



# The Health Needs of an Aging Population: What Lies Ahead for Canada?

*If Chicken Little was a health reporter today, he would say “The Baby Boomers are aging! The Baby Boomers are aging!” Everybody from the World Bank to provincial premiers to the great Canadian tabloids point to an ominous demographic bulge that will begin bankrupting the Canadian health care and pension systems by the time the first Beatles fan celebrates her 65th birthday. Somehow the growing number of elderly Canadians seem to be single-handedly responsible for soaring health care costs, over-crowded hospitals, stressed out health professionals and waiting lists longer than the wizard cap line-up at a Harry Potter convention.*

**P**opulation aging in Canada is not so much a looming calamity as it is a challenge that will force us to make some careful policy choices. We need only to look around us to understand that demography does NOT explain two-thirds of everything, despite claims to the contrary. Canada has had among the most expensive of the publicly funded health care systems in the world, but our population is young by international standards. For example, Canada spent about 10% of GDP on health care in 1995 compared with about 8% in Sweden. However, persons 65 and over comprised only about 12% of the Canadian population compared with almost 18% of Swedes. Indeed, Sweden had a larger proportion of the population aged 65 and over in the early 1960's than Canada had in the mid 1990's. The fact of the matter is that Canada is decades behind in population aging.

So what explains our relatively high, and once again rising, health care costs (now that federal provincial transfer payments have been reinstated)? A comprehensive study of health expenditures in the 1980's (when costs were escalating most rapidly) point to wage inflation for health professionals,

rising drug costs and increased clinical intensity (i.e., doing more complicated things to the same sick patient than we used to) as the primary culprits behind the almost 20% increase in health expenditures in the 1980's. Only 4% of that change was attributable to population aging.

This is not to say that Canadians can go back to sleep knowing that their health care nightmare was just a dream. If we do not give some careful thought as individuals and as a society as to how we should respond to population aging we could indeed end up where we did not want to be.

So what are researchers at the University of Waterloo doing about all of this? Faculty members in Applied Health Sciences are leading world-class research efforts that address the key points for intervention to improve health across the lifespan.

The first step must be prevention. Tobacco consumption is the single most effective way to accelerate all the negative health changes we associate with the aging process. If tobacco does not kill you at a young age, it will almost certainly leave you in a disabled state in old age. Preventing kids from smoking in the first place and helping adults of all ages (including the elderly) to stop smoking must continue to be a top priority for Canadians.

Active living across the lifespan can reduce disability and illness and promote greater psychological well-being. AHS researchers have a number of important initiatives underway to promote physical activity, prevent falls, and increase involvement in positive leisure activities for older adults.

It is also important to find ways to improve the health care system for those who are now ill or for whom illness cannot be avoided. The RAI-Health Informatics Project (RAI-HIP) is a \$1.67 million effort funded by Health Canada that aims to implement and evaluate an integrated health information system linking long term care, home care, acute care, psychiatric and rehabilitation hospitals. This system will provide information to help clinicians identify social, psychological and medical needs; improve care planning; increase the equity of funding between health organizations; provide information to improve accountability in health care; track the outcomes of care; and allow international comparisons so that we can learn about what works well in other countries. This means that Canadian consumers, care providers and policy makers will be able to have dependable evidence upon which they can make their decisions related to health care.

The Director General of the World Health Organization recently described gains in life expectancy to be one of humanity's greatest achievements of the last century. Living a full life to reach a healthy, happy and active old age is what any of us would aspire to. A cost-effective health care system that treats remediable illness and maximizes quality of life for the frail elderly and other disadvantaged populations is entirely achievable. We just need to stop worrying and get on with the task at hand.

*John P. Hirdes, PhD, is an Associate Professor in the Department of Health Studies and Gerontology, University of Waterloo; and Director of Research, Providence Centre, Toronto.*

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## Dean's Update

## Remember when...

*I wonder how many alumni out there remember the early years of this Faculty when it was actually called Department of Athletics and Physical Education (1966)? In those formative years, before our current departments were born, the University of Waterloo was blessed with an outstanding core of dedicated individuals who, in the years to come, would contribute significantly to our destiny.*

Some members of that vibrant cadre of teachers and coaches included Howie Green, Pat Bishop, Don Hayes, Ruth Priddle, Bob Norman, Neil Widmeyer and Jack Pearse. Of course, most of them are now older than dirt, including the driving force for the first kinesiology program in Canada, Norm Ashton. Norm served the University of Waterloo with distinction and, even while retired, still played a leadership role as our first Faculty webmaster.

As the saying goes, a lot of water has passed under the bridge following those formative years. A new Faculty emerged and eventually spawned four unique departments: kinesiology, health studies (recently merged with gerontology), recreation and leisure studies, and dance.

The focus on scholarship was pervasive and each department rapidly assumed a leadership role in Canada. Each

department became a magnet, attracting many of the best young scholars/teachers in the country. As the Faculty matured, the students have been (and continue to be) the beneficiaries of this legacy. In addition to specific content related to a rock-solid academic base, you have told us how multiple skill sets, including problem-solving expertise, continue to provide a competitive edge.

The success of the UW recipe has led to considerable emulation by other institutions over the years. While this is flattering, it also has increased the competition for students, and has increased tuition. Consequently, we are truly grateful for ongoing alumni support, not only financially (e.g. Year I scholarships) but also in terms of word-of-mouth encouragement for potential students.

The Faculty of Applied Health Sciences and constituent Departments and Centres have matured to a level of national and international prominence for both research and teaching. Last year, for example, AHS faculty members competed and were awarded more research grant funding per faculty member than any Faculty on campus. In addition, we still have our share of candidates and recipients of distinguished teaching awards. All of this increases your stock in having a degree from this Faculty. And so, the legacy of excellence continues, shaped in large part by our colleagues from the 60's who were willing to be innovative and set the stage for the "Leaders of Tomorrow."

## Retired teachers aid PACE research

*Researchers in Applied Health Sciences have a long-standing interest in how to lessen the impact of age-related changes. A donation of a half a million dollars from the Ontario Teachers' Retirement Village (OTRV) will enhance and continue the research efforts of the Physical Assessment Centre for the Elderly (PACE). The PACE program conducts research with the aim of keeping older individuals healthy and independently mobile so most seniors can live in their own apartment or home.*

The OTRV was originally founded to provide improved retirement accommodation and services for an aging population. It constructed apartments in Kitchener and St. Catharines, but didn't obtain government approvals for nursing home facilities and support services. Unable to provide these services itself, the organization will dissolve in the near future, leaving its remaining assets to the University. OTRV vice-president Dave Martindale said the work of the PACE program "will help fulfil the vision of the founding members of the OTRV."

"We are very pleased that the OTRV supports our research on successful aging," responded Mike Sharratt, Dean of Applied Health Sciences. "Our research links closely to their vision of keeping their members healthy, mobile and independent for as long as possible."

# Sharing Health Information into the Future



*With a joint academic appointment in Applied Health Sciences and Computer Sciences, UW President David Johnston's expertise in information technology provides impetus for several new Faculty initiatives in the area of Health Informatics. In a conversation with News to You, he shared his thoughts on the use of technology to manage the flow of health information.*

**The management of health information through technology is rapidly expanding. How does Health Informatics help service the health needs of Canadians?**

With the Canadian health information networks, we recognize that how we use information about what makes people well, and how to provide better and faster information on illness and its cure helps and heals all Canadians. This is a tremendous opportunity to connect people and information—ranging from data for individual care to sets of data for analysing statistics of population health. We think back to Luther's social and cultural revolution of accessibility, one which dramatically transformed the organization of the church and the understanding of the word of God. Will humankind's desire for a better understanding of the condition of healthy living transform the role of doctors, nurses and other health-care professionals, and hospitals and clinics? And will ministries of health in Canada's public system realize that their most important responsibility is managing information and putting it into the hands of individuals?

**The tools of Health Informatics provide communication and connectivity. In a currently challenged health care system the capacity to evaluate, analyse and extract data and extra information are invaluable.**

## Crokinole: A Truly Canadian Experience

*A unique collection of crokinole boards, 56 in all, has been donated to the E. Avedon Museum and Archive of Games. This wonderful collection of 'Canadiana' documents the roots of the game, Crokinole, with boards manufactured as early as 1880. The exhibit is currently in the Public Gallery at B.C. Matthews Hall, University of Waterloo, and will run until May 2001.*



Above, the oldest known Crokinole board in the world is part of the "Harvest Collection" at Joseph Schneider Haus Museum, Kitchener, Ontario. This board was handmade by Eckhardt Wettlaufer, in Perth County near Tavistock, Ontario for his son's fifth birthday in 1875.

## Aging well starts in infancy

Studies prove infants who have a good start in life are healthier and have better coping skills when they grow up. By keeping their newborn healthy through good nutrition and tender loving care, parents may be influencing their child's health in adulthood as well, says early child development expert and founder of the Canadian Institute for Applied Research, Dr. Fraser Mustard.

Speaking at the 15th anniversary celebration of the opening of the Centre for Applied Health Research, Dr. Mustard presented research findings to support the importance of early care. "There is increasing evidence that infants who do not receive proper care are more likely to suffer from such illnesses as high blood pressure, Type 2 diabetes and mental health problems later in life."

Most brain development takes place before the age of six. During this time, brain cells or neurons connect with other neurons to create a series of intricate pathways to transmit information. While a nurturing environment assists in this development, a poor or stressful environment can hinder development and permanently damage the neurons.

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## A Day in the Life of... Lorri Stewart-Sauve / HGRDIP '88, MA '94 GERON

*Literacy and Basic Skills Program Manager, Seniors and Adults, Waterloo Catholic District School Board*



# digest

### **Numbers indicate that 36% of seniors, ages 55 to 69, in Canada have problems with literacy at its most basic level. How does this translate into a day-to-day issue for this population?**

Literacy is a daily issue for a lot of people, especially seniors. Although seniors are defined as people aged 55 and better, most of the adults in our literacy programs are well over age 75.

Literacy is defined as not only the ability to read and write but also to comprehend the information and function in society. If you can imagine trying to read and understand a language that you have never read or understood before, you have an inkling of what it is like to have literacy problems. Add to that declining eyesight and mobility and you have a picture of what it is like for some of our seniors to cope with reading their medication labels. Not only do the words not make sense, the words are so small to read that many older adults don't bother. It is wonderful when the pharmacist personally explains how to take medication properly, however, some older adults have difficulty accurately remembering all of the information.

Another issue for many adults, not only seniors, is using the automated teller banking machines. They require good vision, reading (literacy) and math (numeracy) skills, hand-eye coordination, memory of a personal identification number, and a knowledge of how to use the machines. Most of the learners in our programs tell us that they are afraid to even try to use these machines. They also fear being robbed once they have received the money, so you can see why a lack of skills and confidence could present a problem.

