

Please note the new location for the February meeting.

GENERAL MEETING:

Wednesday, February 17
Cecil Green Park, 6251 Cecil Green Park Rd.
(partners and guests are welcome)

Agenda

1:00 pm Coffee, tea and conversation

1:50 pm Business meeting

2:00 pm **Dr. Brian Rodrigues, Professor of Pharmaceutical Sciences, UBC** *Diabetes: Origin, treatment, and new research*



Diabetes mellitus is one of the most commonly encountered chronic illnesses found today. Its incidence has reached pandemic proportions, and globally, approximately 346 million people are affected by this disease. This number is projected to grow to 438 million by 2030 (7.8% of the adult population). In Canada, more than 9 million individuals live with diabetes or prediabetes. Diabetes is a disease with devastating human, social and economic impacts. Poor treatment can lead to serious consequences such as renal failure, blindness, heart attack, stroke and end-limb amputation. In fact, 75% of people with diabetes experience complications requiring hospitalization. By 2020, diabetes is expected to cost the health care system 16.9 billion dollars a year (through hospital-

izations, physician visits, and medications as a result of diabetes and its complications).

Dr. Brian Rodrigues joined the UBC faculty in 1993. He currently serves/has served as a member of all of the major grant review panels including the Heart and Stroke Foundation of Canada, the Canadian Diabetes Foundation, and the Canadian Institutes of Health Research. Throughout his career, Dr. Rodrigues has pursued his interest in diabetes and heart research with funding from the Heart and Stroke Foundation of BC and Yukon, Canadian Diabetes Association, Pfizer, and CIHR. His research findings have been published extensively. Dr. Rodrigues is actively involved in the training of graduate students, graduating 11 Ph.D. students in the past 5 years. At present his lab has five Ph.D. students.

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A Letter from our President



Dear Colleagues,

Although the New Year is still young, the Association has already launched several important initiatives.

The **Programs' Committee** is organizing meetings for potential special interest groups on personal finance, travel, and film. The January 15 talk on ethical and socially responsible investing (see page 6), which attendees found very engag-

ing and informative, was a first step in establishing a **Finance Group**. A meeting will be scheduled in the near future to assess the viability of such a group. A talk and slideshow on Spain in the Winter planned for March 8 (see page 4) will provide an opportunity for interested members to discuss the feasibility of a **Travel Group**. Please let the **Programs' Committee** know if there's an interest for which you would like to see a group established. Remember that each group needs a "champion" to take organizational responsibility.

In view of the great significance of the current search for a new UBC President, our Association's Past Presidents have written a letter to the Presidential Search Committee and UBC Board of Governors. The purpose of this letter is to emphasize the importance of choosing a President who is a highly respected academic with a record of distinguished success in leading a North American university. The letter notes emeriti's deep knowledge and experience with senior university administration and our availability to assist in the presidential selection process in any way that the Search Committee and Board of Governors may find helpful. It also outlines the continuing contributions to UBC of many emeriti. The letter was enthusiastically endorsed by the Executive at its most recent meeting. A copy of the letter is posted on our web site under "Publications".

An informational meeting on travel and extended health insurance has been scheduled for February 24. The purpose of this meeting is to assist you in reviewing your insurance needs and better understanding the options that are available to you. In addition, our report "Choosing Extended Health and Travel Insurance to Meet Your Specific Needs," which was issued in 2014, has been updated and expanded. More information about the meeting and report may be found on page 4.

The Association's lecture and seminar series continue. Stimulating lectures have been presented this month, including a very interesting Senior Scholars talk about cities by Mike Goldberg, and more are scheduled for the weeks ahead, as is detailed in the Newsletter.

I would like to thank all the members of the Executive, as well as Sandra van Ark, our exceptional Administrator. None of this would be possible without their hard work and dedication to the Association.

Regards,

Paul

Association News

Informational Meeting on Travel and Extended Health Insurance



"He must be going economy!"

An informational meeting on travel and extended health insurance will take place on **Wednesday**, **February 24**, **from 2-4 p.m.**, **in the Leonard S. Klinck Building**, **room 200**. This meeting is open to all current and prospective emeriti, as well as their guests.

The purpose of the meeting is to provide an opportunity for you to gain a better understanding of your insurance options and to obtain answers to any questions you might have about travel and extended health insurance. Representatives from Johnson, Inc. and Sun Life will be available.

