



LAR

Life after retirement

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Global warming: Science, politics, and culture war



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Overview:

Mainstream science has established—not with certainty, but with considerable robustness—that current global warming is largely a consequence of hydrocarbon combustion and other human activities. These conclusions have generated much anxiety: in some generally left-wing segments of society, about environmental consequences; and in some generally right-wing segments of society, about political consequences. This presentation will briefly address the science of the issue, the meaning of disagreement among scientists, political implications, and idiosyncrasies of human nature illustrated by the controversies.

The atmospheric and oceanic warming (not to mention ocean acidification) predicted by climate modeling since the 1970s is coming to pass, as indicated by several independent temperature observation systems, increased rates of melting of ice sheets, increased rates of permafrost melting, larger wildfires, more extreme weather, and other observations.

Attribution of current warming to anthropogenic causes is accepted by almost all (but not all) climate scientists, but out in general society opinion is mixed. Confusion arises from the contrary opinions of a small minority of scientists, unsettled mixes of science and advocacy, cherry-picking of evidence, unabashed fake news from the skeptical camp, fusing together of different



questions, the existence of natural climate change, and the *apparent* paltriness of a few degrees of global mean temperature change.

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The primary predictor of one's belief, or lack of, in anthropogenic warming is one's political outlook, and opposition to the concept of anthropogenic warming is considered by sociologists to be a proxy for fears of perceived potential political consequences of climate change (global government, socialism, loss of liberty, etc.). In Calgary, opposition is most prevalent in the oil patch and presumably is a proxy for support of the business. Skepticism regarding anthropogenic warming is thus overlain by a substantial, generally right-wing, social agenda. Correspondingly, however, acceptance of the mainstream scientific

consensus is draped by a substantial, generally left-wing, social agenda, involving perceived opportunities for increased equality and social justice. These opposed social agendas are the basis of the climate-skirmish portion of the current culture war. Oppositional politics are fueled by big money on both sides: (e.g., Koch Brother(s) and petroleum company campaigns, on the con side; while Rockefeller Brothers Fund, on the pro side).

The greenhouse effect is the warming effect generated by scattering, by greenhouse gases, of outbound longwave radiation from the earth. Increased production of greenhouse gases by hydrocarbon combustion and other activities strengthens the greenhouse effect. The evidence that current warming is mainly due to human greenhouse gas emissions is robust, and includes the following factors: (a) correspondence of greenhouse gas increases with temperature increases, (b) anomalous rate of current warming, (c) simultaneous cooling of the upper atmosphere and warming of the

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Wellness, well-played: How music can help us age well



**Ms. Jennifer
BUCHANAN**

President
JB Music Therapy

Although not a very orthodox way of learning the piano, and perhaps why I am not an excellent piano player today (although I am a pretty good sight reader), my teacher Mr. Nicholwitz did teach me three valuable lessons in elementary school that I have carried with me throughout my life. They are the following: (1) there is a lot of great music out there, which is meant to be explored, enjoyed and shared; (2) you don't have to "do music" the way you think you are supposed to "do music" to have great outcomes, for experiencing, improvising, exploring, listening, dancing, and humming are all ways you can experience music and still achieve beneficial outcomes; (3) music is meant to add life to your life, even during challenging times, as well music has the capacity to help us escape into something more pleasant.

It would be these early lessons that would also assist me in connecting with my Grandad, for this first time when I was in my early teens. One Friday, Granny walked over to me, gave me a hug, handed me a piece of music, and said, "Jenny, I brought this sheet music from home. It is your Grandad's favourite song. Would you please learn it and sing it to him next week?" Her request took me off guard, as it seemed to me like such an odd one, at the time. The Grandad I knew was often grumpy and I did not know that grumpy people had favourite songs. Grandad had also recently suffered his second major stroke and was in long term care. With some reluctance I said, "Sure."

