



Masterminds Annual Report 2023

Margaret Klatt & Peter Liddell

The MasterMinds series is an initiative to foster university community engagement by providing high quality lectures at the University of Victoria to the public. The series has been offered for the past 16 years and has delivered over 50 thoughtful and often thought-provoking presentations.

MasterMinds consists of a series of lecture presentations, one on each Wednesday evening in April. Each lecture is created and delivered by a University of Victoria retiree on a topic in their area of expertise and of general interest. The series has been renovated from the traditional oncampus, in-person lecture theatre format into an on-line Zoom format since the COVID-19 pandemic intervened. Each year the series is developed by a collaboration of the UVRA, the Institute of Aging and Lifelong Health, and the University's Media Relations and Public Affairs group. UVRA is responsible for identifying and contacting UVic retirees who can and will develop thoughtful and stimulating presentations that are of interest to the community. The committee to do this consisted of Peter Liddell and Margaret Klatt. Leah Potter of the Institute on Aging and Lifelong Health was a key member of the committee and organized and oversaw each and every MasterMinds session – she ensured that it all came together perfectly.

The three presentations this past year were:

- ***You Are What You and Your Gut Bacteria Eat***
Ed Ishiguro, PhD, Professor Emeritus, Biochemistry & Microbiology
- ***Exercise is Medicine: A Broad-Spectrum Prescription for All***
Kathy Gaul, PhD, Professor Emerita, School of Exercise Science, Physical & Health Education
- ***Physical Literacy Powered by the Environment***
PJ Naylor, PhD, Professor Emerita, School of Exercise Science, Physical & Health Education

The three presentations were extremely interesting and stimulated excellent questions and discussion.