He was “tenacious, dedicated, and determined.”

Dr. John D’Auria is a chemist in a physicist’s world, with a long track record of profound dedication to the pursuit of excellence in science. A professor at SFU since 1968, John is one of the masterminds behind TRIUMF’s ISAC (Isotope Separator and Accelerator) facilities. After decades of exceptional contributions to the physics community, John D’Auria has been invited to be a Fellow of the American Physical Society, the world’s largest association of physicists.

“A brash New Yorker in Canadian clothes,” is how Dr. Richard Casten, D. A. Bromley Professor of Physics at Yale and a long time colleague and friend of D’Auria’s, describes him. “He is driven to discover the unknown,” Casten adds. “John pushes buttons in the control room and within the science community. He’s a rebel...
who has changed the landscape of science and will get the job done well.” After D’Auria earned his Ph.D. with his studies centered on the Heavy Ion Accelerator at Yale University, in 1968 he relocated to Canada to take up a post as Professor in Nuclear Chemistry at the then new Simon Fraser University (SFU) - coincidentally the same year TRIUMF was initially funded. SFU was one of the three original member universities of TRIUMF and D’Auria and his colleagues were key players in this. In fact, D’Auria was involved in experiment number three at TRIUMF, “The Study of Fragments Emitted in Nuclear Reactions.” It wasn’t long before D’Auria began tinkering with a bigger idea.

During APS’s Division of Nuclear Physics conference in 1989, alongside other scientists, John promoted the idea of using radioactive beams for the study of exotic nuclei. “Today, we all think of this as a major field of study in nuclear physics,” says Casten, but without D’Auria’s persistence he “dreads to think where this major field of science would be now without him.” In pursuit of exotic nuclei, D’Auria became the principal investigator on TISOL (TRIUMF test Isotope On-Line facility), an ion-beam transport and isotope separator system based on a similar project D’Auria worked on while on sabbatical at CERN. Eventually, D’Auria headed the TISOL project and its construction.

TISOL was conceived as a niche project but turned into a big hit for TRIUMF; successful experiments were abundant. “Some were so successful that we could walk down the middle of the corridor instead of the sides of the corridor, you know, like football players in highschool. We were accepted as a real physics experiment,” says D’Auria.

In particular the “Red Giant” experiment demonstrated the importance of using exotic rare isotopes for nuclear astrophysics by using beta-delayed alpha emission from N-16 to determine one component 12C(α, γ)16O reaction rate at stellar energies. “That reaction takes place in stars and it’s where the carbon in your body came from, where the oxygen you are breathing in comes from,” says D’Auria. TISOL became the catalyst that led TRIUMF into a new era of physics with the introduction of the ISAC facilities in the late 1990’s.

TRIUMF management approved ISAC’s proposal during the 1995–2000 Five-Year Plan and eventually broke ground in 1995. D’Auria served as an advisor during this time and also co-leader of the DRAGON (Detector of Recoils And Gammas Of Nuclear reactions) facility. The DRAGON experiment was “the first new major experiment on the ISAC floor that was successful,” says D’Auria.

With DRAGON, D’Auria and his team were able to combine the high intensity radioactive beams from ISAC. To accompany DRAGON, the ISAC team built a low-energy accelerator chain to select the right energies to match the velocities of ions in stars. Then they used DRAGON to do measurements of the reaction of the accelerated radioactive beam with a hydrogen target. “ISAC is the only place in the world that can do that--still!” says D’Auria.

D’Auria’s dedication to science has never been questioned. Casten recalls the early days of fleshing out a long White Paper on the ISL (IsoSpinLab) with extremely long days, and when it would come time to stop for the evening, no one “least of all John, wanted to stop.” He was “tenacious, dedicated, and determined.”

It is that determination for excellence in science that has lead to his American Physical Society Fellow invitation, which is based on the criteria for exceptional contributions to the physics enterprise.

Casten recalls, “It was John’s relentless efforts, which all started from a minor beam line and has turned into everything that it is today. Much of the time he was swimming upstream but that never daunted him.” After decades of success, the one thing we can learn from John is that, “he was right about it all from the get-go.”
President’s Report

Greetings to all. As you are probably aware, there is a new SFURA Board coordinating all of the activities and services of the Association. However, my first duty is to remind you of the excellent performance of the previous Board and in particular, President Jim Boyd and others. They will be a tough act to follow. Financially we are in very good shape because Treasurer Denyse Dallaire did such an excellent job managing our books. It was primarily due to her that we can pay for many activities through Paypal online now. I should add that Walter Piovesan made the website handle all such new improvements smoothly.

Yasmin Jamal organized an excellent speakers program with well-attended meetings. While membership is still a concern—we do not seem to attract all of the retirees—nevertheless Reo Audette has contacted all of our members and has developed a plan for expansion that includes giving new retirees free membership for the first year.

