GENERAL MEETING:
Wednesday, March 18
Cecil Green Park

Agenda

1:00 pm  Coffee, tea, cookies and conversation
1:45 pm  Business meeting
2:00 pm  Dr. Evan Wood:  
         *If Addiction is a Disease, Why Does Society Not Treat It Like One?*

Dr. Evan Wood is the Canada Research Chair in Inner City Medicine at UBC. He is also the new Medical Director for Addiction Services at Vancouver Coastal Health, where he is focusing on expanding evidence-based medicine approaches to addictions care at VCH. In addition to those portfolios, Dr. Wood is also co-director of the Urban Health Research Initiative at the BC Centre for Excellence in HIV/AIDS, and the Principal Investigator and Director of the Canada Addiction Medicine Research Fellowship, a research training program funded by the US National Institute on Drug Abuse.

In 2003, Dr. Wood was selected for the Canadian Institutes of Health Research’s Peter Lougheed Award as the nation’s top New Investigator. In 2006, he received the Ron Ghitter Award in Human Rights. He was the recipient of a leadership award from the Canadian Medical Association in 2007, and in 2010 received a Physician of the Year award from the British Medical Journal for his ground-breaking research in the area of drug addiction.
Highlights in this Issue

Meeting with President Gupta (page 4),
Urgent: Emeritus Input Needed! (page 5).
Life Time APE Membership (page 5).
Scholarship in the Future University (page 6).
The Philosophers’ Café will debate the question “Hate Speech versus Free Speech” (page 8).
Spring session of UBC APE China Study Group (page 8).
UBC Loses Two Pioneers (page 10).
Training Chairs and Beagles (page 11).

Editor’s Note
This newsletter contains several articles with links to web sites and/or email addresses, some of which are many characters long. If you view the newsletter on-line, you can “click” on the URL or email address to go directly to the relevant site or open an email dialogue box.
Dear Colleagues,

Those of us who were able to attend the February General meeting enjoyed more than an hours “conversation with our new President”. He provided evidence of how smart, open and collegial he continues to be, even after 32 weeks of 70 “bookable” hours per week of meeting with government officials, community leaders, students, university departments, alumni, and potential donors, etc. Since he took office last summer your Executive have been able to provide him with considerable background on the many activities and contributions to UBC of its Emeriti and to outline the potential involvements we might have in the future. The warm welcome he received (and the insightful comments and questions) should help to strengthen his positive view about the value of our association.

As you can see on the front page of this newsletter, the highly regarded Evan Wood will be talking about the Nature and Treatment of Addictions at our next general meeting on March 18th. Also worth attending—on March 20th the Philosophers’ Café (at Tapestry), led by Nichola Hall, will address the Hate speech versus Free Speech issue. I certainly shall be there.

As I mentioned at the general meeting, the Continuing Scholarship Committee commissioned the Executive to create an “Activities Survey” of all emeritus professors to try to capture the extent of the scholarly work carried out by Emeriti since retirement, the continuing impact and recognition of work done by UBC emeritus faculty (currently active or not) and their involvement, post retirement, in discipline or community-based organizations. (See Page 5 for more details.) To complete the survey please go to www.emeriti.ubc.ca and follow the link on the home page.

What we know right now (thanks to the help of Marcela Hernandez, Director) and her team at the Provost’s Office of Planning and Institutional Research (PAIR) is that 33 Emeritus Professors are Principal Investigators of external research grants at UBC. In 2013-14 the total amount of these external grants was 1.47 million dollars. Obviously there are other Emeriti who are co-investigators or are funding their work privately, and we certainly want to collect all the information we can. Parenthetically, the amount of research grants annually is about the same as it was 4-5 years ago, during which time very few faculty (25 or fewer per year) were retiring. This year close to 60 began their retirement, and we’ll see what impact that has on the number of us that continue to be engaged in scholarship.

Let’s hope this early spring weather holds. Don’t think we will pay for this later; we have pre-paid.

