UVRA volunteers were honoured during National Volunteer Week, which is celebrated every April across Canada. Members of our association who give generously of their time, talents and energy attended a luncheon on April 23rd. Grant Hughes, the UVic-UVRA liaison and newest member of the UVRA, was pleased to welcome presidents of the UVRA: Victor Neufeldt 1999-2002, David Docherty 2011-present, Anne McLaughlin 1994-1996, Lyle Robertson 2006-2008 and Isobel Dawson 2008-2011. More photos are inside this issue.

**Bits from the Board**

Spring is now sprung, and Victoria has burst forth in all its colourful splendor.

The Board has been busy analyzing the survey results, putting the finishing touches to the Extended Health Benefit, Dental and Travel Insurance package, promoting the Elder Academy concept, arranging interesting places to visit, recognizing our volunteers, and generally trying to make the UVRA a vibrant organization with lots to offer our members.

We did host the first Volunteer Recognition luncheon (the brainchild of Kathy Harris) which was well received. At the luncheon, Lois Edgar, who is one of our
University Club Report

The University Club has undergone extensive renovations in the past year, making it an even more attractive place than ever to have an event, a meal, or just hang out. Not a member of the UClub? As a UVRA member, you can join for 25% off the regular membership fee.

The Club is now in “summer-mode”, with a number of exciting events planned for members to enjoy.

At the top of the list is Beatlemania – a dinner/dance on Saturday, July 20, with music by “The Sutcliffes”, a Beatles-tribute band.

Do not miss the Celebration of Pasta on the patio – your choice of July 25th or August 29th.

Every Friday in July and August (4:30 to 7 pm) is the special Grillen and Chllen event on the patio, which includes a BBQ and live music.

Back by popular demand is the “cooked to order” breakfast every Thursday and Friday – only $7.95 per person.

For more details on these special events, and on other regular events, such as International Buffet Lunches, Fridays’ TGIF Luncheon BBQ, and Chef’s monthly Prix Fixe Dinner, please check the UClub website <club.uvic.ca>. Reservations are recommended for all events.

(Advance Notice) University Club Folk Fest, featuring Jocelyn Pettit and her band on September 14, 2013. Details will soon be forthcoming (including menu) on the UClub website.

Have a great summer! Submitted by David Leeming

CARSA

Over the last few months, you may have noticed a lot of noise and excitement behind the MacKinnon building on Gabriola Road, or maybe you have wondered about the massive hole getting carved out. In February 2013, UVic began construction on the Centre for Athletics, Recreation and Special Abilities (CARSA), the future home for Athletics & Recreation, as well as the organization CanAssist.

CARSA promises to be a hub in the community for those pursuing healthy living. The accessible facilities will attract more than just student athletes, but will also provide opportunities for faculty, staff, alumni, and community members from Victoria and beyond. And, not only will CARSA provide state-of-the-art fitness facilities, it will impact your community by providing upgraded spaces for the School of Exercise Science, Physical Health & Education (or “EPHE”, which works to promote health for people and society through research) and CanAssist (a UVic-affiliated organization which provides customized assistive technologies at no cost to clients).

As construction continues, so too does the momentum and excitement build in both the on- and off-campus communities. Though UVic is footing the majority of the project’s cost, we are now in the midst of a $15.6 million fundraising campaign. If you are interested in supporting UVic’s largest capital campaign to date, please visit the project’s website: www.uvic.ca/carsa in order to find information on volunteering, donating (including naming opportunities), or linking us to interested community members.
members, but also still working in the Centre on Aging, delivered the short keynote address, with the compelling message that people who volunteer are happier and healthier than those who do not volunteer. We hope this message may motivate some of you to step forward to help the UVRA either in large or small ways.

In particular, as the new year approaches, we are looking for someone to take on the role of Newsletter Editor, having lost the valuable service of Peter Zingeler, who, with the assistance of Melvin Klassen, has taken the Grey Matters! publication to a new level. In addition, after the most successful Masterminds Series to date, with nearly 700 people attending, Dave Turkington is stepping down, so we need someone to chair this very important committee. Kathy Harris has increased her commitments at the Royal B.C. Museum, and has had to resign from the Board as Treasurer. However, she did much more than look after our money and brought many great ideas to the Board but, just as important, went ahead and implemented them. After many years of service, George Smith is also calling it quits. A huge thanks to all these people who have given much time and talent to the UVRA. We will certainly miss their contributions. So there is quite a big turnover in the Board. However, several people have indicated their interest in volunteering. So we look forward to welcoming some new blood to the Board, as some of the current Board members take on new positions. However, we can always use more help -- please consider stepping forward.

