



News to You

Are today's children over-scheduled?

Concern is growing that children are too busy and increasingly subject to time pressure, as a result of their free time being over-scheduled with structured activities.

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

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

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

Currently, my colleagues and I are examining some of these issues. One study involves a comparison of adolescents in six different countries, with funding from the Social Sciences

and Humanities Research Council of Canada and the Canadian Population Health Initiative. Our Canadian data suggest that busyness and time pressure are facts of life for adolescents, and they influence psychological well-being. Adolescents feel that their parents are very busy and that they themselves lead busy lives and frequently experience time pressure. Busier children have busier parents and experience more time pressure. Part-time jobs, school demands, and even greater involvement in extracurricular activities are associated with increased feelings of busyness and time pressure.

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

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

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

what's inside

2

Visiting Hallman Professors in Health Promotion
Explore lifestyle, prevention, and health care.

4

Measuring Youth Smoking Using RIM Blackberry devices

7

Recognizing Children's Foot Problems
Alum Richard Daley advises on signs to look for.

9

Rebuilding Walkerton's Economy
Prof Stephen Smith tackles the task of reviving tourism in the community.

12

Food Intake: What are Children Eating?
Prof Rona Hanning uses web technology to gather information on eating habits.

14

The Grapevine
Catch up with your classmates.

New AHS grads find a future

Half of the students who graduated from applied health sciences programs last spring (2001) have jobs, and nearly all of the others are carrying on with their education, according to research from the dean's office in AHS.

The report, which tracks graduates eight months after convocation, states "97% of the Applied Health Sciences grads from the 2002 class are either working, continuing their education, or travelling." The figures are based on responses from 226 students, which is 91% of the 249 who received their bachelor's degrees in June 2001.

Overall, 50% of the students are now in jobs (and 85% of those are "in fields related to their degree"). As for those who aren't employed, 45% of the total "used their degree to further their education", 2% are travelling, and 3% "are currently looking for a job".

Graduates from the three different departments have rather diverse paths after graduation.

Recreation and leisure studies, with 55% employed, 29% taking more education (mostly teachers' college), and 5% "looking".

Kinesiology, with 49% employed, 48% taking more education (the largest single group are doing graduate degrees, followed by physical therapy, chiropractic, and occupational therapy), and just 1% "looking".

Health studies and gerontology, with 39% employed, 57% taking more education (mostly doing graduate degrees or in medical school), and 4% "looking".

What kind of jobs do AHS grads get? The listing includes: recreational therapist, recruitment coordinator for Scouts Canada, "program specialist" at a YMCA, kinesiologist, cardiac technologist, research assistant at Toronto Health Network, public health promoter for a district health unit, human factors engineer at Ontario Power Generation...full details can be viewed at www.ahs.uwaterloo.ca/alumni/grads



In November 2001, the Hallman Professor in Health Promotion program was honoured to sponsor a visit to UW by the Honourable Roy Romanow (pictured, above left, with Dean Mike Sharratt). Romanow shared his views on the future of health care in Canada.

Dean's Update

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

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

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

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

Along with the challenge of substantially more students comes an opportunity for selective growth. For example, the Department of Kinesiology has

collaborated with The Michener Institute of Applied Health Sciences in Toronto to offer two new programs: Respiratory Therapy and Chiropractic. Students in these programs will earn the (new) three-year BSc at UW and a two-year Diploma in Respiratory Therapy or Chiropractic at Michener. We have been assured that we will get a substantial portion of the new 'growth' funding, which may be applied toward a new faculty member.

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

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

Our AHS activities are shaped not only by the new initiatives noted above but also by the end of an era. Specifically, we reluctantly acknowledge the official retirements of Jiri Zuzanek (Recreation and Leisure Studies) and Bob Norman (Kinesiology). Both of these individuals

are consummate scholars and international leaders who have shaped the outstanding reputations enjoyed by their respective departments. As a champion for UW, each man was always articulate, respectful, and passionate on our behalf.

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

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

Visiting Hallman Professors Explore Lifestyle, Prevention, and Health Care

"To provide the academic and community leadership that is vital to finding new ways to promote healthy living."

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

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

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

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

The Honourable Roy Romanow, Q.C., Commission on the Future of Health Care in Canada "The Future of Health Care in Canada" November 2001



Distinguished Professors Retire

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

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

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

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

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



Bob Norman, with colleagues Mardy Frazer, (far left) and Stu McGill (middle) at his retirement celebration March 1, 2002.

Murray Alzheimer Research and Education Program

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

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

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

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



MAREP founder, Ken Murray, receives the Order of Canada from Governor General, Adrienne Clarkson at a ceremony in Ottawa May 31, 2001

Applied Health Sciences
NEWS TO YOU
Summer 2002 - Issue Six

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

EDITORS

Betty Bax, Kin `82
Maureen Corbett, Kin/Health `84

EDITORIAL COMMITTEE

Michelle Douglas-Mills, Rec `93
Donna Kellendonk, Health Studies and Gerontology
Mardy Frazer, PhD `97
Ron McCarville, Recreation and Leisure Studies

DESIGN

Larry Guzik, Graphics, UW

CONTRIBUTIONS

Jose Arocha, Health Studies and Gerontology
Rebecca Byers, Health `95
Robert Copeland, Rec `89, MA `91
Richard Daley, Kin `91
Sherry Dupuis, MA '93
Stephanie Filsinger, Health `91
Rona Henning, Health Studies and Gerontology
Elena Ignatov, E. Avedon Museum and Archive of Games
Julie Joza, Health `91
Roger Mannell, Recreation and Leisure Studies
Allison Salter, Kin `02
Margaret Schneider, MA `99
Mike Sharratt, Kinesiology
Brad Simpson, Kin `78
Stephen Smith, Recreation and Leisure Studies
Patricia Wainwright, Health Studies and Gerontology
Irene Wright, Rec `85

PHOTOGRAPHY

Barbara Elve, Gazette
Central Photographic
Betty Bax
Terry Stewart

Applied Health Sciences
NEWS TO YOU
B. C. Matthews Hall
University of Waterloo

Waterloo, ON N2L 3G1
(519) 888-4567, ext.2610

Printed on recycled paper

A Day in the Life of... Rebecca Byers / HEALTH '95

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



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

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

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

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

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

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

In health education class, the same topic areas are addressed every year from grade 1 through to grade 8, using a scope and

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

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

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

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

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

digest

RIM Blackberry Devices Measure Youth Smoking

Twenty-three percent of 15- to 18-year-olds smoke tobacco.

