Are today’s children over-scheduled?

Over-scheduling has grown in tandem with the need for dual-earner families to have their children involved in safe activities when the parents are working and unable to supervise the children themselves. Parents also see organized leisure activities as the best way to encourage the skill and attitude development that will give their children a competitive advantage. However, there is a downside to this trend.

Employed people in industrial societies clearly feel more pressed for time than ever before, and the consequent psychological stress is being downloaded on children. By the late 1990s, over 49% of Canadian adolescents reported experiencing moderate to high levels of stress, and between 1992 and 1998, the number who wanted to slow down increased from 11% to 44%. From 1981 to 1997, the amount of a child’s free, unstructured time left after attending school, eating, and sleeping decreased from 40% to 25%.

Some observers claim that over-organized children are becoming incapable of entertaining themselves in creative and meaningful ways. In addition, the experience of time pressure and stress has been blamed for the premature loss of childhood and the substantial increases in rates of psychopathology, suicide, violence, and substance abuse among children. Of course, not all observers agree.

Currently, my colleagues and I are examining some of these issues. One study involves a comparison of adolescents in six different countries, with funding from the Social Sciences and Humanities Research Council of Canada and the Canadian Population Health Initiative. Our Canadian data suggest that busyness and time pressure are facts of life for adolescents, and they influence psychological well-being. Adolescents feel that their parents are very busy and that they themselves lead busy lives and frequently experience time pressure. Busier children have busier parents and experience more time pressure. Part-time jobs, school demands, and even greater involvement in extracurricular activities are associated with increased feelings of busyness and time pressure.

Yet, being busy is not all bad. Low to moderate levels of busyness increase the experience of time pressure very little and counteract feelings of boredom, which contributes to improved mental health. However, once busyness becomes more than moderate, time pressure increases dramatically. Also, though extracurricular school activity contributes to being busy, and indirectly to greater time pressure, this involvement is associated with greater satisfaction with school.

The trends of increased busyness and time pressure among adults are clear, and children seem to have become infected as well. Families are resilient and have been dealing with the increased pace of life reasonably well, though there is now evidence that many are struggling.

Roger C. Mannell, PhD is a Professor in the Department of Recreation and Leisure Studies, University of Waterloo.
Dean’s Update

I expect that most alumni have heard about the ‘double cohort’—the avalanche of graduating students from Grade 12 and OAC arriving on our collective doorstep in the fall of 2003. In fact, about 10% of them are attempting to jump the queue and will be arriving in the fall of 2002.

Are we ready for them? Are they ready for us?

In answer to the first question, we have no guarantee that the government will provide full funding for these students and, even if the money does arrive in 2003, it may be too late to prevent the major compromise in the quality of education. The funding should have been delivered last year, so that professors and infrastructure could be in place prior to the student influx.

In terms of the second question, the Grade 12 students, who will generally be younger and less mature that their OAC counterparts, will face a greater challenge. This has implications for orientation (no alcohol), residence (can we guarantee every student a UW bed?), and the usual stress of the first term in an unfamiliar setting.

Along with the challenge of substantially more students comes an opportunity for selective growth. For example, the Department of Kinesiology has collaborated with The Michener Institute of Applied Health Sciences in Toronto to offer two new programs: Respiratory Therapy and Chiropody. Students in these programs will earn the (new) three-year BSc at UW and a two-year Diploma in Respiratory Therapy or Chiropody at Michener. We have been assured that we will get a substantial portion of the new ‘growth’ funding, which may be applied toward a new faculty member.

Another exciting collaboration involves the Department of Health Studies and Gerontology with the newly designated School of Computer Science (Faculty of Mathematics). A new Health Informatics Option includes required courses from both areas and is just the front edge of a much larger UW initiative moving toward more faculty members and an Institute for Health Informatics.

The third innovative partnership is between the Department of Recreation and Leisure Studies and the Faculty of Environmental Studies. A collaborative masters program in Tourism Policy and Planning is accepting students, in the first step in the systematic growth of faculty, programs, and external funding toward a Centre for Tourism Policy and Planning.

Our AHS activities are shaped not only by the new initiatives noted above but also by the end of an era. Specifically, we reluctantly acknowledge the official retirements of Jin Zuzanek (Recreation and Leisure Studies) and Bob Norman (Kinesiology). Both of these individuals are consummate scholars and international leaders who have shaped the outstanding reputations enjoyed by their respective departments. As a champion for UW, each man was always articulate, respectful, and passionate on our behalf.

As always, it is my pleasure to bring greetings to our alumni in this edition of News To You. I must confess that this edition’s focus on issues and faculty research in the area of children and youth is near and dear to my own research interests. Over the past two years, I have had the privilege of working as co-chair (on behalf of the Canadian Society for Exercise Physiology), along with a counterpart from Health Canada, on a project to create a new Canadian Physical Activity Guide for Children and Youth. The project is a response to the critical need to change children’s activity profiles and to reshape the negative lifestyle habits which are pervasive in children and youth.

To that end, we would like to encourage this commitment to health promotion as a growth area within Applied Health Sciences. Certainly, there is expertise in all three of our departments to really make a difference.

Mike Sharratt

Visiting Hallman Professors Explore Lifestyle, Prevention, and Health Care

“ar provide the academic and community leadership that is vital to finding new ways to promote healthy living.”

From the inception of the Hallman Professor in Health Promotion, the goal was to provide focussed academic leadership in health promotion. The program fosters connections and collaborations among renowned health promotion experts across Canada and the world, offering students and the UW community unique access to leading scientists. With this endowed program, AHS is afforded the opportunity to stage education- and research-based events that may otherwise go unrealized.

The Hallman Professor program enables visiting health promotion experts to lecture about pressing issues, discuss new and emerging research areas, and brainstorm with like-minded colleagues.

Dr. Phillip Campagna, School of Health and Human Performance, Dalhousie University
“Children—Less Active and More Obese: What can we do?” May 2001

Dr. Ron Borland, Director of VicHealth Centre for Tobacco Control in Australia
“Where should we be going in tobacco regulation?” July 2001

With his retirement on June 30, 2001, Jiri Zuzanek has completed 26 successful years as a professor in the Department of Recreation and Leisure Studies. He is an outstanding scholar and internationally recognized researcher on the sociology of time use, leisure and popular culture who has spearheaded numerous multinational projects.