Cheers,

Richard
Association News

President Arvind Gupta Meets UBC Emeriti

Dr. Arvind Gupta’s appearance at the UBCAPE General Meeting on February 11th was the first opportunity for most emeriti to see and hear UBC’s 13th President. After a brief talk outlining his goals for UBC, President Gupta acknowledged that UBC Emeriti are a tremendous resource that “should be leveraged”. He particularly foresaw a role for retired faculty in mentoring new faculty, especially at UBC Okanagan. The remainder of his time was devoted to answering questions from those in attendance. These covered a wide range of issues including construction on campus, the issue of investment in fossil fuels, research opportunities for Emeriti and ways to recognize their post-retirement accomplishments.

Judith Hall, Professor Emerita of Pediatrics and former UBCAPE President, poses a question to President Gupta.

President Gupta invites questions

Michael Davies, Electrical Engineering

Gary Gibson, Dentistry

President Gupta receives the coveted UBCAPE umbrella from President Tees
Emeritus Input Needed

A significant number of Professors Emeriti continue to contribute to the scholarly and artistic life of the University. A proposal to create a fund to help them to continue their work is being presented to the UBC Administration. To support this effort, and to increase the visibility of the contributions of Emeriti to the University and their influence in the wider community, the UBC Association of Professors Emeriti is preparing a brief but inclusive summary of the accomplishments of all retired faculty at UBC, both those currently active and those whose work continues to be cited. We need your participation to prepare this summary and ask that you devote a few minutes to completing a short questionnaire. We also want to capture the accomplishments of Emeriti who were active immediately before retirement, and/or during the early years of their retirement but are not currently active. The information we are seeking is from your retirement year to the present date.

The information you provide will be presented as aggregate data, and personal confidentiality will be maintained. Your identity will not be revealed. A summary highlighting the contributions of Emeriti to the University will be presented to the UBC President, Provost, and VP Research, and posted on the UBCAPE website. The completion of the form counts as your consent to be a participant in this survey.

To complete the survey please go to www.emeriti.ubc.ca and follow the link on the home page.

Important Update on Emeritus Parking

We are very pleased to pass on the good news that the Administration has now officially confirmed that UBC will not be issuing tax slips for the parking privileges that Emeriti have traditionally enjoyed. The University has no plans to change the policy that has been in place for decades.

In our consultations with members of the Administration, they have repeatedly expressed appreciation of the many contributions of Emeriti to the University and have reaffirmed their desire to strengthen the connection between emeriti and the University.

New: Lifetime Membership

Lifetime membership in the Association, for a fee of ten times the annual fee, was approved at the General Meeting on February 11th. Online payment is not yet available, but you can send your cheque for $300 to the Association office, #4004 Copp Building, 2146 Health Science Mall, Vancouver, BC, V6T 1Z3 to become a member of UBC APE for life.

Did you know that UBC APE has a Facebook page? Please find the logos & links at the top right corner of our homepage.

Visit the page at https://www.facebook.com/pages/UBC-Association-of-Professors-Emeriti/722418457807794

Or follow us on Twitter: https://twitter.com/UBCEmeriti
Programs for the New UBC Alumni Centre

In the Memorandum of Understanding between our Association and the UBC Alumni Association, there is a commitment from UBCAPE to contribute to programming for the new Alumni Centre, scheduled to open in May, with an official opening in the Fall.

In collaboration with Director of Alumni Engagement, Fred Lee (of CBC’s ‘Fred About Town’) we have discussed establishing a series of ‘Lunch and Learn’ lectures given by Emeriti for Alumni. Emeriti would volunteer to give an hour-long talk about topics close to their hearts (either in their academic specialties or related to other areas in which they have an interest and some expertise) to Alumni and members of the general public. (It would be up to the Alumni Association to organize the ‘Lunch’ part.) Other ideas are talks to smaller groups, for which some subject-area expertise could be assumed, philosophers’ cafés, and exhibits of, for example, paintings, photographs, sculpture, or historical information.

While this programming is still in the planning stages, if you would like to contribute a lecture or exhibit, please let Carolyn Gilbert know (carolyn.gilbert@ubc.ca). Also let her know if you have additional ideas about how we might contribute to programming.

Scholarship in the Future University

Five Association members, Ken Craig (Psychology), John Gilbert (Audiology & Speech Sciences), Judy Hall (Pediatrics), Olav Slaymaker (Geography, Alan Thrasher (Music), will submit an application this month to the Peter Wall Institute for Advanced Studies requesting support for an International Roundtable on Scholarship in the Future University. Here is a summary of their objectives.