Many want to quit.

Unfortunately, most treatments and programs that work for adults are not effective with young smokers.

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

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

However, it's unknown how well the questionnaires and biochemical tests are able to estimate the quit rates among young smokers. Teen smokers routinely go for one or more days without smoking, which negates the effectiveness of biochemical tests. Even straightforward survey questions, such as "How many cigarettes do you smoke each day?", are difficult for teens to answer, because of their inability to distinguish between temporary abstinences and intentional, long-

term quitting. Ineffective measurement tools that produce inaccurate quit-rate estimates could lead to the unwarranted rejection of effective programs.

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

Enhancing Safety Through Risk Management

Ask a Prof...



Patricia Wainwright

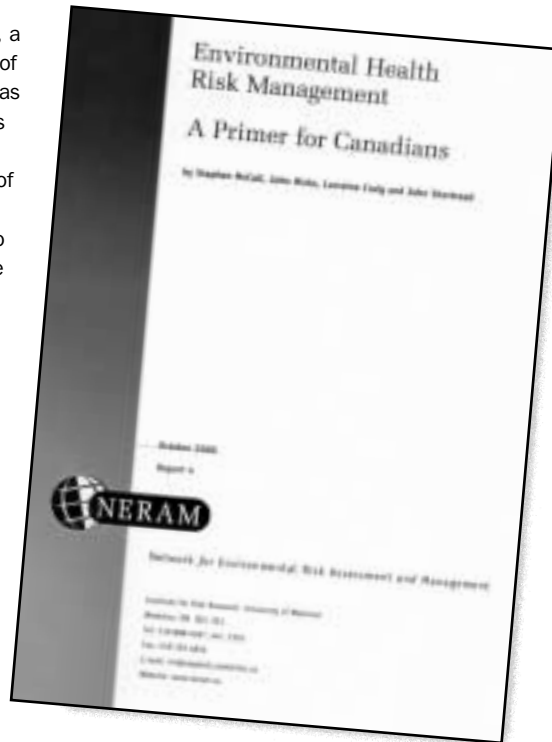
PhD '77 University of Waterloo

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

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

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

Environmental Health Risk Assessment and Management - A Primer for Canadians. R.S. McColl, J. Hicks, and L. Craig. Network for Risk Assessment and Management (NERAM) and the Institute for Risk Research, Waterloo, Ontario. July 2000.



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

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

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

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



newfaces

JOSÉ AROCHA

ASSISTANT PROFESSOR

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

The importance of fat in a child’s diet

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

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

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

A Day in the Life of... Brad Simpson / KIN '78

Manager of the Department of Kinesiology, KW Habilitation Services, Kitchener-Waterloo, Ontario



digest

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

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

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

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

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

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

Providing service in an integrated setting means travelling from daycare to daycare, fitting into someone else's schedule, and lugging around assessment and treatment equipment, but, with imagination, it's not hard to be mobile. Frequently, the other children in the class ask when they can have a turn with the toys that I provide to encourage the child to develop hand power and dexterity. When possible, I involve the other children in our activities. Besides making it fun for the child I'm working with, it allows me to see how a typical child of that age does what I am asking the child with the movement impairment to do.

What is the best part of your job?

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

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

Pikachu Pedometer Motivates Kids

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

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

Results showed that both the boys and the girls were much more active with the Pikachu 2 pedometer than with the traditional accelerometer. The pedometer helped to quantify their level of activity and proved to be an excellent motivating tool.





Mike Sharratt

PhD '74 Wisconsin-Madison

How much physical activity should children be doing?

On April 6, 2002, Health Minister Anne McLellan launched a new Canadian Physical Activity Guide for Children and Youth.

The evidence is compelling that children and youth today are heavier (fatter) and less active than they were a decade ago. This trajectory will inevitably lead to more diabetes, cardiovascular disease, osteoporosis, and a host of other health problems. Not surprisingly, this trend toward overweight and underactivity corresponds to substantial increases in sedentary TV, video, computer, and Internet pursuits, accompanied by high-calorie/low-nutrition foods.

The new Canadian message is two-pronged: increase physical activity by at least 30 minutes more than you are currently doing AND decrease by at least 30 minutes the time spent on TV, computer, etc. Over the subsequent five months of participation by children and youth, these guidelines gradually expand to at least 90 minutes per day. Our expert scientific committee (which includes Dr. Oded Bar Or from McMaster Hospital and Dr. Larry Brawley from UW's Kinesiology) also recommends that at least one-third of the increase in physical activity involve vigorous activity to challenge the cardiovascular system.

The launch of the Guide by Health Canada involves two stages, with the initial release held on April 6th, corresponding with World Health Day. The second phase will be unveiled this fall and will include strategies for teachers and parents to assist children and youth in the first step toward changing their activity profiles.

This Canadian project highlights the critical need to respond to the alarming trends in the health of our children through the early reshaping of negative lifestyle habits.

Kin Profs Awarded for Excellence

The Applied Health Sciences faculty is very pleased to announce that several of its kinesiology professors have recently been recognized for their outstanding work.

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

Dr. Frank is passionate about his role as an educator and he is devoted to his students. One of his former Teaching Assistants stated, "If I were asked to determine why Dr. Frank should be considered for this award, I would focus on his preparation,

interactive teaching approach, innovative explanations of difficult course material, and his enthusiasm. I believe what separates Dr. Frank from many other educators I have observed is his compassion for and commitment to his students and the advancement of their learning."

