



SimonSays

S F U R A Newsletter

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Simon Fraser University Retirees Association

“...But You Can't Take the Prairie Out of the Boy”

By Marv Wideen

As a boy in small-town Saskatchewan, I recall homesteaders--including my father and older brothers--clearing land for growing, cultivating, and harvesting crops. The men, helped by horses and simple machinery, did it all themselves. It was back breaking work that kept them working often from very early morning until late at night. That was the case for most of Northern Saskatchewan where a forest covered the land with trees that had to be felled and then the roots had to be 'grubbed' out of the soil and rocks piled in rows down the fringes of the fields.

Many homesteaders found other ways to earn a few bucks. My father snared coyotes and collected the bounty the government paid for each tail as part of its plan to get rid of coyotes altogether. I recall a neighbour named Sam Howat who had crossed the seas from Glasglow to settle on a homestead near my dad's farm. He would travel to surrounding farms on a little two-wheeled cart leading a stallion that he hired out to sire



neighbours' mares. Horses were the means of work and travel for settlers: they pulled the machines that sowed and harvested the crops, and they even helped grade the roads. They are shown on the left pulling a seeder in front of my first farm home on the prairies.

Though the work was hard for those early settlers, they came from many countries to secure the precious land that became available when the Canadian Federal Government passed the Dominion Lands Act in 1872 that made it *continued on page 4*

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President's Report

John D'Auria

Hello everyone. It is my pleasure to give you a quick synopsis of the activities of the SFURA Board for the first quarter of 2017 and our plans for the coming year. It has been a busy period with several positive actions but probably the top of the list was the presentation by President Petter on the State of the University and Future Plans. It was an interesting summary of how the University is growing by leaps and bounds, along with its improving status in the academic world. Of course, any events at the University this year involve critical comments about the pipeline that has been approved for construction to Vancouver, and this topic was discussed during question period. We are also very happy that President Petter has increased our financial support since it allows us to properly fund our excellent Administrative Assistant, Annie Ye.

One of the actions completed this year was a survey of SFURA members (put together mainly by Frances Atkinson); the results are summarized later in this Newsletter. Surprisingly, we had a response of over 42% from our members, and it is clear from those results that SFURA has good representation from the faculties but a much smaller participation by staff. We need to do more to attract all retirees both staff and faculty.

Percilla Groves played a key role in the organization of the second pre-retirement event of 2017. Sponsored by SFU Human Resources, SFU Faculty Relations, and the SFU Retirees Association, it was held at SFU Harbour Centre on Wednesday, April 12th. Forty-two SFU employees and five partners of SFU employees attended. The program included Financial Planning for Retirement with Annie Kvick from Money Coaches Canada and retirees Tom O'Shea and Susan Walter; Next Steps with Allyson Dallas from SFU Human Resources; Stepping into the Retirement Frame of Mind with Steve Conway from Homewood Health; and Stories from the Retirement Trenches with retirees Frances Atkinson, Marilyn Bowman, Leo Eutsler and Yasmin Jamal. The program closed with a session on Faculty Retirement Options presented by Karim Dossa.

Because of new legislation from the BC government we had to redo the Constitution including Bylaws of the SFURA. Following several months of work, and due to the efforts of Frances Atkinson and Jim Boyd, this is essentially completed and a Special Resolution is on the Agenda of the AGM to finalize the process. In fact, we believe we now have a more readable, usable and better Constitution.

In the past months, we have had excellent talks by Marilyn Bowman, Rolf

Mathewes, Steven Weldon, and Ron Long at SFU's Burnaby campus, John Clague at the downtown campus, and a very well attended Ides of March social. The Financial Interest Group has been active and the Walking group operates rain or shine. I am not going to elaborate on the fall dinner on November 9th except to say the dinner was excellent but the American election results were depressing.

One area still of considerable interest but moving slowly is our effort to improve photo archiving/digitizing and the storage of old photos connected with the early history of SFU. Ron Long has been pushing hard on this but the University does not have the staff in place to really do the job well. We continue seeking solutions on this and will alert you on possible plans in the coming months.

At the AGM on May 11 you will elect a new Board. At this time I want to give praise and thanks to the excellent Board this year. All members have worked hard to make the SFURA a viable organization. Walt Piovesan makes the web site work; Thea Hinds has organized our major social events; Frances Atkinson has done the survey and the Constitution and other matters, Jim Boyd is a source of much knowledge and assistance besides being closely connected with the National organization; Jean Trask produces a wonderful set of minutes of our meetings; Jay Burr has been excellent as Treasurer; Allen Seager has played a key role in nominations and membership; Evelyn Palmer handles archives; Yasmin is the outstanding announcer and organizer of seminars; and of course Maurice Gibbons, who edits the excellent Newsletter.

Further we need to congratulate Maurice on receiving the CURAC (College and University Retiree Associations of Canada) Tribute award this year. A great honour and well deserved.



SFURA President John D'Auria and SFU President Andrew Petter

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possible for them to obtain a homestead that was a quarter section of land consisting of 160 acres for \$10.00. They had to build a house on it and clear some land, but that is how my father who emigrated from Sweden obtained the farm I grew up on. I learned during a recent visit to Sweden that the oldest boy in the family always



inherited all of the family property so the rest of the family was out in the cold. As a result my mother's family immigrated to North Dakota, found it no better than the Sweden that they had left so moved north to the free land in Saskatchewan. As I think back to those early pioneer days, I recall the friendly support neighbors had for each other, and the occasional fight as well.

When the CPR built railroads across Canada and shorter branch lines in many parts of Saskatchewan, stations were set up every few miles and towns grew up around those stations that provided many more opportunities for the settlers who moved in across Saskatchewan. If you drive across the prairies today you will see many of those towns on most any road you travel.

Canwood, shown below, the town near where I grew up, became an important part of our lives and of



anyone who lived nearby. Grain elevators were built, as were shops and other facilities. The town of 300 people soon had a skating rink, ball diamonds, a pool room, and more. I even attended a horse race in that small town that some people called "the Wild West." When I attended high school--grades 9 and 12-- there were five of us in that class with one teacher. After we graduated, I married one of my classmates. We still have family there and know eighty percent of the population, so we drive

through the Rockies to visit at least once a year.