Scholarship, broadly defined, represents the foundation for an advanced, progressive and humane society. Determining the processes and structure supporting open inquiry and intergenerational transfer of knowledge is a considerable challenge. The role of scholars has changed dramatically over time, with current pressures and strains requiring continuous evaluation of underlying values and assumptions as well as the product of formal institutions supporting scholarship. The role of university scholars in modern society is far different from that of scholars in earlier times, when their work in the arts, humanities and sciences (We use these terms in the broadest sense to be inclusive of, for example, law, engineering and medicine) was assumed to be of critical importance for everyone. There are, however, severe strains on the size and manner of future scholarship, for example, the push for open access, greater interdisciplinarity, commodification of assets, and dependence on non-govern-
Association Speakers’ Series

Green College
Senior Scholars’ Series

Who Speaks for the Child? An Exploration of 31 Years of Clinical Academics

On January 20th, Stephen Tredwell, Professor Emeritus of Orthopedics, provided an overview of his career in pediatric orthopedics, focusing largely on the evolution in the understanding of “non-accidental accidents” involving children or, in blunter language, child abuse. That understanding included developments in the ability to distinguish injuries stemming from abuse as opposed to genuine accidents. He also produced data that dispelled myths about supposed racial and socio-economic correlates of abuse. He concluded that addressing the problem must focus on societal issues rather than simply punishing individual perpetrators.

From the Bench to the Bedside to the Bank because of Werewolves & Vampires

The intriguing title of Professor Emeritus of Chemistry David Dolphin’s talk on February 10th was a great way to get the attention of non-chemists! David Dolphin, together with Julia Levy, Professor Emerita of Microbiology, is responsible for the development of “Visudyne”, a phototherapy used in the treatment of macular degeneration. So how do werewolves and vampires come into the story? David took us back to the Middle Ages when tales of werewolves and vampires abounded. In these accounts, werewolves are nocturnal, exceptionally hairy and, with large paws and protruding teeth, resembled wolves. He suggests that our ancestors may have been frightened by people suffering from “porphyria”. Individuals with the condition, caused by a genetic mutation that produces hemoglobin deficient in iron, are very sensitive to light. In extreme cases, exposure to light can produce excessive hair growth and destruction of the lips and fingers, hence a wolf-like face and hands that resemble paws. Eight hundred or so years later, Dolphin and his colleagues were able to produce iron-deficient porphyrin molecules that when injected into a patient migrate to the “rogue” blood vessels in the retina that cause wet macular degeneration. A beam of light is then focused on the retina to activate the photophyrin to destroy the target blood vessels without harming the normal ones. And the “bank”? Visudyne has earned roughly $7 billion worldwide, 2% of which ($140 million) came back to UBC.

The last talk in the series for this term is on Tuesday, March 17 from 5:00-6:30 pm, when John Helliwell, Professor Emeritus of Economics, will present “Building Happier Lives”.

All talks are in the Green College Coachhouse. For more information: www.greencollege.ubc.ca or GC.events@ubc.ca.

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

On Friday, February 20, Professor Kathryn Harrison, led a discussion of whether Canada should have a Federal Carbon tax. Her position is that a Carbon Tax system is more effective environmental measure than a Cap and Trade system, and that Canada (and other countries) should have a Federal Carbon Tax modeled on the very effective Carbon Tax B.C. implemented in 2008. Our next Café is on March 20.

Friday, March 20, Hate Speech versus Free Speech
10:30 Tapestry Classroom, 3338 Wesbrook Mall
Discussion leader: Nichola Hall

After the deadly attacks on the French satirical magazine Charlie Hebdo and the huge crowds in the streets demonstrating for the right to “free speech” (no matter how offensive), the whole question of the conflict between what is “free speech” and what is “hate speech” has once again come to the fore. While the right to free speech is enshrined in the constitutional law of many countries, nowhere is the right an unfettered one. And different countries have reached distinct conclusions on where the limits are. Where would you draw the line?

(You may reserve to have lunch at Tapestry after the Café by calling (604) 225–5000 or by checking in with the front desk before the Café.)