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

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

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

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

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

Dr. David Winter is the recipient of two international awards. The Gait and Clinical Movement Analysis Society Lifetime Achievement Award was presented to Dr. Winter in Sacramento, CA, in April 2001, in recognition of his lifelong dedication and exceptional scientific contributions to the advancement of motion analysis and the understanding of human gait. He was also awarded The International Society of Biomechanics Maybridge Medal, in July 2001, in Zurich, Switzerland, for his contributions to the understanding of human locomotion.



Recognized for his coaching achievements

in track and field, Brent McFarlane, Kin '73, has been inducted into the Athletics Hall of Fame for 2002. Brent has been a coach at UW since 1989 and he was the head of the Canadian track and field team at the Sydney Olympics. He has been a tireless advocate for the increased support and funding of Canadian athletes.

Awarded by the North American Society of Sport,

Nancy Theberge has received the Outstanding Book Award for her *Higher Goals: Women's Ice Hockey and the Politics of Gender*.

Inducted into the Athletics Hall of Fame for 2001,

volleyball player Karen McAllister-Kenny, Kin '83, was applauded for her athletic achievements at UW from 1979 to 1983. Karen is the Director of Campus Recreation at Brock University.

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

Recognizing Children's Foot Problems

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

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

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

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

? Does your child complain of pain or discomfort during or after activity, especially gait-related activity? Often, foot problems will appear when a child increases his activity level or undergoes a growth spurt.

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

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

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

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

A Day in the Life of... Irene Wright / REC '85

Senior Development Manager, Organization and Employee Development, University Health Network, Toronto, Ontario



digest

The University Health Network (UHN) is an amalgamation of three Toronto Hospitals: Toronto General, Toronto Western, and Princess Margaret. What's your role at UHN?

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

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

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

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

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

The trends identified were:

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

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

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

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

Is technology making us better communicators?

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

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

Global Games Exhibit featured in the 32nd Year

2002 marks 32 years of operation for the Elliott Avedon Museum and Archive of Games. With a collection that includes over 5,000 objects, this museum is the only one of its kind in North America.

In the current exhibit, 'Games from Around the World', games are displayed and documented from a geo-cultural perspective. The exhibit includes count-and-capture games, a section featuring puzzles from different countries, a Bilboquet section, and games from Egypt, China, Canada, Japan, England, and France. These games tell us a great deal about the culture they either originated from or were adapted to.

Media from around the world call the museum for reference information. One such call from *The Weakest Link* (TV program), asked about the Milton-Bradley game *Operation*, and the origin of the practice of putting on opposites sides of a die the numbers that add up to seven. Another British TV program, *The Edwardian Country House*, wanted to know the rules for the gambling game *Baccarat*, which

was introduced to England in the 1890s and was played by the aristocracy at the time.

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

Video conference lab links UW, Thunder Bay

"It's a new way of thinking about how we reach out and educate and communicate with others," commented Gilbert.

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

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

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



Stephen Smith
PhD '73 Texas A&M

How can tourism be used to rebuild Walkerton's economy?

Once a pleasant, quiet agricultural centre, Walkerton, Ontario has now acquired a different reputation. As part of a broad strategy to help Walkerton recover from the effects of its water crisis, the Ontario Ministry of Tourism, Recreation, and Culture provided funding to create the Walkerton Tourism Recovery Partnership (WTRP). This partnership brings together representatives from the Town of Walkerton, Bruce and Grey Counties, the Southern Ontario Tourism Organization, and the Ministry to develop a strategy to help rebuild the local economy through a series of tourism marketing and product development initiatives.

WTRP hired AHS PhD student, Michael Scantlebury, me, and a communications agency to do research and to make recommendations about how tourism can best be promoted in the Walkerton area. Not surprisingly, one of our first recommendations was to create a new brand name – "Saugeen Country". (The Saugeen River flows through Walkerton.) Building on the area's lure to outdoors enthusiasts (canoeists, anglers, hikers, snowmobilers), we've identified "experiences" that will encourage visitors to stop and stay in Walkerton.

These "experiences" include:

- Packages of river- and nature-based team-building experiences for corporations and non-profit organizations, which we call "Saugeen Inc."
- A self-guided driving tour of lighthouses and other maritime historic sites and museums along the Lake Huron shore

Our "bootstrap" approach was to get local businesses working together and building on the region's resources and strengths.

We developed a new logo to represent the brand, "Saugeen Country". We used consumer focus groups around southern Ontario and southeastern Michigan and interviewed representatives from tour companies to select an image that best conveys the appeal of Saugeen Country.

With the advertising campaign set to begin this spring, we expect some practical results of our work by the end of the summer and we expect to complete an empirical test of the effectiveness of the campaign by 2003. Our goal is to see tourism revenues being at least 10 times greater than the spending on tourism advertising. And beyond the immediate economic benefits, we hope to see this research-led initiative help Walkerton and the surrounding area to develop a new and more positive image.



Although officially retired as of July 1, 2001, Professor Jiri Zuzanek continues to do his research work in the department. He was installed as a distinguished professor emeritus at the fall 2001 convocation.

Approved is a joint program between Environmental Studies and Recreation and Leisure Studies for a master's degree in Tourism Policy and Planning. Students will be accepted in the fall of 2002.

Featured on the Virtual Museum of Canada web link from the North American Indigenous Games (happening in July 2002 in Winnipeg), are images and text from the E. Avedon Museum & Archive of Games.

Erica Botner, Rec '01, was one of eight students from therapeutic recreation programs throughout North America who were chosen to receive the Peg Connolly Scholarship at the 2001 American Therapeutic Recreation Association annual conference in New Orleans.

Grad Post-it: Chris Bourne, MA '01, won the hand cycle division at the World Triathlon Championships held in Edmonton in July 2001. Chris completed the 1500-metre swim, 40-km hand cycle, and 10-km push in his racing chair with a very impressive 14-minute victory over the second-place finisher.