The following week Granny put her hand on my shoulder and said, "go ahead dear." I felt nervous and looked down on my lap at the words to the song. It took me a moment and then I began to sing a song written so many



Finding the right music throughout your lifespan can be a joyous experience and it can also be quite complex. Many of us have layers of history with music, many associations, some even forgotten until you take the time to think about it.

years before I was born — *The White Cliffs of Dover*. As I sang, and although my back was to the door, I could tell that some people were beginning to look in. One of the wandering patients came right into Grandad's room, stood beside me, and Granny gave him the chair available. Even the woman who regularly yelled in the hallways stood behind me and began to sing. I had no idea so many people knew this song. Grandad got misty eyed and Granny smiled and nodded for me to keep going.

Many more musical moments like this would be in my future, with all sorts of people, from many different backgrounds and at all stages of life. Little did I know that these hospital visits would eventually lead me toward a career as a Music Therapist, where I would learn, analyze and reflect on how best to use music (the right music, at the right time in the right way) with diverse populations and gain the following desired outcomes: (1) **Improve mood.** Music can reduce anxiety, stress and agitation. Music which is associated with pleasant memories can be a source of relaxation. Moreover, the clinical use of music therapy has been shown

to be effective in reducing depression. (2) **Decrease the perception of pain.** Listening to music that a person enjoys can raise the level of brain chemicals that distracts us from pain and gives us a feeling of well-being. (3) **Engage memories.** Vivid recollections can be re-experienced with music from our past. Music anchors our memories and can also trigger those same memories into our recollection. (4) **Encourage activity.** With the addition of music, movements can become more pleasurable. (5) **Improve sleep quality.** For many persons soft music can lull individuals into sleep with greater ease than no music at all. (6) **Bring people together.** People who play or listen to music as a group have been shown to 'entrain' (feel the same neurological responses) to the experience. This can result in a feeling of connection and togetherness.

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CURAC information report #1



**Dr. Carole-Lynne
LE NAVENEC**

Associate Professor
Emerita of Nursing
University of Calgary

I was recently elected to the CURAC Board of Directors. Hence, I thought I would submit a mini report in each of our upcoming LAR (Life After Retirement) newsletters. I welcome your questions and suggestions about activities that you would like CURAC to address. My email address is as follows: (cllenave@ucalgary.ca). Website for CURAC: (www.curac.ca); contact information: (secretary@curac.ca).

What is CURAC?: This acronym stands for The College and University Retiree Associations of Canada /Associations de retraités des universités et collèges du Canada (CURAC/ARUCC). It is a not-for-profit federation of retiree organizations at colleges and universities across Canada. This umbrella organization is also linked into its US sister association, the Association of Retirement Organizations in Higher Education (AROHE: [https:// www.arohe.org](https://www.arohe.org)). Your membership with the Emeriti Association (EA) at the University of Calgary also includes membership in CURAC & AROHE.

CURAC's purpose/objectives: <https://www.curac.ca/about-us/our-purpose/>:

- to coordinate activities that promote communication among member associations to share information
- to provide mutual assistance, and
- to speak publicly on issues of concern to the over fifteen thousand retirees from colleges and universities across Canada.
- They also have a range of AFFINITY Programs (e.g., for reduced costs for travel, insurance, etc.). See Member Benefits section of website: <https://www.curac.ca/members-benefits/>

Three major routes used for INFORMATION SHARING include:

(1) **CURAC Newsletter:** (2-3 times per yr). Submission deadlines TBA. Contact person

1.1 Winter 2019 issue at: <https://www.curac.ca/wp-content/uploads/2019/02/CURAC-Newsletter-Winter-2019.pdf>

1.2 Summer 2019 issue at: <https://www.curac.ca/newsletters/curarucc-nl/nl-summer2019/>

(2) **Member association newsletters:** see <https://www.curac.ca/newsletters/member-association-newsletters/>



College and University Retiree Associations of Canada

Associations de retraités des universités et collèges du Canada

(3) **Annual Conference:** This year it will be at UBC (Ponderosa Bldg, 2075 Lower Mall), May 13-15, 2020. Theme: Faces of Wellness and Well-Being. Info & Registration: <https://www.curac.ca/>, or contact me at: (cllenave@ucalgary.ca). Apparently, no one from the University of Calgary Emeriti Association has attended any of the past CURAC Conferences. I will be attending and look forward to hearing from members who also plan to attend.

Member Retiree Associations (Canada) with CURAC: (see <https://www.curac.ca/about-us/member-ras/>).