The people immigrating to Canada gained much from the land obtained through homesteading, but they also brought much more with them than just the ability to farm. I recall attending the inauguration of George Ivany



when he left SFU to become President of The University of Saskatchewan in Saskatoon. During Ivany's address he explained that the early settlers who homesteaded near Saskatoon approached the leaders of that new developing city encouraging them to do what they could to have a University built there. The settlers, wanting their children and grandchildren to have access to a University education, made it a priority and it emerged as a strong institution. I was one of the children who benefitted from it.

Tommy Douglas, the premier of Saskatchewan from 1944 to 1961, was the leader of the CCF (Co-operative Commonwealth Federation) and the leader of the only socialist government on the North American continent.

I remember the turmoil created by his proposal to create Medicare in the province and I will never forget it. Doctors threatened to leave the province and I recall them going on strike in 1961. By then Woodrow Lloyd was premier, and he stood firm on the proposal. The pressure on the government was immense, but public opinion slowly shifted against the doctors' strike, and

soon the doctors blinked. Later in July of that year an agreement was struck and Medicare had arrived in Saskatchewan. By 1968 it covered all of Canada. President Trump is still looking for it.

My father loaned me the money to attend university so I went back to our school to teach the ten basic grades for two years. Canada was the promised land but some old-



country ways persisted: I had to pay off the loan to my father before I moved on. ❖ photos courtesy of M Wideen

Report of SFURA Member Survey of March 2017

By Frances Atkinson

This report presents the findings of a member survey conducted by the SFURA Board in February / March 2017. The online survey was created using the SurveyMonkey web application and was sent to 324 SFURA members, of whom 139 completed the survey.

Date of retirement. According to the distribution of retirement dates between 1995 and 2016, respondents of all ages answered the survey in good measure.

Former affiliation with SFU. Respondents were asked to indicate where in SFU they formerly worked. Of particular note that half (51%) of all respondents came from the Science and Arts faculties, while 71% came from academic faculties as a whole. The results suggest a possible need to encourage more staff from non-academic departments to join SFURA.

Preferred email address. A clear majority (77%) of respondents prefer to use their @sfu.ca address, while 23% prefer non-SFU addresses. It is important for SFURA to have accurate knowledge about preferred email addresses to maximize the effectiveness of our communications.

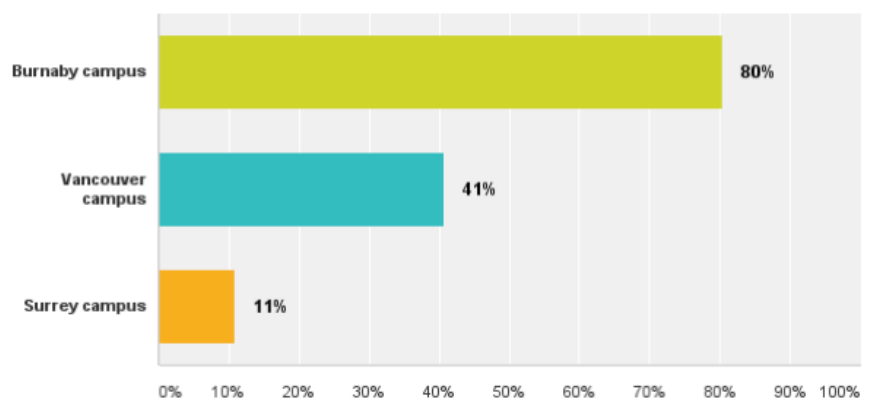
Preferred time of day for engaging in activities. Most respondents (82%) indicated a liking for afternoons, with 42% also liking mornings and 40% liking evenings.

(Answer choices were not mutually exclusive.) These results suggest that SFURA should continue with a varied distribution of activities in terms of time of day, while perhaps prioritizing the afternoon timeframe.

Preferred campus. Burnaby campus is the preferred location for SFURA activities, with enough interest in the Vancouver campus to justify holding some activities downtown. Little interest was expressed in the Surrey campus. The results are shown below:

Q5 Where do you prefer SFURA activities to be held? (click all that apply)

Answered: 128 Skipped: 11



Attending SFU activities. More than half of respondents indicated they frequently or sometimes attend the speaker series (56%) and organized lunches (50%). Approximately 40% have attended evening dinners and the Ides of March event. These results, supported by respondents' open-ended comments, suggest that SFURA might consider organizing more talks and hosting more lunches.

How often have you attended these SFURA events?

Respondents had many suggestions about types of

	Frequently or sometimes	Rarely or never
Speakers	56% 75	44% 59
Lunches	49% 66	51% 69
Evening dinners	39% 51	61% 79
Ides of March	38% 51	62% 82

activities they would find interesting if coordinated by SFURA, including specific activities such as card nights, pub crawls, technology workshops, and exercise activities; formal events such as concerts and hockey games; informal gatherings around cooking and gardening; social meetings in local areas to avoid traffic and transit congestion; tours to local galleries, museums and science laboratories; day trips within local travel distance; and more talks.

Barriers to attending SFURA events. The main barriers appear

to be too many health issues, too far to travel, too busy taking care of family, or don't know many members.

SFURA newsletter and website. Both are actively consulted. Almost all respondents read the newsletter either frequently (63%) or sometimes (30%). Almost two thirds consult the website frequently (18%) or sometimes (46%). Health-related topics and reports of organized SFURA events are the top rated topics in the newsletter. Topics rated least interesting are introductions to new members and politics. Respondents made several

comments about additional types of content that they would like to see in the newsletter, including more focus on staff retirees, short summaries of executive meetings, updates on SFU's achievements and challenges, and retiree perspectives on SFU developments in terms of academic directions, policies, buildings, etc. Respondents expressed high interest in reading obituaries of members, with 85% highly or moderately interested and only 15% showing little or no interest in doing so.

Volunteering. There were 15 expressions of interest in student mentoring and 8 in mentoring a faculty or staff member with career

development. The SFURA board has considered playing a facilitating role in terms of mentorship and will continue to explore this.