Among his many accomplishments, Professor Zuzanek was the founding editor of the leading journal Society and Leisure, and has been a major consultant to a number of federal commissions on the arts in Canada.

Pictured left with President Johnston at the Fall 2001 convocation, Jiri Zuzanek celebrates his transition to Distinguished Professor Emeritus.

Celebrating his retirement March 1, 2002, Bob Norman marked 35 outstanding years of varied and substantial contributions to the Department of Kinesiology, the Faculty of Applied Health Sciences, and the University of Waterloo. In each setting, Professor Norman played a significant role as outstanding teacher, innovative researcher and ambassador. He was Acting Dean of the Faculty of Applied Health Sciences from 1987 to 1988, and Dean from 1991 to 1997.

Professor Norman’s status as an international scholar in the area of biomechanics is reflected in his 167 refereed journal or proceedings publications, funded from more than $4.5 million in grant and contract awards, election as President of the Canadian Society for Biomechanics (1979); President of the International Society of Biomechanics (1989); and Chair of the Research Advisory Council of the Workplace Safety and Insurance Board of Ontario (1998). The scientific community will be eternally grateful to Professor Norman for the unique biomechanical models he provided for intensive research involving work-related low back injury, a theme adopted by many of his doctoral students.

Murray Alzheimer Research and Education Program

The Kenneth G. Murray Alzheimer Research and Education Program (MAREP) was launched in 1993, under the Centre for Applied Health Research in the Faculty of Applied Health Sciences. Many exciting things are now happening in this innovative program.

Cathy Conway has joined the MAREP team, as Associate Director Education and Administration, and Sherry Dupuis has joined as Associate Director of Research.

To enhance the implementation of Ontario’s Strategy for Alzheimer Disease and Related Dementias, the Ministry of Health and Long-term Care is providing five years of funding for a post-doctoral position. MAREP is involved in three facets of the Ontario Alzheimer strategy: staff training and education; five annual conferences promoting appropriate, safe, and secure environments; and a joint research project on caregiver needs with the Alzheimer Society of Ontario and the Caregivers’ Association of Ontario.

MAREP continues to work with Innovation Centres throughout Ontario, which serve as in situ research and education sites for the exploration of various issues related to care.

MAREP founder, Ken Murray, receives the Order of Canada from Governor General, Adrienne Clarkson at a ceremony in Ottawa May 31, 2001
A Day in the Life of...Rebecca Byers / HEALTH ’95

Projects Leader, Ontario Physical and Health Education Association, Toronto, Ontario

You work for an organization dedicated to positively influencing the lifestyles of children and youth. Describe one of your most successful programs to date.

One of Ontario Physical and Health Education Association’s (OPHEA) recent and far-reaching successes has been the development of a Health and Physical Education (HPE) Curriculum Implementation Support Plan. At the centre of this are grade-by-grade curriculum support resources for health and physical education classes in kindergarten to grade 12.

In the fall of 1998, OPHEA began to explore the implications of the release of Ontario’s new curriculum. The development of the support document series involved a collaborative process with school boards, health units, and other related organizations. Educators indicated that support services and curriculum-based resources were needed, so OPHEA developed the HPE Curriculum Implementation Support Plan. This plan has four strategies:

• creating an awareness of the new elementary and secondary curricula
• developing materials that support the curriculum
• supporting the implementation of the curriculum through training, workshops, and inservice
• providing support services for educators and health stakeholders.

Resources in the hands of teachers is only the first step. In the future, there will be greater emphasis on training and inservice to provide hands-on support for teachers.

How does health-promotion programming differ for kindergarten-aged children vs. grade 8 youth?

In health education class, the same topic areas are addressed every year from grade 1 through to grade 8, using a scope and sequence and progression of learning. The learning moves from simple knowledge to more applied knowledge, where students are expected to combine the topic knowledge with living skills, such as decision-making, communication, goal-setting, etc., in order to make good personal healthy-living decisions. School-based programming follows this continuum of learning using developmentally-appropriate activities, such as songs and story-telling in the primary grades and role playing and peer-led exercises in the older grades.

Can you recommend several reliable resources on children/youth physical activity for parents or teachers?

www.ophea.net is an on-line community of over 10,000 individuals committed to improving the physical activity levels and overall health of children and youth. It includes resources to support educators in the promotion and delivery of physical activity and health programming. It also facilitates networking, information-sharing, and communication with and among the education, health, and recreation sectors.

www.ReadySetGo.org is a family-oriented website that is "the first place to go for information about sport for kids". Parents can search with their kids for sport programs in their communities, read articles about sport for kids, and get information about adapted sports for children with disabilities. Kids can submit stories about sport, read about real athletes, and find information about a variety of sports.

And of course there are lots of websites out there that offer good, reliable health education information. Probably the most comprehensive is www.canadian-health-network.ca, a gateway to multiple sources of credible, practical health information.

RIM Blackberry devices measure youth smoking

Twenty-three percent of 15- to 18-year-olds smoke tobacco. Many want to quit. Unfortunately, most treatments and programs that work for adults are not effective with young smokers.

RIM Blackberry wireless communication devices offer a new way to assess the accuracy of the measurement tools currently being used to evaluate youth smoking-cessation programs.

The proven way to evaluate a smoking-cessation program is to randomly assign a sample of smokers to receive either a new treatment or a control treatment and then to determine the percentage of people who are smoke-free after a given period, usually via questionnaires or biochemical tests. If the success rate with the new treatment is higher than that in the control group, the new treatment is considered effective.

However, it’s unknown how well the questionnaires and biochemical tests are able to estimate the quit rates among young smokers. Teen smokers routinely go for one or more days without smoking, which negates the effectiveness of biochemical tests. Even straightforward survey questions, such as “How many cigarettes do you smoke each day?”, are difficult for teens to answer, because of their inability to distinguish between temporary abstinences and intentional, long-term quitting. Ineffective measurement tools that produce inaccurate quit-rate estimates could lead to the unwarranted rejection of effective programs.

