



News to You

NEW FACES IN APPLIED HEALTH SCIENCES



Over the past two years the Faculty of Applied Health Sciences has been recruiting and adding new talented faculty members. New academic programs, special Government funding programs, and retiring faculty members, combined with UW's own strategic initiatives, have resulted in unprecedented hiring of new talent across all the departments.

"This infusion of talent in the Faculty is extremely exciting," comments new AHS dean, Roger Mannell. "These new faculty members bring an impressive array of research and teaching expertise to the Faculty's already substantial efforts to serve both UW's student population and those individuals and agencies that promote the quality of life and health of individuals and their communities."

Here's a Who's Who of the new professors in Applied Health Sciences from July 2003 to May 2005:

1. Sandra Bullock

Works in: Health Studies and Gerontology
Studies: human sexuality, including STD/HIV transmission; alcohol and drug use/abuse in adolescents and young adults; the relationship between drug/alcohol consumption and sexual behaviour; and alcohol and aggression.

2. Clark Dickerson

Works in: Kinesiology
Studies: work-related stresses in the shoulder through mathematical modeling and experimentation.
"The creation of computerized design tools and biomechanical insights can be used to improve the safety and usability of workspaces and other man-machine interfaces to reduce the frequency and severity of occupational shoulder injuries."

3. Richard Staines

Works in: Kinesiology
Studies: neuroscience; sensorimotor control; motor learning; neural adaptations to improve motor behaviour and lessen disability following stroke.

Richard holds an NSERC-funded Canada Research Chair in Sensorimotor Control. This award recognizes exceptional emerging researchers and provides funding for five years (2005 to 2010).

4. Russ Tupling

Works in: Kinesiology
Studies: molecular and biochemical control mechanisms of Ca^{2+} regulation by the sarcoplasmic reticulum (SR) in muscle; how defects in SR function occurring with oxidative stress contribute to fatigue, weakness and disease.
"Currently, we are developing research strategies aimed at altering the efficiency of SR Ca^{2+} transport in muscle cells and other cells in the body and we will assess the related phenotypic alterations to metabolic rate and susceptibility to obesity."

5. Jack Callaghan

Works in: Kinesiology
Studies: spinal biomechanics, injury mechanisms, and pathways for pain generation in the low back, and the prevention of worker injury from repetitive and prolonged exposures. Jack holds the NSERC-funded Canada Research Chair in Spine Biomechanics and Injury Prevention.

6. Ann-Sylvia Brooker

Works in: Kinesiology
Studies: bullying, stress, and workers' health
"My research is concerned with the social determinants of health in the workplace. Currently, I am exploring the psycho-social pathways by which workers' health is structured by their social class and their gender."

7. Jennifer Durkin

Works in: Kinesiology
Studies: mechanical factors responsible for the development of osteoarthritis following joint injury, and the optimization of automobile seat design for comfort and safety.

8. Ken Stark

Works in: Kinesiology
Studies: how eating omega-3 fatty acids reduces the risk of heart disease, and the differences between women and men in regard to these important dietary acids.

9. Troy Glover

Works in: Recreation and Leisure Studies
Studies: community recreation; leisure and its role in building community and forging social networks.
Troy is teaching various areas of recreation and leisure services: program management and evaluation, financing recreation and leisure services, as well as, leisure and social policy.

10. Ian McKillop

Works in: Health Studies and Gerontology/School of Computer Science
Studies: how technology can be used to support the decision-making needs of clinical providers and healthcare managers.
Ian holds the JW Graham Research Chair in Health Information Systems and teaches courses related to health informatics in areas such as management control, decision-support, and systems security.

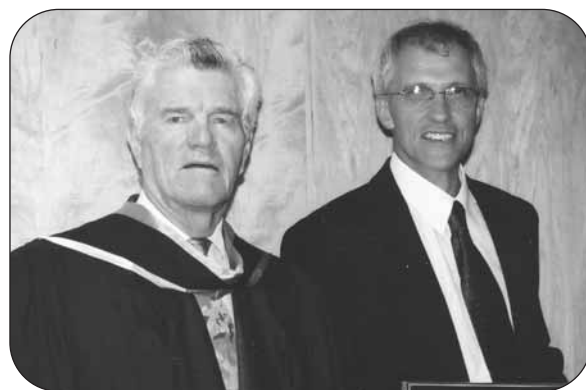
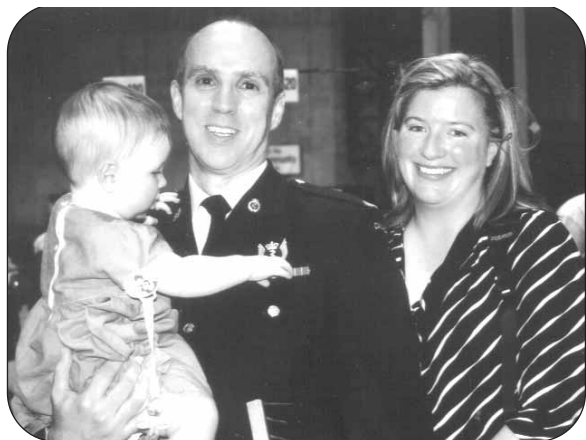
11. Heather Mair

Works in: Recreation and Leisure Studies
Studies: collaborative and community-based tourism planning and development; the politics of tourism and leisure policy and planning; leisure studies, social activism, and citizenship; and leisure and social movements.
Heather teaches courses in community development, collaborative tourism planning, and tourism dynamics.

12. Diana Parry

Works in: Recreation and Leisure Studies
Studies: the roles of leisure in women's health and well-being from a feminist, interpretive framework.
Diana teaches courses in gender and leisure, sociology of leisure, and introduction to recreation and leisure studies.

Outstanding AHS Alumni honoured at convocation



The annual Applied Health Sciences Alumni Achievement Award recognizes graduates of the Faculty in three categories: outstanding professional accomplishments, distinguished community and humanitarian services, and excellence in academic achievement.

Pictured left with his family, is the 2004 Alumni Achievement Award recipient, Lieutenant Colonel Jim Kile. Graduating from Kinesiology with his BSc and MSc in 1985 and 1987, Jim went on to earn his MD at the University of Toronto completing special competency training in Emergency Medicine at the University of Ottawa. He joined the Canadian Forces in 1989, beginning his career as a clinical associate in internal medicine. It was during his service as Battalion Medical Officer for the UNPROFOR mission in the Former Republic of Yugoslavia that Jim and his UMS staff took on extensive humanitarian challenges. Along with the volunteer help of many of the Canadian soldiers, he and his staff provided wide-ranging medical and material support to several displaced person camps. Earlier this year Jim flew to Afghanistan as part of Canada's contribution to the International Security Assistance Force (ISAF) providing ongoing medical support for the approximately 750 Canadian soldiers in Kabul. Jim has lectured extensively in Canada and abroad on humanitarian medicine and peacekeeping. His presentations highlight the global need and role for medical professionals in untraditional settings.

The 2005 Award recipient was Don Weber, pictured with Award presenter, Dr. David Winter. Before completing his Kinesiology degree in 1979, Don took a detour to the Orthotics and Prosthetics program at George Brown College. A co-op work term at the Chedoke Prosthetics and Orthotics Department cemented his career path and, for the past 26 years, Don has been a Certified Orthotist at Chedoke site of Hamilton Health Sciences.

Among his credits, Don was the first clinical instructor for the current George Brown College Orthotics program, a role he developed and continues still. A committed co-op employer, Don has been hiring UW co-op students at Chedoke since 1980. In 2001, Don's professional interests lead him to move to Hanoi, Vietnam for one and a half years to work as a consultant for the Rehabilitation Department of 27 orthotists, doctors, and physiotherapists at the National Institute of Pediatrics for the Vietnam Veterans of America Foundation. Frequent week-long marches into rural Vietnam would have them see 100-120 patients and cast, fabricate, and fit 40-50 patients.

Enhancing care for older adults through research and training partnerships

An innovative research institute and a new PhD program in Aging, Health, and Well-being builds on the breadth of aging research taking place at U of W. The range of expertise includes neurobehavioral assessment and motor control, therapeutic recreation modalities, evaluation of geriatric interventions, health informatics, low vision, and hip replacement stimulators.

Thanks to the vision and generous support of Ronald Schlegel, President of RBJ Schlegel Holdings Inc. and a former faculty member in the Department of Health Studies and Gerontology, an exciting new research centre was officially launched this spring. It involves a partnership between UW and the Village of Winston Park, a retirement care community in Kitchener. The **RBJ Schlegel-UW Research Institute for Aging (RIA)** will promote research relevant to aging in both community and long-term care settings by providing a voluntary, vibrant living environment in which to conduct research that will be applied in the direct care of seniors in those settings. This knowledge base will form a foundation from which policy and best practices can be devised and applied to population health and the health care system.

The Functional Abilities Program, which develops individual exercise programs for long-term care residents to maintain and increase their functional independence, and the Murray Alzheimer Research and Education Program, which integrates educational and research activities in an effort to improve dementia care practices are fully established components of the RIA. Basic and applied research in the Cardiorespiratory & Vascular Dynamics Program, Gait and Posture Program, Fitness and Plasticity of Aging Program, and Healthy Lifestyle for Seniors Program will also be included, and the RIA will continue to develop existing and new programs to generate research activity and application.



