

Bits from the Board

The committees of the board have continued to work on interesting projects on your behalf. Some of these are in detail in other sections of this Newsletter,

“novice” with the Victoria Lawn Bowling Club in its Centennial year. The club provided instruction, bowls, and excellent coaching so the novices were soon playing well enough, though nothing is ever quite as easy as it looks. Bowls requires skill, strategy and a degree of stamina as at about two hours per game you are delivering bowls (2 pounds each) and walking the 34-40 meter green after each end (12-15). The season is April through September. Bowls is also very social with opportunities to play with members from ten clubs on the South Island and elsewhere. One feature that I particularly liked was the flexibility. Every day at 1:00 pm (Internationally) there is a “draw”; you show up, drop your tag in the box, the draw master forms teams and out you go. If you don’t like rainy days or have other plans, give bowls a miss - unless you have committed to a league or competition scheduled at specific times. Throughout the winter clubs offer varied social activities - cards, games, suppers, or indoor bowling. The membership cost is modest and equipment and clothing expenses can range widely. So last summer I spent many hours bowling in the fresh air and sunshine and was “bowled over” when I won the Club’s Women’s Novice cup, then the South Island Women’s Novice Champ of Champs competition (nine games played over a three day period).

Lawn bowls is a National and International competitive sport for youth and adults. Bowls Canada Boulingrin website is (www.bowlscanada.com) -

The Prairie Fire Review of Books wrote: "... an absorbing book that evokes the spirit of enterprise and adventure that animated the early history of BC. ... Elliott has written a chronological narrative depicting the development of the fur trade in New Caledonia (which became British Columbia in 1858) from the early nineteenth century until well into the twentieth."

UNITED WAY CAMPAIGN FINAL REPORT 2009

When the UVic Campaign Committee set a goal of \$275,000.00 (\$10,000 higher than last year), we wondered what effect the uncertain economic situation might have on the campaign. We need not have worried. The response of the UVic community has been magnificent. As of January 5th, the campaign has raised \$303,410.00 with a total of 623 donors.

We are the second-largest donor group in the city, exceeded only by the DND. A heartfelt thank you to all who have contributed. Because of your generosity the United Way will be better able to assist the growing numbers of those in need in the coming year.

Submitted by: Victor Neufeldt, UVRA Representative, United Way Campus Campaign Committee

Upcoming Events January to June, 2010

Now that the festive season is over, a reminder about the New Year's UVRA events may be welcome. Subsequent events include the Chinese New Year lunch and presentation (February), a tour of the Victoria Shipyards (March—full), birding on campus (April), a tour of new campus buildings (May) and possibly an overnight trip to Bamfield or Friendly Cove .

Descriptions of these events and registration forms can be found on the

UVRA website <http://web.uvic.ca/retirees/events.html> The members of your Events Committee look forward to seeing

CONGRATULATIONS!

Congratulations to The Rev. Diana Spencer, UVic retiree, who has recently published her book "GOD is not like that". Diana worked as a Secretary with four consecutive UVic Vice-Presidents Academic prior to going to theological college to become an Anglican priest.

DID YOU KNOW that the UVRA Website is updated frequently with the latest announcements and photos from recent events.

Check it out at <http://web.uvic.ca/retirees>

regard to their level of physical activity and health (actually all cause mortality!). The results have been very helpful in providing guidelines for people interested in the health benefits associated with different levels of physical activity.

One of the findings from this longitudinal project was that expending a thousand calories per week by being physically active elicited impressive improvements in some important health risks, such as cholesterol and blood pressure. This translates to about 30 minutes of moderate physical activity 5-6 days per week. Moderate physical activity would be equivalent to walking with purpose. Of course physical activity comes in many forms but walking is probably one that most of us can manage or relate to and, therefore, provides a good reference on how to gauge the caloric expenditure from other types of physical activity. If you want to get your physical activity in other ways there are a host of possibilities. You will notice I have used the term "physical activity" rather than "exercise" because it embraces everything we do that involves movement, from gardening to taking an aerobics class.

