



**University
of Victoria**

**Retirees
Association**

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**UVRA
2017**

Newsletter of the University of Victoria Retirees Association

Grey Matters!



Charleston Harbour, St. Austel, Cornwall

Photo: R. Chappell, June, 2017

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Bits from the Board

Peter Liddell

Your UVRA Board is very happy to announce the imminent launch of a new Graduate Scholarship fund drive. Approved in principle at our AGM, the scholarship has been approved by the University Development Office, and their official description accepted at our September meeting of the Board. The aim is to provide a scholarship of up to \$2,000 p.a. to a deserving graduate student, preferably at the PhD level. The research must focus on the 55+ age group. Once approved by Senate, the scholarship will be administered through the Institute on Aging and Lifelong Health (formerly, the Centre on Aging), who will recommend candidates to the Faculty of Graduate Studies. We are fortunate at UVRA in having sufficient funds to offer up to \$25,000 to match donations by our members and friends. To begin the process, we will be putting an initial sum of \$10,000 into the scholarship account. You will be receiving details in the near future, once we have approval and can provide you with details of how you may contribute and receive tax receipts.

Over the summer, our liaison officer Terry Cockerline was asked by the VP External to edit the Memorandum of Understanding into somewhat less formal language than the version he and we had compiled in previous months. He informed us last week that that new document has now gone to the University Executive for what we heartily trust will be final

(Continued on page 2)

Bits from the Board (continued from page 1)

approval. It's been a long haul. Once approved, the head document will become the basis for more detailed discussion of the ways in which we can support the University's mission, and vice versa.

Which brings me to this: President Cassels recently sent a message to UVic retirees asking for comment and suggestions, guided by three fairly high-level points of focus. Since the goal of our MoU is to improve the collaboration between the University and its retirees, this is an opportunity for you to help further that work, too. The window for your comments closes on October 8th, so please respond soon. At the website <http://www.uvic.ca/strategicplan/> you will find a discussion document and a feedback button for making your comments.

Based in part on our UVRA member survey two years ago, I will make comments as best I can on our behalf, but it is the weight of your contributions that will be most telling! The initial summary of responses will be the subject of this year's Joint Senate/Board Retreat on November 27th, which I will be attending.

Our office continues to be a hub of activity, as Lou Schmidt has really hit her stride. Because the registration and payment process seems to be working so well, Lou has now taken on the position of Social Events coordinator, but with a 'twist': if you have thoughts on events you would like to attend, she may twist your arm into making the contacts and arranging a suitable date. After that, she takes over the administration. So far, so successful: Dick Chappell arranged the first visit to the RCN naval simulator at Esquimalt (see accompanying article below). It was oversubscribed in minutes! We have just learned there will be another, in late November possibly. Elizabeth Coey has arranged a visit to Sea Cider in mid-October (also fully subscribed). What would you like to suggest? If you need someone else to make the initial arrangements, let us know.

As you will see elsewhere in this issue, our other main events are also humming along, thanks once more to David Docherty. His Elder Academy committee is meeting soon to plan the rest of the 2017-18 series, so your suggestions on that score will be both timely and welcome.

You will recall that the University's United Way campaign now makes it possible for contributions by retirees to be recorded separately. Last year that may have spurred more contributions than ever, because the total exceeded the target by a substantial margin. Patty Pitts has taken over as the UVRA coordinator of that drive. We thank her for continuing to foster the tradition of strong support by UVic retirees.

With best wishes during the mists and mellow fruitfulness of fall, whether in Victoria or further afield,

Peter Liddell

President, UVRA

Editor's Note

The summer on Vancouver Island proved to be a warm and sunny change from the dreary and cold spring we experienced. Along with the fine but dry summer weather UVRA welcomed 23 new members who are listed on the next page of the newsletter.

UVRA events have already begun with a visit to the Esquimalt naval base to experience first hand the ship navigation simulator in which participants were on the bridge as the ship navigated its entry into Vancouver harbor. And a visit to the Sea Cider Farm and Cider House in Saanichton was organized to sample the good things produced there.

In this edition of Grey Matters! a number of upcoming events of interest, entertainment and edification have been described: A fall Elder Academy on *Bacterial Colonists* and another on the *Our Changing Oceans*, physical activity courses, a session on *Our Vital Brain*, and a gala concert. A Q & A session on our benefits packages has been organized for October 19th.

