



University
of Victoria

Welcome to our New Members

Don Jones
Alumni Office

Lois Jones
(Honorary Member)
Human Resources



GREY MATTERS

University of Victoria Retirees' Association

Volume 02/11

UVRA Newsletter April 2011

Editorial

I am sure you have all seen the devastation in Japan from the earthquake, tsunami, and now the nuclear threat. Our son is working in Tokyo and we experienced first-hand how frustrating it is trying to get in touch with a loved one when methods of communication are severed. Here are a few comments on life after the quake.

"The long line of walkers started about five in the afternoon on streets in Shibuya Ward unaccustomed to much pedestrian traffic. A continuous chain of feet until a little after midnight, when the line trickled to wearier bodies who had walked from where one couldn't say, carrying on to the residential neighbourhoods of Yoyogi-Uehara, Oyama-machi, Ohara and beyond. Giving up all hope of train service resuming, three stranded co-workers and I decided to see what could be found at the convenience store next door. We discovered the bottom and top floors of the building also full of camping office workers. All we heard from people who passed by was ("大変ですよね" [it's terrible, don't you think?]). The

convenience store was crowded, bare of anything that would constitute a meal; bento lunch boxes, bread, salad and cup noodles racks only recognizable by their tags. Even unpopular trial flavours were plundered (Curry, Shrimp and Wasabi Instant Ramen). We purchased as much chips, nuts as we could and proceeded to watch YouTube videos of embarrassingly beloved bands from the 80s, the news having become repetitive and depressing, too violent, too close to home. We all knew people in the north. The phones weren't working. A close eye was kept on streaming train news on an unused machine, but to no avail.

A few days after the event and the ground regularly shakes, the aftershocks coming in waves from various areas in and around Kanto: Ibaraki, Chiba and Shizuoka. Many businesses are shut, primarily because of the frequent train stoppages; employees can't get to work and can't be guaranteed they'll be able to get home if they do make it. Dairy products and bottled water have disappeared from supermarkets, but otherwise produce is plentiful. While central Yokohama has been unaffected, the suburbs of the city have been

UVRA Executive Board 2010-2011

President, Isobel Dawson

Vice-President, Dave Docherty

Secretary, vacant

Treasurer, Kathy Harris

Past President, Lyle Robertson

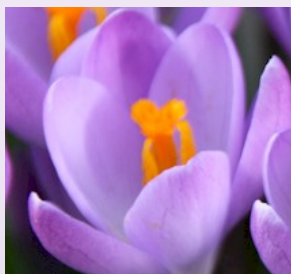
Benefits, David Clode

Communications, Judy Cryderman

Membership, George Smith

Newsletter Editor, Elizabeth Coey

Events, Winona Pugh



In Memoriam

Jean Farquhar

(spouse of former UVic President, Hugh Farquhar) passed away peacefully at her home in Victoria on March 1, 2011.

Marilyn Miller passed away peacefully on February 10, 2011; she worked as a computer control clerk from 1967 until her retirement in 2008. Marilyn was a member of the UVRA and will be missed by her many friends and family.

Sydney Wayne

Jackman (known as Toby" after his childhood teddy bear) passed away peacefully in his sleep in the early hours of February 27, 2011; from 1963 he was a professor of history in the newly established University of Victoria. Toby served continuously for over forty years on the Maltwood Art Museum and Gallery's various governance boards and committees. His service was recognized in the Honorary Doctorate of Letters which the University bestowed on him in 1991.

On behalf of the UVRA, we offer sincere condolences to their families.

subjected to scheduled power outages as a result of the loss of Fukushima's nuclear generator. Operating businesses and even homes are doing what they can to save power, almost in sympathy, for full power remains. It is touching to read the signs posted in front of cafes and pubs: Please forgive the darkness, we're saving power.

I used to live in Iwate Prefecture, which lies next to the epicentre and whose coast has been heavily ravaged. While I right my little end-table it's important, I feel, to simply wish that our former friends, family and members of the human race are not among the 1,296 reported dead and some three thousand more missing in that prefecture alone, and to take a moment to think of them."

Of course, the toll reaches ever higher since he wrote those words. Gratefully, our son is safe.

Bits from the Board

Members of the Executive Board were delighted to welcome Lois and Don Jones to the membership as retirees. Lois was appointed an Honorary Lifetime Member of the Board in 1998 for services and assistance she has given and this appointment was reaffirmed at the Board Meeting on January 19, 2011. Welcome Lois and Don!

