



The Association of Professors Emeriti

UBC

GENERAL MEETING:

Wednesday, March 19

Cecil Green Park
Agenda

1:00 pm	Coffee, tea, snacks and conversation
1:45 pm	Business meeting
2:00 pm	Dr. Carol Mayer, "A museum collection, a murdered missionary and the raising of a curse"



In a glass-topped case in the UBC Museum of Anthropology there is a small collection of early 19th century objects from the Pacific, once owned by the missionary John Williams, murdered in 1839 on the island of Erromango. They were donated by the Canadian/First Nations descendants of John Williams. In the display case they are surrounded by a series of labels that tell the story of Williams' death and the negotiations that led to a series of unique theatricalised rituals on Erromango intended to raise a curse believed to exist in retribution for the murder of Williams and other missionaries. Dr. Mayer will tell the story of how a single phone call led to a reconciliation that changed history and created a set of complex obligations

and relationships between a village in Erromango and a family in western Canada.

Dr. Mayer is head of the Curatorial Department at the MOA where she is responsible for the Pacific Islands collections. She was introduced to the arts of the Pacific during her undergraduate years and has since worked collaboratively with artists, community members and scholars in Fiji, Papua New Guinea, Solomon Islands and Vanuatu. It was this way of working that has guided her curatorial practice at MOA and ultimately led to the 2009 reconciliation ceremony on Erromango. She has curated more than forty exhibitions and is the recipient of numerous awards and fellowships, including the Thirtieth Anniversary of Independence Medal for her cultural contributions to the Republic of Vanuatu.



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Stay Tuned!



Our next **Emeritus Research Day** is on April 15th at the Peter Wall Institute for Advanced Studies. Please see page 5 for details.

Upcoming in Future Issues

April 23: Guest Speaker: Dr. Allen Sens, "Armed Conflict and Peacekeeping in Africa"

President's Committee on Campus Enhancement: hear what our Emeriti colleagues have done and are doing to make the campus more attractive.

Other contributions from UBC Emeriti. Please send them along!!

Editor's Note

This newsletter contains several articles with links to web sites and/or email addresses, some of which are many characters long. If you view the newsletter on-line, you can "click" on the URL or email address to go directly to the relevant site or open an email dialogue box.

A Letter from our President



Dear Colleagues,

For the past month I have been almost totally occupied with helping my beloved dad move from an independent living retirement residence to an intermediate care facility. As many of you know from your own experiences, this is a very complicated process, which includes trying to find the best new residence (and hoping it has a room available at the right time); organizing movers to transfer wanted possessions to the new home and coordinating the timing to use the elevator at the current residence; deciding what to do with the other furnishings and possessions; moving the individual himself and making sure he is as comfortable as possible; and clearing out the retirement residence apartment. Of necessity, I did this within a very short time frame and felt very stressed and unable to concentrate fully on other responsibilities.

To the rescue came wonderful family and friends. I shouldn't have been—but was—surprised at the amount of empathy and support I received from fellow members of the Executive, a body that changes every year but has been a wonderful group in each of the incarnations I have witnessed. So many of us have been through this experience of arranging care for one or more parents (including in-laws) or spouses, or even siblings, aunts or uncles, or good friends. At this point, when I have a little more time to reflect on this process, my thoughts go in several directions, including the importance of friends and our social networks, my own life trajectory (What will happen to me or John when . . . ?), and what options are open to us as we age and our needs increase.

Relevant to the last point is the series meetings a small group of our members had about four years ago concerning retirement residence options. This discussion actually started even earlier, when some of our members met with UBC administrators to discuss the University's responsibility for providing retirement living support for Emeriti; the discussion led to UBC's selection of Tapestry to build its residence in Westbrook Village. Thelma Cook and Chuck Slonecker continued to meet with UBC and Tapestry as the residence was planned and built; this process is why our Association has a letter of agreement with Tapestry. Our more recent discussion was about the ongoing need for facilities where residents can age in place. My dad was (still is) unhappy about having to leave his residence after four happy years there. Why should anyone have to move from a place he loves when he is 95? It is perhaps time for us to use our gray panther power to insist on and help plan residences where we can stay until we die. We can also think of creative alternatives: I recently heard about someone aiming to assemble a group of like-minded individuals to pool resources to buy a large home suitable (or modifiable) for seniors to live in and hire appropriate help to come in or live in.

