

USRA News



Number: 70

University of Saskatchewan

March, 2007

USRA EXECUTIVE 2006-2007

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Make health discoveries at Fitness and Nutrition for Seniors Meeting on March 31

When most of us were 20 and our grandparents were heading into their seniority, would they be attending a meeting about fitness 50 or more years ago? The topic, to be sure, has been around for many generations and still it grabs folks because in our world there is always something new and exciting or old and worth rediscovering. The USRA invites you to FITNESS AND NUTRITION FOR SENIORS on March 31 from 0830 to 1300 in Room 246 Kinesiology Building to make discoveries about others and yourself.

Do attend because the three speakers, Doctors: Susan Whiting, Pat Dewar and Liz Harrison, will tell you things you probably didn't know and should or ask you to do things you might never have tried but will want to do again. Are these not good reasons to spend a USRA morning together?

Remember when you were still in grade school and Vitamin D was added to milk? Recall why? Dr. Whiting begins the morning by telling about recent Vitamin D research findings and how they can affect our lives. Speaking next is Dr. Dewar who discusses how yoga might be an answer to improving your state of mind and physical well being by describing this practice of utmost concentration and putting us through simple chair exercises. Yoga was devised by men, probably for men in India eons ago to help them reach Nirvana, so, all join in because it is not something only women of today do.

Dr. Harrison will help you appreciate that being a senior is no reason to accept that health must decline precipitously and believe that it cannot be slowed down by exercise and monitoring health status through revising eating habits to reduce common debilitating conditions.

Plan to bring along a family member to the seminar and share ways to improve one's health while increasing activity levels. Family would then be cognizant of what you might be doing and why. As well, they might find a strategic ageing slow down route for themselves as time moves them toward the inevitability of also being retired seniors.

President's Report

The editor of the Newsletter is asking for a 'President's Report' at a time when there is very little to report, the USRA continuing to move along its accustomed course in its accustomed manner. The following, therefore, are more thoughts than matters of great urgency.

The USRA now has a web site that needs more visitors and more input from you, our members. So, tell us what you would like to see included and send us your contributions. In this, the University's centennial year, the web site is a place where we can record our experiences for the benefit of our contemporaries and those who will explore the history of the U of S in years to come. The campus has changed a lot in the 50+ years I have known it and I suspect that some of the changes will go undocumented unless we record them ourselves. It seems to me that there is

President's Report continues on page two

Saturday, March 31, 2007

FITNESS AND NUTRITION FOR SENIORS SYMPOSIUM PROGRAM:

8:30 A. M. Registration

9:00 A. M. Introduction: Murray Scharf & Peter Cribb

9:15 A. M. Dr. Susan Whiting (Nutrition)

10:15 A. M. Dr. Pat Dewar (Yoga)

11:15 A. M. Break (Refreshments)

11:30 A.M. Dr. Liz Harrison (Physiotherapy)

12:30 P.M. Wrap up Murray Scharf

FIRST MONDAY OF THE MONTH

Monday, April 2, 2007

U of S Antiquities Tour with Michael Swan

2:00 p.m. Faculty Club

Introduction & then

"Tour of College Building: Antiquities"

President's Report continued from page one

less social interaction nowadays between faculty, staff, and graduate students. At one time the chemists and chemical engineers on the campus shared a children's Christmas party with the staff and faculty of the Colleges of Pharmacy and Home Economics (are we the only generation that had delightful and talented children?), and regularly socialized with visiting speakers and our colleagues in Regina. Scale too is another obvious change. In the 1960s a lady in a small office in the College Building kept exact details of my research account in a large ledger, and graduate student problems could be placed before the entire College of Graduate Studies (Ken McCallum and Mrs. Moe at one point as far as I remember). Our past activities at the U of S will interest, surprise, and sometimes amuse those who follow in our footsteps. Mo Sachdev, our talented web page designer and manager, tells me that he can easily add any memories you e-mail to <sachdev@sasktel.net> to our web page. He will also accept contributions sent by mail to the USRA at the address shown at the top of this newsletter. Our Newsletter editor, Howard Klein (e-mail: kleinja@sasktel.net), would like your brief and more humorous memories of the campus and its students for the Newsletter.

Our social and educational activities are proceeding more or less according to plan, though we miss the guiding hand of Joel Gajadharsingh who had to retire from the Executive for health reasons after setting up our programs for the year. Even academics sometimes jump to unwarranted conclusions. Our February small-group meeting was longer than expected since it turned out that Mary-jean Roy and Frank Roy were not related and were giving independent talks. Both talks, one on the plants and the other on the birds of Saskatchewan, were enjoyable, educating, and very much appreciated. I for one will walk the prairies with a much more discerning eye because of them. The next major event will be the health and activity seminar at the end of March which is described elsewhere in this Newsletter.

The annual BBQ will be held this year on Monday, June 4, at the Willows Golf Club. This will be a chance to meet old friends in an unstructured and informal setting. Last years BBQ was at the Willows and we enjoyed good food and, important as we get older, ample parking. Since the objective is to meet as many old friends as possible the Executive suggests that you bring along friends and colleagues from your University years even though they are not members of the USRA. Their presence will be welcome and we may even persuade them to join the Association. The more formal Annual Meeting and Banquet of the USRA will be held at the Faculty Club on September 10.