The UBCAPE **Benefits Committee** has prepared an updated and expanded version of the report it issued in May 2014, "Choosing Extended Health and

Travel Insurance to Meet Your Specific Needs". This report is available on our web site, www.emeriti.ubc.ca, by clicking the "Benefits" tab at the top of the Home page. The report has an important new section elucidating the requirement in the Johnson combined travel and extended health insurance that a medical emergency while traveling outside the country or province must be "sudden and unforeseen" in order to be covered by the insurance. The report discusses travel insurance, extended health insurance, the BC Fair PharmaCare Program, and how coverage works if one has both UBC/ Sun Life and Johnson insurance. A table in the Appendix summarizes and compares the coverage of the UBC/Sun Life plan and the Johnson EHC/Travel plan.

To get maximum benefit from the informational meeting, you may find it helpful to read this report prior to the meeting.

UBCAPE Travel Group

Tuesday, March 8, 4:00 pm Angus 435: There will be a meeting to discuss support for an APE Travel group. Derek Applegarth will give a talk entitled "December in Spain" and show photographs taken in December 2015. The talk will last no more than 45 minutes. Partners will be especially welcome and the meeting will allow a discussion of the potential formation of an ongoing APE Travel group.



Save the Date! UBC Science Emeriti Luncheon

On May 3, 2016, UBC Science will hold its third annual Emeriti Luncheon. This is an opportunity to connect with old friends and hear an update on faculty affairs from Dean Simon Peacock. More details and event registration instructions will be available soon. If you have any questions please contact the UBC Science Development Team at 604-822-3402 or events@science.ubc.ca.

Science World Recruiting

Science World's Community Scientist Initiative (CSI) is once again looking for scientists, researchers and other science-based professionals with a keen interest in engaging with public audiences, to become science communicators and ambassadors. This initiative is designed to engage community volunteers and partners with deep expertise in science and technology by providing regular opportunities for our visitors to explore the research and work of local passionate professionals. We are recruiting scientists and researchers to participate in two professional engagement workshops beginning on February 24, 2016, and will have another intake planned for the May 2016.

For details go to http://www.scienceworld.ca/communityscientist.

In Memoriam				
Michael Craddock	1936-2015	Professor Emeritus of Physics and Astronomy University Service, 1964-2001		
Geoffrey Durrant	1913-2015	Professor Emeritus of English University Service, 1966-1981		
Neil Freeman	1941-2015	Associate Professor Emeritus of Theatre, Film and Creative Writing University Service, 1991-2006		
Maria Furstenwald	1925-2016	Associate Professor Emerita of Germanic Studies University Service, 1966-1985		
Clement Lear	1929-2015	Professor Emeritus of Clinical Dental Sciences University Service, 1967-1990		
Elizabeth (Betty) Misewich	1925-2016	Librarian Emerita University Service, 1965-1988		
Grosvenor Powell	1932-2015	Professor Emeritus of English University Service, 1963-1997		
Janet Ruth Stein Taylor	1930-2016	Professor Emerita of Botany University Service, 1959-1987		
Roger Tonkin	1936-2015	Professor Emeritus of Paediatrics University Service, 1968-1997		

Association Activities



November General Meeting

Speaking at UBCAPE's November 2015 General Meeting, the **Honorable Lynn Smith** presented an overview of the impact of the Canadian Charter of Rights and Freedoms on judicial decisions. Courts, especially the Supreme Court of Canada, and their decisions have become more visible to Canadians and, in some cases, more controversial. She also provided her perspective on the prohibition against assisted suicide. She was the trial judge when the BC Civil Liberties Association challenged the prohibition on behalf of the family of Kay Carter, a woman suffering from degenera-

tive spinal stenosis, and Gloria Taylor, who suffered from amyotrophic lateral sclerosis (ALS). She ruled in favour of the BCCLA in 2012, but her decision was overturned by the BC Court of Appeal. In February 2015, the Supreme Court of Canada unanimously upheld Smith's original decision and struck down the prohibition in the Criminal Code, but suspended its decision for one year to give the federal government time to amend the law. (Editor's Note: On January 15, 2016 the court gave the go-ahead for assisted suicide to begin now under certain conditions and granted the federal government four more months to come up with a national law.)