A third issue is rewriting a driver's licence after turning 80. Some of our older adults do not have English as their first language. They may have written their driver's test 60 or more years ago, in another country, and now they must rewrite it here. This causes panic and, sometimes, even depression.

### **Your job mandate is to provide basic literacy skills to seniors and adults in the Waterloo region. How do you identify and effectively manage services for your client group?**

We identify our client group through referrals from others. We constantly present to and talk to case managers of the Community Care Access Centres in K-W and Cambridge, workers in Parks and Recreation, recreation directors in long-

term care facilities, and church outreach groups. I sit on various committees locally and provincially. Some committees deal with literacy issues specifically and others deal with gerontology issues. I try to ensure that the focus of our program is not myopic. This year, we have expanded to include more sites and a wider variety of programs.

Effectively managing our services is a constant challenge, with changing individual client needs and government mandates. We hope that, by continually trying to integrate community services with other providers, we create one-stop shopping for the older adults.

### **Funding is always an issue with educational programs. How do you convince others of the need for adult/seniors literacy programs in a time of cutbacks?**

It is not difficult to convince others of the need for literacy dollars, because of the large numbers of participants. The difficulty is trying to increase the program since the major cuts in 1994. We also are vying with countless other good causes for the same pot of money. What I would really like would be to find a donor who would sponsor programs in the long-term care facilities, since these types of programs are no longer included in the provincial model. I receive some support from the local school board and some from the sites, but unfortunately, those programs will be decreased this year. For example, instead of running a 36-week program, we may have no choice but to move to a 20-week program.

### **Do you see literacy needs increasing or decreasing for seniors in five to ten years?**

I see literacy needs increasing for seniors as the need for technological literacy grows. The ability to use technology, such as cell phones, computers, calculators, voice mail, fax machines, and ATMs, is now essential. Most of us are hesitant to try the new technologies, but once we start using them or are taught to use them, we enjoy them. However, with literacy and gerontology issues, seniors can get left far behind.

This past spring, we offered computer and banking technology courses, and we had a tremendous response from the seniors' community. They were so excited to be part of the technology mainstream. We partnered with the Royal Bank, the public school board, Conestoga College, The Literacy Group, Ted Wake Lounge in Cambridge, and St. David's school in Waterloo.

## Direct Dial

***In a radical shift in its fight against smoking, the Canadian Cancer Society has launched a telephone support line aimed not only at smokers trying to kick the habit, but also at those who have no intention of quitting.***

It's an idea that Health Studies and Gerontology's Paul McDonald has been advocating for years. Based on the success of a series of booklets he co-authored targeting the same mixed audience of smokers, the Canadian Cancer Society asked McDonald and his colleagues Steve Brown at the Health Behaviour Research Group and Roy Cameron of the Centre for Behavioural Research and Program Evaluation to develop the Smokers' Helpline. The service is unique in offering information, advice, and referrals to smokers struggling to quit, as well as support for those who aren't.

"We want to increase the number of smokers who try and succeed in quitting by using formal assistance, and secondly, we want to increase the number of smokers who become motivated to make a serious attempt to quit. It's designed for all smokers, driven by the needs of callers, not by the needs of funders. People are often ambivalent about smoking," explains Paul McDonald, "enjoying the sensation, but feeling concerned about their health."

*The Smokers' Helpline operates in French and English, from 9 a.m. to 9 p.m. on Monday through Thursday, and from 9 a.m. to 5 p.m. on Friday, toll-free, at 1-877-513-5333.*



**Janice Husted**  
PhD Columbia University

## Osteoarthritis: What is it? Who's affected? How to manage?

Osteoarthritis is a degenerative joint disease, usually affecting the hands and large weight-bearing joints such as the hips and knees. Symptoms of the disease include mild to severe pain, stiffness, and tenderness around the affected joints, and may lead to limitations in physical, social and occupational functioning. While osteoarthritis affects younger adults (frequently a result of a joint injury), it most often occurs in older adults. It has been estimated that by the age of 65, approximately 50% of the population show X-ray evidence of osteoarthritis in at least one joint. In the past there was a tendency to portray osteoarthritis as an inevitable aspect of aging that must be endured. However, a wide range of interventions or treatments are available to prevent or reduce arthritis-related symptoms and disabilities. Research has shown that the most successful programs involve a combination of treatments suited to the individual's needs, including exercise, rest and joint care, pain relief techniques, medications, weight control and surgery. Moreover, it has been demonstrated that individuals who take an active role in their own care, working in tandem with health care providers, report less pain, make fewer doctors' visits and enjoy an improved quality of life.

Background materials for this article can be found at the website, [www.nih.gov/niams/healthinfo/](http://www.nih.gov/niams/healthinfo/). It is an excellent source for additional information on musculoskeletal disorders.

## UW Team Tops in National Evaluation Contest

*A team of five graduate students from Health Studies & Gerontology won the top prize in last year's national evaluation contest sponsored by the Canadian Evaluation Society (CES) in conjunction with several federal ministries. The finals took place during last year's CES annual conference in Montreal in May. Competitors were given five hours to read and critique case materials, develop a briefing report for the preliminary round and a visual/oral presentation for the final round.*

Fifteen different university teams from various disciplines across Canada competed in the preliminary round (held at the home university). In the preliminary round participants were required to identify key indicators and design an evaluation plan for the Canada Place website and several permanent physical sites developed by the Department of Canadian Heritage. The finalist round, involving only the universities of Waterloo, McGill and Quebec, required study of the background and results from an evaluation of the rural component of the Community Access Program (CAP). The aim of this program, started in 1995 by Industry Canada and Human Resources Development Canada, was to provide increased affordable internet access to Canadians. The task for the finalists: outline lessons learned, issues to be resolved, and to design a plan to evaluate the urban component of the initiative.

Congratulations to: Jennifer Yessis, Trisha Gavin, Liz Cyarto, Adam Spencer and Candace Nykiforuk, coached by Drs. Anita Myers, and Mark Seasons from Planning, on their winning efforts.

## newfaces



**TREVOR SMITH**  
ASSISTANT PROFESSOR

After the completion of his PhD (1996) in Sociology from the University of Toronto, Trevor remained on at U of T's Centre for Health Promotion as Associate Member, and joined the Department of Public Health Sciences, Faculty of Medicine as an Assistant Professor. Trevor moved to join Health Studies & Gerontology at Waterloo in 1998 as an Assistant Research Professor teaching courses such as: The Canadian Health Care System, Sociology of Aging, Multidisciplinary Seminar on Aging, and Health, Illness, and Society. Trevor's varied research interests include: psychiatric assessment and outcomes, health services and health information, health promotion and population health, stress and coping resources, psychogeriatrics, and palliative care.



**RHONA HANNING**  
ASSOCIATE PROFESSOR

Following her PhD studies in Nutritional Sciences at the University of Toronto, Rhona went to McMaster as a post-doctoral fellow. She remained in the Department of Pediatrics at McMaster as an Assistant and then Associate Professor and National Institute of Nutrition (NIN) University Scholar. More recently, Rhona was the Coordinator of Nutrition and Dietetic Education and Research at St. Michael's Hospital, Toronto and Associate Professor in the Department of Nutritional Sciences at U of T. Rhona is a Fellow of Dietitians of Canada and her research in applied human nutrition currently includes a study with the Health Behaviour Research Group on the food intake and behaviour of Ontario teens with relation to bone health.



**In a new collaborative venture** Health Studies and Gerontology is teaming up with the Computer Sciences department to offer a new undergraduate option focussing on the management of health information called Health Informatics.

**An amazing 48 percent of the class of 2000 grads** achieved Dean's Honours List standing—a designation indicating their cumulative and major averages were 80 percent or better.

**Grad Studies Post-it:** Catrina Tudor-Locke was the recipient of the Governor General's Gold Medal for top PhD student at the Spring 2000 convocation for Applied Health Sciences, Arts and Environmental Studies. Her research looked at the evaluation of daily physical activity as an intervention for Type 2 diabetes.

## Remembering... William F. Forbes

Dr. William F. (Bill) Forbes—Professor Emeritus, former Dean of Mathematics and former Director of the Gerontology program—died in Ottawa on December 28, 1999. Bill was the founding President of the Ontario Gerontology Association and the Canadian Association on Gerontology. His numerous academic and scientific achievements (over 300 book chapters and articles) have had an international impact on the study and understanding of older adults. He has been recognized in Canada's Who's Who and was the recipient of the commemorative Medal for the 125th Anniversary of Canada "for people who have made a significant contribution to Canada, to their community, to their fellow Canadians." As an individual, Bill was known for his rapier wit, his enthusiasm for debate and his pursuit of innovative research. However, many of his students will remember him best as a committed mentor. Members of the local community will remember him as the bridge that connected the University of Waterloo to the front lines of health and social services for the elderly throughout our region and our province. Bill was not only an outstanding scholar, but also an active citizen who had a positive impact on our society.

## A Day in the Life of... Faye Blackwood / KIN '81

Manager of Paralympic Programmes, Athletics Canada, Toronto



digest

**You've had some extraordinary experiences during your five years competing on Canada's National Athletics Team. Can you describe one of your most vivid memories of that time?**

The most vivid memory I have was the year 1986. I was fortunate enough to set a Canadian record in the 60M hurdles, place third in the 60M hurdles at the National Indoor Championships, win the 100M hurdles at the National Championships, and be named to the Commonwealth Games Team, which meant a trip to Edinburgh, Scotland. I remember the National Championship 100M hurdle final...I knew what I had to do and was really focussed. Crossing the finish line, looking to my left and right, and suddenly realizing that I had won the race was the most amazing feeling! I'll never forget the feeling of having accomplished my goal of representing my country at an international competition.

**Among your many achievements, you've been recognized nationally, as an outstanding coach. What do you think the key is to getting the best performance out of an athlete?**

For me, the key is believing in the athletes, sharing their dreams, and helping them achieve those dreams. I tell them that I understand the sacrifices they have to make and just what it takes to accomplish their goals. Athletes believe me, because I've been there.

The athletes must believe that it is a partnership and that we work as a team. There must be open dialogue, in order to ensure that both the athletes and the coach are on the same page. The athletes have opinions and they must be listened to, because the training program is for them and they should have input.

**During your career, you've had the opportunity to work with many elite athletes. How did you get involved with Paralympic athletes?**

After graduating from UW, I started working at Variety Village, which is a world-class facility in Toronto for people with disabilities. When I retired from competition, I knew that I wanted to stay involved in track and field. There were lots of

children with disabilities interested in running, but nothing was really organized in terms of coaching. So, in the fall of 1989, I started coaching athletes with disabilities.

**What do you learn from your athletes when you coach?**

This is my 11th year of coaching athletes with disabilities and the one thing that I have learned is that they think of themselves as athletes, period! And, that is how they are treated. The disability only comes into play when they cannot physically do something, and then the coach must figure out a different way to achieve the end result. Together, the athlete and coach discover what needs to be done to perform a certain skill.

