



News to You



*Time...we were promised
more of it in the '70's,
and now, in the late '90's
AHS researchers are telling
us about the 'time-crunch'
phenomenon ~ rising
levels of work, not enough
hours in the day and thus
chronic life stress.*

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!

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.

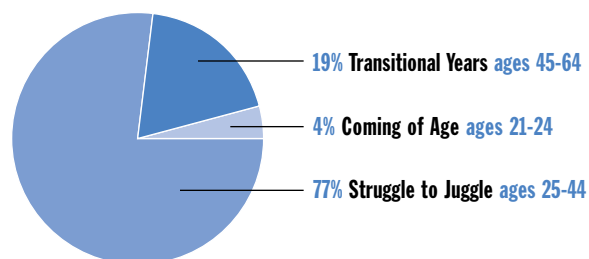
- Young unemployed people, divorcees and female students are singled out as groups reporting some of the highest levels of chronic stress, distress and depression, as well as some of the lowest levels of perceived emotional well-being.
- Employed parents (25-44 age group), in particular working mothers 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 conflict. 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! Sit back and read the latest *News to You*. In this issue we take a look at lifestyle, wellness and future trends with features on alums, profs, and recent happenings in Applied Health Sciences.

Take a moment...

LIFE-CYCLE: WHERE ARE YOU?



AHS Alumni distribution by age cohort.

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Dean's Update

It is a real pleasure for me to extend warm greetings on behalf of the Faculty. You will know from the previous newsletter that I was Interim Dean, effective August 1, 1997, when Bob Norman stepped down to concentrate on his very large ergonomics of occupational injury prevention project. As of January 1, 1998, I became Dean for a five-year term and I'm extremely grateful for the support of students, staff and faculty.

The times are changing rapidly; it is essential that the Faculty remain poised and committed to take immediate advantage of new opportunities

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 Sharatt

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.

Health & Lifestyle Connections



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

“housing CBRPE here means that the Centre can take advantage of the skills of University of Waterloo faculty, staff and students”

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 dollar 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 BMH. If you would like more information about the Centre, you may call (519) 888-4520 or e-mail cbrpe@healthy.uwaterloo.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.

It sure is. Because of cutbacks in government funding, things have become more competitive both in terms of fund-raising and recruiting the best students.

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's been 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.

Applied Health Sciences

News to You

Fall 1998- Issue Two

Published once yearly Applied Health Sciences News to You is mailed free of charge, to all our alumni, professors, staff, retirees, parents, and friends for whom we have reliable addresses.

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Applied Health Sciences

News to You

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A day in the Life of... Susan Ward, Health '79

*Director of Education for the Canadian Association of
Medical Radiation Technologists, Ottawa, Ontario*

digest



You were enrolled in HS when it was still in its formative stage...what was it about the early 'vision' of Health Studies that attracted you?

I was attracted because of two main factors - the first was that I saw "health" as being so integral and fundamental to peoples' lives that it seemed an obvious area of study for me. This is in contrast to some of the other programs that were available to me at that time that didn't seem to be related to any areas of personal interest for me. Secondly, I felt that although the program was relatively new, it would provide me with a solid foundation of knowledge that would allow for a variety of career options including education, policy, research, administration or international studies. This has proven to be true, in my case.

You represent a membership of over 10,000 health professionals who assist with diagnosis, treatment and literally 'see' cancer on a daily basis. How does this issue touch your membership?

Cancer continues to be one of the leading causes of illness and death among the Canadian population. Our members are reminded of this reality each day as they play an integral role in the early detection of the disease, thereby allowing the patient more treatment options. Whether they work in the discipline of radiography, radiation therapy, nuclear medicine or magnetic resonance, our members are there to use high-tech equipment and to help the patient deal with the anxiety and uncertainty of the diagnosis and treatment.

From a national perspective, the association is an active partner in the Canadian Breast Cancer Screening Initiative and many of our members play a significant role in raising public awareness of the disease and the importance of breast self-examination and mammography.

The management or control of health care has changed from a global outlook to a more individual-as-the-manager-of-his/her-own-domain approach. How much of this can we attribute to the aging "baby boomers"?

I think my generation has grown up in an era where we are active participants in our personal health and well-being. We are more responsible for our health, we realize the factors that affect it and we expect the right to choose from available options to restore it. I anticipate (many, many years from now!!) this attitude will continue as we form a large, aging population. Unfortunately, our agenda may not always fit within the environment of health care reform!

During your career you have had the opportunity to work with various health care professional groups at the national level - St. John's Ambulance, Canadian Nursing Assoc. and now, the Medical Radiation Technologists group. What role have you played with these groups?

Typically my role has been to collaborate with health professionals in establishing and implementing national standards - usually for individuals entering the profession. In my current position, I am not only responsible for the certification of medical radiation technologists but also their ongoing education to promote continuing competence. These activities are very important to ensure quality health care is provided to the Canadian public.

Active Living - Adding Years to Quality of Life

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 leads to improved balance and balance confidence so that people do the activities they enjoy and can recover their balance should they happen to trip or slip.

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 where we want it to go and to become aware of 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-master 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 focussing on the moment, 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.