The Board and Committees have been very productive this spring. The Benefits Committee, chaired by David Clode, is reviewing several items, for example, our insurance options and opportunities, and will be reporting shortly. The Constitution and Bylaws Committee chaired by Victor Neufeldt has produced the first draft of a revised version for consideration by the Board. The changes consist mainly of additions, clarification, the incorporation of current practices and bringing the Bylaws into conformity with the Society Act. The UVic 50th Anniversary Committee is calling for members to help with the compilation of reminiscences, events and initiatives that

transformed the university. These will be added to the UVic archives. The CURAC 2012 AGM Committee, chaired by John Schofield, has submitted a proposal and budget for the retiree associations at UVic, UBC and SFU to host in Victoria the College and Universities Retirees Associations from across Canada in April 2012.

In January the Board had the honor of hearing a presentation by President David Turpin outlining renewing the vision of the UVic Strategic Plan and inviting the UVRA to participate. On February 15, 2011 we held a Town Hall meeting. Much interest was expressed at the Town Hall meeting in creating options that support lifelong learning by increasing continuing educational opportunities; you can read the documents on the UVic website and submit suggestions to the Planning and Priorities Committee as individual members and as a community member organization. Beverly Timmons and the Masterminds Advisory Committee have produced an exciting list of speakers for the 2011 series. The free lectures begin on April 6 and run every Wednesday at 7:00 PM in the Hickman Building. Winona Pugh and the Events Committee have organized a variety of interesting opportunities for the membership to meet and engage in healthy activities. The Communications, Newsletter, Membership and Office board members and volunteers have been doing an exceptional job keeping us up to date and on track.

As we move toward the June AGM, the Nominating Committee will be pleased to accept the names of candidates for positions on the board and especially for the position of recording secretary. Your assistance with this search will be very much appreciated.

We all wish you a joyous spring and a pleasant time on any trips you may be taking or with family and visitors you may be entertaining.

Submitted by: Isobel Dawson, President

Remembering W. R. (Bill) Gordon



In our last newsletter we announced the passing of Bill Gordon in December 2010. Everyone who knew Bill, whether faculty, support staff, administrators, or students, held him in high esteem and it is appropriate that several of his colleagues and friends have come together in an effort to raise funds for an endowed scholarship

(\$25,000): the W.R. (Bill) Gordon Scholarship Fund to honour his service and contribution to the University of Victoria.

Bill was a most respected, dedicated, and long-serving faculty member who taught in the Mathematics Department for over 36 years and served as Department Head for four years. He was a major contributor to the development of this institution and greatly helped shape it into the highly regarded university we know today. Our global and national reputation depended on people like Bill. His commitment to his numerous teaching and research responsibilities have been well recorded by the students and colleagues who held him in very high regard. Bill was instrumental in forging initiatives in curriculum design, new course development, co-operative education programs and grading practices. His dedication to the university and to its development as a world-class institution was second to none and he devoted many tireless hours to achieve that goal.

Bill reached out to the broader university community when he served as Assistant Dean and then Associate Dean of Arts and Science. He served on the University Senate for over 20 years. He was Assistant to the Vice President Academic, Vice Chair of the University Pension Board, Treasurer of the Western Marine Biological Society as well as authoring more committee reports than one can recall. In spite of these many commitments, Bill also found time to contribute to the university's Athletic and Recreational programs. He was a seminal force in the establishment of the university's current Athletic and Recreation policies. In addition to these many activities and commitments Bill was also a rugby player, jazz aficionado, and a true and devoted family man. In his retirement, Bill served on the Executive of the UVic Retirees Association. We are

inspired by how one individual can have given so much to UVic in such a thorough, broad, and unassuming manner. Bill did so with grace and enthusiasm.

Many of Bill's colleagues remember him for his outstanding intellect, institutional commitment as well as many other admirable qualities.

Roger Davidson, former Chair of Mathematics and Dean of Science: "Bill exhibited leadership in promoting quality teaching, curriculum development, and academic standards with a university perspective always in mind".

Peter Meekison, a long time personal friend and former Vice President Academic from the University of Alberta likened Bill to a pyramid: "*With the university on one side, Mathematics and Rugby on the other two sides, with a base set on a firm foundation of family and friends*".

David Docherty, former Director of the School of Physical Education, remembers Bill as "*The ultimate corporate citizen who could always be relied upon for sober and careful thought. His interests ranged widely and included athletics, especially rugby. Bill's touch is found in so many places at UVic; he has left a legacy that serves the institution today*".