You may have noticed that I have also avoided the term "fitness". Not so many years ago it was suggested that you needed to exercise vigorously for 30 minutes continuously to get any benefit with your heart rate in a specific zone. If you want to be fit to run a half-marathon or be competitive in sport then you would need to exercise hard and long with the heart rate up to 80-90% maximum. This requires a lot of effort which doesn't appeal to everyone, especially as we get older. The appeal of getting significant health benefits by being moderately active is that you don't need to work that hard or change into spandex. One of the other important findings from the work at the Aerobics Institute is that the 30 minutes of physical activity does not have to be continuous. One study showed the same health benefits by exercising 3 times for 10 minutes as by exercising for 30 minutes. So not having the time is not

a good excuse for not getting your daily physical activity! If you need the social support there are numerous walking groups in Victoria that are happy to have new members and fabulous places to walk to appreciate the beauty of where we live.

The usual advice obviously applies before starting any physical activity program. If you have not been active for a while check with your physician and start slowly. Perhaps walk for 15 minutes at a comfortable pace and gradually build to 30 minutes. Let your body be your guide in regard to how quickly you progress. Once you are able to walk continuously for 30 minutes build up the pace so that you are walking with a sense of purpose. One of my colleagues used the analogy that "sense of purpose" was the pace you would use if you were going to a meeting but I was never too motivated in going to meetings so this is probably not the best analogy for retired UVRA members!

As the old proverb goes "the longest journey starts with the first step". So let's get started. Start that first step to a healthier lifestyle or aim to meet the 30 minutes of physical activity for 5-6 days per week if have already taken the first steps. In the words of Paul Dudley, former Surgeon General, "Walk your dog every day whether you have one or not." Good luck.

Submitted by: David Docherty, Ph.D., Professor Emeritus, School of Exercise Science, Physical and Health Education. Email comments/suggestions to: angdave@shaw.ca

SUBMITTING ARTICLES FOR NEXT NEWSLETTER

If you think you have something that would be of interest to our Retirees for the next newsletter, please submit your article to Elizabeth Coey at uvra@uvic.ca

The Editor reserves the right to edit submissions.



VOLUNTEERS NEEDED

Come join the Communications Team of Judy Cryderman, Laura Proctor, and Elizabeth Coey, and learn how to use Microsoft Publisher and Adobe PDF to produce the next UVRA newsletter.

Do you have experience working with photo's, and uploading to Flickr?

Do you have experience working with Dreamweaver and updating web pages?

Are you a good proof-reader?

The Communications Committee needs you. Please phone the UVRA Office or write to uvra@uvic.ca for more information, or to leave your name and phone number so you may be contacted.

OFFICE VOLUNTEERS

The UVRA is always looking for volunteers to staff the office for 2 hour stints (1:30 to 3:30) Monday to Friday. Please call the uvra office or write uvra@uvic.ca and leave your name and phone number for Sharon Crumly, our Co-ordinator, who will contact you.

DID YOU KNOW AS A VOLUNTEER you are welcome to use one of the two parking passes available to park in the lot next to the building when you are fulfilling your volunteer duties at the UVRA office.

Masterminds 2010
Art Exhibit and Lecture Series
by UVic Retirees

Art Exhibit

March 12 through April 23

Masterminds: An Art Exhibit

Presented by the UVic Retirees Association and the
Centre on Aging

With the generous support of the University of Victoria, the UVic Retirees Association and the Centre on Aging will present an art exhibit from March 12 through April 23, and a series of four free lectures by UVic retirees from April 7 through April 28. The exhibit will be held on campus in the Maltwood Museum and Gallery from 9 a.m. to 4 p.m., Monday through Friday. The lectures will be held every Wednesday at 7 p.m. in the Hickman Building, Room 105.

Please register for the lectures by calling 250-721-6369 and plan to arrive early because seating will be limited. If you do not have a parking permit, there is a charge of \$2.00 to park on campus at night.

The exhibit will highlight the creativity and diversity of the works of 27 active artists. Those participating are Anne Algard, Fran Baskerville, Pat Martin Bates, Anne Bushnell, Gerald Carr, Kathy Collis, Rachel Coward, Donna (Anna) Danylchuk, Walter Dexter, Pat George, Donald Harvey, Ronald Hoppe, Jean Ives, Donald Lobb, George Mackie, Elizabeth Milton, Sophia Morrison, Barbara Nelson, Judith Rassenti, Walter Riedel, Deirdre Roberts, Margaret Simpson, Kris Tangri, Betsy Tumasonis, Pieter van der Leeden, Jenny Waelti Walters, Bill Zuk.