Open-ended comments from member. Suggestions were wide-ranging, including many expressions of appreciation for the work board members do on behalf of SFURA; a gentle reminder that moderate efforts are good while not overdoing it; expressions of interest in local meet-ups to facilitate SFU retirees socializing with each other in local clusters; requests for stories about those who work after retirement; requests for the board to keep a close eye on retirement benefit plans and to act as advocacy for retirees; keeping the main focus of the newsletter on publicizing SFURA activities; expression of the need for more outreach to former staff members as well as faculty; suggestions to introduce new members at social gatherings and give new members name tags; and a suggestion to arrange transportation for members who can no longer drive or use transit.

Distribution of respondents by the first three digits of their postal code:

- 35 Burnaby / New Westminster
- 26 Port Moody / Coquitlam / Port Coquitlam / Maple Ridge
- 25 Vancouver
- 25 North / West Vancouver
- 12 South of the Fraser
- 10 Outside Lower Mainland. ❖

Socialist Report



Book Club Confidential

Tom O'Shea

So what's your book club reading? Seems like everyone I meet belongs to a book club of one sort or another. It's remarkable that in the age of the internet, social media, and cgi (computer generated imagery) that the printed word is healthy and maybe even more popular than ever. Maybe it's because book clubs bring people together in person to engage in face-to-face discussions in a social environment rather than exchanging 140-character tweets at a distance.

I belong to three book clubs. In the first, (eight people of various sexes and orientations) meet once every six weeks fiction only, many times selected from *Dogs, Ru, Nostalgia*. Each person takes a



book; then a free-for-all; and finally tea/coffee and dessert. We also read local writers and have had them attend a meeting, e.g., Susin Nielsen with her wonderful *The Reluctant Journal of Henry K. Larsen*. Our next book is *Dragon Springs Road* by Janie Chang (a graduate of SFU's writing program and recent guest on CBC's NXNW Sunday morning), and she has promised to attend. Social, intellectual, argumentative, emotional...all good.

The second book club (all male academics) reads both fiction and non-fiction. Memorable books include *Red Notice* (Bill Browder's story of corruption in Russia), *Team of Rivals* (Lincoln's rise to the presidency), and the marvelous, outrageous Paul Beatty's *The Sellout*, winner of the 2016 Man Booker prize.

The third book club is on-line through the website Goodreads (www.goodreads.com). I belong to the Science and Inquiry group that consists of around 3000 members. Each month a list of nominated books is presented and we vote on which one to read. Even if the one I vote for is not selected I take advantage of the comments others have made to identify books that interest me. These have included the memorable *The Alchemy of Air*, a history of the search for a means to extract nitrogen from the atmosphere and the ultimate result including the development of high explosives and an over-fertilized earth. This month's selection is *The Hidden Life of Trees* that promises to reveal what trees feel and how they communicate. Sounds woo-woo but we shall see.

Finally, I've noted on my frequent trips to Vancouver's public library, notices about numerous VPL bookclubs. For example, there is a Friday afternoon bookclub at the Central Library that meets once a month. May's selection is Sarah Dunant's *Blood and Beauty*, a tale of the Borgias in 15th-century Italy. And, for food-lovers there is the "Cook and Tell Book Club" that meets monthly at the Kensington Branch Library. Participants are given a theme for each month and a list of cookbooks. They select a recipe to try out at home and then meet to share their experiences.

So, colleagues, if you can't or won't get out to all the theatrical events Vancouver has to offer, there is a wealth of opportunity to keep your minds sharp and your social life active through the venerable institution of the book club. Anyone remember the Book-of-the-Month club? ❖

Notes from Shanghai and Delhi, April 2017

By James Dean

Shanghai

On the Asian leg of a round the world trip, my third in the last year, I am struck first and foremost by the pace of change.

I visit Shanghai often because of family and friends who work at *The Economist*. Shanghai has become in some senses the most glamorous modern city in the world: the fabled “French Quarter” is slicker than New York, as stylish as Paris, and cleaner than both.

The very visible affluence of the former French Concession--as well as the waterfront Bund and the neo-modern skyline of Pudong across the river--does not, of course, typify median incomes of the masses. But conceivably 2 million of Shanghai’s 20 million residents command per capita purchasing power--and, often, real estate wealth--at the level of Vancouver’s entire population of 1 million.

China’s version of an Uber car comes within 5 minutes and is often a Mercedes, Audi or BMW. How the drivers, who claim to own their cars, can afford them is a bit of mystery, partly explained by pooled family savings, but mostly, I suspect, by debt.

Tellingly, China’s corporate debt-to-income ratio is 160% - this is part of what 20 years ago I called “China’s Fragile Debt Triangle”. The source of funds then was a household savings ratio of some 40%, the bulk of it deposited in banks that were sitting on huge hunks of non-performing loans. But now that has been dangerously augmented by massive household and corporate borrowing; bank finance has been leveraged up by bond borrowing. When I published “Debt Triangle”, my implication was that China was due for a catastrophic banking crisis. Instead, the government rescued the banks. The question now is whether it will bail out the bond market. It can, having built up trillions in foreign exchange after decades as the world’s largest exporter. But will it, and how?

China has defied all doomsayers for forty years. When I first visited Shanghai in 1986, we bicycled from Fudan University into the city along gravel roads populated by trucks. Now the city boasts freeways better than LA’s. And bicycles are back, but mostly just for show and leisure. Two million of them have hit the streets in the last two years, and in bright capitalist colors, not sturdy communist black. Using a GPS/smart phone technology that eliminates the need for bulky lockup stations on the sidewalks allows bicycles to be picked up and dropped anywhere, a technology that is now being copied in San Francisco and should have been copied in Vancouver. Downtown traffic is strikingly quiet but not because of bikes but because electric vehicles have come into their own: electric scooters, and even Tesla cars, are far more visible than in Vancouver.

Delhi

Normally I attend the Jaipur Literature Festival, then stop in Mumbai, give talks, and publish them as position papers and op eds. But this time I stayed in Delhi.

