It does not seem that long since the last Bits from the Board, but time seems to go faster in retirement, especially if you are having fun. First, I hope you all had a great summer, and managed to find ways to enjoy it, whether it involved traveling or just staying around Victoria.

The Board does not meet during the summer, but many of the members continue to do work on behalf of the Association. In particular, Bev Timmons has worked hard on moving forward the concept of the Elder Academy -- setting up meetings with units who potentially could be very interested in seeing it come to fruition. I am pleased to report that we have seen some very positive progress in regard to this program with support expressed from a number of units on campus. We continue to be very excited about this program, but appreciate it is large in scope, and will take time to put all the pieces together.

Thanks to the tireless work of Peter Liddell and Lois Jones, we signed-off on the Extended Health Benefit, Dental and Travel Insurance plan with Johnson -- many of our members have already joined.

We have also initiated the UVRA Talk Series, partly in response to the survey you completed, which we hope provides a reason for UVRA members to come together and connect with former colleagues and friends over coffee, followed by an interesting presentation. We have organized four talks for this year, starting with Martin Collis, on October 17th in the University Senate Chambers, who will be sharing his unique approach to wellness and living the life we would like to live. You should have received notice of this by email with some more details of the format and presentation. There is also more information in this newsletter about these four talks.

(Continued on page 2)
As indicated in the last Bits from the Board, we have lost some valued members from the Board, but have been fortunate to have several others kindly step forward. I am delighted to announce that Rashna Charania is our new Treasurer, Linda Metters is the Secretary, Peter Liddell is the Vice-President, Betty Miller is the Chair for Events, and Cled Thomas is the Chair for Membership. Geri Van Gyn is now heading up the Mastermind series, and Jane Milliken has joined us a member-at-large. We are really excited these people have agreed to serve on the Board, and are looking forward to their involvement and the new ideas and energy they will bring. Of course, many other Board members have agreed to continue to serve, so I thank them for their continued contribution to the UVRA.

We are still looking for a Newsletter Editor. So, if you have any inclination in this regard, we would really appreciate hearing from you. Mel Klassen has continued to provide yeoman service in filling-in as the Newsletter Editor, for which we are all most grateful. However, Mel already does so much for the UVRA that we would really like to find someone to take on this position. So if you are out there let us know! It really is a vital position, and the Newsletter is one of the most important ways we communicate with members, as well as promote the Association.

This summer, I did meet with the Jamie Cassels, the newly appointed President of the University, and he expressed an interest in meeting and talking with the members of the UVRA. He is clearly interested in the UVic Retirees Association, and in exploring ways we can work together. He has kindly offered to meet with us on November 29th, as part of the UVRA Talk Series, from 9.30-11.00 am in the Senate Chambers. I hope as many of us as possible will take advantage of this opportunity to hear about the exciting things that are happening in our institution.

Betty Miller and her committee are planning for other events and activities for us during the year. We will keep you posted as these are confirmed, either by email or via the website. If you have ideas on places to visit, I am sure that Betty would love to hear from you. I know many of you are involved with other groups and associations that do some exciting and interesting things that we could also share with our members.

I know the office is always looking for more help. If you can spare a few hours a month, please contact Linda Metters, via E-mail or telephone to our office.

Fall is now fast approaching as the leaves begin to turn colour and drop, bringing another way to enjoy the area in which we live. So stay active and stay well and, as always, if you have ideas on how, as an association, we can do things better, or ways in which you can contribute, please do let us know.

Submitted by David Docherty, President

The Talk Series

The UVRA Board has been exploring ways to bring members together to have a chance to socialize around an interesting event. One approach we are taking is to have a series of talks around the opportunity to chat and catch up with former colleagues. The format will be coffee/tea and muffins from 9.30-10.00, followed by a presentation on an interesting topic. Because space is limited, please register your intention to attend with the UVRA Office, via telephone or E-mail. Also, we want to order the appropriate quantity of refreshments.

We are planning two more talks and get-togethers in January and March, 2014. Please support the UVRA in this series.

(Continued on page 3)
The inaugural talk:

Date: Thursday, October 17th  
Presenter: Martin Collis  
Location: Senate and Board Chambers, Room A180, University Centre  
Time: 9:30 AM — coffee & muffins;  
10 AM — presentation: Healing, Humor and High Level Wellness. The M.E.L.L.O.W. Approach

We are most fortunate to be able to start this series with a presentation by Martin Collis, celebrated presenter and author. He is a renowned keynote speaker, having made numerous presentations, nationally and internationally, to a variety of professional organizations. You will not want to miss his entertaining but informative presentation with the use of humour, songs, stories, and anecdotes, as well as simple ways you can incorporate wellness into your lifestyle.

Martin will share his vision of wellness. This word originally comes from wholeness, and it is that wholeness or connectedness that enables us to function at our personal and professional best.