Financially we are in very good shape because Treasurer Denyse Dallaire did such an excellent job managing our books.

We now have a new Administrative Assistant, Annie, and she is gradually learning to work with our demanding group and get the office and all of its procedures organized. Ralph Korteling has put together a database on the SFU mainframe computer so that we have a good record of all present and past SFURA actions and activities. Without the excellent records that Jean Trask keeps about our meetings and all of our various enterprises, we would not know what we had done. Thea Hinds was basically busy all year coordinating the many social activities that she organized. Of course, Maurice Gibbons did great work not only on the excellent newsletters he edits, but also on the book, Remembering SFU On the Occasion of its 50th Birthday that he organized and edited. BUT, keep in mind none of these would have worked without the skills, efforts and many hours put in by former President, Jim Boyd.

Given all that we accomplished in the past year, what can we expect during the coming months? Well we have already signed some excellent speakers for the fall seminar sessions, so stay tuned to find out who they are. We hope to put through some changes in the Constitution to make it more useful in certain areas. We are helping to organize another Pre-Retirees Workshop in the fall, that we also plan to use to advertise the values of the SFURA and hopefully increase our membership. There is a plan to save many of the old photographs taken over the first 50 years at SFU and kept in the Archives but in such a disorganized manner it is impossible to find what you are looking for. Of course, with a new Board, many other new ideas may come to fruition and make the coming year as exciting as the previous one.
Announcing SFURA’S Book, Remembering SFU.

BY HILARY JONES

Reception SFU’s 50th Anniversary Halpern Centre Jan 19 2016

In 2007, I wrote a poem for my retirement party, the first verse of which went like this:

Goodbye to SFU
It’s been a part of me
Since 1965
When I was only 23.

And that about sums up how I feel about SFU: it has been a part of my adult life for 50 years, and that is why its 50th anniversary was special for me and something I wanted to celebrate. Fortunately, the Retirees Association took me up on my suggestion that we hold some kind of remembrance, and on January 19, 2016, 108 retirees and guests came together in the Halpern Centre to celebrate the beginnings of SFU’s 50-year history and to launch the SFURA’s wonderful book, Remembering SFU on the Occasion of its 50th Birthday.

The afternoon began with a presentation by Maurice Gibbons, editor of Remembering SFU, in which he outlined the history of the book's publication and the recruitment of authors, all of which was accompanied by a slide show of early photos of the Burnaby campus and pictures of authors, some dating back so far that they were almost unrecognizable. Gibbons concluded with a celebration of the fact that the room was full of people who had contributed to the book, and that it was a joyful shared enterprise.

Next up were contributors to the book who shared a little of their personal history at SFU. Roy Carlson, who was an original faculty member in the (in)famous PSA Department, explained how he attended the Opening Ceremonies then missed the first two years of SFU. Marilyn Cairns reminded us of the bonds and friendships made so readily in the early years and some of the parties and adventures experienced by so many of us who were there. Mike Roberts entertained us with a recounting of his politically correct interview with President Pauline Jewett over brunch in Ottawa. Alison Watt's careful presentation related only those experiences she felt she could talk about, even after all this time; amusingly she described how she had shown Michael Stevenson and his wife around the President's Residence, a place that was somewhat rundown after two years of vacancy, and how this almost served to make Michael Stevenson change his mind about taking the presidency. These four talks were interspersed with small anecdotes from Colin Jones as he introduced the speakers, including the story of his unusual interview in 1965 for a position in Chemistry by Parzival Copes, founding Head of Economics, who happened to be in England at the time. There were, understandably, no questions about chemistry.

Following the talks there were snacks and drinks and much mingling and reminiscing amongst the attendees. All in all it was a great way to celebrate SFU's anniversary and the publication of Remembering SFU, and many thanks are due to SFURA for organizing it. It is also thanks to SFURA that my goodbye in 2007 was not a final one, and that all retirees are able to maintain their connection with SFU through this group. If you don't have a copy of the book, get one now; try the bookstore or the SFURA Office.
On Reciprocity And Altruism

MARILYN BOWMAN

“... reciprocity is a fine model for regular economic transactions”

Years ago I was indignant when I heard a marriage researcher explain that successful marriages were all about reciprocity. He argued that when reciprocity starts to break down in a couple, then problems turn into complex interpersonal conflict. I was indignant because this seemed like a very cynical, economic-based analysis that was really off the mark for deep human relationships. I have often returned to this idea in the years since then. The more I thought about it, the more it seemed that a failure of reciprocity was the result of marital conflict rather than the cause. As a couple developed conflicts, each might start toting up what s/he had done for the other and the other had failed to reciprocate.