England could be the destination of choice for Health Studies students, when looking to study abroad. An exchange has been arranged with University College of St. Martin in Lancaster, England for 3 Waterloo students to go to school there and naturally, for them to come here.

Of the 37 students graduating from Health Studies and Gerontology in 1997, sixteen or 43% went on to further education. Programs of choice...medicine, graduate studies, occupational therapy, chiropractics, dentistry, education, law, and homeopathic medicine.

Congratulations to third year Health Studies student, Chetana Kulkarni! One of only two finalists from UW,



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

Grad studies post-it Jennifer Yessis 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, James Downey. 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.

ask a prof

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 day in the Life of... **Marg Burnett (Ball), Kin '80, MSc '83**

*Kinesiology Biochemistry Laboratory Supervisor
University of Waterloo, Ontario*

digest



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 slob'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 medal 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, practises 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 preceding 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 Department of Psychiatry at McMaster as a part-time assistant professor following the completion of her residency in June.

Up to three Kinesiology students per term are now able to study on an exchange program at the Vrije University in Amsterdam, Holland. Welkom, UW Kinnners!

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

thelatest

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 Hoodless, Kin '89 will be the next president of the Ontario Region of the Human Factors Association of Canada.

Grad studies post-it 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 Human Research Council (SSHRC) and one from the Quebec Graduate Scholarships (FCAR).

ask a prof

Richard Hughson

PhD '77 McMaster

Exercise in Space: Do we need it?

In the weightless environment of space, reduced energy requirements cause the human body to undergo cardiovascular deconditioning. At least this is deconditioning relative to our Earth environment; in space you adapt perfectly to the reduced demands.

In the near future with construction of the International Space Station, people will live in space for 6 months at a time. Many daily work tasks will be quite demanding on the arm and upper body muscles. For the next goal of the space program, travel to Mars, there are two different time scenarios: one would require 545 days, while the second would last for 879 days. In both cases, it would be essential to have various exercise tasks for not only the physiological, but also psychological and sociological well-being. The amount of exercise may well be limited by the restriction on the amount of food and water that can be taken on the trip. For current technology (without recycling of waste and growing your own food as will be required going to Mars), it's been estimated that 1 hour of exercise per day for one year could cost almost \$5 million per person simply because of the extra weight that must be launched.

On return from space, all astronauts experience some degree of orthostatic intolerance ~ like the 'light-headedness' you might get when standing up too quickly ~ that can range from simply a slightly elevated heart rate to fainting because of an inability to keep blood flowing to the brain. Recently, we have realized that there seem to be at least two different patterns of responses in those who faint. Either the body is not able to maintain blood pressure or the blood pressure is almost normal but the blood vessels in the brain constrict at a time when they should be dilated. This is one of the major research problems that we will be investigating in the next few years by merging our interest in blood pressure control with astronaut Dr. Bondar's interest in brain blood flow.



A day in the Life of... Michele Deakin, Rec '87

*Community Relations/Tourism Manager
Gwaii Haanas National Park Reserve/Haida Heritage Site
British Columbia, Canada*

digest



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?

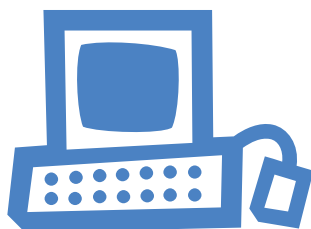
Gwaii Haanas is recognized as a National Park Reserve by the Government of Canada. It is also a Haida Heritage Site within a system of protected areas identified by the Council of the Haida Nation (CHN). In 1993, an agreement was signed between the two governments to co-manage the area. It is a model 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 (ask: 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.

ask a prof

Ron Johnson
PhD '72 Minnesota

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 insatiable desire to spend so much time buying and being caught up in the consumer society? The answer may be that much of the 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 accessible, 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 architectural 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 the 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



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 alums, fans and the community, both on and off the campus. Bob Copeland, 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 Slahal - 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 to 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 Zuzanek 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 Asians, leisure is very much that which goes on within family whereas for mainstream Canadians, leisure activities are much more apt to be apart from the family and individual pursuits. “In recent years South Asians have become Canada's second largest immigrant group, we need to understand their cultural distinctions better”, says Dr. Tirone.

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

thelatest

OVERKILL with Head Honcho, Fred Koops Rec '92

Was one of only 13 companies across the province to receive a corporate citation for “providing either financial donations, equipment assistance or both to an amateur sport for a minimum of 3 years” from the Ontario Ministry of Citizenship, Culture and Recreation. The name Overkill has become synonymous with volleyball in Ontario.

Grad Studies Post-its

Congratulations! Master's studies student, Charlene Shannon received one of only 3, prestigious ‘Future Scholars’ awards given by the National Recreation and Parks Association to ‘up and coming scholars’.

Recognizing Research Excellence

Susan Shaw has received the Alan Sapora Award for her significant contributions to society's understanding of leisure and its impact on everyday life. Named for an architect of modern leisure studies, this annual award recognizes research excellence worldwide.