**Describe the status of Paralympic athletics: How many athletes compete for Canada? Is it growing as a movement? When was it started?**

Sport for athletes with disabilities began in England in 1944 (after WWII), with Sir Ludwig Guttmann starting sport at a spinal cord hospital, The Stoke Mandeville Hospital. The first organized games were in 1948 and included 14 men and 2 women competing in archery. Other sports were quickly introduced and with the addition of the new sports came participation from more countries.

Dr. Robert Jackson started wheelchair sports in Canada in 1953. The Canadian Wheelchair Sports Association formed in 1967. Canada participated in its first international competition that same year, in Israel. Other sport disability groups have formed since then, and now, Athletics Canada encompasses athletes who compete in wheelchairs and have amputations, and Swimming/Natation Canada represents and organizes events for swimmers with disabilities.

There are now 41 federally carded Paralympic athletes across all disability groups. Canada sent a team of 44 athletes to the Sydney Paralympics (October 18 - 29, 2000), where there were 4,000 athletes from 125 countries, competing in 17 different sports.

PHOTO ABOVE: Faye (right), coaching Kristine Lucas (left) and Charmaine Shand (centre), at the Paralympics in Atlanta.

## The Effects of Aging on Standing and Walking

*Approximately 10 years ago, research in the Gait and Posture Lab began a major study on the effects of age on standing and walking. Data from Statistics Canada showed that deaths due to falls in the elderly (aged 80+) were even higher than deaths due to motor vehicle accidents in younger adults (under 30).*

**V**olunteers for the study, whose average age was 70, were screened for fitness and health. They were assessed in four separate experiments: two involving perturbations to balance during standing, and two separate gait analyses. Since walking involves many phases where balance, trips and slips can occur, their neuromuscular "defense" mechanisms were also assessed.

The final results showed no significant changes in standing for the older study subjects, but did show a number of subtle changes in their gait patterns from those of younger adults. The subjects had the same cadence as young adults but walked with a shorter step length. Their head accelerations were higher, which could potentially result in having less steady eyes during walking. At heel contact, they had a higher horizontal skid velocity, which had a potential for increased slips when walking on slippery surfaces.

While some of the motor changes were definitely results of early neuromuscular degeneration, others actually appeared to be subconscious adaptations for a safer walking pattern.



**Recognized for his outstanding research** in the field of cardiovascular and respiratory physiology, Rich Hughson received the UW Award for Excellence in Research at the June 2000 convocation. His research investigates the cardio-respiratory system and its response to exercise, and the ability of the cardiovascular and respiratory systems to adapt to changing environments.

**Inducted into the UW Athletics Hall of Fame** during the February 2000 ceremony, Dave Hollinger, Kin '74, was recognized for his outstanding golf career at UW from 1969 to 1974.

**Grad Post-it:** Michael Tschakovsky (PhD Kin, '98) was the winner of the 1999 Young Investigator Award of the Canadian Society for Exercise Physiology (CSEP). During his graduate studies, Mike applied new noninvasive methods of measuring blood flow to discover that local regulatory mechanisms can overcome the normal nervous system regulation so that adequate blood flow is supplied to working muscles.

**Presented to Jim Curtis**, was one of three Outstanding Contribution Awards by the Canadian Sociology and Anthropology Association for his contributions to the knowledge of social inequality and class structure in Canada, the social aspects of sport, and the sociology of knowledge.

## Six-year Ergonomics Project Concludes but Research Continues

*"We have learned an enormous amount about problems and successes in the very complex auto business. We have also learned an enormous amount about what might work and what will not work in eliminating work-related injury from a very complex part of the system—the people,"*

*say UW researchers Bob Norman, Mardy Frazer, Richard Wells and Patrick Neumann.*



UW-based ergonomics research goes on, but the six-year Ergonomics Initiative project involving UW, General Motors of Canada Ltd., A. G. Simpson Automotive Systems, The Woodbridge Group, and the Canadian Auto Workers Union has ended.

"Much was achieved during this project," says Bob Norman. "We developed several qualitative and quantitative ergonomics tools for injury risk assessment. We learned that some specific worker perceptions (psychosocial factors) and quantifiable physical variables related to job design (biomechanical factors), present at relatively high levels simultaneously, can increase the risk of reporting low back pain by more than twenty times." Risk measurement tools, initially only usable by researchers, were converted into a software package called Ergowatch that is usable by anyone to predict injury probability.

Telling others about lessons learned was an important component of the Initiative. An extensive report, entitled "Research at Work," was published to share the findings of the projects with management of the participating organizations. More than 1200 employees of Ergonomics Initiative partners attended short courses and others participated in three two-day conferences. Many students were involved including four MSc and two PhD students. Forty-one papers were presented at scientific conferences and 12 papers contributed to the scientific peer reviewed literature.

## Muscle Wasting in the Game of Hockey

*Whether suited up for a game or studying it in his lab, Kinesiology professor Howie Green thoroughly enjoys hockey, and his recent research has found the sport to have some surprising physiological effects.*

Dr. Green's research has found that the physical demands of ice hockey tax muscles to the point of oxygen deprivation. He discovered that, over the course of a season, young UW hockey players whose health was neither compromised by disease nor challenged by serious environmental influences experienced muscle wasting similar to that found in cases of serious heart disease or exposure to high altitudes.

Hockey is inherently a give-and-go game, so players must generate sudden bursts of speed, come to abrupt halts, and either agilely dodge around or muscle through obstacles, all while wearing heavy padding and balancing on skate blades. In addition, there is inadequate time during the game for the muscles to rest and recover. Dr. Green says all of these aspects potentially factor into the deleterious effects that his research has demonstrated.

The conclusions of his hockey study imply that exercise in certain forms and/or circumstances could be contraindicated. With that in mind, Dr. Green has begun to study heart patients' tissue-level responses to exercise programs, in collaboration with cardiologists at Duke University. Their aim is to determine whether exercise exacerbates the oxygen deprivation process and consequently accelerates the muscle wasting that is characteristic of heart disease.



### newfaces

**JAMES E. RUSH**  
ASSISTANT PROFESSOR

After completing BSc and MSc degrees at the University of Guelph, Jim earned a PhD in Physiology from the SUNY Health Sciences Centre, Syracuse, New York in 1998. His thesis research focussed on the covalent regulation of enzymes involved in skeletal muscle high-energy phosphate management. Following his PhD studies, Jim moved to Columbia, Missouri for post-doctoral studies in vascular biology at the University of Missouri. His current research focusses on the impact of diet and exercise on the regulation of coronary vascular function and gene expression; with an emphasis on pathways controlling nitric oxide and antioxidant systems. His research utilizes physiological, biochemical, and molecular biology based approaches.

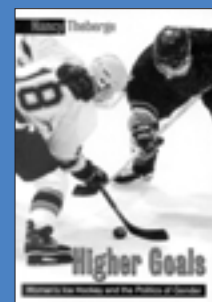
## Ask a Prof...

**Nancy Theberge**

PhD University of Massachusetts

### How have events like the Olympics fostered the growth of women's hockey?

Women's hockey has seen an explosion in participation and public interest in recent years. Many people don't realize that Canadian women have been playing hockey for more than a century, and for nearly as long as men. But the most impressive growth has taken place in the last decade. A key event was the first World Championships, which were held in 1990 in Ottawa. This was followed by the appearance of women's hockey on the Olympic program for the first time at the 1998 Nagano Games. International competitions have been important for the growth of the sport in a number of ways. For the most part, the North American sporting scene is dominated by professional sport, and especially by men's professional team sports. The Olympics provide most of the few occasions when other sports, and especially women's sports, receive media attention and public interest. During the Nagano Olympics, Canadian media coverage of women's hockey was extensive. The majority of the women's hockey games were telecast, and the gold medal game between the US and Canada was telecast live at 4 a.m. Eastern time, and then again later that day. But media coverage is only part of the effect of the Olympic Games. In Canada and many other countries, Olympic sports receive greater funding from governments and private sources, which in turn provides possibilities for further growth and development. The possibility of representing Canada in the Olympics also provides a focus for young girls' ambitions. Twenty years ago, a girl who dreamed of being a hockey player when she became older was, well, dreaming. Now, girls who dream of wearing the Team Canada jersey and representing their country as a hockey player can actually realize this dream. During the Fall school term 2000, a group of women who are hoping to form the first University of Waterloo women's hockey team gathered to practise at Columbia Ice Fields. Who knows, maybe in future years a member of the Waterloo Warriors will compete on the National Women's Ice Hockey Team!



Theberge, N. 2000. *Higher Goals, Women's Ice Hockey and the Politics of Gender*. Albany, NY: State University of New York Press (0-7914-4642-5 Paperback.)

## A Day in the Life of... Susan (Detzler) Steinfield / REC '90

Recreation Therapist, Alzheimer Day Away Program, Sunnyside Home, Kitchener

**The program you work with provides day care with community-based individuals living with Alzheimer's and other related dementia. Why is respite care so valuable?**

Respite is time away both for the caregiver and the individual with Alzheimer's-like dementia. Our program provides respite care for families caring for an individual with Alzheimer's or other dementia, as well as active programming to assist the individual. Both the patient and caregiver are our primary clients.

For such caregivers, taking care of the Alzheimer's patient requires care 24 hours a day, and much patience, with very little personal time. Coming to our program is time away for the caregiver, giving them a break to attend appointments, go shopping, etc. For the Alzheimer's client it's also a day away because they can take part in different programs, get out of their home, socialize, meet new people and experience new things. Often when people progress further into the disease they lose their support network, like their friends and places they used to attend, so it is nice that they have somewhere else to go.

**You work within a team of health care professionals to tackle the complex issues of Alzheimer's. Who are the other team members, and what is your role?**

On staff here, we have a Music Therapist, Social Worker, Adjuvants (Recreation Assistants) and an R.N. as well as many volunteers. Initially we assess each client's needs to develop a care plan. Then an individual program is created for each person. Our range of staff allows us to gear our programs to clients individually or in small groups. My role, as a Recreation Therapist, is to assist with the placement of clients into specific daily programs based on their needs and to update the care plan and change programs as needed.

**What can recreation therapy do for someone living with Alzheimer's?**

The primary goal of our recreational programming is to enhance social skills. People with Alzheimer's tend to become withdrawn and socialize less because they have a lot of trouble word-finding and they don't want to talk anymore. They need to be asked direct questions. A second goal is to maintain and stimulate cognitive function, and prevent or slow further deterioration. We also provide an opportunity for emotional expression by providing a setting where there are other people like themselves, experiencing similar feelings. Many people express frustration at the beginning — a lot of people know they have Alzheimer's. It is very frustrating knowing something is wrong but not knowing exactly what it is. We can help them cope with that frustration, and they can see that others share similar emotions.