Many of you participated in the survey to update our membership list, as well as solicit your feedback in regard to how we can better serve you. To those who took the time to complete the survey, our thanks. Kathy Harris and Linda Metters have spear-headed this project, and are in the process of collating the data. [They reported on the survey at the UVRA’s AGM in June 2013 -- ed.]

Victor Neufeldt has now completed his “History of the UVRA”. Soon, it will be available on our web-site. So stay tuned. He has done a masterful job in providing an interesting history that many of you had a significant part in creating.

At the time of writing, we are in the process of signing the agreement with Johnson for the EHB, Dental and Travel Policy, meeting with units and administrators on campus that have an interest in the concept of the Elder Academy, as well as pursuing other ways to enhance the role of the UVRA, such as the Memorandum of Understanding (MOU). We are also still exploring the idea of monthly meetings (coffee morning followed by a presentation) which seemed well received in our survey. By the time the newsletter is published, we are optimistic there will have been considerable progress in all these initiatives.

On June 4th I attended the triennial meeting of the BC University Retirees Groups (UVIC, UBC and SFU) in Vancouver, where we discussed and shared the various activities of the three universities. This is usually an interesting and informative meeting, and certainly is beneficial in seeing how we are doing relative to the other BC institutions and to see other things we should be considering.

We welcome your feedback and ideas on what the UVRA could and should be doing for UVic Retirees, so please do contact us. On behalf of the Board, we trust you have a great summer and safe travels wherever you may go.

David Docherty,
President,
UVic Retirees Association (UVRA)
“Wii” can volunteer

“Wii” Can Be Active Too: A Pilot Study Examining the Effectiveness of Active Video-games in Older Adults

Looking to improve your physical activity levels? If you are, you are not alone. The research currently tells us that many adults over the age of 20 years are not sufficiently active. For adults over the age of 60 years, less than 15% of the population meet the recommended amount of 150 minutes a week of moderate-to-vigorous physical activity. In addition, physical activity interventions have had limited success. However, current research suggests that physical activity opportunities should be enjoyable, challenging enough, and convenient. Research using active videogames to improve physical activity is minimal, but studies do show positive health benefits and increased enjoyment over some of the other traditional approaches to exercise.

We are currently looking for participants to take part in a 9-week pilot study looking at improving physical activity levels and reducing risk factors associated with falling in individuals between the ages of 60-70 years. The study will continue into the fall and winter, so participants will be able to start the program whenever it is convenient to do so.

To be eligible, you must be relatively healthy and currently engaging in less than 150 minutes of physical activity per week. Individuals will be randomized into an exercise video-game program, DVD-based exercise program, or a wait-listed group. It is recommended that participants engage in four 45-minute exercise sessions per week over the course of the intervention. In-lab training sessions will be provided to participants over the first 3 weeks, to ensure proper exercise technique/safety.

To participate, or for more info, please contact Christopher Yao at cayao@uvic.ca or 250-472-5288.

Welcome to New Members

Bill Reed (Mathematics)  Andrew Rippin (History)  Ed Ishiguro (Biochemistry)
Gayle Buie (Education)  Colleen Riddell (Education)  Grant Hughes (Community Relations)
Ian Blazey (Sciences)  Diane Taylor (U. of Alberta)  Herb Mayr (Facilities Management)
Larry McCann (Geography)  John Hayman (English)  Howie Wenger (Physical Education)
Rosanna Perri (Purchasing)  Patrick Nugent (U. of Québec)  James Hoffman (Thompson Rivers U.)
Stanton Tuller (Geography)  Paul West (Chemistry)  Larry Scharschmidt (Facilities Management)
Trudy O’Neal (Library)  Penny Draper (Bookstore)  Monique Genuist (U. of Saskatchewan)
William Neilson (Law)  Walene Walker (Social Work)  Richard Ogmundson (Sociology)

Report on UVRA Survey

In November 2012, the UVRA Executive Board met to put together a strategic plan for the Association as UVic celebrates 50 years and the UVRA celebrates 20 years in 2013. As part of the plan, the Board decided to survey the members to see if their needs are being met and to request input for future planning to ensure that all members feel included, regardless of age.
Report on UVRA Survey (continued)

We sent out 516 surveys—192 to Annual Members as part of the annual renewal process and 324 to Permanent Members. There were 276 (54%) surveys returned. Not every question was answered, so the numbers and percentages are based on questions answered and not total surveys received.