Reccers abroad!! Now Recreation students have a choice of studying in Australia or England. Arrangements have recently been made with the University of Lincolnshire in Lincoln, Great Britain for up to 5 students per term to attend. Rec students have been going ‘down under’ to Griffith University in Brisbane since 1993.

making a difference

a special thank you

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 Gellner Memorial
- Ron May Memorial
- K-W Third Age Learning Bursary
- Lois Matthews Scholarship
- AHS Library Acquisitions
- R.Graham Memorial
- Sunnyside Home Award for Therapeutic Recreation
- Warren Lavery Memorial Award
- Kate Kenny Scholarship
- Ross and Doris Dixon Bursary Fund
- OSOFT: Applied Health Sciences

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. Bursaries will be made available to provide financial aid for needy students while scholarships will be awarded to outstanding undergraduate and graduate students.

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 Faichney	Tanya Guenther	Aaron Jackson
Amy MacArthur	Jennifer Wagg	Sarah Wilson
Michelle DuRussel	Ratsamy Pathammavong	

HEALTH STUDIES AND GERONTOLOGY DEPARTMENTAL AWARDS

Barry Brown	<i>K-W Third Age Learning Bursary</i>
Christine Knight	<i>K-W Third Age Learning Bursary</i>
Debbie Raney	<i>K-W Third Age Learning Bursary</i>
Quoc Nguyen	<i>Lois Matthews Scholarship</i>
Alexandra Chambers	<i>Marion Todd Memorial Award</i>

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 Dufresne	Karen Ellis	Jerome Fan
Joanne Gingerich	Janis Higgins	Blair Klinck
Huu Le	Karine Lortie	Brooks McClelland
Daisy Park	Kellie Parks	Sarah Preater
Nadia Roberts	Joel Schmidt	Graham Slater
Matthew Snider	Amanda Taylor	Danielle Thornton

KINESIOLOGY DEPARTMENTAL AWARDS

Marla Hostein	<i>Kate Kenny Memorial Award</i>
Joanne Fernandes	<i>Wiegand Foundation Scholarship</i>
Heather Finlayson	<i>Mark Forster Memorial Award</i>
Blair Klinck	<i>Warren Lavery Memorial Award</i>
Lee Ro	<i>Warren Lavery Memorial Award</i>
Cheryl Richardson	<i>Andrea Fraser Memorial Award</i>
Graham Slater	<i>Lois Matthews Scholarship</i>
Sarah Dillabaugh	<i>Don Hayes Memorial Award</i>
Scott McKay	<i>Don Hayes Memorial Award</i>

RECREATION AND LEISURE STUDIES DEPARTMENTAL AWARDS

Sue Atkinson	<i>John Buchholzer Award</i>
Andrew Kaczynski	<i>Lois Matthews Scholarship</i>
Andrew Kaczynski	<i>Ron May Memorial Award</i>
Scott Smith	<i>Robert Haworth Scholarship</i>
Jennifer Coleman	<i>Ross & Doris Dixon Bursary</i>

APPLIED HEALTH SCIENCES DEAN'S ENTRANCE SCHOLARSHIPS

Health Studies & Gerontology

Ramona Mahtani Anne Guevremont
Michael Lau Alan Sham

Kinesiology

Rebecca Chauvin Rachel Freeman Michelle Rivett

Recreation and Leisure Studies

Lisa Di Pietro Zoe Gordon Jaime Ling

WATERLOO COUNTY SPECIAL SCHOLARSHIP

Health Studies & Gerontology

Christina Atkinson
Christa Morley
Heather Roy

Kinesiology

Nhu Huynh
Jennie Nicholls
Allison Salter

COMBAT the Dreaded Mouse Syndrome

Mouse Syndrome...what's that? Actually it is a catchy phrase for cumulative trauma disorders (CTDs), musculoskeletal 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, the best way to minimize the potential damage and perhaps prevent the onset of this problem.

TIPS FOR THE OFFICE WORKER:

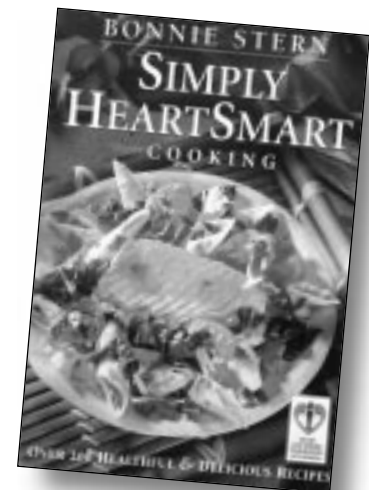
1. **Avoid repetition**
2. **Individualize your work environment, to optimize physical comfort**
3. **Use a chair with arm rests, lumbar support and a variety of adjustable settings**
4. **Vary your job tasks during the day**
5. **Take frequent short stretch breaks**
6. **Improve upper extremity muscle 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.

