



UBC Emeritus College

Inaugural
Issue

GENERAL MEETING

Wednesday, November 21

Robert H. Lee Alumni Centre
6163 University Boulevard

(Partners and guests are welcome)

Agenda

- 1:00 pm Coffee, cookies and conversation
- 1:45 pm Business meeting
- 2:00 pm Professor Emeritus Phil Gregory: ***The Magic of Soil***



"Only 60 Years of Farming Left If Soil Degradation Continues." This announcement by the UN Food and Agriculture Organization appeared in *Scientific American* in Dec. 2014, and the world carried on, but not quite. **Phil Gregory**, Emeritus Professor of Physics and Astronomy, transitioned from exoplanet research to exploring what is necessary to sustain human life on planet Earth. He will share his 3-plus year journey through conventional agriculture, soil biology, desertification, and animal grazing. The good news is that during the past 30 years there has been an amazing revolution in our understanding of soil biology and nature's complexity. This offers tremendous potential to deal with food security and global warming in a way where nature can do most of the work.

Phil's UBC website: <http://www.phas.ubc.ca/~gregory/gregory.html>

Phil Gregory received his BSc and MSc from Queen's University, and a PhD in Physics from University of Manchester. During three years (1970-3) as a postdoc and visiting assistant professor in the U of T Astronomy Department, he made headline news around the world with the discovery of giant radio outbursts from a celestial X-ray source, Cygnus X-3. The outbursts were caused by jets of plasma travelling at close to the speed of light, emanating from either a black hole or neutron star. After joining the Physics Department at UBC in 1973, he initiated a 12-year project called the *Galactic Radio Patrol* to study transient radio sources using the giant 91 meter diameter Green Bank telescope of the US National Radio Astronomy Observatory. This project yielded many new astronomical puzzles and several astronomical catalogues. The project ended in 1988 when the giant telescope suddenly collapsed into a heap of twisted steel girders. In 1989 he developed a keen interest in Bayesian statistics, which led in 1992 to the *Gregory-Loredo Bayesian Algorithm* for the detection of periodic signals of unknown shape. He retired early in 2001 to complete his text book on *Bayesian Logical Data Analysis for the Physical Sciences*. From 2005 to 2017, he participated in the great exoplanet discovery boom and invented several Bayesian statistical tools for aiding the discovery of exoplanets. In 2015, concerned with the fate of humanity, he turned his attention to agriculture and soil biology, and has been busy promoting the potential of the new soil biology revolution through lectures and videos. He lives with his wife Jackie on Bowen Island.

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The College could not function without the contributions of many former members of the UBCAPE Executive who continue to provide their services. They are too numerous to list here, but you can see who they are by visiting <https://www.emeriti.ubc.ca/executive>.

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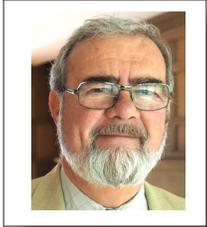
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Establishment of the UBC Emeritus College

**Donald Fisher, Principal-Elect
(on behalf of Principal Dianne Newell)**



As the masthead makes clear, we now have our Emeritus College. The proposal to establish a college was approved by Senate last May and subsequently by the Board of Governors. The College became a formal entity on October 17th with the announcement by President Santa Ono at Senate. Several years in the planning, the College marks another first for UBC. Just as 30 years ago, UBCAPE was the first emeriti association in Canada, our college is breaking new ground. While a few similar institutions have been founded in the United States, this is a first for Canada. The new Governing Council is in the process of dissolving the Association and working through the transition process.

A number of factors have provided a supportive context for the emergence of the College. An increase in life expectancy, the abolition of mandatory retirement and the cultural shift toward a delayed and more flexible retirement have all lead to retirement being seen as a pathway rather than a single point in time. In this context, an Emeritus College offered an intellectual pathway to retirement while maintaining a close connection to the University and academia. Yet, we must also recognize that this particular initiative came at an opportune time. President Ono's administration was especially impressed with the information provided by the Association about the continuing contribution of UBC emeriti to research, teaching and community involvement. With President Ono's strong encouragement, the drive to create a college accelerated and, as we can see, has been successful. President Ono has been our champion. Along the way we have also received invaluable assistance from Provost Andrew Szeri, Vice-Provost Eric Eich, and the Provost's office staff.

The core vision of the UBC Emeritus College is that emeritus status for a faculty member will be on a continuum of involvement with the University in contrast to classical "retirement" models, which are usually some form of severance or withdrawal. The Emeritus College, as an integral component of the University, will give retired UBC Faculty, Librarians, and Administrators logical retirement pathways to an active UBC community, into which they can plan to retire at a point in their career which is right for them and the University. The Emeritus College will allow retention of identity and foster continued pursuit of academic and creative interests.

The Emeritus College has a number of overlapping aims. First is to create a community of scholarship and camaraderie for retired UBC Faculty, Librarians, and Administrators and to provide support for their continued intellectual growth, scholarly output, and involvement in both university-based and community-support activity. Second is to create a welcoming social and intellectual environment for potential retirees, newly retired colleagues and established members. The College will assist with successful transitions into retirement as well as advocate for benefits and programs that will promote the well-being of all. Third is to promote social and intellectual interaction and collaboration among retired colleagues from a variety of disciplines by providing programming and opportunities for the exchange of ideas and to foster and promote an environment that supports interdisciplinary inquiry. Fourth is to encourage social and civic engagement by members of the College with the UBC community, members of indigenous communities, and the external community at large. The college will further expand this vision of contribution to community to include national and international projects. Fifth is to recognize the contributions of Emeriti to UBC, their disciplines, and the local and global community during and following their formal careers. The College will further develop a presence and an outreach into academic retirement organizations provincially, nationally, and internationally. It should be noted that current members of the Association will automatically be enrolled as members of the Emeritus College and all other Emeriti will be invited to join. Membership in the College is free.

Before closing it is important to recognize that the achievement of this milestone owes thanks to many people. A core group of current and past members of the Executive of the Association worked hard to achieve this objective. The list includes Carolyn Gilbert, Dianne Newell, Olav Slaymaker, Richard Spencer, Richard Tees, and Stephen Tredwell.

Finally, as a way of celebrating the establishment of the College, the Governing Council is organizing a two-day symposium to be held April 11 and 12, 2019. The title is *Scholarship in the Future University*. Please mark your calendars.