A research team from the Health Behaviour Group, lead by Dr. Paul McDonald, is using Waterloo-based Research in Motion’s innovative Blackberry devices to assess the accuracy of the survey and biochemical measures of youth smoking. The Blackberry devices have been provided to 70 teen smokers across Southwestern Ontario to obtain daily reports on how much they have smoked in the previous 24 hours. After 30 days, the students participate in a brief smoking-cessation program, before and after which they also complete questionnaires and provide saliva samples (to test for a bi-product of nicotine). The questionnaire and biochemical tests results are then compared to the daily Blackberry email survey results to determine which measurement tool is the most accurate. The study results will enhance the programmers’ ability to identify effective smoking-cessation programs for youth.
Enhancing Safety Through Risk Management

Risk is characterized by “uncertainty”. Success in risk management is defined by practical and useful solutions for dealing with this uncertainty.

In the last 50 years, a scientific discipline of risk management has emerged—typically as a branch of the interdisciplinary field of study known as ‘decision science’—to develop and formalize methods for improving risk reduction. For environmental issues, the primary benefit of risk management is improved decision-making.

The purpose of this publication is to provide an overview of the basic principles and methods of environmental health risk management in Canada. The focus of the primer is on risks to human health from chemical substances encountered in the environment. The frameworks, approaches, and examples that illustrate the decision-making process may be useful for the assessment and management of a wider range of potential risks: pharmaceutical drugs, transport risks, microbiological hazards, and chemical process safety.


Starting this fall, students can enter the Health Informatics Option, a joint program between Computer Studies and Health Studies. The course material delves into all aspects of this multidisciplinary field, including the generation, dissemination, storage, application, and use of health information using computer technologies.

Recognized for her contributions to the betterment of the campus and community, HS grad student Stephanie Gower received the President’s Circle Award for Volunteerism. Stephanie has been involved with Girl Guides for many years and she is a member of the Music Alive Choir in Kitchener.

Dr. Anita Myers and Catrine Tudor-Locke, PhD ‘00, of Arizona State University, have won the 2002 Research Quarterly for Exercise and Sport Writing Award for their article, “Methodological Considerations for Researchers and Practitioners Using Pedometers to Measure Physical (Ambulatory) Activity”. The article appears in the March 2001 RQES (Vol.72, No. 1, pp.1-12).

Grad Post-it: Maureen Summers, Kin ’84, HSG MSc ’87, received the Banff Centre/CSAE Award for Excellence in Association Leadership. Maureen is the Executive Director of the Nova Scotia Division of the Canadian Cancer Society.

José Arocha, Assistant Professor
After completing his PhD in educational psychology at McGill University, José Arocha worked as a research associate at the Centre for Medical Education, and subsequently, as an Assistant Professor in the Department of Medicine/Royal Victoria Research Institute, both at McGill. His activities there focussed on the study of the nature and development of expertise in medicine, developing and refining cognitive science methods. Later, he became involved in the study of medical and health informatics research, involving research on the use of clinical practice guidelines, cognitive models of health and disease, and multiple representations as ways of enhancing clinical decision-making performance. Although he has continued this line of research, his current investigation has expanded to include the assessment of the quality of web-based health information, health decision-making, and health informatics education.

The importance of fat in a child’s diet

Currently, there is considerable concern about the increasing prevalence of obesity in North American society. This has lead to recommendations to reduce the amount of fat in the diet and it is reflected in the increasing array of ‘low-fat’ and ‘fat-free’ products on supermarket shelves (many of which are still high in calories). However, it is important to realize that, despite the bad press that fat receives, it is a very important component of a child’s diet.

Because of its high caloric density, fat constitutes a very efficient source of energy to support growth: fifty percent of the energy in breast milk is derived from fat. Where saturated and monounsaturated fats provide energy, the polyunsaturated essential fatty acids of the n-6 and n-3 families are integral components of cell membranes and play an important role in physiological function. An appropriate supply of these essential fatty acids is particularly important for the developing brain and retina, where deficiencies of the n-3 fatty acids in infants have been associated with functional changes. Thus, not only must the child’s diet contain sufficient fat but also the right type of fat.

The current position in Canada is that, from age two until the end of linear growth, the high-fat diet of infancy should be reduced gradually to a diet that includes no more than 30% of energy as fat and no more than 10% of calories as saturated fat. In addition, up to 10% of energy should be provided as polyunsaturates. Finally, it would be best to avoid some processed foods, such as hard margarine and reheated cooking oils, because these are a source of trans fatty acids, which act in the same way as saturated fats and may interfere with the utilization of the essential fatty acids necessary for optimum development.

The latest

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Assistant Professor
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In your position at K-W Habilitation Services, you function within a team of rehabilitation specialists working with preschool-aged, developmentally-challenged children. What is your role as a kinesiologist within the team?

I assess the physical needs and the information-processing abilities of the child. This information is shared with the other members of the team, who include parents, resource teachers, classroom teachers, PT/OT/speech therapists, psychometrists, and other professionals. The team then determines how to best meet the child’s needs in the classroom and integrate him/her into all activities.

I travel to daycare settings, where I do assessments, work with the child in optimizing his physical development, do staff education (regarding lifting, various medical conditions), and do preschool ergonomics, to help mesh the child to the environment. Frequently, information regarding gait and balance abilities is used by doctors to determine the course of action they want to pursue. From the feedback, it is obvious that doctors (including specialists) have confidence in our abilities and value the quality of the information we provide.

As a kinesiologist, I am seen as an expert in my area and am respected as such. I am grateful that my U of W education gave me the ability to think and problem-solve, which allows me to work with children who have rare syndromes about which there is little or no information. By knowing how the body typically works, it is possible to assist the children in optimizing their physical abilities.

In your 21 years of working in rehabilitation, how has integration—the movement of people away from institutional care to community-based programs—affect your role?

When the children were in a segregated setting, I was able to go to one building and work with all of the children. We saw progress, but there was something missing. Once we began to integrate them, they began to reach developmental milestones more quickly. By being with their peers, the example and motivation to move and play was definitely much greater than we, as adults and professionals, were able to generate in a segregated setting. Not being able to see the children as frequently is definitely offset by the benefit of their interactions with their peers.