Douglas Todd, an ethics columnist in the Vancouver Sun recently discussed a Chinese word representing the reciprocity model in a quite extreme version. “Guanxi refers to in effect, reciprocal obligations in which if one person extends a favour to another, this sets up an absolute expectation that in the future the recipient will have to provide some kind of matching favour. It is a kind of glue creating relationships. Westerners visiting China sometimes fail to understand this, and difficulties can arise when they do not understand the necessity of the obligation that has been incurred. I encountered some examples in my time there.

It seems that reciprocity is a fine model for regular economic transactions; you pay money and get something for that money, you pay taxes and your children have schools and hospitals. It may operate to some extent in less close relationships, as when a friend offers to provide help within a general understanding that this may be reciprocated but without a specific expectation or any established obligation. Friendships in which the favours are repeatedly sought by one party and rarely reciprocated may well falter.

But the question of how powerful reciprocity is in everyday life comes up in many ways and it seems to be a limited model in understanding interactions between people who have close relationships. What the reciprocity model misses is the very different basis of close personal connections, which are derived from love rather than from an expected reward. A loving parent does not care for a baby or young child because s/he has a solid expectation of being repaid. Instead, care flows from love for the helpless child. The power of love in eliciting unreciprocated care is seen in caring for someone who is ill where there may not even be any prospect of survival, yet loving people care for sick family and friends often to an extreme and exhausting degree. Christian culture tells us to love our neighbours as ourselves, to “turn the other cheek” and forgive others in response to harms. The parable of the Good Samaritan provides an example of this thinking, all rejecting reciprocity as a moral principle, in favour of love without conditions.

Beyond the close circle of love within families and friends, there is a more general moral goal for offering help to others in situations where it is very unlikely to be reciprocated. Altruism represents a moral goal in which there is no overt or implied expectation of receiving a reciprocal benefit. We see it in situations where people risk their lives to help others who they do not know. Firefighters rush in to a burning building, or police or soldiers expose themselves to high risk for the benefit of the larger community. At times people show magnificent indifference to being repaid for effortful or dangerous tasks, and we recognize this as heroism.

I may have an unrealistically rosy and naïve view of how humans work, but it seems important to recognize that love and altruism go beyond reciprocity in providing models of how humans live at their best. The separation of behaviour from a strict expectation of a reciprocal reward is part of what makes us truly and best human.
Visiting Toronto This Summer?

YASMIN JAMAL
Then Put This On Your List Of Things To Do.

Lucky for me a Mother’s Day gift gave me an opportunity to visit the Ismaili Centre as well as the Aga Khan Museum in Toronto at the end of April this year.

Ismaili centres in Canada are part of a global network of centres that are symbolic markers of the permanent presence and core values of Ismaili communities around the world. They serve as ambassadorial hubs, representing the Ismaili community’s attitude towards the Muslim faith and modern life. Architecturally unique, each building incorporates spaces for social and cultural gatherings, intellectual engagement and reflection, as well as spiritual contemplation.

The Ismaili Centre in Toronto is easily visible to anyone driving on the Don Valley Parkway. Opened in September 2014 by Prime Minister Stephen Harper and His Highness the Aga Khan, it was designed by the late Indian architect Charles Correa.

As an Ismaili, and having already visited the very elegant Ismaili centres in London, Lisbon, Dubai and Vancouver, this second Ismaili Centre in Canada offered another opportunity to view the creation of a building with the traditional Islamic architecture in a contemporary design using modern materials. It was truly remarkable! The late Charles Correa used the traditional notions of a dome with light, colour and symmetry to bring about that grandeur.

There was no charge for the tour, but you do have to reserve it ahead of time. I was in awe to see the welcoming calligraphic inscriptions on the wall. As we toured the prayer hall, the loggia and social hall, the library, and religious education classrooms, each wall boasted calligraphy, artwork and tapestry from different parts of the Muslim world. The calligraphy pieces that you see below have embedded precious stones, such as Tiger Eye and lapis. The calligraphy on the right had a three-dimensional effect. A feeling of peace and calmness resonated in me as we walked on the beautiful shiny geometric marble floors.

The Ismaili Centre includes a prayer hall, as well as spaces for social, educational and cultural activities. It is designed to provide an understanding of the values, ethics, culture and heritage of Ismaili Muslims, and the work of the Aga Khan Development Network.

The Ismaili Centre is situated within a 6.8 hectare park designed by a Lebanese landscape architect, Vladimir Djurovic, which it shares with the Aga Khan Museum. It was the perfect day to take pictures. As we walked through the four reflecting ponds, and the beautiful shrubs and blooming trees, it felt very tranquil and yet it was hard to imagine how just below this calmness and peace was the busy Don Valley Parkway. This park space is open to all: if you are visiting Toronto, don’t miss it.