Recently, the Ontario Ministry of Health and Long Term Care selected the RIA and the Elisabeth Bruyère Research Institute in Ottawa to lead the *Seniors Health Research Transfer Network*. This new initiative will provide funding to four healthcare organizations to support putting health research into practice in geriatric care and involve front-line providers in setting research priorities. The overall goal of the Network is to improve the linkages among researchers, caregivers, and policy makers in order to improve the quality of care for Ontario's seniors.



Pictured (l to r) are Professors Jay Thomson, Mike Sharratt, Mike Houston, and Howie Green at the Canadian Society for Exercise Physiology (CSEP) conference in October, 2003. Mike Houston was recognized for his career of outstanding accomplishments and contributions to the field of exercise physiology with the CSEP Honour Award.



Mike speaks with Roy Romanow, Visiting Hallman Professor, during his visit to gather information for the Royal Commission on the Future of Health Care in Canada published in November 2002.



Attending the 2004 Graduating Class Formal, Mike shares some congratulatory moments with soon-to-be grads Jeff Eng, Dan Henhawk, and Mike MacLellan. As part of his ongoing commitment to students, Mike requested the establishment of a student award. Initial funds were donated in lieu of gifts to celebrate the end of his term as Dean of AHS.

Dean's Farewell

It is time for one last submission to the AHS newsletter, albeit as a "has-Dean"! It's with mixed emotion that I wrap up my term as Dean.

Throughout my term as Dean, we have been blessed to have support from so many alumni in addition to our primary donors—Lyle Hallman, Ken Murray and Ron Schlegel. Lyle gave us the Hallman Institute for Health Promotion, housed in two buildings; Ken was the patron of and ongoing inspiration for the Murray Alzheimer Research and Education Program; and Ron has most recently been the architect of the Schlegel-UW Research Institute for Aging. Of course, Ron's ongoing contribution of funding, wisdom, and humour goes back over 25 years and this was recognized at the last Convocation with a well-deserved Honorary Degree.

This diversification of income has been a general UW theme over the past few years as we have been constrained by a tuition freeze and inadequate Provincial grant for most of my term as Dean. Fortunately, the Ontario Provincial government finally put post-secondary funding on their frontal lobe this year and a window of opportunity is open for a couple years. Their primary goal is to increase graduate enrollment and this is timely after all the hoopla over the double cohort.

Diversity has come to AHS not only through creative funding but also in the form of unprecedented hiring within the Faculty. Profiles of our new hires are featured in this Newsletter. It seems to me that the entire Faculty is in a state of transition as the "new guard" rolls in. The retirements of Howie Green (Kinesiology - 2004) and Jiri Zuzanek (Recreation and Leisure Studies - 2004) are just the beginning of a sequence which will include Ian Williams (Kinesiology - 2005), Jay Thomson (Kinesiology - 2006), Pat Wainwright (Health Studies and Gerontology - 2007), and myself in 2007. Fortunately, our new hires are outstanding in all three Departments. It was a pleasure to interview these scholars and marvel at both the expertise and enthusiasm that they bring to the area. These assets will be necessary because so many of our outstanding PhD graduates are now faculty at sister universities.

The academic landscape has changed dramatically over the past 8 years and I am delighted that several of our researchers and research Centres have led the way. From a behavioural perspective, this Faculty has become world-renowned in terms of population health and impact on policy. This fits well with the growing emphasis on global connectivity within UW. In addition, at least two major trends will dominate funding and priorities over the next few years: nanotechnology (focus on "very" small, i.e., nano is one-billionth of anything) and molecular biology (focus on mechanisms at the level of the genome). AHS has researchers who can/will tap into these areas but there will always be a need to respond to the "whole" individual with the myriad of strategies that would be relevant to someone with dementia, cancer, low back pain, or elite performance capacity, to cite only a few examples. Fortunately, our diverse Faculty has national and international leadership in these areas also. This diversity provides a collective strength which has made AHS unique in Canada. As each Department and Faculty on campus goes through a 6th Decade Review and Strategic Visioning exercise, AHS has the opportunity to re-establish its centrality to the health mission of the University and build on the strengths that will guide us over the next 10 years.

I am delighted to welcome Roger Mannell as the new Dean and hope he has as much fun as I've had over the past 8 years. I would like to finish by expressing my sincere gratitude to the faculty, staff, students, and alumni who have supported me and provided the benefit of the doubt when I needed it. It has been an honour to serve and a privilege to lead.

Mike Sharratt

Applied Health Sciences

News to You

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A Day in the Life of... Linda Stobo / HEALTH '99

Sr. Public Health Promoter, Huron County Health Unit, Clinton, Ontario

How does your Health Unit determine and support the needs of its community?

The Health Protection and Promotion Act is the principal enabling and operating statute for the Board of Health and the Huron County Health Unit. The Act and its standards were established based on evidence that health promotion practice and programs could be effective in addressing health needs of a community, and the determination that municipal governments had the capacity to deliver effective health promotion and protection programs.

The Huron County Health Unit recognizes that there are many factors that affect health, including living a healthy lifestyle, income, genetics or family history, social supports and relationships, and access to services in the community. Since health issues are complex, the Health Unit works collaboratively with Huron County community groups, social service and child care organizations, health care agencies, municipalities, and elected officials to empower individuals and entire communities to work towards improving their health. Community connectedness, combined with the analysis and interpretation of Huron County's latest community health survey data ensures that the Health Unit is supporting sustainable change that will improve the health and well-being of entire communities.

Can you describe one of your current initiatives?

Canadian children are 40% less active today than they were 30 years ago (Ontario Medical Association). The rate of obesity (assessed using body mass index) in Canadian children and youth has increased significantly; 29% of boys and 24% of girls aged 7 to 13 years are overweight – almost double the 1981 rate of 15%. The number of children considered obese now tips the scales at 14% for boys, and 12% for girls (Tremblay et al, 2000). Childhood obesity is a significant public health

concern; therefore, we are working with the Huron Perth Catholic District School Board to develop and implement a quality, daily physical activity (QDPA) program. With appropriate teaching tools, activities, and training, QDPA programs ensure that every child gets at least 30 minutes of moderate to vigorous physical activity, five days a week. We will provide tools, resources and support to the School Board so that we reach our desired outcome; active, healthy children who recognize the importance of physical activity and choose to pursue activities they find useful, pleasurable, and satisfying, developing healthy habits that they can carry through a lifetime.

How are you getting the message out about this and other Public Health issues?

It is important that the Huron County community views the Health Unit as a trusted source of reliable and accurate health information. We use a variety of communication vehicles, including media (television, radio, newspapers, and newsletters), interpersonal communications (meeting with community partners, presentations), and community events or workshops. Communication campaigns in isolation won't affect attitudes, behaviours, and social/political action; health communications complement the programs and services that we provide for the Huron County community. Health promotion and communication can be challenging; however, when you have the opportunity to see health ideas and concepts result in social or political action, the hard work is worth it – it is a good day.

"A basic challenge that makes social communications so difficult, but so rewarding if done successfully, is that the aim is to first transform the perceptions, then the attitudes of an audience on a subject they would probably prefer not to think about at all."
(Ed Jones, Social Work: SAATCHI & SAATCHI's Cause-Related Ideas)

digest

Fast food generation

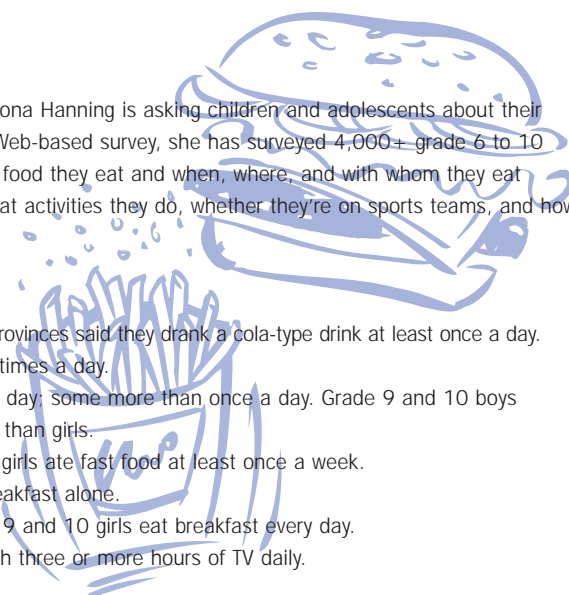
Nutrient-poor foods have become a daily norm for many Canadian kids.

Although many of the choices are high in added sugars and fat, the total calories that kids report on diet surveys doesn't seem to have changed that much over the last three decades, says Rhona Hanning, an Associate Professor in Health Studies and Gerontology. "Clearly physical inactivity, environmental factors, and genetics all play a role in the problem of childhood obesity. It's not just food."

To find out about the dietary intake of youth in Canada, Dr. Rhona Hanning is asking children and adolescents about their food choices and meal-time behaviour. Using a confidential, Web-based survey, she has surveyed 4,000+ grade 6 to 10 students from Ontario and Alberta schools about the types of food they eat and when, where, and with whom they eat them. With the help of Alberta scientists, she's also finding out what activities they do, whether they're on sports teams, and how much television they watch.