My reason was to play clarinet in Delhi’s top jazz club, “Pianoman”. No-one can explain why Delhi, with 20 million people and a thriving classical music scene, has virtually no jazz wind players. Hence the invitation to me, a mediocre player whose only Indian exposure is as occasional accompanist to “Larry”, the obscure pianist for High Tea at the legendary Sea Lounge in Mumbai’s Taj Palace Hotel.

The ambiance at Pianoman is the polar opposite of Tea at the Taj: it is “jam”-packed, shoulder-to-shoulder and bum-to-bum, with cocaine sniffers occupying the corners. Intense, focused and terrific! Very very good, advanced players--but except for the drummer and two brilliant pianists, they all play guitar or electric bass. And oh yes--a plethora of great singers, ranging from standard crooners to cutting edge rappers.

Old Delhi is visibly richer and cleaner than I remembered it from 15 years ago. And New Delhi with its wide streets, gardens, and Raj-era colonial buildings is a bit like Washington DC and London’s Pall Mall rolled into one. But rather than stay in the center of town, I rolled dice and rented a flat in the far southern suburbs. It was touted as “opposite the Garden of Five Senses, in one of Delhi’s most desirable neighborhoods”. In reality, its seedy location on an obscure side of the Garden proved almost impossible for my taxi driver--or his GPS--to find, especially at 3 am.

But then the big green gates of “Devigarh” opened, and I was escorted by a tiny smiling night guard along magical tiled paths, through a large garden, up a circular iron staircase, and into a virtual art gallery of an apartment.

The discriminating eye behind this exquisite place is one Bina Ramani. Bina had the foresight to buy the once-abandoned property that is now Devigarh, and then painstakingly to restore and furnish it. The first item to catch the eye upon entering the apartment is her handsome smiling face on the cover of her 2015 autobiography.

Not only did Bina single handedly transform this neighborhood from slums into mansions, she ran a bar nearby, in a location now occupied by an upscale restaurant called Olive. One night a few years ago, her bartender, a woman, refused a late-night drink to a young man because it was past legal closing hours. He promptly pulled out a pistol and shot her dead.

At trial, the young man was acquitted because the bullet from the bartender’s head did not match the gun he had used. Bina vigorously insisted that the young man was in fact the killer. For her troubles, Bina’s bar was closed down and she was sentenced to prison.

Only after three years in jail, where Bina wrote her book, was it established that the ballistic results had been altered. The young killer was and is the grandson of a prominent hero of India’s independence movement, and his father was and still is a prominent politician. His father had interfered with the ballistic results. Bina was freed, the son is now in jail for life, but the politician is, shamefully, un-reproached and back in parliament. This illustrates that blatant corruption is not unique to China.

Another fascinating part of Bina’s book is the revelation of her long, passionate, extra-marital affair with Shammi Kapoor, who was a very prominent Bollywood idol. But that’s another story.

At a recent dinner (at Olive, site of Bina’s ill-fated bar), my magazine-editor host confided that he’d been asked to report on the latest tension in Kashmir, where police have used bruising rubber bullets to quell student demonstrations. One student has just lost the use of an eye. I asked if I could tag along. He said no, because hotels are frequently put under curfew; moreover civilian flights out are often shut down. He said that he could get back on a military flight but I might be stuck there for days or more.

So I’m about to depart on a less ambitious trip through the Himalayan foothills. Stay tuned!

Coming in June:

Notes on refugees and terrorist fears from Stockholm and Brussels.

Coming in July:

Notes from a gathering to discuss global monetary affairs at the 13th century Palazzo of Robert Mundell, graduate of UBC, honorary doctorate from SFU, and sole recipient of the 1999 Nobel in Economic Sciences. ❖

Introducing you to CURAC

By Jim Boyd

The **College and University Retiree Associations of Canada /Associations de retraités des universités et collèges du Canada** (CURAC/ARUCC) is a not-for-profit federation of around 40 retiree organizations at colleges and universities across Canada. CURAC's objectives are to:

- *coordinate activities that promote communication among member associations,*
- *share information,*
- *provide mutual assistance, and*
- *speak publicly on issues of concern to the over fifteen thousand individual college and university retirees across Canada.*

The above statement has been accepted by Industry Canada as submitted for continuing federal registration under the Canada Not-for-profit Corporations Act, providing for up to 12 members on its Board of Directors.

The foundation of CURAC/ARUCC dates to the University of Calgary in 1994, with formal organization of this "association of associations" subsequently at the University of Toronto as a continuing annual convention, next slated for Ottawa at Carleton University May 24-26, 2017 on the occasion of the 150th anniversary of Confederation. A lively account of the CURAC/ARUCC history appears on the CURAC/ARUCC website, www.curac.ca. Directors also meet by teleconference five times a year.



The early years focussed on gathering and sharing information on retiree activities and benefits at member institutions across Canada. Sharing best practices of their organizations remains a major focus. Reading members' Newsletters on CURAC's website and Facebook page is a good source of inspiration. In recent years, CURAC/ARUCC has worked to develop benefits for individual retirees who are members of the CURAC associations. CURAC is essentially a policy-based organization with various committees that submit position papers to lobby senior levels of government rather than having a mainly social club focus.

CURAC Member Benefits

- *Property and Vehicle Insurance: CURAC/ARUCC has an affinity agreement with Economical Select to offer preferential rates on Property Insurance and Vehicle Insurance to retirees.*
- *Travel Tours: Two years ago CURAC/ARUCC entered into an affinity agreement with Collette Tours for discounted rates on their travel programs. Rebate revenue is shared with member associations.*
- *Benefits Comparisons: Over a two year period, the CURAC/ARUCC Benefits Committee compiled data on medical and nonmedical benefits provided to post-secondary institution retirees across Canada.*
- *Bulletins: CURAC/ARUCC prepares these short statements to examine and publicize positions on important issues of interest to members.*
- *Newsletter: These are published periodically and available on the website. They document the activities of CURAC/ARUCC and member associations. SFURA was the feature member organization described in the CURAC Newsletter of Spring 2014.*