The entrance to the museum has a welcoming carpet hanging from the ceiling created using over a million golden pins beautifully crafted into one long piece. I was pleasantly surprised that it had animals camouflaged within its forest theme. Absolutely mind-boggling! So neatly done!

My Mother’s Day gift was a special brunch at the Diwan restaurant, which boasts floor to ceiling windows that overlook the park. The interior walls of the restaurant feature 19th-century wooden panels hand carved and painted in Damascus. Reservations are a must as the restaurant has limited seating and hours. The brunch, I must say, was delicious -- did I mention that the food services are managed by the renowned chef, Mark McEwan and his group! The menu included items from the Middle East, North Africa and the Indian subcontinent.

This experience made me very proud; I hope that you get a chance to experience it too.

For more information on the Ismaili centres in Toronto or Vancouver, please visit:

www.theismaili.org/ismailicentres or https://www.theismaili.org/ismailicentres/toronto

For free tours to the Ismaili Centre, email: tours@iicanada.org

For the Aga Khan Museum https://www.agakhanmuseum.org/visit/tickets-hours
The Ismaili Centre, Toronto with its majestic dome & reflecting pond

Photo credits: Yasmin Jamal
The Financial Interest Group (FIG) has a Request

Introduction

We, as members of the FIG, are in the process of planning three or more seminars for our next year starting in September. We would like to request that you consider your financial picture and your needs within it, and offer some suggestions as to how we might set up seminars to assist you and others with your financial planning.

To provide a context for this request, we offer a brief look at our past to see how FIG got started and to provide some examples of what types of seminars have been offered to SFURA members and the rest of the University since its inception.

In May, 2008 someone on the SFURA executive circulated a memo to see if an organization on financial planning would be of interest. A sufficient number of replies from members prompted the first meeting of such a group. This meeting served three main purposes: assess interest in the topic, identify possible areas for discussion, and set out a schedule and agendas for further meetings. What came out of the discussion was that a general meeting each semester would probably suffice as a start with possibly smaller meetings in between. Topics such as the following could be examined:

- Making the most of the SFU Sun Life and other mutual fund programs,
- Stock and options trading,
- Working effectively with financial planners,
- Limiting taxes during retirement and when we leave our estate behind,
- Reviewing the purposes that might be achieved by such an interest group.

Our Activity since that Casual and Informal Beginning

FIG has organized over 25 seminars dealing with financial issues related to the interests of SFURA members, faculty and students across the University. The range of attendance has been quite good. The topics have covered a wide range partly represented by the visual below.

The seminars have involved a range of presenters and facilitators including SFURA members, commercial financial planners, and SFU staff. Here are some examples representing this range.

- We have organized three or four panels where retirees have described how they have managed their retirement funds, what worked and what did not.
- Several other sessions were organized where
individual retirees and administrators described their interest in specific areas. For example, Conrad Colbow described his efforts in options trading and George Stuart described his stock trading since his retirement. Ted Cohn dealt with financial issues emerging from the debt crisis in the United States. Alan Black and Debbie Wilson, when they were Directors of Human Resources, reviewed the Sun Life funds and other financial connections for retirees.

Financial representatives from commercial firms have also presented at our FIG seminars. Recently, Misa Zivkovic from Raymond James gave a presentation on annuities, new RRIF and LIF regulations, and a range of other issues. We also had a talk from Jovin Shin from the Online Trading Academy on short term trading.

The issue of US taxation for Canadians has been raised on two occasions. In 2009, Marilyn Cairns shared her experience in being audited by the US authority. Recently, Barbara McDaniel and Jay Burr shared their problematic experiences as persons living in Canada who have US citizenship. That interesting session led to a follow-up session with Patrick Fournier from a financial and accounting firm.

**Where to From Here?**

We would like to end with a request that you consider what financial issues would interest you. Are there panel discussions that would help you make the right decisions in issues that confront you? In what areas would you like to hear an expert present some ideas?

We welcome your suggestions. Please send them to Marv (widen@sfu.ca), Tom (tom_oshea@sfu.ca), or Phil (pmah@sfu.ca).
It’s All About You.

By Evelyn Palmer

In Memoriam

We are sorry to hear of the passing of six retired faculty and staff members.

SFURA members are invited to submit stories and obituaries of friends and colleagues to the website and in the email forum, <retirees-forum@sfu.ca>

Ian Andrews, who was in the Faculty of Education and served as Director of international education, passed away on June 11, 2016.

Ted Dobb, SFU librarian and, past president of the Canadian Association of Research Libraries, passed away on February 13, 2016 at age 79.

John Mills, a Charter Faculty member in the English Department, died January 16, 2016 at the age of 85.


