An annual newsletter committed to keeping in touch with our alumni and friends of Applied Health Science

Mounting time pressure leads to stress! Demanding jobs and family obligations, and a lack of leisure and relaxation time contribute to that sense of always feeling rushed. If that's your feeling, you too may be part of that 90's population group reporting a growth in the level of stress. Researchers in the Department of Recreation and Leisure Studies have just released findings from an analysis of the extensive data collected in the 1994 Canadian National Population Health Survey which examined how varying types of stress affect the mental and physical health of different groups.

Check out some of the findings:

Where you are in your "life-cycle" or life course progression and development may influence your stress quotient.

- Young unemployed people, divorcees and female students are singled out as groups reporting some of the highest levels of chronic stress, distress and depression, as well as some of the lowest levels of perceived emotional well-being.

- Employed parents (25-44 age group), in particular working mothers with small children, reported less free time, feeling "more rushed" and the highest levels of personal or psychological stress. However, their relationship stability and lack of serious health problems seemed to keep the chronic stress levels down, and the levels of mental health up.

- Women, more than men, experience greater psychological pressures and report higher levels of chronic stress, mental distress and depression over their entire life span.

And for everyone, often overlooked 'daily pressures' e.g. daily traffic struggles, time deadlines, colleague conflicts have a strong detrimental effect on mental and physical health.

Breaking this time stress cycle of: time crunch → stress → psychological strain → negative mental and physical health impacts, → depends on lifestyle. Even though you've heard it before, such things as coping strategies, personal balance, good diet, moderate alcohol consumption, no smoking, and making time to participate in physically active leisure are simple but proven ways to deal with daily stress and they lead to more personal well-being. But remember to examine your own situation for specifics: employed young couples with small children may benefit more from a leisurely break than from, say, fitness exercise, while the reverse may be true of the elderly where a greater involvement in physical activity may offer an effective health-enhancing strategy. Employed women's physical health is more susceptible than men's to the negative effects of chronic and work stress, which means policymakers need to be aware of health and lifestyle interventions for women in the workplace e.g. flex-time.

So start counteracting the "time-crunch" right now!

What stresses you out? Or where have all the hours gone?

Feeling pressed for time? "You're not alone", say Applied Health Sciences professors. Despite previous optimistic forecasts that assumed work and leisure would take on a more balanced form, national time-budget and health surveys have shown decreasing amounts of available discretionary time for working (only working???) people over the last decade. When asked whether they "felt more rushed than 5 years ago", over 50% of Canadians asked, said YES!

Clinics: Open for Business
Visit the Health & Lifestyle Connections.

Need to Relax?
Health Prof Patricia Smith tells us how through meditation.

Twenty Years Later...
A new "Doc" for the Kinesiology's School of Anatomy.

A Day in the Life
A Rec alum tells about life on an island.

To Your Health
Mouse tips for the office worker.

The Grapevine
Catch up with your classmates.

What's inside...

2 Clinics: Open for Business
6 Need to Relax?
5 Twenty Years Later...
4 A Day in the Life
8 To Your Health
12 The Grapevine

FALL • 1998
The challenges facing this University have diminished, but not disappeared, in spite of an economy which is robust in Ontario. The transfer of operating grants from the provincial government is frozen at the current low level (lowest of the ten provinces) for a two-year period. Meanwhile, inflation and modest salary increases (1%) translate into a net decrease in operating budget which is only partially offset by tuition increases. The bottom line is that the Faculty has to seek other creative ways of maintaining resources and even increasing our capacity. Fortunately, we have had financial infusions from patrons like Ken Murray and Ron Schlegel who have initiated programs like the Alzheimer Research and Education Program (AREP) and the Functional Abilities Program for Seniors. Most recently, the Canadian Cancer Society has transferred its Behavioural Research and Program Evaluation unit to Waterloo, thanks primarily to the energy and expertise of Roy Cameron.

In addition to the exciting programs noted above, our faculty continues to be successful in attracting funding from granting agencies and through contracts. However, these sources do not typically replace aging equipment for teaching nor do they provide entrance scholarships for undergraduates. It is in these areas that we rely extensively on the generosity of staff, faculty and especially alumni. We need your support and we value your support.

I look forward to interacting with you over the next five years.

Mike Charette

Clinics: Open for Business

The addition to BMH is complete - the dust has settled - the opening celebrations are a distant memory. The new addition has fulfilled its mandate to link research and community in the form of Health and Lifestyle Connections. To date, several clinics have been established with a common goal of using expertise from within Applied Health Sciences to provide health-related services to the community.

Here are the four clinics currently open.

Neurobehavioural Assessment and Rehabilitation Program
Serving individuals with known or suspected neurological disorders, comprehensive assessments and treatment/management programs are provided by a team of practitioners specializing in neurology and geriatrics.
To get more information call: (519) 888-4567 x 6774

Sports Injury Assessment
Sports Medicine specialists Drs. Caldwell and Lee provide injury assessment, follow-up during rehabilitation and, long-term care solutions for clients to reduce and prevent future injuries.
To get more information call: (519) 888-4567 x 3541

Chiropractic Research Clinic
A collaborative effort between Applied Health Sciences and the Canadian Memorial Chiropractic College, this clinic provides chiropractic assessment and treatment while supporting ongoing scientific research into the mechanisms of chiropractic medicine.
To get more information call: (519) 888-4567 x 5301

Fitness and Nutrition Services
Offering fitness appraisals, exercise management and nutritional counselling, fitness professionals have teamed up with a Registered Dietician to provide services to both the beginner and high performance athlete in a safe, relaxed, and private environment.
To get more information call: (519) 888-4567 x 6841 (fitness) x 3665 (nutrition)
Cancer Research Program Moves to AHS at Waterloo

Developed in 1993, the Centre for Behavioural Research and Program Evaluation (CBRPE) is funded by the National Cancer Institute of Canada with money raised by the Canadian Cancer Society. The Centre moved to the University of Waterloo in October 1997. It is located in the Faculty of Applied Health Sciences, and affiliated with the Centre for Applied Health Research.

The mission of CBRPE is to maximize the contribution that sociobehavioural research and theory can make toward a reduction in the incidence, morbidity (including quality of life), and mortality associated with cancer.

CBRPE has three objectives:
- to assist the Canadian Cancer Society national and divisional offices to develop and evaluate cancer control programs that are scientifically-based
- to develop a Canada-wide research network that is devoted to the study of sociobehavioural issues related to cancer
- to increase the quantity and quality of sociobehavioural research related to cancer in Canada.

At any given time, there is a variety of ongoing projects at the Centre. Faculty are involved in designing projects, while graduate students are hired to conduct the work. Hence, CBRPE provides a platform for research projects, and a rich training environment for students.