Here are some preliminary results:

- More than 500 of 2,000+ students in Grades 9 and 10 in both provinces said they drank a cola-type drink at least once a day.
- Twenty per cent said they ate candy or chocolate once or more times a day.
- About one in five students had a salty, high-fat snack food each day. Some more than once a day. Grade 9 and 10 boys consumed significantly more salty snacks, cola, and candy daily than girls.
- About 50% of the Grade 9 and 10 boys and about 40 % of the girls ate fast food at least once a week.
- About 40 % of the Grades 6 to 8 students in one survey eat breakfast alone.
- Fewer girls than boys eat breakfast, and less than half of Grade 9 and 10 girls eat breakfast every day.
- More than a quarter of Grade 9 and 10 students said they watch three or more hours of TV daily.





Recognized for their volunteerism, fourth year Health Studies students Jessica Steinmoeller and Meagan Dilworth were among the ten 2004 President Circle Award recipients honoured by President Johnston.

Grad Post-it: Danica Martin, Masters candidate in Health Studies and Gerontology, was the 2004 recipient of the Distinguished Teaching by a Registered Student Award.

Awarded the prestigious status of Fellow of the Gerontological Society of America (GSA), Dr. Anita Myers was recognized by GSA peers for her outstanding contributions to the field of gerontology. Anita has been a professor in the Health Studies and Gerontology Department at UW since 1981.

HSG students continue to make strides in tobacco control research. The Ontario Tobacco Research Unit, awards \$7,000 "Graduate Studentships" for tobacco control research. Forty percent of the 27 studentships awarded since 2001 have been to HSG students. While most awardees are Masters and PhD students, two recipients, Angela Reitsma and Kelly Vogt, received the award as undergraduates.

Canadian Evaluation Contest winners

A team of Health Studies and Gerontology graduate studies students tied for the top prize at the 2005 Student Case Competition. Sponsored by the Canadian Evaluation Society, the event was hosted May 14, 2005 at the School of Public Policy and Administration, Carleton University.

For their efforts, team members received a crystal trophy and a trip to the international program evaluation conference in October, to present their case. The Waterloo team, named Quickstar Consulting, consisted of Sarah Robinson, Christina Atkinson, Kelly Skinner, Mary Jean Costello, and Ashley Johns.

Their victory demonstrates great performance "under very high pressure circumstances," says Health Studies and Gerontology professor Anita Myers, who, along with Mark Seasons from UW's School of Planning, helped coach the team.

Students in the competition were given a case without advance preparation. They were allowed five hours to read and critique the materials and develop either a briefing report in the preliminary round or an oral presentation in the final round.

During the preliminary round 14 teams of university students gathered in eight Canadian cities to compete. The competitors were asked to design an evaluation plan for Canada Traveling Exhibitions Indemnification Program which was provided by Heritage Canada.

In the final round the teams worked on the evaluation of a remedial measures program for convicted impaired drivers, provided by the Ministry of Health and Long-Term Care, Government of Ontario. After a lengthy and difficult deliberation, the judges announced a tie between the Waterloo team, and Transformations, from the Research Analyst Program at Georgian College.

Master of Public Health degree under development

Building on successful MSc and PhD degrees in population health, the Department of Health Studies and Gerontology is developing a new course-based Master of Public Health (MPH) degree. UW plans to offer courses in the MPH program beginning in September 2006, pending official approvals.

The MPH degree has been created in response to a recognized and growing need for greater numbers of suitably-trained public health professionals at all levels of governmental and non-governmental organizations, including international health agencies. In many countries, the MPH degree is recognized as the benchmark academic credential for professionals in the public health sector.

Waterloo researchers are unique in the country in conducting population-based disease prevention research, and play a leadership role in national research networks that study population-based interventions. This degree program will help produce a new generation of highly-trained graduates needed to support the expansion of population health initiatives, both as public health professionals and as managers and leaders, in Canada and abroad. More details can be found at

www.ahs.uwaterloo.ca/hsg/mph.

The Health Behaviour Research Group celebrates 25 years with a new name

Over its 25 years, it has been known as the Waterloo Smoking Projects and, most recently, as the Health Behaviour Research Group. This year, the Group commemorated its silver anniversary with a new name: the Population Health Research Group (PHR), and a new home in the recently constructed wing of the Lyle S. Hallman Institute for Health Promotion.

Anniversary celebrations took place June 7, 2005, as current Directors, Paul McDonald and Steve Brown, invited founder and former Director, Dr. Allan Best, to help launch the group's new name and website. The unveiling was followed by a presentation by Dr. Best, titled "Partnerships101: the Next 25 Years for Population Health Research."

The Population Health Research Group is a collaborative of 18 researchers and 25 staff. Over the years PHR investigators have broadened their research focus from smoking prevention and cessation to reducing death and illness associated with "chronic" diseases such as cancer, heart disease, stroke, lung disease, and AIDS.



The Group works in partnership with national, provincial and local government and non-profit agencies to inform the development, implementation and monitoring of public policy, health services, and mass communications. For more information, visit the PHR website at www.phr.uwaterloo.ca.

Ask a Prof...



Sharon Campbell

PhD '90 North Carolina

How does government policy affect health behaviour?

The population's health is very much influenced by individual's healthy and unhealthy behaviour patterns. Behaviours are determined to a large extent by the social, political, economic and physical environment in which people live.

Governments, whether at the national, provincial or local level, use policies, laws, regulations, taxation, and programs to define the environments in which people and organizations exist. The environment, in turn, creates incentives or disincentives for individual and organizational choices of healthy or unhealthy behaviours.

Very often government policy in areas other than health has the greatest impact on health behaviours. For example, without safe lighting, sidewalks, bike paths or affordable public transportation it is very hard for individuals to get around without cars, which can lead to lower levels of physical activity and increased risk of related health problems.

Subsidizing the production of healthy foods and increasing the costs of unhealthy food choices provides an economic incentive to select healthy foods. North Karelia, a province of Finland, used government policies such as these to promote healthy behaviours and found deaths from cardiovascular disease dropped by 72% in 25 years. This dramatic result could not have occurred through public education alone – government social, economic, agricultural and health policies played an important role in creating the options and incentives for people to adopt healthy behaviour patterns.

Governments, along with the health care system, play an important role in health behaviour change.

A Day in the Life of... Bob Hunter / KIN '76

Executive Vice President & General Manager, Air Canada Centre

In addition to managing the day-to-day operations of all Air Canada Centre events, what are your other main responsibilities to the Maple Leaf Sports & Entertainment Ltd. brand/company?

I'm responsible for three different lines of business: operations, programming and event development, and new business development work.

On the programming side—we do everything from establishing the team schedules (Toronto Maple Leafs and Raptors) and all their bookings to the 30 to 40 shows we stage each year. We also do event development. Our teams put on a number of events on their own that we develop, market, and produce on behalf of our two charities.

As part of the executive team, I'm also responsible for the overall direction of the company and the expansion of our business opportunities. For example, last summer we decided to move our American Hockey League franchise from St. John's back to Toronto after 14 years. We needed to take that product, the American Hockey League, and bring it into a very busy market. The team is being put into a recently renovated arena with a new name and logo, new uniforms and new ticket prices; which required, among many things, launching, promotion, and corporate partners.

We are also developing another line of facility management business. We were recently successful in getting a contract to manage a new arena in the City of Oshawa. We are looking for other venues in the southern Ontario marketplace that may want outside expertise to manage their facilities.

What do you enjoy most about your job?

People interaction. The good and bad about my job is I manage a lot of people but it's the daily interactions I enjoy the most. Clients, suppliers, employees, I work with many people. And my working team is excellent.

The one thing I can say about our group here is that there's not a lot of politics. As long as everyone is guided to the same vision you can get over the petty stuff and, at the end of the

day, you can say it was in the best interest of the company and the teams. We are all about our two brands; the teams are really what drive the engine here so everyone needs to be focused on their success. At the end of the day we are all promoting and selling the teams. From Richard Peddie (President & CEO) on down, it's one company, one vision, and one bottom line.

You've had the opportunity to rub shoulders with some celebrities. Your favourite so far?

Lady Diana. She and Prince Charles were in Canada during Expo '86 and along with the then Premier of BC, Bill Bennett, I took them on a tour. Prince Charles did most of the talking and Lady Diana spoke little except to thank me for opening a door for her. That's the coolest photo I have in my collection, with even more significance since Lady Diana passed away. Meeting Paul McCartney was pretty cool too.

As a leader in the Canadian sports and entertainment industry, is there anything new we can expect to see from your organization?

Definitely. On the west side of the ACC building we, along with two other partners, are developing Maple Leaf Square. This is our first project as a developer with partners. My piece will be developing the retail and commercial aspects of the six storey building. I'm gathering information from destination-type restaurants and retail business, looking at what's the latest and greatest out there, looking at *best practising* at Disney and other operations in Orlando—specific trends related to retail and restaurant—not the sports business. We "best practice" a lot of other organizations.

Largest event the ACC has ever staged?

World Cup of Hockey (September, 2004) was the biggest event because we hosted five games including the semi and the final. Celine Dion is the most people that we ever hosted: 21,000 people. The biggest game we ever had was Bruce Springsteen. That will be exceeded by U2 this fall.

digest

The Stability Ball: Core muscle workout while at your desk?



The stability balls that have been used for decades in physical rehabilitation clinics around the world have recently gone mainstream as a piece of training equipment and the ball manufacturers have suggested that office workers can increase their core strength and improve their posture by using a stability ball instead of a desk chair.