Perception of School Pressure

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

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

The study was part of a larger, three-year project entitled, *Relationship between Time Pressure, Psychological Stress, Lifestyle, and Health: The Work-Family Interface*.



newfaces

SHERRY DUPUIS

ASSOCIATE PROFESSOR

Sherry has a Bachelor of Music from Queen's, a joint Master's degree in Recreation and Leisure Studies and Gerontology from UW, and a PhD in Family Studies from U of Guelph. She started her academic career in the gerontology program

at McMaster in 1996 and continues as an adjunct faculty member with the program. Before coming to UW in July 2001, Sherry was an Assistant Professor in RLS at Brock U. for several years. She holds a joint appointment with RLS, teaching courses such as Leisure and Aging and Research Design, and working with the Murray Alzheimer's Research & Education Project (MAREP), as Associate Director of Research.

Her research interests include examining therapeutic and recreational programs in long-term care facilities, particularly therapeutic programs for persons with dementia and their family members, understanding leisure in later life—the link between leisure and health for older adults; and examining caregiving roles, particularly of family members in long-term care facilities.

making a difference



“Thank you AHS alumni

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

Allison Salter, Valedictorian for the Class of 2002

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

A special ceremony held March 2002 celebrated Applied Health Sciences award winners and donors. The following undergraduate students were recognized for their achievements.

APPLIED HEALTH SCIENCES DEAN’S ENTRANCE SCHOLARSHIPS

- Sean Anderson, Amanda Fisher, Laura Vresk, Andrea Flack, Tammy Hui, Kevin Wayling, Lauren Barrett, Adrian Li, Kathryn Zuj, Keith Beavers, Taylor Mah, Jeffery Kroetsch, Sarah Best, Lindsay Nemeth, Margaret Bryson, Elspeth Payne, Michelle Cousins, Kimberley Saunders, Caley Cramp, David Schenkel, Shanna Cutting, Amanda Shakell, William Doelman, Jill Snyder, Jacqueline Dry, Brooke Stevens

HEALTH STUDIES AND GERONTOLOGY ENTRANCE SCHOLARSHIPS

- Jessica Steinmoeller, Sarah Sy, Alex Wang

KINESIOLOGY ENTRANCE SCHOLARSHIPS

- Lindsay Evans, Lindsay Naft, Kevin Foley, Lisa Reichheld, Keerat Grewal, Sarah Snable, Pamela Jantzi, Sandra Sperling, Kyle Leming, Shauna Tsuchiya, Chantale McFadden, Raymond Yu

RECREATION AND LEISURE STUDIES ENTRANCE SCHOLARSHIPS

- Mary Afbale

RECREATION AND LEISURE STUDIES UPPER YEAR SCHOLARSHIPS

- Amy Annett, Rachel DeYoung, Joel Fairlie, Donna Burke, Michele Guertin, Tracy Chadbourn, Amanda Partlow, Melissa Cox, Angela Yantha, Laura Currie

RECREATION AND LEISURE STUDIES DEPARTMENTAL AWARDS

- Erin Armstrong, John Buchholzer Award, Rebecca Genoe, Murray Endowment Fund, Jennifer Gillies, Robert A. Fern Memorial Award, Kevin Lindner, Lani Carr Award, Luke Potwarka, Lani Carr Award, Cheryl Watson, Lois Matthews Scholarship, Amanda Junker, Ron May Memorial Award

New AHS Fundraising Appeal a Success!

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

Among the priority projects being targeted for AHS funds:

- scholarships to support undergraduate and graduate students,
- a BMH addition to house expanding research initiatives,
- a Chair for Women's Health,
- an Institute for Health Informatics and,
- the establishment of Faculty Fellowships to recognize and retain our talented researchers and teachers.



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

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

Alum Dollars Support Graduate Student Scholarships and Research

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



Margaret Schneider, PhD Candidate, Recreation and Leisure Studies

HEALTH STUDIES AND GERONTOLOGY UPPER YEAR SCHOLARSHIPS

Jullian Bailey	Leia Minaker
Lisa Duerstein	Sharanjeet Nijjar
Sunshine Giesbrecht	Nike Opadirin
Binh Ha	Harshna Patel
Phillipa Hattingh	Jessica Reid
Wanrudee Isaranuwatich	Allison Saunders
Kristi Johannes	Stephanie Schmidt
Ashley Johns	Emily Siu
Hsiao-Jung Lee	Nathan Ziegler
Ryan Machowski	

HEALTH STUDIES AND GERONTOLOGY DEPARTMENTAL AWARDS

Christina Atkinson	Murray Endowment Fund
Peggy DeJong	Lois Matthews Scholarship
Mary Chiu	Marion Todd Memorial Award
Sarah Jefferson	Michael Gellner Memorial Scholarship
Romana Mahtani	Distinguished Academic Achievement Award
Sharanjeet Nijjar	University of Waterloo County Entrance Scholarship
Heather Robins	Murray Endowment Fund
Harleen Sahota	University of Waterloo County Entrance Scholarship
Lisa Thacker	Lois Matthews Scholarship
Christine Yeung	Magnum Centennial Scholarship

KINESIOLOGY UPPER YEAR SCHOLARSHIPS

Ryan Brydges	Alexander Lee
Deanna Devitt	Nancy Luong
Stefanie Egilo	Colleen Lynch
Erin Elliott	Kathryn McGoldrick
Matthew Gilman	Amy Montgomery
Thomas Haffner	Melissa Mulock
Adrienne Hol	Rolf Nanninga
Cory Jubenville	Sharon Rich
Kimberley Kent	Laura Vanderbeek

KINESIOLOGY DEPARTMENTAL AWARDS

Allan Bell	Douglas T. Wright Award
Susan Brown	University of Waterloo County Entrance Scholarship
Ryan Brydges	Lois Matthews Scholarship
Rachel Freeman	Microsoft Corporation Merit Scholarship
Melissa Thomas	Kate Kenny Memorial Award
Jennifer Litt	Mark Foster Memorial Award
Greg Mahood	Murray Endowment Fund
Colleen Lynch	Warren Lavery Memorial Award
Allison Salter	Andrea Fraser Memorial Award
Janice Gowan	Andrea Fraser Memorial Award
Allison Salter	E. K. Gillin and Associate Inc. Scholarship
Justine Yau	University of Waterloo Alumni Scholarship

Meeting the Demands of Caregiving in the Dementia Context

Alzheimer Disease (AD) and other illnesses that cause dementia rob their sufferers of cognitive capacity. The effects are devastating to persons with dementia, but also to those who provide them with support and care.