In addition, we have a lot of interaction with the family. They come in and tell us everything that is going on, the person's likes and dislikes, etc. In that sense, our program also provides an outlet for family members both emotionally and physically.

**How do clients get connected to your program?**

Almost all of our clients are referred by a local Community Care Access Centre (CCAC). CCAC employs a number of professionals: Occupational Therapists, Physical Therapist, Social Workers, Recreation Therapists. If you made a request, a CCAC case manager would come out and assess your situation and offer you options; it could be home care, attending our program, or any community service like the Adult Recreation Centre or drop-in center, depending on the functioning level of your family member. They would then offer recommendations for placement.

Many Rec Therapists have traditionally been involved only with day programs, but one of the things we are advocating for through Therapeutic Rec Ontario is increasing recreation therapy services to home-based clients. This would involve visiting people in the community, showing citizens the recreational resources available to them within their community and helping them at home.

digest

## Coming soon to a bumper near you...

Students, staff, professors and alumni now have the chance to flaunt their ties to UW by purchasing their very own University of Waterloo licence plate bearing the University's crest. The offering is made possible through the Ontario Graphic Licence Plate program, from the Ontario Ministry of Transportation.

"UW licence plates are a great way to show your connection to Waterloo," explains Jason MacIntyre (Rec '99), Marketing Manager for retail stores on campus, "and by purchasing a plate you'll be helping to generate funds for student bursaries." Whether you buy your licence plate on campus at the UWShop, or through a Ministry of Transportation licensing bureau when your vehicle registration comes up for renewal, the entire proceeds of the royalties from the sale will be contributed to a Waterloo student bursary fund.

For more information on UW Graphic Licence Plates, visit [www.uwshop.uwaterloo.ca](http://www.uwshop.uwaterloo.ca).







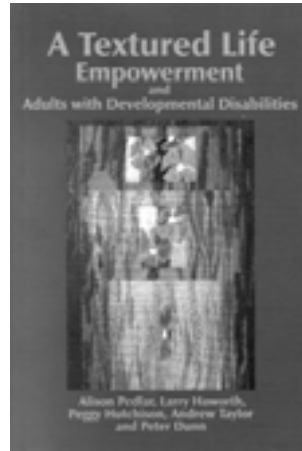
**Awarded to Adventure Guide Inc.** President Shane Baker, Rec '78, was the Retailer of the Year Award by the K-W Sales and Ad Club. Celebrating its 16th anniversary, the company is well known in the Waterloo Region for its customer service, marketing and volunteerism, contributing to roughly 30 community organizations annually.

**Renamed in honour** of its founder, the Museum and Archive of Games in B.C. Matthews Hall is now called the Elliott Avedon Museum and Archive of Games. Devoted to research and exhibition of games worldwide, the museum rotates its collection every six months and invites visitors to 'sit right down and play.'

**Appointed as the new commissioner** of the Canadian Football League, Mike Lysko, Rec '87, returned to Canada to take on the job December 1. Mike has been based in Chicago with a sports marketing firm for the past 2 1/2 years.

**Grad Post-it:** Matt Weaver, MA Rec '82, was inducted into the UW Athletics Hall of Fame for his outstanding contributions to Campus Recreation during his years at Waterloo. An active participant, leader, administrator and innovator, Matt has continued his work in recreation administration and is currently a Director with the Jewish Community Centre in Saint Louis.

## Transcending the "World of Disability"



*Now, three decades after 'deinstitutionalization' was implemented, adults with developmental disabilities are faced with a very different world.*

In one of the most extensive surveys ever conducted of Canadian support services available for adults with developmental disabilities, Alison Pedlar and colleagues have produced a book that explores the new reality, focussing on the adults themselves and their experiences. Every province and territory contributed information on the services they offer, including how they are funded. After this initial survey, the authors visited five different

regions of Canada where they conducted 141 in-depth interviews with adults with developmental disabilities, their families and support staff.

The testimony of these men and women endorses a social ecological theory of empowerment-in-community, central to which is the normative idea of a textured life. By opening our communities to adults with developmental disabilities, we will enable them to transcend the "world of disability" and enhance the texture of their lives. The implications of this study for social policy and social support are discussed in the concluding chapter.

Pedlar, A., Haworth, L., Hutchison, P., Taylor, A., Dunn, P. 1999. *A Textured Life: Empowerment and Adults with Developmental Disabilities*. Waterloo, ON: Wilfrid Laurier University Press. (ISBN # 0-88920-335-0. Paperback. 164 pp)

## Celebrating the life of Jan Livingston



On October 19th 2000, several members of the Recreation and Leisure Studies co-op class of '73 gathered in Orillia to help celebrate the life of Jan Livingston (centre). Classmate, Fred Galloway remembered Jan for her involvement in writing, producing and acting in the play, "Handle with Care: Living with Metastatic Cancer," for her tenacity in broomball and love of parties, especially reunions. The class sends its condolences to her daughter, Nadine.



**Alison Pedlar**  
PhD '88 Waterloo

## What can Therapeutic Recreation do to facilitate older adults' control and autonomy?

Research concerning the general well-being and quality of life in older adults has consistently demonstrated the importance of people being able to remain in control of their lives. Tied to this is the realization that people are more often afforded the chance to maintain that control and autonomy if they can live in their homes in the community. While increasingly older adults are remaining in their homes in the community, many others have no alternative but to move to congregate settings. These settings then become people's "community." How that community is experienced and how much autonomy and control people have there will depend on many factors, including particularly the way in which support is provided and the approach to practice that is taken by the health care disciplines in the setting.

One approach to practice that strives to maintain a person's autonomy and control in congregate settings is suggested by Rosemary Parse's (1995) Human Becoming Theory. This patient-focussed approach provides the grounding for the type of care practised at Sunnybrook and Women's College Health Sciences Centre. For the past four years, we in the Recreation and Leisure Studies Department have been engaged in a collaborative research initiative with the recreation therapy practitioners at Sunnybrook, examining the ways in which their practice supports people in recreation and leisure. Evidence from two studies undertaken by graduate students, Taffyn Hornibrook and Anne-Marie Cantwell, indicates the relevance of Parse's philosophy to therapeutic recreation (TR) practice, particularly as it relates to people's sense of well-being and quality of life. We are continuing our examination of this approach to TR practice to further our understanding of how long term care settings such as this can function in ways that allow people to experience leisure and community, and in turn foster control and autonomy in their lives.

## It's not just what you do, but what it means!

*The benefits of maintaining an active leisure lifestyle for our overall fitness have been well documented, but leisure researchers also have been finding that leisure provides important benefits to our social and psychological well-being, especially in later life.*

In a study of the role of leisure in the lives of older adults, Dr. Bryan Smale, along with a colleague at Brock University, showed that activities that maintained social connections with friends and family and that drew on creative energies were linked to higher levels of psychological well-being and lower levels of depression. Indeed, such social and creative leisure pursuits were more strongly associated with psychological and social well-being than were physically active pursuits, and a diverse lifestyle was most beneficial of all.

In another longitudinal study of middle-aged and older adults who had experienced a major life event, such as the loss of a loved one, Dr. Smale and former RLS doctoral student, Dr. Yoshi Iwasaki of the University of Manitoba, were able to show that increased participation in leisure activities was not necessarily an anecdote to the distress typically accompanying a major life event, but that the way people think about their participation was. In other words, by changing our reasons for participating in valued recreational pursuits from purely fitness-based motives to stress-reducing or palliative-based motives, we are better able to maintain our overall levels of well-being.

## Making a Difference

A special thank you to our alumni, professors, staff, retirees, parents, and friends who have given so generously to make the initiatives possible in our departments and in the Faculty of Applied Health Sciences. During the 1999-2000 fund raising year, Applied Health Sciences received approximately \$207,500 in donations. These funds are currently being used to finance scholarships, purchase and replace equipment, and hire teaching assistants.

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### Scholarship Recipients Give Back

Meet Joanne Fernandes. A fourth-year Kinesiology student and scholarship recipient, Joanne has been voted "All-Canadian" athlete for the past 2 years, Captain of the Warriors Field Hockey Team, and teen mentor in the UW Team Up Outreach Program. An energetic leader both in and outside of the classroom, Joanne explains the support provided by scholarships. "Receiving an entrance scholarship gave me the opportunity to experience university life to the fullest! While at Waterloo, I've been involved in varsity sports and many other activities, which have greatly complemented my academic education. However, with this involvement came many expenses in addition to my university tuition and, thanks to the scholarship money I received, I could still participate in the things I loved with less financial concern."

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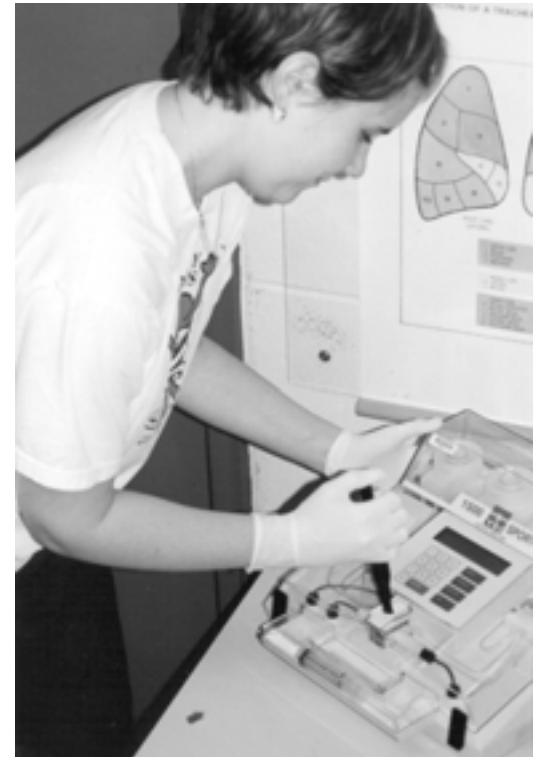
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 Dale Roberts (K)  
 Cathy Robertson (R)  
 Christine Robertson (K)  
 Kim Robertson (K)  
 Peter Robertson  
 Sarah Robertson-Burd (R)  
 Heidi Robinson (K)  
 Jean Robinson (R)  
 Norman Robinson  
 Carolyn Robinson-Moore (K)  
 Guido Romagnoli (K)  
 Jeannette Rooke (R)  
 Kristine Rosar (R)  
 Catherine Ross (K)  
 Diane Ross-Langley (R)  
 Louise Roy (K)  
 Teresa Ruetz (R)  
 Patricia Rumble  
 Leonard Runstedler  
 Lynda Ruston  
 Barry Sales (K)  
 Uri Salmona (K)  
 Margaret Sanborn (K)  
 Sara Sanchez (H)  
 Vic Sanders  
 Dorothy-Anne Murdoch (R)  
 Philippa Murphy (K)  
 Kenneth Murray  
 Margaret Murray (K)  
 Julie Schikolenko (K)