The Simon Fraser University Retirees Association (SFURA) is an active member of **CURAC**, having co-hosted their meeting at the University of Victoria in 2012. In 2017, a separate CURAC information page and link has been created on SFURA's website <http://www.sfu.ca/retirees/CURAC.htm> . In 2016, SFURA's long-serving board member **Marg Jones** was given CURAC's Tribute Award at the annual meeting at the University of Saskatchewan. In 2017, **Maurice Gibbons**, activist and editor of SFURA's "*Simon Says*" newsletter, will be given the same award at the Carleton University conference. **Jim Boyd**, past-president of SFURA, serves as treasurer on the CURAC Board of Directors. **Tom O'Shea** is the CURAC representative on SFURA's Executive Board who will represent SFURA at the annual 2017 CURAC Conference in Ottawa. ❖

John Walkley 1932 - 2017



photo: SFU Archives

John Walkley was a member of the SFU Chemistry Department from 1966, after teaching at Imperial College London. He was chairman of the Steering Committee for the formation of the SFURA in 1997 and was the first SFURA President, serving from 1998 - 2001. He wrote two chapters of our Tenth anniversary Booklet, "The Beginning" and "The Early Days". John was on an early steering committee for establishing the current version of CURAC: <http://www.curac.ca/our-history/> His obituary will be sent to members when it is available and will be posted on our In Memoriam page on the SFURA website.

See: <http://www.sfu.ca/retirees/history/10thAnniversary.html> ❖

Writing on the Edge

Sheila Delany



This is belated, but I want to thank the editors of this newsletter-- Maurice Gibbons and Walter Piovesan--for inviting me to contribute. They wanted something with “edge” (Maurice’s word). I was relieved to learn that I haven’t entirely lost whatever edge I came to Canada with, and hope I can oblige; hence the title of the column.

Of course one is always a bit on edge--in a good way-- when writing: it is, after all, a technology, albeit an ancient one that once was cutting edge and therefore the property of elites. Sometimes these were priestly elites who needed both literacy and numeracy to keep financial records, since the ancient temples--Vravra (Brauron) south of Athens, or Angkor Wat in Cambodia-- were also banks for precious metal, seeds or both. Elsewhere, in urban Mesopotamia or Egypt, writing was extended to professionals who kept accounts and wrote business letters for merchants or royal administrations; less exalted scribes could be hired to pen a love-letter or divorce papers. All of this is in the centuries and millennia before the common era (BCE).

Here, though, I want to take you to a famous street in Paris: rue Copernic (Copernicus Street, after the sixteenth-century Polish astronomer who developed heliocentric theory: that our planet was not central to the universe but, like the others, at some dark and unspecified edge of it). There is a Reform synagogue on this street, and in October, 1980, when the synagogue was full, someone set a bomb nearby. Several people were killed or wounded, and one reason why the street became well known was the announcement by Prime Minister Raymond Barre that both Jews and “innocent Frenchmen” were hurt. This formulation raised the centuries-old spectre of the exclusion of Jews from civil society—not really French no matter how many centuries their families had lived in France, and, as Jews, not really “innocent”, either. It was as if the 1791 enfranchisement of Jews (after heated debate in the National Assembly) had not occurred; indeed the minister’s remark provoked protest from Jews and non-Jews alike.

The perpetrator of the bomb plot was not caught. But 35 years later, in 2008, Hassan Diab, a Canadian-Lebanese sociology lecturer at Carleton and the University of Ottawa, with an American Ph.D., was arrested for the crime and sent to France for trial. Why? There was some suspicion based on handwriting, now completely discredited; some based on a stolen passport, now also discredited; and it has been proved that Diab was not in France at the relevant time. He was released for lack of evidence, re-arrested, released again, and re-arrested in a scandalous and unprecedented display of French intra-judicial conflict. Each time, the release was reversed by exactly the same panel of judges! His Canadian lawyers argue that Diab should never have been extradited at all, given the lack of evidence. At one point, when he was out on bail, his lawyers sought an academic to engage Diab as a volunteer researcher in Paris, in order to confirm his academic bona fides. I agreed to do this, in connection with a current project of mine. But his French lawyers felt that someone with a left history and/or involvement with the Palestinian rights movement might damage the case in the

eyes of certain judges who clearly want to nab someone, anyone, whose conviction they can flaunt as proof of their own anti-terror zeal. And, of course, their pro-Israel zeal as well: for ultra-zionism, strong in France, has resulted in BDS being declared illegal there; French universities have canceled speakers and conferences focusing on Palestinian rights or critical of Israeli actions; in 2015 Paris hosted a controversial “Tel Aviv on the Seine” project, creating a fake beach along the river.

Diab remains imprisoned without trial in Paris. A Canadian campaign including academics, lawyers, the BC Civil Liberties Association and other organizations and individuals is demanding the Canadian government intervene. For more details, google Canadian Centre for Policy Alternatives article, “No evidence? No Problem!” or Hassan Diab Support Committee, or Petition e-833 for the petition to the government. ❖

Making Sure Your Money Lasts as Long as You Do

By Marv Wideen, Tom O’Shea, Philip Mah

During the spring of 2017 we held only one seminar, offered by Clay Gillespie, a financial adviser, portfolio manager, and managing director of Rogers Group Financial. He was recommended to us by Jim Boyd, past president of SFURA.

Clay pointed out that when designing one’s retirement income strategy there are three major concerns: 1) running out of money, 2) maintaining a standard of living, and 3) leaving something for your estate. He then described how RRIFs and life annuities can meet one’s income needs.

Longevity risk is defined as the risk of out-living your money. One of the options to manage that risk would be to purchase a pension in the form of a life annuity. This is an investment that provides an income for as long as one lives. It is similar to a pension with each payment consisting of interest earned plus the return of a portion of the invested capital. If one lives a long life, payments will far exceed the capital spent to purchase the annuity. Should one die prematurely, the total amount in payments one receives will be less than the capital used to purchase the annuity.

Of particular interest was an alternative strategy proposed by Clay in which you invest 1) one year’s required income in a money market account, to be used for the first year’s income, 2) one year’s income in each of a 1-year and a 2-year bond or GIC, and 3) the remainder of the investments in a growth portfolio. After the first year, if the growth part has grown in value take the following year’s income from the growth portion. If the stock market performs poorly, use the maturing GIC to replenish the money market fund. If the GIC is not used for income, re-invest for a period of two years. As a result, unless a stock market decline lasts for more than three years, there is no need to take income from assets that fall in value.

