



# 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, November 25  
 Alumni Centre, 6163 University Blvd  
 (partners and guests are welcome)

## Agenda

- 1:00 pm Coffee, tea and conversation  
 1:50 pm Business meeting  
 2:00 pm **The Honourable Lynn Smith, Q.C.**  
*The Canadian Courts and the Constitution*



**Lynn Smith** taught law at the University of British Columbia from 1981-97 in areas including Constitutional Law, Evidence, Civil Litigation, and Real Property. She has published books and articles in the fields of Charter equality rights, civil litigation and evidence, human rights, administrative law, and women's equality. She was Dean of the U.B.C. Law Faculty 1991-97. In 1998 she was appointed to the Supreme Court of British Columbia and served as a Justice of that Court until her retirement in September 2012. She is an Honorary Professor at the U.B.C. Faculty of Law and is teaching a seminar on Charter Litigation.

She was a founding Director of Canada's Women's Legal Education and Action Fund and served as its national Chair and Chair of its Legal Committee. At various times, she served on the Boards of the B.C. Civil Liberties Association, the Vancouver Community Legal Assistance Society, the Law Foundation of British Columbia, the Vancouver Foundation, B.C. Women's Hospital and Health Centre (as Chair), and Science World.

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## Association Executive 2013-14

**Paul Marantz**, President  
604-228-0219 [pmarantz@mail.ubc.ca](mailto:pmarantz@mail.ubc.ca)

**Richard Tees**, Past President  
604-224-6030 (0) 604-822-3948  
[rtees@psych.ubc.ca](mailto:rtees@psych.ubc.ca)

**Richard Spencer**, Vice-President and Treasurer  
604-263-9793 [richard@rhspencer.ca](mailto:richard@rhspencer.ca)

**Diana Lary**, Secretary 604-876-7766  
[lary@mail.ubc.ca](mailto:lary@mail.ubc.ca)

### Members-at-large

**Derek Applegarth** 604-241-0340  
[derek.jenny@shaw.ca](mailto:derek.jenny@shaw.ca)

**Donald Blake** 604-263-9567  
(Newsletter Editor)  
[dblake@politics.ubc.ca](mailto:dblake@politics.ubc.ca)

**Elaine Carty** 604-228-9665  
[elaine.carty@midwifery.ubc.ca](mailto:elaine.carty@midwifery.ubc.ca)

**Bill McCutcheon** 604-261-3275  
[mccutche@phas.ubc.ca](mailto:mccutche@phas.ubc.ca)

**Steve Tredwell** 604-261-7579  
[tredwell@me.com](mailto:tredwell@me.com)

### Ex-Officio

**Ken Craig**  
604-228-9352 (0) 604-822-3948  
(CURAC Representative)  
[kcraig@psych.ubc.ca](mailto:kcraig@psych.ubc.ca)

**Carolyn Gilbert**, 604-261-8000  
[carolyn.gilbert@ubc.ca](mailto:carolyn.gilbert@ubc.ca)

**Judith Hall** 604-228-1233  
[jhall@cw.bc.ca](mailto:jhall@cw.bc.ca)

**Raymond Hall** 604-263-0247  
[ranhall@telus.net](mailto:ranhall@telus.net)

**Don Russell** 604-940-1164  
[russell@dccnet.com](mailto:russell@dccnet.com)

**Olav Slaymaker** 604-261-9767  
[olav.slaymaker@ubc.ca](mailto:olav.slaymaker@ubc.ca)

**John Stager** 604-263-5472  
[j\\_jstager@shaw.ca](mailto:j_jstager@shaw.ca)

**Mark Thompson** 604-263-6008  
[mark.thompson@sauder.ubc.ca](mailto:mark.thompson@sauder.ubc.ca)

## UBC Association of Professors Emeriti

Administrator: Sandra van Ark

Office address: Copp Building Room 4004, third floor  
2010-2146 Health Sciences Mall, UBC  
Vancouver, BC, Canada V6T 1Z3  
Telephone: 604-822-1752

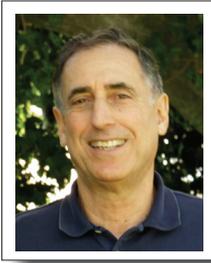
email: [admin@emeriti.ubc.ca](mailto:admin@emeriti.ubc.ca)  
website: [www.emeriti.ubc.ca](http://www.emeriti.ubc.ca)



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## A Letter from our President



Dear Colleagues,

While a productive academic career often necessitates a narrowing of focus and intense specialization, retirement opens up exciting opportunities to explore new realms of knowledge and diverse perspectives.

In this connection, I continue to be impressed by the broad intellectual offerings of our Association. In the first two months of this academic year, we have already had talks on indigenous people and Canadian history, life in China during the Cultural Revolution, the evolution of a career in mathematics, memories of UBC's history, and the recent Federal election. An enjoyable and stimulating Research Day acquainted us with emeritus research on tent caterpillars, the right to food, and how the R&D efforts of firms affect other companies.