Emeritus Research Day

The UBC Association of Professors Emeriti/Peter Wall Institute for Advanced Studies Research Day has been set for Tuesday, April 14, 10-12:30, PWIAS Conference Room (Rm 207).

Featured speakers will be:
Herb Rosengarten, Professor Emeritus of English, “Charlotte Bronte and the Critics”
Martha Foschi, Professor Emerita of Anthropology and Sociology, “Equivalent Performances, Different Conclusions: Overview and New Directions in Double- Standards Research”
Pat McGeer, Professor Emeritus of Chemistry, “Discovery and Properties of Diaspirin”

Please share this message widely with your faculty colleagues, students and emeriti. Research Day provides a unique opportunity for dialogue amongst our senior colleagues, faculty, and students from across the campus community.

China Study Group

March 24th Canada’s China Policy, led by Paul Evans

Paul Evans is a professor in the Institute of Asian Research, and an expert on Canada’s relations with Asia. His recent book, Engaging China, deals with Canadian relations with China from the missionary period to the present day.

The meeting will start at 11 a.m. in St. John’s College. We ask participants to register by March 17th and to read a short article on the topic that will be distributed before the meeting. Sandwiches and salad will follow at a cost of $15. Please indicate when you register whether you would like lunch.

If you wish to attend, please confirm with the Association Administrator, Sandra van Ark, at admin@emeriti.ubc.ca or by telephone at 604-822-1752.
Committee Profiles: UBC APE Program Committee

The Programs Committee works to encourage and sponsor intellectual and social interactions among members by providing programming, including General Meetings, lectures, workshops, tours, and special-interest groups. Current members of the Committee are Carolyn Gilbert (Chair), Ray Hall (responsible for General Meeting programs), Derek Applegarth (responsible for promoting special interest groups, and specifically for leading the Photography interest group), Jean McCutcheon and Diane Mauzy (responsible for General Meeting refreshments).

The Committee meets to discuss ideas for General Meeting programs, establishing special interest groups, setting up special lectures (such as ones we’ve held on housing for seniors and cross-border tax issues), workshops (e.g., how to use the digital library), events (such as tours of the CBC newsroom and Museum of Anthropology) and ideas for new events members might enjoy. The Committee also works with the Continuing Scholarly Activities Committee and Sandra van Ark to integrate the Green College Senior Scholars Series and Emeriti Research Days into the Association calendar.

If you have ideas for programming you would enjoy or a special-interest group you would like to help organize—or if you would like to participate as a member of this Committee—please contact Carolyn Gilbert (carolyn.gilbert@ubc.ca).

Donating to the UBC Association of Professors Emeriti

Please consider donating to UBCAPE’s fund, where you can designate your specific area of interest to enhance emeriti activities.

All you need to do is go to the UBCAPE website: emeriti.ubc.ca and click on “Giving”.

AND you will get a charitable donation tax receipt.

In Memoriam

<table>
<thead>
<tr>
<th>Name</th>
<th>Years</th>
<th>Position</th>
<th>Years of Service</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frederick Gornall</td>
<td>1920-2014</td>
<td>Associate Professor Emeritus of Mathematics</td>
<td>University Service 1959-1983</td>
</tr>
<tr>
<td>Dan Heino</td>
<td>1950-2015</td>
<td>Librarian Emeritus of Life Sciences</td>
<td>University Service 1989-20006</td>
</tr>
</tbody>
</table>
Dr. Sydney Friedman, Professor Emeritus of Anatomy, passed away on February 16, 2015, one day short of his 99th birthday. Dr. Friedman was the first member of UBC’s Faculty of Medicine, arriving on campus in 1950. Sydney Friedman held the position of Professor and Department Head in the Department of Anatomy from 1950-1981 as he established himself as a leader in his field. Together, he and his wife Constance won numerous awards for their service, teaching and research, while publishing over 200 research papers, primarily on the causes and cures of high blood pressure. During their time at UBC, the Friedmans were outstanding teachers, who were dedicated to the education of thousands of students in medicine and dentistry. Sydney was also an avid artist and accomplished medical illustrator. In the classroom, his multi-coloured drawings of various aspects of human anatomy, often drawn with both hands on the lecture room blackboard, were memorable. With the help of his wife, Sydney published ‘Visual Anatomy’, a popular three-volume set of textbook/atlas used by students and health care professionals around the world. Their involvement in faculty relations and UBC’s growth in the 1950s was also invaluable. Both Sydney and Constance were passionate about education and felt that students greatly benefited when they were able to learn from different perspectives. To encourage this, Sydney and Constance created the UBC Friedman Scholar Program, the UBC Friedman Travel Award and the Friedman Foundation.