Appendices refer to written responses. To see the responses, please visit the UVRA office, as the complete survey results are in the office to be read but not removed. Members attending the AGM had the opportunity to receive a complete copy. The surveys have been given to the Membership and Events Committee for further reference and action.

1. The Benefits Committee has continued to keep members informed through the newsletter, online surveys and meetings about important issues. Is there still a concern you have not been able to express to the committee regarding benefits? [This question was not included in the survey, due to the special announcement of the EHB meeting announced just prior to the mail out. However, 6 comments were received, and are listed in the Appendices.]

2. Every member receives the UVRA Newsletter, Grey Matters! It is also distributed to all UVic departments to let the campus community know what their retirees are doing and to encourage upcoming retirees to join. Do you wish to continue receiving Grey Matters! and if yes, is there any topic(s) you would like to see? 30 responses in the Appendices. Yes 250 or 97% / No 7 or 3%

3. Do you take part in any of our events? Yes 125 or 54% / No 105 or 46%

4. If not, would a venue close to bus transportation and/or free parking help? Would you attend if a ride were provided. 60 responses in the Appendices. Yes 17 or 46% / No 20 or 54%

5. What kind of event(s) would interest you? 111 Responses in the Appendices

6. Would you be interested in regular get-togethers for talks, lectures, games, travelogues, or casual gatherings? What type or subject(s)? 69 Responses in the Appendices
   Monthly: 29 or 30%  Quarterly: 75 or 77%  Yearly: 2 or 2%
   Daytime: 55 or 83%  Evening: 20 or 30%  Weekend 8 or 12%

7. Would you like to present a talk? 84 Responses in the Appendices (including No’s)

8. Would you like refreshments provided at a nominal fee? Yes 92 or 75% / No 31 or 25%

9. Would you attend a free/sponsored reception once a year in December? Yes 107 or 66% / No 54 or 34%

10. Or another month? 59 responses in the Appendices

11. Do you currently volunteer with the UVRA? Yes 32 or 16% / No 171 or 84%

12. If not, would you be interested? 65 responses in the Appendices

13. Committee Member: Which? 18 responses in the Appendices


15. Would you like a telephone call or email from an Executive member? 6 responses in the Appendices

Submitted by Kathy Harris
Physical Activity and Wellness Corner #12

In the last newsletter, I described interval training as an effective form of increasing your aerobic fitness, as long as you have been cleared by your doctor to do high-intensity exercise. At the end of that column, I indicated that I would share with you another approach to increasing your aerobic fitness that sounds almost too good to be true. I caution you again that this is not for the faint of heart (if you forgive the pun) as it also involves some high-intensity effort and you should ease into this form of training. You should also check with your doctor if you plan on trying this approach.

This popular form of training is based on good science. It is called “Tabata Training” or “Tabata Intervals”. If you google “Tabata”, you will definitely get a lot of hits. The original study was done in the late 1990’s by a Japanese physiologist whose name is, you guessed it, Tabata. He had a physically-fit group of participants do 20 seconds of intense physical activity (for most of us that would mean getting our heart rates up to about 20 in a 10 second post-activity count), resting (but moving) for 20 seconds, and repeating this 8 times. In other words, the total activity lasted for 4 minutes. They did this 3 times per week for 6 weeks and found this was more effective than working for 60 minutes, 3 times per week, at a moderate intensity. It is certainly not for everyone, but can be an effective way of keeping fit when time is short, such as traveling, or on holiday, or a variation in your physical activity regimen.

I have been doing this type of training with my men’s fitness group, age range 67-85 years, and they seem to appreciate the change and the challenge. I started with 15 seconds work and 15 seconds rest, and a 1 minute break after the first 4 intervals. I progressed to have them doing 20 seconds work with 10 second rests with a one minute break after the first four intervals. Now, now most of them are doing the full Tabata.

So if you want to try this, ease into it. The work can be in many forms. If you are on a machine, it is relatively easy. With my men’s group, I have them do a type of on-the-spot forced-march with high knees and arms pumping, or modified “burpees” and treadmill runs using a chair for support. However, if you check out the web-sites, you will find they use all types of physical activity, as long as they involve large muscle groups, such as rowing, cycling, StepMaster, even jumping jacks.