Recent research done in Dr. Jack Callaghan's biomechanics lab by graduate studies student, Diane Gregory, tested the manufacturer's claim by studying the effects of using a stability ball in place of a traditional office chair.

Fourteen university students—who were all free of any low back discomfort—sat either on a standard office chair or a stability ball for one hour and then sat on the other for another hour. Results showed no differences in trunk muscle activation (including abdominal and back muscles) or any significant

differences in lumbar spine (lower back) posture. These findings suggest that using a stability ball will not necessarily increase core strength and improve posture if used as regularly as a chair.

In addition, the study participants complained of more low back discomfort with prolonged sitting on the ball, compared to the chair. With no observed advantages with respect to core strength and improved posture, and the risk of greater discomfort with using the stability ball, this study concluded that the traditional office chair is still the better choice for prolonged sitting.



Grad post-it: Mike Cinelli, PhD candidate in Kinesiology, was honoured with the 2005 Distinguished Teaching by a Registered Student Award. The award was presented at the Spring convocation and recognizes a continued record of excellence in teaching at UW.

Recognized for his outstanding contribution towards the prevention of catastrophic injuries in sports and recreational activities, Dr. Pat Bishop was given the inaugural Dr. Tom Pashby Sports Safety Award. Although retired, Pat continues to be an active member of the Canadian delegation to the International Standards Organization and research consultant to the Ontario Hockey Federation.

UW's long time track and field coach, Brent McFarlane, Kin '73, has officially retired after 16 years with the Warriors. Brent, a world-class sprint and hurdles coach, served as the Canadian Olympic team's head track and field coach at the Sydney Olympics.

Inducted into the UW Athletics Hall of Fame during the April 2005 ceremony, Doug Peacock, PE '65, and Judy Rash, Kin '77, were celebrated for their outstanding athletic careers. Former Athletic Therapist and Sports Injuries instructor, Brian Gastaldi, Arts '71, was also inducted in the Builder category at the event.

After 26 years at UW, Dr. Larry Brawley has headed west, taking up a new post as Canada Research Chair in Physical Activity in Health Promotion and Disease Prevention at the University of Saskatchewan.

Research Centre for injury prevention brings scientists together at UW



In January 2004, the **Centre of Research Expertise for the Prevention of Musculoskeletal Disorders (CRE-MSD)**, funded by the Workplace Safety and Insurance Board, officially opened its doors. Located within the Faculty of Applied Health Sciences at the University of Waterloo, the Centre hosts sixteen researchers from eight different universities pooling their diverse expertise.

"The Centre will focus on applied research that targets musculoskeletal disorders and disability ranging from acute back injuries to the slow onset of back and upper limb disorders," says Richard Wells, the Director of the Centre.

The researchers at CRE-MSD will use knowledge gained from both basic research and workplace studies to help employers and workers reduce musculoskeletal disorders and disabilities.

In Memoriam Professor Jim Curtis (1942-2005)



Recognized as one of Canada's pre-eminent academic and intellectual figures, and perhaps the finest Sociologist that this country has ever produced, Jim had many honours to his credit. He was recently inducted as a Fellow of the Royal Society of Canada by the Canadian Sociology and Anthropology Association—considered one of the country's highest academic honours—for his Outstanding Contribution to the field of Sociology.

Jim's research spanned an array of topics, including religion, sport, social inequality, gender, aging,

voluntary association activity, and social values and voting, while at the same time being broadly centered on the study of civil society. A truly gifted teacher and researcher, Jim is beloved and respected by the literally thousands of students and colleagues that he touched, and whose academic and personal lives he graced, during his more than thirty years in the Sociology and Kinesiology departments at Waterloo. Jim passed away suddenly on May 27th, 2005 and is survived by his wife, Penny, and four sons, as well as many other family members.

Officially retired: Professor Howie Green



Former graduate students, colleagues and friends attended an afternoon research symposium and dinner on September 24, 2004 to celebrate Howie Green's 39 years of dedication to research excellence and teaching at UW.

Ask a Prof...



Jay Thomson

PhD '70 University of Waterloo

Is chocolate good for you?

This question is often the subject of heated debate sparking more questions about diet and health. Chocolate is declared as both good and bad. If you favour the 'chocolate is bad' side, the argument is that chocolate contains saturated fat and saturated fat has long been hailed as the main culprit for heart disease. Dietary saturated fat does raise blood cholesterol levels (LDL) but not all saturated fat does.

Claims that chocolate is good are based on evidence that chocolate contains antioxidants, the components that may prevent and remove dangerous precursors to cancer. Other research indicates these compounds may also reduce blood clotting and oxidized LDL, which produces in turn positive cardiovascular effects.

At real issue is how chocolate compares nutritionally with other foods in your diet. For its nutrient value, chocolate has a lot of energy units known as calories—8 oz of chocolate has 1193 Calories (kcal)—it has low nutrient density. Most moderately active adults require only 2000-3500 Calories per day. And, as a food providing cancer fighting components, better choices would be fruits, veggies, nuts and grains, which contain more antioxidants and antioxidant vitamins (like E and C).

To understand the impact of certain foods requires that diet be considered as a total concept over a life and not a single food or group of foods. Often foods are evaluated for a single disease process, e.g. heart disease, ignoring other health factors like genetics and lifestyle. Total diet over a lifetime is a diet that protects against chronic diseases and deficiencies.

Keeping in mind the following planning principles for a proper diet: adequacy, balance, energy control, nutrient density, moderation and variety; the answer to the question is that chocolate, in moderation, can be part of a proper diet. As a single food, it is neither magic nor junk.



Darcy Brioux, far right, with staff at the University of Toronto.

digest

A Day in the Life of... Darcy Brioux / REC '86

Manager of Leadership Education and Training, Faculty of Physical Education and Health, University of Toronto

How do you provide leadership education and skills to the students and staff of the University of Toronto (U of T)?

My role as a leadership educator involves recruiting good people and assisting them through training to be better leaders; providing quality orientation, in service, certifications, workshops, seminars, conferences, etc. I work with others to provide good support, constant communication, feedback and appropriate recognition. It is also important to provide learning through theory, research, and other best practices and allow students to apply that knowledge to practical settings. The Faculty of Physical Education and Health at U of T is a 'teaching health centre,' which along with community placements provides students with meaning, purpose and a better understanding of the workplace and of societal issues. The students meet in tutorials to discuss, reflect and think critically about the theory and research combined with their placement experiences.

Leadership is about having vision, being passionate, demonstrating integrity and always treating people well along the way. Mostly I provide leadership education and skills by example, as I try to role model good leadership. The most important aspect of good leadership is respect...earning it from others and always giving it to people in return.

Tell us about an exciting project you've been involved during your years of consulting, collaborating and advising in Leadership Development.

I was involved in leading the development of a new program in the Faculty called Mini-University or "Mini-U." In 1992, I was managing the CAMP U of T program, which provided thousands of boys and girls quality instruction in physical activity through a variety of summer sports camps. I introduced a model which combined physical activity with hands-on learning in a variety of university subjects, (e.g., law, engineering, computer science, music, etc.). This goal was to provide these young people,

ages 9-15, an opportunity to learn more about these areas of study, as possible majors to pursue at university and careers to explore. This program has grown to service over 1,000 youth each summer at U of T in various meaningful programs.

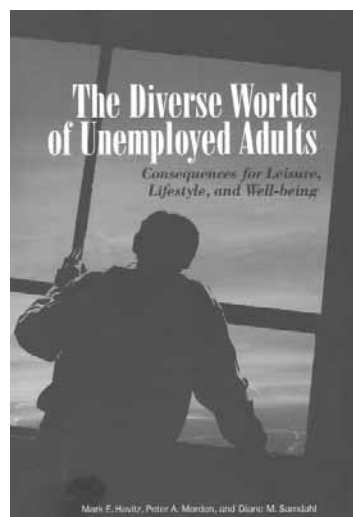
Any inspirational role models in your life?

Several people have inspired and made a great impact in my life, and those of others. I consider them great leaders:

- my parents, especially my dad who had a strong work ethic, great family values and taught me to always respect others
- Peter Hopkins who, as Campus Recreation Director at UW, taught me about taking risks, empowering people, and giving opportunities and recognition at just the right time
- Bruce Kidd, Dean of the Faculty of Physical Education and Health at U of T, who provides vision and a conscientious leadership that makes me care so much about the work I do and want to make a positive difference to the students

What strategies do you recommend to encourage people to develop their leadership skills?

- Create habits that will determine your future.
- Focus and you will succeed.
- See the big picture.
- Create optimum balance
...personally I follow what I call the 6 Pillars of Life: maintain a healthy body, healthy family, healthy mind, healthy spirit, healthy finances, and healthy society.
- Build excellent relationships – including respecting and recognizing others, and finding a good mentor.
- Have a winning attitude.
- Maintain integrity.
- Find your purpose; learn to live on purpose. (Be determined, have PASSION, but maintain a humble attitude.)
- Develop your own personal statement of purpose. This is mine: *"I am not here to make a living; I am here to make a difference!"*



Havitz, M. E., Morden P. A., Samdahl D. M. 2004. *The Diverse Worlds of Unemployed Adults: Consequences for Leisure, Lifestyle, and Well-being*. Waterloo, ON: Wilfrid Laurier University Press. (ISBN 0-88920-464-0. Paperback. 259 pp)

Unemployment and leisure

Can someone who is unemployed experience leisure, or does that seem like a contradiction in terms?