Emeritus College News



Chair Mark Thompson (right) introducing Ken Carty (far left) and Richard Johnston

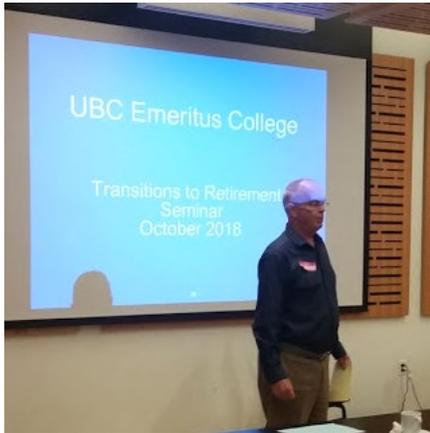
At the **October 17 General Meeting**, political scientists Professor Emeritus **Ken Carty** and Professor **Richard Johnston** presented a very informative session (ably chaired by **Mark Thompson**) about the upcoming BC referendum on electoral reform. Ken explained the choices we will make, and Dick explained the consequences of those choices. By now we have all received our mail-in ballots (due by the end of November) and are able to look at them from a more informed point of view. Ken clarified that Question 1 asks us to choose between a **system** (FPTP, the current First Past the Post) and a **concept** (a proportional voting system). Question 2 asks us to rank order our choices among three (of many possible) proportional systems regardless of how we answer

Question 1, because if the vote for proportional voting is 51% or more, the government will tally all voters' rankings of the three proposed alternative systems to determine which one to adopt. Ken went on to describe and compare the systems: 1) DMP, Dual Member Proportional; 2) MMP, Mixed Member Proportional; and 3) RUP, Rural-Urban Proportional. DMP is a system hybridized from other systems and has not yet been tried; versions of MMP are used in Germany and New Zealand, and versions of RUP are used in Ireland and Australia. Ken pointed out that each system has multiple possibilities that have yet to be worked out. For example, there is no prior specification of whether there will be a closed or open list of candidates to be elected based on party vote shares, or whether the number of parliamentary seats will stay the same or fluctuate. Ken and Dick both explained that moving to a proportional system would require redrawing constituency boundaries, resulting in fewer, larger constituencies. This reallocation would lead to differences in party structure, how candidates are chosen and campaign, and how campaigns are funded. It would take government and political parties several voting cycles to adjust. Dick emphasized that, in addition to choosing a system, we need to consider the **consequences** of that choice, carefully thinking about **governance as well as voting**. He used data from countries that use proportional systems, on a number of parameters over a 30-year period, to demonstrate a variety of effects associated with proportional voting. Among several conclusions: proportional systems tend to give an advantage to smaller parties and women candidates (if the candidate list is a closed one), and tend to lead to more frequent turnover in government, though not always involving new elections. Both Ken and Dick emphasized that we should consult the government website, <http://bc.elections.ca> before making our decision.

—Carolyn Gilbert

NOTE: On Nov. 8, from 7:00 to 7:30 pm on CBC and Global TV, Premier John Horgan and Opposition Leader Andrew Wilkinson will debate B.C.'s electoral reform referendum. The debate will also be aired on CBC Radio One and streamed on the CBC Vancouver website. The CBC website also has a brief, very clear, video explanation of the three proportional system.

Transition into Retirement Seminar for UBC Faculty... an opportunity for *YOU* to participate!



We all know that shifting from full-time academic work at UBC to life in retirement requires careful thought and practical planning. A highly useful part of that planning is to talk with colleagues already retired. UBC Human Resources: Faculty Relations and the UBC Emeritus College have joined forces to offer an intensive *Transition into Retirement Seminar* for faculty and their spouses/partners. The first two seminars took place in May & Oct. 2018 (both to great acclaim), and the third one is anticipated for Spring 2019. Each session is limited to forty and fills quickly.

Your Invitation to join a Lunch-Table Conversation during the Seminar

- We are looking for retired UBC faculty, library science and academic administrators who would enjoy engaging in informal conversations over a complimentary lunch with the participants during the last hour of the five-hour seminar (next one is likely May 2019).
- Your role would be to facilitate discussion at your small lunch table, respond to questions, share highlights of your retirement and add any tips you have about your transition to retirement—before and after retiring from UBC.
- We are compiling a list of those who are interested in being invited to the future lunch-table conversations. If you would like to place your name on the list or require more information, please contact Sandra van Ark, the UBC Emeritus College office administrator:
admin@emeriti.ubc.ca

“I would like to be invited again....not only did I enjoy talking with faculty about their eventual retirements, I had the impression that I actually helped some of them.”
A UBC faculty retiree

About the Seminar

The seminar is designed to give the attendees an evidenced-based framework for examining a broad range of important aspects in retirement planning. There are presentations on financial planning, the four UBC work reduction options, and health insurance for retirees, plus opportunities to think about the many pathways that one can embark upon before and after retiring. A highlight of the session occurs over lunch—an opportunity for the participants to talk informally with invited retirees, ask questions and get a picture of the diversity of retirement experiences.

Submitted by Linda Leonard for the UBC Emeritus College: Transitions to Retirement Committee

Nominations Committee Experience



The UBC Association of Professors Emeriti's *Continuing Scholarly Activities Committee* initiated a project to nominate Emeriti for major awards. This was a three-year experiment to hire a professional writer, and was funded by UBCAPE. This effort was also supported by the UBC VP Research, Gail Murphy. The motivation was the recognition that Emeriti are rarely nominated for major awards by their departments, and yet they are the most eligible people for some of the major awards.

The subcommittee started with visiting campus units whose members were particularly successful at receiving major awards, to determine what seemed to work. Lessons learned were that a faculty or staff person needs to be identified to be responsible for awards within the unit—successful units tend to nominate someone for every award available—and to keep careful track of what a successful nomination is like. It also became clear that successful nominations may take several years to actually be accomplished; thus a nomination requires regular updating. A current CV, a “brag” letter, and the identification, by the nominee, of individuals in a good position to support a nomination were identified as essential. One of the most important features that we learned over the three years is how important it is for departments to support their Emeriti.

Over the three years, 16 Emeriti were nominated for major awards: five for Order of Canada, five for Order of British Columbia, one for Royal Society of Canada, two for Honorary UBC Degrees, one for the Royal Canadian Geographic Society Massey Award, and two for UBC Alumni awards. During that period, 13 major awards were received by Emeriti. Three of these nominations were facilitated primarily by UBCAPE.