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

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

A study currently being conducted by Dr. Bryan Smale, of the Department of Recreation and Leisure Studies, and Dr. Dupuis, in partnership with the Alzheimer Society of Ontario and the Caregivers’ Association of Ontario, is designed to gain a comprehensive understanding of the experiences and community support service requirements of Ontario caregivers of persons with AD or a related dementia. The ultimate goal is

to develop recommendations for changes to the policies and practices associated with the delivery of services to caregivers, to better respond to their needs.

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

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

Food Intake: What are Children Eating?



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

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

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

The initial project, funded by Dairy Farmers of Ontario, is nearing completion. The group has support from the Beef Information Centre and Health Canada to continue their research with grade 6 to 10 students in Alberta and grade 9 and 10 students in Ontario.

webassistant HEALTH NEWS

Websites to guide consumers to health-related information

www.canadian-health-network.ca provides one-stop shopping, with links to 10,000+ Internet resources, each of which has met the stringent criteria applied by Canadian Health Network partners. Special features include quick searches, essential facts, and FAQs on active living, cancer, women’s/men’s health, ethnic groups, children, tobacco, healthful eating, and workplace health and injury prevention.

Two of the indexed sites are:

<http://www.hc-sc.gc.ca/hppb/paguide/> for active living news. AHS Dean Mike Sharratt sat on a panel recommending new active living guidelines. The site links to information on active living and diabetes, pregnancy, a special kids’ section, and much more.

http://cancermet.nci.nih.gov/wyntk_pubs/index.html tells you what you need to know about cancer. For cancer prevention for men, see www.cancer.ca/info/pubs/211015e1.htm, and for women, see www.cancer.ca/info/pubs/211010e1.htm.

Connecting, celebrating, racing forward... with Applied Health Sciences alumni



They're off! Pounce starts the runners for the 16th Annual AHS Homecoming Fun Run. Jim Daley crossed the finish line first in a time of 17 minutes, 47 seconds. Alums Ryan Eagles, Rec '00, and Patti Moore, Rec '84, were first in their respective categories. Pictures, results, and registration for this year's run can be seen at www.ahs.uwaterloo.ca/alumni. Mark your calendars now and plan to visit the next UW Homecoming—November 2, 2002.



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



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

new!



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

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

Nomination information and forms can be found on our website:

www.ahs.uwaterloo.ca/alumni

or by contacting the alumni officer at bax@uwaterloo.ca

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



Name that Prof CONTEST

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

Watch for Homecoming Events at:
alumni.uwaterloo.ca/homecoming

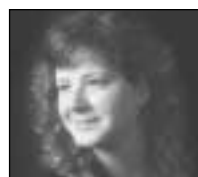
Lucy Rupert, Dance '96, is a dancer/musician. After graduation, she attended the Professional School at Toronto Dance Theatre and danced for Free Flow Dance Co. (1995-1999), with whom she toured Canada in 1998. She also dances for Artsvision and many independent choreographers in Toronto (including herself) and she co-produces the Language and Decadence at Residence series in Toronto.

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

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



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



Sue Hirmann, Rec '94, writes, "After university, I stuck around the Waterloo area until spring 1995, then moved to Calgary, where I've been ever since. Got a job (non-recreation-related, but very awesome) with Price Waterhouse, which merged in 1998 with Coopers and Lybrand to make PricewaterhouseCoopers. What a mouthful! After a succession of moves upwards, I've become the Recruiting Coordinator for Management Consultants for Alberta and other parts of the Western Canada Region. I enjoy my job. Thank you Tina Roberts for your mentorship when I was working for you in the Dean's area. I still remember the lessons learned and the time spent way back then... Hello to my fellow recreation classmates. It's neat to see familiar names now and again." Friends can contact Sue via hirmann03@hotmail.com

Paula (Comfort) Hancocks, Kin '87, has been working with The Sports Clubs of Canada for just over 14 years! Paula began as a Fitness Director and has held a variety of positions with this group of 11 upscale health and fitness clubs. Currently, she is an Area Supervisor overseeing six locations in the heart of Toronto. She never turns down an opportunity to interview UW grads! In 1998, Paula married Robin Comfort (grad from '88 Urban Planning program). They have a very energetic and enthusiastic little girl, named Katie!

Jane Coles, Kin '93, writes, "After graduation, I moved to Sydney, Australia on a working holiday visa and began working at the Sydney International Aquatic & Athletic Centres. By 1996, after changing roles within the company several times, I was working as the Events Manager on events such as the Pan Pacific Swimming Championships, World Cup Swimming

& Athletics, and finally, the Sydney 2000 Olympic Games. While working for the Sydney Organising Committee for the Olympic Games, I was fortunate to be a part of the organization of all aquatic disciplines: swimming, diving, water polo, and synchronized swimming. What an experience it was!! Currently, I am working at the Sydney Cricket Ground & Sydney Football Stadium in the role of Membership Services Manager. I oversee the stadium fitness centre, indoor cricket centre, and memberships for over 20,000 members. I would love to hear from fellow students and can be contacted by e-mail at jcoles@scgt.nsw.gov.au."

Amanda (Pearce) McKenzie, Rec '96, MA Rec '99, is a Research Associate, Department of Psychiatry, Division of Developmental Disabilities at Queen's University.