If unemployed people can experience leisure, might it mitigate the negative effects of unemployment?

What forms might that leisure take?

The relationship between leisure and unemployment has not received the attention it merits, especially in North America. Because research on leisure and unemployment must cross over areas of study, as well as theoretical perspectives, the existing body of literature often seems conflicting and inconclusive.

Mark Havitz (Department of Recreation and Leisure Studies) and his co-authors Peter Morden (Concordia University) and Diane Samdahl (University of Georgia) have addressed these issues in their latest book. They describe the sometimes surprising results of their multi-method study of the effects of unemployment in leisure, lifestyle, and well-being in Canada, and integrate these results with literature collected world-wide into a comprehensive picture. Using in-depth interviews, quantitative experience sampling, and standardized questionnaire data, this book provides ample evidence that the lived experiences of people who are unemployed are incredibly diverse and that, although varied in form and preference, the need for leisure is as intense for them as for people who are employed. The authors also pinpoint changes in public policy and social service agency management at local, provincial, and federal levels that will better serve unemployed people and their dependants, and enable them to use leisure activities to improve their lives.



Hired as the new head coach, former All-Canadian athlete and Rec '99 alum, Mano Watsa, will be heading up the UW Women's Basketball program.

Dr. Sherry Dupuis has been named to the provincial Advisory Group on Alzheimer Disease and Related Dementias Research. The Advisory Group, an extension of Ontario's Strategy for Alzheimer Disease and Related Dementia, provides planning information for an integrated research agenda and presence on dementia and its care.

Awarded one of ten 2004 President's Circle Awards for Volunteerism, Jenn Duff was recognized for her work with rural youth organizations and dedication to many student activities within AHS.

Dr. Roger Mannell has been elected President of the prestigious Academy of Leisure Sciences 2004-2005, an international group of approximately 100 distinguished research and academic fellows elected by their peers for their outstanding contributions to knowledge about leisure and recreation.

Rob McAllister, Rec '98 alum, has been named new Dean of Students for St. Paul's College at UW.

The Department of Recreation and Leisure Studies is the top ranking leisure studies department amongst 41 North American institutions in terms of research publications, as analyzed by University of Alberta scholar, Ed Jackson, and published in Leisure Sciences (2004, Vol 26).

Kate McCrae, Rec and Business '05 alum and former Basketball Warrior, is the first Canadian and first woman to be named a program director for Playing for Peace, a U.S.-based organization that tries to bring Catholic and Protestant children together through sport.

Enhancing the civic, social, and cultural health of a community



Throw a neighbourhood party, build relationships, and realize the wonderful returns that come from the reciprocal nature of the friendships that arise.

Be a social capitalist!

Social capital is a by-product of our social relationships that enables certain aims to be achieved that could not be accomplished by individuals in its absence. It is evident when neighbours keep an eye on each other's homes or friends help move a heavy piece of furniture. "We draw on that capital to help us get by or to get ahead," says Troy Glover, a new professor in the Department of Recreation and Leisure Studies.

The widespread existence of social capital is vital to the sustainability of health communities. Concern about decline in social capital within contemporary society has governments worldwide making efforts to address it.

Dr. Glover and graduate student Felice Yuen have been working with the Kitchener-Waterloo Social Planning Council to evaluate the effectiveness of the Festival of Neighbourhoods (FON) in Kitchener. The FON encourages local citizens to organize neighbourhood events like picnics and street parties; in turn they are eligible to enter a draw for a \$10,000 community improvement grant. These casual leisure events provide a perfect setting for individuals who already know each other to socialize and renew their sociable bonds, while encouraging new relationships by bringing people together. Meanwhile, project-based leisure (such as that made possible by the improvement grant) builds more formal relationships among people and serves as a resource to facilitate community development.

Leisure, it turns out, is fundamental to producing social capital because it brings people into contact with one another and creates vital social connections.

International ties



Working closely with the national park agency of the State of Uttaranchal in Northern India, Dr. Paul Eagles spent 3 days in the Corbett National Park, famous for its Bengal Tiger population. Paul gave several talks in January 2005 on community-based tourism surrounding the national parks of the Himalayans Mountain area.

Ask a Prof...



Susan Shaw

PhD '83 Carleton

Striving for Work-Life Balance... Is it working?

Rapid advancements in computerized communications technology have definitely increased the potential for people to work from their own homes. In fact, it is predicted that it will soon be possible for 25 - 50% of the paid workforce, including people from a wide variety of occupations, to work at home; that is, to become teleworkers.

Telework is often touted as a possible solution to the various stresses of modern-day life, especially time stress and the difficulties of balancing work, family, and leisure. And telework is particularly promoted as a boon for employed mothers, because many women continue to have primary responsibility for the family and household chores.

With some colleagues in the Faculty of Environmental Studies, I have been involved in a longitudinal study of telework. Our research has shown that many teleworkers, especially women, do appreciate the opportunity to work at home. They like the flexibility and autonomy associated with telework, and particularly the opportunity to be available for their children when needed, for example if a child is sick and home from school. On the other hand, there are some disadvantages and pitfalls of telework. Work is ever present, and can easily "leak" into family time, leading to additional hours on evenings and weekends. Conversely, family and household chores can also "leak" into work time, making it difficult to focus on work activities, and increasing the burden of household chores for the home worker. In addition, telework is not always recognized by friends, family members and neighbours as "real work," and being away from the office can reduce opportunities for promotion, as well as for social interaction. Interestingly, few teleworkers use their increased flexibility to increase their leisure activities, and the potential for leisure-related health benefits generally goes untapped.

So is telework for you? The answer seems to depend on whether or not you are able to separate work, family, and leisure. If you are vigilant, aware of the pitfalls, and good at structuring your time, the flexibility of teleworking can lead to greater life satisfaction and reduced stress. If not, you may prefer to continue to commute to the office.

making an impact



"Your generosity in supporting AHS has impacted the students of Applied Health Sciences by supporting them in their academic achievements and in keeping laboratories fully stocked with the latest equipment and supplies. I was fortunate to have access to innovative labs, creative professors, and high quality programs while in my undergraduate studies—thank you."

Susan Brown, MSc candidate, Kinesiology

At the Cowan Firefighter Research Laboratory, supported by the Frank Cowan Foundation, AHS and other UW researchers will work within the Waterloo Region Emergency Services and Research facility to investigate issues surrounding the health and safety of firefighters.

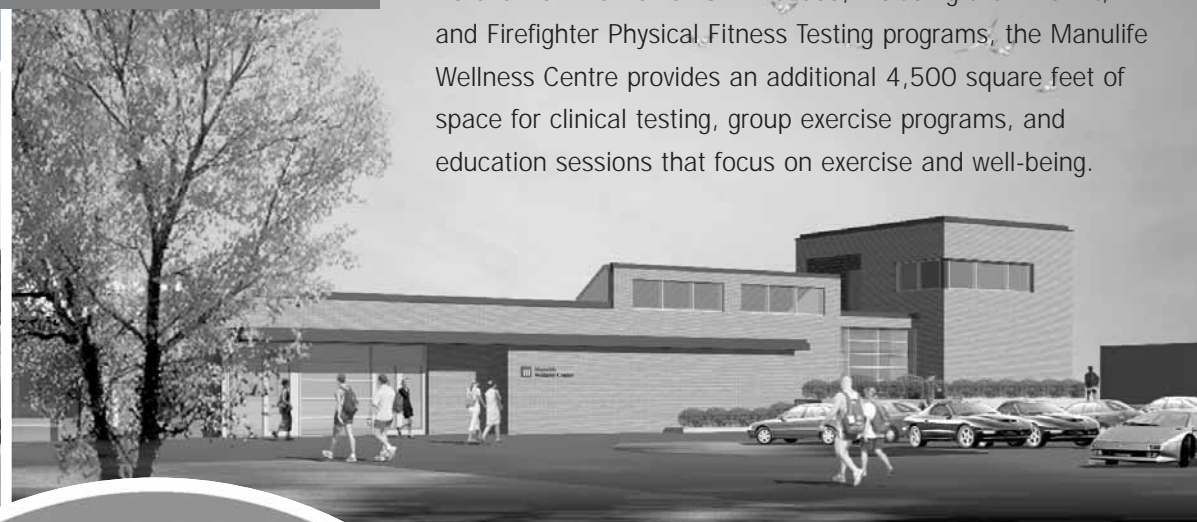


A generous endowed gift from the Ontario Teachers' Retirement Village Inc. is providing ongoing funding to the research program in the Gait and Posture Lab. Work in this Lab is focused on keeping older individuals healthy and independently mobile.