Fred Fischer, former Vice President Academic, recalls Bill as: "*A very talented adviser who had the rare ability to examine differing points of view and produce an appropriate resolution. He always delivered an outstanding result; he was a superb university citizen*".

From an administrative perspective, Bob McQueen, former Vice President Finance said "Bill Gordon had a quick and enquiring analytical mind, coupled with the rare ability to formulate, in a collegial manner, workable solutions to problems".

Trevor Matthews, former Vice President Administration, remembers Bill as: "*One of the most analytical and logical individuals that I have met and he always took his decisions in an unpretentious manner within a well defined ethical and institutional framework*".

Perhaps Bill's contributions may best be summed up by Howard Petch, President Emeritus: "*Bill was one of the pillars of the university, his range of contributions were amazing: teaching, scholarship, curriculum development, administration, governance at the highest level and service on committees too*".

numerous to list. Bill always put service above personal ambition”.

We honour Bill's memory and lasting contribution to the university with this fund. If you would like to contribute, then please contact Mary-Lynn Britt in the Development Office: 250-721-8965, email mbritt@uvic.ca or you can make your donation payable to:

The University of Victoria (and mail to)

W.R. (Bill) Gordon Scholarship Fund
C/o Mary-Lynne Britt
University Development Office
University of Victoria
PO Box 3060 STN CSC
Victoria, BC V8W 2Y2

Items of interest to Retirees

All CUPE 951 members and retirees are invited to a celebration of our 45th year since we were certified as a Union.

DATE: Friday, April 29th, 2011

TIME: 4:30 to 7:00 p.m.

PLACE: Michelle Pujol Room in the Student Union Building

Appetizing food, refreshments, door prizes ~ one free drink to all CUPE 951 members and retirees!

If you wish your name to be added to the Prize draw please RSVP to Eileen Gormley cupe951@uvic.ca no later than April 20, 2011. Hope to see you there.

UVic's Development office has asked us to include the following:

Make a Difference

Lead by example and inspire others to make a difference in the UVic community that you helped create. You can name the University of Victoria as a beneficiary in your RRSP, RRIF or pension plan to support our students or programs. The tax credit your estate will receive from making this type of gift will offset the taxes payable on the RRSP, RRIF or pension plan. As well, this particular asset will fall outside your estate and avoids probate fees. To learn more about planned giving options, please contact Natasha Benn, Planned Giving Officer, at (250) 721-6001, or by e-mail at nbenn@uvic.ca

Did you know?

The response to this corner has been deafeningly quiet. I am sure there are some of you out there who can share a little or well known fact about the university. Please email your factoid to uvra@uvic.ca and I will put them in upcoming newsletters. My hopes are that by 2013 we will have compiled a fairly extensive list of UVic memorabilia.

Upcoming Events 2011

APRIL 19 Tuesday 10:00-11:30 a.m. Walk: Tod Creek Trail to Tod Inlet.

Interesting to naturalists and historians, this easy-to-moderate walk provides exceptional wildflower viewing and glimpses of the lives of the workers who supported the Butchart cement plant in the early 1900s. Carpooling will be arranged. Meet at the Tod Inlet access on Wallace Drive (south of Benvenuto Avenue). Parking is limited. Lunch with the group at Tia's Heritage Café. (not included). Please bring a water bottle and wear hiking or walking shoes.

Register by: April 4. Charge: \$5.00 per person.

MAY 18 Wednesday 9:00 a.m. Day Trip: Saturna Island

This will be a driving tour around Saturna including Mount Warburton Pike, East Point, and Winter Cove for picnic lunch. Car pooling will be required. 60% of Saturna is within the newly-established Gulf Islands National Reserve of Canada. A local certified National Park guide may be available at key locations. Schedule:

9:00 a.m. Ferry from Swartz Bay to Saturna Island.

4:10 p.m. Ferry from Saturna Island to Swartz Bay

6.10 p.m. Arrive back at Swartz Bay

Note: Warm clothes and good walking/hiking shoes are required. This daytrip would not be suitable for anyone with any major mobility issues as some walking will be required over uneven ground. Further details will be provided to those who register.

Register by: May 4. Charge: \$5 plus Car/Ferry ~\$33/Return, plus Gas (share expenses with driver); Passenger Ferry fare free with Gold Card. Bring a picnic lunch. Limit: 40 (10 cars) + Waitlist.

