



You're Part of the History; Be Part of the Future!

As UW launches a spectacular year of 50th anniversary festivities in January 2007, opportunities abound for alumni to reconnect with their alma mater. AHS's Kinesiology and Health Studies & Gerontology Departments will also proudly mark their 40th anniversaries, so there is much to celebrate and there are many ways to be a part of it all!



News to You

50th Anniversary Alumni Awards

www.anniversary.uwaterloo.ca/

UW alums are encouraged to nominate "a graduate who has demonstrated a significant commitment to UW through activities such as volunteering, mentoring, involvement with committees, boards or panels, philanthropic support or advocacy". Fifty award recipients will be selected and formally recognized during Homecoming in September 2007. Nominations must be received by December 31, 2006. Nomination forms are online at the awards website.

Alumni Presentation — Artist Scott Kish, Kin '95

www.alumni.uwaterloo.ca/alumni/e-newsletter/2003/may/scott_kish.html

Kinesiology alumnus, Scott Kish, will return to UW to share his story of securing his place in the commercial art world by melding his knowledge of anatomy with his artistic ability to generate unique comprehensive medical illustrations. Scott is slated to present during the evening of Thursday, January 25, 2007 in the Clarica Auditorium in the Lyle S. Hallman Institute for Health Promotion building. Further details will be posted on the AHS alum website.

All-Dance Reunion

www.ahs.uwaterloo.ca/alumni

Dance alums have put out feelers about hosting an All-Dance Alumni Reunion at UW in 2007. Contact information will be posted soon on the AHS alum website.

Hallman Visiting Lecture Series on Healthy Aging

<http://www.ahs.uwaterloo.ca/hallman/>

Invited experts will speak on a wide variety of bio-physical and psychosocial topics related to healthy aging during AHS's 2007 Hallman Visiting Lecture Series. The public lectures are open to any alums who wish to join the audience. Details of the topics, speakers, and lecture dates are outlined on page 8.

Reach For The Top Contest

<http://reachforthetop.uwaterloo.ca/>

Alumni, staff, faculty, and students are invited to pool their UW trivia resources to compete in the 50th anniversary Reach For The Top Contest. Four-person teams will vie for supremacy during 20-minute games, and those who succeed will move on in the contest rounds during a minimum of four contest periods throughout the year. Teams may register online.

50th Anniversary Website

www.anniversary.uwaterloo.ca/

Updated regularly, the 50th anniversary website is the at-the-ready resource for all the latest details on upcoming special events.

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Enter your email address at <http://alumni.uwaterloo.ca/email> to win.



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DEAN'S UPDATE

Despite being a long-time faculty member and past department chair in AHS, my year and a half as Dean has been an eye-opener. As a psychologist and professor of Recreation and Leisure Studies, I have always worked with colleagues across the Faculty who are interested in the lifestyle dimensions of health promotion; however, becoming Dean has given me a front-row seat and spectator status to learn about all of the health-related activities occurring in AHS, ranging from cell to society, from the molecular-biological to the sociological. I have come to appreciate the many exciting and innovative initiatives underway to translate research knowledge into best practices for the promotion of healthy and active living. All of our departments are involved in these efforts, whether it's the development of ergonomic applications to create safer workplaces, population-level interventions to reduce smoking behaviour, or the design of responsive community recreation systems.

Becoming Dean this past year also meant that I parachuted into the middle of the planning of two important university-wide activities - one a celebration of the past and the other an envisioning of the future. In 2007, the University will mark its 50th anniversary with a year-long slate of events that will include the festive and the educational. You are all invited to participate. Coinciding with this celebration is the completion of UW's Sixth Decade Plan. AHS is well-positioned to be an active player in the future envisioned. One of the central themes identified for UW is the growth of health-related activity - growth that will require collaboration within the Faculty, across campus, and with external partners.

If you haven't visited UW in recent years, you may be surprised at the new look of Applied Health Sciences. Several new additions to Burt Matthews Hall - the most recent being the Lyle S. Hallman Institute for Health Promotion and the Manulife Wellness Centre - mirror exciting developments in academic programs and research initiatives. These developments involve all of our departments and research centres. As suggested by the names of the new facilities, external donors have

found our focus on health promotion and illness and injury prevention to be highly relevant to their goals. Also, involvement by agencies such as the National Cancer Institute of Canada and the Workers Safety and Insurance Board of Ontario is enabling AHS research centres to provide national leadership and to enrich the experiences of our students.

Other exciting initiatives underway in AHS include the development of new academic programs that will result in collaborations with emerging UW initiatives that will see the development of a School of Pharmacy and the opening of a McMaster satellite medical school in downtown Kitchener. For AHS's part, we are developing an undergraduate program in Health Informatics with the Faculties of Science and Mathematics and looking at other possibilities. In September, spearheaded by Health Studies and Gerontology, we launched a Master of Public Health program that involves professors from three other UW faculties.

In addition, two new AHS doctoral programs, supported by all three departments, have been developed. We expect that a PhD program in Work and Health will commence in the next year. Already in its first year is a new PhD program in Aging, Health and Well-being, which involves professors and students from each of our departments. This collaborative program is part of a major thrust in the Faculty on aging and health issues - a thrust that has been given a huge boost through the creation of the Schlegel-UW Research Institute for Aging. The creation of the Institute will result in support for new faculty appointments, graduate student research fellowships, and research resources.

It is an exciting time in AHS. The growing concern with an aging population and health care cost containment has made the promotion of healthy and active living a priority. The work we are doing is timely and important. I hope you will join us to help celebrate our past successes and meet our future challenges.

FACULTY NEWS

A Changing Melody: A Learning and Sharing Forum for Persons with Early-Stage Dementia and their Partners in Care

Early in November, The Murray Alzheimer Research and Education Program (MAREP), in partnership with the Alzheimer Society of Canada, the Alzheimer Society of Ontario, and the Dementia Advocacy Support Network International, played host to over 150 passionate participants during its sold-out annual forum, A Changing Melody. The Toronto event was held in conjunction with the national conference of the Alzheimer Society of Canada, recognizing 100 years since the first description of Alzheimer's disease. The forum was structured as a positive, supportive environment for persons with



early-stage dementia and their partners in care to come together and learn from one another, as well as from dementia care experts, on how to actively improve their quality of life. By giving persons with dementia a significant voice at the forum, an important opportunity was provided to break down the silence of dementia and the stigma and fear associated with it - a critical step in building strong mutual support systems and providing the highest quality of life for those living with an illness that causes dementia. The MAREP forum has been so successful that it has been copied in Australia, Japan, and the US.