Providing service in an integrated setting means travelling from daycare to daycare, fitting into someone else’s schedule, and lugging around assessment and treatment equipment, but, with imagination, it’s not hard to be mobile. Frequently, the other children in the class ask when they can have a turn with the toys that I provide to encourage the child to develop hand power and dexterity. When possible, I involve the other children in our activities.

What is the best part of your job?

Working with young children is the best part of the job. We both enjoy the interactions that we have. Their enthusiasm and zest for life are wonderful. In addition, they are small and relatively light, so assisting them is easy (and back-sparing!).

Over the past decade, children have become more overweight and substantially less active.

Pikachu Pedometer Motivates Kids

With the link between physical activity and optimal health being well established, researchers Mike Sharratt from UW and Phil Campagna from Dalhousie (a visiting Hallman professor) teamed up to look at how to get kids moving more.

They decided to investigate whether an interactive pedometer, the Pikachu 2, would motivate 10- to 12-year-old children to be more active. Data from children wearing the Pikachu 2 pedometer was compared with that from children wearing a non-interactive accelerometer. Both devices measured and stored the amount of daily activity, however, the Pikachu 2 provided positive feedback for more physical activity. The participants also kept a written logbook over the three-week period.

Results showed that both the boys and the girls were much more active with the Pikachu 2 pedometer than with the traditional accelerometer. The pedometer helped to quantify their level of activity and proved to be an excellent motivating tool.
Recognized for his coaching achievements in track and field, Brent McFarlane, Kin ’73, has been inducted into the Athletics Hall of Fame for 2002. Brent has been a coach at UW since 1989 and he was the head of the Canadian track and field team at the Sydney Olympics. He has been a tireless advocate for the increased support and funding of Canadian athletes.

Awarded by the North American Society of Sport, Nancy Theberge has received the Outstanding Book Award for her Higher Goals: Women’s Ice Hockey and the Politics of Gender.

Inducted into the Athletics Hall of Fame for 2001, volleyball player Karen McAllister-Kenny, Kin ’83, was applauded for her athletic achievements at UW from 1979 to 1983. Karen is the Director of Campus Recreation at Brock University.

Grad Post-it: Adam Dubrowski, PhD ’01 (Kinesiology) received the 2001 Young Scientist Award at the recent Canadian Society for Psychomotor Learning and Sport meetings in Montreal. Adam also received the “outstanding achievement” designation for graduate studies at the October 2001 convocation.

Recognizing Children’s Foot Problems

Foot orthotics are used to align the musculoskeletal structure and to redistribute the weightbearing forces of the lower limbs.

A pedorthist designs, manufactures, modifies, and fits foot devices and footwear to improve lower limb biomechanics and to alleviate painful conditions of the lower extremities.

Children’s lower limb problems can arise for a variety of reasons, including growth, disease, congenital deformity, and injury. Because their bodies change so rapidly, it is often difficult to discern when an odd foot shape or movement pattern is just ‘a phase’ and when it deserves some medical attention.

Pedorthist Richard Daley, Kin’91, suggests the following ‘red flags’ with respect to whether a child should be assessed for foot orthotics:

Take a look at the old running shoes. The wear pattern of a favourite pair of shoes tells much about how the feet are working and where adjustments might be necessary. Excessive wear in a particular area may indicate a problem.

Watch your child walk and run. Do you notice an unusual gait pattern or limping? Is she running with toes pointed inward/outward or on tip-toes? Does your child avoid running altogether? Unusual gaits may be indicative of a malalignment or muscular imbalance.

Most off-the-shelf running shoes can accommodate foot orthoses, but not all provide a sufficient foundation. Look for shoes with a straight or flat sole, no hollows under the arch, and a flexible forefoot.

The rule of thumb for children’s shoe fitting is that the toes should be a thumb-width from the end of the shoe.

Dr. Jim Frank received a Distinguished Teacher Award, as one of just three recipients who are so honoured by the University each year.

Dr. Frank is passionate about his role as an educator and he is devoted to his students. One of his former Teaching Assistants stated, “If we were asked to determine why Dr. Frank should be considered for this award, I would focus on his preparation, interactive teaching approach, innovative explanations of difficult course material, and his enthusiasm. I believe what separates Dr. Frank from many other educators I have observed is his compassion for and commitment to his students and the advancement of their learning.”

Dr. Frank contributes to the development of young scientists as a mentor for graduate students, whom he encourages to pursue the Certificate in University Teaching. He regularly attends Certificate events, challenging students to think beyond the obvious and sharing his own insights and experiences related to teaching and learning.

Graduate students further recognize his contributions and consistent support of graduate studies through his role as Chair of the First Annual Graduate Studies Research Conference. This conference has been well received by the graduate students and is the largest of its kind in Canada.

Dr. Howie Green is one of four recipients of the American College of Sports Medicine Citation Awards for 2002. This international award is granted to an individual who has made significant and important contributions to research and scholarship in exercise sciences.

He was also one of three winners campus-wide of the Awards for Excellence in Research.

Dr. Green is recognized as one of the first and foremost scientists in Canada and elsewhere to investigate skeletal muscle cell function in humans. He is internationally known for his contributions to the study of muscle contractile proteins and their transformation with physical activity/inactivity. He has had a significant influence in the area of exercise science over the past 30 years. He received the Canadian Association of Sport Sciences Honour Award in 1987, in recognition of his outstanding contributions to the advancement of basic science.

Dr. David Winter is the recipient of two international awards. The Gait and Clinical Movement Analysis Society Lifetime Achievement Award was presented to Dr. Winter in Sacramento, CA, in April 2001, in recognition of his lifelong dedication and exceptional scientific contributions to the advancement of motion analysis and the understanding of human gait. He was also awarded The International Society of Biomechanics Maybridge Medal, in July 2001, in Zurich, Switzerland, for his contributions to the understanding of human locomotion.
The University Health Network (UHN) is an amalgamation of three Toronto Hospitals: Toronto General, Toronto Western, and Princess Margaret. What’s your role at UHN?