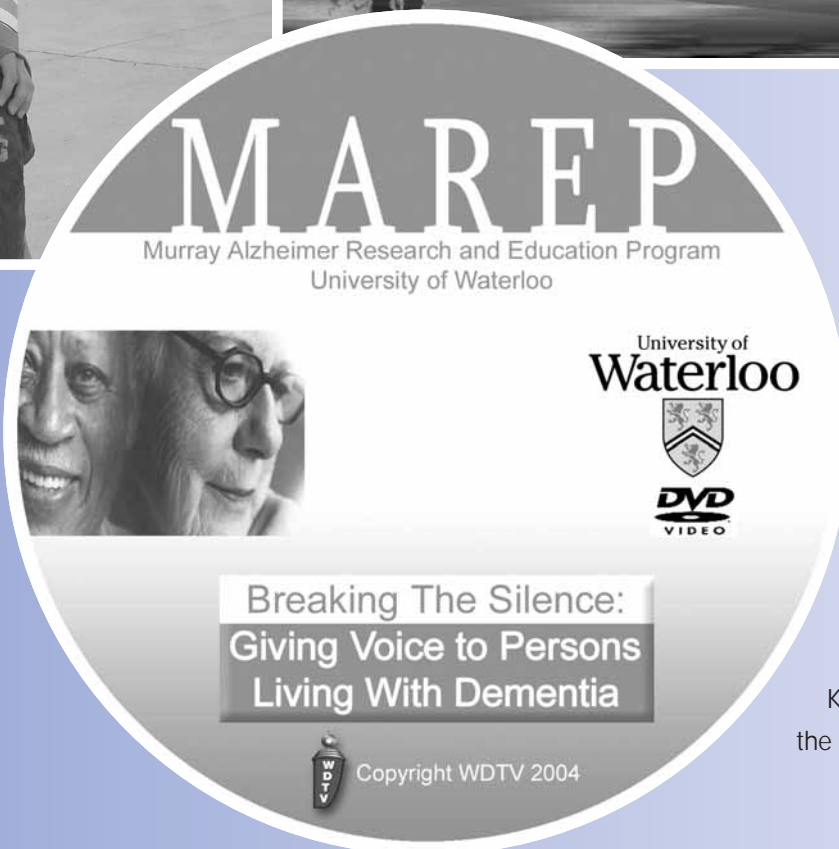




Shovelling dirt in celebration of the ground breaking for the new addition of the Lyle S. Hallman Institute for Health Promotion in June, 2003 are (l-r): President David Johnston, Campaign Waterloo Chair Bob Harding, Linda Kieswetter, Kin '76, the late Lyle Hallman, Dean Mike Sharratt, and AHSUM president Dan Henhawk. Now completed, the three-story facility is home to the Centre for Behavioural Research and Program Evaluation—the behavioural research arm of the National Cancer Institute of Canada; the Population Health Research Group; the Centre of Research Expertise for the Prevention of Musculoskeletal Disorders; and Ideas for Health—the health informatics research group.



As the new home for UW Fitness, including their WellFit, and Firefighter Physical Fitness Testing programs, the Manulife Wellness Centre provides an additional 4,500 square feet of space for clinical testing, group exercise programs, and education sessions that focus on exercise and well-being.



Breaking the Silence: Giving Voice to Persons Living with Dementia

In celebration of his 80th birthday, Ken Murray, the founder of the Murray Alzheimer Research and Education Program (MAREP) generously funded the development of a video presenting the realities of dementia from the perspectives of those living with it. The goal of the video is to share the experiences of persons with dementia and their families to enhance care and ultimately improve their quality of life. In addition to this project, Ken's birthday gift also funded a graduate scholarship for the new Aging, Health, and Well-being doctoral program.

The balance of standing

Our nervous system is given the demanding task of coordinating over 200 muscles in our legs and back just to keep us upright.

*—Jim Frank,
Kinesiology professor.*

Jim Frank's studies have shown that a person can become 'de-tuned' in their ability to control balance when standing and walking—which can happen with the elderly. "Most people don't question their ability to stand up until they lose that ability or the consequences are huge, like when they are walking along a steep cliff."

To counter this, Jim urges seniors to walk as often as possible. "We have worked closely with physiotherapists and exercise specialists at retirement homes in the Waterloo Region and we have found that through simply standing upright more often people are less likely to fall."

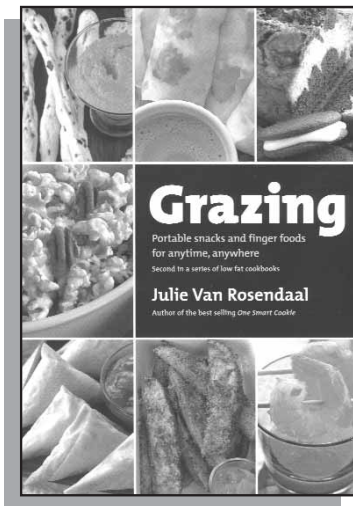
Canes can also help and are good for seniors "because their sensory information is dulled." The cane adds another level of sensory input through telling the hands what the ground is like.

"What most people don't realize is that our body has to learn how to stand," he says. Experience is what tells our central nervous system how to respond to a given condition, which is why athletes such as figure skaters or skiers who haven't been training for a while need time to adapt. Those athletes have become 'de-tuned' and they almost need to remember how to stand. This problem is more widespread than just to athletes though and is common with the elderly who spend much time in bed or sitting. Older people have slower and weaker responses to balance challenges, but a sedentary lifestyle can greatly increase the risk of falling.

"Walking is a great exercise for elderly individuals. Chair exercises are okay but studies have shown that balance is not a matter of strength but of experience," Jim advises.

Breakfast Bean Cookies

I developed this recipe for my 11 year old friend Kyla, when she was in the hospital and didn't have much of an appetite. I wondered how to sneak as much nutrition as possible into a cookie, and the answer was obvious – beans are packed with protein, fiber, vitamins, and minerals. Pureed, you don't even know they're there! The result is a substantial, not-too-sweet cookie packed with fiber and protein. They have an amazingly tender texture, and they keep longer than other low fat cookies. —Julie Van Rosendaal, author of [Grazing](#)



Van Rosendaal, Julie 2005. *Grazing: Portable Snacks and Finger Food for Anytime, Anywhere*. Whitecap Books. (ISBN: 0-96875-631-X. Paperback 205 pp)

- 2 cups oats
- 1 cup flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1/4 tsp. cinnamon
- 1/4 tsp. salt
- 1 – 19 oz. (540 mL) can white kidney or navy beans, rinsed and drained
- 1/4 cup butter or margarine, softened
- 1 cup packed brown sugar
- 1 large egg
- 1 tsp. vanilla
- 1/2 cup chocolate chips
- 1/2 cup raisins or dried cranberries
- 1/4-1/2 cup chopped walnuts or pecans
- 2 tbsp. ground flaxseed (optional)

- Preheat oven to 350° F.
- Place the oats in the bowl of a food processor and pulse until it resembles coarse flour. Add the flour, baking powder, baking soda, cinnamon and salt and process until combined. Transfer to a large bowl.
- Put the beans into the food processor and pulse until roughly pureed. Add butter and process until well blended. Add the brown sugar, egg, and vanilla and pulse until smooth, scraping down the sides of the bowl.
- Pour the bean mixture into the oat mixture and stir by hand until almost combined; add the chocolate chips, raisins, nuts, and flaxseed and stir just until blended.
- Drop large spoonfuls of dough onto a cookie sheet that has been sprayed with non-stick spray, and flatten each one a little with your hand. (I find this works best if I dampen my hands first.) Bake for 14-16 minutes, until pale golden around the edges but still soft in the middle. Transfer to a wire rack to cool.
- Makes 2 dozen cookies.

Per cookie: 138 calories, 3.5 g total fat (1.4 g saturated fat, 1 g monounsaturated fat, 0.8 g polyunsaturated fat), 3.4 g protein, 23.9 g carbohydrate, 14.2 mg cholesterol, 2 g fiber. 22% calories from fat.

Editor's note: these cookies taste great a day or two after they've been made.

There's No Place Like Waterloo

Mark your calendars for Saturday, October 29:
Homecoming 2005
and the
20th Anniversary of the
Applied Health Sciences Fun Run.

Find details at
alumni.uwaterloo.ca/alumni/events/homecoming.html

Coming together, Celebrating, Catching up



KIN Class of '74

The Kin class of '74 met on the September 24, 2004 at the Blue Moon in St. Agatha and on the 25th at The Keg in Waterloo to reminisce and revisit favourite stories.



Leisure-mates from the classes of '85 and '86 gathered June 25 at UW to REC-kindle and REC-create their old Waterloo days. View photos from the event at www.ahs.uwaterloo.ca/alumni/rec_reunion_85.



Homecoming 2004 was also the setting for a reunion of the Kinesiology class of '84. Alumni enjoyed various homecoming activities and got caught up on all that has changed in the past two decades!

Fun Run 2004

Special guest starter Dana Ellis, Kin '02 and Canadian Olympian, along with over 100 runners and volunteers took part in the 19th year of Fun Run held November 6, 2004. Results and more pictures can be found at www.ahs.uwaterloo.ca/alumni/funrun/.

Eric Celentano, Kin '79, recently celebrated his 16th anniversary as Western Canada District Sales Manager for Summit Technologies Inc., a Canadian distributor of pulmonary diagnostic and critical care equipment for hospitals, universities, and medical clinics. Eric has lived in Vancouver since 1991 and manages the company's business for all of Western Canada. Prior to then, while based in Toronto, he had been involved in the ergonomics field with the Canadian Defence Department (DCIEM) and in private consulting business. "It's hard to believe that it's been almost 25 years since grad and I have worked in multiple aspects of my field virtually the entire time. In the mid '70s the program was new and cool, although we weren't sure what we were going to do after graduation. The program, Faculty, and University as a whole have grown immensely in stature over the last 20 years and now UW is recognized as one of the leading universities in the country and the Kinesiology program one of the best. I'm proud to be an alum."