LAUGHTER *Whatever is funny is subversive.**George Orwell*

It's early October, and an elderly man in Toronto calls his son in Ottawa. "I hate to ruin your day, but I have to tell you that your mother and I are divorcing; 45 years of misery is enough," he says.

"Pop, what are you talking about?" the son screams.

"We can't stand the sight of each other any longer," the old man says. "We're sick of each other, and I'm sick of talking about this, so you call your sister in Calgary and tell her." Then he hangs up.

Frantic, the son calls his sister, who explodes on the phone.

"They're not getting divorced, not if I have anything to do with it," she shouts. "I'll take care of this."

She calls to Toronto immediately and screams at the old man, "You are not getting divorced. Don't do a single thing until I get there. I'm calling my brother back, and we'll both be there tomorrow. Until then, don't do a thing, do you hear me?" Then she hangs up.

The old man hangs up the phone and turns to his wife.

"Well," he says, "they're coming for Thanksgiving and paying their own fares ... Now what do we tell them for Christmas?"

Milly Dippy was driving down a highway and all of a sudden she saw flashing red lights of a police car behind her so she pulled over to the side of the road, pulled down her window and waited for the cop.

The cop walked over and said, "Lady you were doing 43 miles per hour in a 30 mile an hour zone."

Milly replied, "No I wasn't. The sign back there said 43."

To this the cop snapped back, "Lady, look ... that was a highway number sign, this is highway 43 and you were doing 43 miles an hour in a 30 mile an hour zone."

Milly repeated her story again claiming she was not speeding. The cop scratched his head and returned to his car to ask his partner what he should do.

After telling his partner the story, his partner said, "Bill, you better give her a ticket. The 401 is just up ahead and then we'll never catch her."



EAT LESS, LIVE BETTER

Researchers have been studying yeast, flies, fish and various lab animals as well humans to learn if reductions in daily food intake help them to live better, and possibly longer.

Two rhesus monkeys, Canto (age 25) and Owen (age 26) have been on “eat-less/eat-normal” diets as are other pairs. A laboratory rhesus life span is about 27 years. Both are true seniors, ageing at very different rates. Distinguishing the two is the quantity of food each consumes. Both eat an apple a day and their pellets, but Canto, the livelier one, exists on about half the daily caloric intake of Owen, while still getting adequate amounts of vitamins, minerals and other nutrients.

We are told that Canto is ageing fairly well and has a nice coat, elastic skin and a smooth gait. His posture is upright and he has an energetic demeanor. His bloodwork



Canto

Owen

shows he is healthy. In contrast, Owen who eats more has wrinkled skin and his hair is falling out. Affected by arthritis, he is frail and moves slowly, His bloodwork shows unhealthy levels of glucose and triglycerides.

Human research breaking the pattern of weight loss investigations is not about dieting but eating less to improve longevity in normals. A recent study of six months duration was designed with three input conditions using 36 healthy overweight but non-obese young people. A third of them received 100 per cent of their energy requirements in their diet. Another had its intake reduced by 25 per cent and the third was reduced by 12.5 per cent, and their energy expenditure increased by 12.5 per cent. Findings showed that a 25 per cent caloric deficit for six months decreased the overall calories burned by the body. The researchers speculate there to be improved function of mitochondria, the "batteries" in cells.

America's National Institutes of Health randomly assigned to either a control group or a calorie-restriction (CR) regime, 48 men and women aged between 25 and 50 of normal weight or only slightly overweight. The CR group cut their calorie intake for six months to 75% of that needed to maintain their weight. Findings showed that those on restricted diets had lower insulin resistance (high resistance is a risk factor for type 2 diabetes) and lower levels of low-density lipoprotein cholesterol (high levels are a risk factor for heart disease). As well, there were drops in body temperature and blood-insulin levels.

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A WEB SITE IS A LIVING DOCUMENT

USRA Home Page <http://usra.usask.ca>

Mohindar Sachdev

A web site is a living document; changes become necessary for several reasons, such as including new information, up-dating information already posted and fine tuning the presentation of the information. The USRA web site has been modified since its inception a couple of months ago. New information provided on the web site includes

- A counter on the home-page
- An index of the web site
- USRA News Letter of January 2007

The counter provides information as to how often the web site has been accessed. The index contains an alphabetic list of pages of the web site. The indenting of the entries is according to the level of the listed page. Level-1 and level-2 pages can be accessed by clicking on the buttons provided in the index or by clicking on the buttons in the upper-frame of the home-page. Level-3 pages are listed in the index but they must be accessed by opening the appropriate level-2 page.

Information on the upcoming events has been moved from level-3 pages to level-2 pages for making it more visible and for easy access. Clicking on the Upcoming Events button opens a page that lists the details of the next USRA sponsored event. A button labelled Future Events is provided near the top right hand of this page. Clicking on this button opens a page on which some details of the events being planned and dates of those events are listed.

Finally, the look of the Home page has been modified to make it more pleasing (hopefully).

The posting of additional information depends on suggestions received from the visitors and approved by the Executive Committee of the USRA.

Please send your suggestions to sachdev@sasktel.net