Exercising Your Brain

Sudoku puzzles and other mental exercises serve as aids to rebuild and maintain memory function. The mental stimulation exercises the brain's problem-solving capabilities and can help ward off Alzheimer's disease and related dementias. Eight talented, dedicated persons with dementia put this knowledge to work by collaborating with the Murray Alzheimer Research and Education Program (MAREP) to create the By Us For Us Guide - Memory Work Out, which advocates regular brain "work outs" through engaging in enjoyable activities.

For more information on this guide and other helpful MAREP resources, see "Making a Difference" on page 7

Former AHS Professors Return to Talk about Leisure Education and Its Effect on Youth

If young people from 12 to 14 are doing something they are passionate about in their free time, they are less likely to spend their spare time doing drugs, having sex, or just hanging out, feeling bored.

These are the findings of a husband-and-wife team of professors from Pennsylvania State University who spoke at the University of Waterloo as part of the Lyle S. Hallman lecture series on youth and health promotion. Their work looks at how to make leisure a positive experience and how it can affect teenagers' health and prevent them from engaging in risky behaviour.

The two researchers have done research on how to develop leisure-based interventions for school environments that are aimed at preventing substance use, HIV/AIDS, and risky sexual behaviour. Their applied work has been conducted with colleagues in Pennsylvania, Germany, and South Africa and has involved more than 8,000 adolescents.

Drs. Linda Caldwell and Edward Smith presented their most recent work regarding a poor community in South Africa where they have developed a leisure education curriculum. The five-year study, which began in 2003, is looking at youth in Grades 7 to 9. The curriculum, called TimeWise: Taking Charge of Leisure Time, was introduced to teachers and educators at the school. The work is being funded by the United States-based National Institute on Drug Abuse.

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Can You Spot Potential?

Alumni Affairs, the Graduate Studies Office, and Marketing and Undergraduate Recruitment have joined together to create a program that gives UW alumni the chance to refer outstanding prospective undergraduate or graduate students to UW. At the same time, alumni have the opportunity to stay connected by being an ambassador for UW. Alumni provide the student's name and email address and they can add a personal message, which is then automatically sent to the students. Students then have the option to click through to a website that provides more information. For an overview of the process - <http://referstudents.uwaterloo.ca/process>.

HEALTH STUDIES & GERONTOLOGY

Are Cancer Rates Rising?

At any given age, Canadians have pretty much the same risk of developing cancer now as they did 30 years ago.

However, recent national media coverage has promoted the widespread belief that cancer rates are increasing substantially. While it is true that the number of Canadians who develop cancer has been rising annually, when aging and population growth are factored in, overall cancer rates have actually remained quite steady in recent decades. Two main factors account for the increase in the number of cancer cases:

First, the Canadian population is aging as a whole, and cancer is more common in older people than younger people. As the oversized generation of baby boomers moves on in years, the median age of the population increases and there are more cases of cancer. Second, the Canadian population is growing in numbers. As the size of the population increases, the number of people who are diagnosed with cancer increases correspondingly.



Many cancers can be prevented. Tobacco use is by far the most preventable cause of death from cancer (and other major diseases).

The Canadian Cancer Society has a website and a toll-free Cancer Information Service (888-939-3333) that provide scientifically based information for people who want to know about cancer prevention and for people who are dealing with cancer.

More detailed information about cancer trends (and changes in trends) can be found in the annual publication, Canadian Cancer Statistics (www.cancer.ca).

The Latest

As one of 10 students honoured, **Astha Ramaiya**, third-year health studies student, received the President's Circle Award for Volunteerism (2005) in recognition of her work with the UW Hindu Students Association, the International Health Development Association, the Food Bank, and Health Services.

Dr. Ian McKillop has been appointed to the newly created position of Executive Director, University Health Research. Professor McKillop will serve as UW's liaison and spokesperson on matters related to health research and will help to coordinate the university's internal and external health research portfolio.

Ontario Minister of Health, George Smitherman, presented **Dr. John Hirdes'** research team with one of the five inaugural Ministry of Health and Long Term Care Innovation Awards. Dr. Hirdes' "Ideas for Health" research project was selected from more than 600 projects to be "awarded in recognition of excellence and innovation in health care."



John Hirdes, with his colleagues **Jeff Poss**, **Lois Cormack**, and **Kristen Reidel**, accepts the Innovation Award from **George Smitherman**, Ontario's Minister of Health and Long Term Care.

Grad Studies post-it: The **Master of Public Health** program in Health Studies and Gerontology has hired several new faculty members, including **Chris Mills** (exclusively for MPH program), **Martin Cooke** (shared 50/50 with Sociology), **Joel Dubin** (shared 50/50 with Statistics), and **Suzanne Tyas** (shared 75/25 with Psychology).

Exploring Crystal Meth and Risk Behaviour Links

Health Studies and Gerontology professor, **Sandra Bullock**, was one of some 60 social science researchers — chosen from 60,000 submissions — to make an oral presentation of their work at the international AIDS conference in Toronto. The title of her talk was "Crystal Methamphetamine Use and Participation in Unsafe Sex among Poly-drug Using Men Who Have Sex with Men in Toronto, Canada." It's often said, she explains, that the use of crystal meth is fuelling a new epidemic of unsafe sex and HIV transmission. But after interviewing 300 men (about a quarter of them HIV-positive), she concluded that risk behaviour "does not seem to be associated with meth dependence. The highest association between meth and unsafe sex was found amongst men who started using meth after becoming HIV-positive, and not before." Meth, she found, was the "8th most frequently tried drug," with 54.7 per cent of the sample having used it at some point in their lives.