Apple Strudel Pie

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

PER SERVING			
Calories	257	mg cholesterol	0
g carbohydrates	47	mg sodium	267
g fibre	3	mg potassium	186
g total fat	7		
g saturated fat	1		
g protein	3		



Bonnie Stern's APPLE STRUDEL PIE

Makes 10-12 servings

6	apples (about 3lb/1.5kg), peeled, cored and sliced	
1/2 cup	brown sugar	125 mL
1/2 tsp	cinnamon	2 mL
1/4 cup	all-purpose flour	50 mL
pinch	nutmeg	
1/4 cup	dry breadcrumbs	50 mL
2 tbsp	granulated sugar	25 mL
10 sheets	phyllo pastry	
1/3 cup	soft margarine or unsalted butter, melted	75 mL
2 tbsp	icing sugar	25 mL

- 1 Combine apples, brown sugar, cinnamon, flour and nutmeg. Reserve.
- 2 Have 10-inch/3L springform pan at hand. In small bowl, combine breadcrumbs with granulated sugar.
- 3 Working with one sheet of phyllo at a time (keep remaining sheets covered with damp tea towel), brush pastry lightly with melted margarine or butter and dust with breadcrumb 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 Cooks" which airs every day on the WTN network.

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 cancers linked to smoking.

Smoking is the key; since 90% of those who smoke take it up before the age of twenty, it made 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.



alumni daytimer

DEPARTMENT WORKSHOPS:

- **Engaging Your Resident with Dementia & Alzheimer's: Tools and Techniques**
NOVEMBER 20, 1998 with Olga Malotte and Linda Buettner, Community Education Coordinator, Alzheimer's Centre, Binghamton University, NY
- **Clinical Biomechanics of the Lumbar Spine: Building Better Prevention & Rehabilitation Programs**
SEPTEMBER 26, 1998 with Stuart M. McGill
- **Occupational EMG Assessment**
OCTOBER 17, 1998 with Robert Norman, Richard Wells, Patrick Neumann
- **Physical Demands Analysis**
JANUARY 23, 1999 (1/2 day) with Mardy Frazer
- **Assessment and Rehabilitation of Balance Disorders**
James Frank & Avi Nativ DATE: MAY OR JUNE, 1999

For information on above workshops, contact Betty Bax at (519) 888-4567, ext.2610 or bax@healthy.uwaterloo.ca to register or for more details.

CONFERENCES:

- **"Responding to the Challenges of Health Care for an Aging Population - What Can Canada Learn from Other Countries?"**
OCTOBER 14, 1998 (7-10 pm), BMH 1621, University of Waterloo
by Dr. Knight Steel, former Director of Aging division WHO, Dr. Vjenka Garms-Homlova, Dr. John Hirdes.
Contact Wendy Rose at (519) 888-4567 ext. 2010 or wrose@healthy.uwaterloo.ca for more information.
- **Conference of the International Society for Postural and Gait Research: Neurobiomechanical Bases for the Control of Posture and Gait**
JULY 10-15, 1999, University of Waterloo, Waterloo, ON
Conference Chairs: Aftab Patla, Jim Frank, David Winter
Details at <http://www.ahs.uwaterloo.ca/ispg/home.htm>
- **Human Factors Association Conference**
OCTOBER 21, 1998, Mississauga
Keynote Speaker: Stuart McGill
- **Canadian Society for Exercise Physiology Annual Scientific Conference: From Molecules to Marathons**
OCT 21-24, 1998, Fredericton, NB, Symposium chair: Rich Hughson
- **National Recreation and Park Association Conference**
SEPTEMBER 23-27, 1998, Miami Beach, Florida
Keynote Speakers: Roger Mannell, Susan Shaw

APPLIED HEALTH SCIENCES ALUMNI INTERNET DIRECTORY

120 alums on-line & counting....

Join In! <http://www.ahs.uwaterloo.ca/alumni/>

network

Has it Been 10 Years Already!?

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

The 1997 FUN RUN Results

The 1997 Fun Run was a huge success. Over 115 participants, 30 volunteers and fans, and 1 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



the grapevine

1970's

Heather MacDonald, Kin '77, has her own business, "MAC" (MacDonald Associates Consulting) helping innovative firms use Research and Development to become more competitive. Heidelberg is home for Heather and husband Ted, who now is into his second career as a piano technician and tuner. Heather would love to hear from old cronies. E-mail: heatherMAC@canada.com

Jay Kell, Kin '73, was selected as Vice Chair of the American Council on Exercise for 1997/98 (ACE), having been on the Board of Directors since 1996. Jay is the Executive Vice President of The Sports Clubs of Canada, a growing, full-service fitness/racquet club in Toronto.

Vic Gladish, Kin '76, has been living in Chilliwack, BC for 4 years, working as First Nations Support Teaching in Mission. (Jan doing same in Chilliwack). Son, Carl is now in first year sciences at UBC; Patricia in year two at UCFV; and is Jay busily playing hockey and basketball while in Grade 8.

Verna Hunt, Kin '73, writes, "I practice as a chiropractor and naturopathic physician in Toronto. I was the first Kinesiology graduate (class of '73) to go to the Canadian Memorial Chiropractic College, graduating from there in '79. I went on to do another degree in naturopathic medicine from the Canadian College of Naturopathic Medicine, Class of '82. To my knowledge, I am the only UW Kinesiology grad to be a doctor of Naturopathic Medicine."