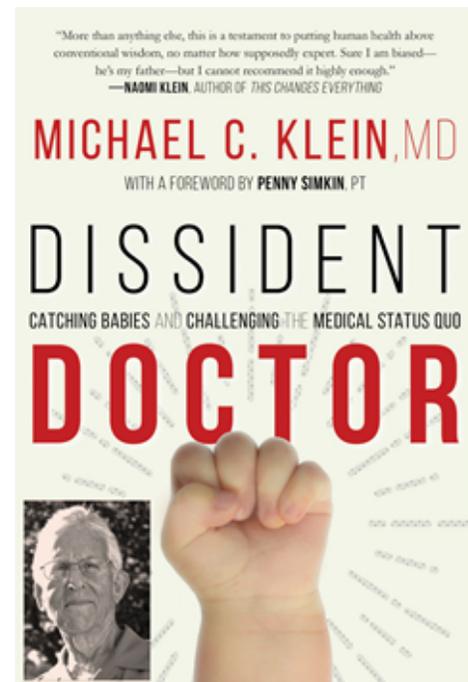
Part of the purpose behind this effort was a concern that UBC does not have an Office of Major Awards. Most internationally outstanding universities do. Because of this project, UBC is establishing an Office of Major Awards and will nominate Emeriti from now on, although the Emeritus College will submit some recommendations.

UBC Scholarly Committee Reimbursement/ Subsidy Sub-Committee

In 2016, UBC's President and Provost established a fund encouraging continuing scholarly activities of all types by post-retirement faculty. This fund will continue as part of the Emeritus College, and \$100,000 will be available each year. Terms of reference and application forms have been developed over the two years.

This last year, 2017-2018, we had 40 requests totaling \$134,000. Twenty-one of these were new applicants who had not applied the previous year. Most of the requests were to attend a meeting or symposium in the individual's specialty. It was necessary that they be a speaker or had helped to organize the meeting to secure funding. Requests to simply attend a meeting were not reimbursed nor were equipment or supplies. This year, there was one trip funded to develop a policy statement. Several requests were funded that related to artistic work or productions. Two requests were primarily related to developing educational materials and supervising trainees. The average number of years since retirement of this year's application were 11 years.

This excellent project would not be possible without the organizational skills of Sandra van Ark, and the support of Eric Eich and the Provost's office. Again, we are grateful to President Santa Ono and Provost Andrew Szeri for their support of continuing scholarly activities of retirees.



*Note: Michael Klein (Emeritus, Family Practice and Pediatrics) writes that the editing costs for his acclaimed book—*Dissident Doctor: Catching Babies and Challenging the Medical Status Quo* (Douglas & McIntyre, 2018)—were almost entirely paid for from the President's Office reimbursement fund.*

COLLEGE ACTIVITY GROUPS

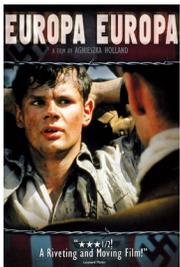
Film Series for Fall 2017

Series Seven – Eastern Europe Before the Fall



Series Seven: After WWII, the Soviet bloc countries of Eastern Europe developed significant cinematic outputs in spite of severe constraints on artistic freedom. There was always a strong cinema tradition there, as film was considered a key element in furthering the Communist revolution. Although criticism of the government had to remain muted, political comment managed a strong presence and outside influences, such as the realist impulse from France and the art film movement from Western Europe in general, had a strong impact on Eastern Europe filmmaking, which stands shoulder to shoulder with the accomplishments of the West. This fecundity in film continues today as Eastern European films occupy prominent places in the top film festivals around the world.

Loves of a Blonde (1965), by Milos Forman, and **Mirror (1974)**, by Andrei Tarkovsky, have already been screened. **The final film for this term, Europa Europa, will be shown on November 27.**



November 27 - Europa Europa (1991) by Agnieszka Holland dramatizes the real life story of Solomon Perel, who survived the Holocaust by hiding his Jewishness beneath an Aryan mask, even joining the Hitler Youth. Highly controversial, the film was called anti-Semitic by Claude Lanzmann and denied submission as a foreign film Oscar nominee. Made in Germany (the Polish-born writer-director was forced into exile as a result of the 1981 Poland military coup), the film was one of the highest grossing German films of all time as well as a hit in the US. Holland went on to develop a successful international career, making films in a number of western countries.

Screenings begin at 2:00 pm

Presented by John LeBlanc

*Our new location for this term is the West Mall Swing Space building
2175 West Mall, Room 109 (Ground Floor)*

*A brief introduction to the film will precede each screening
A brief discussion of the film will follow each screening*

Retiring at the Movies

by John Leblanc, Professor Emeritus of English, UBC-O

After my PhD in English Literature (Postcolonial – Caribbean: Calgary, 1990), I ended up teaching for the English Department at Okanagan University College (subsequently UBC Okanagan). This small school emphasized the need to cover a wide range of subject areas in order to provide a strong English Major program. At the same time, I continued to cultivate a strong interest in film, begun during the golden age of independent and international film in the 70s and nurtured during the age of repertory cinemas (where many of these films could be shown) in the 80s. In those days, with English as the centre of a humanities curriculum, English departments embraced film courses, adding “image” as a furthering of its focus on language. Given my enthusiastic embrace of the subject, I began designing and teaching introductory film courses, which focused on the basic techniques used in film, such as shot framing and depth of field. I then moved on to more specialized upper level and graduate courses with film (as well as other popular culture) as a focus. Later on, English at UBC-O further broadened to develop a Cultural Studies major and I added this lens (such as how “minorities” are represented in the media) to my approach to film.

Retiring in 2014, I moved to Vancouver in order to continue to pursue my film interest, and the UBC Emeritus Association film series seemed an ideal place to pass on my interest to others. The film



John Leblanc explains some of the complexities of 'Mirrors', the 1974 film by Russian director Andre Tarkovsky

showings are organized in groups of three films, focused on a specific geographical or thematic area and requiring at least one female-directed film among the three. The film choices emphasize diversity in content and style in order to broaden the viewers' experience of film and the diverse cultures in which they are based. As a result, the films can be challenging but are, hopefully, thought provoking.

In the service of such diversity of film experience, I continue to watch many films (averaging over 50 films a month) and my film collection has grown to over 7,500 films. I attend many of the film festivals in Vancouver and see at least 100 films at the annual Vancouver International Film Festival. As a balance, my other retirement passion is long distance walking (anywhere from 20km to 35km per walk) with Metro Vancouver and its surrounding islands providing some of the best walking in the world.

The Film Group screenings take place on the 4th Tuesday of the month (September, October, November, January, February, and March). The current series is Eastern Europe Before the Fall. Watch for an announcement of the next series in the newsletter. If you would like information on the screenings, email me at john-lebl@mail.ubc.ca.