Talk on Ethical and Socially Responsible Investing and the Possibility of a Personal Finance Special Interest Group



At what is hoped to be the first meeting of a special interest group on Personal Finances, Oliver Gilbert, a Financial Advisor at CIBC Wood Gundy for over 20 years, talked about the history of and current approaches to ethical and socially responsible investing. The approach to "ethical investing" in the 1990s was to exclude manufacturers of 'bad' things such as tobacco and weapons from portfolios, including only companies that met environmental and ethical employment standards. By the 2000s the approach, now referred to as "environmentally and socially responsible investing," emphasized management and shareholder activism concerning, e.g., human rights, fair compensation, and reducing emissions. Currently,

the focus of investment is on companies that partner with governments to effect change in, e.g., carbon emission reduction, and companies that have the potential to actually disrupt an industry, such as Tesla (motor vehicle transport), Solar City (electric utilities), Amazon (retailing), and Chipotle Mexican Grill (fast food). Mr. Gilbert told an anecdote to demonstrate how individual shareholders can affect a company: At a Tesla shareholders meeting, one (vegan) couple asked why the only upholstery option was Napa leather. The consequence was that Tesla now has a nonleather option. Mr. Gilbert also talked about reasons for the failure of environmental and socially responsible goals, such as human error (e.g., Exxon Valdez) and deregulation due to financial crises.

At the end of the meeting there was a discussion of establishing a *personal finance group*, and fifteen members indicated interest. The **Programs Committee** will convene a meeting of these individuals and other interested members to further discuss the viability of such a group. In addition to finding out what participants would look for in such a group, it is vital to identify someone who will take responsibility for it. If you would like to participate in this group, please give your name and email address to Sandra: admin.emeriti@ubc.ca.



China Study Group



At the November meeting, Political Science Professor and Director of the *Institute of Asian Research*, **Yves Tiberghien**, gave an informal but well-structured account of UBC's China Policy. Perhaps, "lack of a China policy", might be a better description given the 20-year struggle to establish a coherent approach to academic relationships between UBC and China. The creation of the *Institute of Asian Research* was intended

to take advantage of UBC's strengths in research on China and Vancouver's geographical position. However, that vision was compromised by budget cuts and intra-institutional rivalries and disagreement about whether concern about justice issues in China should trump engagement with Chinese scholars and institutions. There are now some 200 individuals at UBC doing work related to China and 70 memoranda of understanding have been negotiated between UBC and institutions in China. Yves is optimistic that UBC's new China Council, which includes a broad range of perspectives, will finally produce a coherent UBC China Policy.

News from CURAC

(College & University Retirees Association of Canada)

Giving it Away: Getting Some Respect

Ken Craig, CURAC President & Ex-Officio Member of UBCAPE Executive

On behalf of CURAC (the College and University Retiree Associations of Canada), I attended a most interesting meeting on "Sharing the Knowledge: Navigating Retirement Transitions" in Los Angeles, Jan. 11-12, 2016. It was sponsored by the American Council on Education, with co-sponsorship from the Alfred P. Sloan Foundation and the U.S. Association of Retirement Organizations in Higher Education (AROHE). The majority of speakers and participants were senior administrators (e.g., provosts, vice provosts, associate deans, HR representatives, etc.) at U.S. colleges and universities, with others attending representing the retirement community or those serving this community. The following provides commentary from some of the notes I took at the meeting.

The major preoccupation was the "wicked issues" that arise from abandoning mandatory retirement on a universal basis in 1994 (in the USA) and the search for solutions, with many presentations describing efforts to resolve the challenges. Large numbers of tenured faculty have chosen to work past the "normal" retirement age. This is complicated by large numbers of non-tenured instructors on teaching staffs. Considerable data has now been accumulated on issues that impact the higher education workforce. However, there remains a paucity of research on the values older workers bring, what constitutes productivity, and the costs of different policies. A more realistic perception of retirees is emerging, something other than "over the hill" or "dead wood" stereotypes. A recurrent theme at the meeting was that with greater institutional expenditure, productive older workers could achieve more. I was very impressed with the attention at least some senior university administrators are devoting to addressing workforce issues as they seek to keep the academic workforce dynamic for research, teaching and service activities.

The conference program is described at: http://www.acenet.edu/events/Pages/Sharing-the-Knowledge-Navigating-Retirement-Transitions.aspx.

Retirement is being reconceptualised as a feature of the overall life span of academics. The more enlightened universities are promoting the wellbeing and benefits of retired faculty and staff, including development of effective retiree organizations, and recognizing continuity and anticipating later stages early in the career.