All of us are aging, some of us further along the life trajectory than others. We are all at a point where we think about how we will face our own end on this earth. This is something we shouldn't have to do alone. Many of us are fortunate enough to have close family or friends with whom we can and do discuss these things. It isn't so easy for others, who may instead turn to spiritual advisors or professional counselors. The important thing is to be able to talk to someone and reach out for help if it is needed.

Coming back to friends, I think again of the support I received from members of the Executive—more broadly, members of our Association. Our Association has multiple functions. In the newsletters and at meetings, we focus on its organizational work and social/intellectual functions. We shouldn't forget that we are a community of colleagues and friends, a community that can support its members through various triumphs and trials of life.

Turning now to the work of the Association, I would like to let you know that the Executive—following the members' ratification of the revised Constitution in December—has revised the By-Laws and brought them into line with the revised Constitution. Members will be asked to ratify these at the next General Meeting on March 19. Before the meeting, please take time to look at the By-Laws and suggested revisions on our web site.

Carolyn Gilbert,
Ph.D. President

Association News

Emeriti Department Representatives' Meeting



The meeting will be held at St. John's College, on Wednesday, March 12, from 4:00-6:00 pm.

Refreshments in the form of coffee/tea and cookies will be served halfway through the meeting.

This is an opportunity to meet one another, to update you on our activities, to discuss how to maximize the potential of Departmental Representatives, to develop strategies for encouraging membership, and ways to gain recognition, support, and resources at the local level. The main objectives of the event are (a) to share best practices

as experienced by UBC Emeriti and (b) to enhance the contribution of Emeriti to UBC's store of human capital.

Presentations will be made by Carolyn Gilbert (UBCAPE President), Olav Slaymaker and Stephen Tredwell (Co-Chairs of the UBCAPE Membership Committee), Paul Marantz (Chair of the UBCAPE Benefits Committee), and Donald Blake (Newsletter Editor).

We are still looking for reps from a few departments: Architecture and Landscape Architecture; School of Community and Regional Planning; Mining and Materials Engineering; French, Hispanic and Italian Studies; Social Work; Sociology; Theatre and Film; Oral Biological and Medical Sciences; Oral Health Sciences; Psychiatry; and Zoology. If interested in representing your unit, please contact one of our Membership Committee Co-Chairs: Olav Slaymaker (olav.slaymaker@ubc.ca) or Stephen Tredwell (tredwell@telus.net).

Philosophers' Café



UBCAPE's "Philosophers' Café" initiative has been very successful, bringing together UBC emeriti, current faculty and Tapestry residents (some of whom are retired academics from other institutions) for a discussion of topical issues in a relaxed setting.

The first Café featured Olav Slaymaker and the topic "Do Maps Lie?" A capacity audience engaged in a spirited discussion of the social and political information conveyed by maps that attempt to convey complex messages in only two dimensions.

The second Café, facilitated by Professor Emeritus John Gilbert, addressed a huge topic: "*Scholarship and the Future University*." Not surprisingly, this subject was not exhausted in one session, so a second has been scheduled for Monday, March 17th. Again this will take place at Tapestry in Wesbrook Village at 10:30 am, led by John Gilbert.

The April Café on April 28th will be hosted by Donald Blake, Professor, Emeritus of Political Science, who will facilitate a discussion of the Canadian Senate entitled: "*The Senate of Canada: Retread or Retire?*".