Deb Pageau (Waters), Dance '77, e-mails from Gibson, BC - "within sight of the sea, in the community where they used to make the show 'The Beachcombers', remember it?," that life is very low key. Owning her own massage practise and studio is going very well. "I enjoy hiking in the mountains here, camping, canoeing, swimming in fresh and salt water, and going south in the winter as much as we can!" Deb along with husband, Gerry (Chem Eng '78), have stuck to eating a strict vegetarian diet (vegan) for about 13 years. "Our daughter ate strictly vegan also from the age of 2, until she found out she didn't have to, and now chooses for herself."

After 25 years out of UW, **Sandi Schlei, Kin '73**, still finds herself living and working in Kitchener. Daughter Patti is starting her OAC year at Preston High while son Chris, a lineman for the St. Francis Xavier football team, has just completed his 1st year in Sociology and Anthropology. Sandi teaches English and Science ESL at Cameron Heights and coaches basketball.

Susan Ward, Health '79, is the Director of Education for the Canadian Association of Medical Radiation Technologists (CAMRT). She is responsible for the certification and ongoing professional development of 10,000 health professionals who are involved in x-ray, CT, MRI, mammography, radiation therapy and nuclear medicine in Canada. In her spare time, she enjoys biking (does about 2,500 km per year) and

golf (hits about 2,500 balls per year)!

Back in 1985, **Marilyn Strong, Rec '76**, bought a Macintosh computer and started her own desktop publishing business and grew it into a marketing and advertising company, The Strong Communication Group Inc. (It has expanded to now include business consulting, entrepreneurial training and business coaching.) She and her sweetie have just built a new home (after 20 years of renovating an A-frame) in a rural area outside of the town of Castlegar, BC. "My office has a view of the mountains, the forest and the deer and elk who eat my garden!"

1980's

Linda Crawford, Health '87, lives in Brantford and has recently become the Director of Corporate Services with the Brant County Health Unit.

Sheela Khandkar, Kin '82, writes, "Ross and I just had our second child, a boy Damon. Two and half year old Karmen is making a great big sister."

Karen Hoodless, Kin '89, joined Taylor'd Ergonomics in '96, working as an Ergonomics Consultant travelling to her various assignments from home in a small hamlet outside of St. Mary's, Ontario. Karen (and husband, Dan) have three children: the eldest, Josh is now 13. Never one to relax long, Karen is also enrolled in a Masters of Engineering Science program at UWO.

Drew Bielawski, Kin '82, is a detective for the Brantford Police Service. He and, stay-at-home wife, Nancy have 3 boys, Hayden 9, Keegen 7 and Liam 2. They're planning a December trip to visit family in South Africa, anxiously awaiting the plane ride with a 2 year old!!! e-mail Drew at: dbielawski@bfrec.on.ca

Blair Shular, Kin '84, is married, has two children, Bryan 7, and Amanda 5 and is living in Edmonton. He's a Physical Therapist/Medical Acupuncturist and owner/founder of "Computer Assisted Exercise" using surface EMG to prescribe exercise.

Janice Fraser Mitchell, Rec '86, works with Trauma victims. After graduating from Carleton U. in '96 with a Master's Degree in Social Work she worked with Addictions Rehab. She now is a Trauma Consultant. Janice and her husband have been married for two years.

Sylvia Forgrave (Malgadey), Kin '80, works with husband, Mike, making orthotics, teaches physical education at Eastwood C.I. in Kitchener part-time (where she coaches track & volleyball) and, continues to manage for Athletics Canada, assisting national teams compete around the world.

Nancy Davidge-Johnston Kin '82, travelled to Simon Fraser University for a co-op job during her undergrad, and only came back to Waterloo to graduate. Nancy continues her 'affair with the coast', living with husband, Joel and daughter, Carling. In 1996 she completed an MSc at SFU and is now working in the area of curriculum development for Co-operative Education at SFU.

Diane Dakers, Health '86/Geron '91, is District Manager for CNIB and, has bought a house!

David Clark, Rec '89; BES '92, has worked at a psycho social rehabilitation day programme operated by the Canadian Mental Health Assoc. Grey Bruce Branch in Owen Sound since '89 where he is Programme Co-ordinator and very involved with several local agency boards. He is married to Kim (a teacher) and has two daughters (Rebecca 6 yrs; Sarah 13 yrs).

Current educational pursuits: a non-profit management certificate programme of the Canadian Centre for Philanthropy (through Ryerson U. & Grant McEwan Community College) but still "trying to figure out how I can get back to Waterloo to do a Masters!"

Cynthia Bird, Dance '86, for the last four years has been a computer consultant, doing desktop support, e-mail development and installation, and lately has been configuring Microsoft Windows NT 4.0 Workstation. She has also volunteered backstage at some of the theatres in the Ottawa area.

Bill Page, Rec '84, got married to Judy Wong in Sept. 1995, and became a father to twin girls born June 13, 1997: Jillian Sook Ling Page and Jennifer Gah Ling Page.

Lori Waters, Kin '82, now in California (San Francisco area), has moved into the position of Clinical Educator for Aircast (orthopedic device manufacturer) last year. "I get to do fun stuff like developing a core curriculum to educate sales staff, and develop materials and videos for patient/RN/Dr. education. Constantly using all those skills I learned at Waterloo - anatomy, physiology, research analysis, etc."