In the weeks immediately ahead, as is indicated elsewhere in this Newsletter, there will be talks on Canada's judicial system, the role of the CBC, UBC's China policy, and the historical legacies of the 1960s. I hope you have the opportunity to take advantage of this outstanding program.

Our Association continues to grow due to the strong support of its members. We would like to thank all of you who have renewed your membership. We are especially appreciative of the commitment expressed by the many individuals who have taken out a life membership in the Association. Although this is the first year that a life membership has been offered, we already have 47 life members. The cost of a lifetime membership is set at ten times the annual dues, and we earnestly hope to lose money on each and every life membership.

Lastly, recognizing that members value the Association for the very concrete benefits it offers, as well as the intellectual stimulation and social interaction it provides, I am pleased to give advance notice that in late February (at a time and place to be announced in the next Newsletter), we will be holding an information session on travel and extended health care insurance. We will attempt to answer any questions you have and to provide information that will assist you in deciding what insurance is best for you. We are currently revising and updating the information on insurance that is on our website and expect to post the updated information by January.

I hope you enjoy the rich content in our Newsletter and that I see you at our forthcoming events.

Regards,

Paul

## Association News



Those attending the October General Meeting were treated to an excellent presentation on UBC's *Legacy Project* by Herb Rosengarten, Professor Emeritus of English. Led by a group of professors emeriti, current faculty, and UBC staff, the *Legacy Project* is intended to gather the personal reminiscences of past and present members of the UBC community through autobiographical narratives and filmed interviews.

The occasion was also a "test drive" of the new location for UBCAPE general meetings in the new Robert H. Lee Alumni Centre. The chairs were comfortable, the sight lines were great and the AV worked. It also helped to have such a gifted speaker.

## Proposed Constitutional Amendment

At its meeting on November 3, 2015, the Executive of the UBC Association of Professors Emeriti approved a motion to submit a proposed Constitutional Amendment for consideration at the General Meeting on November 25, 2015.

The purpose of the proposed Constitutional Amendment is to raise the maximum number of elected Members-at-Large on the Executive to 8 from the present 5.

Clause 3.2 of our Constitution states that the Executive shall include "At least three but no more than five elected Members-at-Large".

The proposal is that clause 3.2 be amended to indicate that the Executive shall include "At least three but no more than eight elected Members-at-Large".



### Rationale for the Amendment

In recent years, the activities of the Association have greatly expanded, but the number of elected members of the Executive has remained unchanged. Increasing the size of the Executive would result in a better distribution of responsibility and assist in the recruiting of new individuals to positions of leadership.

### Procedures for Amending the Constitution

Clause 6.1 states: "The Constitution may be amended at a General Meeting of the Association. Members must be provided in writing with the proposed amendment at least 14 days prior to the General Meeting.

Clause 6.2 states: "A motion to amend the Constitution must be considered by the Executive and passed by a two-thirds majority of the members present and voting at such a General Meeting of the Association."

The full text of our Constitution may be found on our website, <http://www.emeriti.ubc.ca/>, by clicking on the tab "About us".

## News from the Membership Committee

The membership of UBC Association of Professors Emeriti is composed of over 400 very diverse and independent members. To get a handle on the opinions, wishes and needs of such a group is a challenge that is daunting, to say the least. The Department Representatives are invaluable as a group that relays information upstream to the Executive and downstream to the membership as a whole.

The annual meeting of the Department Representatives was held September 29 at the recently opened Alumni Centre. Open discussion and feedback from the group as a whole highlighted a need to be more proactive in the retirement preparation process with, perhaps, a better definition and understanding of the transition zone that has emerged over the past several years where instead of the model of abrupt retirement at 65 most faculty now taper their work reduction over several years.

UBCAPE is a community and, as such, in addition to the calendar of present activities should we also expand areas of "good works" and, if so, in what direction? A recent survey suggested that emeritus faculty, in addition to participating in traditional retirement activities, are involved on other fronts. Approximately one-third are still actively involved in a continuing scholarly career, and approximately one-third are involved in organized activities directed at advancing societal goods by utilizing the skills of their academic background.

## Consumer Benefits Available to Emeriti



### Did You Know that . . . . ?

**Cellphone Savings:** You can save as much as \$30 per month on your cell phone data plan through special rates that UBC has negotiated with Rogers and Telus.

Emeriti are eligible for these special UBC rates. (Your blue UBC Card serves as confirmation of your UBC affiliation.) Information on how to access the UBC rates for cell phone data plans may be found at

<https://it.ubc.ca/services/email-voice-internet/cell-phones>

**Software Savings:** If you have a UBC email address (i.e., one that ends in @ubc.ca) you can buy a full version of Microsoft Office at a much reduced price.

On the Microsoft Canada online store, go to 'Office 2016 for Home and Student', choose the tab 'For students only' and select 'Office 365 University'. A four-year subscription is currently \$79. For this you get the current version of Office, and new versions as they are released. The online store has full details of what is included. You will need a Microsoft account, which you may already have if you use Windows. You will be asked for your UBC email address when you buy the software.