Travel Group



On October 18, **Nancy Langton** gave an absorbing presentation on a visit to Morocco, illustrated with some beautiful photos. Nancy is an accomplished photographer, who visited Morocco with a small group of fellow photographers. The results were impressive.

The next meeting is on November 15, at 3 pm in the Alumni Centre, when **Paul Steinbok's** topic will be "Cruising the Mekong River with Viking". Paul's trip began in Hanoi, Vietnam. From there he flew to Siem Reap, Cambodia, to visit Angkor Wat, then cruised on the Mekong River from Cambodia to Saigon.

The first meeting in 2019 will be on February 21, when **Judith Hall** will talk about traveling on the *Rocky Mountaineer*.

Members and their partners, together with guests, are welcome at all Travel Group meetings. Contact Richard Spencer at richard@rhspencer.ca if you would like to be added to our email list.

Photography Group

The Photography Group met on November 2. Members were asked to submit photos on the theme "versatility of camera and photographer." The request generated 75 images for review by attendees. Check out the photo on the right by **Mike Whitfield**, taken at the Deptford Air Show.

The group welcomes new members. To get on the mailing list for meeting announcements, please contact Derek Applegarth: derekjenny@shaw.ca.



News from AROHE



In early October, **Ken Craig, Carolyn Gilbert, and Steve Tredwell** attended the ninth biennial conference of AROHE, the Association of Retirement Organizations in Higher Education. Ken represented CURAC, and Carolyn and Steve represented the UBC Emeritus College. Hosted by Emory University in its beautiful Arts and Crafts Conference Center Hotel, its topic was Re-creating Retirement: Connect/ Serve/Celebrate. Keynote addresses were Prof. Steven Tipton’s *The Life to Come: Dreams and Doubts of Retirement* and Prof. Roger Baldwin’s *Reinventing Retirement: Where Are We Now*, Ken, Steve, and Carolyn split up to cover the conference’s nine concurrent sessions to glean as much information as they could and, at one of these, Steve presented our own story: *The Journey from Association of Professors Emeriti to Emeritus College*. Ken and Sydney Craig, Steve, and Carolyn all enjoyed the preconference “signature event,” which included lunch at an old southern style restaurant and visits to the noteworthy Martin Luther King Center and Jimmy Carter Library.

In Memoriam

Yunshik Chang	1930-2018	Professor Emeritus of Anthropology and Sociology University Service 1966-2003
Werner Cohn	1926-2018	Professor Emeritus of Anthropology and Sociology University Service 1960-1986
John R. O’Connor	1935-2018	Senior Instructor Emeritus of Anthropology and Sociology University Service 1970-1995
Alfred Ogilvie	1921-2018	Professor Emeritus of Oral Medicine University Service 1976-1986
John Stager	1928-2018	Professor Emeritus of Geography University Service 1957-1993



John Kimberley Stager, was President of the *UBC Association of Professors Emeriti* from 2004-2006. After his term as President, John continued to serve as an ex-officio member of the UBCAPE Executive until a few months before his death.

Upon joining UBC in 1957, he focused on human interaction with the geography of the Arctic. He was a Fellow of the Royal Canadian Geographical Society and of the Arctic Institute of North America. John was a master teacher; consummate administrator, serving as Assistant Dean of Graduate Studies (1969-75) and Associate Dean of Arts (1975-90); and he excelled as Director of Ceremonies (1985 until retirement in 1993). He received the President's Service Award of Excellence (UBC). He is remembered for his wit, humour, and gentle irreverence. Donations would be appreciated to the UBC Geography Alumni Scholarship online at www.support.ubc.ca/john-stager, by calling 604-827-4111, or by mail at 500-5950 University Boulevard, Vancouver, BC V6T 1Z3.



November 2018 marks the 100th anniversary of the armistice that ended World War I. With permission of the author, **George McWhirter** (Emeritus, Creative Writing), the Newsletter reproduces one of the many poems about that horrific period in our history.

DRESSED TO KILL (A Love Story)

by George McWhirter
from *Poems of the Great War*, Ed. Joseph Hutchinson
(Harmony Hill Press, 2018).

His uniform was a cloth cap, a scarf
over a stud and hard-collarless neck.
He read cowboy books at 120 pages
or 28,800 words an hour, waiting
for a glimpse of her who couldn't
read a word, but who had this ultimatum
written all over her: love me, love the Union -
not the small u of man and woman, but the big U
to King Billy and all that that
Willy stood for.

When her beau went
to sign his name in blood
on the Covenant, not to be bettered
by him, he did too and inked his own life
onto the line to fight the English in order that Ireland,
and if not Ireland, Ulster
might remain part of a United Kingdom.
Thus did he learn fine terms
and to talk
in the clauses of causes.

He quit the low windowsill
at the foot of Israel Street, but sat and read
on the ships and the trains till he debarked in France,
in the over-there
with the Ulster Volunteers, now the Royal
Ulster Rifles, as a Lewis gunner
his sights set for him now
'to kill Gerry with whom,'
as he said, he had no quarrel!

All for a union
with a little four-foot-eleven Ulster woman,
who to him was
the same size as
the province her first beau died for, leaving her
a handsome son of Ulster behind.

He had no quarrel
with that either, having to bear
the weight of the handsome dead man as well
as his son on his shoulder
- like some circus
St. Christopher in a tableau
he saw himself going around
and around the ring,
as much a mockery as Wild Bill Hickock
with Lord Edward Carson cracking the whip
with every flip
of the page in his Shankill Road cowboy book.

He never properly reconciled
to his loyalty, the sorry success
of killing those with whom he
had no quarrel
to win what he wanted from those with whom
he did.



Emeritus College Speakers' Programs

Senior Scholars' Series

On October 11, Ashok Kotwal (Emeritus Economics) described his academic "Life's Journey" in a fascinating talk summarized by roving reporter Ken Craig (Emeritus Psychology).

A JOURNEY IN ECONOMIC DEVELOPMENT: THEORY, POLICY, ACTIVISM



Life's course as an academic often takes unplanned turns, but consistencies appear over time. That seemed the pattern in Ashok Kotwal's fascinating account of his career, at his presentation for the Senior Scholar's Series at Green College. Life seemed predictable in the beginning—growing up in a conventional, secure, middle class family in Bombay, initially fulfilling expectations of a university education followed by employment as an engineer in India, then in the computer industry in the US. But a fascination with increasingly nagging questions about the origins and nature of poverty led to an eminent career as an economist at UBC.