The Centre’s budget is approximately $1.1 million per year and carries four core staff members: Dr. Roy Cameron, Director, Robin Futcher, Manager, and Anne Greatrex, Assistant, with the latest addition, Dr. Sharon Campbell, Associate Director. Dr. Campbell began with the Centre on June 1, 1998, and also has an appointment as Research Associate Professor in the Department of Health Studies and Gerontology.

Roy Cameron noted that, “the Centre works in close partnership with the Canadian Cancer Society, which is committed to cancer prevention, and supporting cancer patients and their families. Our work in large measure is intended to strengthen Canadian Cancer Society programs, to ensure that they are using donors’ dollars as effectively as possible”. He added that, “housing CBRPE here means that the Centre can take advantage of the skills of University of Waterloo faculty, staff and students”. At the same time, the arrangement benefits UW by providing invaluable training and research opportunities for faculty and students, and by bringing in new expertise. For instance, Dr. Campbell has a Ph.D. in Cancer Epidemiology and Health Policy, as well as a background in oncology nursing.

The Centre is located in the new wing of BMI. If you would like more information about the Centre, you may call (519) 888-4520 or e-mail cbrpe@healthy路演lloo.ca.

Tina Roberts Moves on

An interview with the new Director, Undergraduate Recruitment & Publications at UW

Post-secondary institutions are undergoing a radical shift in terms of how they recruit students. It must be an exciting time to work in student recruitment.

When I started my job last April, the University had just hired a consultant to assist with the redesign of our recruitment publications. They also decided to implement an enrollment management-based approach to manage our recruitment efforts. Needless to say, it was a busy year. In addition to totally redesigning our main recruitment publications, we’ve conducted focus groups in high schools, administered a number of student and applicant surveys, developed new residence and financing brochures, created new invitations to increase visits on campus, increased our travel initiatives to high schools in our primary market, and participated in the Ontario Universities’ Fair in Toronto.

What aspects of your job do you like the most?

The variety, both in terms of the people and the work - every week is different. In a given week, I might be at high schools conducting focus groups with Grade 12 students, then it’s off to a meeting to work on a questionnaire that will determine why some applicants decline our offers of admission, and back into the office to work on a new recruitment publication.

What is your fondest memory of working in Applied Health Sciences?

Goodness, it would be really hard to pick just one. I spent almost half of my life in Applied Health Sciences and there are so many special memories. But if I had to pick just one memory, it would most definitely be the amazing people in the Faculty.
A day in the Life of...

By the year 2020, it is estimated that one in five Canadians will be 65 years of age or older. Some of us still have healthy active parents, but many middle-aged adults have already seen their parents ailing due to illnesses commonly attributed to “old age”.

Dr. Roy Shephard of the Canadian Fitness and Lifestyle Research Institute (CFLRI) suggests that if older adults could increase heart and lung functions by 20 percent, the period of independent living could be extended by as much as eight years. Regular physical activity (an accumulation of 30 minutes a day, even if in 10 - 15 minute bouts) is an important step in maintaining an independent lifestyle.

Most people value quality of life above longevity: maintaining mobility and independence, participating socially, and feeling good. Physical activity is as important as nutrition in keeping good health.

Among its many benefits, exercise improves muscle strength, coordination, balance and flexibility. According to Dr. Anita Myers, of the Health Studies and Gerontology department, exercise improves both functional fitness (the strength to carry one’s groceries, the stamina to walk around the shopping mall and the flexibility to enjoy one’s gardening), and vitality (the capacity to have more energy, sleep better, feel more relaxed, have fewer aches and pains and be less constipated).

Improvements in balance and lower body strength help in the prevention of falls, an important consideration given that some 35 to 45 percent of people over age 65 experience a fall during any one year. “The reduced mobility and loss of independence that often result from a serious fall should not be underestimated”, says Dr. Jim Frank of Kinesiology. Researchers at the Centre for Studies on Aging at Sunnybrook Hospital, in conjunction with Dr. Anita Myers, say that the fear of falling amongst older adults is very common. This can lead to activity restriction to the point where some older adults actually become house-bound (especially in the winter). Exercise helps improve balance and balance confidence so that people do the activities they enjoy and can recover their balance should they happen to trip or slip.
naturally, for them to come here. Waterloo students to go there and Chetana Kulkarni! One of only two finalists from UW, Congratulations Of the 37 students graduating England could be the destination been arranged with University College of Health Studies students, when looking to study abroad. An exchange has St. Martin in Lancaster, England for 3 20th anniversary as an academic department at UW. From early 1970’s, the Health Studies program has focussed its teaching and research activities on the development of health promotion and disease prevention. While similar health promotion programs have evolved since at several Canadian universities, the Waterloo program remains unique as the only curriculum that offers a four-year Honours B.Sc. degree with provision for a Co-op education stream. From its original complement of six faculty members, the department now has 11 regular faculty and three research faculty. By design, the program has maintained a relatively small class size, with a total of 180 students distributed across the 4-year Co-op and Regular streams. In recent years, student demand for the undergraduate program has been increasingly strong. To accommodate the increasing number of high-quality applicants, class sizes have been expanded from approximately 40 new students per year in the late 1980’s to about 55 today. Recognizing the importance of the elderly in health promotion activities, the department now offers a Diploma in Gerontology for non-degree students, as well as a Gerontology Minor for four-year degree students and an Option in Aging Studies for three-year students. The department also maintains a growing graduate program that offers the M.Sc. and Ph.D. degrees to advanced students with interests in the scientific basis of health promotion and disease prevention.

Meditation is the process of learning to bring your mind under your conscious control rather than have it go off in myriad directions, or, the skill of learning one-pointed focus. Learning to meditate is about learn-}

Need to Relax?
Try meditating to combat the ‘flight or fright’ response

**Meditation is the process of learning to bring your mind under your conscious control rather than have it go off in myriad directions, or, the skill of learning one-pointed focus.**

Learning to meditate is about learning to pull your mind back gently to the matter at hand - an exercise used to train our mind to go to where we want it to go and to become aware of our own thoughts, says Dr. Patricia Smith from the Health Studies & Gerontology department. There is a constant variety show going on in most of our heads that guides our daily life, yet most of us are unaware of the content of the show or even that the show is being produced. Like exercising on a stair-mater or stationary bike, meditation has no destination. It is not where you get to, but the process of getting there. If you are interested in meditation, your best approach would be to find a good book on meditation, one that follows a philosophy that you feel comfortable with.