## In Memoriam

Fred Dill	1938-2015	Associate Professor Emeritus of Medical Genetics University Service, 1972-2004
Karel Klinke	1937-2015	Professor Emeritus of Forest Sciences University Service, 1980-2002
Margaret Norm	1933-2015	Professor Emerita of Pathology University Service 1980-1997
Trevor Sandy	1928-2015	Clinical Professor Emeritus of Surgery University Service 1956-1994
Gordon Slobin	1929-2015	Senior Instructor Emeritus of Pharmaceutical Sciences University Service, 1975-1994
Richard Splane	1917-2015	Professor Emeritus of Social Work University Service 1973-1982

## Association Activities



### China Study Group (all meetings in St. John's College)

October's meeting featured **Gu Xiong**, Professor of Art History at UBC, who talked about *The Career of a Chinese Artist*. This was the story of his own life, through the political turmoil in China that marked his young life, including the Anti-Rightist Movement and the Cultural Revolution. With great effort he managed to pursue his career as an artist and teacher. His move to Canada in 1989, after the suppression of the Democracy Movement, led to another stage of effort and dedication, earning him new distinction as an artist and a professor.



### Final talk of 2015

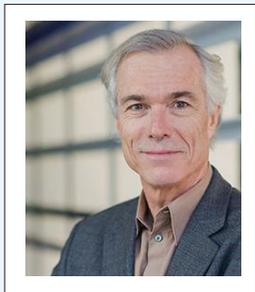
**November 24, 10:30** Political Science Professor and Director of the Institute of Asian Research, **Yves Tiberghien**, will talk about *UBC's China Policy*. Yves specializes in comparative political economy and international political economy with an empirical focus on China, Japan, and Korea. At UBC, he teaches courses in international and comparative political economy (with a focus on Asian political economy and geopolitics), as well as courses on Chinese Politics and Japanese Politics.



**February 2, 11.00** **Timothy Brook**, Professor of History: *China's Maritime World: Mr. Selden's Map of China*

Timothy Brook works on the social and cultural history of the Ming dynasty (1368-1644), the Japanese occupation of China during World War Two, and historical perspectives on world history and human rights. His new book, tentatively entitled *Sailing to China*, will appear in the spring. It explores the Selden map, a Chinese map of the 17th century recently rediscovered in Oxford. Other current projects include cultural life in the Shanghai region in the early 17th century, and a price history of the Ming dynasty.

### First talk of 2016



## Photography Group

The APE photography group welcomes new members. We meet in the Barber Learning Centre to view and discuss our photographs and consider ways of improving our photos. To learn, more please contact Derek Applegarth at [derek.jenny@shaw.ca](mailto:derek.jenny@shaw.ca).



The group's next meeting is Monday, November 23 at 4:00 pm in the Irving K. Barber Learning Centre, Room 156. Nancy Langton will discuss and present her work entitled "Studies in Rust". This would be an excellent opportunity for non-members to see UBCAPE's Photography Group in action.

A photographer went to a dinner party where he showed many of his photographs. The lady of the house said, "Those are very nice pictures; you must have a great camera." He said nothing, but when leaving for home offered this compliment, "The meal was very nice; you must have great pots and pans."

## Do you have a special interest?

*Personal finance?*   *Reading?*   *Bridge?*   *Gardening?*   *Bonzai?*  
*Walking?*   *Knitting?*   *Travel?*   *Dog handling?*   *Quilting?*  
*Art Appreciation?*   *Sewing?*   *Stamp collecting?*   *Lapidary?*   *?????*

UBCAPE aims to support members who have interests and activities they would enjoy sharing with other members and/or their partners. At this point we have two established groups: a photography group, led by Derek Applegarth, and a China group, led by Diana Lary. Each of these has a format and frequency of meeting suitable for its purposes. Early in the new year we will pilot groups for members interested in film, personal finance, and travel; watch for further announcements. Spouses are welcome. Please let Carolyn Gilbert ([carolyn.gilbert@ubc.ca](mailto:carolyn.gilbert@ubc.ca)) know what kind of group you would like to participate in. We will find a room and help set up an initial meeting so like-minded individuals can get together to decide how they would like to proceed.



## News from AROHE

### (Association of Retirement Organizations in Higher Education)

#### Senior Tenured Professors Planning to Delay Retirement?

Some 65 percent of tenured senior faculty members plan to put off retirement for various reasons, according to a new study from the TIAA-CREF Institute. But the reasons behind that figure might not be what you think. Just 16 percent of respondents said they'd like to retire by the "normal" retirement age of 67 but expected to work longer for financial reasons. A much bigger proportion of respondents—49 percent —said they'd want to work past age 67 by choice.