Dr. Anthony (Tony) Scott, Professor Emeritus of Economics, passed away on February 17, 2015. In 1953, after obtaining a Ph.D. at the London School of Economics, Tony (a UBC graduate) returned to UBC to teach in the Department of Economics, where he was Chair from 1967 to 1971. For several decades he played a pivotal role in a period of expansion of the department, and in developing its national and international prominence in research and in graduate education. The many editions of Samuelson and Scott’s Economics provided the first doorway into economics for many thousands of Canadian university students. Tony was regarded as one of the primary founders of the modern field of resource economics, and for much of his career he was among the leaders of the field. Over a 36 year span, he published several books and nearly 150 papers, many of them pioneering contributions to the economics of conservation, fisheries, land use, water resources, oil and natural gas, mineral rights, and forestry. His magisterial final volume on The Evolution of Resource Property Rights was published in 2008 by the Oxford University Press. In 1955-56 he served on the research staff of the Royal Commission on Canada’s Economic Prospects (the Gordon Commission). Tony was the founding president (1966-67) of the Canadian Economics Association. Besides his many academic accomplishments, Tony was interested in opera, charades, cryptic crosswords, roses, sailing, Bowyer Island, mysteries, his family, traveling, and the pursuit of knowledge of just about everything. He was a gentleman, and a debater, and sometimes combined these two skills admirably.

Gifts in Tony’s name can be made to the UBC Development Office
- Online at startanevolution.ca/donate
- By phone to 604.827.4111
- By mail to 500-5950 University Boulevard, Vancouver, V6T 1Z3

Donations will support the AD Scott Graduate Fellowships, or will commemorate Tony at the new home for the Vancouver School of Economics.
Faculty of Science Emeriti Reunion Luncheon – Save the Date!

The Faculty of Science is pleased to invite its Emeriti to the third annual UBC Science Emeriti Reunion Luncheon on April 28th. A formal invitation with RSVP information will be sent by mail in early March. Please join us for a chance to welcome new Emeriti, reminisce with old friends over lunch and listen to Dean Simon Peacock’s update on our Faculty’s recent accomplishments. Inquiries or contact updates can be made by contacting Valerie Titford at valerie.titford@ubc.ca.

We hope to see you there!

Date: Tuesday, April 28, 2014
Time: 11:30 AM—2:30 PM
Lunch will be served at noon
Where: St. John’s College, 2111 Lower Mall, Vancouver
Cost: $25

Letters to the Editor

The Suzuki Elders Group

As a follow-up to Bill Rees’ talk in December, I would like to bring to the attention of the Emeriti that an established group of seniors interested in environmental matters exists in Vancouver. Some of you may well have been motivated by the discussion to gain more information about the topic or engage in some meaningful activity that will contribute to the welfare of future generations.

It was David Suzuki’s suggestion a number of years ago that led to the establishment of the group as an educational forum and an adjunct to the Suzuki Foundation. The Elders meet and work independently. Anyone is welcome to join the Elders, and the major benefit I have found is the incredible amount of useful information exchanged. There is no cost to become a member, but should one not wish to join, he/she may visit the website which contains a considerable amount of information and references (http://www.suzukielders.org/). I can be reached for further discussion at ggrowe@mail.ubc.ca

—Jerry Growe (Jerry Growe is Professor Emeritus of Pathology and Laboratory Medicine)

Emeriti in the News

Stanley Coren on the Untrainability of Beagles

Emeritus Professor of Psychology, Stanley Coren, was interviewed by the CBC following the “Best in Show” of Miss P, a beagle from Enderby, BC, at the Westminster Kennel Club Dog Show. His concluding observation: “If you look at working, obedience and intelligence in dogs, they’re seventh from the bottom, which basically means that the chair you’re sitting on is more trainable than a beagle.”