For a number of years, I’ve managed various teams in the Shared Information Management Services Directorate at UHN (i.e., the Information Management/Technology team), but recently, I transferred to our Human Resources Department to lead the Computer User Support Program. This new program was designed to help staff and clinicians improve their computer competency. With increased skill in accessing and processing information, clinicians will be able to make better clinical decisions, which will in turn move the Information Management strategy forward (part of the UHN-wide strategic plan). I also manage other organizational effectiveness initiatives at UHN.

Technology advancement, and specifically computer competency, was identified as a need by members of UHN. We began the process by measuring computer competency within the organization. Staff indicated they wanted “on-site training” to reinforce learning after they received the computer basics in the classroom. Currently, we have seven Training Support Specialists and one Team Leader to implement the on-site learning. We developed self-assessment and review tools for each application, to provide feedback to users to determine basic core computer skills. The next step for the program is to evaluate whether the strategy is working with the current resources.

From your perspective at UHN, what will be the largest issue to impact health care in the next 10 years?

In November 2000, UHN began an 18-month strategic planning exercise entitled, Strategic Directions 2011. The process was to determine how UHN would position itself for the changes in health care during the next 10 years. This collaborative process involved consulting with more than 700 hospital stakeholders (i.e., employees, physicians, researchers, managers, students, volunteers, community partners).

Based on the UHN vision statement of “achieving global impact” and its mission statement of “exemplary patient care, research, and education”, five areas of concentration were identified within the hospital. These areas (our patients, our team, capital, information, and funding) were each required to develop strategies and plans based on future trends/needs.

The trends identified were:
- globalization - helping patients at a distance, sharing of knowledge globally
- use of the Internet in health care (i.e., education tool for patients and research opportunities for providers)
- more ethnic diversity of patients
- an aging population and its increasing needs
- advances in imaging technologies
- attracting and retaining skilled staff to address shortages.

Based on these trends, the hospital was then reorganized into seven Program Groupings and 52 Clinical Program Elements, which then had to project their patient volumes (clinical targets) for the next five years. From my viewpoint, how the hospital is going to address and implement the new technologies is important. We have identified four priority technologies: genomics/proteomics, clinical informatics, regenerative medicine, and advanced clinical technologies. Staying at the leading edge of technology will enable us to achieve global impact.

With so much change in the health care industry, how do you attract and retain people?

In the Strategic Directions document, the “Our Team” area focuses on human resource development. Our strategy is to “build the workplace of choice for employees, medical staff, students, and volunteers”. This is done through integrated HR planning, recruiting strategies for staff and volunteers, enhancing leadership and staff capabilities through continuous learning and development programs, enabling a diverse, supportive, and healthy workplace environment, career progression opportunities, and recognizing and rewarding excellent results.

Is technology making us better communicators?

Definitely, yes. Technology gives access to information and enables health care professionals to make better decisions and, ultimately, offer better health care. In the last few years, the hospital’s corporate intranet has been the fastest growing area. One example: an operating room nurse has developed a website where surgical procedures, operating room set-up, equipment, surgical instruments, and sutures are described. Nurses assisting with an operation can not only review and prepare for the operation prior to the event, but can do it off-site by utilizing a CD ROM.

With e-mail, the corporate intranet, and the Internet, communication in the hospital has increased.

Global Games Exhibit featured in the 32nd Year

In the current exhibit, ‘Games from Around the World’, games are displayed and documented from a geo-cultural perspective. The exhibit includes count-and-capture games, a section featuring puzzles from different countries, a Bilboquet section, and games from Egypt, China, Canada, Japan, England, and France. These games tell us a great deal about the culture they either originated from or were adapted to. Media from around the world call the museum for reference information. One such call from The Weakest Link (TV program), asked about the Milton-Bradley game Operation, and the origin of the practice of putting on opposites sides of a die the numbers that add up to seven. Another British TV program, The Edwardian Country House, wanted to know the rules for the gambling game Baccarat, which was introduced to England in the 1890s and was played by the aristocracy at the time.

Visit the museum in Burt Matthews Hall for a hands-on opportunity to play and enjoy games, or view the photographs, tours, and documentary text of many of the objects on the website at: gamesmuseum.uwaterloo.ca.
Video conference lab links UW, Thunder Bay

“‘It’s a new way of thinking about how we reach out and educate and communicate with others,” commented Gilbert.

Using the videoconferencing technology available in the FLEX Lab—a resource of the Learning and Teaching Through Technology Centre in the Dana Porter Library—has allowed recreation and leisure studies professor Adrienne Gilbert to stretch the walls of her classroom, all the way to Thunder Bay. The real-time video link gives 10 recreation therapists in Thunder Bay a chance to participate in Gilbert’s class when visiting lecturers give presentations. For a northern community struggling with budget cuts to health care, and fewer resources for professional development, the link allows staff access to new information in the field of therapeutic recreation.

At the same time, Gilbert’s students have an opportunity to learn from the experience of practitioners in the field.

In a chance meeting at a conference, Gilbert’s colleague, Keli Turpin from Thunder Bay, described the problems of accessing professional development, and the idea of the video link began to “percolate” in Gilbert’s mind. The costs of the link were borne by Thunder Bay, and preparations on this end didn’t take a lot of additional time, said Gilbert, who emailed handouts to the participants in Thunder Bay prior to the presentations.

Gilbert and Turpin are writing an article on the videoconferencing experience for a therapeutic recreation newsletter. Although more evaluations will be needed before future links are planned, Gilbert and others in her department are envisioning more applications for the technology, such as links to external examiners for PhD defences.

Perception of School Pressure

In a recent report prepared for several local school boards and private school, researchers Roger Mannell and Jiri Zuzanek found that students who reported higher levels of physical health and psychological well-being were:

• more likely to feel that it was important to do well in school
• less likely to experience school pressure and time pressure
• more likely to feel satisfied with their school performance.

The study was part of a larger, three-year project entitled, Relationship between Time Pressure, Psychological Stress, Lifestyle, and Health: The Work-Family Interface.
A special ceremony held March 2002 celebrated Applied Health Sciences award winners and donors. The following undergraduate students were recognized for their achievements.