Martin's six pillars of wellness are: Magic of the Mind; Exercise; Laughter; Love; Optimal Nutrition; and Wonder (M.E.L.L.O.W.).

The second talk:

Date: Friday, November 29th  
Presenter: UVic President Jamie Cassels, QC  
Location: Senate and Board Chambers, Room A180, University Centre  
Time: 9:30 AM — coffee & muffins;  
10 AM — presentation

You will have a chance to hear a short presentation by the new UVic President. He has expressed a keen interest in the UVRA, and has offered to come and meet our members. After his presentation, there will be an opportunity to meet and chat with him.
Physical Activity and Wellness Corner #13

In this column, I will give a few simple and safe exercises to develop or keep leg strength, and ways in which you can progress. Previously, I have noted the importance of developing or maintaining leg strength as we grow older. Loss of leg strength leads to an increased risk of falls, admittance to care homes, and loss of independence.

In performing these exercises, I recommend doing them with the aid of a chair, preferably with arms, which can be used to provide physical support in the early stages and certainly as a source of security at any time. You can hold it lightly, or use it to help yourself up and down if needed.

The usual precautions still apply: if it hurts don’t do it, especially if you have pain in the joints. Slight muscle pain a day or so after is not unusual, especially if you haven’t done this type of thing for some time.

All three exercises involve taking one step, either forwards or backwards or sideways. The length of the step should start with a short distance and gradually get longer as your strength and your confidence increases. The longer the step, the greater the bend in the knees.

Try and do these exercises 2-3 times per week. I think you will soon feel the benefit.

Split lunge:

This exercise primarily targets the quadriceps – the front of the thighs. It involves putting one leg forward in front of the other, and holding this position throughout the exercise.

Start by holding the back or the arm of the chair with your right hand, and step forward with your left foot.

The distance you step depends on your comfort level. To start, don’t step too far.

Bend both legs, but focus more on the right (back) leg bending. Try to stay fairly upright with the shoulders over the hips – don’t bend forward. Bend the knee as low as is comfortable, and then simply straighten or push with both legs so that both knees are now straight.

If possible, repeat this 8 times, then switch to the other hand and other leg, and repeat this 8 times. Then do this whole exercise for a second time.

Back lunge:

This exercise is a little difficult to do at first, so don’t get discouraged. In this exercise, you step back with the right foot. The distance again depends on your comfort level. Bend the both knees as low as you feel like, but focus more on the back knee, and then, the difficult part: bring the back foot level to the front foot so you are standing again with both feet together. You should feel that you are pulling yourself up with the left leg to a standing position. This is working the back of your left thigh -- your hamstrings. Repeat 8 times. Then, switch to the other leg, i.e., step back with the left foot. Repeat 8 times. Then do this whole exercise for a second time.
Side lunge:

For this exercise, you can stand behind the chair, and use it for support.

From a standing position, step to the left, so your legs are in a split position. As you step, bend the left knee, and keep the right leg straight.

Again, step only as far as feels comfortable.

With the left foot, push yourself to a standing position, touching the support foot gently with the left foot.

Repeat 8 times, i.e., bend and straighten. Switch to the right foot. Repeat 8 times. Then do this whole exercise for a second time.

Progression:

To progress the exercises, increase the depth of the knee bend until you are able to go to a position in which both knees (for the split and back lunges) or the one knee (for the side lunge) create a right-angle between the upper and lower legs. When you have gone as low as you wish to go, start increasing the number you do by 2 each week, until you are able to do at least 15/16 repetitions with each leg.

In the next newsletter, I will show how to keep progressing, so that the strength and endurance of your legs will keep getting better.

Submitted by David Docherty.
University Club Report

With the end of Club renovations – inside and out - and the arrival of fall, the University Club is offering some exciting events. Many retirees enjoyed the Folk Fest on September 14, featuring a seafood extravaganza, and the Jocelyn Pettit Band with Celtic music, song and dance.

The Oktoberfest/Hallowe’en Dinner and Dance will be held on Saturday, October 26. Costumes are optional.

The popular International Lunches continue every Wednesday from 11:30 am to 2 pm.

The Chef’s Prix Fixé dinner (Mon-Sat. 5-8 pm) offers a 3-course meal for only $19.95. The menu changes monthly.

For more details on these events and other happenings at the University Club, please check the UClub website: http://club.uvic.ca. Reservations are recommended for all events, via: reservat@uvic.ca.

Not yet a Member of the UClub? As a UVRA member, you can join for 25% off the regular membership fee.

The Club is open from 11:30 am to 2 pm Monday to Friday for lunch, and from 5 pm to 8 pm Monday to Saturday for dinner. The Lounge and Bar are open 11:30 am to 10 pm Monday to Friday, and 5 pm to 10 pm on Saturday.

Submitted by David Leeming

UVic United Way Campaign

In 2013, the theme for the UVic United Way Campaign will be Be An Agent of Change.

Please check the campaign website ( http://UnitedWay.UVic.ca ) for additional information, departmental events, and for opportunities to volunteer.