Jacob Jaap Tuinman, who served as Dean in the SFU Faculty of Education, passed away August 22nd, 2015 at the age of 75.

Ian Whitaker, Professor Emeritus in the Department of Sociology and Anthropology, passed away on May 19, 2016.

Our Members

Our heartiest congratulations go to Marjorie Griffin Cohen who has been selected as winner of the John Kenneth Galbraith Prize in Economics for her contributions to political economy in Canada. She is an economist and has written on public policy and economics with special emphasis on the Canadian economy, Canadian public policy, women, labour, international trade agreements and deregulation of the electricity sector.

Marjorie is a long-term research associate of the Canadian Center for Policy Alternatives, and a more extensive description of her work and the Galbraith Prize can be found in the most recent issue of the CCPA Journal, https://www.policyalternatives.ca/sites/default/files/uploads/publications/National%20Office/2016/04/Monitor_May_June_WEB.pdf

Marjorie is Emeritus Professor of Political Science and Women's Studies at SFU. She will be awarded the Prize in June and will deliver a lecture at the annual meeting of the Canadian Economics Association.

Liz and Larry Dill are keen Dragonboat competitors. As I reported in the Winter 2014 newsletter, they competed in Ravenna, Italy in September 2014.

Their team won gold medals in both the Masters Division at the Vancouver Dragonboat Festival and at the BC 55+ Games in Burnaby in 2015.

It gets better. In early April of this year they participated in Dragonboat World Club Crew Championships in Adelaide, South Australia. Their team, the Gorging Dragons, from Vancouver Island Paddling, did quite well in the Senior C (60+) division. Between the two of them Liz and Larry brought home 9 medals, including 5 golds.

Larry recommends the sport to other retirees as a good way to get and stay in shape. Dragonboating is one of the world's fastest growing team sports. Read more at: http://www.vipaddling.com/about-vipaddling.

In the year and a bit since our last issue of the Newsletter, Suso Gygax has published TWO books, Peter's Revenge and A Cariboo Christmas: Repeat. Peter's Revenge is available through Friesen Press (the publisher of Remembering SFU) and both are available through Amazon.ca. Both are available at the SFU Library, and were
displayed at the Celebration of SFU Authors in March.

Suso writes that the first novel might be of interest to faculty because some of its background deals with university intrigue. He cautions us that all characters are fictional, that no faculty member he knows is as repulsive and manipulative as the main protagonist. The book is probably not light summer reading. However, A Cariboo Christmas: Repeat is somewhat lighter and was fun to write.

Here is Dan McDonald's most recent Kiva update;
The SFU Kiva team continues having a bit of competitive fun while doing a little good in the world. Our team scores "good deeds" rather than "goals". Since December 31 our team has outperformed Xavier, Tuck, Iowa State, U. Illinois, U. Colorado, and U Washington moving us up the ranking from 49th to 43rd of 1760 university teams worldwide. Just ahead, and a major challenge, is the University of Chicago ranking 42nd.

Join our team as we successfully compete internationally.
http://www.sfu.ca/retirees/sfu-community/Kiva.html

The SFURA has made Kiva part of our SFU 50th Anniversary legacy. Active SFU members of the community as well as retirees have contributed to it. There is a link on the SFURA website:
http://www.sfu.ca/retirees/sfu-community/Kiva.html

We were sorry to hear of the passing on April 30, 2016, of Stan Wong, a charter student and editor of The Peak and the 1966 SFU Yearbook. Stan participated in the first of our Oral History DVD’s. His obituary appeared in The Province May 5.
http://m.legacy.com/obituaries/theprovince/obituary.aspx?n=stanley-wong&pid=179894365&referrer=0&preview=True

Christine Hearn posted this on Facebook; "My favourite Stan moment was during the sit-in outside the BoG meeting during the TA’s incident: one board member said to Stan "You do what you want; you're free, white, and 21." To which Stan replied, "Well one out of three isn't bad."

Comments on the New SFURA Book.

DAVID STOUCK
“Remembering SFU on the Occasion of Its 50th Birthday”

Congratulations to all who worked on the two books—the history and the photo album. I picked up my copy last Monday and have made my way through the nearly 50 entries, about 7 a day. Lots of interesting memories and nostalgia of course, but lots of ideas as well—things I did not understand then conceptually, and reflections that put certain familiar phases of SFU history in a new light.

There is a cluster dead centre in the book that stand out: Rick McGrath who conveys vividly what it was like to be a bright young charter student in the mid-sixties; Colin Jones describing himself as a young professor newly arrived from the UK and praised especially for his Beatles haircut (a nice complement to Martin Loney's excellent account of another, very different Brit on campus); and Aleksandra W-Z, who makes us appreciate in such a positive fashion what it was to be a librarian as SFU opened. I very much liked Leigh Palmer's family odyssey taking physics on the road, and certainly the comic account of the McClaren airport reception (did that really happen? Yes, It did!).

