



Wednesday, April 4: Dr. Stanton E. Tuller, The Climate of Victoria: Characteristics, Variations, and Controls

Dr. Stanton Tuller is Professor Emeritus in the Department of Geography, where he taught climatology from 1969 until his recent retirement. His major area of study is applied microclimatology including ground surface energy budgets, human thermal exchange and

Full registration @ \$150/head includes a welcome reception and conference banquet at the Harbour Towers Hotel at 345 Quebec Street as well as morning and afternoon refreshments and lunch each day, and transportation between the hotel and the UVic campus.

Day registration is \$45/head/day, and includes morning and afternoon refreshments and lunch.

Program topics include:

- Best Practices from selected associations across North America (2 sessions)
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- Issues in Pension Plan governance
- How active do you have to be to be healthy?
- Challenges and opportunities of communicating with the membership (Are we ready for Facebook?)
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University Club Report

I am the UVRA rep on the University Club Board. It is my pleasure to keep the UVRA members informed about University Club news and events. The UVRA and the University Club have a long-standing agreement that allows our members to join the Club at a special rate of 75% of the current Associate Member rate ± which works out to \$15 per month.

As a member of the University Club, you are able to enjoy lunch at the Club Monday to Friday, and dinner Monday to Saturday. Some upcoming events of note are the *Family Night Celebration of Pasta* on Tues. Jan. 17, and the *Celebration of Wine and Food* on Thurs. Jan. 26.

This year marks the 30th Anniversary of the University Club. Executive Chef Mark David has created some delicious winter specials for cozy dining in the Camas room, each one served with soup or salad. For all of the details of these and more upcoming events, check the website: <http://club.uvic.ca>

Several UVRA members took up my offer of a tour of the University Club. Please contact me for a tour.

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Physical Activity and Wellness Corner #7

In the last newsletter, I indicated that I would address the role of exercise in back health. From demographic data, we know that almost half of us suffer from some sort of back pain. Although back pain can occur in any area of the spine, it most commonly occurs in the lower back or lumbar area of the spine and is generally referred to as low back pain (LBP). This can result in localized pain, or create the classic pain down the back of the thigh and leg as a result of pressure on the sciatic nerve that passes through the vertebrae and muscles of the lower back. The actual cause of the pain is often hard to identify and, therefore, difficult to fix.

Structure of the back

The back or spine is a complex structure consisting of individual vertebrae stacked upon one another and separated by intervertebral discs. The discs have a

Specific program

Space does not permit me to go into any detailed exercise program, but I am providing a reference to an article⁽¹⁾ that I have found very helpful for people wishing to initiate a program. I encourage you to have a look at it, and see if it can be of help to you. As always, I would extend the usual

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