In addition UVRA members are invited by President Cassels to participate in the development of the University's new strategic plan—the letter of invitation is included in this issue along many other items of interest and importance.

Further, there is some late breaking, potentially good news regarding retiree access to the full UVic computer service. Discussions have been underway and details will be reported in the January edition of *Grey Matters!*

And I want to encourage members of our association to send in notes of interest they have come across, photos of events or places, notes on accomplishments and activities, and other pieces that would be of interest to colleagues. To submit a note, photo, or article simply send as an attachment to me at:

anderson@uvic.ca

The deadline dates for submissions dates for each of the upcoming editions of *Grey Matters!* are listed below (but do not feel bound by these dates, send in submissions at any time). Best wishes for the fall season, *John Anderson*

2017—2018 dates for *Grey Matters!*

Issue	Submission Deadline	Publishing date
January 2018	January 22	January 26
March 2018	March 26	March 29
June 2018	June 18	June 22

Welcome to our new UVRA members

Herman Bakvis	Public Administration
Dorothy Burrows	Mechanical Engineering
Neil Connelly	VPFO
Robert (Bob) Crosby	Ocean Networks Canada
Peter Cross	Co-Op
Colleen Donnelly	English
Donald Galloway	Law
Daniel Hoffman	Computer Science
Albert Klatt	Business Co-Op
Harry Kwok	Electrical & Computer Engineering
Alice Lee	Pacific & Asian Studies
Michael Miller	Computer Science
R.C. Morgan	Pacific & Asian Studies
Nightingale, Paul	Systems
Alexandra Pohran-Dawkins	Music
Sylvia Riddell	Library
Hulya Saydam	Systems
Susan Service	Pensions
Katherine Teghtsoonian	HSD
Perry Ulmer	Systems
Larry Wilkinson	FMGT
Barbara Wilson	Library
Lynne Young	Nursing

UVic Strategic Plan 2017

The University has begun the development of a new strategic plan. The President, in his letter below, is inviting UVic retirees to become involved in the process and provide insight based upon your deep and direct experience with UVic.

Please take the time to read President Cassels' letter and participate in the development of the University's planning for the future.

Dear UVic Retiree

The University of Victoria is embarking on a process to develop a new strategic plan that will establish the priorities and directions for our university for the future. On or around 18 September, you will receive an email from **Thoughtexchange**, an online interactive consultation platform, inviting you to provide your input to the planning process. Those who participate in the Thoughtexchange consultation you will have the opportunity to respond to the following three questions:

Q1. Our goals: What current strengths, directions and capabilities can we build on to distinguish UVic in Canada and globally?

Q2. Our strategies: What are some key strategies and initiatives that we should pursue to achieve the goals you described in question one?

Q3. Our challenges and opportunities: What key issues should our plan address over the next five to ten years?

A discussion document that outlines the changes and challenges in the post-secondary environment in Canada and beyond, as well as the assets that UVic holds and our related opportunities is available on our website at www.uvic.ca/strategicplan/. Please visit the website for more information on the process how to get involved.

We look forward to hearing from you.

Jamie Cassels, QC
President & Vice-Chancellor



United Way Committee Liaison

Patty Pitts

UVic Retirees Invited to Support the UVic United Way Campaign



United Way
Greater Victoria

United. We Do More. That's the theme of the 2017

Greater Victoria United Way Campaign and members of the UVic Retirees Association certainly live up to that rallying statement. Last year the UVRA exceeded its fund raising goal to contribute over \$22,640 to the UVic United Way Campaign and the association hopes to exceed that in 2017 in both amount and participation.

This year's campus campaign kicks off this month. The goal is \$275,000 and UVRA members will receive an email in October inviting them to make a pledge. The message will contain a letter from UVRA President Peter Liddell and a link to make an online pledge. The email will also have a PDF of a pledge form for those who prefer to mail in their pledge. All UVRA donations will be credited to our sector of the campaign and included in the UVic total.

The UVRA members' generosity supported programs that assisted 110,000 people in the capital region through the outreach of the United Way of Greater Victoria.