Wanda Gong, Health '94, attended the Professional Training Program at the School of Toronto Dance Theatre, following graduation. She danced and trained with many choreographers, such as Patricia Beatty, Danny Grossman, Judith Miller, Pamela Grundy, Allen and Karen Kaeja, and Bill Coleman. Wanda's last performance in Toronto was at the 1998 Fringe Festival. In 1998, Wanda attended University of Pittsburgh, where she had the opportunity to perform with the Pitt Dance Ensemble, and received her Master of Science in Information Science (2000) degree. Since graduation, she has been working for Deloitte Consulting as a management IT consultant and is based out of Pittsburgh. She currently works on a project in Michigan. You can reach her at wgong@mail.sis.pitt.edu.

Christine Murphy, Kin '96, writes, "A lot has happened since graduation in 1996. I have worked as a kinesiologist, become a Registered Massage Therapist, married Sean Murphy, D.C. (B.Sc. '96), and lived in Chicago. We are now living in Carleton Place, ON, with the newest addition to our family, Rachel Madeline, born in December."

Elizabeth Chapman, Kin '91, is currently working as the Canadian evalNET Director for Hanoun Medical in Toronto. She is responsible for training, marketing, and providing professional support. Elizabeth has tried almost every area of kinesiology, including falling in love with developmentally delayed kids, tormenting patients in a clinic, and more recently, case management. She is the Past President of OKA and the Canadian Kinesiology Association. Elizabeth's passion is flatwater canoeing, and she has done well for an old broad, with several medals from nationals! She is living in Port Credit with a sweet English bloke, Stuart, and her bunny, Gordie.

With the acquisition of the Sports Club of Canada by Bally Total Fitness in 1999, **Jay Kell, Kin '73**, became Area Director for Toronto and Upstate New York for the largest health club operator in the world. Involved with the fitness industry for many years, Jay is finishing up a two-year chair position with the American Council on Exercise (ACE) and six years as a Director. He's married, has four children, and is living in Toronto and still working out.

Sandra Fransen, Kin '99, writes, "Kieran (del Pasque, Kin '99) and I met in class, hooked up at the Bomber, and, well, the rest is history. Since graduation, we've toured the world,



covering 16 countries in eleven months. We danced on the white-sand beaches of Fiji, lunched with headhunters in Borneo, and hung out with our Malaysian cousins, the orangutans. We are now in Ottawa. Kieran is a user-interface designer, making business intelligence software a little easier to use, and I'm leaving my job as a webmaster to pursue my master's in journalism. Life is good...and to think, it all began at the Bomber."

Rob Pomahac, Kin '97, tells us, "After graduation, I moved to Newport Beach, California and lived there for four years, while attending Los Angeles College of Chiropractic. I moved to Las Vegas and made Vegas my home for six months. I finally graduated in April 2001. I'm practicing in Beverly Hills, where I reside with my beautiful wife, Tessa. Thanks Waterloo for a first rate education." Friends can contact Rob at r_pomahac@hotmail.com.



Kari and Scott Grein, Kin '93 are proud to announce the arrival of baby Adam on Feb. 26, 2002.

The career path of **Jeff Newell, Rec '90**, touched on a number of different recreation-related disciplines. The first three years were spent in the private sector, as Program Director for Bingemans Conference and Recreation Centre. He then moved west and spent two years with the non-profit Boys and Girls Clubs of Greater Vancouver. On returning to Ontario, he spent seven years working in the municipal recreation field, with the City of Mississauga Recreation and Parks Department, running programs for youth, seniors, and community groups. "Most recently, I have returned to my roots at University of Waterloo, working at Renison College and now with the Office of Development and Alumni Affairs. I am enjoying implementing Special Events with our Volunteer Alumni Branches that span the globe. My wife, Sara Houston, and son, Bennett, have welcomed the arrival, (Feb 20, 2002) of our newest family member, Jaimesen." I would love to hear from old friends at jnewell@uwaterloo.ca.

From **Barbara Adam, Rec '82**, "A warm hello to all my friends from my UW days. I have been living in the Yukon since graduating and am still finding this beautiful part of the world as magical as it was when I first arrived. Husband, David MacLellan, and I have two terrific teenaged children: Shari Lynn (16) and Eric (14). I am the Coordinator of Volunteer Services at the extended and intermediate care facilities in Whitehorse. I would love to hear from any of my friends and classmates via adamb@polarcom.com."

After graduation, **Beth (Barber) Madonna, Kin '92**, returned to her home town of Sault Ste. Marie and worked in several different roles,

including Research Assistant, Assistant for a Head Injury Program, proposal writing, assisting with patient treatment, and performing assessments for the Workers' Safety Insurance Board. With hospital restructuring, she began working with patients on the medical, surgical, oncological, and palliative wards. "In the spring of 1999, my boyfriend and I decided to leave Sault Ste. Marie, and our families and friends, to take on new positions in Toronto. I've had several positions, including Kinesiologist, Referral Coordinator, and Quality Specialist. Since July 2001, I have been self-employed as an Independent Consultant with Sibley & Associates Inc., performing various physical assessments, ergonomic assessments, and exercise programs. On May 16, 2000, in fabulous Las Vegas, Nevada, we were married in the presence of 60 of our closest friends and family." Friends can reach Beth at bethmadonna@sympatico.ca

Jim and Lorraine (Luybaert) Hagen, both Kin '78, made the move from Vancouver to the KW area following an extended stint on the west coast. Jim is the Marketing Manager for UW Athletics, after stops at University of Ohio for a master's degree in Sports Administration, Canadian Football Hall of Fame, Edmonton Drillers (NASL), Toronto Blizzard (NASL), British Columbia Lions (CFL), Vancouver 86ers (CSL), British Columbia Lacrosse Association, and Ontario Lacrosse Association. Lorraine continues her teaching career at Cameron Heights Collegiate in Kitchener. They have two children, Danielle (15) and Jeffrey (7). To contact Jim or Lorraine you can email jhagen@uwaterloo.ca.

From **Maxine (Morris) Stewart, Kin '89**: "I'm the Director of a Logan College-run Chiropractic clinic in East St. Louis, IL (minutes from downtown St. Louis, MO). The clinic offers free chiropractic care to people in the surrounding community. I also teach two Physical Diagnosis Laboratories at Logan. In my spare time, I'm a mommy to my four-year-old daughter, Jnev, as well as my restaurant manager husband, Richard. I've also discovered the joy of home construction and power tools!!! Last year was the kitchen island and backyard fence, this year...new kitchen flooring and a backyard swingset for my daughter. Who knew????!!!"