David Schlei (K)  
 Harald Schmidt  
 David Schuler (K)  
 Karen Scian (K)  
 Bernadette Scott (R)  
 Barry Sears  
 Valerie Seeley  
 John Shantz (E)  
 Michael Sharratt (K)  
 David Shatford  
 David Shaw (R)  
 Cynthia Shcherban (K)  
 Margery Sheepway (K)  
 Gayle Shellard (AHS)  
 Ramdas Shenoy (E)  
 Dean Sherman (K)  
 Susan Sherwood (R)  
 Kevin Shields (K)  
 Donald Shipton (GE)  
 Susan Sienko-Thomas (K)  
 Steven Silk (K)  
 Noel Skinner (K)  
 Jane Slater  
 Bryan Smale (R)  
 Leah Smeaton-Podaras (K)  
 Angela Smith (R)  
 Catherine Smith (H)  
 Diana Smith (K)  
 Gordon Smith (P)  
 Lorne Smith (K)  
 Sheila Smith-Jones(K)  
 Sandra Smith-Richardson (K)  
 Kim Snider (K)  
 Douglas Snyder (K)  
 Damji Solanki  
 Patricia Solomon (H)  
 Mary Sordo  
 Joan Southam (K)  
 Lorri Spaans (R)  
 Mary Spring (R)  
 Cathy Stadder-Wise (R)  
 Jamie Staples (K)  
 John Staples  
 Brian Stark (K)  
 Stefan Steiner (M)  
 Lisa Stenason (R)  
 Ted Stevenson (K)  
 Terry Stewart (R)  
 Lloyd Stone (K)  
 David Stouffer  
 David Stoute (K)  
 Shirley Stovel-Borges (H)  
 David Strelve (E)  
 Louis Stuart (P)  
 Aileen Sullivan (K)  
 Warren Sullivan (K)  
 Donna Sutarno (A)  
 Donna Sutherland  
 John Swabey (E)  
 George Szabo (K)  
 Stan Talesnick (K)  
 Mine Tang (H)  
 Sharon Taylor (K)  
 Yvonne Taylor (K)  
 Siamak Tenzif (H)  
 Sandra Terry (R)  
 Wilson Tham  
 Nancy Theberge (K)  
 Jodi Thesenvitz (H)  
 Marilyn Thompson (K)  
 Jay Thomson (K)  
 Ed Tiede  
 Susan Tietz (K)  
 Susan Tirone (R)  
 Gwen Todd  
 Anna Totten (R)  
 David Trahair  
 Beverley Trojnar (K)  
 Mary Trowell  
 Peter Tschoepe  
 Roseanne Tsugios-Sowa (H)  
 Karen Tully (R)  
 Paul Vagners (K)  
 Katherine Van Bakel (K)  
 Laurens Van Der Mark (K)  
 Judy Van Everdingen (R)  
 Barbara Van Maris (H)  
 Mary Van Ooteghem (R)  
 Alexander Vanderkam (PS)  
 Marsha Vanwynsberghe (K)  
 Cynthia Vavasour (K)  
 Margaret Veres (K)  
 Elinor Vermeulen  
 Raymond Verschuere  
 Lori Ververs (K)  
 Judy Village (K)  
 Linda Virgo (K)  
 Kathleen Voisin  
 Sharon Waddingham (R)  
 John Wainwright (M)  
 Louise Waite (K)  
 Eric Walden (P)  
 Paul Walden (K)  
 David Walker  
 Bruce Walkom  
 Brent Walmsley (K)  
 Susan Ward (HK)  
 James Wardrop (K)  
 Bradley Watson (K)  
 Alexandra Weber  
 Kathryn Weber (K)  
 Karen Webster (K)  
 Carol Weigel (H)



## Newest Alums create AHSSIE Pledge

The AHS graduating Class of 2000 committed themselves to improving student life for future undergraduates before they even convocated. Through a newly created grad class giving program called the AHSSIE Pledge, an overwhelming 47% of the class pledged to contribute for a total of more than \$17,000 over the next three years. At the request of the graduating class, monies pledged will support upper year scholarships in all three departments as well as lab equipment for Kinesiology.

Catherine Klein (R)  
 Gwendolyn Kloosterboer (K)  
 Petra Kobe (K)  
 Karin Koehler (K)  
 Adele Kon (R)  
 Wendy Kornelsen (R)  
 Alan Korolnek (K)  
 Mark Kowalsky (H)  
 Terry Krause (R)  
 Pamela Kuehnen (K)  
 Alexander Kunej (K)  
 Walter Kuryliak (K)  
 Willem Kwant  
 Olga Labaj (K)  
 Margaret Lackey  
 Carla Ladd (R)  
 Fatma Ladha  
 Paul Laking (K)  
 Ravindra Laul  
 Robert Lavery (MS)  
 Kenneth Lavigne (A)  
 Bryan Lawrence (K)  
 Kirk Lawrie  
 Christine LeGrand (K)  
 Ron Leclair  
 Im Lee (K)  
 Susan Lehane (K)  
 Nicole Lehto (K)  
 Cheryl Leonard (D)  
 Stefan Levesque (H)  
 Murray Lewis (K)  
 Lilly Li  
 Benjamin Liem  
 Carolyn Lindsay (K)  
 Marlene Line (K)  
 Calvin Little (R)  
 Sharon Little (H)  
 John Livesey (K)  
 Jan Livingston (R)  
 Phyllis Livingston  
 Mary Lloyd-Clifford (R)  
 John Lohuis (R)  
 Jennifer Lorette (PS)  
 Stuart Lorrain (E)  
 William Loucks  
 Margaret Louko (K)  
 Cindy Loukras (K)  
 Jane Lovsin (K)  
 Gloria Low (H)  
 Janet Lucas (H)

Melanie McCracken (K)  
 Dave McDougall (R)  
 Janis McEirea (K)  
 Stuart McGill (K)  
 Stephen McGillen (K)  
 William McGuire  
 Karen McIntyre (K)  
 Krista McKerracher (H)  
 James McKinlay (R)  
 Jean McLean  
 Deborah McLean-Schubert (R)  
 Frank McMullen (P)  
 Diane McNamara  
 Anne McNeill (R)  
 Laurie McNeill (R)  
 Neil McNeill  
 Gordon McQueen  
 Suzanne McVicker  
 Catherine Meades (K)  
 Michael Medulan (K)  
 Jeffrey Meisner (E)  
 Alice Messenger (A)  
 Janet Meyer (K)  
 Kelly Mihalis-McGoinick (R)  
 Lori Miller (G)  
 Valerie Miller (K)  
 Susan Milne (K)  
 David Milsom  
 Leslie-Anne Milthorpe (K)  
 Barbara Mocariski (P)  
 Holley Moffatt  
 Larry Moffatt (K)  
 Elizabeth Mogensen (K)  
 Margaret Molloy (K)  
 John Molnar (H)  
 Michael Moore (K)  
 Shani Moore (R)  
 Kelly Mootte (R)  
 John Morrison  
 Michelle Morrissey-O'Ryan (K)  
 Anita Morton (A)  
 Frank Moskal (K)  
 Connie-Lynn Muller (R)  
 Michelle Mulligan (R)  
 Robert Munce  
 Julie Munday (K)  
 Dorothy-Anne Murdoch (R)  
 Philippa Murphy (K)  
 Kenneth Murray  
 Margaret Murray (K)

## Understanding the Role of Lactate

Thanks to alumni donations to the equipment fund, Kinesiology undergraduate students are now able to measure blood lactate levels in their lab sessions. Producing rapid, accurate results in a variety of exercise testing conditions and settings, the portable Sport Lactate Analyser allows students to expand the battery of tests available when investigating how the human body responds to various exercise conditions. The new machine uses a less invasive collection technique making it possible to incorporate the testing and results in undergraduate labs — a bonus for students examining the role of lactate in human performance.

Lynn Welch (K)  
 Richard Wells (K)  
 Myra Westaway (K)  
 Wayne Weston  
 Karen Whattam (R)  
 Nancy White (K)  
 Scott White (K)  
 Hugh Whitestone (K)  
 Robert Whitton  
 Fredrick Wiedenhoef (K)  
 Wendy Wiens (H)  
 Allen Wigood  
 Laurie Wilbur (K)  
 Ian Williams (K)  
 James Williams (E)  
 Kathleen Williams (K)  
 Mark Williams (R)  
 Brenda Willis (R)  
 David Wills (K)  
 Jack Wilson  
 Keith Wilson  
 Ted Wilson  
 Jeffrey Winchester (K)  
 Wayne Windover (K)  
 Ian Wismer (PS)  
 James Wolfer (K)  
 Brian Wong  
 Tanya Wong (H)  
 Gillian Woolner (H)  
 Colleen Wright (R)  
 Patricia Wright (R)  
 John Yack (K)  
 Elaine Yau (K)  
 Chen-Hwan Yeh  
 Jennifer Yessis (H)  
 Lorri Zagar (K)

### LEGEND

(A) Arts  
 (AHS) Applied Health Sciences  
 (CO) Combinatorics & Optimization  
 (CS) Computer Science  
 (D) Dance  
 (DE) Distance Education  
 (E) Engineering  
 (ES) Earth Sciences  
 (G) Gerontology  
 (GE) Geography  
 (H) Health Studies  
 (HSG) Health Studies & Gerontology  
 (HK) Health Studies & Kinesiology  
 (K) Kinesiology  
 (MS) Management Science  
 (M) Mathematics  
 (O) Optometry  
 (P) Physical Education  
 (PS) Psychology  
 (S) Sociology  
 (R) Recreation & Leisure Studies  
 (U) Urban & Regional Planning

## Eating Well for a Longer Life

*For older adults, healthy eating and active living can go a long way towards maintaining health and preventing or delaying the onset or progression of chronic diseases such as heart disease, cancer, osteoporosis, obesity and hypertension.*



### For the statement....

Your points:

- a) I have a variety of foods at each meal \_\_\_\_\_
- b) When I choose fruit and vegetables, I look for the most colourful ones \_\_\_\_\_
- c) I eat good sources of fibre such as whole grain products \_\_\_\_\_
- d) I include milk products (milk, cheese, yogurt) in my meals and snacks \_\_\_\_\_
- e) I make sure I have a source of protein (i.e. meat, fish, poultry, eggs, nuts, legumes) at least twice a day \_\_\_\_\_
- f) I include enjoyable physical activities in my routine \_\_\_\_\_
- g) I eat at least two meals in a day \_\_\_\_\_
- h) I have a moderate intake of fat \_\_\_\_\_
- i) I eat my meals and snacks in good company \_\_\_\_\_
- j) I make sure the food I eat is fresh and safe \_\_\_\_\_

If your score is:

- 0 - 8                      You deserve better.
- 9 - 15                    Your habits could be improved for more vitality and energy.
- 16 or more              Very good! You know that healthy habits make a big difference in your quality of life.