Check the UVic United Way website at uvic.ca/unitedway for updates on fund raising events throughout the campaign. Popular returning events include the Plasma Car Races, the Engineering Students Society Bug Push, and the Holiday Artisans Market. UVic retirees are invited and encouraged to come to campus to enjoy, participate and support these events.

You can start your United Way support now by donating any good quality used books at the Main Loan Desk at the McPherson Library from Oct. 1 to Dec. 1. Proceeds from the ongoing sale of these books at the UVic book store support the campaign. The library does not accept reference publications, academic journals or magazines and textbooks.

Please feel free to contact our UVRA representatives on the campaign committee, Grant Hughes, at gwhughes@uvic.ca and Patty Pitts at ppitts@telus.net, if you wish more information.

Retiree in Action

Elaine Gallagher recently published a new novel: *Sisterships, A Fictional Tale Aboard Titanic's Forgotten Sister Olympic*. The net profits from the sale of the book are to be donated to a scholarship fund with the Institute for Aging and Lifelong Health.

For more information on the book please click on this link: Sistership.net

UVRA visit to the RCN naval simulator

Peter Liddell

On the gorgeous afternoon of September 18th with the newly-arrived main chunk of the Johnson St Bridge deck hanging from a gantry in the distance at Ogden Point, 20 of us descended into the depths of a building on the naval dockyards to experience the magic of a bridge deck of a different sort – that of a simulated naval frigate in Vancouver Harbour.

Cdr. Jeff Climenhaga (John's nephew, if you're wondering!) introduced us to the facility: one of 25 or so simulations of harbours typically used by our Navy, the software created by the Norwegian company Kongsberg provides an amazing array of options. We 'flew' into the harbour under Lions Gate Bridge, to find 'our' frigate heading east. We then found ourselves on its simulated bridge, complete with radar screens, compass, control panels etc. and surrounded by a 360° view of the harbour, such as a naval officer trainee needs to begin her or his training, before heading to sea. Not all navies are so fortunate, and the cost per day of the alternative (at sea on a real frigate) runs into the many tens of thousands. On the day we were there, for instance, 200 Japanese sailors had been visiting, since they do not have such a facility.

From a separate control room, another officer could instantly create 6' waves, fog, night effects, and even views from off-ship, to check our surroundings. And yes, they can simulate accidents. All this without the hydraulics of, say, an airline cockpit simulator; but we did find ourselves bracing against the (absolutely stationary) floor and equipment, on some of the manoeuvres.

If your inner Ahab is tweaked by this, please keep an eye open for a second (limited to 20) tour in late November or December.



UVRA Benefits: Question & Answer Session

University of Victoria Retirees Association (UVRA) Benefits Q & A session

Featuring representatives from:

- Pacific Blue Cross
- Johnson Inc
- Morneau Shepell

After a short presentation from each company, the representatives will answer queries relating to the voluntary benefit options available to University of Victoria faculty and staff at the time of retirement.

Date: Thursday, October 19th, 2017

Time: 3 pm – 4.20 pm

Location: David Turpin Building, Room A104

Registration is not required for this event.

University of Victoria Retirees Association (UVRA)

<http://web.uvic.ca/retirees/>

Elder Academy I

Bacterial Colonists of The Human Gut: Current Views on their Impact on Human Health

Presenter Dr. Ed Ishiguro

We are once again fortunate to have Ed Ishiguro, Professor Emeritus, Department of Biochemistry and Microbiology, University of Victoria and the UVic Speakers Bureau offer another fascinating series. Dr. Ishiguro has received numerous awards for his teaching and ability to make difficult concepts easy to understand and apply to our daily living. This is a series you will not want to miss and could be crucial to your health.

Dates: Saturdays from 10.00am-noon.

September 16th, 23rd, and 30th, and October 7th

Cost: \$20.00 for all four sessions, or \$6.00/session

Overview of Series:

The fact that the human digestive tract is densely populated by bacteria has been known for over a century. Early studies revealed that the colonization of the gut by these bacteria, collectively referred to as the gut microbiota, is a process that starts at birth. Preliminary observations also indicated that the gut microbiota plays a crucial role in the normal development of various immunological and physiological functions. However, the complexity of the gut microbiota precluded attempts to determine the precise mechanistic roles of these bacteria in human health and disease until recently. Our current understanding of the impact on the role of our gut microbiota on selected aspects of health and disease will be presented in 4 sessions:

Session 1: Introduction to the Gut Microbiota.