Since graduating, **Arthur Wong, Kin '99**, has tried to keep one address and/or phone number for a period of one entire year but has yet to achieve this farcical goal. He has



completed two master's degrees, in Industrial Relations and Sport Administration, and has had whirlwind tours of Europe and

Australia. His highlight was working at the 2000 Sydney Olympic and Paralympic Games, where he learned how to correctly use the words "Oy!" and "mate" and "bloke". He is currently the Interim Executive Director at the Canadian Colleges Athletic Association. For those who want to drop Arthur a line, he can be reached at arthur_wong@canada.com.

Leanne (Ramm) Smith, Kin '90, writes, "I married my husband, Todd, in Aug. '92 and we've lived in Rockwood, ON since. We have three children, Graedyn (Mar '95), Carson (Sep '97), and Tehya (Nov '00). Since graduation, I've been working as a kinesiologist. For the

past 6.5 years, I've been an Independent Contractor with Sibley & Associates, enjoying the variety and flexibility this type of work allows. I have also been enjoying myself, participating in my two new favourite sports: rowing and hockey! I'd be happy to hear from some old friends to find out what they are up to. I can be contacted at tsmith@sentex.net.

In October 2001, **Susan Wands, Kin '80**, graduated with an MSc in Industrial Engineering, specializing in ergonomics, from University of Manitoba. "This was not an easy feat, as U of M



doesn't have an ergonomics program within the Faculty of Engineering. A very special arrangement was made with Dr. Arun Garg at the University of Wisconsin-Milwaukee for me to follow that university's ergonomics program and for Dr. Garg to act as my thesis (technical) advisor. This arrangement caused me to attend some courses at UWM, but at the same time, allowed me to remain working as the Ergonomist at Manitoba Labour Workplace Safety and Health, where I've been on a full-time basis since 1993. The young man in the photo is my son, Aaron, who was able to escape from his grade 9 class one afternoon to watch his Mom graduate. I am presently finishing off my PhD course work at the University of Manitoba."



Annie Richardson-Lander, Health '00, and Richard Lander, English RPW '00, were married in Matakana, New Zealand and spent an incredible 6.5 weeks travelling. Since then, they've been living in Seattle, Washington. Annie works on two breast cancer prevention trials for the University of Washington, Department of Medical Oncology. Rich works as a Program Manager at Microsoft in Redmond. Spare time is devoted to outdoor activities, cooking, yoga, and pottery. Annie can be reached at annie_richardson_lander@hotmail.com.

Tammi Winchester, Kin '90, MSc'95 writes, "What was intended to be a short break from academia has turned into six years, and I seem to be finding my way in the corporate world. Since starting with McNeil (part of the Johnson & Johnson family), I have enjoyed a variety of positions in Consumer & Public Relations and Medical Regulatory departments, recently taking the position of CRM Business Information Manager. Missing my school days, I started a part-time MBA this past fall, at the 'high school down the road' (WLU). Playtime finds me hiking or playing hockey, and I still enjoy soccer when I'm not rehabbing some injury. (Aging is starting to suck!) My most recent highpoint: hiking in the Grand Canyon (Fall 2000)".

Melissa Harder, Kin '92, and **David (Axe) Plouffe, Rec MA '94**, send their greetings from Vancouver. When Melissa is not working as a Project Manager for Chancery Software and Dave as a Public Programs Officer for the Vancouver Museum, they are enjoying the active lifestyle the west coast has to offer. Their friends and family will be sharing in their enthusiasm for the outdoors at their spring wedding in Whistler. They can be reached at missharder@hotmail.com or axeplouffe@hotmail.com

Sheri (Emery) Whitestone, Kin '92, & **Hugh Whitestone, Kin '92**, live in Pickering with their two children, Evan (3) and Sarah (1). Sheri is working part-time in the Cardiac Rehab centre at Scarborough Centenary Hospital. Hugh teaches grade 8 at Markham Gateway Public School. "Between diaper changes and skating lessons, we are enjoying life with kids and friends!"

After five-years' involvement as a volunteer and two years as a staff advisor for UW's Orientation/Frosh Program, **Alyson Woloshyn, Rec '00**, decided to leave her position as the Special Events Orientation Coordinator for the Federation of Students, in October 2001. Nevertheless, she has managed to prolong her UW days by accepting a position in the Alumni Office. She has also made time to get involved in volleyball, as coach of two grade 9 boys rep teams in the KW area, and as a volunteer commentator for select Rogers Cable TV volleyball matches. One of her big jobs is helping to coordinate reunions for past alumni. If you are looking to get in touch with some classmates, contact Alyson at awoloshy@uwaterloo.ca.

Athena Quitevis, Kin '86, and her husband, Rene Fleming (Psych '85) send their greetings from the Big O! "After graduation, I dabbled in the retail banking industry for a few years and then embarked on a career with CCRA (formerly Revenue Canada), in 1992. Rene and I moved to Ottawa in 1994 and have never looked back. It took me a while but I finally figured out that my experience and education are well suited to the multidiscipline field of project management. I am currently involved in a CIDA-sponsored developmental aid project, wherein CCRA is providing technical assistance to the Government of India, as they re-engineer their tax administration. I am also co-chair of my branch's Health and Fitness Committee, and we are currently developing a comprehensive employee fitness program. And if my career doesn't keep me busy enough, I also have two beautiful boys, Kieran (6) and Bennett (3), to help me keep my perspective. I'm in touch with a couple of Kin classmates and would love to hear from others. You can reach me by email at athenaquitevis@hotmail.com.

