 16: David Gillham (violin with Couloir), Heidi Krutzen (harp) and Ariel Barnes (cello)—
Debussy: *Sonata for Cello and Piano*; Saint-Saëns: *Fantasie for Violin and Harp, Op. 124*; Ravel: *Sonata for Violin and Cello*.

March 23: Standing Wave & 20 C remix
Messiaen arr. Butler: *Le Merle Noir*
Korsrud: *Two Tastes of Den Haag*
Debussy arr. Nobles: *Des pieds sur la neige*
and works by Houle, Goddard & Slayer.

March 30: Ensemble Vivant *From Bach to Piazzolla*
Bach: *Fugue in G minor*
Piazzolla: *Fuga Y Misterio*
Widor: *Conte d'Avril*
Guarnieri, Villa-Lobos and more