Details of Clay’s presentation and source documents can be accessed at http://www.sfu.ca/retirees/current-year/FIGSeminar_RRIF.html.

We welcome your comments. ❖



IT'S ALL ABOUT YOU



Evelyn Palmer

Congratulations to **Maurice Gibbons**, our Newsletter Editor and Editor of our book *Remembering SFU* who is to receive a CURAC Tribute Award this month at the meeting at Carleton University. CURAC is the College and University Retirees Association of Canada, and the SFURA has been a member for several years. The Tribute Award was given to Margaret Jones in 2016 for her long distinguished service to the SFURA and SFU. Jim Boyd, SFURA past President serves on the CURAC executive board as treasurer. There is more about CURAC on our web page at: <http://www.sfu.ca/retirees/CURAC>

Maurice is being honoured principally for his success with *Remembering SFU on the Occasion of Its 50th Birthday*, but also for his role as editor of *Simon Says* and his distinguished career in Education. He is a sculptor and his carving *Solstice*, a panel of 6'

x 12' red cedar, hung on the wall of the Diamond University Club until the DUC was remodelled and was renamed the Diamond Alumni Club. It was carved and hung in 1983. The sculpture can now be found at the School of Communication, K9671 on the Burnaby Campus. Maurice also publishes poetry and fiction and exhibits his sculpture.

Tony Arrott curated an exhibition of **Patricia Graham Arrott's** drawings at the Gage Academy of Art in Seattle for the month of February. The Gage Academy was founded by Gary Faigin who drew with Patricia in the 1970's and influenced her to go to the Art Students League in NY.

The announcement of the exhibit, titled "Mastery of the Line", said:

In the 1970's Patricia Graham Arrott and Gary Faigin were part of a group in Vancouver who kept life

drawing alive when it was no longer in fashion. When life drawing came back in the 1990's, students flocked to Patricia's classes at the Art Students League of New York where she had been a student of Robert Beverley Hale and Harvey Dinnerstein. A venerable instructor there once put his head in through the door of her classroom and announced that "Ingres Lives" referring to the master of masters of portraiture. Her specialty is the line using graphite, silver point, charcoal and sanguine Conté with subjects from babies, courtrooms and street people to cadavers. In 1990 and 1991 she made portraits at the Gay Men's Health Crisis Center in New York of a group which would not see the Aids cocktail. These and her courtroom drawings have historical as well as artistic value.

A panorama view of about two-thirds of the exhibit is shown below. The exhibit is being reconstructed in Vancouver and will soon be available for viewing by appointment. SFURA members will



be advised when the exhibition is ready for viewing.

Louis Druehl has won First Prize in the 2017 Whistler Independent Book Prize manuscript competition for his newest book *The Kawai Scrolls*. He will receive a complete publishing package, worth more than \$5000, including full professional editing, design and production. The book will be launched at the 2017 Whistler Writers Festival, 12-15 October.

Quotations from reviewers include:

"This is a rollicking, rich and ribald tale . . . The dialogue is brilliant, the writing accomplished and the plot events are far-flung, far-fetched and far-out."

"The strength of this manuscript is the gorgeous writing! Druehl's use of specific details central to the landscape and Japanese culture is masterful."

Louis Druehl's first book, *Cedar Salmon and Weed* was published in 2014 and reviewed in the Spring 2015 SFURA Newsletter. He spoke about it in our Speakers Program on October 20, 2015. See: <http://www.sfu.ca/retirees/previous-years/2015/novelbirth>. Last year he updated and expanded *Pacific Seaweeds* with co-

author Bridgette Clarkson, a guide to every aspect of seaweed life. As reported in the 2017 Spring Newsletter, it received Honourable mention in the National Outdoor Books Awards, 2016.

Our colleague **John Borden**, professor emeritus from the Department of Biosciences, recently published a story *A retirement 'hobby'* in the journal *Science*. John retired at age 65 during the mandatory retirement years, but was not ready to go quietly. As he says in his article, he was not ready for lawn bowling. He became the research director of a small company which had commercialized the beetle pheromones from his research of 37 years at SFU. He describes how he had to change from academic life to a company environment., but that every day he wakes up eager to go to work.

Read the entire article at: <http://science.sciencemag.org/content/sci/355/6324/542.full>..

In March, **Sheila Delany** had a telephone interview in French for a Calgary radio station CJSW (90.9 FM), about her translation of a novella by Sylvain Maréchal. The novella is about a young Parisienne who disguises herself as a man to be near the handsome young priest she is obsessed with. The host of the program "*transe-en-danse*" is Gilles Mossière, a professor at Mount Royal University. The translation, published in 2016 by U. of Alberta Press, is called *The Woman Priest*.

Jared Curtis, emeritus professor of the SFU Department of English, recently donated his collection of rare books by William Wordsworth to the Special Collections of the SFU Bennett Library. Included are 24 separate first editions of the poet's work, totalling 74 volumes. Along with these rare books he has given other books related to the Library's Wordsworth and English Lake District Collections and to the study of the works of the English Romantic poets William Wordsworth and Samuel Taylor Coleridge.

Read the fascinating story of the SFU Wordsworth Collection on Jared Curtis' web page,

<http://www.sfu.ca/~curtis/801a/> It is an account of how the collection was developed and Jared's role in bringing it about.

An exhibition of "Wordsworth Country" was presented by the Library and the Wordsworth Trust from June 1 - October 14, 2016 in the Library. The story is on the Special Collections web page: <http://www.lib.sfu.ca/about/branches-depts/special-collections/english-lake-district-and-pacific-northwest> . ❖

IN MEMORIAM



We are sorry to report the deaths this spring of nine more of our colleagues.

Ronny Brumec was Program Administrator for the EMBA program at SFU from 1971 until her retirement in 1992. She was one of SFU's earliest retirees and an active member of the SFURA.