Bob Love, Rec '89 & Laura Tiffin, Rec '91, are experiencing a serious lack of leisure time between moving into their new house in Toronto and chasing 1 year old son, Tucker. Bob is working as a lawyer in Toronto and Laura recently became a career mom! The pay's not great, but the payoffs are huge! We'd love to hear from old friends.

Nick Cipp, Kin '88, tells us that he and wife Maria are happy to announce the arrival of their son Doran Alexander Gollek Cipp on November 25, 1997. "Doran joins our busy household and is proving to be a great playmate to our three dogs."

Chris Pelkman, Health '87, MSc '91, is finishing off her PhD in Biobehavioral Health and planning to continue at Penn State as a Post-doc working on the effects of dietary fat on blood lipids and body weight regulation. Husband, Aubrey Fowler (BMATH, 1994), works as a programmer/analyst at a hospital in Lewistown, PA and daughter Emma is five. "We miss all our friends in Ontario but have slowly adapted to life here in Penn State country."

1990's

Krista Saleh, Health '92, will continue as program co-ordinator for The Quit Clinical clinic specializing in helping people quit smoking in North York till August, then, off to school she goes: UWO for MBA... "E-mail allows me to keep in touch with many of my friends, including past Health Studies graduates involved in many different career paths."

Tricia Wilkerson, Health '94, is a Health Promoter at the Huron County Health Unit in Clinton and currently living in Seaforth.

Melanie Busst, Kin '96, is off to England to continue her study of anatomy - in the Forensic Sciences, that is. Melanie leaves Toronto after marketing stints at Nike and Adidas, to exercise the other half of her citizenship at Anglia Polytechnic University in Cambridge, U.K.

Sherry Obenauer, Geron '94, works as a counsellor at Calgary Counselling Centre helping a variety of adult clients solve life's problems. In her off time, Sherry enjoys hiking in the mountains and life with Chester, her cat.

Lisa Mayne, Kin '91, has had one very exciting year...she graduated from the Michener Institute's Ontario Chiropractic program last July and opened two private foot care clinics, in Scarborough and Uxbridge... married a fellow UW grad, Bruce Dzyngel (Bio '90) in March, and now, is expecting their first child in December. "I don't think that there is too much left for me to accomplish this year, I've just been having the time of my life!"

Laura Gibson (Disher), Rec '97, works for Flow Automation as the Human Resources Manager in Burlington.

Jill Bates (Somerville), Kin '90, e-mails from Edmonton, where she has lived for the past five years with husband (of 8 years), Martin, (Chem Eng '90), and two year old son, Carter. "I work part-time as a safety & health consultant with a small consulting group, MH Associates. We specialize in industrial ergonomics and wellness initiatives (education, training). It's a great job with no dull moments. The newest member of our team is also a UW grad and a former classmate, Nancy Milakovic. I'd love to hear from some former classmates and can be reached via email at jlbates@msn.com."

Michelle Kho, Kin '94, MSc '96, is completing physiotherapy studies at McMaster and, is busy as ever judging figure skating. She was a judge at the 1998 "Tomorrow's Champions" in Toronto and 1997 "North American Challenge Skate" in Lake Placid, NY; both are developmental competitions for talented young skaters in Canada.

Kelly Campbell, Kin '93, travelled Europe between graduation and starting work. After working for 2 years at Meloche Monnex in Toronto she returned to school to complete an MBA at McGill, spending four months studying in Denmark. Living in Montreal, "I've been travelling and enjoying life."



Sharon McFarlane (Cox), Kin '94, did the marriage tango with Chad McFarlane, (Math '95) on Sept. 20, 1997. Sharon is working for the UW Science Faculty recruiting and warping minds of 1st year Science students. Chicken and Chad have made it to the 'burbs', buying a house in Guelph. Sharon invites her kin buddies to email her at smcfarlane@sci-borg.uwaterloo.ca. Typical "Pinegrove-Style" house party to follow...

Kristen Buttar, Kin '97, has returned to the scene of the crime... Cobourg, where she is the Adult Program Assistant with the Cobourg Family YMCA, consultant with local chiro and has head trainer duties with the

Cobourg Cougars Junior hockey team - a carryover job from her UW days.

Jan Armstrong, Rec '94, is living in White Rock, BC. She writes, "I work with adults with Autism. I'm engaged and we live on a Thoroughbred Race horse farm. I'm hoping to open a Day Program Service at our residence for people with Autism, and the deaf."

Dana Schultz, Health '93, is living in Stratford, Ontario. She received an Honours BA in Psychology from Waterloo in 1995, and Master of Social Work in 1997 from WLU, and is currently working in the rehab and palliative care units at Stratford General Hospital.

Marion Perras (Tanner), Kin '94, worked as a clinical Kinesiologist following graduation, then headed back to school where she has recently finished Physiotherapy studies at McMaster. Marion married John Paul Perras in Oct. '97, enjoying a honeymoon in Costa Rica. Marion and John live in Brantford where Marion works as a Physiotherapist for Brantford General Hospital.