The Philosophers' Café organizer, Derek Applegarth, is looking for discussion topics as well as individuals willing to act as facilitators. Please send your ideas to Derek Applegarth at derek.jenny@shaw.ca. If you would like to stay for lunch at Tapestry afterwards, please contact Derek Applegarth at derek.jenny@shaw.ca. Lunch is "self-pay" and dependent on space being available.

Emeritus Research Day



The second UBC Association of Professors Emeriti/Peter Wall Institute for Advanced Studies **Research Day** has been set for **April 15, 10-12:30, PWIAS Conference Room** (Rm. 207).

Featured speakers will be:

Julie Cruikshank, Professor Emerita of Anthropology & Sociology, "Yukon and Congo: Archival Research with an Ethnographic Eye".

Olav Slaymaker, Professor Emeritus of Geography, "Natural Landscape: The Heart of the Environmental Debate".

John McNeill, Dean Emeritus of Pharmaceutical Sciences, "Why Sugar is Bad for You".



Please spread this message widely among your faculty colleagues and emeriti. We are particularly interested in attracting students, both graduate and undergraduate. **Research Day** provides a unique opportunity for dialogue amongst our senior colleagues, faculty, and students from across the campus community.

News from CURAC



UBCAPE is a member of the Canadian University Retirees Association (CURAC), which aims to promote communication among retiree organizations and speak publicly about issues of common concern.

Two recent items in the CURAC newsletter will be of interest to members.

1. Since 2008, The Canadian Institutes of Health Research (CIHR) has required recipients of its research grants to ensure that the results of their research are freely available on line. Now Canada's two other national funding agencies, the Natural Sciences and Engineering Research Council of Canada (NSERC), and the Social Sciences and Humanities Research Council of Canada (SSHRC) are proposing to adopt the same policy, subject to consultation, in September 2014. CURAC is asking for feedback on this issue.

2. CURAC has prepared a critique of proposed changes to the Canada Health Transfer (CHT), the mechanism by which the Federal Government transfers funds to the provinces for health care. Ottawa proposes to change its contribution to a per capita transfer, regardless of the higher costs of providing health care in provinces with more diverse populations and a disproportionate number of older residents.

Please consult the Winter 2014 CURAC Newsletter at www.curac.ca for details.

In Memoriam

Michael Batts	1929-2014	Professor Emeritus of Germanic Studies University Service 1959-1991
Robert Deakins	1934-2014	Professor Emeritus of Social Work University Service, 1969-1991
Peter Lusztig	1930-2014	Dean Emeritus of Commerce University Service 1957-1995
Glen Peterson	1936-2014	Professor Emeritus of Animal Science University Service, 1968-1998
Eric Vogt	1929-2014	Professor Emeritus of Physics University Service 1965-1994

Emeriti in the News

Researchers discover treatment for rare blood cancer

A UBC research team lead by Professor Emeritus **Pat McGeer** that included Professor Emerita **Edith McGeer** have discovered a potential new treatment for a rare blood cancer that may also point the way to treating other more common diseases such as Alzheimer's and Parkinson disease, macular degeneration, ALS, multiple sclerosis and rheumatoid arthritis. Paroxysmal nocturnal hemoglobinemia (PNH) is a rare form of cancer characterized by episodic rupture of red blood cells and the danger of blood clots forming in the vascular system. The condition results in red blood cells becoming vulnerable to attacks by the body's own complement immune system and can lead to complications such as anemia, kidney disease and fatal thromboses.



A clinical study, published January 29, 2014 in PLOS ONE, reapplied aurin tricarboxylic acid (ATA), a non-toxic drug, to blood samples of five patients with PNH who were undergoing standard treatment with antibodies administered through biweekly infusions.

The researchers found the addition of ATA restored blood cell resistance to complement system attacks, while the antibodies alone did not offer full protection.

"Our study suggests that ATA could offer more complete protection as an oral treatment for PNH while eliminating the need for infusions," says Prof. McGeer, professor emeritus in UBC's Department of Psychiatry. "PNH is a disease that may happen to anyone through a chance mutation, and if nature were to design a perfect fix for this mutation, it would be ATA."