Her obituary on our website is at: http://www.sfu.ca/content/dam/sfu/retirees/memorial/RonnyBrumec_Obit.pdf

John Buchanan was SFU's Soccer Coach and Golf Coach for most of his SFU life, including his time after retirement.

He collaborated with Enid Britt for a story in our book, *Remembering SFU*. The SFU Athletics Department posted this tribute to him; <http://athletics.sfu.ca/news/2017/1/25/golf-m-legendary-clan-soccer-golf-coach-john-buchanan-passes-away.aspx> This article has links to the incredible 1976 Rose Bowl soccer game victory which went into 14 overtimes.

His obituary from the SFU News is at: <http://www.sfu.ca/content/dam/sfu/retirees/memorial/JohnBuchananOBIT.pdf>

Bob Frindt was a charter faculty member of the SFU Physics Department and served as chair for five years. He was an ardent fan of opera. He and his wife Jane moved to Victoria several years ago but he retained his SFU and SFURA connections. His obituary is at: http://www.sfu.ca/content/dam/sfu/retirees/memorial/Robert_Frindt_OBIT.pdf

Ralph Hancox was one of the founders of the SFU Master of Publishing Program. After his retirement from his career as a journalist and CEO of Reader's Digest Canada, he served as Adjunct Professor and Professional Fellow Emeritus at Simon Fraser University where he published a textbook on Managing the Publishing Process for the Canadian Centre for Studies in Publishing. He was honoured with the Chancellor's Award for Distinguished Service for 10 years of teaching before he retired again at the age of 80, in 2009. This tribute was published by the SFU Master of Publishing Program; <http://science.sciencemag.org/content/sci/355/6324/542.full>

Terrence Heaps passed away on April 3, 2017 at the age of 75. Terry was a memorable Professor who changed the lives of SFU graduates. His research in natural resources economics added to the foundation of knowledge that many researchers use today. His obituary will be posted on the SFURA website when it becomes available. This tribute was posted by the Department of Economics on their website: <http://www.sfu.ca/economics/news/news-blog/terry-heaps.html>

Michael Murdock was in the Finance Department at SFU and retired to Abbotsford. He was a golfer, curler, hiker and played the bagpipes. For a time he was pipe Major in the Legion Pipe Band. His obituary is at:

http://www.sfu.ca/content/dam/sfu/retirees/memorial/MurdockMichael_obit.pdf

Grant Sheffer was a Physics graduate who worked at TRIUMF for 35 years. He contributed a story about Richard Feynman to our book, *Remembering SFU*. His Obituary is at: http://www.sfu.ca/content/dam/sfu/retirees/memorial/GrantSHEFFER_Obit.pdf

John Walkley was a member of the SFU Chemistry Department from 1966, after teaching at Imperial College London. He was chairman of the Steering Committee for the formation of the SFURA in 1997 and was the first SFURA President, serving from 1998 - 2001. He wrote two chapters of our Tenth anniversary Booklet, "The Beginning" and "The Early Days". His obituary will be sent to members when it is available and will be posted on our In Memoriam page on the SFURA website. See: <http://www.sfu.ca/retirees/history/10thAnniversary.html>

Andrew Yim was a Laboratory Instructor and Senior Lecturer in the SFU Chemistry and Biochemistry Departments. He was active in intramural sports and was a strong supporter of the women's basketball team. He maintained his active lifestyle after retiring from SFU. His obituary is at: http://www.sfu.ca/content/dam/sfu/retirees/memorial/AndrewYim_Obit.pdf

The In Memoriam page of our website is at: <http://www.sfu.ca/retirees/sfu-community/in-memoriam/>

Looking After Yourself



Coping With Strokes

Parveen Bawa

Hippocrates, in the fifth century BC, was the first person to report the physical effects of stroke. He called it apoplexy, meaning “struck down by violence”. However, at that time not much was known about the functions or structure of the brain; in fact it was not even known that blood flows to the brain. It was not until the 17th century that Jacob Warfer found that the patients who died of apoplexy had bleeding in the brain. Studies on stroke continued well into the 20th century when it was discovered that apoplexy resulted from lack of blood to the brain and was called “brain attack”, very much like “heart attack”. From its early and basic origins, stroke has become a critical area of neurological research..

WHAT IS STROKE?

Stroke is a cerebro-vascular disease in which both the brain and the cardiovascular system are involved. The core health factors and behaviours which affect cardio-vascular health also affect the incidence of stroke. There are two main types of strokes: (1) ischaemic stroke (87% of all strokes) when the blood flow to a brain area is blocked by a clot, and (2) hemorrhagic stroke (13% of all strokes) when a blood vessel ruptures within the brain tissue. The brain cells depend on a continuous supply of oxygen and glucose, which are delivered by circulating arterial blood. This three-pound organ uses up to 20 or 25 % of the body’s energy consumption. Thus the brain tissue is extremely vulnerable to any shortage of these nutrients. According to Ed Yong, for every minute a stroke goes untreated the brain loses 1.9 million of its total 85 billion neurons. When rupture or blockage of a blood vessel causes the interruption of blood supply to a certain area of the brain, rapid cell death occurs in the core; the death signal is passed on from the core to neighbouring organs. The aim of the therapies immediately after stroke is to target the spread of tissue damage, which can cause permanent dysfunction.

SYMPTOMS

If you think someone is having a stroke, think the word “**FAST**”

Face. Ask the person to smile. Does one side of the face droop?

Arms. Ask the person to raise both arms. Does one arm drift downward? Or is the person unable to raise up one arm ?

Speech. Ask the person to repeat a simple phrase. Is his or her speech slurred or strange?

Time. If you observe any of these signs, call 911 immediately.

RISK FACTORS

The approach is to improve and maintain good cardiovascular health. Compliance with nonsmoking

has become common, but obesity is increasing in Canada. Obesity is measured by Body Mass Index (BMI), which takes height and weight into account. People with BMIs between 25.0 and 29.9 are considered overweight, and those with BMIs greater than 30 are considered obese. Obesity is the leading cause of cardiovascular disease, diabetes, hypertension, physical inactivity, and joint problems; it should be taken care of with diet, physical activity and even pharmacological methods.