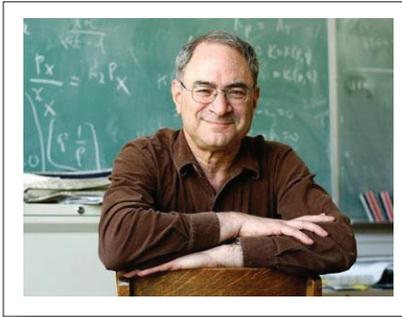
Those findings are similar to what was observed in a similar 2013 TIAA-CREF study on faculty retirement: that faculty members were putting off retirement, but not just for financial reasons in a still-bumpy economy. Some of those choices are based on "unconfirmed assumptions," according to the report—either that faculty members won't have enough money to retire or that they won't find viable work alternatives. Female faculty members are more likely than their male colleagues to expect to retire by normal retirement age. Paul J. Yakoboski, a senior economist who co-authored the report, said universities should talk to faculty members about both the financial and psychosocial aspects of retirement so that they can make informed choices. The full report is available at:

<https://www.insidehighered.com/quicktakes/2015/06/12/nearly-half-senior-tenured-professors-want-delay-retirement>

*Note: UBC Human Relations provides just such an all-day seminar twice each term for faculty members preparing for retirement. Members of our Association speak at these seminars.*

## Association Speakers' Series

### Green College Senior Scholars' Series



On Tuesday, October 13, **George Bluman** gave a lively and humorous talk entitled *50 Years of UBC Fun: as a student, math researcher and working with schools*. He traced his long association with UBC, as a student from 1960-64 and faculty member in the Department of Mathematics from 1968 to 2014. He discussed some of the colourful and accomplished individuals who taught him, inspired and collaborated with him, and whom he taught. His career was notable not just for its outstanding, much cited work in applied math, but for his tireless efforts to improve the teaching of math in elementary and secondary schools in British Columbia and across

Canada. He promoted math competitions for students, worked to improve the math curriculum, and made more than 200 visits to schools.

#### The final talk this term:

#### The first talk next term:



Tuesday, December 1  
**Dianne Newell**  
(History),  
*Legacies of the "Sixties"*



Tuesday, January 19  
**Mike Goldberg** (Commerce &  
Business Administration) *You Can  
Take the Boy Out of Brooklyn,  
But Not Brooklyn Out of the Boy:  
The Roots of my Urban Economic  
Interests*

All talks begin at 5:00 pm in the Green College Coachhouse. For more information: [www.green-college.ubc.ca](http://www.green-college.ubc.ca) or [GC.events@ubc.ca](mailto: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

At October's Philosopher's Café Professor Emeritus of Political Science Ken Carty provided insights into the complexities of our parliamentary system, including our method of electing MPs compared to countries using proportional representation. He also discussed the role of proportionality in Cabinet formation, as the Prime Minister tries to achieve regional, ethnic and gender balance. A fascinating presentation and a great morning.



#### **The Next Café: Friday, November 20, Do We Need the CBC?**

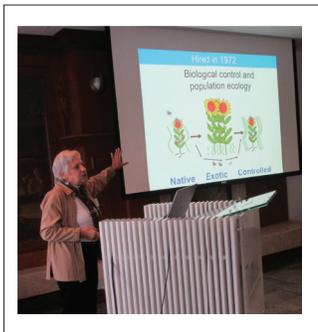
10:30 Tapestry Classroom, 3338 Wesbrook Mall

Discussion leader: **Ray Hall, Theatre and Film**, Professor Emeritus

*(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.)*

## Fall 2015 Emeritus Research Day

October's *Emeritus Research Day*, co-sponsored by UBCAPE and the Peter Wall Institute for Advanced Studies, offered another opportunity to showcase the ongoing research of UBC Emeriti. Organizer Peter Suedfeld, Psychology Emeritus, put together a stellar cast for the event. Thanks to Judith Hall for the following summary.



Judith Meyers (Zoology)

### ***"The ups and downs of tent caterpillar populations"***

Over the last 37 years, Judy has tracked the cycles of the Western Tent Caterpillar, returning annually to specific areas to count and record number of tents, larvae, caterpillars, damage to vegetation, and climate features. Caterpillars are toxic to some animals, destroy the first growth of trees and shrubs, and make a mess of scenic BC—potentially affecting tourist income. There are significant economic implications, but the biology is fascinating as parasites and climate seem to keep the 10 year cycle of the western tent caterpillar repeating.



Graham Riches (Social Work)

### ***"Hunger, charity and the right to food"***

Food security is becoming a visible problem in much of the world, and it would seem corporate waste could be harnessed. The first Canadian food banks developed in Edmonton in 1981, and the concept has swept across Canada. But because of the availability of food banks, the government has neglected to develop a viable national food policy, while corporations get big write-offs for their charitable giving of surplus or outdated products to food banks. Graham challenged the audience to consider who we should hold accountable for developing a proper national food policy that allows human dignity in Canada (and the world).



Margaret Slade (Economics)

### ***"Do firms benefit from the R&D efforts of their rivals?"***

Little data exist on the effect of a company's Research and Development upon competitors. Margaret has collaborated internationally over the years to track these secondary effects on the competition. The framework for this research includes distinguishing time periods, geographic relationships, and technological change both horizontally and vertically. As the information emerges, it will undoubtedly change practice.