To meditate, simply sit in a comfortable position, with loosened clothing. Close your eyes and begin the meditation of your choice - there are lots of different types. Try a walk in nature, being mindful and focusing on the sights and sounds surrounding you, or, concentrating only on walking, not the thousand things you have going on in your life. Or, try following your breath in and out; concentrating on a single word such as “one” or any other mantra; counting your out-breaths to the count of 4 and then starting over; reciting a spiritual verse over and over again, or a favourite poem or phrase, starting over at the beginning when your mind wanders. The recommended prescription for meditation is 30 minutes each day, preferably first thing in the morning so that you start the day off with mindfulness. Trying to use meditation as a quick fix in difficult times will not be helpful. Everyone can meditate: there is no right or wrong way and, no destination. Remember, the point of meditation is to calmly bring your mind to focus on one thing at a time and stop the chatter and worry of the mind. With meditation practice, comes enhanced ability to concentrate with single-pointed focus. Your thoughts become your own, rather than a compilation of all the external forces and influences in your world.

Health Studies and Gerontology turns 20

This year, Health Studies and Gerontology is observing its 20th anniversary as an academic department at UW. From its inception as part of the Kinesiology program in the early 1970’s, the Health Studies program has focussed its teaching and research activities on the development of effective health promotion strategies related to personal health behaviour. While similar health promotion programs have evolved since at several Canadian universities, the Waterloo program remains unique as the only curriculum that offers a four-year Honours B.Sc. degree with provision for a Co-op education stream.

From its original complement of six faculty members, the department now has 11 regular faculty and three research faculty. By design, the program has maintained a relatively small class size, with a total of 180 students distributed across the 4-year Co-op and Regular streams. In recent years, student demand for the undergraduate program has been increasingly strong. To accommodate the increasing number of high-quality applicants, class sizes have been expanded from approximately 40 new students per year in the late 1980’s to about 55 today. Recognizing the importance of the elderly in health promotion activities, the department now offers a Diploma in Gerontology for non-degree students, as well as a Gerontology Minor for four-year degree students and an Option in Aging Studies for three-year students. The department also maintains a growing graduate program that offers the M.Sc. and Ph.D. degrees to advanced students with interests in the scientific basis of health promotion and disease prevention.

Chetana was recognized for her outstanding scholarship, leadership and community development by the Daniele Scholars Foundation. Chetana joins award winners from universities across the US and Canada.

Grad studies post-It Jennifer Yeats was one of ten students campus-wide to be recognized for "significant contributions in volunteer work both within the University and the community at large" with the new President Circle Award for Volunteerism awarded by UW President Dr. Olga Malott. Among many other involvements, Jennifer has been active in AHS, improving quality of life for graduate students through mentoring programs, a workshop for teaching assistants, and dispute mediation.

Dr. Olga Malott
PhD ’90 Windsor

How concerned should I be about taking on caregiving responsibilities for an elderly relative?

Taking care of an elderly relative is a task that is becoming more common as the elderly live longer. In 1996, almost 900,000 Canadians between the ages of 45 and 64 were likely to be caring for an elderly relative who had a chronic health problem or physical limitations. The majority of these caregivers were women. There are no educational courses that prepare you for the role of caregiver. The job can start suddenly, when a relative suffers a stroke or heart attack; or, it can gradually evolve from the occasional supportive visit into homemaking and provision of personal care, as the elderly person’s frailty increases. Caregivers can experience stress, and providing care places increased demands on time and energy. Individuals who become caregivers should learn to recognize symptoms of stress and ensure that their own health is not compromised. They should also learn about available community support services and not be reluctant to ask for help.

Finally, caregiving can be an opportunity to grow closer to the elderly relative, to share private moments of recollection and to learn from the wisdom of the elder. This opportunity can be missed if the caregiver succumbs to stress and exhaustion.
A large portion of your role in maintaining a safe, efficient and functional laboratory is to assist with and develop research projects in the physiology area. Tell us about some of the projects you are currently involved with.

I began my research career in exercise physiology working for Dr. Howie Green following my Masters degree in '83. My position has gradually evolved. Today I work 2/3 of my time managing the biochemistry research labs for the Kinesiology department and 1/3 of my time still working for Howie’s research program.

At one time, I kept track of the number of research projects I had been involved in, but I’ve long since lost count. One of the highlights of my career has been the opportunity to work on a variety of projects, with a broad range of topics and subjects. There have always been new challenges with the opportunity to learn. I’ve had the opportunity to make many connections worldwide with other researchers via e-mail, visiting researchers, post docs, conferences etc., all of which make my job exciting, with a feeling of being at the hub of the action.

Recently we were part of a research team studying a group of avid outdoor people doing a climb to the summit of Mt. Denali, North America’s tallest peak. These people were involved in a number of research projects during the climb and our job was to assess muscle biochemical function. We have also been busy characterizing muscle fatigue in hockey players and elite cycling and running athletes, as well as our pursuing ongoing quest to understand the etiology of muscle fatigue in the average or normal individual.

One of my main tasks is to keep on top of the biochemical analysis techniques, providing support to ensure quality control of the analyses performed. The biochemistry area has become more sophisticated over the last few years as advances in technology require us to become more molecular - we look deeper into the cell for answers.

In 1985, you and Neil ‘Bernie’ Burnett (Kin’78, MSc ’83) were married. Now, with 3 children, a busy community life, work at UW...how do you maintain the balance your life?

I feel very fortunate as I have been able to change my job slightly as my personal situation changed. I worked full-time until the birth of our second child in 1989, and since then, I have worked a reduced load of 3 days per week. The opportunity to balance the important parts of my life has meant a lot to me. Reducing my work week has allowed me to keep involved in my career, and at the same time, spend valuable time at home keeping up with our three busy children and their lives, volunteer at the school, and help out with our active community Parks & Rec Association.

Bernie, after 15 years with the Kitchener-Waterloo YMCA, has shifted careers. He now works at Rockway Mennonite Collegiate where he is responsible for fund-raising, teaching Phys. Ed. and doing some coaching (basketball and track). He’s still involved in community work, organizing community canoe trips, helping to coach Wildhawks basketball and doing volunteer work for the YMCA.

Running as a stress relief?

Don’t be caught running on empty

“There isn’t much different between a runner’s body and a sloth’s”, says Jay Thomson. The nutritional requirements are similar. What runners need to be aware of is to drink enough and eat enough of a varied diet to pack in the necessary nutrients.

Of special significance for women runners is the need for calcium and iron. Research suggests that there is something inherent in the activity of running itself that depletes iron stores. Calcium is a major issue because women’s risk of osteoporosis increases when calcium stores are depleted.