KINESIOLOGY

A Day in the Life of Angela Pereira, Kin '95, President, First Line Kinesiologists Inc.

Your Kinesiology background gives you a broad range of expertise. How have you integrated this knowledge into a service/business?

Physiotherapists refer many clients who have had acute rehabilitation to us for a thorough musculoskeletal assessment. Our unique assessment from a kinesiology perspective includes an examination of general functional movements, motor control patterns, and balance. With these assessment results, we design a therapeutic exercise program, which often progresses a program provided by the physiotherapist.

Our kinesiologists specialize in chronic, recurrent low back pain and shoulder pain, hip and knee joint replacement, and cardiovascular rehabilitation, working with clients both before and after orthopaedic or cardiovascular surgery. The other branch of our company provides corporate wellness services, whereby we consult with human resources and health and safety departments. We conduct fitness and nutrition assessments, present at health fairs, and educate employees about stress management, computer office ergonomics, and general fitness and nutrition.

What are the benefits of working with a kinesiologist?

We have worked hard to educate our referral sources — family physicians, rheumatologists, massage therapists, orthopaedic surgeons, physiotherapists, and chiropractors — about how a kinesiologist can help to improve their patients' function. I have learned that kinesiologists have a distinct advantage amongst health care professionals because of our thorough knowledge of biomechanics, motor learning, and exercise physiology. Our background in these areas is imperative for client progression. With physiotherapists, our group uses the Oxford scale of manual muscle testing as a guideline for progressing a client from physiotherapy treatment to kinesiology. Once a kinesiologist has determined that normal motor patterns have been learned (i.e., using the right muscles for the right movements) and the skills have been reinforced through practice, the client may be referred to a personal trainer or sport coach, may return to exercise with supervision, or may be progressed to a general fitness program.

As President of the Ontario Kinesiology Association, you've been actively involved in promoting kinesiology to the government, other health care providers, and the public. How's that going?

We have a huge effort currently underway to communicate to our members what being regulated means for the practice of kinesiology. We work with a political consultant and a health care lawyer, and regularly communicate with the Ministers of Health and Health Promotion.

Our Directors attend many political events and fundraisers to keep our profession in the minds of Members of Provincial Parliament and their assistants. This work is beginning to pay off, as we anticipate the first reading of legislation to regulate our profession this fall, the second and third readings in the fall/winter, and the bill becoming law soon after.

Undergoing the process of regulating our profession has exposed many misconceptions about the practice of kinesiology in the eyes of the public, other health care professionals, university faculty, and auto and workplace insurers. We have educated these groups about the differences in our academic training, professional practice, and particular areas of expertise within kinesiology. When we attend events with government representatives and other health care providers, we find that they are very supportive of our level of organization, as well as the incredible progress made by OKA. The majority of this work has been completed by volunteers and we are very grateful for their support!

Angela Pereira with Ontario Minister of Health and Long Term Care, **George Smitherman**, who provided an update regarding the passage of the bill on the regulation of kinesiologists at the October 2006 OKA Annual Conference.



The Latest

Named to the 2006 National Triathlon Team, **Scott Curry, Kin '99**, earned his spot by winning the 2005 Long Distance National Championships (1.9- to 3.8-km swims, 90- to 180-km bikes, and 21- to 42-km runs). In August 2006, Scott continued his winning ways with a very impressive fifth place finish at the Ironman Canada in Penticton, BC.

Dr. Rick Robinson, Kin '93, has provided chiropractic care to the Canadian freestyle ski team and the Canadian and US bobsled teams since 1999, and was one of three chiropractors appointed to Canada's health care team for the 2006 Olympic Winter Games.

Former Warrior multi-sport star, **Heather Moysie, Kin '00**, admirably represented Canada at the 2006 Olympic Winter Games in Torino (finishing fourth in women's bobsleigh) and on the National Women's Rugby team at the 2006 World Championships.

After 24 years at Waterloo, **Dr. Jim Frank, Kin '73, MSc Kin '75**, has moved on to assume the post of Dean of the Faculty of Graduate Studies and Research at the University of Windsor. He can be reached at jsfrank@uwindsor.ca.

NEW FACES



Suzanne Tyas

Suzanne joined Health Studies and Gerontology in January 2006 after holding research and teaching positions in Canada and the United States, most recently at the University of Kentucky. She has combined degrees in Human Biology (BSc, Guelph), Pathology (MSc, Western), and Epidemiology and Biostatistics (PhD, Western) to bring a multidisciplinary perspective to the predictors of healthy aging and Alzheimer's disease. Her current research involves studying early-life intellectual performance as a predictor of late-life healthy aging; investigating neuropathologic determinants of healthy aging; identifying vascular risk factors for Alzheimer's disease; and examining predictors of the trajectory of cognitive impairment. She will teach courses in epidemiology and aging, including distance education courses offered through the new Master of Public Health program.



Kelly Anthony

Kelly earned a BA from Rutgers University, and an MA and PhD (1999) in Psychology from the University of Houston. She was Williams Visiting Assistant Professor at the Wesleyan University from 2000 to 2005. Kelly's work focuses on her interests in attitudes, anxieties, and fears of dying and death, which she explores from the perspectives of ethnicity, culture, and age. She teaches courses in the areas of death and dying, poverty, health, program intervention and evaluation, and mental illness. All courses involve visits with and to community activists and direct observation of community resources for the underserved or disenfranchised.



Joe Quadrilatero

After completing his BSc and MSc degrees in Kinesiology at Lakehead University, Joe earned a PhD in Health Studies and Gerontology at Waterloo and then did post-doctoral work in physiology/biochemistry in the Kinesiology department. Currently, his research is focused on the biochemical and molecular mechanisms that regulate apoptotic cell death in tissue. He is particularly interested in examining the influence of mitochondrial function and oxidative stress on cell life and death during conditions such as aging, cardiovascular disease, and cancer. In addition, his research explores the potential benefits of physical activity and diet on apoptosis and cellular function during health and disease.