September 16th, Bob Wright Building, Room A104

Session 2: Interactions of the Gut microbiota with the immune and nervous systems

September 23 - Bob Wright Building, Room A104

Sessions 3 & 4: Impact of the gut microbiota on human health & the promise of interventions

Session 3: September 30 in Engineering Computing Science Bldg 124

Session 4: October 2, in Bob Wright A104.

Registration information is on the next page

Elder Academy I (continued)

Bacterial Colonists of The Human Gut: Current Views on their Impact on Human Health

Registration for this series:

Please email the name(s) of the person(s) attending; the session(s) wanted; and method of payment to

uvra@uvic.ca

If registering by phone or in person please also provide your email address.

Payment options:

1. Interac e-transfer sent by email to "uvra@uvic.ca"
2. By post to: UVRA, R-Hut, Room 108 – PO Box 1700, Stn CSC, Victoria, BC, V8W 2Y2.
Please make cheque to UVic Retirees Association.
3. Campus mail: addressed to UVRA, R-Hut, Room 108

Elder Academy II: Our Changing Oceans

November 4th to December 2nd

The UVRA Elder Academy is fortunate in being able to offer an exciting series on our oceans, featuring four presenters who work closely with Ocean Networks Canada.

Humans are intimately connected to the global ocean: we rely on it for food, energy, transportation, jobs, recreation and even oxygen. Despite covering over 70% of the planet, providing a home to two million of Earth's species and containing some of the world's tallest mountains and deepest valleys, the ocean is largely unexplored, and holds many secrets to fully understanding our planet. Increasing human population and world economic activity have resulted in accelerated exploitation of Earth's resources and direct and indirect impacts to the global ocean. Additionally, as population densities in coastal areas increase, so too does the need to better understand and respond to ocean-related natural disasters such as earthquakes and tsunamis. Linking elements of chemistry, physics, biology and geology, these sessions will look at a number of ocean issues of societal concern, and how technology is allowing us to better understand our changing ocean.

Cost: \$20.00 for all four sessions or \$6.00 per session.

Sessions run Saturdays, 10:00 am to 12:00 noon

Session 1. Saturday, November 4th: "An Introduction to Ocean Networks Canada"

Location: The Bob Wright Building, A104

Presenter: Maia Hoeberechts

Session 2. Saturday, November 18th: "Earthquake Early Warning for BC"

Location: The Human and Social Development Building (HSD), A240

Presenter: Bob Crosby

Session 3. Saturday, Nov. 25th: "Hot, Sour, and Breathless: Oceans Under Stress"

Location: Bob Wright Building, A104

Presenter: Dwight Owens.

Session 4. Saturday, Dec. 2nd: "Tangled Up In Blue: The Impacts of Marine Debris"

Location: The Bob Wright Building, A104

Presenter: Dave Riddell

Upcoming Event of Interest

The 12th Annual **Lafayette Health Awareness Forum** presents



Our Vital Brain

Being mindful about **optimal health**

Thursday
October 5

7:00 pm (doors open at 6:15)

David Lam Auditorium
MacLaurin Building, A-wing
University of Victoria

Free of charge

To reserve a seat and for
further information, visit
lafayetestringquartet.ca

Join the Lafayette String Quartet as this year's health forum travels to the deeper levels of our brain. Learn what is new in brain health and how the practice of mindfulness and music-making are helping to positively impact our overall health. The presenters will share their expertise as well as lead us through some mindfulness exercises. Included will be time for Q&A. Come at 6:00 pm for refreshments and an interactive student research poster competition in the lobby

PRESENTERS

Alexandre Henri-Bhargava, MD, CM, FRCPC Clinical Assistant Professor of Medicine (Neurology), UBC; Neurologist, Island Health, Victoria, BC

Mark Sherman, MDCM, CCFP; Executive Director BC Association for Living Mindfully and Art of Living Mindfully Facilitator

Erin Guinup, Conductor of Tacoma Refugee Choir, Host of *Why We Sing* podcast, Voice Teacher, Soprano, Tacoma, Washington



Institute on Aging
& Lifelong Health

Lafayette
STRING QUARTET

Upcoming Event of Interest

50th Anniversary Signature Event

Faculty Chamber Concert & Dinner

French Connections: Poulenc, Stravinsky, Saint-Saëns

Saturday, October 14, 2017

Dinner: 6 p.m. at the University Club

Concert: 8 p.m. in the Phillip T. Young Recital Hall, B-Wing, MacLaurin Building

University of Victoria

French Connections concert celebrates past and present

On October 14, faculty, alumni, and special guests will join on stage for an evening of stories and songs to celebrate the 50th anniversary of the University of Victoria's School of Music.