And always of concern, is that enough is eaten. “What most people could use, both men and women, is variety. Add some adventure to your culinary repertoire”, suggests Jay. Borrow a good cookbook from a friend or the library. Click onto one of the new cooking shows.

Sarah Dillabaugh, Kin ‘97, led the UW cross-country team to an overall gold metal while capturing 1st place in the individual standings.
She Shoots...She Scores!
Looking at Participation in Women's Hockey

Dr. Nancy Theberge has spent a lot of time sitting in arenas lately, talking with female hockey players, studying women's ice hockey in Canada.

Women's hockey has experienced dramatic growth and development worldwide, particularly with its inclusion in the 1998 Olympic Games in Japan. In Canada, participation in organized programs has expanded greatly, encouraged by the success of the Canadian national team.

Dr. Theberge drew from fieldwork and interviews with players and coaches who participate at elite levels, attending games, practices and other events with a women's team for two seasons. Her overall research goal was to study the broader issues surrounding gender and sport, particularly since ice hockey has historically been a male-dominated sport.

Among the more specific topics, Dr. Theberge was able to investigate: the expression of physicality (including the debate about bodychecking) in women's hockey, effects of participation on gender identity, the experience of team membership and community, and the factors influencing the development and acceptance of the sport.

What does a pregnant elephant have in common with Dr. Don Ranney?

...both took two years to produce their 'baby'.

After twenty years of operating (and two years proceeding the opening to establish) the School of Anatomy in Kinesiology, Dr. Don Ranney has officially stepped down on July 1st, 1998, as head of the school.

Why cadavers at Waterloo? In the anatomy lab, students move things apart, look underneath, become involved ... and they learn better because they see it and are involved in the process. Taking over as the school's head is Dr. Jim Frank.

Nel Wieman Kin'88, received the Award for Achievement in Medicine at the National Aboriginal Achievement Awards. The first aboriginal woman to train as a psychiatrist, Nel will continue her work at the Six Nations Mental Services Clinic she established and join the Aboriginal Achievement Awards. The first University Back Pain Study, the reporting of low back pain was found to be a function of both the physical demands of the job and the workers' perceptions of a high physical load (whether it was measured as high or not).

Karen Headlines, Kin '93 will be the next president of the Ontario Region of the Human Factors Association of Canada.

Grad studies ahead. A total of 17 nationally and provincially recognized scholarships have been awarded to students in the Kinesiology graduate program ... nine from the Natural Science and Engineering Research Council (NSERC), five from the Ontario Graduate Scholarships (OGS), two from the Social Sciences and Humanities Research Council (SSHRC) and one from the Quebec Graduate Scholarships (FCAR).

Low back pain... in a study of 350 auto workers representing over 250 jobs, carried out as part of the Ontario University Back Pain Study, the reporting of low back pain was found to be a function of both the physical demands of the job and the workers' perceptions of a high physical load (whether it was measured as high or not).
What is it like to live on an island in a rainforest?

For the first little while, I did feel claustrophobic, not being able to drive for hours on end to get away. But I think the mind turns to more subtle, introspective releases. Surrounded by ocean, this is easy to do. It changes daily. The colour, texture, sound and feel of the ocean change with the weather.

Ferries bring our food on Mondays, if the weather permits. Menu planning is essential, as is the ability to change menus on the spot. I recall one Christmas where the ferries didn’t arrive and we walked around joking with others changing the Christmas dinner menus.

The Islands were a refugium during the Ice Age and so we don’t have some animal and plant species one might expect. We do have bears and Haida weasels, martens and several introduced mammals like deer, racoon, and squirrels. Bald eagles are found in higher concentrations only in the Aleutians. Marine species like whales, seabirds, dolphins, and sea lions are best seen by boat, though we’ve often gotten lucky from shore. Down the road is Skidegate, the only place I know of to see grey whales feeding, from the road.

Gwaii Haanas also has a World Heritage Site within its boundaries. How is the protected area managed?

Gwaii Haanas is recognized as a National Park Reserve by the Government of Canada. It is also a Haida Heritage Site within a system of protected areas identified by the Council of the Haida Nation (CHN). In 1993, an agreement was signed between the two governments to co-manage the area. It is a model agreement for Canadian protected areas. All aspects of planning, management and operations are decided on a consensus basis by a management board representing the two partners equally. The two governments have agreed to disagree on land ownership so they can set that issue aside in order to achieve the shared values of protection of natural and cultural features, and continuity of Haida culture. This means that all staff, facilities, management direction, etc. are agreed to by both parties.

Unlike other National Parks or Historic Sites that have preserved a culture in a certain place and time, our agreement clearly states that we are to recognize that the Haida culture is a dynamic and living culture and help support the continuity of that culture. The Parks Canada staff bring experience and expertise in managing protected areas. The Haida staff teach us much about their culture and community and this area, and give new perspectives, creative solutions or better words. “Nunsting, a village site located on Anthony Island, has been designated a World Heritage Site. Many people have seen the poles on the beach there. The poles themselves were created to return to the earth. World Heritage Sites tend to be preserved for the world - that is why they are designated. The hereditary chiefs decided however that we should not preserve them, but instead could slow that process down. This means that those poles will not be there on-site in 10-20 years and we need to change the significance people put on this site, not only for the future of the tourism industry but also for continued respect for the Haida culture and the place that is Gwaii Haanas.

There seems to be a growing interest in leisure experiences in remote wilderness settings like those offered by Gwaii Haanas. What will this interest mean for the reserve (and you) over the next 10 years?

Gwaii Haanas will be one of the few protected marine/terrestrial areas in the world that offers this type and level of wilderness experience, and yet is fairly accessible. We need not only to protect the area but to maintain the experience as it is and ensure that the experience remains unique so that people will continue to value this area. For me, this means I need to work with our local tourism industry, our provincial/federal contacts and our own agency to ensure our long-term goals are recognized. I need to keep doing socio-economic research to ensure we understand who our visitor is and how best to promote the area to whom. I need to find ways to communicate to the media and non-visitors so they too can come to understand how long-term our vision is and why they need to seriously consider what we are trying to achieve.

What kind of Computer Games are GOOD for KIDS?

According to Roger Mannell there are two things to look for when evaluating educational computer games for your children. Look for a clear curriculum (ok is there a sequence of learning?) and a game that continues to challenge as the player gets more skills and knowledge. As for entertainment-type computer games, parents need to be vigilant concerning content. Sexism and violence are common. A general rule: apply the same standard for computer games as you would for television viewing.
Warrior Athletics gets a Face-lift

From now on, all UW varsity athletes will be known as ‘Warriors’ and play under the new look logo.