APPLIED HEALTH SCIENCES DEAN’S ENTRANCE SCHOLARSHIPS
Sean Anderson
Laura Vresk
Tammy Hui
Lauren Barrett
Kathryn Zuj
Taylor Mah
Sarah Best
Margaret Bryson
Michelle Cousins
Caley Cramp
Shanna Cutting
William Doelman
Jacqueline Dry

Amanda Fisher
Andrea Rack
Kevin Wayling
Adrian Li
Keith Beavers
Jeffery Kroetsch
Lindsay Nemeth
Elspeth Payne
Kimberley Saunders
David Schenkel
Amanda Shakell
Jill Snyder
Brooke Stevens

HEALTH STUDIES AND GERONTOLOGY ENTRANCE SCHOLARSHIPS
Jessica Steinmoeller
Sarah Sy
Alex Wang

KINESIOLOGY ENTRANCE SCHOLARSHIPS
Lindsay Evans
Kevin Foley
Keerat Grewal
Pamela Jantz
Kyle Leming
Chantale McFadden

HEALTH STUDIES AND GERONTOLOGY ENTRANCE SCHOLARSHIPS
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Amanda Shakell
Jill Snyder
Brooke Stevens

“Thank you AHS alumni for your generous contributions to Scholarship awards and bursary programs. Your support not only enables us to pursue our educational goals but provides us with the opportunity to develop skills through participation on varsity teams, school clubs and community organizations. Thank you for taking interest in our future.”
Allison Salter, Valedictorian for the Class of 2002

Allison’s thanks—and those of many other students—go out to the alumni and friends who made gifts to AHS last year. Your donation makes a difference in the lives of our students.
New AHS Fundraising Appeal a Success!

A new annual fundraising appeal to AHS alumni was launched in November, and the results have been highly successful, with over $73,000 raised from 452 new AHS alumni donors. This test approach was sent to a group of 3,229 AHS alumni, and the money raised does not include additional contributions received from current donors in a pledge or contributions made in recognition of a special anniversary year of graduation.

Among the priority projects being targeted for AHS funds:
- scholarships to support undergraduate and graduate students,
- a BMH addition to house expanding research initiatives,
- a Chair for Women’s Health,
- an Institute for Health Informatics and,
- the establishment of Faculty Fellowships to recognize and retain our talented researchers and teachers.

If you would like to join your fellow AHS alumni in support of this appeal, donations can be made via credit card on-line through our secure site at www.development.uwaterloo.ca. You can make a contribution to a specific department or another priority project of your choice. For further information, contact Betty Bax, bax@uwaterloo.ca, (519) 888-4567 ext. 2610.

New alums from the Class of 2001, aimed their AHSSIE pledge donations at scholarships and teaching equipment for future AHS students.

Alum Dollars Support Graduate Student Scholarships and Research

“My research is focused on the experiences of parental caregivers of children with a chronic illness, specifically cancer. Via interviews and time diaries, I am gathering information with the goal of identifying the gaps in the services currently provided, particularly in relation to the health and well-being of both the parents and their children with cancer. Ideally, my research will not only recognize and determine how caregiver needs can be better met, but will also allow for recommendations to affect policy change in the area of caregiving for children with chronic illness or disability.”

Margaret Schneider, PhD Candidate, Recreation and Leisure Studies
Meeting the Demands of Caregiving in the Dementia Context

Although not without its rewards, caring for a person with dementia can be one of the most difficult, frustrating, and distressing of all caregiver roles,” says Dr. Sherry Dupuis, Associate Director of Research in the Murray Alzheimer Research and Education Program and Associate Professor in the Department of Recreation and Leisure Studies.

With the aging of the population comes a proportional increase in the incidence of age-related dementias, and necessarily, heightened demands for and on caregivers. The toll on the caregiver comes not only in the form of time demands and physical challenges, but also emotional stress, as the caregiver witnesses the slow, inevitable decline and psychological loss of a loved one. Not surprisingly, the caregiver’s own constitution weakens and becomes more susceptible to health problems.

A study currently being conducted by Dr. Bryan Smale, of the Department of Recreation and Leisure Studies, and Dr. Dupuis, in partnership with the Alzheimer Society of Ontario and the Caregivers’ Association of Ontario, is designed to gain a comprehensive understanding of the experiences and community support service requirements of Ontario caregivers of persons with AD or a related dementia. The ultimate goal is to develop recommendations for changes to the policies and practices associated with the delivery of services to caregivers, to better respond to their needs.

Preliminary results from a survey of over 2,200 caregivers indicate that their caregiving situation is often quite complex. A majority of caregivers are caring for persons with multiple medical issues beyond AD or a related dementia, and many are older themselves and are therefore also facing later-life issues. Typically, more than half of the caregivers in Ontario are not making use of any of the formal community support services that are offered. With respect to barriers, caregivers perceive the number of hours of formal support provided to both caregivers and care receivers as inadequate to meet their needs, and they perceive the health and social service system as being difficult to navigate through. Focus groups are currently being conducted in order to more fully understand these barriers and challenges to the use of community support services.

Funding for the study is being provided by the Government of Ontario through the sixth initiative outlined in Ontario’s Strategy for Alzheimer Disease and Related Dementias.

Food Intake: What are Children Eating?

There has been no comprehensive study of the food intake of Canadian children in over 25 years. Dr. Rhona Hanning of Health Studies & Gerontology, with Dr. Linda Jessup of the Health Behaviour Research Group and Clint MacDonald of InterGlobal Solutions, has developed a website to assess the food intake and behaviour of school children, including those living in remote regions previously inaccessible to researchers. The website allows the researchers to transfer data from school computers directly to UW computers.

Preliminary validation studies showed that children enjoyed the approach and immediate feedback they received. Preliminary data on over 700 grade 6, 7, and 8 students indicate that there is room for improvement, especially for girls. Their average intake of milk and milk products fell below the current recommendations and declined over time, as their self-reported physical activity also declined.

Parents take note! You were by far the most trusted source of information about food and health.