Two other pieces stood out for me because I learned about areas of the university's functions that I knew little about. I am thinking here of the interesting piece from John Buchanan about the SFU Athletics programmes, and the one by Jack Blaney and Ann Cowan on SFU Downtown. I taught in that programme when it was launched on Howe Street, as well as later at Harbour Centre, but had no real grasp of how it was conceived and eventually put together. I also learned a lot from Nina Baird and other commentators on the arts at SFU. It is a book of many parts indeed, and by the
end it all comes together.

And Ron Long has done excellent work with the photos and various illustrations. I have spent hours scanning the black and white pictures and seeing familiar faces, giving some of them names for the first time. I think the cover designs are well chosen. Strange, but nothing identifies SFU so clearly for me as those Gordon Smith mosaics. I suppose that is because there is so little that is colourful on the exterior of the buildings, certainly the AQ. It's nice to see our cedar sculpture again, which years ago I always gazed at when using the DUC. It was perfect there and I sorely missed it when the renovations sent it elsewhere. (Hopefully there are still no loin cloths.) I mentioned the piece by Blaney and Cowan and SFU finally reaching downtown. The Coldwell illustration for that piece of Simon Fraser reaching the sea is brilliantly placed in the text (both pages), and of course though Simon Fraser was turned back by the Musquaem people, SFU

The Socialist Report

TOM O’SHEA

“what the hell is money for anyway”

Every year at this time I get reminders to re-subscribe to a variety of theatrical and musical offerings. I usually agonize about the total cost but end up subscribing because we always (usually) enjoy the productions, and what the hell is money for anyway. So I thought I would share with SFURA members one recommendation for each series we attend.

Recommendations are based on personal interest and reviews from elsewhere, and links are given for each. These may not be to everyone’s taste, so check out each series for information on other offerings you might enjoy. Or let me know of your favourite series that’s not listed here.

The Arts Club: September 29–October 29
Granville Island Stage
THE FLICK
A clever story about changing times and changing film reels.
Winner of the 2014 Pulitzer Prize for Drama
https://www.theguardian.com/stage/2016/apr/20/the-flick-review-dorfman-national-theatre-london-annie-baker-cinema-play

The Cultch: October 25–November 6
York Theatre, 639 Commercial Drive
THE PIANIST: A CONCERT CATASTROPHE
Classical clowning mixed with contemporary circus produces a catastrophic comedy centered on, in, under,
and around the grand piano. At the peak of high society entertainment sits The Pianist. Impeccable, he glides through life without a foot out of step. He is, in a word: perfection. Or at least that’s what he thinks…

http://www.theatrereview.org.nz/reviews/review.php?id=6935

United Players: November 4–27
Jericho Arts Centre
TAKEN AT MIDNIGHT
Germany, 1931. Lawyer Hans Litten is famed for the brilliance with which he defends opponents of the Nazi movement. When he calls Adolf Hitler as the star witness in the trial of a band of murderous Nazi paramilitaries, the politician feels the full force of Litten's intellect, wit and courage. Two years later, Hans is arrested, held without trial, and tortured, leaving his indomitable mother to confront his captors at enormous personal risk.

https://www.theguardian.com/stage/2014/oct/05/taken-at-midnight-review-hitler

Metropolitan Opera HD: December 10, 09:55 am
Various cinemas throughout the Lower Mainland
L’AMOUR DE LOIN
Finnish composer Kaija Saariaho’s opera was commissioned by the Salzburg Festival, where it was first seen in 2000. It will now have its Metropolitan Opera premiere in a new production by Robert Lepage. “Though it was not intended as such, L’amour de loin provides a jolt of sanity amid the political conflicts that of late have been rattling the world, Austria in particular, over issues of nationality, immigration, the sanctity of borders, and the cultural gulf between the West and the East.”

http://www.metopera.org/Season/2016-17-Season/amour-de-loin-saariaho-tickets/

Vancouver Recital Society: November 30
JOYCE di DONATO, with Il Pomo d’Oro Chamber Orchestra
Orpheum Theatre
This concert explores the dichotomy of discord and harmony in times of war, through Joyce’s powerful interpretation of Baroque arias in a program that includes Monteverdi, Purcell, Handel, Leo, and Jommelli. Il Pomo d’Oro is a period instrument ensemble made up of a group of young musicians who are among the best to be found worldwide.