While there are **genetic factors** which increase the incidence of stroke, most other causes depend on life style. A parental stroke before the age of 65 years increases the risk of stroke in the offspring by 3 times. **Life style:** The highest risk for stroke is blood pressure (BP). The value of 120/90 is considered normal, 120 is the systolic pressure; it is the highest pressure with which the ventricles contract; the diastolic pressure of 90 is the pressure when ventricles are maximally relaxed. Majority of the strokes occur with BP values greater than 140/90. Diabetics should have BP less than 120/90. Screening of BP is easy and controlling it with diet, exercise and drugs is cheap and within everyone's reach. So, protect your brain. Diabetes increases the risk of stroke

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While there are genetic factors which increase the incidence of stroke, most other causes depend on life style.”

in all age groups and racial groups. Smoking: Current smokers have 2-4 times increased risk of stroke compared to non-smokers; among non-smokers the risk of stroke is increased by 30% with second hand smoke. This is really critical for seniors. Nutrition is another behavioral factor that can be changed: low sugar, low salt, whole grains, nuts and seeds, fruits and vegetables can all help towards cerebro-vascular fitness. Physical inactivity less than 4 times a week leads to 20% increase in risk of stroke. High intensity aerobic exercise, which improves cardio-respiratory fitness, is better than leisurely physical activity; in fact, the latter does not do much good. Psychosocial Risk Factors: After adjusting for other factors, depression, social distress and anxiety have been shown to increase the risk of stroke. Chronic Kidney Disease and Sleep Apnea are associated with increased risk of stroke. For atrial fibrillation (AF) is irregular heart beat and is a powerful risk factor for stroke; the risk increases steeply with age. The risk of stroke from AF is 1.5% in the age range 50-59 years and it increases

to 23.5% for 80-89 years group. The rates may even be higher since AF is very difficult to detect. Doctors can prescribe anti-arrhythmia drugs or perform surgery. Artherosclerosis or narrowing or arteries: The big contributing factor here is cholesterol, which can easily be kept within acceptable limits with diet, exercise and drugs.

PHYSICAL AND MENTAL CONSEQUENCES OF STROKE

After stroke on one side of the brain, the most common affects are **paralysis and muscle weakness** on the opposite side of the body. Motor impairment leads to limitations in daily life, social life, professional life and independence. Along with paralysis, loss of somatic senses (touch, temperature, position, pain) is also common. Loss of sensory information affects motor recovery.

50% of the patients also experience pain, which impedes rehabilitation. Injury of the CNS can lead to **suppression of the immune system**. This can result from medical procedures and hospitalization. Around 85% of the patients experience complications during acute care. The most common complications being fever and pneumonia. High temperature accelerates damage at the stroke site. Reduction of fever and use of antibiotics take care of such infections. Since prognosis of stroke patients depends a lot on medical complications during this stage, preventing infections is of utmost importance. One third of stroke patients experience **depression**. It is not just the loss of function which makes a patient depressed, the stroke itself triggers depression. Antidepressants can not only alleviate depression, it can improve motivation for physiotherapy. In fact, antidepressants after stroke are highly recommended. Patients taking antidepressants improve their motor control much better than those who are not given antidepressants.

RECOVERY & REHABILITATION

After stroke, the saying “timing is everything” may be changed to “time is brain”; getting the patient to the doctor for **immediate drug therapy** is of utmost importance. Since neurons, their connections and associated functions are being lost at a very fast rate, use of certain drugs in the first hour, if possible, could minimize disability. **Rehabilitation:** The brain is plastic (changeable), appropriately designed exercises can rewire some of the neuronal circuits to restore function. Recovery after stroke is both spontaneous and learning-dependent, but therapy really enhances the results. At the same time, robotic assistive devices have been shown to have better results than traditional rehabilitation methods alone. **Technology** can play a critical role in recovery from stroke or providing assistive devices for patients in whom the recovery is never complete. Only 50 % of the patients have full functional recovery and the rest will depend on one or more assistive technologies. There are computer applications for reading, communication, and therapy. Both, invasive and non-invasive techniques are being developed to manipulate the brain and retrain it. Technologies can also help caregivers and families. However, we are not at a stage where the robotic devices are cheap or manageable at home. The medical professionals, caretakers and patients will need careful training to use such technologies.

Read more about stroke at the (1) Internet Stroke Center; (2) www.strokeassociation.org ❖

Retirement

It isn't about what you have done in the past; it's about what you are going to do next.

Retirement is when you stop living at work and start working at living.

First you forget names, then you forget faces. Next you forget to pull your zipper up and finally, you forget to pull it down. ~ George Burns



Editorial

Maurice Gibbons, Editor

The newsletter is constantly reshaping itself, sometimes by our design, sometimes by events beyond our control. This edition, for instance, there is no Reflections column by Marilyn Bowman. Marilyn will write a final column for the next issue and then will appear in the future when the spirit moves her. We will miss her provocative meditations on matters of the heart. If anyone wishes to take that column over for one edition or more we would welcome it.

Discussions among the executive have led us to a new approach to columns. In this issue Frances Atkinson is summarizing the findings of the survey she did, but in the next issue she will be launching her new column about technology, and the topic may be Big Data. She suggests that

columns should feature more than one writer. She may have guest writers in the future, and we are adopting that practice.

We are pleased to report that starting next issue--we hope-- that we will be featuring a sensational

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With all of this participation, it really is our publication”

column that we have missed ever since Perce Groves stopped writing For a Good Read. And it will be in our new style of several writers, but this time we asked, and we asked the best we could think of for the job, people who are busy writing

their own books but will take on one column a year about other peoples' books. So far David Stouck (Arthur Erickson: An Architect's Life) and Sandra Djwa (P.K. Page: Journey with No Maps) have agreed, and how amazing is that? The third member does not know yet s/he will be asked, and we are waiting for an opportune moment. Stay tuned.

Starting this issue, Jim Boyd will be writing a column on the national scene of retirees activities, that will focus on CURAC, College and University Retiree Associations of Canada, and any additional scuttlebutt that he can pick up as CURAC's treasurer.

As always, we deeply appreciate the effort that so many people make to help us produce the newsletter. With all of this participation, it really is our publication.❖