The team is now proceeding with further testing and McGeer hopes the treatment may be available in clinics within a year.

For details visit: <http://news.ubc.ca/2014/01/29/researchers-discover-treatment-for-rare-blood-cancer/>



Global Battle over "Happiness"

John Helliwell, Professor Emeritus of Economics, was called upon by Vancouver Sun columnist Douglas Todd to explain major differences between the 2013 United Nations "World Happiness Report" (co-authored by Helliwell) and a recent Ipsos "Global Happiness Report". The Ipsos study seems to confirm that people in poorer countries "whether tribes people or housemaids" are happier than those of us in the affluent West.

Ipsos ranks Indonesia the happiest of 24 countries, followed by India, Mexico, Brazil and South Africa. In contrast, the UN study (of 156 countries) found that Denmark, Norway, Switzerland, Netherlands and Sweden (Canada is sixth) contain the happiest residents. Indonesia was 76th, South Africa 96th and India 111th.

Helliwell argues that, among other differences, the Ipsos poll is limited because it measures only "those above the digital divide;" i.e. it is based on internet polling, and the high scoring countries have much lower internet usage, thus over-represents those better off economically. The UN survey is also based on a larger number of countries, several polls and a richer battery of questions.

The complete article, published on February 14, can be viewed at: www.vancouversun.com/business/Douglas+Todd+happier+poor+rich/9509671/story.html#ixzz2tbZraAoa

Association Speakers' Series

Green College Senior Scholars' Series

This series is convened on behalf of Green College and the UBC Association of Professors Emeriti. It provides opportunities for senior academics to describe their personal experiences and journeys through their own academic careers. Presenters will distill a lifetime of scholarly work. Some will examine the new projects that have grown out of that work; others may reflect upon their changing attitudes to university life. The series is multidisciplinary and gives expression to the speakers' mature and personal insights, as well as "lessons learned". The speakers hope to engage Green College residents and other graduate students with senior faculty, to expose the academic community to UBC's most experienced academics, and to welcome the greater UTown/Point Grey neighbourhood to the richness of academic life at UBC.



Professor Emerita Judith Hall, founder and facilitator of the Green College series, with speaker Errol Durbach

A capacity audience at the Green College Coach House enjoyed a stimulating talk by **Errol Durbach**, Professor Emeritus of Theatre. Entitled "*Drama, Theatre, and Performance: Practicing the Discipline Before and After Retirement*", his address took us through a career that began in elementary school in South Africa, where he realized that he was much better at drama than in sports, to a post-retirement career that has involved at least one major theatrical enterprise every year. Along the way he mentored hundreds of UBC students in English, Theatre; Central, Eastern and North European Studies; and Comparative Literature. He is a master of writing for the stage and an experienced actor.

Not surprisingly, a career in creative arts over such a long period generated many stories and anecdotes that he shared with the audience. One of your reporter's favourites: He decided that a play reading that he was doing for colleagues in the English

Department would be more effective if he could use a pistol for a prop. It was suggested he visit the Props Room in the Department of Theatre, which was located across campus. He did so, and was rewarded with a wonderful wooden replica that he transported back to his department. A day or so later he was called into the Dean's office to answer an accusation that he was seen walking across campus with a revolver in his hand! Luckily he was able to explain and also compliment the props person for producing such a realistic fake.

The last speaker in this season's series

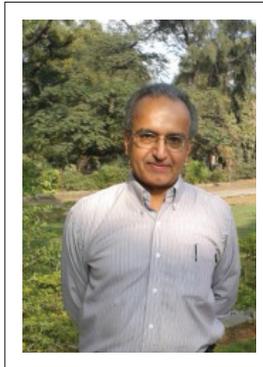
AN UNCOOL PURSUIT
Timothy Oke, Geography, UBC
5-6:30pm, Tuesday March 25, 2014

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.