**There will be another Emeritus Research Day in the Spring  
Date & Time TBA**

## Emeritus Awards

### Governor General's Award



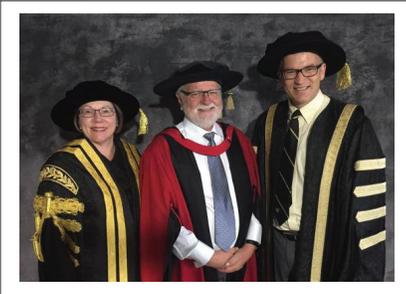
**Jean Barman** (Educational Studies) is the winner of the 2015 Governor General's History Award for Scholarly Research, Canada's top prize for academic history writing. The award has been presented since 1977 to a non-fiction work of Canadian history judged to have made the most significant contribution to an understanding of the Canadian past. Her recent book, *French Canadians, Furs and Indigenous Women in the Making of the Pacific Northwest*, published by UBC Press, earned her three other major prizes—

K.D. Srivastava Prize (UBC Press), Sir John A. Macdonald Prize (Canadian Historical Association) and the Basil Stuart-Stubbs Prize for Outstanding Book on British Columbia (UBC Library). The Governor General's award was presented on October 16.

Jean gave us an wonderful overview of her career at the UBCAPE's Green College speakers' series in September.

### Honorary Doctorate

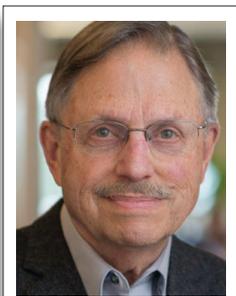
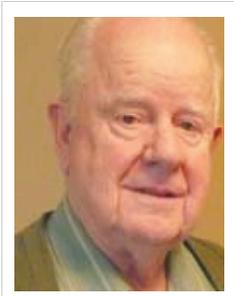
Recognized for a lifetime of achievement and groundbreaking research on the perception and expression of pain, **Ken Craig, OC** (Psychology) was presented with an honorary degree in October at Dalhousie University. He is pictured with Chancellor Anne McLellan and President Richard Florizone.



An extract from Ken's speech: *Sometimes I feel like the sage, Yogi Berra, who provided philosophical underpinnings for the best research I've done with his observation: "You observe a lot by watching".*

Ken is a Past President of UBCAPE and continues to serve the Association as an ex-officio member of the Executive.

**Colin Clark** (left), Professor Emeritus of Mathematics, and **Gordon Munro**, Professor Emeritus of Economics, have been named 2016 Fellows of the International Institute of Fisheries Economics & Trade (IIFET).



IIFET, an international professional association of some 700 individual, institutional and national government agencies from over 65 countries, accords this honor to individuals who have made substantial, long-term, ongoing contributions to the advancement and development of economic theory and analysis in the areas of fisheries, aquaculture and/or seafood

trade, as evidenced by research, teaching, academic service and/or policy impacts.

Colin and Gordon worked very closely over a period of many years. Their first article together, which was foundational for much of their later work, will be celebrating its 40th anniversary this coming December.

Gordon has served as a member of the UBCAPE Benefits Committee.

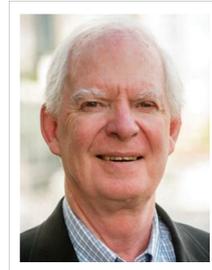


**David Hardwick** (Pathology/Pediatrics) has been recognized for **Lifetime Contributions to Teaching** by the departments of Pathology and Pediatrics and the Dean of Medicine. David has completed 50 years of teaching at UBC.



**International Organization**, the world's leading journal in the field, has compiled a special volume to honor the life and work of the late Professor Emeritus of Political Science, **Mark Zacher** (1938-2014), a frequent contributor to **IO**

and a former associate editor. Mark's research on international politics made a significant contribution to our understanding of international relations. This special issue highlights Mark's work by reproducing his important contributions on regime theory, international trade, and territoriality. This collection of articles can be read for free on line until March 31, 2016. Go to <http://journals.cambridge.org/action/displaySpecialPage?pageId=7448>



The work of **Ken Carty** (Political Science) has been celebrated with a *fest-schrift* published by UBC Press. Entitled *Parties and Party Systems*, the volume builds upon Ken's pioneering work about brokerage politics that have influenced a generation of scholars. Ken's most recent

book, *Big Tent Politics: The Liberal Party's Long Mastery of Canada's Public Life*, was released by UBC Press in September

UBCAPE was fortunate to have Ken as its facilitator at the October *Philosophers' Café*.



The Faculty of Arts has announced a new award, the *Katherine Brearley Scholarship*. This award totaling \$17,500 has been endowed by friends and family in honour of Associate Professor Emerita **Katherine Brearley** (BA'35, MA'39, Doctorat Université de Paris '51). In addition to teaching in the French Department, Dr. Brearley served as Senior Faculty Advisor in the Faculty of Arts from 1969 until her retirement in 1980. She passed away in October 2012. This photo (circa 1969) was obtained from the UBC Archives.

## UBC Analyzes the News

Faithful readers of the UBCAPE Newsletter and regular visitors to our web site will be familiar with "Emeriti in the News"—links to stories in the media that mention UBC Emeriti. This information is obtained by monitoring UBC's *Daily Media Summary*, prepared by UBC Public Affairs.