Campus Tree Walk Friday, June 24, 10:00 am

Meet in front of the MacLaurin Building on the side nearest the Quad. Charge: \$5/person. Parking: Lot E or 6. Register by mailing or dropping off the \$5 to the UVRA office before June 17.

The Centre for Forest Biology has produced a walking tour of the campus (<http://web.uvic.ca/forbiol/sites/default/files/Treewalk.pdf>). You could follow this tour by yourself but it is more informative and enjoyable to come along with someone who knows the trees. Agnes Lynn has been on campus since 1964 and has enjoyed watching and studying the trees since then. We will wander around the suggested route identifying trees as well as other shrubbery. This will include details on native plants as well as ornamentals. Some plants are in the Finnerty Gardens but many are simply trees which enhance the campus. Ask her about why we should plant trees. Wear good walking shoes and bring binoculars if you wish.

The Events Committee thanks all the Members who suggested the above events.

Committee:

Winona Pugh (Chair), Bob Allen, Trudy Byers, Jim Curry, Trevor Matthews, Donna Mollin.

Feedback / Suggestions: UVRA Office (250-472-4749, uvra@uvic.ca).

Masterminds 2011*A Lecture Series by UVic Retirees*

The Masterminds lectures highlight the continuing contributions of the University of Victoria's (UVic's) retirees to the University and to the community. With the generous support of UVic, the UVic Retirees Association (UVRA) and the Centre on Aging (CoAg) we will present four free lectures held on Wednesday evenings during April at 7 p.m. in the Hickman Building, Room 105, on campus. Please register for the lectures by calling 250-721-6369 and plan to arrive early as seating is limited. If you do not have a UVic parking permit, there is a charge of \$2.00 to park on campus at night.

April 6 – Dr. David Docherty, Move for the Health of It: Fun, Fitness, and Mental Functioning

Dr. Docherty describes his lecture as follows: The presentation will provide guidelines for physical activity and health based on a number of studies that have been completed over the last several years.

Included will be information on studies that have revealed some of the lesser known benefits from physical activity, including bone health, cognition, and diabetes. Some serious health issues will be addressed in a practical and sometimes "light hearted" way.

Dr. Docherty is Professor Emeritus in the School of Exercise Science, Physical, and Health Education (formerly the School of Physical Education) where he served as Director. He was the exercise physiologist for both the men's and the women's National Rugby teams for many years. Currently, he is Chair of Sport Science for the Men's National Rugby program and assists with UVic's Men's Rugby program.

April 13 – Dr. Christopher Barnes, Understanding the Oceans: New Approaches and Early Results from NEPTUNE Canada Ocean Network

Dr. Barnes' describes his presentation as follows: NEPTUNE Canada Ocean Network, the world's first regional cabled ocean observatory, became operational late 2009. Abundant power and high bandwidth Internet to hundreds of sensors (in 20 to 2700 meters water depths off BC coast) provide vast real-time data and imagery. The challenges, early scientific results and technological innovations will be reviewed.

Dr. Barnes, Professor Emeritus and Director of NEPTUNE Canada Ocean Network, is the former Director of the Centre for Earth and Ocean Research and the School of Earth and Ocean Science. From 1987 to 1989 he was the Director General of the Sedimentary and Marine Branch of the Geological Survey of Canada. He is a Fellow of the Royal Society of Canada and the National Academy of Sciences, and a Member of the Order of Canada.

April 20 – Dr. Bill Zuk, Spirit of the Arctic: New Directions in Art and Culture

Dr. Zuk describes his presentation as follows: This talk takes the audience to Nunavut and other communities in the High Arctic. It enters the homes, follows the hunts, and examines how art and culture continue to adapt and innovate; the resilience of the people has enabled them to survive for thousands of years and become a vibrant part of Canada's northern frontier.

Dr. Zuk, Professor Emeritus in the Department of Curriculum and Instruction, is an internationally known print maker, sculptor and digital artist. Awards for his work include: Award of Merit for the best

documentary film, 1995, Association for Media and Technology; Post Secondary Excellence Award, 2001, B.C. Art Teachers' Association; and the Gaitskell Award for Art and Scholarly Excellence, 2007, Canadian Society for Education through Art.

April 27 – Dr. Janet Storch – Continuing Cuts to Health Care: Ethics and Safety Concerns in Hospital and Home Care

Dr. Storch describes her lecture as follows: Attention to ethics requires us to focus on the well-being of patients. Reductions in health care funding created an environment ripe for unsafe practices in health care in hospitals, nursing homes and in home care. Studies focusing on patient safety, and particularly safety in home care, will be discussed.