http://vanrecital.com/concert/joyce-didonato/

Vancouver Symphony Orchestra: November 12 and 14
VERDI REQUIEM

Orpheum Theatre
Maestro Tovey conducts one of the greatest and most important choral works in the repertoire, Verdi’s Requiem. The performance of this thrilling, almost operatic masterwork will feature the massed voices of the UBC University Singers and Choral Union, and four outstanding vocal soloists.

http://www.vancouversymphony.ca/concert/16MWD02/

Finally, one outlier…

Frankie’s Jazz Club: every evening
LIVE JAZZ
765 Beatty Street
The Fall schedule has not yet released. Shows at 8 pm (two sets). Cover charge starting at $10. Dining and listening for serious jazz lovers.

http://www.coastaljazz.ca/frankies_jazz_club

Do we live in a great city, or what?
Every stress leaves an indelible scar, and the organism pays for its survival by becoming a little older - Hans Selye

The word stress has been used for centuries in physics and is related to elasticity. When you stress some material with certain force, the material resumes its original shape and size after stress is removed. However, if the material is stressed for a long time, it deforms and ultimately breaks. That is how Hans Selye, a Hungarian endocrinologist who settled in Montreal, used the term “stress” for the human body.

In physiology stress is used to describe any demand put on our body by external or internal environments. The amount of stress and the coping mechanisms of the body ultimately determine our mental and physical health. Some of the familiar bad stressors are: a fearful situation, overwork, worry, noise, social pressure, and disruption of the circadian rhythms in shift workers. During a transient stressful situation, the hypothalamus (a small hormone-controlling part of the brain) releases chemicals into our body, which in turn release cortisol and adrenaline from other glands. Adrenaline increases the heart rate and blood pressure, while the stress hormone cortisol increases blood glucose preparing us to handle the stressful situation. At the same time, cortisol affects most parts of the brain to impart arousal. As a result of all these effects, the body and the brain are ready to fight the threat together. Under normal healthy situations, one must learn to cope with the every day stresses of life. Physiologically, coping means controlling the amount of cortisol circulating in the body. Every time a stressful situation happens, the physiological response should occur, followed by the back to normal levels of hormones (like a good elastic rubber in physics). Some major areas of the brain, which are most sensitive to cortisol, are also the ones that control the amount of cortisol released. The highly evolved prefrontal cortex (behind our forehead) gives us power to think and make decisions, and the hippocampus is where the memory is consolidated. The third major part known as the amygdala detects danger. These three brain centres control the amount of cortisol released by the adrenal glands because cortisol, if not controlled, can attack these areas and damage them. Besides damaging the brain, high levels of cortisol can result in high blood pressure, obesity, diabetes related conditions, arthritis, kidney disease, ulcers, allergic reactions, etcetera.

Inverted U shaped response to stress: The response of the brain and body when exposed to cortisol, follows an inverted U shaped curve. The bottom left part of the inverted U indicates total lack of stress that results from an impoverished environment, and it leads to under-stimulation of the brain. Most vulnerable to under-stimulation are children and the elderly. When older adults lack social interactions as a result of financial or physical problems, the cortisol sensitive areas are not stimulated, there is no arousal and the brain is not alert; this results in the breakdown of connections in the brain. With a mild transient stress (top left part of the inverted U), when one feels safe and in control, there is release of just the right amount of cortisol. It is stimulating and exhilarating for both the brain and the body; one feels alive. Moderate stress enriches us and sustains us, as long as we keep challenging ourselves with tolerable amounts of stress. When frontal areas of the brain and hippocampus make more connections, we can make better decisions and learning improves. Fear of threat diminishes. This is the healthiest situation for both the body and the brain. Once the threat or challenge is gone, adrenaline and cortisol levels return to baseline, and the whole body resumes its regular level of work. The body should never stay in a constant state of high circulating cortisol and adrenaline.

At the top right side of the inverted U indicates stronger and/or chronic stress when one feels threatened, overwhelmed, over stimulated and out of control. There is a constant high level of cortisol that damages the frontal cortex and hippocampus, and strengthens the amygdala. Strengthening of amygdala means that the person lives in constant fear. They stop interactive with the environment. They change from thoughtful to reactive behaviour; they become emotional and easily aroused to fear. The last stage, the lower right part of the inverted U, is disastrous. Cortisol levels are very high even when there might not be any threat; one feels constantly under attack. This condition can lead to multiple disorders such as depression, decreased motivation, indecisiveness, PTSD, digestive problems, heart problems, anxiety, schizophrenia, impaired sleep, impaired concentration and neurodegenerative disorders.

Vulnerability to stress: For a healthy brain and body, one needs the right balance between lack of stress and too much stress. This optimal amount varies from person to person. What is exhilarating for one may be devastating for another person. Vulnerability to stress is developed over the whole span of life. In utero, if the mother is stressed, the fetus becomes sensitive to stress; male fetuses are affected much more than female fetuses. During puberty as the emotional parts of the brain develop, there is a profound effect on the sex hormones. Females become more vulnerable.