If you are looking for practical tips on "living better, longer," check out the facts sheets developed by the Dietitians of Canada at [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell).

Try the 'Nutrition and Vitality' quiz from the Dietitians of Canada to see if you are heading for healthy aging. Read each statement carefully and allow yourself:

- **2 POINTS**, if the statement describes what you do everyday;
- **1 POINT**, if the statement describes what you do sometimes;
- **0 POINTS**, if the statement never applies to you.

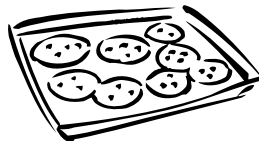
## Food Energy Boosts

*These oatmeal cookies, along with Power Shake samples, were served to new students during Orientation Week at our Health Services 'Under the Tent' demonstration*

### Oatmeal Cookies

A family favourite of many who try this recipe!

- 3/4 cup margarine
- 1 cup sugar (brown or white)
- 1/2 cup hot water
- 1 tsp. baking soda
- 2 cups dry oatmeal
- 2 cups flour (white or whole wheat)



• Optional: Any combination of chocolate chips, raisins, flax seed, nuts, dates... add your personal favourite!

Cream together margarine and sugar. Add water and baking soda. Stir in oatmeal and flour. (Add in raisins, chocolate chips or whatever you like.)

Drop onto greased baking sheet.  
Bake at 350 degrees for 10-12 minutes.  
Makes 36 cookies.

Nutrient analysis per cookie: 91 calories, 13 g carbohydrate, 2 g protein, 4 g fat, 1 g fibre. I hope you like them!

### Power Shake

Head nodding in the afternoon? Try an energy boost!

- 1 cup low-fat milk or soy beverage
- 1 cup yogurt
- 1 banana
- 1/2 cup fresh or frozen berries
- 2 tbsp. wheat germ or flax seed
- 6 ice cubes



Blend together and enjoy! Makes a great breakfast to go, a power snack for late afternoon, or a special treat in the evening. Experiment to find your favourite blend.

Makes three 1 cup servings.

Nutrient analysis per serving: 140 calories, 22 g carbohydrate, 11 g protein, 1 g fat, 1 g fibre.

Oatmeal Cookies and Power Shake recipes are reprinted from Linda Barton's cookbook "Nutrition Works." Linda Barton, a Registered Dietician, nutritionist and fitness professional, is a consultant with Fitness and Nutritional Services in Applied Health Sciences.

## Whether at conferences, out-of-country or on-campus, alumni connections remain strong.



Along with a hardy crop of runners, AHS's Homecoming Fun Run was also host to a reunion of 1980 grads. Pictures, results, and registration for this year's Run can be seen at: [www.ahs.uwaterloo.ca/alumni](http://www.ahs.uwaterloo.ca/alumni). Mark your calendars now and plan to visit the next UW Homecoming—November 3, 2001.



### FUN RUN 2000

winners in the various categories were:

- **First Place Male:** Dave Harmsworth (17:11)
- **First Place Female:** Patti Warr (20:37)
- **First Place Rollerblader:** Dan Hunter
- **First Place AHS Alumna:** Patti Moore
- **First Place AHS Alumnus:** Bernie Burnett
- **First Place AHS Faculty/Staff Female:** Sue Grant
- **First Place AHS Faculty/Staff Male:** Mark Havitz
- **Participation Challenge Cup:** Recreation and Leisure Studies



While at a the North American Clinical Gait Conference in Dallas, TX, Prof Aftab Patla met up with a group of Kinesiology alums: (l to r) Carolyn Moore, Sylvia Ounpuu, Sandra Woolley, Suzie Halliday, Louise Gilchrist, Sue Sienko Thomas.

#### **Cheers from Dave McDougall, Rec '90 grad, UW Alumni Officer and organizer of UW alumni branch events:**

"I'll be travelling all over Ontario, Winnipeg, Calgary/Edmonton, Vancouver, Montreal, New York, Seattle, California and many other cities in the coming year, attending as many alum events as possible. Come say hello while I'm in your city or drop me a line at [www.alumni.uwaterloo.ca](http://www.alumni.uwaterloo.ca). I just love hangin' with AHSers (or HKLSers as it was when I was around)."



### Name that Prof CONTEST

As the first graduating class of Kinesiology celebrates its 30th Anniversary, the question to answer is:

**The professor pictured, on the left, is one of original AHS faculty members back in the late 1960s. We pose this challenge...What's his name?**

Send or email your answers to: AHS Contest 2001, Applied Health Sciences, University of Waterloo, Waterloo, ON N2L 3G1, or [bax@healthy.uwaterloo.ca](mailto:bax@healthy.uwaterloo.ca) (One entry per person, please.) A winner will be drawn on March 1, 2002 as this professor celebrates this beginning of his retirement from UW.

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

### 1980's

**Vanessa Spurlil Catalan, Health '85, MSc Health Behaviour '91**, completed the PhD program in Epidemiology at McGill University in August of 1998, and a post-doctoral fellowship in Pharmaco-epidemiology at University of Montreal's Hospital Centre in November of 1999. Vanessa and husband, Lionel J.J. Catalan, PhD Chemical Engineering '92, recently relocated to Thunder Bay, Ontario, where Lionel accepted a faculty position at Lakehead University. Vanessa's attention has now turned to the full-time study of the couple's latest project: Nicolas Alexandre Spurlil Catalan, born February 1, 2000. Vanessa can be reached by email at [catalan@flash.lakeheadu.ca](mailto:catalan@flash.lakeheadu.ca).

**Alice Strachan (Armstrong), Kin '83**, writes, "My husband Dave, who was also a UW student, and I have three children: Vicky is 8, Alyssa is 5 and DJ is 10 months old. I work for the Canadian PGA as the Director of Membership Services/Director of Program Development. I have been here eight years and yes, it is a dream job. I had the honour of being inducted into the Waterloo Athletic Hall of Fame in 1993 for my involvement in Campus Recreation as a student. I also was the first recipient of the Hopkins Kemp Award for contribution to the Campus Recreation Program. We still live in Georgetown and invite all our friends to contact us at [strachan@aztecnet.com](mailto:strachan@aztecnet.com). Perhaps a round of golf if you are in the area?"

"After my undergrad," writes **Stephen Hill, BSc Kin '89**, "I did orthotics and shoes/treadmill/video assessment for a year, worked at the Canadian Back Institute for about 7 months, and then was recruited to Southern Illinois University School of Medicine, where I was Director of the Motion Analysis Laboratory for 5 years. I'm now a PhD Candidate in Biomechanics, in the Gait and Posture Lab here at UW, with Aftab Patla as my advisor/mentor. I'm researching the dynamic control of human locomotion, e.g. obstacle avoidance, responses to perturbations, kinetic strategies, the role of sensory information. Oh, and I got married in 1992." Drop Steve a line at [swdhill@healthy.uwaterloo.ca](mailto:swdhill@healthy.uwaterloo.ca).

**Andy Ford, Kin '86**, moved to Saskatchewan in January 1987, to accept a position at the Dr. Paul Schwann Applied Health and Research Centre at the University of Regina. In October 1992, he re-located to Orillia, Ontario, to assume the role of Cardiopulmonary Rehabilitation Program Coordinator at Soldiers' Memorial Hospital. It was there, while instructing a CPR course in 1994, that Andy met his future wife, Cheryl. They were married in July 1997, and son Riley arrived in October 1998. Friends can email Andy at [cardio@bconnex.net](mailto:cardio@bconnex.net).

In 1994, **Charles Gorden, Health '89**, received an MBA from the Rotman School of Management, University of Toronto and, as a result of an exchange program, also completed a Masters in International Business from Johannes Kepler University at Linz, Austria. Putting his expertise to work, Charles has recently announced the opening of his Toronto firm BreakView Kapital Consulting. "BreakView uses advanced quantitative methodology such as influence diagrams and decision trees to simplify more complex enterprise questions of cost-effectiveness and optimal resource allocation under conditions of uncertainty. For a detailed listing of BreakView's services," says Charles, "visit [www.breakview.com](http://www.breakview.com)."

After graduation, **Doug Murdoch, Kin '86**, worked for a podiatrist in Toronto. Inspired by feet, he then obtained a "doctor of podiatric medicine," from the Temple University School of Podiatry in Philadelphia. A surgical residency followed in the department of Orthopaedics at the University of Texas Health Science Center in San Antonio, Texas. After four years in private practice in Washington state, Doug has recently accepted a clinical resident teaching position at Scott & White Clinic in Temple, Texas, a teaching hospital/clinic for Texas A&M Medical School. All the while Doug has been supported by his wife Lori and children Britney, Kaetlyn and Matthew. "Howdy Y'all, from the heart of Texas."

After separate lives at UW, **Christine (Hartel), Kin '82**, and **Steve Webb, Kin '79**, met and got married. Now, along with 10 year-old daughter, Elizabeth, Christine and Steve live in Elmira. Christine is a teacher in nearby St. Jacobs Elementary working with the grades 1 and 2 students and coaching senior girls' sports teams. Steve is the Regional Publisher for *Golfer's Guide Magazine* and organizes corporate golf tournaments nationally for CGT Management.

"I have been living in Fresno now for almost 6 years," writes **Ross McKendrick, Kin '81**. "Prior to that I worked at the U of A hospital in Edmonton for 10 years, and prior to that 2 1/2 years in St John's, NF at the Janeway Children's Hospital. I am now the Clinical Supervisor of the Cardiology Department at Valley Children's Hospital. I have been doing pediatric echocardiography since graduating from Waterloo. I am married with 3 beautiful kids: Andrew 12, Meghan 9 and Kristen 6."



"After getting the last copy of "News To You," the memories of my days at UW starting pouring in," writes **Andy Williams, Kin '89**. "...basketball

games, ski school, anatomy labs, Rock 'n Roll night at the Shelter. Usually the first warm spell in spring brings back some vivid (yet foggy) memories of getting sucked into the vortex of the Bombshelter's patio for an afternoon of trauancy. I am living in the Nation's Capital now having made my way from Toronto (first job after graduating) where I was actually a staff Kinesiologist at a semi-private clinic there. I got married and then relocated to Whitby (because we wanted to buy a house). After that I moved into the world of sales and marketing and we have made our way east in Ontario. So now, 11 years later (ouch), residence is in the Ottawa area with my wife and our 4 kids. I am currently working for MDS Nordion. Let it be said that I often get to thinking of University days around November when there is a good basketball tournament to get to and a big tent to go to afterwards for some refreshments."