Peter Hall

Peter earned his BA in Psychology at Dalhousie University, and his PhD in Clinical Psychology at the University of Waterloo. He spent four years on faculty at the University of Saskatchewan, where he was awarded the CIHR New Investigator Award through the regional partnership program for his work on primary and secondary prevention of Type 2 diabetes. He is currently a member of the University of Waterloo Population Health Research Group, and is an Affiliate Scientist at Toronto General Research Institute in the University Health Network. His current research focuses on the interplay between social-cognitive and neuro-cognitive facets of behavioral self-regulation, and the implications for the prevention of chronic illness.



Lora Giangregorio

Lora earned a PhD from the Department of Kinesiology at McMaster University, after completing her BSc in Kinesiology at Waterloo. Her work on osteoporosis and rehabilitation in spinal cord injury (SCI) then continued with post-doctoral studies at the Toronto Rehabilitation Institute. Lora's current research interests include: exploring the impact of rehabilitation interventions on physical function and skeletal health in individuals with chronic conditions and disabilities (e.g., stroke, SCI, hip fracture); evaluating changes in bone density, bone geometry, and bone structure in individuals who suffer bone loss due to immobility; and exploring ways to ensure that individuals who experience fragility fracture receive optimal osteoporosis management.

RECREATION & LEISURE STUDIES

Are Volunteers Still Important in the Community?

I think the short answer to that question is that volunteers are important to the community and the community is important to volunteers; it's a mutually supportive relationship. Volunteers provide essential services like labour, knowledge, energy, and other resources to organizations of all sizes: local sports clubs, social services organizations, church groups, neighbourhood associations. Contributing to one's community can be both fun and challenging, and it offers other opportunities, like a chance to network and build self-esteem.

And yet, we live in an era of individualism when contributing to the community through volunteering is slipping further and further down our "to do" list. Increased stresses and pressures of modern social life (including changing employment structures, financial burdens, and demographic shifts) mean fewer and fewer volunteers are feeling able to give time. The "Volunteers Wanted" section of local papers shows that an increasing number of organizations are struggling just to keep their doors open. For example, just recently, the Guelph Optimist Club (a voluntary organization dedicated to providing activities for youth, as well as hosting fund-raising and community events) ran a series of appeals for new volunteers and suggested that, without new volunteer support, they would not be able to continue operating or offering the same activities.

As many leisure researchers have noted, this is a time when government support for community services is dwindling and when volunteer organizations are increasingly called upon to provide the backbone and the safety net for individuals who may be marginalised due to health, ability, and/or economic challenges. Without volunteers, this support network becomes weakened. In addition, leisure researchers identify a whole host of benefits from volunteering in the community, including building social skills, gaining new knowledge, and fostering a sense of purpose and belonging — things that may not be available from other aspects of life, like work. For this reason, communities are also very important to volunteers.

In short, communities and volunteers need each other more than ever!



Games We Played in 1957 When UW Was Founded

To celebrate the 50th anniversary of the University of Waterloo, the Elliott Avedon Museum and Archive of Games will open a new exhibit in January 2007.

Called "Games we played in 1957 when UW was founded", this exhibit will feature over 50 games and related information from the period when the University began. While the world was busy with the space race, driving Edsels, listening to Elvis, inventing Velcro, AA batteries, and Tang, the game industry was also hard at work. Wham-o bought the rights to the Frisbee. Board game manufacturers capitalized on the baby boom with Bridge Bingo and Stork Bingo. They popularized games based on the new medium, television, with games such as Name That Tune. Games based on movies, such as Around the World in 80 Days, were produced, and games based on popular icons of the day were common: Nancy Drew, the Bobbsey Twins, etc. Other games and nostalgia from the era will also be on exhibit.

Housed in B.C. Matthews Hall on the campus of UW, this exhibit is open to the public from January 2007 through December 2007. The hours of operation are Mondays and Wednesdays from 11:30 am to 4:30 pm, and Fridays from 1:30 pm to 3:30 pm. Individual visits or group tours can be arranged by calling (519) 888-4424.

Visit the museum Website at www.gamesmuseum.uwaterloo.ca.



MAKING A DIFFERENCE

The impact of donations to UW's Building a Talent Trust campaign is evident across campus in the form of new programs and services, new buildings, teaching laboratories and equipment, research opportunities, and additional scholarships and student support. With the generous financial support of many individuals, foundations, and corporations, AHS's success at translating research into practical programs that support health and wellness has had a far-reaching effect on the quality of life and health of individuals and their communities. An exceptional example of that direct, tangible effect is the educational tools created by the Murray Alzheimer and Research Education Program (MAREP) for those with Alzheimer's disease and related dementias and their partners in care.

By Us For Us Guide – Created in conjunction with eight enthusiastic persons with early-stage dementia, this memory work out guide (the first in a series) provides examples of cognitive exercises and encourages persons with dementia to develop and maintain regular "work outs" for the brain so as to function better while engaging in enjoyable activities.

The **Dementia Care Education Series CD-ROM and Facilitator Guide**, which was partially funded through Pfizer Canada, is an interactive education program that explores 10 specific aspects of dementia and dementia care by using current research, video clips, stories, poetry, interactive exercises, and handouts.

I'm Still Here DVD and Teaching-Learning Guide – This powerful research-based play captures the dementia journey from the perspective of persons living with dementia and their family partners in care through a reflective practice approach.

For further information about these resources, please visit www.marep.ca. These resources can be obtained through MAREP by calling 519-888-4567, extension 32920, or by emailing jnmooney@uwaterloo.ca.



Brenda Hounam and Elaine Smith, who have early-stage dementia and who helped create the By Us For Us Guide

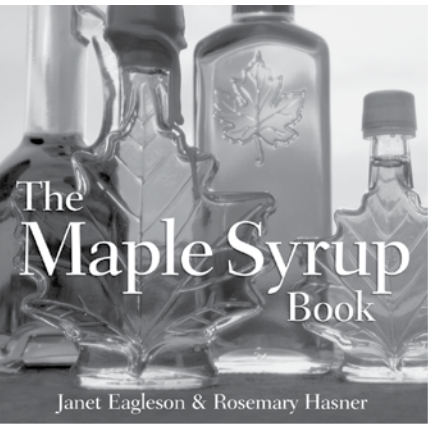


The Latest

UW's **Elliott Avedon Museum and Archive of Games** — a unique Canadian resource dedicated to the research, collection, preservation, and exhibition of games and game-related objects — celebrated its 35th anniversary in June 2006. The museum collection includes more than 5,000 physical objects, many of which have been exhibited in the public gallery over the years.