The program features Igor Stravinsky's theatrical masterpiece *L'Histoire du soldat*, Camille Saint-Saëns' humorous and fun-loving *Carnival of the Animals*, and *Rapsodie nègre* by Francis Poulenc. Gregor Craigie, host of CBC's *On the Island*, will narrate the Stravinsky and Donovan Waters, Professor Emeritus at UVic's Faculty of Law, will recite the Ogden Nash verses during *Carnival of the Animals* (the poems were written more than 60 years later to accompany the music). The Stravinsky will be conducted by School of Music alumnus Owen Underhill (BMus '75), who recently received a Lifetime Achievement Award from the Canadian Music Centre.

A French-themed dinner at the University Club—think beef bourguignon, ratatouille and crème caramel—will give concert-goers the opportunity to mix and mingle with hosts Craigie and Waters as well as gain insight into the program in a pre-concert talk with Dr. Harald Krebs.

The concert will give special opportunity to honour former School of Music Chair and Professor Emeritus, the late Phillip T. Young. Young was the real force in establishing the then Department of Music back in the 70s. "This special evening affords the opportunity to think about and celebrate all the people whose contributions echo in the halls of the building and especially our wonderful concert hall," explains Lafayette Quartet cellist and co-head of performance, Pamela Highbaugh Aloni. The Faculty Chamber Music Series brings a large number of the School's performance faculty together on stage. "We really are stronger when working together," remarks Highbaugh Aloni, who has been teaching at UVic for 25 years.

The all-star line-up of performers includes the Lafayette String Quartet, tenor Benjamin Butterfield, pianists Arthur Rowe, Harald Krebs and Kinza Tyrrell, clarinetist Patricia Kostek, Merrie Klazek on trumpet, Scott MacInnes on trombone, bassist Alex Olsen, and many others.

Concert tickets are \$10-\$25 or \$80 for the concert and dinner.

Tickets are available at the UVic Ticket Centre: In-person M-F, 9:30am-4pm at the University Centre | Phone: 250-721-8480 | Online: www.uvic.ca/auditorium/ticket-centre/ | At the door (concert only)

More event information available at: www.finearts.uvic.ca/music/50th

Physical Activity Courses for Fall 2017

Two courses are being offered in partnership with the UVic Department of Athletics and Recreation.

(A) 55+ Strength, Stretch & Stamina

Instructor: Megan Frazier

New to fitness or returning after some time off? Want to feel more comfortable using the equipment in a safe and effective manner? This 8-week course will teach you the basics of exercise, under the guidance of a certified personal trainer in the new CARSA facility. You will gain experience and learn how to use the strength and cardio machines, have an intro to free weights and resistance bands, learn about flexibility and stretching, participate in a low-impact cardiovascular class, and receive theoretical information about exercise and the body, so that you can be successful in incorporating more activity into your life.

Dates: Mondays, 9am-10am — October 16th-December 11th, 2017

Location: CARSA Building- Meet in the Movement Studio

Cost: \$66/8 sessions (tax included)

Barcode#: 57868

(B) 55+ Circuit Training

Instructor: Megan Frazier

A class for those who have completed our Strength, Stretch and Stamina class, or who feel comfortable moving through various transitions of exercises in a more challenging environment. Our trainer will utilize studio space for resistance band, stretching and free weight exercises, and will also move the group through the fitness weight centre, on select days.

Dates: Mondays, 10am-11am — October 16th-December 11th, 2017

Location: CARSA Building- meet in the Movement Studio

Cost: \$66/8 sessions (tax included)

Barcode#: 57869

To register

ONLINE:

<https://onlineca.activecommunities.com/VikesReg/Activities/ActivitiesAdvSearch.asp>

Click on *Community*, then click on *Community Programs*, to show **Elder Academy**.