The initial project, funded by Dairy Farmers of Ontario, is nearing completion. The group has support from the Beef Information Centre and Health Canada to continue their research with grade 6 to 10 students in Alberta and grade 9 and 10 students in Ontario.
They’re off! Pounce starts the runners for the 16th Annual AHS Homecoming Fun Run. Jim Daley crossed the finish line first in a time of 17 minutes, 47 seconds. Alums Ryan Eagles, Rec ’00, and Patti Moore, Rec ’84, were first in their respective categories. Pictures, results, and registration for this year’s run can be seen at www.ahs.uwaterloo.ca/alumni. Mark your calendars now and plan to visit the next UW Homecoming—November 2, 2002.

Pictured in Bob Norman at his retirement celebration on March 1, 2002. The afternoon symposium and evening celebration were a salute to Bob by his many colleagues, friends, and former students. Pictured with Bob are several of his former graduate students (l-r): Mike Pierrynowski MSc ’78, Jim Potvin PhD ’92, Stu McGill PhD ’86, Mardy Frazer PhD ’97, Martina Mientjes PhD ’00, John Pezzack MSc ’76, Susan Wands Kin ’80, John Grainger MSc ’81; seated, Margot Fraser MSc ’94, Dave Andrews PhD ’96

In May ’01, the Kinesiology class of 1976 got together to celebrate their 25th reunion. Following an afternoon on the golf course, the group ate, drank, and watched the Maple Leafs’ playoff game at South Campus Hall. Among the returning group: (l to r) Paul Woodhouse, Dave Smith, Jane Loftus (Williams), Grant McFarland, Kathy (Hogan) Marshall (sitting), Ken Hadfield.

Newly created for the Faculty of Applied Health Sciences, this annual award will acknowledge the outstanding accomplishments and achievements of one or more of our alumni to their communities and professions. Nominations are requested for Waterloo Applied Health Sciences (including HKLS, Physical Education) graduates who have one or more of the following elements:

- outstanding professional accomplishments
- distinguished community and public service
- academic excellence

Nomination information and forms can be found on our website: www.ahs.uwaterloo.ca/alumni or by contacting the alumni officer at bax@uwaterloo.ca

Nominations should be received by July 30th, 2002. The first award will be presented in Fall 2002.

Many of you recognized the prof standing with the tennis team as early Bob Norman, and several even noted that one of the team members was John Pezzack, Kin ’73. Congratulations to Stan Talesnick who wrote, “As a member of the first Kin class, it was easy to pick out Bob Norman, because I don’t know what he looks like now.”

Watch for Homecoming Events at: alumni.uwaterloo.ca/homecoming
Lucy Rupert, Dance ’96, is a dancer/musician. After graduation, she attended the Professional School at Toronto Dance Theatre and danced for Free Flow Dance Co. (1995-1998), with whom she toured Canada in 1998. She also dances for Artsvision and many independent choreographers in Toronto (including herself) and she co-produces the Language and Decadence at Residence series in Toronto.

Rob Spers, Kin ’95, came back from 5-1/2 yrs overseas in Australia and Singapore, where he started a marketing/sales business in each country. He is currently recruiting senior-level executives in the e-commerce world for top US companies. He’s having lots of fun and is glad to be home, except for the weather of course.

Linda (McCurdy) Crawford, Health ’87, is pleased to announce the arrival of Colin Marshall on April 12, 2001. Brother Tom (2-1/2) and father Tim are very excited about their new playmate.

Dean Fournier, Kin ’92 writes, “After Waterlo, I attended University of Ottawa for teachers college. I am presently a vice-principal at Naismith Public School in Almonte and newly married to Allison James (December 1, 2001). It would be great to hear from classmates at fournierd@ucdsb.on.ca.

Sue Hirmann, Rec ’94 writes, “After university, I stuck around the Waterlo area until spring 1995, then moved to Calgary, where I’ve been ever since. Got a job (non-recreation-related, but very awesome) with Price Waterhouse, which merged in 1998 with Coopers and Lybrand to make PricewaterhouseCoopers. What a mouthful!” After a succession of moves upwards, I have become the Recruiting Coordinator for Manage- ment Consultants for Alberta and other parts of the Western Canada Region. I enjoy my job. Thank you Tina Roberts for your mentorship when I was working for you in the Dean’s area. I still remember the lessons learned and the time spent way back then... Hello to my fellow recreation classmates. It’s been real... I hope to see some of you at the gathering in November! New Job? Back in School? Travelling? Married? Friends can reach Beth at beth@ukiddo.ca. From Maxine (Morris) Stewart, Kin ’88, “I’m the Director of a Logan College-run Chiropractic clinic in East St. Louis, IL (minutes from downtown St. Louis, MO). The clinic offers free chiropractic care to people in the surrounding community. I also teach two Physical Diagnosis Laboratories at Logan. In my spare time, I’m a mommy to my four-year-old daughter, Jnev, as well as a loving wife and friend, Richard. I’ve also discovered the joy of home construction and power tools!!! Last year was the kitchen island and backyard fence, this year...new kitchen flooring and a backyard swingset for my daughter. Who knew???”

Since graduating, Arthur Wong, Kin ’99, has tried to keep one address and/or phone number for a period of one entire year but has yet to achieve this farcical goal. He has completed two master’s degrees, in Industrial Relations and Sport Administration, and has had whirling tours of Europe and Australia. His highlight was working at the 2000 Sydney Olympic and Paralympic Games, where he learned how to correctly use the words “Ov” and “mate” and “bloke.” He is currently the Interim Executive Director at the Canadian Colleges Athletic Association. For those who want to drop Arthur a line, he can be reached at arthur_wong@canada.com.

Leanne (Ramm) Smith, Kin ’90, writes, “I married my husband, Todd, in Aug. ’82 and we’ve lived in Rockwood, ON since. We have three children, Graedyn (Mar 1995), Carson (Sep 97), and Tehya (Nov 98). Since graduation, I’ve been working as a kinesiologist. For the
Canadian Mental Health Association in Waterloo Region, at the same time running my own consulting business. In 1998, I accepted a teaching position with the local school board. I teach grade 7 students and I love it. So, my time is divided between my family, teaching, and driving my son to his basketball practices."