Inducted into the Athletics Hall of Fame for 2006, **Paul Marchildon, Rec '87**, was recognized for his extensive work with Campus Recreation during his time at Waterloo.

In March 2006, **Vicki (Behune) Lyburner, Rec '78**, assumed the responsibilities of President of the Ontario Tourism Education Corporation. OTEC provides human resource training, and organizational consulting solutions to the Ontario Tourism and Service Sectors.



TO YOUR HEALTH

Author of several books, Janet Eagleson, Kin '93, shares her exploration of the making and use of maple syrup in her most recent publication, *The Maple Syrup Book*. Janet's writing prowess has landed her a four-year stint as a writer for *Rotowire.com* (fantasy sports), and you can hear her as the resident NHL expert on GoTV Networks.

Featured below is one of the recipe pages from Janet's book.

MAPLE SALMON

Sue Edwards, who owns and operates the Country Caterer in Orangeville, Ontario is often asked to prepare this delicious dish for the many events she caters. Sue's spontaneous nature is mirrored in the recipe — the ingredients are added in amounts you feel are appropriate rather than in a restrictive list. Maple salmon has made me a star with dinner guests more than once!

- 1 long filet of salmon
- 1 clove of garlic, minced
- olive oil
- maple syrup
- fresh, cracked black pepper

Preheat the oven to 450°F (230°C). Wash the salmon and place it, skin side down, in a shallow baking or roasting pan. Drizzle the salmon with olive oil and rub it into the flesh. Next, rub the garlic into the flesh. Grind black pepper over the fish and rub it in, too. Finally, drizzle the salmon with maple syrup and rub it into the flesh. Bake in the center of the oven for 14 minutes.

Variation: Maple salmon can also be barbecued over medium-high heat. Small pieces of salmon can also be used, but the cooking time must be shortened.

Text excerpt (page 91) from *The Maple Syrup Book*
By: Janet Eagleson & Rosemary Hasner Publisher: Boston Mills Press

Stroke Recovery Research Brings Researchers Together

Kinesiology professors from UW are part of a team that is doing collaborative research at the Heart and Stroke Foundation of Ontario's Centre for Stroke Recovery (HSFCRS). Based at Sunnybrook Health Sciences Centre in Toronto, this Centre of Excellence brings together expertise in stroke research from three institutions: Sunnybrook Health Sciences Centre, Baycrest Centre for Geriatric Care, and the Ontario Health Research Institute at the University of Ottawa.

In an effort to enhance motor function in individuals who have suffered a stroke, Drs. Bill McIlroy, Richard Staines, and Eric Roy are integrating their individual areas of expertise.

Dr. McIlroy is investigating ways to improve mobility after a stroke. His research looks at balance and

mobility with respect to new treatment options and technologies to minimize the risk of falling.

Dr. Staines is studying how the brain interprets, adapts to, and integrates sensory inputs to guide motor behaviour, and how these processes are affected by and can contribute to recovery from brain injury. The long-term objective is to enhance neural adaptations to improve motor behaviour and lessen disability following stroke.

Dr. Roy has a research focus on apraxia, a disorder of limb gesturing and tool use. His cognitive neuropsychological model of apraxia identifies disruptions at different stages of gesture production and then attempts to relate these to lesions in the brain.

ALUMNI DAYTIMER

Alumni in Action

"Anyone who has seen a Special Olympics Athlete perform needs no explanation," explains Kate McCrae, Rec '05. "Deeds are the language of courage; it is universal language and the inarticulate, especially, speak it most persuasively."

Kate is the National Sport Program Coordinator for Special Olympics, Canada. She is responsible for the advancement, growth, and certification of coaching and athlete development.



Kate McCrae (left) at the 2006 National Summer Games

"The vast majority of Special Olympics athletes will experience this program in their own communities. The core business is not to inspire the rest of us every now and then, although the movement invariably does that. The task is to create a grassroots sport environment congenial to people with intellectual disabilities, with an organizational stability sufficient to provide regular opportunities for training, competition, friendship and the host of other human satisfactions inherent in sport. The growth and awareness of Special Olympics in Canada has grown immensely and it is exciting to be a part of an organization that embraces the value of sport development and elite athlete programming while also celebrating the power of sport in personal development."



Former classmates, Matt Clarke & Nat Dufresne, Kin '00, return annually to the Fun Run to exercise their friendly running rivalry. Will it be Nat or Matt who triumphs in 2007? For Fun Run details (winners, times, sponsors) and race photos, click on www.ahs.uwaterloo.ca/alumni/funrun.

Local Educator Honoured as Outstanding AHS Alumna

Sharon Robertson, a noted innovator and leader in the Region of Waterloo's educational system, was honoured with the AHS Alumni Achievement Award at the June convocation.



AHS Alumni Award winner, Sharon Robertson, celebrates with newly retired Kinesiology professor and UW mace bearer, Jay Thomson, at the June 2006 convocation.

In the space of a remarkable 28-year career, Sharon taught all ages of students in four Ontario Boards of Education, and lectured and led workshops on learning and teaching strategies at all levels from local to international. As a local school principal, Sharon spearheaded the adoption of a healthy lifestyle program for her students by eliminating pop and substituting water; advocating vegetables as snack foods in the classroom; and promoting daily physical activity. Sharon also introduced the US program, Brain Gym, to Waterloo.

Sharon conveys her passion for teaching and learning with great energy and enthusiasm. Always eager to embrace new areas, she now lectures to teachers on emotional intelligence and consults to industry on incorporating human elements into instructional software design.



Gone sailing! His new status as a retiree affords former prof Ian Williams more time to pursue his sports passion at the helm of his sailboat.