"Where are they now?" Department

Our readers are keen to hear about what their retired colleagues are up to, whether continuing their research activities, teaching English abroad, taking up artistic pursuits, trekking in Nepal, or virtually anything else.

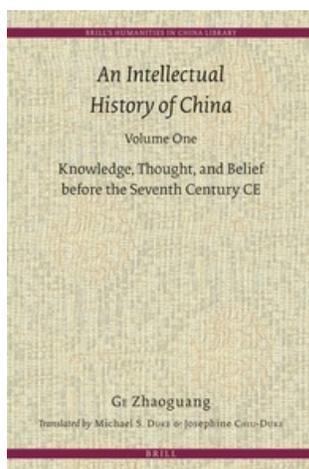
If you have an interesting post-retirement story about yourself or a colleague, please send it to the editor at: dblake@politics.ubc.ca If possible include digital photo(s) to accompany your submission.



Ashok Aklujkar, Professor Emeritus of Asian Studies, reports on his recent research and lecture tour: *I travelled from November 15, 2013 to January 22, 2014 in Japan and India. In the first week I gave talks in Kyoto, Nagoya and Tokyo, dealing with issues of Indian chronology and philosophy. In India I explored manuscript collections in Pune, Mumbai and Hyderabad and also gave lectures at these cities. At the University of Hyderabad, I gave a six-hour introduction over three days to the philosophy of the Grammarian Bhart.r-hari. On the way back to Vancouver, I took advantage of a layover at Heathrow Airport to present a talk on ancient Indian chronology at the School of Oriental and African Studies of the University of London.*

Since becoming Emeritus in 1999, **David Hardwick**, Professor Emeritus of Pathology, has remained active within the UBC Department of Pathology & Laboratory Medicine, the UBC Faculty of Medicine, and both the International Academy of Pathology (IAP), the largest pathology in the world, and the United States and Canadian Academy of Pathology (USCAP), one of the oldest professional pathology societies in North America. He been secretary of the IAP since 2006. He also serves as special Advisor on Planning in the Faculty of Medicine, and Faculty Advisor to the UBC Medical Undergraduate Society, a position he has held since 1972. He is also the Emeritus Representative in the Department of Pathology.

Post-retirement awards include: (2002) the "Just Desserts" award from Alma Mater Society of UBC as the Faculty member of greatest assistance to the Undergraduate Society in that year; (2003) the IAP Gold Medal for his contribution to Global Pathology Education, Research and Service, the highest international award a pathologist can receive from the International Association of Pathology; (2004) President's award of the US and Canadian Academy of Pathology for outstanding service to pathology; (2010) Distinguished Service Award from the Association of Pathology Chairs (Canada, US & Puerto Rico); (2010): Marilyn and Bill Webber Lifetime Achievement Award for contributions to the Faculty of Medicine.



Michael Duke, Professor Emeritus of Asian Studies, together with Josephine Chiu-Duke, has recently translated Ge Zhaoguang, *An Intellectual History of China, Volume One, Knowledge, Thought, and Belief before the Seventh Century CE* (Leiden: Brill, 2014).

He has also translated about 55% of Hsu Cho-yun, *China: A New Cultural History* (New York: Columbia University Press, 2012) and all of the controversial political novel: Koonchung Chan, *The Fat Years* (London: Random House Group Ltd., 2011).



Sharon Kahn, Professor Emerita of Educational and Counselling Psychology, and Special Education is President and Chair of the Board of the *Vancouver Society for Early Music*. The mandate of Early Music Vancouver (EMV) is to foster an appreciation of early music, to interest and involve people from varying backgrounds in early music, and to create opportunities for performers, teachers and instrument makers. For this purpose, the organisation offers several concert series during the winter and summer season with internationally renowned musicians; instrumental and vocal courses; master classes and workshops for both advanced-level musicians and amateurs; and educational programmes for the public at large.