Ron Carscadden, Kin '91, is pleased to announce the arrive of a new baby, Sophie Marie Carscadden born June 21, 1997 at 10:13 am. (6 pounds 9 ounces). Ron also opened a new ergonomics consulting business in February 1997.



Andrea (Dunn) Lundy, Kin '95, married Robert Lundy (BA-Western, B.Ed-York) on June 20, 1997. Andrea is enrolled in the Faculty of Education at OISE/U. of T., aiming to teach in the areas of Science and Physical Education. Robert teaches Computer Studies at De La Salle in Toronto.

Wendy Wiens (Sherk), Health '94, is currently a Speech-Language Pathologist for the Rotary Centre in Waterloo.

Rhonda Kembley, Rec '94, married Doug Lemon (Rec '95) in Aug. 1995. Rhonda is an Adventure Programming Consultant and a Supply Teacher. She got her B.Ed from Brock in '95.

Anneke Feberwee, Rec '96, will be teaching in New Zealand for the next two years (at least).



Holly Galloway (Hepburn), Rec '96, met Mike Galloway during Frosh Week in 1992...on Sept. 6, 1997 Mike and Holly were married. They

New Job? Back in School? Travelling? Married? New Baby? Good News?

Please use the *Information Response Card* to send us details and you'll be featured in our next issue

live in Kingston where Holly is searching for a job. She enjoys travelling to the U.S. to watch Mike, a referee in the East Coast Hockey League - he is working towards a career as an NHL Referee. The M.C. at their wedding was Mike's uncle - **Fred Galloway, Rec '74!**

Christina Faiczak Frizzell, Rec '92, finished an MBA at WLU in May '93 and married Ken Faiczak in May '94. Currently she is taking time off from her job as Manager, Advertising and Market Research at Bank of Montreal to be with Connor Ashton, born July 17, 1997.

Caroline Adams, Rec '91, went on to get a Masters in Social Work from WLU and now works at Notre Dame of St. Agatha Children's Centre as a social worker.

Neil Munroe, Kin '94, is working as a pilot. "Paying my dues in this industry, flying freight for FedEx from Calgary to Saskatoon". He's hoping to be hired by an airline in the near future, that should give more time to ski and play.

The latter part of 1997 saw the addition of one new member to the Henderson family. Noa Michelle was born on November 20 in Ottawa. Her parents couldn't be more pleased to welcome Noa into the family.

Dave, Rec '90, continues employment at Parks Canada, managing to find a wide variety of assignments. He's presently working on policy issues concerning National Historic Sites. **Melissa (Bronstein) Rec '91**, works as a Special Education Teaching Assistant in a high school. Work continues to be challenging and rewarding.

Janet Griffin (Davison), Rec '95, recently started a position in Recreation Therapy in the Program for Traumatic Stress Recovery - Homewood Health Centre. "Excellent job! Excellent profession!"

Jen Anderson (Murray), Rec '93, graduated from UWO with B.Ed. in '94, worked as T.A. and supply teacher in Waterloo County. In August 1994, she married Bill Anderson (B.A.Sc '91, Ph.D '97). She's currently a very happy, busy, stay-at-home Mom to Thomas Anderson born July '97.

Shaena Dearman (Norval), Kin '92, manages her own business, primarily in Ergonomics. Shaena gave birth to a baby girl January 15, 1997, 9 pounds, 12 ounces. Congratulations!



Many Recers will remember **Sandy DeVisser, Rec '96!** Sandy continues at the post of full-time Undergraduate Secretary in Recreation and Leisure Studies. She has three children, Christopher 4, Danielle 2, and Mathew 1, but still manages to fit in some volunteer work too. Her dream is to one day open a bed and breakfast. She'd love to hear from Rec alums, and "remembers most of your names". Sandy can be reached at (519) 888-4567 ext.6344 or emailed at sdevisse@healthy.uwaterloo.ca

Peter J. Csaszar, Rec '92, is on the move...after working at Dalewood Golf & Curling Club as Club and General Manager for 5 years, he's movin' on to assume a position as Club House Manager at Burlington Golf & Country Club. Peter would like to hear from any and all Rec '92 grads but his e-mail will be down for a bit... try tracking him via the AHS Alumni Internet directory after Aug. 1/98.

Tanya Stiver (Mowry), Kin '93, graduated from McMaster U. Physiotherapy in Sept. '96 and married James Stiver on Aug. 16, 1997. Tanya's working at Goreway Physiotherapy and Rehabilitation Centre in Mississauga.

Julie Cole (Ellis), Dance '94, is an Assistant Manager, Personal Banking with the Royal Bank in Burlington.

Following graduation, **Anita Toogood, Kin '93**, went to U of Calgary to complete a Master's degree in Kinesiology specializing in exercise

physiology and prescription. Anita now works with junior athletes at a regional level as part of her role as Sport Performance Officer at the Sports Medicine and Human Performance Unit at the University of Birmingham in England. Anita has "learned to drink warm beer (under protest!) and eat Indian curries but yes, has kept the accent."