At least among the universities present at the meeting, there seems to be increasing respect for retirees. A jaded perspective would be that this only reflects access to their salaries if they retire, but there also seems to be an appreciation that decades-long careers and commitments to institutions and professions often translates into benefits for the universities following retirement. Note the following data soon to be published based on a survey of retirees from the 10 campuses of the University of California:

56% still teaching

60% have academic work in progress

30% receive grant funding

50% serve as consultants

15% work in business enterprises

46% involved in service outside the university

Senior university administrators seem to be recognizing that supporting these activities is very advantageous to achieving the objectives of their institutions. To this must be added the intangible value of voluntary services. Volunteers are critical to the sustainability of universities. Retirees no longer draw cheques—they give away what they do for free. Most universities recognize this through support for alumni associations, but not particularly well in support for retirees. There has been some effort to quantify the value of retiree efforts. A study at UCLA led to the conclusion that the contributions of some 320 faculty retirees amounted to an equivalent of \$100,000 per

person per year! I would add that this preoccupation with ongoing scholarly contributions of retirees does not include consideration of the rich contributions of academic retirees to the community at large.

The dialogue is changing around work and retirement at universities. Blunt one-size-fits-all instruments such as payment for early retirement and phased retirement are being abandoned in favour of learning how to keep productive people in the labour force. Age is not a good index of competence and productivity. The trend is toward individualized, targeted employee management or variable job opportunities for workers based on individual productivity and goals.

Universities seem to be responding by providing increased support pre- and post-retirement. For example, at Princeton, a new retirement plan includes extra university financial contributions to pension plans for academics retiring sooner than they could, financial planning early in the career and support for productive academic careers following retirement (emeritus appointments, office and lab space, secretarial and computer support, retention of computing privileges and faculty email, use of library, parking permits, opportunities to teach, appointments as senior scholars for those with active research careers, eligibility for grants, a \$5000 allocation, and ability to accept new post-doctoral fellows and other researchers). Spending more was seen as bringing benefits: the mean retirement age was reduced and satisfaction among retirees was good.

There were lots of other tidbits. I'll briefly note a number: One university had to address severe reluctance to even talk about retirement, particularly any public display of interest. Faculty perceived they became invisible once retirement was broached. Another university took pride in its effort to address the needs of the 'whole person' through an extensive consultation process and was impressed with late career vitality. They were impressed with the desire of retirees to remain connected to their institutions (75% self-identified). People reported often feeling abandoned and angry with their universities, feeling the institutions hadn't fulfilled social contracts. Often the retiree's attachment isn't to the university, but to the discipline in which they have worked—they would like a continuing attachment to their professional organization or discipline more so than the university. Retirement organizations on campus are seen as very valuable resources for universities as they are recognized as providing the bridge between active campus lives and the 'netherland'. They provide opportunities to engage, a place on the campus.

In sum, universities, at least those attending this meeting, now clearly have the retirement transition on their radar, unlike in the past. The workforce issues described above now have them supporting engaged and productive retirements, long before the occasion.

News from AROHE

(Association of Retirement Organizations in Higher Education)

Retirees Value to Society the Subject of Research

(From the December 2015 AROHE Newsletter) For the past 20 years, Age Wave, a research, consulting and communication industry, has specialized in the conceptualization, design, execution, and promotion of landmark national and global studies exploring key trends and their implications for the aging of America. "Work in Retirement: Myths and Motivations" and "Giving in Retirement: America's Longevity Bonus" are two of these research studies discussing the value of the volunteer hours retirees contribute to society.

According to the "Giving in Retirement Study", the value of giving by retirees, including both charitable giving and the value of volunteer hours, will create an estimated \$8 trillion *Longevity Bonus* over the next two decades. Although retirees account for less than a third (31%) of the adult U.S. population (age 25+), they contribute 42% of dollars given to charity and nearly half (45%) of total volunteer hours. For retirees, "making a difference in the lives of others" is by far the top motivation to give, five times more important than getting tax deductions. See http://www.agewaye.com/research/landmark GivinginRetirement.php.

Association Speakers' Series

Green College Senior Scholars' Series



The talk by **Diane Newell** (Professor Emerita of History) on December 1 was enigmatically advertised as "Legacies of the Sixties". In her introduction she added the subtitle "Autobiography & Memoir: A Pack of Lies with a Grain of Salt," picking up on Margaret Atwood's observation that most people believe that novels are autobiographical but view autobiographies as "a pack of lies". Whatever "lies" she may have told, Diane's account of her career was interesting and impressive, especially as it revealed the path to her inter-disciplinary strengths. She hadn't realized until later in her career how important it was to have been in the first adult wave of the baby boomer generation, at a time

when so many forces were in play. Being an undergraduate in the 60's exposed her to a whole range of experiences, including the Vietnam war (and protests against it), the struggle against apartheid in South Africa and, in Canada, FLQ terrorism and the invocation of the War Measures Act, that shaped her career. However, these events also made Canadian history more appealing to budding social scientists and historians. The end result was a career that exemplified the benefits of interdisciplinarity, with books and articles ranging from the industrial archaeology of the canning industry to women in science fiction.