Two other colleagues, **Stephen Drance**, Professor Emeritus of Ophthalmology, and **Susanna Egan**, Professor Emerita of English, have also been Board members.

Early Music Vancouver has four concerts remaining in the 2013-14 season featuring violincello solos by Bach, 17th century canatas for bass and a recital by British countertenor, Iestyn Davies. For details visit www.earlymusic.bc.ca. There you will also find a preview of the 2014 Summer Festival, "The Hand of Time".

Susan Harris, Professor Emerita, Department of Physical Therapy, writes:

Mentoring Third-World Colleagues

Although I continue to greatly enjoy mentoring junior faculty members and former graduate students at UBC, one of the most fulfilling activities that I have taken on in my retirement years is mentoring a young physiotherapist colleague in India. K. Hariohm first contacted me about 10 years ago about an article I had written on how to critically evaluate new treatments in physiotherapy, published in 1996 in the American journal, Physical Therapy. Initially, he sought my editorial help and advice in submitting his first potential peer-reviewed case report, subsequently published in Physical Therapy—the highest impact journal in our field—in 2012. Since that initial publication, Hariohm has co-authored another published case report and has also co-authored the first Indian text on stroke rehabilitation, for which he invited me to write the foreword.



K. Hariohm, far right; co-author, R. Vasanthan, far left

In his preface to the textbook—Stroke Rehabilitation: A Functional Activity Based Approach—Hariohm thanked me for my mentorship over the years and for being his "Dronacharya". Not knowing what that term meant, I Googled it to find, to my pleasure, that Dronacharya was one of the most respected gurus of India!

To say that I am proud to be Hariohm's guru is an understatement! As I stated in the foreword to his new book: "My sincere congratulations to Professors Hariohm and Vasanthan for contributing a textbook to their colleagues and clients that is evidence-based, client-centered, and functionally oriented. What a wonderful gift to the Indian rehabilitation community and to persons living with stroke and their families!"

Surefire tricks to get the most out of your vitamin supplements

By Mike Allan and James McCormack

Vitamin C is widely touted as cancer preventive. In a test-tube study, reported by the Journal of Science, University of Pennsylvania researchers found the vitamin accelerated the production of compounds that damage DNA, potentially producing mutations associated with cancer.

According to the Oxford Dictionary, vitamins "are a group of organic compounds essential for normal growth and nutrition and are required in small quantities in the diet because they cannot be synthesized by the body."

As humans, we long for perfect health and longevity. This temptation leads us to try an endless variety of interventions to achieve this goal, with varying degrees of success. It may be this yearning for unattainable perfection that leads to decisions which appear logical but are not.

The vitamin logic states: if the body needs small amounts of vitamins to function, the body will perform even better if given more. It is important to remember that using the "need-a-little-so-take-a-lot" philosophy has not turned out so well with food, alcohol, medications or vices.

There is the unfortunate reality that many large, well-designed studies have quite consistently shown no advantage in taking vitamin supplements for relatively healthy people.

To date, more than 100,000 people have been studied during a number of years and the results have confounded vitamin logisticians and sales reps everywhere. Almost without fail, for relatively healthy people without obvious vitamin deficiencies, no change in over-all death rate, cancer or cardiovascular disease has been shown. Anti-oxidant vitamins, such as Vitamin A, E or beta-carotene, have been shown to increase death for about one in every 300 who take any of those supplements for roughly three to five years.

B vitamins, believed to potentially reduce cardiovascular disease, have also been shown to have no effect. A very recent review also suggests no over-all important clinical benefit from using Vitamin D supplements, except maybe

reduced hip fractures, but 300-400 people need to take it to benefit one person, so the clinical importance of this is questionable.

"Vitamin logic" is so powerful that many of you may still be reluctant to believe the evidence, so we have devised some foolproof ways for you to get the maximum benefit from vitamin supplements.

1) After purchasing any vitamin supplements, immediately drive to the house of a friend or family member that is at least five km from your house and ask them to store these vitamins in a safe place. Every day, when you generally take your vitamin supplement, simply walk to their house, pop that pill, then immediately walk home. Briskly. The results will astound you.