Dr. Storch, Professor Emeritus, is the former Director of the School of Nursing and the current Chair of the Research Ethics Board of Health Canada and Co-Chair of the Consultation Group on Clinical Ethics Support and Coordination for the B.C. Ministry of Health. Her community service includes the presidency of the Luther Court Society, and memberships on the Vancouver Island Regional Ethics Committee and the Mount Saint Mary's Ethics Committee. Currently, she is a member of a team conducting a Pan-Canadian study on safety in home care.

Submitted by: Beverly Timmons, UVRA Masterminds Coordinator and Victor Neufeld

The Masterminds Web Site is up and running, for information go to:

<http://www.uvic.ca/masterminds>

United Way Campaign 2010 – Final Report

When the UVic Campaign Committee set a goal of \$280,000.00 (\$5,000 higher than last year), we wondered what effect the uncertain economic situation might have on the campaign. We need not have worried. The response by the UVic community has been magnificent. As of January 25th, the campaign has raised \$302,228.00 with a total of 552 donors, including 81 new donors.

A heartfelt thank you goes out 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 Rep., UVic United Way Campaign Committee

UVRA Town Hall Meeting

We held a special Town Hall meeting on February 15, 2011 to get your thoughts on the university's upcoming Strategic Plan Review.

Dr. David Turpin originally presented the UVRA Executive Board with an overview of the content and purpose of the Strategic Plan Review inviting the UVRA members to once again have input on the future goals and mission of the university.

Invitations via email and printed flyers were sent to all of our members.

We were pleased to have Valerie Kuehne, Vice President of External Relations, Julia Eastman, University Secretary and Grant Hughes, Director of Community Relations (who is also the UVRA liaison to UVic) in attendance. Valerie Kuehne and Julia Eastman gave a power point presentation outlining the goals of the renewal followed by a Question and Answer period. There were very interesting and stimulating Questions and Answers; members attending voiced many thoughts and opinions regarding the process as well as those specific discussion topics chosen relating closely to the UVRA.

The project information including the discussion document and progress report may be found at <http://web.uvic.ca/strategicreview> and if you wish to add further comments you may also send them to strategicplanreview@uvic.ca. It would be appreciated if you could please copy Winona Pugh so that she can add your comments to our UVRA records. Winona's email is: winonapugh@shaw.ca

The UVRA is planning on holding future Town Hall Meetings to discuss other topics which would be of interest to the Association members. If you missed this one, we hope you will attend others. If you would like to submit topics for our Town Hall Meetings, please forward them to Isobel Dawson, your current UVRA President.

Physical Activity and Wellness Corner

In the last newsletter I addressed the issue of determining if your body weight, or more importantly your body fat, was within recommended levels. This was determined by calculating your body mass index (BMI) in addition to your waist size. In previous Physical Activity and Wellness Corners I have stressed the importance of being moderately physically active and what this means in regard to activity level. I indicated in the last newsletter that I would present some information on resistance training.

Benefits of resistance training

There is no doubt that as we grow older we will lose muscle mass and consequently strength. This has some negative effects on our health and ability to lead independent and productive lives. Resistance training often, but not exclusively, involves weight training, and is thought to be something that athletes do and not something for older folks or seniors. However, there has been considerable research in the last 10 years that shows older people respond well to any form of resistance training, often as well as younger people, and enjoy many health benefits from the increase in lean body mass and strength. If you Google “strength training for seniors” you may be surprised on the number of hits you get reflecting the interest in this topic.

The increase in strength is helpful in many ways, including doing daily tasks such as getting in and out of cars, up and down stairs, as well as other chores. Often a lack of leg strength limits the amount of physical activity we can do, such as walking and cycling, and reaching our daily physical activity requirements of 30 minutes or 10,000 steps at least 5 days per week. In addition, the main reason people are admitted to care homes is loss of leg strength. An increase in leg strength also decreases the risk of falls which is a problem as we get older. Very recently a study at UBC showed the benefits of resistance training programs on cognition and memory, reinforcing a previous study that showed resistance training improved memory, especially in older women, more than just aerobic training. Resistance training also helps relieve low back pain and many symptoms of arthritis. In short, more muscle mass increases our basal metabolic rate which helps in weight control.