On January 19, **Michael Goldberg** (Professor and Dean Emeritus of the Sauder School of Business) presented a thoughtful and entertaining overview of his career entitled "You can take the boy out of Brooklyn, but you can't take Brooklyn out of the boy". As a child in New York he spent many happy hours playing outside in a densely populated area and probably visited every subway station in the city, leading to a lifelong interest in transportation issues. He was educated at an "independent" school (not what we know as a "private" school) staffed by teachers who refused to take the loyalty oath demanded in the early fifties. The school emphasized experiential learning

the impact of which can be seen in Goldberg's promotion of co-op education, internships and education abroad. He could even trace his research interest in Asia to his Brooklyn upbringing. As he put it "You could tell whether you were in a Jewish neighbourhood by the number of Chinese restaurants". Coming to UBC with a Ph.D. from Berkeley, earned during the chaotic 1960s, he was prepared to experience an urban crisis similar to that occuring in the U.S. Not finding anything like that in Canada sparked an interest in comparing Canadian and US cities that is the focus of many of his publications.

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

The next talk:



Tuesday, February 9 **Gail Bellward**(Pharmaceutical Sciences) *My Career as a Drug Czar(ina)*

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

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

Philosophers' Café

The Next Café: Friday, February 5

A Follow-up of the Paris Meeting on Climate Change

10:30 Tapestry Classroom, 3338 Wesbrook Mall

Discussion leader: George Hoberg, Faculty of Forestry

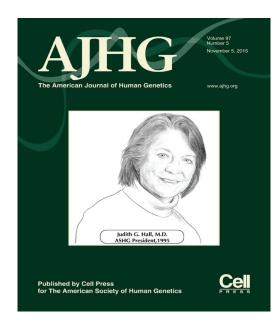
Professor Hoberg will lead a discussion of consequences of December's Paris meeting on climate change. He will briefly review the outcome, and then we will discuss such issues as the feasibility of countries' commitments, what is required in Canada at the federal, provincial, and local, and personal levels to make

quired in Canada at the federal, provincial, and local, and personal levels to make it work (and obstacles thereto), and consequences for the Canadian and world economies and personal investments.

Dr. Hoberg is a political scientist who specializes in environmental and natural resource policy and governance. He writes and posts articles about these issues on his website, http://greenpolicyprof.org/wordpress.

(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.)

Emeritus Awards & Honours



The contributions of **Judith Hall** (Paediatrics) to the field of medical genetics were recognized in the November 5, 2015 issue of *The American Journal of Human Genetics*, including her portrait on the cover.

Dr. Hall has had a wide-ranging impact on genetics and pediatrics. Throughout her career, she was involved in the description of many syndromes, including Pallister-Hall syndrome, which bears her name. She has argued that careful delineation of the natural history of genetic conditions aids diagnosis and assessment of treatments, as well as fosters a greater understanding of the etiology of the disorder. Dr. Hall is a Past President of UBCAPE and, in addition to her professional activities, is active as an ex-officio member of the Executive and member of the UBCAPE Scholarly Activities Committee.



Frank S. Abbott, Professor and Dean Emeritus of the Faculty of Pharmaceutical Sciences at UBC, has recently assumed the position of President of the Canadian Society for Pharmaceutical Sciences (CSPS). CSPS is the premier organization in Canada for bringing together scientists in academia, industry and government in order to advance education and training and to enhance the quality of research and development of pharmaceutical science within Canada. Frank was a founding member of this organization in 1997 and has served on the board as treasurer, director and president-elect, among other duties. He was made a Fellow of CSPS in 2012.

Emeriti in the News



Garry Clarke's (Earth, Ocean and Atmosphere Sciences) research on Canada's disappearing glaciers was featured in the CBC's *Top science stories of 2015*. His research found that 70 percent of glaciers overall will melt, but 90 percent of glaciers in the Rocky Mountains will be gone by 2100. One of the biggest impacts of the thinning glaciers will be on freshwater ecosystems. During the summer months, glacial melt provides cool water to many headwaters. Warmer streams will have a negative impact on freshwater fish. However, glaciers in BC's north-west Coastal Mountains will survive because of the higher topography. For details see the following web pages for the research article and the original CBC interview: http://www.cbc.ca/radio/quirks/quirks-quarks-for-april-11-2015-1.3027977/canada-s-disappearing-glaciers-1.3028394.