Diana Dampier, Health '96, reports, "Since graduating, I worked as National Coordinator and then as Executive Director of the Active Living Coalition for Older Adults (ALCOA). I collaborated with over 30 national and provincial organizations with an interest in healthy aging and worked on a number of exciting national health promotion projects and conferences. I had the privilege of working with Dr. Mike Sharratt, who served on the ALCOA Board. I also enjoyed sitting on the other side of the interview table and twice hired Health Studies co-op students. In March '00 I married Tom Snowden and our son, James Dampier, was born July 19, 2003. Upon return from maternity leave, I started a new position as network manager of the Canadian Network of Smokers' Helplines for the Canadian Council for Tobacco Control in partnership with the Canadian Cancer Society. I crossed paths with UW again by collaborating with the Centre for Behavioural Research and Program Evaluation. I am currently on maternity leave after the birth of our daughter, Avalon, in April. Would love to hear what my old UW friends are up to. I can be reached at Diana.Dampier@rogers.com."



Michael Roycroft, Rec '01, is living, working, and playing in Canmore, Alberta. Michael is working fulltime for the Town of Canmore's Recreation and Culture Department as the Recreation Facilities Coordinator. "I'm thankful that I can live and play in such a beautiful community surrounded by parks and wilderness. In the winter, I get out snowboarding quite a bit and I also enjoy back country and cross-country skiing at the Canmore Nordic Centre and in Kananaskis Country. In the spring, summer, and fall, I get out mountain

biking, road biking, and hiking two or three times a week and I also play soccer once a week. If anyone is out visiting in the Banff area, feel free to give me a shout at (403) 678 3474 or mroycroft@canmore.ca. I'd love to hear from you."

Diane Schartner, Rec '91, got married last summer to architect Jonathan Ehling on the Sunshine Coast in BC and is now expecting their first child at Christmas. "Since graduating from Waterloo, I have received a degree in teaching from Queen's University, spent 3 years teaching in Colombia, South America, completed a Master of Arts degree in Education from Simon Fraser University, and am now teaching and a vice-principal in North Vancouver. I look forward to hearing from old University friends. Please contact me at dehling@nvsd44.bc.ca."



Woody Dwyer, Kin '94, graduated from UW – Ergonomics Option, and moved east to complete his MSc at Dalhousie University with a Specialization in Ergonomics. After working as an Ergonomics Consultant in Halifax, Woody joined Humantech, Inc. in 1996 to help start their West Coast Consulting Operation. In 2004 Woody moved to St. Paul Travelers Insurance in Los Angeles, CA as a Senior Ergonomics Consultant in Risk Control. Woody and Vicky (his wife of 10 years) reside in Laguna Niguel, CA where he continues to golf, play hockey (no roller hockey), and run in local 5 Ks and half marathons. Woody invites friends to email him at dwyer007@yahoo.com.

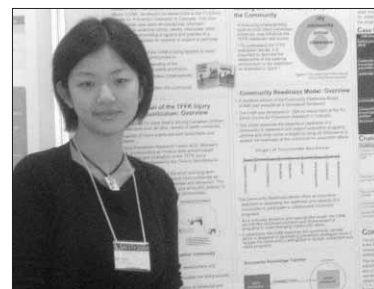
Jonathan Carroll, Rec '99, is currently working as an Instructor for Outward Bound Canada, a charitable, not-for-profit, educational organization dedicated to offering challenging learning experiences for students of all ages using the beautiful Canadian wilderness as his classroom. "I and one other instructor are responsible for guiding and teaching ten participants for up to three weeks in our country's most pristine wilderness areas. The journeys can consist of one or more of the following outdoor activities: canoeing, hiking, sea kayaking, white water paddling, rock climbing, and rappelling. The trips allow participants to strengthen the mind, body, and spirit. Find out more about Outward Bound Canada at www.outwardbound.ca."

Jeff Scott, Kin '94, and Tammy (Culver) Scott, Kin '93, were married in 1995. After Jeff graduated from Physical Therapy in '96 they moved to Texas (December 1996) lived there for 5 years. Both Tammy and Jeff worked for a private physical therapy clinic in Corpus Christi. Tammy worked in Ergonomics and Marketing; Jeff managed the clinic and studied manual therapy. During their time in

Texas they had two children, Jackson and Emma, who are now 6 and 4. After returning home in 2001, they had Maggie, their "all-Canadian" child in September 2003. Tammy and Jeff have opened a clinic, Great Lakes Physiotherapy, in Simcoe, Ontario and have renovated a building for their new clinic. Tammy manages the business and Jeff is now involved in Acupuncture as well as managing the Physiotherapy practice.



After **David "Leisure" Lee, Rec '86**, graduated from Co-op, he obtained his Bachelor of Education from the University of Western Ontario. He taught with the Metropolitan Separate School Board for several years prior to joining Royal St. George's College, where David taught grades 3 through 12 for 7 years. During that time he piloted the Independent School teacher exchange and spent a year at Branksome Hall. Since 1999, David has served as RSGC's Director of Admissions and Marketing. He has recently been promoted to Director of Advancement and Alumni Development where he will be responsible for heading up the school's Capital Campaign, in support of their new athletic and performing arts complex. David continues to be involved with students through mentoring programs, community service initiatives, and coaching of hockey and lacrosse teams. David and his wife Carrie have been married for 11 years and live in East York with their 2 beautiful daughters, ages 5 and 7. David very much enjoyed catching up with his leisure-mates at the recent reunion. For those of you who couldn't make it, he'd love to hear from you via dllee@rsgc.on.ca.



Since graduation, **Helen Hsu, Health '02**, has been working at the Injury Prevention Research Office at St. Michael's Hospital, initially as a Project Coordinator and most recently, as a Research Coordinator. In this role she coordinated two province-wide evaluation studies related to injury prevention. Helen returned to school in September 2004 to do an MSc degree in Health Care and Epidemiology at UBC. Her research focus is in youth tobacco control, studying the spatial association between tobacco industry point-of-purchase marketing activities and youth tobacco use. Helen is a CIHR Strategic Training Program in Tobacco Research (STPTR) trainee and recipient of the Michael Smith Foundation for Health Research Junior Research Trainee Award.

Paul Fernandez, Kin '94, writes, "After graduating, I tried clinical rehab and assessment work as well as volunteering with the OKA and CKA. More recently, I shifted professions and am now corrupting young minds, teaching at the Elementary School Level, and doing my best to keep the next generation physically active. My wife Kimberley and I live in Scarborough with our two sons, William and Thomas (5 and 3 years old respectively), our 1-year-old daughter Ally, and our big yellow lab, Bruin. I hope everyone else is enjoying life as much as I am."

Chris McLean, Kin '94, writes, "Eleven years after graduation, I still recall student days: the nomadic co-op lifestyle, the freedom of hair expression, and my 2-door Honda Civic. Today, I'm blissfully settled in the 'burbs' of Kitchener with my wife, Lisa, and sons, Connor and Declan; applying my ergonomics knowledge at the nearby Toyota plant. My hair is considerably shorter. And, proudly, I drive a minivan."

Allison Salter, Kin '02, and Scott Curry, Kin '99, tied the knot in Southampton on September 20, 2003. Allison and Scott initially lived in Vancouver, while Allison completed her graduate studies at UBC. In summer 2004, the couple relocated to Calgary where Scott set up a chiropractic practice and Allison studies medicine at the University of Calgary. Scott continues to train and compete in triathlons, recently beating out a tough field of competitors at the National Long Course Championships in Victoria to become Canadian Champion. They would love to hear from friends either at sgcurry@hotmail.com or aesalter@hotmail.com.

From **Von Marsden (Chaleunsouk), Kin '00**: "It's amazing how time flies! I still remember fresh week as if it were last week, but yet it seems like it was ages ago, because so much has happened since graduation! After graduation from the Canadian College of Naturopathic Medicine (CCNM), my husband Eric (also a Naturopathic Doctor) and I opened a multidisciplinary naturopathic clinic last summer, and started another venture in the fall, distributing Natural Health Products (NHP's). I am heading the registration/regulation of NHP's for the company (Pascoe Canada), ensuring that they comply with the Natural Health Products Directorate (NHPD). On the personal side, I just had a baby—Paige Grace Marsden—on July 6, 2005. Needless to say, life is insanely busy in a very good way!

Mary Fraser, MSc Health '01, works for the National Research Corporation and Picker Group Canada. "I am an Account Director who works with facilities of the Ontario Hospital Association. Through surveys and interviews, research is gathered on the Patient Experience, and on workplace experience for Physicians and Employees. The data from this research on patient satisfaction is then presented in the annual Hospital Report. In my spare time, I am an avid gardener and reader, and keep in touch with friends that I made during my years at U of Waterloo!"

Christine D'Souza, Health '04, is attending the Masters of Health Sciences at the

University of Toronto. Christine writes, "I would like to thank the professors and students in the Health Studies program for a great undergraduate experience."

After 15 long years away, **Leanne (Ramm) Smith, Kin '90**, has returned to UW—she missed Sue Grant and Betty Bax!—and is now working in the Health Studies and Gerontology department as a Special Projects Coordinator. Leanne still lives in Rockwood with Todd, Graedyn, Carson and Tehya, along with too many pets.