The observations were very personal in the first instance, as Ashok described poor people living in a beautiful area of India, often only able to scrape a harsh existence, with opportunities varying with employers on a day-to-day basis. Vicious circles of poverty were self-perpetuating, with those most in need of education least likely to receive it and those who really needed work having the least likelihood of finding it. Personal responsibility was not the key factor: one's birth in an institutionalized class structure in a poor country was more important.

Fascination with these social processes led to casual reading of economics texts, followed by PhD studies at Boston University. While graduate studies were heavily prescriptive, there were opportunities to go beyond description to explanation, and economics provided some basic models and logic structures for understanding self-interest and economic behavior. At that time (1975-80), data sets were not plentiful and one could put together explanatory models providing an interesting story.

A probably apocryphal story about Ashok's Dutch wife wanting to live in a green, rainy region of the world was described as motivation for coming to UBC. It was coincidental that UBC proved such a fine place, and, with valued colleagues and students, Ashok was able to pursue in detail why some countries are poor and others rich.

All countries at one time were poor; what factors contributed to cumulative wealth? Agriculture provides the core industry—people must be fed. If productivity can be improved, food production diminishes relative to other goods; as well, when nations prosper, the poor benefit as the cost of food diminishes. In Canada and the US, relatively few people are engaged in agriculture; in India this remains at 60 to 70% of the population, and there apparently is little interest in improved agricultural productivity. The situation is undoubtedly more complex than I have been able to describe here, and issues related to land ownership, caste, class, having capital to hire labour, and failures to exchange information across agencies perpetuate the problems. "Banks give loans only when you prove to them you don't need it". Other problems arise from the myth of "trickle down"—wealthy people focus on luxury goods, with little trickle down possibilities, and local elites are able to manipulate institutions in their own interests rather than in the interests of the poor. Ashok provided intriguing stories about democratic design, subverted by people with wealth able to perpetuate their position. He appears to be increasingly involved in activist organizations, seeking to take benefits directly to the poor, bypassing the elite and attempting to reduce corruption. There appear to be more conundrums than solutions. All in all, the session was as fascinating as it was important to understanding inequitable distribution of wealth. Ashok described himself as a lucky man, and UBC was lucky to have him dedicated to scholarship at this institution.

—Ken Craig

The Final Senior Scholar speaker for Fall 2018

MAKING SENSE OF BEING AN INDIGENOUS SCHOLAR

Jo-ann Archibald Q'um Q'um Xiiem, Educational Studies

Thursday, November 8, 2018



The speaker will share her reflections about her career in Indigenous Education, focusing on what it meant for her to be one of the very few Indigenous scholars in the academy. She will tell stories about her mentors, milestone moments, and key challenges related to her faculty and leadership positions at UBC. Core themes will include making systemic changes in the academy, creating space for Indigenous knowledge systems, working with Indigenous communities and organizations, and facilitating opportunities for reconciliation. Lessons learned from Raven, Eagle, Coyote, and Thunderbird will be included in these reflective stories.

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

All talks begin at 5:00 pm in the Green College Coachhouse. For more information: www.green-college.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

Friday, November 16: "Happy Holidays?"

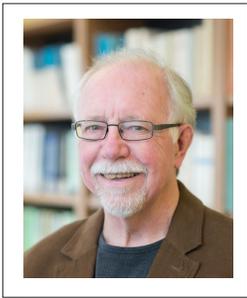
Christmas, Hanukkah, Winter Solstice, December holiday, whatever one calls it – the season brings up a multitude of emotions. For many people it is a welcome break, a chance to eat special food, to get together with family, a time to go to a place of worship. For children there is all the excitement of stockings and presents. There's an expectation of feeling merry and generous.

Christmas cheer is a great concept. Yet sometimes it is far from the reality of this time of year: People compare their emotions to what they assume others are experiencing or what they're supposed to feel. We compare our lives to an unrealistic representation of shiny, perfect Christmas experiences with which we are bombarded by the media. We're over Halloween now. How do you feel about the next holiday season?



All Cafés are in the Tapestry classroom, 3338 Wesbrook Mall, starting at 10:30 am. After the Café join us for lunch at Tapestry by calling 604-225-5000 or by checking in with the front desk before the Café to reserve a spot.

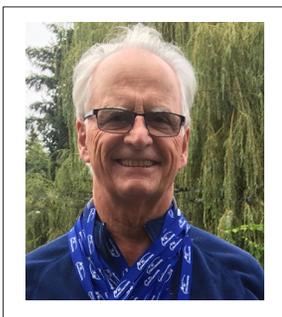
Emeritus Awards



Graeme Wynn (Geography) has been selected as the recipient of the 2018 UTAGA (University of Toronto Association of Geography Alumni) *Distinguished Alumnus Award*. This award is given to alumni of the Department of Geography and Planning at the University of Toronto, who have led a career of exceptional distinction and brought honour to the Department. This is the 25th such annual award. To mark the anniversary, the U of T department is producing a commemorative volume in which each of the 25 still living will reflect on their careers.

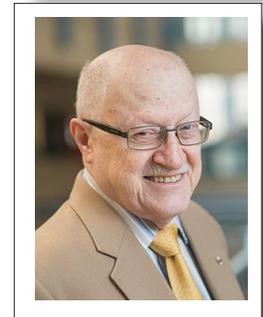
Graeme is a member-at-large of the Emeritus College Council.

In October the *International Academy of Pathology* announced that it was renaming its gold medal after UBC's **David Hardwick**. The first IAP Board member from UBC was Frank Westbrook more than 100 years ago. The IAP is the largest and oldest organization of pathologists world wide, with 22,000+ members in 54 Divisions and 4 multi-country Assemblies.



Skip Ray

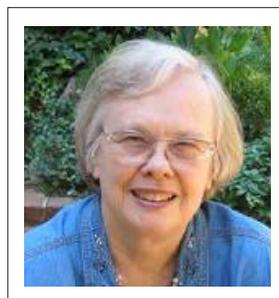
On November 1, two of the senior awards of the Royal Canadian Geographical Society were presented to **Peter Suedfeld** (Psychology) and **Skip Ray** (History). The Massey Medal for 2018 was awarded to Skip Ray (this is the senior medal of the Society) and one of the four Burpee Medals went to Peter Suedfeld. Each of these is for outstanding research contributions to our understanding of Canada's geography.



Peter Suedfeld



In October, **Carol Herbert** (Family Practice), was awarded an honorary Doctor of Science degree by Western University in London, Ontario.



In October, **Charlotte Froese Fischer** (Computer Science), was awarded an honorary Doctor of Science degree by Western University in London, Ontario.