HALLMAN LECTURES

LECTURER	UNIVERSITY	DATE OF PUBLIC LECTURE	TITLE OF LECTURE
Dr. Jaber F. Gubrium	University of Missouri - Columbia	Thursday, February 8, 2007	Aging, Life Stories, and Social Content
Dr. Clinton T. Rubin	State University of New York	Tuesday, March 27, 2007	Osteoporosis: Can it be prevented without the use of drugs?
Dr. Valeria J. Freysinger	Miami University	Wednesday, April 4, 2007	Aging and Well-being: What can be learned from the Research on Leisure?
Dr. Len Gray	University of Queensland	Thursday, April 26, 2007	Express Lanes and Collectors: Using Decision-making to Ease Traffic Congestion in Acute Care
Dr. Susan Kirkland	Dalhousie University	Tuesday, May 8, 2007	Beyond the Fountain of Youth: Healthy Aging in the 21st Century
Dr. Lewis Lipsitz	Harvard Medical School	Thursday, May 17, 2007	Fainting, Falls, and Blood Pressure Regulation in the Elderly: Insights from Clinical Geriatric Research

THE GRAPEVINE

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

Norm O'Reilly, Kin '97, is currently Director and Associate Professor of the School of Sports Administration at Laurentian University in Sudbury. He is a well-known lecturer and author or co-author of two textbooks and over a dozen management journal articles. His athletic background (including varsity Nordic Skiing at UW) and studies at Waterloo led him to the business side of sport, where he has worked, studied, consulted, researched and taught. Norm's passion for sport has led him to sit on the board of various sport organizations (including Triathlon Canada and the Canadian Olympic Committee) and has provided him with opportunities to travel the world, including supporting our athletes at the 2004 Olympic Games in Athens as part of the Mission Staff, scaling Mount Everest on a research expedition, and supporting his doctoral studies with work at the University of Limerick as a Canada-Ireland scholarship recipient. Norm and his partner, Nadege, have a daughter, Emma, and a son, Kian. Feel free to contact Norm at noreilly@laurentian.ca.

Ronald Kennedy, Kin/Health '80, writes, "Since graduation, I've enjoyed working and raising a family (2 boys) in the far north. Currently, I teach Physical Education in Iqaluit, Nunavut to grades K-5 but look forward to retirement in 2007. I have been involved in a variety of sport activities over my years here: Arctic Winter Games many times, including Gymnastics Co-ordinator; 2002 Nunavut Arctic Winter Games, coaching cross country skiing; Baffin Student Games Co-ordinator, and presently helping coach 100+ gymnasts. I remember coming here to Frofisher Bay [former name] and discovering a Kinesiology classmate was the Aquatics Manager - small world even way back in 1980. Hope to make it to 2007 Homecoming".

After graduation, **Marion (Tanner) Perras, Kin '94**, worked as a clinical kinesiology for a year before applying to McMaster's Physiotherapy program. She's since worked in numerous settings (hospitals, clinics, LTC facilities, CCAC) and within a variety of fields (out- and in-patient, sports medicine, cardiac rehab, cardio-respiratory). Most recently, Marion and a partner opened a physio practice in Brantford, ON, called Essential Physiotherapy. The primary focus is treating bladder/bowel incontinence and disorders, pelvic pain, as well as 'regular' clients. Marion married John Paul in 1997 and they now have 2 girls (Audra and Claire), 2 cats, and a huge Neapolitan Mastiff (Nema). Their email address is: mp.jpp@sympatico.ca.

Jeanette (Vellinga) Armitage, Health '97, married Jeff Armitage in August 2000, lived in Toronto, and worked for Ortho Biotech in oncology pharmaceutical sales until they followed a job transfer for Jeff to Naperville, Illinois, in August 2002. With that move came a new and very different job opportunity where Jeanette led the youth at their church as the Interim Student Minister for 8 months. When that wrapped up, God had another career change in store,



as they gave birth to twin boys, Caleb Lorne and Cole Nehemiah, on September 9, 2004. As if that didn't keep them busy enough, they welcomed another hockey-playing baby boy this past February. Jeanette loves being a full-time Mommy to these precious little men! She'd love to hear from UW friends at jeanettearmitage@sbccglobal.net.

The rumours are true. After 7 years of procrastinating, on June 11, 2005, **Amy MacArthur, Health '00**, and **Andrew Laing, Kin '99**, got married at a cottage resort north of Peterborough. The guests enjoyed boating, campfires, and poker throughout the weekend. Amy & Andrew have spent the last 3 years in Vancouver, and enjoy exploring the mountains on bikes or skis. When they're not convening with nature, Amy works as an epidemiologist at the BC Cancer Agency, and Andrew is finishing his PhD in biomechanics at Simon Fraser University. Feel free to contact them at acmacart@hotmail.com or andrewclaing@hotmail.com. They'd love to hear from any old friends.

Erin (Shaw) McHattie, Kin '00, has returned to her full-time job at Peterborough Regional Health Centre, following maternity leave for Baby Allison Catherine, born April 29, 2005. Erin is a Kinesiologist working out of the Outpatient Physiotherapy and Occupational Health Departments. "I do a very wide variety of tasks at the hospital - working with the joint replacements, WSIB RTW programs, Education Programs for patients and staff, Ergo Assessments, Functional Capacity Evaluations (we are a REC for WSIB), plus anything else that may fit into my area of knowledge."

From **Stu Fraser, Kin '94**: "Back again! After England and the U.S., I'm working in downtown Toronto. Where I work (Nuclear Safety Solutions) used to be a part of OPG/Hydro, but are now a private company. I'm doing human factors stuff on control room design (controls, displays etc.). This whole 'city' thing is pretty overwhelming! Cheers!"

From **Tanya (Moore) Muller, Kin '95**, "After graduating in 1995 from Kinesiology, I traveled around North America from Mexico up the coast to Alaska and then over to Europe. I got married in September 2001 on Sparrow Lake, Ontario, to Brian Muller. In 2003, I completed the Ironman in Panama City Beach, Florida in 13 hours, 21 minutes and 41 seconds. I am currently working as an Ergonomics Specialist for the Industrial Accident Prevention Association, however, off on maternity leave. I now have 2 wonderful step-children and a beautiful baby girl - Breanna Marie. And we are living in Severn Bridge, Ontario. I would love to hear from people - tmuller@iapa.ca.