Beverly P. Huang, Kin '00, writes, "I cannot believe that it has been 5 years since graduation. I am now a Naturopathic Doctor and recently moved to Calgary. I have since opened my own clinic and practice, Grassroots Naturopathic Medicine (www.grassrootsnaturopathic.com). If you're in Cowtown, stop by or email me at bhuang@grassrootsnaturopathic.com."

From **Jessica Kwik, Health '00**: "After graduation in 2000, I ended up sticking around UW working for Alternatives Journal—a wonderful environmental magazine. After 3 years of fundraising there, I recently fulfilled a dream of spending a year in France. Soaking in the French and teaching English was good, but I really fell in love with dance. I'm back again at UW this time at WPIRG (Waterloo Public Interest Research Group) as the coordinator of the One-Tonne Challenge for Waterloo Region."

Following graduation, **Ryan Eagles, Rec '00**, worked for two years with the Federation of Students as Director of Clubs. From there he was hired as an Educational Assistant with the Waterloo Regional District School Board. Ryan attended the University of Western Ontario for his BEd in 2003. Ryan was hired full-time at Driftwood Park Public School in Kitchener. He survived his first year with his grade two's and will be teaching the same grade next year. He loves his job and feels

right at home. "After retiring from competitive racing in Triathlons, I have enjoyed the same outdoor pursuits at a shorter and slower pace. Yoga and weights are new to me and I have returned to playing basketball and soccer. I also have been learning to play drums and violin. Next, I am hoping to learn piano."

Jenn (Groves) Hartwick, Kin '99, MSc '00, works for Oakwood Retirement Communities co-ordinating the Functional Abilities Program (FAP). A joint project between the Neurobehavioural Assessment and Rehabilitation Program in UW's Kin department and Oakwood Retirement Communities/Village of Winston Park, the program's aim is to improve the quality of life for residents through restorative care and exercise. The Functional Abilities Program is involved with seven long term care facilities in southern Ontario from Whitby to Kitchener. On the personal side, Jenn married fellow UW alum John (MAcc) in August 2002 and they live in Cambridge.



After graduation, **Lisa Mains, Kin '02**, headed off to work in the Cayman Islands. Then it was off to Japan to teach English. After a year in Fukushima, she moved south to Tokyo to open a new school. "During my time here, I've climbed Mt. Fuji, visited onsens (hot baths), learned to snowboard, eaten many surprising things, and I'm still trying to learn Japanese. I've also managed to travel around Japan as well as Hawaii, S. Korea, Hong Kong and Australia. If you're ever in the area, feel free to contact me!" ljmains@uwaterloo.ca

Donna (Winters) Lorentz, Rec '91, is a Communications Officer for the City of Barrie. She writes, "After years working for the City of Mississauga in Aquatics, partying with lifeguards, I've finally settled down! I went back to school, to Ryerson University, earned a certificate in Public Relations and currently work for and live in the City of Barrie. I also found a hubby and have two awesome kids!"

Dr. Paul Krueger, MSc Health '89, has been a Senior Research Associate with the St. Joseph's Health System Research Network since June 1998. He works out of the St. Joseph's Lifecare Centre in Brantford, Ontario. He holds a faculty appointment with the Department of Clinical Epidemiology and Biostatistics at McMaster University and is a course instructor for McMaster's Midwifery Education Programme. Prior to joining the Research Network, he worked 5 years as a Health Analyst/Epidemiologist for the Hamilton-Wentworth Regional Public Health Department.

Tyson Staples, Kin '98, has been active in the health and fitness industry since graduation—using his Kin degree every day! He married his UW sweetheart, Christina, (Sci '97), and in his downtime trains and competes in triathlons. "Hi to UW Kin tri-guys: Andrew, Jonathan, Scott, and Adam." Tyson also says he plans to return to school someday to earn his Master's degree.

Following graduation, **Loretta Ritu, Kin '94**, attended Canadian Memorial Chiropractic College in Toronto. She completed her studies in 1998, returned to her hometown of Waterloo, and opened a practice. She says "I'm hoping the class has a get-together at Weaver's sometime soon!" She would like to hear from old friends and classmates and can be reached at lorettaritu@bellnet.ca.

Paul Biondich, Kin '95, has made changes to the face of hockey. "Thanks to Waterloo's Kinesiology program, I've been able to use my skills and knowledge to design and patent a new hockey face mask which significantly improves reaction time and increases peripheral vision in player and goalie masks." Called I2 Technology, the successful design is being manufactured by Montreal-based hockey giant, ITECH, for their North American market—it can be viewed at www.itech.com. "Thanks also to Drs. Ian Williams and Heather Carnahan for being instrumental in my success."

Grace Baba-Hoang, Kin '98, makes a change from Kinesiologist to Human Resources Management. While in third-year university, Grace, along with three other students from WLU, opened a company in Waterloo called JK Quality Electronics Ltd. (www.jkquality.com). This business has grown significantly and spawned several other companies (www.i3dvr.com). After working as a Kinesiologist at the Work Able Centres for several years, she has returned to running the Administration and Finance Department of the company as well as becoming the Human Resources Manager. "I can't believe 7 years has gone by so fast, but I'm happy to say that I can see achievement over these years – my biggest one being a new daughter."

Roger Takahashi, Kin '91, writes, "Since graduation from Kin, I have managed a physical therapy company as well as an ergonomics company. Concurrently during this time, I was also running another business that tested and trained elite athletes. I am currently the Strength and Conditioning Coach of the NHL's Vancouver Canucks and I reside in the lower mainland of BC with my wife and 6 to 12 dogs (no, we're not crazy; we're involved in canine rescue groups)."

In Memoriam

HALL OF FAMER DICK ALDRIDGE, BPE '66

Former Warrior, Richard Frederick (Dick) Aldridge, passed away in June 2004 following a struggle with cancer. Aldridge was a two-sport star at Waterloo from 1960-1965. He captained both the basketball and football teams, and was named a football all-star on three occasions at running back. Aldridge was inducted into the Waterloo Warriors Hall of Fame on March 22, 1985 and continues to be ranked in the top ten in scoring, rushing, and passing for the Warriors football team.

Following his career at Waterloo, Dick went on to play for the Toronto Argonauts and Hamilton Tiger Cats of the Canadian Football League, before focusing on teaching at the high school level. He was actively involved in coaching, both at the minor level and in the OUA with York University. To celebrate his life and to raise money and awareness for the Pancreatic Cancer Foundation, family and friends have organized an annual Dick Aldridge Charity Golf Classic (www.dickaldridgegc.com).



Coming together 30 years later

As Frosh, this group of Recreation and Leisure Studies grads gathered for their first time at Waterloo in 1975. Reconnecting in May 2005, the group celebrated their meeting at a gathering in B.C. Matthews Hall.



Funnybone: Confessions of a test subject

From Dave Patterson, Kin '86: "I wrote in to CBC radio with the following 'Human Guinea Pig' story about UW Kin and they aired it on their Round-up (a.k.a. Sad Goat) show.

When I was at university in the early '80s, I subsidized my income, while pursuing an Honours degree in Kinesiology, by signing up for just about anything and everything.

Initially, I agreed to a research project in the Psych department because I heard it could boost my Psych 101 mark by a fraction of a percent. One experiment led to another, but I didn't much like these "head games", where invariably the researcher would explain an elaborate test, get me started, and in the end tell me: "what we were REALLY assessing was ..." They lied to me everytime! Such betrayal!

But then I discovered the real money was in my own department's Human Kinetics labs. Soon, I was riding lab bikes, running treadmills, carrying new ergonomically designed backpacks, and being subjected to gross alteration of my diet or sleeping habits, and all the while offering blood and muscle biopsy samples at every turn. I learned more about human physiology from playing guinea pig than I did from actually attending lectures.

My skittish peers would psych up all year to enroll in an experiment and subject themselves to just one thigh muscle biopsy and then limp around terribly for the next week. They'd ask, "Dave, how is it you're not sore or limping and you're playing squash the very next day?" I had grown rather accustomed to the procedures.

The various profs were testing different things, but it all caught up to me when I made a repeat visit to Professor Howie Green's lab for one of his doctoral candidates. "Haven't I seen you here before?" Howie asked. "And what are all these other marks on your calves and quads?" Sure enough, after just a couple of years, I had given 39 muscle biopsies, so I was banned from the labs.

Truth be told, in my final year, there was a two-fold reason to return once more to the lab. First, a graduate student somehow urgently needed just one little biopsy. And second, a sports injury clinic supervisor knew of me and wanted to do one quad biopsy, to prove he was the best muscle sampler—causing the least amount of pain, bleeding or swelling—on faculty.

So late one afternoon, when all else was quiet around the lab, I stealthily slipped in and submitted to one last poke. Under duress, I confessed, almost like a love partner, "Oh yes, that was wonderful. You were gentle. You truly were the best I've had!"

**Signed,
Dave from Kitchener**

P.S. I have been a dedicated 10 km every-other-day runner and occasional marathoner for the past 25 years. I've suffered no ill effects from being a guinea pig. I hope you're listening Howie!

editor'snote

We really enjoy hearing about your news. Keep in touch by mail, fax, or e-mail:

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