Also in October, **Jennifer Wade** was given a *Civic Merit Award* for contributions to the City of Vancouver.



Recent Publications by Emeriti

Roderick J. Barman (History), ed., *Safe Haven: The Wartime Letters of Ben Barman and Margaret Penrose, 1940-1943* (Montreal: McGill-Queens Press, 2018).

Dennis Danielson (English), *The Tao of Right and Wrong: Rediscovering Humanity's Moral Foundations* (Regent College Publishing, 2018).

John Wilson Foster (English), *Pilgrims of the Air: The Passing of the Passenger Pigeons* (New York Review Books, 2017)

_____, *Titanic: Culture and Calamity* (Belcouver, 2017)

_____, *A Better Boy: A Titanic Monologue* (Kindle, 2017):

Kal Holsti (Political Science), "Change in International Politics: the View from High Altitude," *International Studies Review*, vol. 20, 2 (June 2018), 186-94.

Robert McDonald (History), "Fabianism and the Progressive Left in British Columbia: The 'New Party' in Historical Perspective," in Roberta Lexier, Stephanie Bangarth, and Jon Weier, *Party of Conscience: The CCF, the NDP, and Social Democracy in Canada* (Toronto: Between the Lines, 2018).

Nancy S. Netting (Sociology) and Reynolds, Meredith K. (2018). "Thirty years of sexual behaviour at a Canadian university: Romantic relationships, hooking up, and sexual choices," *The Canadian Journal of Human Sexuality*, 27(1), 55-68.

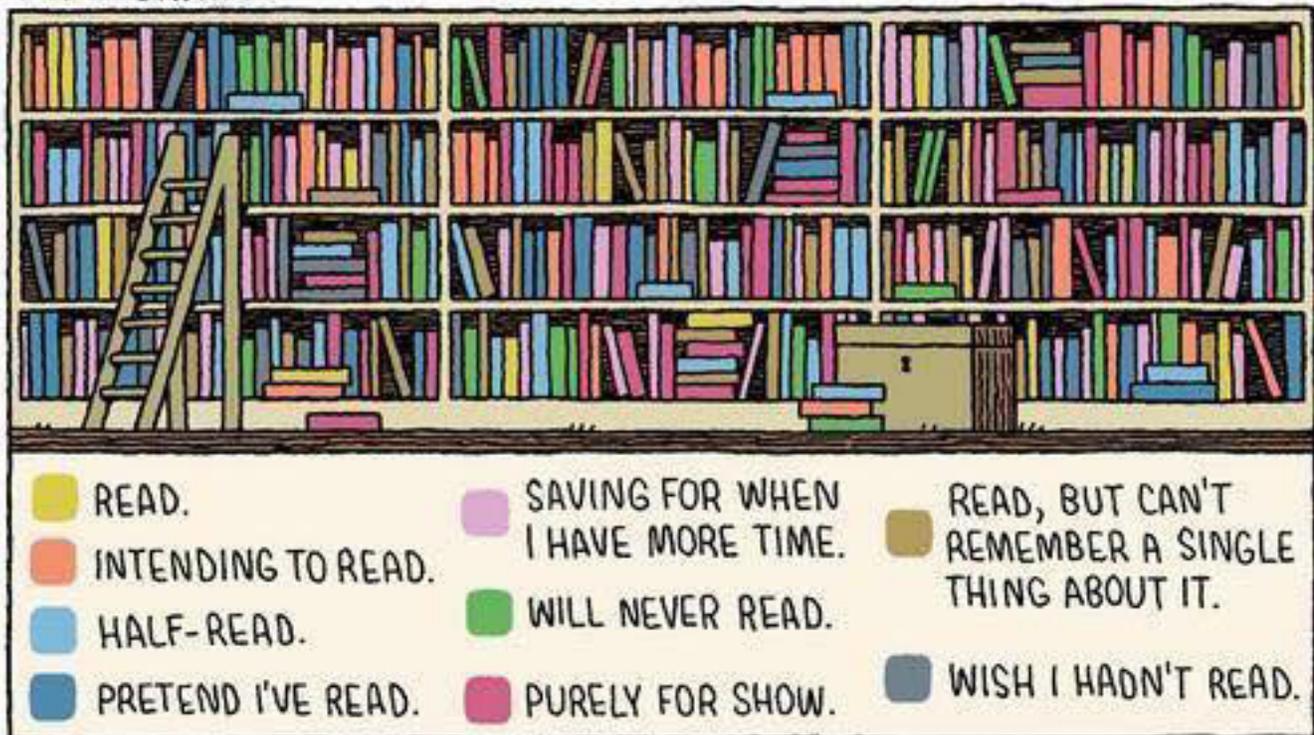
Jerry D. Schmidt (Asian Studies) , "Three Hard Years on the Golden Hill, Huang Zunxian in San Francisco (May 9, 1882-July 11, 1882, *Journal of Huanan Normal University, Social Sciences Edition*, vol. 3, 2018, pp. 5-17. *Published in Chinese, publication information translated by author.*

_____, "China's First Consul General in San Francisco, Chen Shutang and the American Anti-Chinese Movement, 1828-1888," *Qingshi luncong Discussions of Qing History*, Vol. 34, No. 2, 2017, pp. 3-78. *Published in Chinese, publication information translated by author.*

Rhea Tregebov, (Creative Writing) *Rue des Rosiers*, Regina: Coteau Books, in press.

Helen Wilkes, *The Aging of Aquarius: Igniting Passion and Purpose as an Elder*, New Society Publishers, 2018.

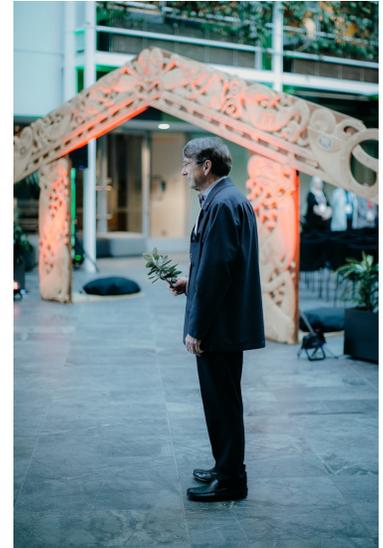
MY LIBRARY.