Prominent yellow and black with a slight accent of red has been added to the stylized 3-D version of the existing helmet, along with the word “Warriors.”

The tradition of the helmet remains as a strong and recognizable element of the University’s sport image. The image change is a result of communication with alumni, fans and the community, both on and off the campus.

Bob Copland, Rec ’89, MA ’91, Manager of Marketing for Athletics and Recreational Services at Waterloo was instrumental in updating UW’s athletic image. One of the first professionals hired specifically to market interuniversity sports in Canada, Bob has been increasing the profile of Athletics and Recreational Services by creating partnerships with more businesses in the community.

The Museum and Archive of Games

The Museum and Archive of Games is a unique public institution dedicated to research of games and game-related behaviour, and to the collection, preservation, and exhibition of games and game-related objects.

The Salah - Bone and Stick Gambling Game (photograph) is a game in the Museum's Collection. You can see how the game is played using the Virtual tour of the museum at http://www.ahs.uwaterloo.ca/~museum/

Photos, other graphics, and pages with new information are continually added to this site, offering a virtual visit to the Museum.

...take a Virtual Tour.

Global Sharing...

In the past year Recreation and Leisure professors from UW have presented and shared information in eleven different countries around the world. Here are some of the destinations and projects:

- Paul Eagles went to Australia to help in the planning of the 2002 World Parks Congress, a once-a-decade event; to give a seminar on ecotourism Parks managers, and to give several keynote presentations at the annual meeting of the Royal Australia Institute for Parks and Recreation.
- Travelling to China, Steven Smith lectured on Canada’s Tourism Satellite Account, a new technique developed by the Canadian Tourism Commission and Stats Canada; that measures the impact of tourism on a country’s economy. This tool has redefined the measurement of tourism worldwide.
- Juri Zuzaneck and Roger Mannell travelled to several European destinations as part of an international group of instructors teaching graduate courses to students from both third world and developed countries. These students will return to their own countries to develop leisure services.

First PhD in Recreation & Leisure Studies has been Awarded

Susan Tirone received the first PhD awarded in Recreation & Leisure Studies from Waterloo at the October ’97 convocation. Her thesis research involved looking into leisure as it relates to the lives of immigrants to Canada from south Asian countries – Pakistan, Bangladesh and India. She discovered that for south mainstream Canadians, leisure activities are much more apt to be apart from the family and individual pursuits. “In recent years South Asians have become more business oriented and have begun to make distinctions better”, says Dr. Tirone.

Dr. Tirone is now an assistant professor in the new Bachelor of Recreation program at the University of Newfoundland in St. John’s.

Why do people “hang out” at the mall?

On any typical weekend or evening you can find crowds of people at shopping malls. Why this seemingly irresistible desire to spend so much time buying and being caught up in the consumer society? The answer may be that much of this activity is actually recreational, for malls are not merely places to buy goods and services, they have also become places where people choose to recreate. People of all ages go to the malls to meet friends, to observe people, to “look around” or just to hang out, not just to shop.

People have always looked for places that they could have spontaneous or non-specific leisure: mingle, meet friends and spend a few hours in conversation. People need a place where they can mingle and the shopping mall has become the ideal modern day substitute. It’s accessibility, offers a variety of functions and can be easily identified.

Malls have been designed with both obvious (e.g. roller coasters, mini golf and arcades) and subtle recreational features (e.g. attractive architecture features, fast food and benches) while at the same time, taking advantage of increased shopping patterns. An ideal example of combining the leisure and the consumer experience into one is the introduction of mall walking. The mall not only provides a leisure setting, but also sells this specially designed walking shoes.

The mall offers a perfect setting for people seeking alternative places to find enjoyment and satisfaction. Perhaps it is fitting that in this age of mass consumption, the shopping mall should become an icon of leisure.

First PhD in Recreation & Leisure Studies has been Awarded

Susan Tirone received the first PhD awarded in Recreation & Leisure Studies from Waterloo at the October ‘97 convocation. Her thesis research involved looking into leisure as it relates to the lives of immigrants to Canada from south Asian countries – Pakistan, Bangladesh and India. She discovered that for south mainstream Canadians, leisure activities are much more apt to be apart from the family and individual pursuits. “In recent years South Asians have become more business oriented and have begun to make distinctions better”, says Dr. Tirone.

Dr. Tirone is now an assistant professor in the new Bachelor of Recreation program at the University of Newfoundland in St. John’s.

First PhD in Recreation & Leisure Studies has been Awarded

Susan Tirone received the first PhD awarded in Recreation & Leisure Studies from Waterloo at the October ‘97 convocation. Her thesis research involved looking into leisure as it relates to the lives of immigrants to Canada from south Asian countries – Pakistan, Bangladesh and India. She discovered that for south mainstream Canadians, leisure activities are much more apt to be apart from the family and individual pursuits. “In recent years South Asians have become more business oriented and have begun to make distinctions better”, says Dr. Tirone.

Dr. Tirone is now an assistant professor in the new Bachelor of Recreation program at the University of Newfoundland in St. John’s.
Alumni dollars are making a difference in the lives of students... Last year close to 760 alumni donated approximately $65,000 to important projects within the faculty of Applied Health Sciences. Much of the money was directed towards scholarships, bursaries and other funds directly assisting students.
Awards Supported by Alumni Dollars

- AHS Undergraduate Senate Scholarship Fund
- AHS Graduate Senate Scholarship Fund
- Mark Forster Memorial
- Andrea Fraser Memorial
- Michael Geller Memorial
- Run Way Memorial
- K-W Third Age Learning Bursary
- Lois Matthews Scholarship
- AHS Library Acquisitions
- R. Graham Memorial
- Sunnyvale Home Award for Therapeutic Recreation
- Warren Lavery Memorial Award
- Kate Kenny Scholarship
- Ross and Doris Dixon Bursary Fund
- OSOFT Applied Health Sciences

LIST OF AWARD WINNERS:

HEALTH STUDIES AND GERONTOLOGY YEAR ONE SCHOLARSHIPS
- Jessica Biederman
- Jessica Stockie
- Marika Toyama
- Heather Goodwin

HEALTH STUDIES AND GERONTOLOGY UPPER YEAR SCHOLARSHIPS
- Kalyn Burroughs
- Quoc Nguyen
- Adriana Cipolletti
- Asako Gomi
- Nicole Sukdeo
- Hilary Gould
- Christina Porcellato
- Regan Klatt
- Kimberley Ross
- Chetana Kulkarni
- Maja Segedi
- Megan MacDonald
- Jane Slivchak
- Huyen Nguyen
- Sandra Tschoepe
- Natalie Baine
- Jennifer Candlish
- Sabrina Caravaggio
- Starley Catli
- Mayera Chazan
- Lisa Eagleson
- Carol Ann Patmore
- Tonya Gamble
- Aaron Jackson
- Amy MacArthur
- Jennifer Wagg
- Sarah Wilson
- Michelle Dufour
- Roxanne Pallabaramasing