Mackenzie Jaims, Kin '98, writes, "Engaged, buying a new house, traveling around the world working, it's been a great couple of years. After working in England (go Chelsea) I returned to Vancouver, where I met and fell in love with Melanie, a French immersion teacher from Kamloops. We've just gotten married this year and have bought a house in Kamloops. As for work, it turns out being a videotape operator has some perks. I've been

fortunate enough to work at the past two Olympic Games but have been spending most of my time showing the viewing audience 'that play they just have to see again' around BC with some gigs in Alberta (go Oilers)."

After nearly 7 years for **Neil Munroe, Kin '96**, 4 years for **Kerry VanSickle, Rec '96**, and 2 years for their son Parker, they are moving back to Canada. They have been living in Hong Kong while Neil worked for Cathay Pacific Airways, as a pilot on the Airbus 330 and 340. Neil writes, "Cathay has offered us a Vancouver basing; same job, same planes, just days off and a life in Canada rather than Hong Kong. We're taking it! We'll be living in the Vernon area, close to Silver Star Mountain Resort and our ski chalet that we rent out (www.alpinechalet-rental.com). We're really excited about living in Canada, breathing clean air, getting Parker on skis (Neil) and skates (Kerry) this winter, camping, hiking...and the list goes on. Living and working in Hong Kong has been a great experience, but how can it compete with the Okanagan Valley?" Kerry is planning on resuming teaching now that they are back in Canada. E-mail: neilmunroe@crewmembers.com and kerry-vs@hotmail.com.

"Life in Salmon Arm, BC is great," says **Angela (Walzl) Carson, Kin '90**. Married with two children, Morgan (8) and Matthew (5), Angela works part-time as a physiotherapist with the Outpatient Neuro department at Vernon Jubilee Hospital. In her not-so-spare moments, Angela swims competitively in the Masters swim club, plays soccer, and enjoys every weekend in the winter skiing with Simon and the boys up at Silver Star Mountain. "We would love to hear from former classmates (simon.ang@telus.net). Salmon Arm is an ideal stopping point between Vancouver and Calgary and we have lots of room."

After graduating from the Recreation and Business program, **Beth (Cullington) Lattimore, Rec '04**, got married in the fall of 2004. After graduation from the University of Toronto's education program this year, she has begun teaching in Toronto.

Marc Mazzuca, Kin '05, has moved down under to the 'world's most livable city' - Melbourne, Australia - to continue his studies as a PhD student with Prof. Mary Wlodek in the Faculty of Medicine at the University of Melbourne. "My research focuses on the effects of placental insufficiency on post-natal growth, vascular reactivity and heart disease," explains Marc. Along with an excellent educational experience, Marc is enjoying the diversified culture, surfing beaches, tropical weather and wildlife of Melbourne. "The privilege of studying abroad has been a life-changing experience, challenged by the unique diversity, social interaction and personal development. If you are interested in studying abroad, do not hesitate to email me: m.mazzuca2@pgrad.unimelb.edu.au" 'On ya cobber mate'"



LaToya Austin, Health '99, has been working in Cardiology Research at St. Michael's Hospital in Toronto since January 2003. Her primary research focus is cardiac arrest resuscitation. She is currently the Canadian Research Coordinator for an international study, called Home Automatic External Defibrillator Trial (HAT), which involves training spouses in the use of Automatic External Defibrillator (AED) and CPR in the event that the spouse suffers a cardiac arrest. Other projects involve training medical residents in cardiac arrest resuscitation using simulators. Her main focus is to improve the quality of resuscitation efforts, both in the community and in the hospital settings. On a personal note, after several years of running for Canada, LaToya hasn't given up competing and continues to run with the local track club. She would love to hear from friends at: Itaustin7@hotmail.com.

Louise Garipey, Kin' 02, writes, "After racing in the Ironman Lake Placid triathlon for the second time in July, I am now focusing more on my PhD studies as I enter my second year at the University of Ottawa. My focus is on the role of the ATP-sensitive potassium channel (KATP) in calcium regulation and skeletal fiber damage during fatigue. I am also a part-time professor with the School of Human Kinetics at U of O, leaving me with very little free time for friends and family!"

As a recent graduate, **Jenn Duff, Rec '06**, is working her way up the ladder pretty quickly. "I started out at Cranberry Golf & Conference Center in Collingwood as the Recreation Supervisor during my last semester at Waterloo. After only 10 months in this position, I am now the Recreation Director. I am enjoying the recreational life that Collingwood is able to provide to me, and love the water out my front door, and the ski hills in my backyard. Please feel free to contact me at: recreation@cranberry-resort.on.ca at any time. I am always looking for Waterloo students to come and work for me at the resort, so if you are in need of a summer or part-time job, please feel free to contact me."



From **Scott McKay, Kin '98**: "I can't believe 8 years have passed since I left Waterloo! Since then, I have finished Med School and Residency at UWO and now I'm back home in Sarnia, working as a family doctor. For Jen and I, our most exciting news recently was the adoption of our son, Jeffrey, in May 2005. Keep in touch at: sdmckay2002@hotmail.com.



Life is great for **Sherri Gill, Rec '00**. As an assistant park supervisor for the Long Point Region Conservation Authority, located on Ontario's south coast, Sherri is responsible for a park in a town (Waterford) just north of Simcoe. "I really enjoy it. This was my first summer and it confirms that this is what I should have been doing all along."

Kerri Dryden, Kin '93, has had a pretty interesting career since graduation from Waterloo. She has worked in the automotive industry since her first job after graduation, spending 10 years with Valeo, a French

automotive supplier. Originally, she was an ergonomist and then Health and Safety Coordinator in Stratford, ON. She was offered an opportunity to move to Greensburg, Indiana and decided to go. After about 2 years as HS Coordinator, she decided on a career change and accepted a transfer to Paris, France (spending 2 years in a corporate training role with lots of travel), then in Cincinnati, Ohio (for 6 years working in Human Resources). Looking for an opportunity to return to Canada, she joined Faurecia as HR Manager and has thoroughly enjoyed being home near family and friends these past three years.