CURAC currently consists of forty academic settings and over 15,000 retirees. (Note: There are very few Colleges in CURAC). The bulk of the member retiree associations are from university settings across Canada.

I am currently the Chair of one of CURAC's new Ad Hoc Committees, and working with a very small group at U of C to develop an action plan for it. Tentative name for the Committee: **Later Life Learning and Active Aging Networks** (<http://eregion.eu/actors/active-aging-networks/>). We hope to launch this committee in early Spring 2020. Its focus is on (a) information sharing (via a to-be-developed Listserv) about existing lifelong learning face-to-face programs and some that are internet-based (local, national and international) and (b) provision of short-term, online courses, at minimal or no costs, regarding various modes of videoconferencing (using free routes such as Skype, Zoom, and Adobe Connect). In that way, our members can more easily communicate with member organizations in Canada, and with Active Aging Networks all over the world. If you would like to be involved with our local organizing committee, volunteer in some capacity, or enroll in such a course, please contact me. Have a happy, healthy New Year 2020.

Report submitted 19 January 2020

Emeriti Association Christmas Luncheon

HOTEL ALMA • December 12, 2019

Photos by courtesy of Tom Swaddle



(L to R): Peggy Rodway, John Dawson, Penny Jennett, Ian Mitchell. Background: Elaine McKiel, Judith and Lorne Hanson, Gail Ward



(L to R): Anne Katzenberg, Dennis and Jennifer Salahub



(L to R): Phil and Vera Simony



(L to R): Ron Davies, Cheryl Campbell, Diane Lancaster, Beth Davies



(L to R): Hans Vogel, Elke Lohmeier-Vogel, Barb Stevenson



(L to R): Johanna and Cor Van de Panne, Anita Jones, Barbara Grant



(L to R): Cathy Wagner, Peggy Rodway, John Dawson



(L to R): Eric de Ridder, Don Smith, Trish and Bill Perks



(L to R): Marlee Kuchinak, Cathy Wagner, Kathy Fergusson and Gary Krivy



(L to R): James Wasmuth, Ken Stevenson, Elke Lohmeier-Vogel, Hans Vogel and Barb Stevenson



(L to R): Carol and Jim Frideres



(L to R): Fred and Gayle Trofimenkoff



(L to R): Glen Campbell, Joe Klassen, Cheryl Campbell, Catherine McGinley



(L to R): Carol and Jim Frideres, Bob Dewar, Jock Abra



(L to R): Anita Arduini, Outi McEachern, Carole-Lynne Le Navenec



(L to R): Fred Trofimenkoff and Elaine McKiel



(L to R): Barb & Ken Stevenson, James Wasmuth, Tris Chivers and Sheila Wasylyshyn



(L to R): Ken Stevenson, Peter Krueger and Barb Stevenson



(L to R): Ron Murch, Glen Campbell, Joe Klassen and Cheryl Campbell



(L to R): Doug Francis, Marianne & Tom Flanagan

Global warming (continued from page 1)

lower atmosphere, (d) increasing downward-directed longwave radiation, (e) decreasing longwave radiation escaping into space, and (f) results of experiments with general climate models. General robustness of the climate models is indicated by comparisons of past projections with subsequent observations.

In the Paris Agreement of 2015 the countries of the world pledged to reduce emissions by various amounts in an attempt to keep mean global warming by the year 2100 to two or perhaps 1.5° C over pre-industrial temperature. That goal would require significant reductions of emissions by 2030 and near-zero emissions by 2050. If all countries met their pledges, modeling suggests a warming of about 3°, but very few countries are on track to fulfill their pledges. A majority of citizens in North America now believe there is a significant problem at hand, but are not ready to change lifestyles to address it. Three or 4° warming seems not unlikely; that much warming would result in a world quite different from the present one.

Summary and Concluding Comments:
Jerry Osborn's views.

- The science is robust; it's going to get hotter, at this time in geological history mainly because of human activities. However, uncertainties about specific projections are inherent.
- The planet will be fine. Human beings will not be wiped out. There will be, however, migrations of lots of people away from coasts; it's not clear where they will go; conflict will ensue. Other bad things will happen.
- Most skeptics are dishonest in that they attempt to dismiss anthropogenic climate change, instead of discussing their real concerns.
- Progressive politicians actually believe climate change presents a problem to humanity, but they cannot seriously do anything about it, because their electorates won't let them.