HEALTH STUDIES AND GERONTOLOGY DEPARTMENTAL AWARDS
- Barry Brown
- K-W Third Age Learning Bursary
- Christine Knight
- K-W Third Age Learning Bursary
- Debbie Raney
- K-W Third Age Learning Bursary
- Quoc Nguyen
- Lois Matthews Scholarship
- Alexandra Chamberlain
- Morris Todd Memorial Award

HEALTH STUDIES AND GERONTOLOGY DEPARTMENTAL AWARDS
- Kelsey Pretty
- Murray Endowment Fund

KINESIOLOGY ENTRANCE SCHOLARSHIPS
- David Lounsbury
- Tara McEachern
- Mabelle Vergara

KINESIOLOGY UPPER YEAR SCHOLARSHIPS
- Nathaniel Dalin
- Toronto
- Joanne Gingrich
- Jana Higgins
- Katherina Janse
- Kellie Pels
- Nadia Robert
- Jodi Schmied
- Marlene Steele
- Amanda Taylor
- Danielle Thomsen

KINESIOLOGY DEPARTMENTAL AWARDS
- Maria Hammar
- K-W Third Age Learning Bursary
- Joanne Fernandes
- Wiegand Foundation Scholarship
- Heather Wachowicz
- Mark Porter Memorial Award
- Marc Klink
- Wawanesa Loyalty Memorial Award
- Lee Re
- Wawanesa Loyalty Memorial Award
- Cheryl Michaudson
- Andrea Store Memorial Award
- Graham Stone
- Lois Matthews Scholarship
- Sarah Dillabaugh
- Ross Hayes Memorial Award
- Scott McKeay
- Ross Hayes Memorial Award

RECREATION AND LEISURE STUDIES DEPARTMENTAL AWARDS
- Sue Atkinson
- John Buchholzer Award
- Andrew Kaczynski
- Lois Matthews Scholarship
- Scott Smith
- Robert Haworth Scholarship
- Jennifer Coleman
- Ross & Doris Dixon Bursary

APPLIED HEALTH SCIENCES DEAN’S ENTRANCE SCHOLARSHIPS
- Ramona Mahtani
- Anne Guevremont
- Michael Lau
- Alan Sham

Kinesiology
- Rebbecca Chauvin
- Rachel Freeman
- Michelle Rivett

Recreation and Leisure Studies
- Lisa Di Pietro
- Zoe Gordon
- Jaime Ling

WATERLOO COUNTY SPECIAL SCHOLARSHIP
- Ross & Doris Dixon Bursary

The Recreation and Leisure Studies 25th Anniversary Endowment Fund has received over $23,000 in donations as of January, 1998. The Endowment Fund Committee has reinvested the $1300 generated in interest revenues back into the endowment fund to increase the base of money available and begin offering scholarships. The mandate of the fund is to enhance student access into the Recreation and Leisure Studies program. Donations will be made available to provide financial aid for needy students while scholarships will be awarded to outstanding undergraduate and graduate students.
COMBAT the Dreaded Mouse Syndrome

Mouse Syndrome...What’s that? Actually it is a catchy phrase for cumulative trauma disorders (CTDs), unwieldy conditions arising from repetitive and prolonged work at the computer.

Initially symptoms may involve aches and pains in the neck, shoulders and arms. Over time, these symptoms may develop into tendon and nerve disorders, joint problems and even disability.

Cumulative trauma disorders represent a group of health problems that are additive and develop over a long period of time due to continuous exposure to repetitive motion, sustained static exertions and poor posture. For example: typing, gripping a computer mouse and holding the telephone receiver to the ear. The body was not designed to sit in front of a computer for prolonged periods of time. Breaking up work tasks during the day, which involves changing position and provides recovery time for fatigued muscles, is the best way to minimize the potential damage and perhaps prevent the onset of this problem.

**TIPS FOR THE OFFICE WORKER:**
1. Avoid repetition.
2. Individualize your work environment, to optimize physical comfort.
3. Use a chair with arm rests, lumbar support and a variety of adjustable settings.
4. Vary your job tasks during the day.
5. Take frequent short stretch breaks.
6. Improve upper extremity muscle endurance.
7. Improve coping mechanisms related to job stress.

Prevention is the key, as CTDs present a challenging clinical entity and require a multi-factorial plan of management to aid in full recovery. Take note of your computer/office environment and if you are experiencing related symptoms, take action and consider a visit to your chiropractor or family doctor for further advice.

Tackling Tobacco

Lung cancer has surpassed breast cancer as the No. 1 cancer ‘killer’ of North American women. Experts are desperately seeking ways to stop both men and women from taking up the weed.

“Smoking accounts for 30% of all cancer deaths,” says Dr. Roy Cameron whose team of researchers has been studying ways to reduce cancer linked to smoking.

Smoking is the key; since 90% of those who smoke take it up before the age of twenty, it makes sense to Cameron to target kids in prevention programs. Investigators with the Health Behaviour Research Group have discovered that up to 40% of grade 8 kids in some schools smoke and that, in a school where there are a lot of Grade 8 smokers, the risk that a Grade 6 student will become a smoker is three times that of a school where there are fewer Grade 8 smokers.

Using a simple four-page confidential questionnaire filled out by students, it is possible to determine which students in a particular school smoke and why, how smoking is perceived there and how tobacco use compares with other schools in the province or across Canada. This ‘school-smoking’ profile may be the prevention tool that can make a difference. The hope is that the survey will enlist students, school staff and community leaders in the war against smoking by providing them with facts and figures as to how their school compares, smoking-wise, with others.

Apple Strudel Pie

This pie looks and tastes sensational, and is perfect for anyone who has a fear of traditional pastry, I find that Kirrin's blend pastry, available at most supermarkets, is an easy brand to work with. This dish is also wonderful made with pears.