After graduation, **Janice (Morrison) Bacik, Kin '81**, returned home to Edmonton and worked for the Worker's Compensation Board Rehabilitation Centre as a Remedial Therapist. After marrying Brian Bacik, Science '81, the couple headed to the "barrens" of Grande Prairie, AB where Janice worked in the fitness field. A move to Belleville brought them back to Ontario where Janice continued working in fitness. The next 2 stops for the family were Ancaster, then Barrie. Janice has been with the same company working in 2 different divisions for the past 13 years. Presently, she is working as a Field Consultant/Trainer for Prisma Health. Janice and Brian have 2 children and, of course, a dog.

### 1990's

**Dayna Furukawa/Selby, Kin '94**, writes from Kelowna, "just a little note to fill you in on my life post-graduation from Kin. I graduated from Sutherland-Chan Massage College and have been practising for the past three and a half years. In 1997, I married ice hockey linemate, Robert Selby (Mech Eng '95) and we moved to Kelowna due to a job transfer with Rob. In 1998, we had our first addition to the family, Kuro, a Black Labrador retriever. In 1999, we rang in the millennium with our newborn boy, Brett Michael Selby (Dec. 27, 1999; 7lbs 10oz). In 2000, we're still working and playing hockey (when I find the time, of course)."

**Janet Griffin (Davison), Rec '95**, married Jon Griffin in the Dominican Republic in Nov. '95 and now have a beautiful son, Colton, who is one year old. "Being a mom is absolutely fantastic and is somewhat a full-time recreation activity in itself! We really enjoy our house and family life in Fergus. I am working as a Recreation Therapist in the Program for Traumatic Stress Recovery at the Homewood Health Center in Guelph—and I love it! I would love to hear from any classmates and friends. You can email me at [jgriffin@golden.net](mailto:jgriffin@golden.net)."

**MJ Macdonald, Rec '92**, is still in Toronto living with her partner, Mary, in the High Park area where she balances her busy career and active outdoor lifestyle. After turning her Rec co-op work in Event Marketing at Xerox into full-time work for 2 years, MJ moved on to Dell Computer where she was Manager of Advertising and was instrumental in the launch of the infamous 310-DELL radio campaign. In '96 MJ jumped to another high tech marketing position at Interactive Media Corp. where she's been marketing exciting telephone and web-based meeting services (Telepersonals and Webpersonals) for 4 years. MJ has recently begun another leg of her career as the Manager of Vendor Relations & Marketing at EMPORI.COM, a division of Oxford Properties in downtown Toronto. She'd love to hear from any fellow Reccers (memories of the summer of 2B anyone?!) at [themarys@netcom.ca](mailto:themarys@netcom.ca) or [mmacdonald@oxfordproperties.com](mailto:mmacdonald@oxfordproperties.com).



**Peter Csaszar, Rec '92**, and wife, Lorna are pleased to announce that their son, Cameron James, born November 9, 1999 is doing very well. He is a real bundle of joy and is growing by leaps and bounds. Although, Pete's not sure whether his son should have more hair than him. This is the first grandchild for Lorna's parents and the 9th for Pete's parents. Peter and Lorna live in Windsor, Ontario, where Peter works as the General Manager for Beach Grove Golf and Country Club. All friends, past and present, can contact them at [peter.csaszar@sympatico.ca](mailto:peter.csaszar@sympatico.ca).

**Neville Stringer, Rec '95**, writes, "I am working as a Recreation Therapist on the Brain Injury Unit at Bryn Mawr Rehab Hospital, located about 25 miles west of Philadelphia. I married my wife Lori the summer after graduation in '95, and we moved down to Pennsylvania. My hobby as a photographer has turned into a side business out of my home and I've been running 'Stringer Photography' for just over a year now, doing weddings and portraits."

**Erik Stone, Kin '90**, and **Sandi Kusleika, Kin '90**, were married in August '90 (surprise!). They moved to a small town north of Toronto in Nov. '93. They had their first wonderful son in April '96, and their second in Sept. '99. Both boys are happy and healthy! Erik works in a private clinic in Barrie and Sandi works part-time for a doctor in Newmarket.

**Dave Henderson, Rec '90**, and **Melissa (Bronstein) Henderson, Rec '91**, are happy to announce the birth of their second daughter, Aliya Janai, born April 26, 2000. Aliya's older sister Noa is enjoying the new dynamics of the family and can't wait to see her younger sister be able to pick up a hockey stick and participate in the family road hockey games.

**David Smith, Kin '93**, writes, "After graduation, I moved to Midwest USA where I received my Doctor of Chiropractic from the National College in Chicago in 1997. Two years later, I married Marty Buss and we've moved to Boston where I joined Milton Chiropractic and Rehabilitation."

**Stephen Nason, Rec '91**, continued working for Bayview Wildwood Resorts Ltd., first in conference planning then as Director of Sports & Recreation, following his time at Waterloo. After 5 years, he moved to Ottawa to work for the Dovernour Recreation Association as Director of Recreation. In January 2000, he started a new position as Centre Director for the Hunt Club Riverside Recreation Association, managing the association and its community centre.

After graduation, **Sheriann (Rickert) Bergstrom, Rec '93**, worked in Marketing for the Banff/Lake Louise Tourism Bureau. Following that she worked as a Rec Therapist at the Richmond Hospital in a suburb of Vancouver. Yet again something new, she is currently working as a Teaching Assistant in a K-3 school in Canmore, AB. She is going back to school at U of Calgary in September for teaching. "Change is a good thing, right?!? My husband and I absolutely love living in the mountains; life is great!!"

There's been a couple of changes at **Nancy (BlaiKlock), Kin '90**, and **Mike Greenley's, Kin '90, MSc '97**, household. Sydney Alexis, born August 1999, has taken on the awesome role of little sister to 5 year old Melanie. Mike ([mgreenley@oiweb.com](mailto:mgreenley@oiweb.com)) continues to work as a consultant, providing services in Project Management, Human Factors and Ergonomics, while Nancy ([greenley@uwaterloo.ca](mailto:greenley@uwaterloo.ca)) continues to work in the Registrar's Office at UW. Please drop them a line and visit if you're ever in the Waterloo area.



After graduating **Lori Bryanton, Rec '96**, did the daily commute from Waterloo to Mississauga where she worked for 31/2 years with Peel Halton Acquired Brain Injury Services in Mississauga. Last year she made the move to Etobicoke and is currently working with Toronto Rehab (formerly the Queen Elizabeth Hospital) as Therapeutic Recreationist in complex continuing care. Recently engaged, Lori and her fiancé, Frank, still travel back to Prince Edward Island often to visit friends and family and are planning a garden wedding in PEI at her parents' home for August 2001. "I would love to hear from all my old classmates."

**Julie Ellis Cole, Dance '94**, taught for several years with classmate Denise (Somerville) Quinn, and recently took time off from teaching to have a baby. She continues to work full-time and would like to hear from other who were at Waterloo 1990-1994.

"If you ever find yourself passing through Canmore, Alberta," invites **Clara Snedden, Rec '92**, "feel free to call or drop in at the Lodge at Kananaskis. After graduation, I moved to Whistler with my good friend Stella and spent a season skiing, working and partying. In Whistler I met now husband Ken and moved to Vancouver Island for a year and a half. From there, I was onto Vancouver having various jobs; my favourite—bartending on a harbour cruise boat. While in Vancouver, I started participating in triathlons and to-date I have a few under my belt. The picture I included is my personal best so far—the CJC in Calgary, at 3 hours 12 minutes. In 1997, Ken and I moved to Canmore where I began working as Recreation Manager for the Lodge, and I now work in People Resources as Recruitment Coordinator for the hotel. We were married in February 1999 at a ski lodge in Banff then travelled to Australia for a one month honeymoon. Email me at [csnedden@deltahotels.com](mailto:csnedden@deltahotels.com) to say hi."



**Dave Crow, Kin '96**, writes, "After leaving Waterloo I finished my Masters in the School of Computer Science at Carnegie Mellon University in Pittsburgh, PA. I worked as a research scientist at Rockwell International in Chicago before moving to Austin, TX. Kristin Heaney, Optometry '98, and I were married on January 16, 1999 in London, ON. She moved to Austin in February 1999 shortly before I became a partner at Reactivity, Inc. Reactivity is a new venture accelerator and software product consulting firm that helps early stage, emerging companies define, design and build their software products. Please drop me a note at [david.crow@acm.org](mailto:david.crow@acm.org) and let me know what you are up to."

Following graduation, **Kevin Blake, Kin '95**, attended McMaster's Physiotherapy programme graduating in 1997. He worked at 2 different orthopaedic clinics in Mississauga before taking his current position as Physiotherapist in the Paediatric/Adult Critical Care Program and Cystic Fibrosis Clinic at the Hamilton Health Sciences Corporation, and tutor/clinical skills instructor in the Mac Physio Programme in July 1998.

"I married my university sweetheart, Rick Greenly, in 1995," says **Dana (Collard) Greenly, Kin '90**, "and we now have a beautiful baby girl, Nicole Elizabeth, born in April 1999. In my day job, I work at The Toronto Star as Manager, Health & Safety and Environment. I'm always glad to hear from university friends."

After graduation, **Natalie Wood, Dance '96**, completed a BEd at York University. She is now a Junior/Intermediate Teacher with the York Region District Board. "Life has been interesting and the future looks promising. I love being a teacher and implementing dance programs and curriculum at the elementary level!!"

**Robert Thiessen, Kin '98**, emails, "I have been working at the Ford Motor Company, Ontario Truck Plant for the past 15 months, as the plant ergonomist. In May of this year I began a special 2 year assignment in a Ford global customer satisfaction initiative called Six Sigma Blackbelt, and am currently in a 4 month training program. On April 23, 2000, I got engaged with an absolutely wonderful woman, Lisa Barkey, and we are planning to get married in June of 2001."

After graduating, **Michael Medulan, Kin '90**, attended the University of Missouri and graduated with a Masters in Health Administration and Finance ('92). He worked as a consultant for Deloitte & Touche for five years, then was a manager in the Healthcare Merger & Acquisition group for Ernst & Young. In 1998, Mike returned to Denver and took a job as a senior manager with First Consulting Group and was promoted to CFO for the FCG MS division (healthcare IT outsourcing) in January '00. He's now responsible for over \$50 million in Revenue and 380 FTEs. In 1996, Mike was married, and he and his wife Julie live in Highlands Ranch (south of Denver, Colorado) with their 2-year old Alex. Mike can be reached through email at [mmedulan@fcg.com](mailto:mmedulan@fcg.com).

**Michelle Andre-Cottrell, Kin '93**, and **Trevor Cottrell, Kin '94**, were married in 1995 and are currently living in Tucson, AZ. Following graduation, Michelle worked for the Canadian Back Institute in Kitchener and then started her own business in exercise rehabilitation in the greater Niagara area. Trevor managed a fitness club in Niagara-on-the-Lake during this same time and then was offered a graduate scholarship position as a strength coach at Northern Arizona U. They both moved to sunny (and warm) AZ where Trevor completed his Masters in Exercise Science and is now working on his PhD in Physiology at the U of Arizona. While in AZ, Michelle worked with children with special needs and then completed her elementary education degree at U of Arizona. She is currently a smoking cessation counselor for the Arizona Prevention Center. They had their first child, Renee Lynn, in April.