2) For those of you who swear by higher dose vitamins, choose a home 10 km from your house, run there at a comfortable pace, take two pills, and run home. Note: You can just take one and get the same effect, which immediately cuts costs in half. Note 2: You can also take none.

3) If you have no friends or family — hopefully not a result of your vitamin habit — and are thus forced to keep and take your vitamins at home, there are still ways to maximize their effect. The ultimate technique is to place your favourite vitamins on your dinner plate and surround them with a variety of fresh vegetables, fruit and fish/poultry. Should you at any time during the meal feel compelled to take one of the vitamins, pick it up, lick it, and then compare it to the taste of any of the food on your plate. If you prefer the taste of the vitamin supplement, go for it. Delicious Flintstones chewables are an exception, especially the Dino ones.

4) Fortunately, your body is equipped with a tremendous filtering system known scientifically as "your kidneys." So effective are these organs that if you ingest more than the small amount of vitamins required for health, you pee out the excess. However, to avoid any possible strain on your kidneys, we suggest, before taking your vitamins, place them directly into the toilet and flush. Although this avoids the middle man, we'll pray it won't harm the fishes.

5) When you purchase vitamins, make sure they come from "natural sources" as it is well known that natural things are completely safe; for example: natural arsenic, natural tornadoes and natural snake venom.

6) Finally, if you can't live without the belief vitamin supplements really do work, then package the ones you buy and send them to countries where vitamin deficiency is a serious health concern. You will be proven correct, they are vital, and the effect of this generosity may be the only daily supplement you need.

Mike Allan is a family doctor and associate professor and the director of evidence based medicine in the Department of Family Medicine at the University of Alberta.

James McCormack is an expert adviser with www.EvidenceNetwork.ca and professor of Pharmaceutical Sciences at UBC.

Reprinted, with permission of the authors, from the *Vancouver Sun*, Feb. 4, 2014.

Exercise may slow progression of retinal degeneration

Age-related macular degeneration, one of the leading causes of blindness in the elderly, is caused by the death of light-sensing nerve cells in the retina called photoreceptors. Although several studies in animals and humans point to the protective effects of exercise in neurodegenerative diseases or injury, less is known about how exercise affects vision.

Machelle Pardue, PhD, together with her colleagues Eric Lawson and Jeffrey H. Boatright, PhD, at the Atlanta VA Center for Visual and Neurocognitive Rehabilitation and Emory University, ran mice on a treadmill for two weeks before and after exposing the animals to bright light that causes retinal degeneration. The researchers found that treadmill training preserved photoreceptors and retinal cell function in the mice.

"This is the first report of simple exercise having a direct effect on retinal health and vision," Pardue said. "This research may one day lead to tailored exercise regimens or combination therapies in treatments of blinding diseases."

In the current study, the scientists trained mice to run on a treadmill for one hour per day, five days per week, for two weeks. After the animals were exposed to toxic bright light -- a commonly used model of retinal degeneration -- they exercised for two more weeks. The exercised animals lost only half the number of photoreceptor cells as animals that spent the equivalent amount of time on a stationary treadmill.

Additionally, the retinal cells of exercised mice were more responsive to light and had higher levels of a growth- and health-promoting protein called brain-derived neurotrophic factor (BDNF), which previous studies have linked to the beneficial effects of exercise. When the scientists blocked the receptors for BDNF in the exercised mice, they discovered that retinal function in the exercised mice was as poor as in the inactive mice, effectively eliminating the protective effects of the aerobic exercise.

"These findings further our current understanding of the neuroprotective effects of aerobic exercise and the role of BDNF," explained Michelle Ploughman, PhD, who studies the effects of exercise on the healthy and diseased brain at Memorial University of Newfoundland, and was not involved with this study. "People who are at risk of macular degeneration or have early signs of the disease may be able to slow down the progression of visual impairment," she added.