Any trauma during this time can leave life-long scars. Testosterone blunts the release of cortisol and hence males become less vulnerable. During midlife, alterations in the reproductive hormones are more dramatic in...
females, and hence, females are again more vulnerable. In general, sex hormones have a strong positive effect on areas of the brain critical for executive function, learning and memory, and stress regulation. Cortisol has similarly strong effects on these brain areas, but in the opposite direction. A large number of studies have shown that estrogen plays a vital role in the brain’s resilience to the effects of cortisol. For an older adult, sensitivity to stress is a cumulative outcome of all the traumatic events that have affected them during their life time. It should be emphasized that vulnerability to stress can be passed on for generations via non-genetic behavioral and physiological mechanisms.

**Stress management**: Older adults, in particular females, are extremely vulnerable to stress. To avoid both physical and mental diseases, make yourself aware of what triggers your stress response. For retired older adults it is important to socialize. Challenge yourself both mentally and physically as you did while working. Exercise regularly. Regular exercise negates the bad effect of cortisol; it promotes formation of new neurons and promotes new connections while you learn. Eating a healthy diet and getting adequate sleep are important. Avoid anger and laugh a lot. Even if you do not meditate, sitting still for 30-40 minutes will help you to relax. If you are still bothered by stress, seek professional help.

I heard something simple about sitting still from Reverend Bacon: “When you are disturbed, your brain is like a bowl of muddy water and you can’t see clearly. Sit still until all the mud settles down, and your brain is like calm, clear water.”

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**50th Anniversary Scholarship Fund Tops Up**

The SFURA Executive would like to thank all who contributed to the special scholarship fund honoring the 50th Anniversary of the opening of Simon Fraser University. Due to the special efforts of all to create a lasting legacy, an endowment fund valued at a total of $34,490 was raised. Members of SFURA individually contributed $19,490, and the Association contributed matching funds of $10,000. The University then contributed $5,000, which led to the total of $34,490, and this will distribute almost $1,400 a year to a deserving SFU student. It should also be noted that this was an excellent year for fund raising as the Campus Community (faculty, staff, retirees, and others) contributed $240,000 and with matching funds from the University, an amount of $303,000 was raised to give to SFU students.
Editorial

MAURICE GIBBONS

How Will You Make Your Life Better?

I take on the years reluctantly; they feel more like weights to press me down than feathers in wings to lift me up. But I also realize that I don’t do a lot to make the weights take flight either. My shoes get farther and farther away and resist being pulled up onto a knee where I can reach the laces, so I take the shoes off, pre-tie them and use a longer and longer shoehorn to get them on; anything to avoid the deadly Velcro, and apparently any stretching program that would make the shoes accessible.

Someone gave me a claw-like gizmo that fits onto the handle end of my putter to help me to retrieve my golf ball after I putt it into the hole. It grabs the ball and I lift it to my hand. They gave it to me because I can no longer bend down and retrieve the ball unaided—unless I get into a very awkward position that threatens to snap the shaft of the club I am leaning on. A couple of the members of our foursome are as old or older than I, and they still retrieve their balls from the cup unaided.

Yes, it’s embarrassing, especially since I wrote so often about challenging ourselves to grow and develop, and now seem unable to do that for myself. That seems to be the insight I needed, that I have to do a lot more “raging against the dying of the light” and a lot less of “one more glass of wine and then I’ll get serious”. There is a challenge at the heart of every stage of our lives and I think the challenge of getting old is to simply say, “No!” and do something about our diminishing powers every time we experience one of them.

I also used to write about making contracts with ourselves to confront a challenge and then telling someone about it to put the pressure on. So, I am going to say here that I will begin a stretching program that will enable me to pick up my golf ball unaided and tie my shoes—with them on my feet—and I will do that by the end of the summer. And then on to something else. Maybe get involved in this “Fit-Fellas” program at the community center that some friends are talking about very positively.

Will you confront a sign of aging too, and change that weight of aging into a feather to help you fly? We will still get old, but we’ll be doing it with a little character and hopefully some rewarding results. No one knows how long our generation will be able to stave off the dark by learning to generate our own light. We’re not the Van doos, but we could be the Can-dos. Why not join me and confront some sign of aging, then tell me about it in September, and I’ll share them all in a newsletter column. Don’t worry; I’ve got three other golf guys in my foursome who you can depend on to keep me honest, but you will need a witness too. Now there’s a challenge: How will you make your life better? Remember that what you do will inspire others to take arms against a sea of troubles and by opposing, end them. Say, that has a nice ring. Maybe I’ll use it again.