Life for **Lynda Kirkpatrick (Sandford), Rec '93**, has been in the west since graduation. She has worked at Panorama Mountain Village doing everything from activities co-ordinator to front desk supervisor to reservations manager and now, is working with the real estate office. Three years ago,

Lynda married Bill, the Director of Ski Patrol, and they now have a dog and a home on the mountain. "We live in a spot that is filled with opportunity for activity (when we aren't at work!); we ski/board, mountain bike, run and all those fun things. I'm turning into a fitness machine (I hope my body doesn't oppose too much). My friend and I even entered the Sea to Summit Challenge last summer—three gruelling days of canoeing, biking and hiking in the mountains. We won a prize for the biggest smiles at the end of the day—we were happy just to 'arrive alive!'"

**Jorge Serrador, MSc Kin'97**, is Boston-bound for a post doctoral position as a Research Fellow at the Hebrew Rehabilitation Centre for Aged (part of the Harvard Medical School Division of Aging) following the completion of his PhD from Western. "My PhD work studying the regulation of brain blood flow gave me the opportunity to collaborate with groups from NASA and the Netherlands, the chance to experience both zero-G and high G forces during human centrifugation and to live in the Netherlands and work with spinal cord injured subjects. I will continue my work concentrating on how brain blood flow regulation is affected by aging via a Heart & Stroke Foundation of Ontario Fellowship Award. And in my spare time...I still climb, spending time in the mountains whenever I can manage, ride my motorcycle, play rugby, cook and, of course, socialize at the local pubs. I still have my dog who is also off to Boston with me."

"Just thought I'd let you know my news that I'd love to share in the newsletter," writes **Scott McKay, Kin '98**, "I was married July 22 to Jen Parkinson. Check out the 'big day' at: <http://publish.uwo.ca/~sdmckay/wedding.htm>. Back to the books." Scott is working towards graduation in 2002 from medicine at UWU.

**Bill Cole, Kin '98**, writes, "I am still working for the same computer company ([www.eai.com](http://www.eai.com)) and still assigned to Ford Motor Company for them, but over the months my role has been evolving and upgrading faster than the weather. My latest project/position reads something like "FCSD C3P Global Visualization Coordinator"... whatever the heck that is (if you care, it is Ford Customer Service Division, Computer Aided Design, Computer Aided Engineering, Computer Aided Manufacturing & Product Materials Information Global Visualization Coordinator...whew...). Part of this role is building the teams that perform the ergonomic and serviceability studies on the digital prototypes utilizing computer and Virtual Reality technologies. What makes it most exciting is the travel to England, Germany, Sweden, Brazil and Australia to cover the four corners of Ford. Also I was in England for two weeks in May, doing process analysis in the Avelly Pilot Plant—very cool stuff."

**Kelly Katorji, Kin '92**, is making a change from the classroom to the high-tech world. After graduation Kelly topped over to New York State for education training, returning to Perth County to teach grades 10, 11, and 12 at Listowel District Secondary School. Several years later, he's joining his sister's venture capital business called Akcessia in Toronto and will be responsible for many of the public relations duties for the firm.

**Jason Nyman, Kin '94**, and **Catherine (Doerksen) Nyman, Kin '97**, love being back in Waterloo! Waterloo became home after Catherine graduated from McMaster Physiotherapy in November 1999 and Jason started his practice on Northfield Dr. in August 1999, following graduation from the Canadian Memorial Chiropractic College in May 1999. Catherine has a full-time position at Grand River Hospital—Freeport site. Catherine and Jason were married August 16, 1997, in Port Rowan, Ontario.

After graduating, **Lori (Robinson) Fisher, Health '98**, spent a year in Toronto working at an Investment Company testing out the business world. Missing the field of health care, she went back to college and received a post-diploma in Industrial Hygiene Technology (Occupational Health & Safety) and now works at Nova Chemical Corp.

**Jeanny (Lau) Martin, Health '96**, landed a position three weeks after graduation with the Wellesley Central Hospital working in Research Administration. In 1998, her department moved to the Ontario Cancer Institute at the Princess Margaret Hospital and just last year, she was promoted to a Site Administration position at the Toronto Western Hospital, another site of the University Health Network.

After graduating, **Jodi Hawley, Kin '98**, moved to Calgary to begin studies in Applied Exercise Physiology (MSc) at the University of Calgary. This fall, she's scheduled to begin collecting data for her thesis project, titled "Characterizing oxygen consumption during severe, exhaustive exercise in competitive cyclists." In the summer of 2000 she worked in the Human Performance Laboratory, doing fitness testing and monitoring individuals who volunteered to sleep in a simulated altitude environment. "I've also discovered many ways to enjoy the mountains since moving out here," says Jodi, "I'm now an avid cyclist and backpacker... and I still love to downhill ski."

**Verna Keller, Rec '94**, completed her Masters of Distance Education (MDE) degree in 1999 through Athabasca University in Alberta. She provides administrative assistance to the University of Waterloo Teaching Resource and Continuing Education Office, and to the University's new Centre for Learning and Teaching Through Technology (LT3).

After university, **TJ Galda, Kin '99**, took a course at B.C.C.C. in computer animation. Following the completion of the course, he took a job at Dan Krech Productions, working on Ford car commercials. In October 2000, TJ started work at the Animation Group Inc. as a lead character animator. TJ left the Animation Group to start work with Nelvana, producing many cartoons that he is proud to be a part of.

After graduation, **Kristina Walker, Rec '99**, moved home to Ottawa where she worked in Human Use Management for Parks Canada. Currently she is working at the National Search and Rescue Secretariat. Kristina has become very active in Search and Rescue both by her work involvement and as an active member of SAR Global 1, a volunteer search and rescue (SAR) group specializing in Ground SAR. "It's a great feeling when all your efforts are channelled into something that really makes a difference in so many people's lives—Search and Rescue is one of these things."

After deciding that the big, bold world out there was ready for him, Alexander Noah Barnes decided that he was ready to start exploring it three weeks early, much to the surprise of his father and mother, **Dave (Rec'93) and Lori (Rec'93) Barnes**. Both parents were extremely tired after the 2-day ordeal, but very proud. Alex was born at 8:15pm on May 28, 2000 and weighed in at 7lbs 12oz. He is currently growing like a weed, but that's no surprise looking at his father.

"Here's the wedding photo of our special day," writes **Schad Richea, Kin '95**, **Rose (Harrison), Health '98**, and I were married on April 15th, 2000 at St. Jacobs Country Inn, next to the farmers' market we ate from during our time as poor students at UW! We both live in Regina now and can be reached by email at [shadowtrain@hotmail.com](mailto:shadowtrain@hotmail.com) or [rose\\_richea@hotmail.com](mailto:rose_richea@hotmail.com). I'm an athletic therapist with the Regina Pats/Toronto Blue Jays for the last 4 years and Rose is a Health IT consultant for SAIC in Regina."



## Keep in Touch!

**New Address or Career Information? News for the Grapevine? Want to tell us your favourite "hang-out" spot during your time at UW? Mail, fax, or e-mail to: Betty Bax, Applied Health Sciences News to You, B.C. Matthews Hall, University of Waterloo, Waterloo, ON N2L 3G1, Fax: (519) 746-6776, E-mail: [bax@healthy.uwaterloo.ca](mailto:bax@healthy.uwaterloo.ca)**

[www.ahs.uwaterloo.ca/alumni](http://www.ahs.uwaterloo.ca/alumni)

- The one song that never fails to transport me back to Waterloo is “Home for a Rest” by Spirit of the West. The consistent airing of that song at every bar and event in the Waterloo area still rings in my head. For four wonderful years, that song personified the hot, sweaty, drunk-infested dance floor that I enjoyed so much with my best friends—a feeling I still cherish today. An honourable mention should be given to the “Beer Barrel Polka” that I don’t get to hear out west, but THAT is another story. Thanks UW (The Bomber especially)!  
■ **Scott “Doggy” Glassford, Health ’98**
- Song which most reminds me of UW— “Take On Me,” frequently heard at Fed Hall.  
■ **Dave Henderson, Rec ’90, and Melissa (Bronstein) Henderson, Rec ’91**
- Father and Son—Cat Stevens (because I’m the other one now)  
■ **Terry Stewart, Rec ’75, MA ’78**
- Thanks for the newsletter; it is great to stay in touch with UW...my favourite university...still, even after working for the last 12 years here at U of T. The song that reminds me of Waterloo is Blue Monday by New Order.  
■ **Darcy Brioux, Rec ’86**
- Songs: 1969—first year in undergrad: Ina Godda de vita by Iron Butterfly—the hippy days when you could smoke cigarettes and pipes in class! The 70’s: probably a whole album—Crosby, Still, Nash and Young, deja Vu. The 80’s: anything by Dire Straits. Wow 20 years—I’m really not that old.  
■ **Brian Farrance, Kin ’74, MSc ’82**
- Songs that remind us the most of UW: “Sanctuary” by the Cult for Erik, and I remember “Take On Me” by A-ha.  
■ **Sandi Kusleika (and Erik Stone), Kin ’90**
- The song that I remember most about UW is the Rocky theme song. We played it before going to write an exam.  
■ **Corinne (Ralph) Grant, Kin ’80**
- My song that reminds me of Waterloo is ABBA’s song: Waterloo.  
■ **Jeri-lynn Heinsma, Kin ’98**
- How about “Take it to the Limit” by the Eagles?  
■ **Helen Keir, Rec ’80**
- The Bomber-theme for my time was “Smells like Teenspirit” by Nirvana.  
■ **Scott Bishop, Kin ’95**

- They use to play “Red Red Wine” a lot at St. Jerome’s Pubs when I was at Waterloo.  
■ **John Brioux, Rec ’84**
- Tainted Love—ask Rocca Morra.  
■ **Alice Strachan, Kin ’83**
- It’s “Big Country” by Big Country. I had a BIOL 233 (do they still have that? — 1st year human physiology) lab in the evening with several of my Kin classmates and the lab T/A running it would let us listen to CFNY while we were working. This song was pretty popular and we would usually hear it during the three hours we were there. For some reason it stuck in my mind and now when I hear it on the 80’s flash back shows, it never fails to take me back to the lab!  
■ **Bob Campbell, Kin ’88**

## editor’snote

FOR OUR NEXT ISSUE

**Maybe you ‘hung-out’ at the PAC, the Bombshelter, or spent a lot of time in the library... where was your favourite spot on campus?**

P.S. Want to take a peek at what UW looks like today? Take a virtual tour at [www.virtualltour.uwaterloo.ca](http://www.virtualltour.uwaterloo.ca)

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