Hans Schuetze on Home Schooling

Home-schooling as it is regulated, or rather not regulated, in B.C., is conceived by the province as the best way to let parents exercise the right to education of their children.

However, the “right to education” is not, or not primarily, the right of parents but that of children. Several international covenants to which Canada is a party clearly spell this out, for example, the UN Convention on the Right of Children, which expressively recognizes “the right of the child to education.” By signing the Covenant, Canada has agreed “that the education of the child shall be directed to,” among others, “the development of the child’s personality, talents and mental and physical abilities to their fullest potential; and the preparation of the child for responsible life in a free society, in the spirit of understanding, peace, tolerance, equality of sexes, and friendship among all peoples, ethnic, national and religious groups and persons of indigenous origin.”

In the absence of any prescribed framework and control by the province or the school with which the child is registered, it is hard to know if parents can and actually do educate children in this spirit. The article by Daphne Bramham argues plausibly that this is not always the case and the B.C. School Act must be amended in order to protect the rights of the children concerned.

—Hans Schuetze, Professor Emeritus of Educational Studies in a letter to the Vancouver Sun, Jan. 2015.

Graham Riches on Food Security

While the answer to hunger and food insecurity might appear to be food, it is not. It is a matter of income poverty and the need for adequate wages and welfare benefits.

The 2005 B.C. Provincial Health Officer’s annual report made this point, stating that the inability “to afford nutritious food in B.C. includes higher costs of a basic ‘market basket’ of items, higher housing costs, inadequate social assistance rates, increased levels of homelessness and a minimum wage level that can result in even full-time workers ... falling below the federal low-income cut-off.” This analysis reflects federal and international data.

While the 2005 study was the result of an inter-departmental consultation committee, it did not include the Ministry of Employment and Income Assistance.

Regrettably, the 2013 Ministry of Health’s Evidence Review of Core Public Health Functions for B.C., while stating that “low income has consistently been found to be the best indicator of food insecurity,” makes no recommendations to introduce a living wage or raise minimum-wage levels and welfare rates.

Perhaps the first step in a Food First strategy for B.C. would be for the Minister of Health to have a conversation with the Minister for Employment and Income Assistance and then include Aboriginal Relations and Reconciliation, Housing, Children and Family Development, Jobs and Finance.

We need to change the conversation. We have the information. Must we wait another 10 years?

Basic math not adding up for some parents
(Vancouver Sun, February 1, 2015)

George Bluman, a Professor Emeritus of Mathematics at the University of British Columbia, said math is a fine balance between learning the basics, which everyone has to learn, but also going beyond the basics and learning conceptually.

“Students coming out of schools should have a conceptual understanding and they should have a strong emphasis on problem solving,” Bluman said. “A discovery-learning approach requires the teacher to be more of an expert than otherwise. If you want to teach problem solving, you have to know how to solve the problem in many different ways — we all learn in different ways — and you need a much better understanding of the subject matter to do that. You can’t have creativity without the basics.”

For the complete article to go http://www.vancouversun.com/technology/Basic+math+adding+some+parents/10779009/story.html.

Where are they now?” Department

Donald Blake, Professor Emeritus of Political Science, has been appointed to the Editorial Review Board of The Campus Resident, a monthly newspaper published by the University Neighbourhoods Association. Don is also editor of the UBCAPE newsletter.


Ken Takashima, Professor Emeritus of Asian Studies, has been very busy since retiring in 2004. Most often he divides his time between Japan and Anhui University in Hefei, China, where he was appointed to the position of Lifetime Professor in 2006 and where he offers a graduate seminar in ancient Chinese inscriptions. He has also been appointed to visiting fellowships in early Chinese civilization in the USA, Norway, Sweden, and Germany. His most recent publication, “A Little Primer of Chinese Oracle-Bone Inscriptions with Some Exercises”, will be published by Otto Harrassowitz in Wiesbaden, Germany in March.
Compound found in grapes, red wine may help prevent memory loss

Ashok K. Shetty, Ph.D., a professor in the Department of Molecular and Cellular Medicine and Director of Neurosciences at the Institute for Regenerative Medicine, has been studying the potential benefit of resveratrol, an antioxidant that is found in the skin of red grapes, as well as in red wine, peanuts and some berries.

