

Canada Fit Week — The Perfect Fit

AES Downsview joined the nation in celebrating Canada Fit Week 22-31 May. Films were shown in the lunch break to create an awareness. Howard Ferguson, assistant deputy minister gave his approval to the event and delegated Gordon Shimizu, director general Central Services Directorate

and Dr. Phil Merilees, director general Atmospheric Research Directorate to respectively launch and close the event and support Mr. D. Dueck, president of the Recreation Association.

The Committee comprised of Dr. J. Padro, D. Blakey, M. Richling, V. Pubrat and G. Turner. Olga

Leskiw the succeeding nurse assisted Maudrie our outgoing nurse.

Snacks and prizes were donated by neighbouring stores and restaurants. AES cafeteria gave snacks to cyclists who rode from home on Cyclists' Day. Our neighbouring medical doctor and chiropractor joined us for some of the activities.



Oscar Koren sets the pace for runners, left to right, Louise Racine, Doug Blakey, Chris Stuart, Dr. Martin Cloth (M.D.), Dr. Sam Daggupaty, and Max Bacchus.



Peter Scholefield leads the pack as cyclists, right to left, Terry O'Connor, Mike Newark and Mike Richling, ride out on Cyclists' Day.

Running and the Research Mind

Every day at 12:30 p.m. a tightly bunched, lightning-fast group of AES employees in shorts and T-shirts moves monolithically through the scenery of Ross Lord conservation park on the south side of the AES Downsview Headquarters building.

Leisurely park strollers who spot the group, racing relentlessly towards the large reservoir lake at the park's southern extremity, probably take the "speed blur" for granted. They have little choice. At that speed it is difficult to pick out individuals let alone greet them or offer them encouragement. Perhaps the only thing the casual spectator can ask is: "What are these runners doing? Why are they so close together? Wouldn't it be better if they spread out a bit?"

Research scientist Dr. Neil Trivett who has been running with the "speed blur" since 1978 explains that the joggers or runners (he uses the term interchangeably) are having a conversation!

Neil adds that the group consists of a determined bunch of lunch-time runners more than half of whom happen to be research scientists. Jogging itself is not always that interesting, so it helps to have something to talk about. Since many "blur" members have similar jobs, their chats are often work-related.

Neil explains further: "Things get said about scientific research that don't often get said in the cafeteria or in the laboratory". The conversation isn't necessarily more inspired, but there's an added dimension, a keener insight, perhaps a greater sense of repartee".

Neil far prefers this social give and take on the hoof between 7 or 8 people to doing a solitary run. Of course he is forced to run by himself on weekends and at other times when away from the office. He claims he still benefits enormously from the run, but is just a little lonelier without the company.

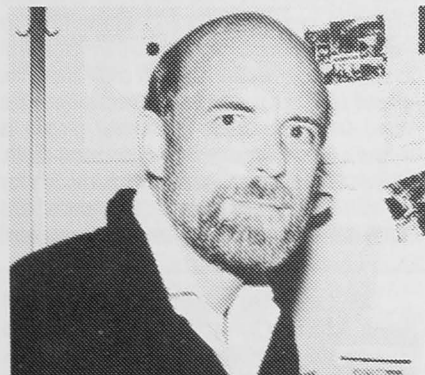
Neil claims that research scientists have

always predominated on the runs. "I guess they were quick to adopt the contemporary lifestyle that jogging offers."

Neil claims that the daily work out which lasts 40 minutes, plus another 20 minutes for showering and changing, rescues him from job stress. "Research scientists have a bit more control over their time than shift workers." They can take an hour and 15 minutes for the whole operation including lunch everyday.

Like other runners Neil experiences a euphoric "high" just after completing the run and he rests to enjoy it before showering and lunching. Above all he will never let running cause him stress. If it does, he simply won't run. (He only runs competitively only once a year on Toronto Island for the Sunnybrook Hospital.)

One of the impressive things about Neil's running is that he does it in all weathers. At Downsview, he runs in snow, hail, fog, thunderstorms and blistering heat. Over the past two years Neil has been spending two or three months of the year at Alert, the world's most northerly weather station. His task has been to set up an air chemistry



Contrasts in the working life of Dr. Neil Trivett. Left; seated serenely in his AES Downsview office, right; doing push-ups, though his favourite sport is running.