Aaron Putman, Kin '99, is a Territory Account Manager for Roxon Medi-tech. "When I finished my Kin degree, I got a job that everyone said was perfect for me, and it is! I am able to use my Kin degree and my sales experience selling medical equipment to hospitals and doctors' offices. Getting that job was the start of many good things." In May 2001, Aaron married his 'university sweetheart', **Cathy O'Brien, Kin '99**, who worked at the Waterloo GoodLife Club as the Personal Training Manager after graduation and has moved up to Regional Manager for GoodLife. Aaron and Cathy have moved into a new house in Whitby. "No kids as yet, but there is a five-year plan!"

Les Robelek, Rec MA '94, writes, "I can't believe my son, who was born during my graduate studies at UW, will celebrate his 10th birthday this year. (Am I getting old?) Since graduation, I have worked as a recreation facilitator for

ahsreunion kin/health/rec/dance

Class of 1991-1992

@ Homecoming
Saturday November 2, 2002
reunion2002@hotmail.com

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

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



Bob Copeland, Rec '89, MA Rec '91, and his wife, Tracy, wish to share the good news of the birth of their first child, Julia Grace Copeland. While completing his MA thesis in sport

sponsorship, Bob started working with Branada Sports Communications, a sports consulting firm in Toronto. After six years of developing many successful events at Branada, Bob returned to UW in 1996, as the first-ever Manager of Marketing and Alumni Development in

Athletics. Bob was responsible for crafting a brand-new image for the Warriors, and developing successful marketing, sponsorship, and community outreach programs. He recently put his fundraising experience to work on campus, as the Associate Director of the Annual Fund, which raises almost \$5 million dollars each year in support of many worthwhile areas on campus, including AHS!

What do you do with a degree in Recreation and Business? Get a marketing job with Club



Med! That's exactly what **Paul Marchildon, Rec '87**, did in his first three years out of university. "Hands up, baby! Hands

up!" and "30 seconds of Club Med; could you imagine a week?" were two of the best campaigns he worked on in the late 80s. From 1991 to 1996, he put his marketing skills to work at Mariposa Communications, a large corporate communications company. After five years, Paul decided to launch his own company, Atlantis Creative Group, in 1996. Since that time, the company has enjoyed many great moments, including the product launches of the new VW Beetle, Listerine PocketPaks, and BodySmarts. On the personal side, Paul married Melanie Wickens in Sept '99, and they just had their first baby, Sophie, on April 7, 2000. One of Paul's fondest memories of UW was a humorous striptease at Fed Hall in a Santa suit, on Dec 20, 1986. He has since put the costume to better use!

Chris Bourne, MA Rec '01, is currently employed in Ottawa with the Active Living Alliance for Canadians with a Disability. As Manager of National Partnerships, Chris works with a network of national organizations with an interest in the physically active lifestyles of individuals with a disability, focussing on leadership development and connecting people with disabilities with appropriate sport, recreation and physical activity opportunities. In addition to his hectic professional and volunteer lives, Chris is an avid international-level triathlete who won a gold medal at the 2001 World Triathlon Championships.



Keep in Touch!

New Address or Career Information? News for the Grapevine? Want to tell us about the best theme party during your time at UW? Mail, fax, or e-mail: **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**

www.ahs.uwaterloo.ca/alumni

- Favourite place to hang...had to be the Campus Centre, now the Student Life Centre, Friday afternoons in the big, cushy couches, reading the latest in *Imprint* with buddies and listening to the always-so-different music they always played. Knowing a week of school was done and Friday night was fast approaching always made Friday afternoons at the CC a good time.
 - Joe Cascagnette, Rec '92
- I would say that my favourite spot on campus must have been where I spent the most time, and by that criteria, it was either The Bombshelter at lunch or the PAC for pickup basketball. And, if there's ever a survey of worst spots, it is, without a doubt, the Sunnidale path. I vowed never to walk down it again after I graduated (2-4 times a day for 2-1/2 years was enough) and I have happily kept that vow.
 - Rick Beaver, Kin '84
- As much as I loved Waterloo, no place made me feel at home like the BMH lounge. Okay, so the couches weren't comfy, sometimes it was loud, and you didn't want to know what the mystery smell of the week was, but whenever you wanted to kick back, relax, chill, and laugh your head off, you were guaranteed that at least one other person was in the lounge to do the same.
 - Brenda Smith, Kin '99
- My favourite spot on campus was Fed Hall. I loved their poutine and dance parties! We always had a good time at Fed Hall, and the Shooter Bar was pretty good to us, too!
 - Beth (Barber) Madonna, Kin '92
- BOMBSHELTER! BOMBSHELTER!
 - Jeff Newell, Rec '90
- I have become very attached to many places on campus since September 1980; I will, however, narrow my choices to two. Second place today goes to "the enchanted grove" — the stand of trees located at the corner of University Ave W. and Westmount Ave. The trees remind me of my first eleven years at Waterloo. The affinity began in my first year in Recreation and Leisure Studies. I took REC 230 (Outdoor Recreation) with Paul Eagles. He held one of our classes inside that grove. I spent the next 10 years walking or riding my bike through that stand of trees, going to and coming from campus. Though the length of the path I travelled was short, it always provided respite from the elements and acted as a

kind of threshold between my off-campus world and the inner world of UW. Even today, some additional 10 years later, when I walk through that stand of trees, I am taken back to my beginnings at Waterloo. First place on campus goes to Tutor House #5, in which my wonderful son was born, nearly seven years ago this April!

- Gayle Goodfellow, Rec '91
- Hands down, it has to be South Campus Hall, where the great Kin pubs were held.
 - Mardy Fraser, Kin '84
- Definitely the PAC — because I was working there. The people were great!
 - Jane Varley, Rec '91
- I enjoyed sitting under the trees between BMH and Math (on the hill) during the summer term. That spot made studying so much nicer.
 - Val Miller, Kin '96

editor'snote

FOR OUR NEXT ISSUE

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

Mail, fax or e-mail your answers to:

Betty Bax, Applied Health Sciences News To You
B.C. Matthews Hall—University of Waterloo
Waterloo, ON N2L 3G1

FAX 519-746-6776 **E-MAIL** bax@healthy.uwaterloo.ca
We'll try to print everything...but, editing may happen.