**PER SERVING**

<table>
<thead>
<tr>
<th>Nutrition Information</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>257</td>
<td>7g</td>
<td>3g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>47g</td>
<td>267g</td>
<td>186g</td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
<td>125g</td>
<td>25mL</td>
</tr>
</tbody>
</table>

**Makes 10-12 servings**

1 Combine apples, brown sugar, cinnamon, flour and nutmeg. Reserve.
2 Have 10-inch/3 L springform pan at hand. In small bowl, combine breadcrumbs with granulated sugar.
3 Work with one sheet of phyllo at a time (keep remaining sheets covered). Brush pastry lightly with melted margarine or butter and dust with breadcrumbs mixture. Fold pastry in half lengthwise and brush again. Place pastry in pan with one short end in centre of pan and other end hanging over edge. Sprinkle with breadcrumb mixture.
4 Repeat with remaining sheets, overlapping each slightly when arranged in pan. Leave a lot of pastry hanging over edge. Bottom of pan should be covered.
5 Spoon filling into pastry. Fold pastry back over filling so filling is completely covered and pastry is somewhat ragged looking. Brush top of pie with remaining margarine or butter.
6 Bake in preheated 400°F/200°C oven for 15 minutes. Reduce heat to 350°F/180°C and bake for 50 to 55 minutes longer or until apples are tender when pie is pierced with sharp knife. Cool for at least 15 minutes before removing from pan. Dust with icing sugar before serving.

*Apple Strudel Pie is reprinted from Simply HeartSmart Cooking* written in conjunction with the Heart & Stroke Foundation of Canada with permission from Random House of Canada, Toronto. Bonnie Stern is the owner of Canada’s most prestigious cooking school, The Bonnie Stern School of Cooking (Toronto), and the author of eight best-selling cookbooks and two cookbook videos. Toronto-based Stern is also the host of her own television show called “Bonnie Stern’s Kitchen which airs every day on the Food Network.
The 1997 FUN RUN Results

The 1997 Fun Run was a huge success. Over 115 participants, 30 volunteers and fans, and a large lion took part on a beautiful sunny November Day!

Check out this year’s winners...

- First Place Male: JOHN LAFRANCO (16:43)
- First Place Female: RHONDA BELL (20:39)
- First Place AHS Student Male: JASON WILKES
- First Place AHS Faculty/Staff Female: XIAO XIA HAN
- First Place AHS Faculty/Staff Male: RICH HUGHSON
- First Prize AHS Alumna: PATTI MOORE
- First Prize AHS Alumnus: KEVIN SHIELDS

Participation Challenge Cup: KINESIOLOGY DEPARTMENT

Mark your calendars...Fun Run ‘98 November 14, 1998

APPLIED HEALTH SCIENCES ALUMNI INTERNET DIRECTORY

120 alums on-line & counting....
Join In! http://www.ahs.uwaterloo.ca/alumni/

Several people from the Kinesiology co-op class of 1989 have been talking about a reunion...is this you? Contact Peter Keir to ‘input your ideas’ at pjkeir@yorku.ca
1980’s

Heather Macdonald, Kin ’77, for her own business, “MAC” (MacDonald Associates Consulting) helping innovative firms with Research and Development to become more competitive. Huddleson is home for Heather and Husband Ted, who now has his new career as a software technician and husband. Heather would love to hear from old friends. E-mail: heather@MACondata.com

Jay Kirt, Kin ’79, was selected as Vice Chair of the American Association for Exercise on 1999 (ACE), having been on the Board of Directors since 1996. Jay is the Executive Vice President of The Sports Clubs of America, a growing, full-service fitness and recreation facility chain.

Vic Gladish, Kin ’79, has been living in Vancouver, working as a Fine Nation Support Technician. (Jimmie Lord’s wife now shares Vic’s work as a Paralegal). Pat and Son, Carl, are married and involved in x-ray, CT, MRI, mammography, radiation therapy and have been on the Board of Directors of the Canadian Association of Medical Radiation Technologists (CAMRT). Canadian Association of Medical Radiation Technologists (CAMRT).

Linda Crawford, Health ’87, lives in Brampton and has successfully been the Director of Corporate Services with the Brunette County Health Unit for the past 2 years. She is responsible for the certification and training of 10,000 health professionals and has managed to increase the productivity of her team by 200%! “Our daughter ate strictly vegan also an diet (vegan) for about 13 years. She is now eating chicken, eggs, and fish. He is currently working on Exercise for 1997/98 (ACE), having been a member of the Board of Directors of the Canadian Centre for Exercise Medicine.”

Lynn Zanella, Kin ’82, married to Ken Zanella, is a MacOS Geronimo, living in Portland, Oregon. She has a position in the Forensic Sciences, working in biological research and is currently working in the role of the Canadian Centre for Exercise Medicine.

Karen Hoodless, Kin ’89, joined Teleport Express in 1989, working as an Executive Assistant to various management and business functions. She is married to Mark, an IT consultant, has two children, Ryan, and Amanda. They live in Langley. Langley is a great place to raise a family, and to go skiing, and going south in the warmer months is a great family tradition. Her husband, Gary (Chan Ely ’79) has three sons, and the youngest is in grade 4. The youngest daughter, born age 2, and the oldest daughter is now 6, and she found out the day she was born and now chooses for herself.”

Andrea (Dunn) Lundy, Kin ’95, off to law school, working in Richmond. Danielle Pate is working at the GST office in Vancouver. Brian White is now with the Fraser Health Authority. Andrea has fulfilled her promise of the past year to be in Society and Administration at SFU. E-mail: Andrea.Lundy@depts.sfu.ca

1990’s

Karen Sahal, Health ’82, will continue a program coordinator for the QoP Clinical Clinic on spina bifida in helping people quit smoking in North York all summer. She will then go on to graduate school at UBC to get a PhD in social work. Karen has also been teaching for the last 15 years and has been teaching at the University of Illinois at Chicago.

Sherry Obenauer, Geron ’94, works as a counselor at Calgary Counselling Centre helping a variety of adult clients in life situations. In her free time, she enjoys being in the mountains and finding a house to buy, as well as being involved with Macdonald’s Medicine in the Forensic Sciences.

Sherry Obenauer, Geron ’94, is off to England to continue her study of massage therapy in the United Kingdom. She will then travel to the Caribbean for the remainder of the year. Sherry is very excited about her move to the United Kingdom and plans to return to Canada in 1999/00.

Susan Ward, Health ’79, is District Manager for CNIB (MacDonald Associates Consulting) and has head trainer duties with the CNIB. Susan has also been on the Board of Directors of the Canadian Centre for Exercise Medicine.

Linda Crawford, Health ’87, is currently working on Exercise for 1997/98 (ACE), having been a member of the Board of Directors of the Canadian Centre for Exercise Medicine. She is responsible for the certification and training of 10,000 health professionals and has managed to increase the productivity of her team by 200%!

Our daughter ate strictly vegan also an diet (vegan) for about 13 years. She is now eating chicken, eggs, and fish. He is currently working on Exercise for 1997/98 (ACE), having been a member of the Board of Directors of the Canadian Centre for Exercise Medicine. She is responsible for the certification and training of 10,000 health professionals and has managed to increase the productivity of her team by 200%!