Following graduation, Linda Stobo, Health ’99, moved back home to Teeswater, ON, where she started working for the Huron County Health Unit, as Tobacco-use Prevention Co-ordinator. In her spare time, she taught aqua aerobics. Interested in investigating work in the human resources/education field, Linda left the Health Unit in Fall ’99 and began working full-time at a career centre for youth in nearby Walkerton. Working directly with Human Resource Development Canada, the Bluewater District School Board, and the Bruce Grey Catholic District School Board, she developed curriculum and taught career studies classes to grades 7 to 10 (formerly grade 13). Working in Walkerton, during the now infamous Walkerton Water Tragedy, certainly was an experience that she will not forget, and it gave her a better idea of the heartache and uncertainty that the residents faced. In Fall 2000, the Huron County Health Unit contacted Linda to see if she would be interested in returning to public health. Working in a variety of program areas within the Healthy Lifestyles/Chronic Disease Prevention Team, she has been working full-time with the Health Unit ever since. Linda lives in Wingham and spends her spare time teaching four aerobics classes/week.

Athletics. Bob was responsible for crafting a brand-new image for the Warriors, and developing successful marketing, sponsorship, and community outreach programs. He recently put his fundraising experience to work on campus, as the Associate Director of the Annual Fund, which raises almost $3 million dollars each year in support of many worthwhile areas on campus, including AHS!

What do you want to do with a degree in Recreation and Business? Get a marketing job with Club Med! That’s exactly what Paul Marchildon, Rec ’87, did in his first three years out of university. “Hands up, baby! Hands up!” and “30 seconds of Club Med; could you imagine a week?” were two of the best campaigns he worked on in the late 80s. From 1991 to 1996, he put his marketing skills to work at Mariposa Communications, a large corporate communications company. After five years, Paul decided to launch his own company, Atlantis Creative Group, in 1996.

Since that time, the company has enjoyed many great moments, including the product launches of the new VW Beetle, Listerine PocketPkts, and BodySmarts. On the personal side, Paul married Melanie Wickers in Sept ’99, and they just had their first baby, Sophie, on April 7, 2000. One of Paul’s fondest memories of UW was a humorous stripeate at Fed Hall in a Santa suit, on Dec 20, 1986. He has since put the costume to better use! Chris Bourne, MA Rec ’01, is currently employed in Ottawa with the Active Living Alliance for Canadians with a Disability. As Manager of National Partnerships, Chris works with a network of national organizations with an interest in the physically active lifestyles of individuals with a disability, focusing on leadership development and connecting people with disabilities with appropriate sport, recreation and physical activity opportunities. In addition to his hectic professional and volunteer lives, Chris is an avid international-level triathlete who won a gold medal at the 2001 World Triathlon Championships.

Canadian Mental Health Association in Waterloo Region, at the same time running my own consulting business. In 1998, I accepted a teaching position with the local school board. I teach grade 7 students and I love it. So, my time is divided between my family, teaching, and driving my son to his basketball practices."

### Class of 1991-1992 @ Homecoming

**Saturday November 2, 2002**

reunion2002@hotmail.com
Favourite place to hang…had to be the Campus Centre, now the Student Life Centre, Friday afternoons in the big, cushy couches, reading the latest in Imprint with buddies and listening to the always-so-different music they always played. Knowing a week of school was done and Friday night was fast approaching always made Friday afternoons at the CC a good time.

Joe Cascagne, Rec ’92

I would say that my favourite spot on campus must have been where I spent the most time, and by that criteria, it was either The Bombshelter at lunch or the PAC for pickup basketball. And, if there’s ever a survey of worst spots, it is, without a doubt, the Sunnidale path. I vowed never to walk down it again after I graduated (2-4 times a day for 2-1/2 years was enough) and I have happily kept that vow.

Rick Beaver, Kin ’84

As much as I loved Waterloo, no place made me feel at home like the BMH lounge. Okay, so the couches weren’t comfy, sometimes it was loud, and you didn’t want to know what the mystery smell of the week was, but whenever you wanted to kick back, relax, chill, and laugh your head off, you were guaranteed that at least one other person was in the lounge to do the same.

Brenda Smith, Kin ’99

My favourite spot on campus was Fed Hall. I loved their poutine and dance parties! We always had a good time at Fed Hall, and the Shooter Bar was pretty good to us, too!

Beth (Barber) Madonna, Kin ’92

BOMBSHELTER! BOMBSHELTER!

Jeff Newell, Rec ’90

I have become very attached to many places on campus since September 1980; I will, however, narrow my choices to two. Second place today goes to “the enchanted grove” — the stand of trees located at the corner of University Ave W. and Westmount Ave. The trees remind me of my first eleven years at Waterloo. The affinity began in my first year in Recreation and Leisure Studies. I took REC 230 (Outdoor Recreation) with Paul Eagles. He held one of our classes inside that grove. I spent the next 10 years walking or riding my bike through that stand of trees, going to and coming from campus. Though the length of the path I travelled was short, it always provided respite from the elements and acted as a kind of threshold between my off-campus world and the inner world of UW. Even today, some additional 10 years later, when I walk through that stand of trees, I am taken back to my beginnings at Waterloo. First place on campus goes to Tutor House #5, in which my wonderful son was born, nearly seven years ago this April.

Gayle Goodfellow, Rec ’91

Hands down, it has to be South Campus Hall, where the great Kin pubs were held.

Mardy Fraser, Kin ’84

Definitely the PAC — because I was working there. The people were great!

Jane Varley, Rec ’91

I enjoyed sitting under the trees between BMH and Math (on the hill) during the summer term. That spot made studying so much nicer.

Val Miller, Kin ’96

FOR OUR NEXT ISSUE

Survivor parties, end-of term gatherings, parties at ski school or Camp Tawingo…What was the best theme party you hosted or went to during your time at Waterloo?

Mail, fax or e-mail your answers to:
Betty Bax, Applied Health Sciences News To You
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FAX 519-746-6776 E-MAIL bax@healthy.uwaterloo.ca
We’ll try to print everything…but, editing may happen.