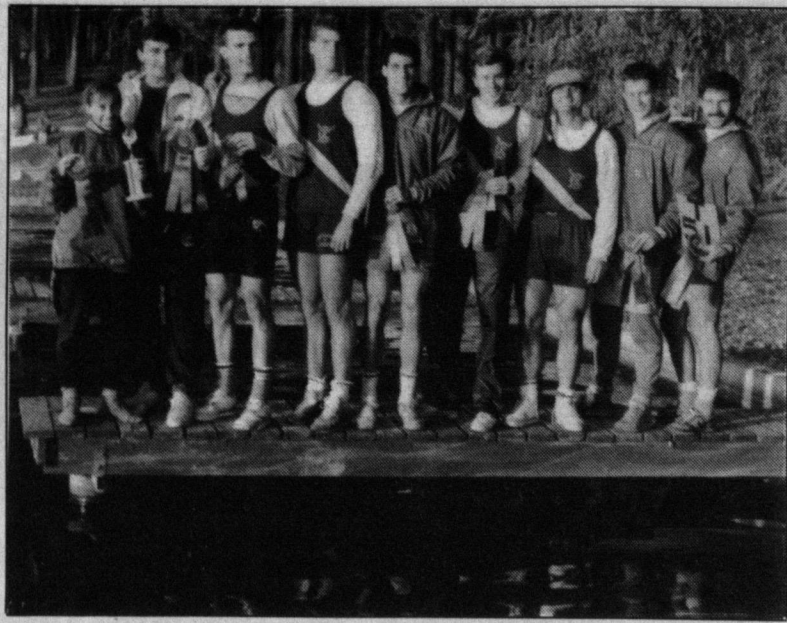


## Small Notes

FM 88 CJSR will broadcast most Bear hockey and basketball games in the 88-89 season. They started their winter broadcasts two weeks ago when the hockey Bears played Lethbridge. They continue this weekend when they call Saturday's hockey game versus the UBC Thunderbirds.

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The U of A rowing club polished off a successful meet in Spokane, Washington, with wins in the heavy men's four, the heavy men's eight, the lightweight men's double, and the novice lightweight men's double. The U of A finished first in the eight team competition. The U of A defeated Calgary, Washington State, Gonzaga, and rowing clubs from Edmonton, Calgary, Kelowna, and Fort McMurray.



The U of A's heavy men's eights that won in Spokane last weekend.

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On Saturday, the U of A Judo Club hosts its annual judo tournament in the main gym. In July '89 the U of A will host the judo national championships.

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Staying in martial arts, the U of A Wado-Kai karate club hosts

their annual fall tournament November 19th in the Education Gym.

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If any sports club would like to announce an upcoming event at the U of A, or would like to announce the results of a competition, drop off your stories and/or photos at *The Gateway*, Room 282 SUB.

## More Wall honorees

continued from p 11

After his playing days ended, Kachman became a coach with the Huskies and the Edmonton Wildcats, and later became an assistant coach with the U of A in 1973. While he coached at the U of A, the Bears won three league titles and one Vanier Cup. He retired from coaching in 1985.

**Kenneth Moore** — A native Calgarian, Moore, a World War II veteran, was an offensive tackle and fullback at the U of A between 1946 and 1948, when the football team was dismantled. Moore went on to play for the Eskimos in 1949-50, then played for the Calgary Stampeders for two seasons after that.

In the classroom, Moore obtained his arts degree in 1949, and then got a law degree in

1952. In 1968, he was named a Queen's Counsel, and in 1972, was appointed to the Trial Division of the Supreme Court of Alberta. Presently, Moore is the Chief Justice of The Court of Queen's Bench of Alberta. This June, Moore received an Honorary Doctor of Laws from the U of A.

**Larry Speers** — Speers excelled in both football and wrestling during his athletic career at the U of A, and won the Wilson Challenge Trophy, the U of A's award for their best male athlete, in 1966. As a Bear wrestler, he lost only once and won the western championship in all five years he competed. In 1969, he placed seventh at the World Championships in Argentina. In football, he was an outstanding offensive lineman, and was twice

named to the western all-star team for the Golden Bears.

He went on to coach wrestling, and in 1970, took Edmonton's top wrestlers to a five-week tour of Europe. He later coached wrestling at NAIT for five years. Speers later went to become principal in Rochester, Alberta, where he coached a host of sports, and also co-authored a 1,250 page book with his wife Bonnie titled "Rolling Hills and Whispering Pines", a history of the Tawatinaw Valley.

**Donald Stanley** — Stanley's athletic career at the U of A goes back to 1936, when the varsity club was known as the Polar Bears. In football, Stanley played at running back, placekicker and punter. During the fall, he also participated in rugby. It was his winter sport, hockey, where he got most of his athletic acclaim.

## U of A hosts recreation for elderly

Many members of older populations have been deprived of acquiring physical activity skills. In addition, a large number of users of the health care system are older adults, as medical problems tend to increase with age.

This, however, does not have to be the case. Recently, people have been encouraged to become more physically active in later stages of life, as evidenced by such developments as the federal government's Secretariat for Fitness in the Third Age. A very positive aspect of regular and appropriate lifelong physical activity, is that individuals are able to maintain both their health and vitality.

A recent development at the U of A which recognizes the advent of the "Era of the Aged" and emphasizes the importance of physical fitness for older adults is the birth of Project Alive and Well. Since mid-October older individuals have been physically active on campus as participants in this fitness research project. The program is unique in that it is the only permanently located group in the province participating in physical fitness programs.

Under the direction of Dr. Art Burgess, Director of Campus Fitness and Lifestyle, Project Alive and Well is directed at adults over the age of 55, who are retired, semi-retired, or who are available to attend daytime fitness opportunities. The project provides challenging programs of physical fitness activities, which according to Dr. Burgess are "based on the idea that given appropriate activities and motivation, older individuals may

accomplish amazing things."

Keep Fit classes, Fitness Straight Up, Aquacize, and T'ai Chi are currently offered on Mondays and Wednesdays. The enthusiastic participants would like to increase their classes from two times/week to three times/week. Special features of the project include the instructors, who are within the same age group as the clients, and the cost, which is the same as the reduced rate charged to students for fitness programs.

It has also been recognized that medical problems may accompany the aging process, thus entrance into the project does not include rigid medical criteria. Instead, programs are modified in order to suit the various needs of individuals.

This unique project provides an opportunity for students and those involved in the helping professions to increase their exposure to and involvement with older adults. In light of future population trends, their increased awareness is timely and appropriate.

The success of this exciting new program will be very interesting to observe. A growth in the number of participants and an increase in the quality of the programs is expected. In addition to more fitness classes, skating, yoga, and swimming will be offered in the next 10 week session of the project which begins January 23. Individuals over the age of 55, including parents of students or friends of students who may be interested in becoming involved with Project Alive and Well may contact Campus Recreation at 432-5607.

In 1940, Stanley received his B.Sc. in civil engineering, and in 1948, obtained both his master's and doctoral degrees in environ-

mental engineering from Harvard University. In 1954, he opened his own engineering firm, Stanley Associates Engineering Ltd. In his illustrious professional career, Stanley has been associated with the Alberta Research Council, the Construction Industry Development Council, and the Expert Advisory Panel on Environment Health of the World Health Organization.

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