Guidelines in starting a resistance training program

There are a number of web sites you can access that provide good information on strength training for seniors and even provide sample programs. One site I found that is worth visiting is <http://www.healthy.net/scr/article.aspx?Id=319>. This web site shares the results of a study that used weight training and an endurance program.

When doing any program you will be doing several exercises for a number of times or repetitions, usually 8-12. This is called one set of repetitions. Many programs require you to do several sets which are time consuming and tiring. This study actually found impressive results using only one set which is consistent with other studies I have seen. They used a special type of equipment called Nautilus machines however you could expect the same results using any resistance machine or free weights. The program consisted of (1) leg extension; (2) leg curl; (3) leg press; (4) chest cross; (5) chest press; (6) super pullover; (7) lateral raise; (8) biceps curl; (9) triceps extension; (10) low back; (11) abdominal; (12) neck flexion; and (13) neck extension. Each exercise was performed for one set of 8 to 12 repetitions, at a slow movement speed (2 seconds lifting and 4 seconds lowering), and through a full movement range. Resistance was increased by approximately five percent when 12 repetitions were completed.

I think these are good guidelines to follow. You may wish to reduce the number of exercises (8-10) but try to work most muscle groups. You may need some help in doing these exercises and doing them properly. Many recreation and fitness centres offer special programs for seniors so you may wish to check your local fitness centres, including UVic. There are also many personal trainers who have an interest and special training in offering programs for seniors. If you don't like the idea of going to a centre you may also wish to check out the Thera-band Academy <http://www.thera-bandacademy.com/> which provides free exercise programs using therabands, that you can purchase from them and can also find in most pharmacies.

So, if you haven't thought about resistance training you may wish to give it a try. There is no doubt there are many positive benefits waiting for you.

Submitted by: David Docherty, Ph.D. Professor Emeritus, School of Exercise Science, Physical and Health Education.

Comments/suggestions to: [<angdave@shaw.ca>](mailto:angdave@shaw.ca)

UVic's 50th Anniversary

As part of the University's programme to celebrate UVic's 50th anniversary, the UVic Retirees Association has been approached to compile a collection of reminiscences and reflections that highlight the University as a community. The UVRA Executive has established a sub-committee to consider this request.

As a first step, the sub-committee has decided to focus on those individuals, events or initiatives and their subsequent outcomes that our members consider to have been transformative in the development of UVic during their respective periods of employment. Such transformations may relate to the entire University or to the department or administrative unit with which the member was involved.

Much of UVic's history is vested in the memories of its retirees. Therefore your input is vital if the UVRA is to make a substantive contribution to the archival history of UVic as part of the 50th anniversary programme. Please remember that you were a contributor to UVic's 50 year history and your perspective is important!

Please take the time to reflect on the period of your service to UVic and let the sub-committee know what you consider to be the transformative individuals, events or initiatives which you consider were seminal in UVic's development at either the institutional or the departmental level. Your thoughts and input will be most appreciated and will add to the archival history of UVic's first 50 years.

Please send your email response to uvra@uvic.ca with a subject line

"50th Anniversary"

or mail to:

50th Anniversary Sub-Committee
TEF 223, University of Victoria,
P.O. Box 1700, STN CSC
Victoria B. C. V8W 2Y2

University Club News

Hello I am David Leeming and I am the UVRA Rep. on the University Club Board. It will be my pleasure to keep the UVRA members informed about University Club news and events.

I am delighted to tell you that the Club has a new Manager; as of July 1, 2010. Dan Angus comes to the University Club with a wealth of experience in the food and beverage industry.

Dan's previous position was Food and Beverage Manager for the 2010 Olympic Organizing Committee. He has already introduced many new ideas to the Club. We are very fortunate to have Dan at the helm.

I will not describe all of the new initiatives at the University Club – my one exception being the Whisky Club which already boasts 50 members. To check out our "Special Events" such as our Pasta Night, the Wine Club and other interesting events held throughout the year, go to the website club.uvic.ca

About five years ago, the University Club and the UVRA entered an agreement to allow UVRA members to join the Club at 75% of the member rates. In return, the UVRA was to promote this special membership rate among its members. To date, an underwhelming three UVRA members have taken advantage.

It is quite possible that many UVRA members have never visited the University Club, or have not done so recently. The Club staff would be delighted to give you a tour during business hours. The Manager's e-mail is angusdb@uvic.ca. Alternatively, I would be happy to show any UVRA member around the Club. You can contact me at leemingd@uvic.ca.



Early Rhododendrums in Finnerty Gardens. Photos by Laura Proctor