



Staying Well at the U of L – October 2014 – Geoff Minors

Geoff Minors of the Faculty of Arts and Science **stays well at the U of L** by gliding! Geoff started gliding quite a few years ago in the UK and from his first flight was hooked! His first cross country trip was about 185 km long. He took a hiatus while his kids were growing up and recently started gliding again with the Lethbridge Gliding Club which flies out of the Cowley Gliding Strip near Pincher Creek.

Geoff went to the Edmonton Soaring Club and acquired enough solo hours to secure his Canadian Gliding license. This August Geoff attended an instructor's course to become a qualified gliding instructor. Geoff reports that as a glider pilot, he needs to stay fit as it is a very demanding sport physically and mentally. Geoff has attended the 'Health Check for U' program offered to employees at the U of L, and advises that his regular cardio checks through this program impressed the doctors he has seen. He monitors his weight very closely and also incorporates regular exercise into his routine.

Geoff reports that the Cowley site is one of the best soaring sites in North America. Views of the Livingstone Range are outstanding from the air. Geoff feels that being a glider pilot has changed his life in a positive way; he is a big believer in learning new things and gliding gives him that new perspective on a regular basis. It changes the way he looks at the country, the weather and learning new soaring techniques.

Geoff is certified to take passengers in the 2-seater club glider and this is available to anyone for the low cost of \$25.00. If anyone would like a trial flight please contact Geoff directly at geoff.minors@uleth.ca. If you are interested Oct 4 – 13 will be the last chance to fly this season.

Thanks so much Geoff, for showing us how **YOU stay well at the U of L**.