Pledge forms will be mailed out to previous donors, and be available at the following events:

- The Campaign Kickoff on October 7, 2013, 11:30 AM – 1:30 PM in the Welcome Centre.
- Plasma Car Race on October 22, Noon – 1:00 PM in the Michèle Pujol Room, Student Union Building.
- ESS Bug Push on October 27, 2013, 6:00 AM – 6:00 PM on Ring Road.
- The Hearts and Hands Craft Fair on November 19, 2013, 10:00 AM – 4:00 PM in University Centre Lobby.
- The UVic Libraries Book Sale on November 19 – 21, 2013. 9:00 AM to 6:00 PM in the Michèle Pujol Room.
- That Chemistry Show on November 21, 2013, 7:00 PM in Bob Wright Centre, Room 150.

If you have any questions about the campaign, please contact me via the UVRA office (E-mail or phone).

Thank you.

J. Isobel Dawson. UVRA Representative to the UVic United Way Campaign.
Rashna’s Retirement

Whoever said retirement was a time to relax? Heck no, it is a time to work at what you enjoy doing, and that to me is definitely not work.

When I was working at the University Club, I would often wonder what people do during their retirement; how do they spend their days? Well, I can tell you now that I am retired, I don't know how I found an extra 40 hours a week to “work”!!

Being retired for nearly 2 and a half years has given me time to spend my days doing things that I love.

I am currently the Treasurer of the Rotary Club of Saanich. We meet weekly for Dinner meetings, monthly for Board meetings, as well as various other committee meetings. Some of our local and international projects include: the Salvation Army Red Kettle Drive, Operation Trackshoes, Craigflower School Breakfast & Reading Program, Rotary International's End Polio Now campaign, Disaster Aid (Globally), Micro Credit Project, etc., etc. I also sit on the Board of the Jolly Nyeko Foundation which is a charitable organization promoting education, self-sufficiency, public health etc. in Masulita, Uganda.

This year I also was elected as Treasurer of the University of Victoria Retirees Association. After working at the University Club for over 30 years, it is wonderful to reconnect with retired members that I have known for years.

Anyone who knows me knows that I love a good bridge game! I meet with other University Club members every week to play bridge, which is another nice way of keeping in touch with members who are on campus. Now and again, I also try to get in a game at Goward House.

I joined a sorority many years ago, and am still a member of the Beta Sigma Phi Laureate Phi chapter for over 20 years now - where fun is our priority and, of course, luncheons and social meetings are fortunately mandatory.

Between sitting on Boards, meetings, volunteering, luncheons, social events and bridge - I always make sure I leave enough time to travel as my bags are packed and ready to go at any given moment. While I have had great opportunities to travel to many places, some that are on my bucket list are Russia, Ireland, taking a river cruise and going on a safari - hopefully, all in good time, I can check some of those off.

Retirement is exciting - there is a sense of freedom and choice that comes with it - but I have to admit my favourite part is that I get to visit my grandchildren any time I want. My husband and I are very lucky in that all three of our children live close by. Both our daughters live in Victoria, and our son not too far away, in Vancouver. We have three beautiful grandchildren who I visit every chance I get. Our first grandson is six years old and has just started grade 1, and the other two are one year old twins - a grandson and a granddaughter. All three are the love of my life, and I love every moment I get to spend with them and look after them. My six year old grandson loves to overnight because, much to his mother’s chagrin, I let him play games on my iPad.

So the best part of my retirement is what my friend once told me when he retired. He said "Rashna, the best part of retirement is that you can say yes to anything you want to do, and no to anything you do not want to do" and I'm doing just that. What more can I ask for?
I retired a year ago, after eighteen years in the School of Nursing, where I was an Associate Professor and Associate Director Undergraduate Education.

Not quite able to completely sever my professional connections, I taught one graduate distance course over the summer and continue to serve as an accreditor with the Canadian Association of Schools of Nursing (four site-visits since retirement and counting!).

I am also completing six years on the board of the BC Schizophrenia Society, Victoria branch, where I’m currently the Past President.

What I really enjoy is the opportunity to spend more time with family and grandchildren (two grandsons here, and two grand-daughters in St. Albert). To see the little girls, I drove solo to and from Alberta twice this summer.

Last winter, I ventured out to take an acting course, and hope to take another this year – but not on Thursday nights. Thursday is reserved for tap dancing class, and I don’t miss that for anything.

Letter to the Editor

It is a funny thing about being retired and being busy. I know I am, but then I can at least say that it is because I continue to research and write. But the four (long-time, academic) retirees we had for dinner the other night do nothing of the sort (actually, from time to time, they ask me why I do it...) and yet they all claim to be as busy as the proverbial cobbler. Why is that? I do not know the answer, but don’t you think someone (academically, temperamentally) suitable should research it - and write an article for Grey Matters! ?!

Cheers, Zoltan Roman