- Substantial mitigation of anthropogenic climate change would require the world's nations to work together successfully and think beyond their own self-interests. This appears to be an unlikely prospect.
- Much anthropogenic warming is built in; thus, adaptation is required, whether we shift out of the fossil fuel era sooner or later.
- Humans will always resist changes in lifestyle/economy, but in the long run can, and probably will, learn to fly less, have fewer children, and eat less meat.
- The most interesting issue is whether climate mitigation, if robustly attempted at all, will generate, or require, changes to the system of industrial capitalism that most of the world runs on, and generate, or require, major changes to governance systems.

Presented on 11 September 2019. Revision courtesy of Carole-Lynne Le Navene

Wellness, well-played (continued from page 2)

Music Therapist, after spending so much time with others and their music, declare that "I have lost my own." I have also heard professionals, who are now working from office towers, say "I forgot how deeply I love music, after being challenged to hear it again." Most recently I was asked by the National Association for the Hard of Hearing to speak to their group because, "we don't want our members giving up on music."

There are many ways to maximize the music in your life, including our post-retirement life: creating purposeful playlists, getting out to live music on a more frequent basis, asking a younger loved one to come over and show you how to get music on your mobile device, or purchasing music you once loved from a by-gone era to enjoy again.

Here are two other ideas: (1) **Document Your Life's Soundtrack.** Begin to journal

your life's music, starting with your earliest musical memories. Then move to grade school, high school, your young adult years all the way to today. You are not looking for your favourites, but music that has been significant to you – bringing up memories as you think about them. If you get stuck, call a friend you have known for a while, or someone who you feel will have similar experiences to you and work on this activity alongside them. (2) **Determine Your Current Music Listening Habits.** Take a moment to consider when you listen to music the most. Ask yourself the question: why do I listen to music at that time or in that place? Are there times in the day when I may want a feelings shift? If so, that may be a time you would like to add music into your day.

I am not for one moment thinking that the internal processes you will go through to find

the answers are anything like simple. Music is so deeply connected to your emotions and histories, and we all know how complex those can be at times. If at any time you would like additional supports or resources please reach out to a local music therapist.

As Mr. Nicholwitz suggested: music is meant to be shared, experienced and added to our life, even (and perhaps more importantly) during challenging times.

Professional Associations to find a Music Therapist: Canada: <https://www.jbmusictherapy.com/> and www.musictherapy.ca; United States: www.musictherapy.org; World Federation: www.wfmt.info.

Presented on 9 October 2019



Unless other wise stated, all speaker events are held on Wednesdays at HOTEL ALMA • SENATE ROOM (Room 721)
University of Calgary Campus • 2:00 p.m. to 4:00 p.m.

JANUARY 15 | Dr. Sean Dukelow, Stroke rehabilitation and robotic therapy.

FEBRUARY 12 | Mostly Broadway Trio (Dr. Richard Heyman, Dr. Malcolm Edwards and Ms. Katheryne Perri Edwards),
“For the Joy of Singing,” at St. Andrew’s Anglican Church

MARCH 11 | Dr. Roger Thomas, Polypharmacy and more: Potentially inappropriate medications and prescribing omissions for seniors.

APRIL 8 | Dr. James Wasmuth and students, The Graduate College and its scholars.

MAY 13 | Field Tour at Spy Hill Campus of the Faculty of Veterinary Medicine.

JUNE 11 | President’s Luncheon, Hotel Alma, arrival time: 11:30 a.m.; buffet to commence at 12:00 noon.

For more information, please check the Emeriti Association website at <http://emeriti.ucalgary.ca> or contact Carole-Lynne Le Navenec
E-mail: cllenave@ucalgary.ca Telephone: 403-278-4295



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If any members have additional ideas about how to enhance the role of our Association, please don’t hesitate to contact us at <https://emeriti.ucalgary.ca>

THE EMERITI ASSOCIATION OF THE UNIVERSITY OF CALGARY

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