*Please note that the dates of the exhibit have been changed since the December UVRA newsletter due to seismic upgrading in the Maltwood Gallery.

Lecture Series

April 7, Dr. Bruce Howe, Winning Is a Mind Game: Reflections on the Olympics

Dr. Bruce Howe is a Professor Emeritus in the School of Exercise Science, Physical and Health Education where he was academic leader in the establishment of several degree programs and served as Director of the School. He has served in other administrative positions, including Associate Dean and Acting Dean of Graduate Studies, and Associate Dean and Dean of Education. Dr. Howe's research interests include coach and teacher effectiveness, mental training, management of stress in sport, and team building. He is internationally known for his work in sport psychology, and has served as a consultant to national and provincial teams and to individual athletes in swimming, rowing, golf, soccer, disabled sailing and rugby. His extensive involvement with rugby includes the positions of B. C. Rugby Coach, the Canadian National Rugby Coach who brought the team to world ranking for the first time, the Director of the Rugby Canada Elite Athlete Development Program, and the Canadian National Men's Rugby Chair of Selectors. Currently he is assisting the UVic women's team.

April 14, Prof. John McLaren, Dewigged, Bothered and Bewildered: British Colonial Judges on Trial, 1800 - 1900

Prof. John McLaren is a Professor Emeritus in the Faculty of Law where he was Lansdowne Professor. He is well known for his teaching excellence, legal scholarship and administration. He was a founder of the Canadian Law and Society Association and has served on the Canadian Human Rights Tribunal. Prof. McLaren is known as one of North America's leading legal historians. The topics on which he has written and spoken include comparative history of the rule of law in colonization, religious beliefs and common law, the role of law as a moral regulator, the rule of law in the British empire, discrimination against ethnic minorities, and many others. In 2005, the Canadian Bar Association presented him with the Ramon John Hnatyshyn Award, one of the most prestigious honours in the legal profession. In 2008, he was awarded both the UVic Legacy Award for Research and the Craigdarroch Gold Medal for Career Achievement in Research.

April 21, Dr. Margie Mayfield, Why Kindergarten for Three- to Five-Year-Olds?

Dr. Margie Mayfield is a Professor Emerita in the Department of Curriculum and Instruction, Faculty of Education. She was instrumental in the development of degree programs at UVic for educators of young children. Dr. Mayfield headed the team that produced the award-winning B.C. Kindergarten Needs Assessment. Her research in early childhood education is internationally respected and reflects her broad and varied professional interests, including historical and comparative early childhood education, program development and evaluation, emerging literacy and family literacy, family support programs and

family/parent involvement, and children's play and play spaces. She has participated as an invited expert witness for Parliamentary committees and task forces. Dr. Mayfield's international research and consulting on program development issues and evaluation has included direct observation of programs in more than 35 countries. She has given more than 400 international, national, provincial and local presentations and over 60 media interviews.

April 28, Dr. Reginald Mitchell, A New Era of Snake Oils: Chemically Ripping Off the Elderly and the Not-So-Old

Dr. Reginald Mitchell is a Professor Emeritus in the Department of Chemistry. He is a productive and respected researcher, and an award-winning teacher. He is a member of the Canadian, British and American Chemical Societies, and has been on the executive of the Vancouver Island Section of the Chemical Institute of Canada since 1976, having previously served nationally as a councilor and director. For more than 25 years he was involved in organizing the Vancouver Island Regional Science Fair. As Dr. Zonk, he demonstrated the wonders of chemistry to more than 50,000 British Columbia youngsters. He still appears regularly on Victoria's CFX radio station, talking about chemistry in everyday life. He has received many awards, including the BC Science Council's Eve Savory Award for Science Communication and the BC Faculty Association's Faculty Member of the Year Award in 2000, the UVIC Alumni Award for Excellence in Teaching in 2001, the Craigdarroch Research Award for Science Communication in 2005, and the Royal Society of Canada McNeil Medal for Science Communication in 2006.



Harry Hickman Building