Lynn Zanella, Kin ’82, married to Ken Zanella, is a MacOS Geronimo, living in Portland, Oregon. She has a position in the Forensic Sciences, working in biological research and is currently working in the role of the Canadian Centre for Exercise Medicine.

Linda Crawford, Health ’87, lives in Brampton and has successfully been the Director of Corporate Services with the Brunette County Health Unit for the past 2 years. She is responsible for the certification and training of 10,000 health professionals and has managed to increase the productivity of her team by 200%! “Our daughter ate strictly vegan also an diet (vegan) for about 13 years. She is now eating chicken, eggs, and fish. He is currently working on Exercise for 1997/98 (ACE), having been a member of the Board of Directors of the Canadian Centre for Exercise Medicine. She is responsible for the certification and training of 10,000 health professionals and has managed to increase the productivity of her team by 200%! “Our daughter ate strictly vegan also an diet (vegan) for about 13 years. She is now eating chicken, eggs, and fish. He is currently working on Exercise for 1997/98 (ACE), having been a member of the Board of Directors of the Canadian Centre for Exercise Medicine. She is responsible for the certification and training of 10,000 health professionals and has managed to increase the productivity of her team by 200%!”

Lynn Zanella, Kin ’82, married to Ken Zanella, is a MacOS Geronimo, living in Portland, Oregon. She has a position in the Forensic Sciences, working in biological research and is currently working in the role of the Canadian Centre for Exercise Medicine.

Linda Crawford, Health ’87, lives in Brampton and has successfully been the Director of Corporate Services with the Brunette County Health Unit for the past 2 years. She is responsible for the certification and training of 10,000 health professionals and has managed to increase the productivity of her team by 200%! “Our daughter ate strictly vegan also an diet (vegan) for about 13 years. She is now eating chicken, eggs, and fish. He is currently working on Exercise for 1997/98 (ACE), having been a member of the Board of Directors of the Canadian Centre for Exercise Medicine. She is responsible for the certification and training of 10,000 health professionals and has managed to increase the productivity of her team by 200%!”

Lynn Zanella, Kin ’82, married to Ken Zanella, is a MacOS Geronimo, living in Portland, Oregon. She has a position in the Forensic Sciences, working in biological research and is currently working in the role of the Canadian Centre for Exercise Medicine.

1990’s

Karen Sahal, Health ’82, will continue a program coordinator for the QoP Clinical Clinic on spina bifida in helping people quit smoking in North York all summer. She will then go on to graduate school at UBC to get a PhD in social work. Karen has also been teaching for the last 15 years and has been teaching at the University of Illinois at Chicago.

Sherry Obenauer, Geron ’94, works as a counselor at Calgary Counselling Centre helping a variety of adult clients in life situations. In her free time, she enjoys being in the mountains and finding a house to buy, as well as being involved with Macdonald’s Medicine in the Forensic Sciences.

Sherry Obenauer, Geron ’94, is off to England to continue her study of massage therapy in the United Kingdom. She will then travel to the Caribbean for the remainder of the year. Sherry is very excited about her move to the United Kingdom and plans to return to Canada in 1999/00.

Susan Ward, Health ’79, is District Manager for CNIB (MacDonald Associates Consulting) and has head trainer duties with the CNIB. Susan has also been on the Board of Directors of the Canadian Centre for Exercise Medicine.
Please use the Information Response Card to send us details and you'll be featured in our next issue.

INFORMATION RESPONSE CARD
Please use this Information Response Card to reply to one or all of the sections.

NEW ADDRESS & CAREER INFORMATION
New address and career information if you've moved or changed jobs; please let us know. You'll help us save postage and you won't miss a single issue of U of T. 

Your News for The Grapevine
You'll enjoy reading about your friends in The Grapevine. Can we feature you in a future issue? Send us details and if possible, a recent photo.

Your Response for Funny Bone
We'll tickle your funny bone! Tell us about the most embarrassing thing that happened to you during your time at Waterloo.

For Record Keeping Purposes
Please include this information with your reply.

NAME
DEPARTMENT
ADDRESS
GRAD YEAR

Use one of these 3 ways to return your Information Response Card before December 31, 1998.
MAIL: To Applied Health Sciences News to You, B.C. Matthews Hall, University of Waterloo, Waterloo, ON N2L 3G1
FAX: To Barry Bat (at (519) 746 - 6776
E-MAIL: UHealthy@uwaterloo.ca

Visit us on the Web at UHealthy.uwaterloo.ca
A ‘partner in crime’ and I stole the entire tea rack with every flavour of tea possible off the TurnKey Desk in the Campus Centre after an evening spent at the Bomber.

Me and a fellow recce got tattoos and 4x4’d through Columbia Townhouses in boxers and long underwear.

I’m afraid I can’t share with you the most outrageous thing - but one dumb thing does come to mind. During my first winter at Waterloo, we were entered in a broom ball tournament in St. Jacob’s and I was to meet some classmates at the corner of King and Weber for a ride to the arena. Unfortunately, I did not know KW too well, but did know that King crossed Weber in Kitchener, so I trucked on down there bright and early one very cold morning. Needless to say I was unaware that the two streets met in Waterloo as well and I was at the wrong corner of King and Weber. Apparently, planners overrule geometers; parallel lines do cross....hehe, in fact!

Duct taped the wrists and feet of a guy who crashed our West 4 residence house party because he was hitting on a friend...(he was passed out!)

In January 1978 there was a huge snowstorm. A buddy & I jumped from our 2nd story window in V2 into snowdrifts. Then other guys from the floor jumped from the 3rd floor. Finally, guys were doing flips from the roof! Yes, we have pictures of this.

Water fights in V2, rearranging peoples rooms outdoors, and other pranks.

Pathetic more than outrageous! After a week of stressful exams and crammed study hours, a bunch of us went to Dairy Queen to relieve stress. Pent up stress was released by a non-alcoholic state of slap-happy comments and gales of laughter. DQ employees questioned our state of inebriation and suggested our departure. Fourth year UW students kicked out of DQ. That’s one to tell the kids!

During second year, I lived in VI. By chance I found out my room key opened another person’s room on the same floor (across the hall, in fact). We all played jokes on each other in residence, I decided I was going to play one of my famous jokes on this unsuspecting person. I cleared out her whole room and left one clue to the whereabouts of her first item. Attached to the first item was a clue to finding the second item and so on. I’m not sure how long it took her to find everything. Of course she found out who did it and the next day my whole room was emptied except for my sociology books and notes, I had left a note saying take everything, but please leave these books because I have an exam tomorrow (I passed).