As noted in previous columns, I am a big advocate of resistance training. I recently came across an excellent review article that identified the optimal training to increase strength and power. After reviewing 100’s of published research articles, they concluded the following:

- You only need to do one set of resistance exercises for 10-15 repetitions, as long as you go to failure (meaning you cannot do another repetition without reducing the load or compromising technique). Doing more than one set did not produce any greater increase in strength. Going to failure this way has not been found to be harmful.
- All exercises involve a push and pull phase. The article noted that both phases should be done slowly so make sure the weight or resistance is lifted and lowered slowly (1-2 seconds for each phase).
- Machines (such as stacked weight systems) are just as effective as free-weights (i.e., barbells and dumbbells) and a lot safer and easier to use.
- You need only do the exercises once (no more than twice) per week, which was found to be as effective as doing more.

I appreciate this information does not always follow the advice you get from other articles and even some personal trainers, but if you are interested in what the research supports this is good information, and makes a commitment to regular aerobic (cardio) and resistance training feasible in regard to time and effort.

So these are few quick and effective ways to get your recommended physical activity requirements that may fit better into your busy schedules.

Stay active; stay healthy! Submitted by David Docherty
Welcome remarks by Grant Hughes, Director of Community Relations, University of Victoria

Thank you very much for inviting me to bring to you today the appreciation of UVic for all that the UVRA does, especially during National Volunteer Week.

As one of the initiatives of the previous UVic Strategic Plan, it was identified that the UVRA should have a named point of contact with UVic. As the position description was created for the job that I applied for, and was selected for, the role of UVic Liaison to the UVRA was established.

During the time that I have served as the UVic Liaison to the UVRA, it has been my pleasure to learn about the range of the work that your members do to support the university. So, my thanks to you for developing Masterminds 2013. I am excited to see the largest turnouts ever for these important lectures. I am also pleased to have been able to get to know many of you as UVic helped to sponsor the CURAC conference, and appreciate your ongoing support for the UVic United Way campaigns, amongst many other activities in the faculties and units across campus. I also recognize the role of the entire UVRA team that is supportive of the planning of an Elder Academy.

To further document my support for you: I have joined as a UVRA member, since I am chronologically qualified although not retired. (Note: I have paid the full $16 fee, not the mere $12 that I misquoted when I spoke at the luncheon).

As you will know, UVic has specifically recognized and affirmed our retirees once again in the new UVic Strategic Plan. It is clear that UVic retirees are a valuable resource who contribute greatly to the UVic mission. I completely understand that you are a volunteer based organization and so it is extremely important to recognize all of the work of volunteers. In fact, 13.3 million Canadians contribute 2.1 billion hours, the equivalent of 1.1 million full-time jobs on an annual basis as volunteers in our nation. Volunteers typically contribute 156 hours per year, with many in the UVRA likely contributing more than the average.

This includes some of the activities that I mentioned earlier, but also volunteering at the office, serving on the committees, taking on specific tasks, sending out information, making sure UVRA finances are in order, compiling and distributing the newsletter, serving on the Speakers Bureau, hosting the CURAC Conference and leading interviews for the UVRA 50th Anniversary Project.

So, on behalf of the University of Victoria, I would like to thank you for all that you do, and acknowledge your voluntary contributions - especially during this National Volunteer Week.

Submitted by Grant Hughes.
Final notes from the luncheon ...

Barbara Fields, still going strong at 90 years, volunteers in the office once a month. David Docherty presented Barbara with roses, in appreciation of her dedication to the UVRA since its beginnings.

Barbara was born in Victoria; her husband was an instructor at Victoria College when it was in Craigdarroch Castle.

In the picture on the right, David has presented flowers to former UVRA President Anne McLaughlin.

Lois Holizki (Edgar), manager at UVic's Centre on Aging, has worked closely with the UVRA.

Lois's talk, entitled Happiness Driver, gave some interesting insights into volunteering and aging together.

Lois is a UVRA member, and is a volunteer on the UVRA Board.

The UVRA is seeking an Editor for the next edition (October) of the Grey Matters! newsletter. Duties:

- solicit articles from the usual gang of suspects,
- take flattering photographs at UVRA events,
- ferociously edit for spelling & grammar,
- assist with layout & production.

Large reward offered (non-monetary).

Immediately contact the UVRA office if you know the current whereabouts of this person.