Click on *Show Courses*.

Physical Activity & Wellness Corner #26

David Docherty

In the last article I presented the value of high intensity activity for older populations with **the usual warning this is not for everyone and should only be undertaken after seeking advice from your physician.** Often we use the term aerobic exercise but from a health perspective we are also interested in the cardiovascular benefits we get from this form of physical activity. We normally describe aerobic activity as either continuous or discontinuous. I will use the term "Interval Training" instead of discontinuous. The key to high intensity activity is that it should involve a lot of effort which I explained in the last article. That is working just about as hard as you are able. If you do it just once it would really be an anaerobic effort but because you repeat the high intensity a number of times with a short recovery period it actually becomes an aerobic or cardiovascular workout.

However, let me remind you that there is still much value in doing **moderate continuous aerobic activity** for 30 min, 5 days per week (it can be in increments of 10 min). Moderate effort is equivalent to brisk walking or walking with a sense of purpose but can be done with other forms of physical activity (dance, exercise machines, sports, or water-aerobics). You could carry on a conversation but it would not be easy.

Or equally

You can do some form of **vigorous continuous aerobic activity** 3 days a week for 20 min. This implies just above conversation pace and would be difficult to sustain for longer than 20 min (about 70-80% MHR). This is probably best achieved with running, using a stationary bike, rowing machine, or treadmill but could also be achieved with vigorous walking.

However, the current focus is on some form of **High Intensity Interval Training (HIIT)**. Several studies have found that different types of interval training can give the same benefits as 45-60 min of continuous activity **but in much less time.** The type of activity has varied but included: walking, running, stationary cycling, rowing machines, and various large muscle activities such as body weight squats, burpees, running on the spot, jumping jacks, and treadmill runs or split jumps. Personally I recommend using a stationary bike or rowing machine to do this type of high intensity training. You can easily increase and decrease the resistance to produce the required intensity and if you do get tired or dizzy you are not likely to fall very far!

Here are several examples that have been found to improve cardiovascular fitness as well as increase glucose tolerance and other health markers:

1. High volume HIIT

This involves high intensity efforts (80-85% MHR) for 1-3 min followed by **active recovery** for the equivalent work time and **repeated until 6-15** min of high intensity work is completed. Start with 6 mins of cumulative high intensity work and build up to 15 mins.

Physical Activity & Wellness Corner #26 (continued)

David Docherty

Sample workouts:

1 min work: 1min recovery and repeated 6 times and build up to 10/15 times (the research paradigm at McMaster University uses a maximum of 10 repeat 1 min intervals).

2 min work: 2 min recovery and repeated 3 times and build up to 7/8 times

3 min work: 3 min recovery and repeated 2 times and build up to 5 times

Mixed intervals: 3 mins work and 3 mins recovery; 2 mins work and 2 mins recovery; 1 min work and 1 min recovery 1 time and build to 2 times; 1 min work and 1 min recovery then 2 min work and 2 min recovery and build to 5 times (15 min high intensity work). Feel free to mix this up as much as you like to get the 8-15 min of high intensity work.

2. Low volume HIIT

This sounds almost too good to be true but if you trust the research it has been found to be very effective.

Sample workouts:

The initial high intensity interval training for aerobic or cardiovascular benefits involved 20s high intensity (hard as you can go) followed by 10s active recovery and repeated 8 times. These are called "Tabata intervals" after the Japanese physiologist who did the research. He had participants train on a stationary bike. A recent study at UVic used body weight squats. However, any whole body exercise can be used such as burpees, jumping jacks etc. Start with doing 6 repeats with a longer recovery (20s) between the third and fourth repeat. Slowly increase to 8 repeats with a longer recovery (20s) between the fourth and fifth repeat until you can decrease the recovery to the 10s between each work interval used in the study.

Now here is the minimal effort for impressive results! One recent study has shown that a **20s** all out effort followed by a **2 min rest** and **repeated 3 times** is equivalent to 45 min of continuous activity! That's right. Only 1 min of actual high intensity work.