• Eric C. Lawson, Moon K. Han, Jana T. Sellers, Micah A. Chrenek, Adam Hanif, Marissa A. Gogniat, Jeffrey H. Boatright, and Machelle T. Pardue. Aerobic Exercise Protects Retinal Function and Structure from Light-Induced Retinal Degeneration. *The Journal of Neuroscience*, February 2014 DOI: 10.1523/JNEUROSCI.2062-13.2014

From Science Daily: www.sciencedaily.com/releases/2014/02/140207114059.htm

NOTICES

Events at Tapestry, Wesbrook Village

Thursday, March 6th ~ 1:00 pm to 3:00 pm followed by a reception

Fraud Prevention Seminar. Learn how to protect yourself from scams, schemes and gimmicks targeted towards seniors. Featuring Guest Speakers from the BC Securities Commission and the RCMP. RSVP by Tuesday, March 4th.

Monday, March 10th ~ 1:00 pm to 3:00 pm followed by a reception

Trust & Annuities Seminar: RBC Dominion Securities with their panel of experts will present valuable information on the different types of Trusts and Annuities. Learn how investing safely and planning wisely can ensure you'll be able to provide for the future. RSVP by Friday, March 7th.

Wednesday, March 19th ~ 1:30 pm to 3:30 pm followed by a reception

Downsizing Seminar: If you are contemplating a move from your long time home, where do you start? Let the team guide you through the process. The downsizing Seminar will be presented by Ann Mackenzie of Estate Planning Services, Gordon Urquhart of MacDonald Realty as well as Tapestry's Move In Coordinator Christina Capp. RSVP by Monday, March 17th.

(Note: the RSVP number for Tapestry events is 604-225-5000)

The Wall Hour

Peter Wall Institute free lunch & talk, Douglas Kenny Building, Suedfeld Lounge, on **Thursday, March 6.** "An Electrifying Experience: Studies of electric fish behaviour in the lab and the field". The discussion will be led by Dr. Catharine Rankin, UBC Department of Psychology and Brain Research Centre. Please register by 9:00 am, Tuesday, March 4, 2014: <http://events.pwias.ubc.ca/wall-hour>.



Upcoming Vancouver Institute Lectures

March 8: Professor Mark MacLachlan, Dept. of Chemistry, UBC, *Bug Shells*

and *Butterfly Wings: New Materials Inspired by Nature*.

March 15: Professor Molly Carnes, Department of Medicine, University of Wisconsin, Madison, *Why are John and David More Likely to Become Department Chair than Joan or Jamal?*

March 22: Mr. Eric MacDonald, International Criminal Court, The Hague, *Crimes Against Humanity in the Democratic Republic of Congo: The Challenges of Investigating and Prosecuting Cases Before the International Criminal Court*.

March 29: Professsor Rashid Sumaila, Fisheries Economics Research Unit, UBC, *The Sustainability of the Global Ocean*.

For details visit www.vaninst.ca

UBC School of Music Wednesday Noon Hour Concerts

March 5: Joseph Lulloff (saxophone) and Deborah Moriarity (piano) present works by Chang, Chatman, and Bolcom.

March 12: *Trombone Interactive*. Jeremy Berkman (trombone), David Harding (viola), Ariel Barnes (cello), Keith Hamel (electronics) and Stefan Smulovitz (electronics).

March 19: Vern Griffiths & Aaron McDonald (percussion); Corey Hamm & Mark Anderson (piano) perform works by Helveg, Bartok and Daugherty.

March 26: Garnet Unger (piano) plays Scarlatti, Beethoven and Rachmaninoff.

April 2: UBC Chinese Music Ensemble (free).

All concerts in Barnett Hall from 12:00 noon to 1:00 pm. Admission \$5 at the door, except where noted.

There are dozens of other School of Music Events at Barnett Hall and the Chan Centre. Check their on-line events calendar at www.music.ubc.ca.