



THE ACTIVE LIVING COALITION FOR OLDER ADULTS ALCOA'S QUARTERLY UPDATE - NUMBER 3 - JUNE 2005

ALCOA Guardians 2005/06

The ALCOA Guardians (Board of Directors) for 2005/06 were elected at the 6th June Annual General Meeting and include:

- Margaret Barbour - Manitoba Cardiac Institute;
- Frank Bellamy - Saskatchewan Seniors Mechanism;
- Jack Brownell - Canadian Senior Games Association;
- Jennifer Dechaine - Alberta Centre for Active Living;
- Gareth Jones - Canadian Centre for Activity and Aging;
- Archie MacKeigan- ALCOA Older Adults Advisory Committee;
- Sandy O'Brien Cousins - ALCOA Research Committee;
- Michelle Porter - Canadian Society for Exercise Physiology;
- Sheila Schuehlein, VON Canada;
- Anne Skuba - ALCOA Older Adults Advisory Committee;
- Darene Toal-Sullivan – Canadian Association of Occupational Therapists;
- Don Wackley - Ontario Coalition of Senior Citizens Organizations;

The newly elected Guardians met right after the AGM to elect Jack Brownell as Chair of ALCOA; Sandy O'Brien Cousins as Vice-chair; Margaret Barbour as Treasurer and Darene Toal-Sullivan as Secretary.

ALCOA Projects underway for 2005/06

ALCOA received funding in late June from the Physical Activity Unit to undertake a project that looks at taking the Healthy Living Strategy of Health Canada and seeing how it can more effectively be used to promote the health of older adults through active living. We also received funding to produce a Research Update.

The ALCOA Membership project has received funding and the key consultant positions are being filled.

ALCOA is continuing to progress with the Calendar project which is a partnership between The Osteoporosis Society of Canada, Canada's Association for the Fifty-Plus, ALCOA, and Merck Frosst. This calendar will promote the benefits of active living and healthy eating in the prevention and management of osteoporosis.

Volunteer Spotlight

Sandy O'Brien Cousins

Sandy just got elected to the ALCOA Guardians and the Guardians have elected her as Vice-chair of ALCOA.

Sandy brings a wealth of experience to the ALCOA Guardians. She is a Professor Emeritus after 35 years of teaching, coaching and research in the Faculty of Physical Education at the University of Alberta. Sandy was National Champion in gymnastics in 1968 and served Canada's National Team at the 1968 Olympics and all major world and international events 1966 to 1970. She grew up in North Vancouver and

trained at UBC during her youth. Her gymnastics and coaching skills were noticed by Dean Maury Van Vliet at the University of Alberta in the late 60's and by 1971, Sandy was on staff full-time in the Faculty of Physical Education and Recreation. She was 23 and their youngest faculty member, but over the years brought sport, teaching and research excellence to Edmonton. Completing her doctoral degree in 1993, Sandy's research career in "exercise gerontology" began in earnest and allowed her to obtain prestigious national research awards in the Social Sciences. Her studies on life-long motivation and self-talk about exercise offer new directions for health psychology and behavioural theory. She writes and publishes prolifically and is highly sought after as an international speaker on healthy aging. At age 53 she took up a brand new sport – road cycling and mountain biking. Now 57, Sandy raced in a number of cycling events at the 2005 World Masters Games in Edmonton and won a gold and two silver medals.

THANKS

ALCOA would like to thank the Guardians who completed their terms in 2004/05. These outstanding volunteers include Philippe Markon, Gabriel Blouin, Denis Drouin and Chris Peacock.

Gabriel Blouin, representing the Institute of Positive Health for Seniors, was an ALCOA Guardian for six years and served as Secretary. Philippe Markon served on the Guardians for six years and was the Chair of the organization for two years. Chris Peacock, representing VON Canada, was a Guardian for four years and served on various ALCOA committees. Denis Drouin represented the Fondation en Adaptation Motrice and served on several committees. Thank you immensely for the time and effort you put into making ALCOA a leading Canadian organization.



The ALCOA Executive 2004/05 - From left: Jack Brownell, Margaret Barbour, Gabriel Blouin and Philippe Markon. Jack Brownell is presenting Gabriel Blouin with an ALCOA memento.

ALCOA AGM

ALCOA would like to thank the following stakeholders for participating in the ALCOA Annual General Meeting on June 6th, 2005:

- Tina Atva, Canadian Institute of Planners
- Margaret Barbour, Manitoba Cardiac Institute
- Frank Bellamy, Saskatchewan Seniors Mechanism
- Chris Bourne, Active Living Alliance for Canadians with a Disability
- Gabriel Blouin, Institute for Positive Health for Seniors Inc.
- Jack Brownell, Canadian Senior Games Association
- Jennifer Dechaine, Alberta Centre for Active Living
- Pat Israel, ALCOA
- Gareth Jones, Canadian Centre for Activity and Aging
- Karin Lofstrom, Canadian Association for the Advancement of Women & Sport
- Archie MacKeigan, ALCOA OAA
- Philippe Markon, Research Committee
- Chris Peacock, VON Canada
- Jill Pritchard, Osteoporosis Society of Canada
- Anne Skuba, ALCOA OAA
- Imran Syed, ALCOA
- Gisèle Tennant, YMCA Canada
- Darene Toal-Sullivan, Canadian Association of Occupational Therapists
- Don Wackley, Ontario Coalition of Senior Citizens Organizations

Editor's Note: In case you have any comments please do not hesitate in emailing at alcoa@ca.inter.net