“What are they up to now?” Department



Professor Emeritus **John Gilbert**, as the honoured guest, picks up a branch laid down by the Maori warrior to show he comes in peace, part of a powhiri. This Maori welcoming ceremony opened *All Together Better Health IX* in Auckland at the beginning of September, the ninth conference



on interprofessional education and collaborative practice. John, one of the founders of the biannual international conference, presented a keynote address, a half-day workshop, and a summing-up lecture. Before leaving New Zealand, John also spoke in the Division of Health Sciences at the University of Otago in Wellington. Earlier this year he taught at Manipal Academy of Higher Education, where he holds the Dr. T.M.A Pai Endowment Chair in Interprofessional Education & Practice. He also gave keynote addresses in Saudi Arabia and Australia. Since returning from New Zealand he has given keynotes in Abu Dhabi, Ottawa, and Vancouver. Before the end of the year he will take the most recent word on interprofessional health education, collaborative practice, and patient-centred health care to Uruguay, Argentina (at meetings of PAHO, the Pan American Health Organization), Thailand, and Malaysia. His calendar for next year already lists invited talks or teaching in Winterthur, Berlin, Amsterdam, and Manipal. Since his “retirement,” John has presented more than 200 invited lectures to universities, governments, professional associations, and international organizations such as WHO and PAHO and held adjunct appointments at four universities in Canada, the United States, Malaysia, and Australia.

John Allan (Professor Emeritus, Counselling Psychology) writes: “An Elementary School early intervention approach that I developed in 1967 and trained UBC students in from 1973-1997 has been used in the UK by a company called “ Drawing and Talking” (www.Drawingandtalking.com) for the past 13 years. So far the method has been used in 7000 schools, 18,500 teachers have been trained and 520,000 students treated.”

Mayne Island Emeriti

Over the August long weekend this summer, John and Helen O’Brian hosted a potluck gathering of UBC Emeriti, faculty, and staff at their lovely farm. All attendees were delighted to meet neighbors and colleagues not previously known to be “Mayniacs”. Approximately 40 attended. Many have chosen Mayne Island as their retirement base because of the wonderful community spirit. With a growing list of UBC retirees on Mayne Island, we anticipate this will become a yearly event.

Kal Holsti (Political Science) delivered the keynote address at the annual meetings of the Mexican International Studies Association, “Identifying Significant Change in International Politics: Is 2018 another ‘Monster’ Year?” Guadalajara, Mexico, October 19, 2018.

Gregory Lee (Centre for Reproductive Health) is a member of the Organizing Committee for the *International Conference and Exhibition on Cancer & Therapeutics* to be held in San Diego from November 26-28.

Peter Seixas (Curriculum & Pedagogy) writes: "I am totally swept up in watercolour painting, which I never had enough time for before retiring. Here is a painting from a recent sunny morning at Trout Lake."



Your Editor, **Donald Blake** (Political Science) trying to fill the gaps in his art history knowledge with a visit to "Garden of the Monsters" in Bomarzo, a 16th century sculpture garden north of Rome. He is pictured in the mouth of the "Ogre", carved from a natural outcropping of rock. Inside the "head" there is enough room for a family picnic.



Helen Wilkes had a busy October with almost daily radio interviews regarding her new book, *The Aging of Aquarius: Igniting Passion and Purpose as an Elder*, including a call-in show for the Voice of America.

VOLUNTEER OPPORTUNITIES with GLOBAL VOLUNTEERS*

(by Ruth Curran, Director of Partnerships and Collaborations)

Are you looking for meaningful ways to enhance your retirement and use your knowledge, skills, and interests to help others? Short-term – one, two, and three weeks – volunteering enables you to share the knowledge and capabilities you've developed over your lifetime with children and families who truly need your help.

The Mayo Clinic says the key to maintaining a sense of vitality includes:

- Engaging your body, mind, and soul on volunteer projects,
- Obtaining hands-on experience, and
- Making connections.

Through volunteer opportunities, children receive health care and are fed, clothed, taught. Schools are built, clean water is supplied, and gardens are planted. And volunteers benefit greatly as well!

Learn how you can ensure your vitality through a Global Volunteers tax-deductible** service program at www.globalvolunteers.org or 800-487-1074. **Mention AROHE or the UBC Emeritus College to take advantage of special discounts.**

Join more than 34,000 Global Volunteers of all ages who've served in 34 countries on six continents, including economically stressed communities in the U.S. The positive impact is enormous. The personal rewards are even greater.

[Why Global Volunteers in your retirement?](#)

** Global Volunteers is a non-profit development organization engaging short-term volunteers on long-term community service projects in 15 countries.*

*** In the United States.*



34 Years in Service Worldwide

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Direct: 651-407-6105

Listen to our podcast: bethechange.blog

Vitamin D levels in the blood linked to cardiorespiratory fitness

"Our study shows that higher levels of vitamin D are associated with better exercise capacity," said Dr Amr Marawan, assistant professor of internal medicine, Virginia Commonwealth University, Virginia, US. "We also know from previous research that vitamin D has positive effects on the heart and bones. Make sure your vitamin D levels are normal to high. You can do this with diet, supplements, and a sensible amount of sun exposure."

It is well established that vitamin D is important for healthy bones, but there is increasing evidence that it plays a role in other areas of the body including the heart and muscles.

Cardiorespiratory fitness, a reliable surrogate for physical fitness, is the ability of the heart and lungs to supply oxygen to the muscles during exercise. It is best measured as the maximal oxygen consumption during exercise, referred to as VO2 max. People with higher cardiorespiratory fitness are healthier and live longer.

This study investigated whether people with higher levels of vitamin D in the blood have improved cardiorespiratory fitness. The study was conducted in a representative sample of the US population aged 20-49 years using the National Health and Nutrition Survey (NHANES) in 2001-2004. Data was collected on serum vitamin D and VO2 max. Participants were divided into quartiles of vitamin D levels.

Of 1,995 participants, 45% were women, 49% were white, 13% had hypertension, and 4% had diabetes. Participants in the top quartile of vitamin D had a 4.3-fold higher cardiorespiratory fitness than those in the bottom quartile. The link remained significant, with a 2.9-fold strength, after adjusting for factors that could influence the association such as age, sex, race, body mass index, smoking, hypertension, and diabetes.

Dr Marawan said: "The relationship between higher vitamin D levels and better exercise capacity holds in men and women, across the young and middle age groups, across ethnicities, regardless of body mass index or smoking status, and whether or not participants have hypertension or diabetes."

Each 10 nmol/L increase in vitamin D was associated with a statistically significant 0.78 mL/kg/

min increase in VO2 max. "This suggests that there is a dose response relationship, with each rise in vitamin D associated with a rise in exercise capacity," said Dr Marawan.