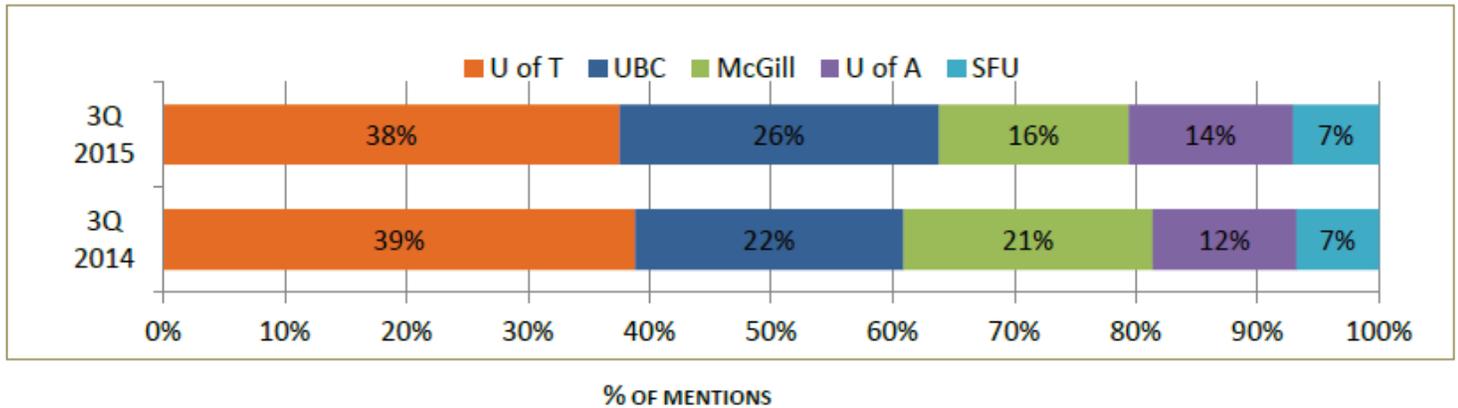
UBC's attention to the news does not end there. Public Affairs also analyzes news coverage to see how much UBC is noticed in the world, how it stacks up against its "peer universities" and to look at inter-faculty differences in "mentions".

We offer some illustrations from a report prepared for the third quarter of 2015 (July 1-September 30).

1. In a survey that monitors over 200,000 news sources, UBC was mentioned 19,287 times, a 58% increase from the third quarter of 2014.
2. In the 20 top-tier media outlets UBC mentions increased 39% to 337.

3. In the third quarter of 2015, compared to its “peers” (University of Toronto, McGill, University of Alberta and SFU), UBC captured a 26% “share of voice”, up 4 points from 2014.

**UBC and its peers**



Entity	DMS mentions	Year to date
UBC General*	192	608
Athletics**	102	102
Applied Science	67	262
Arts	311	868
Dentistry	3	4
Education	10	60
Forestry	36	61
Graduate & Postdoc Studies	-	7
Land & Food Systems	18	39
Law	30	88
Medicine	179	578
Pharmaceutical Sciences	6	20
Sauder	78	231
Science	164	410

4. Most of us delight in hearing information that boosts the profile of our faculty or department. UBC Public Affairs has some ammunition that you can use. As you can see from the table (the first column counts mentions during the third quarter), the Faculty of Arts leads the way in terms of total mentions (DMS stands for *Daily Media Survey*), followed by the Faculty of Medicine. Note: the asterisk beside UBC General means that all UBC Okanagan faculties are included. UBC Athletics has been singled out for the first time in the third quarter, hence the two asterisks.

*As a retired political scientist, your editor can't resist noting that of the ten "Top Newsmakers" for the quarter, Political Science ranked higher than any other department in the university. Of course, I concede that the third quarter also coincided with much of the 2015 Federal Election campaign. Still it is a stat that Political Science can take into budget discussions.*

## Other Comparisons

Biologists think they are Biochemists,  
 Biochemists think they are Physical Chemists,  
 Physical Chemists think they are Physicists,  
 Physicists think they are Gods,  
 And God thinks he is a Mathematician.

*Philosophy is a game with objectives and no rules.*

*Mathematics is a game with rules and no objectives.*

## "What are they up to now?" Department

**Ray Hall** (Theatre and Film) was a judge/moderator at a film festival on San Juan Island (November 6-9). There were a total of 29 films entered in the festival and all 29 film makers have indicated that they plan to attend. Check out <http://www.fhff.org/>

Ray's work was also recognized by Cineworks Film Co-Op on September 21, which hosted a presentation of two films Ray edited, followed by a Q and A. The two films were *Spartree*, which earned 13 Canadian Film Awards in 1977, and *Nails*, nominated for an Academy Award in 1979.

More post-retirement work by **John McNeill**, (Pharmaceutical Sciences):

Williams LK, Zhang X, Caner S, Tysoe C, Nguyen NT, Wicki J, Williams DE, Coleman J, **McNeill JH**, Yuen V, Andersen RJ, Withers SG, Brayer GD. "The amylase inhibitor montbretin A reveals a new glycosidase inhibition motif." *Nature Chemical Biology* (July 27, 2015).