Patti Turnbull, Kin '93, has entered the world of high performance footwear as a Project Manager of the Development team at Reebok International in Stoughton MA. After completing a Master's in - Biomechanics at Ottawa U. '95, Patti went to work in the research lab at Reebok but found life in product development more to her liking. Patti is augmenting her soccer playing with running (in Reeboks) hoping to participate in a half marathon in June. She says "see you at Homecoming in November. Feel free, any old (or new) friends, to contact me at (781) 848-9692 or patti.turnbull@reebok.com"

Angela Carson (Walzl), Kin '90, writes, "Thanks to a relaxing vacation in Australia last Christmas, Simon and I had a beautiful baby boy in the fall. Morgan Joseph was born Oct. 8/97." Ang is currently on maternity leave, from her job at Royal Columbian Hospital in Vancouver as a physiotherapist. They often have visitors from the east, and welcome anyone needing a place to stay. They have lots of room and baby sleeps through the night! Try contacting Simon and Angela at scarson@uniserve.com



Julie Hummel (McNee), Rec '90, will resume her position as Recruitment & Publications Co-ordinator in AHS after making her own acquisition late last year. New

recruit, baby Jack, joins the Hummel team as co-captain with sister, Hayley. Team Hummel can be found hangin' out at their new 'clubhouse' in Waterloo. "Love to hear from old friends...Ivan, are you out there?"

Laura Mather (Hunter) Rec '97, landed her first job after graduation as a Claims Representative with State Farm Insurance. Laura got married to Jeff (Arts '97) October 4th, 1997 and lives in Scarborough - just a stone's throw from work!

Jeff Watkin, Kin '95 is anxiously awaiting two things: graduation from National Chiropractic College sometime next April and his wedding date, July 10, 1999.

Desperately Seeking Sunshine! **Susan Chapler-Patterson, Rec '90**, finds herself settled south of the border. Suz, daughter Sam and spouse Terry take advantage of the great weather and have become walking fanatics in pursuit of healthy living. Suz is working as a Rec Consultant from her home office in N. Carolina. Get in touch with her at spinn@aol.com

Honee Hoculik, Kin '95 writes from Tokyo (after almost 2 years)... "I decided to travel after working for a year in St. Catharines. I'm traveling on the Trans Siberian Express with friends from here. The train will leave Beijing, stop in Mongolia for a five day camping expedition in a Mongolian Ger, stop in Irkutsk at Lake Baikal for a three day camping homestay, then to Moscow and St. Petersburg. After Europe I'm heading home to hopefully, apply to go back to school (if I have any money left, ha!). Nope...no husband, no kids or pictures YET!! I am afraid they are all in boxes that are being shipped back to Canada (the pictures that is)."

Jeff Budau, Kin '92, (that student # seems pretty old now !!), is the Head Age Group Coach with the East York Swim Club (in Toronto). "Recent changes in my life," writes Jeff, "got married to Janice Nicholls on August 23rd, 1997 and we just bought our first house." I would love to hear from former classmates: e-mail jbudau@mail.ilap.com"

Tracy Bauer (Kuepfer), Kin '94 Congratulations to Tracy who married Ivan Bauer, an Occupational

Health Nurse. They are living in Windsor.

Shelagh Keesmaat (Harding), Rec '93, has been a Recreation Therapist in the Addiction Division, Homewood Health Centre, Guelph since April 1994. Married to Ken Keesmaat in July of 1995, they've been in their new home since July '97.



Richard Bodini, Kin '91, and his wife Cindy had a baby girl on April 21, 1998, JoyAnna Stephanie Bodini. She is a wonderful addition for her parents and older brother Philip Alexander. Richard will be attending Tyndale Seminary in Toronto next year, working on his Masters of Divinity in Youth and Family Ministries. "We look forward to moving closer to our friends and family."

Bruce Marrison and Daynia (Cammick), Kin '94, were married in October '96...and are working together as 'Marrison Consulting', a custom orthotics company in Markham. Their latest joint project: a brand new baby girl, Abbey Jess, born May 11th, 1998. Bruce is taking classes as part of the first class of Laurier MBA students at the Toronto location.

Jennifer Ballantine, MA Rec '92, works for the Pest Management Regulatory Agency, the federal agency responsible for pesticide regulation. "My main job is to coordinate Canadian input to the North American Free Trade Agreement (NAFTA) Technical Working Group on Pesticides. My husband (Marc Richard) and I also operate Moorside Kennel, breeding, raising and showing bullmastiffs. We live in Aylmer, Quebec with our 2 year old son Zacharie and our dogs."

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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 News to You

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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.

I.D.#

DEPARTMENT 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 Betty Bax at (519) 746 - 6776
- E-MAIL bax@healthy.uwaterloo.ca

funny bone

What is the most outrageous thing you ever did while attending UW

- 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 reccer 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 geometrists; parallel lines do cross....twice, 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).

your reactions

comments regarding the publication

"Thanks for sending me your publication - WOW - it is great!"

"Just got the new "News to You" - looks great!"

"Thanks for the recent newsletter - looks great and has some interesting features. Congratulations!"

EDITOR'S NOTE

For our next issue—It's time to tell us about the most embarrassing thing that happened to you during your time at Waterloo? Please use the Information Response Card to send your reply. We'll try to print everything...but, editing may happen.