One of the advantages of having so many effective options is that you can really vary your workouts to provide some variation as well as suit the time you have available. You can also include a continuous workout for some variation and to increase caloric expenditure. Exercise alone is not an effective way to lose weight and if this is one of your goals continuous physical activity for 30-60 min is more effective than HIIT.

David Docherty

University Club Report

David Leeming

The University Club continued to celebrate its 50th Anniversary with a summer event called 'Summer of Love'. This special sold-out Dinner and Dance was held on July 22 and featured the band Backbeat. Dressing up in 60s and 70s costumes was encouraged. Many did so and a couple of photos of this remarkable event are included here.

As you may well know all UVRA Members are entitled to a one-year free membership in the University Club (if they have never belonged). This would be a good time to consider taking advantage of this benefit of your UVRA Membership so you can enjoy the amenities of the University Club and join in some of the excellent Special Events planned for this Fall.



- ☺ Burger and Beer Specials (Lunch and Dinner)- only \$14.95 – throughout the month of September.
- ☺ Oktoberfest and Whisky Tasting Event – October 21
Featuring the Mad Day Out Band and the Caledonian Distillery & Brewery
- ☺ Children's Halloween Party – October 28
Featuring a Magic Show performed by Vinny the Vampire
- ☺ Fiftieth Anniversary Celebration – November 18
Featuring Nick La Riviere Band
- ☺ Traditional Christmas Lunch Buffets – December 7-19 (Mon-Fri)
- ☺ Children's Christmas Party – December 9
Featuring Magician David Atwood
- ☺ Member's Christmas Dinner and Dance – Saturday December 16
Featuring the Mad Day Out Band

For more details on these special events and also the weekly events please go to the UClub website club.uvic.ca.

Books of interest

Devil's Bargain, Steve Bannon, Donald Trump, and the Storming of the Presidency

Joshua Green, Penguin Random House, 2017



Publisher's overview:

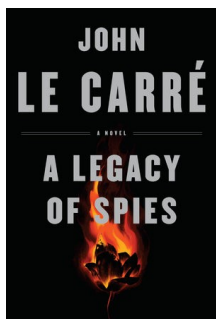
From the reporter who was there at the very beginning comes the revealing inside story of the partnership between Steve Bannon and Donald Trump—the key to understanding the rise of the alt-right, the fall of Hillary Clinton, and the hidden forces that drove the greatest upset in American political history.

Based on dozens of interviews conducted over six years, Green spins the master narrative of the 2016 campaign from its origins in the far fringes of right-wing politics and reality television to its culmination inside Trump's penthouse on election night. The shocking elevation of Bannon to head Trump's flagging presidential campaign on August 17, 2016, hit political Washington like a thunderclap and seemed to signal the meltdown of the Republican Party. Bannon was a bomb-throwing pugilist who'd never run a campaign and was despised by Democrats and Republicans alike.

Any study of Trump's rise to the presidency is unavoidably a study of Bannon. *Devil's Bargain* is a tour-de-force telling of the remarkable confluence of circumstances that decided the election, many of them orchestrated by Bannon and his allies, who really did plot a vast, right-wing conspiracy to stop Clinton. To understand Trump's extraordinary rise and Clinton's fall, you have to weave Trump's story together with Bannon's, or else it doesn't make sense.

A Legacy of Spies

John le Carré, Penguin Random House, 2017



Publisher's note:

The undisputed master returns with a riveting new book—his first Smiley novel in more than twenty-five years.

Peter Guillam, staunch colleague and disciple of George Smiley of the British Secret Service, otherwise known as the Circus, is living out his old age on the family farmstead on the south coast of Brittany when a letter from his old Service summons him to London. The reason? His Cold War past has come back to claim him. Intelligence operations that were once the toast of secret London, and involved such characters as Alec Leamas, Jim Prideaux, George Smiley and Peter Guillam himself, are to be scrutinized by a generation with no memory of the Cold War and no patience with its justifications.

Interweaving past with present so that each may tell its own intense story, John le Carré has spun a single plot as ingenious and thrilling as the two predecessors on which it looks back: *The Spy Who Came in from the Cold* and *Tinker Tailor Soldier Spy*. In a story resonating with tension, humor and moral ambivalence, le Carré and his narrator Peter Guillam present the reader with a legacy of unforgettable characters old and new.