Research by **Julian Davies** (Microbiology) was the focus of an article in the Vancouver Sun on January 26, 2016. See:

http://www.vancouversun.com/health/Rare+clay+used+aboriginals+found+kill+bacteria+resistant+antibiotics+researchers/11676926/story.html



Researchers at the University of B.C. have discovered that a rare clay used as medicine by aboriginals in northern B.C. contains antibacterial properties that could be used to treat antibiotic-resistant bacteria.

Some 400 kilometres north of Vancouver, on the Heiltsuk First Nation's traditional territory, sits a 400-million kilogram deposit of glacial clay in Kisameet Bay that scientists believe was formed near the end of the last Ice Age, approximately 10,000 years ago.

The grey-green clay, known as Kisolite, has been used for centuries by the Heiltsuk First Nations to treat a range of ail-

ments, including ulcerative colitis, arthritis, neuritis, phlebitis, skin irritation, and burns. Locals have also historically used the clay for eczema, acne and psoriasis.

Now, UBC researchers say the clay exhibits potent antibacterial activity against multidrugresistant pathogens.

Testing conducted by UBC microbiologist Julian Davies and researcher Shekooh Behroozian found that the clay, suspended in water, killed 16 strains of ESKAPE bacteria (capable of 'escaping' the biocidal action of antibiotics) samples from sources including Vancouver General Hospital, St. Paul's Hospital, and the University of B.C.'s waste water treatment plant.

"What are they up to now?" Department

Elaine Carty (Nursing) is the current Chair of the Trust Fund for Education of the University Womens Club of Vancouver which provides scholarships & bursaries at almost all the the post-secondary institutions — UBC included — in the lower mainland. They support 40 awards amounting to \$70,000 nnually. Elaine is also a member-at-large of UBCAPE Executive.





Post-retirement work by **Serge Guilbaut,** (Art History): *Museum activities:*

July 2, Presentation of his show called "Lost, Loose and Loved: Foreign artists in Paris 1944-1968" Museum Reina Sofia, Madrid.

August 16th-20th: Seminar about his show "Lost, Loose and Loved: Foreign artists in Paris 1944-1968," at the Fondation Hartung/Bergman in Antibes (France) with: Eric de Chassey (Villa Medicis, Rome), Maureen Murphy (Paris, Sorbonne),

Rani Singh (Getty Museum, Los Angeles), Isabel Plante (University of Buenos Aires) and Philippe-Alain Michaud (Beaubourg Museum).

Publications:

"La Genesis de Guerrero: Redefiniendo y depurando la energia en Nueva York (1950-1965)", in Jose Guerrero, *The Presence of Black, 1950-1966*, Centro Jose Guerrero, Deputacion de Granada. pp. 37-52 (2015).

"Squeezing 'Modern Art' between Communism and Liberalism: The art of Andrzej Wroblewski", in Andrzej Wroblewski, *Recto/Verso, Museum of Modern Art in Warsaw*, Edited by Eric de Chassey and Marta Dziewanska, pp. 81-96 (2015).

"Electrifying Life: The Charged Art of Hank Bull", in Hank Bull Connexion, Confederation, Center Art Gallery (2016)

"Museum ad nauseam? Museums in the post-modern labyrinth" in *Perspectives, Revue de l'INHA*, (Institut National d'histoire de l'art) Paris (2016).



Professor Emeritus **John H.V. Gilbert** (Audiology/ Speech Sciences) has been appointed to the Dr. TMA Pai Endowment Chair in Interprofessional Education & Practice at Manipal University, Manipal, India from January 2016, in recognition of his merit, and contribution to interprofessional education and collaborative practice. John has also been appointed to the Board of Directors of Element Retirement Living (ELM).



Last, but not least, he has been elected President of the

Dunbar Lawn Bowling Club.

Mentally challenging activities key to a healthy aging mind: Individuals who participated in high challenge activities like quilting and photography showed enhanced brain activity, according to a new Restorative Neurology and Neuroscience report



Recent evidence suggests that engaging in enjoyable and enriching lifestyle activities may be associated with maintaining cognitive vitality. However, the underlying mechanism accounting for cognitive enhancement effects

have been poorly understood.