Dr Marawan noted that this was an observational study and it cannot be concluded that vitamin D improves exercise capacity. But he added: "The association was strong, incremental, and consistent across groups. This suggests that there is a robust connection and provides further impetus for having adequate vitamin D levels, which is particularly challenging in cold, cloudy places where people are less exposed to the sun."

On the other hand, Vitamin D toxicity can lead to excess calcium in the blood, which can cause nausea, vomiting, and weakness. "It is not the case that the more vitamin D, the better," said Dr Marawan. "Toxicity is caused by megadoses of supplements rather than diet or sun exposure, so caution is needed when taking tablets."

Regarding further research, Dr Marawan said: "We know the optimum vitamin D levels for healthy bones but studies are required to determine how much the heart needs to function at its best. Randomised controlled trials should be conducted to examine the impact of differing amounts of vitamin D supplements on cardiorespiratory fitness. From a public health perspective, research should look into whether supplementing food products with vitamin D provides additional benefits beyond bone health."

Abstracted from Science Daily:

<https://www.sciencedaily.com/releases/2018/10/181030091449.htm>

Around Campus



The **UBC Faculty Women's Club** invites members of the UBC Emeritus College and their spouses/partners to attend our speaker series. Men are more

than welcome to attend. The next event will be:
 Tuesday, February 5th, 2019 at 12:00 pm
 Speaker - Pnina Granirer, Artist & Author
 Topic - Her Art & Her Memoir
 Cecil Green Park House

The UBC Faculty Women's Club started in 1917, and the club's goals are to:

- provide assistance to students through scholarships and bursaries
- provide service to the university community
- promote social, recreational and cultural activities for its members

Membership is open to the women of UBC, who are Faculty/Staff/Post Docs, or the spouses/partners of Faculty/Staff/Post Docs, either active or retired.

Come discover the benefits of joining the Faculty Women's Club:

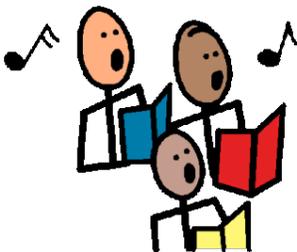
if you're retired, it's a great way to stay connected to UBC

- learn from excellent speakers on interesting topics
- keep active and make friends with like minded women with similar interests
- socialize and enjoy coffee, luncheons and potluck dinners
- contribute your skills and volunteer with other talented women
- assist deserving students by donating to scholarship programs

For more details, visit

<http://facultywomensclub.ubc.ca>

Sneak Preview



EnChor Concert: November 30 at 7:30 pm

St. John's Shaughnessy Anglican Church
 1490 Nanton Avenue (at Granville Street)

"Bridge Over Trouble Water"

EnChor sings an uplifting program about the deep joy of belonging to family, friends, and community. The concert takes us through Randy Newman's carefree *You've Got a Friend in Me*, Gwyneth Walker's assured *Crossing the Bar*, and, of course, the title song by Simon and

Garfunkel. **EnChor** also offers an elegant Renaissance chanson, a sampling of Johannes Brahms' sparkling *Liebeslieder Waltzes*, and a nod to the coming season with *Have Yourself a Merry Little Christmas*. **EnChor's** fall program will put a song in your heart.

EnChor has agreed to perform at the Emeritus College AGM in April 2019. Several emeriti sing in the choir and it is conducted by Morna Edmundson, daughter of long time UBCAPE member and former President, Don Russell.

Purchase tickets on line for only \$25 at enchor.ca/concerts, all fees included. Tickets are also available at the door or from a choir member.



November 6: Michael Byers, Political Science, UBC, ELON MUSK, PRESIDENT OF MARS?

November 13: Erik Kwakkel, iSchool, UBC, COMMERCIAL BOOKS BEFORE GUTENBERG

November 20: Corey Cerovsek, Hewitt Bostock Lecturer in Residence at Green College, in the series TRUTH IN ART, IMAGINATION IN SCIENCE

December 4: Keith R. Bengtsson, History of Science, ED RICKETTS, THE MONTEREY RENAISSANCE, AND THE CREATION OF INTER-TIDAL ECOLOGY

*All talks in Green College Coach House
5-6:30 pm with reception to follow*

Vancouver Institute Lectures



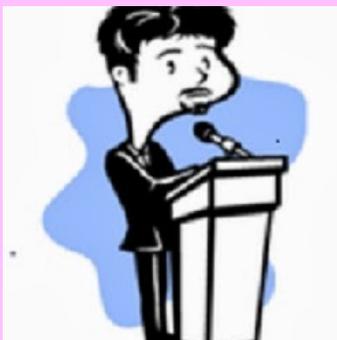
November 10: Professor Wade Davis, CM, Department of Anthropology, and BC Leadership Chair in Cultures and Ecosystems at Risk, UBC, *OF WAR AND REMEMBRANCE: CANADA AND THE GREAT WAR*

November 17: The Honourable Steven L. Point, OBC, Former Lieutenant Governor of British Columbia, *RECONCILIATION BEGINS WITH YOU*

November 24: Professor Leonard Foster, Department of Biochemistry & Molecular Biology, Faculty of Medicine, UBC, *ARE BEES REALLY DYING? ARE WE THE CAUSE OR THE SOLUTION?*

December 1: Professor Andrzej Weber, Department of Anthropology, University of Alberta, *CLIMATE CHANGE AND PROBLEM SOLVING AMONGST PREHISTORIC HUNTER-GATHERERS: A CASE STUDY FROM LAKE BAIKAL.*

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

Nov 7: Tawnya Popoff (viola), Rosemary O'Connor (piano). *Clarke Sonata for Viola and Piano, Bloch Suite for Viola and Piano.*

Nov 14: Winner of the Eckhardt-Gramatté Competition. Amy Hillis (violin), Katherine Dowling (piano). R. Murray Schafer *Wild Bird*, Alice Ping Yee Ho *Coeur à Coeur*, Jeffrey Ryan *Bellatrix*, Carmen Braden Foxy *Fox's Musical Games*, Witold Lutosławski *Partita*.

Nov. 21: José Franch-Ballester (clarinet), Valerie Whitney (horn), David Gillham (violin), Ji-eun Jenny Lin (violin), Chris Redsell (viola), Eric Wilson (cello), Chiharu Iinuma (piano). Dohnanyi *Sextet in C major, OP. 37*, Prokofiev *Overture on Hebrew Themes*.

Jan. 16: *Fire and Grace*. Edwin Huizinga (violin) and William Coulter (guitar), *Baroque, Classical and Folk Traditions*.