Dr. Richard Robinson, Kin '93 writes, "I was enrolled in Journalism at UVIC prior to attending UW, with the goal of being a sports broadcaster and covering amateur athletics, and ultimately, the Olympic Games. After an injury introduced me to chiropractic, and I changed to Kinesiology at UW, my profession changed but the goal didn't. I spent time in the UW training centre and became a massage therapist, prior to graduating as a chiropractor in 1996. I worked in California for 5 years before settling in Calgary with my wife, Tamara Anderson, DC, and opening Calgary Sports Therapy (two multidisciplinary clinics which enjoy a relationship with the National Sports Centres). We have two young sons, Bodie (3), and Wyatt (1), who keep us busy. When I began practicing, my focus was on sport and I was fortunate to begin working with our national freestyle ski team, which trained out of the Calgary/Banff area. Soon I was traveling as a chiropractor/therapist with the team and I had the privilege of being chosen as part of Canada's medical team at the 2006 Olympic Winter Games. I have also had the privilege of being on the medical teams for Alpine Skiing, Speed Skating Canada, and I am the head therapist for the BMX Cycling team (who will compete in the new medal sport beginning in Beijing in 2008).

Chris Bourne, MA, Rec '01 is still busy developing sport, recreation and active living opportunities for Canadians with a disability. As Community Development Manager with the Active Living Alliance for Canadians with a Disability, Chris plays a key role in creating networks and developing leadership across Canada. As Chairperson of Water Ski and Wakeboard Canada's Adaptive Water Sports Committee, Chris has been instrumental in the development of SkiAbility (a nationwide program that offers water ski opportunities for those with different types of disabilities) and in establishing a competitive stream for these athletes. An accomplished triathlete, Chris is now also competing as an elite water skier. In August, he won the national sit ski title, and has recently competed in the Pan Am Disabled Water Ski Championships in Florida.

After graduation from UW, **Amelia To, Health '02**, started working full-time with the Information Management/Technology department at University Health Network-Toronto General, Toronto Western, and Princess Margaret Hospitals. She is now a Project Manager, overseeing system and process improvement implementations at UHN and their community

partners. "I got married in September 2006 to Matthew Hoyt (MMath, 2001) and we have settled in downtown Toronto," writes Amelia. "I still keep in touch with my crew of 'Health girls' and we often reminisce about our UW days."

Living in downtown Toronto, **Holly O'Brien, Rec/Bus '04**, is the new Sales and Marketing Coordinator for Atlantis Creative Group, a division of Maritz Canada. "It's great to hire one of our own," says President and founder of Atlantis Creative Group, Paul Marchildon, Rec '87. Holly's enjoying working at Atlantis with a group of highly talented individuals in a creative environment, and is delighted to be part of a company that embraces the true spirit of recreation and business. Prior to working in the marketing communications industry, Holly was in Calgary, working in insurance.

"I immediately felt the love of the people and the surroundings when I first arrived on the African continent," declares **Aziz Batada, Kin '00**. "With no hesitation, the communities of Mombasa embraced me and made my transition to this part of the world a very comfortable one." Since August 2004, Aziz has been teaching biology and chemistry to students from grades 6 to 12 at the Aga Khan Academy (AKA) in Mombasa, Kenya, and is now Head of the Department for Sciences. The AKA is part of the Aga Khan Development Network (www.akdn.org) located in about 19 cities of South Asia, Sub-Saharan Africa, Central Asia, and the Middle East. This network of schools of excellence uses the International Baccalaureate (IB) curriculum standards. "I have begun to quickly learn to speak Kiswahili, take the matatu (minibus) everywhere, and even adjust to the amount of oil in my diet. I could never have imagined what this experience would be like. I saw this as an opportunity to give back, while at the same time, become part of an educational endeavor and vision that is so dearly needed in the world today. If you are around the area, please feel free to contact me at: azizbatada@gmail.com and check out my photos at <http://photos.yahoo.com/aziztraveling>.



Aziz is pictured, on the far right, with the AKA Mombasa Senior Boys Basketball he coaches.

Celebrating 25 years - the '82 class of Kinesiology is planning a reunion in 2007. Contact Kathy Cowper - kcowper@mallotcreek.com, Christine Webb - christine_webb@wrdsb.on.ca or Betty Bax - bax@uwaterloo.ca for more information.

Passings

Kim Armstrong, Kin '89, September 13, 2005
Susan (Aicken) Starczyk, Kin '80, July 14, 2005
Judy Cheng, Health MSc '84, May 2, 2005
Patrick Harp, Rec '80, December 11, 2005
Alan Foster, Kin '77, November 2, 2005
Bev Hall, Kin/Health '84, February 16, 2006
Anne Harrison, Dance '96, March 1, 2005
April Sanz-Sole, Rec '99, February 15, 2006

PICTURE THIS!

As a special salute to UW's 50th Anniversary, we are collecting photos that document all five decades of AHS alums (1960s, 1970s, 1980s, 1990s, 2000s) and we need your help! Dig into your photo albums, scrapbooks, and snapshot collections and send or email the images that

best encapsulate your time at Waterloo. Include captions and stories wherever possible.

We will print as many as possible in future issues, but not before connecting with you for permission. Details to submit electronically will

be posted at www.ahs.uwaterloo.ca/alumni. Hard copies can be sent to Maureen Corbett, Faculty of Applied Health Sciences, University of Waterloo, 200 University Avenue West, Waterloo ON N2L 3G1.



Two generations of AHS alums: Toos Reid, Kin '73, and Jody Reid, Kin '03, along with dad, Ron, at the 2002 Fun Run



"The group shot is my first-year Rec classmates in September 1980. We did an orientation weekend at a camp in Ayr. I think it was an entering class ritual for a number of years. We had a riot! I made a lot of great friends as a result of that weekend!" says Gayle Goodfellow, Rec alum.



Can you spot the current AHS professor shown here with his classmates at the 1989 AHS semi-formal?



June '93 celebration of 25 years of Kinesiology - Along with the pictured KINFest & Barbeque, events included the Norm Ashton Open Golf Tournament and Tribute and the "No-Ties Required" Dinner & Dance