Gershkovich P, Wasan KM, Ribeyre C, Ibrahim F, **McNeill JH**. "Effect of variations in treatment regime and liver cirrhosis on exposure to benzodiazepines during treatment of alcohol withdrawal syndrome. *Drugs in Context* 4:212287.

**Ken Carty** (Political Science) has been elected Chair of the new *Vancouver School of Theology Foundation* created to manage the School's endowments.

**Ashok Aklujkar** (Asian Studies) continues his work in Indian philosophy, teaching summer school in Kerala, lecturing at Manipal University and the Rajiv Gandhi Campus of the Rashtriya Sanskrit Sansthan at Sringeri, both in Karnataka. In September he was invited to São Paulo, Brazil, to deliver the concluding address at the "III Jornada de Filosofia Oriental da FFLCH/USP". He spoke on "Indian Philosophy in the Global History of Philosophy".

A message from **Dan Overmyer**, Professor Emeritus (Asian Studies): *Hello all. At 80, I am doing well after surgery and hospitalization for a post-polio walking problem, going back 70 years! I retired at the beginning of 2001, and recently discovered that between then and 2009, I published 17 books and articles, but now I am just working on book reviews, and reading a lot.*

*I have good memories of my years at UBC, and wish you all well!*



**John McLean** (Forest Sciences) sent UBCAPE a handwritten letter describing his activities since retirement in 2009. *Major activities relate to improving the environment in which honeybees are collecting honey on the East Coast of the North Island of New Zealand. For 10 weeks of the year hives are put out to collect the valuable medicinal manuka honey. There is a lot of concern about having suitable food sources for bees for the other 42 weeks of the year. Large annual hive losses around the world are often linked to poor nutrition/management.*

*Canadian honeybee pheromone products are being increasingly used here in New Zealand. Pseudo Queen keeps hives queen-right until a new queen can be supplied. Super Boost is a larval pheromone product that encourages forager bees to collect pollen which nurse bees digest and feed to the larvae as well as the queen. Swarm Catch products help to trap swarms that are produced in early summer. There is growing interest in identifying good food plants for the bees and integrating these back on to farms so that an annual supply of pollen and nectar is available.*

*It is great to be travelling the countryside and following these bee-related problems: A very positive application of my three decades of forest entomology at UBC.*

## Low vitamin D among elderly associated with decline in cognition, dementia

Vitamin D insufficiency among the elderly is highly correlated with accelerated cognitive decline and impaired performance, particularly in domains such as memory loss that are associated with Alzheimer's disease and dementia, researchers with the UC Davis Alzheimer's Disease Center and Rutgers University have found. The effect is "substantial," with individuals with low vitamin D declining at a rate three times faster than those with adequate vitamin D levels.

The researchers said their findings amplify the importance of identifying vitamin D insufficiency among the elderly, particularly high-risk groups such as African-Americans and Hispanics, who are less able to absorb the nutrient from its most plentiful source: sunshine. Among those groups and other darker-skinned individuals, low vitamin D should be considered a risk factor for dementia, they said.

The research is published online in *JAMA Neurology*, a *JAMA Network* journal.

"Independent of race or ethnicity, baseline cognitive abilities and a host of other risk factors, vitamin D insufficiency was associated with significantly faster declines in both episodic memory and executive function performance," said Joshua Miller, Professor in the Department of Pathology and Laboratory Medicine at the time when the research was conducted and now professor and Chair of the Department of Nutritional Sciences at Rutgers University.

"This work, and that of others, suggests that there is enough evidence to recommend that people in their 60s and older discuss taking a daily vitamin D supplement with their physicians," Miller said. "Even if doing so proves to not be effective, there's still very low health risk to doing it," he said.

The large, longitudinal study was conducted with nearly 400 racially and ethnically diverse men and women in Northern California participating in longitudinal research at the Alzheimer's Disease Center in Sacramento, Calif. Fifty percent of participants were Caucasian and 50 percent were African-American or Hispanic. The participants had a mean age of 76 and were either cognitively normal, or had mild cognitive impairment or dementia.

The participants' serum vitamin D status was

measured at the beginning of the study. Vitamin D deficiency and insufficiency were prevalent among all of the study participants. Overall, 26 percent were deficient and 35 percent were insufficient. Among Caucasians, 54 percent had low vitamin D, compared with 70 percent of African-Americans and Hispanics.

Over five years of follow-up, vitamin D deficient individuals experienced cognitive declines that were two-to-three times faster than those with adequate serum vitamin D levels. In other words it took only two years for the deficient individuals to decline as much as their counterparts with adequate Vitamin D declined during the five-year follow-up period.

"We expected to see declines in individuals with low vitamin D status," said Charles DeCarli, Director of the Alzheimer's Disease Center. "What was unexpected was how profoundly and rapidly [low vitamin D] impacts cognition."