Investigators at the University of Texas at Dallas proposed that only tasks that involved sustained mental effort and challenge would facilitate cognitive function. Senior author Denise Park and lead author Ian McDonough compared changes in brain activity in 39 older adults that resulted from the performance of highchallenge activities that required new learning and sustained mental effort compared to lowchallenge activities that did not require active learning. All of the participants underwent a battery of cognitive tests and brain scans using functional magnetic resonance imaging (fMRI), an MRI technology that measures brain activity by detecting changes associated with blood flow.

Participants were randomly assigned to the high-challenge, low-challenge, or placebo groups. The high-challenge group spent at least 15 hours per week for 14 weeks learning progressively more difficult skills in digital photography, quilting, or a combination of both. The low-challenge group met for 15 hours per week to socialize and engage in activities related to subjects such as travel and cooking with no active learning component. The placebo group engaged in low-demand cognitive tasks such as listening to music, playing simple games, or watching classic movies. All participants were tested before and after the 14-week period and a subset was retested a year later.

The high-challenge group demonstrated better memory performance after the intervention, and an increased ability to modulate brain activity more efficiently to challenging judgments of word meaning in the medial frontal, lateral temporal, and parietal cortex regions of the brain. These are brain areas associated

with attention and semantic processing. Some of this enhanced brain activity was maintained a year later. This increased neural efficiency in judging words was demonstrated by participants showing lowered brain activity when word judgments were easy and increasing activity when they became hard. This is a pattern of response typical of young adults. Before participating in the high-challenge intervention, the older adults were processing every item, both easy and hard, with maximum brain activity. After participation, they were able to modulate their brain activity to the demands of the task, thus showing a more efficient use of neural resources. This change in modulation was not observed in the low-challenge group.

The findings show that mentally demanding activities may be neuroprotective and an important element for maintaining a healthy brain into late adulthood.

"The present findings provide some of the first experimental evidence that mentally-challenging leisure activities can actually change brain function and that it is possible that such interventions can restore levels of brain activity to a more youth-like state. However, we would like to conduct much larger studies to determine the universality of this effect and understand who will benefit the most from such an intervention," explained senior author Denise C. Park, PhD, of the Center for Vital Longevity, School of Behavioral and Brain Sciences, University of Texas at Dallas.

Ian McDonough, who is now an assistant professor of Psychology at the University of Alabama and was first author on the study, said: "The study clearly illustrates that the enhanced neural efficiency was a direct consequence of participation in a demanding learning environment. The findings superficially confirm the familiar adage regarding cognitive aging of 'Use it or lose it."

Denise Park added, "Although there is much more to be learned, we are cautiously optimistic that age-related cognitive declines can be slowed or even partially restored if individuals are exposed to sustained, mentally challenging experiences."

Abstracted from an article in Science Daily, January 16, 2016

Health goes downhill when older adults stop driving



For older adults, driving a car is an important aspect of having control over one's life. While 81 percent of the 29.5 million U.S. adults aged 65 and over continue to hold a license and get

behind the wheel, age-related declines in cognition and physical function make driving more difficult, and many seniors reduce or eventually stop driving altogether. Researchers at Columbia University's Mailman School of Public Health examined the health and well-being of older adults after they stopped driving and found that their health worsened in a variety of ways. In particular, driving cessation nearly doubled the risk of depressive symptoms, while also contributing to diminished cognitive abilities and physical functioning. Findings are published online in the *Journal of the American Geriatrics Society*.

"For many older adults, driving is more than a privilege; it is instrumental to their daily living and is a strong indicator of self-control, personal freedom, and independence," said Guohua Li, MD, DrPH, Mailman School professor of Epidemiology, the founding director of the Center for Injury Epidemiology and Prevention at Columbia, and senior author. "Unfortunately, it is almost inevitable to face the decision to stop driving during the process of aging as cognitive and physical functions continue to decline."

Dr. Li and a team of researchers reviewed and analyzed quantitative health-related data for drivers aged 55 and older from 16 studies that met eligibility criteria and compared results with data from current drivers. The study updates and expands on earlier findings with more than 10 additional years of empirical research.

Data showed that older adults experienced faster declines in cognitive function and physical health after stopping driving. Driving cessation was also associated with a 51-percent reduction in the size of social networks of friends and relatives—something the researchers say can constrain the social lives of seniors and their ability to engage with others. Decline in social health after driving cessation appeared greater in women than in men.

Former drivers were also nearly five times as likely as current drivers to be admitted to a nursing home, assisted living community, or retirement home, after adjusting for marital status or co-residence.

"As older ex-drivers begin substituting outside activities with indoor activities around the home, these activities may not be as beneficial to physical functioning as working or volunteering on the outside," said Thelma Mielenz, PhD, assistant professor of Epidemiology at the Mailman School and co-author. "When time comes to stop driving, it is important to make personalized plans to maintain mobility and social functions."