Resveratrol has been widely touted for its potential to prevent heart disease, but Shetty and a team that includes other researchers from the health science center believe it also has positive effects on the hippocampus, an area of the brain that is critical to functions such as memory, learning and mood.

Because both humans and animals show a decline in cognitive capacity after middle age, the findings may have implications for treating memory loss in the elderly. Resveratrol may even be able to help people afflicted with severe neurodegenerative conditions such as Alzheimer’s disease.

In a study published online Jan. 28 in Scientific Reports, Shetty and his research team members reported that treatment with resveratrol had apparent benefits in terms of learning, memory and mood function in aged rats.

“The results of the study were striking,” Shetty said. “They indicated that for the control rats who did not receive resveratrol, spatial learning ability was largely maintained but ability to make new spatial memories significantly declined between 22 and 25 months. By contrast, both spatial learning and memory improved in the resveratrol-treated rats.”

Shetty said neurogenesis (the growth and development of neurons) approximately doubled in the rats given resveratrol compared to the control rats. The resveratrol-treated rats also had significantly improved microvasculature, indicating improved blood flow, and had a lower level of chronic inflammation in the hippocampus.

“The study provides novel evidence that resveratrol treatment in late middle age can help improve memory and mood function in old age,” Shetty said.

This study was funded primarily by the National Center for Complementary and Alternative Medicine (NCCAM) at the National Institutes of Health. Shetty’s lab is now examining the molecular mechanisms that underlie the improved cognitive function following resveratrol treatment. He also plans to conduct studies to see whether lower doses of resveratrol in the diet for prolonged periods would offer similar benefits to the aged brain.

- Maheedhar Kodali, Vipan K. Parihar, Bharathi Hattiangady, Vikas Mishra, Bing Shuai, Ashok K. Shetty. Resveratrol Prevents Age-Related Memory and Mood Dysfunction with Increased Hippocampal Neurogenesis and Microvasculature, and Reduced Glial Activation. *Scientific Reports*, 2015; 5: 8075 DOI: 10.1038/srep08075

About Town

Art & Spirit
A Speaker Series

Wednesday Nights @ 7:30 pm    free/donations welcome

Feb 25    Karen Jamieson : Dance
Award winning Dancer, Choreographer and Educator
Recipient of the Chalmers Award for Creativity and Excellence in the Arts

March 4    Landon Mackenzie : Painting
Local & International Artist, Professor at Emily Carr University of Art + Design
Collected by both the National Gallery of Canada & the Vancouver Art Gallery

March 11    Christopher Gaze : Theatre
Founding Artistic Director of Bard on the Beach Shakespeare Festival
Recipient of honorary doctorates from UBC & SFU

March 18    Jane Coop : Piano
Internationally renowned Soloist, Chamber Musician and Educator
International jury member and appointed to the Order of Canada

March 25    Kate Braid : Novelist
Award winning Author, Essayist, Poet and Educator
Honoured in the Remarkable Women: Our Vancouver Communities Series

Explore the spirit of creativity from non-religious perspectives
Hear from major figures in the arts about their creative experience:
Of being human and being spirited

St. Anselm’s Anglican Church | 5210 University Blvd, Vancouver | www.stanselms.ca
This long-running series is ideally suited to those who prefer day time concerts (and a seniors’ discount).

All performances take place at the Vancouver Academy of Music, 1270 Chestnut Street (Kits’ Point). Concerts begin at 10:30 am but are preceded by coffee, tea and refreshments beginning at 10:00 am. The same organization also offers a program called “Tuning In”, where well-known CBC host Eric Friesen interviews musical celebrities as well as musicians on their way up. Your editor was privileged to watch an interview with renowned Canadian tenor, Ben Heppner, in early November. What a treat!

For more information or to purchase tickets visit www.musicinthemorning.org or telephone 604-873-4612.

Main Concert Series

**March 18-20**: Isabel Bayrakdarian, soprano and Serouj Kradjian, piano  
**April 22-24**: Weiss Kaplan Newman Trio  
**May 10**: *Mother’s Day Season Finale*, Quartetto Gelato

Tuning In

**April 1**: Jan Lisieki. Mr. Lisieki began playing piano at age 5 and had his orchestral debut at age 9. He was named *Gramophone’s* Young Artist of 2014.