Exposing the skin to sunlight is the major source of vitamin D. Some racial and ethnic groups are at greater risk of low vitamin D because the higher concentration of melanin that makes their skin darker -- and protects against skin cancer in sunny climates -- also inhibits synthesis of vitamin D.

Diet is the other major source of vitamin D. Dietary vitamin D is obtained particularly through dairy consumption. The intake of dairy products is especially low among minority groups, with only 6.5 percent of African-Americans and 11 percent of Mexican-Americans across the United States consuming the recommended three daily servings of dairy products, the study says.

"I don't know if replacement therapy would affect these cognitive trajectories. That needs to be researched and we are planning on doing that," DeCarli said.

"This is a vitamin deficiency that could easily be treated and that has other health consequences. We need to start talking about it. And we need to start talking about it particularly for people of color, for whom vitamin D deficiency appears to present an even greater risk," he said.

*Abstracted from an article in Science Daily*

## Around Town



### Faculty Women's Club of UBC

Christmas Boutique and Tea

Cecil Green Park House

December 1, 2015

Boutique and Holiday Cheer 11:00 am – 2 pm

Tea Room opens at 11:30 am

Home Baking

My Lady's Boudoir

Knit and Stitch

Silent Auction

Raffles

Tickets \$15

For tickets: [fwcpublicity@gmail.com](mailto:fwcpublicity@gmail.com) by Nov. 27, please.

**All are welcome.**



**United Way**

This year marks a very exciting year at UBC. Not only are we celebrating UBC's Centennial year, we are celebrating nearly 40 years that United Way has been the designated charity at UBC. That's 40 years that we – the UBC community – have raised money to help families, children and seniors in the Lower Mainland.

Let's Work Together!

Please join in continuing to support the great work that United Way does in our own communities, from funding after-school programs for children to ensuring seniors have access to the resources they need to live a safe and fully supported life.

For more information please visit <http://www.unitedway.ubc.ca/>



**Tuesday, November 24th:** from 1:30—2:30 Sally Yukawa will do a presentation on Ikebana—The Art of Japanese Flower Arranging.

RSVP required by November 22nd as space is limited (604-225-5000).

**December 2nd:** Tapestry's 3rd Annual Holiday Marketplace—**Festive Cheer** takes place from 11 am to 2 pm and will feature over 25 vendors, entertainment and refreshments all within the beautifully decorated *Tapestry* at Wesbrook Village.

We do not require an RSVP to this event. All welcome. Bring a friend!



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](http://www.musicinthemorning.org) or telephone 604-873-4612.

### Main Concert Series

**Nov. 18-20:** *Julliard415*, Nicholas McGegan, conductor

**Dec. 16-18:** Edmar Castañeda, harp; Dafnis Prieto, percussion

**Jan. 27-29:** St. Lawrence String Quartet

**February 17-19:** Tracy Dahl, soprano

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

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

### Tuning In

**Feb. 23:** Bramwell Tovey

**April 6:** Tania Miller

### Vancouver Institute Lectures



**November 21:** Professor Neil Turok, Director, Perimeter Institute for Theoretical Physics, University of Waterloo, *The Astonishing Simplicity of Everything*.

**November 28:** Mr. Preston Manning, Founder and CEO, Manning Centre for Building Democracy, *Reforming Canadian Democracy: Looking Back and Looking Ahead*.

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

### EnChor Choir Concert



EnChor, the choir that entertained UBCAPE at the final General Meeting in 2015, offers you another chance to hear them. (Several UBC emeriti sing in this choir.) They will perform with a completely new repertoire and a new Artistic

Director, Gerald van Wyck, in a concert entitled "Of This We Sing", a choral celebration of the Cycle of Life, on Friday, November 20 at 7:30 pm in Ryerson United Church, 45th Avenue and Yew Street. Admission by donation.

### UBC School of Music Wednesday Noon Hour Concerts 12:00 pm, Barnett Hall Admission \$5 (except where noted)

**November 25:** *Winner of the Eckhardt-Gramatté Competition* Joshua Peters, violin; Katherine Dowling, piano.

**December 2:** Violin students of Jasper Wood, *Bach: Complete Sonatas and Partitas for Solo Violin*. (FREE)

**December 9:** Electroacoustic Music (FREE)

**January 20:** Aquilo Woodwind Quintet play music of Nielsen, Françaix and Barber.

**January 27:** *Remember This*. Robyn Driedger-Klassen (soprano), Christie Reside (flute), Terence Dawson (piano) perform music by Previn, Copland and Heggie.

**February 3:** Oleg Pokhanovski, violin and Scott Meek, piano play music of Paganini, Ravel, Saint-Saëns and Prokofiev.

**February 10:** Touch of Brass, James Littleford (trumpet), Tom Shorthouse (trumpet), Benjamin Kinsman (horn), Jeremy Berkman (trombone), David Sabourin (tuba) with music by Stride, McDougall and Townsend.

**February 24:** Gevorg Dabaghian (duduk), Neva Ozgen (kemence), Hamed Afshari (qaychak bam), Hamin Honari (tonbak and daf) perform traditional music from Turkey, Armenia and Iran.