The researchers note that merely making alternative transportation available to older adults does not necessarily offset the adverse health effects of driving cessation. "What we need most of all are effective programs that can ensure and prolong an older adult's mobility, physical, and social functioning," said Li.

Abstracted from an article in Science Daily, January 16, 2016

Around Town



Philosopher's Café

February 5: 10:30 Follow-up on the Paris Climate Change Talks with George Hoberg (Forestry).

March 4: 10:30 Refugees in Canada. Watch for an alert with more details.



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JANUARY 16 Dr. Brian Goldman, MD Mount Sinai Hospital, Toronto Host, CBC Radio "White Coat, Black Art"

DISRUPT ME + ENGAGE YOU: THE HEALTH CARE REVOLUTION AND FUTURE POSSIBILITIES



Professor Simon Peacock Dean, Faculty of Science, UBC

MAGNITUDE 9 EARTHQUAKES: JAPAN IN 2011 AND CASCADIA (BC TO CALIFORNIA) IN 2XXX?



JANUARY 30 BEL N. NEMETZ LECTURE Mr. Andrew Revkin **New York Times Journalist**

AN INCONVENIENT MIND - THE CLIMATE CHANGE WITHIN, AND WHAT TO DO ABOUT IT



FEBRUARY 6 CRAIG LARONGE/UNIVERSITY OF WISCONSIN LECTURE **Professor Nick Cahill Department of Art History** University of Wisconsin-Madison

CITY OF GOLD: EXCAVATIONS AT ANCIENT SARDIS, TURKEY



FEBRUARY 20 UBC EXCELLENCE IN RESEARCH LECTURE **Professor Jennifer Hoffman** Physics Department, UBC

BUILDING QUANTUM MATERIALS, ONE ATOMIC LAYER AT A TIME



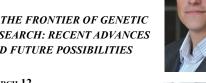
FEBRUARY 27 CECIL AND IDA GREEN LECTURE **Professor Arif Dirlik** Dept. of History and Anthropology **University of Oregon**

THE RISE OF CHINA AND THE END OF THE WORLD AS WE KNOW IT

March 5

UBC EXCELLENCE IN RESEARCH LECTURE Professor Marco Marra, OBC Dept. of Medical Genetics, UBC

AT THE FRONTIER OF GENETIC RESEARCH: RECENT ADVANCES



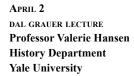
March 12

IRVING K. BARBER CENTRE LECTURE Dr. Turi King Lecturer in Genetics and Archaeology University of Leicester

RICHARD III: THE RESOLUTION OF A 500-YEAR-OLD COLD CASE



WHEN GOD TALKS BACK: UNDER-STANDING THE AMERICAN EVAN GELICAL EXPERIENCE OF GOD



THE INTERCONNECTED WORLD OF THE YEAR 1000



THE POWER OF NARRATIVE MEDICINE: HELPING CLINI-CIANS UNDERSTAND WHAT PA-TIENTS ARE TELLING THEM





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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 <u>www.musicinthemorning.org</u> 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;

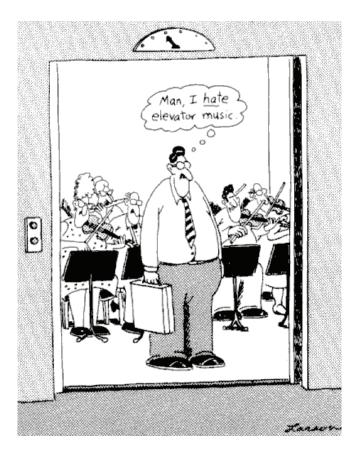
Alexander Seredenck, piano

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

piano

Tuning In

Feb. 23: Bramwell Tovey **April 6**: Tania Miller



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

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 (kemençe), Hamed Afshari (qaychak bam), Hamin Honari (tonbak and daf) perform traditional music from Turkey, Armenia and Iran.

March 2: Mark Anderson, piano, Michelle Mares, piano—Debussy: Blanc et Noir, Poulenc: Sonata for two pianos, Ravel: La Valse.

March 9: Nu:BC Collective & Guests— Paolo Bortolussi (flute), Eric Wilson (cello), Corey Hamm (piano), soprano TBA, Cris Inguanti (clarinet), David Gillham (violin), David Harding (viola), present Chang: World premiere of a new work, and Mahler arr. Santa Ana: Kindertotenlieder.

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